

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
 THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



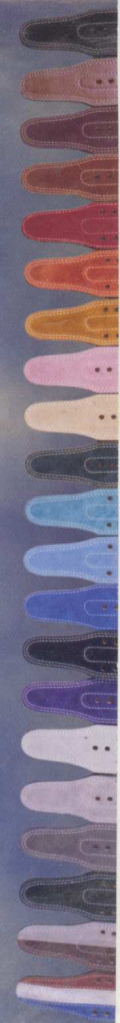
13mm lever belt - \$68
 13mm buckle belt - \$70
 10mm buckle or lever belt - \$58
 Tapered buckle or lever belt - \$52

- Choice of stiff leather for the firmest support or soft leather for immediate comfort.
- Extra firm leather will conform over time for a permanent personal fit.
- Soft leather will conform to your shape more quickly.
- Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.
- 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.
- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- HIGHEST QUALITY SUEDE PROVIDES NON-SLIP SURFACE.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE
 1-800-222-6897

Mention this ad, get a FREE T SHIRT With each belt ordered, 3 styles



POWERLIFTING USA

VOL.19 NO.11

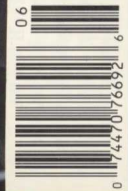
JUN/96 \$3.50

SUBTOTAL
 SUPERMEN



ALL TIME
 RECORDS

Powerlifting in
CYBERSPACE



WPA/APA/CPA WORLDS

WPA/APA/CPA World Championships	16-17 Mar '96 - Sherbrooke, Quebec
Women	
16-17	33-39
18-19	40-44
20-21	45-49
22-23	50-54
24-25	55-59
26-27	60-64
28-29	65-69
30-31	70-74
32-33	75-79
34-35	80-84
36-37	85-89
38-39	90-94
40-41	95-99
42-43	100-104
44-45	105-109
46-47	110-114
48-49	115-119
50-51	120-124
52-53	125-129
54-55	130-134
56-57	135-139
58-59	140-144
60-61	145-149
62-63	150-154
64-65	155-159
66-67	160-164
68-69	165-169
70-71	170-174
72-73	175-179
74-75	180-184
76-77	185-189
78-79	190-194
80-81	195-199
82-83	200-204
84-85	205-209
86-87	210-214
88-89	215-219
90-91	220-224
92-93	225-229
94-95	230-234
96-97	235-239
98-99	240-244
100-101	245-249
102-103	250-254
104-105	255-259
106-107	260-264
108-109	265-269
110-111	270-274
112-113	275-279
114-115	280-284
116-117	285-289
118-119	290-294
120-121	295-299
122-123	300-304
124-125	305-309
126-127	310-314
128-129	315-319
130-131	320-324
132-133	325-329
134-135	330-334
136-137	335-339
138-139	340-344
140-141	345-349
142-143	350-354
144-145	355-359
146-147	360-364
148-149	365-369
150-151	370-374
152-153	375-379
154-155	380-384
156-157	385-389
158-159	390-394
160-161	395-399
162-163	400-404
164-165	405-409
166-167	410-414
168-169	415-419
170-171	420-424
172-173	425-429
174-175	430-434
176-177	435-439
178-179	440-444
180-181	445-449
182-183	450-454
184-185	455-459
186-187	460-464
188-189	465-469
190-191	470-474
192-193	475-479
194-195	480-484
196-197	485-489
198-199	490-494
200-201	495-499
202-203	500-504
204-205	505-509
206-207	510-514
208-209	515-519
210-211	520-524
212-213	525-529
214-215	530-534
216-217	535-539
218-219	540-544
220-221	545-549
222-223	550-554
224-225	555-559
226-227	560-564
228-229	565-569
230-231	570-574
232-233	575-579
234-235	580-584
236-237	585-589
238-239	590-594
240-241	595-599
242-243	600-604
244-245	605-609
246-247	610-614
248-249	615-619
250-251	620-624
252-253	625-629
254-255	630-634
256-257	635-639
258-259	640-644
260-261	645-649
262-263	650-654
264-265	655-659
266-267	660-664
268-269	665-669
270-271	670-674
272-273	675-679
274-275	680-684
276-277	685-689
278-279	690-694
280-281	695-699
282-283	700-704
284-285	705-709
286-287	710-714
288-289	715-719
290-291	720-724
292-293	725-729
294-295	730-734
296-297	735-739
298-299	740-744
300-301	745-749
302-303	750-754
304-305	755-759
306-307	760-764
308-309	765-769
310-311	770-774
312-313	775-779
314-315	780-784
316-317	785-789
318-319	790-794
320-321	795-799
322-323	800-804
324-325	805-809
326-327	810-814
328-329	815-819
330-331	820-824
332-333	825-829
334-335	830-834
336-337	835-839
338-339	840-844
340-341	845-849
342-343	850-854
344-345	855-859
346-347	860-864
348-349	865-869
350-351	870-874
352-353	875-879
354-355	880-884
356-357	885-889
358-359	890-894
360-361	895-899
362-363	900-904
364-365	905-909
366-367	910-914
368-369	915-919
370-371	920-924
372-373	925-929
374-375	930-934
376-377	935-939
378-379	940-944
380-381	945-949
382-383	950-954
384-385	955-959
386-387	960-964
388-389	965-969
390-391	970-974
392-393	975-979
394-395	980-984
396-397	985-989
398-399	990-994
400-401	995-999
402-403	1000-1004
404-405	1005-1009
406-407	1010-1014
408-409	1015-1019
410-411	1020-1024
412-413	1025-1029
414-415	1030-1034
416-417	1035-1039
418-419	1040-1044
420-421	1045-1049
422-423	1050-1054
424-425	1055-1059
426-427	1060-1064
428-429	1065-1069
430-431	1070-1074
432-433	1075-1079
434-435	1080-1084
436-437	1085-1089
438-439	1090-1094
440-441	1095-1099
442-443	1100-1104
444-445	1105-1109
446-447	1110-1114
448-449	1115-1119
450-451	1120-1124
452-453	1125-1129
454-455	1130-1134
456-457	1135-1139
458-459	1140-1144
460-461	1145-1149
462-463	1150-1154
464-465	1155-1159
466-467	1160-1164
468-469	1165-1169
470-471	1170-1174
472-473	1175-1179
474-475	1180-1184
476-477	1185-1189
478-479	1190-1194
480-481	1195-1199
482-483	1200-1204
484-485	1205-1209
486-487	1210-1214
488-489	1215-1219
490-491	1220-1224
492-493	1225-1229
494-495	1230-1234
496-497	1235-1239
498-499	1240-1244
500-501	1245-1249
502-503	1250-1254
504-505	1255-1259
506-507	1260-1264
508-509	1265-1269
510-511	1270-1274
512-513	1275-1279
514-515	1280-1284
516-517	1285-1289
518-519	1290-1294
520-521	1295-1299
522-523	1300-1304
524-525	1305-1309
526-527	1310-1314
528-529	1315-1319
530-531	1320-1324
532-533	1325-1329
534-535	1330-1334
536-537	1335-1339
538-539	1340-1344
540-541	1345-1349
542-543	1350-1354
544-545	1355-1359
546-547	1360-1364
548-549	1365-1369
550-551	1370-1374
552-553	1375-1379
554-555	1380-1384
556-557	1385-1389
558-559	1390-1394
560-561	1395-1399
562-563	1400-1404
564-565	1405-1409
566-567	1410-1414
568-569	1415-1419
570-571	1420-1424
572-573	1425-1429
574-575	1430-1434
576-577	1435-1439
578-579	1440-1444
580-581	1445-1449
582-583	1450-1454
584-585	1455-1459
586-587	1460-1464
588-589	1465-1469
590-591	1470-1474
592-593	1475-1479
594-595	1480-1484
596-597	1485-1489
598-599	1490-1494
600-601	1495-1499
602-603	1500-1504
604-605	1505-1509
606-607	1510-1514
608-609	1515-1519
610-611	1520-1524
612-613	1525-1529
614-615	1530-1534
616-617	1535-1539
618-619	1540-1544
620-621	1545-1549
622-623	1550-1554
624-625	1555-1559
626-627	1560-1564
628-629	1565-1569
630-631	1570-1574
632-633	1575-1579
634-635	1580-1584
636-637	1585-1589
638-639	1590-1594
640-641	1595-1599
642-643	1600-1604
644-645	1605-1609
646-647	1610-1614
648-649	1615-1619
650-651	1620-1624
652-653	1625-1629
654-655	1630-1634
656-657	1635-1639
658-659	1640-1644
660-661	1645-1649
662-663	1650-1654
664-665	1655-1659
666-667	1660-1664
668-669	1665-1669
670-671	1670-1674
672-673	1675-1679
674-675	1680-1684
676-677	1685-1689
678-679	1690-1694
680-681	1695-1699
682-683	1700-1704
684-685	1705-1709
686-687	1710-1714
688-689	1715-1719
690-691	1720-1724
692-693	1725-1729
694-695	1730-1734
696-697	1735-1739
698-699	1740-1744
700-701	1745-1749
702-703	1750-1754
704-705	1755-1759
706-707	1760-1764
708-709	1765-1769
710-711	1770-1774
712-713	1775-1779
714-715	1780-1784
716-717	1785-1789
718-719	1790-1794
720-721	1795-1799
722-723	1800-1804
724-725	1805-1809
726-727	1810-1814
728-729	1815-1819
730-731	1820-1824
732-733	1825-1829
734-735	1830-1834
736-737	1835-1839
738-739	1840-1844
740-741	1845-1849
742-743	

ADFP Women's Nationals

ADFP Women's Nationals
20.21 Apr 96 - Wilkes-Barre, PA (kg)

14-15	92.5	49.5	115	260
K. Broad	60	27.5	55	172.5
B. Grater	105	57.5	115	277.5
Open	112.5	65	125	302.5
J. Gentry	112.5	65	125	302.5
B. Grater	105	57.5	115	277.5
14-15	92.5	32.5	90	212.5
K. Greenhall	67.5	30	75	172.5
45-49	92.5	47.5	105	250
S. Whiting	132.5	82.5	150	365
Open	120	57.5	125	305
K. Ryan	115	57.5	125	297.5
V. Arcudio	115	57.5	125	297.5
B. Richardson	115	57.5	125	297.5
14-15	115	45	125	285
M. Bodlak	105	45	125	285
Open	140	57.5	125	340
L. McKinney	140	57.5	125	340
S. Scarpulla	120	50	120	290
116	110	50	105	265
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
40-44	102.5	55	125	282.5
D. Tyree	135	82.5	165	390
Master	105	55	140	302.5
M. Cochran	115	52.5	130	297.5
60-64	92.5	47.5	120	260
L. Barron	132.5	82.5	172.5	417.5
Open	150	80	175	405
M. Brown	132.5	80	162.5	375
S. Teichmeyer	135	75	145	355
M. Klein	122.5	52.5	132.5	307.5
M. Dwyer	122.5	52.5	132.5	307.5
122	107.5	50	135	302.5
18-19	100	52.5	127.5	285
A. Dutzmann	105	52.5	127.5	285
M. McCollison	85	47.5	95	227.5
J. Forquer	125	60	135	325
G. Keeble	142.5	85	162.5	390
Open	132.5	75	157.5	400
D. Cane	150	75	177.5	425
L. Waller	105	67.5	122.5	295
L. Sutter	125	60	135	285
A. Dutzmann	125	60	135	285
M. Dutzmann	125	60	135	285
129	120	60	137.5	307.5
16-17	117.5	62.5	122.5	307.5
M. Sarris	107.5	55	125	275
18-19	105	55	125	275
M. Reagan	107.5	55	125	275
C. Shimrock	145	70	150	365
30-39	152.5	80	165	387.5
40-44	145	70	150	365
E. Stein	152.5	80	165	387.5

110	50	105	265	
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
40-44	102.5	55	125	282.5
D. Tyree	135	82.5	165	390
Master	105	55	140	302.5
M. Cochran	115	52.5	130	297.5
60-64	92.5	47.5	120	260
L. Barron	132.5	82.5	172.5	417.5
Open	150	80	175	405
M. Brown	132.5	80	162.5	375
S. Teichmeyer	135	75	145	355
M. Klein	122.5	52.5	132.5	307.5
M. Dwyer	122.5	52.5	132.5	307.5
122	107.5	50	135	302.5
18-19	100	52.5	127.5	285
A. Dutzmann	105	52.5	127.5	285
M. McCollison	85	47.5	95	227.5
J. Forquer	125	60	135	325
G. Keeble	142.5	85	162.5	390
Open	132.5	75	157.5	400
D. Cane	150	75	177.5	425
L. Waller	105	67.5	122.5	295
L. Sutter	125	60	135	285
A. Dutzmann	125	60	135	285
M. Dutzmann	125	60	135	285
129	120	60	137.5	307.5
16-17	117.5	62.5	122.5	307.5
M. Sarris	107.5	55	125	275
18-19	105	55	125	275
M. Reagan	107.5	55	125	275
C. Shimrock	145	70	150	365
30-39	152.5	80	165	387.5
40-44	145	70	150	365
E. Stein	152.5	80	165	387.5

ADFP Women's Nationals

ADFP Women's Nationals
20.21 Apr 96 - Wilkes-Barre, PA (kg)

14-15	92.5	49.5	115	260
K. Broad	60	27.5	55	172.5
B. Grater	105	57.5	115	277.5
Open	112.5	65	125	302.5
J. Gentry	112.5	65	125	302.5
B. Grater	105	57.5	115	277.5
14-15	92.5	32.5	90	212.5
K. Greenhall	67.5	30	75	172.5
45-49	92.5	47.5	105	250
S. Whiting	132.5	82.5	150	365
Open	120	57.5	125	305
K. Ryan	115	57.5	125	297.5
V. Arcudio	115	57.5	125	297.5
B. Richardson	115	57.5	125	297.5
14-15	115	45	125	285
M. Bodlak	105	45	125	285
Open	140	57.5	125	340
L. McKinney	140	57.5	125	340
S. Scarpulla	120	50	120	290
116	110	50	105	265
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
40-44	102.5	55	125	282.5
D. Tyree	135	82.5	165	390
Master	105	55	140	302.5
M. Cochran	115	52.5	130	297.5
60-64	92.5	47.5	120	260
L. Barron	132.5	82.5	172.5	417.5
Open	150	80	175	405
M. Brown	132.5	80	162.5	375
S. Teichmeyer	135	75	145	355
M. Klein	122.5	52.5	132.5	307.5
M. Dwyer	122.5	52.5	132.5	307.5
122	107.5	50	135	302.5
18-19	100	52.5	127.5	285
A. Dutzmann	105	52.5	127.5	285
M. McCollison	85	47.5	95	227.5
J. Forquer	125	60	135	325
G. Keeble	142.5	85	162.5	390
Open	132.5	75	157.5	400
D. Cane	150	75	177.5	425
L. Waller	105	67.5	122.5	295
L. Sutter	125	60	135	285
A. Dutzmann	125	60	135	285
M. Dutzmann	125	60	135	285
129	120	60	137.5	307.5
16-17	117.5	62.5	122.5	307.5
M. Sarris	107.5	55	125	275
18-19	105	55	125	275
M. Reagan	107.5	55	125	275
C. Shimrock	145	70	150	365
30-39	152.5	80	165	387.5
40-44	145	70	150	365
E. Stein	152.5	80	165	387.5

110	50	105	265	
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
40-44	102.5	55	125	282.5
D. Tyree	135	82.5	165	390
Master	105	55	140	302.5
M. Cochran	115	52.5	130	297.5
60-64	92.5	47.5	120	260
L. Barron	132.5	82.5	172.5	417.5
Open	150	80	175	405
M. Brown	132.5	80	162.5	375
S. Teichmeyer	135	75	145	355
M. Klein	122.5	52.5	132.5	307.5
M. Dwyer	122.5	52.5	132.5	307.5
122	107.5	50	135	302.5
18-19	100	52.5	127.5	285
A. Dutzmann	105	52.5	127.5	285
M. McCollison	85	47.5	95	227.5
J. Forquer	125	60	135	325
G. Keeble	142.5	85	162.5	390
Open	132.5	75	157.5	400
D. Cane	150	75	177.5	425
L. Waller	105	67.5	122.5	295
L. Sutter	125	60	135	285
A. Dutzmann	125	60	135	285
M. Dutzmann	125	60	135	285
129	120	60	137.5	307.5
16-17	117.5	62.5	122.5	307.5
M. Sarris	107.5	55	125	275
18-19	105	55	125	275
M. Reagan	107.5	55	125	275
C. Shimrock	145	70	150	365
30-39	152.5	80	165	387.5
40-44	145	70	150	365
E. Stein	152.5	80	165	387.5

110	50	105	265	
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
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Master	105	55	140	302.5
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S. Teichmeyer	122.5	52.5	132.5	307.5
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M. Klein	122.5	52.5	132.5	307.5
M. Dwyer	122.5	52.5	132.5	307.5
122	107.5	50	135	302.5
18-19	100	52.5	127.5	285
A. Dutzmann	105	52.5	127.5	285
M. McCollison	85	47.5	95	227.5
J. Forquer	125	60	135	325
G. Keeble	142.5	85	162.5	390
Open	132.5	75	157.5	400
D. Cane	150	75	177.5	425
L. Waller	105	67.5	122.5	295
L. Sutter	125	60	135	285
A. Dutzmann	125	60	135	285
M. Dutzmann	125	60	135	285
129	120	60	137.5	307.5
16-17	117.5	62.5	122.5	307.5
M. Sarris	107.5	55	125	275
18-19	105	55	125	275
M. Reagan	107.5	55	125	275
C. Shimrock	145	70	150	365
30-39	152.5	80	165	387.5
40-44	145	70	150	365
E. Stein	152.5	80	165	387.5

110	50	105	265	
16-17/Junior	135	75	145	355
S. Teichmeyer	122.5	52.5	132.5	307.5
40-44	102.5	55	125	282.5
D. Tyree	135	82.5	165	390
Master				

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1740	Clark,A	1015	725	28MAR93	332
1617	Moran,L	1000	617	08JUL84	316
1603	Pasanello,D	1030	573	28MAY89	275
1587	Kazmaier,B	926	661	31JAN81	330
1587	Ware,J	987	600	29JAN89	360
1585	Furnas,D	985	600	16NDV86	275
1564	Hall,M	931	633	26FEB89	410
1559	Karowski,K	1003	556	23JUL95	275
1554	Wilson,O,D	1002	552	16FEB89	380
1553	Waddington,D	1003	550	81	308
1548	Fely,D	981	567	12DEC82	331
1548	Hechter,G	964	584	03MAR85	347
1548	Isaac,T	975	573	03JUN89	295
1545	Pitts,G	905	640	27MAR94	370
1540	Dimel,M	1010	530	03MAY86	319
1537	Halfeld,F	1014	523	23MAR87	258
1521	Goggins,S	1003	518	29OCT95	240
1515	Williams,J	860	655	06MAY72	335
1515	Wrenn,P	975	540	12JUL81	340
1515	Nichols,B	959	556	22NOV87	275
1515	Hamman,S	964	551	23JUL95	380
1510	Maddy,J	848	661	09DEC90	SH
1507	Coan,E	962	545	28JUL91	220
1505	Kucj	905	600	11NOV72	310
1500	Reinhardt,D	904	601	03MAY75	345
1500	Fantano,K	890	610	24APR88	330
1488	Mersberg,J	876	611	12APR92	SH
1488	Kennedy,V	937	551	18OCT92	SH
1482	White,J	920	562	31AUG75	SH
1482	Young,C	970	512	11DEC88	370
1481	Cole,J	901	580	28OCT72	283
1480	Patterson,R	907	573	24NOV91	340
1476	Donal,J	903	573	06DEC87	SH
1476	Voronin,J	865	611	03JUL94	345
1476	Hayes,M	848	628	31JUL94	SH
1476	Wessels,W	903	573	29OCT95	223
1475	Iams,L	875	600	01APR79	SH
1475	Wood,J	875	600	13NOV88	275
1475	Pearce,R	875	600	24FEB90	275
1471	Warman,S	959	512	25JUL92	275
1471	Leslie,C	903	567	08AUG93	242
1471	Onassi,J	843	628	28APR95	SH
1471	Henry,M	953	518	29OCT95	405
1466	Gamble,J	892	573	24JUL83	275
1466	Birce,T	903	562	11JUL93	SH
1465	Larson,A	905	560	24APR88	SH
1465	Taylor,L	935	535	18FEB89	SH
1460	Kenady,D	914	545	12JUL81	303
1460	Bouvier,W	870	589	24JUL83	321
1460	Bentley,T	859	600	17JUL88	275
1460	Lewis,J	920	540	23T*195	SH
1460	Hill,H	942	518	29*OCT95	SH
1455	*Bagans,T	854	600	02JUN85	347
1455	*Lam*ausilj	903	551	10*DEC95	SH
1449	Steinacker,R	903	545	17FEB85	SH
1449	Chaillet,M	926	523	28JUN87	SH
1449	D'o onkean,K	832	617	16AUG87	SH
1449	Kzilum,J	876	573	16JUL95	198
1449	F'rumer,P	865	584	16JUL95	242
1443	*Hardridge,A	881	562	03DEC88	275
1438	McCain,D	870	607	30JUL89	SH
1438	Siegler,M	837	560	16JUL95	275
1432	Drigo,G	865	567	03DEC89	220

COMMENTARY... This month I feature the "Subtotal Supermen." This will give those not so adept in D.L.M. progress, a chance to rate with the best before the final bell tolls.

Controversial Sir Anthony fortifies top position. I give thumbs up on his 2460 aggregate from March 28, 1993. I cannot and will not recognize his "historic" total performed at the Nov. '95 IPA, so called "Worlds." Unless the IPA conforms their dubious squatting manifesto I will not recognize any squats or totals made in any meet from that organization. The disintegration of our beloved sport has gone far enough. The line must be drawn somewhere and I've just drawn it - enough is enough!

Runner-up on the Superman Sub-total list is Lee Moran. He was not a great D.L'er but was USPF Srs. and IFF World champ top credentials in my book! Pasanello & Kaz made their bests in one swoop. Their marks in P/L are a legacy. Ware is now gaining fame coaching football. Dynamite Doug stoked his "furnace" a decade ago - still 6th on subs. Hal did it all, just like Kaz and Moran.

Big Mike exemplified his natural ability to the max. He gets a big pat on the back. Kirk, at work, is building dangerously close to a "warp core" breach. Red alert! Big O.D. rates 9th and was also a super deadlifter.

Waddington, the 1st thousand SQR is 10th. Isaac is 13th, a member of the thousand kilo club (a 3 lift total). Check out that great sub by DR. SQ. He was indeed a "master blaster". Pitts, inadvertently was omitted from the TOP 100, did 2300 to boost his sub. Dimel and Goggins also rate among the top ones. Williams was the "big daddy" when it came to subtotals. He still rates in the top 20 after 24 yrs! We had 26 supermen who went over 1500. Coan's 1507 @ 220 is astounding. Hamman should top this barrier this year by a significant margin.

Cutoff date for 1995 list was Dec. 31, 1995. Wessels had already zoomed from his 35th position here to 7th now,

with his 1570 (959 + 611) Jan. 21 stand will no doubt reach over 1600 sub, a top spot on this list next time! (Patience, Willie! Nichols, 20th, is tops among the cops! Big Jeff Lewis just missed 50th position. Will he supplant his numbers this year?

Bookends: Buchanan, J Collins, H Wilson, S Kellum is the only man under 200 lbs. to rate in this list. He's mid-way in the pack too! Check out Lowe, G. How super-benchers Confessore and Magruder rank on this list. Now, that is something to be proud of. Both men good an all three lifts.

Thanks again to Duncan Odegaard of Minneapolis, MN who inspired me to come up with this Superman Subtotal list. A chain is only as strong as its weakest link. For those of you who need to work the DL - get with it.

COMING SOON: PART 1 - USA ALLTIME TOP 20 SUPERELITE. A special tribute to those who have competed in both Olympic lifting and powerlifting. Their best lifts - ranking combined totals of both strength sports. A year of research to complete - in 3 parts - 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 1419, 1420, 1421, 1422, 1423, 1424, 1425, 1426, 1427, 1428, 1429, 1430, 1431, 1432, 1433, 1434, 1435, 1436, 1437, 1438, 1439, 1440, 1441, 1442, 1443, 1444, 1445, 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1453, 1454, 1455, 1456, 1457, 1458, 1459, 1460, 1461, 1462, 1463, 1464, 1465, 1466, 1467, 1468, 1469, 1470, 1471, 1472, 1473, 1474, 1475, 1476, 1477, 1478, 1479, 1480, 1481, 1482, 1483, 1484, 1485, 1486, 1487, 1488, 1489, 1490, 1491, 1492, 1493, 1494, 1495, 1496, 1497, 1498, 1499, 1500.

1432 Kidder, K 903
1433 Leiato, T 529
1432 Waddle, T 600
1432 Springer, P 529
1432 Patience, Willie! 606
1427 Redwisch, G 523
1425 Brodsky, S 575
1421 Samaniego, S 606
1421 Buchanan, J 512
1421 Collins, H 617
1421 Wilson, S 604
1420 Kellum 585
1420 D'Erico, D 925
1416 Lowe, G 547
1414 Hackett, E 944
1410 Hackett, E 903
1410 Kidney, L 507
1410 Davis, J 903
1410 Cole, D 507
1410 Malchow, K 545
1405 Jeffrey, W 501
1405 Madison, C 562
1405 Strickland, O 555
1405 Romanillo, W 500
1405 Welch, G 523
1405 Ward, G 501
1405 Confessore, C 600
1405 Vogelwohl, C 545
1401 Sharon, A 617
1400 Fera, H 76
1400 Mulkey, L 570
1400 Thompson, G 600
1400 Kritsky, T 512
1400 Brodeur, P 512
1400 Magruder, J 622
1400 Estep, W 584
1400 Nester, B 815
1400 Henderson, T 496
1400 Robertson, J 870
1395 Part 1 (114, 123, 132, 1395, 1485).



Lee Moran lost a 1003 lb. squat attempt at the 1984 Senior Nationals when a collar came off the bar, allowing plates to slip, and then go flying off, as the heavier end of the bar, using Lee's back as a fulcrum, rotated towards the floor. Despite the mind-boggling miss, Lee was given another attempt at the weight and came back with a success. Here he is with his award at this Larry Pacifico promoted event, flanked by fellow competitors Mike Baty and Telford Hagens

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TRAINING

Maximal Effort Method as told by Louie Simmons, Westside Barbell Club



Maximal Effort can produce Maximum Results, when lifters utilize 'Conjugate Training'

I am constantly asked, How can Kennedy Patterson bench 725 by training with 365 for 8 triples? How does he get used to the heavy weight? People also ask how Chuck Vogelohl goes from 500 for 10-12 doubles in the squat to a 799 opener and 843 on a third at the WPC Worlds while lifting in the 220s.

Using multiple sets with light weight is known as the dynamic method with submaximal weights. It primarily builds explosive strength as well as accelerating strength. The bar should pick up velocity as it means the top of each lift because of increased leverage. So how do we lift the big weights at contest time?

We also utilize the maximum effort method. We know that to become stronger, we must lift heavy or maximum weights. Experts state that one should train at 90% and above for 1 or 2 reps. However, that's where problems arise. After a period of 6 weeks, progress stops and you start to regress. Anxiety from emotionally 'getting up' to lift such heavy weights in training could be one problem. Being able to physically handle the weights is another. When using a system of training like progressive overload, one must peak for a contest. Why peak? Because a lifter cannot sustain this type of training for any length of time. They must fall back and start over. To me this is wrong.

