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Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

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POWERLIFTING USA

VOL.20 NO.3
 OCT/96 \$3.50

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W.D.F.F. WORLDS



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

The DEADLIFT™ SUPERLIFT®

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 SUPERLIFT 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 SUPERLIFT.

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 SUPERLIFT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power.

The Deadlift SUPERLIFT 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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MARATHON®

YOU'VE GOT ONE LIFE TO LIFT - MAKE THE MOST OF IT WITH MARATHON!

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 SUPERLIFT 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 SUPERLIFT 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 SUPERLIFT. Make no mistake about it, Tamara was tremendously strong and a champion

before lifting in the Deadlift SUPERLIFT, but in her own words... "The Deadlift SUPERLIFT has added at least 10% to my dead-lift! 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 SUPERLIFT 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 SUPERLIFT, 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 SUPERLIFT 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 Superlift 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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The New Standard of Lifting Excellence!

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COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE INCLUDE HEIGHT, WEIGHT AND THIR MEASUREMENTS SO WE CAN FIT YOU PROPERLY. IF YOU'RE CURRENTLY WEARING A DEADLIFT SUPERLIFT, PLEASE INCLUDE YOUR CURRENT SIZE FROM 24-32 IN EVEN SIZES. SIZE TO INSURE PROPER FIT PLEASE INCLUDE MEASUREMENT ON ALL ORDERS.

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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.
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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
- Has 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**

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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 3000 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 \$89.95 - **Now \$24.00**
(Total 125 grams Creatine Monohydrate per bottle)

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New Advanced Generation Supplements Maximize Muscle Growth and Increased Strength by Retaining Glutamine

GRF™ Advanced Generation 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.
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- 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-GLUTAMINE.....	275 MG
ALPHA-KETOGLUTARIC ACID.....	250 MG
TAURINE.....	150 MG
CALCIUM ALPHA-KETOGLUTARATE.....	100 MG

Compare to other brands formulas and save.

GRF (Glutamine Retention Formula)
120 capsules Regular - \$29.95
1 Bottle (120 capsules) - **Now \$25.00**
2 Bottle (240 capsules) - **Now \$46.00**
4 Bottle (480 capsules) - **Now \$81.00**

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New Advanced Generation Supplements Powerlifters and Bodybuilders consider Vanadyl Sulfate one of the best supplements they have ever used.

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

That's why using the three-way approach of Vanadyl Sulfate in combination with just the right amounts of Taurine and Sodium Selenate increases Vanadyl'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:

VANADYL.....	7.5 MG
SELENIUM.....	33 MCG
TAURINE.....	800 MG



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

Compare to other brands formulas and save.

Marathon's V-3
Advanced Generation Vanadyl
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**

Case Pricing Available

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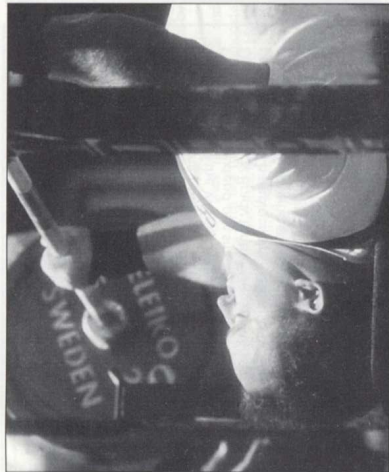
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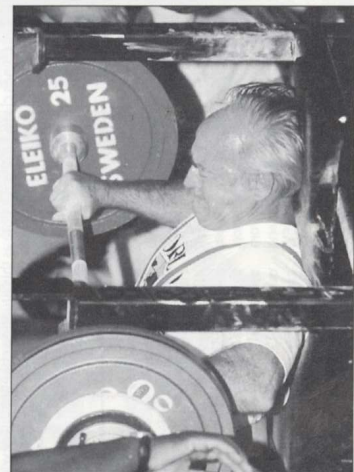


Joe McAuliffe benched nicely off an injury and without a bench shirt

Very impressive also was the balanced lifting of Brendan Rohan in the M1 Masters division, and - of course - no one can compare on the masters formula to Bob Cortes, 66, who out-totaled all the younger masters in this class by a major margin.

In the Middleweights, Martin Beavers was injured and took only 3 token attempts to claim his title. 18 year old John Walters of Wisconsin was not that far behind Beavers total in taking the T3 age group. Fran Ruetiger had a very supportive group of fans on hand as he tussled with Rich Chinglano. Richard Flores, a very youthful looking 58, showed why he is a lifting legend in his own right in the M4s.

In the 82.5 kg. class, Ray Benemerito seemed to get hurt on his 1st attempt at a 705 squat, but came back to give 749 a couple of very nearly effective tries in the deadlift. Dennis Finney did some nice lifting for the Junior title, but one of the most impressive efforts of the whole meet was by Rich Glumac - a 639 squat at 181 and 53 years of age!



Birthday Boy... Bill Remley (66) got a Masters win for his present.

division as well and was able to pull ahead of USA great Johnny Graham. Matthew Maliby is the 16 year old son of Robert Maliby, who I used to lift with back in the 70s.

In the 275s, Nick Best of the USA tried a big 804 squat, and a record 508 bench press, to no avail. Epul Ligari of Fiji, who is working on plans to bring a major international drug free powerlifting event to his native island nation, still looks and lifts big, as he bumped up a class from the 242s. As for the younger lifters, Taylor and Stiversen showed promise and Westerhold was almost too big for the apparatus. Robert Smith entertained the crowd with some of his ad lib voice-overs before his lifting (professionally, he does cartoon voices, etc. for a living).

In the 319 lb. class, Mark Philippicoolly and calmly crushed some big attempts to post the biggest total of the competition. Matt Lake looked and performed well beyond his young years, setting several records. And, in the Supers, Beau Moore made his opening world record 551 bench press, sans a supportive shirt, look astonishingly easy, but 573 surprisingly stopped him twice. Paul Wyrenn, highlight individually, Dennis Brady's team of loaders and spotters did an amazing job, and Dennis himself was everywhere, hoisting up a few 55 kilo plates onto the bar on his own. Congratulations to all involved, this will be a meet to remember for everyone for years to come.



James Rouse... still having fun with the weights as a Master! 16 years after setting the IFF World Record in the bench press at Middleweight

tion of heroic efforts. The list of world records set/attempted was far longer than the entry list for the contest, and there were far more winners than we could expect to highlight individually. Dennis Brady's team of loaders and spotters did an immaculate job, and Dennis himself was everywhere, hoisting up a few 55 kilo plates onto the bar on his own. Congratulations to all involved, this will be a meet to remember for everyone for years to come.

IF YOU'RE NOT USING PRO COMPLEX, YOU'RE NOT USING YOUR HEAD!

All of the following information is based on a 67 gram serving size. (Chocolate Flavor)



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Price per serving	2.48	2.95
Protein Grams	53g	53g
Cross Flow Microfiltration Whey Protein Isolate	YES	NOT LISTED
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Egg Albumen	YES	NO
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Branched Chain Amino Acids Per Serving	11.819mg	NOT LISTED
Carbohydrates per serving	2g	7.5g
Fat	Less than 1g	3g
Chromium Picolinate*	YES	NO
50% of the R.D.A. of B-Complex	YES	NO
Complete profile of essential vitamins and minerals.	YES	NO
Produced in own O.T.C. approved facility to ensure maximum quality control.	YES	?
Taste	INCREDIBLE!	You decide
* Licensed under U.S. Patent 4,315,927	** PRO COMPLEX is a trademark of Optimum Nutrition, Inc.	**DESIGNER PROTEIN is a trademark of Next Nutrition, Inc. (Suggested serving is 22g)

One look at the above chart and common sense will tell you that Pro Complex from Optimum Nutrition is the obvious choice over Designer Protein. Pro Complex is the only product that blends the finest sources of protein available; Cross Flow Microfiltration Whey Protein Isolate, Ion-Exchanged Whey Protein Isolate, Egg Albumen, and Hydrolyzed Lactalbumen. Gram for gram Pro Complex delivers more Branched Chain Amino Acids, fewer carbohydrates, and less fat than Designer Protein. With a higher concentration of essential vitamins and minerals, including B-Complex vitamins and Chromium Picolinate*, Pro Complex wins hands down over Designer Protein in every important category.

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INTERVIEW

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

Ed Coan & Kirk Karwoski interviewed for PL USA by Marty Gallagher



Ed Coan competing at the 1983 Y.M.C.A. National Championships.

Ed Coan and Kirk Karwoski need no introduction to the powerlifting community. Both men's exploits are legendary with scores of national and world championships under their lifting belts. Between the two they have 20 years of international-level experience. When these two hall-of-fame lifters sat down with PL USA writer, Marty Gallagher, on the day prior to their lifting at the nationals, the sparks were sure to fly. Both men are opinionated, passionate and totally wired into the power netherworld. So what was on their minds? Lots. And longtime friend and coach Gallagher knew just what controversial softballs to lob to these grizzled, battle-scarred interviewees.

PL USA: What has been your competitive history?

EC: My first major national win was the YMCA National Championships in 1983. I took second place in the previous Senior Nationals in the 181 pound class. I have won nine World Championships and twelve National titles. I just turned 35 years old.

KK: I have won six Nationals. Since taking second in my first world championships, I have won five straight world titles.

PL USA: What are your short and long term goals?

EC: In powerlifting? To total 2500 pounds in a legitimate IPF meet under the harshest judging standards known to mankind. I want to get in another three good years in the sport. I'm gonna lift as long as I can. The problem is that with the weights I handle if something goes (through injury) it will probably go pretty good.

PL USA: Hospital time.

EC: Goes with the territory.

PL USA: How is your body now?

ED/NOTE: The interview transpired the day before the 1996 USPF Senior National championships in July. Ed won with a 936 squat and

broke a 16 year old total record in the 242-pound class by an astounding 100 pounds. He also equaled Karwoski's 275 pound total in the next higher weight class in the pro-nets. His lifts were 936, 551, 814.

Kirk squatted 970, missing 1014, benched 562 and deadlifted 777 for a WR 2309 total!

PL USA: What was your bodyweight?

EC: I have a groin tear which makes things a little tentative. Other than that, I feel pretty

another ten pounds in the competition.

PL USA: How long do you see

and don't forget these Conus bench shirts. There is a lot of b.s. out there. Now they are advertising triple-ply bench shirts. Have you ever wondered why the deadlift standards have not risen? How come the world records in the deadlift have stayed static? Hmmm ... ? Could it be that the biomechanics of the deadlift can't be enhanced through the use of equipment? You can't cheat in the deadlift.

PL USA: You're referring to federations that have no equipment checks?

EC: Yeah. Do you know the reason why these lifters don't come to the USPF or ADEFA championships?

PL USA: Why?

EC: They can't post the numbers that they do without wearing all that extra (bleep) Plus, throw in how high these lifters are squatting and there is no way they could post the huge squats that they are. Even Herb Glosstener, who has been a little overly sympathetic to these federations, is finally expressing outrage at how bad it's gotten. Plus, his outrage is confined to squat depth. He doesn't even touch on the bench shirts, illegal length wraps, bogus equipment or the Monolift. The Monolift is sacrilegious. You might as well do a leg press. Sure, it will help you squat more, but so will straps if you wear them in the deadlift. Where do you draw the line? Just because an organization makes up a rule doesn't validate it. Certified cheating is still cheating.

PL USA: Well that pretty well says it ... Kirk?

KK: Ditto. I change nothing! I re-assert all that he has said!

PL USA: What's the first step?

KK: Toss the bench shirt.

EC: Yeah, get rid of it. If you say it protects you from injury maybe you shouldn't be lifting. Plus, we all know the reason we wear them is to lift more. Triple this, quadruple that. The denim, canvas stuff is so stiff, it stands up on its own. Tom Milanovich, an owner of Quad's Gym, walked backstage at the Arnold Classic when a certain lifter was having his entire upper body wrapped in duct-tape. They were wrapping it around his pecs and lats. This was prior to putting on some quadruple-ply shirt. It's ridiculous.

PL USA: What do you mean? Spot-

powerlifting will ever end up in the Olympics. Less equipment, less conjuring spectators.

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2014 a little too far forward for Captain Kirk Karwoski at the '96 USPF Sr. Nationals

think they suddenly got so good? [9*#ing strong inside a year?] So, they magically increased their squats by 200 and their bench by 100 pounds?

EC: The key is to check their deadlifts. How come they put 200 on their squat, 100 on their bench press and 10 pounds on their deadlift? How come the deadlifts are staying the same? Could it be they can't cheat on the deadlift?

PL USA: So what's the answer?

EC: Anytime you have management manufacturing equipment for purchase by the lifters, the chances of that organization selling back on equipment is slim.

KK: Yeah, the USPF went through that.

PL USA: It's a conflict of interest when equipment manufacturers hold key leadership positions in organizations? They are certainly going to do everything in their power to perpetuate this equipment thing. They will not legislate themselves out of business. The more outlandish and elaborate the equipment, the more profit per unit and the more units moved. It equates to big bucks for the manufacturers and big lifts for the users. It is an unholy alliance in which the lifters reap artificially inflated lifts and the equipment sellers reap artificially inflated profits.

EC: Absolutely.

KK: Hell yes. Ban the (bleep).

ED: Tighen it up.

ters surrounding the squatter? **KK:** Yeah. And you don't need three guys spotting a bench press, either. On the squat, we need to lose the spotters. Maybe have some sort of safety rack so, if you miss, you either dump it or have it catch the weight. I have heard that some powerlifting high-ups have actually shown some PL tape to top US Olympic Committee bureaucrats. The initial impression was negative. They were like, "What's going on? What's all that crap on the lifter? How come he can't walk normal? How come he needs help getting out of a chair? Who are all those people around the lifter?"

PL USA: What would fly?

KK: Lose the spotters. A belt, a pair of knee wraps and wrist wraps. That's it! That's all **PL USA:** Ed?

PL USA: Any final words?

KK: Yeah. I'd like to challenge any of these lifters posing these 1000 pound squats and huge lifts to lift against me. Come on over, please! Let's settle this about who is really the strongest. It bugs me. I'm pissed. I challenge these people to come face me!

PL USA: If they won't come USPF, would you agree to a neutral meet site?

KK: As long as there are equipment checks, I'll even agree that they don't have to be drug tested, which is always a huge concern to

GRIMWOOD STRENGTH SYSTEM (Revised Edition)

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

The Grimwood Strength System(TM) created some of the world's strongest and greatest lifters and will teach you these secrets to becoming a world class lifter!

Dear Powerlifter,

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My wife, Tamara Rainwater-Grimwood, has become the world's strongest woman as a direct result of these unique training principles and programs. She is the first and only woman ever to bench press 400 lbs. She is undefeated in her seven years of competing, winning five consecutive National and World Titles.

Grant Pitts and Jamie Harris are two of the world's strongest men (700 lbs. plus bench press) who have literally increased their lifts by hundreds of pounds using my system.

Gary Heisey, the world's greatest dead-lifter (925 lbs.) recently endorsed the Grimwood Strength System quoting, "Since I started using the Grimwood Strength System I've made the fastest gains ever in my powerlifting career. The alternating week schedule was the key for me. I'm not over-trained anymore and hitting my percentages has never been easier. Thanks to the Grimwoods for this great book!"

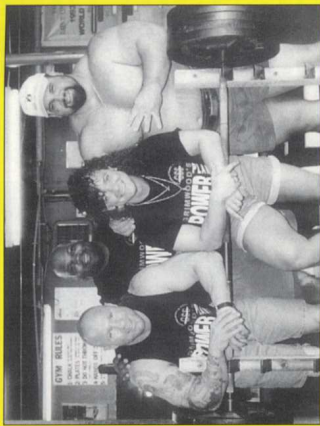
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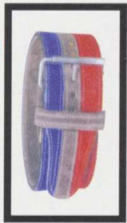
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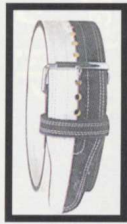
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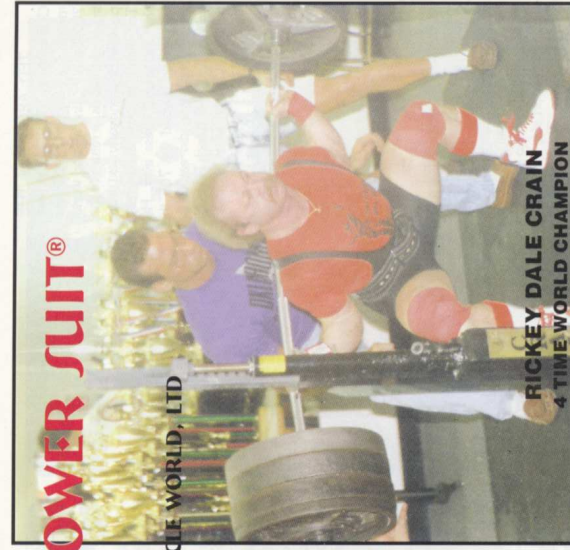


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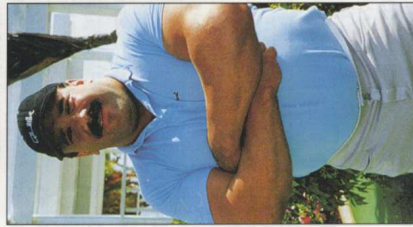
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TED ARCIDI ON THE COMEBACK TRAIL! The first man in the world to bench press 700 lbs. is looking at, and working hard towards, a return to the powerlifting scene early next year. Ted wants to post the biggest shirt-free bench press ever. He'll have to go beyond the 705 that James Henderson did earlier this year at the USPF Bench Press Nationals, when he went without a shirt.

Ted's been doing some heavy training back in New Hampshire. He's already in the mid 600's, so this should be interesting. Ted hasn't yet picked out the meet for his comeback. This will be his first powerlifting event since he left the sport in 1991. We'll let you know as soon as we hear more.

What we did find out was Ted's visit to Los Angeles, where he did a photo shoot for *IRONMAN Magazine*. Let's hear it for more powerlifting coverage there. We then caught up with him for a quick *POWERLIFTER* Video shoot.

After a short stay here, by the ocean of course, Ted headed back to New Hampshire, where he runs Arcidi Strength Systems. It's a firm Ted founded back in the mid '80's. They sell supplements, clothes, lifting equipment and accessories. If you're interested in their free catalog, you can call them toll-free at 1-800-537-3704.



TED ARCIDI... on the West Coast

In the meantime, big James Henderson may be trying to break that 705 "Raw" bench number himself. James is planning to compete at the IFT World's, and then maybe again at next year's USPF Bench Press Nationals.

Just a few days before Ted Arcidi came to LA, his successor, the world's biggest and most famous

POWER SCENE



Anthony C. and his "Super Feet"

bencher, Anthony Clark, was out here taping an episode for the *Cary & Marilyn* show. This airs nationally on ABC in the daytime. Along with Joe Piscopo and singer Carmie Wilson, Anthony spoke about overcoming adversity and what it takes to achieve success. Following his talking segment, minus Joe and Carmie, Anthony did a little squatting! He then picked up a car and walked with it a little bit. Well, that made the show. Way to go, Anthony!

By the way, Anthony is getting more well known in Hollywood. The producer who booked Anthony for the Leeza show a couple of years ago had moved onto Cary & Marilyn. She remembered what a great guest he'd been on Leeza.

After the taping, we shot a quick piece with Anthony for *POWERLIFTER* Video. We couldn't pass up an opportunity like that. Anthony was then headed to the airport for a flight back to Houston 'cause he's doing some serious training. (Before he took off from LAX, we got a shot of Anthony with one of his new sponsor's products - Super Feet. Anthony told us they give him a superior feel and foundation when he's doing heavy squatting.)

800 FOR ANTHONY AT THE MR. OLYMPIA? That's what Anthony is aiming for, in Chicago. He's scheduled there to try an IFA approved attempt at that magic number, 800.

The current plan is for Anthony to get three attempts before the call-out



Kimberly Barberian curls a world record 107.5 lbs. at 156 lb. body weight. Photos courtesy Ned Low

other type at Muscle Beach. The strict curl always attracts some very determined characters. The last strict curl meet included Jack Armstrong, Jason Conto, and Kimberly Barberian. Next up is the Iron Warrior Festival of Strength, and our Vicky Hembree is training hard for that.

Meanwhile, Vicky's *POWERLIFTER* co-host, Chuck LaManita, has other thoughts on his mind. His wife, Kelly, just gave birth to Charles August LaManita. At 9 lbs., 2 oz., the little one is already practicing bench pressing in his crib! Congratulations, Kelly and Chuck.

Now that the Fall is here, I hope you're all back in the gym, pumping away. See you on video. **NED LOW**



C.T. Fletcher benching 650 pounds at the Muscle Beach Venice competition

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The coalition meeting between various presidents and heads of the different Powerlifting organizations (as described in the September issue of PL USA) was a nice step in the direction not of unification, but of cooperation. Many have responded with the expectation that now, at last, different organizations will come together. I hate to break the bubble. As much as I would like to see some type of unification of the sport, this isn't going to happen while the majority of today's PL USA readers are still active lifters.

More From Ken Leistner



Joe Pyra, competes in many organizations, most recently the AAU Raw Nationals.

of this discussion. To use one bar throughout a meet requires the use of a compromise bar. Any York, Texas, or Maverik bar will be a compromise that does not allow a lifter the fullest degree of safety, nor an opportunity to lift at his or her best. Other bar manufacturers will not be mentioned as their products just aren't suitable for powerlifting, and in my opinion, and for a variety of reasons.

