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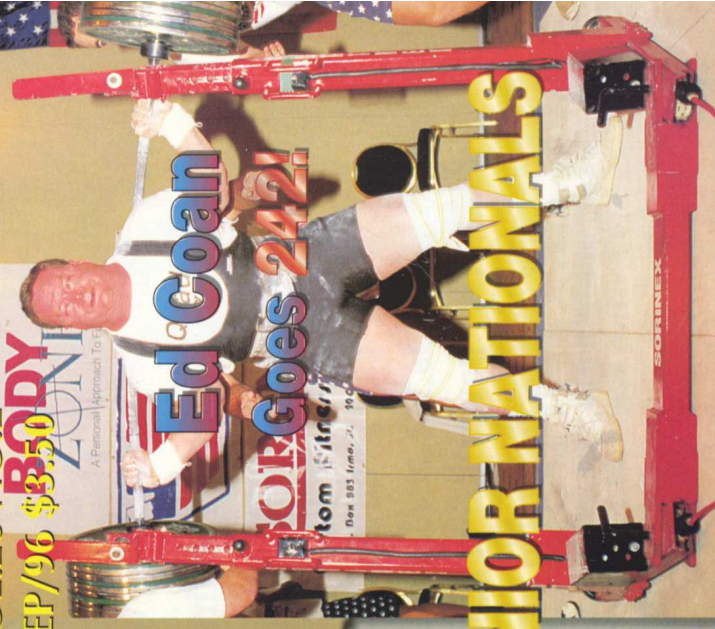
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 VOL. 20 NO. 2
 SEP/96 \$3.50



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U.S.P.F. SENIOR NATIONALS



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 Best!!



The P/L Coalition!!!

The Most Important Development in Powerlifting Apparel Since the Introduction of the "Squat Suit"

The DEADLIFT™ SUPERSUIT®

By Marathon Power Apparel

... "The first suit, exclusively designed and specifically made for increasing the amount of weight you can Deadlift. Without question this is the most significant development in powerlifting apparel in over 20 years!"



It's been said that the "meet doesn't start until the weight is on the floor" — well, maybe that's not quite true, but as every lifter knows that because the Deadlift is the last lift of the meet, it is the deciding factor in most competitions - So you must give yourself every legal advantage you can in increasing your deadlift.

The key to greater deadlift poundages is increased vertical lift and the Deadlift SUPERSUIT does just that.

This suit was specifically designed and engineered for the purpose of deadlifting. When you start to pull on the bar, get ready to hang on, because the bars gonna move! Countless lifters from champions to novices, male or female, conventional style, or Sumo style deadlifters have all significantly increased their deadlift poundages when using Marathon's Deadlift SUPERSUIT.

Conventional Style Deadlifters will experience the greatest vertical lift-off ever! The power at the start of your deadlift, and through the entire range of the lift will increase dramatically and so will the poundages that you'll be handling. Sumo Style Deadlifters will also experience greater vertical lift-off and increased power from the start of the lift. They will be able to keep their backs more erect and their legs in the lift longer for increased deadlift poundages.

The key to the Deadlift SUPERSUIT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power. The Deadlift SUPERSUIT is constructed of the strongest material ever developed for powerlifting—Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it and it's only available from Marathon Power Apparel. This suit is legal for all competitions.

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The 10% Solution! - Don't just take our word for it, look at the results these powerlifters have achieved.



David Ricks

CURRENT WORLD CHAMPION and many times National Champion, since using the Deadlift SUPERSUIT has exceeded his own record deadlift a number of times over the past year.

This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight. David states... "The Deadlift SUPERSUIT is one of the most important advances in powerlifting apparel ever, and by its proper use, you can increase your deadlift poundages significantly."



Tamara Rainwater-Grimwood

THE WORLD'S STRONGEST WOMAN raves about the Deadlift SUPERSUIT. Make no mistake about it, Tamara was tremendously strong and a champion

before lifting in the Deadlift SUPERSUIT, but in her own words... "The Deadlift SUPERSUIT has added at least 10% to my deadlift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."



James Drake

TEENAGE POWERLIFTING CHAMPION and record holder. At age 15, James used the Deadlift SUPERSUIT for the first time and in his first training session increased his best at 315 lbs. from 9 reps to 15 reps! But it didn't stop

there. In his first contest using the Deadlift SUPERSUIT, and weighing 135 lbs., James increased his deadlift from 401 lbs. to 441 lbs. A huge 10% increase. Since that competition James has exceeded his record a number of times. In his own words... "The Deadlift SUPERSUIT is one of my greatest assets in my young lifting career."

These are just the few of the testimonials from the many lifters that have used the Deadlift Supersuit over the past year during its final development. Now it's here and we guarantee that whatever you're deadlifting now — whether you're a world champion, a novice lifter or even a record-holder — that you will increase your deadlift poundages, or you'll get your money back, including shipping.

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Just call us at our convenient toll-free number 1-800-321-5064 (Local Number 310-519-7111)

And we'll rush you your Deadlift SUPERSUIT by 2nd Day Air Delivery at NO EXTRA CHARGE!

If you wish to mail your order in, use our convenient order form and receive the same 2nd Day Air delivery at NO EXTRA CHARGE!

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OVERSEAS ORDERS ADD 20% FOR SURFACE FREIGHT OR 30% FOR AIR FREIGHT. CALIFORNIA RESIDENTS ADD 7.14% SALES TAX. L.A. COUNTY RESIDENTS ADD 1.14% SALES TAX. COD'S AVAILABLE UPON REQUEST.
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Nutrient for Getting Stronger!

The Ultimate Muscle Fuel

Creatine Monohydrate

The number one nutrient for getting stronger and bigger...

Clinical research has proven that Creatine Monohydrate increases your ability to restore your muscles' primary bioenergetic source, adenosine triphosphate (ATP), much more rapidly. The result is a constant supply of muscle energy. Marathon gives you Creatine Monohydrate in its most effective form: 100% pure USP pharmaceutical grade.

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.

- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.

Marathon's Creatine Supreme™ Powder...

- Delivers results fast – within two weeks.
- Each serving contains 5 grams (ideal dosage) of 100% pure USP pharmaceutical grade Creatine Monohydrate.
- Easy mixing tasteless powder just stir and drink with purity and potency guaranteed by laboratory analysis.

Marathon Nutrition offers you the broadest selection of Creatine Monohydrate products on the market. Our broad selection of Creatine Supreme is a real convenience for the serious powerlifter and strength athlete. In addition, you can realize greater savings on our larger sizes.

Creatine Supreme Powder

- 100% pure USP pharmaceutical grade guaranteed by laboratory analysis.
- 100 Gram Bottle – REG. \$29.95 – **Now \$19.00**
 - 300 Gram Bottle – REG. \$59.95 – **Now \$44.00**
 - 600 Gram Bottle – REG. \$97.95 – **Now \$79.00**
 - 1200 Gram Bottle – REG. \$179.95 – **Now \$148.00**
- Case Pricing Available

The Ultimate Muscle Fuel In Its Most Convenient Form

Creatine Monohydrate Supercaps™

The number one nutrient for getting stronger and bigger - Now in High Potency Capsules

- Now easier than ever to use.
- No need to mix with water or other liquids.
- Four capsules equals one heaping teaspoon — 5000 mg of Powder!

Clinical research has proven that Creatine Monohydrate increases your ability to restore your muscles' primary bioenergetic source, adenosine triphosphate (ATP), much more rapidly. The result is a constant supply of muscle energy. Marathon gives you Creatine Monohydrate in its most effective form: 100% pure USP pharmaceutical grade.

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.

- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.

- Marathon's Creatine Monohydrate Supercaps delivers results fast: within two weeks.

- Each capsule contains 1250 mg. 100% pure USP pharmaceutical grade Creatine Monohydrate.

- Purity and potency guaranteed by laboratory analysis.

- 100 caps – REGULAR \$99.95 – **Now \$24.00**
(Total 125 grams Creatine Monohydrate per bottle)
 - 250 caps – REGULAR \$99.95 – **Now \$54.00**
(Total 312.5 grams Creatine Monohydrate per bottle)
 - 500 caps – REGULAR \$199.00 – **Now \$99.00**
(Total 625 grams Creatine Monohydrate per bottle)
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New Advanced Generation Supplements

Powerlifters and Bodybuilders consider Vanadyil Sulfate one of the best supplements they have ever used.

GRF™ Advanced Generation Glutamine Retention Formula with Alpha-Ketoglutaric Acid

Glutamine Retention Formula

To optimize your muscle growth and repair, your body must have an ample supply of three very critical nutrients. They are Glutamine and Taurine – the two most abundant acids found in muscle cells and Alpha-Ketoglutaric Acid (AKG)

Without an ample supply of these very critical amino acids and Alpha-Ketoglutaric Acid (AKG) you won't be able to maximize your muscle building or strength gaining efforts. GRF (Glutamine Retention Formula) is formulated to overcome the problem of Glutamine and Taurine losses plus provides the right amount of AKG.

Here's How it Works

- Enables muscle glutamine synthesis and retention by molecularly bonding AKG with pure form glutamine.
- Provides pure form L-Glutamine for ongoing intestinal demands.

- Provides Alpha-Ketoglutaric Acid (AKG) which helps preserve muscle glutamine levels and is a precursor of Glutamine.
- AKG is also nitrogen sparing - which helps you stay in positive nitrogen balance.
- Provides the essential co-factor chelated manganese for the synthesis of glutamine.
- Delivers BNA to add to muscle glutamine retention.
- Supports cell volumization by providing the free-form amino acid Taurine. A must during periods of intense metabolic stress.

Formula

Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

L-GLUTAMINE275 MG
A-KETOGLUTARIC ACID25 MG
MAGNESIUM250 MG
TAURINE150 MG
CALCIUM A-KETOGLUTARATE63 MG
MANGANESE400 MCG

Compare to other brands formulas and save.

GRF (Glutamine Retention Formula)
120 capsules Regular - \$29.95
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2 Bottle (240 capsules) — **Now \$46.00**
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New Advanced Generation Vanadyil Sulfate Formula

V-3™ Advanced Generation Vanadyil Sulfate Formula With Essential Co-Factors

Now nutritional science has advanced this fantastic supplement to the next generation - Here's The Difference

V-3 contains the powerful supplement Vanadyil Sulfate plus two key nutrients that mimic Vanadyil - the amino acid Taurine plus Sodium Selenate an essential trace mineral. The latest research has shown that the effects of Vanadyil Sulfate can be greatly increased by adding these two key nutrients as co-factors.

That's why using the three-way approach of Vanadyil Sulfate in combination with just the right amounts of Taurine and Sodium Selenate increases Vanadyil's effects by as much as 300% for increased muscle mass and strength gains.

Formula

Purity and Potency guaranteed by laboratory analysis. Each Capsule Contains:

VANADYL7.5 MG
SELENIUM33 MCG
TAURINE800 MG

Marathon Nutrition offers you V-3 the Advanced Generation Vanadyil Supplement at unheard of savings.

Compare to other brands formulas and save.

**Marathon's V-3
Advanced Generation Vanadyil**
180 capsules — Regular \$39.95
1 bottle (180 caps) — **Now \$29.00**
2 bottle (360 caps) — **Now \$49.00**
4 bottle (720 caps) — **Now \$88.00**

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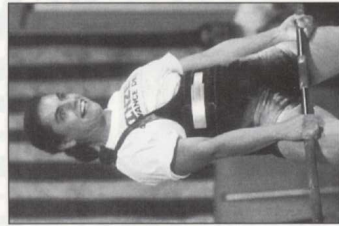
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Marathon SPORTS NUTRITION

U.S.P.F. Senior Nationals as seen by Powerlifting USA Editor Mike Lambert

Competition is the byword for the USPF Senior Nationals, but seldom does that description apply to the election of federation officers that periodically precede the show-downs on the lifting platform. Most often, the election for President is essentially by default, but early signs were clear that this was not going to be a normal USPF Presidential race. Peter Thorne was re-elected, and vetting for re-election, and veteran powerlifting official Don Haley, who doesn't believe in an aggressive personal campaign himself, instead had many active supporters



More at 105... APRIL DELMORE.



Marlana Hamfield... wins at 97.

contacting prospective voting members of the National Committee in the months prior to the election. I can recall the election which brought Joe Zarella to power back in the 70s... he and Lyle Schwartz and Mike Kennedy each had about 1/3 of the votes, but Mike threw his support to Joe and that was it. This time it was head to head, with lots of controversy thrown in for good measure.

Such was the importance of this election, that current IPF President Grahame Fong undertook a message tour without precedence in the history of American Powerlifting - he made the long trip from New Zealand to the USPF meeting in hopes of encouraging a fair election process. Such was the importance of this election, that the previous IPF President Heinz Vierthaler was also on hand, from Germany, to provide his input. IPF Vice President for North America, Bill Jamison of Canada was also present.

Although optimistic in the early stages, Haley co-campaign manager Guy Adams could not get the numbers to add up in his candidate's favor as the days counted down, and he was worried that further contact with voters or their proxies

credentials established. Long time Powerlifting official Jim Lem wondered to himself, it's not an odd number... what if there's a tie? Remarkably, that's what happened... 24 votes for Haley, 24 votes for Thorne. More quarels. More controversy. The election procedures were challenged at every turn. Cases were found where a proxy for a given vote had been issued to two separate parties. These votes were thrown out. A tie was unexpected good news for the Haley supporters, and their spirits soared. After a few more procedural skirmishes, another vote was to be taken. Wisely, Grahame Fong informed that both sides state before-hand, on the record, that they would go along with the results of the balloting, regardless of the outcome. Two abstentions appeared in this go-round, and Haley was declared the winner. Jan Shendow was elected Secretary/Treasurer, along with a lot of new faces in the Executive Committee.

This was democracy in action. It is a healthy thing when people speak up about issues and communicate to one another. Without democracy, constituents feel they have no chance for a fair hearing, regardless of whether the eventual answer is yes or no. When an organization allows controversial issues to be brought forward it is positive factor for the long term success of that

not be lost to our sport. Whatever he does I wish him the best for his future.

Now should we forget John Inzer's role. He was condemned for his commercial influence on the USPF and this ultimately cost him his position. However, his generosity should not be overlooked. Not only did he inject funds into the USPF on more than one occasion, but he also financially supported, and undoubtedly will continue to support, many deserving and appreciative lifters. He also devoted time and money to promoting lifting events (such as the Greatest Bench in America) which helped to raise our public profile.

Don Haley's credibility is unquestioned and he will be a popular and well supported president. His election will defuse the controversies of previous administrations and bring solidarity and co-operation within the USPF. Both I and the IPF undertake to fully support and assist him and we look forward to a positive and fruitful relationship with him and the USPF.

Finally, I would like to thank all USPF members who have written to me over the past few months. In all I received over 20 communications and I appreciate the time you all took to express your views. I know that most of you, irrespective of whom you may have supported, will now direct your energies towards helping Don Haley and the USPF move forward.

GRAHAME FONG

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she had made on her 2nd attempt. A further try at the desired weight proved to be too heavy.

At 123, Carrie Boudreau was just off winning her most recent world title up in Canada, and was enthusiastically back on the platform with hardly a training moment to re-peak off of. Even with a couple of misses, she still cranked out a bigger total than she had made at the Worlds, and leaped for joy after that final 473 deadlift. MET RX is her new sponsor, by the way. Sandra Mobley, with her kids watching from the audience, cranked out 6 good lifts to produce an 821 total. At 132, there was special disappointment as IPF World Champ for the past four weeks or so, Bettina Alizer, bombed out in the squat, drawing a pointedly negative response from Bill Emits to referee Bill Decker. Tanya Crowley, so trim as to be almost unrecognizable in this lower weight class, had a tough match for the gold medal with Jennifer Rey Fisher, which was settled only with her final deadlift pull of 360 lbs. 16 year old Kristina Bush of West Virginia, with limited experience but no limit on potential, was an impressive 3rd placer. She could not budget her opening 308 lb. deadlift, then made it, and then 330, quite strongly.

In the 148 lb. division, no lifter weighed more than 143, but world records still came tumbling down. Rachel Mathias squatted very conservatively on all attempts, but she came to bench, as did Rose Ann Torres, who opened with more in the bench that she finished up squatting. Both Rose Ann and Rachel also tried, but missed, and she ended up out of the contest. 2 lbs. more on a 4th attempt was too much for Rachel. Lois Hammond's 2 good squats and deadlifts, and one good bench, put her into 2nd slot in the overall competition.

At 165, Sarah Robertson returned to the Nationals in great form, backed up with a legion of 2 French coaches behind the platform and a couple of French fans in the audience. Her 462 squat attempt was the only error she couldn't correct on route to the win. Phyllis Coates was announced as lifting in her first contest ever, which led some to wonder how she made the qualifying total for the meet, but Al Siegel related how Phyllis holds some AAU submaster records, and her strength and experience earned her to just under a 1000 lb. total. Eager Leigh Smith only got 4 attempts to the good on her scorecard, but graciously accepted her 3rd place award.

At 181, Shelby Corson faced no competition and, under the circumstances, merely totaled out to secure another trip to the Worlds in 1997, after winning the silver at the 1996 meet in June. Juanita Trujillo also had no competition, except the chal-



Tanya Crowley at 132, representing Gilly's Gym

When democracy is re-strengthened, people become frustrated, and perhaps becoming active in a competing organization, fragmenting the energy and momentum of the sport. In addition to Guy and LexAnn Adams, some of the people who contributed to the Haley effort included Pete Alaniz, Dan Wagman, Tony Fitton, Paul Fletcher, Dave Jeffries, George Panzak, and others.

Perhaps even more significant was the meeting arranged by IPF President Grahame Fong between representatives of many of the major powerlifting organizations: AAU, ADFFA, IPA, USPF, WNPFF, etc. These leaders got to know each other and dialogue was established towards unification in the Powerlifting, a goal that many grass roots lifters have been demanding for quite a while. Conditions have never been more conducive for what has been called "solidification" in the future.

The historic USPF National Committee meeting took place on Thursday, July 25th, with competition for all the women's weight divisions being conducted the following day. The entry list was light. The USA team for the Women's World Championships had been selected from the 1995 USPF Sr. Nationals and they had just competed



Rachel Mathias literally rammed up two world record benches, in sensational style

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GRAHAME FONG



A Smile as Big as Her Lifts... Sarah Robertson

lence of demonstrating that she was back to world class level, after a brief absence from national and international competition.

No surprise as to the identity of this year's Best Women Lifter at the Seniors - Carrie Boudreau has set a very high standard for herself and anyone else who dreams of being the best in the USA. Team Titan took the women's team championship over Gilly's Gym.

The Men's competition began punctually at 9AM Saturday morning without the benefit of any 114 lb. class entries, but it looked like a horse race in the 123lbs with previous rivals Arenberg and Young joined by AAU men's champ Sinh Connolly of Team Hawaii. Young grabbed a 33 lb. lead on Arenberg, who was reportedly not feeling well at the meet. Connolly was not doing well at the meet, far off the precision peak he showed at the AAU meet in May, and he stumbled through three unclose misses. Arenberg closed the gap in the bench press and then totally upturned the tables in the deadlift for a clear win.

In the featherweights, 52 year old Ian Burgess has hardly changed in appearance since he won the Jr. Nationals back in 1971 and he still has that nice balanced approach to a total that gave him a national crown. His competitor at this meet

was his own training partner, the very lean Nathaniel Park, who had a slight edge in the squat and deadlift to end up in position three in the standings. Dennis (Don't Call Me Dennis) Washington came back up from Tampa to show the nation there was more to him than that bombast at the ADFFA Men's Nationals and he was sinking for his evenly edged lift capabilities and his finely chiseled physique. Tim Taylor had been fighting off several minor injuries this year, and came into this competition undertrained and unknowing of his true capabilities. Conservative openers served him well, as far as winning was concerned, but no one should assume he's not a ten times bodyweight plus man for the Worlds.

The 148s... ah yes, the indelible Tony Conyers versus the boy who squats more than the men, Wade Hooper. Alas, Conyers couldn't squeague out less than 67.8 kilos from his bodybuilder's lean physique, and had to go up a class. With All American credentials, Wade directed his focus to the open men's world record in the squat and he rammed up the minimum necessary increase over Jackson's long time IPF mark with 662, a lit that brought tears to his eyes and an effort he told Kirk Karwoski he couldn't have achieved without his sound advice and presence in the front row of the audience. Also very nice was his 407 lb. bench and the deadlift that gave the clean cut guy a 1620 total that will rattle some egos internationally. Scott Steg is a great lifter, who unfortunately can't lift a weight class that doesn't have an American superstar in it. He toughed out those last two squat attempts, getting an extra one courtesy of the jury, but not much recovery time to deal with it properly. After losing his grip with a 600 deadlift, he performed the magical trick of hanging onto it

for his final try. Perhaps surprising even himself, Lloyd Weinstein put together his best total of all time and blazed the USPF Submaster record list with new marks set in each category, on every successful attempt. Local favorite and previous collegiate star Mike Cogliola had a spotter prematurely grab his initial squat attempt, but came back to make all three. Carlos Lewis was quite frustrated with his results in the squat and bench, and finally hit the high side of the power curve in the deadlifts for 5th spot. The Middleweights were packed with potential excitement, but on top of it all was the return of 8 time IPF World Champion Dan Austin. Dan had been training, but was only 65/35% sure about competing, despite the urgings of Team Titan Captain Pete Alaniz. With two little ones to keep him busy when he gets home from a long day of strength coaching, Dan has to make the most of his time in the gym. The fitness physique of Dan Austin the Lightweight champ is gone... it has been replaced power packed bulges in all the right places at this heavier body-

weight, making his 672 squat look easy. A weird up and down hitch on his second deadlift attempt, when the rebounding bar caught Dan resting a bit too soon, compelled him to repeat the weight. Dan was "disgusted" with the squat and deadlift misses, but looked pretty good to me and lots of eyes in the audience, including those of veteran Clyde Wright - it was good to have seen both of them. Anthony Conyers accepted a huge bodyweight disadvantage with no regret. A mislead squat was taken over, but with too little recovery time, and he couldn't get the next one passed either. A nice bench and 3 straight good deadlifts could not offset the gap that Austin had established, so Tony's attempt to win 3 straight national titles was derailed. Seeking redemption for his unexpected bombast at the ADFFA Men's Nationals, James Benemotto put together some nice lifts for third place, topped by an explosive 644 deadlift that made the crowd buzz.

Another ADFFA contender, Anthony Basseti, exceptionally muscular, almost bit the dust in the deadlift, due to lockout difficulties, but held up at the end, though somewhat off his marks from the ADFFA Nationals in St. Louis. Happy Andy Hamel, filled out to the middleweights, made a



Juanita Trujillo is back in the Superheavy picture

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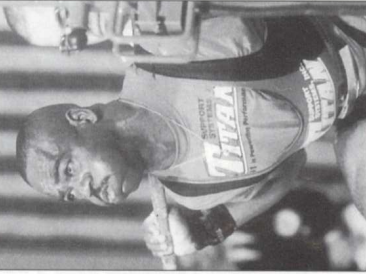


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his division, Mike Danforth, whose struggles to get a squat in took him out of the hunt when Ty Stapleton nailed two squat attempts, before timing out on 688, perhaps to get ready for a huge 507 bench press opener. The move to break another venerable IPF bench press record - the 1981 mark of the remarkable Mike Bridges - was closer the first time around. Ty's 606 deadlift opener was sort of hard, and 639 won't all anyway, at 176.3.



DAN AUSTIN... a USA Dream-Tearer He had hoped to squat as high as 820, but 782 didn't get passed and he went too deep with it on his 3rd attempt. Assisted by Stephan Korte

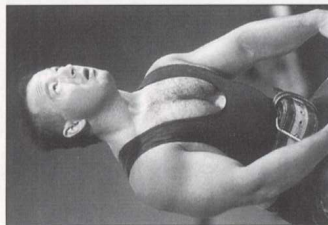
The 1996 USPF Senior National Iron Wars continued with the 198 lb. class where one of America's finest - Gene Bell was to face the Seniors debut of AD-FPA/WDPFP Champ Robert Wagner. Not all the entries suited up. Dan Wagman was still grossing about the non-updated drug testing release language and chose not to lift himself, but he helped out many who did compete. Lester Maslow was around the venue, but not the platform. Of those that came to play, two left that quick. Succarotte could not satisfy the judges, and Masstream's timed out first attempt seemed to poison the following tries. Lanky Anthony Frezzo showed power beyond his leverages to earn the 4th place award, as Tony Conyer's longtime training buddy Bill Beekley surged well ahead with

Table with 181 rows and 18 columns listing names, weights, and scores for the 1996 USPF Senior National Iron Wars.



The Meeting of the Powerlifting Coalition... (27 Jul 96) left to right, Don Haley - USPF President, Robert Stephens - WNPFP Vice President, Troy Ford - WNPFP President, AAU Chairman, John Schaeffer - IPA President, Marvin Teitel - IPA Executive Member, Mike Overdeer - AD/FPA President, and Grahame Fong - IPF President. Overdeer, President AD/FPA; Troy Ford, President WNPFP; Allan Siegel, Chairman AAU; John Schaeffer, President IPA; Don Haley, President USPF; 26 July 1996 We recognised that factionalisation was hurting our sport and that moves towards co-operation, solidarity, and (hopefully) unification were long overdue. The principles agreed to are a very promising prelude to further agreements in the future and I am confident that it is only a matter of time before many lifting bodies realise that they

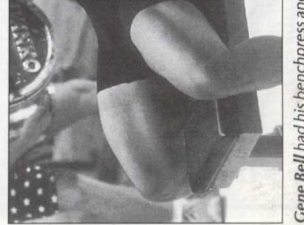
USPF Senior Nationals-26-28 Jul 96 - Philadelphia, PA. Table with columns for 96, 99, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 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Ty Stapleton was intense at 181.

from Germany and Sabrina Walheim, Rob shockingly dropped his opening deadlift, almost did the same on his 2nd, and then defied the problem by hanging on to his 3rd lift successfully. Gentleman Gene Bell was ready for a tussle, but didn't need to let out all the stops, and let his 705 third attempt deadlift time out, with a wave and a smile to the crowd from the warmup room.