It is very hard to hit your best lifts on contest day. Here is a common example, a lifter hits an 825 deadlift for 3 reps 2 weeks before the meet, but gets only an opener 804 at the meet. If this person were to look at his training log, he might find the answer. He is shooting for a hypothetical 865. It's 6 weeks before the meet and he pulled 725 for 3; that is 85% of the projected 865. That's bad enough, but his true max at 6 weeks out is closer to 800. Now, that 725 turns out to be roughly 90% of 800. As you can see, he is at 90% 6 weeks from the contest. Remember that this works fine for 6 weeks before you start to go backward.

Lifters will repeat this mistake over and over, constantly doing less at the contest than in training. So how can this be corrected? The answer is making out on exercises that are similar in nature to, in this case, the deadlift. These exercises will build strength in the back, legs, hips, hamstrings, and abs, all the

ours. Now let's talk about the work-out. Of course, we have a day that is devoted to explosive strength. It is known as the dynamic method with submaximal weight. This day is devoted to developing good technique, explosive strength, and speed strength. To develop absolute strength, it has been shown through practical experience that training with weights in the 90-100% range will yield the highest strength gains. However, this cannot be done with the classical lifts because after 6 weeks a negative effect occurs. So, by using the conjugate method to introduce weights over 90% and rotating them every 2 or 3 weeks, we can maintain weights at 100% or more 52 weeks a year.

We rotate three main exercises. One is the rack press, off three different pin heights. The weights are not lowered but pressed off a pin to lock-out. (The reason is that lowering weights contributes to muscle soreness. Something we don't need. Although eccentric work does a lot for muscle size, we use the repetition method for gaining size.) The top pin is a 4 inch lock-out, the middle pin is a 5 inch lock-out, and the low pin is a 6 inch lock-out. We use a close grip on all three weights, one pin per week. That's 3 weeks.

Next, it's the floor press. We use two grips: index finger on the smooth and little finger on the power ring. After 2 or 3 weeks, it's on to board presses. We use two or three 2.5's and also the same two grips as the floor press.

So far that's nine possible records, all for max singles, 100 reps, 52 weeks a year. There's no need to psyche up; just do it. Overhead press on pins set 2 or 3 inches above the head is done about 80% of the time after rack, floor, or board press, again for a max single after a good warmup.

Of course, after every workout, hit your triceps first and then upper back and lats.

In summary, we can maintain bar speed and explosive strength on one day and still handle max weights week after week. Conventional cycles will not allow you to do this. You hear about all types of training, but what are the training effects of these cycles? You also hear about off-season training. This is a waste. The effects of certain methods of training disappear very quickly, sometimes in only 2 weeks. You must choose a system that develops all aspects of strength. Choose wisely.

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My name is Terry Grimwood and I am the developer of The Grimwood Strength System™. The Grimwood Strength System™ is a revolutionary method that has taken years to create. This method, if followed correctly, guarantees to turn any powerlifter into a **supertitan** powerlifter.

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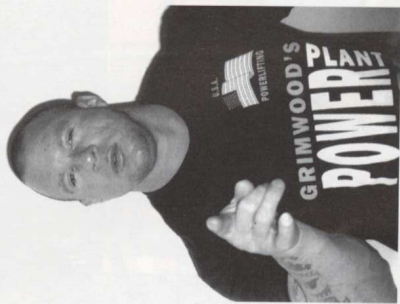
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- **National champion Tonya Meyers** increased her bench press 55 lbs in less than 90 days!
- **Powerlifter Scott Lewis** increased his bench

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

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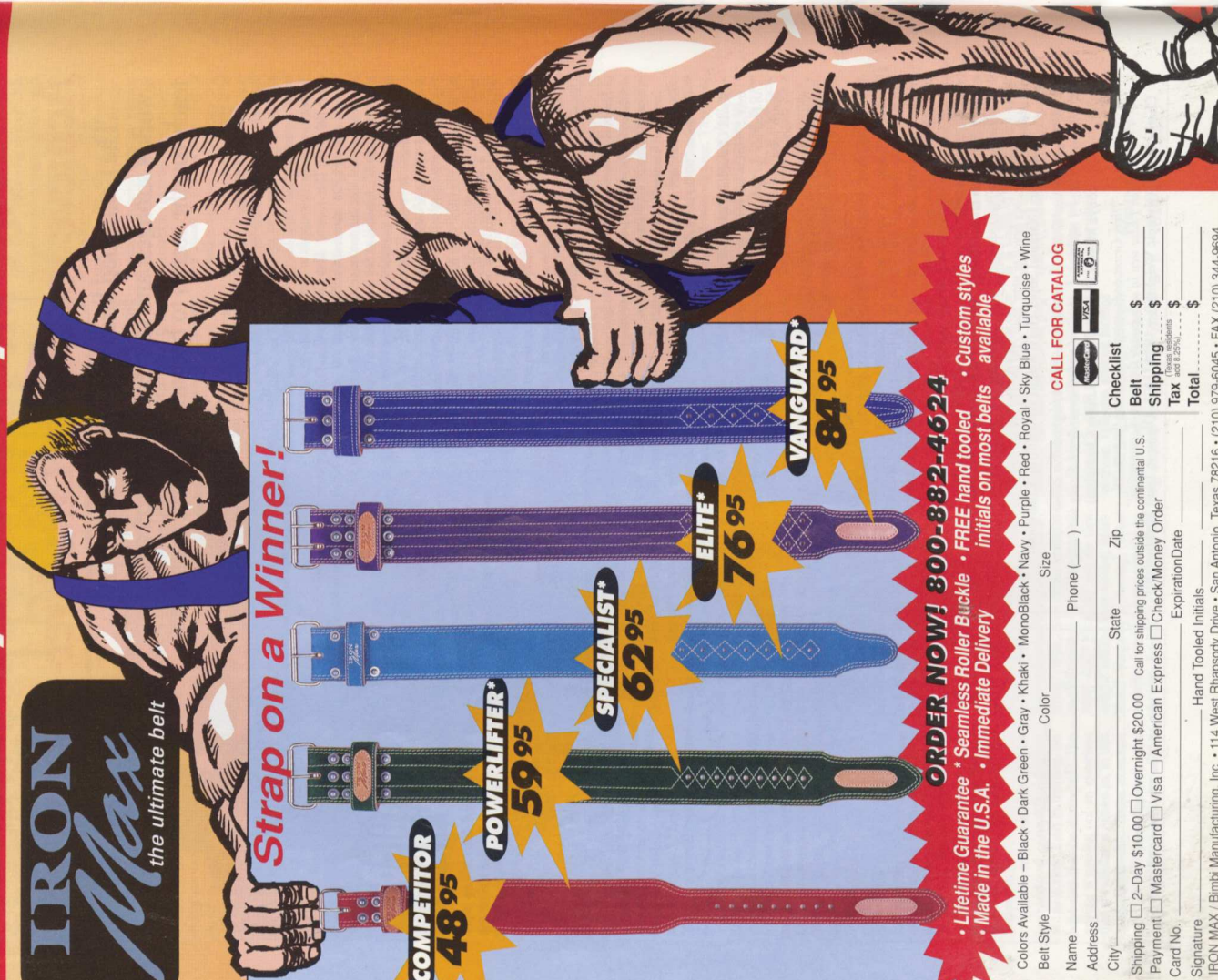
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In my report regarding the events of our 1996 IPA and AAU Sanctioned NY State and Open Championships, I chronicled some of the problems we encountered. I was hopeful that other meet directors could avoid some of the difficulties that Ralph and I had to suffer with. What I didn't mention was that many positives arose from this meet, the first which should be apparent by the name of the meet. Yes, it was sanctioned by both the IPA and the AAU.

Every organization has it's administrators who insist that things be done their way "or the highway". Those organizations controlled or directed by those who have a direct financial interest in the success of the organization, are not going to be too keen on any type of cooperative effort or unification, because it will, eventually, hurt them financially. Al Siegel and John Schaeffer saw the advantages, immediately, of giving a dual sanction to this meet.

There is going to be (and by the time this appears, no doubt will have been) a very fine AAU Lifetime Drug Free National meet in New Haven, Connecticut. Terry Backer and the guys from Flynn's Gym are hosting this meet and some lifters in the New York and Connecticut area need to qualify. As the IPA has an amateur division where the athletes are subject to drug testing, it was helpful to the lifters and convenient to cooperate and provide a venue where lifters from the AAU could qualify for this meet. Joe Pyra came up to assist us and handled the specimen collections, under my scrutiny. While some lifters want every lifter in a contest tested, the only way to do this is to use a urine test, not some other unreliable method like polygraph, and this is not feasible. One organi-

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OUT SACRIFICING THE INTEGRITY OR SAFETY OF THE BENCH. His hydraulic squat racks were used at the USPF Seniors and Kirk's huge 1003 squat tested those racks pretty well, without any problems. Rodney made us racks, a hydraulic power rack, a lockout bench that is perfect for those who use partial movements (with the great spotter's system), and a few benches that exceeded even our expectations. He also made, as per Ralph's request and design, recommendations, what can be described as platforms that allow one to utilize an adjustable squat rack as a power rack. However, the bar cannot be damaged by supportive pins, and most importantly, because this is what Ralph wanted for our big guys, they can do partial squats without risking injury by having their hands or forearms anywhere near the weight saddles or cross pins. Thus, we can now move the weight saddles in or out for the lifters, and still have the safety of a power rack. This is a great step forward for those who train heavy, alone, or without adequate spotting.

Another plus from this meet was the realization and reinforcement that few lifters, at least those around here or those who traveled from Delaware, Mass, Connecticut, and New Jersey care about the sanctioning body of the meet or what title holding lifters are showing up in their weight class. While the big time names are there, they provide inspiration, perhaps text book type instruction when observing them, and a chance to enjoy the opportunity to watch or lift with a great athlete.

These lifters came to lift and have a good time and it was rewarding for Ralph and I to be reminded that this is what our sport really is about.

For information about Serpa Powerlifting Equipment contact Pete Alantz at Titan Systems, 1-800-627-3147

Note from Dr. Ken... As an addendum to the article on our NY State and Open meet, two lifters were drug tested via urinalysis and found to be negative: All Barrozo and Fred Freeman... I think it's good that lifters know we do test and follow up in the Amateur Division of our meets.

More From Ken Leistner



Laura and Katy get ready to deadlift at Dr. Ken and Kate's ultra hard-core training facility. (Leistner)

Mullet can lay on and wave 135 around on is easy. Explaining to the equipment manufacturers that you need a bench that handles requirements not usually seen in terms of sturdiness, spotting ability, etc. is a different picture. Jim Sutherland has been one of the few responsive to the PL community and we have his equipment in the gym. However, when Pete Alantz of Titan Systems told me that a good friend of his was building PL equipment, just based on my long term relationship with Pete, I said I need to talk with Rodney Serpa.

Rodney is one of those larger than life guys: 6'8", 300+, stronger than hell, tougher than hell, former collegiate football player and competitive lifter. When Ralph designed a spotter's platform that allowed one to literally walk right down to the lifter's stomach to spot so that the spotter would not have to bend forward or reach for an errant bar, Rodney immediately knew what had to be done WITH-

between Al and John allowed lifters from two organizations to have a great meet. The AAU lifters like Jacki Davis and John Gengo loved the contest and atmosphere, and many of the IPA lifters were grateful to be exposed to such fine lifting and contest competition as shown by Davis, Johnson, Cane, Gengo, and others. More of this needs to be done to ease the tensions in the sport and allow lifters to "just lift".

Another very positive aspect of the meet was the discovery of a great equipment manufacturer. Getting a bench that the average

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PHARMACEUTICAL GRADE

INTERVIEW

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

ROLAND G. COTE JR. as interviewed for PL USA by Bob Gaynor



BG: Roland, can you give us some personal information on yourself, regarding your background.

RC: I am 51 years old, 5'10", 210 lbs. Presently I am employed by the State of Connecticut. Department of Addiction Services (alcohol & drugs) in the area of rehabilitation. My college major was biology. I'm proud to have earned my Eagle Scout award with Silver Palm in 1959. I served in the military from 1965-1969 in the U.S.N./U.S.M.C. as an Airborne, SCUBA qualified Second Class Navy Corpsman and Special Operations tech. I am a member of the Elite Force Association and the Special Operations Association. I served in Viet Nam in 1967 with the 1st Marine Division. I was a Federal Firearms dealer for 16 years.

BG: How did you get started?

RC: I started late in life, at age 41, when on a dare I entered a local contest and bench pressed 375 lbs. with no shirt and finished in second place, masters class. Though I have never entered out of shape, I never entered because of the drug use and I wouldn't compare to those totals. I created an unusual fitness record, at age 37, by running the Marine Corps Marathon and bench pressing 400, all in the same week, so as to show endurance and strength. The feat was written up in LEATHERNECK MAGAZINE as being remarkable.

BG: How did you get involved with the A.D.F.P.A.?

RC: I originally lifted in the A.N.P.P.C. in Lindenhurst, Long Island. I heard of the A.D.F.P.A. United States Bench Press Championships being held at Kings College in Wilkes-Barre, PA in 1987 and I entered the meet and bench pressed 415 lbs., a meet record at 40-49, 220 lbs. and I was hooked forever on its professionalism and high quality competitions.

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

RC: I've taken many urine and polygraph tests during my competition, both with the W.N.P.F. and the A.D.F.P.A. However, I don't feel that former drug users who - for some reason - enter our association and set records, should be allowed. It's noticeable in master lifters who set records

to get the feel of the bar as I'm pressing it. I cycle up and down, before and after a meet. I never change, either off-season or on. I do heavy curls, twice a week. Deadlift - this event gives me a problem since I don't squat, due to my heart. I do both frog and close stance leg presses, twice a week, up to 26 45 lb. plates on the machine, with knee wraps around the 12-13 plate set. Mostly, I do all sets, from the bottom to the top, with a single set of 5s. I deadlift once every ten days, backing off so many lbs. before a meet along with stiff leg deadlifts each time. I have to be careful since I'm always in pain because of a disc operation and no support in lumbar 4-5. Also, I walk the treadmill 3 times a week for cardio work and I also do 300 crunches a day. It has been very difficult, because I work out by myself most of the time. Nobody powerlifts at all in my gym.

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

RC: It is unfortunate that Powerlifting isn't growing in more states. In Connecticut, for example, nobody is attracted to the sport, yet if you go to Massachusetts or New York, there are contests everywhere in a given month. I try to promote the sport as much as I can, and try to get more involvement, but no takers! I feel it's not for everyone. There is so much mental and physical pain that most people don't want to pay the price to be the best, especially when there is no money involved or sponsorship.

BG: What advice would you have for beginners?

RC: Keep it clean and natural. Watch a few meets, train for one, see how you feel. If it doesn't excite you, then let it go. I entered my first one 129 meets ago, and I hope for 100 more.

BG: What are some of the titles you have won and records you hold?

RC: Bob, I certainly have been in many of your contests over the years and you have seen me at my best, before and after I got sick. Rather than naming my titles, I keep an on-going record, year to year. As of this date, these are my open and masters statistics, since 1986. Total contest: 130. Awards: 231. 1st - 112. 2nd - 47. 3rd - 18. 4th - 6. 5th - 2. Best Lifter - 25.

BG: How do you feel about the current state of powerlifting?

RC: I have won National Titles in the A.P.F., ANPPC, WNPFF, ADFFA, WPA/AFPA, and these have been in single lifts, 2 lift IronMan meets, or full power meets. I only want to add a few pounds to my age, lift so as to correlate to my age, to show that I haven't lost it!

BG: What are your best lifts in competition and training?

RC: I would have to answer this

my feet on an an duff the floor so as

Master Powerlifter of the Year - I. Comeback Awards - 2. Bench Press - 83. BP/DL - 15. PL - 14. DL - 18. In 1995, I had a very good year for masters records, setting the ADFPA American Master 50-54 age group 220 lb. record - 431.12 lbs.; the ADFPA National Bench Press Meet Mark, 50-54, 220 lb. - 424 lbs.; the APF/WPA Bench Press World Drug Free and Master 220 Drug Free mark - 425 lbs.; WNPFF National Deadlift, 50-54, 220 lb. - 585 lbs.

BG: Have you had any medical problems that have changed your training?

RC: As I stated above, having the heart attack and triple bypass operation and a damaged left ventricle, the way I look at life and life-style is certainly quite different. When I was on a respirator I couldn't believe this was happening to me. When I tried to bench press, my chest began to separate, and it took months to heal. No sooner than that, and I needed a disc operation on L4-5,

that required more surgery and recovery time. Then, to top it off, I needed a left shoulder operation that required a spur shaving and removal of arthritic bone,

which would like to make? **RC:** As you get older, most of us causing less support in the bench press. Yet, I couldn't give up lifting or competing, because I enjoyed it so. When I benched 431 1/2 lbs. at Pete Gisondi's contest, the feeling it gave was worth it!

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

RC: As you get older, most of us making many friendships, even though you may only see them once or twice a year. It's nice to the younger lifters. When you survive war, survive ambushes and firefights, not forgetting a heart attack, it shows how fragile life is. I met a great number of wonderful people, both old and young. I made many friendships, even though you may only see them once or twice a year. It's nice to the younger lifters. When you

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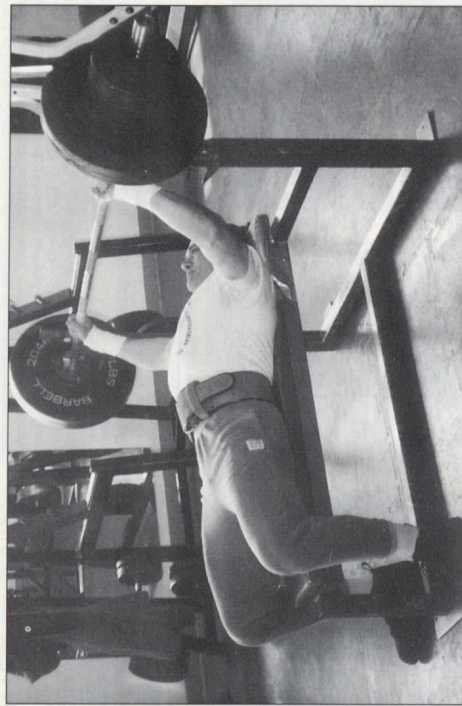
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Roland gets ready to take on his favorite strength challenge, the bench press, where he's a record setter!

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WORKOUT

of the Month

The squat is, as we all know, a very important lift. It not only sets the tempo for the rest of the meet but a good percentage of your total comes from the squat. The squat requires a great deal of concentration and the lifter must pay extreme attention to his technique. Remember, your mind-set on the day of the meet is very important. If you believe you can squat the weight, chances are you will.

Here are some general rules concerning training. Squat deep in the gym, so you will have no problem getting white lights on meet day. During the descent as well as the ascent, it is very important to control the weight. Remember to warm-up; it will reduce your chances of injury. Wear a lifting belt every time you squat.

The following routine is for the lifter who is capable of a 500 lb. squat. This is a 12 week routine

Laddie Gibson's Squat Routine



Laddie Gibson is a balanced contender in the A.D.F.P.A. National Middleweight ranks, losing to Bob Bridges in 1995 only on bodyweight and finishing just 6 lbs. behind Ray Benemerito back in 1994

- 315 x 1, 355 X 5
- Week #4** - 135 x 10, 225 x 4, 335 x 2, 405 x 1, 455 x 1, 505 x 3 wrap on last 2 sets
- Week #5** through #8 (use knee wraps on last set only)
- Week #9** - 135 x 10, 225 x 4, 315 x 2, 365 x 1, 395 x 5
- Week #6** - 135 x 10, 225 x 4, 315 x 2, 365 x 1, 415 x 5
- Week #7** - 135 x 10, 225 x 4, 315 x 2, 385 x 1, 435 x 5
- Week #8** - 135 x 10, 225 x 4, 315 x 2, 405 x 1, 455 x 3
- Week #9** through #12 (use knee wraps and suit)
- Week #9** - 135 x 10, 245 x 4, 335 x 2, 425 x 1, 475 x 3 wrap on last 2 sets
- Week #10** - 135 x 10, 245 x 4, 335 x 2, 425 x 1, 495 x 3 wrap on last 2 sets

which should allow the lifter to make a realistic gain of 25 to 30 lbs. The assistance work you will be using is very basic; to strengthen the overall leg muscles and the glutes. The assistance work is to be used after each week, right up to the week before the meet (the light week). The assistance exercises are the leg press, leg extension, leg curl and calf raise. You can vary the weight, reps and set for the assistance exercises.

- Week #1** through #4 (no supportive equipment)
- Week #1** - 135 x 10 reps, 225 x 4, 275 x 2, 315 x 10 reps, x 2 sets
- Week #2** - 135 x 10, 225 x 4, 275 x 2, 335 x 8 x 2
- Week #3** - 135 x 10, 225 x 4,

Why Lift?

as told by Sabrina Walheim

The message on my answering machine said "Your presence is required at my party this Friday night in New York City." The wheels of my brain started churning... "Let's see, if I do Day 3's workout on Wednesday, Will I get the results I want today?" I could go to the gym at 5 am on Thursday to do Day 4, and then go back in the afternoon to do Day 5 after work, and I can travel to New York on Friday.... but will I have enough rest to be at my best for the squat?"

In the end I opted to stay home from the party, and to do my workouts as regularly scheduled. My friend could not understand; "Why can't you just skip it this one time?" She asked. I tried to explain how that was a preposterous request, that just as she would not consider skipping a day of work at her Wall Street job, it would not cross my mind to skip a day of training at the gym. "It would be like asking a priest to skip Sunday mass, or like asking the President to stay home from the State of the Union address, like..."

"I think she probably hung up on me before I had finished my list of analogies. To her I was just 'going to the gym' to 'work out' like the rest of the masses. How could I explain to her that my training is not an act of vanity,

nor a fitness craze, nor a pointless obsession? To me it has become my art.

"Daily I enter my 'studio' (the gym) prepared to focus on certain "sketches" I've been thinking about all day. I can barely wait to get there and get started. As I change my clothes I reflect upon a time when I would come here with a measure of uncertainty: "How will this workout turn out? Will I be intense? Will I get the results I want today?" I smile as would a parent recognizing themselves in their own child. I know from experience that as surely as I am present, so is my desire and my intensity. Uncertainty has long since melted into purpose.

There is no time for socializing in my studio, for everything down to the last second of rest is a calculated brush stroke requiring immense concentration. People around me know that there is no use trying to talk to me in the gym. There is plenty of time to talk later, there will always be other days like I had today, but there will never be another now, and with this in mind I set to work. I begin, and concentration lures me far into another realm.

I imagine that most people probably look in a weight room and notice the dust on the floor, tears on the corners of the benches or on the cable pulley, and must creep around the ends of the bars. They wince as the plates clash like cymbals when stacked

together, or they jump at the crash of thunder when those hit the floor. They sense the severity of the iron; they feel discomfort amidst the grime; they tense while watching someone struggle under the weight of the bar; they smell the sweat.

But it is so much more sensual an experience for the artist. I see the gradual back and forth motion of chalk rubbed rhythmically into calloused palms, as stray flakes precipitate to a thin dust that traces my footprint against the floor. I smell a hint of citrus in each spark of friction as I lead the oxidizing iron plates to the bar. I feel the gentle placement of my palm against the bar, the subtle curl of my fingers wrapping around it, and the reassuring caress of my thumbs acknowledging familiar grooves. I taste my own quick breaths desperately exchanging dry staling anxiety for the cool invigorating menthol of fresh oxygen. And I hear... nothing. I am erect, unflinching. My mind furiously races over the critical checkpoints, ready to readjust my positioning at any moment. There is a surge as armies of blood cells invade my muscles and attack the swelling pulse of power. This is control; this is my reality. I am not exercising indiscriminately, I am exercising Mind over Matter. I am euphoric.

I will wake up tomorrow with purple wells behind my knees where

Sabrina deadlifting in her 'studio.'



Sabrina deadlifting in her 'studio.'

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THE FOURTH SENIORS

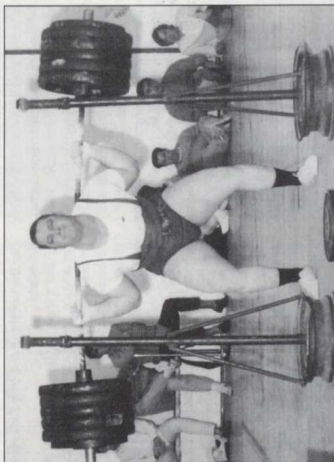
by PL USA Historian/Statistician Herb Glossbrenner

For the first time the Seniors were held in Jurry California. There were five no-shows, but 38 came from 16 states. Thirty were west of Denver, 13 came from the East (CA). The least came from the Mid-6. Three traveled from the Mid-west.

The smog descended into the LA basin like a brown, poisonous cloud. It stayed at seemingly toxic levels for the entire mid-September weekend. The competition was keen and exciting in most categories. The event was blessed by the two predominant CA clubs. Members of Zuer's and West Side used dubious methods to enhance their performance. Most yesterday's wrap abusing of today's strap music. I guess I'll flip a coin.

Today we have our share of cheaters as well as the legalized cheating - in the supportive gear. We inherit our legacy from those few of our pre-eminent pioneers. (Their pre-disposed predilections promulgated today's perverse practices!) The premier perpetrator (you know who) caught everyone off guard. The 181 class debacle that took place the first night left the officials befuddled. The LA Seniors was the first WRAPPED FULLMANIA!

123 LB. CLASS - MCKINNEY - FIRST OF MANY. Defending champ Mike Cross stayed home. Thereby he vacated his throne. McKinney, Toledo, OH was my next favorite. He'd just won the Jrs. (990) well below his best (1060). Rite had a real doofight this day. Mel Juarez, Pasadena, CA, a former puglist, punched 3 good BP's. He had 250 - the lead. Phil Trujillo, 19; Denver, CO's best was 240. McKinney's 235, a repeat, was all he got. Mielec, the NJ native, trailed the pack - 230. Trujillo, short and stocky SQed 300, a 3rd. Juarez matched it. Mielec, 24, then made 320 - high bar style - low and upright. Then Roman waived his 3rd - enough. McKinney cut his depth - 340 - perfect Mill led the subtotals (575). Trujillo (570), the two Olympic lifters Mielec and Juarez had 550. Juarez, lighter, was 3rd. Rene, weakest in DL, made 400 (425 was too much) for a 450 total. Roman made 420 and waited. Trujillo hoisted 425 - easily. Mill started at 430. The others went after to win. Mielec needed 435 to grab the lead, but fell short. Trujillo 2nd. He underestimated himself. The weight came up with strength but no more attempts. McKinney, the winner had 995. He celebrated. Trujillo and Mielec weighed identically - 123. Both men, deadlocked



Ronnie Ray... was clearly the dominant Midheavywt. back in 1968

again pinned. Thurber did 445 with great strain. Lozano came out for 450 - a crucial lift. The officials thought he looked a bit lumpy - check - yep, sure enough they'd guessed that he was wrapped - in fact - excessively. Off came the varmit garments. They stripped Lozano - pronto! Then 450 buried him twice. Thurber now tried 455 to save the crown. He too stayed down! It was subtotal time, Thurber was way ahead - 775. Lozano had 735. Cortes had 3rd - 690, then Collins - 680. Thurber DL'ed 450 - an opener. Collins missed 460 thrice and was out. Thurber twice failed 465 - 1245 finish! Rudy went after him. He pulled 475 then a tough 490. Cortes' 500 start verified 3rd. Lozano went right to the win - five tent! It was a gallant try but he missed - 1225, 2nd place. Unless Cortes could pull it out nothing would change. Could Bob do the job? "Give me more" sez Cortes - 515! He pulled it, then 525 and had 1215. I asked my buddy Bob why he didn't shoot for a higher place. He replied "Why be greedy?"

