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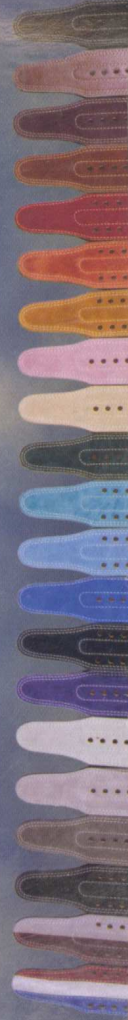
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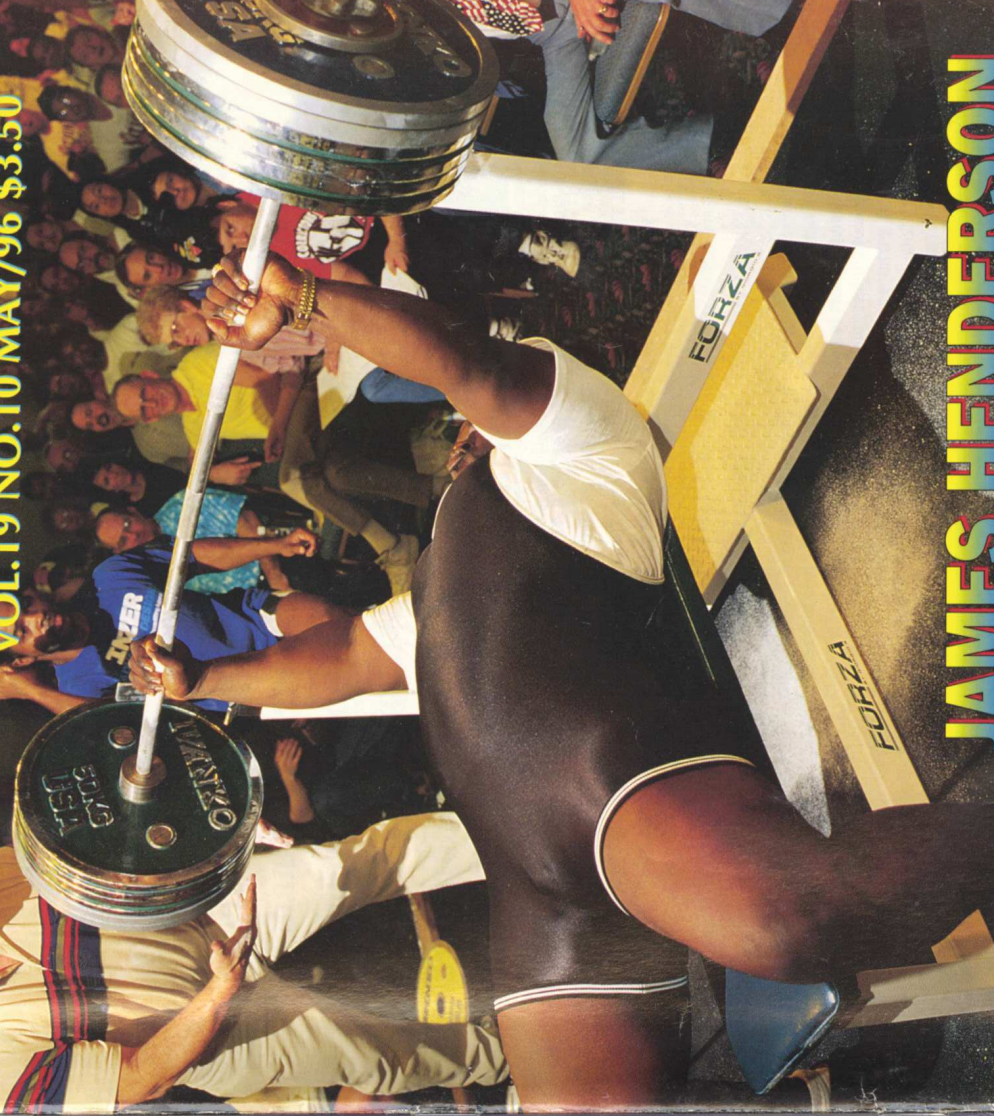
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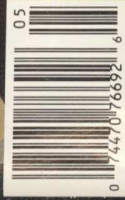
POWERLIFTING USA

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JAMES HENDERSON

705 in a t-shirt!!



POWER PROFILE

James Henderson Modern Day Samson Rocks Powerlifting as told to POWERLIFTING USA by Vada Crosby

When James "Hollywood" Henderson comes to town, it's definitely showtime for the big 700-pound benchman. And what a show he puts on.

In Oregon this past March at the USPF Bench Press Nationals, he whipped the crowd into a frenzy when he easily popped up a 705-pound bench - without a shirt! Move over, Anthony Clark: There's a new king of the hill, James Henderson.

"As far as I'm concerned, it was the greatest bench press in history," said meet promoter Gus Rehwisch, who hosted the event. "Anthony Clark is the greatest benchman, but the greatest bench is Henderson's 705 with a definite pause, no shirt, no struggling. He had complete control of the lift all through the motion. It was the best lift I have ever seen."

"Until Anthony Clark or anybody else does 705 conventional, with no shirt, with an IPF judge in attendance," he added, "it's the greatest bench in history."

Henderson, weighing about 395 fully clothed, was pitted



IPF World Bench Press Champion James Henderson at the awards ceremony for the '95 Championships in the Czech Republic (Keller)

against rival Kiu Tuita, who weighed in at 355. Henderson opened with an easy 644, with Tuita, wearing a bench shirt, following with a 699.75. Henderson next blew up a 705 as Tuita failed in a 717 try. For his third attempt, Henderson tried 722, but wasn't able to lock it out.

"It was a good meet," said the modest Henderson, a 6-foot-4 lifter, who usually packs about 375 pounds on his thick frame. "I really believe that I am the greatest benchman of all time. I don't use the drugs and all the fancy equipment, so I am the greatest benchman of all time."

They call him the shirtless sheriff, the renegade and the master blaster of the bench. He's a showman, a singer, a disc-jockey, a motivational speaker for teens, a man of God and a lifter whose lifts have been mystifying friends and foe. The meet in Oregon was the second time he's hoisted 700 pounds in the bench and he hasn't yet hit his stride. The man, indeed, is no myth.

"It's real, baby, it's real," says Henderson, 31, a laid-back, low-key man who's the life of the party when he attends a powerlifting



A Heavy, Happy Load... James relaxes on top of Lee Rorie while they were both winning IPF World titles back in 1995. (Robert Keller photo)

a detailed PL USA look at some of the best lifters in the world

meets or trains at the gym. "Like when he walks in the room, you know James Henderson is in the room," said one Florida lifter. "Not only because of his size, but his voice and his upbeat personality. He's just a motivational person. He's the type of guy that I think any lifter can learn from in terms of the motivational factor."

Henderson's an unconventional lifter in many respects: no drugs, no bench shirt ("I tried wearing a shirt, but it took too long to get on and get off. I was afraid to lay down on the bench,"), no special diet ("What you see me eat, that's it,"), and takes no supplements ("No vitamins, no nothing. I don't get sick."). And his workout routine? Benching heavy one day a week for 45 minutes. "Then it's time to go home," he says with a grin.

"I had to stop listening to what everybody else was telling me was the best workout, and I had to listen to my body. And then I have to get my rest that I need. And you have to read the Scriptures every morning."

"At one point, when I started training for a competition, it was three weeks before the meet. I just have to feel the weight; all I have to do is feel it."

Henderson first got involved with weight training about 10 years ago, after he hurt his knee in college playing football for Albany State College in Albany, GA. He later transferred to Mercy University in Macon, GA, where he received a bachelor's degree in theology, psychology and sociology. Home today in Florida, where he spends his free time with his fiancée, Sheila, and daughter, Shawanna.

People who meet him, talk to him and watch him lift all have one question: How does he do it? For Henderson, the answer is simple: It's the power of God.

"I just do what it takes to win," explains Henderson. "That's why I know it's not me. It's got to be God, because I'm too lazy."

Possessing a 64-inch chest

and 23-inch biceps, Henderson is a massive man who pumps megawatt weight as though it was nothing. He says it's a mental thing, this battle of man vs. iron. "I started out with the three-lift meets, but the training is so strenuous on your body, especially when you're trying to earn a living. It's really a strain on your body, the wear and tear," says Henderson, whose best squat and deadlift were 800 and 725 pounds, respectively. "Then I found the one thing I was good at and I stayed with that - it was the bench."

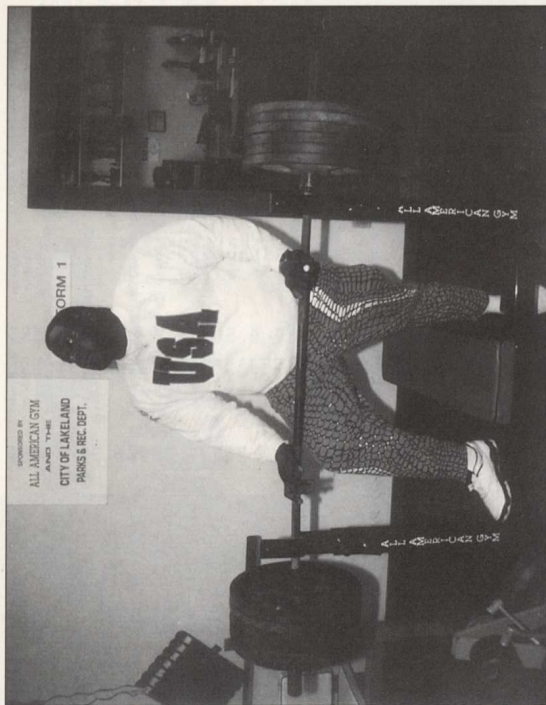
Powerlifter Ken Snell, who manages the All-American Gym in Lakeland, FL, where Henderson occasionally trains, agrees that Henderson is truly awesome. "Being a lifter 20 years... I never believe anything a person tells me he can lift unless I see it myself or I see it documented. I would find it difficult (to believe) if I never met James, or had never seen him. Not knowing James, I would probably be very skeptical about it."

"(To the skeptics), I would say, seeing is believing. There's nothing like the real thing." And with Henderson, he says, what you see is what you get.

"Being realistic, genetics is a big factor," he added. "You can look at him and tell he has the makelup to be a world-class benchman. He has the delts, he has the pecs, he has the triceps, as well as the forearms. He's just genetically built to be a great benchman. And, again, desire... He has it both genetically and mentally."

There's that mind thing again, which Henderson says is key to his lifting. Before every big lift he goes into what he calls the zone, which is his focal point; the place where weight is no longer weight.

"I'm in a certain little zone, where the weight doesn't really matter. If I get the technique, if I want to be lifting no weights. Just think about it in the physical: All those weights stacked up there, Oh, man it's ugly. So you've got to



The King of his own Bench Press Domain... James makes a heavily loaded bar look mighty small (Snell)

to keep my technique, keep my go spiritual.

"The thing is, all things are possible through Christ. And He says about putting on the full armor of God. That's where your strength comes from - the full armor of God. That's so true! Let me tell you something, if you depend on a fancy shirt to get that weight back up, that shirt might quit on you. If you're taking so many hormones, testosterone and this kind of stuff, man, who knows whether the chemical balance may quit while you're down there. What other power will stick with you through the thick and thin, but God?"

"Without a shirt and proper training... and if he still continues with no injuries, I would say he can do 750, without a shirt and drug free," Snell says. "He can go all the way; I bet you if he put the 25 lbs. on there, no telling where this guy could go," says legendary powerlifter

Jim Williams, the man who more than 20 years ago benched 675 and 700 pounds. "When I did 700 and over 700, I was 24-inches in the arm. Another 10-15 pounds might push him right through it."

And what if he... um... puts on a bench shirt? "Oh man! Put it this way, if he put a shirt on he would have an all-time world record right now," says Snell.

Henderson takes it all in stride, saying his limits are beyond man's imagination.

"I can't limit the power of God," he says. "I'm not working on my power, I'm working on divine power."

James Henderson is available for seminars and motivational talks. He can be reached by writing to him at: 1531 Sarah St., Lake Wales, FL, 33853.



'Big Game' James makes it look so easy - and does it all without the aid of a supportive bench press shirt. (sequence courtesy of Ken Snell)

Brobdignagian Biathlon

The All Time TOP 100 Squatter/Deadlifters in the United States as compiled by POWERLIFTING USA Statistician HERB GLOSSBRENNER

COMMENTARY ...

"A lot of attention recently has been given to BPs. By now we know who, past and present, has the most upper body strength. The major muscle groups (legs, back, hips) comprise the majority of the total. Why don't you publish a ranking of the best combined total for the SQUAT and DEADLIFT? I think it would be the ultimate way to compare these individuals who are proficient in these strength tests. How about it?"
Duncan Odegard, Minneapolis, MN.

A great idea, Duncan. This one is just for you and others who might find such a list interesting. The late great Dave Pasanella tops the list. Three men are currently active who have potential to crash the 1900 barrier (combined SQ plus DL). Goggins and Coan would need to get in a high weight class to make substantial increases in their results. Mark Henry at 412 is already big enough. I've never seen a man manhandle weights like Mark since the days of Anderson. The ease with which he lifts them is most our dear departed, O.D. Wilson, ranks number two, only 5 lbs. behind Dave's aggregate.

I have not included International performances, but Gerritt Badenhorst at 306 Bwt. record within his winning 2430 total at

1884	Pasanella, D	1030	854	28MAY89	275	306	1681	Heisey, G	760	920	29JUL90	315
1878	Wilson, O.D.	1002	876	16FEB89	380	904	1675	Porretta, M	837	837	19JUL88	242
1864	Wohleber, D	960	904	12DEC82	220	901	1675	Grande, L	832	843	17APR94	SHW
1863	Coan, E	962	901	28JUL91	220	903	1675	Wessels, W	903	771	29OCT95	223
1852	Henry, M	948	903	15JUL95	405	837	1675	Morelli, J	870	805	DEC86	275
1840	Goggins, S	1003	837	29OCT95	240	837	1675	Clary, F	875	800	05SEP94	295
1827	Ware, J	987	840	29JAN89	360	840	1675	Patterson, R	910	770	19NOV89	340
1802	Furnas, S	981	821	28JUN87	275	821	1665	Parks, D	830	835	18OCT86	275
1802	Warman, S	949	843	35JUL92	275	843	1665	Ketchum, J	925	740	18JAN93	365
1801	Wrenn, P	975	826	12JUL81	340	975	1664	McCormick, T	815	848	12FEB83	273
1789	Reinhoudt, D	904	885	03MAY75	345	905	1664	Jacoby, D	865	799	08JUL84	247
1785	Hechter, G	964	821	03MAR85	347	882	1664	Kritsky, T	887	777	29JUN86	275
1783	Cole, J	901	882	28OCT72	283	926	1664	Smith, C.B.	870	793	29JUL86	275
1774	Young, C	926	848	14DEC86	370	1010	1664	Davis, W	887	777	11APR87	275
1770	Dime, M	1010	760	03MAY86	319	837	1664	Davis, W	810	21JUN89	SH	
1763	Kazmaier, B	926	837	31JAN81	330	837	1664	Desauter, C	854	905	27MAR94	370
1763	Waddington, D	1003	760	13JUN81	308	854	1664	Pitts, G	837	821	12FEB82	242
1757	Rethwisch, G	903	854	18DEC84	345	1031	1658	Moran, L	953	705	17DEC83	316
1756	Clark, A	1031	725	19NOV95	350	903	1658	Moran, L	881	777	03JUN84	275
1752	Kenady, D	848	903	06APR86	305	848	1658	Stangelaco, R	903	755	17FEB85	SH
1750	Kuc, J	905	845	11NOV72	310	845	1658	Ward, C	903	755	18NOV87	275
1747	Karwoski, K	1003	744	23JUL95	275	844	1658	Davis, J	903	749	07FEB87	275
1747	Hill, H	942	800	29OCT95	308	840	1658	Kretsch, B	848	804	13AUG88	275
1740	Chaillet, M	900	840	16NOV86	283	804	1658					
1719	Hackett, E	903	804	01FEB81	275	760	1658					
1719	Nichols, B	959	760	21OCT87	275	804	1658					
1719	Nester, B	903	804	07JUL91	242	750	1658					
1710	Taylor, L	960	750	01DEC90	SH	975	1658					
1708	Izaac, T	975	733	JUN89	295	835	1658					
1705	Henderson, T	870	835	04MAY85	275	835	1658					
1703	Long, T	837	865	06MAR83	299	865	1658					
1703	Hall, M	931	771	26FEB89	410	771	1658					
1700	Lowe, G	900	800	10DEC94	275	800	1658					
1697	Gamble, J	892	804	24JUL83	275	782	1658					
1697	Pearce, R	815	782	21FEB87	275	782	1658					
1697	Hamman, S	964	733	23JUL95	350	744	1658					
1692	Brodeur, P	948	744	19JUL86	SH	826	1658					
1692	Bell, W	865	826	22NOV87	242	826	1658					
1690	Dempsey, R	870	820	04DEC83	275	820	1658					
1686	Hatfield, F	920	766	01APR84	250	766	1658					
1681	Heisey, G	760	920	29JUL90	315	920	1658					
1675	Porretta, M	837	837	19JUL88	242	837	1658					
1675	Grande, L	832	843	17APR94	SHW	832	1658					
1675	Wessels, W	903	771	29OCT95	223	771	1658					
1675	Morelli, J	870	805	DEC86	275	805	1658					
1675	Clary, F	875	800	05SEP94	295	800	1658					
1670	Patterson, R	910	770	19NOV89	340	770	1658					
1665	Parks, D	830	835	18OCT86	275	835	1658					
1665	Ketchum, J	925	740	18JAN93	365	740	1658					
1664	McCormick, T	815	848	12FEB83	273	848	1658					
1664	Jacoby, D	865	799	08JUL84	247	799	1658					
1664	Kritsky, T	887	777	29JUN86	275	777	1658					
1664	Smith, C.B.	870	793	29JUL86	275	793	1658					
1664	Davis, W	887	777	11APR87	275	777	1658					
1664	Davis, W	810	21JUN89	SH		21JUN89	1658					
1660	Pitts, G	905	755	27MAR94	370	755	1658					
1658	Moran, L	837	821	12FEB82	242	821	1658					
1658	Moran, L	953	705	17DEC83	316	705	1658					
1658	Moran, L	881	777	03JUN84	275	777	1658					
1658	Stangelaco, R	903	755	17FEB85	SH	755	1658					
1658	Ward, C	903	755	18NOV87	275	755	1658					
1658	Davis, J	903	749	07FEB87	275	749	1658					
1653	Kretsch, B	848	804	13AUG88	275	804	1658					

1653	Farmer, P	865	788	16JUL95	242	865	788	16JUL95	242
1653	Waddle, T	871	782	29OCT95	308	871	782	29OCT95	308
1652	Driscoll, C	812	840	30APR88	275	812	840	30APR88	275
1650	Romaniello, B	905	745	03MAY86	SH	905	745	03MAY86	SH
1650	Barkman, M	900	850	25MAY85	275	900	850	25MAY85	275
1647	White, J	920	727	31AUG75	SH	920	727	31AUG75	SH
1647	Schneider, D	832	815	17OCT81	242	832	815	17OCT81	242
1642	Bouvier, W	771	771	24JUL83	321	771	771	24JUL83	321
1642	Russell, B	804	843	13DEC86	242	804	843	13DEC86	242
1642	Hardridge, A	881	760	03DEC88	275	881	760	03DEC88	275
1640	Banno	825	815	19NOV94	275	825	815	19NOV94	275
1636	Shaw, D	815	821	12DEC82	275	815	821	12DEC82	275
1636	Jeffrey, B	903	733	05JUN83	SH	903	733	05JUN83	SH
1636	Ross, L	832	804	10DEC88	275	832	804	10DEC88	275
1636	Barlow, R	848	788	08JUL91	SH	848	788	08JUL91	SH
1636	Leslie, C	903	733	08AUG93	242	903	733	08AUG93	242
1636	Vogelwohl, C	843	793	03JUL94	242	843	793	03JUL94	242
1636	Stewart, B	832	804	17JUL94	242	832	804	17JUL94	242
1635	Pharr, T	825	810	28FEB87	242	825	810	28FEB87	242
1635	Broddy, S	850	785	07APR91	360	850	785	07APR91	360
1631	Drapel, J	832	799	12DEC82	275	832	799	12DEC82	275
1631	Welch, G	854	777	21MAY88	SH	854	777	21MAY88	SH
1630	Kidney, L	870	760	12JUL81	275	870	760	12JUL81	275
1630	Wilson, S	825	805	20DEC81	275	825	805	20DEC81	275
1630	Sheedy, P	875	755	24APR88	310	875	755	24APR88	310
1627	Frenn, G	815	815	21AUG71	244	815	815	21AUG71	244
1625	Cash, J	804	821	03MAR85	220	804	821	03MAR85	220
1625	Mafuli, V	848	777	28FEB93	SH	848	777	28FEB93	SH
1620	Boscacy, B	815	804	05JUN83	SH	815	804	05JUN83	SH
1620	Rainey, R	793	826	19APR86	242	793	826	19APR86	242
1620	Black, J	854	766	08FEB87	220	854	766	08FEB87	220
1620	Lavioia, N	840	780	08DEC91	242	840	780	08DEC91	242
1615	Chrosniak, R	885	730	04APR85	242	885	730	04APR85	242
1615	Douglas, J	875	740	24JUN89	220	875	740	24JUN89	220
1614	Santos, J	881	783	05JUN88	275	881	783	05JUN88	275
1614	Gollehon, M	881	733	29JUN86	SH	881	733	29JUN86	SH
1614	McDonald, F	810	804	29SEP91	275	810	804	29SEP91	275

the '90 WPC Worlds in Pescara, ITA - a sum of 1879.4 (992 SQ, 887.4 DL) which ranks 1.4 lb. better than O.D. Just had to mention it.