There was an unusually large turnout in the 220 lb. class. No wonder, with Ed Coan up a class, this division was, for the first time in a long time, not a foregone conclusion. Elijah Brown learned the downside of his psyche-up phrase "You can't win it, if you ain't in it" and Arkansas Mike Vinson left even earlier, after a hard opening miss with a 705 squat. Former Pennsylvania Teenage and Jr. National Champ Steve Mann went a very nice 9 for 9, and massively built 25 year old Pete Grohski got his start in Sr. National competition. The limitations of only 3 lifts to the good kept John Puma behind fellow Californian Scott Wallis. Kent Johnson was one of the favorites coming in, but an elbow touch on his 766 squat, and a failed 44 lb. jump in the deadlift put him in 4th. 7 out of 9 attempts were good for Phil Leader



Gene Bell had his benchpress and the 198 lb. title well under control

and that was good enough to put him in the bronze medal position. David Audec upright squatted three beauties, finishing with an intense effort at 799, only 3 weeks after competing in the IPA World Challenge Cup. That was 55 lbs. up on Hawaii's Anthony Harris, who lifted less explosively, but more powerfully, than in his AAU Men's Nationals win. With his bench down, Anthony adjusted the burners for the deadlift and earned a very prestigious national title as a result.

The 242s.... Ed Coan... WOW. This was what the crowd was waiting for, and their expectations were running far wilder than any mortal human could hope to meet. Fed by rumors of Ed hitting 898x5 in the squat in training, the crowd listened for an unheard of total. The 236 lb. Ed Coan was ultra-wide and super-thick, and as he used the stanchion of those clever Sorin squat racks to tighten up his belt, his eyes hardened to the fiercest intensity he could muster. 903 was done well, though not effortlessly. Ed still has to have plasters applied to twin areas on his back that the bar will never let heal up.



Smith broke Magruder's record

Ed came back with his intensity pumped up, yet another notch, took it definitely deeper and got the lift. There will be no questions in Europe about the authenticity of Ed's world record, as one of the side judges was Germany's Heinz Vierthaler. 551 in the bench was strong, but 567 seemed to drift out of the ideal groove twice. Then



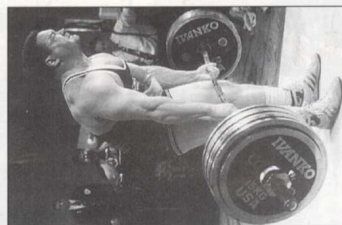
Harris pulled away in the 220s.

came the deadlift. Ed's posted opener was nearly 100 lbs. higher than anyone else's. Near the end of a long session, a loading error crept in. Ed's first lift was overloaded by 15 kilos, but just on one side. More boos from the crowd. A few were shouting such things as "Is this the way you treat your best lifter?" "If you can't load a bar right, then we need a new association!", etc. Ed was incensed, and was not into following himself with a 3 minute wait, since he was already at the end of the first round. After more boos and lengthy referee discussions, it was decided that Ed would take his official 1st attempt at the end of the 2nd round, which he made routinely. A following attempt at 815, this time loaded symmetrically, drew extreme emotion from Ed and he made it with due effort. Both his deadlifts allowed Ed to break the 1980 IPF World Record total held by John Kuc, one of several venerable marks to be exceeded or attempted at this championship. Ed's mom noted that "when Ed's mind is messed up, it's messed up!" and recalled to her husband how another leading order affected Ed not too long ago as well. When Ed's lifting was finished, a significant portion of the audience left the venue.

Jeff Douglas missed 804 in the squat, and then returned to get out the barrier busting lift heroically and surged to a 2nd place total that was nearly as unassailable as Coan's

first place mark. Mike Mitchell's desperate 3rd attempt lit with the same 666 in the squat and the deadlift rewarded him with 3rd place. Dan Wagman's buddy Bill White was strong in all the lifts. Rather impressive was the way he parked 413 on his chest for several seconds waiting for the referee's clap that was not to come. IPF bench rules were in effect for this contest, and Bill got the idea for his following lifts. By the way, new President Don Haley has indicated his hope that IPF rules will be followed at ALL USPF competitions as of October 1st. Rich Sadloski went flying backwards with his first attempt 633 lb. deadlift, but came back to make it and more to earn his award. Tall Wayne Dresser missed a 666 squat twice, but had enough to edge out Pat Anderson for 6th spot. Juanita Trujillo helped an improved Jess Branham from Colorado to a 1600 plus total, and one of Gene Bell's great supporters from Europe, Henry Ellis, got some help from Gene in return for his initial Sr. Nationals performance. 19 year old Nate McBride is headed for Nebraska on a football scholarship, and demonstrated a great base of natural strength with his lifting here. The last lifter on the total rankings had no intention of contending in

the three lift arena. Scott Smith made great progress in the bench press recently and set his sites on another long standing IPF World Record, the 14 year old mark of Jeff Magruder. He tweaked it up just enough, with the fractional kilo plates, to break the mark with 596. A further jump to 606 was too much - 600 even would have gone. Darren Holmes came out for his opening 755 squat, dumped it backwards, and went flying forwards, and then found himself in terrible



Coan had an aggravating start with a misloaded deadlift attempt

article continued on page 106)

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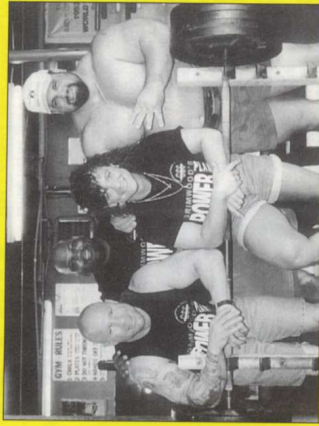
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WORKOUT of the Month

Les Hasler's Deadlift Routine

The Deadlift is the "King" of the three competitive lifts. Whereas in the squat and bench press, a person can use supportive equipment that takes "three men and a boy" to get on. The deadlift is a lift you either do or can't do. The deadlift relies on a person's strength, rather than hi-tech equipment. As the saying goes, "the meet don't start until the weight hits the floor."

I have used various training methods over the years. They have ranged from Vince Anello's program, where one does several singles with a short rest period, to high rep sessions. The program I have used over the past several years is working up to a best triple a week before the meet. This routine brought me up to my present best meet deadlift of 735 lbs. A set of three should translate into approximately 75 lbs. more for a single. If you can triple 600 lbs. comfortably, you should be able to pull 675 lbs. for a single in the meet.

I normally run a 12 to 16 week cycle, deadlifting once a week. As a warm-up for the deadlift, I will do some light squats working up to 325 lbs for a set of five. I do a total of five sets in the deadlift as I feel that is enough work considering I squat twice a week which can stress the lower back. As an assistant to the deadlift, I do rack pulls from the knee. I keep my feet narrow and do no more than three sets, keeping the reps VERY low as you can quickly overtrain. Do rack pulls every two weeks on your heavy squat day and pull about 150 lbs. over your deadlift weight for the week for a set of three, until two weeks out from the meet, where you will pull a single. Take whatever time is necessary for stretching before AND after your workout. Do lots of weighted crunches as I

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

feel strong stomach muscles work synergistically with a strong back. Finally, I like to do heavy arm curls to keep the biceps from possibly tearing during the deadlift.

In order to get a 600 lb. deadlift during a meet, this is the program I would recommend. I use straps the last six weeks on my last set because I do not want to worry about my grip. I just want to get the reps. This will not effect your grip in the meet. You will notice that during the last few weeks there are big jumps in the weights, however, the reps are cut way down by the time you get to the last week to give your back plenty of recovery. Good luck! Remember, in powerlifting, less is more.

- WEEK#12:** 145x10, 225x7, 275x5, 325x3, 360x10, (Rack pulls 525x3). **WEEK#11:** 145x10, 225x7, 275x5, 325x3, 375x10. **WEEK#10:** 145x10, 225x7, 295x5, 345x3, 390x8 (Rack pulls 555x3). **WEEK#09:** 145x10, 225x7, 295x5, 345x3, 405x8. **WEEK#08:** 145x8, 225x6, 305x4, 365x3, 420x6 (Rack pulls 585x3). **WEEK#07:** 145x8, 225x6, 315x4, 365x3, 435x6. **WEEK#06:** 145x8, 225x6, 315x4, 375x3, 450x5 (Rack pulls 605x2). **WEEK#05:** 145x8, 235x6, 325x4, 405x3, 465x5. **WEEK#04:** 145x7, 235x5, 325x3, 415x2, 480x4 (Rack pulls 635x2). **WEEK#03:** 145x7, 245x5, 335x2, 425x2, 495x4. **WEEK#02:** 145x6, 245x4, 335x2, 435x1, 510x3 (Rack pulls 665x1). **WEEK#01:** 145x6, 245x3, 345x1, 445x1, 525x3. **Meet:** Opener: 3rd. Second: 550. Third: 600.



An Achiever... Holly Foster receiving an award from her Col. Kohut

Women's National Champion in the 1998 LB. class and member of the 1996 USPF Women's National team.

GB: What are your lifting goals for the near and distant future?

HF: Short term goals: 405 squat, 225 bench and 480 deadlift. Future goals: 460/480 squat, 240-255 bench and 520 deadlift.

GB: Who are some of the lifters who got you started and when?

HF: I started powerlifting while stationed here in Germany. The first to get me "involved" in the sport was Aaron Blas (Masters Competitor). He took the time to explain what a training cycle was, how to train and what I should be eating. He gave me a solid foundation to work with. After he moved, I had to find another training partner. I found a group of guys that I managed to work my way in with. One in particular was Eric Holmes. He is an incredible person - not only as a powerlifter - but as an individual. He taught me how to focus. He showed me that I really had potential in this sport. He constantly pushed me to challenge myself. We ended up talking each other into becoming powerlifting referees and did so in November 1993. This helped to give me a better understanding of the sport from another perspective. And again,

GB: What are your views on the

different powerlifting federations?

HF: I haven't been exposed too much yet as I've only experienced my first USPF National Championships. It was well run, but I really didn't know what to expect. The rules of engagement for the meet were explained thoroughly, and up front. There were no gray areas or guess work. I appreciated that. Sometimes people figure that you should know it all just by your association with the sport. As I grow with the sport, I'm sure I'll have an opinion on lots more.

GB: What do you do when you are off-duty and not training?

HF: Running after my kids! I have two boys, David (8 years old) and Spencer (6 years old). I'm always training. They keep me quite busy, but I wouldn't have it any other way. They help me out at meets and give me 100% support. We like going swimming, running track, going on trips to the zoo and walks (I like to read (just about anything), cook, and basically hanging out with friends.

GB: What are your career plans for the future?

HF: I have a Bachelor's Degree in Physical Education, and I'm halfway through my Master's Degree in Aerospace Operations. First, I would like to finish my Master's degree and eventually go into Accident Investigation (aviation), or pursue a second Master's in Sports Medicine (which I'll probably do anyway), or I would like to get into coaching track or strength training. All this is in conjunction with finishing up my Air Force career (8 years left).

GB: What are your views on your training and what keeps you motivated in the gym?

HF: I love lifting weights and getting stronger. Many women will think that if you lift weights, you will turn into some grotesque figure. It's all in how you train and how you view yourself. I don't care too much what other people think - especially if they're talking about what they're talking about. My motivation is twofold: first, there is the strength aspect. I was in a situation a few years ago I thought I'd never be in, so to prevent that or at least be better prepared, I started to get

INTERVIEW

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

HOLLY FOSTER as interviewed for PL USA by Gene Bell Jr.

GB: I would like to introduce Holly Foster to PL USA readers, a former accomplished track & field athlete who has made her mark by winning her first national title at the 1995 USPF Women's National Championships. Holly what is your occupation?

HF: I am currently in the United States Air Force, as a Personnel Technician. I am responsible for reviewing personnel support sections of all contingency and exercise plans in the European theater, which include personnel management for Operation Promise/Denu Flight, which encompasses locations in Italy, France, Macedonia, the United Kingdom, and Croatia.

GB: What motivated you to undertake the sport of powerlifting?

HF: Actually, it was a fluke. Someone asked me if I would enter a meet so that the team could accumulate more team points for a better chance to win the team trophy. I had been training with a general bodybuilding routine, so I felt I wouldn't be totally embarrassed. I agreed to do it, and I have been hooked ever since.

GB: How long have you been training and competing?

HF: I have been involved with weights since high school, but as far as organized weight training (with some kind of gear associated), this is my fourth year of training and competing.

GB: What are your best training lifts and best performances in a contest and in the gym?

HF: All of my best lifts have come in meets, so far: Squat - 340, Bench - 203, Deadlift - 440

GB: What do you consider your best strength feat in the gym?

HF: I love to squat, but as far as my heaviest lift, that has to be the deadlift. I haven't fully developed it though, so that might change in a few months!

GB: What are some of the records and titles you hold?

HF: 1993 Continental Sports Conference Champion - 165 LB class, 1994, 1995, 1996 Armed Forces European Champion (Best Lifter all three years), United States Armed Forces in Europe (USAFE) Champions 1994 and 1995 (Best lifter both years), USAFE and Armed Forces Euro-pan record holder in the 165 and 181 LB. classes, USPF

(article continued on page 96)

IPF WOMEN'S WORLDS

as told to PL USA by USA Champion Shelby Corson

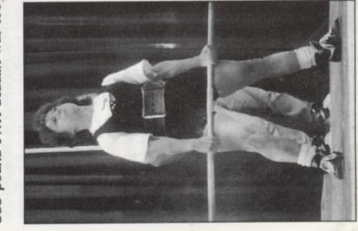


The Best Woman Lifter in the IPF & the USPF - CARRIE BOUDREAU

As I boarded the plane headed for Toronto, Canada, I was sure this was the year that the United States Women's Team would recapture the gold medal. However, the Russians had a different plan. Starting off with a bang, Russia won the first three weight classes. Amazingly, Svetlana Tesleva at 97, Elena Yamskich at 105, and Oksana Belova at 114 are all junior lifters. That's right, the lightweight women's world champions are all under 23 years of age. Most impressive, they each broke the open world total record in their respective weight classes. Not bad lifting for junior athletes. It makes you wonder if being a junior lifter is a handicap or an asset. Looking more like Russian ballerinas than powerlifters, this terrific trio set Russia up to win the team gold medal.

97: Russia's 21 year old Svetlana Tesleva defeated four time world champion, Anna Prinkkala, with an 826 world record total. Anna Prinkkala, Natalie Janot, and America's Ann Leverett battled for the silver medal. In the end, Prinkkala prevailed by way of an MWR total. Losing the silver medal only by bodyweight, Natalie Janot had to settle for a world record bench press and the bronze medal. Ann Leverett and Natalie Janot each broke the world bench press record with 183 pound efforts. A determined that Janot was lighter and the new world record holder. Only 16 pounds away from the medals. Ann added 56 pounds to her 1995 World Championship total and broke an MWR in the deadlift.

105: Prinkkala's teammate and long time rival, Raja Koskinen, moved up a weight class. She started off with a nice 358 pound squat. At subtotal, Raja was 11 pounds ahead of Russia's junior phenom, Elena Yamskich. However, Yamskich's 385 pound JWR deadlift was too



Beth Street... Bronze Medalist

no world records or personal bests. Carrie Boudreau was still the best in the world and the best of the best. Simply, she is the best ever. Carrie sets high standards that both she and the rest of the powerlifting world expect her to maintain. To all of you who are striving for perfection, enjoy the journey towards your goal. Once you have experienced that perfect 9 for 9 day, you and the rest of the world will accept nothing less than perfection. There is only glory in perfection the first time it is accomplished. From then on, it is simply expected. The pressure is immense. Just ask Carrie about that one. Kelli pulled on a deadlift for the silver medal. She completed the lift to no avail. It didn't pass. Another bronze medal goes to the United States. Kelli moved up a spot from last year. My bet is that next year she will do the same. The silver medal went to Svetlana Poplavskaya of the Ukraine via a 385 squat, 231 bench, and 380 deadlift. Valentin Nelabova took home a fourth place overall finish and a gold medal for her 242 pound effort in the bench press.

132: Bettina Altizer took the IPF lifting platform by storm. She was on a mission and would not be denied. Bettina was a fierce and focused competitor with excellent technique. She went 9 for 10 at her first IPF World Championship and took home the gold medal. That she watched Bettina from the audience was truly inspiring. Eighteen year old Marina Kudimova of Russia was only 11 pounds out of the first place with a 1063 total. The 1995 World Champion, Erko Himeno, had to settle for a bronze medal and world record bench press. Ingeborg Marx was 11 pounds away from the bronze medal.

148: Sweden's Lisa Sjostrand cruised to a victory by totaling 104 pounds more than silver medalist and four time world champ, Ekabatt Tanakova of Russia. Ajaoko Ikeja took the bronze medal for Japan. First time USA team member, Gina Nicholas, gained valuable experience for her powerlifting future. She finished eighth overall, and won the silver medal in the bench press. I suspect, that within a couple of years, Gina will total in the medals.

165: Marina Zhugueva of Russia (another junior lifter) wanted a gold medal, but even with 100 pounds on last year's total, Zhugueva had to settle for the silver. Twelve years after her first world championship, Vicki Steenrod won her fifth gold medal. Only two women in the history of women's powerlifting (Sisi Dolman and Bev Francis)

The last lift of the contest was a 529 world record deadlift pulled by Katrina Robertson of Australia. In the end, Chao won the gold and Ulla the silver. Bronze medalist Chao Sul Lee edged Anastasia Pavlov off the awards podium.

The entire USA women's team would like to thank Ernie Gilbert, Dave Jeffrey, and Danny Harting for providing excellent coaching. Also, thanks to everyone that traveled all the way to Canada to help support the team. Meet directors, spotters, loaders, scoring staff, judges, and countless other people provide support without any extrinsic rewards. Instead they work for a pure love of the sport. Thanks to everyone who helped organize the 1996 Women's World Championships.

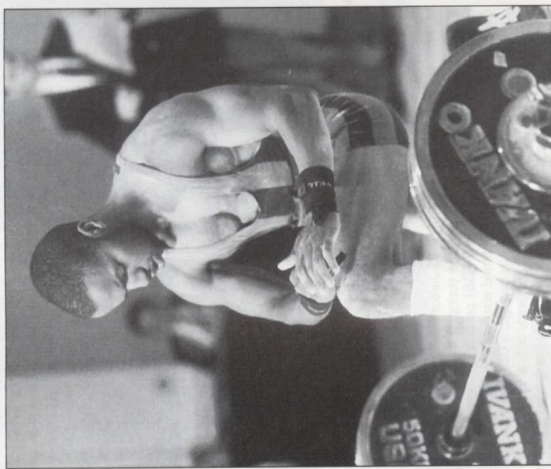
STATISTICS: 78 Competitors, 19 countries were represented. Out of 709 attempts, 509 or 72% passed; 4 lifters bombed out. 9 Open World Records were broken, the Russians broke 4 of the 9. Master World Records were broken, Vicki Steenrod broke 4 of the 9, 11 Junior World Records were broken, the Russians broke 6 of the 11. 10 Master lifters competed or 13%; the oldest competitor was 48. 13 Junior lifters competed or 16%, the youngest competitor was 18. 74,361 pounds lifted was the combined result of each athletes total. On average, a USA team member is 36 years old; a Russian team member is 25; Russia won the team gold; USA won the team silver, Chinese Taipei won the team bronze. Carrie Boudreau won the best lifter award; Oksana Belova 2nd, Lisa Sjostrand 3rd

Country	26-29 Jun 96	Kilochener, Canada (kg)
Tatiana FIS	145	80
Tatiana FIS	145	80
Prinkkala FIN	140	67.5
Janot FRA	115	83
Leverett USA	115	81
Linman FIN	127.5	70
Yamauchi RUS	147.5	90
Kokkisen FIN	162.5	80
Chang TAI	145	82.5
Belova RUS	178	109
Stevia UGA	167.5	106
Wang AUT	160	77.5
Dujardin BEL	135	85
Boudreau USA	182.5	107.5
Poplavskaya UKR	175	105
Nelabova RUS	160	110
Chen TAI	150	97.5
Brekke NOR	165	102.5
Ishikawa JAP	150	85
Yamaguchi JAP	142.5	87.5
Abelina FEA	130	87.5
Steenrod USA	160	77.5
Belova RUS	110	60
Altizer USA	195	115
Kudimova RUS	192.5	102.5
Himeno JAP	165	116
Mars BEL	190	102.5
Linman FIN	170	92.5
Li Jap	170	92.5
Billie NOR	180	82.5
Kattan GR	150	82.5
Keiser NDL	150	82.5
Woods AUS	135	77.5
Biedemann GER	135	62.5
Chen AUS	135	62.5
Linman FIN	135	70
Cal POI	215	115
Sjostrand SWE	200	112.5
Tanakaova RUS	205	105
Ikeja JAP	205	105
Franky USA	195	95
Mary BEL	185	90
Mars BEL	185	102.5
Nicholas USA	180	97.5
Nicholas USA	142.5	115
Mora AUS	152.5	85
Himeno JAP	145	80
Thompson AUS	140	75
Linman FIN	217.5	142.5
Stevia UGA	210	140
Zhugueva RUS	215	140
Dubled NOR	235	110
Dubled NOR	185	95
Fuchs GER	182.5	110
Chang TAI	180	107.5
Chang TAI	180	107.5
Chang TAI	170	95
Chang TAI	170	95
King CAN	152.5	95
Smith AUS	147.5	70
Rumyantseva RUS	225	130
Conon USA	225	127.5
Lin TAI	195	127.5
Chang TAI	195	127.5
deVosler NDL	190	82.5
90 kg	125	135
Korshunova RUS	217.5	122.5
Ferreira FRA	227.5	120
MAI	207.5	115
Gaeremond UKR	205	127.5
Chang TAI	170	95
Foster USA	165	97.5
1-Ferrogren SWE	245	158.5
Chao TAI	220	220
Horchheim GER	220	155
Lee TAI	235	132.5
Palova RUS	235	132.5
Palova RUS	222.5	117.5
Takes Hun	150	107.5
1-Junior World Record. * - Master World Record.		
1-Senior World Record. Team: Russia 69, USA		
Finland 29, Japan 29, Norway 17, Ukraine 16,		
Sweden 12, Netherlands 12, Australia 12, Bel-		
gium 9, Great Britain 3, Rep. South Africa.		



SHELBY CORSON / lifted in the U.S.P.F. Seniors only one month after the I.P.F. Worlds.

More From Ken Leistner



Should Champs like Tim Taylor hope to lift in the Olympics someday?

Boy, has the sport of powerlifting taken a hit lately. Six months ago, my column recorded the problems of fraudulent record lifts, the use of lifting apparel, and the general degeneration of the sport. My long time readers know that I mean about these things on a regular basis. In the August issue of *PL USA*, Marty Gallagher devoted his entire article to just these points.

Herb Glossbrenner, after singing the praises of the APF for the past year, simultaneously blasting the IPA, could not have given a more scathing review of what should have been the APF's representative meet of any year, it's Senior Nationals. As one of the leading "voices of complaint" for the past nineteen years in *PL USA*, let me give some perspective.

Powerlifting is always going to have its very good and very bad points. One of the things that puts us "behind the eight ball" immediately, is the unrealistic expectation of many that we will or even should become an Olympic sport. During any Olympic year, these expectations are fueled by the imagined glory each lifter has, viewing themselves atop the winners, podium used to standing in front of your family and friends and some others who will comprise a very small audience in a high school gym because that is the reality of powerlifting, not Olympic glory. For many reasons, we will never be an Olympic sport and this is not a negative.

Powerlifting is one of those things that isn't done for money or fame. The fame is among a very small group of like minded peers and the satisfaction is truly intrinsic. Like most endeavors, the individual is the only one who knows if their meet was successful relative to realistic expectations, current training, and overall goals. This is how it should be. Having unrealistic expectations of eventually being in the Olympics has given some administrators an unrealistic view of the sport and the behaviors that they believe as a sport and as individual lifters should demonstrate. To them I say get back to reality and understand that powerlifting is for the individual's self-education. Don't blink so hard when a young lifter wears his or her "heavy metal" t-shirt onto the platform. It's a reflection of their expression and if that's what it takes for them to do their best, it is no different than any Olympian's idiosyncratic wearing of a "lucky" wrist band or favorite pair of socks during competition. That some feel it "presents the wrong image", wrong image of what and to whom? To those who would eventually accept us into the

The next area of complaint is the drug use. I stood in the back of an ADPPA meet not too long ago and watched a group of guys stov down ephedrine, analgesics, a pain killer, and, in one case, an old fashioned black beauty, one of the staple amphetamines of the 1960s on the athletic fields of the United States. These were all adamantly "drug free" lifters and, in truth, they probably did not use anabolic steroids or growth hormone, but "drug free"? There are those that use anabolic drugs and still lift in various drug free or drug tested meets.

Those who will cheat, will cheat. All the testing in the world will not deter those who put their desire to win above anything else. My objection to drug use is two fold: it's unhealthy for almost all who use them, despite anecdotal evidence to the contrary, and it's illegal. Those are two pretty good deterrents to me. That others consider it cheating is another story. Bill Starr once wrote that no one could legislate morality. I can't worry that someone is "cheating" on their income tax or puts in an inflated health insurance claim. Yes, it affects me and my eventual tax and insurance payments, but I can only decide for myself what is right and then follow my conscience. While I can try to teach my children what I believe to be "right" I can't even control their morality once they are out of the house for the day or out of my sight. I think it's a bit unrealistic to expect everyone in a drug tested meet to be drug free. I think it would be nice, but unrealistic, but why worry about it? If one makes the decision to lift drug free, that's great. While I, and others, may feel that is the "right" thing to do, the healthy thing to do, and in the long run, the better thing to do, I can't control anyone's behavior and I doubt that the "deterrent" of drug testing will control the behavior of those who believe that they deserve an advantage over the competition. One can hope that like minded individuals would have integrity when agreeing to enter a contest to compete on an "even playing field" but from the inception of the drug free organizations, drug use by some of their champions and also rais has been an ongoing subject of concern and discussion. Again, make the decision to compete for yourself under your own guidelines. That there are so many who don't think in terms of what one could term fairness or consideration towards others is reflected in the unbelievable explosion in the prison population, the unstable greed and unacceptable behavior that is deemed acceptable in business, and so many other societal markers.