165 LB. CLASS - LEN INGRIDO - WINS - BINGO! CA's Ingrido and Kindred had big numbers. Indiana ironworker Hale, and grizzled Texan Gerald Smith, refused wraps, even allowable ones, and lifted raw! Smith had won the '67 Jrs. beating Ingrido there. Hale is the current Jrs winner. Smith was off form. He BP'ed 310 - no win. Ingrido struggled to 330. Kindred made 3 - 360. Hale had his own built-in springs - his peas! He blasted up 370 (368) to surpass his own meet record. SQ time. Smith stalled and got only 440. Hale at most built touched 495 and finished a gut buster. He couldn't rise with 505. Kindred got a 490 (lean over style) then watched Ingrido do 505 & 520 effortlessly. Willie got 520 but he was too high. He tried again and dumped it behind. Len took 535

early 45 lb. BP deficit (365 to 410) left him with 1010 subtotal. Jack was heavier man so he had 60 lbs. to make up. Could he do it? Overholzer had no tricks in the DL. He did 500, 525 and missed 540 (hey Tom, I've done that much!) He had 1590, a new AR total. He wrapped up to have first place all on? Jack's best was 565. He opened with 585 - FOR THE WIN! UP it came for Jack, shoulders back, YES! ZAPI - A needless 600 didn't go. Tom's championship total 1595 - Jack tasted the sweet fruit of the golden apple. Jack passed his last. Led everyone had forgotten. Felix Comes he came out for a reckless

jump to an impossible 700! It stayed grounded - 170 could have earned 3rd. I thought I'd seen everything until I'd seen this class. History will never be the same because of it.

198 LB. CLASS - HURRAY FOR RAY The 198's was a one man show. Ronnie Ray lost a close one to Bill Andrew's in '67 after a titanic battle. Ronnie advanced a class and surpassed everyone. He blew the other 6 combatants away with the force of a Texas tornado.

John Dzuremko, Upper Darby, PA, came holding 3 A/R's - set earlier in Feb (621 1/4) SQ, 688 1/2 out at 325 BP, 35 under his best. Bill Whitting had 6 weeks prior claimed the top squat spot w/628 at San Diego. Bill went out at 375 BP as did another CA hopeful - Harold Love. Two less of the group did the soup. Smith, CT hit 1500 for 6th. Late in the year he quantum leaped to 1590 (too late to help help! Wachholz, weakened at a limit 500 then withered w/510 twice Cole, 25, a discus whiz played catch up. He executed 670, 690 then 705 (710) SQ (M/J). Shorter horsed up a 700 (706) short lived warm record and placed him 4th. Paul then tried a 660 (671) to regain the record - no dice. Former champ Bill "Peanuts" West of the Westside tribe had the highest SQ of the day - 600. His marginal success put him 100 lbs. over Starr's 'Achilles heel' lift. West capped 3rd, 1575. Brooklyn, NY's Joe Weinstein was on the climb. His 1590 capped runner-up honors. His 425 BP was nice 'n smooth - right in the groove. With his 600 DL Joe had sured 3rd with 710 and tried for a possible win - 780. He was A/R holder at 770. It was not to be. With 1820 he remained 3rd.

SUPER HEAVYS - CUNDY'S HAT TRICK Tom Veller of San Francisco (342) was the biggest Monster on the Midway. He'd predicted himself as winner, and might have, but didn't. His 525 BP's went up - but

respectively. He stretched that margin even further DL'ing - 560, 610 Pickett BP'd 450, SQ'd 600 for 1050 subtotal. Cundy did a 480 BP, and 700 SQ and grabbed a big 130 lb. advantage (1180). I'd say in the DL both men were dead even. It was past midnight when Pickett pulled 700 then effortlessly and retired - 1800 - 2nd. Cundy opened at 755 then leaped dandy to 800. He got it above the knees and lost his balance. His 3rd wasn't as close. I was certain Pickett would try 800 and become the first man to do so. With the Olympics so close he waived it - not wanting to risk injury. It would have been a thrilling climax. Don was the easy winner - final outcome was anti-climactic. Zuer's took the team title, and I guess that 'wraps' things up.

THE FOURTH SENIOR NATIONALS 13,14 SEP 68 - Los Angeles, CA

123	132	148	165	198	240	300	350	400	450	500	550	600	650	700	750	800	850	900	950	1000			
McKinney, M	Trujillo, P	Juarez, R	Pena, V	Thurber, B	Cortes, R	Collins, F	Kindred, W	Hale, R	Smith, G	Barnes, J	Overholzer, T	Jones, J	Conway, G	Kindred, W	Ray, R	West, B	Starr, B	Wachholz, P	Whitting, B	Love, H	Dzuremko, J		
BP	SQ	DL	TOT	BP	SQ	DL	TOT	BP	SQ	DL	TOT	BP	SQ	DL	TOT	BP	SQ	DL	TOT	BP	SQ	DL	TOT
240	300	400	950	240	300	400	950	240	300	400	950	240	300	400	950	240	300	400	950	240	300	400	950



Veller was a barbending early Superheavywt. (courtesy Bob Packer)

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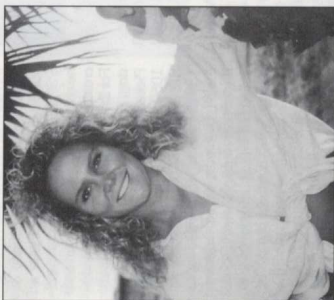
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THE FOURTH SENIOR NATIONALS 13,14 SEP 68 - Los Angeles, CA

123	132	148	165	198	240	300	350	400	450	500	550	600	650	700	750	800	850	900	950	1000			
McKinney, M	Trujillo, P	Juarez, R	Pena, V	Thurber, B	Cortes, R	Collins, F	Kindred, W	Hale, R	Smith, G	Barnes, J	Overholzer, T	Jones, J	Conway, G	Kindred, W	Ray, R	West, B	Starr, B	Wachholz, P	Whitting, B	Love, H	Dzuremko, J		
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Anthony Clark in the next BATMAN movie? It's a possibility. Arnold Schwarzenegger is cast as the villainous Mr. Freeze, and Warner Brothers is considering Anthony as one of Arnold's side-kicks. Anthony would be great for it, and I hope he gets it. Big Lifters on the Big Screen - that's what we need to see. And also on the Small



Nikki Avey in L.A. the three-time ADFFPA Women's National Powerlifting Champion shares our cover this month with POWERLIFTER VIDEO producer Ned Low.

Screen - TV, Videos, and so on. Nikki Avey is coming back out to L.A., but not for the movies. The three-time ADFFPA champion is going to try some Olympic-style weightlifting at Venice's Muscle Beach. Nikki's been training in Las Vegas, and out here she'll be under the eye of powerlifting and Olympic lifting coach Jack Armstrong.



"The Gang" at the new location of Crain's Muscle World in Bryan.

POWER SCENE

Powerlifting is still her main focus, and she just won the 198 lb. division at the ADFFPA Women's Nationals for the third straight year. Despite coming in at a verylight 186 lbs., Nikki had a great meet, going 8 for 9, and squatting a monster 501 lbs. drug free. Wow!

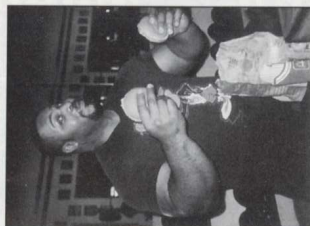
She also popped a 203 bench and a 440 deadlift, for an 1146 total. You can check out Nikki's squat workout in the current issue of the POWERLIFTER VIDEO.

Also in the current issue is a hot bench workout with Jamie Harris, where he doubles 705 in the gym, but Jamie hasn't been as successful in his recent meets. At the IPA York, "Hall of Fame" Bench Classic put on by Terry and Tamara Greenwood, big Jamie weighed in well below his usual 375 lbs., and couldn't hit his opening attempt at 720. Still, thumbs up to Jamie for showing up and lifting; he was the only big-name bench competitor.

Out in Oklahoma, Ricky Crain is working on a squat video, to be out later this year. Ricky's done some great squatting over the years,



Richard Schoenberger (above) and burger man **C.F. Fletcher** (below) at American Eagle Gym



in Europe. USPF President Peter Thorne, Shane, and last month's cover guy, big bencher James Henderson, are visiting the huge FIBO trade show in Germany and doing some lifting exhibitions.

Back in the US, and over on the East Coast, Ralph Raiola and the whole Iron Island Gym are gearing up for the summer's main event, Manhattan's first major powerlift-

ing meet, the first weekend in July.

The 1996 IPA World Challenge Cup will be held July 5, 6, and 7, and Ralph is aiming for 140 lifters, and so far entries are coming in from all over the country. Lifters have signed up from as far away as California and Washington State, and there's even an entrant from Russia.

Expected to compete are a bunch of lifters from Black's Health World in Cleveland, and Indiana's Dick Conner may bring as many as a dozen lifters. Ralph and Iron Island put on great meets, so if you're thinking about entering, go for it. For the entry form, call 516-887-6628.

A couple of weeks ago I drove down the freeway at rush hour to videotape NASA bench champ Richard Schoenberger's workout, at Norwalk's American Eagle Gym. Richard and his lifting buddy, C.T. Fletcher, certainly put on a good show for our Star Bench Workout

Richard and C.T. have both benched over 600 lbs. in competition, and I don't know of too many other guys with 2 600+ lb. benchers. You should see these 2 guys to alter each other. You should see these two guys go after each other. They both have a lot of fun, but they're also both real competitive, and they both want to get a 700 bench.

At 360 lbs., Richard has an enormous frame and the look of a classic powerlifter; C.T.'s got more of a bodybuilding physique, despite all those cheeseburgers he eats. Check out the Bench Workout in our next POWERLIFTER VIDEO; for info, call us at 1-800-BARBELL.

And, finally, congratulations to our loyal viewer and reader, Mike Blake of Pennsylvania State meet the AAU Pennsylvania State meet 319 lb. class. Looks like he also captured a giant trophy.

Well, 'til next month, stay strong, and don't let that Spring sunshine keep you away from the gym. Pump that iron! See you on video. Ned



Mike Blake with his latest trophy. (photos courtesy Ned Low)

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HMB, KIC, and Leucine Anticatabolic/Anabolic Nutrients as told to PL USA by Rick Brunner, Atletika

Leucine and its metabolites alpha-ketocaproate (KIC) and beta-hydroxy-methylbutyrate (HMB) have been reported to spare muscle proteins in humans. You're probably already aware that Leucine is branched amino acids (BCAA's).

Leucine along with the amino acids isoleucine and valine are involved in muscle protein growth. But, you may know little about Leucine's derivatives known as KIC and HMB. This article is designed to educate you in the usefulness of these two compounds and their possible role in building muscle mass and strength.

As I've said many times before, no single supplement holds the key to incredible drug-free gains in muscle mass, strength and power. You're probably going to have to introduce a variety of supplements into your training micro and mesocycles to get the best result from your long-term training.

I use the word "long-term" a lot when I speak to athletes because building muscle proteins is not a quick fix process. Gains will not come overnight, but rather over several weeks and months, especially if you are an advanced level lifter. Creating permanent adaptations in muscle cells takes time, and supplements like KIC and HMB can enhance the anabolic, anticatabolic and restorative potentials so you can gain more, faster.

I'm not the first to write about KIC or HMB although I've been following the research on them the past few years. Dr. Michael Colgan who writes for *Muscular Development* magazine has written favorably about KIC in his book "Optimum Sports Nutrition" while Bill Phillips, editor of *Muscle Media* 2000 has likewise given good press to HMB. Within the March 1996 issue of *MD*, Dr. Brian Leibovitz

structive to muscle protein synthesis. Since research has shown that KIC does reduce the harmful effects of cortisol, you have in your grasp one powerful cortisol suppressing anticatabolic: KIC along with other known anticatabolics such as phosphatidylserine and certain antioxidants are highly recommended in the training programs of intermediate and elite powerlifters.

The extensive scientific backing makes KIC one of the most important and useful components in sport nutrition. I've been training with it for almost three months and I can say without any reservations that KIC is extremely anabolic. It helps increase lean muscle mass and strength along with a loss in body fat.

How much KIC do you need to take to get a significant anabolic effect? A dosage of from 2 to 3 grams daily is plenty.

The new kid on the block when it comes to Leucine derivatives is a lesser known Leucine called beta-hydroxy-beta-methylbutyrate or HMB. There is not much scientific information about this compound yet, but what we do know is that HMB is produced exclusively from its starter amino acid leucine which means that if you consume Leucine you are in fact making HMB. In addition, recent studies clearly show that HMB can be derived 100% from KIC, which further means that if you consume KIC then your HMB levels will rise too.

Preliminary studies using HMB with weight trained athletes showed that it helps increase strength and lean muscle mass. The only company to market this supplement so far is Metabolic Technologies Inc. and they recommend you take 3 grams daily for 60 days to achieve the long-term anabolic effects.

So, what is the best form of Leucine to use? The research shows that the branch chain amino acid Leucine itself is a valuable supplement for use in strength programs. It is converted to KIC and HMB in the body. A combination of all three

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Karl Nyholm, squatting 730 at the ADPPA Eastern States Championships, is one of a new generation of drug free athletes who have a wide variety of supplements to choose from. (Hal Malone photo).

who is a well recognized expert on athletes nutrition wrote that he was not very impressed with HMB. Dr. Leibovitz felt that other known anticatabolic compounds that cost much less would be a better investment for the well trained athlete. So let's get down to science versus fiction and see which compounds (Leucine, KIC or HMB) may be the best choices to add to your supplement program.

Leucine
During high intensity exercise more Leucine is used up than any other amino acid. A powerlifter training with high intensity and high tonnage may require up to 80mg/kg/day of Leucine. For a 200 pound lifter the total Leucine consumed should be in the range of 5.5 to 7 grams of Leucine daily. Taking Leucine as well as the other two BCAA's isoleucine and valine one hour before training may have a significant anabolic and muscle sparing effect. Just so you don't have to go and hunt for it, the daily dosage figures for isoleucine are 2 to 2.5 grams and for valine it's 4.5 to 6 grams. A well trained strength ath-

lete can benefit from consuming BCAA's before training and in recovery. These amino acids aren't as sexy and new as perhaps KIC or HMB but they still have a place.

Alpha-Ketocaproate (KIC)
Alpha-ketocaproate (KIC) has been well researched and has a secure place in the nutrition supplementation program of the well trained powerlifter. Leucine is transmuted (changed) into its ketoacid KIC where it then enters muscle mitochondria or the cytosol of liver for further changes. Studies have shown KIC to have beneficial actions on the body including: increased muscle protein synthesis (15); antioxidant action (2); improved nitrogen balance (3); fat loss (4); hydroxymethylbutyrate (HMB) synthesis (6); insulin release (7); anticatabolic action (8); ammonia scavenger (9) and stimulation of the immune system (10). This compound is hot!

One of the most significant actions of KIC may be in its ability to suppress ACTH and cortisol (8). As most athletes know, cortisol is a catabolic hormone that can be de-

structive to muscle protein synthesis. Since research has shown that KIC does reduce the harmful effects of cortisol, you have in your grasp one powerful cortisol suppressing anticatabolic: KIC along with other known anticatabolics such as phosphatidylserine and certain antioxidants are highly recommended in the training programs of intermediate and elite powerlifters.

The extensive scientific backing makes KIC one of the most important and useful components in sport nutrition. I've been training with it for almost three months and I can say without any reservations that KIC is extremely anabolic. It helps increase lean muscle mass and strength along with a loss in body fat.

How much KIC do you need to take to get a significant anabolic effect? A dosage of from 2 to 3 grams daily is plenty.

BCAA's (Leucine, isoleucine and valine) would seem to be a smart choice. A daily dosage during hard training would be about 6 grams of Leucine, 2 grams of isoleucine and 5 grams of valine. It would be useful to take about 1 gram (1,000mg) of leucine, 200mg isoleucine, and 800mg valine before each workout and after the workout in recovery. The costs are about 80 cents a dosage.

As you can probably already tell by reading this article, because of all the research and my own experiences, I have become a bigger believer in KIC than any other form of anticatabolic compound. One of the strongest benefits of KIC may be its ability to suppress ACTH and Cortisol (8).

In the case of HMB, research has not shown any advantage over KIC, and because of its high cost and the fact that KIC can be converted into it, HMB moves to third and last position behind either KIC or Leucine. With the present research, I just can't see any advantage of using HMB over KIC.

Sport nutrition has advanced so much over the past few years that the ability of the well-trained drug-free powerlifter to rise to a very high level has never been better. If you would like more information on cutting edge nutrition and specialized sport supplements, supplement plans and training plans for elite

weightlifters, strongmen, powerlifters, Highland Games athletes, Olympic gold medalists, most of our readers are guys who train in their garages, basements or backyards—guys who lift for themselves, not the promise of a future Coke contract. *MILQ* has everything you need to get stronger, from the top authors and the top photographers in

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TRAINING

Strength and Conditioning Routines Version 2, Power Rack Deadlift Strength Routines by Greg Reshel of POWER EXCEL



Power developed in conditioning routines turns into strength on the platform at contest time, according to Greg Reshel of Power Excel

best left to the individual athlete. The workout is designed for no gear, if you choose to use a belt for your own safety you may need to adjust the numbers a little. Keep in mind that the Power Rack Routine should be pushed hard on this day!

Seated Low Pulley Row - 5 sets of 6 reps increasing weight.
High Bar Squat with heels on a 2 by 4 board - (narrow stance) - 6 sets of 12 reps with light to moderately heavy weight

Power Rack Deadlifts - follow schedule:

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Week #6: 2" above the knee-caps, 3 x 2 x 455, 3 x 10 x 315.
Week #7: 2" below the knee-caps, 4 x 4 x 365, 4 x 6 x 315.
Week #8: just above the knee-caps, 4 x 2 x 445, 5 x 5 x 315.
Week #9: 2" above the knee-caps, 2 x 4 x 485, 4 x 6 x 405.

Calif Raises - 5 sets of 20 reps
Abdominals - weighted situps, feet on bench - 5 sets of 12 reps
Day 2 - Deadlift and Accessory Day
Situats on a Decline Bench - 5 sets of 6 reps with tight abs
Deadlifts - warmup as needed to prepare for the following working sets:

Week #1: 2.75 x 3, 2.95 x 3, 3.15 x 3, 3.15 x 3, 3.15 x 3.
Week #2: 2.85 x 5, 2.85 x 5, 2.85 x 5, 2.85 x 5.
Week #3: 3.15 x 2, 3.15 x 2, 3.15 x 2, 3.15 x 2, 3.15 x 2.
Week #4: 2.55 x 5, 2.55 x 5, 2.55 x 5, 2.55 x 5.
Week #5: 2.85 x 3, 2.85 x 3, 2.85 x 3, 2.85 x 3.
Week #6: 3.15 x 2, 3.15 x 2, 3.15 x 2, 3.15 x 2, 3.15 x 2.
Week #7: 2.35 x 8, 2.35 x 8, 2.35 x 8, 2.35 x 8.
Week #8: 3.15 x 4, 3.15 x 4, 3.15 x 4, 3.15 x 4.
Week #9: 2.75 x 2, 2.95 x 2, 3.15 x 2, 3.25 x 2, 3.55 x 2.

Wide Grip Lat Pulldowns to Chin - 4 sets of 12 reps
Underhand Grip Lat Pulldowns to Lower Chest - (rearward lean of about 30 degrees) - 5 sets of 10 reps
Back Hypers - bodyweight for 3 sets of 10 reps.

Always use spotters for your own safety. If you have questions or observations contact us at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI 53207 - (414) 671-6637. We welcome your questions and observations. Good Luck

At POWER EXCEL, we are working on the second group of training logs including off-season, Strength, and peaking routines for all three powerlifters with all the accessories work listed. We have logs for novice, intermediate, or advanced powerlifters and for 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 today! Good luck and good training.

The current growth of the World Wide Web (WWW) is more explosive than an Ed Coan squat! What is the World Wide Web? It certainly isn't a new wrestling federation! The World Wide Web is an application utilizing the massive computer network called the Internet which is commonly known as the Information Superhighway. Anyone can get on the "Net," provided they have a personal computer, a modem, and sign up with a company that provides access to the Internet. So you ask, "Why would I want to connect to the Web when I could use the time doing a few more bench presses and squats?" Because there is a wealth of powerlifting information on the Web that could help you in your powerlifting endeavors. Finding information on the sport of powerlifting is easier than sniffing powdered amirons. Everything from how to compete and train in powerlifting to timely results of national and international competitions can be yours with a click of a button. To jump from Web site to Web site, also known as "surfing," all the person needs to know is the WWW address for the various Web sites. So what are the addresses of the powerlifting sites (also known as Web pages) on the Web? Sit back, blend up a protein shake, and get ready to surf the Web!

The United States Powerlifting Federation Home Page - WWW address: <http://www.usplf.com/>
erherring.usplf.htm - This is the home page of the USPF. It is still under construction. It looks as if this page will be set up to provide links for all the states in the various regions of the USPF. In the future, this page may provide a place where a powerlifter can go to find their state chairman and meets in their state.
Erik's Powerlifting Place - WWW address: <http://www.hyperie.com/computerk/index.htm> - Erik's Place is a pretty complete power Web page. A powerlifter visiting this page will find everything from powerlifting routines to pictures and meet results.
International Powerlifting Federation (IPF) Home Page - WWW address: <http://www.ipf.com/cpu/>
This is the official IPF Web page and is maintained by Canadian Powerlifting Union president Mike Armstrong. This page contains links to Web pages for the IPF membership. There are currently only four Web pages (Canada, U.S., Australia, and Asia/Japan), but Mike will create Web pages for countries that don't have facilities to do so. Mike has done a fantastic job of promoting powerlifting on the Web.

Powerlifting FAQ - WWW address: <http://www.cs.unc.edu/wilson/powerfaq.html> - This is actually not a Web page, but is the WWW equivalent of a mini-book on powerlifting, which is known as a FAQ (Frequently Asked Questions). I wrote this for the Web and it covers everything from training for a competition to the competition itself (warming up, attempts, what to eat, etc.).
Cyberpump Powerlifting Questions and Answer - WWW address: <http://www.geocities.com/TheTropics/2207/powerq.html> - This Web page contains the only powerlifting question and answer forum on the Web. All questions submitted are answered and posted on the Web within a week of submission. Mark "Gumbly" McLeod with over 15 years of competitive powerlifting experience answers the questions in no nonsense fashion. The Powerlifting Page - WWW address: <http://www.eng.cam.ac.uk/~doh/powerlifting.html> - This is the most complete Web page on powerlifting. This is THE place to go to find powerlifters on the Web. David Hinchley provides a biography section of the powerlifters on the Web that includes their electronic mail (also known as e-mail)

Women's Powerlifting - WWW address: <http://www.brad.ac.uk/~roz/sport/weights/women-pl/> - This Web page mainly provides women's records and meet results. For example, the newest meet results were posted for the British Seniors.
Andy Clegg - Powerlifting - WWW address: <http://www.ccc.rockwell.com> - This Web page appears to be the home of Scottish Powerlifting. Included on the page are contest results from recent Scottish competitions and links to other

Powerlifting in Cyberspace as told to POWERLIFTING USA by Bill Piche



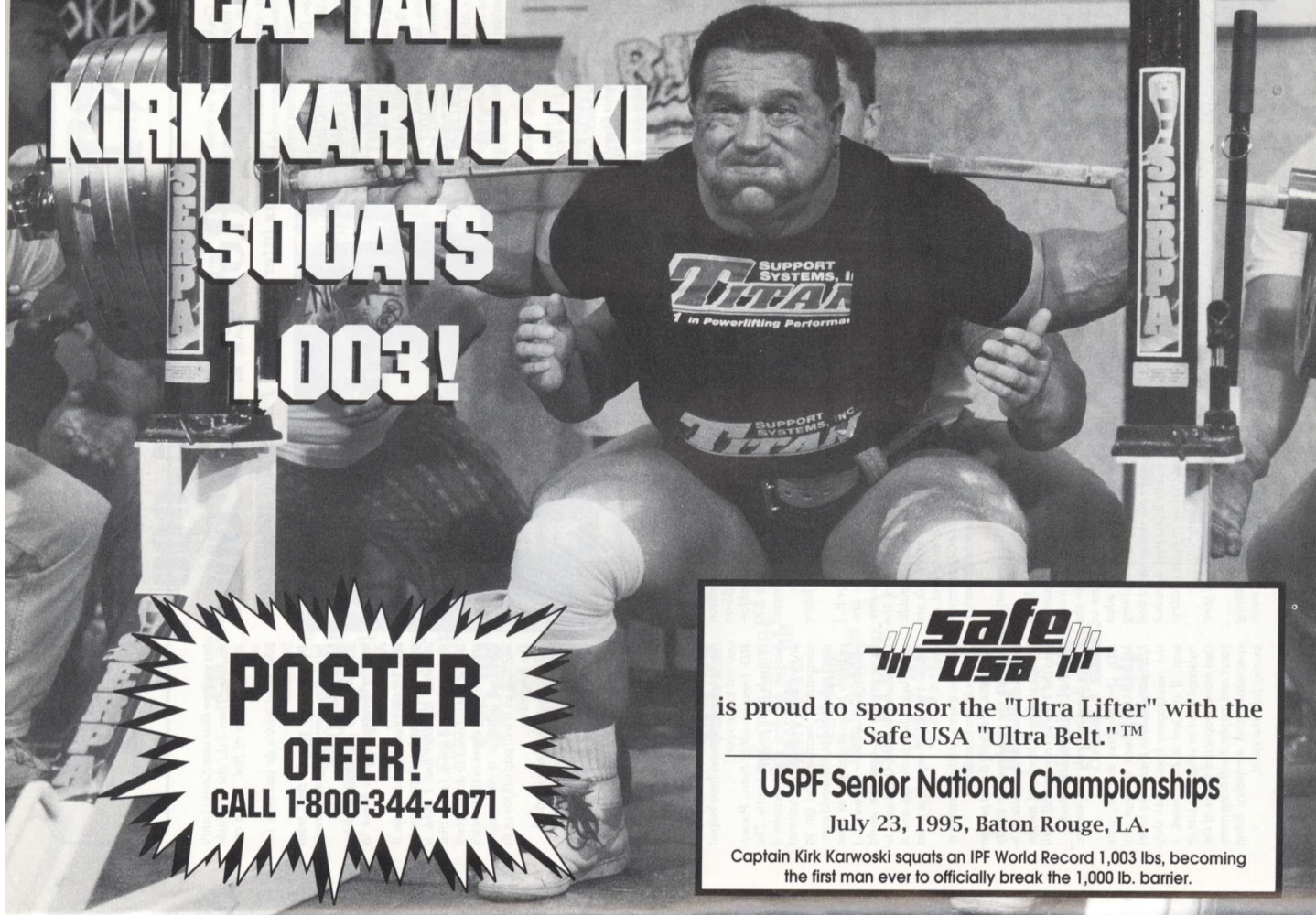
Bill Piche started powerlifting (and reading PL USA) in 1981 and was ranked #49 in the nation in 1989, when he pulled a 600 lb. deadlift.

