

INZER

ADVANCE DESIGNS

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



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

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

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

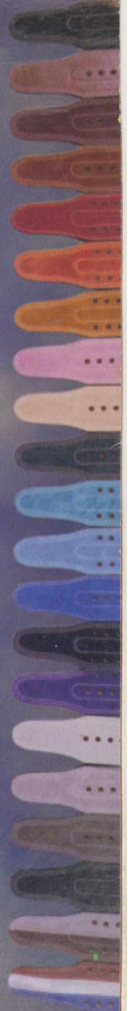
Mention this ad, get a FREE T SHIRT With each belt ordered, 3 styles available

- ZINC PLATED STEEL BUCKLE. RIVETED NOT SEWN.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSION RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

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

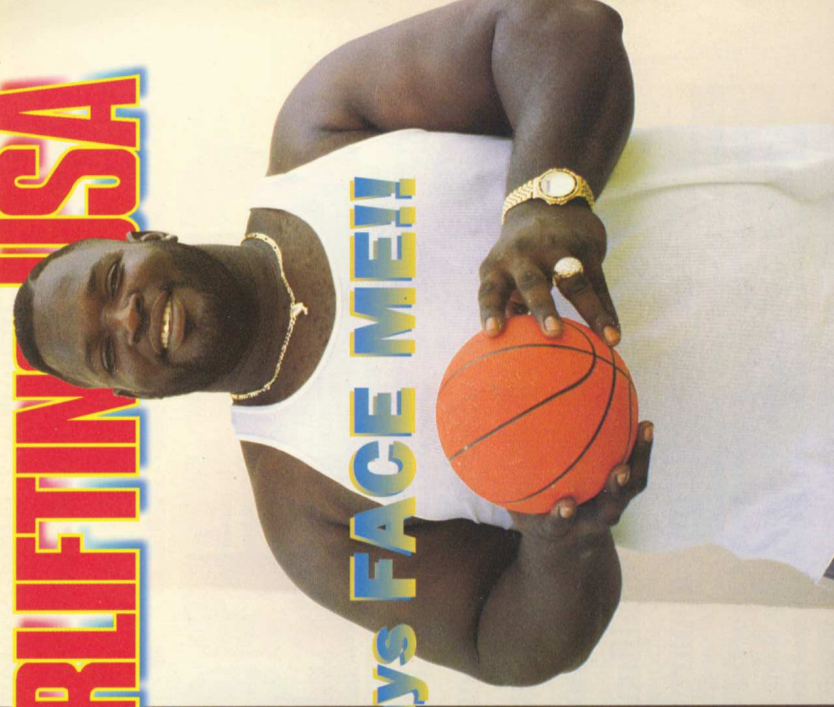


POWERLIFTING USA

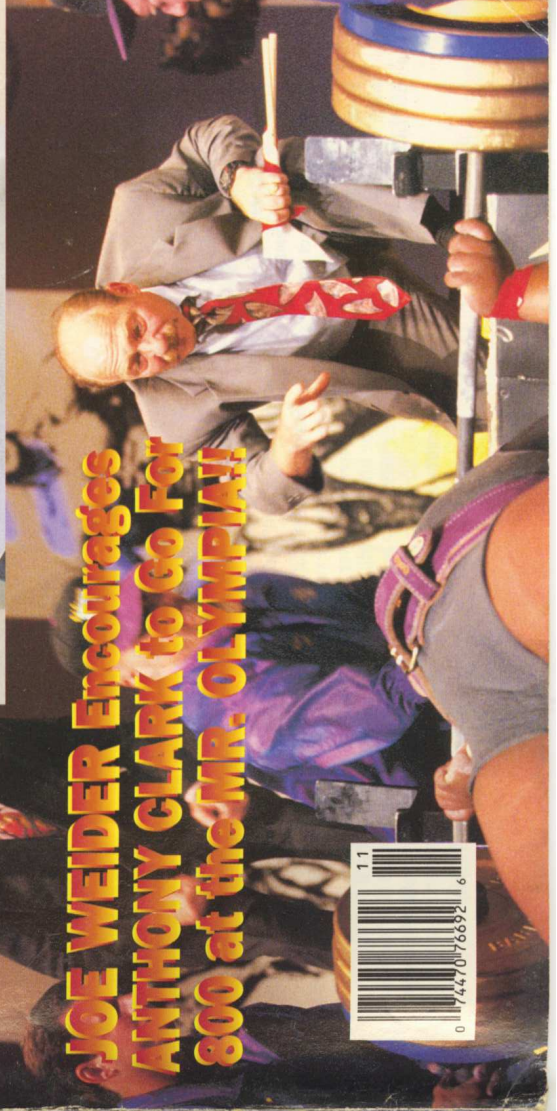
VOL.20 NO.4
 NOV/96 \$3.50
 \$4.50 in Canada