Three men missed making this list datewise. They also had combined lifts totaling 1614; Clifford, J (804,810), 12FEB83 at 275, Tuulalarnaka, N (909, 705) 15AUG93 - SH, and Barwick, B (802,812) 03OCT82 at SH.

For those who might feel slighted, in fairness to all, I have something for everyone. If you are way ahead after two lifts, can't pull your weight: NEXT MONTH - THE SUB-PERMAN SUB-TOTALS. It may be an inspiration to train the DL, or you might give Zangas' new DL suit a try. (George, send the money to my Swiss Bank Account!)

1614	McDonald, F	810	804	29SEP91	275	810	804	29SEP91	275
1614	Gollehon, M	881	733	29JUN86	SH	881	733	29JUN86	SH
1614	Santos, J	881	783	05JUN88	275	881	783	05JUN88	275
1615	Douglas, J	875	740	24JUN89	220	875	740	24JUN89	220
1615	Chrosniak, R	885	730	04APR85	242	885	730	04APR85	242
1620	Lavioia, N	840	780	08DEC91	242	840	780	08DEC91	242
1620	Black, J	854	766	08FEB87	220	854	766	08FEB87	220
1620	Rainey, R	793	826	19APR86	242	793	826	19APR86	242
1620	Boscacy, B	815	804	05JUN83	SH	815	804	05JUN83	SH
1625	Mafuli, V	848	777	28FEB93	SH	848	777	28FEB93	SH
1625	Cash, J	804	821	03MAR85	220	804	821	03MAR85	220
1627	Frenn, G	815	815	21AUG71	244	815	815	21AUG71	244
1630	Sheedy, P	875	755	24APR88	310	875	755	24APR88	310
1630	Wilson, S	825	805	20DEC81	275	825	805	20DEC81	275
1630	Kidney, L	870	760	12JUL81	275	870	760	12JUL81	275
1631	Welch, G	854	777	21MAY88	SH	854	777	21MAY88	SH
1631	Drapel, J	832	799	12DEC82	275	832	799	12DEC82	275

INTERVIEW

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

ART COURNOYER as interviewed for PL USA by Bob Gaynor



Art Cournoyer with some of his many awards (photo courtesy Art)

BG: How about some background material?

AC: My name is Art Cournoyer. I am 68 years old and I live in Campton, N.H. I am a retired police officer.

BG: How did you get started in powerlifting?

AC: At the age of 16, I started watching weightlifting at a small, local club. At the time, I was small, for my age, weighing only 125 lbs. I was encouraged to begin olympic lifting by Joe Mills, national champion at the time. Joe was one of the few lifters to clean and jerk double his bodyweight. As I began gaining weight and strength, I was encouraged to continue in the sport.

BG: When did you start competing?

AC: I started competing at the age of 17 as an Olympic style lifter and competed until 1961. During this period, I was lucky enough to win the New England and Arizona Olympic Championships. I also won the R.I. State Championship for 5 consecutive years. I was chosen outstanding lifter of the year in 1957 and 1960 and was presented a trophy by Bob Hoffman, coach of the Olympic Team. During this time, my best lifts were 255 military press (state record), 230 snatch and 303 in the clean and jerk for a total of 788 lbs. with a bodyweight of 200 lbs. In 1961, I retired from weightlifting due to the demands of my job as a police officer. I didn't get back into lifting until 1982 when, upon the advice of my doctor to resume exercising, I decided to get back into bench pressing.

BG: What is your feeling about drug testing?

AC: Having competed in USPF, APF, WPC, APA, WPA, CPA, WNPF for many years and having made a personal choice never to use strength inducing drugs of any kind, I decided to compete in the ADPPA. I wanted to compete with others who had made the same choice. I appreciate the drug testing performed at every meet and also feel strongly that random drug testing should also be done. I believe it is every lifter's right to choose whether to use or not to use drugs.

BG: Do you take any supplements?

AC: I take a multi-vitamin and

271 3/4 lbs. in the 181 lb. class, 60-64 age group. In 1990, I broke the world record at 183 lbs., lifting in the 198 lb. class, with a 265 lb. bench in the Masters 60-64 age group. In 1991, I broke the world record in the 165 lb. class, 60-64 age group, with a 265 lb. bench press. (W.P.A.) In 1992, I broke the 181 lb. world record at the 60-64 age group at 277 1/2 lbs., again in the Masters (W.P.A.). In 1993 in the World Natural Powerlifting Federation in the same age and class group, I broke the American record at 255 lbs. at the New Hampshire State Championships. In 1994, I won the ADPPA Police and Fire National Championships in the 65-69 age group with 253 1/2 lbs., breaking a national record. In 1995, I competed in the ADPPA Eastern States Championship in New York, taking first place in the Masters 65-69 age group, breaking a N.Y. State record and an American Record in the 165 lb. class. At the same meet, I took first place in the Open (all age groups) Police and Fire Division. During my career, I was chosen Outstanding Lifter of the Year four times. I was featured in SPORTS ILLUSTRATED in 1992. I won numerous U.S., North American, Northeastern U.S., Canada, and several bench press records.

BG: What would you like to say to the readers of PL USA?

AC: Down through the years, I have enjoyed the lifting and competition, but what has meant the most to me are the friends I have made in the sport. Don Stratton and I first competed in 1946 and remain friends to this day. I met Bert Rosenfield in 1987 at the ADPPA U.S. Bench Press Championships in Wilkes Barre, Penn. and remain close friends with him also. Jerry Cate was especially helpful and encouraging to me at a time in my life when I really needed it. Friends like this are hard to come by. I'd like to thank Bob Gaynor and Mike Lambert for this interview. Now, in the twilight of my life, it really felt good thinking back on my years of lifting and being able to reminisce a little. I hope with luck and God's help to be able to take home a WDPFF trophy in 1996!

BG: What are your future goals in the sport?

AC: Ideally, I would love to see all free powerlifting organizations merge into one drug free powerlifting organization. In this way, powerlifting could be included into the Olympic competitions.

BG: What is your advice to a young lifter?

AC: Start training slowly and don't get discouraged. Build a good foundation. If possible, get a good coach and training partner. Be patient and gain in your lifting will come steadily and surely! Most of all, stay away from the temptation of drugs! Dedication and hard work will produce results and a longer, healthier lifting career.

BG: What records have you set?

AC: From 1989 to 1992, I won 4 world bench press championships in the APF and WPA. In 1989, I set a world record in the WPC at

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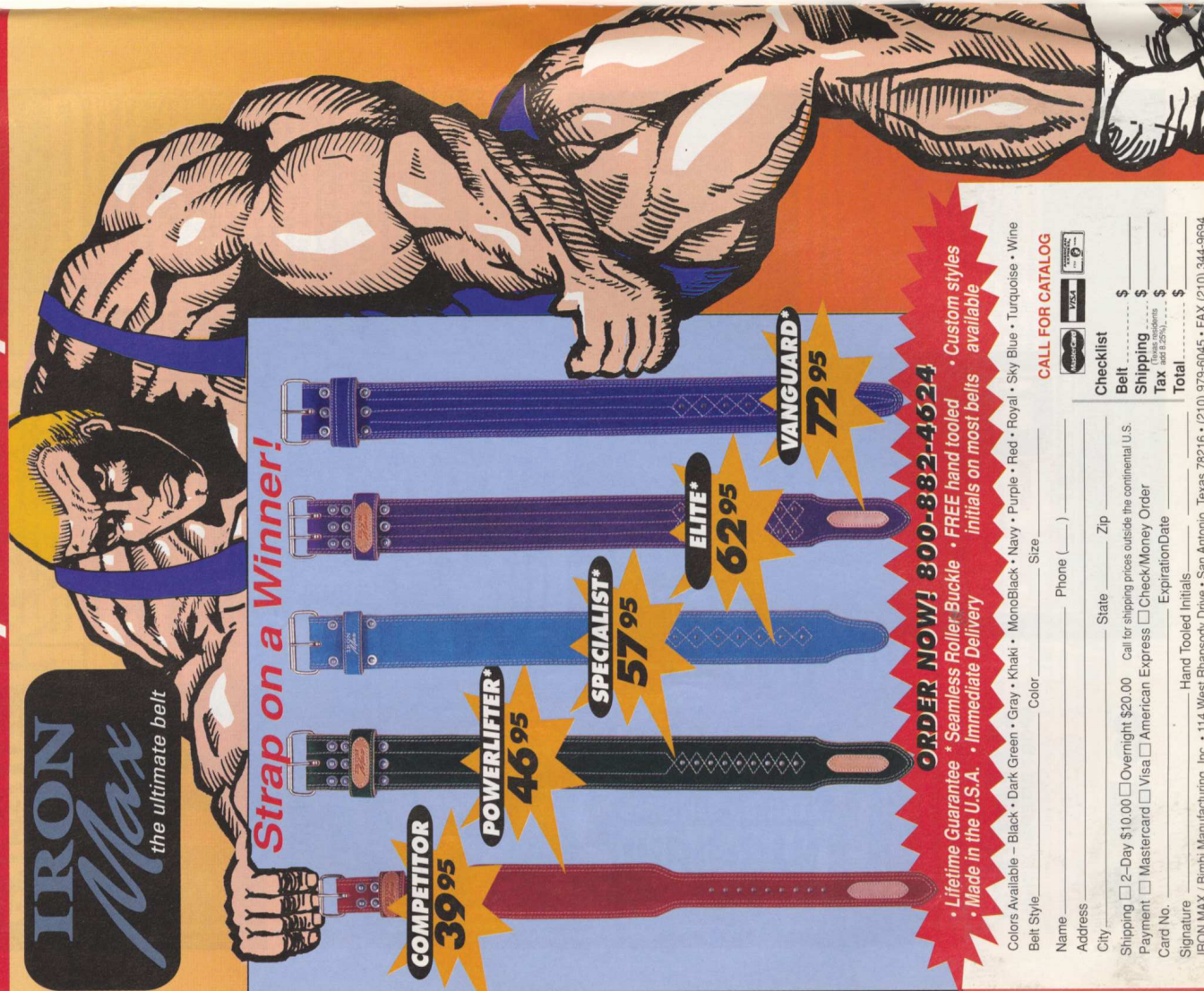
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TRAINING

LIFTING STRAPS

as told to Powerlifting USA by Doug Daniels

bypass such weak links as the bicep during lat exercises, the lats would grow and strengthen at a much faster rate. Straps offer a similar advantage. Who would have imagined that a few pieces of cloth would be so high tech!

Lockouts in the power rack are popular among many lifters. In this exercise, lifters generally use weights in excess of their competition deadlift maximum to overload the top portion of the lift. As a result of this

weight that he is capable of or stop the set before he gets the desired amount of reps. This can definitely hold back progress and the bigger lifts we all yearn for. This is where lifting straps come in like the cavalry to save the day.

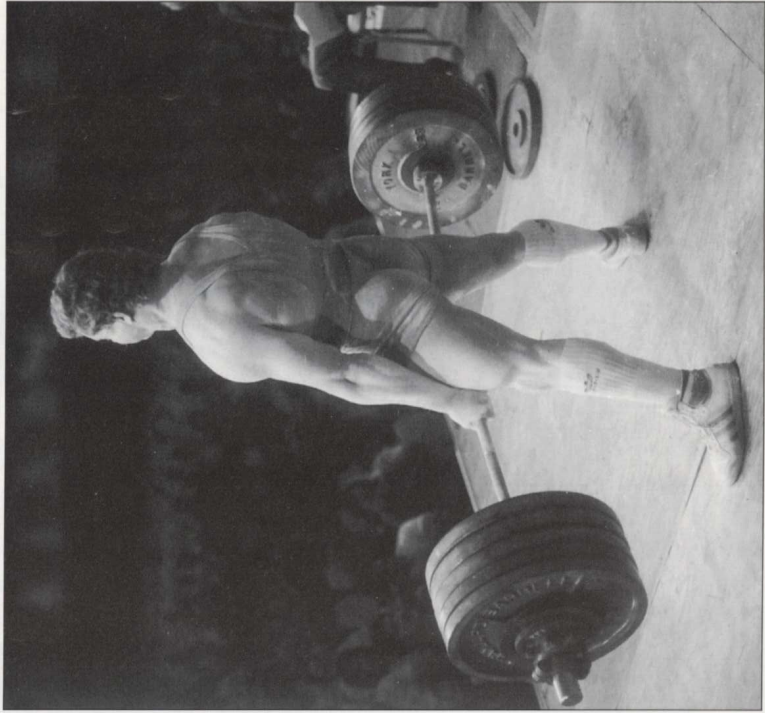
As I mentioned earlier, straps are used for many back exercises. Let's give some real life instances where and how straps can help our cause. Let's say you do snugs for deadlift lockout power, but have a lot of trouble holding on to the bar for the necessary weight and reps. You either have to use less weight or have to stop during the set to re-grip, so you can continue. This adds up to low intensity and concentration during the movement and, of course, little or no improvement in lockout power. To remedy this situation, the lifter would use straps on his heavy sets, allowing him to snug heavy weights and concentrate on the movement and, thus, reach a high level of intensity. Now the lifter's efforts to improve his lockout power will be rewarded.

One arm dumbbell rows are also prime beneficiaries of lifting straps. As the lifter's lats grow in strength, the weights needed to promote further growth must increase. Again, the lifter is limited by what he can hold on to. Straps, again, to the rescue. In addition, the lifter can concentrate more on pulling the elbows back with the lats instead of over-relying on the weak link; the biceps. Come to think of it, this was the main advantage Arthur Jones claimed for his revolutionary Nautilus machines of the 1970's. Jones asserted that if a lifter could

easily use them only for heavy sets or exercises where your grip limits what you can use. In addition, don't use them for the deadlift itself. This compromise should dispel any qualms about the use of straps. Use a little common sense in your training whenever you're in doubt.

I forgot to mention that lifting straps are probably the most economical piece of gear you can use. In light of this fact, experiment with different types of straps. One type of strap may work better for one exercise than another. One drawback of strap use could be some abrasions on your wrists. You might look like you just escaped from the county jail or are into something kinky. Straps can be extremely valuable to the competitive lifter and are great for many back exercises. They can also be used to help a lifter hang on to a chin bar while doing ab work. Straps are a great way to get a grip on your training and keep yourself in good hands. Sorry, I couldn't resist.

DOUG DANIELS



Deadlifters of the Record Setting Variety, like Ed Coan, sometimes find their grip to be the weak link.

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TRAINING

Strength and Conditioning Routines, Version 2: Power Rack Squat Strength Routine

as told to PL USA by Greg Reshel of POWER EXCEL



Every once in a while, any lifter - even some of the finest in the world - can derive benefits from a program of power rack work, which is one of the most effective means of overload training and focusing on your weak points.

DAY TWO - SQUAT & BACK WORKOUT.

1. Squat in power rack, the pins should be set to a height that allows the bar to touch the pins at about halfway to parallel. Use belt only. Follow the chart for 9 weeks. Keep your back and abdominals tight, lower the weight under control and pause the weight for an instant on

the pins, learn how to keep your balance!

Week 1: Position (half squat - each week) 5 x 2 x 93%, 2 x 5 x 74%. **Week 2:** 3 x 3 x 86%, 2 x 6 x 74%. **Week 3:** 5 x 2 x 100%, 2 x 5 x 80%. **Week 4:** 4 x 4 x 89%, 2 x 5 x 80%. **Week 5:** 3 x 3 x 93%, 2 x 6 x 80%. **Week 6:** 2 x 3 x 96%, 2 x 5 x 80%. **Week 7:** 5 x 2 x 100%, 2 x 6 x 80%. **Week 8:** 2 x 3 x 96%, 2 x 5 x 80%. **Week 9:** 2 x 2 x 114%, 8 x 91%.

2. High Bar Squats - 5 sets of 12 reps with 135 to 175 lb. range.
3. Stiff Legged Deadlift - 3 sets of 8 reps with 115 lb.
4. Underhand Grip Bent Over Barbell Rows - 5 sets of 8 reps.
5. One Arm Dumbbell Rows - 4 sets of 12 reps.
6. Wide Grip Lat Pulldown to nose - 3 sets of 12 reps.
7. Standing Dumbbell Shrugs - 5 sets of 12 reps.

As you can see, you will perform two routines for the squat each week. You must always work fast with very little time wasted between sets. Do not be afraid to miss a rep or two by working fast between sets. Failure to accomplish any of the sets just means that you are pushing the limit of your recovery and this will make you strong. Overall volume is the goal. Missing a few reps is not important to the success of the routine.

Struggle to maintain good form. Normally we advise to always use spotters for your own safety but rack work is one time you can get a tremendous workout without the benefit of spotters. If you have questions or observations contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI 53207 - (414) 769-1211. We welcome your questions and observations. Good Luck.

At POWER EXCEL, we have the first series of training legs each of which include off-season, strength, and peaking routines for all three powerlifts with all the accessories work listed. We have logs for novice or casual powerlifters, intermediate or serious powerlifters training year round, and for advanced or seasoned veterans of powerlifting as well as master lifters. Each log book is organized to have a specific selection of routines that will work together to build strength and break plateaus. We will continue to increase our library of routines and expand the range of log books to suit many individuals. If you are interested in these log books give us a call and let us know what you would like in the way of training routines. We will provide you with a book that suits your needs. All books are \$20. Call us today! Good luck & good training.

This routine is designed for the lifter who has a current max of 700 lbs. Believe me, I understand about having a current max of 700 lbs. I was plateaued at this weight for four years. After some experimentation with cycling of weights, and length of rest between workouts, I devised this routine. It isn't the routine I currently use, but I used one very similar to this in order to go over the 700 lb. barrier.

The reason most lifters have a stagnant deadlift is that they train with high reps and sets. They also don't rest enough between workouts. One must remember that muscle growth and strength happens because your body is trying to adapt to the present stimuli. Give your body time to adapt, and do not fatigue the adapting muscles with a plethora of assistance work. However, do not neglect the assistance work either.

For assistance, I prefer to use exercises that work the crucial links used in the lift itself. For the deadlift I use back raises or reverse back raises (Louis Simmons' Reverse Hip Machine advertised in PL USA is awesome). I also do call work to stabilize or anchor my body on the floor. Also, I do pull-downs and various forearm exercises. You can choose any exercise that works these muscles, but remember that these are assistance exercises and attempt-

Workout 6: Same Days. Deadlift: 135 x warmup, 225 x 3, 315 x 3, 405 x 2, 500 x 1, Add Gear, 550 x 1, 600 x 1, 650 x 1, 705 x 2 x 1 set. No assistance from here on.

Workout 7: Refer to the following paragraph: Deadlifts: Warm up accordingly and do your projected opener following your squat work 14-17 days prior to the meet. The day doesn't matter, you will probably have to finish your last pull on Monday with your squat. Use full gear in this last pulling workout. Meet Day: opener - 670, 2nd attempt - 705, 3rd attempt - 725-735.



Dave Barno deadlifting 815 at the IPA Nationals (courtesy Dave)

WORKOUT of the Month

Dave Barno's Deadlift Routine

ing a maximum in these may lead to a senseless injury. You will do your assistance following your pulling.

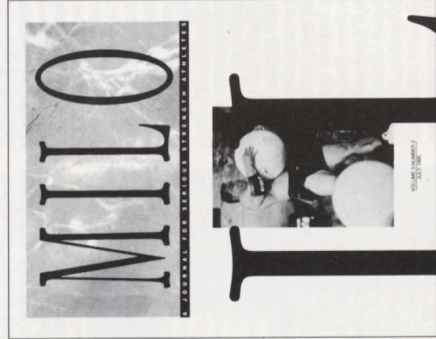
Since this workout is designed for the 700 lb. puller, I would advise pulling every two weeks. As far as equipment, I always wear a belt, and wear a lifting suit when the weight gets heavy or towards the end of the cycle. Also, I recommend flat soled shoes.

If you have any questions or would like a copy of the advanced routine that I recently used to pull 815 lbs. at the 1995 IPA Sr. Nationals (Louis Simmons' Reverse Hip Machine advertised in PL USA is awesome), I also do call work to stabilize or anchor my body on the floor. Also, I do pull-downs and various forearm exercises. You can choose any exercise that works these muscles, but remember that these are assistance exercises and attempt-

Workout 1: Sunday - Bench, Monday - Squat, Wednesday - Arms, Thursday - Deadlift: 135 x warmup, 225 x 3, 315 x 3, 405 x 2, 500 x 1, Add Gear, 550 x 1, 600 x 1, 690 x 2 x 1 set. Assistance.

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THE THIRD SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



Young Herb Glossbrenner - in the years when he was witnessing powerlifting's greatest lifts

A record list of participants was expected at the '67 Seniors. The Labor Day weekend turnout was light - 44! It was back to York, PA, the Mecca of Muscledom. The Central High School meet site provided adequate parking. Meet Director John Terazzo provided a hydraulic lift for the expeditious weighing of records. This negated the redundant stripping of the barbells each time. The warm-up room in close proximity to the platform also assisted timeliness.