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information on powerlifting on the Web.
Waialua Health Club - WWW address: <http://www.aol.com/shopping.com.80/sammonet/waialua.html> - This is the Web page of the powerlifting club for the Waialua Health Club on the Island of Oahu. Local club records and meet results can be found on this page.
Blacksburg Powerlifting Team Web Page - WWW address: <http://www.bev.net/community/powerlifting.html> - This is another powerlifting club Web page, but this page also includes information about the big three (squat, bench press, and deadlift).
The University of Queensland Powerlifting and Weightlifting Club - WWW address: http://student.uq.edu.au/~s315413/uq_power.htm - This is also a powerlifting club page, but on closer inspection it looks more like the Australian Powerlifting Web Page. This page not only provided meet results from a recent Australian meet, but also pictures to go with it. In fact, with the pictures from the IPF World Junior Championships, this page probably gets the nod for having the most powerlifting pictures on the Web.
ODU Bodybuilding and Powerlifting Club WWW address: <http://www.cs.odu.edu/~kalkho/bbclub/bbclub.html> - This is the home of the Old Dominion Powerlifting Club and contains information on club members and recent contest results. The first thing I noticed when visiting this page was the cool logo they had for the club - a lion head on a bodybuilder's body gritting it's teeth doing a curl!
Training with Fred Hatfield - WWW address: <http://www.tqz.com/gpu/fredhome.htm> - This is Dr. Squat's Web page and right now is the home for some articles written by Fred.
The Bodybuilding/Strength Training Page - WWW address: <http://www.io.org/~robj/bodybuilding/strength.html#Q1> - This is one of the two High Intensity Training (HIT) Web pages (Cyberpump) is the other: <http://www.geocities.com/TheTropics/2207/>, but this page includes a brief history on powerlifting competition. The number of powerlifting Web pages on the World Wide Web is growing. This can only help bring the sport of powerlifting into the public eye. And if you want to get into the action, you can even create your own powerlifting Web page! Drop me an e-mail at bpiche@ccc.rockwell.com and we can talk about what is truly love. POWERLIFTING! See you on the Web.

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

THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs, and Exercises - The Anabolic Review. This book will give you the inside scoop on the latest developments so we don't have to be careful about stepping on someone's toes. Nor do we have any axe to grind. The newsletter's only goal will be to bring you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

The books, etc. below are available from MGD Press, 23 Main Street, Watkworth, Ontario, Canada, K0K 3K0
BEYOND ANABOLIC STEROIDS - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

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

Drug Use and Detection in Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS in SPORTS - 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 avenues for drug detection. The cost of the book is \$40.00 U.S. funds plus \$1.00 P&H. For the Book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds plus \$1.00 P&H. Each issue of DRUGS in SPORTS is \$10.00 U.S. Funds plus \$1.00 P&H.

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chromatosis, 2) Safety of years used and amount used per cycle. In closing I'd just like to say thank you for taking the time to answer my questions. I've read everything you have put out on drugs and supplements. Drugs in Sports is great. Keep up the good work.

DEAR SIR: Hemochromatosis has not been associated with anabolic steroid use. On the contrary, a recent paper has reported on the usefulness of testosterone to treat hemochromatosis (Testosterone treatment of men with idiopathic hemochromatosis. Kley HK; Strimmel W and others. Schlaghecke R. Clin Invest (Germany) Jul 1992; 70 (7) 566-72.)

The use of anabolic steroids can, however, raise hemoglobin levels. Perhaps your doctor is confusing one with the other. Your use of testosterone has been moderate than most athletes who use anabolic steroids, and it appears that you've been off the testosterone more than on. As well, unlike most athletes, you have had the advantage of being monitored by a physician. I would consider your use of testosterone relatively safe and would consider it no riskier than common ongoing use of oral contraceptives by women. While not risk free - no medication is - certainly in your case adverse effects would be minimal.

All the best, Mauro Di Pasquale, M. D.

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

DEAR MAURO: I'm writing to you once again. I've written to you in the past, and you answered my question back then, so here we go again.
Enclosed are copies of recent blood work (11/93, 8/94, 9/94, and 11/94). My doctor knows I use steroids (testosterone) for 8 to 12 weeks prior to my powerlifting contests. I only do this twice per year. I'm now 37 years old. I've used steroids off and on for about 15 years. I've always had my doctor involved.

To try and make a long story short, my doctor checked me three months in a row because my SGOT/SGPT was out of range, in that the numbers stayed up. He sent me to a doctor who works with liver problems. Bottom line, I was using vitamin A (cod-liver oil), and I was training hard all the time. I stopped the vitamin A one month before test taken on 12/16/94, and didn't train heavy for two days. Result - liver function (SGOT/SGPT) was fine, almost normal. The doctor didn't find this, I did. All this doctor wanted to prove was that the steroids were doing it. I've been off for seven months. This doctor doesn't know anything about steroids.

I've given you all this information as background because my problem started with my blood work on 8/29/94, 11/5/94, and 12/16/94. That is, my iron saturation and ferritin levels are out of line. I went to go see a blood doctor, who states my ferritin level is mildly elevated, and he thinks I might have hemochromatosis. He wants me to have my family tested, because he states that this is hereditary. He doesn't know anything about steroids. I told him that I've read everything you have written on steroids, and I've never seen anything that states steroids could effect iron levels.

I told the doctor I was going to write to you and get an answer on the subject. Would steroids have anything to do with iron saturation, ferritin levels?

Also, considering my use of steroids in terms of the amount of years, and the short cycles that I've done, could that be considered safe? The longest I'm usually off is for 7 or 8 months at a time. The most I take is about 600 mg. T esticyp for max of three weeks before I start cycling down. So these are my questions: 1) Steroids and

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INTERVIEW

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

BB: Could you give us some personal information about yourself?
RD: I'm 32 years old, five foot eight, compete at 181. I own a construction company and a home and building inspection company in San Diego.

BB: What is your marital status?
RD: I'm married to a beautiful wife whom I met at the cramplionships in Finland in 1994.

BB: Is she a powerlifter also?
RD: She placed 2nd in the Nationals last year and hopefully this year too (Note: Maria DeCourt won first place in the 114 pound class at the 1996 USPF Bench Press Nationals). She is also the Hawaiian state champion in the bench press.

BB: How did you get started in powerlifting?
RD: I just noticed I was stronger than everybody in high school. I had the high school bench record.

BB: I started lifting weights when I was fifteen and I liked to bench press. I just benched all the time and got stronger than everyone else my size. I was weighing 146 pounds and I could bench 285 at sixteen years old. I never really pursued lifting until I was about 23 or 24. Then I went to a competition and came in second. I was determined to go back the next year and win so I trained hard all year and I won. I broke the meet record and it has been like... I don't know how to explain it. Ever since then I couldn't stop. It was just like a desire to be the strongest.

BB: How long have you been lifting and competing?
RD: After my first year of lifting I hooked up with Jim Merlino, he's a world class lifter in the 181 pound class. He is a grand master now but he took me under his wing and trained me for eight years and made me the lifter I am, perfecting my technique and skill. Jim holds the USPF masters bench record in the 181 pound class.

BB: How did you get involved with the USPF?
RD: Through Jim Merlino. He brought me to a real federation and I've been here for eight years.

BB: What are your views on drug usage and testing?
RD: I don't condone any drug use. As far as the testing, I'm happy with the testing they do.

BB: Do you use any special supplements or follow a special diet?
RD: I quit smoking just before the

Robert DeCourt as interviewed for PL USA by Brian Blum



1995 IPF World Champ in the Bench Press at 181, Robert DeCourt

198 and who knows where I can go from there.

BB: What are your best lifts in competition and training?
RD: My best lift in competition would have been a 515 at 165 on April 3rd, 1993 in Fresno, California. My best lift at 181 was 500 pounds at Inzer's meet. In the gym I've hit 530.

BB: What do you see as the future of powerlifting?
RD: I see a bright future for it. I don't know if it will ever be unified, but we are going to do something to try to get it into the Olympics, just to show the public that it is a popular sport. We are going to go to Atlanta and do something when the Olympics are going on, to promote powerlifting.

BB: Are you going there as part of a USPF team?
RD: Yeah, myself and Lee Rorie have committed to doing something to the effect of a bench and weights on a flatbed truck in the parking lot and loudspeakers or something. We don't know what but we are going to do something just to make our voices heard and let the public know that we're out here and that we're more exciting than Olympic weightlifting.

BB: Give us a breakdown of your training.
RD: I do a couple of training routines. I do one percentage train-

ing routine that was Kenny Lain's routine. Then I do the old fashioned five sets of five. That's my other one.

BB: What advice do you have for beginners?
RD: Do five sets of five, train hard, stay clean, and you'll have a long career.

BB: What do you think of John Inzer's Greatest Bench Press in America?
RD: I think it was a great show. It got the greatest bench pressers in America together and I think it did a lot for the sport. I think that is what we all need to do as lifters is try and get it more in the public's eye and make it a little more exciting so it will pay off for us in the long run.

BB: Have you had any injuries?
RD: I've had a few. I tore my collarbone out in 1990. In '91 I cut my thumb off on the job. These injuries took me time to recover from. Since then I've been plagued with small shoulder injuries. It goes from one side to the other, one side to the other. Nothing real serious, thank God for that.

BB: Are there any competitors you respect or people who have helped you out in the sport?
RD: I respect all of them. Powerlifting is like a second family. The people are real good people. I enjoy the competition, the national competition because you get to meet more people, the world competition because you get to meet people from all over the world. I have friends all over the world from the three years that I went to the World Championships and it has just enriched my life a great deal.

BB: Are there any other comments you would like to make?
RD: I'm a real small boned person and with the size I am, I'm pretty much, I believe, at my limits. It is going to take me, like I said, maybe into the 1998 so I can go 550. I will see what my bones will handle.

BB: Is there anybody you want to thank?
RD: Jim Merlino and my wife Maria. And I want to urge any lifters that win in their area to let the newspapers know that they won, if it's just a state meet, a national meet or whatever just so that more people are aware of the sport and maybe it will bring more spectators and someday bring money into the sport.

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TRAINING

Assessing Your Training Plan by Thomas Fahey, Ed.D., Professor, Exercise Physiology Laboratory, California State University, Chico

Training is the way you coax your body to become stronger, faster, and bigger. No one starts off as a 90 pound weakling and wakes up the next morning as a champion superheavyweight powerlifter. The process of becoming an accomplished lifter is often long and arduous with many ups and downs. Sometimes progress comes quickly, almost effortlessly, while other times gains seem impossible. Your lifts may have stalled because you didn't work hard enough, or perhaps you worked out too hard and became overtrained. Possibly you got sick or injured or maybe you just got tired of working out.

There are thousands of reasons for the ups and downs of training. If you have the philosophy that *s--- happens*, you will never make consistent gains. The best training programs are planned. Too many lifters train by "feel" -- they go into the weight room three or four days a week and lift according to how they feel that day. While you can make gains training by whim, you certainly won't hit your potential. To make significant and rapid gains, you have to train systematically!

A well-designed workout plan sets you up for intense sessions and gives you enough rest to recover for other intense sessions.

Doing this is part art, part science. There is no book of research studies that will give you the program that's best for you. If you start with a proven, well-designed program, you can modify it to suit your style, body type, goals, and temperament.

Adding Structure to Your Program
You can only think with your program effectively if you know your training history. The key to training history is the training diary. The diary is a notebook where you write down your workouts that you plan for the future as well as sets, reps, and weight used in completed workouts. Also, you can keep track of your weight, waking resting heart rate, morning urine

urea nitrogen, illnesses, and energy level.
Carl Wallen is the head track coach at Dartmouth University in Hanover, New Hampshire. At age 52, he holds the world's age-group record in the shot put and has trained faithfully in power and Olympic lifting since high school. He has kept a training diary during his entire athletic career. Coach Wallen said, "the training diary helps me focus on my program and avoid injuries and overtraining." Carl has used his training diary to help him assess his progress and make significant gains (and prevent deterioration).
Planning your workouts: Most great strength athletes I have known plan their programs 6-8 weeks in advance and have a general idea of their program's struc-

ture for the next year. In weight lifting Meccas like Russia and Bulgaria, programs and expectations are written for children as young as 10 years of age. Routines are so structured that athletes in the northern and southern parts of the country are doing almost the same workouts. They can modify the general program if an athlete's response is different from the norm. Variances in the workouts are decided by evaluating the athletes' responses to the program. If there is evidence of overtraining, then the coach eases up on the work-outs. If, on the other hand, the athlete seems to be able to tolerate more stressful workouts, changes are made only after assessing the person's age, experience, injury history, and psychological profile.
Begin with a conservative program that is both challenging and achievable. Don't make the sets and reps so difficult that you bomb out early in the work-out and get discouraged. Try for a workout that you can complete with difficulty. Set up your program so that you can modify it slightly after three or four weeks. The key is to make small, consistent gains.

After 6-8 weeks, evaluate the effectiveness of the program. Accountability and evaluation are keys to success in powerlifting. The gen-

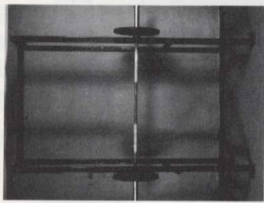
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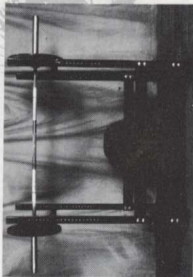
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eral process, helped by your training diary, is to set a goal, measure your progress, and set a new goal. In measuring your progress, ask these questions: Have I achieved my goals? Am I stronger, bigger, faster, or do I have better technique? What mistakes did I make during this training cycle? How can I improve the program during the next training cycle? Try this approach for three 6 week cycles, and you will be amazed at how fast you progress. Training this way make you systematic, and almost any system is preferable to the "feel" approach to training.

Physical Data: Use your training diary to keep track of your physical well-being. It only takes a few minutes to measure and record your body weight and resting heart rate. I recommend keeping a chart of changes in these values so that you can look at trends in your physical well-being during a training cycle.

Body weight can be a rough indicator of muscle gain, provided you haven't changed your diet significantly. Be particularly wary of losing weight. Many serious athletes don't take in enough calories, which can compromise strength gains. If you find you are losing weight, you may be overtrained. If so, you will probably also note

increases in waking resting heart rate. Resting heart rate increases during times of physical and emotional stress. A persistent increase in resting heart rate may mean that you are having problems with your body that will cause you to stop making progress in your weight lifting program.

Keep track of how you feel and any illnesses you experience. Illnesses can stop you in your tracks just as sure as a pulled muscle or even a broken bone. Look at the relationship between illnesses, such as colds and flu, and the intensity of your training program. Do you seem to get sick after several weeks of particularly intense training? If so, you may be overtraining and pushing your immune system over the edge. Remember, your body has trouble fighting off more than one significant stressor (i.e., intense exercise, viruses, injury, etc.) at a time. If heavy training makes you sick, you will have to back off until your immune system is ready for more intense workouts.

Energy level can be determined with a numerical scale. A good one is a 1-10 scale, with 10 being exceptional energy level and 1 being no energy and close to death. Chart your energy level against other physiological measures as well as against the intensity of your

\$50,000). As with urine urea nitrogen or heart rate, these measurements are subject to fluctuations and may be meaningless when evaluated one at a time. However, looking at 1-20 measurements made during a training cycle, you can accurately assess the direction and success of your program.

Some people like to monitor diet. That's a good idea if you are extremely meticulous or extremely interested in your nutritional program. My only worry is that keeping a nutritional journal can be so time consuming that you might stop keeping track of your training program. If you like to keep detailed training and nutritional journals, then by all means go for it. Otherwise, keep it simple and stick with the basics.

Becoming Systematic: Become more systematic in your approach to training! Write down your work-outs at least 6 weeks ahead of time. Set goals and evaluate the effectiveness of your program. Monitor your physiology with simple tests like "how you feel," morning heart rate, urine urea nitrogen, injuries, energy level, and illnesses. If you set a series of small, achievable goals, before you know it, you will have made giant strides toward success as a powerlifter or strength athlete.

training program. Look for trends that will help you alter your program during the next training cycle. Measure your urine urea nitrogen (UUN) content. UUN is a measure of protein breakdown. A product called Nitrostick (Weidel) allows you to measure your UUN with just a single drop of urine. Recently, a graduate student in my laboratory completed a study which showed that it is possible to predict 24 hour UUN from a single drop of urine collected in the morning. Precisely, accurate measurement of UUN required an athlete to collect his or her urine for 24 hours. With this new method, all you need to do is put a single drop of urine on a stick and look on a chart corresponding to your body weight. While the method does not account for large fluctuations in urine volume or protein intake, it provides a trend that provides incredible information about your training program.

In the past, I have recommended measurement of hormones such as testosterone and cortisol as a precise method of estimating your relative anabolic and catabolic state. While the measurements are extremely valuable when taken over a long time (i.e., trends), they aren't very practical unless you have a lab with an immunoanalyzer (cost

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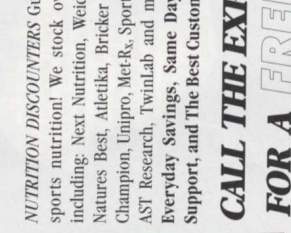
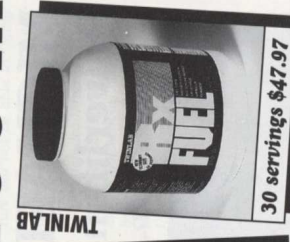
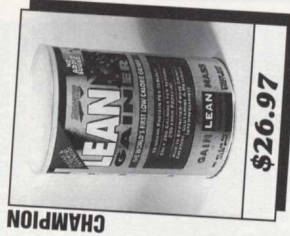
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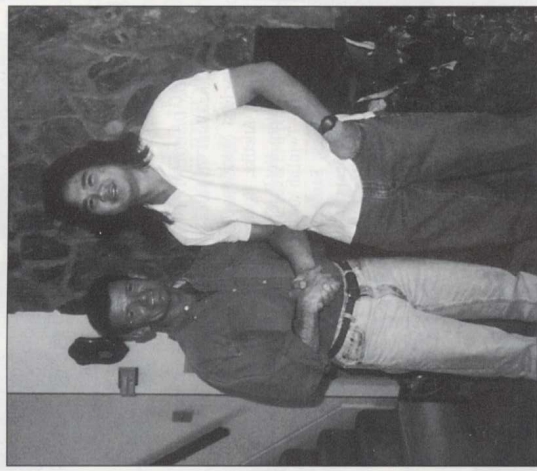
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Dr. JUDD

MICHAEL SOONG Powerlifting's Prodigy

by Judd Blasiotto Ph.D., World Class Enterprises



Recently, I had the opportunity to meet Michael Soong, one of the World's top powerlifting statisticians. At the age of 25, born August 18, 1970, Soong might best be described as a prodigy. In fact, my first impression was that he possessed eidetic imagery—the closest thing to the so-called photographic memory. I'm still not sure if he is an eidetiker or not. He is certainly capable of reciting statistics and events with amazing vividness. Then again he could be a pseudo-prodigy, exhibiting abilities that are the result of hard work and overtraining. Regardless of how you define him, there is no question that he has a gifted mind. The worst case scenario—a genius. You would think that with such intellectual prowess and creative abilities his heroes would be men like Mozart, Van Gogh, or Einstein, but that's not the case. Believe it or not, Soong is awed by guys like Coan, Lambert and Glosbrenner. Einstein doesn't even crack his Top 100 list of men that he admires. You see he has this thing for powerlifting. I'm not sure if it's a love affair or an outright compulsion for the sport. If I was forced to guess I would say it was the latter. Whatever it is, it's safe to say that Michael Soong lives, breathes, and eats powerlifting. In the eight short years that he has been involved in the sport, Soong has put that memory every meaningful event that has transpired in the sport. I would venture to say that he knows as much about the historical aspect of powerlifting as anyone in the world. During the aforementioned years he has also compiled a listing of powerlifting data that is second only to that compiled by Herb Glosbrenner. As you will see from the following interview, Soong is not only a wealth of powerlifting knowledge but a man of insight and character.

W.C.: With all of the opportunities that you had before you, why did you choose to focus so much of your time and energy on powerlifting? **Soong:** It's kind of strange how it led to greater things for me. I didn't realize at the time how true that calling was. Now it's come to pass. Powerlifting has become my life. It's almost a religion to me. Both men and women. That's when I learned about all the politics in the sport. Each organization had its own rules and records and they didn't recognize each other's. Furthermore, there were such things as USPF, American records, which did not count for IPF world records, if the USPF records were not tested. There were all these different divisions, I try to spend as much of my spare time to the sport as possible.

W.C.: What intrigues you so much about the sport? **Soong:** Just how consumed are you? **Soong:** I'm a voracious reader with quite an extensive esoteric library of material that relates in some way or other to the sport. I try to spend as much of my spare time to the sport as possible.

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time highest of what had been done regardless of the divisions or federations. A listing that not only had that information but important statistics like body weight coefficients, Schwartz points, Reshel points and Malone points. I had a good idea of what I wanted the listing to accomplish. I wanted an all inclusive package. After asking around, I found that no such listing existed so I decided to do it myself. And that's how I became the all-time historical powerlifting statistician.

W.C.: How can you justify such a listing when you have already admitted that there are different rules being used by each organization? Obviously, athletes who compete in organizations that adhere to strict standards are at a disadvantage in making your list. Isn't comparing an athlete in one organization to an athlete in another like comparing apples to oranges? **Soong:** You're right. My listing is not really comparing like to like. It is more like apples and oranges. I know some organizations are letting lifters use two and three suits and some of them don't test for drugs. A lot of things in powerlifting are not on an even keel. This is one thing that makes me kind of disgruntled about the sport. I started out with good intentions. I was doing something to unify the sport and to unify the record book. Unfortunately, because of all the dubious things that are happening in the sport, I'm sure that some of the lifters on my list are not legitimate.

To list them and not recognize athletes who had lifted less weight but adhered to more stringent conditions is a kind of travesty. It hurts me to see guys competing, wearing extra equipment, and having lax judging. I've even heard of guys weighing over the limit being allowed to compete and some meets supposedly using hollow plates. Believe me, there are a lot of lifts on my list that I know this devalues my work, but I'm not in a position to do anything about it. Who am I to say whose lifts are good and whose are not. I can't prove anything.

W.C.: How does your listing differ from Herb Glosbrenner's? **Soong:** Glosbrenner basically only keeps track of the American lifters. His listings are by far more extensive, though. I'm just listing the top performances. Glosbrenner listed the top 500 or so. I'm not interested in that. My interest is only in the very best. I couldn't care less who's ranked 100th.

W.C.: Considering everything—the equipment being used, the vari-

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W.C.: Considering everything—the equipment being used, the vari-

much raw power. Because of his retirement, I don't believe he came close to reaching his peak. I believe if Coan and Bridges had completed against each other at 220's speaks for itself. He consistently lifts more than the superheavyweights when he competes. And he's done it under very strict circumstances. His squats are deep, he doesn't use multiple suits or shirts, and he's done his lifts with good judging. Without question he's the best of all time. The second best is Mike Bridges, and third would probably be Larry P.F. Worlds he dominated the sport. They're the three real Titans of powerlifting. They were so far ahead of their competitors when they competed, they really had no competition. Lamar Gant would also have to be a consideration, but Gant had Bradley chasing him. Only Coan, Bridges, and Pacifico were untouchable — no one could beat them.

This might surprise you though, I honestly think that Bridges may have had greater potential than Coan. He was shorter than Coan, he had better form, throughout his career didn't have any serious injuries as Coan has had, and he had almost as

their true love for the sport of weightlifting, their success. Did you know that Ted Arcidi abandoned Tufts University and a promising career in dentistry to become a bench press world champion? His friends left him, his father disowned him. He lived in a cellar for one year. Then he became the first man in history who officially broke the 700 lb. barrier in the bench press.

Their Trainings, Their Techniques, Their Secrets... This book has it all: How Anthony Clark's true belief led him to become the strongest bench presser of all times. The sophisticated techniques of Ken Lain, the mighty weight star was motivated by Ken Lain's records and tried everything to break them. Tricks and tips of Chris Confessore, whose family support allows for stunning performances on the bench. The story of Michael Bruyere, who dominated the bench press in Germany for a long time. Training and techniques of Germany's Frank Piraumer, the shooting star who placed among the world's best recently. The amazing story of big Jim Williams, an athlete ahead of his time. How Mike Hall fulfilled his dream: bench pressing with Austrian giant Karl Sailer, one of the most successful weightlifters of our time.

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done regardless of the divisions or federations. A listing that not only had that information but important statistics like body weight coefficients, Schwartz points, Reshel points and Malone points. I had a good idea of what I wanted the listing to accomplish. I wanted an all inclusive package. After asking around, I found that no such listing existed so I decided to do it myself. And that's how I became the all-time historical powerlifting statistician.

W.C.: How can you justify such a listing when you have already admitted that there are different rules being used by each organization? Obviously, athletes who compete in organizations that adhere to strict standards are at a disadvantage in making your list. Isn't comparing an athlete in one organization to an athlete in another like comparing apples to oranges? **Soong:** You're right. My listing is not really comparing like to like. It is more like apples and oranges. I know some organizations are letting lifters use two and three suits and some of them don't test for drugs. A lot of things in powerlifting are not on an even keel. This is one thing that makes me kind of disgruntled about the sport. I started out with good intentions. I was doing something to unify the sport and to unify the record book. Unfortunately, because of all the dubious things that are happening in the sport, I'm sure that some of the lifters on my list are not legitimate.

To list them and not recognize athletes who had lifted less weight but adhered to more stringent conditions is a kind of travesty. It hurts me to see guys competing, wearing extra equipment, and having lax judging. I've even heard of guys weighing over the limit being allowed to compete and some meets supposedly using hollow plates. Believe me, there are a lot of lifts on my list that I know this devalues my work, but I'm not in a position to do anything about it. Who am I to say whose lifts are good and whose are not. I can't prove anything.

W.C.: How does your listing differ from Herb Glosbrenner's? **Soong:** Glosbrenner basically only keeps track of the American lifters. His listings are by far more extensive, though. I'm just listing the top performances. Glosbrenner listed the top 500 or so. I'm not interested in that. My interest is only in the very best. I couldn't care less who's ranked 100th.

W.C.: Considering everything—the equipment being used, the vari-

benched over 700 pounds, but I honestly believe the greatest bench press of all time was Karmaler's 661 because he did it without a shirt, and he did it under I.P.F. conditions. If Kaz would have worn the equipment and competed under the conditions they do today he probably would have benched well over 800 pounds. I believe that.

W.C.: I don't want to sound redundant but with all the things you see wrong with the sport, why are you so involved in it? **Soong:** Like I said, I love this sport. It's not perfect, but nothing in life is. The problems inherent in the sport were caused by us, and we will also be responsible for rewriting and standardizing the sport once and for all. My advice to others concerned with the reunification and legitimizing of the sport would be to compete only in organizations you truly feel are genuine. Don't just lift in a meet to get a trophy—do it to say that you support the particular sanctioning body which is holding the meet. If all lifters were to do this, eventually all of the "garbage" federations would fall by the wayside through this "athletic boycott"; eventually leaving only one true federation, as powerlifting started out with.