Lifters won't give up drugs be-

cause they can lift more with them than without them. Deaths, prison, and banishment from an organization will hardly ever become a deterrent for many.

The final area of major complaint is judging. I've been in the forefront here, but of course, never singled out any particular organization for poor judging. They all stink at one time or another. I have seen so much contest footage supplied to me through the years so that I can "try to make things right through *PL USA*", that I have come to feel that video tape most often cannot give a true picture. Angle of the camera, lighting, etc., distort things. However, when a lift is blatantly high, it's high and easily noted. So many records, near records, or non record lifts have been passed by every organization that one cannot fairly single anyone out as better or worse than others. While there are individual judges with a reputation for being "strict" or "fair" or "tough", whatever that means (and I've been one of those both praised and criticized for at one time or another having all of those adjectives attached to my judging), no organization can sit back and say that they have "the best" or even "better" judging than others. Ralph and I have been to numerous national meets of every major organization

and sometimes look at each other like we're seeing something the judges don't see when evaluating some calls. I can state without any reservation that the judging at the IPA World Challenge Cup that Ralph and his wife Michele directed was about the best I've seen in many, many years. It was the best because it was consistent, fair, and followed the rules. I certainly disagreed with a few calls, disagreed that some were no good, and some should have been good, but that's why there are three judges. Individuals will differ in their calls. While Glossbrenner knocked the IPA for a year or more he knocked the organization for the wrong reason. His complaint should have been clearly stated that he did not agree with the interpretation of the old rule, that judging squat depth at the greater trochanter of the femur gave a competitive advantage relative to those who were judged by the depth specifically where the thigh meets the hip. Instead, he chose to bitch about "high squats". IPA squats were not high, they were different in interpretation. That interpretation has been changed, and having personally rewritten the rule, it now reads like everyone else's rule. That many IPA judges were stricter than those of other organizations despite the different rule was never

occur and disagreements will occur, but again, that's why there are three, and not one judge for each lift. In fairness to Ernie Frantz and the APF, I'm sure that Herb blasted at their Seniors that Herb judged so strongly, was no better nor worse than that of other organizations, and no better or worse than that of other APF meets. One of the late Jeff Wright's Seniors in Pittsburgh had very good judging from session to session. The other one was terrible and inconsistent. That Herb knew that "the whole world was watching" on this one no doubt made him critical. And while I have known Herb a long time and respect many of the things he has done for the sport, remember that Herb, like me, is one opinion among many. Neither Glossbrenner, nor Leistner, nor Gallagher, nor Lambert are the final arbiters of what is right or wrong in this sport. We are on the printed page, have the benefit of long experience, but that doesn't mean that our opinion is always the one, or ever the one, which is correct. We all have to be dedicated to lifting at our best in the way we are most comfortable with ourselves. We have to judge to the best of our ability so that others may enjoy and prosper in their lifting in an atmosphere of fairness. What more is there?

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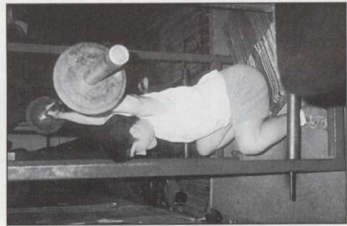
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TRAINING

Training for Women as told by Louie Simmons, WESTSIDE BARBELL



Amy does overhead squats to develop correct deadlift technique. (photograph by D. Black)

I have been fortunate to have trained some of the greatest women powerlifters of all time. Five of these women have squatted or deadlifted 500 pounds or more. Three have bench pressed over 300 pounds.

Women are taken for granted and overlooked many times, but the fact remains that women are just as dedicated as men, and sometimes more so. Not much training information is available to them. They are taught the basics, which yields mediocre results. I have trained a group of women who have amassed a total of more than 25 open world titles. Here are some insights as to how this was achieved.

First, the women train by periods, just as the men do. In the bench press, they use 55% for 8-10 sets of 3 reps. By doing this, the barbell volume is controlled to prevent over or undertraining. Percent training also develops explosive strength. Women are just as able to develop explosive strength as men, if they train correctly. Percent training will also correct form.

The same holds true in the squat, only the percentage is different. It ranges from 50 to 60% of their contest best. Squatting is done off a bar that is slightly below parallel. Box squatting is very important for women. It develops tremendous hip strength. Although women seem to have broader hips than male lifters, they lack the muscle mass in that area. Our women train the deadlift just like the men: they don't deadlift. The only exception is the extrawide sumo. This is done by placing a set of collars on an empty bar before the weights are added. This will allow for a very wide deadlift, placing tremendous tension on the hips.

Sue White went from a 265 to a 468 deadlift in under 2 years at 148 lbs by doing wide deadlifts every third rotation, or about every 9 weeks.

Special exercises play a major role for our women champions. For the deadlift, Amy Weisberger does a lot of front squats on a 6 inch box. Her best is 215 for 3 reps. After doing this in the gym, she pulled an easy 402 after squatting 390, to a total 1031 at 123. She also rotates walking lunges with 50 pound dumbbells for 2 or 3 weeks. She walks up and down a steep grade. Walking downhill works the quads and hips; walking uphill works the glutes and hips. This is also great for flexibility.

For the next 2 weeks Amy will do static squats. These are done by staying in a squat position with your back against a wall at 2 or 3 positions above parallel for 3-5 sets of 30 seconds each. Hold dumbbells, as heavy as possible. For the third rotation on deadlift day, one-legged squats are done: place the back leg on a box that is 12-20 inches high

pick one of these exercises and do it for 2 weeks before switching to a different exercise. She warms up with calf/ham/glute raises before squatting and after squatting does Reverse Hypers, lots of abs, and more calf/ham/glute raises.

On maximum effort day, Doris will do several types of squats, such as safety squat bar, Mania Ray, belt squats, or front squats, all on any one of six different height boxes. These are rotated every 2 weeks with one of five different forms of good mornings. Sometimes she does a max rack deadlift or a max half-squat off pins. After a major barbell exercise, Doris will again do Reverse Hypers, calf/ham/glute raises, abs and some type of leg work. Sometimes she will do light deadlifts 4 times a week with 135-185 for 2 sets of 20 reps.

This type of training helped Doris make the all-time total record of 887 at 105.

Dave Tate asked me if I could help his wife, Traci, with her bad back. When Traci came to Westside, she could not pick up the bar without pain. We had our hands full. First, Traci did stretching and ab work. Her lower back was extremely weak, so Reverse Hypers were done 4 times a week, along with 12 minutes of ab work each day.

It was wasn't long until Traci was able to start squatting and doing several back exercises, such as lat pull-downs, chest-supported rows, back raises, and walking lunges, first with no weight and then with light weight. Once she became physically fit, she started doing the same squat and deadlift training as the others at Westside, only scaled down as far as sets go.

Her first full meet was a disaster. She injured her right knee in the squat, the result of an old injury. She was unable to finish the meet, but she did bench 180. More determined than ever, Traci started training as soon as her knee would allow.

At Billy Master's Northcoast APF Open, Traci totaled 785 at 123, an Elite total. Next at the 1996 APF Nationals in Atlanta she totaled 821 at 123, not bad for someone who couldn't lift an Olympic bar without pain one year earlier. By raising Traci's work capacity and perfecting her form, she accomplished a great deal in a short amount of time.

As that famous philosopher Mick Jagger said, "Time waits for no one," so let's get going girls and show the guys, but most of all yourself, that anything is possible if you try.

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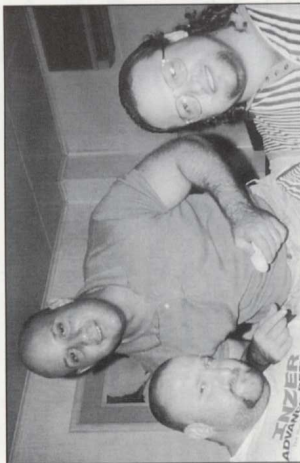
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POWER

Jamie Harris, Nikki Avey, Linda Jo Balisto. They're all world-class lifters, and they'll all be trying something new this October: Directing a meet. Getting to do all that "fun" stuff, writing up, printing, and mailing applications, attracting lifters, spotters, loaders, and referees, carrying weights, weighing plates, settling disputes, etc.

Sortwell is working with Nikki on this, and Vegas is a fun town to visit, so if you're out West, think about competing. For info, call Nikki at



Reading Left to Right... Jamie Harris, Neil Confessore and Dave Barno

Jamie's hosting the IPA Pittsburgh Monster Bench Press, in the town of Charleroi, and since he's still going after that 800 lb. bench, he'll also be competing. The venue will be the Mon Valley Fitness Center, and you lifters and fans can reach them at 412-483-2438. The date is Saturday, October 19, and that's also the first day of Linda Jo's meet, the ADPFA New York State Championships, to be held on Long Island.

Linda Jo's got the Iron Island Gym crew running the platform, so it should be a very smoothly run meet. You can reach Linda Jo at 516-932-0479.

Out in Las Vegas, home of all those casinos and theme hotels, Nikki Avey's setting up for the following weekend, the 26th, for the ADPFA Southwest Open, which will be both a bench meet and a full three-lift meet. Colorado's Andrea

Confessore and Dave Barno are also directing a meet, the IPA Hall of Fame Classic - a big success - and now they're back focusing on Tamar's lifting and the new, revised edition of Grimwood Strength Systems "Building The Champion In You!". Check out their ad for the book elsewhere in PL USA.

Tamara's training is on track for her return to the platform this November when Mark Chaillet hosts the IPA Sr. Nationals in Maryland. She's up to 405 for 8 reps in the squat, with no wraps, and wants to



Cowtown Iron Sportsmen... left, Paul Crow, and right, Bill Holland.

SCENE

hit 700! Go for it, girl! Congratulations to Ralph Raiola, and all his friends and helpers, for the huge success of the IPA World Challenge Cup. 112 lifters competed in last month's inaugural event and Ralph is already at work planning for next year's meet. Ralph is also aiming at some lifting competition for himself later this year.

Another Long Islander is big bench Chris Confessore, but he's not planning on joining the ranks of meet directors. Finally, someone who's not. As a matter of fact, Chris is pretty much taking a little time off from powerlifting to rest up. He tried 744 a couple of times at the APF Seniors in Atlanta, but without success. He'll probably be going after it again late this year.



POWERLIFTER'S Vicky Hembree is interviewing Chris Confessore

Chris' brother Neil will be doing the family lifting 'til then, and Neil recently popped a 435 bench at 220 lbs. at that Hall of Fame meet. 500 is the next big target!

Down in Ft. Worth, Texas, our loyal viewer Bill Holland puts on a lot of meets with Cowtown Gym and Cowtown Iron Sports Promotions (are they saying Ft. Worth is a cowtown?) and they've got the APF Southwest Regional Championships coming up on October 26 & 27. That last half of October is really packed with meets, all over the country. We got a shot of Bill with APF state record holder, and Cowtown Gym owner, Paul Crow in front of their facility.

Like Chris Confessore, Hank Hill is a big-time lifter with no plans to direct meets. He's too busy with other things. 320 lb. Hank, last year's APF and WPC SHW champ, not also had a bad APF Sr. meet, not making any of his 3 attempts at an 870 squat. Last year Hank blasted a 942 squat at the WPC's, so he has



Hank Hill... still training HEAVY! the strength, and he's back in the hunt, training hard for this year's World's in November.

We caught up with Hank at Powerhouse Gym in Huntington Beach, where we taped a deadlift workout for our next issue of POWERLIFTER Video. This guy is big and strong!

In addition to his work with Powerhouse Gym, Hank will be representing Musashi Amino Acids, and is doing a little acting - he just shot a commercial for Minute Maid orange juice, where he plays a European weightlifter.

And further down the coast, in the La Jolla section of San Diego, we pulled out our video camera for some more shooting with Paul Chek, one of the country's leading experts on exercise physiology. Paul is out with a new book, "Squatology", and is touring the world giving seminars. Next stop, Australia. For info on Paul's many books and videos call his Center for Health & Performance at 800-552-8789.

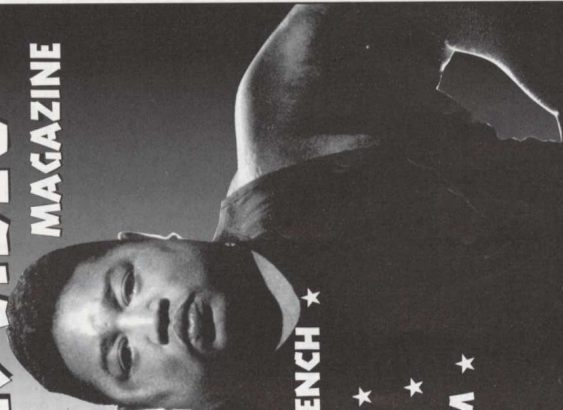
That's it for this month. Enjoy the rest of summer, and well see you on the video screen. NED LOW



Paul Chek in his training facility.

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STARTIN' OUT

A special section dedicated to the beginning lifter

LIFTING SAFETY

as told to Powerlifting USA by Doug Daniels

more than 3 spotters, add spotters to the side positions first. A good idea is to go over what each spotter's responsibilities are beforehand, and try not to go overboard on the amount of spotters since too many can get in the way and create a needless hazard. Here's one more point before I move on. I've noticed that as the squats proceed, the racks tend to get pushed forward. In some cases, the base of the rack could come off the platform and create another dangerous situation. Consequently, the entire squat rack and bar could tip forward. It's up to the spotters and head judge to watch for this. Obviously, you may not have many spotters available when training at the gym. However, be sure to keep my suggestions handy when positioning your spotters.

The bench press also requires a great deal of attention. If the bar drops during the lift, it will fall on the lifter. At a national meet I once attended, I saw a 500 pound plus lifter fall right out of the lifter's hands. The bar crashed down on his chest before the spotters could react and catch the bar. Immediately, the spotters reacted with decisiveness by taking the bar off the lifter's chest, and then racking the massive weight. Luckily the lifter was not hurt. If there's only one spotter, station him/her in the middle, be-

should have their hands out and ready to act in case of trouble. The rear spotter should be ready to grab the lifter around the waist or grab the end of the bar or the weights, depending on how much room is available on the end of the bar. The lifter should do his/her part by staying under the bar and walking it back to the rack. In a worst case scenario, the back spotter should shout out "drop it" and all hands should get away quickly. This should never happen, but if it does, then the rear man should be the most experienced spotter. Hence, this individual should be the leader of the spotting team. If you use

an unnecessary accident like the lifter could seriously injure the lifter, the spotter, and perhaps other nearby lifters. Paying careful attention and common sense are the key ingredients for superb spotting. Of the three powerlifts, the squat demands the most in the way of spotting. The spotters should concentrate on the lifter from the unracking of the bar until it's safely back in the rack after the attempt. During a power meet, there are usually 3 spotters situated around the lifter. For big attempts, you can see up to 4-6 spotters. With 3 spotters, one will be behind the lifter while the other two will flank the lifter while the other two will flank the bar off his chest. An

tentive spotting are overhead presses and dumbbell work. Incline presses should be treated like flat benches. What is important to all lifts is to keep the lifting area or platform clear of loose weights and other gym paraphernalia. Inspect all equipment you plan to use before you load it up. Many gyms rely on members to find and report faulty equipment. Make sure to use collars that fit tightly and work correctly.

Be certain that the bar is symmetrically loaded. Many times over a spotter/loader on one side of the bar doesn't load the other side with an equal amount of weight. The middle spotter should be in charge of the latter. This can also happen during everyday training. Your mind may be on something else and you could misload the bar. The plates should be flush to the inner and outer collars as well as to each other. If the collars or plates should loosen during the lift, have the lifter reset to go again. Do not risk injuring yourself.

The power rack is an important piece of equipment which greatly improves safety. This terrific tool has been covered in other issues in PL USA. Therefore, I won't discuss it at any great lengths in this article. The main safety feature of the power

Other exercises that require at-

you can hit it hard. However, don't overdo warm-ups to the point of tiring yourself out.

Machines like nautilus and Universal are inherently safer than free weights because the weight stack is usually away from the lifter and there is no bar to drop. For working where you can't get a reliable spotter, consider using machines. Though machines may be safer than free weights, muscle pulls are still a possibility through sloppy handling and lack of concentration. As I mentioned earlier, make sure you use machines that are in good condition.

When it comes down to it, lifting safety is plainly common sense and alertness. Just like safety on the job, if you're alert and think a little, your chances of getting hurt can be greatly reduced. Alert spotting is critical at both meets and at the gym. Make sure the equipment you use is properly loaded and in good working order. Use good form and don't increase weight or reps just to soothe your ego. Accidents are not only limited to heavy max attempts. They can occur in rep sets at the gym, and in the wild and woolly warm up room at a meet. Gains are difficult enough to come by let alone setback due to careless injury at the gym or during a contest. Train hard, but above all, train safe.

rack is it can catch the weight should the lifter lose control of the lift. You can fashion your own using strong materials like piping etc. We built our own and it saved us from a few disasters. Make sure it's built sturdy. Use one that's adjustable so it will fit all lifts and all sizes of lifters.

There's more to safety than spotting at a meet or for your buddies at the gym. Your method of exercise execution is 100% controllable by you. Sloppy performance not only compromises gains, but will also greatly increase your chance of injury. Lifters tend to get carried away with the desire to increase their weights and reps to reap further gains. Nonstrict performance has its place, but poor form could catch up to you sooner or later. A pulled muscle or ruptured spinal disc is not what we want to get out of lifting.

Constantly monitor your exercise form and only increase when you can perform your exercises in proper form. Warm-ups are important as well. There are many different opinions as to the correct way to warm-up as in stretching, etc. I suggest moderation in all cases. Do your first set of powerlifts with just the empty bar steadily increasing your range of motion with each rep, normally 12-15 reps. As you age, you'll find you need to do more warm-ups before

need to do more warm-ups before

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DAN AUSTIN...at the 1991 USPF Senior Nationals in Dallas, Texas surrounded by alert, caring spotters. (photograph by Linda Finnegan)

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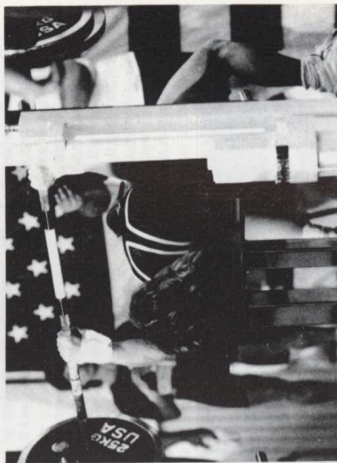


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Ask the Doctor

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

DEAR DR. DI PASQUALE: I am a journalist from Arizona, and am currently working on a free-lance article about "postcontest depression" — the temporary depression that some bodybuilders experience after competing in a physique show. I hope to sell it to one of the leading bodybuilding magazines. I hope you might be able to help. I was referred to you by Tom McCullough of Stephen F. Austin State University. He said you are an authority on hormonal responses to weight lifting and diet.

In my article, I want to examine the causes of this temporary depression, and examine what physique competitors might do to alleviate their symptoms. At least one researcher I've interviewed has suggested that the experience is entirely psychological. I think that plays a part, certainly, but I suspect dieting (and the chemical changes this prompts in the body) may be more to "blame." Do you agree?

I would be happy to contact you via telephone, or simply receive your answers via e-mail or conventional mail, whatever is easiest for you. My questions would be these: 1. What causes post-contest depression? 2. How can it be lessened or avoided? 3. Have you done any research on this condition yourself — or written about it? 4. What is your background in this

Three New Publications for 1995

by Mauro G. Di Pasquale, B.Sc., M.D., M.R.O., M.F.S.

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

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

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Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 issues of DRUGS in SPORTS - last issue March 1995. My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and drug detection in amateur sports. Includes 9 issues of DRUGS in SPORTS plus all updates is \$40.00 U.S. Funds or \$52.50 Can. plus \$3.50 U.S. Funds or \$4.00 P&H. **Book, Drug Use and Detection in Amateur Sports, is \$15.00 U.S. Funds or 20.00 Can. plus \$2.00 P&H.** Each issue of DRUGS in SPORTS is \$10.00 U.S. plus \$1.00 P&H.

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field? (I apologize, but I am not familiar with your work in Canada.) Sincerely, "Bob R."

I look forward to hearing from you. Thank you for your time.

DEAR "BOB": I think that post contest depression is due to several factors. Certainly there is a psychological component.

Focusing your life for one event is liable to cause some letdown once that event is over, especially if you don't win. Reality so to speak, rushes back in once you leave the stage. All those things put aside "until after the contest" now have to be dealt with.

There is also a hormonal component. If the bodybuilder is natural again especially if you don't win (and obviously most don't). Depressed testosterone levels can cause psychological malaise.

For the steroid using athlete, the usual practice is to stop or taper off their use. Depending on the degree of use this can cause several problems. For the athlete who just stops cold turkey (and many do), he is basically a eunuch until his hypothalamic-pituitary-testicular axis normalizes.

As you can see the reasons for post contest depression can be complicated and may involve his social environment, premonitory status and personality, drug use and endogenous hormonal levels. All the best with your article.

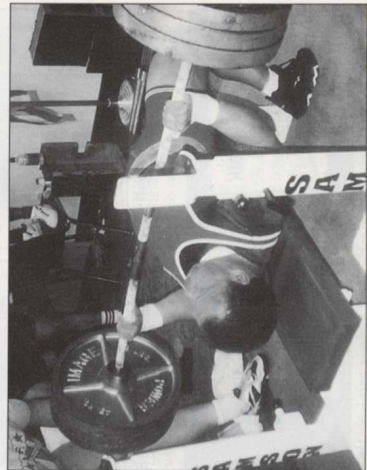
Sincerely, Mauro G. Di Pasquale, M.D.

A.P.F. Teenage - Juniors & Masters Nationals



Representing 800 victories, 278 American/National records, 35 world titles, and 185 world records are, left to right, Meet Director Les Cramer, Assistants: Troy Hicks, Ricky Crain, Radar Capehart, Ernie Frantz, and Dean Glitt (started in lifting by Cramer in 1962)

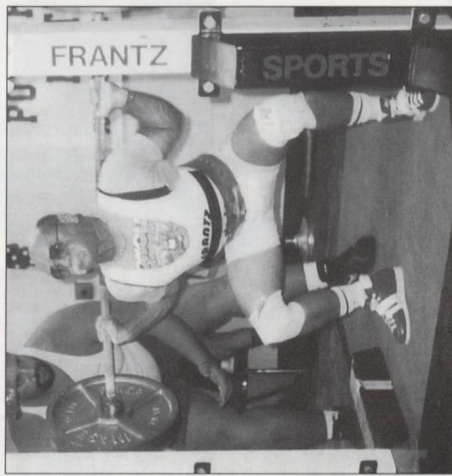
or six hours in the gym. Needs to say he passed on the meet, but that he did show set or established some 10 world and A records. 75 liters from 17 states ranging from 72, competing for the national titles. The 2nd place finishers qualified for the Las Vegas August 11th, and the World Championships in South Africa in November. All meet was hauled in from out of the enough equipment for two meets. After setting up the meet on Thursday and refereeing on Friday, he set a record on his way to winning the 148 lb. National Masters Title. I have been a meet director over 100 times, but this is the first in 10 years. The phone # of Ernie Frantz, Radar Capehart, Gary M.C., Mark Sternberg's number is a must. 34 years in the sport I have never had as much luck running a contest. Gary Baum weighed 410 when probably went back a 275 pounds. We had an 800 number listed for information on the meet. We received excellent local publicity and 13 vending machines were set up for the meet. The athletes were treated to a poolside barbecue on Saturday. Four of the six lady contestants all set world records. The outstanding lifter awards went for Joe Williams, Ernie Frantz broke the 100 lb. as a teenager. More than 100 pounds winning the outstanding lifter award for the masters. The junior division of 1993 will be a tight race with a total of 1200 lbs. The 100 lb. division was a hot division. His squat and deadlift were conservative, but his bench press was to break the open world bench press record. He had an easy opener with 100 lbs. He had a 2nd place record on the books. The old mark of 640 was set in 1984. I was privileged to see Pat Casey set the first 600 lb. record in California in the early 60's, part of a new seal in the new Demi Moore movie. 238. His 650 third attempt was about 2 inches from lockout before he faltered. (Results by Les Cramer) Now let me ask you: two weeks with Demi Moore



Willie Wessels trying a 650 bench press weighing 238. (Les Cramer)

APF Teen/Junior/Master Nationals

Women Teen	SQ	BP	DL	TOTAL
148 Kithy (45-49)123	142.51	72.5	142.5	357.5
181 Cheryl Lerma	120.1	50	105	275
198 Ann Sternberg	142.5	75	120	335
Judith Glitt (50-54) 105 (45-49) 105	77.51	52.5	115	245
Men Teen (16-17) 165 (16-19) 170 (16-19) 170	72.51	42.51	100	2151
181 Bruno	230	145	212.5	587.5
Michael Cannon	245	162.51	250	657.5
Nick Hammer	225	135	240	600
C. Bongardi	192.5	90	240	482.5
Todd Jory	210	82.5	175	467.5
242 James (16-19) 172	215	147.5	175	537.5
Corey Sidlo	197.51	95	170	462.5
165 John Barry	197.5	142.5	215	555
Richard Bates	237.5	180	272.5	690
198 Joe Garcia BL	310	157.5	260	727.5
220 Ross	230	140	205	585
220 Mark Plack	297.5	160	287.5	745



RADAR CAPEHART with an APF World Record Squat. (Les Cramer)

275 Mike C. address	317.5	215	272.5	805
308 Bill Mack (45-49)132	295	160	250	705
Junior 165	217.5	120	240	577.5
181 Ernesto Sillan	230	142.5	247.5	620
198 Lee Roden	237.5	160	250	647.5
200 Mike Hamm	237	137.5	212.5	587
220 Mick Bell	240	137.5	212.5	590
242 Chad Hammond	282.5	205	282.5	770
247 Matt Only	182.5	130	172.5	485
250 Robert Brauchi BL 310	182.5	322.5	815	
275 Noel Levario	317.5	185	260	762.5
280 Masters (40-44) 181	312.5	182.5	295	790
285 Doug Peterson	267	142.5	257.5	667
290 Michael Higgins	215	167.5	227.5	610
295 Bill Becker	327.5	132.5	297.5	757.5
300 Carry Bedford	305	192.5	255	752.5
305 Ted Korowitz	250	182.5	215	647.5
310 Greg Summer	227.5	125	237.5	590
315 Michael Nichols	282.5	175	260	717.5
320 Larry Tilly	230	137.5	232.5	590
325 John Burgard	192.5	120	200	512.5
330 Shyvy	205	207.5	290	792.5
335 Robert Brauchi BL (50-54) 148	185	115	187.5	487.5
340 Radar Capehart	197.5	120	240	557.5
345 4th attempt 190!	205.5	137.5	192.5	535.5
350 Les Cramer	227.5	130	237.5	595
355 Doug Hunt	202.5	137.5	187.5	527.5
360 Ted Langlais (35-39) 181	232.5	160	185	585
365 198 James Rouse (40-44) 198	280	177.5	235	692.5

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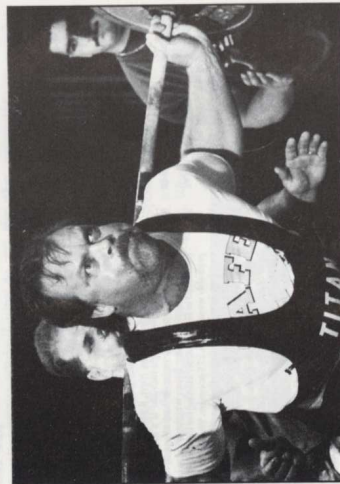


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POWER PROFILE

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

I first met Bob Cortes during the mid Sixties. I spent most of my life in Indiana until 1982. My geographic range of competition was usually the bordering states such as IL, KY, and OH. Cortes, a 148, usually won (or placed) in that category no matter who was there. Bob was always smiling and congenial. On the platform, Bob was a fierce competitor who loved a challenge. We became acquainted.