A new bodyweight class was introduced - 242 lbs. It had finally been adopted - a long awaited step-ping stone to bridge the enormous gap between the midheavies and the behemoths. Despite the addition of this new category, the record onslaught remained about the same as in previous years. Sixteen meet, and 7 American records bit the dust. Texas and New York both claimed two winners. Devers continued his dynasty at 165 and Ray reclaimed the 181 title he'd won in '65 and forfeited the following year.

123 CLASS: MIKE CROSS. FINALLY BOSS: Like Morse Code, the augur came. The forearmwringing emanated from Signal Mtn., TN. It's native son, the Bantamweight Bridesmaid twice before had come to the altar again. On March 12th, he'd boosted his American Record (AR) Deadlift (DL) to 490, totaling 1020 there. Juniors winner Roman Miesle (23) an Olympic Lifter (OLer) from NJ (1000 total) stayed away. The '65 champ Melendez arrived late, was forced to start high, and zeroed. Then there were four. All Clark, 16, from Dallas (2nd at the JRs, with 900) gave a good account of himself - 910, and 4th, Julio Nunez built a 45 lb. subtotal over Leroy Mable. Nunez was



Robert Cortes competed in many Senior Nationals. By the way, we welcome photos our readers may have of the early Sr. Nationals and we pay for any that we use.

PAREIL - THREE-PEAT! For the third consecutive year, Devers the Texan, prevailed. He did so with a flawless nine lift exhibition. Gene was on top of his game with the strongest legs - SQ 325, 315, 325, 300, 315, 325, 300, 315, 325. Cumulative effort: BP - 300, 315, 550, 590, 605. He seemed to have power in reserve if need, it wasn't!

A newcomer rising up the ladder was Joseph "Doc" Rhodes of Bay St. Louis, MS. His debut on the Sr. National platform indicated he would be a future force to contend with. History proves that, indeed, he was. Joe was only 5 lbs. back of Devers on the bench (320). He then drew even with his 470 borderline SQ (780 subtotal). Joe DL'ed 585 and valiantly attempted 600. His 1375 was not enough to beat "the Man", but was easily 2nd, well ahead of the rest.

A man with a claimed 400 BP under his belt was Richard McGarry of MI. He made 335 here, but raised his hips trying his power. An unknown/unvetted his power. New Castle, IN's S. Hiale, 26, claimed a new meet record BP - 345! Added to a 450 SQ, he took a class leading 595 subtotal into the final lift. Hale followed Dever's example and made all 9 lifts, with no misses. He knew his limits and finished with a 520 DL (PR). Nathan Harris of MA, was caught between a rock and a hard place. The man from Roxbury was not to be buried. He had to put his mighty back to work and pulled 595. This edged Hale for 3rd place, 1320 to 1315!

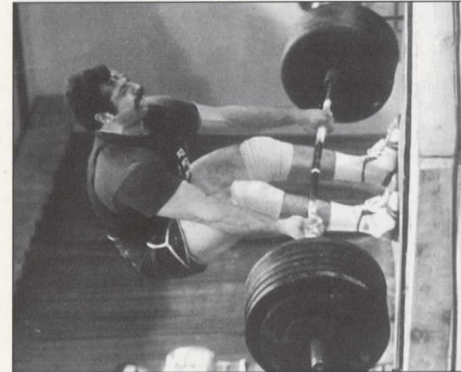
181 CLASS: A RUNAWAY FOR RAY. The rivalry between Texan Ronnie Ray and Bridgeport, CT's Bill Andrews had been two great confrontations the two previous years. Bill had moved up in 1988 and did not show up this year. It would have made no difference. Ray had risen far above any possible challengers. On Feb. 11, in Tulsa, he'd reclaimed his AR total - 1531 1/4 (450 3/4 BP - AR, 510 SQ and 590 DL). The heavily muscled rig of a man pumped three big ones: 425, then 400, and finally 450 - it was the gusher - a new meet record. He squatted too low: 480, 500, and couldn't complete 515. With short arms, his DL leverage made it more difficult. Ray labored with 550, made 575 more easily, but 585 wouldn't yield result: 1525, a new meet standard.

Felix Gomes of NY had Jesse Hurst of OK nipping on his heels all day. Gomes maintained a 10 lb. advantage going into the DL. After pulling 610 - Hurst then hoisted 615. Now the Oklahoma Argonaut had the lead, 1465 to 1460. Gomes rose to the challenge. He pulled himself into the runner-up position

DL 625 (627 1/4) - a new AR. Final result - 1485. Frank DiGiacomo, 28, a NY OLer, was far back in 4th. He still had the strongest legs - SQ 520. It weighed 516 1/2 for a Sr. National meet record.

198 CLASS: TOP TIER KANTER'S BANNER YEAR. The defending champ scored big two months prior to this meet. Bill West of Culver City, CA registered 1625 (405 600) and came prepared to retain his title. West's Waterloo was his BP. Three times at bat, 385 wouldn't go - he's out Seno, the BP record holder and '65 champ, found 415 was his demise. He, too, was eliminated. None of the others stood a chance against the heavily muscled man from Phoenix.

Adept in OL, as well as Athletics (throwing events), John proved he was the strongest in PL also. He exploded for a US record 1660 lbs. in the strength triathlon. He set two meet highs - 435 (434) BP, and SQ 600 (602 1/4). In the DL, came 590 to far distance himself from the others. John chanced 625 for a miss. His 575 was the first time for an actual weighout 500 plus in Sr. National competition. In last place in the class was Jim Witt, 52, the old Texas Junkyard Dog. His 1540 (PA) twice attempted a record 680



George Frenn went on to even greater achievements

1/2 & 685 1/2 respectively. On this day, George surpassed the 700 barrier on both lifts. His SQs were a triplicate: 655, 690, then 705 (707 1/2) for a new record. Yazolino expended some valuable energy training with nit-picky Rudy Sablo about wearing his belt backwards. It was finally allowed. Mel took one and a turtle slow 615. Paul yanked up 630 and claimed a sure runner-up position and the temporary lead. George pulled 660 to become the first 242 champion. Next followed 710 (713) for 1815, a great total, also a new AR. Frenn was soon to eclipse the 1900 barrier. On Dec. 2, in Santa Barbara, CA, he amended his top figures: 1902 (460, 732, 720). All were records, but the DL (Gary Young lifted 725 on Nov. 17 in Portland).

SUPERHEAVYWEIGHT: A FUN DAY FOR CUNDY. In 1996, "Big Bob" did a job on Todd. Bob Weaver was unquestionably the best of the behemoths. On April 29, the Pittsburgh Pachyderm had hoisted history's biggest total to date: 2040 (540, 800, 700). His SQ bettered his own record (782) from the '66 Seniors. It duplicated the highest official lift (800) which Casey first did Oct. 15, 1966. The 329 lb. Casey displayed his "Bellflower Power" earlier, becoming the first man to BP 600 (615 1/2). Then on June 17th in L.A. - 617 1/4! Casey had reportedly re-injured his back (835 training squat) and was absent. Weaver looked like a sure winner. Fate reared its ugly head. Once, twice, three times. Weaver could not negotiate his 500 BP. He was gone. There would be a new champ.

to duplicate Shtikni's total and capture 3rd as lighter man. He didn't and was 4th - 1500. 242 CLASS: FRENN WINS. George Frenn, 26, a hammer thrower from North Hollywood, CA, found himself playing catch-up after the bench press. The BP brigade was led by Mel-Hennessy of Minnesota. Short (5'6"), his upper body was incredibly muscled. Quite a contrast was another Californian, Paul Yazolino, tall and well-proportioned. His 485 BP was a record temporarily! Mighty Mel erased it with his 495 opener - effortless! His next jump was a huge 525 (523). It was the first time for an actual weighout 500 plus in Sr. National competition. In last place in the class was Jim Witt, 52, the old Texas Junkyard Dog. His 1540 (PA) twice attempted a record 680



Paul Yazolino one of the early bench press stars at 242. (Bob Packer)

The field was narrowed. The winner would be one of two men. The most physically impressive was the 6' 5 1/2", 300 pounder from Sykesville, MD. He was the top OLer and had won the Juniors. There he surprised the up-and-comer, Ing Scranton star - Jim "Big Bear" Williams. Facing big "Ernie" was a mystery man. He was Don Cundy, a 6' 3" Minnesotan with a propensity for deadlifting. Pickett seemed to be content to make eight lifts with no misses. George squatted 600 high bar style, rock bottom in picture perfect form. His 650 and 700 DLs were easy. He passed this 3rd attempt, satisfied with 1760 and runner-up spot.

Cundy, not as powerful looking, seemed more determined. His 490 BP bettered Pickett's lift by 30 and equaled the big man's SQ - 600. Don couldn't squat 630, but took a 30 lb. lead into the DL. Despite short arms, Cundy's unusually strong back gave him a decided edge. His 730 opener brought the win (1820). Then followed 780 (784), an AR, and 1870. Next came history's first 800 try, but he couldn't quite extend himself.

This brought the biggest Power meet to a close. Led by Devers and Ray, Texas Barbell Club won the team trophy. The best lifter was no surprise: George Frenn.

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123 Class, M	205	335	480	1020
Nunez, J	260	300	375	935
Mable, L	235	280	420	935
Clark, A	170	330	410	910
132 Class, A	235	370	505	1110
132 Lord, A	230	330	490	1040
Koziak, J	220	330	490	1040
Kaemmerer, J	260	330	370	960
148 Class, G	320	455	500	1265
Mintz, L	315	430	490	1235
Nuzzleza, J	315	430	490	1235
158 Class, J	295	365	490	1150
Cortez, R	240	385	450	1075
Rice, J	260			
Scott, R				
165 Class, J	325	465	605	1395
Devers, G	320	470	585	1375
Rhodes, J	420	490	595	1505
Harris, N	275	450	595	1320
170 Class, E	320	470	500	1290
Williams, E	325	445	555	1255
Jones, J	320	475	555	1255
McGarry, J				
Ray, R	450	500	575	1525
Gomes, F	360	500	625	1485
Hurst, J	375	475	615	1465
181 Class, F	330	520	520	1390
198 Class, J	435	600	625	1660
Matter, J	430	600	630	1660
Shtikni, G	360	550	630	1540
Dzurenko, J	335	535	640	1500
Wood, R	330	520	625	1475
West, C	395	500		
198 Class, J	460	705	710	1815
Frenn, G	485	630	630	1745
Hennessy, M	525	590	615	1730
Roberson, J	410	610	670	1690
Witt, J	385	575	600	1540
Cundy, D	490	600	780	1870
Pickett, G	460	600	700	1760
Weaver, B				

Welcome to another month's worth of thoughts and commentary on the powerlifting scene.

ADPPA Women's champ Nikki Avey was out in Los Angeles for a brief visit, and she keeps getting stronger. She's aiming for her third straight ADPPA National title. Can she hit that 500 squat?

Nikki's weight has been coming down, and now she's just barely above the 176 lb. class limit. Will she drop down there to compete against Betsy Ojanen and Linda Jo Belisito?

Pennsylvania's Jamie Harris attempted a 780 bench press at the APF North Coast Open, but couldn't get the bar down to his chest. Most lifters have the opposite problem, pushing it up, but Jamie's shirt was ultra-tight, so it didn't give him that last inch or two he needed on the way down.

Jamie doesn't use the shirt in training, so when he gets to the meet he's trying the shirt for the first time, and weighing in around 376 lbs., he certainly fills out that shirt. He says he's mov-

ing 800 lbs. on the bench in the gym, but he also says that doesn't mean anything. It's what you lift in the meet that counts. That's for sure.

Jamie's planning on hitting two bench contests in April, so by the time you read this maybe he'll have hit one of those big benches. More info in the next issue, when we'll have some stories from Tamara and Terry Grimwood's big IPA bench contest, where Jamie is scheduled to meet up with Chris Confessore, Grant Pitts, and lots of lifters from Louie Simmons Westside Barbell Club.

My thanks to Louie for his two terrific segments, one on the bench, one on the squat, in the current issue of POWERLIFTER Video. We've gotten a lot of great comments about those two segments, and we're happy about that, 'cause we devoted over one-third of the



Nikki Avey... look for her on an upcoming Powerlifting USA cover

POWER SCENE

the Greatest Bench Press in America, and I'm hoping that we'll see a GBA II.

I want to see all the top benchers there, and that means



Louie Simmons segment in the current edition of POWERLIFTER VIDEO Magazine is HOT!! Be sure to check it out. (Low photographs) anyone claiming a bench over 700 lbs. If there's not a GBA II, then let's see ALL the top benchers together at another meet.

We've had enough of the splintering of powerlifting. More and more comments come in from lifters complaining about what's going on in the sport. They're getting skeptical about record and near record lifts; just because they read about it in this magazine, doesn't mean they believe it.

Why are so few records set at national level meets? Why are so many records, and big lifts, done at local meets? 'Cause, if you want all of the powerlifting public to believe these numbers, do them at the national meets.

Well, that's it. 'Til next time, stay strong, and we'll catch you on video.

Ned Low

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TRAINING

Strengthening the Torso

as told by Louie Simmons, Westside Barbell Club



Building Torso Strength... George Halbert performs the spread eagle situp (Louie Simmons)

I am always watching lifters at meets and in training. It has been my observation that lifters fall in the squat, and deadlift because of a weakness in the torso and hamstrings. Most lifters miss the squat when the bar gets out of the groove. This is caused by bending over while going down or coming up, due to weak abs and back muscles. The same is true in the deadlift.

What's the solution? Is it found in doing more squatting or deadlifting? No. It must be addressed by special means: exercises that work the front, sides, and back of the torso.

Let's start with the side muscles. They help stabilize the squat and deadlift by keeping the body from moving laterally. When one walks out a squat, the weight is shifted from one foot to another, placing uneven pressure on the spine. To compensate for this, the obliques must be strengthened.

One method is the simple side bend. Hold a dumbbell in one hand and bend to the side opposite the dumbbell, then return to an upright position. The muscles on the side without the dumbbell will be doing the work of straightening the body. Do 3 or 4 sets of 8-12 reps on both sides.

A second exercise to build the side muscles is the side press. It is done by pressing a single dumbbell while bending to the opposite side. This will place a great deal of stress on the side muscles. Many years ago this was a popular lift. This is the method Paul Anderson used to do his one-armed pressing. It is still popular in the former Soviet Union to build stability for the overhead lifts. To do this lift, after cleaning a dumbbell to the shoulder, press it overhead while leaning away from the dumbbell. Do 3 sets of 15 reps on each side twice a week.

Side bends with a weighted barbell across the shoulders is an excellent way to develop the side muscles. Don't bend too far to the sides on any side bending exercise. It may also be advisable to use a torso machine, which will work the side muscles in a different way, by twisting the body instead of bending. The invention of the torso machine no doubt came about from an exercise known as the Russian twist. It is performed on a situp

force of the weight is multiplied greatly. A squat bar will never feel heavy again.

A good morning with the back bent will duplicate a conventional deadlift style. When bending forward, it is not necessary for the back to go below parallel to the floor.

We do an exercise that is a combination of a squat and a good morning. The bar is held very low on the back. We use an Iron Mind Buffalo Bar. The lifter must hunch over to keep it on the back. To do the lift, bend over to a comfortable position and then round the lower back and slowly sink into a deep squat.

Use a very wide stance. This is a tremendous exercise. It builds the back, hips, hamstrings, and glutes at the same time. This is a Westside favorite.

For another unique exercise, we use the Safety Squat bar set in the power rack on pins at about waist level. This represents the starting position of a deadlift lying on the floor. Now squat under the bar, and with your hands hanging your sides approximately 9 inches off the floor, drive your shoulders into the bar and stand up. This is a tough one, but popular here, and it will build a great deal of strength. It will also teach you how to strain because the bar will tend to move forward. It is a very difficult lift, but worth the effort.

We also use the Safety Squat bar for arched back and bent over good mornings as well as the combo squat and good morning lift.

The Zercher lift helped Ed Clark of Illinois put 500 pounds on his deadlift in only 6 weeks. To do this lift, we set the bar on squat pins that are low enough so that the bar can be lifted out in the crook of the elbows. Now squat down. The bar should touch the knees as you squat down. One must force the knees out, arch the back, push out the abs against the belt, and extend the glutes to the rear. This is an exercise that will build the erectors, hamstrings, glutes, and hips.

The Mania Ray device works like a super pulling squat, by positioning the bar high on the neck. This elongates the portion of the

back doing the work, causing one to concentrate greatly on arching the back. The Mania Ray makes one squat upright, much like deadlifting. It also builds the legs. High reps can comfortably be done with this device, taking much stress off the shoulders, and it prevents a lot of trauma to the neck vertebrae.

Throwing a medicine ball over the head will build tremendous back extension strength. This can help in locking out a deadlift or for its original use, the Olympic lifts. To do this, hold the bar in both hands and squat down somewhat. Then fully extend the legs and back in a dynamic manner, thrusting the ball overhead.

For most of these back exercises the sets are high. Work up to a max set of 3-5 reps. Then work back down in the same manner as you worked your way up, adding reps as you finish.

Because while squatting or deadlifting the abs must be held in a static contraction, it is most important to work your abs in a static manner. Holding a dumbbell on your chest, sit back into a half-situp and hold that position for 5-6 seconds and return to the starting position. Repeat for 5 or 6 reps. This translates to about 30-36 seconds of static work.

You could also do hanging leg lifts. I hope I have mentioned at least one exercise that will increase your lifts. Just one can save you from an injury and prolong a career. It may also push you over the top to become a champion, if you're not already.

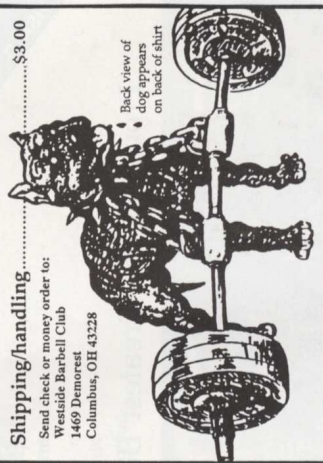
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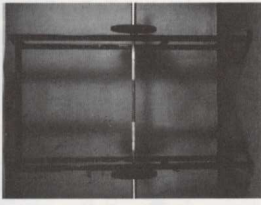
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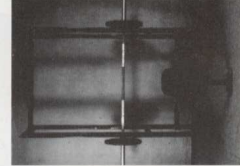
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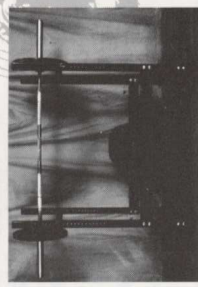
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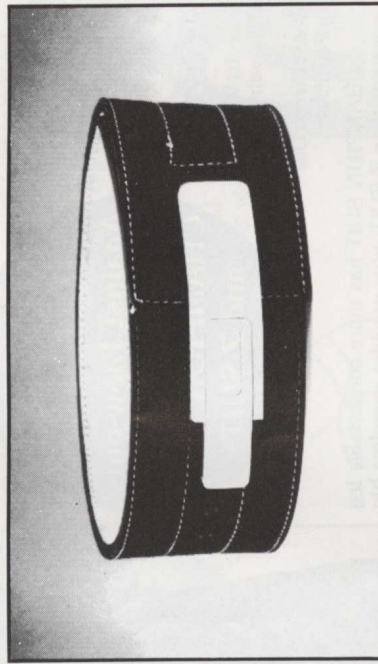
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RELIEF FROM PAIN & INFLAMMATION DURING HEAVY LOAD POWERLIFTING as told to POWERLIFTING USA by Rick Brunner, Atletika

Almost every week while talking with powerlifters across the United States the subject of joint stress and injury rehab comes up. Powerlifters, because of the heavy training loads they use, are subjected to above average stress on bone, joint and connective tissue. In addition to the use of analgesics, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), and corticosteroids to relieve pain and inflammation, certain chondroprotective compounds are used as treatment and prevention too. These chondroprotective compounds include chondroitin sulfate and glucosamine sulfate.

Both chondroitin sulfate and glucosamine sulfate are produced in the human body and are involved in maintaining the integrity of the connective tissues. Both compounds may be useful to powerlifters in preventing the loss of connective tissue elasticity and fluidity of joint movement. In addition, the research shows they may be beneficial in preventing osteoarthritis. I will present them to you as separate compounds, but they most likely will also be beneficial used in complex.

Chondroitin Sulfate

Chondroitin sulfates are a component of cartilage, which in turn is included in connective tissue. Cartilage helps to give support and shape to tissues and is also found in joints and between vertebrae. As a person ages the water content of cartilage decreases causing a decrease in joint mobility and a greater risk of injury from training stress. Joints and connective tissue can also be affected by acute traumatic injury and/or arthritis. Chondroitin sulfates are also found in the walls of blood vessels and are important at maintaining vascular health.

Recent studies have shown chondroitin sulfate supplementation to be effective at healing connective tissue injuries and preventing additional injury. In addition, chondroitin sulfates in a supplement may prove useful in preventing vascular (heart, artery and capillary) damage.

Oral administration of chondroitin sulfates is well absorbed and a significant increase in plasma (blood) levels occurs. The first pass through the liver metabolizes a good portion of chondroitin sulfates into smaller molecules, but a significant amount remains intact to reach connective tissues.

The oral dosage for chondroitin sulfates is 400 mg for 4-5 times daily during a healing phase and 400 mg for 2-3 times daily in stress prevention.