Some organizations allow the Monolift while others don't. There is no doubt that there is a competitive advantage with its use. I have discussed at length, both within the pages of PL USA and on POWERLIFTER Video Magazine, the safety advantages and disadvantages of this piece of equipment. If you want to use it, however, you need to ensure that the organization you are with allows it and then offers it at its major competitions, if not lesser ones.

Some organizations have twenty-four hour weight lifts, others do not. For the sake of safety, the lifter should be allowed to weigh in the day before like so many other sports. I am still amused and somewhat haunted by images of national and world championships from the early and mid 1980s. Walking into a hotel room you might have found four or five lifters laid out on the floor, on the beds, leaning against the wall, or propped up in the bathroom, IV tubes strung out across the room resembling clothesline, bags of fluid hanging from portable stands and bangers in the closet area. Lifters were literally carried into these rooms after collapsing at the weigh in area. Dehydration, possible heart problems, and so many other health related difficulties have brought about the twenty-four hour weigh in for other sports. This begs the question, why isn't this standard unification, why isn't this standard unification, why isn't this standard unification?

A standardized uniform is nice. However, you are dealing with a sport that is individual in nature. Since powerlifting attracts very self motivated and individualistic men and women, why not allow a shirt to adorn the shirt? Some organizations are still trying their "image" to rules that make no sense, so that give

no competitive advantage to any one lifter, and which causes nothing but bewildered astonishment by lifters who want to do their best and may feel more comfortable with a shirt that says "MOM" on it than the name of the meet. This is terrible. I understand that in the 1960s, the "clamps" were put on t-shirt slogans by the AAU rulers because there was a lot of anti-government feeling that was expressed, some rude or profane language, and the feeling that amateur sports was one of the last bastions of sanity and morality. My father was a very typical immigrant "rock head" who was proud of the fact that he had served in WWII and upheld the government, "right or wrong." He thought some of the t-shirts should be torn off of the wearer and used to wipe up whatever blood was spilled after he had beat the living "bejesus" out of the offender. He thought my "Zaver's Gym, Love It Or Leave It" t-shirt was the greatest, especially because it was a perfect entry into his anti-hippie, anti-dissident rhetoric. My children now see me much as I saw my father, a too-conservative older guy who just "doesn't understand" their desire to express affection for whatever cause or rock group that is emblazoned on their shirt.

I don't really mind, although I've been known to start a trade about a year. Are they within comfortable zone? Are you competing with other lifters? Are you comfortable with their rules governing the use of drugs, dress, and other personal issues? Do you enjoy the company of the lifters who are attracted to the organization? Are the meets run fairly on both the local and national level, or are certain individuals given favored status? All, some, or none of the above may be of concern to any individual. There are many organizations and raw and conventional meets. This is part of the process of choosing an individual something for yourself. There should be something for everyone to allow him/herself to lift well and comfortably. You may do what we do; support many of the organizations. In the past year or so, we have sent lifters to run meets, supplied equipment and/or a spotting and loading crew, and referred to AAU, ADFFA, and APF. Some of our lifters compete in numerous organizations while some participate in just one. Some compete in one only, but it's different than that of the majority of our other lifters. We encourage lifters to lift so that they can do their best and not be limited by the attitudes, equipment, or "b.s." of any organization. This is the road for all lifters to take if they are to lift happily and well.

travelling distance? Are you comfortable with their rules governing the use of drugs, dress, and other personal issues? Do you enjoy the company of the lifters who are attracted to the organization? Are the meets run fairly on both the local and national level, or are certain individuals given favored status? All, some, or none of the above may be of concern to any individual. There are many organizations and raw and conventional meets. This is part of the process of choosing an individual something for yourself. There should be something for everyone to allow him/herself to lift well and comfortably. You may do what we do; support many of the organizations. In the past year or so, we have sent lifters to run meets, supplied equipment and/or a spotting and loading crew, and referred to AAU, ADFFA, and APF. Some of our lifters compete in numerous organizations while some participate in just one. Some compete in one only, but it's different than that of the majority of our other lifters. We encourage lifters to lift so that they can do their best and not be limited by the attitudes, equipment, or "b.s." of any organization. This is the road for all lifters to take if they are to lift happily and well.

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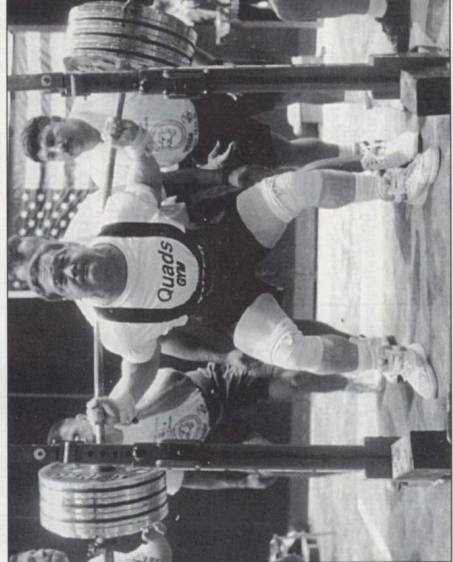
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INTERVIEW

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

ANTHONY CLARK interviewed for PL USA by Chris Lydon M.D.



Happy Anthony... getting ready for a try at an 800 bench press at the Mr. O.

C.L.: What brings you to Venice, Anthony?
A.C.: I'm in California to do the "Carol and Marilyn" show, and while I'm here I'm just making the rounds ... a shoot for "Powerlifter Video", some photos for Ned Lou's column ...

C.L.: I hear you've got a new sponsor. When did you become affiliated with Global Nutrition?
A.C.: They approached me for endorsement about two months ago, and I just signed with them two weeks ago. As their main spokesperson, I'll be doing print work, commercials, shows, exhibitions, and demonstrations for them.

C.L.: What else have you been up to since our last interview?
A.C.: Since the last time we talked, I've been doing more convention work, including a lot of bodybuilding shows. I do demo lifts, endorsements, and autograph signings. I've even had the opportunity to speak to the audiences, not only about Powerlifting and what I've been doing as an athlete, but also to talk about my faith and share my experiences in the ministry. It's been a lot of fun!

C.L.: What kind of response do you get at bodybuilding shows as a powerlifter?
A.C.: Very positive, actually. I think everybody departs from the same basic foundation. It's good to be big, but bodybuilders respect strength, too. They don't want to be all show and no go. That's the bottom line: strength is the foundation for everything in the world, and the strong will survive, right?

C.L.: Do a lot of the bodybuilders come up and ask you for tips on working out?
A.C.: As far as strength tips, yes, especially bench press advice. Since I don't look like a bodybuilder, however, I think sometimes their pride gets in the way and prevents them from asking me more.

C.L.: Tell me how your ministry work is going?
A.C.: My ministry base is called

I'll reiterate what I said to you during our last interview. This ruling is unfair. They say it's for safety reasons, but no one has ever gotten hurt with the reverse grip. I believe the ruling is politically motivated.

C.L.: If you can't get the reverse grip in international competition, what's going to happen when you qualify to compete internationally with the USPF?
A.C.: Well, my goal is to press 800 pounds with the reverse grip, then return to the conventional grip and bench 800 pounds. I want to do it both ways.

C.L.: How much do you think you could press with the conventional grip right now, without training?
A.C.: Maybe 700 pounds. But I'm off-season right now. I would guess that my conventional press is about 50 pounds less than my reverse grip.

C.L.: Does that mean that in the future you're going to train both ways so that you will continue to be 50 pounds stronger in federations that permit the reverse grip?
A.C.: Basically, I just want to hit 800 pounds using both methods. I want to show the world that my success with the reverse grip wasn't just a fluke.

C.L.: Well, what about after that?
A.C.: That's it.

C.L.: That's it? The end of your Powerlifting career?
A.C.: No, I mean I'll stop chasing the bench press. Unless someone breaks my record, I'll have to come back with more.

C.L.: The last time we spoke you were in the process of writing a book with John Schaeffer. What's up with that project?
A.C.: The book's almost ready. It's called "The Winning Factor", and it's going to be awesome! We decided to add a couple detailed chapters on nutrition which we're finishing up with now. It's scheduled to hit the stands in early Fall. We talk about training techniques, stretching, weight training for youths, motivation, diet, and lots of other topics.

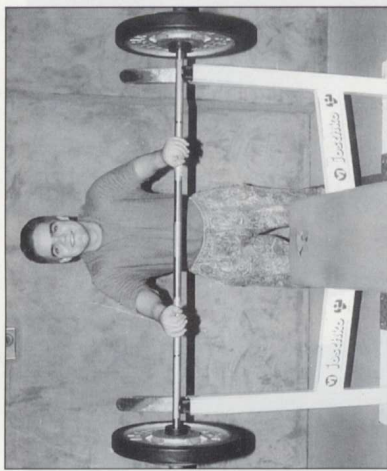
C.L.: What's your main focus right this minute?
A.C.: I'm training hard for the Olympia Contest. You heard right, the Olympia. Global Nutrition is sponsoring me to do a

(article continued on page 84)

INTERVIEW

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

MARKUS SCHICK as interviewed for PL USA by Thomas Klose



T.K.: When and where were you born?
M.S.: I am a Capricorn, born on the 20th of January 1970, in Russelsheim, which is near Frankfurt, Germany. I went to elementary and high-school. My sporting activities were limited and I participated only in physical education classes at school. I liked soccer very much, but as a dwarf, I was too small for my age-category team; no chance there. I did table tennis in handball and played quite well.
T.K.: What is your occupation?
M.S.: After school I took part in educational training for the banking business, which normally takes 3 years in Germany. I was able to finish in 2.5 years and right now I work as a bank clerk.
T.K.: When did you pick up the barbell?
M.S.: In October 1991.
T.K.: The reason?
M.S.: I wanted to improve my fitness and intended to buy some kind of rowing-machine for my home. A friend of mine asked me to go to a gym with him instead, as there was better equipment and instructors. I agreed. As I introduced myself to the gym owner, the first thing he asked, was "have you ever done a bench press?". In my first workout, at around 106 pounds bodyweight, I did 5 reps with 132 pounds.
T.K.: That is some kind of a beginning. You also had the luck to have a coach who knew about Powerlifting?

M.S.: Yes, the gym owner was none other than Udo Krueger, a national powerlifting champion, record holder, IPF world contender and, for me, Germany's best bench lifter at a 485 at 198 without a shirt. He organized the first IPF World Bench Press Championships in Rueselsheim 1991, by the way. Udo along with his brother Helko have been and are coaches to the present time and I owe them a lot.
T.K.: Imagine that you improved at a fast rate. When did you compete the first time?
M.S.: 2 months after I started training, I lifted in a gym meet. I made 171 pounds in the 114 lb. class.
T.K.: When was your first official meet?
M.S.: In March 1992. At our

German Bench Pressing Phenom Markus Schick has recently benched 485 weighing 151 lbs., and his goal is to break Greg Warr's record on September 28th in Wiesbaden. (photo courtesy T. Klose)

363 lbs., 132class -402 lbs., 148 -463 lbs. I also hold the official German records from 114 - 148.
T.K.: So, you are holding records in 4 consecutive weight classes, a record itself in Germany. What about the other competitive lifts?
M.S.: With very limited training I did a 352 lb. squat and a 253 lb. deadlift, the nemesis of all dwarfs.
T.K.: In some circles, I hear "ban the dwarfs". What is your opinion?
M.S.: It is a bad joke. I mean, have you ever heard that they want to ban the basketball giants, because they are so large. We, the dwarfs, have so many disadvantages. Now there is a sport where we can excel and some people want to get us out. They believe that our levers are not normal. It is really a joke.
T.K.: I think you are right. What was your greatest moment?
M.S.: Winning my first world title in Budapest.
T.K.: The worst moment?
M.S.: The Worlds in Ostrava, where I finished second. I just got my opener with 363. A misjudged one my second, later seen on video, and a no-lift from the judges on the third, opened the door for Russia's Bogdanov, who won with

those guys I only knew from the magazines. In this atmosphere, I hit a personal best of 462 lbs., weighing 142 pounds.
T.K.: Great lift. You are the only triple bodyweight lifter in Germany. What is your opinion about American lifters? Who is the best?
M.S.: I have seen Anthony Clark lift in Columbus. He is number one in the world, no doubt about that. The plates in Columbus were weight and everything was legal.
T.K.: What are your plans for the future?
M.S.: In sports, I will first try to make 440 lbs. at 132 lbs. and eventually hit 500 lbs. in the 148 class. I will go back to school next year to improve my knowledge in the banking field.
T.K.: Thanks for the interview Markus, and all the best to you in the future.

Ask the Doctor

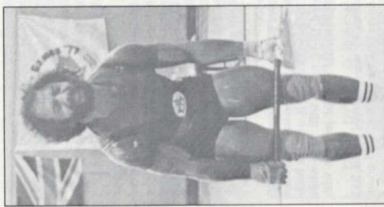
This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your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

DEAR MAURO: I've got a real problem with sweating. My hands get damp at any time, but especially when I'm working out or I'm under any stress or tension. I have to use a lot of chalk when I train otherwise I can't hold on to the bar. Unfortunately the gym I'm at doesn't appreciate the mess. Is there anything I can do to control this sweating. Don

DEAR DON: I can sympathize with you since I tend to have sweaty palms myself. There's not a heck of a lot you can do to stop your tendency to sweat. It's just part of your makeup. However, depending on the severity of the problem, there are several options available to at least decrease the sweating or the effect that sweating has.

For the more debilitating cases drug therapy, such as the use of phenoxylbenzamine, an alpha adrenergic blocking agent that blocks adrenergically mediated sweating, or even surgery might be needed. However, I tend to shy away from both these solutions since drugs such as phenoxylbenzamine have significant side effects, and the surgery is too invasive.

Instead I tend to recommend either electrical or drying agents. The electrical method is more invasive and requires you to place your palms on two electrical pads for an hour or so for several consecutive days and then do "touchups" periodically. The sweat glands in the palms of your hands are stunned into submission and just don't



Dr. Di Pasquale holding on to a heavy deadlift, back when he was an international star.

Three New Publications for 1995

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

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

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

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

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

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

Drug Use And Detection In Amateur Sports - All Five Updates, plus 9 Issues of DRUGS IN SPORTS - last issue March 1995 - My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 (U.S. funds) or \$50.00 Can, plus \$1.00 P&H. The 2000 Drug Use And Detection In Amateur Sports is \$100.00 (U.S. funds) or \$120.00 Can, plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 (U.S. funds) or \$12.00 Can, plus \$1.00 P&H.

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junction enough to make you sweat. Unfortunately while this method works to a greater or lesser extent it's a pain to administer and from experience I can tell you that it's hard to stick to the protocol.

Chalk was always my one sure bet no matter how sweaty my hands were. I just dried my hands and then put on tons of chalk. I'd go through a few ounces of chalk every workout. The only problem was that it was messy (the chalk got over me and equipment) and at times the chalk would cake up and need to be cleaned off and reapplied.

But all that's changed since I started using GRRRRIP. GRRRRIP comes as a gel that you spread on your hands. Within seconds the gel dries (it contains ethanol that evaporates quickly), leaving your hands dry and covered with a residue of powdered silica. The product is impressive, non-toxic and even smells good.

I like using it because it's convenient (for example, you don't have to do anything like washing your hands prior to using it so you can use it any time, any where), effective and doesn't leave any mess. While I tend to use it without chalk in the gym that I own (keeps the cleaning bills down), a lot of bodybuilders and lifters use chalk as well. In this case GRRRRIP forms an excellent foundation and stops the chalk from clumping. As well you just don't need as much chalk since the hands are so much drier. If you want to try it for yourself or get some information on it call 1-800-704-2121. Hopefully it will work for you both in and out of the gym. All the best. Mauro Di Pasquale MD

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AAU Junior Olympics



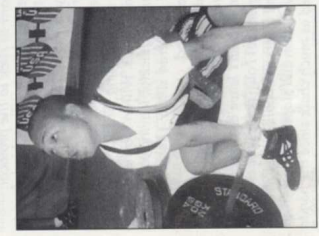
1996 Joe Ferrell/Award Winners: Paul Cruz and Brenda Sodowsky, with AAU FC Chairman Al Siegel (photographs courtesy Joe Pyral)

FANTASTIC! That is the only way to describe the XXX Junior Olympics opening ceremony. It was held in the Superdome, which was partitioned in half with a huge sports curtain that typified the games. And fans attended. The opening Mardi Gras parade was presented by the Augusta, LA High School Marching Band complete with floats and throws (yes, floats, trinkets thrown from floats by float attendants). The band had at least 160 pieces. Cheerleaders and attendants put their number well over 250. Several of the high school cheerleaders were from America that on shows, including a Florida HS National Championship Drill and Dance Team of about 250 members. How big is the Superdome? They had a fireworks display complete with skyrockets! You should have seen Al. When the first boom went off unexpectedly, Al let an angled out of AAU President Bobby Dodd, during the Presentation of Sports Chairs. Bobby congratulated Al on the success and growth of powerlifting in the AAU. And thanks to Al, he is now a "powerlifter believer." This was well deserved recognition from the president of the largest In the parade of sports, Carlton Sheridick from Vermont represented powerlifting and two of the states were represented by powerlifters. Not bad for our second year.

When the announcer introduced the AAU's new partner as Walt Disney World, Mickey appeared on stage and the athletes will of the athletes for the Disney World events. A video presented by "Disney Wide World Of Sports" (where did I hear that name before?) showed the sports complex and described the upcoming events. As I've mentioned before, if powerlifting is to return to TV on any regular basis, it must be part of it!

The finale was a concert given by the rock star "Monica." This, along with the accompanying fireworks, was a great treat for everyone. If you are a teenage athlete, regardless of the sport, you should really try to attend the Junior Olympics. The timing is just what you need for the rest of your life. Next year, they'll be held in Charlotte, NC.

Now for the meet. There were a few teething problems during the first session. Fortunately, assistance from the Superdome maintenance department straightened things out. Most importantly, comprised of both local and out of state referees took charge and made every thing run correctly. We had about 20 referees, including their spouses, who



Tuan Ngo of New Jersey won the American Teen Record (18-19) followed by 225 and 290 lb. with 275 and 315 lb. respectively. Her weightlifting deadlift of 355 lbs., weighing 104!

was 475 and 505 after missing it the first time around. Darren Taylor did 535, missing a 550 squat. He benched 235, missing 275 twice, followed by a DL of 770, 580 and 600. He missed a 650 squat. The only Open American record set at the meet. Congrats, J!

The BIC class of the meet was the 165s with 20 entered. The 14-15 class was won by Andrew Huber with 980 (153.75 BWT) over 965 for John Kupcinak, 10 lbs. heavier. The big battle was the 16-17 group with Stuart Greenauer winning with 1100. He beat 495 squat. Parco Golden was close behind at 485 squat. 265, 280, and 540 but missing 3rd attempt of 535, 265, and 540 for a 1305 total. Again, so close. The 18-19 group was won by Robert Boeringer who is coached by Nick Theodorou. Bob did 1200 with 925.5 bench going to Corey Jordan with 1225.5 bench. The 181s had 15 entered. The high total was 16-17 winner, Matt Catalano, with 1365. He easily lifted 559, 325 and 490. The 18-19 had a tie for first. Jared Favel at 177.5 BWT did a 440 squat followed by Hugh Green (178.75 BWT) who squatted 420, missing 270. He had Hugh missed 265. In the 19-20 group, Jared did 420-460-490 for 1185 and took first. Hugh missed, then made 475, followed by 505 for 1185. This landed Hugh in second.

The 199s had 15 entered with Nick Floyd winning for the 16-17 group with 1335. Only three totals in the 19-20 group. The 19-20 group had 19 entered for 95 degree heat on Monday affected many of the lifters in the squat event. The totals were close with Eric Sawyer winning with 1435. Dave Tamburello missed a few key lifts including a 550 squat and 315 bench to take second with 1410. Third went to Bobbie Smith with 1370. Fourth was 1270 and a 595 DL which might have made a difference.

Twelve lifters were entered in the 220 class. Joe Barry Barnes won the 14-15 class with 135. Alan Le Juene II won the holly contested 16-17 group with 1396 while the 18-19 winner was Ed Johnson with 1465.

About 11 were entered in the 242 class. Amos Walker won the 14-15 group with 1205. The 16-17 competed with 9 lifters. Bill Stewart squatted 535, missing 570. Harley Hines followed right in line making three with his 3rd with 530. Chancellor Barjona lead with 365, missing 600 twice. Chancellor benched 260 missing

The saying is, 'a picture is worth a thousand words'. By that token, a video must be worth a million. Many sports use videos to evaluate athletes' performances in both training and at sporting events. Football coaches spend thousands of hours going through film of their upcoming opponents, trying to find weaknesses and tendencies in their games, hoping to use this knowledge to their advantage. Powerlifting too can benefit from the use of videos. But in practice, this is a tool not being used as much or as effectively as desirable.

A few years ago, a friend of mine who was of national caliber, had a tendency to lower the bar too high on his chest during the bench, decreasing his leverage and push off power. No matter how many times I told him, it just didn't sink in until we took a video of him. One day, he saw the tape, something clicked and he realized his flaw and made adjustments in the lowering of his press to correct the problem. The video provided concrete and replayable evidence. Often, no matter how many times a coach of a training partner tells you of a problem, it does not sink in until you actually see it for yourself.