LITERATURE: October 22, 1984 by Terry Todd, that Gant's back normally exhibits a 74-80 degree angle of curvature. But when he exhibits greater than 90 degrees he lifts 425 pounds. What is it when does it curve them? I don't know if that's really fair. If you don't have that type of abnormal curvature, how are you going to be able to compete against him? I guess I'm like a purist. That's why I don't like all the other stuff that gives an athlete an unfair advantage. Like the shirts and suits. This will probably surprise you too. Right now there are 11 guys who have

much raw power. Because of his retirement, I don't believe he came close to reaching his peak. I believe if Coan and Bridges had completed against each other at 220's speaks for itself. He consistently lifts more than the superheavyweights when he competes. And he's done it under very strict circumstances. His squats are deep, he doesn't use multiple suits or shirts, and he's done his lifts with good judging. Without question he's the best of all time. The second best is Mike Bridges, and third would probably be Larry P.F. Worlds he dominated the sport. They're the three real Titans of powerlifting. They were so far ahead of their competitors when they competed, they really had no competition. Lamar Gant would also have to be a consideration, but Gant had Bradley chasing him. Only Coan, Bridges, and Pacifico were untouchable — no one could beat them.

This might surprise you though, I honestly think that Bridges may have had greater potential than Coan. He was shorter than Coan, he had better form, throughout his career didn't have any serious injuries as Coan has had, and he had almost as

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ALL TIME HISTORICAL POWERLIFTING WORLD RECORDS IN POUNDS

Data researched predominantly from "Powerlifting USA" magazine, "Power Hotline" newsletter, World and American record listings submitted by the American Powerlifting Federation and the United States Powerlifting Federation, various versions of the Guinness Book of World Records, and "Ironsport" magazine.

Asterisk (*) indicates exact bodyweight (instead of limit bodyweight) used to derive coefficient

Men	Squat	Bench Press	Deadlift	Total
114	596.3	391.3	563.3	1300.7
123	611.8	4.97X	639.3	1383.4
132	651.5	4.94X	683.4	1587.3
148	711.0	4.78X	705.5	1740.0
165	765.0	4.63X	780.0	1885.0
181	845.0	4.67X	793.7	2110.9
198	876.3	4.44X	859.8	2204.6
220	964.5	4.49X	901.7	2408.5
242	1004.2	4.29X	870.8	2358.9
275	1030.7	3.75X	904.0	2458.2
SHW	1031.0	2.86X	925.0	2531.0

Over 1000 Squat (12): Anthony Clark (US) 11/18/95 (1100.0 @ 360, later credited with 1031.0 due to retroactive videotaped judging), Dave Pisanella (US) 5/28/89 (1030.6 @ 275.1), Fred Hatfield (US) 3/23/87 (1014.1 @ 255), Matt Dimel (US) 5/3/86 (1010.0 @ 319), Shane Hamman (US) 3/10/96 (1008.6 @ 373.5), Willie Wessels (US) 11/11/95 (1004.2 @ 233.9), Steve Goggins (US) 10/29/95 (1003.1 @ 240.8), Kirk Karwoski (US) 7/23/95 (1003.1 @ 267.8), Dave Waddington (US) 6/13/81 (1015.0 @ 308, which later weighed out at 1003.0), O.D. Wilson (US) 2/16/89 (1002.0 @ 380), Lee Moran (US) 7/8/84 (1003.1 @ 316.6, which later weighed out at 1000.44), John Ware (US) 5/12/90 (1000.0 @ 360)

Over 700 Bench (12): Anthony Clark (US) 3/25/96 (775.0 @ 338, craze grip), Tim Isaac (US) 3/29/96 (771.0 @ 274.4), Chris Confessore (US) 6/17/95 (741.0 @ 286), Jamie Harris (US) 3/25/95 (740.0 @ 355), Craig Tokarski (US) 11/11/95 (733.0 @ 308) and 5/21/94 (705.5 @ 291.25), Kenny Patterson (US) 11/11/95 (728.6 @ 275.5), Kenneth Lain (US) 11/24/90 (722.0 @ 292), Ted Archdi (US) 9/23/90 (718.11 @ 295.0), Willie Williams (US) 10/29/94 (705.5 @ 330), James Henderson (US) 3/8/96 (705.5 @ 395), Jeff Maddy (US) 4/7/91 (700.0 @ 399), Kin Tuiha (US) 3/3/96 (700.0 @ 350)

3X Bodyweight Bench (24): Chris Confessore (US) 6/17/95 (741.0 @ 286) and 11/20/93 (662.5 @ 218.5) and 7/23/88 (588.0 @ 196, which later weighed out at 588.75) and 7/17/88 (562.2 @ 180.25), Lee Rorie (US) 10/7/95 (606.3 @ 196), Jesse Kellum (US) 9/16/95 (602.0 @ 194), Jihuan Lee (US) 4/2/89 (600.8 @ 198), Jeff Sherman (US) 9/4/93 (565.0 @ 181.0), Rick Weil (US) 6/29/86 (556.7 @ 181.7), Tony Succarote (US) 7/23/89 (551.2 @ 181.6), Greg Warr (US) 9/16/95 (550.0 @ 164) and 6/4/94 (510.0 @ 145.5), Scott Werner (US) 11/20/93 (542.5 @ 178.0) and 4/10/83 (530.0 @ 165.0), Jose Perez (US) 3/26/94 (507.5 @ 163.75), Derek Ho (US) 12/9/95 (507.1 @ 164) and 4/28/95 (464.5 @ 148.0) and 7/23/94 (415.0 @ 132), David Bullock (US) 4/25/92 (470.7 @ 148.75), Markus Schick (Germany) 3/29/96 (465.0 @ 143) and 12/10/95 (396.8 @ 132), Alexei Svokon (Kazakhstan) 7/26/95 (463.0 @ 154.3), Ed Morishima (US) 9/3/88 (447.5 @ 148.5), Alex Poku (US) 1/13/90 (435.0 @ 144.25), Rick Couch (US) 9/14/91 (430.0 @ 143) and 11/20/93 (410.0 @ 131.0) and 4/7/93 (377.5 @ 123.25), Doug Heath (US) 10/28/95 (407.9 @ 131.2), Magnus Karlsson (Sweden) 3/25/94 (399.0 @ 132.2) and 11/15/95 (386.9 @ 123.0), Joe Bradley (US) 12/6/80 (386.8 @ 132, which later weighed out at 397.0), Andrzej Stanaszek (Poland) 11/16/94 (391.3 @ 111.6), Dave Buterbaugh (US) 11/11/85 (374.8 @ 123), Christopher O'Neil (US) 11/21/92 (370.0 @ 116.0), Doug Ortiz (US) 4/2/89 (363.8 @ 121)

Over 900 Deadlift (5): Gary Heisey (US) 3/14/92 (925.0 @ 358), Dan Wohleber (US) 12/12/82 (900.0 @ 275, which later weighed out at 904.0), Doyle Kennedy (US) 4/6/86 (903.9 @ 305), Marc Henry (US) 7/16/95 (903.9 @ 405.8), Ed Coan (US) 7/28/91 (898.4 @ 220.0, with the actual value of the overweight plates being 901.7)

Over 2400 Total (9): Anthony Clark (US) 11/18/95 (2600.0 @ 360, later credited with 2531.0 due to retroactive videotaped judging), Dave Pisanella (US) 5/28/89 (2458.2 @ 275.1), Gerrit Badenhorst (South Africa) 10/14/90 (2430.6 @ 306.0), O.D. Wilson (US) 2/16/89 (2430.6 @ 380, later credited with 2425.1 due to technicality), John Ware (US) 1/29/89 (2427.5 @ 343), Bill Kazmaier (US) 1/31/81 (2425.1 @ 330), Ed Coan (US) 7/28/91 (2403.0 @ 220.0, with the actual value of the overweight plates being 2408.5), Doug Furnas (US) 6/28/87 (2403.0 @ 275.2), Don Reinholdt (US) 5/8/75 (2420.0 @ 357, which later weighed out at 2391.0)

Wom	Squat	Bench Press	Deadlift	Total
97	343.9	3.56X	181.9	363.8
105	375.9	3.59X	220.5	402.3
114	407.9	3.56X	248.0	435.4
123	440.9	3.58X	275.6	490.5
132	518.1	3.92X	308.6	485.0
148	512.6	3.51X	352.7	545.0
165	617.0	3.80X	391.3	577.0
181	620.0	3.46X	402.3	590.0
198	633.8	3.32X	385.8	604.1
SHW	628.3	2.88X	567.7	642.2

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MEN'S WORLD RECORDS

Lbs.	Squat	Bench Press	Kilos.
114	Andrzej Stanaszek (Poland) 5/20/95	Andrzej Stanaszek (Poland) 11/16/94	52
123	Magnus Karlsson (Sweden) 11/15/95	Magnus Karlsson (Sweden) 11/15/95	56
148	Jesse Jackson (US) 7/28/90	Derek Ito (US) 7/23/94	60
165	Jose Perez (US) 11/20/94	Greg Warr (US) 6/4/94	67.5
181	Tony Kamand (US) 3/28/93	Jeff Sherman (US) 9/16/95	75
198	Jesse Kellum (US) 7/16/95	Lee Rorie (US) 10/7/95	82.5
220	Ed Coan (US) 11/22/87	Chris Confessore (US) 11/20/93	90
242	Willie Wessels (US) 11/11/95	Chris Confessore (US) 6/17/95	100
275	Dave Pisanella (US) 5/28/89	Tim Isaac (US) 3/2/96	110
SHW	Anthony Clark (US) 11/18/95	Anthony Clark (US) 3/2/96	125

Lbs.	Deadlift	Total	Kilos.
114	E.S. Bhaskaran (India) 12/1/93	Andrzej Stanaszek (Poland) 5/20/95	52
123	Lamar Gant (US) 7/10/82	Lamar Gant (US) 7/10/82	56
132	Lamar Gant (US) 11/11/88	Lamar Gant (US) 4/8/88	60
148	Dan Austin (US) 8/1/92	Tony Conyers (US) 3/25/95	67.5
165	John Inzer (US) 9/16/95	Ausby Alexander (US) 4/2/89	75
181	Giovanni Brunazzi (Italy) 6/24/95	Gene Bell (US) 4/8/88	82.5
198	Ed Coan (US) 7/7/85	Ed Coan (US) 3/3/85	90
220	Ed Coan (US) 7/28/91	Ed Coan (US) 7/28/91	100
242	John Kuc (US) 11/9/80	Steve Goggins (US) 10/29/95	110
275	Dan Wohlbeber (US) 12/12/82	Dave Pisanella (US) 5/28/89	125
SHW	Gary Heisey (US) 3/14/92	Anthony Clark (US) 11/18/95	SHW

WOMEN'S WORLD RECORDS

Lbs.	Squat	Bench Press	Kilos.
97	Raija Koskinen (Finland) 5/6/95	Irina Krylova (Russia) 6/5/93	44
105	Petro Thyssse (South Africa) 11/7/92	Irina Krylova (Russia) 6/24/95	48
114	Mary Jeffrey (US) 11/21/87	Mary Jeffrey (US) 4/2/89	52
123	Mary Jeffrey (US) 7/16/88	Mary Jeffrey (US) 7/16/88	56
132	Mary Warman (US) 11/5/94	Rachel Mathias (US) 8/21/94	60
148	Mariah Liggett-Brook (US) 10/21/93	Paula Suzuki (US) 4/28/95	67.5
165	Dawn Sharon (US) 6/13/92	Debra Earnley (US) 11/11/95	75
181	Tamara Rainwater-Grimwood (US) 4/15/95	Tamara Rainwater-Grimwood (US) 5/29/94	82.5
198	Dawn Sharon (US) 5/15/88	Cathy Millen (New Zealand) 12/4/94	90
SHW	Lorraine Costanzo (US) 11/22/87	Jan Harrell (US) 7/11/87	SHW

Lbs.	Deadlift	Total	Kilos.
97	Nancy Belliveau (US) 6/1/85	Svetlana Tesleva (Russia) 3/12/95	44
105	Majik Jones (US) 1/28/84	Doris Simmons (US) 7/28/90	48
114	Diana Rowell (US) 7/7/84	Mary Jeffrey (US) 11/21/87	52
123	Carrie Boudreau (US) 7/21/95	Carrie Boudreau (US) 7/21/95	56
132	Mariah Liggett-Brook (US) 11/25/88	Mariah Liggett-Brook (US) 7/16/88	60
148	Ruthi Shafer (US) 11/22/83	Ruthi Shafer (US) 11/22/83	67.5
165	Dawn Sharon (US) 6/13/92	Dawn Sharon (US) 6/13/92	75
181	Dawn Sharon (US) 5/15/88	Tamara Rainwater-Grimwood (US) 4/15/95	82.5
198	Dawn Sharon (US) 12/1/89	Lorraine Costanzo (US) 11/22/87	90
SHW			SHW

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TRAINING

"Hot" Workouts as told to POWERLIFTING USA by Bill Starr



Dave Waddington competing at the 1979 USPF Senior Nationals. This meet took place in Bay St. Louis, Mississippi, in the heat of the summer and the air conditioning in the facility broke down. The heat took a toll... teardrops fell among the droplets of sweat, as several lifters could not hold on to the bar in the heat and humidity. Such conditions will affect your lifting, and the summer season is on the way, but Bill Starr's suggestions should help you deal with the matter effectively.

see, I was running two or three days and lifting three until this heat came on. Now I've stopped everything, I just don't have the energy after work."

"Nothing at all!"
He shook his head wearing a forlorn expression, "Like I said, I'm flat tired all the time. My bodyweight's dropped to 188 and all my lifts bottomed out. I figured I was doing myself more harm than good."

"Are you taking your supplements?"
"Ah," he mumbled, "I sort of stopped. You know how it is. I ran out and never got around to reordering or going to the mall or gym for more."

"How often are you training?"
"Well, that's my problem. You

few people I know enjoy trips to laundromats. For most, it's a form of punishment, but there are occasions when rather enjoy them. This was one of those occasions. I was staying with my friend, Mark Rippeotte, owner-operator of the Athletic Club in Wichita Falls and his humble dwelling didn't have the convenience of washer and dryer. And much more importantly, in mid-August, it didn't have an air conditioner either.

So I actually relished my hour and a half in the cool, although sometimes noisy, environment; listening to couples argue, old people gossip, and women exchange views on the soap operas. I had brought a thermos of coffee, a fine book, and my writing pad in the event I got inspired. After putting my wash in the machine, I found a spot on the couch directly under the air conditioning outlet and opened my book. I was reading Robert Heinlein's *GLORY ROAD*, a great adventure, and was at a most interesting part where the hero was about to go searching for the magical egg. I noticed a shadow had dropped over me and realized someone was hovering right next to me. I looked up and saw Bubbah, one of my trainees from a former visit grinning down on me from under his CAT hat.

"Thought that was your car," he said with a smile as he extended his hand in greeting. "What you doing here? Rip out of your water?"

"No," I returned, accepting the proffered hand, "Rip doesn't believe in boistering with a washer or dryer. He still carries his laundry to his mother and allows her to do it." Bubbah laughed, "Yeah, that's Rip. No air conditioning out there either."

"Just fans. Rip believes it helps to toughen you up. Bubbah took off his hat and plopped down next to me. "Could I bother you for a bit?"
"Why not?" I replied as I marked my place in the book. "The story was getting too interesting anyway. What's up?"

He ignored my sarcasm, propped his dirty boots up on a nearby chair as if he owned the place and said, "It's this damn heat! I just can't seem to recover in this flat camp, almost constantly. And I'm having lots of trouble sleeping, eating, and I sure don't have any desire to train."

"That doesn't leave much," I said with a smile, then seeing my attempt at humor was lost asked, "You still working outside?"

"Mostly. I'm doing a lot of driving now, but I'm still out in the heat about half the day."

"How often are you training?"
"Well, that's my problem. You

gram of Cal along with your milkshake at bedtime and you'll not only sleep, you'll dream in vivid colors."

"Go on!" he scoffed, but when that sure would be nice, to sleep soundly just one night. "You mentioned C, should I be taking lots of that too?"

"Very definitely. Vitamin C is also water soluble and used up rapidly in this hot weather. Get the kind that have plenty of bioflavonoids in them as these are also quite useful for recovery."

"So you think I'll start taking all this stuff that I'm working out in this heat?"

"Sure, there's lots of guys training at Rip's gym who work outside. You just have to pay close attention to what you're doing. And pay attention every day. Be sure to keep drinking lots of fluids and replacing the water soluble vitamins, B and C, and the minerals. Overheating and deficiency can come amazingly fast when the temperature hangs around one hundred. In this kind of heat and humidity as much as three

quarters of sweat can be lost in a single hour. When that happens, blood volume also drops. If it drops low enough, circulation becomes impaired and the brain and other organs are deprived of oxygen. Diz-

ziness and disorientation are the results. If the body's core temperature reaches 105 or 106, heat stroke will result."

"Maybe that's why my brain's been feeling lousy lately," he said as he rubbed his forehead.

"I think your particular luzziness is due more to heredity than the heat," I said in an undertone.

"You could be right," he returned with a chuckle, "my old man's a few bricks short of a load, is Pepsi okay or should I get some Gatorade?"

"Neither. Water is the ideal substance because it passes quickly from the stomach to the blood. Forget about Gatorade or any type of cola, as the sugar in them slows the assimilation process and the caffeine in them promotes water loss. Drink about six ounces every half hour."

"I got the nutrition stuff. Now how about my training?"

"Start back slowly. Be sure to do your running in the latter part of the day, or better yet, take advantage of the exercise bikes or the Nordic track in the gym."

"I'd hate to give up running altogether, may never get back in it if I did. How about if I do all three, run one day, ride the exercise bike another and use the Nordic track on my third aerobic day?"

"Good idea, the heat hasn't fried all the cells yet. I'd make my running day the short aerobic day, the bike the medium, and the Nordic track the long day."

"Yeah, good, how about my lifting, go slow on that too?"

"I would until you get back in the flow of training. Drop a few sets and reps from your old program, lower the top-end weights for a while until you feel you can move back up. The Big Three are good ones to hit all the body parts effectively."

"Maybe I'll do that, I always liked doing that program. How do I know when to start doing more?"

"Mostly from how you feel the day after a harder workout. If you are overly tired the following day, you know you did too much. Then pull back for the next couple of workouts. I believe any workout is better than none at all. It's better to undertrain than do nothing. Once you stop training altogether, it's a great deal harder getting back in the groove. If you continue to do something on a regular, consistent basis, then when the weather breaks you are way ahead as you've retained the habit of exercising."

Bubbah stood up, knocked the pile of dirt off the chair onto the floor with his hand, put on his CAT hat and said "I'll get me a load of having their pick-ups waiting with a cooler of beer on the other side."

ally, I came in to see one of Rip's Olinist gatherings. He's promised me they'll actually sword fight this time, regardless. Last time I went to one of the meetings, it was misty and damp outside and the noble warriors refused to leave the house."

Bubbah let out a booming laugh that startled several women at the washers. "Yeah, those Texas Vikings are really hardy alright. Their idea of crossing an ocean is running a canoe across the Red River and having their pick-ups waiting with a cooler of beer on the other side."

"I will. And lots of water during the day with plenty of minerals and Bs, and oh, yeah, C. Let's see, a protein shake after I train and another before I go to bed with my mag-calc. And start back slowly on my aerobic and weight programs. I shook my head in agreement.

"And don't miss. Once you get started again, you'll be fine."

"Say, I forgot to ask. What brings you to lovely Wichita in the dead of summer? The fantastic falls? Or is it a bit of insanity in your family too?"

I laughed, "It was the falls. Actually, I came in to see one of Rip's Olinist gatherings. He's promised me they'll actually sword fight this time, regardless. Last time I went to one of the meetings, it was misty and damp outside and the noble warriors refused to leave the house."

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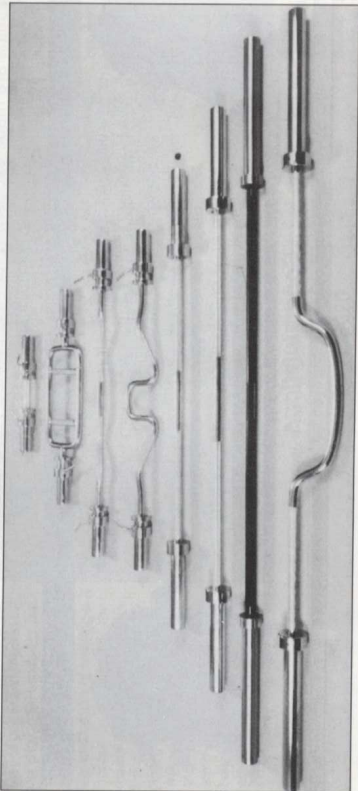
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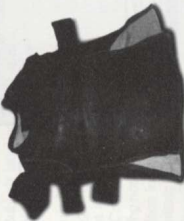
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Lifting belts and lifters go together like beer and pizza, or cookies and milk. Wherever you see one, you see the other. Go to just about any gym, and you'll see the vast majority of the male population there wearing a lifting belt of one kind or another (females don't seem to have quite the attachment). It conjures up thoughts of Linus from the PEANUTS cartoons and his blanket. A belt is a lifter's security blanket. The problem is many lifters may not use lifting belts effectively or correctly. Incorrect use of a belt may actually weaken the lifter and expose him or her to a greater chance of injury. Their proper use can increase results and safety.

Most recreational lifters wear belts because everyone that lifts always does so. Powerlifters wear belts to lift maximal weights. The oldest form of belt is the thin-in-front, wide-in-back style worn by Olympic lifters, as we've all seen on TV. This type of belt works for them, but not necessarily for the powerlifter. Olympic lifters tend to lean back, while powerlifters tend to lean forward. That difference necessitates more support in the front for the powerlifter. Veteran lifters like Ricky Crain and Lamar Gant knew this long ago, and wore their thin-in-front, wide-in-back style belts backwards, so the support would be in front of their bodies. Since then, belt makers have seen the light and have been making belts with same width around the whole circumference. This type of belt would seem to be the best choice, as it supports the lifter no matter where their body leans.

The real benefit of wearing a belt comes from allowing the abdominals to push against the belt during exertion. This stabilizes the spine, giving the lifter a greater base from which to exert power. This increase in intra-abdominal pressure relieves pressure on the spinal discs. Reduced spinal pressure lessens the likelihood of injury to the discs, making heavy lifting safer.

The negative of this practice is that using a belt doesn't permit the lifter's abdominals to work and develop maximally on their own. The belt becomes a crutch and the abs never develop to their fullest. What is the answer then? It's simple. Most experts recommend using a belt only for sets of less than 5 or singles of 90% or more. This allows the abs to develop on the lighter sets and still gives the lifter protection on heavy ones. Of course, athletes like crutches will help maintain. This pattern of belt usage can also pay off in every day life. If you consistently train with a belt, and

blood pressure. If worn too high, it could even crack a lifter's ribs. The best solution is to use common sense as to the degree of tightness and placement. If it causes shortness of breath or pain, it's too tight or too high. A common sense approach would also see the lifter only keep the belt drawn tight while lifting. After the set, loosen or remove the belt. To really get a belt on tight it may require 2 helpers, one to pull on the belt, and one to hold the lifter and fasten the buckle or lever. If you must wear the belt for the whole workout, keep it on loose during the lighter sets and rests between sets. After a heavy lift, loosen your belt first before removing any wraps or squat suit straps. Common sense is usually the right answer.

There are many types of belts. Most lifters wear belts made of leather, which is your best choice. Belts also vary in thickness. Some are single layered, others are double or triple thickness. I would suggest if you use a belt for the bench, choose a light, single thickness belt. That type of belt would restrict your arch the least. Most belts come with buckles but others use a lever to open and close. I would suggest trying both to see what works best for you. As with all power gear, I can't emphasize enough that you should not use any new products at a meet for the first time. Get to know how your gear works beforehand, so there are no surprises. In addition, bring a backup belt in case the first one gets lost, or stolen, or breaks.

I can't conclude without little bit on the rules. First, there is no rule requirement to use a belt, as there is for using at least a one-piece singlet or shoes. In fact, Dr. Fred Hatfield (aka Dr. Squat) advocated not using a belt for the deadlift, relying only on the abdominal muscles to provide intra-abdominal pressure. The width of the belt must not exceed 10 centimeters and the thickness may not exceed 13 millimeters. This outlaws those seemingly 2 foot wide in the back belts worn at prissy health spas.

A lifting belt can be a definite plus in competition as well as training. Using it correctly can mean higher totals and increased safety. Don't use a lifting belt instead of your abs, use it in conjunction with your abs. The first step may be to shake that Linus mentality. Leave the PEANUTS to the elephants.

Doug Daniels

STARTIN' OUT

A special section dedicated to the beginning lifter

Powerlifting Belts as told to Powerlifting USA by Doug Daniels



Bob Morris originated the competition style lifting belt. Here he is in his shop with the prototype that Marv Phillips used to set several squat records.

then help a friend move their washer/dryer without one, you could be asking for trouble.

Of the three powerlifts, use of a belt during the bench may be worth a re-think. First off, there would seem to be less pressure on the spine than during the squat or deadlift. Second, using a belt will restrict your arch. If you must use a belt to support, use a thin one, not one of those double or triple thick belts used for squatting. One good use for a belt while benching is to help

keep your bench press shirt on tight. After getting the shirt on, pull the shirt down and cinch the belt around it to hold it in place. This is a technique I learned from Chris Confessore (Tony Chris, your secret is out).

How tight the belt is worn is another factor to consider. It would seem the tighter the belt, the more support, but that can have its drawbacks. First, if it's worn too tight, it could cause breathing problems or even elevate the heart rate and

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USPF President's Message... Peter Thorne... "The USPF Men and Women's National Championship will be held in Philadelphia, PA, with the National Committee Meeting Thursday, July 25, and the lifting beginning Friday, July 26-28, 1996. To get an entry form or other information on the competition contact Robert Keller at 215-542-4941. Robert has told me that he has had an unusually high early interest in the championship and he is looking forward to a large turnout of lifters.

Remember that bids for the 1997 National Championships will be considered at the National Committee Meeting. Your bid packet should be returned to the USPF National Headquarters office by July 1, 1996. You may request a bid packet from the USPF National Headquarters (800-500-9727). National Championships are as follows: Bench Press National Championships (World Team Selected); Junior Nationals (World Team Selected); Collegiate Nationals; High School Nationals; Men's and Women's Nationals (Police and Fire Nationals); Masters Nationals (World Team Selected); Deadlift Nationals; and Women's Nationals. Thus far the 1996 National Championships have had a great turnout of lifters. We are hoping to continue that trend in 1997.

I appreciate the message by Grahame Fong in last month's *PL USA*. I share Grahame's concern that the fragmentation in the sport is hurting the lifters. I look forward to seeing the sport grow and our athletes getting recognized for their great accomplishments. These results will not happen until all of us can work together to promote the sport. Lifters and fans alike are growing weary of the negativism and fragmentation. (See my message in the April/96 issue of *PL USA*.)

As you read this message, the USPF will be preparing to send a strong team to the IPF Women's World Championships in Kitchener, Canada.

We have had calls from IPF referees concerning their certification stamps. The IPF has just recently sent the stamps to the USPF. Dennis Burke is acting as Referees Credentials Chairman for the USPF and all the information and stamps have been sent to him for distributions. If you have questions for Dennis, you may direct them to him in writing in care of the USPF National Headquarters, P.O. Box 2170, Kilgore, TX 75662. I greatly appreciate the hard work Dennis is doing for the USPF.