Glucosamine Sulfate

Glucosamine sulfate is an amino sugar necessary for connective tissue integrity. Glucosamine sulfate is produced in the body by the interaction of glucose with glutamine to form glucosamine via the enzymatic action of the enzyme glucosamine synthetase.

Glucosamine sulfate is a component of glucosamine-glycans (mucopolysaccharides) and gly-

coproteins which are integral parts of cell membranes and connective tissues. Glucosamine sulfate plays a role in the integrity and formation of tendons, skin, eyes, spinal fluids, bone, ligaments, and heart valves. A loss of glucosamine sulfate from tissue can result in early aging of cells, a loss of cellular functions, the weakening of connective tissues, and loss in flexibility.

Most of the research on glucosamine sulfate has been done over the past ten years. This research shows great promise in the use of glucosamine sulfate in the prevention of certain degenerative conditions. Powerlifters may find significant benefits from glucosamine sulfate in maintaining connective tissue strength, preventing injury from heavy lifting, improving flexibility and reducing inflammation. A number of studies since the 1980's have shown that oral use of glucosamine sulfate decreases pain and improves mobility in osteoarthritis, without side effects.

The dosage of glucosamine sulfate is 500 mg for 4-5 times daily during a healing phase and 500 mg for 2-3 times daily during maintenance.

In addition to the above mentioned protective agents, another useful compound is N-Acetyl Glucosamine (NAG). The dosage for NAG is 3,000 mg daily for healing and 1,500 for maintenance.

Summary

Special compounds now available to athletes can be used to improve the integrity of connective tissue. This includes tendons and ligaments, bone, heal valves, and spinal discs. The compounds include chondroitin sulfate, glucosamine sulfate and n-acetyl glucosamine. They can be used to reduce inflammation of tissues as well as maintain connective tissue health and flexibility. They are absorbed orally well and are safe to use. Powerlifters may find great benefits from these compounds as they increase their training loads and experience nagging training injuries over their competitive career.

For more information about these nutrients and their use in powerlifting, as well as other bioactive compounds, contact a trainer at Atletika Sport International at 800-621-2602.

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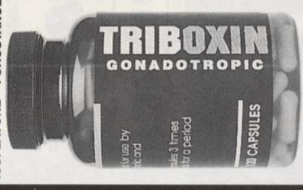
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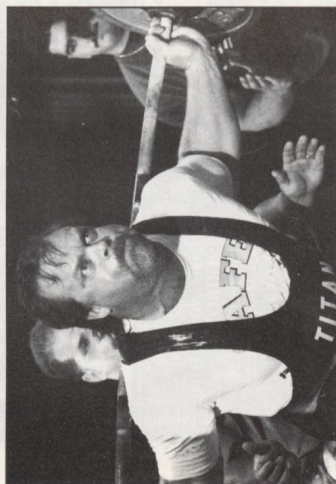


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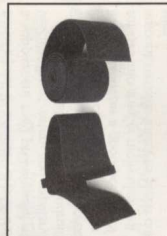
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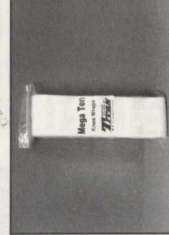
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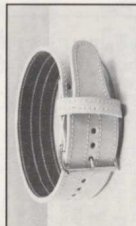
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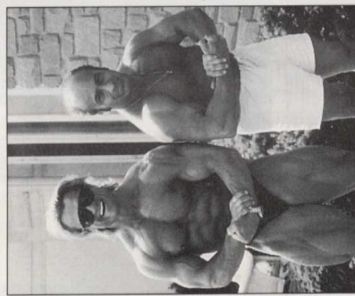
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Ask the Doctor

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., Warfaworth, 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: Thank you for your response to my inquiry regarding creatine monohydrate vs. creatine phosphate. Your response prompted a few thoughtful comments and questions. A recent issue of *Muscle Media* 2000 has an article on creatine monohydrate. One paragraph totally shreds creatine phosphate products, portraying them as hype and nothing more. The article gives no explanation though, of the dynamics of creatine monohydrate, creatine phosphate, or ATP. It does mention though, as you did, that creatine phosphate, is very expensive. Since you were positive on creatine phosphate (disregarding price) if you wanted to know my results with creatine phosphate, I am responding. My creatine monohydrate ran out about a week ago, so now I am using solely the creatine phosphate product. This is Opti-creatine Phosphate, by Metabolic Nutrition, Inc., Miami, Florida. So far, so good. I am 5'6", 185 lb., and take about 20 grams per day; 5 grams in the morning, 5 grams before an afternoon workout, and 5 grams in the evening. I don't know if this is what you call adequate dosage. I am also not entirely educated on cycling. I am just taking about 20g. a day until I learn otherwise. Maybe you could enlighten me. Regarding the price issue, I do



Dr. Mauro Di Pasquale compares physique poses with bodybuilding's Tom Platz

not understand this 30% issue. I've looked in a few stores, and generally the powder creatine monohydrate products are about \$0.20/g.; i.e. a 300g. container is about \$60. Regarding the creatine phosphate, this Opti-creatine Phosphate, is the only product I know about, and it's about \$40 for 200g. It's about the same price. Maybe there's something I am missing. Are you familiar with this product? So far, I'll stick with this one until I learn more. Like I said, so far, so good on the results, although I am not aware of all the variables involved here. Your thoughts and comments are appreciated. **Mark S.**

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

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Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS IN SPORTS - last issue March 1995 - My book updates and the newsletter are THE source for information on drug use by athletes (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 \$1.50 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 U.S. plus \$1.00 P&H.

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not understand this 30% issue. I've looked in a few stores, and generally the powder creatine monohydrate products are about \$0.20/g.; i.e. a 300g. container is about \$60. Regarding the creatine phosphate, this Opti-creatine Phosphate, is the only product I know about, and it's about \$40 for 200g. It's about the same price. Maybe there's something I am missing. Are you familiar with this product? So far, I'll stick with this one until I learn more. Like I said, so far, so good on the results, although I am not aware of all the variables involved here. Your thoughts and comments are appreciated. **Mark S.**

DEAR MARK: I don't understand how the Opti-creatine Phosphate can be so inexpensive. I'm not familiar with the product or the company, so I can't tell you if the product is pure phosphocreatine or not. At the price you quoted, I would doubt that the product contains pure or nearly pure phosphocreatine. If you buy phosphocreatine from a company that deals in biochemical products, it costs about \$10 a gram. Even in large quantities it's unlikely that it is less than \$5 a gram. Creatine monohydrate, on the other hand, costs about 20 cents a gram. A big difference in the price of the two creatines. I really can't tell you what dose you should be using and how to cycle phosphocreatine. Because there is so little information out there, every athlete who uses phosphocreatine tells us something about dosage and effectiveness. Let me know how you make out in your experimentation. **Mauro DiPasquale, M. D.**

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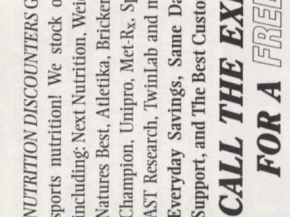
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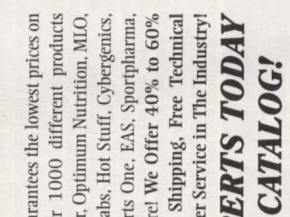
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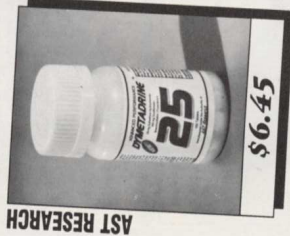
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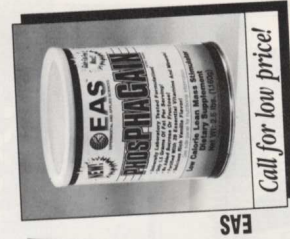
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More From Ken Leistner

I believe that the position of Platform Administrator, one that currently does not exist in any federation, is extremely important. I have proposed the establishment of this duty to those who direct the affairs of a number of the organizations, and have been met with positive worderment. In "The old days", when there was one federation, be it the AAU or, later, the USPF, there was an abundance of officials available to judge and also serve on a jury at national and international level competitions. With the fracturing of the organizations in the sport, there are times when there are not enough competent officials to man the platform over the course of a two day meet. Having a jury is out of the question.

Having a Platform Administrator who is there to witness each lift and serve as an arbiter for any dispute that arises, would make high level competition run smoother and more fairly. One would obviously have to be quite experienced and "know the rules" cold. They would also have to be willing to actually witness each lift to insure that they could give a ruling fairly. While discussing this with a number of lifters and officials recently, it was noted that at meets directed under the banner of any and every organization, there are good officials and bad, good decisions and bad, and lifts that are passed which should not be. I have attended more meets than I can count in thirty years of powerlifting and numerous national

the Senior Nationals. Over time, we have seen it all relating to officials. The latest flap in powerlifting is the non-recognition of the squats performed in the IPA, the International Powerlifting Association. Ralph and I have directed meets under the banner of a number of organizations. We certainly have a great track record of assisting those running meets, lending equipment, providing judges, etc. to those in need. There are some organizations that are great to work with because the individuals involved are truly interested in the lifter and the sport and work to benefit both. Some organizations are either run by, or have surfed off self important, overblown jerks that nitpick until the lifter feels that there are more enjoyable things to do than lift weights anywhere but their basement. Some are a mixture of both, but we have found so many who just like powerlifting. Currently, we are affiliated with the IPA because we like their attitude. Almost everyone involved lifts, likes to lift and compete, and seems to want the sport to move forward. To their credit, we found the same attitude in the APF but had differences with some members of the organization on decision making policies. The APF lifters, however, could not have been more enthusiastic as a group.

Philosophically, the Iron Island Gym espouses an anti drug use policy, although some of our lifters use drugs to enhance their lifting progress. This is a fact of life and in this neighborhood, we're fortunate when we don't lose lifters to the drug on the street or street life in general. Ralph and I cannot regulate an individual's life out of the gym, nor do we wish to. Because we want all of our lifters to have an opportunity to express their lifting abilities, we have looked for organizations that allow this. Some organizations, through publicly stating that they wish to see all lifters free of drugs, do nothing to encourage that. Many top level lifters of years ago, who admitted using drugs, have been shunned when coming back drug free. The overwhelming majority of our lifters are lifetime drug free, yet at a national championship, some were openly hassled and treated in a hostile manner with the statement that "people there (meaning at the Iron Island Gym) use drugs". Thus, having perhaps fifty active competing lifters, these obviously drug free athletes were made to feel out of place due to the less than five percent of our lifters who might use anabolic drugs. Obviously, this organization was not an option for them. We chose the IPA because of the fairness and ease shown in dealing with meet directors and lifters. We try to help those in many organizations who share that type of perspective.

PHOTO: THE SING SING CORRECTIONAL FACILITY



Can't We All Just Get Along?... back in 1993 some APF and ADFPA people did so at a function held at the infamous Sing Sing Correctional Facility. From left to right, unidentified, Charlie Schroeder, Pat Susco, Tommy Muscianisi, Pete Cisonodi, and Chris Sapanides (Arm Tuite photo)

anyone else short of two or three officials at the platform.

My point is this: Herb Grossbrenner, a fellow PL USA author, has taken it upon himself to go out of his way to bash the IPA squats. Of course, I don't recall seeing him at the nationals, but I was in the head judge's chair. He lauds another organization in particular, one that also does not allow the head referee to judge depth and where as many suspect squats are passed as in the IPA or any other organization. It is unfair to those who perform lifts within the rules of an organization to be penalized. I know that Mike Lambert feels that the rule of the IPA is "so different" that it perhaps not fair to judge them and then rank them within the same context as those of other organizations. But when unsanctioned conditions, but when unsanctioned conditions produce big lifts that appear in the Top 100, how is their inclusion justified? Many of these unsanctioned events don't require "official" lifting attire (a joke across the board in my opinion), pull "judges" out of the audience or expel knowledge of their abilities or experience, and have as many tainted lifts as good ones. I know that many of the squats I saw at the IPA Nationals, including those done by Outstanding Lifter Joey, were good anywhere, and for any organization never look deep enough, to me or

tion. The problem lies not with the organization or its rule. Fractionation has made judging standards so uneven, that no organization can claim to have consistently excellent judging. While the presidents of each organization lodge their disagreement, lifters will tell you how inconsistent judging is and how at times it is horrible. Every organization needs to improve and yet, because they are all competing to be seen as the "best", or the "best of the drug free" or "best of the non-tested" or "best of the non-tested" federations, judging standards are lax. Lenient judging standards to the worst instinct in the sport because lifters want to hold records or better lifts than they are entitled to. This is not exclusive to any organization. At this point, the number of record holders and champions, the lifts that are done "unfairly", and the race to sign up as many members as an organization has many like me, those few of us who still care, feeling that involvement with any "official" organization may be a waste of time. However, to single out any organization and claim that their standards are less than others is absurd and certainly does nothing to improve the sport. Having a respected author do the same compounds the problem.

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TRAINING

PREVENTING CATABOLISM as told to Powerlifting USA by Byron Chandler



Well trained athletes like Lloyd Weinstein avoid the burning of muscle tissue (catabolism) by moderating cortisone levels and caloric intake.

Catabolism, for the strength athlete's purposes, is the burning of muscle tissue. Obviously, catabolism is to be avoided and, in fact, it can bring your progress to a dead stop. There are two causes of catabolism that powerlifters must give careful attention: cortisone levels and caloric intake.

Cortisone is produced naturally by the body to heal the damage that heavy training inflicts on the connective tissue and joints. Cortisone has a strong catabolic effect. Most steroids make the joints more resilient; so steroid users tend to produce less cortisone. This is part of the reason steroid users can gain on routines that would cripple natural athletes. To keep cortisone levels down, natural athletes should be especially careful not to overtax their joints. Certain measures can be taken to minimize the damage inflicted by power training:

- 1) Use perfect form at all times. Good technique is safer and more productive in the long run.
- 2) Choose assistance exercises wisely - if hack squats, French presses, presses behind the neck, or any other exercises causes joint pain, discontinue it at once. Find an exercise that works without causing injury.
- 3) Warm up before working out; get some blood flowing, generate a little heat, stretch out. Spend time stretching the hamstrings and shoulders in particular.
- 4) Use heavy singles, doubles, and triples sparingly. Save them for the weeks just before contests. Most powerlifters build strength training with less than 90% of their one rep max (1 RM) in the off season.
- 5) Spend part of the year working with light weights, high sets, and high reps to heal and strengthen the connective tissues.
- 6) Don't overtrain. Without adequate recovery between workouts, small joint trauma do not heal completely; in time, they accumulate and become big injuries.

7) Always listen to your pain. If you experience joint pain, you simply have to rest the joint, staying away from exercises that cause irritation. If necessary, get treatment from a medical doctor, chiropractor, or physical therapist.

Caloric intake is a more familiar factor in catabolism. If an athlete burns more calories than he eats, the body must burn some of its own tissue. If the body burns fat, we are pleased; if it burns muscle tissue, we are in trouble. Keeping caloric intake high is a very effective way to prevent catabolism. The body won't

the body will burn muscle to fuel the brain. However, if the diet is supplemented with glutamine, the brain need not burn muscle tissue for fuel. Athletes are advised to take two to five grams of glutamine (2000 to 5000 mg) daily during periods of low caloric intake or low carbohydrate intake. The best way to take it is in powder form. I recommend dissolving a gram at a time in an ounce or two of water, and holding the mixture under the tongue for a minute or more before swallowing. If you are using capsules, open them and empty the contents under your tongue, and wash it down with water about a minute later. Glutamine is not easily absorbed in the stomach. By taking this large dose and allowing some to be absorbed sublingually, you will absorb a substantial amount. You will know the glutamine is working if your mood is improved and energy levels remain high.

A closely related supplement is ornithine. Alpha-ketoglutarate (OKG for short). Rather than supply glutamine, OKG supplies Alpha-ketoglutarate. Bonded to ornithine the Alpha-ketoglutarate is better absorbed and as a bonus supplies a little ornithine, which might stimulate growth hormone release (although I personally doubt the value of ornithine). OKG is much more expensive - so much so that the price may equal the absorption advantage. Still, medical research indicates that OKG is a promising supplement and it certainly deserves consideration.

Glutamine is a gem of a supplement. Its effectiveness is well established - the medical community has been using glutamine for years in treatment of trauma patients. You will notice its effects within a few hours of using it. For the powerlifter trying to keep strength levels high while sucking weight just before a contest, it is worth its weight in gold. Any athlete that practices carbohydrate loading will find it invaluable during the depletion phase, if not for its anti-catabolic effect, just for mental clarity and mood maintenance. To top it off, glutamine is inexpensive and readily available. Preliminary tests have revealed that plain old glutamine is the "secret ingredient" in a very expensive anti-catabolic supplement. With glutamine, you have very little to lose and a great deal to gain. Try it!

High quality glutamine in powder form is available in Anabol Naturals, at (800) 426-2265 for \$13.55 + \$4.75 S&H for 100 grams. The author is not paid by or affiliated with Anabol Naturals.

Byron Chandler

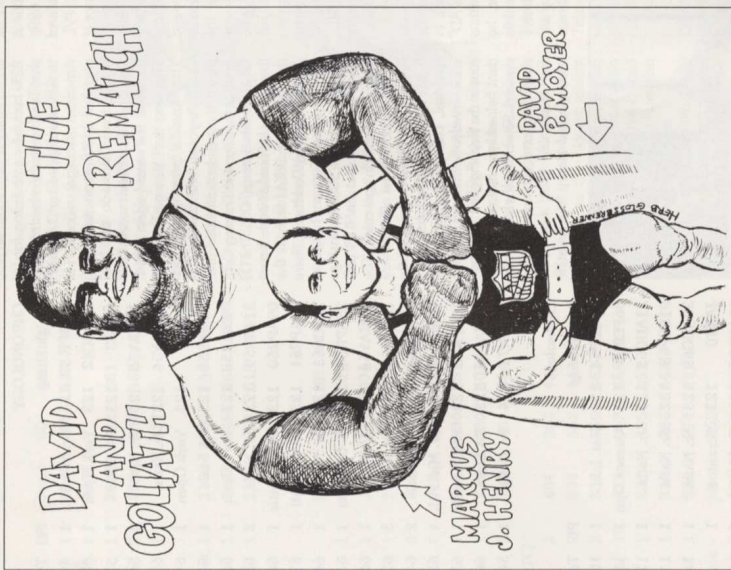
For ages mankind has tried to evaluate the multi-faceted concept of human physical strength. Dissimilar comparisons have been, and will always be, as diversified as those who endorse their own predisposition.

World Strongest Man competitors have their own proselytes. Their supporters insist that all facets of strength are tested in these various tests which leave little in doubt as to who is truly the strongest. WSM competitions have public appeal. The average person can relate to something they clearly perceive. Depending on automobile and turning completely over back onto it's wheels again can hardly be questioned - it's a very dramatic display! Everyone has their own idea of true strength. Arm Wrestling and stone lifting have their own disciples. In the Iron Game today we have two major strength arenas for competition. They are weightlifting and powerlifting. Both offer their own merits with distinct dissimilarity. USA was once world dominant in the overhead skills. This is no longer so. The USA also spearheaded the P/L movement. Its popularity caught on after six years. After a quarter of a century it grew and today it flourishes globally. As it was in the beginning, the USA still remains on top - the best!

It seems logical that in the search to find USA's ultimate strength athlete, we must first establish the criteria. To justify and debate the worth of either W/L or P/L separately would prove nothing. Perhaps the best would be one who would excel at both. Participation and proficiency in both sports is rare. This weeds out candidates rapidly. I suggest the judgement be made considering the combination of both sports. Achievements, dominance, titles records, and ability in both separate arenas of strength will be presented for final consideration. How coincidental it is that it boils down to two athletes whose accomplishments overwhelmed all other contenders. They are on opposite ends of the spectrum. Both are disproportionate in size and come from two different eras of time.

As a preface I will jog your memory with a well known biblical story: DAVID and GOLIATH.

DAVID & GOLIATH "MITE VERSUS MIGHT" - Is 'Large in Charge' or does "Small Win it All?" as told to POWERLIFTING USA by Herb Glossbrenner



Goliath of Gath was a giant Philistine warrior. Authentication of units of measure today cast him a creditable and believable 6'10" in height. Young David, a mere shepherd boy, slew him in battle with a stone hurled from his slingshot. How ironic that for the purpose of this comparison we will see Round Two of this confrontation, duplicated after 3000 years. For the title of AMERICA'S GREATEST ALL-TIME STRENGTH ATHLETE - re-enacted will be DAVID vs. GOLIATH. Intrigued? Read on!

DAVID

Last month I wrote about David Moyer. To briefly recap: he was born with a hundred lbs. behind the global best in his 123 class. His

stunted physical growth (dwarfism) was amplified by a bone deformity which caused severe bowleggedness. As a teen he was introduced to lifting competition. He became skillful despite hampered body alignment. His body levers made pulling movements disadvantageous. Unable to either squat or split properly beneath a weight due to his crooked stubby legs - he modified his style into a half squat - half split on his toes. It looked awkward and precarious but worked for him. Getting the weight overhead was the easy part. Twice a Sr. Nat'l W/L Champ, David did not measure up internationally. His cumulative sum of the three Olympic lifts were a hundred lbs. behind

PRESS lift was outstanding - twice he set W/R's in that exercise.