Taking videos of your lifting can point out technique weaknesses and reinforce strengths. A video of your

STARTIN' OUT

A special section dedicated to the beginning lifter

VIDEO TRAINING

squat can allow you to see your speed of descent, head position, back erectness, bowing of the knees inward, and that all important depth. Clear up extension and lockout are clear cut during a video of your bench press. Bar path and any but movement are also evident. Things to look for during the deadlift are many people take videos like those shaky AT&T and Docket commercials from a few years ago.

Videos would be most meaningful of single attempts in training, as these would most likely reflect expected meet performance. Be sure to have the date appear on the video and also yell out the poundage to get a good log of what's going on. These tapes can be saved and

reviewed later and compared to more recent ones. If you don't have a camcorder of your own, try to borrow one. If you're looking to buy one, I suggest an 8mm. They take much longer tapes and are easily played through a VHS VCR or transferred to VHS tape. Remember to have at least 2 fully charged batteries with you if you expect to take a lot of videos.

In addition to your own videos, you may consider buying tapes of big meets for sale in this magazine. This provides you the opportunity to see the styles of top lifters. They can also serve as motivators. Also worth considering are training tapes made by top lifters and coaches.

You may not spend as much time reviewing videos as Jimmy Johnson or Dave Wannstedt do for their weekend jobs, but the use of video can be a very useful tool for your training. The key is to review the videos of yourself objectively and critically. Save old tapes and compare them to current ones, then you can regress in your lifting technique more easily than you can improve. Prices of video cameras have been dropping considerably in the last few years and so are obtainable by many of our readers. Now you can be the star of your own "power video". Doug Daniels

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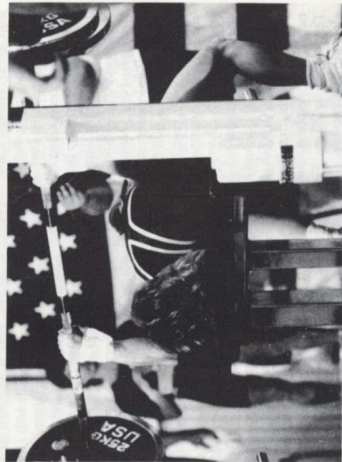
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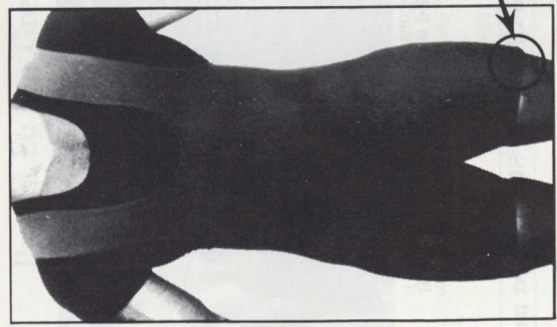
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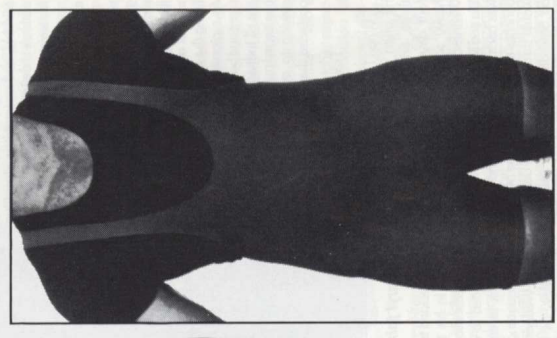
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WORKOUT of the Month

DR. DARYL JOHNSON: STILL SETTING RECORDS AT AGE 65!

as told to Powerlifting USA by Bob Tabaka



Dr. Daryl Johnson squatting a spectacular 601 at age 65. (Tabaka)

On Saturday, Feb. 10, 1996, Dr. Daryl Johnson once again made powerlifting history at the NASA Natural Nationals by becoming the first 65-year old drug free strength athlete in the world to squat an incredible 601 pounds! The lift was made with power to spare under the close scrutiny of some of the strictest judging to be found in our sport. In the same meet, he went on to do a 347 bench and a 573 deadlift for an outstanding 1521 pound total! Those who are "getting on" in life, and have resigned themselves to the idea that lifting truly heavy iron is not possible in their later years, can certainly gain some encouragement from Dr. Daryl's performance. He has proven that staying drug free, eating properly, training sensibly, and maintaining a positive outlook is definitely the prescription for success at any age.

It has been a valuable learning experience to be able to follow the evolution of Daryl's training as the years have gone by. We can learn a great deal from the many fine articles written on the training of younger lifters, however, there are few such articles on lifters past the age of 60 lifting the kind of weight Daryl does. As a pioneer, he has had to experiment and be innovative. Although we are all individuals, some of what he has learned may prove helpful to those striving to overcome many of the obstacles that accompany aging.

Training Frequency

When I first met Daryl, in 1988, he often worked out no less than three, and sometimes as many as four days per week. Monday was heavy squat and bench day with Wednesday reserved for heavy deadlifts and lighter benches. By Friday he was back to lighter squats and heavy benches again. In a meet was near he would throw in some extra deadlifts on Saturday. Considering the fact that Daryl deadlifts sumo style, his squats and bench were really taking a beating. Of course, he was a 58 year old "youngster" at the time and seemed to thrive on this type of regimen.

Daryl has always been a strong believer in laying a good strength foundation prior to peaking out for a meet. For him, this meant heavy sets of 6 reps. A typical squat or deadlift workout could look like this: 145x8, 235x6, 325x6, 415x6, 475x6, and 475x6. Benching would involve: 135x8, 205x6, 235x6, 255x6, 275x6, and 275x6. His idea of a "light day" was knocking off 10 pounds on the top end sets. I couldn't help but be amazed at his recuperative ability not to mention the mental toughness required to tolerate such consistently heavy workouts. Yes, good genetics were definitely a factor. Still, as one grows older some compromises need to be made.

Shortly after his 60th birthday,

has adequate energy reserves to obtain the greatest benefit from each workout.

A few months ago, Daryl obtained his personal trainer certification under the expert tutelage of none other than Dr. Squat, Fred Halford. The curriculum stressed the importance of diet and supplementation for the hard training athlete. Daryl strongly believes that a lifter's performance can be greatly enhanced with adequate vitamin and mineral supplementation in addition to proper nutrition. He supplemented his own diet with creatine and colestroin prior to his recent record breaking performance. He is quick to credit these supplements with playing a significant role in helping him achieve his goals.

Setting Up the Cycle

Daryl has never been an advocate of the "training to failure" approach. Most of the time, he has another good rep or two in him at the end of his workouts. Also, he believes that taking time away from the weights and sensible cycling of the training pounds are a must for the masters competitor. Continuing to push on when the body and mind are fatigued only leads to stagnation or injury. Daryl carefully plans out and writes down every exercise, set, rep, and poundage he intends to perform during his entire training cycle. It is 8 or 27 weeks long. This becomes his roadmap for getting from point A (preparation and foundation building) to point B (competition). This plan is written on paper, not carved in granite. Slight modifications along the way are permissible. If it's a good day, do an extra set. If it's a bad day, take out a set or reduce the poundage a little. Without such a plan, contest preparation can degenerate into confusion and guesswork. The latter could result in mistakes such as failing to lay a good foundation or peaking way too soon.

So, how does Daryl go about setting up his training cycle? The answer to that question is a little unusual. He says, "I simply determine where I'm currently at strength-wise, and write it down. Then I figure out where I want or can reasonably expect to be by the end of the cycle, and write that down. I work forward from where I'm at and backward from where I want to be, meeting in the middle."

Although his approach sounds simple enough, there is a little more to it than that. The concept of cycling is based on beginning with lighter weights and a larger volume of work (i.e., more sets and / or reps) tapering down over a period of weeks to heavy weights and fewer reps. Daryl religiously adheres to that principle. The length of his cycles will vary depending on his current starting

In the seventies, if you were to ask a large group of sports enthusiasts why they thought the black athlete had excelled in sports, most of them would have told you that the black athlete was simply physically superior to other athletes. In fact, many of these individuals would have told you that blacks were athletically superior because of racially linked physical characteristics. In reference to sports, most people thought that blacks were genetically superior to other races. Even today, many individuals believe that blacks are physiologically superior.

Certainly this viewpoint was one that warranted closer attention. After all, it was an issue that was deeply ingrained in the American psyche and one that entailed both extreme partisanship and racism. Did the black athlete possess race-related physical characteristics that gave him an advantage of other races? Translated into its simplest terms, was Jimmy the Greek right when he said that black athletes were bred for sports? Again, the Academy wanted to know.

Two decades ago, before Jimmy the Greek and MTV, Martin Kane, the senior editor of *Sports Illustrated*, noticed that just about everybody who was anybody in the field of sports was black. It seemed that wherever he looked, blacks were enjoying tremendous athletic success. Not surprisingly, Kane wanted to know why this was the case.

Consequently, he took it upon himself to study the black athlete in detail. He conducted a review of all the existing studies on the subject. From the review, Kane concluded that there were indeed substantive differences between the black athlete and his white counterpart. And on January 18, 1971, in a copyrighted article in *Sports Illustrated*, Kane advanced his theory along with the following tentative conclusions:

Blacks tend to have longer limbs, smaller calves, less fat and narrower hips that whites, and this combination gives the black athlete a superior athletic ability.

Whites have a substantially greater lung capacity than blacks. Blacks have marked superiority in hyperextensibility, or capacity for double-jointedness (lay term), and in general - looseness of joints. This may only be because they tend to have more tendon and less muscle. This point is subjective, and not measurable, but many observers who have worked closely with both black and white athletes contend

that the former have a superior capacity to relax under pressure. One researcher points out that all living things from tropical climates tend to have longer limbs, which add them in dissipating heat. Blacks share this characteristic.

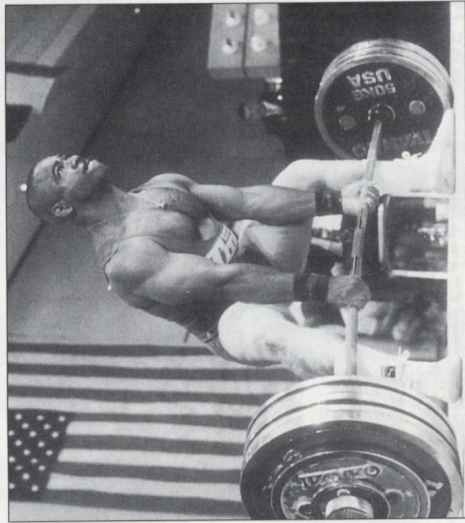
Black infants are able to control their heads and muscles much sooner than white infants. Perhaps, because of physical inheritance, no black has ever been a swimming champion or even a near champion.

And finally, the most controversial theory of all: centuries of slavery placed a premium on the superior physical specimen and weeded out the weakling; so that in time the black genetic structure became superior. Kane also referred to two black athletes who were outspoken supporters of this theory, Calvin Hill, the great Yale-Dallas running back, was quoted as saying, "I have a theory about why so many sports stars are black. I think it boils down to the survival of the fittest. Think of what the African slaves were forced to endure in this country merely to

Dr. JUDD

The Search For Excellence The Black Athlete - Part II

by Judd Biasiotto Ph.D., World Class Enterprises



Dan Austin is one of the United States' most successful powerlifters of all time

survive. Well, black athletes are the descendants. They are the offspring of those who were physically tough enough to survive."

Next, Lee Evans, the Olympic champion in the 400 meters, was quoted as saying, "We were bred for energy. Slow twitch fibers are more active in endurance activities where energy is generated by aerobic metabolism.

Although training can increase the metabolic capacity of both fibers, training does not appear to alter either the proportion or distribution of slow and fast twitch fibers in this individual's possesses; rather, that seems to be genetically determined.

Consequently, if blacks have more fast twitch fibers, as Simpson contended, then it would seem that they would have an advantage in sports that require strength and speed. This certainly would lend credence to the idea that blacks are physically superior because of genetics. But was the theory true?

(Part III follows next month)

ber of anthropological studies were conducted throughout the country. In fact, during the 1970's, it seemed as if every doctoral student in the field of physical education did his dissertation on the black athlete. Unfortunately, none of these studies did much to substantiate or refute Kane's theory of black physical supremacy. There was, however, one exception. And, of course, the Academy found it.

In 1983, a sports physiologist named Robert Simpson theorized that the reason blacks ran faster and jumped higher than whites was due to a difference in their muscle composition. In order to test his theory, Simpson gathered muscle biopsies from 146 black athletes and 123 white athletes. After careful and extensive microscopic examination of the muscle fibers, Simpson discovered that blacks had a higher disproportionate distribution of fast twitch fibers when compared with whites. Conversely, whites had significantly more slow twitch fibers than blacks.

The significance of Simpson's study was rather obvious, at least to a muscle biologist. You see, skeletal muscles are made up of different types of muscle fibers. The so-called "slow twitch" fibers contract more slowly and have a higher capacity for aerobic production of ATP (adenosine triphosphate - the fuel for chemical energy which is used by cells). The "fast twitch" fibers contract rapidly, can generate more force, and have a higher capacity for the anaerobic production of ATP.

Fast twitch fibers predominate in short term, explosion or power-type activities (sprinting or lifting of heavy weight) which depend almost entirely on anaerobic metabolism for energy. Slow twitch fibers are more active in endurance activities where energy is generated by aerobic metabolism.

Although training can increase the metabolic capacity of both fibers, training does not appear to alter either the proportion or distribution of slow and fast twitch fibers in this individual's possesses; rather, that seems to be genetically determined.

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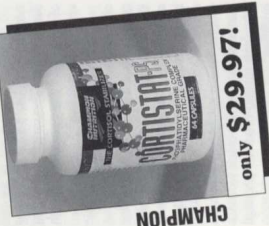
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I get hundreds of phone calls from lifters wanting advice. I might get a call from a lifter who will say, "I'm doing 5 in the squat. What do you think?" or "Hey Lou, I'm doing 10's and getting ready to go to 6's. How does that sound?" That sounds terrible, and here's why.

A Russian sports scientist, A. S. Pripelin, did much research on what percentage of 1 rep max and how many reps and sets one should use to raise absolute strength. It is presented below. The reps are some- what lower for powerlifting. Thus, the sets are higher. The table lists the weights we train with: 55-90%.

On the dynamic effort day, for the squat and bench press, one percentage is used. For the bench press, the number of sets is 8-10. Three reps are done. This is a total of 24-30 lifts per workout. By staying within these parameters, our barbell volume is controlled.

Bar velocity is also maintained. It is true, you can easily do many more reps than 3 per set. It is also true that as you do more reps, your bar speed slows. This means your power is reduced on the higher reps. Pripelin's observation on this point was that when doing reps in the 70% range, 3-6 reps were best.

On the seventh rep, the bar speed was greatly reduced. His conclusion was don't do the seventh rep. This is why we chose to keep the reps at the low end.

Pripelin's data were based on the training of highly skilled lifters chosen from literally thousands of

TRAINING

Distributing the Loads

as told to PL USA by Louie Simmons, Westside BBC

lifters. Just like at other gyms, Westside lifters are normal guys out of the neighborhood. They weren't brought up on plyometrics or selectively picked out of a group of skilled lifters.

The squat percentage varies between 50 and 60% of a contest max. Squats are done off of a slightly below parallel box. Box squats (with a pause on the box) are much harder than regular squats. They are done with an old suit (not too tight) or with no suit at all. Knees wraps are not used. The sets are 10-12, and the reps, 2.

As you can see, our total lifts per squat workout are 20-24, slightly lower than in the bench. The total lifts per month are 80-96. Twenty out of 200 lifts should be above your training weights. This includes weights over 100%. By controlling your lifts, you can also control your volume throughout the year.

Chuck Vogelwohl may do his squat sets with 525 and then do 600 and 675 for two singles at the

thought out.

For those of you who have read books by the Russian sports scientists such as A. D. Ermakov, V. I. Frolov, N. S. Atanasov, and of course A. S. Pripelin, you will see how we draw our training conclusions. While our weights are much lighter in training, remember that we wear good supportive gear in meets, but not in training. We have discovered that to increase weights weekly for a long time span is a mistake.

V. M. Zaitsevsky wrote about the relationship between force and velocity. I paralleled lift with rpm's in a race car. If a car's peak performance is at 7000 rpm's, you will always shift it at 7000 rpm's. Then why not do the same with the bench or squat? One percentage must work best, so why not use that percentage most of the time? Just like the race car driver who shifts at the correct rpm's, you should squat or bench at the correct percentage. For the bench, 60% of a 1 rep max without a shirt; for the squat, 50-60% of your best contest squat.

That covers velocity, but what about force? We know that when developing force, the bar can move too fast. The solution is the maximum effort method. We must lift a very heavy weight up to 100%. Of course these weights will move slowly compared to the dynamic method, where we use weights in the 50-60% range.

Pripelin recommended that when training with weights in the 90% range to perform reps of 1 or 2, for a total of 7-10 lifts. Less than 4, and more than 10 will have a negative effect on training. While I commonly hear of lifters doing 5 reps with 90%, I don't have a lifter who can do that. Why? We train for 1 rep. That is what is required at a contest.

Remember that too many weights above 90% will have a bad effect on technique. Training with 90% and above for 5 or 6 weeks will have a negative training effect because it destroys basic coordination of the major lifts. At the same time, the Russian experts say one should max out 4 times a month. We have made this possible by doing a second bench workout and a combination assistance squat/deadlift day 72 hours after dynamic training, working up to a max single on each of these workout days on a special bench, and squat or deadlift exercise with the barbell.

We train this way 52 weeks a year, week in and week out. How? We change a major barbell exercise every 2 or 3 weeks. We can continuously break or try to

break a record every maximum effort day.

While Pripelin suggested 4-10 lifts per workout, it must be noted that Olympic lifters don't lift as heavy as power lifters do. Olympic lifters also make smaller jumps, 10 kg, or 22 lbs., as a rule. Powerlifters, on the other hand, make big jumps, 50-90 lbs. on the maximum effort day as they work up to a max single. Therefore, we do 3 or 4 weights above 90%.

As you can see, we do roughly 80 squats a month at 50-60%. Approximately 20 squats are above 60%, up to a max. In 10 workouts, one's 60% range, up to a max on the box. With a little math, you see this is an average of 2 weights per workout over your percent training weight.

This will distribute the training loads as follows: in a month's training, 80 squats are between 50 and 60%. About 8 are above 60%, up to a max single. Now remember, this is on the percent day, the day we use the dynamic method with submaximal weights. On the maximum effort day, we do an average of 3 or 4 weights above 90%, up to 100%+. This workout is 72 hours after the percent day.

As you can see, one day is devoted to velocity and one is de-

voted to force. At the same time, we raise the work capacity of our lifters year round.

Remember, that on the squat percent day, work up from 50 to 60% per week. On the bench, 50 to 60% per week. Then start over at 5%. This will enable you to regain any speed you may have lost. This workout is for explosiveness and accelerating strength, and to perfect form. It is not designed to build absolute strength. That is achieved during the second workout, when we do the maximum effort work with special squats good mornings etc. Of course, on both days special work is done to raise the work capacities of all the muscles.

The bench press routine is done the same way. The only difference is that we don't change the training weight. It is always 60% of one's best without a shirt. Twenty benches out of 200 are above this 60%, but we seldom do a max single. On the second day, or the maximum effort day, we max on special exercises. One can train at 90% or above with 360, 10 sets of 2 reps, or 7200 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume.

Here are a few examples from our gym. Joe McCoy (198), and

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Jerry Schwenker (220) train the bench with 295 for 10 triples and bench 540. George Halbert (275) uses 365 and does 672. Amy Weisburger (123), and Vanessa Schwenker (132) train with 135 and bench 248 and 253, respectively. Angelo Berardinelli (165) does triples with 245 and has made 446.

The squat work looks like this. Angelo squats 749 using 435. Joe Amato (275) does 865 training with 525. Chuck Vogelwohl (220) does 859 using 525. Vanessa made 429 training with 250. Get the picture? If you follow the table, you will see that if you squat 430 like Vanessa, you should do 260 for 10 sets of 2 reps, or 5200 lbs. total volume. A 600 squatter would train with 360, 10 sets of 2 reps, or 7200 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume. Angelo made 749 lbs. total volume.