USPF National Headquarters Message... We have had several calls regarding paying for records set at USPF National competitions. Several years ago the Executive Committee voted that meet directors for national competitions should collect \$10 per lifter to pay for random drug testing at their competitions. The Executive Committee later decided that to set an American Record the lifter must be drug tested. Because American Records can be set in many different categories, it is not feasible for the meet director to meet the expense of drug testing for records set. Keeping this in mind the Executive Committee followed the policy of the IPF and stated that if the lifter were not selected to be drug tested in the random selection it would be the responsibility of the lifter to pay for drug testing for any record set. Drug testing for an American Record is done by Aegis Laboratories and the cost is \$66.00. It is the policy of the IPF that any world records set must be drug tested by an IOC approved laboratory. World records set at a USPF competition are drug tested at Indiana University Laboratories and the cost is \$195.00.

This procedure has worked well for the IPF as they collect a drug testing fee for each lifter coming into a competition to defray the cost of random drug testing. Lifters who set World Records but are not selected for the random testing must be prepared to pay for the drug test for their record.

Questions to the USPF Candidates:

"The following statement appeared in my entry for the 1996 Jr./Collegiate Nationals: I understand that the attached notice describes the doping testing methods and procedures contemplated by the USPF or meet director or promoter in advance of this powerlifting meet. However, I specifically agree that the USPF or meet director may deviate from those testing methods and procedures as they see fit. Moreover, I agree that any testing method(s) and procedures that are used to detect the presence of banned substances SHALL BE CONCLUSIVE. That is whether I think the final results of the testing are right or wrong, I agree that I have no legal or equitable right to challenge the results of the test(s)."

I have concerns about having to sign an entry form with this statement for the following reasons:

Mr. Thorne keeps talking about the integrity of the USPF drug testing. If this were true, the USPF would not have a need to include such a statement in their meet entry forms. In other words, if the tests had a high level of integrity, reliability, and validity they could stand up to any challenge. Furthermore, HOW can their be integrity, reliability, and validity if the methods can be changed at the whim of the USPF, meet director, or promoter? This also raises questions regarding equity among meets and fairness to the lifter (if meets are not tested equally, by the same standards, etc.). Finally, why should the lifter not have the right to challenge questionable drug testing procedures, or mistakes that were committed? It also would be appropriate to publish the results of drug tests. The IPF has done so since around 1982. Why does the USPF want to keep it a secret? I am looking forward to seeing how the candidates respond. Respectfully, Michael Pringle, Two time USPF High School National Champ

Dear Candidate: Recently I paid \$25.00 for a USPF card and \$40.00 for the entry fee to the Georgia State Championships and was asked for an additional \$66.00 to pay for the drug test for an American Record I made at the contest. I agreed to the test but refused to pay for it. With the cost of travel and hotels and inflated prices for cards and entry fees to an amateur event, I consider having to pay for a required drug test a little to much.

The questions: 1. What plans do you have to arrange for the USPF to pay for drug tests required by the USPF or IPF? 2. What plans do you have to arrange for funds to pay for teams to attend World Championships? 3. What plans do you have to publish, on a regular basis the financial records of the USPF and expense accounts of officers, judges, meet directors, or referees whose expenses are paid by the USPF?

4. The cause of the conflict between the IPF and lifters of other federations is primarily the refusal of the IPF to deal with the anti-trust laws of this country which has resulted in a lawsuit and a judgement against the IPF. The IPF has taken the path of least resistance by avoiding this country. The question is: What plans do you have to influence the IPF to come to this country and settle the dispute honestly? Sincerely, L. B. Baker

NOTICE... on April 11, Guy Adams of the Don Haley for USPF President campaign, informed *PL USA* that he was today by the USPF Headquarters office that it would take one month to provide the names and addresses of the current (and voting) USPF Members at Large and Athlete's Representatives

Message from the IPF President... "As the USPF elections and Nationals draw closer I have either received communications on or read articles on a number of contentious matters. Principally these are the Pori document, the USPF elections, and the USPF Nationals. As there has been comment and queries on the IPF's attitude on these matters I will comment briefly on each of them.

The "Pori document" arose from a meeting of a number of USPF members and IPF executive members. The meeting was held in Pori, Finland during last year's IPF World Championships and it was convened to allow what could loosely be called the "anti USPF administration faction" to air their concerns. The meeting was lengthy and at times rather negative as both anti and pro factions (the latter represented by Peter Thorne) sought to establish their position with the IPF. Rather than focusing on past grievances (including the 1995 election results) I proposed that we should all look forward and record various agreements including steps to ensure that this year's USPF elections be democratically held and the results unimpeachable and universally accepted. This was the genesis of the Pori document. It was the stated intention that the document should be an ongoing reference (rather akin to a road map) to ensure that all concerned were headed in the same direction and along an agreed route.

By the time the Pori meeting concluded all parties were positive and I was encouraged by the general tone of the meeting.

I still remain very positive about the future of the USPF, but there have been a couple of disappointments relating to the document. The first of these related to its unauthorized circulation and the claim that Peter Thorne's signing of it was an acknowledgment of past misdemeanors and infractions. This is absolutely incorrect. Peter Thorne voluntarily signed the document as a supporter of the positive direction which was agreed upon and there was never any suggestion that he did so because of any previous culpability. The second disappointment is the failure by the current administration to release a copy of the USPF directory. This was one of the agreed points in the Pori document and its importance is clearly spelled out in the March issue of *PL USA* (Who's Who in the USPF - page 107). Hopefully, this unacceptable situation has now been satisfactorily resolved without undermining the integrity of the election process. There have been numerous complaints that last year's elections were tainted, and any similar accusation this year could focus an unwelcome spotlight on this year's elected officers.

The venue for this year's USPF Nationals has been the subject of some heated correspondence. A meeting was also held at Pori to discuss this problem and attendees included George Panzak and Peter Thorne. Claims and counter claims have been aired and documented and it is not my intention to fuel the situation. I do hope, however, that common sense will prevail otherwise it is the lifters who will ultimately suffer the greatest loss.

I am on record as stating that the IPF will not interfere in USPF internal matters, and this stance has not changed. I have, however, taken a keen interest in USPF affairs for the reasons stated in my previous article and I sincerely hope that it is only a matter of time (sooner rather than later) that it sorts out its problems and assumes its mantle as a senior IPF member and role model.

To all candidates for USPF office I wish you the best of luck and trust that the elections will be fairly fought." Grahame Fong, IPF PRESIDENT (21 April 1996)

To: Peter Thorne, President, USPF. To: Pete Alaniz, "Gentlemen, the letters and phone calls I am receiving regarding USPF matters have been coming in at a steady rate and there have also been a number of comments in *PL USA*. I, therefore, consider it appropriate for me to express my views to both of you and also to the IPF executive.

1. I reiterate my earlier advice that neither I, nor the IPF, wish to become overly involved in USPF matters. We, therefore, will not usually respond to individual communications as this can be a prelude to becoming involved in trivialities.

2. I have already expressed strong disappointment that the Pori document was leaked. I have assured that this breach of confidentiality will not be repeated.

3. I do not like receiving communications on a confidential basis as this has the potential for incorrect perceptions of collusion and subterfuge. I, therefore, request that any correspondence and calls to me should be on an open basis as I reserve the right to circulate or discuss any communications directed to me.

Similarly, any correspondence or calls from me will be on the same basis unless I specifically indicate otherwise.

Therefore, any correspondence from me (including past letters and this one) may now be circulated by either of you. Such circulation may be in a whole or in part only (provided that I am not quoted out of context).

4. I am concerned that one of the fundamentals of the Pori document has not been adhered to. This is the distribution of the USPF directory which I consider to be an integral part of a democratic election process. However, there are always two sides to a story and I invite Peter Thorne to refute allegations that the process has been prejudiced by the non distribution/late distribution of the directory. If the directory has still not distributed then I strongly urge that this situation be rectified.

5. On a number of occasions Peter Thorne has used his *PL USA* column to comment on the USPF and IPF relationship, e.g., in the April 1996 issue Peter Thorne states (pg. 82) "The USPF has an excellent working relationship with the IPF." I would very much like to endorse this (and similar) statements, but unfortunately I cannot. The USPF has not had an "excellent" working relationship with the IPF for many years. The relationship has certainly improved in the last year or two, but it still has some way to go and will not be satisfactory until such time as the USPF and its hierarchy is fully accepted and respected by its own members and its IPF peers, and we no longer have to deal with a continual stream of USPF problems.

I sincerely hope that this day is not too far away.

6. I had hoped to attend your National elections with funding support from both "factions" as this gives some credibility to the exercise. I have advised Peter Thorne that a contribution of even \$100 should be considered (this follows his advice that his "faction" could not make any contribution). However, I have received no response to this suggestion and I can only assume that Peter Thorne's stance on this aspect remains unchanged notwithstanding his contention that there is an "excellent" relationship between the USPF and the IPF.


7. I do not propose to directly involve myself with George Panzak's bid for the Nationals as that is a USPF internal matter and it is obviously not the IPF's place to dictate where national federations should hold their Nationals. However, as I chaired another meeting in Port/Jeffers Messrs. G. Panzak, D. Jeffrey, S. Scully, P. Thorne, R. Herrick (all USPF) G. Fong and B. Jamison both IPF at which George and others tabled their concerns about the manner in which Peter Thorne had handled George's bid, I think it is appropriate for me to make some comment.

Quite frankly, I was somewhat surprised that George's sanction was revoked. However, Peter Thorne explained his position (see March issue of *PL USA*) and I accepted that. George's response through the April issue of *PL USA* through a different light on this unfortunate matter and I seek further information. I stress that I am not going to interfere in the sanction process, but any information which you or others can provide will assist me to better understand the position.

8. The letters I have received include correspondence from individuals who have a reputation for agitation. I am well aware of their history, litigious nature and fractiousness, and I am neither impressed nor swayed by their endeavors to influence me. I consider myself to be of sufficient intelligence and experience to be able to make an objective assessment of the situation, and I do not need to be prompted by those with "dark" interests (as Peter Thorne calls them!!)

9. Overall, I am encouraged by improvements I have observed in the USPF administration. Communication has definitely improved as have USPF drug testing procedures. Peter Thorne has given more of his time to our sport than any previous USPF president I have known, and his commitment has been unwavering in the face of heavy criticism from many detractors. I believe that much of the criticism has been unwarranted and I have, therefore, deliberately discounted those accusations which I consider to be mischievous or unverified. I am, however, not yet fully convinced that the USPF election process has been democratic and I am concerned that the general USPF membership may reject the current administration if it is re-elected. I am also concerned to ensure that the correct portrayal of the USPF/IPF relationship is conveyed otherwise we are deluding ourselves at best and lying to others at worst.

Gentlemen, I still remain optimistic that the USPF problems will be rationally resolved with an acceptable time frame. If they are not there is the potential for the USPF's position in the IPF to be challenged again and this could result in actions which may be to its ultimate detriment. Please do your best to ensure that the USPF is never placed in this precarious situation. Yours sincerely, Grahame Fong, IPF PRESIDENT. (25 April 1996)



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Homeopathic Testosterone Does it Work? Is it Safe? And Is it Legal? as told to Powerlifting USA by Antonio Calderon M.P.A.

In the continual quest to get bigger, stronger, faster, and better, athletes have, for several decades now, ingested all types of anabolic steroids to gain that competitive edge or to just look more impressive. As of 1991, however, anabolic steroids became a controlled substance due to their potential for abuse. As a result, users of these drugs have had a very agonizing choice to make. Does an athlete simply stop taking the steroids altogether, and thus, give up significant size, strength and power, or does the athlete continue taking the steroids by acquiring them illegally and, in the process, become a criminal because steroid possession, regardless of amount, is a felony punishable by prison time?

Not too long after the 1991 steroid prohibition milestone, there was another choice available: homeopathic testosterone, a completely legal alternative. It is extracted from cattle and sheep and diluted in extremely small quantities so that the potency is something on the order of 1/1,000 to 1/1,000,000 of the so-called "real thing."

Homeopathic testosterone has previously been advertised in this journal, although not of late, and can still be found in most homeopathic pharmacies. My personal experience is that it works well because it helps stimulate the body's own natural testosterone production. Some users of homeopathic testosterone (HT) report strength gains of as much as 10% within a 2 to 3 month cycle. Although a far cry from so-called "real steroids," HT affords a definite advantage without any of the side effects associated with the use of traditional steroids, i.e., acne, "roid rages," hypertension, bloated appearance and purrification, etc.

When I first became acquainted with HT, I saw a significant boost in



Mike MacDonald was the source for Antonio Calderon's purchase of Homeopathic Testosterone. Most drug tested lifting federations make it the athlete's responsibility to know what substances they are taking and if they are legal.

had given to my bench press. I questioned the legality of its use for natural competitors. Posing this question to Rich Peters (1994) at a national regional contest in Las Vegas, I explained that I felt morally obligated to confess that I had been taking Test RX (no prescription required), a legal, but powerful homeopathic testosterone, distributed by Mike MacDonald. I even brought the bottle in for inspection. Peters scrutinized the labeling and the contents, and then gave the okay to participate in the contest. I remember asking myself how much longer this homeopathic testosterone was going to be legal, both from the perspective of the nation's drug laws, and as well as from the perspective of being considered natural!

Almost two years later, however, HT is becoming controversial. Homeopathic medicines have been around for some two hundred years (Miller & Keane, 1983) and have always been billed as an alternative to traditional medicine. The purpose is to introduce substances in minimal quantities that would pro-

duce symptoms of the disease being treated in a healthy person (Panos & Heimlich, 1980; FDA, 1985). Most traditional practitioners of medicine do not respect the practice of homeopathic medicine as they feel it is like snake oil, harmless, but worthless. In many states, homeopathic practitioners do not need any medical training at all (Nevada, 1995). Virtually any charlatan can call himself a homeopathic physician without any legitimate credentials. Consequently, this practice has developed quite a bad reputation.

A check with a local supplier of homeopathic testosterone one revealed that this particular supplier no longer carries it due to alleged warnings that FDA officials stated that HT was no longer legal. A phone call to the local FDA office, however, did not corroborate the claim that HT is illegal. Calls made to two sports physician's offices familiar with homeopathic testosterone did not uncover anything illegal with the taking of HT (Advanced Sports Nutrition, 1996; Dr. Herrick, 1996). A call to the U.S.O.C. (1996) however, for clarification of the legal status of HT for Olympic competition indicated that the user of this substance takes the risk of disqualification if his testosterone levels are above a certain ratio (6:1). I am not aware of any such tests that HT takers have been subjected to taking, so I have no idea whether or not taking HT in the amount indicated on the instructions, or any other amount for that matter, would make one ineligible for competition.

HT appears to be safe as would any other remedy prepared homeopathically. From my personal experience, coupled with observations of a handful of others taking HT, I believe HT is both safe and quite effective, although the sample is quite small for any broad generalization.

As far as legal status, there have been no new laws passed specifically prohibiting the use of HT or even restricting its use. As far as competitions are concerned, the jury is still out on its legality as the answer hinges on the level of testosterone as measured by a ratio, which cannot exceed 6:1 of testosterone to another form of testosterone. A 1:1 ratio is normal. Until and unless such testing is done among HT takers, the question remains unsolved.

But in the end, even if HT takers pass the testosterone tests, are they really natural from a moral perspective? That is a question that can only be answered by the user of HT. Until natural organizations actually specifically prohibit HT, it seems an athlete would still be "natural" for purposes of competition. And if HT does become prohibited because it enhances performance, then where do we draw the line? Will other nutritional substances sold in vitamin stores and mail order also be prohibited? Perhaps a truly natural athlete is one who only gets his nutrients from food. These are some tough questions and issues for which I do not purport to know all the answers. The intention of this article is to only raise these issues to stimulate further thinking and discussion of the subject matter.

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This is the kind of strength, support, and comfort that you've never gotten from any other lifting suit. Bottom line: You'll squat better in this suit than in any other suit. Period.

Why? Because you're wearing the new Gold Medal SuperSuit, Marathon's newest technological development in the science and art of powerlifting suits—a science that originated with Marathon over 17 years ago and has been continually advanced by Marathon ever since.

And we back this suit up with the only true performance guarantee ever offered to you on a lifting suit. That is, if this is not the best lifting suit you've ever worn, just return it for a full refund.

As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit Is Different From All Other Lifting Suits Ever Made

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And what makes it so special is that is has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

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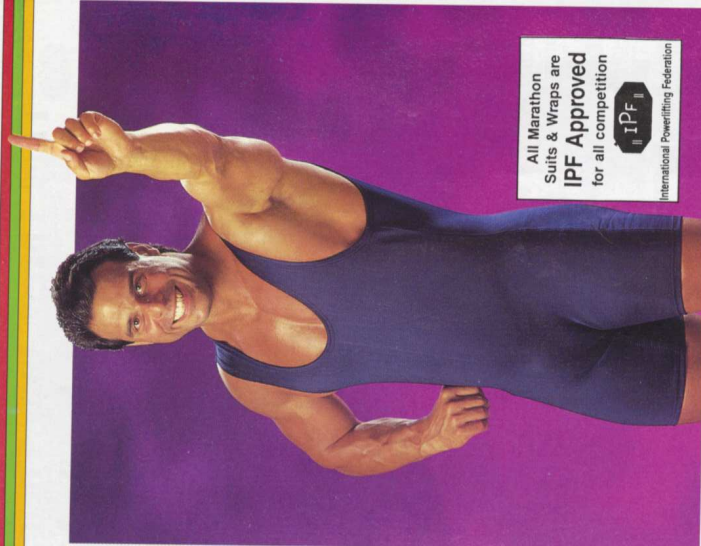
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Marathon®
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Something Amazing Happened on the Way to the Platform and Its Just as True Today as When It First Happened Two Years Ago.

They Threw Away Their Favorite Kneewraps And Switched To Marathon's New Kneewraps—Just Before The Competition!

DATELINE: LAS VEGAS, NV—1989 SENIOR NATIONAL MENS AND WOMENS POWERLIFTING CHAMPIONSHIPS. As you know, it's simply unheard of for world class powerlifters to change *any part* of their equipment just prior to a competition. But that's exactly what happened here at the Senior National Powerlifting Championships when George Zangas—owner of Marathon Distributing Company—introduced the amazing DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewrap to many of the lifters before their warm-ups.

Just imagine the best male and female powerlifters in the country putting on Marathon's new DOUBLE GOLDLINE™ kneewraps, doing a couple of warm-ups and immediately throwing away their "trusted" kneewraps—the ones they came prepared to compete with!

Why did they throw their old wraps away? Simple. These experienced lifters *instantly* recognized the superior performance and quality of the DOUBLE GOLDLINE™. So they decided to use them in their three squat attempts during the actual competition!

The end result: Believe it or not, the DOUBLE GOLDLINE™ allowed them to squat more weight, with better form!

These amazing results have led Marathon Distributing Company to make the following guarantee: If you don't find Marathon's DOUBLE GOLDLINE™ SUPERWRAP® 10 to be the best kneewrap you've ever worn, just return them and Marathon will promptly refund *every penny you paid*—including shipping and handling charges—with no questions asked!

What Makes This Kneewrap So Special?

Here's why Marathon's new DOUBLE GOLDLINE™ SUPERWRAP® 10 is so powerful.

- **THE BEST PERFORMING KNEEWRAP EVER!** Marathon Distributing Company has developed a special manufacturing technology that not only provides the most outward tension, but also the greatest "comeback™" of any wrap on the market! This exclusive "comeback™" quality gives the DOUBLE GOLDLINE™ 10 kneewrap its superior performance and is the key to greater squatting.

- **LONG LASTING, HIGH-QUALITY!**

The high quality materials used in the DOUBLE GOLDLINE™ kneewrap will provide consistently higher performance—better than any other kneewrap available!

- **UNEQUALLED COMFORT!**

An added plus is that the DOUBLE GOLDLINE™ kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

With all this, it's no wonder that after the competition the competitors said the DOUBLE GOLDLINE™ SUPERWRAP® 10 is the best performing kneewrap they've ever worn!

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DOUBLE GOLDLINE™ Superwrap® 10

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To order your DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewraps, just call TOLL-FREE 1-800-321-5064 for immediate service. MasterCard, Visa and C.O.D.'s are accepted. If you wish to order by mail, use the convenient order form on the following page.

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High Performance Kneewrap Superwrap® 10 Goldline™

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Deadlift Shoes - As pictured both models have padded ankle & tongue for increased support and comfort. Non-skid sole especially designed for increased traction, flexibility, and feel. The adidas model has a unique split level design that allows maximum flexibility and support. Both models are available in black & white as pictured.
Nike - sizes 5-15 \$39.50
adidas - sizes 6-13 \$44.50

Texas Power Bar - This is the Texas Power Bar that has been used at most National Championship meets since 1980. The other company claims to have the original. Yes, they used to sell the original, now they just make their own cheap imitation. The shaft is pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. This bar has held up to 1000 pound squats on at least six occasions without bending.
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Elite Squat Bar \$245.00

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Coming Events

- Men DL Classic (Jackson, MS - tested/ non-tested), APA Box 27204, Elloban, FL 33927, 941-697-7962.
- 8,9 JUN, NASA Arizona State (Phoenix) Rich Peters, Box 735, Noble, OK 73068
- 9 JUN, 3rd World Gym Classic Bench Press (open, women, teen, master) World Gym, 3166 Black Horse Pike, Glendora, NC 27109, 910-759-5629
- 1 JUN, (NEW DATE) Whatever You Can Bench Press (no sanction)/members-teen, teen, master, submaster, women, prep, DL, Isabelle, 55 Weston Ave., Cranston, RI 02920, 401-942-7875
- 1 JUN, 5th Winterville Open BP &/or DL, Kerry DiDomenico, 234 Alfred Dr., Winterville, OH 43082, 614-264-4805
- 10-11 JUN, 20th Texas World Police Weightlifting, Texas Police Athletic Federation, 15177, Austin, TX 78713, 800-634-8752
- 15 JUN, USPF Nevada, 2420, Sparks Open PL/BP Prt Hl, 2022 4th Ave NW, Minot, ND 58703, 701-839-4026
- 15 JUN, (NEW DATE) AAU Great Lakes BP/DL Classic (open, women, teen, submaster, master) Mark Bocht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583
- 15 JUN, Garver YMCA Open Bench Press (Roaring Spring, PA - open, teen, master, women) Dave Blattenberger, RD2 Box 225A, Martinsburg, PA 16662, 814-224-2502
- 15 JUN, ANPPC Drug Free Massachusetts BP (teen, women, men, master) New England Health & Fitness, 57 S Main St., Bakhawilville, MA 01436, 508-939-5754
- 15 JUN, AFF Tennessee Jr. State, Joe Brown, Doc's Gym, 1766 Hillboro Blvd., Manchester, TN 37355, 615-723-2806
- 15 JUN, Budweiser Record Breakers BP/DL (Shloh Sultier In, Bend, OR) Gus Redwisch, Box 5292, Bend, OR 97708, 503-389-0600
- 15 JUN, ADFFA West Virginia State Championships (all divisions) Mark Weigh, Rt 4 Box 85, Berkeley Springs, WV 25411, 304-258-5000
- 15 JUN, NASA New Mexico State PL/BP (Alamogordo) Rich Peters, Box 735, Noble, OK 73068
- 15 JUN, Push/Pull Outdoor BP/PL (drug tested, open, novice, teen, master, women), Jon Snooker, 30174 Wolf Elkhart, IN 46516, 219-674-6683
- 15 JUN, IPA Iron Island Deadlift Championship, Ralph Rabe, Ironside Gym, 3465 Lawson Blvd., Ironside, NY 11972, 516-594-3014.
- 15 JUN, (new date) AAU California State (South San Francisco - open, N.C., Calicut, (master) Tom Swaraz 415-583-8648 or Mike Sorenson 415-349-4022
- 15,16 JUN, ADFFA Men's National (St. Louis, MO) Mike Caselli, 15 Lakeside Dr., Lake St. Louis, MO 63367
- 22 JUN, Miller's Iron House Gym Natural Bench Press, Brian Miller, 218 Williams St., Chardon, OH 44024, 216-286-0818
- 22 JUN, Bench Blast '96, Body Mechanics Fitness Center, 8395 Oauego
- 30,31 MAY/1 JUN AFF Sr. Nationals, Curtis Leslie, 2258 Permothal Ct., Atlanta, GA 30338, 770-458-5606
- 1 JUN, ANPPC Drug Free Eastem USA PL/BP (teen, women, master, men - Albany, NY) ANPPC, Box 1484, Mt. Vernon, IL 62884, 518-785-8096
- 1 JUN, USPF South Texas Championships (BP, Class I, submaster, women, teen, master, open) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396
- 1 JUN, Washington State High School Championships, Lee Ottini, Monroe H.S., 1408 W. Main, Monroe, WA 98272, 206-794-3010
- 1 JUN, USPF Ohio State & Ohio State Meeting (prior to meet - schedule & state business), Todd Monroe, 216-296-2900
- (drug testing, men, women, women, teen, master, men, women, prep, DL, Isabelle, OH, 44310, 216-253-7616 or Buddy Rogers 297-7520
- 1 JUN, MDSA Scotto the Lost Games (Chorret, MN), Danish Jacobson, Box 1031, Willmar, MN 56201
- 1,2 JUN, ANPPC Central USA PL/BP ANPPC, Box 1484, Mt. Vernon, IL 62884, 503-389-0600
- 1,2 JUN, ADFFA Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
- 1,2 JUN, USPF Northwest Region 8 (Emerald Valley Resort, Creswell, OR) Gus Redwisch, Box 5292, Bend, OR 97708, 503-389-0600
- 1,2 JUN, 13th AAU No Boys Allowed PA Masters/Women's State-Open Massage/Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
- 1,2 JUN, NASA Submaster/ Master Nationals (PL/BP - Pittsburgh, PA) Rich Peters, Box 735, Noble, OK 73068
- 2 JUN, 2nd Willow Creek Club SAAS Bench Club, Doug Dubrock, Willow Rosemount, IL 60018, 847-698-CLUB
- 8 JUN, (NEW DATE) Flea Gym AFF BP/PL Meet (1st-3rd trophy, all wt. classes, all divs.) Lisa Thornton, 307 E. Hwy 303, Grand Prairie, TX 75051, 214-263-3539
- 8 JUN, USPF Maryland Bench Press (MD/JDC residents only - drug tested) Jeff Dunham, Bel Air Athletic Club, 658 Boutwell St., Bel Air, MD 21014, 410-838-2670
- 8 JUN, MDSA Upper Dakota Class (Dowells, ND) Darwin Jacobson, Box 8031, Willmar, MN 56201
- 8 JUN, ANPPC Alabama Open BP (Birmingham) Body Shop Health Club, Box 325, Abubster, AL 35007, 205-663-7272
- 8 JUN, UNPF Augusta BP/DL (Augusta, GA) UNPF, 2560A Pearly Cir. N.C., College Park, GA 30049, 770-996-5008
- 8 JUN, AAU Prime of Life Open BP (South, CA) John Ford, 707-794-8988
- 8 JUN, APA Magnolia State BP & Iron