Little David showed an unusual proficiency to Powerlifting long before it became popular. He SQ'ed 400 at 112 lbs, age 18 yrs. before in 1952. This was 13 yrs. before the power game became official. When it was born in 1965 he dominated the 123's in a Coan-like manner. A knee injury left untreated sidelined him for 3 yrs. It happened just after he'd set his stratospheric records. Surgery in 1968 enabled him to win the Seniors again in '69 & '70. Time ran out on his P/L career. A runner-up in the first P/L Worlds ('71), he tried again the following year, re-injured himself and retired. To dispel any doubts that David was pure strength with low athletic ability - I'll settle that issue quickly!

Moyer's coach Tom Snidgrove tells of his agility and athleticism. The Reading, PA barbell club folded. Dave was invited and joined Tom's Surfbreaker club (nearby Barnegat, NJ). David delighted those at the school gym with gymnastic flips, running handspins and handbalancing tricks. He'd start at floor level and walk to the top of the gym bleachers on his hands! Reaching the top he did reverse handspins (like the famous 'Shinky' toy) all the way back down to the floor. Needless to say his humility and warm personality made him very popular with everyone. David had a CB radio when they were a lad. His handle? Why, "Lil Hercules" - of course!

In surveying his career chronology, titles, records, etc., I could find only one true challenger to measure up to David's accomplishments. He is indeed a giant. Now, meet Goliath, who has been called by his mentor - 'The find of the Century'.

GOLIATH

Large man in his family. Like a "Baby Huey" he downed large quantities of moo-juice. His predestined size and strength was obvious even as a child. He had relatives who were unusually large and strong - one Uncle in particular. Our young Goliath hails from Silsbee, TX. He was born June 6, 1971. When Marcus J. Henry was in the sixth grade he already weighed 270 lbs. His entrance to the Iron Game

DAVID ver-

Which of these Two Iron Game Immortals is DAVID: DAVID P. MOYER: born 29 April 1934. Ht. : 4'6", Wt. 123. Longevity - Career of 20 years.

CHRONOLOGY

Weightlifting	PL	TOT	PR	SN	CJ
05 APR 92 123 Sr. Mid. Atl.	1	495	170	130	195
27DEC42 123 York Open	1	570	205	150	215
APR53 123 PA State	1	575	210	155	210
17MAY53 123 Jr. Nats	2	565	200	150	210
15MAY54 123 Jr. Nats	1	600	210	160	230
APR56 123 York Open	1	640	235	175	230
23MAR57 123 PA State	1	640	240	175	225
08MAR58 123 York Open	1	650	245		
31JUN59 123 Sr. Nats	2	640	235	180	225
09APR60 123 YMCA Nats	1	660	235	180	245
22APR61 123 Sr. Mid. Atl.	1	670	240	180	250
28JUN63 123 Sr. Nats	1	645	230	180	235
25APR64 123 E. US Open	1	645	230	175	240
16MAY64 123 PA State	1	650	230	180	240
13JUN64 123 Sr. Nats	3	625	235	165	225
21AUG64 123 Oly. Trials	2	644	237	165	242
13MAR65 123 Sr. Mid. Atl.	1	630	220	175	235
10APR65 123 YMCA Nats	1	630	225	170	235
15MAY65 123 PA State	1	660	240	175	235
11JUN71 114 Sr. Nats	1	567	215	154	198

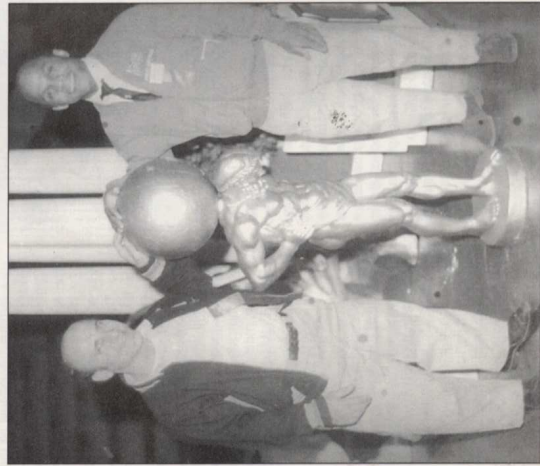
Chronology

Powerlifting	PL	Tot	BP	SQ	DL
05 SEP64 123 Nat. Inv.	1	1085	240	425	420
06FEB65 123 Queens Opp	1	1160	250	460	450
01AUG65 123 Jr. Nats	1	1145	245	455	450
01SEP65 132 Sr. Nats	1	1170	255	475	440
30AUG69 123 Sr. Nats	1	1115	245	440	430
JAN70 123 Scranton	1			464	
17APR70 123 Sr. Mid. Atl.	1	1145	225	480	440
08MAY70 123 E. Shores	1	1170	240	480	440
22AUG70 123 Sr. Nats	1	1100	240	440	420
28NOV70 123 Salem Opp	1			479	
FEB71 123 E. US Open	1	1115	245	440	430
17APR71 123 Sr. Mid. Atl.	1	1130	255	450	425
06NOV71 123 AAU Worlds	2	1115	240	455	420
11NOV72 123 AAU Worlds	4	1095	240	425	430

MERITS: Lifetime Drug Free Athlete. Only lifter in history to officially set open world records in both weightlifting and powerlifting. Titles: 10 Combined National Championships: W/L; Jrs - (54), YMCA (60, 65), Srs (63, 71). Pl; Nat. Inv. (64), Jrs (65), Srs. (65, 69, 70). W/L; Olympic Trials - 2nd (64). Records: W/L: 6 American and 2 W/R. P/L: 31 A/R, 1 W/R. Combined W/R: (3) W/L, (4) P/L. Won Sr. Nationals in both sports 5 times total in 3 different wt. classes (114, 123, 132)

and he passed through an opened doorway into a new sport - W/L. Commencing in September 1990, he trained 3 months, then tested himself. Henry entered his first overhead meet in Dec. Despite mobility problems, his potential was tremendous. He was ready to make the OTC after they'd seen him. He had no vitamin deficiency (now 400 lbs.). Tests revealed he carried only 22% bodyfat - astounding for his size! Two months later he trimmed to 384 and ripped up 3 new Jr. Jr. American (teenage) records. He smacked 342.8, shattering a long lasting mark and won the Nat'l Collegiate title. Seven weeks later he broke the record again - 344! This won the Teenage Nationals. They knew a prize winning bull when they saw one. Invited, he joined the resident athletes' program at the Olympic Training Center (Colorado Springs, CO). The CJ (his weaker lift) needed work. It rose dramatically to 386! He made the Junior (Teenage) World team. There got two bronze championships medals. Henry had his 413 jerk overhead, but didn't get credit. The crowd boomed and the officials were reprimanded. Thus he finished 6th. Some thought the "real deal" got a raw deal. This unfortunate experience served to be the catalyst which roused the sleeping giant. This included a P/L record SQ with a 937 of his own! Thereafter, he vanished from the P/L scene. His natural flexibility and explosive strength convinced him to try another challenge. The way was shown

to him by Dr. G. J. "Doc" McKenzie, now U.S. star Romanian lifter, "the greatest other challenge."



DAVE MOYER with another versatile lifting great, Precious McKenzie

sus GOLIATH

the All Time Greatest? Dare to Compare... GOLIATH: Marcus J. Henry. Born 06 Jun 1971. Ht. 6'3", Wt. 405. Longevity - Career 6 years

Chronology	PI	Total	SQ	BP	DL
01 APR 89 SH TX H.S.	1	1940	805	430	705
31 MAR 90 SH TX H.S.	1	2000			
22 APR 90 SH NATL HS	1	2033	832	501	699
08 JUL 90 SH SR. NATLS	2	2006	804	468	733
17 NOV 90 SH Longhorn	1	937			
5 year hiatus					
20 MAY 95 SH ADPPA TX St. 1	1	2100	800	450	850
15 JUL 95 SH ADPPA Srs. 1	1	2314	948	463	903
29 OCT 95 SH WDFPF WCs 1	1	2336	953	518	865

Chronology

Weightlifting	PL	Tot	SN	CJ
08 DEC 90 399 Xmas Inv.	1	644	325	319
16 FEB 91 385 Nat. Coll.	1	716	341	374
07 APR 91 368 Teen Nats	1	716	330	386
28 APR 91 370 Sr. Nats	4	716	330	386
13 MAY 91 372 Jr. World	6	716	330	386
23 JUN 91 373 Jr. Ind. Cup	1	683	330	352
21 JUL 91 373 Oly. Festival	1	738	330	407
08 DEC 91 363 Am. Open	2	799	352	446

Merits: Lifetime drug free athlete. Only American to compete in World Championships in both W/Lifting and P/Lifting. Titles: 8 combined national Championships: W/L; Collegiate (91), Teenage (91), Sr. National (93, 94, 96), American (92), P/L; High School (90), ADPPA (95), W/L; Olympic Trials 2nd (92), tied for 1st. Records: W/L: 8 A/R, 0 W/R. P/L: 2 A/R, 5 Jr. A/R, 2 Jr. W/R, 4 W/R. 13 combined A/R; (7) W/L, (6) P/L. 6 combined W/R; (0) W/L, (6) P/L. Highest official quintathlon total All-Time. W/L + P/L = 3264 lbs.

natural talent he'd ever seen." At the American Open - Dec. 8, 91 in Blaine, MN - the young giant swept away the U.S. teen records. He broke one with every lift: (6 in all) 358 SN, 446 CJ, 799 TOT! Goliath was a whale swimming in a kiddie pool of goldfish. Now he was ready to make a splash in deep waters - where the big fish play!

It was the Olympic year (1992). Mark wanted to make the USA Olympic team going to Barcelona, Spain. At the Sr. Nat's that March in Baton Rouge he took 3rd behind two waning U.S. stars of the 80's - Martinez and Michels. At the end of May came the Olympic Tryouts in Peoria, IL. Henry totaled 832 (369 SN, 463 CJ) which tied Martinez for top spot. Henry was heavier man (371 to 304) and was runner-up. Still, he'd beat Jeff Michels and earned a berth on the Olympic team.



In August at the Games, Marcus made a good showing (10th). Martinez, the last lifter to medal for the U.S. in Olympic competition (silver in '84) placed two notches above his huge teammate (848, 8th). It was a struggle to maintain dominance as U.S. "Rose Hood", Goliath was coming on strong. Mark equaled his best - 832 with a P/R CJ - 468. Henry got notoriety when acclaimed as the biggest athlete ever to lift in the Olympics (886, 85 lbs.). He would have preferred to have had a medal. Marcus topped off his year capturing the American Open in Mario's absence. The moment of truth finally came. At the '93 Seniors 5 months later Mario's decade of SH dominance ended. Now 35, Martinez posted 793. Henry rose to the occasion, with best results as well, 848 TOT, 386 SN.

The decisions implemented by the IWF in Nov. '92 forever changed the history of W/L. Paranoia regarding the elimination of weightlifting as an Olympic Sport rampant. This prompted the bureaucrats to eradicate former records, change the wt. classes and start anew. All nations were under the auspices of the IWF and had no choice but to comply. Thus the "real" American SH records of Martinez (415 SN, 512 CJ) were forever snuffed. Henry's top marks would become the new USA records at year's end (unless someone could top them). The young Goliath would carry his own high expectations and the burdensome hopes of oth-

ers onto the big battlefield. He bore undue pressure to excel, stigmatized by his peers - an extra load to carry on his big shoulders. The expectations were too high - expected great improvement never came. His insignificant increases (391 SN, 474 CJ, 354 TOT) were not enough to become a factor on the international scene. His placings at the '93 Worlds (14th) and in '94 (11th) didn't reflect his enormous potential. A few annoying injuries (tendinitis in a knee & a

strained wrist) slowed his progress. The strict regime at the OTC didn't fit with his preferred habits. Discouraged, he left and returned to Texas. His body mass had increased while his performance level declined (the end of the Century had declined in his propensity). Marcus missed the entry deadline for the '95 Senior Nat's (April 30, in Fresno, CA) and wasn't allowed to participate. He'd have easily won his 3rd consecutive championship.

National Coach Chorlosian admitted that among the top 10 men at the Worlds, Henry was the strongest of them all. Somehow, psychologically or technically, he seemed unable to harness his enormous strength and transfer it in an overwhelming fashion to overhead success. (NEWS NOTE: Mark looked sharp at the W/L Sr. Nationals, March 3rd, at Shreveport, LA. He won his 3rd Seniors title and set 4 "new" A/R - 398.8 SN, 485 C&J, 859.9 & 881.9 totals. He is back on track. His return to P/L seems to have given him a big boost in strength level and sharpness to his overhead skills!) He decided to change his method. A return to his roots was imminent - where it all started - Powerlifting. If

(article continued on page 108)

INTERVIEW

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

LEE RORIE as interviewed for Powerlifting USA by Brian Blum

The USPF Bench Press National meet and all of Lee's meets for the rest of his lifting career are dedicated to his mother, Katie Lee English, who passed away three days before the National Championships. Lee's mother was very proud of her son's accomplishments. She was always showing newspaper clippings and magazine articles about Lee to all her friends and visitors. She will be missed by many.

BB: Could you give us some personal information about yourself?
LR: I'm married to my wife Sharon. We've been married for thirteen years. We have two daughters: Leanne, age twelve, and Gail, age nine. We live in Rockingham, North Carolina. I was born there and raised there most of my life.

BB: How did you get started in powerlifting?
LR: I started weightlifting because I've always been short. I said I can't get any taller in high school so I'll get bigger and I started lifting.

BB: The gym I was working out in at the time, Carolina Fitness in Monroe, was owned by Danny Plyer. Danny was a 220, he was a bad 220. He started me into powerlifting.

BB: How long have you been lifting and competing?
LR: I've been lifting for eleven years. I've been competing for eight years.

BB: How did you get involved with the USPF?
LR: Through Danny Plyer of Carolina Fitness. When he put on them through, I'm the type of guy who is loyal to one certain thing. I like the USPF. I like putting on meets, we put on meets through the USPF, and I've only lifted in the USPF. It's like with bench shirts, I only wear one certain kind. If you've got a good thing, why change?

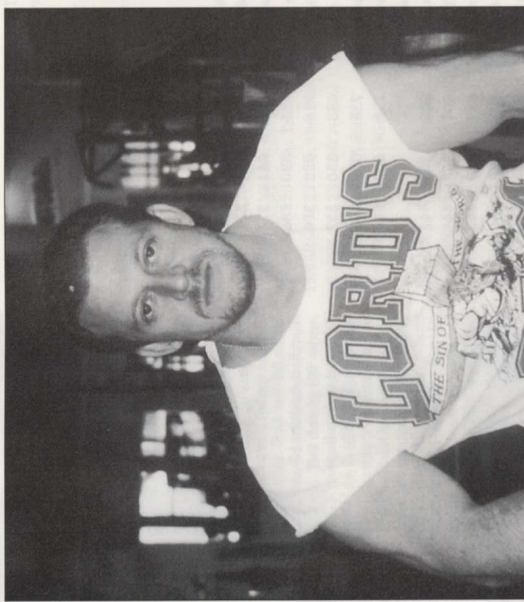
BB: What are your views on drug

usage and testing?
LR: Drug usage, that's like - I when he could be trying to break even on the meet. I have actually lost money on meets just because I love the sport so much.

BB: Do you use any special supplements or follow a special diet?
LR: I love creatine, OKG, not really the Met-RX, but its like a cheaper version of it called Met-Max. I love it. It has put on about thirteen pounds on me in about two weeks. Creatine, OKG, Met-Max, and any kind of good protein powder. I don't really like the capsules so much as I do the powder, your body absorbs it better.

BB: What are your future goals in powerlifting?
LR: I want to be ten time World Bench Press Champion.

BB: What do you see as the future of powerlifting?
LR: I think it's



LEE RORIE... after his repeat victory at the U.S.P.F. National Bench Press Championships.

LR: Unless some things change as far as meet directors trying to make all the money off all the lifters I don't see it going too much further because, I was discussing this with someone else this evening, the money from the powerlifting meets should be made off the spectators. It should not be made off the lifters.

The way I see it, we're being taken advantage of. You love the sport, you're going to come, and you're going to spend whatever it takes to get there and to do it. You can run a meet and still make your money off the spectators and let your lifters in for free and not charge them an arm and a leg.

BB: What are your best lifts in competition and training?
LR: In September of '93 I pinched a nerve in my lower back. Since that time I've done very little heavy squats and heavy deadlifts. In the 181s, I've squatted a 473, and benched a 501 deadlift, but my deadlift has always been kind of bad.

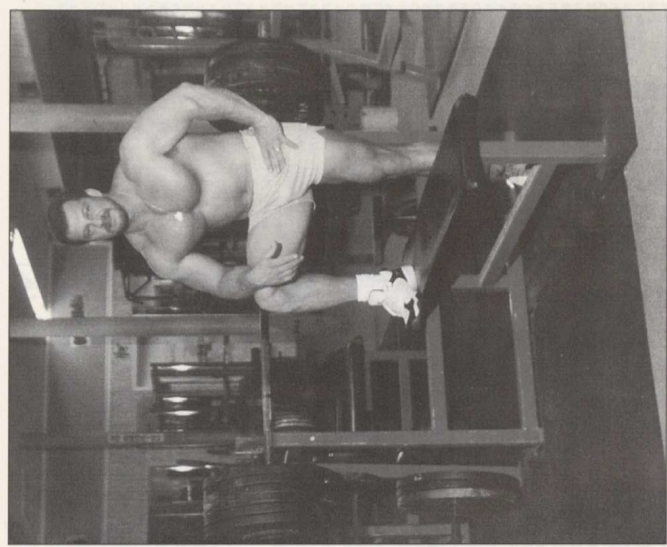
My best bench has been a 606. I didn't even do it in the gym. I did it in a competition. I plan on getting back to the full meet. I would like to hit the Senior Nationals in '96 or '97 as a 198.

BB: What do you think of John Inzer's Greatest Bench Press in America?
LR: Now that meet, I love it. It is the same thing John advertised it for. It's to get all the lifters together from every different organization, put them on one platform, with one set of weights, and let them do their best. Or let them do like some of them who claimed they could do x amount of pounds at a certain body weight. Well, come here and do it on the same weights as you're opponent, even though you may lift in the USPF and he may lift in the APFA. Bring them all together and let them lift on one platform, with one set of weights. I think it's fantastic.

BB: What is it about the GBA that brings out your best performance?
LR: It has got to be knowing that the best lifters in the United States, not just the USPF, will be there. John has gotten together the best benchers in America out of any organization. You do so good because you know them other guys is tough, they are training hard too.

BB: Have you had any major injuries while lifting?
LR: Other than pinching a nerve in my lower back, a little sore shoulders here and there, nothing major. The main thing right now is my back, I'm trying to baby it. Recently started at 135 squatting and deadlifting. 135 this week, next week 185, next week 225, next week 275 and so on. I'm up to 500 now and it feels good once again to get up to the heavy weight, where the bar is actually being bent when I'm lifting.

BB: Could you tell us a little about your gym and your training partners and who has helped you in your lifting career?
LR: Who has helped me first in my lifting career has got to be God. God has really given me the strength to lift. And second of all has got to be my wife Sharon. She stands behind me in everything. All the meets I go to, any decision I make, as far as going to compete in this meet or not compete - she stands behind me one hundred percent. Our gym is a small gym about 6000 square feet, but we really pride ourselves on equipment. We have a full line of Nautilus. We don't just cater to powerlifters. We love to see people reach their goal whether it be an 800 pound bench or a 200 pound squat. I love to see people reach their goal. I just like working with people. I love weights.



In the gym where he makes his living, and the bench where he makes his fame.

BB: Can you give us a breakdown of your training system?
LR: I usually train four days a week. Monday I hit chest and triceps. Tuesday I hit my back, lats, traps and biceps. Wednesday I go back to my chest and triceps again. Friday I hit my legs, lats, traps and biceps again.

BB: What advice do you have for beginners?
LR: Train hard, don't look to drugs as an alternative. The only thing that is going to get you strong is putting in the time to do it and determination, not a drug. No drug is going to give you the strength that you are looking for. It's going to take time and determination.

BB: What are some of the titles you have won and the records you hold?
LR: As of today, I've won National Champion, 1995 IPF World Champion. I hold the official IPF World Record in the bench press, 1992 '93 '94 '95 '96 National Bench Press Champion. I think I hold three North Carolina state records in the bench press.

BB: Are there any other comments you would like to make?
LR: I thank God for giving me the strength to lift.

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TRAINING

Lower Back Attack - The Reverse Hyper Solution as told to Powerlifting USA by David Schleich



hyper is just the opposite of the position in a back attack. The torso is held in a stationary position, face down, parallel to the floor. The lifter bends at the waist, lowering the legs to a position perpendicular with the ground, and then returns the legs to a position parallel with the ground (and in a straight line with the torso) by contracting the lower back and glutes. Picture your self lying on a table, face down, with your legs hanging off the edge of the table at the hips. Bending at the hips, let the legs drop down until you have formed a 90 degree angle at the hip. Then raise the legs back up until your body is in a straight line. That's a reverse hyper.

I would highly recommend using a reverse hyper machine in order to do this exercise as reverse hypers as this exercise needs to be performed with weights to be executed correctly, and the stronger you get, the more weights you'll need. When performed correctly, the reverse hyper is a very safe and efficient movement, which is good, as you don't want to spend a lot of time in the gym on wasted movements. As the movement is fairly straight forward, there are just a few points that must be stressed:

1) DON'T SWING THE WEIGHT. Perform the exercise in a forceful yet controlled manner, always keeping your legs straight.