JAMES says FACE ME!!

"Hollywood" HENDERSON



JOE WEIDER Encourages ANTHONY CLARK to Go For 800 at the MR. OLYMPIA!



Marathon® Sports Nutrition Brings You The Number 1 Nutrient for Getting Stronger!

The Ultimate Muscle Fuel

Creatine Monohydrate

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

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

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.
- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.

Marathon's Creatine Supreme™ Powder...

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

- 100 Gram Bottle - REG. \$39.95 - **Now \$19.00**
- 300 Gram Bottle - REG. \$99.95 - **Now \$44.00**
- 600 Gram Bottle - REG. \$97.95 - **Now \$79.00**
- 1200 Gram Bottle - REG. \$179.95 - **Now \$148.00**

Case Pricing Available



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

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

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

- If you're a powerlifter, this means you'll consistently lift heavier weights workout after workout, for greater strength and power.
- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.
- Marathon's Creatine Monohydrate Supercaps delivers results fast: within two weeks.
- Each capsule contains 1250 mg, 100% pure USP pharmaceutical grade Creatine Monohydrate.
- Purity and potency guaranteed by laboratory analysis.

- 100 caps - REGULAR \$39.95 - **Now \$24.00**
(Total 125 grams Creatine Monohydrate per bottle)
- 250 caps - REGULAR \$99.95 - **Now \$54.00**
(Total 312.5 grams Creatine Monohydrate per bottle)
- 500 caps - REGULAR \$156.00 - **Now \$99.00**
(Total 625 grams Creatine Monohydrate per bottle)

Case Pricing Available

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

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

Glutamine Retention Formula

To optimize your muscle growth and repair, your body must have an ample supply of three very critical nutrients. They are Glutamine and Taurine - the two most abundant acids found in muscle cells and Alpha-Ketoglutaric Acid (AKG). Without an ample supply of these very critical amino acids and Alpha-Ketoglutaric Acid (AKG) you won't be able to maximize your muscle building or strength gaining efforts. GRF (Glutamine Retention Formula) is formulated to overcome the problem of Glutamine and Taurine losses plus provides the right amount of AKG.

Here's How it Works

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

Formula

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

| | |
|-----------------------------|---------|
| L-GLUTAMINE | 275 MG |
| ALPHA-KETOGLUTARIC ACID | 250 MG |
| TAURINE | 150 MG |
| CALCIUM ALPHA-KETOGLUTARATE | 35 MG |
| POTASSIUM | 25 MG |
| MAGNESIUM | 25 MG |
| RNA | 5.9 MG |
| MANGANESE | 400 MCG |

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**

Case Pricing Available

2ND DAY
Air Delivery
Available



NEW
Vanadyl Sulfate
Formula
With Essential
Co-Factors

Formula

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

| | |
|----------|--------|
| VANADYL | 7.5 MG |
| SELENIUM | 33 MCG |
| TAURINE | 800 MG |

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.

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.

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

New Advanced Generation Vanadyl Sulfate Formula

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

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

Marathon® SPORTS NUTRITION

1229 Via Landeta, Palos Verdes Estates, CA 90274

| PRODUCT | SIZE | QTY. | PRICE | TOTAL |
|---------|------|------|-------|--------|
| | | | | |
| TOTAL | | | | \$6.00 |

Order by phone or mail and we'll rush
you your order: toll-free number
1-800-321-5064 (Local Number 310-519-7111)