I went to the 1967 Senior Nationals in York (my training partner Hale's 1st Srs.). Bob lifted there (was 4th in the 148's) - earning a respectable 1170 total. He was 37 at the time. I thought it was rather remarkable, doing so well at his age. Even more amazing was that Bob was just getting started on the PL scene nationally.

The first time I lifted against him was at the '68 Juniors in Scranton, PA. I previously lifted in the first Jrs. in 1965 as a 123 in Paterson, NJ. This was my first time as a full fledged 148. Only 3 months earlier I had reduced to 132 for the last time and got a 900 total. I finally listened to the advice of others and let my bodyweight increase. It was long overdue. My strength escalated immediately. Bob gave me the royal treatment. He lifted well, finishing 3rd with 1180 (285 390 505). I was happy enough finishing 7th (225 340 455) w/1020 total. It was a 3 way celebration. I did well. Cortes a placing, while my sidekick Hale won at 165 with new records of 352.5 BP, 502.5 SQ & 1400 record total. From that day forward, Bob and I were friendly competitors. It seemed like every meet I lifted in Bob was there. He always beat me. It got to be a real nuisance after a while. No matter where I lifted, Bob kept popping up (like a bad penny). He always had that 'Cheshire Cat' grin when he saw me. In turn, I always greeted him.

Then one day I asked him point blank: "Are you stalking me?" He assured me that he wasn't. When I said, "Break a leg, Bob!" He always thought I was wishing him to do his best. I went to the '68 Srs. in LA to watch. I wasn't surprised to see Bob. He lifted well and finished 3rd improving one position from the previous year (1215). I recall he got stuck coming up with 400 SQ. I leaned over and humped it up good morning style. Needless to say the crowd gave him a loud ovation. The following year in York, in '69, Bob

Bob Cortes - The Conquistador



Young Bob Cortes... just getting started on a long career of lifting.

In 1971 at the Jr. Nationals in Scranton, PA, Bob gave it another go and finished 4th in tough company (1250 via 310 410 530). I lifted 1120, and finished 11th in that meet. A few weeks later, I went to Dallas for the Seniors and tied for 4th, and lost that place on header but. Fred Collins, hatched a 490 DL which passed. I wasn't too pleased. One thing I could thank my lucky stars for was that Bob Cortes didn't lift in this one. It seems as though I had to travel a thousand miles just to get him out of my hair. Bob also skipped the Seniors in 1972, '73, and '74. He showed up in Stillwater, OK the first week of Aug (I was a 165 that year) and won the Jr. Nationals there with uncontested scores of 1230 (400 305 525). I got back down to 148, and went to a meet, and qualified for the Senior Nationals (my last one) in 1975 in York, PA. I recall walking into the York Barbell Club the day before I lifted, and ran into an old familiar face. Bob was there! He acknowledged me with his trademark grin. He did some great lifting with 400 308 545 1295 (yrs Perry Kwock as lighter man with his dead lift to get 4th place. Even though I finished 7th, I was pleased to lift well. I recall pulling a 507 DL on my

third, and getting reds for elevating it "turtle slow." It didn't stop, but the officials thought so. Bob said to me, "Herb, you got robbed. It was a great lift." Coming from my old friendly rival, his words made me feel real good. I never forgot what he said. Bob lifted in three more Seniors. In 1976, he finished 3rd (for the 3rd time) with a terrific 1325 total at the age of 46 (415 320 550)! In Santa Monica, his 7th Seniors, Bob slipped to 4th, and totaled 1284. He pulled a 529 DL to deny fellow Hoosier Jon Smoker 3rd place. Bob's greatest lifting occurred the following year, on August 27, 1978. The new sensation, Mike Bridges, won the 148s, with new AR and WR 606 SQ and 1603 total. Four others got a 473 SQ, and they were Bill Cavalieri of Sun Valley, CA; Armstrong Rafael; another CA man; and Cortes. Cavalieri, low in the BP (264), was a good deadlifter and waited. Cortes BP'd 319. Rafael couldn't catch Bridges, but stole some thunder with a fantastic record of 396 BP. Rafael, perhaps a bit too elated, stopped at a 490 DL. It was just what the "Conquistador" was waiting for! No one had counted on the "old man!" At the age of 48, Bob Cortes pulled a 573 DL, and with it, himself, into the runner-up slot ahead of Rafael (1366 to 1361)! What a wonderful way to top off his career in "open" competition. Cavalieri, a fantastic DL'er in his own right hauled in 567 for 4th (1306) after James Rush pulled 551 for 1300. Bridges might have stolen the 148 show, but Cortes was the unsung hero! Let's look back to where the old warrior got started.

Bob Cortes was born in Detroit, MI, on July 16, 1930. His mother, Lydia, was Italian, and his father, Alfonso, was Mexican. Bob had a brother named Frank and a sister named Delores. Bob did not participate in school sports, but enjoyed jogging and playing sandlot basketball. Bob was 7 yrs. old when his father got a job transfer, moving his family to Mexico in 1937. A short while later, Bob's mother died of congenital heart complications at the age of 59. His father remarried and added 6 halfbrothers to his list of siblings. In 1947, at the age of 17, Bob returned to Michigan to serve in the Army. After one year of service, Bob was discharged. Lucky for him, the war was over.

Cortes married in 1952 at the



Bob bench pressing at the 1968 Senior Nationals, spotted by Tom Overholzer (left) and Jim Waters (right)

age of 22. He and his wife had 4 children, two boys and two girls. Now grown, Alfonso (named for his grandfather) is 44. His other son, Robert Jr., is 43. His daughters are Lydia, 42 (just retired from the Air Force) and Gloria, 36, is married. She gave Bob one grandson, who was fatally struck by a truck in 1994 at age 13.

In 1959 Bob's brother Frank was a Y member. He encouraged Bob to join the Detroit YMCA, located at the corner of Vernon & Clark Sts. Bob was drawn to the weight room like a magnet. He watched as other members hoisted heavy barbells. This is the place where Bob met Norbert Schemansky, then a World Heavyweight Weightlifting Champion. He watched Cortes lift a respectable poundage overhead in crude style. Afterwards, SKI approached Bob and said, "You're not too bad. I'll teach you how to do it right, but you gotta buy the beer." So, Cortes hooked up and married within 1 month. "California here we come!" Bob still had plenty of pizzazz in his smile. He and his wife had a daughter, Amanda, in 1984. She is now in her teens. Soon after arriving in CA, Bob landed a job with Auto Trader Magazine. Their publication takes pictures for people who want to sell their car and advertise in the publication. Although 66 yrs. old, he still works 2-3 days a week there, driving a forklift.

Quite coincidentally, I moved out to CA in July, 1982 about 6 months before Bob. We ran into each other at a P/L meet in 1983

of 1990, Bob decided to have a complete physical. He'd felt fine and was surprised to discover that he had several blocked major arteries. He immediately underwent a 5 hour triple bypass procedure to unclog his plumbing. Three months after surgery, Bob was back P/L'ing again. He entered and won a competition in Victorville. Back on the National Masters scene in May of '92, he won the USPF Masters in Raleigh, NC winning the 60-64 age group. Bob totaled 1168 vs 396 286 485 at age 62. He topped runner-up Dick Giller, the 1955 and 1965 Senior National Champ in W/L, and set all A/R. Held in conjunction with the Nationals, Bob had won World Masters titles in both 1980 & 1981. The IPF World Masters were in Sydney, Australia in Sept. of 1992. He went and competed in the 50 plus group. There were no 10 year age brackets. He was at a great disadvantage lifting against much younger men. Karvonen, a 50 year old, won with a 1212 total. Bob, 62, held his ground and posted 1146 for 2nd. In May 1993 Bob won his 2nd 60-64 age group title in Irving, TX with 1157 at 148. He decided to go to Hamilton, Canada for the World Masters on Oct 26, 1993. Since the IPF did not recognize age brackets over 50, he had to compete at the same major disadvantage in the 50 plus age group. 51 yr. old Lappalainen of FIN won the 148s. (1262). Povetkin of RUS, age 54, placed 2nd (1218). Bob, age 64, took 3rd (1146). His other competitors could hardly believe his age when he told them. An old man competing with strong men 10-15 yrs. younger and staying right with them. Bob got fed up with lifting at such a disadvantage. A month later on Nov 13, 1993 he lifted in the ADFPA National Masters, and won them (two Nat'l titles in one year) w/ 1146. He went on to win the WDFPF World Masters in Chicago in the 60-64 group setting World Records there w/ 1157 total. In Nov., he won the ADFPA National Masters again. And on Aug 19, 1995 he went to Horsesham, Great Britain to win his 2nd WDFPF World Masters title there. Three months later in Denver, CO, he won his third consecutive ADFPA National Masters title doing 407 SQ 270 BP, 490 DL and 1168 total at 148. He was 65 years old! It was by far the finest performance of the whole contest. Using the age adjustment coefficient (devised by Eugene McCullough and adopted by the ADFPA a few years ago) his winning total was equivalent to 1791 on an open, 148 lifter. (Tony Conyers' 1769 currently is the 148 all time world's best). Bob went 9

for 9, and set DL & TOT American Records. Bob Cortes has established a whole new standard for Masters powerlifting. Pounded for pound, is anyone in the world better than him considering his age and what he's doing? I don't think so, I've known Bob for about 30 years, and I am proud to call him my friend. He'll continue being Cortes the Conquistador for a long time to come.

HG: Bob, we go back a long ways. How many yrs. have you been lifting now?
 BC: Since 1959 - nonstop - 37 yrs!
 HG: That might be a record in itself. How long do you plan to continue?
 BC: Until I drop.
 HG: Which era did you enjoy best in P/L? The 60's, 70's? Or now?
 BC: I long for the good old days.
 HG: Why?
 BC: I really enjoyed beating you more than anybody.
 HG: Because you were such a good loser.
 BC: Because you were such a good loser.

BC: No. I just lifted in as many as I could. You just happened to be there.
 HG: That makes me feel a whole lot better. What do you think are the bad points about P/L today?
 BC: Too many politics. Too many organizations. Too many champions. Too much cheating.
 HG: What about the supportive gear?
 BC: It helps a lot. It feels terrible to wear! Much too tight. The only thing I like tight is (expletive!) I never used a shirt - never will!
 HG: How much does the suit help you?
 BC: I don't wear it in training. Only when I get near my max (350). I do a 355 SQ with no suit & 413 with one, BP 270, and DL 496 @ 148 at age 66. The 355 SQ is no suit, no wraps (raw)!
 HG: Let's be honest. Bob have you ever taken any drugs?
 BC: I am lifetime drug free.
 HG: Did you ever consider it?
 BC: I was tempted to, but didn't. I thought of my future health. I was also scared because of my job w/ General Motors (32 yrs.) in Detroit. A scandal would have ruined things. I thought it was morally wrong for me. A top level champion once told me, I'd be Senior National champ and would do well over 1500 if I took them. I'm glad I didn't.
 HG: Did you ever take diuretics to make weight?
 BC: No. I ran, spit and used a

CHRONOLOGY OF ROBERT CORTES

Weightlifting	PL	Tot	PR	SN	CJ
28JAN62 148 MI OPEN	1	630	205	185	240
17MAR62 148 SO.MI.CH.	1	640	210	180	250

Powerlifting	PL	TOT	SQ	BP	DL	AGE
JR. NATIONALS (3)	3	190	390	295	505	
17AUG68 148 Scranton	4	1250	410	310	530	
07AUG71 148 W Paterson	4	1230	400	305	525	
04AUG73 148 Stillwater	1	1170	365	295	490	

SENIOR NATIONALS (8)	PL	TOT	PR	SN	CJ
02SEP67 148 York	4	1170	365	295	490
13SEP68 148 L. Angeles	3	1215	400	280	525
29AUG69 148 York	4	1210	390	295	525
22AUG70 148 N. Orleans	3	1200	400	300	510
39AUG75 148 York	4	1295	440	308	545
14AUG76 148 Arlington	3	1325	455	320	550
27AUG77 148 S. Monica	5	1284	440	314	529
20AUG78 148 L. Angeles	2	1366	473	319	573

NATIONAL MASTERS (13)	PL	TOT	PR	SN	CJ
76 148 KS CITY	1	1300	445	310	545
30 OCT77 148 Utica	1	1333	457	314	562
29 OCT78 148 Arlington	1	1284	451	303	529
28 OCT79 148 Weirton	1	1322	451	314	551
24 OCT81 148 Victorville	1	1240	413	314	512
13 MAY89 148 Dallas	1	1184	424	281	479
05 MAY90 148 S. Berdoo	1	1151	402	275	474
15 MAY92 148 Raleigh	1	1168	396	286	485
13 NOV93 148 Irving	1	1157	402	281	474
14 NOV93 148 ADFPA	1	1146	391	275	479
05 NOV95 148 ADFPA	1	1162	402	275	474
11 NOV95 148 ADFPA	1	1168	407	270	490
24 OCT80 148 Victorville	1	1322	451	319	551
24 OCT81 148 Naperville	1	1240	413	314	512
03 SEP92 148 Sydney	3	1146	380	281	485
26 OCT93 148 Hamilton	2	1146	380	281	485
13 AUG94 148 WDFPF	1	1157	402	270	485
19 AUG95 148 WDFPF	1	1162	407	270	485
21 OCT95 148 St. George	1	1157	407	264	490

BC: surprised everyone. Bridges mentioned several times that it was an old man who gave him the best of all his competition.
 HG: I note you won 13 National Masters title. Ten USPF and 3 ADFPA in 5 different age groups over a period of 20 years. You missed 7 years from 1982-1989 after you'd moved to CA. How come?
 BC: Many other things to do, job, family. But most of all, I don't like to be too greedy!
 HG: Who are your all time favorite lifters, both W/L and P/L?
 BC: In W/L, Schemansky. He got an Olympic bronze medal at 40 and was the only man in History to win 4 Olympic medals in 4 different Olympic Games. Besides, he started me out and gave me the inspiration to succeed as an "old dude." In P/L, it had to be Larry Pacifico. He was the "Hulk Hogan" of P/L, and unquestionably, the "Champion of all Champions."
 HG: I agree with that wholeheartedly. Larry was in a class by himself. What are your future plans?
 BC: To win the WDFPF National Masters in August in Chicago (7th World Title), then win my 4th ADFPA National Masters later this November. That will give me 14. You don't think I'm being too greedy do you?
 HG: Not at all, Bob.
 BC: Thanks for remembering an old friend.
 HG: How could I forget you, Bob. Would you grant me one small favor?
 BC: Herb, ole buddy, anything for you. Name it.
 HG: Bob - BREAK A LEG, WILL YOU?

BC: One and the same. I gave up trying to reform him. He's a great training partner. Only one thing about him that really irks me?
 HG: What's that?
 BC: He borrows my PL USA before I get a chance to read it. Cheap skate should get a sub for himself. ESPECIALLY SINCE HE PROMISED YOU. I think he's waiting for LEN INGRIDO to pay back the "C" note he owes him regarding a waiver they had.
 HG: Guess it will be a long wait.
 BC: Until the TENTH OF NEVER unless we double team him.
 HG: Bob you have had one heckuva career. You started in O/L. In P/L you won the Junior Nationals. In the Senior Nationals in 8 outings the lowest you placed was 5th (once). You were 4th 3 times, third 3 times, and runner-up to Bridges in 1978 getting 2nd. You came from behind at age 48 to beat a man who just set a W/R 396 BP at 148.

BC: Anything you'd like to get off your chest after all these years?
 BC: Yes! There used to be an annual event each year called the CORTEZ CLASSIC in CORTEZ, CO. Yes, I never got invited. That upset me a lot.
 HG: It was for class II lifters, Bob. You were elite. That's what!
 BC: So that's it Now I know.
 HG: Any other grandchildren?
 BC: Yes, my son Robert, Jr. has a son. Robert III is 24 now, and married. I'm hoping to be a great grand/father sometime soon.
 HG: Where do you live? Where do you train now? Do you have a training partner these days?
 BC: I live in Garden Grove, CA. I train in Anaheim at LA Fitness, the Senior Nationals in 8 outings the lowest you placed was 5th (once). You were 4th 3 times, third 3 times, and runner-up to Bridges in 1978 getting 2nd. You came from behind at age 48 to beat a man who just set a W/R 396 BP at 148.

BC: No. I ran, spit and used a sauna.
 HG: Anything you'd like to get off your chest after all these years?
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 BC: I live in Garden Grove, CA. I train in Anaheim at LA Fitness, the Senior National champ and would do well over 1500 if I took them. I'm glad I didn't.
 HG: Did you ever take diuretics to make weight?
 BC: No. I ran, spit and used a



Winning a Worlds... in England, Bob took the 95 WDFPF Crown

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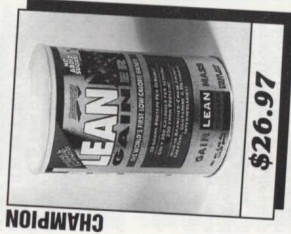
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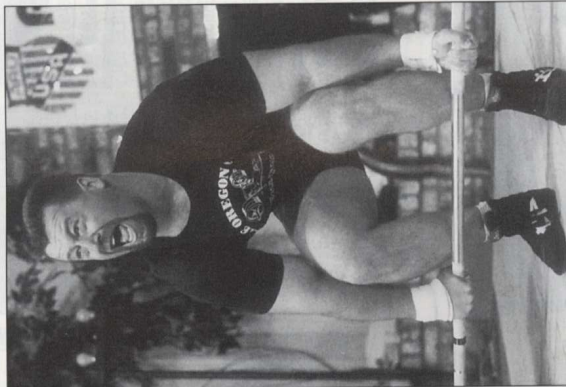
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TRAINING

Peaking Routines Version I Sumo Deadlift Peaking Routine as told to PL USA by Greg Reshel of POWER EXCEL

This routine assumes that you are in solid powerlifting condition. You must be in shape and have squatted or leg pressing foundation along with chins, high pulls, deadlifts or heavy back bodybuilding. The routine I am outlining for you now is a strenuous peaking routine designed for sumo-style deadlifters. You will be training for 10 weeks in this peaking routine. This routine uses "residual effect" training to first overload your muscles, exhaust your stabilizers, and shock your nervous system. Then, this routine will heal your body while re-educating your system to proper sumo technique and timing. The healing segment of this routine will allow your body to overcompensate, and to gain substantially more strength than otherwise possible in a conventional peaking routine. During the last five weeks of the routine, which is the rest and healing phase, you will feel sore and stiff, and will not be strong. You are always weaker when you are healing. Seemingly light weights will be incredibly difficult to accomplish in your work sets. You will have the big push at the meet where it counts. You will need to stay focused on your goal as you avoid the temptation to test the strength you have gained during the pre-exhaust period so that you can have it all at the meet. After all, the competition is the whole reason for the peaking cycle. The deadlift poundages to be in percentages to make it easy to calculate your specific numbers. You will train for ten weeks on this routine.

Five weeks of pre-exhaust, and five weeks of healing rest. I will repeat my peaking message here. Be aware that individual leverages differ dramatically, and that you may need to adjust the numbers used for your cycle accordingly. The percentages given are a guideline. These numbers aren't carved in stone. There is no Holy Grail for Powerlifters, no secret gimmick that unlocks mystical strength. You must learn your potentials and limitations through trial and error. And then keep working on your weaknesses until your numbers go up. Work is the key. Bust your butt for the first five weeks. Concentrate on technique and timing with full gear for the last five



Mike Schultz peaked his deadlift at the AAU Nationals.

weeks. During the last five weeks, you must focus on developing a consistent pattern of setup and delivery, and speed so that you are not thinking of technical details at the meet. The final five week peaking cycle is the time to rehearse your performance technique so that you can do it in your sleep. Stress balance and setup. You cannot lift any weight if you are off balance. Take your time. When you move to pull, you must do so explosively. In the first five weeks, you build power like the torque of a large earth mover. You must focus on developing that raw grunt. During the last five week "rest" peaking phase you must teach yourself the high intensity speed of a sprinter on a drag racer. You must teach yourself, with full gear, to explode faster each week with rela-

possible, place a dumbbell on your chest to add weight, and do 4 sets of 8 reps. Rack Pulls, set pins so that the bar is at a height just below your knees. Always pull with your head and chest out over the bar. The bar should travel underneath your upper abs with your chest out in front of it during the entire pull. Do not pull back away from the bar but rather drive forward and up into the bar at all times! Loads are percentages of maximum contest deadlift. Follow chart below.

First working sets: **Week 1:** 5 sets of 5 reps @ 70%. **Week 2:** 4 sets of 4 reps @ 75%. **Week 3:** 6 sets of 2 reps @ 85%. **Week 4:** 4 sets of 5 reps @ 60%.

sets of 2 reps @ 82%. **Week 6:** 5 sets of 2 reps @ 74%, 78%, 82%, 86%, and 90%. **Week 7:** 3 sets of 3 reps @ 60%. **Week 8:** 4 sets of 2 reps @ 75%. **Week 9:** 3 sets of 5 reps @ 60%. **Meet Week:** 2 sets of 6 reps @ 50%.

Second working sets: 1 set of 10 reps @ 70%. 1 set of 8 reps @ 80%. 1 set of 6 reps @ 90%. 1 set of 10 reps @ 80%. 1 set of 6 reps @ 100%. 1 set of 6 reps @ 100%. 1 set of 8 @ 50%. **Underhand Grip Lat Pull-downs,** 3 sets of 10 reps with moderate weight and no strain. **Training Day #2: Leg Presses,** 4 sets of 20 reps fast and light. **Deadlift,** first five weeks use a one and a half in a narrow stance conventional or nearly stifflegged style. The last five weeks use full gear and pull sumo style. Use a stop watch the last five weeks to push your timing faster each week. Follow chart below.

First working sets: **Week 1:** 5 sets of 5 reps @ 70%. **Week 2:** 6 sets of 4 reps @ 75%. **Week 3:** 6 sets of 3 reps @ 80%. **Week 4:** 4 sets of 4 reps @ 85%. **Week 6:** 5 sets of 1 rep @ 64%. **Week 7:** 6 sets of 1 rep @ 64%. **Week 8:** 7 sets of 1 rep @ 64%. **Week 9:** 8 sets of 1 rep @ 64%. **Meet Week:** Open @ 92%. Second working sets: 1 set of 10 reps @ 60%. 1 set of 8 reps @ 64%. 1 set of 6 reps @ 70%. 1 set of 10 reps @ 60%. 1 set of 6 reps @ 75%. 2nd @ 103%. 3rd @ 110%.

Decline Stumps, 4 sets of 6 reps with slow descent and weight added to chest if possible. **Dumbbell Shrugs,** 5 sets of 12 reps with moderate weight.

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. Our phone # is (414) 671-6637. We welcome your questions and observations. Good Luck!**

At **POWER EXCEL,** we continue to work on the next group of training logs. Each training logbook includes off-season, strength, and peaking routines for all three powerlifts with all the accessory work listed. We have logbooks for novice, intermediate, 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. 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. Books are \$20. Call us today! Good luck and good training!

Let me tell you about the Academy. The Kansas City Baseball Academy was truly "one of a kind" - with no precedent and no imitator. It was an institution of the future that was functioning in the present. An Orwellian adventure into sports science that was easily five decades ahead of any sports complex the world had ever known. It was simply known as the Academy and there was no better place to be in the early seventies if you were into sports.

The Academy was the brainchild of Ewing Kauffman, the owner of the Kansas City Royals baseball team. Kauffman believed that athletes who had raw physical talent could be turned into major league prospects by scientific means. Thus athletes were procured for the Academy not on the basis of their baseball experience or talent, but rather on the basis of their physical and psychological prowess.

In fact, many of the athletes who were drafted by the Academy had never played a day of baseball in their lives. The Academy, unlike other professional baseball organizations, went after the world's biggest, strongest, and fastest athletes regardless of what sport they belonged to. In short, they were looking for the best bodies in the world, not the best baseball players. Once they had the best bodies, they attempted to turn them into the best baseball players in the world. No expense was spared by Kauffman to make his dream a reality.

A fifteen million dollar complex was constructed in Sarasota, Florida. The complex consisted of five major league baseball fields, an olympic size swimming pool, tennis courts, handball courts, two lakes, living quarters for 125 athletes that were fit for a king, a large cafeteria, ten classrooms, a huge clubhouse, and a scientific sports laboratory that was equaled by none in the Western World. The laboratory had every piece of scientific equipment imaginable related to sports. It was a researcher's paradise. The Academy was also staffed by the best baseball people money could buy, and some of the most renowned sport scientists in the world.