2) Keep your legs extended straight through the entire range of motion, and be sure to let your legs drop all

the way to a table, position in which they are perpendicular with the floor at the bottom of the movement, so that your body assumes an "L" shape when viewed from the side. This will allow fluid re-entry into the discs resulting in faster recuperation of the lower back!

As for training frequency, reps and sets, I highly recommend that reverse hypers be done four days a week, keeping your sets at 3 to 4, and your reps at 8 to 25 per set. Personally I do reverse hypers four days a week, at the end of each of my workouts, followed by heavy ab work. I will hit them extremely heavy after my squat and deadlift workouts, usually going for 4 sets of 10 reps.

On my bench day and my bench assistance day I will use moderately heavy weight for 4 sets of 15 to 25 reps. It is interesting to note that reverse hypers can be worked right up to the meet. I have performed them with very heavy weight for 4 sets of 10 reps with no problems on meet day! It is also imperative that one does a good deal of heavy ab work immediately following the reverse hypers. When I say heavy ab work, I'm not talking 3 sets of 20 "crunches". "Crunches" are worthless, and a complete waste of time for a powerlifter. A powerlifter must have strong abs as well as strong hip flexors. Therefore, one must engage in heavy weighted

movements such as straight leg sit-ups, weighted leg raises and weighted roman chair sit-ups. Please do not neglect this type of ab work. You will pay dearly on meet day if you have neglected your abs and hip flexors in training.

What have reverse hypers done for me? My squat has increased from 680 at 198 in March, 1994 to 733 at 219 at the ADPPA Nationals in July, 1995. My total has also increased 116 lbs. In the last year, you will notice that I have gained some weight as well as strength. The ongoing lower back stiffness, soreness and injury down-time that I used to experience is now virtually non-existent, allowing me to increase workout volume and intensity, allowing me to build more solid, usable muscle. My chiropractor has commented to me several times on how much more thick and solid my lower back has become in a very short period of time. Also, I visit him less often now; my chiropractic visits have gone from 3 to 1 per month, despite an increased training load and a jump in strength!

The reverse hyper has also been very beneficial to my training partners Joe Valchine and Tom Buljat. Both lifters are very experienced master lifters who have never previously used the reverse hyper in their training. Joe, 41, began using reverse hypers about a year ago, and just recently hit a PR total of 1581 at 198. His previous best total was 1637 in 1992. Joe specifically credits his reverse hypers for a lot of his recent success. Tom, an excellent APT master lifter, has commented to me on how great his back feels and that his training has been injury free since incorporating the reverse hypers. This is no small matter for a 198 who routinely squats and deadlifts in the mid 600's at over 40 years of age.

In closing, I'd like to thank Louie Simmons for all of his great training methods and innovative ideas. Louie's methods work for anyone who has the courage to park their own preconceived notions at the door and learn what really works. I have put 87 lbs. on my best bench and 53 lbs. on my best squat in the last year, drug-free, thanks to his methods. This is to his credit, not mine. I'd also like to thank my very best friend Dave Caster for his excellent coaching and his unique ability to teach. Lastly, I'd like to thank his opportunity to acknowledge my Lord and Savior, Jesus Christ, for it is through Him that all things are possible. God Bless!

Please mail any questions or comments to: Dave Schleich, 1609 Crestview Drive, Somerset, PA 15501. Please send a self-addressed stamped envelope to ensure a quick and timely response.

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2) **2nd Day Air Delivery Guarantee**—We guarantee that your Gold Medal SuperSuit will be shipped to you by UPS Second Day Air (Blue Label) at no extra charge, so you'll be squatting even more weight just a few short days from now.

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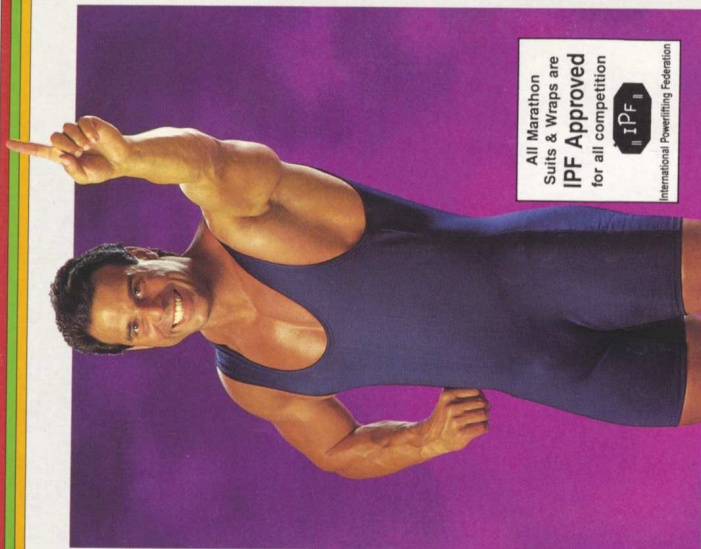
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Aug. 24, 1996 - Powerlifting Classic and Northeast
Challenge Cup (Serves as IPA National Qualifier)
Dec. 7, 1996 - Iron Island Bench Press Classic

Call Ralph at 516-594-9014 for information on
these IPA sanctioned meets.

Can Bench Press (no section/member-
ship), meet, submaster, women,
teen, Ted Isabella, 55 Weston Ave.,
Cranston, RI 02920, 401-942-7875
9 JUN, 5th Winterville Open BP &/or
DL, Kerry DiDomenico, 234 Alfred Dr.,
Winterville, OH 43952, 614-264-4805
10-11 JUN, 20th Texas World Police
Games Powerlifting, Texas Police Athletic
Federation, Box 7787, Austin, TX 78713,
800-624-9752
15 JUN, (NEW DATE) AAU Great
Lakes BFDI Classic (open, women, teen,
submaster, master) Mark Bach, 18
Marne Rd., Buffalo, NY 14215, 716-
894-8669
15 JUN, Gauer YMCA Open Bench
Press (fencing, spig, open, teen,
submaster, master) Dan DeJellie, 18
P23 Box 225A, Martinsburg, PA 16662,
814-224-2502
15 JUN, ANPPC Drug Free Massachu-
setts BP (teen, women, master)
New England Health & Fitness, 57 S.
Main St., Baldwinville, MA 01436, 508-
939-5754
15 JUN, AFF Tennessee Jr. State, Joe
Brown, Doc's Gym, 1766 Hillboro Blvd.,
Manchester, TN 37355, 615-725-2806
15 JUN, Budweiser Record Breakers
BP/DL (Shikh Sales Inn, Bend, OR) Gus
Fetwisch, Box 5292, Bend, OR 97708,
503-389-0600
15 JUN, ADFFPA West Virginia State
Championship (all divisions) W. Va. High,
Box 485, Beckley Springs, WV 25411,
304-258-5000
15 JUN, NASSA New Mexico State PL/
BP (Albuquerque) Rich Peters, Box 73,
Noble, OK 73068
15 JUN, Push/Pull Outdoor BP/PL (drug
tested, open, novice, teen, master, women),
Jon Smoker, 30174 Wolf, Elkhart, IN
46516, 219-674-6683
15 JUN, IPA Iron Island Deadlift Cham-
pionship, Ralph Raab, Iron Island Gym,
3465 Lawson Blvd., Oceanville, NY
11572, 516-594-9014.
15-16 JUN, (new date) AAU California
State (all divisions) San Francisco - open, res-
erve, submaster, teen, women, 415-940-4022
15-16 JUN, ADFFPA Men's Nationals
(St. Louis, MO) Mike Cissell, 15
Lakeland Dr., Lake St. Louis, MO
63367
8 JUN, ANPPC Drug Free Louisiana
BP (teen, women, master, men) Steve
Scott, LA 70583, 318-261-1327
8 JUN, APA Magnolia State BP & Iron
Man DL Classic (Jackson, MS - tested/
non-tested), APA Box 27204, El Jobean,
FL 33927, 941-697-7962.
8-9 JUN, NASSA Arizona State (Phoenix)
Rich Peters, Box 735, Noble, OK 73068
9 JUN, (NEW DATE) Wholesaler You

30 JUN, ADFPA Summer BPIest (Deer-
wer) - open, master, submaster, Jr., teen,
women) Andrea Sortwell, 11360 W. 84th
Pl., Arvada, CO 80005, 303-425-7075
30 JUN, Independence Bench Press,
John Shillhart, Box 941, Stanardsville, VA
22973, 804-985-9332
30 JUN (new date), AAU Maryland
Open (open, women, master, Jr.) Ben
Washburn, Box 20042, Baltimore, MD
21284, 410-265-8264
30 JUN, AAU Delling (Cerro Memorial
BP (open, women, master, Jr.), Brian Wash-
burn, Box 20042, Baltimore, MD 21284,
410-265-8264
30 JUN, USA New England Open Bench
Press (men & women open, teen, submas-
ter, master) Louie LaPoint, 337 Robury
St., Keene, NH 03431, 603-352-8590
(no late entries)
JUN, WNF New York City Champi-
ionships, WNF, 2560A Picardy Cir., N.
College Park, GA 30349, 770-996-5008
JUN, WNF New York State Champi-
ionships, WNF, 2560A Picardy Cir., N.
College Park, GA 30349, 770-996-5008
9 JUL, O'Connell Press (high
school, novice, open, master, submaster,
women) Wayne Hammes, 115
Rosenberger Ave., Okaloosa, IA 52577,
515-673-3496 (th, 673-5240) (e)
5-7 JUL, IPA World Challenge Cup
(teen, women open, submaster, mas-
ter - Amateur (drug tested), Profes-
sional (non-tested), Big Apple Power,
386 Vincent Avenue, Lynbrook, NY
11563
6 JUL, USPF California Novice (Class II
& Below) Bob Packer, 40118 Hwy 49,
Oakhurst, CA 93644, 209-683-3603
6 JUL, Lucas County Invitational "No
Shirts" Open Bench Press, Doug
Rouland, 1113 Park Ave., Cherriton, IA
50049, 515-346-5246
7 JUL, NASSA Illinois State (Osaka) Rich
Peters, Box 735, Noble, OK 73068
6 JUL, APF Big Iron on the River PL/BP
(open, class II, master, teen, women)
Larry Browning, 1526 Crestview Dr.,
Ironton, OH 45638, 614-532-4003
7 JUL, WNF Lifetime Nationals
(Phila., PA) WNF, 2560A Picardy
Cir., N. College Park, GA 30349,
770-996-5008
12-14 JUL, USPF Police & Fireman
National PL/BP, (Philadelphia, PA
- drug tested by urinalysis) Robert
Keller, 752 Johns Lane, Lower
Gwynedd, PA 19002, 215-542-4941
13 JUL, ADFPA Kentucky Midsummer
DL/BP Classic, Steve Coram, 320 South
Main St., Henderson, KY 42420, 502-
826-854 or 835-7865
13 JUL, PowerMan II (open, novice/
women, submaster, master, teen) BP/

BP/DL) Rickey Crain, 3803 N. Bryan,
Shawnee, OK 74801, 405-275-3689
22 JUN, North Coast BP/DL Competi-
tion (men, women, master, open) Dave
Hopkins, 6474 Lorain Blvd., Eyrns, OH
44035, 216-324-4313
22 JUN (new date), International Ba-
nana Cup Deadlift (women, men, jun-
ior, master), Karl Greiner, Furzter,
Wageningen, Landshut, Germany,
0871477575
22 JUN, USA Central Region Open BP/
PL (open, women, master, Jr.) Jim
Rummel, 121 Queen Dr., Chillicothe,
OH 45601, 614-775-3603
22 JUN, USA Central Region Open BP/
DL, Son Light Power, 126 W. Sale,
Tuscola, IL 61953, 217-253-5429
22 JUN, Willmarfest Bench Press
(William, MN), Darwin Jacobson, Box
1031, Willmar, MN 56201
22 JUN, AAU Th State BP/Peach State
Open DL (Bronwood, GA - tested/non-
tested), APA Box 27204, El Jobean, FL
33927, 941-697-7962
22-23 JUN, WNF National Coast Ne-
vada (Las Vegas, NV) WNF, 2560A
Picardy Cir., N. College Park, GA
30349, 770-996-5008
22-23 JUN, NASSA Grand Nationals
(PL/BP - Delaware, OH), Rich Pe-
ters, Box 735, Noble, OK 73068
23 JUN, RULC Chapel Classic Bench
Press, Research Universal Life Church,
(Lord's Gym), 2604 S. Business Dr.,
Sheboygan, WI 53081, 414-459-9999
26-29 JUN, IFF Women's Worlds,
Lyonn Lam, 98 Pepperwood Cres-
cent, Kitchener, Ontario, Canada
N2R 2R3, 519-893-8479
28-30 JUN, APF Masters/Teenage
Nationals (men/women - World Cup
Qualifier) Les Cramer, Box 1205,
Gulf Breeze, FL 32561, 800-942-
3004 ext 205
29 JUN, ANPPC Drug Free Texas BP
(open, women, master, teen) Golds Gym,
4212 Decker Dr., Baytown, TX 77420,
713-424-4667
29 JUN, USPF Muscle Beach Venice
Deadlift, Darlene Galindo, 1800 Ocean
Front Walk, Venice, CA 90291, 310-
299-2775
29 JUN, 3rd AAU GBC Fitness No
Druggles Allowed Bench Press, (men,
women, teen, master) Bob Verner, 514
Loretto Rd., Pittsburgh, PA 15217, 412-
422-9204 (h)
30 JUN, IPA Freedom Hill Outdoor
BP/DL Classic (open, women, teen, Jr.,
master, submaster - all agout, classes -
amateur (drug tested) and professional
(non-tested)) Dan DeJellie, 1941
Volland, Roseville, IL 60666, 815-294-
7055 after 6pm

15 JUN, ADFFPA West Virginia State
Championship (all divisions) W. Va. High,
Box 485, Beckley Springs, WV 25411,
304-258-5000
15 JUN, NASSA New Mexico State PL/
BP (Albuquerque) Rich Peters, Box 73,
Noble, OK 73068
15 JUN, Push/Pull Outdoor BP/PL (drug
tested, open, novice, teen, master, women),
Jon Smoker, 30174 Wolf, Elkhart, IN
46516, 219-674-6683
15 JUN, IPA Iron Island Deadlift Cham-
pionship, Ralph Raab, Iron Island Gym,
3465 Lawson Blvd., Oceanville, NY
11572, 516-594-9014.
15-16 JUN, (new date) AAU California
State (all divisions) San Francisco - open, res-
erve, submaster, teen, women, 415-940-4022
15-16 JUN, ADFFPA Men's Nationals
(St. Louis, MO) Mike Cissell, 15
Lakeland Dr., Lake St. Louis, MO
63367
8 JUN, ANPPC Drug Free Louisiana
BP (teen, women, master, men) Steve
Scott, LA 70583, 318-261-1327
8 JUN, APA Magnolia State BP & Iron
Man DL Classic (Jackson, MS - tested/
non-tested), APA Box 27204, El Jobean,
FL 33927, 941-697-7962.
8-9 JUN, NASSA Arizona State (Phoenix)
Rich Peters, Box 735, Noble, OK 73068
9 JUN, (NEW DATE) Wholesaler You

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- DEC, USPF Ironman/Ironwoman, Bob Pecker, 40118 Hwy 49, Oakhurst, CA 93644, 209-683-3603
 DEC, USPF Powerhouse Gym Bench Press (Mountain Valley) Vc/Elliott, 7942, B Glencoe Ave., Huntington Beach, CA 92647, 714-841-3035
 DEC, 3rd/Outback Christmas Bench Press, Aaron Pate, 1231 Cayuga Ave., San Francisco, CA 94115, 415-585-0579
 22 FEB, Oklahoma State, Rocky Cash, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689
 8 MAR, MDSA Super Squat Nationals/ MN Monster BP, Darwin Jacobson, Box 1031, Willmar, MN 56201
 22 MAR, Oklahoma BP/DL, Ricky Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-2689
 5 APR, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201
 19 APR, MDSA Go For the Gold Nationals (Ridewood Falls, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
 22 FEB, Oklahoma State, Rocky Cash, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689
 11-16 NOV, (97) IPF World's Women's Worlds (Prague, Czech Republic)
 P.S. when writing ALWAYS include a Stamped, Self-Addressed Envelope for the meet director to return an entry blank to you, and if you telephone, please note if there is a specific time to call and DO NOT CALL COLLECT.
 P.P.S. - Italicized entries indicate listings that are new or updates to our list for this specific issue.

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20603, 301-645-6549
**19 OCT, APA, All South Battle of the BP/ Elite Open (3000) PA, Box 27204, Elkhart, IN 46516, 219-674-6683
 31 OCT - South Atlantic IPF Meet (Drug Tested) - 3201
 217-253-5429
 20 OCT, WNPFF Southeastern Challenge (Macon, GA) WNPFF, 2560A Picardy Cr. N., College Park, GA 30049, 770-996-5008
 26 OCT, ANPPC Drug Free Southwest USA BP/DL (location) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
 26 OCT, 8th Indian Summer Open (women, master, teen, drugtested, open) John Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
 26 OCT, 14th USA West of the Living Death/Hill Country BP (women, master, teen, drug tested, open) John Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
 26 OCT, ANPPC National Drug Free PL/BP Championships, Son Light 61953, 217-253-5429
 2.3 NOV, ADPPA Police/Fire Nationals (Omaha, NE) - James Hart, 402-470-3672
 4 NOV, ADPPA Central USA PL/BP (Cape Girardeau, MO) Mike Cassell, 15 Lakeland Dr., Lake St. Louis, MO 63367
 3 NOV, ADPPA Ohio Open BP/DL (2 contests, women, teen, masters (age groups), open) King's Gym, 27746 Fulbright Rd., Bedford Hills, NY 14814, 219-439-5467
 6 NOV, 20th Hawaii World Record Breakers, Gus Rebutelich, Box 5292, Bend, OR 97708, 503-389-0600
 9 NOV, USPF Winter Classic Push or Pull, Guy Adams, 2117 Phlox Ave., Rossmore, CA 93560, 805-265-2573
 9 NOV, Iowa Open Bench Press (high school, novice, open, master, submaster, women) Wayne Hammes, 1115 Rosemeier Ave., Okaloosa, IA 52577, 515-675-3496 (6) 673-3240 (8)
 9 NOV, MDSA Jake & Jenny's Gym Classic, Darwin Jacobson, Box 1031, Willmar, MN 56201
 9 NOV, APA Bench Press Nationals & Master/Submaster World BP (NH tested/non-tested), APA, Box 697-7962, 27204, El Jobean, FL 33927, 941-27204, El Jobean, FL 33927, 941-27204, El Jobean, FL 33927, 941-27204
 9 NOV, 4th 3000+ lb. Basho and/or USA vs. Mexico BP (men, women, open, lifetime, teen, junior, collegiate, submaster, master, novice, spec. olympic), Manuel Villareal, 895N Bayshore Rd., San Jose, CA 95112, 800-484-9879 ID MEME
 9.10 NOV, ADPPA Masters Nationals (St. Louis, MO) Mike Cassell, 15 Lakeland Dr., Lake St. Louis, MO 63367, 153-971 NOV, IPF Men's World Championships (Salt Lake City, UT) Son Light, 61953, 217-253-5429
 16 NOV, WNPFF Invitational (Atlanta, GA) WNPFF, 2560A Picardy Cr. N., College Park, GA 30049, 770-996-5008
 16 NOV, Illinois Open BP/DL Classic, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 16 NOV, NASA Georgia Regional PL/BP (Carrollton) Rich Peters, Box 735, Noble, OK 73068
 17 NOV, AAU Maryland BP (MD residents & open) & Ironman Open (open, women, master, Jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-685-8604
 18 NOV, 12th Eastern American Bench Press (open, master, teen, novice, women, teen), Sandy Ellis, 150 Saggiomath Rd., Stockbridge, GA 30281, 770-474-2633
 23-24 NOV, IPF Pro-Am Sr. Nationals (teen, women, open, police, submaster, master) Mark or Ellen Chaille, 3668 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888
 23 NOV, APA Southern Cup BP/East Coast Cup DL (fibronex, C) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 23 NOV, USPF Texas Cup (BP, class I, submaster, teen, drug tested, open) Sequin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396
 23-24 NOV, APF International Competition (qualifying totals required), Terry Dangeffeld, 224 N. 4th St., St. Charles, IL 60174, 708-377-7527
 24 NOV, CFA/APA/WPA Championnat Quebecois - Marteaux Novice/Open, Marcel St. Laurent, 457 7leme avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466
 30 NOV/JDEC, IPA Wolverine Open PL/BP/DL (master, teen, women, submaster, open, Jr., Don Drulis, 19641 Von Der Pelt, Ferndale, MI 48066, 7 DEC, ADPPA Kentucky State/Blue grass Open PL/BP Steve Conum, 520 S. Main St., Henderson, KY 42420, 502-826-8354/835-7865
 7 DEC, 9th Crain's Muscle World Limited Open/BP/DL, Ricky Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-3689
 7 DEC, 9th CBPL Elkhart Bench Press Classic (women, master, teen, novice, drugtested, open) John Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683
 7 DEC, APA Masters Bench Press Nationals/Baltimore, USA BP (Sarasota, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**

A.D.F.P.A. Corner

The ADFFA Corner brings you up-to-date news, important information and articles of interest every month. Our goals to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFFA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Stephanie Whiting, 4768 Barbara Ln., Stevens Point, WI 54481.