- 30,31 JUN, 770-996-5008
- 22,23 JUN, NASA Grand Nationals (PL/BP - Delaware, OH), Rich Peters, Box 735, Noble, OK 73068
- 23 JUN, RULC Chapel Classic Bench Press, (Canton, OH) Life Church, 11127, Reynolds, OH 45767
- Shob's, (Gainesville, TX) Business, 260 S. 26th St., Gainesville, TX 76705, 817-444-9999
- 26-29 JUN, IFF Women's Worlds, 2600, (P.O. Box 2600) Ontario, Canada
- Lanton Lum, 98 Pennsylvania Crescent, Kitchener, Ontario, Canada
- NZR 283, 519-893-8479
- 26-30 JUN, AFF Masters/Teenage Nationals (men, women, World/Cent. Gulf Breeze, FL 32561, 800-942-9304 ext 20135
- 29 JUN, APA New England Open Bench Press (men & women open, teen, submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (no late entries)
- 29 JUN, (NEW DATE) North Coast BP/DL Competition (men, women, master, open) Dave Hopkins, 6474 Lorain Blvd., Elyria, OH 44035, 216-324-4313
- 29 JUN, NASA Northern Michigan Boddert Bench Press/Deadlift DL (women, men, submaster, master) Jeff Fleischer, 1190 Lake, Touvas City, MI 48763, 517-345-7863/362-0464
- 29 JUN, ANPPC Drug Free Texas BP (teen, women, men, master) Golds Gym, 4212 Decker Dr., Baytown, TX 77420, 713-424-4667
- 29 JUN, USPF Muscle Beach Venice Deadlift, Darlene Gallardo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
- 29 JUN, 3rd AAU GBC Fitness No



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Championship

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7 JUL, WNPFF Lifetime Nationals (Phila., PA) WNPFF 2560A Picardy 770-996-5008
 12-14 JUL, USPF Police & Fireman National PL/BBP (Philadelphia, PA) drug tested by urinalysis Robert Kellar, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-542-4941
 13 JUL, ADFFA Commonwealth Games PL/BBP (all div./alt. classes) Bettina Altizer, 4455 Laurelwood Dr., Roonoke, VA 24018, 404-774-7236
 13 JUL, APF Bodies by Beau Sebago lake Bench Press Championships (open men, open women, masters men, teen men) Beau Boyle, Box 972, Raymond, ME 04071, 207-655-7612
 13 JUL, ADFFA Kentucky Midsummer DL/BBP Classic, Steve Conum, 520 South Main St., Henderson, KY 42420, 502-826-8354 or 853-7865
 13 JUL, Power Master II (open, novice, women, submaster, master, teen) BF/DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806
 13 JUL, WNPFF North Carolina BP/College Park, GA 30349, 770-996-5008
 13 JUL, MDSA Biggest Bench on the Beach (Spree, MN), Darwin Jacobson, Box 1031, Willmar, MN 56201
 13 JUL, USA U.S. Deadlift/Birmingham Open BP (Birmingham, AL) tested/13-18 Jul, ADFFA Jr./Teen Nationals (St. Louis, MO), James Hart, 402-470-3672
 13 JUL, WNPFF Rich Peters, Box 735, Noblesville, IN 46051, 317-841-1111
 13 JUL, ADFFA Raw Meat (4* nooks, spce. olympic), Manual Villarreal, 800-484-9870, ME/NE, CA 95111
 13 JUL, Suburban N. Family YMCA BP/DL Classic (Sun., women, teen, masters) Steve Conum, Family YMCA, 880 Walnut St., Coatesville, PA 18032, Curt Ekroth, 610-837-1150
 13 JUL, Golden's Health Club BP Extraneous (open, women, teen, masters) Dave Roof, 4110 Main St., Coatesville, PA 18032, 610-837-0303
 21 JUL, (new date) APF Countdown Bench Press Challenge (open, women, teen, jr., submaster, master) Bill Holand, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 21 JUL, 6th Stoklenavice Open BP & DL, Kerry Dikomenico, 234 Alfred Dr., Winterville, OH 43952, 614-264-4805
 25-28 JUL, USPF Senior Summer Funfest (bench press, bikini contest, tug of war, etc. at Lake Murray/Resort) Bosco's Gym, 12 Broadland, Ardmore, OK 73401, 405-226-5438
 3 AUG, ANPPC Drug Free Southwest USA BP (teen, women, men, master) Chip's Gym, #7 Harbortown, Gulf Breeze, FL 32561, 904-934-4734
 3 AUG, Bench on the Beach (4 Points Hotel, Dunkirk, NY) Darwin's Health Club, 47-53 Water St., Fredonia, NY 14063, 716-679-1591
 3 AUG, USPF Texas/Louisiana BP, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 713-820-5923
 3 AUG, APA/WPA/CPA World Cup Bench Press (Carolina Barbell Club, 147 N. Rly. St., Florence, SC, 803-661-6611)

1042
 3-4 AUG, NANA Junior Natural Nationals (PL/BBP - Burlington, NC) (Okla., City, OK) Rich Peters, Box 735, Noblesville, IN 46051, 317-841-1111 (e)
 3 AUG, ADFFA Keystone Classic Bench (all divisions and age groups), Bob Gwynedd, PA 19002, 215-542-4941
 4 AUG, ADFFA Hudson Valley Iron Classic, Strain's Gym, Quikway Plaza Rte 17M, Chester, NY 10918, 914-469-2043
 4 AUG, 6th CBPL Endless Summer BP (women, master, teen, novice, drugtested), open Jon Smoker, 30174 Wolf Eckhart, IN 46616, 219-674-6683
 4 AUG, NANA Kansas Grand (Great Bend) Rich Peters, Box 735, Noblesville, IN 46051, 317-841-1111 (e)
 4 AUG, ANPPC Drug Free Midwest BP/DL (teen, women, men, master) Remo's Gym, 2700 Mt. Pleasant St., Burlington, IA 52601, 319-752-3665
 17 AUG, MDSA Powerfest '96 (Goodview, MN) Darwin Jacobson, Box 5396, 800-484-9870
 24 AUG, APF Zanesville Bench Press, Brent Turner, 801 Ash Ave., Zanesville, OH 43701, 614-452-7766
 24 AUG, AAU State Park (All Coastal) CA, John Ford, 415-794-8988/8998
 24 AUG, IPA Iron Island Classic/Qualifier (Vassas, Finland) Caminnour BP/DL, Rimouski, QC, Denis Chesse, 418-721-2000 (gm), 724-7293 (res)
 9-11 AUG, APF Can-Am World Cup (Shoebat Hotel, Las Vegas, NV) Ernie Franz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491
 10 AUG, 8th Little Falls YMCA Canal Days Bench Press (teen, women, open, submaster, master) Little Falls YMCA, 15 Jackson Falls, Little Falls, NY 13365 or Tim Liddon, 315-823-1740
 10 AUG, ANPPC Drug Free Northern USA BP/BBP (teen, women, master, men - Toledo, OH) ANPPC, Box 14884, Mt. Vernon, IL 62484, 800-482-6772
 10 AUG, USPF Muscle Beach Venice Bench Press (Ocean Front Walk, Venice, CA 90291, 310-399-5745
 10 AUG, 1st AAU Aiki Barino, Carolina Barbell Club, 147 N. Rly. St., Florence, SC, 803-661-6611

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Druggies Allowed Bench Press, (men, women, teen, master) Bob Vermer, 514 Loreto Rd., Pittsburgh, PA 15217, 412-422-9204 (H)
 10 AUG, IPA Freedom Hill Outdoor BP/DL Classic (open, women, teen, jr., submaster, master - all age/alt. classes - amateur (drug tested) and professional (non-tested)) Dan Detelice, 19641 Voland, Roseville, MI 48066, 810-294-7055 after 6pm
 30 JUN, ADFFA Summer Blast (Denver - open, master, submaster, jr., teen, women) Andrea Sorwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
 30 JUN, Independence Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
 30 JUN (new date), AAU Maryland State (open, women, master, jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264
 JUN, WNPFF 2560A Picardy Cr. N., College Park, GA 30349, 770-996-5008
 JUN, WNPFF New York State Championships, WNPFF 2560A Picardy Cr. N., College Park, GA 30349, 770-996-5008
 3 JUL, Iowa Open Bench Press (high school, novice, open, master, submaster, women) Wayne Hammes, 115 515-673-2406 (f), 673-5240 (e)
 5-7 JUL, IPA World Challenge Cup (teen, amateur (drug tested), pro, professional (non-tested)) Big Apple Power, 386 Vincent Avenue, Lynbrook, NY 11563
 6 JUL, USPF Cab Packer, 40118 Hwy 49 & Below) Bob Becker, 40118 Hwy 49, Okhurst, CA 93644, 209-683-3603
 6 JUL, Lucas County Invitational 'No Shirts' Open Bench Press, Doug Rowland, 1113 Park Ave., Chardon, IA 50049
 6 JUL, NANA Illinois State (DeKalb) Rich Peters, Box 735, Noblesville, IN 46051, 317-841-1111
 6 JUL, APF Big Iron on the River PL/BBP (open, class II, master, teen, women), Lamy Browning, 1526 Crestview Dr., Ironton, OH 45638, 614-532-4003
 7 JUL, AAU Vintage Classic (limited gear), Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795

6858 after 8pm or John Shifflett 804-985-3932 after 7pm
 PPC, Box 1484, Mt. Vernon, IL 62484, 800-482-6772
 27 JUL, Columbus PAL Bench Press (open, women, teen, submaster, master, jr., submaster, master) Rick Hamsher, 657 S. Ohio Ave., Columbus, OH 43205, 614-645-4809 3-8pm, M-F
 27 JUL, NANA Tri-State Natural Regional PL/BBP (N.A.S.A. classes - national qualifier - Monolith - floral olympians) Smitty, 508 E. 5th St., Ft. Collins, CO 80526, 970-228-8473
 27 JUL, APA NCHI Summer PL (out-side lifters welcome - 2 wks. notice - open, jr., submaster, master) Fred Labatis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
 27-28 JUL, WNPFF New Jersey Open/State (Edison) WNPFF 2560A Picardy Cr. N., College Park, GA 30349, 770-996-5008
 28 JUL, (new date) APA U.S. Open Bench Press (Sarasota, FL) (open, non-teen), Box 27204, El Estero PL 33927, 941-697-7962
 30 JUL, Sun Surf Beach Open (New Orleans, LA) J. P. Dorsey, 25 Lakeview Dr., Boud Lake, N4107828 or Mike Janssen, 407-363-6170
 7-11 AUG, IFF Junior World Championships, (Vassas, Finland) Caminnour BP/DL, Rimouski, QC, Denis Chesse, 418-721-2000 (gm), 724-7293 (res)
 9-11 AUG, APF Can-Am World Cup (Shoebat Hotel, Las Vegas, NV) Ernie Franz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491
 10 AUG, 8th Little Falls YMCA Canal Days Bench Press (teen, women, open, submaster, master) Little Falls YMCA, 15 Jackson Falls, Little Falls, NY 13365 or Tim Liddon, 315-823-1740
 10 AUG, ANPPC Drug Free Northern USA BP/BBP (teen, women, master, men - Toledo, OH) ANPPC, Box 14884, Mt. Vernon, IL 62484, 800-482-6772
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7, 8 DEC **NASA Novice Nationals** (PL/BP - Kansas City, MO), Rich Peters, Box 735, Noble, OK 73068
 8 DEC, 4th AAU Coal Country Classic BP/DL (individual contests - open, women, teen, submaster, master, spec, olympic) Stogel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
 14 DEC, **NASA West Coast Nationals** (lean, NV) Rich Peters, Box 735, Noble, OK 73068
 14, 15 DEC, **International Austrian Prix** (full meet)/World Cup Bench Press (Vienna, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria Tel/FAX: +43-316-817683
 15 DEC, **CPA Canadian Open DL**, Raymond Carey, Waterloo, Qc., 514-539-4999
 16 DEC, **WPA/APA Masters International Bench Press & North American Continental Bench Press** (OH - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 21 DEC, **MDSA Northern Nationals** BP/DL, Darwin Jacobson, Box 1031, Willmar, MN 56201
 DEC, USPF Ironman/Ironwoman, Bob Packer, 40118 Hwy 49, Oakhurst, CA 95424-663-3603
 DEC, USPF Powerhouse Gym Bench Press (Mountain Valley) Vic Elliott, 7942 E. Glendale, Huntington Beach, CA 92647, 714-841-3635
 11 JAN, **Generation of Powerlifting Comeback Meet** (40 and open invitation) Strip Strubbe, 4330 Van Gieson, W. Richland, WA 99352
 22 FEB, **Oklahoma State**, Ricky Crain,

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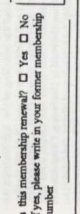
Bench Press	220 Raw	310	550*	405	510	1465*
148lb open	220 Raw	310	550*	405	510	1465*
220 Raw	220 Raw	310	550*	405	510	1465*
220 Raw	220 Raw	310	550*	405	510	1465*
220 Raw	220 Raw	310	550*	405	510	1465*

114 11 & under	100*	85*	135*	330*
128 12 & under	100*	80*	135*	315*
148 14 & under	100*	85*	135*	330*
168 16 & under	100*	85*	135*	330*
188 18 & under	100*	85*	135*	330*
208 20 & under	100*	85*	135*	330*
228 22 & under	100*	85*	135*	330*
248 24 & under	100*	85*	135*	330*
268 26 & under	100*	85*	135*	330*
288 28 & under	100*	85*	135*	330*
308 30 & over	100*	85*	135*	330*

114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total
114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total
114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total

AAU Pennsylvania State
30,31 Mar 96 - Erie, PA

Matt Cickett set a new A.A.U. P.C. American Record in the bench press and won the Outstanding Lightweight Lifter award at the Pennsylvania State Championships. (photo provided by Joe Oreglia)



AAU Pennsylvania State
30,31 Mar 96 - Erie, PA

114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total
114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total
114	12-13	14-15	16-17	18-19	20-21	22-24	25-29	30-34	35-39	40-44	45-49	50+	Total

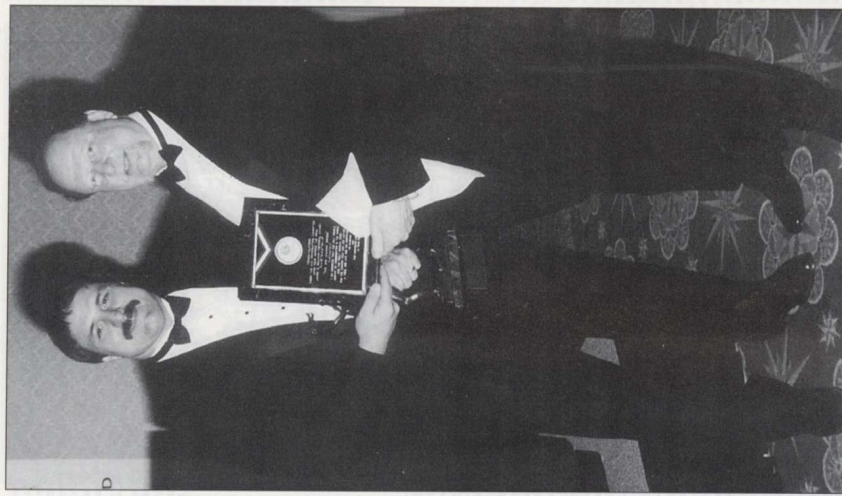
AAU UPDATE

We hope that all our lifting friends have had a Happy Easter and/or a Happy Passover. This year as in other years we will share our holidays with our good friends the Weisburgs, Christians and Jews sitting down together to share their Holy Feasts. When I was a child, such a thing was unthinkable, but this change for the better has joyfully come about. Now if we can only do the same with the many powerlifting organizations.

This April and May will be a hectic month. I will attend or hold six meets including three national meets. The National Nationals in April held by Terry Backer in Conn., the Womens Nationals in mid May held by Joe Oreglia in Erie, PA., and the Men's National Championships held late May in California by John Ford & Co. This will keep us busy, as there are several AAUPC meets held on the same dates. Things are really rolling. There has been tremendous growth in just 1996 alone. We have about 35 State Chairmen, and expect to hold over 100 meets. Why the huge growth? Because "WE CARE".

Lifters, meet directors, and officials have found that this is more than a slogan, it is our philosophy. When it snowed for my February meet, and five lifters could not attend, I offered in the contest results to let them lift in a future meet free. When we see a new lifter wearing the wrong apparel, we don't penalize him. We take him aside and explain the rule and give him another chance. We are for the lifter. This is not a huge money making sport, we do this for fun, it is our hobby. I cannot understand why some people insist upon tedious, non-sensible rules having no real value, but only serve to stress out the lifter and referees alike. For instance, as long as your T-shirt is clean and doesn't have anything profane on it, wear it. It doesn't matter if it has the name of another association on it. That name will not magically add any pounds to your bench, so wear it. We are getting rid of the stupid rules. Now don't get us wrong, the rules of performance are still there, you must get depth in the squat, lock out your bench and stand erect in the deadlift, but we endeavor to make the rules for the lifters. We would like however to see some conformity in the rules of performance among the major organizations. This type of uniformity would help to make legitimate our sport.

To this end, Al Siegel and the AAUPC invite the leaders of the



Above, Allan Siegel, Executive Chairman of the Amateur Athletic Union's Powerlifting Committee, presents a plaque to this year's Sullivan Award winner, Bruce Baumgartner. The Sullivan Award is considered to be the "Oscar" of Amateur athletics and has been awarded for 66 years, annually, by the AAU. Bruce has been a finalist four times previously and has finally won the coveted award. An Olympic wrestling gold medalist, the 35 year old is currently the wrestling coach at Edinboro College in Western PA. Bruce is the oldest athlete to ever win the award. Finalists for 1996 include Tommie Trzcina, Michael Johnson, Rebecca Lobo, Shannon Miller, Dominique Maccanu, Gwen Ioinson, Rebecca Lobo, Tiger Woods, and Lorenzen Wright. Dan Jansen and Bryant Gumbel were the presenters of the prestigious award. The plaque that Allan presented said the following: "Congratulations from the AAU Powerlifting Committee upon your winning the 1996 James E. Sullivan Memorial award. 'We are unusual people' I am convinced the only people worthy of consideration in the world are the truly unusual ones. For the common folk are like leaves on a tree, and live and die unnoticed." The Scarcrow from THE MARVELOUS LAND OF OZ by Frank Baum. Allan has traveled twice, to Orlando recently to attend the award dinner and to establish a schedule of powerlifting competitions at Disney World's new sports complex which will open in early 1997. Plans include 3 meets for 1997 and 4 for 1998. The new complex includes a baseball stadium which will be spring training home for the Atlanta Braves as well as a field house that can host up to six basketball games at any one time, as well as a lot of other events. Disney's plans are to hold as many as 60 different events a year at the new 178 acre complex, starting in May of 1997. (Joe Pyla)

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DATE OF BIRTH: _____ AGE: _____ SEX: _____

DATE OF APPLICATION: _____

MEMBERSHIP CATEGORY: Coach Adult Program Volunteer/Administrative

CLUB # _____ CLUB NAME _____

FIRST NAME _____ MIDDLE INITIAL _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

9/10 Mar 96 - Lorain, OH

Table with 5 columns: Name, Age, Weight, Division, Points. Lists athletes like R. Cappozola, F. Marquinez, N. Branky, etc.

Cory Cunningham, Meet Director of the IFA Ohio State Championships with his good buddy, John Florio, to whom the contest was dedicated. (Cory Cunningham)

Table with 5 columns: Name, Age, Weight, Division, Points. Lists athletes like R. Edwards, R. Wilson, E. Chalil, etc.

9/10 Mar 96 - Norfolk, MA

Table with 5 columns: Division/Name, Age, Weight, Division, Points. Lists athletes like S. Pachanki, R. L. Anderson, etc.

16th Upper Ohio Valley - Winterville, OH

Table with 5 columns: Name, Age, Weight, Division, Points. Lists athletes like J. Miller, J. Deboise Jr., etc.

9 Mar 96 - Austin, TX

Table with 5 columns: Name, Age, Weight, Division, Points. Lists athletes like M. Heronema, S. Weingart, etc.

9/10 Mar 96 - Lorain, OH



McDonald and Red Cardone/D.O.S. Don Levesque... Thank you to all who helped make this a successful meet!

9/10 Mar 96 - Norfolk, MA

16th Upper Ohio Valley - Winterville, OH... Thank you to all who helped make this a successful meet!

9 Mar 96 - Austin, TX

USPF Texas State... Thank you to all who helped make this a successful meet!

9/10 Mar 96 - Lorain, OH

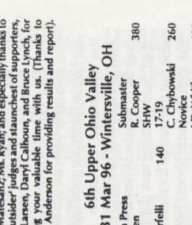


USPF Texas State... Thank you to all who helped make this a successful meet!

9 Mar 96 - Austin, TX

USPF Texas State... Thank you to all who helped make this a successful meet!

9/10 Mar 96 - Lorain, OH

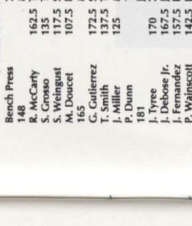


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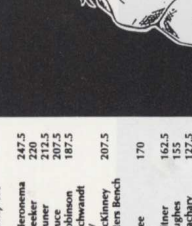


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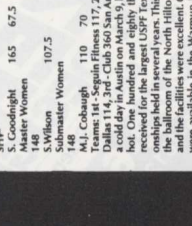


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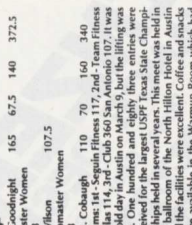


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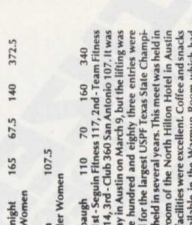


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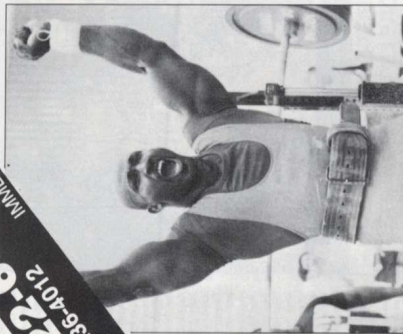
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*In Memory of O.D. Wilson
 9/12/54 - 10/29/91*

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POWERLIFTING USA BACK ISSUES

June/92...Baddest Bench in America, ADFFA Women's, Heisley Deadlifts 925, DASH Hawaii Meet, Love by Dr. Judd, Judo 200 220s, ADFFA TOP 20 132s...

Mike Gardina's Biggest Bench Press

- 114B Christina Wilson 90* Anthony Ock 415*
123B Rick Buckley 120* A.J. Comilla 400
Open/Women John Moore 395

APF Michigan Sr. State

- 30 Mar 96 - Keweenaw, MI
Branch Press
250 D. Hight 375 225 925
148 P. Ulrich 460 700 1980*

ADEFA March Madness

- 23 Mar 96 - Saratoga Springs, NY
M. Kishwood 375 225 925
P. Ulrich 460 700 1980*



Saints Powerlifting Team at the March Madness BP/DL Open: front row, left to right, Mike Decker, Jim Dewey, Diana Olszewski, Ariane Gorski, April Lajeunesse, Nicole Flembaux, and Kelly Morgan; back row, Bill Ethier, Nanette Lida, Tim Hauptlich, Eriko Maeda, and Dave Brown.

ADEFA Mississippi State

- 6 Apr 96 - Hernando, MS
Branch Press
114 M. Young 375 225 975*
145 W. Parker 305 225 240 650

ADEFA March Madness

- 23 Mar 96 - Saratoga Springs, NY
M. Kishwood 375 225 925
P. Ulrich 460 700 1980*

APF Michigan Sr. State

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I find it disheartening to read the attacks being made on several people in the sport of powerlifting. I coach a teenage powerlifting team at a residential facility for teens in crisis. The team has gone to several major events, this could have been done without the help given to us by the following people: Bob & Gerr Gaylor - ADFFA, John & Lynn Schaeffer - IPA, Tamara & Terry Greenwood - IPA, Anthony Clark - IPA. All of the above individuals say "just let us know what you need."

Light Ironman - Corey Chalk, Best Lifter 14-15
Best Lifter Ironman - Anthony Furey, Best Lifter Heavy 16-17
Tony Malone and Tim Hauptlich (for these results) 165

ADFFA March Madness
23 Mar 96 - Saratoga Springs, NY
M. Kishwood 375 225 925
P. Ulrich 460 700 1980*

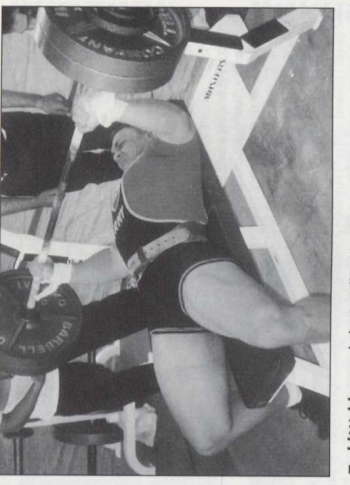
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M. Kishwood 375 225 925
P. Ulrich 460 700 1980*

ADFFA Military Nationals
9,10 Mar 96 - Killen, TX

Table with columns for Bench Press, Squat, Deadlift, and Total for various lifters including J. Ramirez, J. Booker, K. Vitt, J. Wells, A. Jones, J. Johnson, R. Ellis, and others.

Table with columns for Squat, Bench Press, and Total for lifters including M. Brown, D. Fobg, C. Clark, M. Calhan, E. Disher, P. Calhoun, and others.



Todd Weidow took the 242 lb. title at the Military Nationals. (Graham)

shows, but that didn't stop the lifters from setting new records, and many new faces competing. After last year's 60 new records, many lifters were after the record books again...



"Phantom Corps" Powerlifting Team of Fort Hood, TX has won the National Military Team title for 1994, 1995, and 1996. Front row: Tony Hambrick, Calvin Thompson, James Wells, Derrick Lester. 2nd row: Paulette Calhoun, Walter Thomas (rel), James Smith, Darryl Brown, Anthony Johnson. 3rd row: James Booker, Tyrone Wilson, Darwin Taylor (holding team trophy), Mad Dog Maddkins, James Young. Not pictured: Ricco Martinez, Jessie Fearon. (photograph provided to POWERLIFTING USA by the Meet Director I.A. Graham)

Paulette Calhoun, also of Fort Hood, won the 175 lb. class. In her second year in a row, Paulette has been with this team for four years now... from Germany to Fort Hood and have watched her go through some hard times with the same luck...

The 148 lb. class had the meet's first bombout with the favorite lifter Carlos Lewis missing all his lifts. BP, the door was wide open for Jessie Edwards...

West Point team - "Men of War" - was third, just missing a record 660 lb. squat attempt. Darvin Smith's Fort Hood was 4th with a PR 270 lb. deadlift...

the military chairman, he really had to fill the role, you are my first choice as my replacement. Bulbba Second place went to Health Niemi, another "Men of War" lifter, with Nervis Landford of San Diego.

Chris Turner with an ADFFA National Military record deadlift of 660 lbs. Chris was the outstanding lightweight lifter for the 3rd straight year. (Graham photo)

In a row, James Wells gave the Fort Hood team its first win over the Phantom Corps in the 175 lb. class... these lifters were by every lift is smooth with perfect form on every attempt.

West Point team - "Men of War" - was third, just missing a record 660 lb. squat attempt. Darvin Smith's Fort Hood was 4th with a PR 270 lb. deadlift...

the military chairman, he really had to fill the role, you are my first choice as my replacement. Bulbba Second place went to Health Niemi, another "Men of War" lifter, with Nervis Landford of San Diego.

Diago, CA, won the battle last year, but after missing an 805 lb. squat twice, he didn't recover and missed a 515 bench to bomb out of the meet. That left the door open for Leon "Mad Dog"...