Besides the extraordinary facilities and the excellent staff, the athletes at the Academy were absolutely magnificent. They were all giant megalomaniacs who could run like the wind and move like lightning. They were intelligent, well-groomed, and well-disciplined. They reminded me of a group of James Bond clones. Believe me, there was enough power and speed at that

Dr. JUDD

The Search For Excellence The Black Athlete - Part I by Judd Biasiotto Ph.D., World Class Enterprises



Jim Williams, the great bench presser, also tried his hand at arm wrestling, and with limited experience did well, losing only to the famous Mo Baker

running coach, a bunting coach, and even a coach's coach to teach the coaches how to coach.

They also had the advantage of scientific equipment. Special shoes and suits were designed so that the players could run faster and easier. Bats and gloves were constructed to meet each individual's biomechanical needs. Scientific formulas were developed by computers to help take the guess-work out of game strategy. Even the lighting and color schemes used throughout the Academy complex were arranged in an attempt to control behavior. For example, the athlete's bedrooms were painted with colors conducive to sleep. The dugouts were painted with colors that had been scientifically shown to increase motivation, and the recreational rooms and cafeteria were painted and lighted to induce relaxation and calm. Even the bills on the baseball caps were colored to enhance performance.

The Academy left nothing to chance. It was the scientific sports institute of the future, and it was accomplishing its primary purpose - to develop inexperienced, raw

talent into super-human athletes. From an athletic standpoint, there was no better place to be than the Academy. Fortunately, I was there. If there is one thing I could point to that stood out about the Academy, it was that they looked at athletic performance as something that extended beyond the physical entity. They viewed an athlete as an incredibly complex living system, one that had a physical side to his nature, a mental side, and a social side. They also believed that if an athlete was going to reach his optimal level of performance, then he would have to take all of these aspects into account. Although this school of thought differed greatly from the philosophy of most coaches and athletes, I was convinced that they were right.

In fact, this very hypothesis was substantiated by an elaborate investigation that was conducted by the Academy. The study was designed to ascertain why the black athlete excelled in sports. The Academy felt that if they could determine the aforementioned, they could use the information to help the Academy athletes.

Consequently, they embarked on the most comprehensive study ever conducted on the black athlete. I'm proud to say that I had a very active part in that research. Let me give you the Reader's Digest version of what they found.

I think that it is safe to say that at the time, there was no athlete in the world as great as the black athlete. In just about every field of sports, the black athlete was enjoying conspicuous success. For instance, the sports of boxing, baseball, karate, track and field and others were dominated by the black athlete. The sports of football, basketball, wrestling, bodybuilding, and powerlifting, while not dominated by the black athlete, were significantly influenced by him or her. In fact, most of the superstars in these sports were black. Perhaps even more impressive was the fact that the majority of the important statistical records were held by black athletes. This took on an even greater perspective when you considered that black comprised only about 14 percent of the American population.

Without question, from the standpoint of athletic performance the black athlete took a back seat to no one. Indeed, the black athlete was the premier athlete in the world, perhaps the greatest to ever walk the face of the earth. As I mentioned, the Academy wanted to know why.

They first three years of their existence, the Academy team won over 90% of their games and three championships. In the process they set season records for home runs, stolen bases, batting averages, and wins. This was an amazing feat, especially since the Academy was composed of non-experienced baseball players who competed against professional teams.

Of course, the Academy players had a tremendous advantage over their competitors. They were given extensive physical and mental training well beyond what the professional ballplayers were getting. For instance, the Academy had a professional ballerina who taught them flexibility, a fitness coach, a resident psychologist, a vision expert, a sprint coach, a biomechanics analyst, a professional photographer, a kinesiology expert, a physiologist, and a masseur. They also had a coach to help them in each aspect of the game. There was a hitting coach, a pitching coach, a fielding coach, a

INTERVIEW

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

Bob Eucker, IPF Jr. World Champ as interviewed for PL USA by Bill Piche

In a previous article in PL USA (Powerlifting in Cyberspace - June 1996), I talked about a feature on the Internet known as electronic mail (e-mail). I met

Bob Eucker just over a year ago on the Internet through e-mail. This interview was conducted by electronic mail on the Internet.

BP: Could you give us some personal information about yourself?

BE: My name is Bob Eucker. I am a student at the University of Toledo. I will receive a BA in Biology in the Spring '97. I have been in powerlifting for 7 years.

BP: You are only 23 and a veteran of the sport. How did you get started powerlifting at such a young age?

BE: When I was 16, I moved from Ohio to Georgia. While training in a gym called the Fitness Connection, I met the owner

George Herring, 3 time IPF World Champion. He helped me out a great deal. I owe him a lot of thanks for showing me how to get the most out of my workouts. He showed me to stick to the basics and to work hard in the gym.

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

BE: 1990 USPF 16-17 181 lb. Teenage National Champion, 1991 USPF 16-17 198 lb. Teenage National Champion, USPF 16-17 198 lb. Teenage National Record Holder - Squat - 625 lb., 1994 USPF Jr. National Champion @ 220, 1995 USPF Jr. National Champion @ 220, USPF National Records at 220: Squat - 745, Deadlift - 755, and total - 1940. The total at the Jr. Nationals, 1940, was an IPF Jr. World Record.

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

BE: Best lifts in competition are squat - 745, bench - 457, deadlift - 755, and total - 1940. Best lifts in the gym occurred the summer of 1995, when I was training for the USPF Senior Nationals. I didn't go due to financial prob-



Bob Eucker - '94 IPF Jr. World & '95 Jr. Natl. Champion

lems. Lifts were as follows: squat - 780, bench - 480, deadlift - 790.

BP: There seems to be a bazillion organizations now. What organization do you think is #1?

BE: There is no question the USPF/IPF. The rest don't even compare. No other organization has the strict rules, tough judging, international exposure, drug testing, etc. that the USPF/IPF provides. When I went to the IPF Jr. Worlds in 1994, there were almost 30 different countries there. At the IPF Senior Worlds there were even more. Can any other organization say the same?

BP: Do performance enhancing drugs have a place in powerlifting? **BE:** Unfortunately, without a doubt, I have stayed away from taking any illegal substances. That is my personal choice. If someone else chooses to take them, fine, but don't go to a drug free meet. That is unfair to your fellow competitor. Another problem with the drug issue is the drug testing. Everyone knows that there are plenty of ways to beat the drug tests. Unfortunately drug testing

the weekends, but as the contest comes near I eliminate this activity. **BP:** If you could pick one thing to attribute to your success in powerlifting, what would that be?

BE: Genetics. I have worked hard to get to my current strength level, but I wouldn't have come close if it wasn't for my God-given attributes.

BP: I know you have been struggling this past year with some leg injuries. What would you recommend to powerlifters out there to help them avoid injury?

BE: Warm up thoroughly and stretch. Make sure you're getting in plenty of nutrients. Don't over extend your limits, save the heavy singles for the contest.

BP: Who do you think is the greatest lifter of all time and why?

BE: Ed Coan. He is pound for pound the strongest man. No one compares to him.

BP: What does the future look like for Bob Eucker in powerlifting?

BE: I injured my legs last year and I haven't been able to get them fully healed. I hope to have them better so I can compete in 1997. I would like to go 2100 at 220 drug free eventually. The just about done it in the gym so I know it's only a matter of time.

BP: Do you think powerlifting should be an Olympic sport?

BE: Without a doubt. Powerlifting is such a great sport and we have the international exposure necessary to get it in the Olympics. What I think prevents us, is the drug issue. The IOC already has enough problems with Weightlifting and Track. I think they would be afraid of putting another "drug" sport in the games.

BP: You recently started a Web site on the Internet (<http://www.angelite.com/pg1/eucker/index.html>). Do you think the Web is going to help powerlifting?

BE: Yes, definitely. The Internet provides a wealth of knowledge on every subject imaginable. The more information on powerlifting the better!

BP: Is there anyone you would like to thank?

BE: I would like to thank my parents for all their support over the years. My parents have helped pay for almost every meet and have attended almost every one. I also would like to thank my gym, the Weight Station, and my friends who train there.

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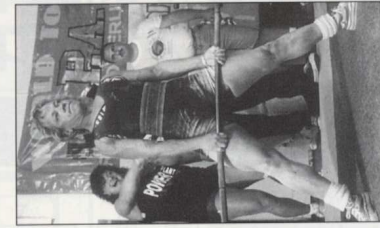
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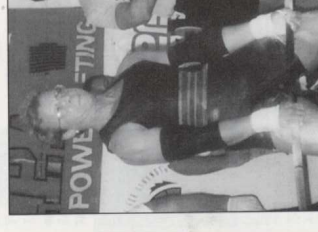
Ashley Boyce was R E A D Y!!!

Many people, myself included, said it couldn't be done. On the contrary, Michele and Ralph Raiola presented the finest meet ever held in the NY area. It was the first for New York City. The very nice Skyline Hotel provided the venue with its handsome rooms and good food to accompany the well staffed meet.

First and foremost, this platform crew was the best seen anywhere. While we have served at AAU, APF, ADFFPA, and IFA events in the past, this platform crew caught more 800-900 pound squats in two days than anywhere else. There were no injuries, no misjudges, no problems. Other than two thoughtless lifters who literally threw the bar off their backs (one which was caught in mid air by the guys), the bar was always where it needed to be.

The IFA, through PL USA and the Power Hotline, alerted the membership that the squat rule would read as it did for other organizations. The squat rule was reviewed during meetings prior to the competition. Everyone understood the new rule, but some tried to take advantage of past interpretations. Some have been squating high for years and getting away with it. Some just don't know what a legal squat is. These people voiced their complaints, but the comment of the overwhelming majority, especially those like Dick Conners, who usually compete in other organizations, was "this meet had the fairest, most consistent, and best judging they had ever seen."

Congratulations to John Schaffer for moving the IFA forward in the best interest of the lifters. The lifting was quite good across the Amateur and Pro Divisions for both men and women. Many records were attempted and many were made. The audience was vociferous throughout, mainly due to the expert announcing of Tom Levering. Dick Armstrong's super computer pro-



Ken Donato... 1995 IFA Sr. national and 1996 IFA World Cup Champion (Chet Donato photo)

teens, had their share of records as Boyer lifted hurt but well. Scanton, Santucci, and Rhodes made nice marks. Brenda Heseey copied husband Gary with big DLing, with best of the deadlifts in the 275s. Maldonado game in the 275s, representing Puerto Rico, he edged strong Teter on bodyweight. Brodsky was the highest thing I've seen in a long time. Nontheless, Hunt was just a little bit stronger in a very good battle among the really big guys.

All of the staff members are listed and all deserve a huge round of applause for their hard effort. It was a sensational meet by Michele and Chaillet. Very classy at all times, she has a very arresting manner on the platform. I know she wanted more but she remains a top competitor. Michele DeCernaro's ongoing injury problem plagues her, but she did what was necessary to total a decent score. The star of the show was Ashley Boyce. She had the ballroom standing on their chairs. What a powerful combination of femininity and unleashed fury. She stalked and then attacked the bar to check her form. She checked the bar to see if it was tight. She checked her totals and remember that this is her first outing after rotator cuff surgery.

Among the Masters Men, Dave Gimenthal continues to amaze even with lots of competition from Dillon Maier. A special mention for Fred Pliester's huge deadlift at 165. In the Pro Men's Division, the expected fireworks were seen with IFA National Champ Joey Almodovar for having appeared problems in the squat. Despite his troubles, Joey came up with a PR BP and a world record DL. He then increased that to 640 on a fourth attempt. Joey reminds me of my fourth attempt. Joey reminds me of my fourth attempt. Joey reminds me of my fourth attempt.

Joey Rosciglione with his great physique and well focused manner. Courtney came to bench and did, getting 500 at 181. Sly Anderson, for so many years a top name, had a great nine for nine day. He was chased by a very powerful Dave Borstein who just missed too many lifts to stay close. Russ Dell came in with some WRs to make his day. Ross Althouse again serves as a strong reminder that one can overcome limitations and still lift well. He just forgets at times the word "can't." Good competition at 220 with Tayman and Audet - one and two, with a raw Stevens (and a ripped to the bone physique) as a possible future star. At 242, Russian Starov was not to be believed. It does not resemble a lifter, rather looking like a large graceful athlete. His 940 squat was done with room to spare with fine form. The 800 deadlift too was all Jo Belisito made her IFA debut. It will be one to remember for having just missed a huge 450 DL. The younger ladies, especially the juniors and

I appreciate Mike Lambert for not only printing Dr. Lester's letter, but for helping get this meet underway. As Dr. Ken kept telling me, "You don't know what you're getting yourself into." After dropping a speaker on the back of my head right before the start of the meet, I started to think that maybe Dr. Ken was right. As the first day's lifting went on without any incident, it became apparent that maybe I had learned something, 25 years later, about running a meet. From what I saw, the lifting was just fantastic. I have always said that your support staff is the foundation to a great meet. If that is the case, then we could have built a skyscraper. Thank you, Dave Nordstrom, Mark Tuesday, Adam Rubin, Todd Tiescher, Vinnie Ferrakoulo, and the Boccilli Brothers for giving up their 4th of July to help bring in the equipment and set it up. Additional thanks to

I.P.A. World Challenge Cup
6/7 Jul 96 - New York, New York

Amateur/Open	SQ	BP	DL	Total
114	300	185	325	810
R. Green	300	170	320	790
D. Hall	250	115	285	670
C. Matthews	250	115	260	625
132	435	235	420	1120
J. Cooke	360	250	465	1075
Degriffenfeld	385	265	400	1050
B. Brown	470	375	525	1450
R. Longan	470	300	455	1225
D. Hall	400	320	475	1195
D. Maier	405	220	400	1025
J. Hawk	300	280	365	945
H. Owens	255	115	210	580
P. Sacco	600	355	505	1460
J. Burns	530	300	420	1250
F. Pliester	420	270	420	1110
A. Bonardo	340	250	440	1030
181	490	375	600	1535
M. Patton	570	340	605	1515
R. Waller	555	340	605	1500
D. Weidling Jr.	485	360	525	1370
D. Weidling	485	270	475	1220
D. Faucett	485	270	475	1220
E. Hawkins	600	420	700	1800
220	720	380	615	1715
J. Pouch	580	375	600	1555
J. Barwell	580	375	600	1555
C. Louz	510	380	530	1420
C. Wood	510	380	530	1420
242	665	385	705	1755
P. Tyring	545	355	655	1555
C. Bartholomew	545	355	655	1555
R. Johnson	480	290	375	1115
L. Hayes	480	290	375	1115
275	615	385	600	1600
L. Pignon Jr.	615	385	600	1600
S. Cristofalo	500	370	520	1440
B. Fuller	565	330	520	1410
308	650	330	520	1500
J.P. Krachuk	710	480	620	1810
J. Shaw	710	480	620	1810
J. Bowers	200	115	215	530
J. Yonem	200	130	225	565
C. Newman	235	155	210	600
M. Bell	185	110	225	520
A. Boyer	235	155	210	600
S. Mason	185	110	225	520
132	260	150	330	740
B. Heisley	260	150	330	740



Sensational Mikhal Starov had this to say "Dear Mr. Lambert, my name is Mikhal Starov. I am from Ukraine (ex-USSR). In January of this year I wrote a letter to John Schaeffer at IFA's Fitness. I found his name and address in the only issue of PL USA in the Ukraine. John is regarded as one of the best in the sport of Powerlifting. My goal is to come to the USA to improve my lifting abilities. After 12 weeks of training under John (Schaeffer) & Clark Strength Systems, I totally overshot my goals I had set. John's knowledge of the sport and of nutrition enabled me to increase my best meet total by 300 lbs. I went from 1945 to 2245 lbs. which is the biggest total in the history of my country in any weight class. Became the 242 lb. IFA junior & Open World Champion setting 9 Union and 3 Open WR at the IFA World Challenge Cup, 1996. I wish to thank Lynn and John Schaeffer for their fantastic hospitality of allowing me to stay in their home for my stay in the USA. Sincerely, Mikhal Starov"

Damian Corradini, Terry Becker, and John Antigiani for taking the time to bring in and take home the two Monoliths that were used in the warm-up room. What a site it was when Lynn & John Schaeffer pulled up to the Skyline Motel in a stretch limo with a bench and a judge's light hanging from the trunk. Maria & John Bott made two trips back and forth to New Jersey, bringing in stuff we had forgotten. Dr. Ken and Kathy Leister deserve thanks for allowing us to empty out the Iron Island Gym that 4th of July weekend.

Thank you, thank you, thank you to the loaders and spotters who were on hand. Not one misjudged, nor dropped weight. Their encouraging words helped the lifters to achieve greatness. In no special order they were Louis DePalma, Lou Graldi, Frank Spanno, Troy Langone,

Howard Menkes, Tim Stumpf, Mike Creamer, Greg Roman, Jim Bott, Russ Smith, Vinny Borgia, Craig Tortelli, John DeAugustino, Dan Metzger, Vinnie Ferrakoulo, Andrew Tamm, Steve Bryskis, Sean Kalleher, Chris Taylor, Gabo Esposito, John Bua, and Adam Rubin. Special thanks go to the crew and assistant crew chiefs, Tom O'Rordan, Tom Nordstrom, Frank Demarco and Dave Metzger for keeping the crew on its toes. Expeditors were Mark Marowitz and Andrew Yerrakou. Anyone who has never done this job doesn't know what it's like until you've done it with Dr. Ken announcing. Whew, a freight train! Mark Tuesday and Charles Florio handled the Monolith as if they invented it. All the computerized computations were taken care of by Richard Armstrong. Tom's a good friend of mine as well as one to powerlift with. Tom Levering shared the mike plus anything else that was asked of him.

Many thanks to the judges. They were Joey Almodovar, Ross Carmichael, Jon Anderson, Mike Bemadon, John Bott, Ashley Boyce, Marc Carthy, Frank DeMarco, Tamarra & Tery Grimwood, Bob Grimwood, Marty Grove, Gary Grosso, Kathy & Ken Leister, Tom Levering, Mary O'Rordan, Chris Reidy, Carl Seeker, John & Lynn Schaeffer and Judy Tomaselli. You all did a great job that weekend.

A special note has to be made at this time about Mark Chaillet. Thank you, Mark, for continuing after the major mislead in the warm-up room. It was 100 plus pounds heavier than I was supposed to be and damn near killed him. Thanks for being the champion that you have been all these years. Terry and Tamarra Grimwood did a great job coaching. The best is yet to come to both of you. If you want an association that it is James Bowers, Wardell Sewell, Danny Pressa, Amateur Mas TERS - DAVID GINETHAL DILLON MAIER, JOHN BARNWELL, FRED PRISTER, MIKE PATTON, PALMER SIMPSON JR., KEVIN GREEN, JIM YATES, MARTINDOYLE, IRAHAYES PRO-SUBMASTERS - SYLVESTER ANDERSON, J.R. HUNT, CARL SEEKER, ROSS ALHOUSE, AMATEUR SUBMASTERS - ROBERT WALTER, JOHAN GENGO, GRAHAM BARTHOLOMEW, JUNIOR PRO - MIKHAIL STAROV, JUNIOR AMATEUR - ED POUCH, CARMINE LENZI, SEAN COSTELLO, TEEN - COLIN MATTHEWS, STEPHEN GAVIN, HOWARD OWENS, AMATEUR MAS TERS - CONNIE NEWMAN, WOMEN: PRO-MASTER - KAREN DONATO, ELLEN STEIN, PRO-SUBMASTER, ASHLEY BOYCE, MELANIE DIAMOND, ELLEN CHALET, JUNIOR JOE BELSITO, JUNIOR AMATEUR - JOE SCANLON, ANGELA BOYER, AMATEUR TEEN - ANGELA SANTUCCI.



Joey Almodovar took the 165s (photo courtesy of Raiola)

what is right for the lifter. John and Maria Bott, thanks for not letting me try any of the shortcuts I planned to take. My daughter Andrea, who helped me with all of the graphics along with her friend, Jen, did a wonderful job controlling the door and gave new meaning to "painting the town." Ralph, my son, stands once again for letting the days leading up to the Worlds be without the stress, and for all the help with the program, news releases, and so much more.

And thanks to the following sponsors: AMIAC, Hammer Strength, American Body Building Products, Sparta Strength & Conditioning, Powerlifting Video Magazine, R/A's Fitness Systems, Pete at Titan Support Systems, Serpa Powerlifting Equipment, Air Stream Foods, the BodyShop OSI Oil Co., Grimwood Strength Systems, Commercial Trailer Leasing, Scott at Sale USA, Prism Productions, Flex Equipment, York Barbell, J.C. Flex, Dave's Funky Clothing, Iron Island Gym, and Bob Berenson of Grey Advertising. He is the godfather of Powerlifting, like James Brown is to soul music. Thanks Bob, you are the Man. A big special thanks to Sharon and Jen and the staff at the Skyline Hotel. You were wonderful. Lastly, thank you to my wife for being a part of my dream.

Now, let's get to work to make next year's meet better than this year's. Thanks to all of you who attended this inaugural event. SEE YOU NEXT YEAR! Your friends in lifting, Ralph & Michele Raiola

AWARD RESULTS - MENS DIVISION: PRO-MASTERS - I. DON MILLS, PAT SUSCO, RUSSELL BELL, TOM MUSCIANI, MARK DIMIDUK, RUSSELL DODSON, PAUL SACCO, JAMES BOWERS, WARDELL SEWELL, DANNY PRESSA, AMATEUR MAS TERS - DAVID GINETHAL DILLON MAIER, JOHN BARNWELL, FRED PRISTER, MIKE PATTON, PALMER SIMPSON JR., KEVIN GREEN, JIM YATES, MARTINDOYLE, IRAHAYES PRO-SUBMASTERS - SYLVESTER ANDERSON, J.R. HUNT, CARL SEEKER, ROSS ALHOUSE, AMATEUR SUBMASTERS - ROBERT WALTER, JOHAN GENGO, GRAHAM BARTHOLOMEW, JUNIOR PRO - MIKHAIL STAROV, JUNIOR AMATEUR - ED POUCH, CARMINE LENZI, SEAN COSTELLO, TEEN - COLIN MATTHEWS, STEPHEN GAVIN, HOWARD OWENS, AMATEUR MAS TERS - CONNIE NEWMAN, WOMEN: PRO-MASTER - KAREN DONATO, ELLEN STEIN, PRO-SUBMASTER, ASHLEY BOYCE, MELANIE DIAMOND, ELLEN CHALET, JUNIOR JOE BELSITO, JUNIOR AMATEUR - JOE SCANLON, ANGELA BOYER, AMATEUR TEEN - ANGELA SANTUCCI.

RESPONSE

In the last issue of *Powerlifting USA* Magazine, Herb Glosbrenner reported on the APF National Championships held in Atlanta. I would like to commend him for speaking out against inconsistent judging and equipment violations. These are two issues that I feel need to be addressed and I'm glad that he has attacked them. Her talk about "below parallel" in his article, about "lowering the body until the surface of the legs at the hip joint are lower than the tops of the knees. With that said, I would like to point out something else. As a writer for *Powerlifting USA*, Herb is also the eyes and ears of the powerlifting community. If this reporting is off, it not only hurts the lifters he is covering, but it also hurts the entire sport. Herb claims that my squat of 1032 pounds was four inches high. Herb is entitled to his personal opinion. But, this is the only account of my squat that most people will be exposed to. My friends and I think that the squat was good. But so what? That is just another opinion. My reputation is very important to me and I need the opportunity to clear things up. No lift is worth having lifted if it was not truly earned. If you care to judge for yourself, here is your chance. Send me a self-addressed, stamped envelope and I will send you the pictures of my squats. You don't have to take Herb's word for me. You can judge for yourself." Steve Coggins, 333 E. Denton #226, Euless, TX 76039

business reporting on something he knows absolutely nothing about. I found the remarks about Chris Confessore and Fabian Wambigans incredibly offensive. Too bad a superintendent athlete has a bad day and finds his name plastered in an international publication as a "pretender not a contender." Makes one really want to support those national meets. NOT!!! Lynne Boshover/USPF Michigan State Chairman

..... Your comments of the officiating and judging appear to be appropriate. I am not personally present at the APF Senior Nationals. Many feel disturbed when criticism hits home. You uphold the lifters and didn't blame them for the weaknesses. Thank you for this consideration and insight. I will be taking your report with me to Las Vegas (WPC Can-Am Championships, August 9-11) and use it at our meeting. We are calling for and discussing strengthening of our internal structure. One avenue for us to highlight our referees. A closer look will be taken at the possibility of reassigning licenses and issuing registration or World Records which I have set in the past year have been in sanctioned meets, with sanctioned referees. I have nothing to hide, Herb. You have a standing invitation to my meet held in Arizona, in which I compete. My exclusive goal, at this point in my lifting career, is to break records. Sometimes you break them, and sometimes you do not, but I will never regress my goals back to just earning trophies. I am sure that I will bomb out of meets again in my career, but I will also break many more records.

close to lockout before I asked the spotters to grab it. Likewise, on my second attempt of 755 lbs., both sides refused to hold me and my coaches told me "about an inch from locking out." They are both WPC referees, and what are your credentials, Herb?

Your remark about my "butt raise" was something I consider a shot in the dark. How could you see my butt when you were sitting behind the head referee? Once again, I must go with the opinion of the WPC side referees. They told me coach that my butt was not a factor in any of my lifts, only the lockout. Quoted a different story than you claimed. I will say no more to maintain my lifts. I had a bad day (if you consider missing an APF World Record 755 lbs. by an inch a bad day), but that seemed to be a misfortune of the entire meet. I went to break records, not to open 100 lbs. below the World Record just to get another trophy for my house. I have plenty already. It just seems unfortunate that you chose to judge my lifting ability and my integrity based on one meet. All five of the World Records which I have set in the past year have been in sanctioned meets, with sanctioned referees. I have nothing to hide, Herb. You have a standing invitation to my meet held in Arizona, in which I compete. My exclusive goal, at this point in my lifting career, is to break records. Sometimes you break them, and sometimes you do not, but I will never regress my goals back to just earning trophies. I am sure that I will bomb out of meets again in my career, but I will also break many more records.

reverses runs the gamut from golf's reverence, where an official's impartiality and decisions are never questioned to baseball's dirt judging. In some quarters, powerlifting judging is legitmate sports lowest level to the plans of professional wrestling.