MINNESOTA POWERLIFTING

By Dennis Green, MN State Chair. The 1996 ADFFA power season kicked off with the State Championships on February 24 & 25 at the Brooklyn Park Community Center. 85 lifters participated before standing room only crowds both Saturday and Sunday. The lifting highlights included 18 year old Erin Eisenberg totaling 1000 lbs. in the women's unlimited class; 22 year old James Cahill deadlifting 755 at 220, Brad Gillingham deadlifting an easy 805 lbs. in the men's unlimited class; Erin Feldges successful return to the platform after a 5 year hiatus with a state championship in the 181 lb. class and Brian Hudyma's masters championship victory (Brian won his first state powerlifting championships way back in 1974). It was good to see several of the teen lifters brought both their parents and grandparents with them for support and to share in their successes. We proudly displayed a banner, DARE TO KEEP KIDS OFF DRUGS, behind the scorer's table. So many different

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	376W
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1710
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	
Master's 35-44	347	369	391	402	419	441	468	507	562	628	
Master 45 or over	335	355	380	390	405	425	455	490	545	610	
Teen (14-19)	A Total in a Sanctioned Meet										
High School	A Total in a Sanctioned Meet										

people gave unsellability of their personal time to make this meet successful. I am extremely proud of our state organization. Without them, none of this could happen. Several more ADFFA sanctioned contests are being planned locally for the remainder of the year. As we say in Minnesota, "Lift proudly and drug free."

WISCONSIN STATE HIGH SCHOOL CHAMPIONSHIPS

Bruce Sullivan, WI State Chair. "Last year I reported on the very successful state high school championships

that Bruce and Sue Sullivan directed in Racine. This year they had even more lifters - 175 teens from 30 high schools on 4 platforms! Because this was a sanctioned ADFFA meet, all records are documented and official. Five American records were set by some of the forty-four women competitors and two American records were set by the men.

Bruce and Sue would like to thank the 65 meet workers who put in long hours to make this event the premier drug free state high school championships. Thanks also goes to the 18 referees who volunteered their time."

ADFFA GYM AND COACHES DIRECTORY

All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)657-6268, Owner: Louis Balz
 American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310)863-1308, Coach: Sherry Houston
 Athletes for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave. Macomb, IL 61455, (309)837-4824 (M-F 3-5pm, Sat 10-12pm)
 Bob's Health and Fitness, Inc., 80 South Main St., Concord, NH 03301, (603)228-6756, Owners: Bob and Marian Galloway
 Bosco's Gym, 12 Broadlawn, Andover, 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
 Coastal Fitness, 5140 Sellers Rd., Shalotte, NC 28459, (910) 754-2772, Owner/ Manager: William Mark Jones
 Cutting Edge Sports Sciences, 189 Old Loudon Rd., Latham, NY 12110, (518)785-8096, Coach:

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

PLEASE PRINT

LAST NAME	FIRST NAME	COMPLETE ALL ENTRIES	INITIAL
STREET ADDRESS		COUNTRY REG. NUMBER	
CITY	STATE	ZIP CODE	
AREA	TELEPHONE NO.	DATE OF BIRTH	AGE
		SEX	US CITIZEN YES/NO
		US CITIZEN YES/NO	US CITIZEN YES/NO
In recognizing the need for Drug Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFFA or it's agents, and shall accept the results and consequences of such tests.			
REGISTRATION FEE EFFECTIVE - 11/1/94 \$25.00 HIGH SCHOOL - \$10.00		World Team DONATION CLUB REPRESENTED	
Make checks payable to the ADFFA. Applications, fill out form completely and mail with fee to: ADFFA NATIONAL OFFICE 124 W. VANBUREN ST. 219-248-4688 ALL ADFFA MEMBERSHIPS EXPIRE 12/31		SIGNATURE _____ DATE _____	

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
Normad Powerlifting Team, 47 South Gobi Circle, Sparks, NV 89436, (702) 42409544, Coach: Thomas Lowder
The Strength Training Center, c/o Nutritional Technologies, 5 Stonerock Drive, Easton, PA 18045, (610)258-1894, Coach - Nick Theodorou
Pacific Power Outlaws, 452 A Street, Delly City, CA 94014, (415)992-1114, Coach: John Ford
Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Corum
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas
Power Pit Gym, 1763 Arrow Ave., Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stern
Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201)627-9156, Owner - Joe Morreale, Coach - Ray Benemerito
Saltsburg Fitness Center, 785 Hamilton St., Taunton, MA 02780, WI 54481.

Poplar Way, Saltsburg, PA 15681, (412)639-9863, Owner: Dennis Urban
Scrap Iron Gym, PO Box 190, Phoenix, NY 13133 (315)695-6975
 eve before 9, E-mail: AA2PQ@aol.com, Owner: Jim Carbit

The ADFFA Gym and Coaches Directory was created in order to provide individuals with a listing of drug free training facilities and coaches whose philosophies are consistent with the mission of the ADFFA. This listing will furnish the gym's address, phone number and contact individual. The contact individual should either be the gym's owner or a coach or lifter who trains at that facility.

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting.

This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also help if you're traveling and need a place to train.

To get your gym in the directory, send a check for \$3.00 made out to the ADFFA to: Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481.

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USPF President's Message by Peter Thorne

I had the pleasure to be present at one of the best attended USPF National Press Championships on March 2 and 3. Meet director Gus Retwisch had more than 250 lifters and more than 1,200 spectators attending. Gus is creating excitement for powerlifting in the Oregon area. He is very ably assisted by Terry Luehrs who was unanimously elected Oregon State Chairman. Dennis Burke was Referee in Charge and the meet ran smoothly. Dr. Mark Webber was in charge of drug testing and forty athletes were tested.

I made a quick stop in L.A. to drum up media support for our sport. Each lifter can be a promoter of powerlifting. He or she can do that by supplying local papers information on the contests entered.

I traveled to Philadelphia for the USPF Junior National Championships on March 9 and 10, held under the direction of Robert Keller. Again, one of the largest Junior National Championships ever. Special thanks go to head referee Larry Presby and the entire team of referees. Al Siegel of the AAU demonstrates the spirit of cooperation that can exist in our sport. He and I will spend many hours refereeing and insuring the success of the contest. MedTemp Services of Philadelphia provided professional drug testing officers who handled the entire procedure.

USPF drug testing has been fair and impartial. I have kept my word given to the IPF Congress in South Africa in 1994 that I would attend every USPF National Championship to ensure the credibility of the USPF testing.

I was invited to attend the German Championships held March 16. While in Germany, I had an interesting discussion with the chief of doping control for the International Weightlifting Federation.

USPF High School Nationals will be in Baton Rouge on April 12-14. John Talley, meet director, expects between 300 and 400 lifters at this contest.

The USPF Masters' Nationals will be in Dayton, Ohio, May 10-12. Jim Cash anticipates a record number of entries at this contest also.

There have been several elections for State Chairmen in recent weeks. Congratulations to Marvin Hall, reelected as Louisiana State Chair, Randy Blackmon, reelected as Texas State Chair, Terry Luehrs, elected as Oregon State Chair, and Dan Wagman has been elected as Kansas State Chair. There has been almost no USPF activity in the state of Kansas and under Dan's leadership I look forward to USPF competitions in the near future.

USPF National Headquarters Message

The USPF is now preparing to send teams into IPF World Championships purling. We would like to take this time to remind all lifters of the IPF ruling prohibiting lifters and officials from participating in any other federation's world championships in the previous twelve months.

The IPF World Championship schedule for 1996 is as follows: IPF Women's Worlds, June 26-29, Kitchener, Canada, IPF Junior Worlds, August 7-11, Vaasa, Finland, IPF Masters' Worlds, October 7-12, Bombay or New Delhi, India, IPF Men's Worlds, November 11-16, Soldeu, Austria.

IPF Bench Press Worlds, December, Silkeborg, Denmark (date to be confirmed).

The following is taken from an IPF Newsletter written by John Moody concerning some of the rules changes at the 1995 IPF Congress:

Regarding Master lifters: Men over 60 years of age competing in the 'from 50 years upwards' and women over 50 years of age competing in the 'from 40 years upwards' categories shall be eligible for 1st, 2nd, and 3rd place medals based upon their Schwartz/Malone formula points. This will not affect the competition points scoring system or their placings within the 50 years upwards category for men or the 40 years upwards category for women.

Regarding lifting apparel: A lifting costume shall consist of a one-piece full length lifting suit of one-ply stretch material without any patches, padding or division into panels by means of seams not necessary in the manufacture of the costume. Any seams, false or otherwise, that in the opinion of the referees are incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition. The straps must be worn over the shoulders at all times while lifting in competition. Only costumes officially registered and approved by the Technical Committee shall be permitted for use in powerlifting competitions.

The non-supportive weightlifting/wrestling type suits may also have a double thickness of the same material in the area of the crotch.

An undershirt (commonly known as a "T-shirt") of any colour or colour must be worn under the lifting suit during the performance of the squat and bench press but is optional for men in the dead lift. Women must wear an undershirt as described above while competing on all lifts.

Undershirts and bench shirts must be made exclusively of cotton or polyester, or a mixture of cotton and polyester. Denim is not acceptable. It is now mandatory to wear undershorts under the lifting suit. The lifter does not have an option.

The name of the lifter, the lifter's nation, state or club may appear on the outside of the belt.

If wrist bands are wrap around style, with or without stitching to form a sleeve, they may have Velcro patches not exceeding 30 cm in total length or 8 cm wide for securing them as well as a thumb loop. The total length of wrist band excluding the Velcro patches shall not exceed 50 cm.

If after the inspection, a lifter appears on the platform wearing or using any illegal item, they shall immediately disqualify the lifter from the competition.

Regarding Rules of Performance: Bench Press: The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. The hands must grip the bar with a "thumbs around" grip, this locking the bar safely in the palms of the hands. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.

The use of the reverse grip is forbidden.

There have been several other rule changes and the new IPF Technical Rules should be available in the next few weeks.

Following is a list of IPF approved lifting gear. This list is as of November, 1995: Marathon "Supersuits and Superwraps", Elite Squat Suits and Wraps, Titan "Canturion" Suits, Titan Support System Squat Suits and "Red Devil" Wraps, Inzer Advance Designs "Z" suit and "Champion Suit", Crains Muscle World "Power Suit" and "Big Red Powerwrap", Crain Muscle World "Big Red Power Wrap", BSA Sportmarketing GmbH "Freeway" Suit, Inzer Advance Design "Inzer Blast Shirt", Inzer Advance Design "Inzer Heavy Duty Blast Shirt", Inzer Advance Design "Inzer High Performance Heavy Duty Blast Shirt", Crains Muscle World "Bench Press Shirt", BSA Sportmarketing GmbH "Freeway Bench Press Shirt", Eleiko Sport AB Powerlifting Equipment and Accessories, Eleiko Powerlifting Barbells (Bars and Discs), Loosko Powerlifting Barbells (Bars and Discs), Nippyo Powerlifting Competition Equipment and Accessories, Nippyo Powerlifting Barbells (Bars and Discs)

USPF DIRECTORY

EXECUTIVE COMMITTEE

President, Peter Thorne, P.O. Box 2170, Kligore, TX 75663

Treasurer/Secretary, John Inzer, P.O. Box 2932, Longview, TX 75606

Bill Decker, 9656 West Kimberly Way, Peoria, AZ 85345

Tammy DiAvda, 084 Vale St., Reno, NV 89509

Mike DuVall, Rt. 1, Box 163-D, Cushing, TX 75760

Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817

Ken Lain, 250 N. Beltway W., Abilene, TX 79601

Sam Pardue, 442 S. College St., Heath Springs, SC 29058

Mike Reed, 2215 Hwy. 546, W. Monroe, LA 71292

Dominic Sardo, 24 Dustin St., MA 01906

Region Chairs

Region 1 (ME, NH, VT, NY, MA, CT, RI) Drew Hickey, P.O. Box 120141, Boston, MA 02112

Region 2 (PA, NJ, DE, MD, DC, VA) Robert Keller, 752 Johns Lane, Ambler, PA 19022

Region 3 (NC, SC, GA, AL, TN, FL) Greg Warr, 151 Starrise Haven, Clayton, AL 36016

Region 4 (IN, KY, OH, MI, IL, WV) Pep Wahl, 597 E. Talmadge Ave., Akron, OH 44310

Region 5 (WI, MN, IA, NE, MO, KS, ND, SD) Levi Webb, 216 Fairground Lot 23, Wayne, NE 68787

Region 6 (OK, AR, TX, LA, MS) Mike Reed, 2215 Hwy 546, W. Monroe, LA 71292

Region 7 (NM, AZ, UT, CO, MT, WY) Steve P. Blacketter, 18201 E. Devils Thumb, Aurora, CO 80011

Region 8 (WA, OR, ID, CA, NV, AK, HI) Jim Lem, 875 Broadway #6, San Francisco, CA

94133

State Chairs

Alabama, Steve Grubbs, 6116 Gladstone Dr., Montgomery, AL 36117.

Alaska, Ben Brent, Box 80559, Fairbanks, AK 99708

Arkansas, Greg Tiner, 245 Browning, Monticello, AR 71655

Arizona, Tim Isaac, 7616 N. Tatum, Paradise Valley, AZ 85253

California, Victor Elliott, 7942 B. Glencoe Ave., Huntington Beach, CA 92647

Colorado, Alex Galant, 7893 E. Hampden Circle, Denver, CO 80237

Connecticut, Jerry Sylvia, 21 Hale Street, Westport, CT 06880

Delaware, Tracy Peel, 1210 Maple Ave., Wilmington, DE 19805

Florida, Jim Gaczowski, P.O. Box 3306, Apollo Beach, FL 32571

Georgia, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620

Hawaii, Odd Haugen, 43-369 Haiku Rd. F6, Kaneohe, HI 96744

Idaho, Barbara May-Moon, P.O. Box 276, Jerome, ID 83338

Illinois, pending

Indiana, Rachel Mathias, 8124 Jade Ct., Indianapolis, IN 46268

Iowa, Tom Wheelan, 2200 1st Ave. NE, Cedar Rapids, IA 52402

Kansas, Dan Wagman, 1401 Lawrence Ave., Lawrence, KS 66049

Kentucky, pending

Louisiana, Marvin Hall, 3341 Cloverland Dr., Pineville, LA 71360

Maine, Russ Barlow, RFD #2, Box 480, Greene, ME 04236

Maryland, John Mogavero, 9901 E. Franklin Ave., Glenn Dale, MD 20769

Massachusetts, Rich Vittum, 72 Hobbs Rd., Waltham, MA 02154

Michigan, Lynn Boshoven, 2454 Avon SW, Wyoming, MI 49509

Minnesota, David Vanzo, 1720 Weston Lane, Plymouth, MN 49509

Mississippi, Howard Harville, 8411 Oakwood Lane, Olive Branch, MS 38654

Missouri, pending

Montana, pending

Nebraska, Levi Webb, 215 Fairground #23, Wayne, NE 68787

Nevada, Bud Mucci, 4390 Raven Ave., Las Vegas, NV 89118

New Hampshire, Jason Shifrin, 82 Warren St., Concord, NH 03301

New Jersey, Ron Panitsidi, 917 Soldier Hill, Oradell, NJ 07649

New Mexico, Steve Garcia, c/o Sports Division, 620 Lomas, Albuquerque, NM 87102

New York, Lawrence Bagnoli, RD 1, Box 760, Gloversville, NY 12078

North Carolina, Tom Booth, 202 N. 9th St., Mebane, NC 27302

North Dakota, Pat Hall, 2022 4th Ave. NW, Minot, ND 58703

Ohio, Todd Monroe, 8196 Peck Rd., Ravenna, OH 44266

Oklahoma, Rickey D. Crain, 3803 Bryan Rd., Shawnee, OK 74801

Oregon, Terry Luehrs, 2295 Church St. NE, Salem, OR 97303

Pennsylvania, Jake Boyer, P.O. Box 356, Lehighton, PA 18235

Rhode Island, Ted Isabella, 55 Weston Ave., Cranston, RI 02920

South Carolina, Dan Lark, 601 Haywood Ave., Honea Patch, SC 29654

South Dakota, Robert Mason, 415 S. Main Ave., Sioux Falls, SD 57102

Tennessee, Rodney Shook, 3776 Stonehill Dr., Bartlett, TN 38135

Texas, Randy Blackmon, P.O. Box 1603, Mt. Pleasant, TX 75456

Utah, pending

Vermont, Steve Dolgin, P.O. Box 315, St. Johnsbury, VT

Virginia, Tommy Buzo, Rt. 4, Box 126, Vinton, VA 24179

Washington, Vince Mosser, 1711 Hewitt Ave., Everett, WA 98201

West Virginia, John Messinger, 398 Forest Circle, S. Charleston, WV 25303

Wisconsin, Bruce Steem, 5469 N. 51st Blvd., Milwaukee, WI 53218

Wyoming, pending

(received from Peter Thorne via USPF Headquarters, in their FAX of March 26, 1996, with the notation "Here is the current directory for the USPF. We have added the recent election changes and we will keep you informed of any changes as there will be several more state elections in the weeks to come.")

EDITOR'S NOTE... Guy Adams of Adams Video Productions and the Don Haley for USPF President campaign headquarters noted that Athlete's Representatives and Members at Large were not included on this listing. In previous USPF Directory listings, these voting members of the National Committee were not listed. It was also noted that telephone numbers were not included. It has been customary to include telephone numbers on previous versions of the USPF Directory. Guy Adams has compiled a large, but not complete list of the telephone numbers of the individuals on this list. If you wish to contact Guy for whatever information he has on the telephone numbers, his number is 805-256-2573. You may wish to try the USPF National Headquarters Office for this information, at 800-500-9777.

Iron Sport/Delco Bench Press

Table with 3 columns: Name, Weight, and Position. Includes athletes like I. Shiley, V. Archibulo, M. Kaufman, etc.



Anthony Succarrotte attempting 500 in the bench press at the Iron Sport/Delco Championships (Pulcinella)

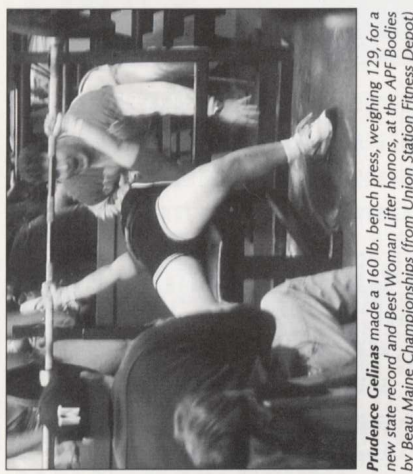
USPF New Jersey High School 3 Mar 96 - Hammonton, NJ. Table with 4 columns: Name, Weight, Position, and Total. Includes athletes like A. Bianchi, M. Bionso, R. Cross, etc.



1996 St. Joseph Wildcats Powerlifting Team - the USPF New Jersey High School Team Champions include, first row, left to right, Vincent 'Bo' Pino, Jimmy Pino, Rob Mauriello, Nick Morici; back row, Coach Paul Sacco, Anthony Davis, Ed Silipena, Bill Brennan, Jeff Skouran, Evan Allison. (photo provided courtesy Coach Paul Sacco)

APF Bodies by Beau Bench Press

Table with 3 columns: Name, Weight, and Position. Includes athletes like J. Andrew, M. Gaudin, D. Clark, etc.



Prudence Gellinas made a 160 lb. bench press, weighing 129, for a new state record and Best Woman Lifter honors, at the APF Bodies by Beau Maine Championships (from Union Station Fitness Depot)

Championnat Quebecois Novice 26 Nov 95 - Sherbrooke, Canada. Table with 4 columns: Name, Weight, Position, and Total. Includes athletes like M. Chapuisier, D. Royer, etc.

ADPPA Badger Open 20 Jan 96 - Racine, WI. Table with 4 columns: Name, Weight, Position, and Total. Includes athletes like S. Truchampier, L. Kirilaki, etc.

APF Georgia Open Deadlift 20 Jan 96 - Brunswick, GA. Table with 4 columns: Name, Weight, Position, and Total. Includes athletes like S. Aickson, T. Rustin, etc.

Best Lifters: Light Division: James Jenkins; Team Champions: Dino Power Team; Meet Site: Comfort Inn. (Thanks to the APA for providing the results of this contest.)

NEW A.P.F./A.M.P.F. Membership Application form with fields for personal information, address, and registration details.

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DON HALEY FOR USPF PRESIDENT
 Don Haley has given of himself to strength sports for over half a century as a competitor, referee, and administrator. He is a Category I international referee in both weightlifting and powerlifting. Prior to organized powerlifting Don was one of the original founders in 1937 of the Southern California Weightlifting Association. Don served that organization as President, Treasurer and Director for many years. In addition, he has been on the USPF Referees Committee, the Technical Committee, and the Executive Committee. In the last 2 years Don has served as the Head Referee in Charge at 2 IPF World Championships for the Blind and the World Police and Fire Games. Don in 1995 also served as Chief Referee at the 1995 Special Olympics and the 1995 Paralympic Trials. Don is also one of the few individuals that has been honored by being inducted into both the Powerlifting and Weightlifting Halls of Fame for his administration abilities. Don Haley is respected as a fair and just man. Whether it be from previous competitors, lifters that have competed in front of him, or co-administrators, they all describe Don as dedicated and professional in his actions and decisions in the sport. **Guy & LeaAnn Adams, Members of the Committee to Elect Don Haley USPF President in 1996.**

The following Athletes and Administrators support Don Haley for USPF President. Kirk Karwoski - National and World Champion. Paul Fletcher - Executive Committee Member and 1995 Sr. Nat'l Meet Director, Ed Coan - National and World Champion, Gene Bell - National and World Champion, Pete Alaniz - IPF Region 4, Treasurer, Mary Jeffrey - National and World Champion. If you would like to have your name added to this list, please contact us at (805) 256-2573 (fax number is the same) or write to ADAMS VIDEO PRODUCTIONS, 2117 PHLOX AVE., ROSAMOND, CA 93560. Help us make a stand for democracy and return the USPF back to its members.