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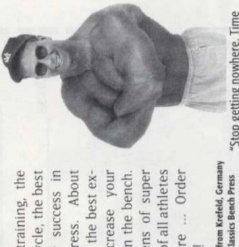
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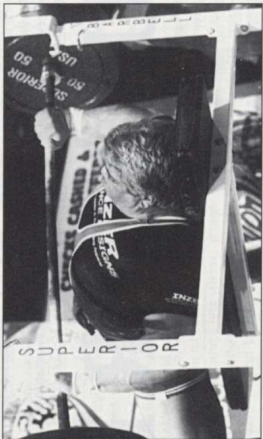
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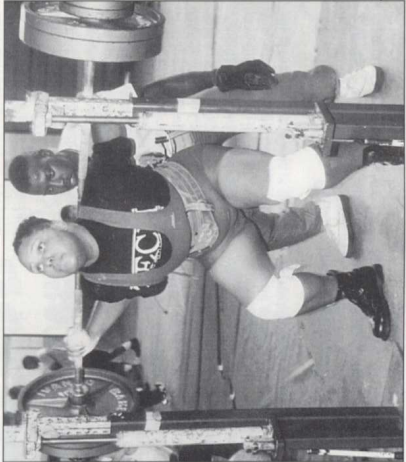
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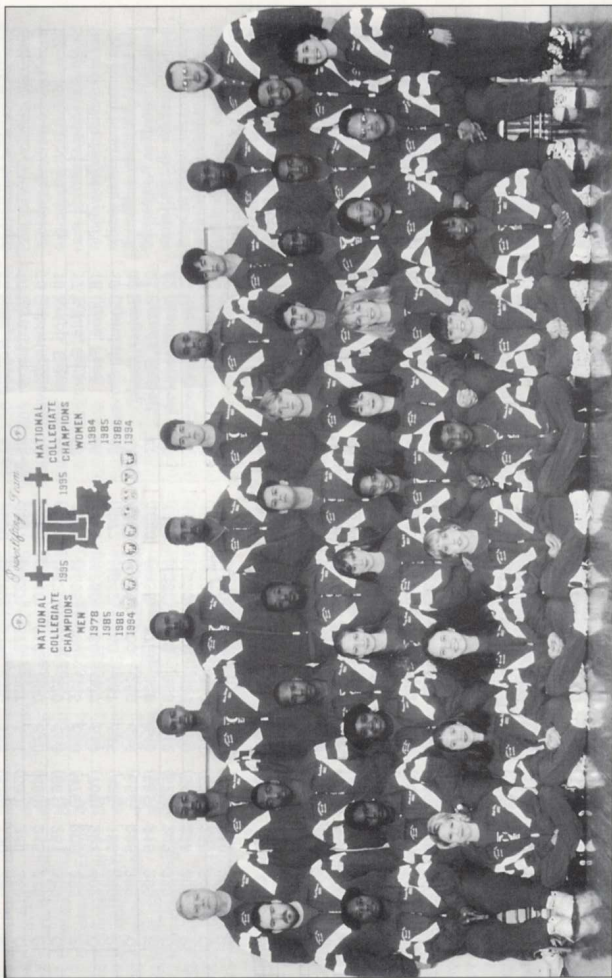
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Women	SQ	BP	DL
97	195	95	215
S. Osley	185	90	220
S. Shannon	150	80	210
A. Para	105	80	210
104	105	80	210
P. Lattinamo	105	80	210
111	105	80	210
T. Warren	255	115	255
C. Garcia	215	105	225
H. Tull	135	85	190
116	135	85	190
T. Chapman	255	115	255
A. Ramsamooj	200	105	225
S. Arnold	200	105	225
O. Sims	190	95	240
E. Herring	175	120	190
A. Holzhauser	145	75	225
K. Pruitt	250*	135	360*
T. Smith	235	120	275
C. Brackett	210	145*	230
F. Malzahn	180	95	225
N. Hall	180	95	225
H. Pearson	200	80	195
129	200	80	195
H. Hoffman	265	130	355
W. Crisantes	215	95	285
C. Vargas	210	105	275
T. Conley	215	95	275
T. Davis	225	95	235
T. Siegel	325	175	370
C. Leon	305	155	355
S. Abney	285	195	300
T. Emerson	265	135	315
C. Rickwall	225	125	290
R. Hyl	205	130	270
139	205	130	270
J. Spelbring	215	105	250
C. Fomoe	190	100	250
M. Holm	200	105	230
A. Cabson	200	105	230
154	340	195	380
S. Henry	340	195	380
M. Moore	350	160	340
K. Lassoff	350	160	340
160	350	160	340
A. Smith	290	165	365
M. Genestfeld	270	175	315
M. Johnson	245	170	285
M. Brohaker	245	170	285
P. Barron	245	170	285
164	340	195	380
M. Allen	350	160	340
165	350	160	340
166	350	160	340
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196	350	160	340
197	350	160	340
198	350	160	340
199	350	160	340
200	350	160	340

First Place as a Freshman... LaShanda Harrison of Louisiana Tech



A. Catron	220	120	225	565
W. Lemke	190	115	225	530
M. Moore	150	105	230	485
176	320	170	330	820
D. Graham	300	155	315	770
J. Jager	275	145	300	720
R. Pakman	275	145	300	720
S. Wred	260	140	280	660
M. Wharton	245	115	255	615
425	150	400	975	
L. Harrison	350	215*	375	940
W. Allen	415	170	355	940
V. Jones	415	170	355	940
F. Nicholson	415	170	355	940
R. Magno	310	140	430*	880
B. Thorpe	350	165	340	855
D. Windeman	265	145	275	685
114	360	170	385	915
P. Cuillerrez	330	190	375	905
A. Wadhwa	330	190	375	905
S. Murphy	250	140	315	705
123	395	245	485*	1125*
O. Simmons	365	195	395	970
J. Radford	350	185	350	885
S. Rue	350	185	350	885
132	405	250	475	1130
D. Bogan	405	250	475	1130
B. Beldin	405	250	475	1130
B. Huber	375	225	375	975
J. Johnson	385	235	375	975
L. Ullrich	385	235	375	975
148	500	315	520	1335
J. Jackson	460	285	475	1190
E. Johnson	440	280	440	1160
W. Jackson	435	265	435	1135
D. McCabe	435	265	435	1135
M. Christian	415	250	400	1115
A. Brown	415	250	400	1115
J. Cecil	420	225	440	1085

(article continued on page 64)



LOUISIANA TECH - ADFFA National Collegiate Team Champions: Row 1 - sitting on floor (left to right): SHell Shannon, Heather Tull, Christy Newman, Katie Kassouf, Adrienne Smith, Heather Huffman, and Tawanda Warner. Row 2 - sitting in chairs (left to right) Frederica Nicholson, Shareba Smith, Vanessa Jones, Wendy Lemke, Rachel Hall, Octavia Sims, Brandy Parr, Jennifer Jasper, Fran Frasier, LaShonda Harrison, and Coach Jennifer Fisher. Row 3 - Standing (left to right): Coach John Magendi, Ronald Grant, Calvin Dial, Taurus Johnson, Juan Solis, Trent Barron, Pete Gutierrez, O'Neal Simmons, Eric Johnson, and Dart Moy. Row 4 - Standing (left to right): Coach Billy Jack Talton, Charr Cahagan, Chaimm Cahagan, Brian Crow, Jesse Esters, David Tamburello, Reginald Davis, Cong Tran, Kenta Jackson, and Coach John Tabarlet. (photos courtesy Billy/Jack Talton)

SUPERMEN OF USA TOP 25 IRON GAME ELITE

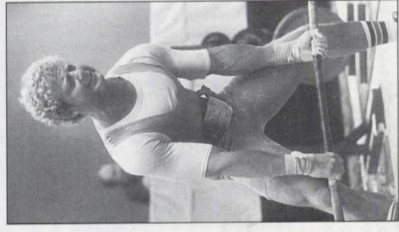
tialled on the 5 lifts going from one to the other without rest. SQ - 683, BP - 380 (pause), and DL 683 for 1747. He did the Olympic Lifts LAST: 314 snatch, 386 CJ - 700 for a combined aggregate of 2447 performance done in less than one hour's time remains one of the most amazing things I've ever seen. No straps, no shirt. Jim did a Pacifico early model supportive suit for the SQ.

Runner-up spot goes to Jack Welch. Jack's O/L came at the 1975 Beaver County WLC in Ambridge, PA. Jack had more success in P/L than Jim had, winning the Seniors several times. Jack finished runner-up to Crath at the '82

In Part Two we continue the listings of the Top 25 Supermen Totals of the Century. These are the combined best results of those who have competed in both weightlifting and powerlifting for cumulative total aggregate. Here are the 165 through the 220 lb. classes:

165s - I never imagined that I'd introduce a youngster to the Iron Game who would become the best by formula lifter of this century. His Quintathlon. Quintessence of 2460 is the sum of his OFFICIAL COMPETITION lifts at 165 in both W/L and P/L. Bill Tomazic, an OH W/L promoter, received a letter from an aspiring youngster. Bill gave him my name as the closer person in his area to contact for more information. I answered his

multiplicity of questions by letter and arranged a meeting. I drove the 140 miles to Terre Haute, IN and met Jim McCarty. He was a small, frail 15 year old bubbling with enthusiasm. I started Jim in O/L. He accompanied me to the '75 Sr. P/L meet and was inspired beyond imagination. He fluctuated between the two sports and never focused his energies entirely on one or the other. Once during the mid eighties, Jim visited a popular California gym. A local bodybuilder had everyone's attention with his performance of a gut busting quarter SQ w/350! Afterwards, he got handshakes and congrats from captivated observers. McCarty, clad in street clothes, nonchalantly went to the SQ rack. He positioned himself under the loaded bar. A slight good morning, and he snapped erect, push pressing the weight to arms length with blinding speed from behind the neck. Imagine that! 350 @ 160 lbs. - COLD! Everyone was stunned as Jim smiled, waved and exited through the front door. Once at the ISU gym in Terre Haute, Jim



Jim McCarty deadlifts. (Leistner)

this category right up until the end. Baldwin sent in authenticated proof and made this list on time. Knipp pressed more weight standing up (369 at the '72 Olympic Games) than anyone else at 165 in world history. He SQ'd 500 in competition before Ingro did, but never got official credit for an A/R. Sammy Willis was a Teenage Mr. America, and a consummate athlete with a DL record that endured until McCarty toppled it. Fred Lowes would have been a terrific P/L'er. He was built like a fire hydrant. His 402 clean and jerk was never matched by anyone native to the USA. Steve Crandall was the first man to put the 165 BP in high orbit - 437.5 lbs

top deadlifter, he chased the W/R in that lift for years. LaFontaine, Brannum, Krueger and the late Larry Stone are all bunched closely together. David Jones, a top W/L'er did well at P/L, too, and 20 years ago at that. My cantankerous old training partner, Hale, excelled in both sports. P/L has his destiny, along with Jr. and L's than I could substantiate. I think he's pulling my drumstick! Always a

in '72. He got ill shortly afterwards and fell by the wayside. Dave Berger had dual citizenship. He lifted for Israel in the '72 Olympics in Munich. Dave and his parents resided in Shaker Heights, OH. Two weeks before he died as a hostage in the hands of terrorists, Dave wrote me a letter. His end was tragic. The Iron Game will never forget his contributions. Bob Pereda got 3rd at 148 in the '71 Srs. and again the following year in Denver at 165. He was indeed an outstanding athlete, and a man I'm proud to call a friend. Joe Grantham, a top 60s W/L'er, now wins Master P/L titles. Easy going Jim Matthews of Pasadena, CA is a super guy and all around strongman. He beat Ingro back in '66 at P/L, but stayed with O/L. He was Seniors runner-up in W/L - 1961. John Carey was PA's top 165 in the '70s and a Les Cramer product. Merle Kelly from Anderson, IN had a zeal for life. He lost his final battle to lymphatic cancer in 1980, an hereditary disease that took both his mother and sister. Merle won many titles in W/L and later turned to P/L full time. Merle once owned the Masters DL record. He just missed making the list with a 1900 total.

181s - Hatfield rules the 181 division. He was a gymnast who successfully tried O/L. He switched to P/L and gained eternal fame. He recorded top KNB's in 5 different weight classes and earned the title "Dr. Squat." If I'd compounded his 181 O/L's, he'd been tops in 3 classes. I was sorely tempted, but in fairness to all the other greats on this list, I felt obligated not to do so. He is an author, scholar and ranked among the greatest of the all time greats. It might have been a close run if McCarty had done his best at 181 in competition. At a bout of 174, I saw Jim prior to the '84 Olympic trials in Vegas (which he won at 165 but wasn't selected for the team). He did training lifts of 705, 413, and 705, pause on BP and DL with bare hands. This must remain unofficial. Jim cut a tendon

THE CENTURY COMBINED PL/O/L - BEST LIFTS

165, then switched, with rousing success. Crawford also did O/L as a stepping stone to his power promotion. He was Sr. National and World Champ in the latter. New England's John Varrone was a fabulous athlete, who excelled in both sports. He continues to lift even today. Cavalier claimed higher O/L's than I could substantiate. I think he's pulling my drumstick! Always a

198	S.T.C.	PLT	SQ	BP	DL	OLT	SN	CJ	SPRT
1 Hatfield, Fred	2629	(1989)	826	429	733	(639)	270	369	PL
2 Duke, Buddy	2574	(2039)	750	501	788	(534)	231	303	PL
3 Pacifico, Larry	2551	(1966)	705	539	725	(555)	240	315	PL
4 Salisbury, Paul	2515	(1760)	670	440	650	(755)	336	418	OL
5 Miller, Steve	2509	(1878)	672	463	744	(630)	275	355	OL
6 Kanter, John	2450	(1830)	700	470	660	(620)	260	360	PL
7 Sanger, Gary	2445	(1945)	771	474	699	(500)	215	285	PL
8 Fratto, Tony	2439	(1819)	749	390	680	(620)	270	350	PL
9 Davis, John	2370	(1680)	570	405	705	(690)	310	380	OL
10 Matz, Edmund	2350	(1740)	600	380	760	(610)	260	350	PL
11 Engelbert, Gerald	2290	(1625)	620	325	680	(665)	290	375	OL
12 Shock, Ed	2278	(1995)	585	325	685	(683)	292	391	OL
13 McWhorter, Larry	2276	(1736)	670	355	711	(540)	230	310	PL
14 Starr, Bill	2256	(1669)	601	395	666	(694)	303	391	OL
15 Dzurenko, John	2250	(1655)	650	405	600	(585)	255	320	PL
16 Owens, Justus	2250	(1655)	650	405	600	(585)	255	320	PL
17 Capsouras, Frank	2244	(1475)	520	380	575	(769)	370	439	OL
18 Robinson, Larry	2243	(1653)	578	369	705	(588)	248	341	OL
19 Schofield, D.	2238	(1615)	610	415	590	(623)	268	355	OL
20 Rhoades, Dale	2232	(1592)	611	380	600	(640)	280	360	OL
21 West, Bill	2225	(1685)	635	420	620	(540)	230	310	PL
22 Kammerer, Pete	2216	(1550)	575	355	620	(666)	292	374	OL
23 Judd, Dick	2201	(1608)	573	435	600	(595)	255	340	PL
24 Overholzer, Tom	2200	(1760)	700	460	600	(440)	190	250	PL
25 Marshall, Robert	2185	(1580)	530	365	585	(605)	265	340	OL

220	S.T.C.	PLT	SQ	BP	DL	OLT	SN	CJ	SPRT
1 Miller, Steve	2622	(1967)	733	501	733	(655)	280	375	PL
2 Reed, Dennis	2590	(1980)	800	425	755	(610)	255	355	PL
3 Engelbert, Gerald	2505	(1815)	705	380	740	(680)	295	385	OL
4 Chaillet, Mark	2470	(1970)	740	440	790	(500)	225	275	PL
5 Davis, John	2449	(1730)	600	420	710	(719)	328	391	OL
6 Hennessey, Mel	2440	(1840)	640	525	675	(570)	245	325	PL
7 Seno, Bill	2410	(1840)	640	525	675	(570)	245	325	PL
8 Franz, Richard	2390	(1745)	660	405	680	(545)	280	365	PL
9 Evans, Mark B.	2386	(1692)	650	391	650	(644)	297	396	OL
10 Kemper, Bob	2360	(1715)	670	420	625	(695)	275	370	OL
11 Gallagher, Marty	2352	(1747)	705	380	661	(605)	245	360	PL
12 Shock, Ed	2343	(1640)	620	340	680	(703)	303	400	OL
13 Starr, Bill	2341	(1621)	520	430	666	(715)	300	415	OL
14 Roberson, Gene	2325	(1700)	610	450	640	(625)	265	360	PL
15 Morris, Robert	2320	(1690)	660	405	625	(630)	255	375	OL
16 Marshall, Robert	2320	(1720)	600	405	665	(600)	260	340	PL
17 Dzurenko, John	2283	(1693)	645	360	688	(590)	265	325	PL
18 Lugin, George	2275	(1620)	560	400	640	(655)	280	375	OL
19 Lummey, T.	2270	(1790)	675	510	605	(480)	200	280	PL
20 Verhagen, Jim	2252	(1847)	722	465	660	(405)	175	230	PL
21 Peters, Richard	2229	(1769)	672	452	644	(460)	200	260	PL
22 Stalneck, Cal	2215	(1545)	575	370	610	(670)	285	385	OL
23 Benjamin, Roger	2178	(1775)	625	400	750	(408)	176	231	PL
24 Eldridge, Tom	2173	(1603)	622	352	628	(575)	255	320	PL
25 Dillingham, Doug	2175	(1515)	575	380	560	(660)	300	360	OL

POWER PROFILE

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

STEPHEN F. MILLER

by Herb Glossbrenner, PL USA Statistician/Historian



Steve Miller prepares to deadlift against Vince Anello at the 1978 Sr. Nationals in Los Angeles

Stephen Frederick Miller may be an unfamiliar name to the majority of PL USA readers. Eighteen years ago, Miller came within a hair's breadth of winning America's most prestigious P/L title, the Senior Nationals. The delicate balance of the weight-in scales tipped in favor of his opponent before the contest began. A former National and World Champ watched as Steve Miller posted an aggregate of 1862 lbs. at 198. Vince Anello, one of the greatest deadlifters in the history of this sport, reeled in the monster load at 799. He needed to tie and win as lighter than! His grip popped loose. He tried it again, and completed the lift in his quismodo-slump in-lush. The call could have gone either way. The flip of a switch denied Miller the coveted title. A judgmental blunder may have also denied Steve top honors back in 1979. Few know that Steve Miller's prerequisite to powerlifting was Olympic lifting. An untimely accident ten years earlier stopped Steve's over-the-top career - cold in its tracks!

To fully appreciate this performance of power, we must return to where it all began. Steve F. Miller was born on July 6, 1948 in Stineveport, LA. Miller's father, Albert Mark Woodlawn, High School and college in both football and track. Young Miller became a sprinter doing the 100, 220, and 330 dashes. He took up weight training his Sophomore year to get bigger and stronger for football. During the summers between 1964 and 1966, he worked on a garbage truck in the hot sun all day. After work, Stephen would clean up and pack on 40 lbs. of beef the summer between his Sophomore and Junior year in High School. Previously, Steve had been shoved around on the school football field.

Bill Seno was History's first 198 and 220 World Champ - a legend, indeed. Rich Franz followed in his dad's footsteps, exploring both strength avenues and excelling in both. Mark Evans had a real talent for the barbell. I believe he resides in Utah these days. Bob Kemper did his best lifting at 242, but ranks higher in this category. Marty Callagher has trained Captain Kirk since Day One. Marty holds strength in high esteem. Check out his numbers - a World Masters Champion no less! Ed Shock of PA was predominantly a W/Ler with plenty of power to boot. *Strength & Health* magazine hit its zenith while Bill Starr was Managing Editor. Bill was a highly talented athlete with great expertise in strength coaching. Starr once held the National DL record and cleaned 445 lbs. at the '69 Seniors. I'll never forget it. Bill was a sparkling when he was in Indiana and was an inspiration to many, as he was to me. Roberson, even in his earlier years, showed his great potential. Robert Morris possessed diversified strength. Marshall and Dzenenko were pioneers in P/L. John attained most of his glory as a 198er - ditto Bob Lugin was another Texan who did it all. Money-maker alerted top contenders when he SQed 600 at the '67 S&H picnic. He was the first teen to BP 500 officially. The greatest feat I witnessed Terry do was a standing french press with 225. Verhagen did his O/L starting out much lighter. Rich Peters did some nifty lifting and now spearheads NASA.

Stahnecker, an O/Ler, tried P/L. I may have done much more officially than I could find. Roger Benjamin's deadlifting pulled him onto the 220 list. Cune but not forgotten is my friend Tom Eldridge. I wish he was still around to see his name among the bests of the Century. Doug Dillingham snatched himself into the final position.

Left you out? Send date, location, and documented proof of OFFICIAL lifts to me c/o this magazine.

NEXT MONTH: The final installment of the Century's top Supermen. The 242, 275, and SH classes were loaded with the doubly talented.

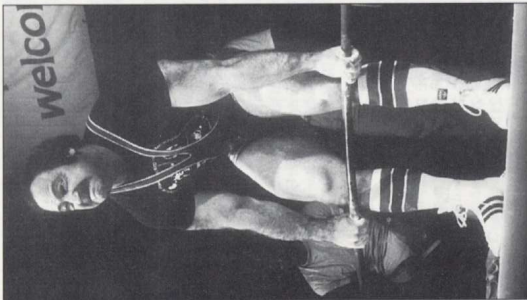
CORRECTIONS: To last month's Supermen of the Century ranking list include Jack Welch's 1780 Supermax total (1475) 503 and 370 600 (305) 125 180 at 148, and the corrected spelling of JUSTUS Owens in that class. Iain Burgess's name was also misspelled in the 132s, and it was Vance Huff, not H. Huff, who was #21 in the 148s. Max Peek reports 148 lb. Supermax lifts of 1755 (1305) 455 295 555 (450) 190 260.

George Frenn is legendary in the early days of powerlifting. John Davis was 8 time World and Olympic champ in W/L. He did his powerlifts in exhibitions in the early 40's, even before odd lift meets. Matz was an outstanding W/Ler and a super deadlifter from OH. Gerald Engelbert put Idaho on the lifting map. He made Powerlifting his second leg on his journey to stardom. You've read of Larry McWhorter in my story on him in PL USA - amazing resilience. His persistence paid off. Bill Starr was a full time weightlifter in the performance atmosphere to excel. He wrote *"Muscleturn"*. PA. He set a National DL record in 1968 although he never practiced the lift. Dzenenko was a P/L pioneer and one of the holders. Owens got bigger and stronger training with McCarty. Capsouras tried P/L just once. He became a world record holder in the clean and jerk in 1969 - 438-3/4 lbs. Larry Robinson was just plain all-around good. Schoellied was a dual-talented man from Oklahoma. Peanut West's innovative power training methods revolutionized our sport and inspired Louie Simmons to apply these principles to instruct today. Best was unquestionably one of the best. Kammerer was a Midwest Olympic lifter who diversified his talents. You name it - Overholzer tried it. Marshall was a famous name in both sports in the late '60s.