AAUUP 3 Mar 96 - Erie, PA
Women
P. Duret 197 285 215 330 830
K. Lombard 85 170 70 225 465

Granite State Open Bench Press
3 Feb 96 - Chesterfield, NH
Women
M. Landry 148 135 198 260 350

Matt Catalino with an American Record squat at the AAU Erie (Oregon) County Championships (Oregon)

be still managed to flip 275 and just missed 290.1. He was good to see you back. Bill kept in the 165 class running, 148 class but did not miss 285.

Kevin, in the women's 114 class, 2nd place went to Christine Laquidre from Graham, NH. She won't go to the 140 lb. class because she's had a filter of 148, 148, from Berlin, NH, but the winner was Michelle Landry, he also took three places in the 148 lb. class.

Granite State Open Bench Press
3 Feb 96 - Chesterfield, NH
Women
M. Landry 148 135 198 260 350

Matt Catalino with an American Record squat at the AAU Erie (Oregon) County Championships (Oregon)

A.D.F.P.A. Corner

443-6245.

The ADFFA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. 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's Ln., Stevens Point, WI 54481.

FACTS by Cindi Regan, ADFFA Drug Education Committee. About human growth hormone: Knowledgeably distributing, or possession with intent to distribute... imprisonment of not more than 10 years. About anabolic steroids: Possession of even personal use not validly prescribed by a doctor, is a federal crime. The maximum penalty for mere possession, that is, possession not for sale is one (1) year in a federal prison and a minimum \$1000 fine. If you are doing drug education on steroid abuse and need information, contact the press office of the National Institute on Drug Abuse, 5600 Fishers Lane, Rockville, Maryland 20857. (310

the form in this section of the magazine. Contact your state chair for information on upcoming events in your area, and how to qualify for our 14 annual national championships. If you have questions or suggestions, feel free to contact the National office, myself or the appropriate party. As you can see, in addition to three officers, 6 executive committee members, and state chairs in almost all 50 states, we also have fourteen committees. Our five athletes representatives are newly re-elected. You will find that the vast majority of these contacts are active and ready to listen and work for improvements and recognition for our sport. We are also seeking to fill our few state chair vacancies, if you are interested, please contact our national office. Speaking of national championships, I had the opportunity to attend our recent Collegiate National Championships in Fort Hood, Texas, where over 180 lifters competed in a meet that could be called nothing less than inspiring. One week later, our High School Nationals had 170 young lifters battle it out in Chicago. These two competitions illustrate both the future potential of our sport, and the on-going success of the ADFFA. And, of course, all competitors had to qualify at a previous ADFFA sanctioned contest to attend. The men's nationals will be held in St. Louis on Saturday and Sunday, June 15th and 16th. Our national gov-

erning body meeting will precede the lifting on Friday at 1:00 PM, and should last all afternoon. All ADFFA National Governing Body members are urged to attend, and any other ADFFA current member may also sit in. (You can purchase or renew your card before entering the meeting, if necessary.) Why not make a great weekend of powerlifting by attending? If you are not fortunate enough to be competing or participating in an official capacity, come and cheer on the competitors. This meet is truly electric, with some weight classes going nearly 20 deep in the past. The meet site/hotel, the Stouffer Concourse, is conveniently located adjacent to the St. Louis airport, making for easy access from the entire country. Meet director Mike Cissell is a veteran national championships, I had the opportunity to attend our recent Collegiate National Championships in Fort Hood, Texas, where over 180 lifters competed in a meet that could be called nothing less than inspiring. One week later, our High School Nationals had 170 young lifters battle it out in Chicago. These two competitions illustrate both the future potential of our sport, and the on-going success of the ADFFA. And, of course, all competitors had to qualify at a previous ADFFA sanctioned contest to attend. The men's nationals will be held in St. Louis on Saturday and Sunday, June 15th and 16th. Our national gov-

A.D.F.P.A. Corner

90650, (310)863-1308, Coach: Sherry Houston
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 Gullage
Bosco's Gym, 12 Broadawn, Ardmore, OK 73401, (405)226-5438, Owner: Stacy Green
Brown's Gym, 611 S. State St., Clarks Summit, PA 18411, (717)586-3481, Owner: James D. Brown
Bulldog Power & Fitness Club, 1350 Home Ave., Suite L, Akron, OH 44310, (216)630-2766, FAX (216)630-3651, Owner: Bruce Dowling
Coastal Fitness, 5140 Sellers Rd., Shallotte, 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: Dyke Naughton
Cyborg Power Shop, 04281A Country Rd. 15 D, Bryan, OH 43506, (419)636-4585, Coach: Ernie Fleischer
Eastpointe Gym Inc., 15000 Nine Mile Road, Eastpointe, MI 48021, (810) 777-1956, Owners - Tye Hull & Pat Lawrence
Elite Power and Fitness, 3352 Whitney Ave., Hamden, CT 06518, (203)287-1973, Owner: Gerry Raccio, CT State Chair
Galt Fitness, 1067 C Street, Suite 117, Galt, CA 95632, (209) 745-0695, Coach: Fred Kendall
Iron Sport Gym, Inc., 133-B Chester Pike, Norwood, PA 19074, (610)237-6770, Owners/Coaches: Joe & Steve Pulcinella
Jungle Gym & Fitness Center- Kent, 122 Railroad Ave S., Kent, WA 98032, (206)852-2442 FAX (206)413-1252, Tyler Malejko LMT/ Meet Promoter.
Jump Gym Fitness, 206 S. Walnut, Ridgeville, IN 47380, (317)857-2505, outside Indiana, 1-800-655-FIT, in Indiana, Owner - Joe Goodwin.
Kennedy's Gym, Clock Tower Plaza, Morgantown, PA 19543,

A.D.F.P.A. Corner

ADFFA GYM AND COACHES DIRECTORY
All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Balz
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA

(610)286-7698, Owner - Pat Kennedy
Madhu's Fitness Center, 4260 Fairfield, P.O. Box 325, Oakland, ME 04963 (207)465-7102, Urban
Scrap Iron Gym, PO Box 190, Phoenix, NY 13135 (315)995-6975 eve before 9, E-mail: AA2PQ@aol.com, Owner: Jim Carloti
Serious Members Gym, Inc., 10940, (914) 343-0412, Coach: Frank Dias
The Strength Training Center, 3325 W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canozza, (303) 761-2241
Sheridan Recreation Center, 5 Stoneroff Drive, Easton, PA 18045, (610)258-1894, Coach - Nick Theodorou
S & M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881, Owners - Susan & Mark Moisinger
Sportsplex, 72 Rt. 9W, New Windsor, NY 12553 (Orange County) (914) 565-7600, Coaches Jacqueline Davis & John Gengo
Strength and Power Productions, Competition Set-Up - Platforms - Seminars - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaManita
The Power Gym, Inc. 405 Main St., Taylor, PA 18517, Coaches - Joe Moczyunas, Bob Granko Sr., Bobby Jr. and Jamie, (717) 562-PUMP
Warrior Weight Room, Coyle Morrleale, Coach - Ray Ben-

Hamilton St., Taunton, MA 02780, (508)-823-6164 Ext 580, Coach: Howard Waldron.
World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)933-9988, FAX (510)945-8495, Marco Y. Margiotta, ADFFA Contra Costa Representative
 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.

eritor.
Saltburg Fitness Center, 785 Poplar Way, Saltburg, PA 15681, (412)639-9863, Owner: Dennis World Gym, 2150 N. Broadway, Walnut Creek, CA 94596, (510)933-9988, FAX (510)945-8495, Marco Y. Margiotta, ADFFA Contra Costa Representative
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A.D.F.P.A. National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Master's	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										
ADFFA Women's	97	104	111	116	122	129	139	154	176	176+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	
Collegiate's	365	385	410	420	435	455	485	520	575	640	
Masters 35-44	347	369	391	402	411	441	468	507	562	628	
Master 45 or over	A Total in a Sanctioned Meet										
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	
High School	A total in a Sanctioned Meet										

COMPLETE ALL ENTRIES

PLEASE PRINT

LAST NAME FIRST NAME INITIAL

STREET ADDRESS

CITY STATE ZIP CODE

TELEPHONE NO. DATE OF BIRTH AGE

AREA TELEPHONE NO. DATE OF BIRTH AGE

U.S. CITIZEN YES NO

U.S. OTHER YES NO

REGISTRATION FEE EFFECTIVE - 11/1/94
 \$25.00 HIGH SCHOOL - \$10.00

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

World Team DONATION CLUB REPRESENTED

224 W. VANBUREN ST. OFFICE
 CHICAGO, IL 60606
 312-248-4689

IF UNDER 18 HAVE PARENT INITIAL SIGNATURE DATE

ALL ADFFA MEMBERSHIPS EXPIRE 12/31

SECRETARY TREASURER
ANDREA L. SORTWELL
 11360 W. 84TH PLACE
 ARVADA, CO 80005
 303-425-0904 FAX-423-6528

BETTINA ALTIZER
 4455 LAURELWOOD DRIVE
 ROANOKE, VA 24018
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1996 ADFPA NATIONAL MEET SCHEDULE

APRIL 14, 1996 ADFPA High School
 BP Nationals, James Hart, PO Box 82264, Lincoln NE 68501 402-470-3672

APRIL 19-21, 1996 WOMEN'S NATIONALS (All Women)
 Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-6111

JUNE 14-16, 1996 ADFPA MEN'S OPEN NATIONALS, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225

JULY 13-14, 1996 ADFPA MEN TEEN-AGE/JUNIOR NATIONAL, James Hart, PO Box 82264 Lincoln, NE 68501, 402-470-3672

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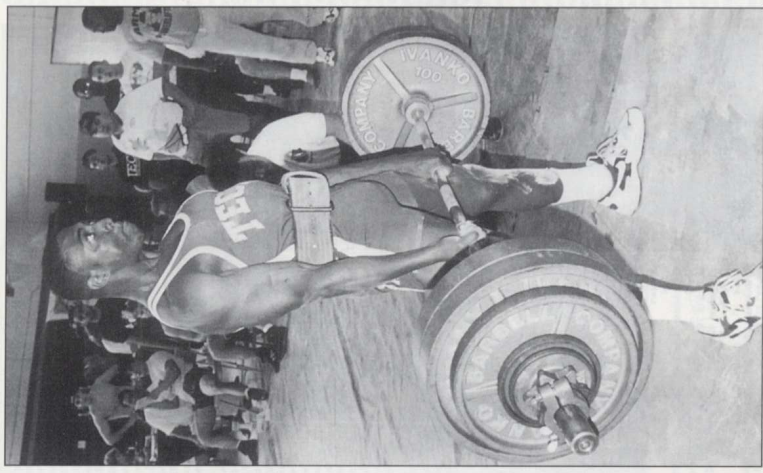
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1st Medina High School Bench Press
Mar 06 - Medina, OH

Girls (by divisions)	Age	Weight	SQ	BP	DL	Total
J. Lanky	170	265	120	40	87.5	200*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*
S. Doherty	110	110	35	32.5	92.5	202.5*



"On Tuesday, April 16th a Louisiana Tech powerlifter, Ronald Grant, was killed in a car accident near Ruston, Louisiana. Ronald was a Louisiana Tech senior in Health and Physical Education. Ronald had an outstanding collegiate powerlifting career, winning the USPF National Collegiate Championships in 1994 and 1995. His most recent competition was on March 24, 1996, when he won first place in the 181 lb. weight class in the ADPPA National Collegiate Championships. In your publication you have remembered powerlifters that have passed away. Please make a place to remember Ronald." - Billy Jack Talton, Coach Louisiana Tech Team

ADPPA Massachusetts High School
WOMEN'S

Weight	Age	Weight	SQ	BP	DL	Total
111 lbs. Class	71.5	40	87.5	200*		
116 lbs. Class	71.5	32.5	92.5	202.5*		
122 lbs. Class	32.5	20.5	62.5	115.5*		
127 lbs. Class	45	37.5	80	162.5		
132 lbs. Class	92.5	53.5	117.5	262.5*		
137 lbs. Class	97.5	32.5	110	240*		
142 lbs. Class	72.5	35	110	207.5*		
147 lbs. Class	40	30	80	150*		

Midwest Bench Press
23 Mar 96 - Rapid City, SD

Open	Age	Weight	SQ	BP	DL	Total
132	23	107.5	160	442.5		
137	23	162.5	87.5	182.5	432.5	
142	23	187.5	85	159	422.5	
147	23	142	107.5	167.5	417	
152	23	140	85	150	375	
157	23	227.5	95.5	177.5	497.5*	
162	23	137.5	82.5	182.5	402.5	
167	23	189.5	102.5	195	487	
172	23	210	82.5	195	487	
177	23	152.5	102.5	185	440	
182	23	170	67.5	185	422.5	
187	23	162.5	92.5	182.5	417	
192	23	140	92.5	150	382.5	

5th Kinross Meet
15 Mar 96 - Kinloch, MI

PURSE	SQ	BP	DL	Total
SMITH-EL	225	260	345	810
THOMAS	225	185	325	735
WHELAN	400	265	430	1095
WELSH	400	245	415	1060
DAVIS	250	240	275	765
MORROW	205	215	325	745
TIBBS	605	340	530	1475
FORSHEE	315	265	405	985
WELSH	400	245	415	1060
WHELAN	205	215	325	745
MORROW	455	320	530	1305
WELSH	455	320	530	1305
WHELAN	290	205	340	835
GODDARD	275	185	335	795
TACKER	—	—	—	—
YOUNG	525	280	625	1430
EVERT	475	340	610	1425
WILLIAMS	500	325	575	1400
FALLMAN	505	290	455	1250
STALEY	445	305	415	1165
SALUSSEL	275	305	400	980
WELSH	315	265	375	955



Rapid City Central High won the teen title at the Mid-West Bench Press meet. Members include, from left, back row, Robert Drepps, Lance Everett, Mike Whiting, Josh Mohler, Jason Kemmer, Chad Davis; front row, Richard England, Trent Wargo, Justin Hanson, Caryn Millim and Gabe Ellerton. Below, Dave Brown, psyches for a 457 1/2 attempt, which he just missed. (from The Weight Room)

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11 "THE SECRETS OF THE CHAMPS"

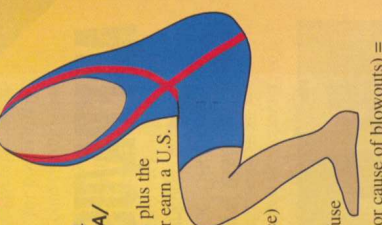
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T. Rose	110	80	157.5	347.5
A. Vieira	107.5	67.5	140	315
S. Keating	—	—	—	—
141.5 lbs. Class	177.5	92.5	187.5	457.5*
146.5 lbs. Class	122.5	87.5	172.5	382.5
151.5 lbs. Class	137.5	87.5	172.5	377.5
156.5 lbs. Class	117.5	62.5	137.5	317.5
161.5 lbs. Class	200*	122.5*	217.5*	540*
166.5 lbs. Class	157.5	107.5	195	460
171.5 lbs. Class	182.5	85	185	452.5
176.5 lbs. Class	143.5	62.5	147.5	352.5
181.5 lbs. Class	130	95	117.5	342.5
186.5 lbs. Class	195	—	—	—
191.5 lbs. Class	150	110*	167.5*	427.5*
196.5 lbs. Class	102	90	155	347
201.5 lbs. Class	192.5	117.5	182.5	492.5
206.5 lbs. Class	182.5	105	187.5	475
211.5 lbs. Class	175	112	182.5	468.5

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ADFFA Missouri State (kg)	13 Apr 96 - Wentzville, MO	145	170	210	250
MEN'S BENCHPRESS	L. BARCZAYE	248.5	190	248.5	315
MEN'S SQUAT	R. COATES	212.5	145	230	320
MEN'S DEADLIFT	R. COATES	212.5	145	230	320
WOMEN'S BENCHPRESS	L. BARCZAYE	212.5	145	230	320
WOMEN'S SQUAT	R. COATES	212.5	145	230	320
WOMEN'S DEADLIFT	R. COATES	212.5	145	230	320
ADFFA Missouri State (kg) - Continued					
MEN'S BENCHPRESS	L. BARCZAYE	248.5	190	248.5	315
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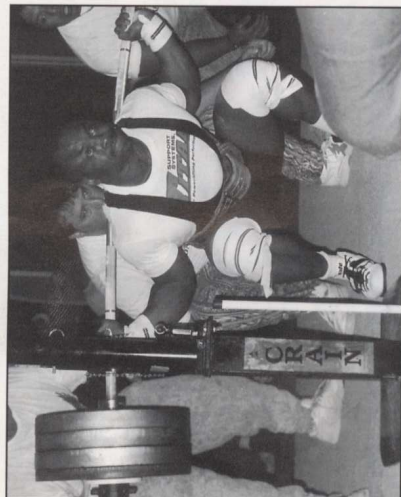
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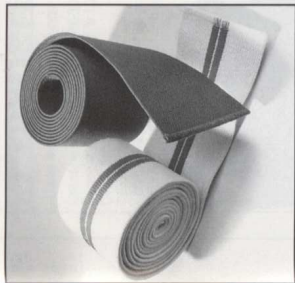
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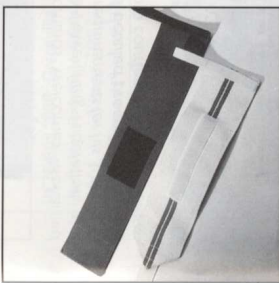
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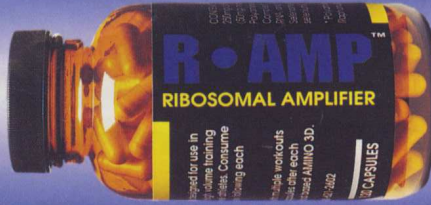
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Newly elected WDPFF President, Andrew Cominos welcomes Mohamed Zekraoui, President of the Moroccan Drug-Free Powerlifting Federation, at a meeting to be briefed regarding WDPFF affiliation requirements for his 300-strong North African organization. Information included detailed procedures for drug testing and WDPFF competition regulations. (photo courtesy Andrew Cominos)

The World Drug-Free Powerlifting Federation invites affiliation from genuine drug-free national federations and individuals from around the world. The WDPFF is pledged to assist all interested parties with information regarding our drug control programme, which is the most rigorous and effective in the world. The protocol for drug testing and laboratory contacts will also be given to those who seek them, in the interests of promoting drug free powerlifting. Further information can be obtained from the WDPFF via: President Andrew Cominos, FAX: (England) 01637 860828, or General Secretary: Judith Gedney, FAX: (U.S.A.) 309-298-2981

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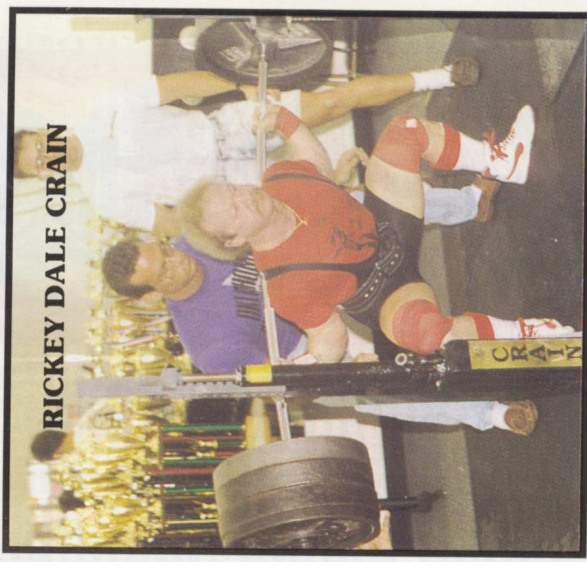


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Masters 35 and Up	220
139	190*
R. Johnson	120 K. North
154	181 Enhancement
L.O'Loughlin	115* W. Canell
High School 14-18	198
148	400
S. Caldwell	150* 220
C. Poffino	290 275 Submasters
J. Griffith	260 Teenage 18-19
181	132
R. Brady	310 I. Ogilvie
198	235
E. Clendinning	275 I. Neff
220	200
W. Amico	165 Kincaid
242	280*
W. Wallace	305 Tidwell
275	220
M. McCormack	337* 242
132	275
K. Woodell	265 S. Kestinger
D. Lewelshyn	400 Submasters 35-39
198	198
R. Booker	405 D. Currence
220	275
P. Hill	320 319 G. Shy
242	420*
M. Burke	535* J. Barnes
Masters 40-49	165
132	245
K. Woodell	265 81
D. Callahan	370 225 D. Morris
220	225
High School	Sq BP DL
14-15	455* 190* 445*
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220	335* 185* 330*
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16-17	360 200 400 960
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The Logan Strength Team... winners at the ADPFA West Virginia State Championships, front row, left to right, Justin Hainer, T.I. Miller, Derrick Brumfield, Mark Sidebottom; back row, Coach Larry T. McClellan II, Bob Barnette, Timmy Ball, Rick Asebbe, Assistant Coach Donald Grimmert. (photo courtesy Paul Sutphin)

18-19	220	M. Parrick	535	415*	500	1450
M. Callahan	165	R. Meade	500	330	600	1430
198	165	WV State Record FBRC - Eugene McCulloch of				
T.I. Miller	275*	R. Bak	405	3320	435	1160
220	198	Ron James, Paul Sutphin, Lisa Williams, Bank				
220	198	Cow, Rick Fisher, Street Summit, Spaker/Announcer,				
220	198	Rick Fisher, Sponsor: Beckley-Raleigh County				
220	198	Blake - BP "A" Training Items Doug Currence				
220	198	High School Meet Records set with some Teenage				
220	198	Records broken, 51 new WV Powerlifting records.				
220	198	The official WV High School Powerlifting				
220	198	date, sanctioned & drug tested! This meet had the				
220	198	#1 High School Teams (Logan Strength Team and				
220	198	Pro: Littleville (WV) and also some of the #1				
220	198	AI Blake benched 535 at a bodyweight of 236 and				
220	198	this is #1 on the WV all-time listing. Media coverage				
220	198	at Beckley, WV. The newspaper coverage Register-				
220	198	Herald to Robert North of Spencer, WV and his				
220	198	teammates who were the 1996 WV Champions for				
220	198	the Powerlifting and to T.O.P. Lodge #81 Black				
220	198	VA Bench Press Team Champions." (Thanks to				
220	198	Paul Sutphin, ADPFA State Chairman, for results)				

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IPF Pan American Championship, Toronto, Canada, August 16-18, 1996. "The USPF (United States Powerlifting Federation) is now forming both Men's and Women's US Team which will compete in the 1996 IPF (International Powerlifting Federation) Pan-American Championships on Aug 16-18, 1996. The contest will take place in Toronto, Canada under the direction of Bill Jamison, IPF North American Vice-President. The contest will feature lifters from North America, Central America, South America as well as the Caribbean Islands. Interested lifters should forward a copy of your lifting resume to my address: 752 Johns Lane, Lower Gwynedd, Pennsylvania 19002, no later than June 15, 1996. If there are any questions, please feel free to contact the USPF office at 1-800-500-9727 or myself at 215-542-4941. Thank you." Robert H. Keller, Head Coach, US Pan-American Team.

I.P.A. NEWSLETTER... "The hard work that John Schaeffer has put into the I.P.A. is finally paying off. A contract is being drawn up for articles, meet results and interviews with I.P.A. lifters for a world wide magazine with a circulation of 1 million. The I.P.A. is also starting its own TOP 100 list for Pros and Amateurs to make the rankings more competitive. Talked with Ralph from Iron Island about the World meet and its starting to get an excellent response. There has been numerous inquiries from many lifters and Ralph and Dr. Ken are very excited to show the world just how a World class meet should be run. The past couple of weekends in Pennsylvania had its share of meets. The Glimmerbrook put on one of the best runs I've ever seen. They had over 100 lifters and over 250 spectators. It was amazing to see lifters cheering on their competitors and wishing them well after the meet. An incredible job by Terry and Tamara and I tip my hat to you. On the last note of this update I would like to wish Iron Island crew good luck on their May Bench Blast. And thanks to John and Lynn Schaeffer for all you put into the I.P.A. the past 2 years." Carl Seeker, Pa. State Chairman for the I.P.A.

From R.A. 'Monty' Montgomery... "First off, let me state, I have always loved the sport of Powerlifting, ever since I was 14, and lay back on my first bench. I've been an avid reader of Powerlifting USA off and on since '78. In '32 now, and in the 18 years I've followed this sport, I've never seen such bickering and back biting as in the past 2 years. This is the first letter I've written to any magazine. Up till now, I felt you dealt with the winners in good fashion, but over the past 7 to 8 months, I've noticed an alarming increase in the number of negative letters printed. I feel this promotes a bad picture of what this sport is, and what it stands for. It makes me wonder how a sport of such great achievement has slumped so far as to bow to such rhetoric. I feel this issue needs to be addressed immediately, if this sport is to carry on its great heritage. As for you Mr. Henry, my grandpa had a saying "Those who whine the loudest have the least to show". Kudos and congrats to James "the Real Deal" Henderson, on the 705 no B/S bench. Keep Pushin'. Thank you Mr. Lambert for the neat view on this sport I love so much."

R.A. 'Monty' the Benchner Montgomery

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**NOW
AVAILABLE
IN 12.5 LB.
REFILL
BAG**



ACHIM ALBRECHT, World Champion Bodybuilder, is using **MEGA MASS 2000** to pack on mass between contests!

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AVAILABLE AT HEALTH FOOD AND SPORTING GOODS STORES THROUGHOUT THE US AND CANADA OR CALL
TOLL FREE 1-800-1-FLEX-IT (435-3949) (In Canada, Contact: Weider Institute, 2875 Bates Rd., Montreal PQ, H3S 1B7)

VICTORY MEGA MASS 2000

CALORIES PER SERVING MIXED WITH LOWFAT MILK	CALORIES PER SERVING POWDER ONLY	NUTRITION PROFILE POWDER ONLY		
		PROTEIN (g)	CARBS (g)	FAT (g)
2000	1640	82	317	5

IMPORTANT ADVICE ON MAXIMIZING YOUR WEIGHT GAINS

"If you want a delicious, ultra-high calorie drink, this is it! Mega Mass 2000 is an extremely concentrated, nutrient dense formula that's great anytime, but advanced athletes can benefit by splitting up servings into three or four portions to help maximize nutrient absorption and utilization. Smaller drinks once after breakfast, again after lunch, late afternoon and in the evening provide the nutritional support your body needs to help pack on mass!"

Joe Weider
Trainer of Champions
Since 1936

**New Flavor
Creamy
Strawberry!**
You asked for it
we listened.
Also in chocolate,
Vanilla and banana



EVERYTHING ELSE IS SMALL FRY



Preferred Stock!



Style B \$65.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

- Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.**
- Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:
- Made from the world's finest leathers, for total and safe support
 - Made to legal thicknesses
 - Smooth-operating roller buckles for easy on and off
 - The ultimate fit because holes are grouped closer together
 - Highest quality stitching for durability and style
 - Available in 18 colors and combinations
 - 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$65.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two-, or three-tone. \$65.00

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

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

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

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

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

The Challenger Series

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

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$55.00

Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$55.00

Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$55.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Prices Subject to Change Without Notice



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

Order Today!

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
				Shipping	\$5.00
				Add Calif. Sales Tax if applicable	
				TOTAL	

Name _____
 Address _____
 City _____ State _____ Zip _____
 VISA MC Card No. _____ Exp. Date _____
 Signature _____ Phone () _____

Check, Money Order, MasterCard or Visa must accompany orders. Overseas shipping and handling charges extra. Add \$5.00 shipping and handling. 7% sales tax, L.A. County 8%.

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We Make Power Gear A Science

Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

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