TO: REGIONAL CHAIRMEN, STATE CHAIRMEN, ATHLETES REPRESENTATIVES, AND MEMBERS-AT-LARGE. FROM: LEAANN ADAMS, COMMITTEE TO ELECT MR. DON HALEY USPF PRESIDENT. RE: THE 1996 USPF ELECTIONS. As voting members of the USPF you hold a great power and responsibility in your hands. July 25, 1996 in Philadelphia, PA at the National Meeting an election is to take place. With your assistance, a democratic election. At this time I would like to request that each of you use your vote as your heart tells you. In the event that you will not be attending the Senior Nationals and the National Meeting I would like to review with you the proxy procedures as stated in the By-Laws. (page 6 Article III, section 3.5 Voting Rights and Representation) (b) The delegate must be present at the National Committee meeting. (c) No person may cast more than one vote; (d) The President of the USPF must be notified in writing of the intended delegation one week prior to the national meeting; (e) A similar or identical bearer letter must be presented to the USPF Secretary or other person designated by the President at the National Meeting in order for the delegate to receive a voting card; (f) A State Chairman shall delegate to a USPF member who is registered for the current year in his own state; (g) A Regional Chairman shall delegate to a USPF member who is registered for the current year in his own region; (h) Athlete's representatives, Executive Committee members, and Members-at-large may delegate without regard to geographical subdivision. As you notice there is no provision for the Head Office to request your proxy and to assign it themselves. After all, it is your vote and your voice. To give your proxy away would lead to an unbalancing of the democratic process. Proudly proclaim your vote in your state or region's benefit. Would you give your 1996 USA Presidential vote away? Then, why do so in the USPF election?

If you will be using your proxy rights please send your letter to the USPF office by certified or registered mail. This will provide you with documentation that your choice proxy cannot be mistakenly reassigned. To insure fairness, we would like to request the campaign Mr. Don Haley, at 2117 Phlox Ave., Rosamond, CA 93560 or fax (805) 256-2573 also receive a copy of your proxy letter. This will help to insure that the reassignment of proxies that has been a problem in the past remains just that, the past. **LeaAnn Adams**

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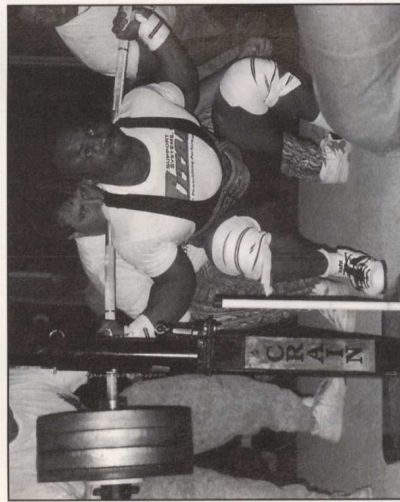
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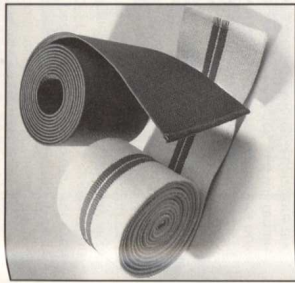
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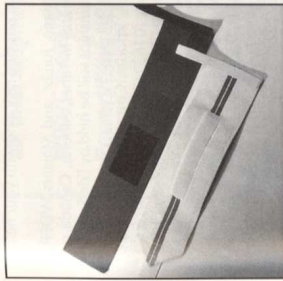


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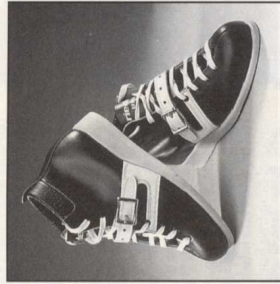
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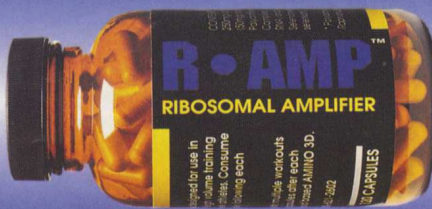
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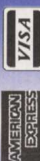
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MESSAGE FROM THE WDPFF PRESIDENT... As the newly elected WDPFF President for the coming year, let me offer my thanks for the support and confidence expressed in me for this important responsibility. This is a crucial time in the history of the WDPFF. We have a "core" of solid support which needs to be built upon, and there are already signs that this is starting to happen, with new countries expressing a serious interest in WDPFF affiliation. It is my sincere belief that there are genuine drug-free interests in every part of the world. It is our task to "connect" with these people, many of whom may not even know of our existence, and to demonstrate that the WDPFF is not just a "fringe" organization - but a serious alternative world body to which sportsmen and sportswomen may align themselves with confidence. My task as your President will be threefold: Firstly, and most important, to ensure that all affiliate national powerlifting bodies conform strictly to WDPFF rules on doping control and drug testing; as a precondition of membership. Only those nations meeting our unique conditions will be permitted to send competitors to our major international events. Secondly, to assist nations who have no drug testing knowledge or experience, to communicate such vital information to them so that they can satisfy our requirements for affiliation. Thirdly, to be instrumental in the growth and development of this organization into a major world-wide force in powerlifting, by the recruitment of new national drug-free bodies around the world. This process will not be quick, and will require effort - not only on my part - but on the part of all our affiliated national federations and persons of goodwill. All this is a matter of establishing and maintaining our credibility - not only in the way we conduct our affairs generally, but in the level of commitment to drug-free powerlifting demonstrated by our members. I look forward to a positive and productive time ahead for the WDPFF, in which great strides will be made. In my task, I am confident of receiving all support necessary from Randy Sparks (Canada - Vice President), Judith Cedney (U.S.A. - General Secretary), and George Trolls (Cyprus - Treasurer). I will play my part, but we can only succeed if everyone is fully dedicated to this enterprise. The international drug-free powerlifting movement is the most important development in the recent history of our sport. We can and must succeed in our vital task, and with your help, we will. **Mr. Andrew Cominos.**

Additional WDPFF News... the bid for the 1997 Teenage, Junior, and Masters WDPFF World Championships has been awarded to Randy Sparks in Taber, Alberta, Canada on August 30 & 31. The 1997 Bench Press World Championships will be held by Eric Serrey in Belgium during October

WDPFF DIRECTORY: PRESIDENT - Andrew Cominos, Rhodes Cottage, Carllogas, St. Mawgan, nr. Newquay, Cornwall TR8 4EQ, England. (01637) 860770. FAX (01637) 860828. VICE PRESIDENT - Randy Sparks, 5618 53rd Street, Taber, Alberta, Canada T1G 1L5. 403-223-2479. SECRETARY GENERAL - Judith M. Cedney, Brophy Hall, Western Illinois University, Macomb, Illinois U.S.A., 309-298-1757. Office, 309-837-2111 - Home, FAX 309-298-2981. TREASURER - George Trolls, 22 St. Mary Street, Southampton, Hamps, England, 501 1NP, 011-441-703-639719. FAX: 011-441-703-226557. INTERNATIONAL LIAISONS: AUSTRALIA - Chris Turner, Unit 4, Flourera, corner of Summer Street and Wallin Avenue, Deception Bay, Queensland, Australia (07) 320-41129 - home phone. AUSTRIA - Karl Auer, Oberstadtdigries 11/8, 4840 Voelklbruck, Austria. BELGIUM - Eri Serrey, Elisabethlaan, 353, 8301 Klokke-Heist, Belgium, 011-32-50-515385; FAX 011-32-50-516028. CANADA - (see VICE PRESIDENT above). CYPRUS - (see TREASURER above). EGYPT - Mike Mostafa, 5601 13th Street #302, Washington DC 20011, 202-722-7641. ENGLAND - Derek Ambler, 54 Linden Crescent, St. Albans, Herts, AL1 5DD, England (01727) 860416. FINLAND - Valdur Paavilainen, Katajatie 9, 30420 Forssa, Suomi - Finland. FRANCE - Daniel Lambert, GERMANY - Thomas Klose, Oberwegerner Str. 153, 5802 Weiter 4, Germany. GREECE - Sam Contakos, 303 Franklin Street, Johnston, PA 15901, 814-536-2227. HONG KONG - Wong Yin Ming, 189, Tain Nan St. 5/7, Shamshuiipo, Kowloon, Hong Kong. INDIA - Suresh Pai, c/o Canara Bank, P.O. Box 10115, Bombay, 400023, India, 011-91-22-204-7518. IRELAND - John West, 71 Aldbury Grove, Wexbury Garden City, Herts. AL7 2LD, England, (01707) 325399. ITALY - Alice Moretti, Via Marete 2 BIS, 46020 Bendeno DI Gonzaga, Montova, Italy. JAPAN - Shegeto, Miura, 1-29-1 Matuyama Kyose City, Tokyo 204 Japan. KAAKSHASTAN - Michael Kudyalisev, Pr. Sovetsky 3, Karaganda, 470061, KAAKSHASTAN UJS, 7-3212-580774, FAX: 7-3212-580773. MOROCCO - Mohamed Zekraoui, 54 Avenue. Ibn Zidoune, Riad - Meknes, Morocco. FAX: 011-212-500-212. NEW ZEALAND - Mrs. Wendy Rakete - Stores, 53 Harmel Road, Glenelder, Auckland, New Zealand, FAX 09-8184332. PAKISTAN: Hafiz Salmaan Butt, 43, Rettigon Road, Lahore 54000, Pakistan. 92-42-7245010, FAX: 92-42-7242869. POLAND - Mrs. Barbara Palf, Dom Wezasowy "Sniatynka", 34-511 Koscielisko - Szlęgiewka, Poland 011-48-165-70181. RUSSIA - Vladimir Pilpenko, Fr Forovskaya St., H-12 AP 36, St. Petersburg 193171, Russia. SCOTLAND - Mark Anderson, 18 Russel Place, Bishophill, Elgin, Moray, TV30 29J, England 345-551-734. SWITZERLAND - Marcel Vace, c/o Carlo Ciccarese, via Friuli No. 5, 73, 100 Lecce, Italy. TAIKISTAN - Laura Hojaekulova, P.O. Box 351, 73400 Dushanbe, Clavpochamp, Tajikistan, FAX: 011-737-72230996. UKRAINE - Ivanenko Vladimir, Ordzhonikidze st. 7, 3, Cherkassy, 257005, Ukraine, 047-43-46-06. FAX: KIEV -044-216-5415. UNITED STATES OF AMERICA - Michael Overdeer, 124 West Van Buren Street, Columbia City, Indiana 46725, U.S.A., 219-248-4879. FAX: 219-248-4879. WALES - Ken Williams, 101 Heol Y Fran, Morriston, Swansea SA6 6TT, South Wales, England, 011-441-792-798-839.

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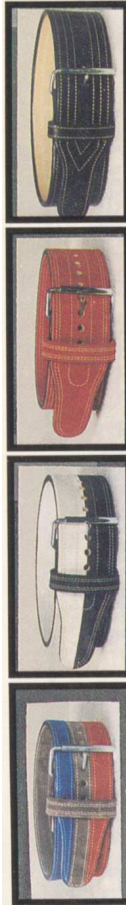
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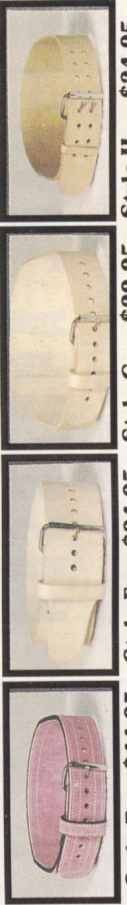
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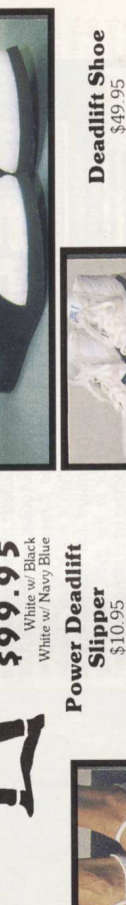
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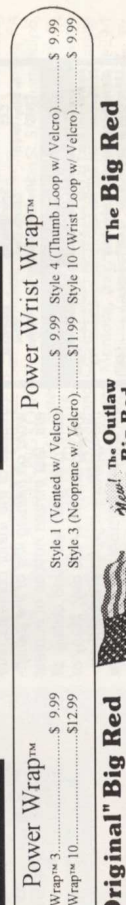
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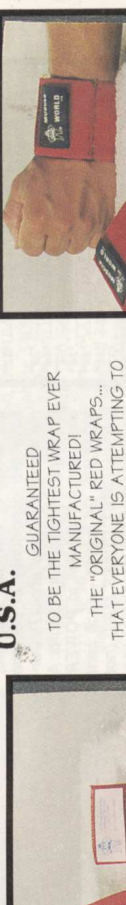
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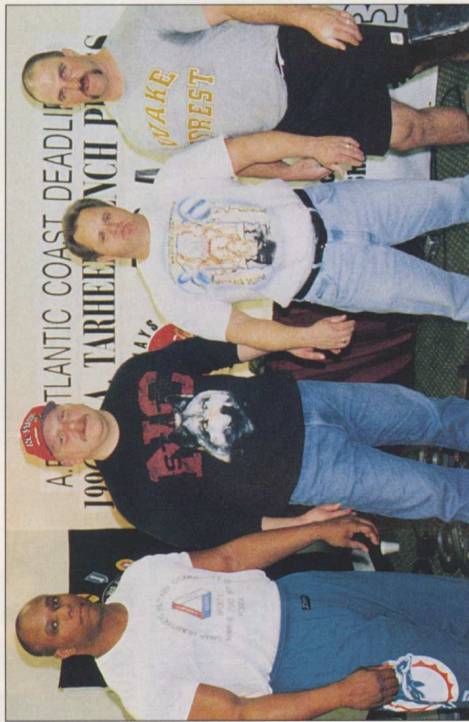
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S. Wood	375
40-49	345
W. Ferguson	350
D. Hardy	350
220	
Free	375
D. McMillan	535

"CLUB 500" Bench Pressers at the APA Tarheel BP included (left to right) Kevin Steward - 500, Jim Moorman - 525, Danny McMillan - 550, and Ed Ellis - 555. (Photograph provided by Meet Director Scott Taylor)

Open Bench Press was a well attended event, smoothly. Some big lifts were registered, including and foot Chavout and Dave Barino of Carolina for 555 at a bodyweight of 295.7 lb. Ed Ellis of 555 at 216 lb. Brad Kelley with a 465 at a bodyweight of 197, and Lovell Williams 405 at a bodyweight of 165. Eleven year old female competitor came with several records. Yelinda and with her year old female competitor on the bench, which totally amazed everybody! Special thanks to Carolina Barbell Club of Florence, South Carolina for providing all of the contest equipment and for providing the contest equipment. Special thanks to Scott Taylor - Meet Director - for providing the results.

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NEW: Each edition is jam-packed with a wide variety of IRON GAMES-oriented information - from all over the world, almost all of which you will never find in any other competitive source. For example: in the Harris' recent 775 bench for a double in training and how he couldn't get 750 or 780 down to his chest in his most recent meet (plus where he, and some other great bench pressers, will be competing next), Shane Hamman's 1008 IFF World Records squat and his try at 1036, with 80 years of relieving experience judging his lifts, why John Schaeffer of the IPA will not be accepting the recent bench press records of Tim Isaacs until he gets a certain type of verification, Louie Simmons' invitation to Tim Isaacs, his agent, and Tonya Harding to meet at a special bench press competition to be held in conjunction with the A.P.F. Seniors, who the NEW Secretary/Treasurer of the ADFFA is, How much IFF Women's World Champ Carrie Boudreau lifted in a recent "RAW" competition, how Joe McLaughlin took back his ADFFA American bench press record at 198 from Denis Clerf, a new name erases Elena Suchornik's amazing 530 IFF World squat mark from the world record books, the surprising death of yet another professional bodybuilding star, and the impressive highlights of the German Team Finals (with all those non-German participants)! PLUS - which American lifters may be competing at the Big European FIBO Sporting Goods Show, and MUCH MORE. \$28.00 for 24 issues, (\$35.00 for overseas air mail) to POWERLIFTING USA, Box 3238, Camarillo, CA 93071.

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(article continued from page 47)

he could not prove he was the World's Strongest Man in an arena of competition, he'd do it in another. After a 5 yr. leave of absence, he'd reappeared as an indelible force. At an ADPPA Nat'l mark, surprise-a new ADPPA Nat'l mark. Shortly thereafter, July 15, 1995, he shocked the P/L World with a quantum leap - 2314 (948 463 903). Astonishing! Gollath first bet-tered his own SQ record (unchallenged in his 5 yr. absence) with 948. Later, he pulled a 854D/L. Spurred by the crowd's chanting insistence he hauled up one of history's highest lifts - 904! Mark again was on the USA World team in W/L. He finished 15th among the big boys there in China. Three weeks earlier he'd traveled to Sussex, England and became the WD-FPP: World Powerlifting Champion! Gollath's but, had climbed to 405. This was extra beef, perhaps detrimental for overhead fitness. It would have enhanced his raw, brute power. Henry set 3 WDFPF W/Rs - 953 SQ, 865 DL, 2336 total! He almost pulled the biggest deadlift in World History - 926!

The enigma of a "World's Strongest Man" - counterbalanced between two entirely different strength sports. It can be seen in one who did P/L and was in 68 Olympics but never in the World's Strongest Man himself. In whichever sport he continues he will continue to tip in favor of P/L being his most successful path. It is time for you to decide. With career achievements charted side by side - do you believe to be the top Superhero of the Iron Game in American History? Is it David or Gollath? Does small win it all? Or, is large in change?

Let's compare, if we dare, in W/L David never had the opportunity to compete internationally. Henry did. Henry came along at the right time in U.S. history and made it to the big time. He was not a factor worldwide, but David wouldn't have gotten to either. Most likely Henry will be participant in his 2nd Olympic Games this summer. This in itself is a great honor. Moyer did have one lift among the trathlon in his day which was a true power lift - the PRESS. He excelled in this test and set world records. Today, in W/L, skill may override the raw strength factor. Both men are life-time drug free. Moyer is the only lifter in history to officially set W/R in both W/L and P/L! (ing) Marcus is the only American to compete in World Championships in both W/L & P/L. He is also the foremost U.S. P/L'er to compete in the Olym-

pic Games. (Pickett was a W/L'er who did P/L and was in 68 Olympics but never in the World's Strongest Man himself. In whichever sport he continues he will continue to tip in favor of P/L being his most successful path. It is time for you to decide. With career achievements charted side by side - do you believe to be the top Superhero of the Iron Game in American History? Is it David or Gollath? Does small win it all? Or, is large in change?

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5 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
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79 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
80 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
81 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
82 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
83 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
84 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
85 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
86 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
87 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
88 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
89 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
90 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
91 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
92 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
93 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
94 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
95 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
96 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
97 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
98 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
99 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95
100 850 Linn, M., 9/29/95	727 Patterson, K., 11/11/95	815 Barrow, D., 11/19/95	2303 Karwowski, K., 7/23/95



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NEXT MONTH... TOP SHWS

Corrections... Patrick Murphy's 600 SQ and 1530 Total were not listed on the TOP 100 181 lb. class listing. Rachel Mathias' 308 BP at 132 was not on the All Time Men/Women BP at 25 listing. Dave Chevalier's 470 BP at 220 was not on the Masters TOP 20. Brad Johnson's (148) squat at the IPA Seniors was 550, rather than 500. Joe Marino's 661 DL at 220 was not indicated on the TOP 100 list. Elaine McClurg's 250 BP at SHW was not on the Women's TOP 20. Ricky Crain is a Master lifter, however, his recent lifting was not reflected on the Masters TOP 20 as he has not been competing in the Masters division. In our IPF Worlds write-up (Jan/96 PL USA) we referred to Peter Theuser as being from Czechoslovakia - he is from the Czech Republic. Jason Stucky's 455 SQ and 1110 T at 148 were not included on the Teenage TOP 20 listing. Jamie Ibell's lifts of 639 347 556 1592 at 242 were not on the Teenage TOP 20 list. Ernest Paucillo's 606 squat at 198 was not noted on the Masters TOP 20 ranking. Aaron Diphma's 400 bench at 275 was not on the Teenage TOP 20 list. Mark Hunsberger's 460 BP at 242 was not on the Masters TOP 20. R. Coyer's lifts should not have been reflected on the Women's TOP 20 SHW ranking. Sonny Szotak's 665-deadlift and 1710 total were not on the Top 100 170 lb. list or the Masters TOP 20. Bernard Schwartz's 479 DL at 148 should have been on the Masters TOP 20. More corrections next month.

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