198s - Fred Hatfield not only rewrote the P/L record book but changed the course of P/L history. His scientific approach to our sport opened new doors. At age 41, winning the IPF World 220 title was, I believe, his crowning accomplishment. He overcame injuries and not only assaulted, but conquered the thousand pound squat barrier. He was and is admired and respected by everyone. Buddy Duke was a true Georgia Peach. He dominated in P/L and gave O/L a one time try in a John Coffee meet. Pacifico tried O/L before he became a powerlifting legend. I saw him do his greatest lifts and I was there when he lost his finger. Larry never used supportive shirts and was nine time world champ without them. A powerlifter extraordinaire - Paul Salisbury is one of few powerlifters who turned from P/L to W/L with great success - Sr. Nat'l champ in that arena. Steve Miller's motorcycle accident stopped his W/L career. He turned to P/L and blazed his way to two Srs. runner-ups. Kanter was good in W/L, but a Sr. Nat'l champ in P/L. His rivalry with Jon Cole and

Don Wise was a hometown lad who became the '73 Teenage National Champ in W/L. He could flat foot jump over a string 60" high - unbelievable! A great potential, had he wished it so, but he left it all at the ole fishin' hole. Bill Andrews was the Sr. National P/L champ in 1966 and earned everyone's respect as a talented Strength Athlete.

198s - Brad Weber is N. Dakota's finest. Dale Rhodes was first a Buckeye, then a Georgian. These days he's in Iowa, and still going strong. Newcomer was a tall bespectacled redhead from PA. He was a great quick lifter and a deadlifter of high rank. George Huber divided his eggs into two baskets. The Missouri O/Ler tried both sports. Tom Hirtz was once a fisher in the P/L Jr. Nationals. The snatch was his forte. Nobody has matched his lift since they changed the classes. Varrone in two divisions - among the best. Dick Judd from Columbia City, IN is Vice President of a plastics factory. He was '61 Jrs. champ in W/L and pressed 305 standing up. He was dubbed "Mr. Master," and his won of the few to ever defeat Larry Pacifico in P/L. Pereda ranks in three classes - superlative! Ralph Sessa, a top city P/L'er, could overhead lift, too. Jones made these O/L's long before he excelled in P/L. I might mention Jerry was a member of our CIWC team. I coached him when he won the '71 World Title, Arizona's Bob Williams was a powerhouse.



Steve Miller competing at the Hawaii Meet

in his hand in 1990, which now prevents him from maintaining a grip on anything over 600. It also curtails him from pulling heavy weights in WL. His official P/L total was 181 was on May 14, 1995, at an APF qualifier meet in Florida. Tony Fratto secured 3rd place. He was a good weightlifter who was a great powerlifter. Coached by Les Cramer, Tony became the 1972 World P/L Champ. I had to go back to the early lifts to discover that Ernie Frantz had overhead skill. Ernie was 1974 IPF World Champ. He now spearheads the APF. At the age of 60+, Ernie still SQs 600 plus! Dean Becker could double as a book alike for actor, John Saxon. A native Texan, Becker hit his 181 PL zenith at the '80's Srs. in Madison, WI.

Dennis Wright tried O/L way, way back when. I really had to dig to find it. At the age of 45, Dennis went on to become the 1984 IPF World Champ at 198. Louie Simmons doing overhead stuff? This was true - Captain Lou could do more than excel in P/L alone. His Westside club in Columbus, OH houses some of the strangest beasts in the land. Richard Klumac of Chicago was first a good weightlifter. These days he rates as a top Master's P/L'er. Check out that big DL! Crawford, 10th in this class, ranks among the best in Master's as well. The Toledo tank could always SQ a lot! Brad Weber is N. Dakota's finest. Dale Rhodes was first a Buckeye, then a Georgian. These days he's in Iowa, and still going strong. Newcomer was a tall bespectacled redhead from PA. He was a great quick lifter and a deadlifter of high rank. George Huber divided his eggs into two baskets. The Missouri O/Ler tried both sports. Tom Hirtz was once a fisher in the P/L Jr. Nationals. The snatch was his forte. Nobody has matched his lift since they changed the classes. Varrone in two divisions - among the best. Dick Judd from Columbia City, IN is Vice President of a plastics factory. He was '61 Jrs. champ in W/L and pressed 305 standing up. He was dubbed "Mr. Master," and his won of the few to ever defeat Larry Pacifico in P/L. Pereda ranks in three classes - superlative! Ralph Sessa, a top city P/L'er, could overhead lift, too. Jones made these O/L's long before he excelled in P/L. I might mention Jerry was a member of our CIWC team. I coached him when he won the '71 World Title, Arizona's Bob Williams was a powerhouse.

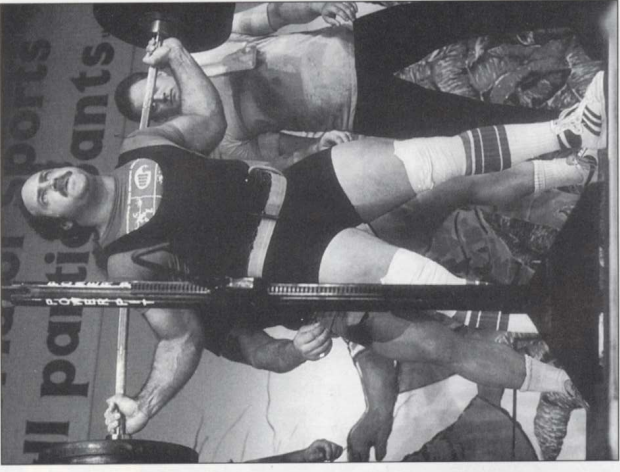
140, 215! Steve came away from this meet really tired up! The Annual Christmas Invitational meet in New Orleans in '68 arrived three weeks later. At 198, Miller won with 305, 275, 355, 935. He was off and running!

Earlier that year in August of '68, Steve tried his first powerlifting meet at the Region 4 Championships in New Orleans. He won 2nd place with a 450 SQ, 365 BP (LA regional record), and a 520 DL for 1335 total. He liked powerlifting so much that he continued to alternate his competition between the two different arenas of strength. His powerlifts increased at an astonishing rate. With this his overhead ability also improved. During 1969 at 198, Steve made the following lifts: 570 SQ, 425 BP, and 630 DL for 1625 total. This ranked him 6th in the USA for that year. In a Fall meet in Little Rock, Arkansas, Steve tested his new overhead ability. Weighing just over the 198 limit, he scored a 1000 total with 345, 280, 375. This result propelled him to be among the top dozen middleheaves in the country. Nothing could have looked better for Steve. He was on his way to the top in both O/L and P/L. Then fate dealt its blow.

One day while Steve was riding his motorcycle, a vehicle turned abruptly in front of him. He slid into the rear of a pick-up. The impact threw him over the handlebars like a catapult, and he hit the pavement - hard! Steve was hospitalized, and couldn't walk for 3 days. Luckily, there were no breaks, only bruises and edema. They drained 30 cc's of blood dots from his right side. It was quite a shock to his system. Two months had passed before Steve recuperated enough to resume light training. His O/L was never the same after that. Steve entered the 1970 Jr. Nationals for W/L in Brentwood, NY. At 198, he finished 6th with 300, 255, 345, 900. Steve was 100 lbs. under his pre-accident best, which certainly did not reflect his capabilities. Miller graduated from Northwestern State in 1971 with a Master's degree. He worked as the Assistant Dean of Students at Henderson College in Arkadelphia, Arkansas. While there, Miller resorted the Arkansas P/L record book setting records and winning titles. In 1972, Miller went to earn his Doctorate in Education from East Texas State University.

Now, it was his turn to do the pushing around. One of Steve's football teammates, and one of six graduating seniors, went on to become a gridiron great. His name is Terry Bradshaw!

Having grown up in a healthy home environment with solid family values instilled good character in Steve from an early age. Many of his peers found him to be so straight and "sneaky clean" that he was almost boring. Miller enrolled in Northwestern State University in Natchitoches, LA where he majored in Industrial Technology. During his Freshman year, Miller met Fred Martinez, a gymnastic coach. Later on, Dennis became a 181 P/L World Champ. Wright won their dual with 205, 150, 205, 560. Third at 132 was Don Jones of Broken Arrow, Oklahoma with 170,



On The Way to his biggest PL Total, Steve at the 1982 Hawaii Meet

competitive. While in training, I cleaned and jerked 400. My front squat was 365x3 at 198.

HG: What were your best competition lifts in P/L?

SM: At 198, I did all my bests: 672 SQ, 462 BP and 744 DL at the 78 Srs in LA.

HG: Regarding that competition, if you could relive it, would you do anything differently?

SM: (Laughs) Hindsight is better than foresight. Had I known this, I would have been very careful in making a better selection of poundages. I usually left my best lifts in the gym.

HG: What were your bests at 220 and at 242?

SM: On Dec. 1, 1979 I did all my bests at 220: 733, 501, 733 for 1967. At 242, I got 89 at HIPC 5 771 SQ with a 2039 total. On Jan 8, 1984, I made my best BP - 523.6 and DL - 760.6!

HG: Did you exceed these lifts in practice?

SM: Yes, I always overtrained. My gym bests at 220 were 810 SQ, 560 BP (ouch & go), and 775 DL.

HG: What is the most memorable event of your career?

SM: Lifting as a USA team member in the '78 Worlds. I was proud to have been part of our winning team.

HG: You lifted hurt. Did you think of dropping out?

SM: Never. I made up my mind that I would finish and do my best even if they had to superglue me together. I felt team success was top priority. I didn't want to let anyone down.

HG: You mentioned that you roomed with Terry McCormick there. Did you co-exist well?

SM: Perfectly! Cheerful, always positive, Terry was a great representative for the sport. What you see is what you get. He's a great role model and realized his dream to become a World Champ. We went together like ham & eggs.

HG: Mike Lambert commented in his 1978 Srs. write-up that you looked huge at 220.

Seniors competition in Houston, in 1983, Miller finished 7th at 242 hitting 733, 512, 733 for 1978.

Steve participated in the Hawaii International Powerlifting Championships in 1981, 1982, and 1983.

He thought Gus Rehwisch was a great promoter and always staged great competitions. On March 22, 1981, Miller weighed a bit over 220 and beat P/L legend, Marvin Phillips, on the comeback trail.

Their's was a close competition. Phillips took a big SQ lead of 799 to 705. Miller narrowed the gap in the BP of 518 to 451. Phillips owned the subtotal advantage 1251 to 1223, and Miller pulled 677 for 1929. Miller took the win with a 711 DL (1934) and made a close go to the 799 DL. In 1982, Miller was recovering from an injury. This left him uncertain as to what he is capable of. Miller entered HIPC No. 5, anyway. Snikkin ran away with the first place score of 2166.

Miller finished 3rd but did his best lifting ever in competition. At 239.1 lbw, Miller made: 711, 749, 771 SQ; 490, 518 BP and 672, 711, 749 DL. His total was 2039! Eight out of his nine attempts was quite uncharacteristic for Steve! A satisfying endeavor, indeed! Miller returned for HIPC 6 on April 5, 1983. He went against Fred 'DR. SQ' Hatfield at 242. Fred tore a quad during his opener 881 SQ and had to withdraw. Steve Wilson, like a runaway train, took first with 793, 556, 738 for a 2138 total. Miller attained 2nd place making 6 good lifts. He SQ'd 711 and 749 (missed 782). Miller BP'd 479, then 507, missing a P/R of 523. Miller pulled 683-733 and failed at 738. His final score of 1989 was not so shabby!

HG: Steve, you had a very successful career in both O/L and P/L. Which kind of lifting did you enjoy most?

SM: I enjoyed them both. Olympic Lifting was fun. It required more technical ability. I quit O/L in 1974 because there were a lack of helps in my area. Power training helped my O/L a great deal when I was doing them. I received a lot of encouragement from two top weightlifters that lived in the area, Bill Klock and Dr. John Gougeon.

HG: What were your bests ever in W/L competition and in practice?

SM: Weighing around 204 or so in a meet, I did 355 press, 280 snatch and 375 clean and jerk. They didn't have a 220 class in W/L then. I gaine away too much weight. I weigh 242 and can SQ 730. BP close to 500, and DL 660!

HG: With those kinds of lifts, why don't you compete again?

SM: Those shirts are unreal. I tried one on to see what it would feel like. I don't see how anyone

won the team championships, and Steve was glad to be a part of that great team.

The 1979 Senior Nationals were held August 18-19 in Bay St. Louis, Missoula. With the swelling temperature and the stifling humidity, it's no wonder the air conditioning blew a gasket. The lifters walked like tulips in the torrid heat. Steve entered at 220 and found himself going against the legend himself, Larry Pacifico! When it came time to DL, three top hopefuls found their hopes slipping from sweaty palms. Louie Simmons held runner-up spot until the deadlift.

Louie tore his bicep during his 677 opener, and one top gun was gone. Dennis Reed pulled up 722, then he was given the down signal. Before Reed could set down the weight, it exited from his slippery palms. Despite protests, the judges disqualified his lift. He tried it again, and missed. Finally, he tried 727, out of desperation, but to no avail. He lost his grip once again. Reed was out too. Chip McCain set a W/R SQ of 788, then he ripped his hand on his 749 DL starter. Along with Frank Casarone, McCain became the 4th to zero on the DL.

Steve lacked the incentive he had in 1978. He knew he couldn't beat Pacifico, but resolved to do his best. He took second place with 672, 496, 699 totaling 1868. With only 4 good lifts, Miller missed big attempts of 705 SQ, 507 BP, and 738 DL. Pacifico kept everyone on the edge of their seats needing three attempts to satisfy the judges with his 766 opening SQ. Miller recalls he could see no difference, depth-wise, in any of the lifts. Larry's 3rd lift got whites. It was a nightmare meet for all lifters in all of the classes. Even Pacifico doesn't have fond memories of this outing. Larry 2017! It was just another notch on Larry's belt in his climb up the ladder to immortality!

Steve lifted in four more successful Senior Nationals. He was undefeated to reach his former high placings. In 1980, in Madison, WI, it was another "hotbox". Miller survived and struggled to attain a 5th place finish at 220 with 727, 474, 699 for a 1901 total. The bombout bug struck at Corpus Christi in July of 1981. He moved up to 242. There, Miller made a 744 SQ after having missed an opener. He then failed a big 782. The benches were his Waterloo. They just didn't go right for him that day. He missed 479, then 501 twice, and that was that. At the 1982 Seniors in Dayton, Miller was ready to do something big, but he started too high in the SQ with 755. Three strikes and he was out. In his 7th and final

Miller pulled a groin just before going aboard. He was determined to do his best for the team. When the 198's took center stage GBR's Eamon Toal managed a 639 opener. Miller made his start here. It was a good lift, but he re-pulled his groin. Unto Honkonen - FIN managed 650. Anello lifted 655 after missing his 2nd try. Conny Nilsson, the stocky Swede, posted his starter-661. Miller tried it for his 2nd, and dumped it forward. He passed his 3rd attempt. Nilsson manhandled 683 to take the lead. He also got 694 after the clock had expired. Nullified! The backroom was cold as a tomb, and Steve pulled his pec while warming up. He moved his grip in and cautiously recorded three onsets: 386 - 402 - 418. Top seeded American at 165, Rick and Anello were to battle for top

Finally, Jerry got a W/R 766, and looked eager to lift more. After his tremendous start, Jones fell behind -402! Cash popped a P/R of 418! Anello topped out with 446. Miller opened at 463. He blew it up confidently. Esteep stroked 479! Steve boldly jumped to 490! He missed twice. It would come back to haunt him. The subtotals were as follows: Jones (1135), Esteep (1157), Miller (1135), Cash (1102), and Anello (1080).

The DL separated the men from the boys. Jones hauled 694, but 716 was a bit too much - 1862! Esteep managed 672 and was 4th at 1829. Cash pulled 688 and tried for the silver. He failed. 760 could have moved Jones out of 3rd! Miller and Anello were to battle for top

position. Steve pulled himself into first place elevating a 2nd attempt 744. He had 1879, and knew nothing was assured, with Anello capable of a monster pull. Steve tried 760 unsuccessfully, and watched Anello go after him. Anello ordered the winning number of 799. It was nearly up when his grip popped loose.

The Toledo Torpedo launched himself again! Up it went. Were his shoulders back? Down came the signal - passed! Vince had won! There were those who questioned the lift, but it was too late. Anello subsequently pulled 815. Not fully erect, and Esteep started at 677 with his muscles bulging in bold definition. Roger went to 699 and made it on his last try. Someone challenged his gear. Miller tried 699 hoping for an advantage. It was a big gamble. He missed twice! Starting after everyone else finished, Jerry Jones, the squatmaster from MN, cranked off three monster dunks. He achieved 705, and 744.



Steve toughing out a deadlift at the 1978 IPF Worlds in Finland (Fitton)

Gaugler, had zeroed in the SQ as Reed, in the DL. Steve was hurting all over, but felt obligated to finish up. He didn't want to let the team down. Nilsson pulled 661 and made a P/R of 1719 total for SWE. He got 5th place. Honkonen was happy with 683 which brought him into 2nd with 1774. Miller and Toal struggled with 694. Steve had set overtake Honkonen for 2nd. Toal tied for 2nd and hoped to push Miller out of the medal ceremony with 733. No go! Anello put his unique back to work and led his title with 705. Next came 749 - a disappointment, but he accepted the decision. He'd made only 4 lifts. If he had made all of his attempts, he would have had 1912! A better choice of poundages and he might have won. Miller was selected as a member of the USA Team for the IPF World Championships to be held in Turkey, Finland.

In 1978, the Seniors were again in CA! This time in Los Angeles. The star-studded lineup included Jerry Jones, former Sr. Nat. & World Champ; Roger Esteep, a muscular phenom; Jim Cash; and Vince Anello, the super DL'er from Toledo, OH. Anello was in top form, but very wary about his competition, especially Steve. Vince SQ'd 633, but twice missed 677. Cash had had luck. He got 650. He also made 672. Unfortunately, a spotter touched the bar, disqualifying his lift. Steve pumped 672 for an opener, and Esteep started at 677 with his muscles bulging in bold definition. Roger went to 699 and made it on his last try. Someone challenged his gear. Miller tried 699 hoping for an advantage. It was a big gamble. He missed twice! Starting after everyone else finished, Jerry Jones, the squatmaster from MN, cranked off three monster dunks. He achieved 705, and 744.

Steve Miller's first major title in P/L finally came on July 3, 1977! It was a celebration, indeed. Steve turned on his own personal fire works display a day early. He won the Jr. Nationals in P/L. Those who defeated real like a 'Who's Who' of P/L stars: Keith Boyer, Louie Simmons, Paul Love, and Mark Dimiduk! All of the aforementioned succumbed to Miller's mighty strokes of the following: 625 SQ, 465 BP (meet record), and a 640 DL for a 1730 total! A few brews at the local pub afterwards confirmed a long walked revelation. Finally, it was 'Miller time'!

Steve decided to enter the Sr. Nationals which took place on August 21, 1977 in Santa Monica, CA. Steve SQ'd 639 but had BP difficulties. The designated handoff man was inept. Miller opened at 457. A lopsided handout threw him off. His second attempt resulted in the same problem. This time he got hung up on the other side. Other lifters complained. The spotter was removed. (Known bodybuilder, Dave Johns (now deceased) volunteered to assist Steve on his final try. It was an easy lift with a perfect lift-off! Steve finished his day with a 661 DL for a 1758 total. This gave him a 3rd place finish in his first Seniors. Pacifico won, and Esteep 2nd.

In 1978, the Seniors were again in CA! This time in Los Angeles. The star-studded lineup included Jerry Jones, former Sr. Nat. & World Champ; Roger Esteep, a muscular phenom; Jim Cash; and Vince Anello, the super DL'er from Toledo, OH. Anello was in top form, but very wary about his competition, especially Steve. Vince SQ'd 633, but twice missed 677. Cash had had luck. He got 650. He also made 672. Unfortunately, a spotter touched the bar, disqualifying his lift. Steve pumped 672 for an opener, and Esteep started at 677 with his muscles bulging in bold definition. Roger went to 699 and made it on his last try. Someone challenged his gear. Miller tried 699 hoping for an advantage. It was a big gamble. He missed twice! Starting after everyone else finished, Jerry Jones, the squatmaster from MN, cranked off three monster dunks. He achieved 705, and 744.

The ability to understand, develop and incorporate dozens of different movements and exercise variations for each body part into your workouts will provide you with a tremendous stimulus for continual improvement. I have believed strongly for a long time that this is a major cornerstone to reaching one's true potential. Also believe that the basic potential to reach one's true potential is a simple approach of not over-training, is what the beginning lifter (first 3-4 years) needs. Standard multiple muscle group core movements, as expounded over the years by Ken Leistner, is what all lifters should cut their teeth on when starting out. This approach will ensure that the lifter doesn't overtrain and will give him a chance to pound out thousands of reps on the most productive exercises. Because of this, the lifter will have the opportunity to really hone his technique and build the skill acquisition to perfect his form on the competitive lifts.