After reading this article, I see that Herb has insulted Norm and Diann. I have to ask: Why wasn't this edited? There are three names of people with the title of editor in the article, and why were these sections included?

Also, what are Herb's powerlifting credentials? What is his best lift? What was his last total? When did he perform them? In what organization was he lifting? For which organization is he qualified to judge, and at what levels? (world record, national record...)

Herb went to the APF Nationals and bawled a best ever squat and contributed to a failed best ever deadlift. That must make *Powerlifting USA* proud.

There is something that bothers me most. And it is that all the things he is preaching about in the article are things that I believe in, too. But nothing will defeat a good cause quicker than having a jerk for a spokesperson.

I would like to see this printed, in full, in the next issue of *Powerlifting USA*. But, I won't be surprised if it doesn't get printed. Tony Skrdlant, Hurst, Texas

"I am writing in regards to the August issue of *PL USA* I found the commentary by Herb Glosbrenner to be inaccurate, degrading and bordering on slander. The remarks about Norm Shackelford were particularly demeaning. I was present when Norm squatted a GOOD 700 Mr. Glosbrenner was not. He has no

close to lockout before I asked the spotters to grab it. Likewise, on my second attempt of 755 lbs., both sides refused to hold me and my coaches told me "about an inch from locking out." They are both WPC referees, and what are your credentials, Herb?

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SUPERMEN OF USA TOP 25 IRON GAME ELITE

over the Olympic lifters in making this list, especially with today's supportive gear. Unfortunately, some of the P/L pioneers maybe at a decided disadvantage in this respect. Sorry, that's the way history has decreed it. In some cases, the best individual lifts may have been done in different years or even decades. Some athletes tried O/L before they got serious about P/L. In these cases, sometimes several classes lighter. In fairness to all included, I have not compounded the O/L's of a person throughout the increasing bodyweight categories. They are early included only once if it was a one time shot in one category only. Here they are: THE SUPERMEN OF THE CENTURY...

Back in early 1966 when Powerlifting was officially 1 year old MUSCULAR DEVELOPMENT magazine published in its Feb. '66 issue a ranking list of then 7 recognized weight classes. Entitled "SUPERMEN OF THE IRON GAME," it was a poorly researched listing of the top men showing their combined total of the Olympic lifts and powerlifts. It was thought provoking and generated a great deal of interest in me. MD's listing 30 years ago included six lifts. The standing press was then a part of the W/L tradition. It's original intent was a test of arm and shoulder strength. The style of execution deteriorated. It finally degenerated to a point where this lift was abolished following the '72 Olympics. Without the press, W/L records escalated at an astonishing rate. In the meantime, P/L began to gain momentum and popularity. The USA organized the first AAU Worlds in 1971. The rest is History.



Enrique Hernandez, record-setter in both sports. (Vatanabe)

114	Born	S.T.C.	PLT	SQ	BP	DL	WLT	SN	CJ	SPRT
1	Ikei, Chad	1616	(1137)	381	316	429	(479)	220	259	OL
2	Moyer, David	1464	(1095)	425	240	430	(385)	154	214	OL
3	Kucipak, Gary	1407	(1022)	352	270	400	(385)	160	225	PL
4	Bauer, Kevin	1372	(975)	381	209	374	(396)	126	187	PL
5	Steinfeld, Joe	1366	(1052)	363	292	396	(314)	126	187	PL
6	Hunnicut, Gary	1361	(1041)	386	270	386	(320)	135	185	PL
7	McCulley, Anthony	1310	(980)	315	210	375	(392)	172	220	OL
8	McCarthy, James	1292	(900)	265	360	(347)	143	204	OL	
9	Fink, Keith	1209	(850)	300	200	350	(359)	155	204	OL
10	Givens, Richard	1184	(890)	335	195	360	(315)	135	180	OL
11	Steinberg, Steve	1184	(825)	275	220	330	(359)	154	205	OL
12	Quier, David	1169	(800)	265	185	300	(369)	165	214	OL
13	Miyamoto, Brian	1146	(755)	245	190	320	(391)	176	214	OL
14	Tanaka, Steven	1138	(780)	285	175	320	(358)	165	193	OL
15	Ernest	1135	(815)	292	204	319	(319)	132	187	PL
16	Ernest, Michelle	1069	(755)	250	180	325	(314)	132	181	PL
17	Darnton, David	1045	(740)	265	175	300	(305)	130	175	PL
18	Villito, G	1015	(715)	240	145	330	(300)	130	170	OL
19	Hsieh, Darrell	1005	(705)	255	175	275	(300)	130	170	OL
20	Cohen, M.	1005	(705)	255	175	275	(300)	130	170	OL
21	DeJesus, A	1000	(675)	200	175	280	(325)	140	185	PL

132	Born	S.T.C.	PLT	SQ	BP	DL	WLT	SN	CJ	SPRT
1	Hernandez, Enrique	1835	(1324)	474	340	510	(511)	225	286	PL
2	Jacob, Bryan	1777	(1176)	446	280	450	(600)	270	330	OL
3	Milian, Ernesto	1749	(1375)	520	290	565	(374)	159	214	PL
4	Olson, Brad	1741	(1333)	523	314	498	(407)	187	220	PL
5	Simmons, Marvin	1740	(1310)	415	290	595	(430)	190	240	PL
6	Mahara, Walter	1697	(1135)	400	310	425	(562)	242	320	OL
7	Riley, Franklin	1688	(1275)	430	313	535	(413)	171	242	PL
8	Loft, Allen	1673	(1253)	450	260	543	(420)	180	240	PL
9	Buggs, Iain	1668	(1266)	441	300	525	(402)	171	231	PL
10	McCarthy, James	1668	(1155)	425	280	450	(513)	231	282	OL
11	Miyamoto, Brian	1642	(1102)	368	275	441	(496)	214	281	OL
12	Huff, Gerald	1617	(1121)	441	240	441	(496)	214	281	OL
13	Bojazi, John	1605	(1185)	385	270	530	(420)	180	240	PL
14	Gambon, Steve	1603	(1107)	425	220	452	(496)	214	281	OL
15	Moyer, David	1602	(1172)	478	258	440	(496)	214	281	OL
16	Cross, Mike	1601	(1191)	390	245	556	(410)	175	235	PL
17	McKinney, Mill	1600	(1290)	435	320	535	(310)	140	170	PL
18	Cantore, Dan	1595	(1060)	400	225	435	(535)	235	300	PL
19	Rybicki, Chris	1593	(1235)	470	230	535	(358)	154	204	PL
20	Krell, Richard	1570	(1075)	360	265	450	(495)	215	280	OL
21	Petillo, Tony	1546	(1071)	400	251	420	(475)	200	275	OL
22	Dominguez, Sal	1545	(1060)	410	250	450	(485)	215	270	OL
23	Dreher, Bernard	1545	(1135)	400	250	485	(410)	180	230	OL
24	Jones, Don	1535	(1180)	440	280	450	(355)	140	215	PL
25	Orais, Israel	1526	(1069)	363	242	463	(457)	204	253	OL

bad for a part time powerlifter. Clark couldn't lift much overhead, but with his P/L prowess, he didn't need to. Redding, with a 1510 combined total, unquestionably made his mark in P/L. He's returned to the scene now as a Messenger. Sappentheil, my former CWC teammate, was inducted as a "super grenlin". 2nd in the '71 P/L Srs. in Dallas. Before gaining P/L fame, Thayer did O/L way back in 1960. Bojazi was IPF World Champ in this class (1041). He's gone out on even greater reward. Check out another Floridian, Ken Snell, with a nifty 1400 combined aggregate. He's still dominating P/L at the age 38.

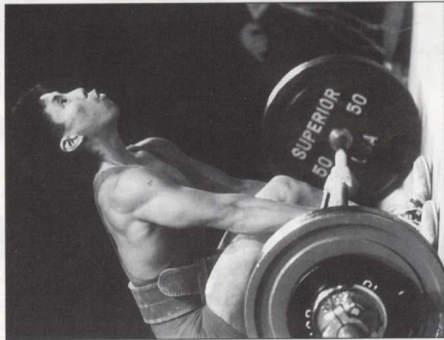
Hernandez ruled the 132 in both sports. He broke Olympic champ Isaac Berg's US Press record with 276 which won him the 1970 W/L Srs. Nats. in P/L, he was senior champ in '75 & '76 at 132 along with his '66 Bantam title. He established many American P/L records. Hernandez was runner up in the first Worlds in '71 to McKinney, and was World Champ in '75, despite being injured, on first attempts.

148	Born	S.T.C.	PLT	SQ	BP	DL	WLT	SN	CJ	SPRT
1	McCarty, James	2204	(1598)	606	347	644	(606)	275	330	BOTH
2	Mintz, Larry	2047	(1482)	578	325	578	(565)	250	315	PL
3	Warner, Jim	1989	(1499)	600	292	606	(490)	270	330	PL
4	Wright, Clyde	1981	(1576)	606	363	606	(405)	175	230	PL
5	Lafontaine, Tom	1946	(1371)	526	300	515	(575)	250	325	OL
6	Krueger, James	1922	(1360)	500	300	560	(562)	242	319	OL
7	Hunter, Gary	1897	(1340)	505	290	545	(556)	242	314	OL
8	Walker, Don	1889	(1291)	505	281	505	(578)	285	325	OL
9	Blue, Don	1866	(1446)	479	341	624	(420)	180	240	PL
10	Brannum, Homer	1858	(1298)	485	328	485	(560)	245	315	OL
11	Grosson, Joe	1825	(1400)	540	315	545	(425)	185	240	PL
12	Jones, Don	1820	(1460)	560	290	610	(360)	160	200	PL
13	Triphahn, Bob	1810	(1445)	575	330	540	(365)	150	215	PL
14	Cortes, Bob	1809	(1368)	474	320	575	(440)	190	250	PL
15	Niesyry, George	1802	(1462)	507	330	625	(340)	135	205	PL
16	Marta, Steve	1798	(1330)	500	260	570	(466)	198	270	OL
17	Zugin, Mike	1775	(1285)	515	290	480	(490)	225	265	OL
18	Sherwood, Don	1767	(1317)	452	363	501	(450)	170	260	OL
19	Jones, David	1765	(1150)	420	245	485	(615)	270	345	PL
20	Musiek, Frank	1760	(1225)	425	275	525	(535)	220	305	OL
21	Huff, H.	1760	(1260)	450	260	560	(500)	220	280	OL
22	Krause, Tim	1750	(1250)	440	300	490	(500)	220	280	OL
23	Smith, Boyd	1746	(1246)	380	300	556	(400)	220	280	OL
24	Glossbrenner, H	1745	(1245)	455	295	505	(460)	215	275	OL
25	Owens, Justice	1741	(1251)	463	286	501	(490)	231	259	OL

Jacob is the current A/R holder in W/L, and a member of the '96 O/L/W/L team. He's held the "new" 59 KG (130 lb. class) records since 1992. His one time shot in P/L was back in '88. Bryan, 27, told me he seriously tried P/L, then he would do 1300. Tops at 123. Milian is 3rd in this category. Outstanding! Brad Olson, the '95 WDPFP World Champ, was the Olympic chaplain this summer in Atlanta - a super

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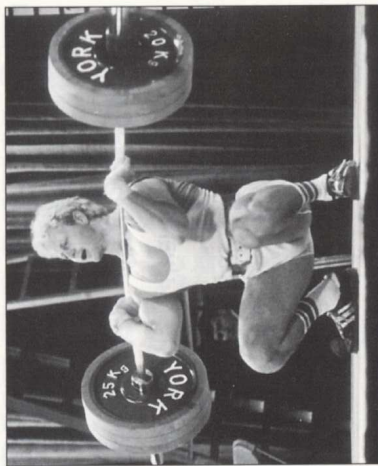
representative and a shot in the arm for P/L. Simmons is a Southern boy who did well in both sports. Walt Imahara a multi-Sr. champ in W/L did well in P/L, but not against Diane Frantz. Riley, the '72 World P/L champ, had done some overhead meets in his hometown of Chicago. Burgess is a P/L pioneer who despises the supportive equipment in our sport today. He's a real powerhouse. Huth and Gambon were first and foremost good weightlifters. If Milt were alive today, he'd chew me out for listing his low W/L marks. He was game for



Chad Ikei......a big benchner with overhead flexibility

anything. Rest in peace my friend! U.S. W/L champ recordholder and '72 Olympian, Cantore, tried his hand at P/L in 1966. Rybicki had a big DL with a precarious sumo style. An ultra wide stance can cause fallen arches. Chris O/L was in the Nat'l Collegiate as a 123. Then there was Sal, my old pal. He couldn't BP worth a hoot but sure could lift a lot over his head. Petillo won the Jr. Nats in both sports and would have been Sr. Champ had it not been for little Davy! Orals is an ambitious CA W/Ler. Arthur of Nebraska pulled himself onto this list with his great DL - Nebraska style.

I started Jim McCarty in 1975, an ambitious 15 year old. He cancelled a date with the prettiest girl in



Jim McCarty......attempting a 369 lb. clean and jerk. (Bruce Klemens)

school as well. He was indeed an elite strength athlete. Triphahn was likewise talented. He made his O/Ls as a teenage 132 when first starting out. Bob Cortes endures forever. He is a great grandfather now, and still perseveres. Niesity has been in the P/L picture since it's early days. Grosson will always be remembered as the man who beat Moyer's 13 yr. old 132 National SQ record at the '78 Seniors. Welch, both a US and World champ in P/L, hit a local novice Olympic meet in 1967. He was 132 then, ranked here at 148, wouldn't have at 132. P/L was his true destiny. Mike Zugin squatted 515 which was one of the top marks in the Seventies. He was equally strong in O/L. Sherwood was first an O/Ler and later moved to Alaska to ice down some Master P/L records. Dave Jones was 4th in the '66 Jrs. in P/L. He was first and foremost a weightlifter and became champ in that department. PA's Frank Musiek and I once battled in a Feb. 1970 MI P/L meet. There I pulled my best DL - 505 to equal his lift and took 3rd. LaFontaine SQed an A/R 488 to win. Cortes was 2nd. Krous, another tough Hoosier, was state champ in both sports. He was 4th in the first Sr. Nats at 132 in PL. Boyd Smith is the best thing that came from Omaha since the *Wizard of Oz*. He was 3rd in the 59 Srs in W/L reducing to 132. My best official power lifts came at different times during the seventies. To earn the Master's patch they needed to come all at once. A Midwest blizzard cancelled the January, 1978

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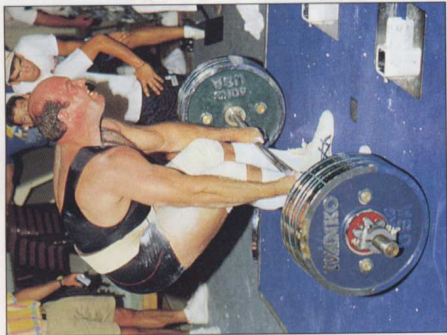
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TRAINING

MEET PREPARATION, Part III by World and National Champion Scott Warman



Scott Warman - one of the world's best deadlifters

The essence of productive training has been and always will be the ability to produce an adaptation to imposed demand. Thus, the creation of progressive resistance was born to accommodate this cornerstone to greater strength. As simple as this concept appears upon the surface, a closer look reveals an ultimate complexity that neither science nor empirical expertise from the world's best professionals and athletes have managed to decipher. Each year we accumulate more knowledge as to both science and training progress, but the struggle is always there. That delicate balance exists between overstimulation (thus breaking down) or being too conservative in overload and volume to elicit the change. As our knowledge and resources grow in response to this puzzle, so will our ultimate strength.

Simply compare the results in our sport concurrently with the result of 5, 10, 15 and 20 years ago. Sure the equipment is part of the answer, but beyond that, the huge surge in numbers is reflected in a better understanding of training. I am convinced that twenty-five years from now, the top lifters in the world will look back to 1996 and wonder why the athletes then were not lifting greater weights than are currently displayed.

This phenomenon does not just exist in our sport, but in many others. Consider that Florence Griffith Joyner's best 100 meter time of 10.49 exceeded O.J. Simpson's best 100 meter time when he ran track for USC and won the Heisman Trophy. Reflect upon the fact that the USA high school female swimmers regularly surpass the men's world record and Olympic times of several decades past. The examples go on as better training mirrors better performance.

The dedicated and committed lifter obviously wants to do all that is possible to fulfill his potential and explore his highest possibilities. In a simple word, it comes down to IMPROVEMENT, as this is the basis for obtaining both short term and long term goals. The paradox of this seemingly simple objective is that by working too hard and too frequently, we overtrain. Yet, if we don't work hard enough or too infrequently, we under train. The solution is to find the discriminative median between the two. Be wary, however, that the difference can be frustratingly small and so difficult to distinguish. The ability to grasp

completely. I suspect most never will. Genetics aside, what we have figured out is a methodology that will take us to the top levels of strength as we know of them today. Twenty years from now, additional knowledge will take us to a new level concurrent with that time period. What we need to do now is develop our understanding with all that is currently available. With that as a base, we must go beyond. The apropos quote by Isaac Newton sums it up concisely, "If I have seen further than other men, it is because I have stood on the shoulders of giants."

If you have overestimated your ability to adapt and find in the final stretch that you have overtrained, then back off, rest, and recover. Discontinue your outlined program. Modify it in some way to get yourself back on track. Try to find the problem by carefully going through the many variables in the program itself. Questions you need to address are as follows: Is it due to the overtraining of your entire body and immune system? Is it one body part or lift? Is it a particular joint? Try to identify the problem area and then study your options to allow for recovery. Make changes as written in the following examples: fewer total sets, back off the weight on one or more exercises, eliminate a particular movement that may be responsible, regroup and end up with a lower top workout for the remainder of the cycle. Also make certain you look beyond your workouts themselves. Proper nutrition, eating schedule, sleep, rest, physical and mental demands at work or at home are factors that can effect your ability to train hard.

RECORD and ANALYZE with the ability to implement change. This will keep you on the path of continued progress. Your willingness to develop this tactical approach will give you the answers you are looking for. If you don't develop blueprints to organize your training routines, if you don't put your individual workouts on paper and fail to spend time understanding how you respond to your routines, don't expect to even have control over your progress, let alone the ability to make sound calculated decisions with regard to what does and doesn't work.

VI. UNDERTRAINING
The reverse side of overtraining is undertraining. However, this is a much better position in which to be. I would even encourage people to be a bit conservative with their initial blueprint. It is much easier to adjust to undertraining if you find there is insignificant stimuli for change. If you have difficulty staying

(article continued on page 68)

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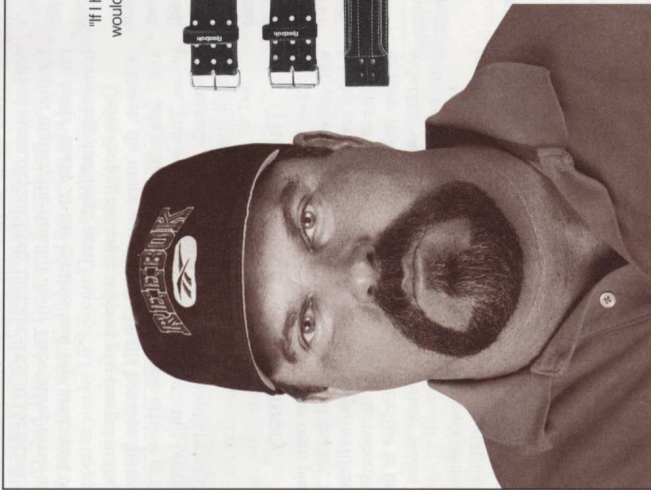
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- 7 SEP, ANPPC Drug Free Southern USA BP/DL, Norcross, GA, Bruce Johnson, 770-242-8759
- 7 SEP, (new date) IPA National Qualifier Meeting, Ralph Ripa, Iron Island Press Classic, 3465 Lawson Blvd., Oceanide, NY 11572, 516-594-0014
- 7 SEP, ADFFA Hawk Country PL Open/BP (open, women, teen, master) & Minnesota Masters, Bill Omondson, 4063 Ustiad Rd., Hermon, MN 55811, 218-729-9532
- 7 SEP, NASSA NM Regional (Alamogordo) Rich Peters, Box 735, Noble, OK 73068
- 7 SEP, (new date) AAU Bench Press Nationals (open, armed forces, junior, teen, submaster, master, postmaster) & AAU Bench Press & Bumper, 20042 E. Hart Coast Rd., Baltimore, MD 21284, 410-265-8264
- 7 SEP, APA Florida State BP/DL (tested/non-tested), Deborah APA, Box 12704, El Jobean, FL 33927, 941-697-7962
- 13-15 SEP, WNPF International Cup V (Eidison, NJ) WNPF, 2560A Pkwy, Edinboro, PA 16741, 814-265-5008
- 14 SEP, 4th Buckeye Power Day BP &or DL (open, notice, master, submaster, teen, women, no formulas), Kerry DiDonato, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
- 14 SEP, AAU Bennett's Outlaw Push-Pull, Bennett's Health & Fitness, 3033 Coffey Ln., Santa Rosa, CA 95403, John Ford, 707-543-5970
- 14 SEP, USFF Miller Bear BP/DL Classic (Holiday Inn Airport, Portland, OR) 97708, 503-389-0600
- 14 SEP, ANPPC Drug Free Northern Flex BP/DL (teen, women, master, teen), Flex Gym, 3252 Orchard Lake Rd., Keego Harbor, MI 48320, 810-738-0090
- 14 SEP, Illinois State Bench Press and Deadlift (separate contests - Oakbrook Terr., IL) John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
- 14 SEP, NASSA Indiana Regional (Indianapolis) Rich Peters, Box 735, Noble, OK 73068
- 14 SEP, Sun Light Open/BP/DL Classic, Sun Light Power, 126 W. Sale, Tuscola, IL 61953, 303-425-5429
- 15 SEP, ADFFA World Gym Boulder Push & Pull (BP &or DL - open, teen, submaster, master, women) Andrea Sorruelli, 11360 W. 84th Pl., Aronco, CO 80005, 303-425-0904
- 15 SEP, BPO United Kingdom Championships, Dony, Phil Lindsay (01332 703010) BPO, Llandudno, 11 Ffaldwyn, Bangham, Farnham, GU10 1BG, Great Britain
- 15 SEP, ADFFA 1st annual Norm Manogton BP Challenge (teen, women, open, lifetime, teen, submaster, master) Leo Contreras 408-798-1821 or Manny Villarreal, 480-275-6445, 895 N. Boyshore W., San



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
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- 12 OCT, APP Ohio State, Dave Ogan, 298 High St., Chillicothe, OH 45601, 717-72-5446
- 12, 13 OCT, AAU National Masters (St. Louis, MO) Mike Cassell, Ball St., Quincy, MA 02169, 617-479-7761
- 12, 13 OCT, Ironman & Woman PL/WB (all div. /4 classes) Jim Thomson, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilkes-Barre, PA 17801, 405-275-5689
- 13 OCT, Ouseg State University Bench Press (all div. classes, masters, 27055, 910-679-8660)
- 13 OCT, NASSA Big River Classic (teen, women, submaster, master) D.C. Daryl & Tobey Johnson, 1626 E.R. 196, Blytheville, AR 72315, 501-763-9094 (eves)
- 19 OCT, ANPPC Drug Free Northwest USA BP/DL (location) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
- 19 OCT, AAU Military Drug Free Nationals (active duty, guard, reserve, master, women, jr., submaster, teen, raw) SFC Charles Barry, 2713 Vista Ct., Waldorf, MD 20603, 301-645-6549
- 19 OCT, APA All South Battle of the BP/Tarheel Open DL (NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 19 OCT, Fall/BP/DL Classic, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 19 OCT, Carribean Regional PL/BP U.S. One Fitness, 12760 Biscayne Blvd., N. Miami, FL 33181
- 19 OCT, (new date) ADFFA New York State, Linda Jo Bakilo, 209 W. Nicholas St., Hicksville, NY 11801
- 20 OCT, (new date) USFF Drug Tested National Deadlift, Hardcore Promotions, Inc., 21 Hale St., Westport, CT 06880, 203-227-0335
- 20 OCT, WNPF Southern USA Championships (Daytona Beach, FL) WNPF, 2560A Pkwy, Edinboro, PA 16741, 814-265-5008
- 20 OCT, ADFFA McU Sports Deadlift Classic (teen, women, teen, master) ID 83725, 208-385-1980
- 26 OCT, "Dare to be Strong" BP Challenge (police officers only - limited to 60) Ben Bryan/McMahon, BPO Local 382, Box 345, Lowell, MA 01852
- 26 OCT, ADFFA Halloween Havoc Bench Press (open, lifetime, master, submaster, women, jr.) The Power Gym Inc., 405 S. Main St., Taylor, PA 16830, 814-765-3214
- 26, 27 OCT, APP Southwest Regional PL/BP (open, below class I, women, teen, jr., submaster, master) Bill Hickland, 3813 Southwest Blvd., Ft. Worth, TX 76116, 817-338-4900
- 27 OCT, WDFF World Bench Press (teen, women, jr., teen, master) B&W Gym, 609 N. Middle St., Chicago, IL 60640, 312-56-9692
- 27 OCT, Collier State Deadlift Classic, Annoni Park, 1231 Ch. Ave. S.E., Marietta, GA 30141, 415-585-7795
- 2 NOV, USFF Maryland State (drug tested, men, women, open, jr., master, M/D/C residents only) Don Braugher, MWL Fitness Ctr., Bldg 261, NSWC, Indian Head, MD 20640, 301-743-4661 or 283-4133
- 2 NOV, Mid-Atlantic Bench Press, Greater Solem Community Center, 118 Walnut St., Solen, NJ 08079, 609-935-7789
- 2 NOV, USFF Coastline Memorial Bench Press Fundraiser, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070
- 2 NOV, AAU Illinois State, John O'Brien, Box 593, Downers Grove, IL 60516, 708-964-7243
- 2, 3 NOV, (tentative) AAU Joint Midwest/Kansas State Bw Championships, Bill Clark, 3906 Grace Ellen Dr., Columbia, MO 65202
- 2, 3 NOV, ADFFA New Jersey State, 7-10 NOV, WPC Worlds (Durban, South Africa)