The intermediate and advanced lifters should consider the following tip. The greater the arsenal of lifts at your disposal, the easier it will be to stimulate your improvement in strength. This will also keep your routine mentally fresh and exciting. With dozens of PR's available to shoot for with each body part, you can provide yourself with plenty of goals and standards to achieve. As powerful a tool as this is, one must have a true understanding of the concepts behind the movements and routines, or else it becomes a detriment that will only impede one's progress. Great variety and multiplicity can truly unlock your strength if used properly. However, you must develop an awareness and understanding on how to use the hundreds of exercises at your disposal.

VII. MOVEMENT-SPECIFIC EXERCISES

When it comes to peaking your strength for an IRM come meet time, you must provide yourself with movements that have the greatest carry-over to the three competition lifts. Failing to do so might provide you with great strength, PR's and maximum muscle mass as you improve certain assistance exercises. If there is no residual effect to the platform, however, then you are spinning your wheels. As an example, you may be pushing 1500 lb. on the leg press. Yet, with the bar on your back, the synergistic muscles that contribute to the lift, coupled with balance and the ability to lock your back in position, were not activated through the leg press. Therefore, you are unable to use the strength acquired through the leg press at this time.

This doesn't mean that the leg press is a bad movement or that it

TRAINING

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



Scott Warman preparing for a big squat at the 87 USPF Sr. Nationals

doesn't have a place in training. Rather, in the final phase of meet preparation will it only do you more harm than good. Basically, doing so takes away your recovery. Always remember that strength is a very specific entity. You have to build strength in a very similar motor pathway in order to activate any carry-over. Ask yourself how many world champions in the sport of weightlifting could match the numbers that the world champions produce in the sport of Powerlifting without specific training? The answer is none, and it will always be that way. That doesn't mean, of course, that the world champion weightlifters with specific training for powerlifting would not set a new standard in the powerlifts if they so desired and trained with that intent. The same rationale applies to the powerlifter with sport of weightlifting training for the sport of weightlifting. Given that Kirk Karvovskii, Shane Hamman, Dan Austin, Steve Coggins or any of several dozen of our best strength athletes in power-

lifting began their quest in weight lifting during adolescence with structured training for the sport, combined with excellent coaching, and there is no doubt in my mind that they would also be representative of the world's best in weightlifting as well.

What we need to learn from this is to pick our exercise wisely, especially during the last 6-8 weeks before meet times. I can remember during one training cycle when I placed seated cable deadlifts as one of my main movements. This was to complement my competition style dead lift. There is no doubt in my mind that I developed great strength in this exercise. Yet, the carry-over that wasn't there as I only made my opening lift come meet time.

The solution is to find those movements that impart the greatest translation to platform strength. Ninety percent of the time those exercises will come from movements that very closely resemble the main lift and, at the same time, reinforce your weaknesses. Thus,

when it comes to the squat, if it isn't performed with an olympic bar, then you need to spend very little time and energy on them. That doesn't mean not to do them, only that you work them in moderation and down the stretch don't expect to build your meet squat with them.

VIII. EQUIPMENT APPAREL
Make no mistake about it. If you choose to compete in powerlifting today and don't use the equipment, then you are giving your opponent a staggered start in the race for the best total or lift. It doesn't matter if you agree or disagree with today's equipment controversy. It remains a constant as long as the rules stay as they are. In order to stay on an even playing field, you have to understand how the equipment works and develop a methodology on how to incorporate it with your workouts. One of the biggest mistakes is to wait until the last few weeks - worse yet - until meet day, before you wear your equipment. If, in fact, you manage to avoid disaster and not bomb out or get injured, then you certainly fall far short of obtaining your best results because of lack of practice.

The mechanics of the lifts which involve positioning, balance, optimal leverage, performance, and confidence are based upon the consistency of duplicating the lifts the same exact way each and every time, regardless of the amount of weight on the bar. Ed Coan's WR lifts are performed the same way as his training work sets. When you are not used to a different piece of equipment or a particular fit, then expect impairment in performance.

The bottom line is that from 6-8 weeks out, you should be doing and wearing everything just as you would be on meet day. Changing to new or different knee wraps, different shoes or belt, tighter straps, different material or company, etc. will only create problems. Expect-ment and make any adjustments or changes early on, and develop of consistency and understanding of your equipment appear at that time. It will always pay off on meet day.

CONCLUSION

Hopefully, this four-part series on troubleshooting meet preparation has given you some new insight. Perhaps, I've offered you a different perspective regarding the mind set necessary to analyze and work through the challenges which confront all powerlifters when it comes to meet preparation. The answers are there if you are willing to approach your sport with an analytical inquiry and take the time to study where you have been and where you want to go. Never give up and keep searching for a better way.

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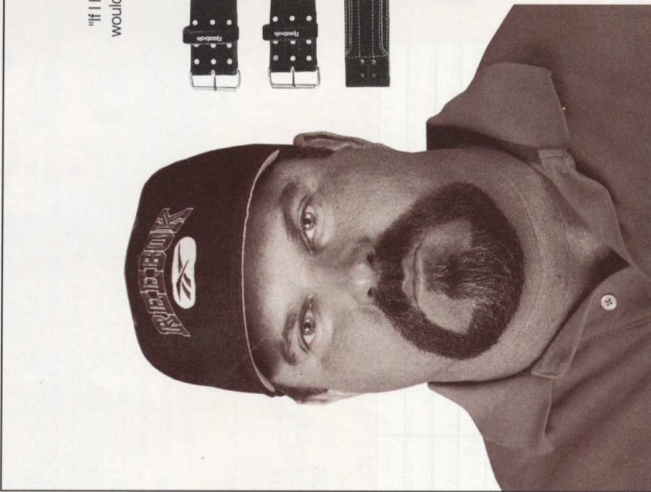
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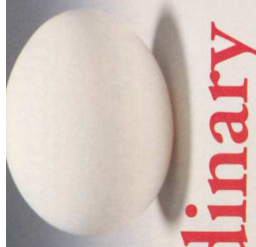
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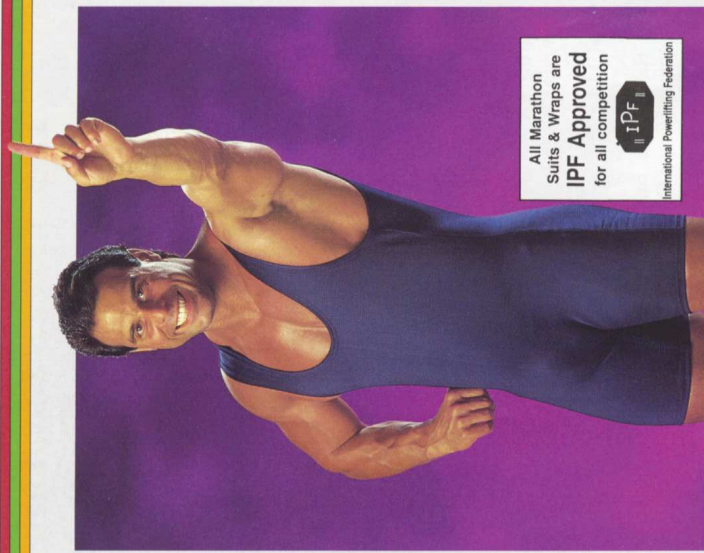
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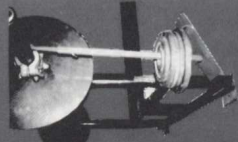
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Diagram 1



Diagram 2

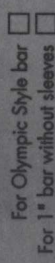


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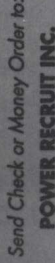


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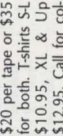
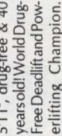
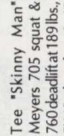
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A.D.F.P.A. Corner

The ADFFA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFFA and drug free powerlifting. Your work keeps the organization going!

The new editor of the ADFFA Corner is Craig Safran, an Executive Committee member. Craig is also a meet director and a national competitor. He brings enthusiasm and new ideas to promoting the ADFFA and drug free powerlifting. Please send articles and information to him at P.O. Box 4065, Bayside, NY 11360. It's been a pleasure working with you, ADFFA members. Thanks for your support, Stephanie Whiting.

1996 ADFFA NATIONAL MEETINGS

The ADFFA National Meetings will be held in the following cities: Friday, November 8, 5:30 - 7:00 pm CST, at the Airport Hilton, St. Louis, MO. All agenda items and bids for the 1997 National Meetings Championships need to be submitted to Dennis Green at the above address also postmarked no later than October 25th. The 1996 ADFFA National Meetings Championships will be held November 9th and 10th at the Airport Hilton, Mike Cassell and his very capable staff will direct the meet. All age group / weight class winners will automatically qualify for Masters Team USA at the 1997 WDPFF.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFA Master's	A Total in a Sanctioned Meet										
ADFFA High School	A Total in a Sanctioned Meet										

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

The qualifying period begins Jan. 1 of the year before the particular national meet. All qualifying totals must be done in an ADFFA sanctioned meet" Andrea Sortwell

running at <http://www.adffa.com>. Check it out!

WDPFF UPDATE by Judy Gedney. The WDPFF World Records Package has been updated. For a copy of the COMPLETE WORLD RECORDS PACKAGE, send your request with \$1.60 worth of stamps to the address given below. For single weight class records, send your specific request with a stamped, self-addressed envelope to: Judith M. Gedney, WDPFF Secretary/General, Brophy Hall, Western Illinois University, Macomb, IL 61455. WDPFF Logos: Beautifully designed and available at a cost of \$6.00 per emblem. The logo is approximately 4 inches in diameter and includes flags of past and present member nations. To order, send your request with check made out to the WDPFF in payment of \$6.00 per emblem to the address above.

Powerlifting and Diabetes by Cyndi Regan, ADFFA Drug Education Director. "Question? What type of diet are you on? What medication are you taking? What supplements are you using?" In answer to your questions about diabetes, first, I am working with an internal med specialist and a registered dietitian. What they have done is to institute an eating regimen of 5 meals a day and snacks. It goes like this. Breakfast, one half hour before I eat I take my Glutator X15 tablet for

A.D.F.P.A. Corner

you didn't do your homework. This is especially true for anyone who has a medical condition. Buyer beware! The American Diabetes Association (there is an affiliate in most major areas, check your phone book or call your public library) has some excellent food and calorie info. The American Diabetic Association and the American Dietetic Association have a Family Cookbook that talks in part about food and exercise. Again, let me reiterate, check with your doctor or nutritionist (please keep in mind, doctors more than likely will want you to keep your caloric intake lower than you would like, you need to work with your doctor, he needs to be educated to help what you are doing in order to help you reach a goal - safety). The cookbook I was talking about is published by Prentice Hall, Inc., Englewood Cliffs, New Jersey. As a diabetic, I have had to make some changes in how I used to eat, but that has also helped me in lifting because now I am using the rule that my body takes in to do the lifting rather than using my body as fuel and not being about to do the best. When you do not produce the insulin necessary in your body to feed the muscle you lose it out the body in waste. I hope this helps. Cyndi

ADFFA GYM AND COACHES DIRECTORY
All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, (813)687-6268, Owner: Louis Balz
American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, (310)963-1308, Coach: Sherry Houston
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
Bozzo's Gym, 12 Broadlawn, Andover, OK 73401, (405)226-5438, Owner: Stacy Green
Brown's Gym, 611 S. State St., Clark 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., Shallice, NC 28459, (910) 754-2772, Owner/Manager: William Mark Juntas

Curting 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, (313)443-0412, Coach: Frank Das

W. Oxford Ave. Denver, CO 80236, Coach: Eddie Canzoa, (303) 761-2241
S & M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881, Owners - Susan & Mark Mosinger
Sportsplex, 72 Rt. 9W, New Windsor, NY 12553 (Orange County) 914565-7600, Coaches-Jacqueline Davis & John Grogan

Strength and Power Productions, Competition/Set-Up/Platforms-Seminar - Audio - Announcers, 15213 Santa Gertrudes, La Mirada, CA 90638, (714) 994-5198, Charles LaMunta
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 McQuinn, Bob Gramko 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. Mangiotta, ADFFA Contra Costa Representative
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 ADFFA Gym and Coaches Directory was created in order to provide individuals with a listing of ADFFA affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner or a coach or lifter who trains at that facility. The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can provide training and meet information. It can also help if you're traveling and need a place to train.

To get your gym in the directory, send your ADFFA team's name and membership number or coach/owner name and ADFFA number, along with \$10 payable by check or money order to the ADFFA and sent to Craig Safran, PO Box 4065, Bayside, NY 11360. Present members will be listed through October 1996. Any gym applying to the ADFFA Directory before December 1996 will be listed through December 1997.

Pacific Power Outlaws, 452 A Street, Daly City, CA 94014, (415)992-1114, Coach: John Ford
Payne's Gym, 520 S. Main St., Henderson, KY 42420, (502) 826-8354, Coaches: Pat Payne and Steve Conum
Powerbuilders Gym, 1953 Lansing Ave., Jackson, MI 49202, (517) 782-6437, Jim and Susan Douglas
Power PH Gym, 1763 Arrow Ave., Bronx, NY 10469 - 3326 (718) 379-9823 Coach: Felicia Frestan & Eli Stern

Pro Fitness Powerlifting 1995 National Champions, 350 Rt. 46 East Rockaway, NJ 07866, (201)627-9156, Owner - Joe Morreale, Coach - Ray Benvenuto
Saltburg Fitness Center, 785 Poplar Way, Saltburg, PA 15681, (412)639-9863, Owner: Dennis Urban
Scrap Iron Gym, PO Box 190, Phoenix, NY 13135 (315)695-6975
SAR20Q@aol.com, Owner: Jim Carol
Serious Members Gym, Inc., Edit 118 Rts. 17, Fair Oaks, NY 10940, (914) 343-0412, Coach: Frank Das
Sheridan Recreation Center, 3325

RESPONSE to the RESPONSE

Upon returning from the APF Sr. Nationals I was in a quandary. I'd been supportive of this organization and praised its improvement in judging since I'd observed flagrant rule violations ignored at the 91 WPC Worlds, and later at the 92 APF Teen and Masters championships. Some of the problems of our sport had resurfaced thereafter which prompted me to write my article entitled, "POWERLIFTING HAS BECOME A MOCKERY OF STRENGTH". Up to this point, others had mildly touched on these issues in a candy-coated way so as not to alienate or offend anyone. I thought my addressing these issues would shed some light on the realization of the seriousness of the problems. Some took note, others didn't. Many got tired of my "bitching" for over a year as I was accused of excessively praising the APF, while criticizing the IPA's differently interpreted "SQ" rule. The bottom line was that this deviation from the norm allowed squats of heavier weights to be executed, passed and qualified for the TOP 100 or All-time listings. Since this was unfair to everyone else drastic measures were taken. Squats and totals were thereby declared to be unacceptable for inclusion because

media can make or break mighty nations. Or, it can be used to do a world of good. The latter is my objective and it (believe it or not) is working. Three other PL USA authors have also addressed our critical problems. Speaking in general, or getting down to brass tacks, the latter addresses the matter.

Steve Goggins' letter was well thought out and well written. Steve is correct in everything he said. I recognize both him and Wessels as remarkable athletes. I believe they now realize that I have no bias or partiality for either. I pray for all athletes to do their best. I pray for the success of all superstars or novices, big or small.

Opinions are indeed like a nose. Everyone has them. Steve's reputation is so good to be tarnished by a different opinion. I hold both him and Wessels in high esteem. They are both remarkable strongmen. I bragged to high heaven about Steve's 1003 SQ at the 95 WPC Worlds. It was PERFECTLY EXECUTED, and I said so. I saw he and Willie's big dunks in Atlanta as inadequate, and I said so. I'm sure that Goggins will go to South Africa. While there, I have no doubt Goggins will bring himself up to his highest performance under the strictest scrutiny. He'll deliver like the champion that he is. I'll be there to see it and share in his exuberance. By then, the 1032 lift will all be forgotten. Everyone (especially me) will be caught in the joy of the moment.

Now, I'll address the brickbat from Tony Skidland. I did not injure to Willie Wessels by calling the depth of his APF Sr. squats "as I saw them." I believe I did him a great favor. I've heard from reliable witnesses that at the Las Vegas meet, in August, Wessels put 959 right "in the hole" and stood. It proves that Willie CAN GO REALLY LOW.

This is a lift we are all proud of. GOOD SHOW! Yes, I chided Norm Shackelford but I didn't insult him. Credited with a 715 SQ at 148 before Atlanta is a bit too much to swallow. This is my opinion, especially after seeing Norm unable to reach parallel with his opening 600 and doing "dipply-do" with 716. In all fairness to Norm, I believed he was wearing too light of an SQ suit which may have inhibited his ability to make a better effort. If you reread my article, you'll see a misprinted word key-boarded. I said his suit was too CONSTRUCTIVE, not CONSTRUCTIVE (a printing error). Like Norm and want to see him do a LEGITIMATE big SQ, in regards to my "groping at straws" reference to the SQ depth at the Grand Rapids meet, I don't think so. If you don't LIKE MY NEWS, then

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TIGHTEN THE SCREWS

The comment I made describing Diom encouraging Wessels was totally misconstrued. If you reread the article, the last paragraph mid-way on page 14 in the August issue, you'll note I wrote that Diom had yelled herself hoarse. Four sentences later I commented that she was "barking like a seal from the sidelines." If you yell yourself hoarse and continue to stress your already strained vocal cords, does it not sound like the barking of a seal? Of course it does. Certainly no offense intended. I do admire Diom's support of her man and I do apologize to both she & Willie if my comment was taken any other way. It wasn't my seed of doubt which was planted by me that caused Heisey to miss his 931 DL. He missed the lift just before locking out because the thick calluses on his hand ripped loose. I'm certain that Gary does not blame me because he missed the lift. It was destined to happen and did. I said to him the night before that I regarded him as History's strongest dead-lifter. Any advice I may have given him was because I wanted him to do well. C'mon, give me a break!

I praised Contessore with my mention of his great BP achievement. Furthermore, I stated I thought he was trying to depend on

far fetched equipment to lift 44 lbs. more than I thought he could lift. Is that insulting? I don't think so. I did not target Chris with my generic statement, WINNERS, CONTENDERS AND PRETENDERS, and call him a pretender. If anyone in particular is especially offended by what I might have written, it substantiates the fact that sometimes the TRUTH DOES HURT! Am I a jerk for a spokesperson? Some may think so. If writing the facts in a direct approach is a bitter pill, don't swallow, cough it up! To Lynn Boshoven I ask, are there BAD HABITS in GRAND RAPIDS? I note her recent big lifts as well. Not to infer hers were not performed in an exemplary manner. To anyone particularly chagrined, I suggest borrowing Marty Gallagher's byline TAKE A CHILL PILL, and then have a GOOD LIFT. Addressing each issue head on seems to be the best way. --- HERB GLOSS-BRENNER

EDITORIAL NOTE: To dispel any doubt concerning recent innuendos, Herb has been active as a competitor and official in P/L since its inception. I'll list a few of his accomplishments: His State, Regional and National competitions when there was only one organization (not several as there are today) the AAU, from 1965 through 1979; 3 times Indiana Open State Champion; 1965(123), 1970(148), 1971(148); 2 times Region 6 champion (IN, IL, OH, MI, WI, KY) 1971 @ 148, 1979 @ 165, 1970 @ 148, 1974 @ 165. He competed 4 times in the Junior Nationals-1965(4th @ 123), 1963(7th @ 148), 1969(6th @ 148), 1971(12th @ 148); Herb lifted in 3 Senior Nationals: 1971(5th @ 148), 1973(5th @ 165), 1975(7th @ 148). Best total in competition (raw - no suit, no shirt, no wraps, no belt) was 1245 (455, 275, 515) January 1974 at the Lexington Open. Lifetime best lifts @ 165, 512 SQ; 315 BP; 540 DL in 1981. He's been in 212 PL competitions over 30 years.

Concerning officiating capacities, he got his National Referee's card in 1968, and his Category 2 International Card in 1971. Herb officiated at the Juniors, Seniors, and at the first two AAU World Championships. Herb's competitive ability in O/L has been even more successful. He obtained his IWF Category 1 Referee card in 1984, won the USWF National Masters Title 5 times - 1983 - 84 - 86 - 87 - 88 and was runner up in '85. He won the IWF World Masters title in Salinas, Puerto Rico in 1987 (45-49 age group). He also won the AWA National Masters title 5 times. Herb also was meet director for many state and open competitions when living in Indiana (both Power and Olympic)

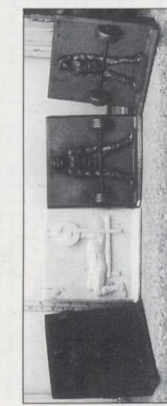
THE FOLLOWING ARE A FEW LETTERS THAT HERB HAS RECEIVED:

Dear Herb,
First of all, I just wanted to say thank you for attending the 1996 APF Sr. Nationals here in Atlanta, GA. Second, I wanted to say, it was an honor to finally meet you personally. From speaking with you, Herb, I can tell that you are interested in the integrity and well being of the lifters and the sport of powerlifting. I commend you for those qualities. We hope to see you again at next year's Nationals. THANK YOU! --- Curtis Leslie, World Champion Powerlifting

Dear Herb,
Just a note to say thank you for remembering me in your articles from time to time. It's great when people call me and say it was good to read about you again. I think there are several hundred people that sure do miss the 70's when the sport was correct. I don't know anyone who thinks the sport will survive much longer. If powerlifting is to go on, many changes need to be made and fast. Television thinks our sport is a joke, or something close to Professional Wrestling without the spectator appeal. They can't

believe that we allow the bench press shirt or the squat suits. They also don't understand why anyone would sit for 10 hours to watch a competition.
Here are the changes that need to make the sport popular again. 1.) Get rid of all support devices except belts and wrist wraps. 2.) Eliminate the squat. 3.) Make all contests 7 lift wild card competitions. 4.) Cut the competition to the following classes: 135, 160, 185, 210, 235, 275 and super. Seven classes is plenty. If a guy complains he can't get his weight up to 135 then he should play chess. The classes would change of course, for women.
People say drugs are the problem in our sport. (Drugs are the problem in every sport). First, we need to get the sport exciting and popular before anything else can happen. The average person who is not a fan laughs at powerlifting after they see what we go through before the squat and bench press.
Now I see that a deadlift suit has been designed so we can take our real strength in all 3 lifts. The real problem here is the money men who sell the suits and shirts. WE NEED TO FACE THE FACTS HERE AND STOP THE INSANITY. It's true that I used to sell the suits and the shirts and the wraps. But I stopped because it became a

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joke and it's still a joke. I couldn't do it any longer.
Keep up the good work, Herb. I have known you for 20 years and it's going to take guys like you, and a few others like you, who really care to bring the sport back. Cheers! --- Larry Pacifico

Dear Herb,
I wanted to let you know that your exemplary performance as the PL USA statistician makes a significant difference in the lives of your readers. Many of us eagerly look forward to your features each month (top lifts of all time, etc.). I, personally, can't begin to count the number of hours I've spent studying and memorizing them. If you ever decide to retire, let me know, because it is the "dream job."
Secondly, and most importantly, I'd like you to know that I really appreciate and enjoy reading your most commentaries (i.e. 1996 APF Seniors). Your innovative style and brash analysis is welcome and refreshing. Since the vast majority of dedicated fans don't have the financial resources to travel to the top level national competitions, you serve as the eyes and ears of our passion. We appreciate knowing what really happened, not just what's on the scoreboard. Keep up the good work! --- Kevin Etienne

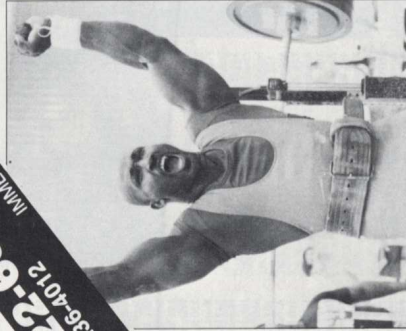
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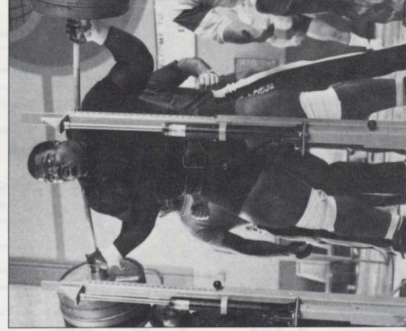


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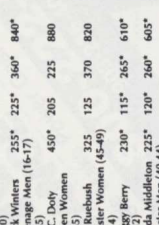
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ANPPC World Cup 20 Jun 96 - Tuscola, IL

Table with columns: lifter/class, age, sex, total, etc.

Ken White squats 630 at 242 at the ANPPC World Cup (D. Latch)



Ken White squats 630 at 242 at the ANPPC World Cup (D. Latch)

World Cup Team Champions - Son Light Power, left to right, Steve Vollmer, Rich Douglas, Linda Middleton, Dr. Darrell Latch (D. Latch)



World Cup Team Champions - Son Light Power, left to right, Steve Vollmer, Rich Douglas, Linda Middleton, Dr. Darrell Latch (D. Latch)

2nd Annual Chapel Classic BP 23 Jun 95 - Shelbyville, WI

Table with columns: lifter, weight, total, etc.

After adding an easy 680 deadlift for another state record, Steve Vollmer finished out with a clean and jerk lift of 260, his best in ANPPC history, and the best lift in the history of the competition...

USPF South Texas Powerlifting 1 Jun 96 - Seguin, TX (kg)

Table with columns: lifter, class, squat, bench, deadlift, total, etc.

20 Jun 96 - Seguin, TX (kg) Table with columns: lifter, class, squat, bench, deadlift, total, etc.

APA Tri-State Bench Press 20 Jun 96 - Brunswick, GA

Table with columns: lifter, weight, total, etc.

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3rd World Gym Bench Press 9 Jun 96 - Glenolden, NJ

Table with columns: lifter, weight, total, etc.

3rd World Gym Bench Press Table with columns: lifter, weight, total, etc.

198 Masters 40

Table with columns: lifter, weight, total, etc.

198 Masters 40 Table with columns: lifter, weight, total, etc.

150 90 170 410

Table with columns: lifter, weight, total, etc.

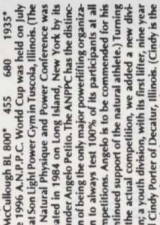
150 90 170 410 Table with columns: lifter, weight, total, etc.

Mention, owner of the Texas Muscle and Fitness

Mention, owner of the Texas Muscle and Fitness... Stores, won the 181, Gilbert Moreno, Seguin, won the 220 with a PR 524. Vernon Roberts, Dallas, took a 220 with a 275.5 bench press...

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USPF South Texas Powerlifting 1 Jun 96 - Seguin, TX (kg) Table with columns: lifter, class, squat, bench, deadlift, total, etc.

150 90 170 410 Table with columns: lifter, weight, total, etc.

Mention, owner of the Texas Muscle and Fitness... Stores, won the 181, Gilbert Moreno, Seguin, won the 220 with a PR 524. Vernon Roberts, Dallas, took a 220 with a 275.5 bench press...

POWERLIFTING USA BACK ISSUES

Jun/92... Baddest Bench in America, ADPPA Women's Heisey Deadlifts 925, DASH Hawaii Meet 'Love' by Dr. Judd, TOP 100 220s, ADFFPA TOP 20 220s, Nov/92... IPF World Jr/Masters, Stretch & Release, Negative Thinking - Pl. I, Steve Sciapili Deadlift Workout, TOP 100 125s, ADFFPA TOP 20 220 list, May/93... NASA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFPA TOP 20 125s Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFFPA TOP 20 181s Sep/93... ADFFPA Men's Nationals, NASA Grand Nationals, Female Conferences, O.K.C., Craig Tokarski Seminar, TOP 100 114s, ADFFPA TOP 20 198s Oct/93... APF Seniors, NASA World Cup, Grant Pills Profile, ADFFPA DL Nationals, Rest Intensive, Anthony Clark Benchers 735, Doug Ortiz Bench Workout, Reverse Grip Benching, TOP 100 132s, ADFFPA TOP 20 242s, Dec/93... WDFFP Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, How Squat, Cycling Systems, TOP 100 165s, ADFFPA TOP 20 SHWs, Reverse Hyppers, How Often to Bench, TOP 100 148s, ADFFPA TOP 20 275s Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Myling Systems, TOP 100 165s, ADFFPA TOP 20 SHWs, Feb/94... Drug Testing Methods, ADFFPA National Masters, Malibu Classic V, Greg War- BP Workout, Hernia Surgery, TOP 100 181s, ADFFPA TOP 20 114s Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFFPA TOP 20 123s Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Payching Out, WNF Worlds, TOP 100 220, ADFFPA TOP 20 132s May/94... USPF/ADFFPA Collegiate, USPF Jr. Nalls, IPF World Bench Press, Budweiser, Record Breakers, Fluids, TOP 100 242s, ADFFPA TOP 148s Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFPA TOP 165s Jul/94... USPF National Masters, Ricky Crain Profile, Lower Back Training, Mike MacDonald Bench Suzuki, TOP 100 SHWs, ADFFPA TOP 20 181s Aug/94... APP SR's, Paul Leggett Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFFPA TOP 198s Sep/94... ADFFPA Men's, USPF Men/Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Photochemicals, TOP 100 123s, ADFFPA TOP 220s, Oct/94... Paul Anderson Tribute, IPF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The AGE FACTOR, TOP 100 132s, ADFFPA TOP 242s Nov/94... WDFFP Worlds, Goodwill Games, IPF Mockery of Strength, Craig Tokarski Interview, Isoometrics, TOP 100 148s, ADFFPA TOP 275s, Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s Jan/95... WPC Worlds, IPF Worlds, IPF Worlds Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s Feb/95... World's Strongest Man/Comet, Jesse Kellum Squat Workout, Willie Williams '05 Bench Press, Video/Computer Technology, TOP 100 198 lbs, Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s, May/95... Mike Bridges, Jamie Harris' WPC Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McQuillate Squat Workout, TOP 100 275s Jun/95... Antonio Karwoski Interview, Successful Deadlift Strategies, Elite Level Adaptation, Greg War Interview, Curt Leslie Bench Workout, TOP 100 SHW Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmares, Aloa Versa for Training, Off Season Hints, TOP 100 Flyweights Sep/95... TRIPLE SENIORS ISSUE ADFFPA/APP/USPF, How to Use Creatine, Chris Casson Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level 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, NASA World Cup, TOP 100 165s Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stein Profile, 6 Week Peaking Routine, TOP 100 181s Jan/96... IPF/WPC/WDFPF World Championships, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s Mar/96... TOP 200/Women's/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice, Apr/96... Big Bench Press News, Pl. v. P. Wrestling, The Unknown Strength Coach, Casey's Lulu - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s, TOP 10 Rankings - 'Chain' Reactions by Mike Simmons, TOP 100 114s, May/96... James Henderson, 3 Biggest Mistake Powerlifters make, Preventing Catabolism, Relief from Pain, Reverse Hyper Workout, TOP 20 275s Jun/96... ADFFPA Women's, WPA Worlds, Subtotal Superman, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW LIST THE ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES), MAKE OUT A CHECK (PUSH IN ENVELOPE) 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.

Table with columns for Name, Title, and various classification details.

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person who totaled was Alex Taylor, with a 600 DL and 1515 total.

We had only one SHY who unfortunately bombed in the squats. Although, we are certain this individual will return next year.

AWARDS and CREDITS: Each year there is a special award given to a young man and a young lady in each sport. These young athletes represent the spirit of that sport and overall sportsmanship. The award is the Joel Farrell Award, presented by the family of the past AAU President, Joel Farrell. Receiving this award for the past year were Paul Crizz and friends Sodomy.

Obviously, the meet is for the lifters. Nonetheless, many thanks goes to the efforts put forth by individuals who helped to make this a successful event. First, a big thank you to Frank Kiele, our LOC contact who arranged for, moved, and returned the equipment. Frank also recruited local



Carlton Sheddick (with Joe Pyra) was selected to represent Powerlifting at the Opening Ceremonies. Unfortunately, he broke his right wrist playing softball the week before and wasn't able to compete.

Charles Barley (who literally carried me around) and Lou (who I lost 200 lbs. around). Lou and Charles were the main help out in every capacity, and did a fine job in all respects. All of our staff did their best and contributed to a successful meet. No one said, 'that ain't my job,' and Mike Killpack from the AAU, thanks to our leadership. To Mike Janssen and our leadership. To Mike Janssen and our leadership. To Mike Janssen and our leadership.

Special AAU NOTICE: Grant J. Egley, 806-6 West Vine St., Aberdeen, MS 39730, 601-362-5357. Grant is establishing an AAU powerlifting club in the South. All AAU PC meet directors should contact Grant. Additional thanks to the following individuals: Tony Lehn, the immortal Bob Crick, Paul Griffin, Bill De Porter, Sgt. you for setting this up for the AAU PC.



Mike Rhodes, 485 squat at 198

275 twice. Bill did 290 and Harley took the sub lead with 315. Subs were 845-825. Then the DL happened again. Chancellor did 465 missing 500 twice, taking third with 1330. Harley made three with 475-515-530 for 1375 for 2nd. Bill lifts to 475 for 3rd. He was looking for a new record of 665 with a 1380 total. He was first place. The 18-19 group was dominated by Tim Rexroad and his total of 1570 via 600-415-555. Tim missed his DL twice before making a 3rd attempt. Ryan Wing won third with 1375 losing second to Justin Davis by five pounds, Justin DL'd 1380. The 275 class had five lifters. Joe Anacker won the 16-17 with 1450 and Nathan McLaughlin won the 18-19 with a fine total of 1520.

The 319 class had two entered. The one who entered, Bill De Porter, finished with a total of 1450.

Bill Stewart 16-17, 242 lb. winner

Table with columns for names, weights, and totals for the 16-17 and 18-19 age groups across various lifts.

Bill Stewart 16-17, 242 lb. winner

Table of XXX AAU Jr. Olympics & AAU PC Drug Free Teenage Nationals results, listing names, weights, and totals for different categories.

Table of Swedish Bench Championships results for the month of April, listing names, weights, and totals.

NASA Kentucky State (kg) results table for the 25 May 96 - Lexington, KY event, listing names, weights, and totals for various categories.

USPF Sooner State Games, OK 22 Jun 96 - Oklahoma City, OK results table, listing names, weights, and totals for different categories.

Swedish Bench Championships Apr 96 (kg) results table, listing names, weights, and totals for different categories.



TEAM UGLY... got 2nd int in team competition at the Sooner State Games. Standing, from left to right, we have Scott Colwell, Thomas Jones (coach), Dorothy Hayes, Stan Kent, Sean Baker, and Jim Correll. Kneeling is 'Bear' Smith holding team coach Ashley Michel McKinney; Not pictured are Scott Taylor, 'Noy' Xajiarah, and Eddie 'Ugly Wannabe' Vaughn. (photograph provided to PL USA courtesy of 'Bear' Smith)

ANPPC Midwestern Regional

31 Mar 96 - Linton, IN

Table with columns: Branch, Name, Points, and various performance metrics for the ANPPC Midwestern Regional event.

ANATOMY OF STRENGTH VIDEO CASSETTE SERIES

(EXCERPT)... At the age of sixty five to seventy, after many variations of strength building procedure in my workouts utilizing trial and error, the single repetition, combined with heavy low rep warmups of two to three consecutive repetitions system returned foremost in regard to substantial progress. All other systems, as far as I am concerned, fell by the wayside. I arrived at my conclusion via an intuitive process, as it seems I have always done in respect to strength building matters.

A diversity of strength enhancing procedures and exercises within the exercise period detracts from concentration, especially so in the case of seniors, causing a lessening or elimination of further progress strengthening. I suppose one could say that the single rep system gets you the most results with the least amount of energy expended. They say "A change is as good as a rest" and this suggested alteration in strength building can snap you out of the doldrums, moving you up to higher poundages...

MANKIND IS ON THE BRINK OF A NEW ERA, WHEREIN EXPLORATION OF THE NATURAL POTENTIAL INHERENT WITHIN THE HUMAN BODY WILL REVEAL CAPABILITIES THAT WILL SURPASS BY FAR OUR PRESENT ABILITIES STRENGTHWISE. THE ANATOMY OF STRENGTH SERIES REVEALS, IN MINUTE DETAIL, THE EXACT PROCEDURE TO TAP THIS PRESENTLY UNREALIZED VAST RESERVOIR OF POTENTIAL.... THE FIRST OF THE COLLECTORS SERIES ANATOMY OF STRENGTH VIDEO CASSETTES IS NOW AVAILABLE AT A SPECIAL INTRODUCTORY LIMITED OFFER. MAIL CHEQUE OR MONEY ORDER FOR \$25.00 TO: DOUG HEPPBURN, 40 EAST 4TH AVE., VANCOUVER, B.C., CANADA V5T 1E8

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WDFFF North Americans

3 Aug 96 - Wilkes-Barre, PA

Table with columns: Name, Weight, and performance metrics for the WDFFF North Americans event.

MEHS Central Suburban BP

Table with columns: Name, Weight, and performance metrics for the MEHS Central Suburban BP event.

1 Jun 96 - Chicago, IL

Table with columns: Name, Weight, and performance metrics for the 1 Jun 96 - Chicago, IL event.

1 Jun 96 - Chicago, IL

Table with columns: Name, Weight, and performance metrics for the 1 Jun 96 - Chicago, IL event.

Curt Eckrooth with his 19th record

Record 633 deadlift at the North Americans.



As a coach of a high school powerlifting team...

As a coach of a high school powerlifting team, my job is to properly educate my lifters regarding the fundamentals and nuances of our beloved sport. Understanding systems and execution of the core lifts can usually be mastered in one lifting session. However, I currently have some astute three-year lettermen who still can't decipher the alphabet soup we know as federation segregation. Unbelievably, it damages our chances of retaining top talent, recruiting for our future and elevating the respect for powerlifters nationwide. In my futile attempts to explain this mess, three common complaints are related in one form or another:

- 1) Frivolous national titles. Fifteen years ago a national championship was held, honored, respected and holy contested. Now, with federation proliferation, a national championship is more a function of selective and laudal affiliation than it is a function of lifting skills. There isn't a promised land or sacred ground to strive for to walk upon, but rather a wide open plain of mediocrity. The fact that ultra-talented lifters like Tony Conyers can potentially win at least five national titles in a calendar year is an oxymoron and embarrassing.

- 2) Lack of heroes. It is no surprise that the NBA feverishly markets Shaq, Jordan and Barkley. The NFL boasts Deion, Emmitt and Troy, MLB showcases Griffey, Ripken and Thomas. These superstars attract and encourage youth. As a youngster, I had the honor of training with 1982 Junior National champion, Rich Woods, and former IFFI world record holder, Jeff Maguder. I learned a great deal from these men such as lifting techniques, contest strategy, coaching skills, discipline, motivation, etc. They had paid their dues and attracted a whole generation of local lifters to the power scene whom help drive the sport today. Superstar power works like today few stars' shine because the light is deflected and dimmed by the kaleidoscope filter of federationism.

POWERLIFTING advertisement featuring a photo of a person lifting and text about equipment and pricing.

POWER PLANT advertisement with a photo of a person on a machine and text describing the machine's features and price.

POWER MASTER HIP SLED advertisement with a photo of a sled and text about its benefits and price.

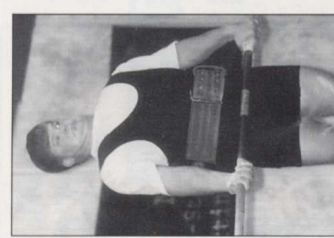
BEST PRICES ANYWHERE advertisement for Smith Machine equipment, including a photo of a machine and text about pricing and availability.



BEST LIFTER - PL & BP - was Ms. Beth Frost

Chris Olfert, Danny Gill, Erin Maxwell, Beth Frost, Mary Maxwell and...

on a 1,100 pound deadlift. Andy Lake's first attempt at a 500 pound deadlift broke her...



Todd Eller competed in his first full meet as a Special Olympian

At 5:30 p.m., the meet was in full swing. The first lift of the day was a 205-pound bench press by...

Table with columns for event, name, and score. Includes events like Bench Press, Squat, and Deadlift.

Table with columns for event, name, and score. Includes events like Bench Press, Squat, and Deadlift.

Table with columns for event, name, and score. Includes events like Bench Press, Squat, and Deadlift.

You Can Now Obtain A Schedule-3 Drug Legally!!!

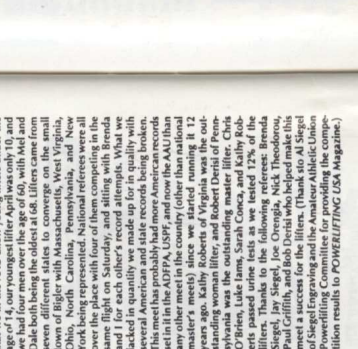
Well SCIENCE has proven that DHEA can: -Reduce BODYFAT by a whopping 31%, -Increase LEAN MUSCLE MASS by an enormous 7%, -Increase Your Body's Own Production of Natural TESTOSTERONE, -And even Extend Your LIFE SPAN!!!! -Best of ALL... It's Totally LEGAL!!!

Table with columns for event, name, and score. Includes events like Bench Press, Squat, and Deadlift.

Table with columns for event, name, and score. Includes events like Bench Press, Squat, and Deadlift.

THE SECRETS OF THE CHAMPS 1. HOW TO INCREASE YOUR BENCH PRESS 50 LBS. IN ONE MONTH... \$3.00

NASA Tri-State Natural 27 Jul 96 - Ft. Erie, PA. BENCH PRESS 80 Mitch Gill 55



Danny Brown went 9 for 9 and got his first 1000 lb. total at the Tri-State Natural Meet (Smitty photo)

You can get Pure Pharmaceutical DHEA 50 mg. 60 tbs. for \$20.99 Plus \$5.50 Shipping!!! TO PLACE AN ORDER, CALL: VITAMIN DISCOUNTERS 1-800-548-1556

NASA Arizona State (kg)

Table of bodybuilding results for various categories like Bench Press, Squat, Deadlift, etc., listing names, lifts, and placements.

Homeopathic Hormone Formulas (Stimulates body's own production of hormones) (6 Week Supply)

TEST RX (Homeopathic Testosterone)..... \$29.00
Humagro (Homeopathic Growth Hormone).....\$31.00
Testatropin (Homeopathic combination of Testosterone, Growth Hormone, Adrenalinum, Luteinizing Hormone, Progesterone and Estrone).....\$59.00

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What the others don't want YOU to know.
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FREE CATALOG • FAX/INTERNATIONAL (708) 613-6886

Table with columns for Name, Category (e.g., Squat, Bench Press), and Weight/Rep counts.

SCI Invitational 25 May 96 - Hunlock Creek, PA

Table with columns for Name, Category, and Weight/Rep counts.