- 19, 20 OCT, Carribean Regional PL/BP U.S. One Fitness, 12760 Biscayne Blvd., N. Miami, FL 33181
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- 26 OCT, USFF Palmetto Classic PL/BP (drug tested, women, jr., teen, master) Dan Lark, 601 Howard Ave., Haines Path, SC 29654, 864-369-9304
- 26 OCT, Collier State Deadlift Classic, Annoni Park, 1231 Ch. Ave. S.E., Marietta, GA 30141, 415-585-7795
- 26 OCT, ANPPC Drug Free Southeast USA BP/DL (location) ANPPC, Box 1484, Mt. Vernon, IL 62684, 800-482-6772
- 26 OCT, 8th Indian Summer Open (women, teen, drug tested, open) Jon Smoker, 30174 Wolf, Elkbar, IN 46516, 219-674-6683
- 26 OCT, MDSA Night of the Living Deadlift/Holloway BP, Darwin Jacobson, Box 1031, Willmar, MN 56201
- 26 OCT, APA NHK Push/Pull (out-side lifters welcome - 2 wks. notice - men, jr., submaster, master) Fred Laitis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
- 26 OCT, APA Southeastern States BP/Southern States DL (Ft. Lauderdale, FL - tested/non-tested), APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 26, 27 OCT, (tentative) ADFFA Southwest Cup (Las Vegas - PL/BP - open, master, teen, jr., submaster, women) Andrea Sorruelli, 11360 W. 84th Pl., Aronco, CO 80005, 303-425-0904
- 26, 27 OCT (new date), 14th AAU

- Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 201-627-9156
- 2, 3 NOV, ANPPC National Drug Free PL/BP Championships, Son Light Power, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 2, 3 NOV, ADFFA Police/Fire Nationals (Omaha, NE), James Hart, 202-470-3672
- 2, 3 NOV, ADFFA Central USA PL/WB (Cape Girardeau, MO) Mike Cassell, 15 W. Cascade Dr., Lake St. Louis, MO 63367
- 3 NOV, (correct date) WNPF Drug Free National (Edinboro, PA) WNPF, 2560A Pkwy, Edinboro, PA 16741, 814-265-5008
- 3 NOV, Th-State PL/BP Classic IV, BP &or DL (open, notice, master, teen, women - no formulas), Kerry DiDonato, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
- 3 NOV, USFF Washington Open (PL/BP, men, women, master, teen) Vince's Fitness Center, 1711 Hewitt, Everett, WA 98201, 206-259-3797
- 3 NOV, USFF Pine Tree State PL (open, submaster, master, teen, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070
- 3 NOV, ADFFA Ohio Open BP/DL (2 contests, women, teen, masters (age group), open) King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 216-439-5464
- 6 NOV, 20th ADFFA Hawaii World Record Breakers, Gus Redwisch, Box 5292, Bend, OR 97708, 503-389-0600
- 7-10 NOV, WPC Worlds (Durban, South Africa)

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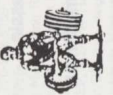
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3845 SOUTH WEST BOULEVARD
FORT WORTH, TEXAS, 76116
817-738-4900



South Africa, Phil Niemann, 181
Greiling, 3201
Pretoria, South Africa, tel
+27-331-454025, fax 27-331-
452920
9 NOV, 8th USPF Greater Buffalo BP
& DL, Mark Becht, 18 Marne Rd,
Buffalo, NY 14215, 716-894-8583
9 NOV, Boddie's Bench in Texas (open,
teen, master, women) Ken Linn, 3301
S. 14th St., Suite 45, Abilene, TX
79605, 915-691-0273
9 NOV, 2nd Veterans Day BP/DL,
Bob or Sandy, Body Fitness, Box 416,
Orbisonia, PA 17243, 814-447-3704
9 NOV, ADFFA Michiana Champion-
ships PL/BP, Dave Hardy, 3006
Lincolnway East, Mishawaka, IN
46544, 219-258-0775 10am-9pm
9 NOV, Mike Stone Southeastern
Memorial PL/BP (novice, open,
women, master) Troy's Gym, 314 W.
Lokay Ave., Murfreesboro, TN 37130,
615-890-2633
9 NOV, ADFFA All South XI, Enter-
prise Productions, 209 Myers St.,
Monroe, NC 28110, 800-229-2639 or
704-289-4940
9 NOV, WNF World Record Breakers
(Atlanta, GA) WNF, 2560A Pictory
Cir. N., College Park, GA 30349, 770-
996-5008
9 NOV, AAU Bennett's Health & Fit-
ness Open, Bennett's Health & Fitness,
3033 Coily Ln., Santa Rosa, CA 95403,
John Ford 707-545-5970
9 NOV, USPF Winter Classic (3 lift
International) & Open, Guy
Carr, 935-501, 805-228-2573
9 NOV, Iowa Open Bench Press/Dead-
lift (high school, novice, open, master,
women, junior, women), Wayne Hammes,
115 Rockwood Dr., Ocala, FL 32940
9 NOV, MDSA Jake & Jenni's Gym
Classic, Darwin Jacobson, Box 1031,
Willmar, MN 56201
9 NOV, APF Bench Press Nationals
& Master/Submaster World BP (NH
- tested/non-tested), APA, Box
27204, El Jobean, FL 33927, 941-
697-7962
9 NOV, 4th 300+ lb. Basho and/or
USA vs. Mexico BP (men, women, open,
lifetime, teen, junior, collegiate, submas-
ter, master, novice, spec. olympic),
Manual Villarreal, 895 N. Bayshore Rd.,
San Jose, CA 95112, 800-484-9879
ID MEME
9, 10 NOV, ADFFA Masters Nation-
als (St. Louis, MO) Mike Cassell, 15

16 NOV, NASA Georgia Regional PL/
BP (Carrollton) Rich Peters, Box 735,
Noble, OK 73068
17 NOV, AAU Maryland BP (MD resi-
dents & open) & Ironman Open (open,
women, master, J.) Brian Washington,
Box 20042, Baltimore, MD 21284,
410-265-8264
18 NOV, 12th Eastern American Bench
Press (open, over 40, women, novice,
teen), Sandy Ellis, 150 Sagebrush Rd.,
Stockbridge, GA 30281, 770-474-2633
22-24 NOV, IFA Pro-Am Sr. Na-
tionals (teen, women, open, police,
submaster, master) Mark or Ellen
Chandler, 3688 Old Silver Hill Rd.,
Beltsville, MD 20746, 301-423-
8888
23 NOV (NEW DATE) 1st Annual
USA National "Pillar" Bench Press
Championships, Dr. David L. Hill,
126 W. Seale St., Tualatin, OR 97146,
503-261-1193
23 NOV, ADFFA Kansas State PL/
BP, Scott Penner, 1009 Helen, Au-
gusta, KS 67010, 316-775-0185 or
685-9211
23 NOV, USPF Body America Fall
Cup (Austin, TX, BP class), submas-
ter, women, teen, master, open) Seguin
Fitness, 1415 E. Court, Seguin, TX
78155, 210-372-3396
16 NOV, ADFFA Delaware State/
Open (teen, open, novice, women,
master) John Cashin, 120 Shinnecock
Rd., Dover, DE 19904, 302-734-7505
674-8321
16 NOV, 2nd Scott's Gym Fall Bench
Press, Scott's Gym, 2025 Lebens Ave.,
Davenport, IA 52804, 319-391-9413
16 NOV, Illinois Open BP/DL Classic,
Sun Light Power, 126 W. Sale, Tuscola,
IL 61953, 217-253-5429
23 NOV, APA Southern Cup BP/East

Coast Cup DL (Florence, SC) APA, Box
27204, El Jobean, FL 33927, 941-
697-7962
23-24 NOV, APF/WPC Interna-
tional Competition & WPC World
Bench Press Championships (qual-
ifying totals required), Terry
Dengerfield, 224 N. 4th St., St.
Charles, IL 60174, 708-377-7527
24 NOV, 2nd ADFFA Connecticut
"Push & Pull" (men, women, teen,
master - separate contests) Lloyd
Weinstein, 909 Washington Blvd.,
Stamford, CT 06901, 203-854-4700
or Robert Fisher 203-357-7000
24 NOV, WNF Ohio/Nichigan State
(Toledo, OH) WNF, 2560A Pictory
Circle North, College Park, GA 30349,
770-96-5008
24 NOV, BPO Team Championships,
John B. Bachelder, (0) 202
317070, BPO, 1 Laveall St., 1180
Way, Tillingham, Farnham, GU10 1BQ,
Great Britain
24 NOV, CPA/APA/WPA
Championat, Quebecois Masters
Novice/Open, Marcel St. Laurent, 457
Nieme avenue Nord #1, Sherbrooke,
Quebec, Canada J1E 2S2, 819-346-
9466
NOV, USPF Region II/PA State Open
(Fl. Washington, PA) Rob Keller, 752
Johns Lane, Lower Gwynedd, PA
19002, 215-542-4941
1 DEC, (factual date) USPF Power-
house Gym Bench Press (Fountain
Valley) Vic Elliott, 7942-B Glencoe
Ave., Huntington Beach, CA 92647,
714-841-3055
1 DEC, 5th Eastern Ohio BP & DL
(open, novice, master, submaster, teen,
women - no formulas) Kerry
DiDomenico, 234 Alfred Dr.,
Wintersville, OH 43952, 614-264-
4805
1 DEC, BPO British Deadlift Challenge,
Macclisfield, Chris Bannaghan (01625
6111556/617812) BPO, "Lavinie" 11
Field Way, Tongham, Farnham, GU10
1BG, Great Britain
1 DEC, 8th SAAS Bench Press/Kops
& Kids Bench Press (all age/vt. div., no
formulas, Drug Tested) Mike Collet, 214
N. Ashland, Park Ridge, IL 60068
7 DEC, ADFFA Virginia State (open,
master, female, teen - Charlotville)
John Shifflett, Box 941, Stonardville,
VA 22973, or Willie Morris after 9pm,
804-985-6658
7 DEC, ADFFA All American BP/DL
Classic (open, women, lifetime,
teen, submaster, master, police/jre,
military, spec. olympic) Jacqueline
Dauis, 1190 Washington Green, New
Hampshire, 603-888-2222
7 DEC, AAU Missouri Valley Champi-
onships, Jim Woods, 501 S. Katy,
Ocala, FL 32672, 316-431-1855
7 DEC, 15th Southeastern Cup (men's/
women's Open Classes) Police, Police
& Fire) Buddy Durr, 2011 West Hill
Ave., Adel, GA 31620, 912-896-3988
(h) 3889 (h)
7 DEC, AAU New England Open, Larry
Larsen, 15 Ball St., Quincy, MA 02269,
617-479-7761
7 DEC, ADFFA Kentucky State/Blue
grass Open PL/BP, Steve Corum, 520
S. Main St., Henderson, KY 42420,
502-826-8354/835-7865
7 DEC, 9th Crain's Muscle World Lim-
ited Open/BP/DL, Ricky Crain, 3803
N. Bryan, Shawnee, OK 74801, 405-
275-3689

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PIECE LIFTING SUIT (UNITARD WRESTLING SINGLET).
BENCH SHIRT OR T-SHIRT IS REQUIRED.
ONE ROUND SYSTEM

WEIGHT CLASSES
WOMENS DIV: 97, 104, 111, 116, 122, 129, 139, 154, 176,
176+
MENS DIV: 114, 123, 132, 148, 165, 181, 198, 220, 242,
275, 275+
ELIGIBILITY: MUST BE DRUG FREE BY ADFA
DEFINITION FOR 36 MONTHS PRIOR TO ADFA
COMPETITION WITH ONE EXCEPTION: ADFA
MEMBERS WHO ARE DRUG FREE FOR 12
MONTHS TO SUBMIT TO AND/OR PASS TEST WILL
RESULT IN DISQUALIFICATION.
LIFTERS MUST BE A REGISTERED ADFA.
ADFA CARDS AVAILABLE DAY OF MEET
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ADDITIONAL DIVISIONS 30.00
DIVISIONS: MEN'S & WOMEN'S OPEN/MASTERS,
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ness Open, Bennett's Health & Fitness,
3033 Coily Ln., Santa Rosa, CA 95403,
John Ford 707-545-5970
9 NOV, USPF Winter Classic (3 lift
International) & Open, Guy
Carr, 935-501, 805-228-2573
9 NOV, Iowa Open Bench Press/Dead-
lift (high school, novice, open, master,
women, junior, women), Wayne Hammes,
115 Rockwood Dr., Ocala, FL 32940
9 NOV, MDSA Jake & Jenni's Gym
Classic, Darwin Jacobson, Box 1031,
Willmar, MN 56201
9 NOV, APF Bench Press Nationals
& Master/Submaster World BP (NH
- tested/non-tested), APA, Box
27204, El Jobean, FL 33927, 941-
697-7962
9 NOV, 4th 300+ lb. Basho and/or
USA vs. Mexico BP (men, women, open,
lifetime, teen, junior, collegiate, submas-
ter, master, novice, spec. olympic),
Manual Villarreal, 895 N. Bayshore Rd.,
San Jose, CA 95112, 800-484-9879
ID MEME
9, 10 NOV, ADFFA Masters Nation-
als (St. Louis, MO) Mike Cassell, 15

World

WDFFP

CHICAGO

Bench Press

Championships

Sunday, October 27, 1996

Divisions: Open, women, teen, junior, master
Open to all drug free lifters
No bench shirts allowed

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Lincolnwood Radisson Hotel
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(1/2 mile East of I-94
off Touhy Exit)

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BR & W Gym
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USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

NASA Texas State

Table with columns: Name, Age, Weight, and Score for various weight classes in the NASA Texas State event.

Arkansas Bench Press

Table with columns: Name, Age, Weight, and Score for various weight classes in the Arkansas Bench Press event.

USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

NASA Texas State

Table with columns: Name, Age, Weight, and Score for various weight classes in the NASA Texas State event.

Arkansas Bench Press

Table with columns: Name, Age, Weight, and Score for various weight classes in the Arkansas Bench Press event.

Best Lifters at the 'Push For Safety' Meet

Article describing the 'Push For Safety' meet and listing key lifters and their achievements.

USPF Virginia State

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF Virginia State event.

USPF High School Meet

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF High School Meet event.

USPF Virginia State

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF Virginia State event.

Amazing, New...



Text advertisement for 'Amazing, New...' highlighting safety harness technology.

Amazing, New...



Text advertisement for 'Amazing, New...' highlighting safety harness technology.

USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

USPF CA State Jr/Submaster/Master

Table with columns: Name, Age, Weight, and Score for various weight classes in the USPF CA State Jr/Submaster/Master event.

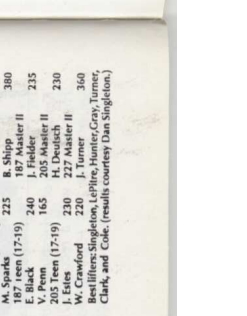
NASA Texas State

Table with columns: Name, Age, Weight, and Score for various weight classes in the NASA Texas State event.

Arkansas Bench Press

Table with columns: Name, Age, Weight, and Score for various weight classes in the Arkansas Bench Press event.

Guest Lifter Tony Hardridge



Guest Lifter Tony Hardridge coming up with 903 at the USPF California State Jr/Submaster/Master Championships.

Veterans...



Veterans... Rudy Lozano and Wilie Knirred of the famed Zuver's Powerlifting team gave it a shot at the California Masters Championships.

NASA Northern Michigan BP/DL 6 Apr 96 - Tawas City, MI

Table listing names and scores for NASA Northern Michigan BP/DL event. Includes categories like Women, Men, and various age groups.



NASA Northern Michigan BP/DL Competitors included (left to right) Dave Flynn, Earl Johnson, Kane Kelly, Matt Bishop, Randy Duff, Jim Belch, and Jim Marx. (Thanks to Jeff Fleischer for photograph)

NASA High School Championships 27-28 Apr 96 - Arlington, TX

Table listing names and scores for NASA High School Championships. Includes categories like Men, Women, and various age groups.

Austrian Bench Press Nationals 4 May 96 - Koellach (kg)

Table listing names and scores for Austrian Bench Press Nationals. Includes categories like Women and various age groups.



Best in Austria... include Best Lifters Franz Reichler - Special Olympics and Marion Braun - Women (photo from Karl Auer)

Stevie Goggins Deadlift Classic 11 May 96 - Arlington, TX (kg)

Table listing names and scores for Stevie Goggins Deadlift Classic. Includes categories like Women and various age groups.

AAU Arizona/Jack Barnes Memorial 4 May 96 - Scottsdale, AZ

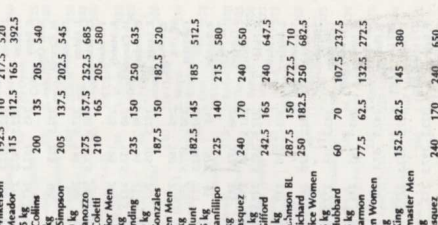
Table listing names and scores for AAU Arizona/Jack Barnes Memorial. Includes categories like Men, Women, and various age groups.



Teen Competitor Brad Wilhite squats at the Flex Gym Competition, spotted by meet director Lisa Thornton. (photo Gym courtesy Lisa)



Meet director Lisa Thornton for providing the results)



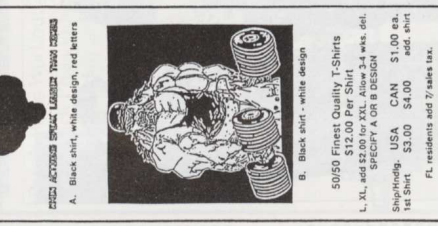
(Thanks to Lisa Thornton for providing the results)



(Thanks to Lisa Thornton for providing the results)



(Thanks to Lisa Thornton for providing the results)



(Thanks to Lisa Thornton for providing the results)



(Thanks to Lisa Thornton for providing the results)

Advertisement for 'IRON HEAD DESIGN' featuring a graphic of a muscular head and text describing their products and contact information.



DARE Bench Press
 Campbell, George Woolweaver, and Yvonne Pierre. (Joanne Trimmer)

day as the bench press meet. Some lifters came straight from a grueling prejudging straight to the bench press, in order to compete in a true drug-free environment. The ANPPC has a confirmed negative test for all lifters in this year's meet. In addition, the ANPPC has scheduled a series of contests in the southern United States in the coming months. The ANPPC's first regional meet was held in Georgia, Florida, and Alabama, Louisiana, and Texas in the fall of 1998. The ANPPC's Midwest Tour includes regional events in Iowa (09/18), Ohio (Cincinnati-09/24), Michigan (09/26), and Indiana (10/03). All of these contests are open to lifters from all over the United States and are scheduled to be held in November in Illinois. The ANPPC's Midwest Tour is a drug-free, drug-tested, and drug-free event. The ANPPC's Midwest Tour is a drug-free, drug-tested, and drug-free event. The ANPPC's Midwest Tour is a drug-free, drug-tested, and drug-free event.

4th Czech Teenage Championships
 12 Feb 96 - Svitavy (kg)

Age	Name	Weight
56 kg	J. Jindrich	102.5
60 kg	P. Galbacek	105
67.5 kg	D. Kenis	175
75 kg	M. Janousek	157.5
82.5 kg	J. Blizak	195
90 kg	M. Zavadil	160
97.5 kg	R. Palacki	145
105 kg	S. Furek	157.5
112.5 kg	V. Moudry	110
120 kg	A. Brazda	187.5
127.5 kg	D. Husak	190
135 kg	K. Stepek	162.5
142.5 kg	K. Pheba	145
150 kg	C. Kremovsky	155

The All Natural Physique Contest for our region. The interest has been tremendous, and all-around bodybuilding and muscle building has been set on fire. The ANPPC has been promoting drug-free bodybuilding and powerlifting contests for over ten (10) years, with the exception of northeastern states. However, we have expanded our contests throughout the region. The interest has been tremendous, and all-around bodybuilding and muscle building has been set on fire. The ANPPC has been promoting drug-free bodybuilding and powerlifting contests for over ten (10) years, with the exception of northeastern states. However, we have expanded our contests throughout the region.

ANPPC DRUG FREE MIDWEST BP RECORD SETTERS/NATL QUALIFIER
 27 Apr 96
 Sikeston, MO

Gender	Name	Weight
Men	L. Russell	148
Men	J. Hall	195
Men	R. Rush	280
Men	M. Young	350
Men	A. Best	425

ANPPC Illinois Record Holders: Rich Rush (242), Lori Russel (148), Jonathan Ashby (148). (photograph provided courtesy of the ANPPC)

APA Elm City BP/DL
 2 Jun 96 - New Haven, CT

Class	Name	Weight
Bench Press	R. Rohmer	240
Bench Press	R. Harper	280
Bench Press	P. Novoa	300
Bench Press	R. Allieri	356
Bench Press	R. Schreiber	410
Bench Press	R. Colburn	440
Bench Press	R. Schreiber	440
Bench Press	R. Schreiber	440
Bench Press	R. Schreiber	440
Bench Press	R. Schreiber	440
Bench Press	R. Schreiber	440

Donna Slaga was Best Woman Lifter and set a new state record at the APA Elm City BP/DL Championships. (photo from Joe Steele)

Montana State High School BP 5 May 96 - Anaconda, MT

Class	Name	Weight
130	T. Smith	365
130	S. Laksh	350
130	R. Gaffney	195
130	D. Torrence	190
130	R. Zullo	190
130	M. Kuegler	190
130	J. Strelz	280
130	L. Strelz	280
130	J. Strelz	280
130	J. Strelz	280
130	J. Strelz	280
130	J. Strelz	280

AAU Arizona State High School 27 Apr 96 - Scottsdale, AZ

Class	Name	Weight
105 Teen (16-17)	R. Singslay	210
105 Teen (16-17)	R. Singslay	210
105 Teen (16-17)	R. Singslay	210
105 Teen (16-17)	R. Singslay	210
105 Teen (16-17)	R. Singslay	210
105 Teen (16-17)	R. Singslay	210

National Fitness and Wellness Center 8th Bench Press & Deadlift
 20 Apr 96 - Beaver Dam, WI

Class	Name	Weight
Bench Press	J. Bezzimani	400
Bench Press	P. Martiniz	400
Bench Press	B. Martini	340
Bench Press	B. Martini	340
Bench Press	B. Martini	340
Bench Press	B. Martini	340

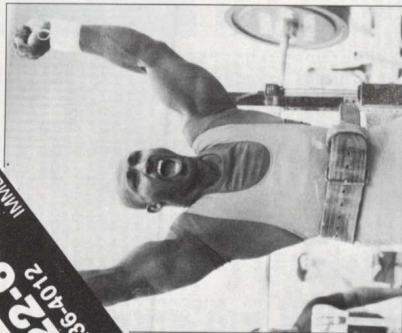
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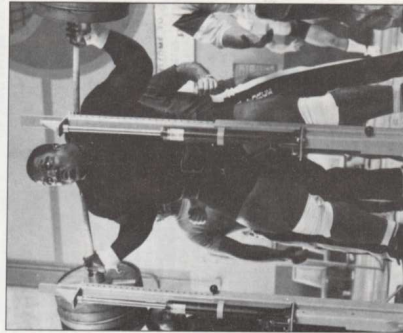


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- O.D. Wilson

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POWERLIFTING USA BACK ISSUES

Jun/92... Baddest Bench in America, ADFFA Women's, Heisey Deadlifts 1925, DASH Hawaii Meet, "Love" by Dr. Iudd, TOP 100 220s, ADFFA TOP 20 132s, Nov/92... IPF World Jr./Masters, Strack & Release, Negative Thinking, Pt. I, Steve Scialoja's Deadlift Workout, TOP 100 132s, ADFFA TOP 20 220 lb., May/93... NASA Natural Nationals, Squating With Equipment, Positives from Aug/93... USPF Seniors First Aid Kit, TOP 100 220s, ADFFA TOP 20 132s, Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFA TOP 20 132s, Sep/93... ADFFA Men's Nationals, NASA Grand Nationals, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFFA TOP 20 181s, Oct/93... K.C., Craig Tokarski Seminar, TOP 100 114s, ADFFA TOP 20 198s, Nov/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFFA DL National, Rest Pause, Bombing Out, TOP 100 132s, ADFFA TOP 20 220s, May/94... Ed Con Interview, Anthony Clark Bench 735, Doug Ortiz Bench Workout, Reverse Grip Bench, TOP 100 132s, ADFFA TOP 20 242s, Dec/94... WDFFP Men's, Anthony Clark Profile, Ed Con Interview Pt. II, Jan/94... IPE Men's/Worlds, IPE Jr./Masters Worlds, WPC Worlds, Greg Lovie Squat, Cycling Systems, TOP 100 148s, ADFFA TOP 20 275s, Feb/94... Drug Testing Methods, ADFFA National Masters, Malibu Classic V, Greg Warr... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grum, TOP 100 198, ADFFA TOP 20 132s, Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out, WNPF Worlds, TOP 100 220, ADFFA TOP 20 132s, May/94... USPF/ADFFA Collegiate, USPF Jr. Nalls, IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFFA TOP 148s, Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFA TOP 165s, Jul/94... USPF National Masters, Ricky Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFFA TOP 20 181s, Aug/94... APF SRs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louis Simmons, TOP 100 114s, ADFFA TOP 20 198s, Sep/94... ADFFA Men's, USPF Men's/Worlds Sr. Nationals, Relieve Pain With Aloe, Box Squats, Physiochemicals, TOP 100 132s, ADFFA TOP 20 220s, Boudreau Interview, The ACEFACTOR, TOP 100 132s, ADFFA TOP 20 242s, Nov/94... WDFFP Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Profile, Isometrics, TOP 100 148s, ADFFA TOP 20 275s, Dec/94... European, European Jr./Worlds, United We Stand, TOP 100 165s, Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s, Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams '70s Bench Press, Video/Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Crimwood Bench Routine, TOP 100 198 lbs, Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Crimwood Bench Routine, TOP 100 220s, Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.W.V. Compounds, TOP 100 242s, May/95... Mike Bridges, Jamie Harris 740 Bench, James Henderson, USPF Jr's, Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s, Jun/95... Antonio Krastev, USPF Collegiate/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Top Leslie BP Workout, TOP 100 SHW Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights, Aug/95... Confessor 741 BP at 2361, Pre-Peak Bench Press Routine, Louie Simmons DL Training, Grimwood Strength System Review, TOP 100 132s, Sep/95... TRIPLE SENIORS ISSUE ADFFA/APF/USPF, How to Use Creatine, Oct/95... Jamie Harris Interview, Women's and the Success Syndrome, TOP 100 132s, Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s, Nov/95... Greatest Bench Press in America, Jim Williams Profile, 1000 LB. Squatter Anthology, AAU Nationals, IPF World Bench Cup, TOP 100 165s, Dec/95... Walter Thomas Interview, NASA World Cup, TOP 100 181s, Jan/96... Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s, Feb/96... IPF/WPC/WDDFF World Championships, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s, Mar/96... Anthony Clark's Monster Total, How to Gain Weight & Muscle Mass, Training Mistakes, Women's Europeans, Avoiding Injuries, TOP 100 220s, Apr/96... TOP 20 Women's/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Steps, Framework for Strength, Apr/96... Big Bench Press News, Pt. vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s, TOP 10 Rankings, "Chair" Reactions by Louis Simmons, TOP 100 114s, LIST THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., P. O. BOX 3238, CAMARILLO, CALIFORNIA 93011.

NASC Indiana State		NASC Wisconsin State	
23 Mar 96 - Indianapolis, IN	6 Apr 96 - Marshfield WI	23 Mar 96 - Indianapolis, IN	6 Apr 96 - Marshfield WI
Women	Women	Women	Women
Bench Press Only	Bench Press Only	Bench Press Only	Bench Press Only
140	140	140	140
137.5	137.5	137.5	137.5
130	130	130	130
127.5	127.5	127.5	127.5
125	125	125	125
122.5	122.5	122.5	122.5
120	120	120	120
117.5	117.5	117.5	117.5
115	115	115	115
112.5	112.5	112.5	112.5
110	110	110	110
107.5	107.5	107.5	107.5
105	105	105	105
102.5	102.5	102.5	102.5
100	100	100	100
97.5	97.5	97.5	97.5
95	95	95	95
92.5	92.5	92.5	92.5
90	90	90	90
87.5	87.5	87.5	87.5
85	85	85	85
82.5	82.5	82.5	82.5
80	80	80	80
77.5	77.5	77.5	77.5
75	75	75	75
72.5	72.5	72.5	72.5
70	70	70	70
67.5	67.5	67.5	67.5
65	65	65	65
62.5	62.5	62.5	62.5
60	60	60	60
57.5	57.5	57.5	57.5
55	55	55	55
52.5	52.5	52.5	52.5
50	50	50	50
47.5	47.5	47.5	47.5
45	45	45	45
42.5	42.5	42.5	42.5
40	40	40	40
37.5	37.5	37.5	37.5
35	35	35	35
32.5	32.5	32.5	32.5
30	30	30	30
27.5	27.5	27.5	27.5
25	25	25	25
22.5	22.5	22.5	22.5
20	20	20	20
17.5	17.5	17.5	17.5
15	15	15	15
12.5	12.5	12.5	12.5
10	10	10	10
7.5	7.5	7.5	7.5
5	5	5	5
2.5	2.5	2.5	2.5
0	0	0	0

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Membership includes a Personal Rulebook and a year's subscription to "The Natural" Make and Mail Checks payable to: NASA, Box 735, Noble, OK 73068

I Certify that the above answers are correct

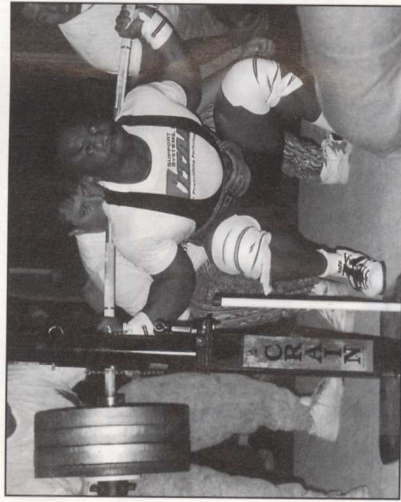
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Street Address			
City	State	Area Code	Telephone
High School	Zip		
Reference	Date of Birth	Age	
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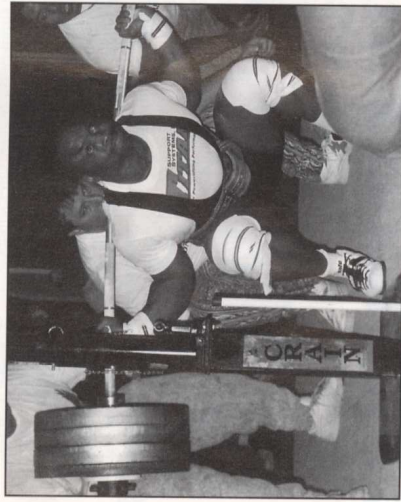
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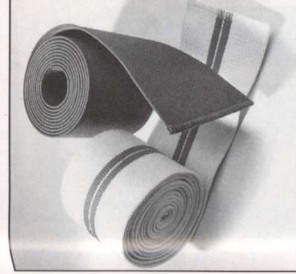
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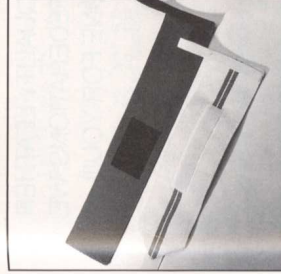
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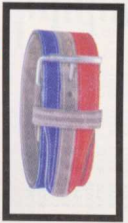
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Overall (TOP OF THRAP TO 6" BELOW CROTCH) _____

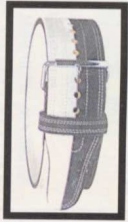
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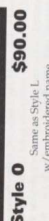


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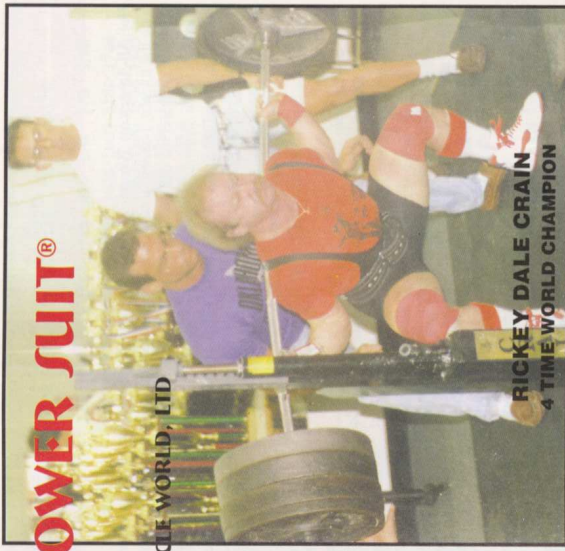
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A.D.F.P.A. Corner

The ADFFPA 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 ADFFPA 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 Whitling, 4768 Barbara's Ln., Stevens Point, WI 54481.

ADFFPA MASTERS LIFTER OF THE YEAR by Dennis Green, Chair ADFFPA Masters Committee. The ADFFPA Masters Committee will present it's first annual Masters Lifter of the Year Award at the National Masters Meeting on November 8th in St. Louis, MO. This award covers the period of time from the 1995 ADFFPA National Masters Championships through the 1996 WDPFF World Masters competition for lifting accomplishments in ADFFPA and WDPFF sanctioned competitions. All nominees, women and men, must be current ADFFPA members to be eligible. Please submit nominations to Dennis Green, PO Box 147, New Market, MN 55054, postmarked no later than August 31, 1996. Include the nominee's qualifications for the award. Voting by the ADFFPA Masters Committee will take place during September.

ADFFPA ON THE W.A.W.W. The ADFFPA's web site is now up and running at <http://www.adffpa.com>. Check it out!

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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
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFPA Master's	A Total in a Sanctioned Meet										
ADFFPA High School	A Total in a Sanctioned Meet										

ADFFPA Women's	97	104	111	116	122	129	139	154	176	176+
Nationals-open & life	496	535	562	617	639	694	739	766	777	876
Collegiate's	365	385	410	420	435	455	485	520	575	640
Masters 35-44	347	369	391	402	419	441	468	507	562	628
Master 45 or over	A Total in a Sanctioned Meet									
Teen (14-19)	335	355	380	390	405	425	455	490	545	610
High School	A total in a Sanctioned Meet									

DHEA: BANNED SUBSTANCE by Dr. Michael Harle, D.C., CCSP, CSCS, ADFFPA Sports Medicine Chair. To all ADFFPA members: The ADFFPA follows the USOC banned substance guidelines, therefore, DHEA is also included on the ADFFPA banned substance list. Since the explosion in advertising and marketing by retailers and manufacturers regarding DHEA, we felt it necessary to inform the ADFFPA membership that by taking DHEA, you will be violating the ADFFPA drug free policy. The reason for DHEA being banned is that it is a steroid. It is not classified as an anabolic steroid, but nonetheless, a steroid. Although many scientific studies state the effectiveness of DHEA and it's muscle building and bodyfat decreasing abilities, it is banned by the ADFFPA, USOC and IOC. If a lifter is found to be using DHEA, the penalty will be as follows: the first offense, 3 months suspension from the ADFFPA; second offense, 3 years suspension from the ADFFPA; third and last offense, lifetime ban from the ADFFPA. If you wish more information regarding this subject, call the USOC Hotline at 800-233-3093.

COACHES DIRECTORY

- ADFFPA GYM AND ALLIANCE**, 118 S. Kenilworth Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Balaustre
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310)863-1308, Coach: Sherry Houson
Athlete's for Christ Power Team, Western Illinois University, Powerlifting Club, Macomb Salvation Army Community Center, 505 N. Randolph Ave, Macomb, IL 61455, (309)837-4824 (MF 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 Broadlawn, Ardmore, OK 73401, (405)226-5438, Owner: Stacy Green
Brown's Gym, 611 S. State St., Clarks Summit, PA 18411, (717)586-3481, Owner: James D. Brown
Buildup 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., Charlotte, 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
Eastpointe Gym Inc., 15000 Nine Mile Road, Eastpointe, MI 48021

A.D.F.P.A. Corner

A.D.F.P.A. Corner

118 Rue. 17, Fair Oaks, NY 10940, Sheridan Recreation Center, 3325 W. Oxford Ave., Denver, CO 80236, Coach: Eddie Canova, (303) 761-2241

S & M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881, Owners - Susan & Mark Molsinger

Sportsplex, 72 Rt. 9W, New Windsor, NY 12553 (Orange County), (914) 956-7600, Coaches: Jacqueline Davis & John Green

Strength and Power Productions, Competition Set-Up-Platforms-Seminars - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMania

The Gym of Clearwater Beach, 516 Mandalay Ave., Clearwater Beach, FL 34630, (813) 442-4888, FAX: (813) 449-8826, Owners - Jon Voight and Wayne Whetzel

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

Warrior Weight Room, Coyle-Cassidy High School, Adams and 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 compiled 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.

New guidelines for membership in the ADFFA Gym and Coaches Directory! Gyms must be affiliated with the ADFFA through team membership or membership of the owner/coach. The yearly fee is \$10 payable by check or money order to the ADFFA and sent to Stephanie Whiting, 4768 Barbara's Lane, Stevens Point, WI 54481. Present members will be listed through October 1996. Any gym applying to the ADFFA Directory before December 1996 will be listed through December 1997.

Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 46 East, Rockaway, NJ 07866, (201) 627-9156, Owner - Joe Morreale, Coach - Ray Benemerito

Salisbury Fitness Center, 785 Poplar Way, Salisbury, PA 15681, (412) 639-9863, Owner: Dennis Urban

Scrap Iron Gym, PO Box 90, Phoenix, NY 13135 (813) 695-6975, before 9, E-mail: AA2PQ@aol.com, Owner: Jim Carbit

Serious Members Gym, Inc., Exit 106



Sean Culnan... your 1996 U.S.P.F. Superheavywt. Powerlifting Champ

(though defeated at the recent European Championships) came over from the Ukraine to guest lift at the meet and stayed with Mike Golden, who learned at least 30 new words in his guest's language. Yuri handles growing and staking his head. He is famous for lifting without a belt - hell, he doesn't even have laces in his shoes - but the 322 pounder showed Mr. Culnan what he may expect at the IFF World Championships, which Heinz Verthaler indicated have been re-located from Solddn to Salzburg, Austria (no official word yet, however).

Best Lifter went to the same guy who always gets it - Steady Eddie Coan. Team-Hawaii recruited lifters from all over the U.S. continent for their effort and they were announced as team champions with 34 points, however, that was only due to a computer glitch as Team Titan had 102 points off of gold in the 123, 132, 148, 165, 198, 275 and SHW classes, with silvers in the 181s and 242s.

Meat Director Rob Keller has an experienced crew (the great Bill Slush and Jeff Hill doing the announcing) and put his heart into the noble effort to produce a great Sr. Nationals. The Airport Marriott is a spectacular venue for any such presentation, and to have the hotel within arm's length of the airport is an optimum luxury. Rob got the bid for this meet (same meet site!) and another national contest again next year. He promises lots of advance publicity, so you East Coasters within driving distance will see another can't miss opportunity to have one of the greatest names in the sport on stage again.

BACKSTAGE AT THE NATIONALS... The 1996 version of the USPF Senior Nationals had some exciting moments. I was lucky enough to work with both Ed Coan and Kirk Karowski as a coach. Both mentioned over 2000. Ed at 242 pounds and Kirk at 275. The lifter was particularly impressive in the deadlift. There are some insights and reasons behind the two respective performances. I saw, talked with and helped bench press Jim "Hollywood" Henderson and current IFF superheavyweight champion Yuri Spinoch and thought some of the backstage, behind the scenes commentary of the lifting of these four men might prove of interest to the readers.

Ed was with his usual entourage. Tom Milanovich, Dave, Herb, and a brace of no-neck training partners who helped load and spot. The night Jim Hamman, some Olympic lifters willing to try some Olympic lifts, was watching a 315 lb 330 pounds down from close to 400. He indicated he could do a standing back flip at this weight. He looked light and trim. I verged on unbelievable that he weighed that much. Shane (a def) named back and forth between Kirk and Ed. Helping

with erratic balance problems, and Mitchell just started too high. Big Bob Myers came up extremely disappointed with 694 in the squat, but didn't miss a lift after that. Officially coming in 3rd was one of the most spontaneously entertaining individuals you will ever meet - James Henderson. He put a smile on everyone's face with his good natured kidding, and he was very moved by all the fine lifters who came up and congratulated him on his recent platform success. His 622 opener was smooth, but 684 -

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the minimum increase over Anthony Clark's reverse grip record from 2 years ago - stalled on Hollywood's first attempt at it. He recollected himself and focused on the issue a bit more and got it all the way up. When one ref mentioned that his non-supportive bench shirt was "too tight", James obliged by running off to the audience and ripping it off, right down the front, behind Paul. But he only went 6 for 9 and ended up in 3rd. Andrew Vale seemed much improved in strength, form, and spirit and busted the 1800 barrier deservedly. Brandon Robinson squatted his 600 opener like it wasn't there, and was not more trouble with 672, and was not seen again on the platform.

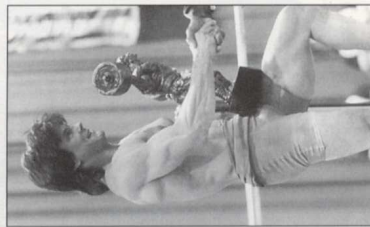
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NEXT MONTH... TOP 148s

Corrections... Kerwin Unten should have been credited with a 309 lb. bench press on the TOP 100 125 lb. class listing. Marty Secret informs us that his performance in the AIF Section actually included a 744 squat at 196 and a resultant 1813 total. We make errors in keyboarding contest results and in compiling our ranking lists, and some material is submitted with errors to start with, but we are happy to note such mistakes in future issues of the magazine. Send any corrections to: info@EROSNS, Box 467, Camarillo, CA 93011



Doug Heath... 3 category leader

TOP 100 For standard 132 lb./60 kg. USA lifting in results received from July 1995 through June 1996.

TOTAL		DEADLIFT		BENCH PRESS		SQUAT	
1	1648 Heath, D., 10/27/95	1	579 Collins, L., 3/18/96	1	407 Heath, D., 10/27/95	1	523 Heath, D., 10/27/95
2	1545 Taylor, T., 7/21/95	2	562 Castro, M., 7/15/95	2	358 Deane, P., 11/19/95	2	515 Collins, L., 3/18/96
3	1545 Collins, L., 3/18/96	3	529 Kuppertan, L., 7/15/95	3	347 Lawrence, L., 3/2/96	3	501 Taylor, T., 7/21/95
4	1527 Otonari, M., 10/28/95	4	528 Williams, M., 6/15/96	4	340 Allen, M., 5/14/96	4	501 Westbrook, K., 10/19/96
5	1527 Williams, M., 6/15/96	5	520 Smith, O., 1/20/96	5	336 Taylor, T., 7/21/95	5	479 Pallas, T., 7/15/95
6	1526 Hoff, R., 7/15/95	6	518 Heath, D., 10/27/95	6	335 McGowan, C., 12/19/95	6	479 Pallas, T., 7/15/95
7	1526 Hoff, R., 7/15/95	7	518 Heath, D., 10/27/95	7	325 Craft, L., 1/13/96	7	479 Hoff, R., 7/15/95
8	1523 Wood, R., 7/21/95	8	518 Heath, D., 10/27/95	8	325 Craft, L., 1/13/96	8	479 Hoff, R., 7/15/95
9	1523 Wood, R., 7/21/95	9	518 Heath, D., 10/27/95	9	325 Craft, L., 1/13/96	9	479 Hoff, R., 7/15/95
10	1523 Wood, R., 7/21/95	10	518 Heath, D., 10/27/95	10	325 Craft, L., 1/13/96	10	479 Hoff, R., 7/15/95

off. This helped immensely. James, like Ed Coan after missing his second squat, found himself with his back to the wall. If he failed, his Sr. National title would be ruined. Most knowledgeable lifters felt he would fail. He had energy reserves and psychological strength that appeared to be in the wind. As we say in the Central Florida Warehouse to "git warm" or "git gone". Henderson takes few guards in between warmups, he sits in the audience, simply sits in the audience and fields questions from the civilians. It would be like Emmett Smith sitting in the stands when the Cowboys were on offense. Henderson will then hear his name announced, usually five lifts out, and stand up with great flourish and address his lifters and the general public. He will tell you he's back in a minute. And he's back in a minute. Returning to the field of training, acquaintances to ruminate, discuss and review his performance. It is carried off with a great sense of humor and lightheartedness. Coan, like the Godfather that he is, pronounced James as genuine and accepted him into the fraternity of the truly strong. The other lifters found James worthy and ungodly strong.

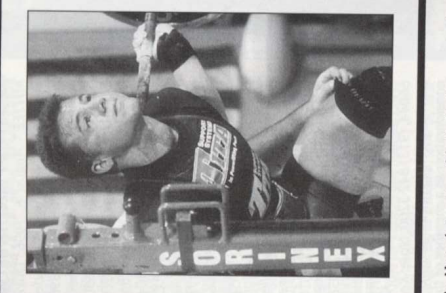
Henderson too, as had Coan and then Kowalski, brought himself to tears prior to the lift or the lift itself. To fail would be devastating to his spirit. He had talked the talk and stood the ground. He had the walk. He stomped the platform, all three hand shots to the forehead. Each lift five, 385 pounds of him. He has the widest shoulders and deepest chest of any lifter since Big Bill Williams. James, a ferocious growl in a basso profundo that would do Peewee Sport. Positioning himself on the bench, Henderson gave himself three hand shots to the forehead. Each blow was accompanied by a growl. He audaciously thrust under the bar and the audience roared as he found as the three spotters backed off. It was awkward and smelled of dirt. Henderson lowered the weight with a medium fast release and paused for a beat. He had the bar to his knees extended, before it began to stall. He quartered the alternator and locked out the weight. Everyone exploded when the white came on. Henderson then, to the delight of the crowd and the backstage lifters, made a great show of having his fruit of the loom t-shirt checked as if it were a competition bench shirt by the three IPF judges, performing their post-lift equipment check. It was a moment of triumph. Henderson's fourth attempt with 700. Good show, James. **Marty Gallagher**

When he changed into his lifting garb, his massive thighs and thick back became obvious. This guy is a retro kind of lifter, who wears a loose suit, and old pair of wraps, and no belt when he squats. When he deadlifts, he wears a wrestling singlet and no belt. He squats 950 and deadlifts 832. Even with a relatively weak bench press, he stomped to the IPF title, virtually undefeated. His coach Hugh Cassidy would lead him to the bench with US powerlifting coach Mike Gasker. He seemed to be having a good time. Spinov has been casual training that suggests he has been training and, more critically, eating (very difficult in Eastern Europe these days) his fellow competitor Shane Hamman's squat record and perhaps the deadlift record as well. Spinov lifted the deadlift and got a fabulous response from one of the biggest, most vocal power audiences I've ever seen. It was my first chance to see and meet James "Tobywood" Henderson. Big, Old, Wilkon - massive. James came to bench specifically to get Anthony Clark's 683 pound IPF world record. James was, indeed, flamboyant, but not in an egotistical or distasteful fashion. He was a showman, but his act never got so far out of bounds that it distracted from his lifting. He took a token squat and mugged a little for the crowd in doing so. When it was time to bench press, he got serious. His opener was a little tougher than anticipated, and he knew it. On his second attempt, he was a little off. The bar stalled half way up and he looked a little embarrassed about it.

James is a primitive lifter, who depends totally on his strength. He eschews technique, subtlety, and detail. It was recalled on his successful opener and unsuccessful second that he was wasting ton of strength getting the bar to arms length. The guy has these incredibly long arms and uses a narrow grip. To get the bar out of the rack, he had to perform a half bench. The poor spotter was of little help trying to upright row 684 pounds and a half. Poor James was doing a bench and a half. Poor James met director Rob Koller's attention request to return the adjustment. Rob also got his spotters to provide a three way lift.

1996 USPF Senior Nationals available through **ADAMS VIDEO PRODUCTIONS**

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movie. He took it matter of factly. "Let's see how the bench" was his upbeat comment as he left the platform. Nothing seems to treat his cramps. He left scratching their heads. These nasty things struck hard and questioned whether for bench a thing. Through clenched teeth he told us when he stepped on the platform that he had a better idea than he called it. We passed the lift and called for 777 on the third. The cramps subsided and Kirk went out and pulled a super clean 777 to make his 2309. It was the first time he had ever set a total record without setting a squat record. He had gone 7 for 8. Needless to say, the audience was ecstatic.

Yuri Spinov, the reigning IPF Super-heavyweight Champion, came over from the Ukraine to guest lift. This guy was deceptive. At first glance, he appeared

Long Way from Bottom to Top on a James Henderson bench press.

Yuri Spinov... the Ukrainian Bear

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Dr. Paul Ward
Biomechanics & Sports
Performance Scientist

SUBJECTS: Sixty-two men, 18-35 years of age, recruited from local colleges, universities and fitness centers, volunteered to be subjects. The study was conducted at a Southern California College Research and Fitness Center in accordance with current human use protocol and college policies and practices.

MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

TRAINING: Subjects were randomly assigned to two groups, both of which participated in the same supervised bodybuilding program. One group received the Mega Mass 4000 supplement (approximately 2000 calories per day added to their normal daily diet), while the other group consumed their normal daily diet.

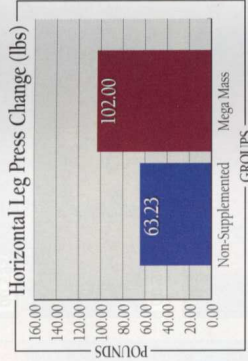
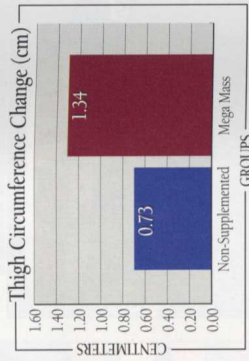
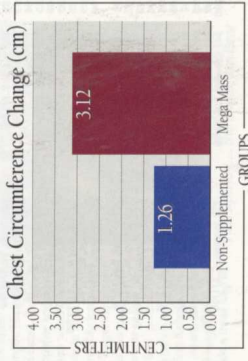
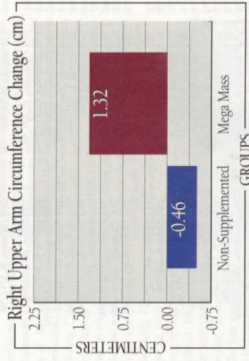
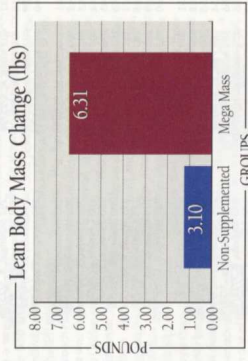
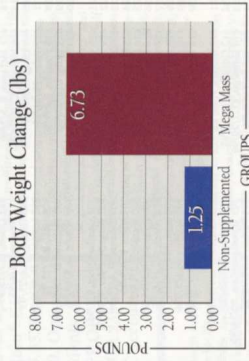
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including warm-up sets. The four-day weekly routine involved training the legs, upper back, biceps and abdominals on days 1 and 4; while the shoulders, chest, triceps and abdominals were trained on days 2 and 5. Days 3, 6, and 7 were rest days. The training program was carefully supervised by the research and fitness center staff.

UNIVERSITY STUDY: RESULTS & CONCLUSIONS

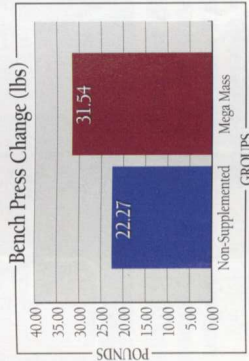
1. The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. **The Mega Mass group literally gained more than twice the amount of lean body mass than the group that trained equally hard but did not take the Mega Mass supplement.**
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4. **Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
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John Inzer
Owner

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