PRICE BREAKERS
Weights, Equip. Access.
1-800-897-5059

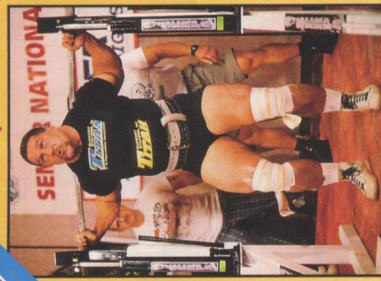
SST Pro Series/Ultra Belt
SST Series - The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing... (2) Wedge arch support... (3) Totally flat crepe sole... (4) Full grain leather construction... (5) Hi-density molded sockliner... (6) Fiberboard heel counter... (7) Velcro lateral strap...
Signature Series Red Devils - Throw your old wraps out! The new Signature Series Red Devils are here and you won't find a tighter wrap anywhere else! These wraps are designed to wrap tighter, store more energy and give more rebound than any other wrap! Wrist wraps feature Aplitz and thumb loop.
Signature Series Red Devils - \$12.50
Medium (24") Wrist Wraps - \$14.50
Full (36") Wrist Wraps - \$16.50
Knee Wraps - \$19.95



1,003 lb. SQUAT, 15 GOLDS @ 1995 NATL'S!



THE CENTURION
Patent #5,046,194
The Centurion is the choice of Team Titan, ADFPA/USPF Team National Champions
This year's Nationals produced FIFTEEN GOLD MEDALS plus the highest recorded squat in IPF history! It is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it also features our H.P. (high-performance) leg design to prevent leg slippage for bigger, safer squats.



"Captain" Kirk Karwowski; 1,003 lb. Squat and 2,803 lb. total, IPF World Records @ 288 bodyweight Champion of champions!

HI-PERFORMANCE
IPF Approved
Colors: Black, Royal Blue and Red. Combination colors available.
\$60.00, 2 for \$105.00
\$75.00, 2 for \$135.00
Custom Tailored Dual Quad

Signature Series Red Devils - Throw your old wraps out! The new Signature Series Red Devils are here and you won't find a tighter wrap anywhere else! These wraps are designed to wrap tighter, store more energy and give more rebound than any other wrap! Wrist wraps feature Aplitz and thumb loop.
Signature Series Red Devils - \$12.50
Medium (24") Wrist Wraps - \$14.50
Full (36") Wrist Wraps - \$16.50
Knee Wraps - \$19.95

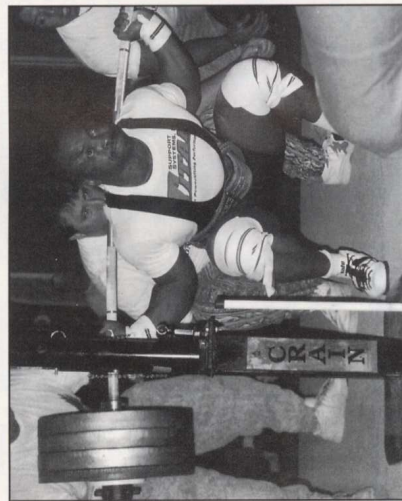
Ultra Belt - The heaviest, strongest belt in existence! Every belt features: (1) Stainless steel seamless roller with 3mm thick walls; (2) Two layers of steerhide, maximum legal thickness; (3) Eleven "I" spaced holes; (4) Buckle/roller lifetime guarantee. Used by "Captain" Kirk Karwowski!
Custom Colors. One or two prong. \$90.00
Order blank on next page or call 1-800-627-3145



#1 in Power Lifting Performance

ADFP/USPF Team Nat'l Champions, 15 Golds!

All suits feature our H.P. (hi-performance) leg design to prevent leg slippage for bigger squats. *Titan is the choice of champions!*



Gene Bell, "The Legend". Multi World Record holder and World Champion.

CUSTOM TAILORED SUIT

Not an off the shelf product! Every suit is custom tailored from scratch to fit only one lifter... YOU! Each suit is then individually coded and the pattern is computer stored. Titan recognizes your unique needs and provides you with an equally unique suit. Proven on World Records, and backed by *The Performance Guarantee*. (Call for delivery time).

Now Available in Black, Royal Blue & Red

- **Fits:** Regular - snug fit for new lifters or for passive support
Meet - tight, supportive fit for training and competing
Competition - tightest fit, not recommended for new customers
- **Styles:** Sideseam A - strongest commercial side seam \$40.50 each
2 for \$73.00
Sideseam B - our original handmade 3 cm side seam \$42.50 each
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- **High or Low Cut**

THE GUARANTEE

From the "inventors" of the performance guarantee Nobody, but nobody, has ever matched, let alone surpassed, the Titan performance guarantee. And we dare them to try! No ad hype here... total satisfaction guaranteed: 6 months catch blowout; 1 year run guarantee + (a major cause of blowouts) = replacement. \$50.00; 3 months miscellaneous replacement. Applies to Victor and Custom Suit A and B.

THE VICTOR

WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by *The Performance Guarantee*.

- **Colors:** Black, Royal Blue & Red
- **Sizes:** Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- **High or Low Cut** \$36.00 each
2 for \$61.00

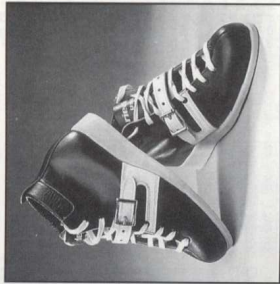


Ray Benermito; 1906 lb. total @ 181! Multi World Record Holder and World Champion.

SUPPORT SYSTEMS, INC.

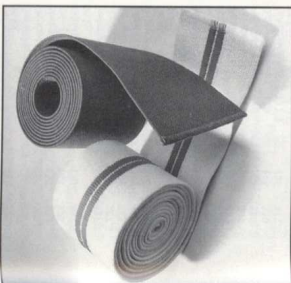


SAFE'S SQUAT SHOES



Contender: Designed & manufactured exclusively for powerlifting... not a converted high top. **Features:** (1) split grain leather with Cambrelle lining for maximum moisture wicking; (2) wedge arch support; (3) totally flat crepe sole for maximum and weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) fiberboard heel counter; (6) lateral adjustment strap (7) Standard, 3/4" heel (8) D width (average) \$99.00

KNEE WRAPS

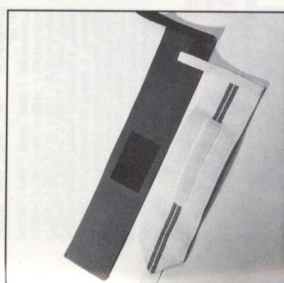


Red Devils - Still one of the most supportive, tightest wraps ever! White with Red Stripes. \$15.45/pr.
Radical Reds - solid red wrap. Why pay more for the same wrap when you dont have to! \$14.95/pr.

Quantity discounts available!



WRIST WRAPS



Red Devils: Don't be fooled by cheaper versions. Features Titan stitching (not inferior straight stitching), original Red Devil Material, thumb loop and Aplix (30% stronger than Vclero), 6 mos. guarantee

- **Standard length** \$10.45 (pr.)
- **Mid Length 24"** 12.45
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- **Radical Red Wrist Wrap** \$8.95
Quantity discounts available!

COMPETITION BELTS



Now featuring the heaviest stainless steel seamless roller on the market! Cylinder walls are a full 3mm thick with a lifetime guarantee! Made from heavy stock American bullhide and the finest American suedes. Also features 6 rows of stitching and 1" spaced holes for the ultimate fit and durability.

► **Black, Royal Blue, Red** \$65.00

New Products

- Serpa Hydraulic Squat Racks:** Call for free flyer. Must see.
- Ultimate Bench Spotter:** Call for free flyer. Must see.
- Deadlift Helpers:** 1.25" square, steel construction \$80.00
- Ammonia Caps:** Box of 10 \$4.50
- Chalk:** per lb. \$8.00
- Titan Power Singlets:** Hi-cut, 15 cm leg. **Black, Royal Blue, Gold** \$20.00
- Briefs:** Titan quality and performance. \$15.50
- Dual Quad Briefs:** Patented harness design \$25.00
- Deadlift Slippers:** Rubber soled. \$5.00
- Adidas Deadlift Shoes:** \$44.95
- T Shirts:** Titan #1 in Performance, 3 color \$8.50
ADFP/USPF Team Nat'l Champions, 3 color \$10.50
- Grip:** Silica compound grip enhancer \$8.95

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	Tx. Res. add 7.75% Tax			
	Total			
Hi or Low Cut				
<input type="checkbox"/> Reg. <input type="checkbox"/> Meet <input type="checkbox"/> Comp				
<input type="checkbox"/> Style A <input type="checkbox"/> Style B <input type="checkbox"/> Dual Quad				
Male <input type="checkbox"/> Female <input type="checkbox"/>				
Height _____	Weight _____	Leg (largest part) _____		
Hips (Buttocks) _____		Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____		

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MID - ATLANTIC OPEN
BENCH PRESS CONTEST
 November 2, 1996
 Greater Salem Community Center
 118 Walnut St., Salem, NJ 08079
 Open, Women, Teen-age, Masters
MEET DIRECTOR: Gary Ayars
 (609) 935-7789

8 FEB, Granite State Open Bench Press (men, women, teen, adolescent, master - all lifters receive awards) Lou LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 8 FEB, 2nd LBS East Coast Military & Open (PL/DL) Rudy Caruso, 5112 Salem Ct., Colonial Hills, VA 23834, 9 FEB, ADFFA TOP GUN Bench Press (men, women, teen, master), 11812 Pressington, PA The Power Gym, 717-562-7867
 8 MAR, APA Palmetto BPT/ron Wor-ter/DL (SQ) Scott Taylor, Box 27204, El Jobean, FL 33927, 91-697-7962
 8 MAR, World Internet Police & Fire Powerlifting and Bench Press Championships, <http://members.aol.com/Interstrth/>
 8 MAR, 4th El Jubbville Memorial Bench Press (all div/wt, classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217
 8 MAR, MDSA Super Squat Nationals, MN Monstee, Box 2400, Benning Press, 1031, Willmar, MN 56201
 8 MAR, ADFFA Massachusetts State Open High School (boys & girls), 2 Walden, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680
 15 MAR, AAU State PL Championship, Santa Rosa, CA, John Ford 707-543-5970
 15 MAR, 5th Family Fitness Center PL/BP (men, women, master, teen) Robert Naldrett, 2296 Elda Rd., Lima, OH 45805, 419-224-6537
 15-16 MAR, ADFFA Collegiate Nationals (men & women) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
 16 MAR, IFA New York State Powerlifting Championships and an Open Bench Press Meet, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 22 MAR, APA Southeastern Seaboard Open BPP/atch State Open DL (GA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 22 MAR, Oregon State Championships (Quality Inn, Salem, OR) Gus Reithwisch, Box 5292, Bend, OR 97708, 503-389-0600
 22 MAR, ISF World Internet Masters Powerlifting & Bench Press Championships, <http://members.aol.com/Interstrth/Interstrength.html>
 22 MAR, 4th Strong Arm of the Law* Bench Press in memory of Thomas H.

Lafferty (law enforcement, only, drug tested, limited to 120 lifts) Insp. Bryan McMahon, BPO Local 382, Box 345, Lowell, MA 01852
 22 MAR, AAU Erie County Closed Championships & "No Drugs, Alcohol" Bench Press, Joe Oranges, 4468 W. 26th St., Erie, PA 16506, 814-853-3727
 22 MAR, Oklahoma BPT/DL, Ricky Chain, 3803 N. Byron, Shawnee, OK 74801, 405-275-2689
 5 APR, APA Alabama Open BPT/vel-journing Open DL (AL), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 5 APR, MDSA Minnesota State/Open, MN Jacobson, Box 1031, Willmar, MN 56201
 12 APR, USPF Texas Championships (Austin, TX - Class I Open women, water, bench press) Squaia Fit-ness, 1415 E. Court, Seguin, TX 78155, 210-372-3396
 12 APR, ISF World Internet Col-lege Powerlifting & Bench Press Championships, <http://members.aol.com/Interstrth/Interstrength.html>
 12 APR, USF Worldwide, <http://members.aol.com/Interstrth/Interstrength.html>
 12 APR, USF World's Strongest Rugby Team on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
 14 JUN, Iron Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 21 JUN, APA (7-8), Scott Taylor, Atlantic Coast DL (GA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 28 JUN, International Bavaria

ADFFA Delaware State Championship / Open - Teens, Open, Novice, Women, Master, Sunday 11-17-96 (NEW DATE), Blue Hen Mall, Dover. Limited to first 90 entries. John Cashion, 120 Shinnecock Rd., Dover, De 19904-9-5 302-734-7505, 5-9pm 302-674-8321



PRESENTS
THE 2nd ANNUAL APF WOLVERINE OPEN
 Powerlifting/Bench Press & Deadlift Championships
 Date: Saturday, October 19, 1996
 All Divisions and Weight Classes. 1st thru 4th place Beautiful Awards. * Monolith will be used. For further information, contact Dan DeFelixe in Michigan at (810) 294-7055 after 6pm

Oct. 19 - NASA Big River Classic, Regional Qualifier for National Nationals. Full meet and bench press. Drug tested, urinalysis. Men, women, teen, sub-master, and master. All weight classes, no late entries. Dr. Daryl and Toby Johnson, 1626 E.C.R. 196, Blytheville, AR 72315, (501) 763-9094 evenings

4900
 25 MAY, AAU Outlaw Baddest Bench in the West, John Ford 707-543-5970
 31 MAY, Memorial Day Bench Press Blast, Ralph Ralola, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 7 JUN, APA Louisiana Open BPT/Ironman DL Classic (LA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 14 JUN, ISF World's Strongest Rugby Team on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
 14 JUN, Iron Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 21 JUN, APA (7-8), Scott Taylor, Atlantic Coast DL (GA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 28 JUN, International Bavaria

Cup Deadlift (women, men, jr., master) Karl Greiner, Flurista, 25, 84032 Landstuhl, Germany 0871/72859
 28-29 JUN, APF Governor's Cup PL/BP (Austin, TX) APF Cowltown Deadlift Challenge, Cowltown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 29 JUN, Bad Light Record Breakers (Riverhouse Motor Inn, Bend, OR) Gus Reithwisch, Box 5292, Bend, OR 97708, 503-389-0600
 JUN, Pepsi Region 8 PL/BP (Valley River Inn, Eugene, OR) Gus Reithwisch, Box 5292, Bend, OR 97708, 503-389-0600
 9-13 JUL, USPF Sr. Nationals (Philadelphia Airport Marriott) Robert Koller, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-494-4941
 12 JUL, ADFFA Great Plains Open/ery, Brophy Hall 221C, Micoomb, IL 61455, 609-298-1781
 12 JUL, ISF Internet Powerlifting & Bench Press Championships of the Americas, <http://members.aol.com/Interstrth/Interstrength.html>
 19 JUL, AAU Weightlifting Challenge, Santa Rosa, CA, John Ford, 707-543-5970
 20 JUL, Open Bench Press, Santa Rosa, CA, John Ford, 707-543-5970
 20 JUL, Cowltown Bench Press Challenge, Cowltown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 26-27 JUL (97), ADFFA Men's National, B&W Gym, 5920 N. Ridge,


Chicago, IL 60660, 312-561-9692
 JUL, IFA World's Strongest Arm (men, women, teen, master) Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 9 AUG, AAU Police/Fire Nationals PL/BP/DL (open/new) Joe Pyra, 251 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
 16 AUG, ISF World's Strongest Police & Fire Departments on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
 22-25 AUG, AAU Raw National Championships (Disneyworld) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828
 30-31 AUG, APF S. Texas PL/BP (San Antonio) APF Cowltown Deadlift Challenge, Cowltown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 AUG, AAU North American Championships, Riverdale, CA
 6 SEP, IFA National Qualifier, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 11-14 SEP, AAU National Squat/Disneyworld) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828
 14 SEP, Big Daddy's Push/Pull and Record Breakers Bench Meet, Santa Rosa, CA, John Ford, 707-543-5970
 27 SEP, AAU New Jersey PL/BP/DL (open/new) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
 3-5 OCT, AAU National Masters, Santa Rosa, CA, John Ford, 707-543-5970
 12-13 OCT, Ironman Men/Women Open & Bench Press, Wilkes-Barre YMCA, Corner Franklin & Northampton Sts., Wilkes-Barre, PA, 717-823-2191 (Doreen)
 25 OCT, ISF World's Strongest Gym on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
 25-26 OCT, APF Southwest Regional

MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put an ad in POW-ERLIFTING USA to make your meet stand out. Call Mike Lambert at 800-448-POWE(R) for details. We even do the typesetting for you - FREE!

PL/BP, APF Cowltown Deadlift Challenge, Cowltown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 11-16 NOV (97) IFF Men's Worlds (PL/BP/DL) (open/new) Joe Pyra, 15 NOV (SF), World Internet Powerlifting & Bench Press Championships, <http://members.aol.com/Interstrth/Interstrength.html>
 23 NOV, Big Daddy's Push/Pull, Santa Rosa, CA, John Ford, 707-543-5970
 6 DEC, Iron Island BP Challenge, Iron Island Gym, 3465 Lawson Blvd., OceanSide, NY 11752, 516-594-9014
 6-7 DEC, APF Texas No Gear Allowed PL/BP, APF Cowltown Deadlift Challenge, Cowltown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
 P.S. - when writing ALWAYS include a Stamped, Self Addressed Envelope for the meet director to return an entry blank to you, and if you telephone, please note if there is a specific time to call and DO NOT CALL COLLECT.
 P.P.S. - Italicized entries in the Coming Events section indicate listings that are new or updates to our list.

9th Annual Elkhardt Bench Press Championships
 1st place
 4 ft. trophies
CASH PRIZES
 \$100 to Best Lifters & Team Champions
 7 December 1996
JON SMOKER, 30174
 Wolf, Elkhardt, IN
 46516, 219-674-6683

COMING EVENTS AT PRO FITNESS
NOVEMBER 2,3, 1996
 *** ADFFA NJ STATE POWERLIFTING CHAMPIONSHIPS ***
DAY'S INN LEDGEWOOD, NJ



HOME OF THE 1996 LIFETIME NATIONAL AND ADFFA NATIONAL TEAM CHAMPIONS
 ALWAYS GREAT AND UNUSUAL AWARDS
 SPECIAL GUEST LIFTERS TO BE ANNOUNCED
 CALL FOR INFO AND ENTRY FORMS: PRO FITNESS, 350 RT. 46, ROCKAWAY, NJ 07866, ATTN: JOE MORREALE, 201-627-9156

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WORLD'S STRONGEST ON THE INTERNET
<http://members.aol.com/Interstrth/Interstrength.html>

Gain up to 50% More Lean Body Mass with Giant Mega Mass 4000

A study conducted by four Southern California exercise scientists demonstrated what top bodybuilders can do.

You wanted proof? Now you've got it. A team of scientists conducted a study of 62 people who followed an eight week bodybuilding workout program. One group supplemented their diets with Giant Mega Mass 4000 — the other did not. The following results were reported by one of the principle investigators, Dr. Paul Ward.



Dr. Paul Ward
Bio-mechanics & 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.

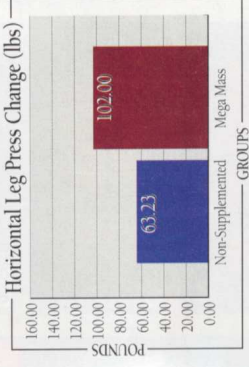
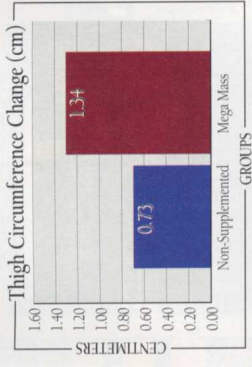
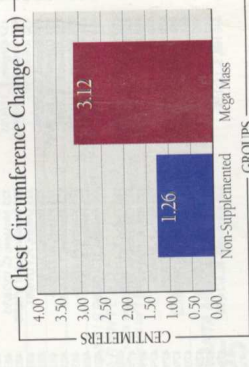
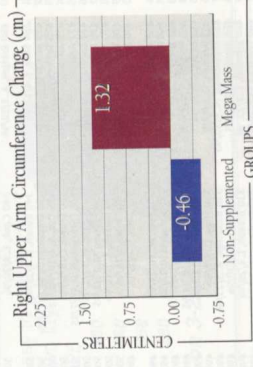
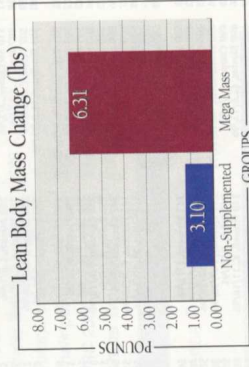
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

- 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.**
- The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
- The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pull-down.
- Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
- The results of this study strongly suggest that gains in body weight, muscle mass and strength are significantly improved by consuming the **Giant Mega Mass 4000** nutritional supplementation combined with a vigorous weight training program.



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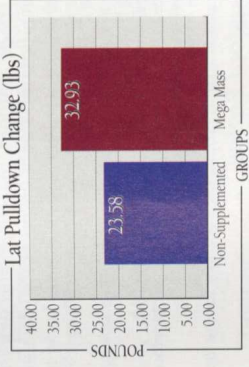
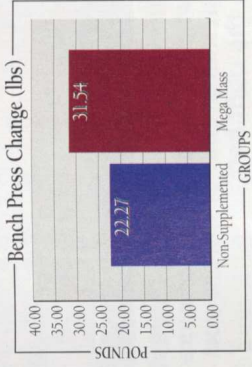
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