NAME _____ PHONE (____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CHECK MONEY ORDER AMERICAN EXPRESS

VISA MASTER CARD DISCOVER

ACCOUNT # _____ EXP. DATE _____

SIGNATURE _____

REGULAS ORDER AND 5% FOR SERVICE CALIFORNIA SALES TAX (IF APPLICABLE)
FREIGHT OR 6% FOR FREIGHT CALIFORNIA RESIDENTS ADD 7.1% SALES
TAX - L.A. COUNTY RESIDENTS ADD 8.14% SALES TAX. CDS'S AVAILABLE UPON
REQUEST - ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

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Marathon® SPORTS NUTRITION



Sidney Thoms at the Meet Site, the Showboat Hotel and Casino

A.P.F. CAN-AM



Jose Garcia... Teenage Phenom

TION STARTED RIGHT OFF WITH CANADIANS AND AMERICANS TAKING TURNS LIFTING MORE AND MORE. THE ONE PERSON WHO STOOD APART FROM THE REST WAS DARRYL HARRIS OF MIAMI, FLORIDA. DARRYL FIRST APPEARED AT TEENAGE WORLD RECORDS AND WINNING HIS FIRST NATIONAL CHAMPIONSHIP. HE SETTING FURTHER WORLD RECORDS AND WALKING AWAY WITH SEVEN LIFTER HONORS.

THE JUNIOR DIVISION SHOWED US MANY LIFTERS NOT SEEN BEFORE ON A NATIONAL OR INTERNATIONAL LEVEL, BUT THEY CERTAINLY PROVED THEY HAD THE BENCH PRESS AND BENCH PRESSING. PHIL BECAME DOWN WITHOUT A FIGHT. LIFTERS LIKE ANDY LAMBERT AND NOEL LEVARIO IN THE 275'S WILL BE RIGHT AT ANGEL'S HEELS FOR A LONG TIME TO COME. IN THE SPECIAL OLYMPICS DIVISION WAS TED JENNINGS. A WELL-KNOWN LIFTER, HE WAS SMILING THROUGHOUT, TED LIFTED HIS WAY TO NEW WORLD RECORDS. THE WOMEN'S OPEN DIVISION WAS ANOTHER OPEN DIVISION. CHAMPION, TONYA MYERS LIFTING IN THE 132'S. SHE OUT-TOTALED EVERYONE BUT THE SUPER HEAVY WEIGHTS, WINNING THE BEST LIFTER AWARD IN THE PROCESS. THE CANADIANS HAD SEVERAL IMPRESSIVE LIFTERS IN THIS DIVISION. A MAJOR SURPRISE WAS HEAVYWEIGHT, MELISSA KRAEGER. THIS WAS THE FIRST TIME SHE HAD BEEN IN AN OUTSTANDING GUEST POSING ROUTINE.

THE BENCH PRESS COMPETITION ITSELF SAW SOME VERY FINE LIFTING. JIM ROUSE WAS AS ALWAYS, TRULY IMPRESSIVE SETTING A NEW WORLD RECORD. 80 YEAR OLD, WESLEY WILLIAMS, SMILING, AFFABLY MATCHED NOMENAL LIFTS. ESCORTED BY HIS TWO BEAUTIFUL DAUGHTERS, ART WENT UP TO THE PODIUM TO RECEIVE HIS TROPHY.

SUNDAY DAWNED WITH THE PROMISE OF BEING JUST AS AWESOME AS SATURDAY. NATIONAL AND SOME SASSY LIFTERS IN HER OWN RIGHT.

THE MEN'S MASTER DIVISION SAW THE RETURN TO THE COMPETITION PLATFORM. NATIONAL CHAMPION ISRAEL MENDOZA. KNOW HE VERY STRONG. THE 165'S ALL LOOKED GOOD AND STRONG WITH TOM WANTS, BUT IT WAS VERY IMPRESSIVE TO WATCH HIM COME BACK STRONG.

WORLD RECORD SETTERS IN THIS DIVISION INCLUDED CANADIAN, BRUCE GREIG. ALWAYS AN OUTSTANDING COMPETITOR, NATIONAL CHAMPION, KARL BIVENS OF MIAMI, FL SET A NEW DEADLIFT AND BENCH PRESS RECORD. NATIONAL CHAMPION, ROSS PHILLIPS OF PENDELTON, OR

LOOKED BACK, MISSING ONLY A 534 BENCH PRESS. HE TOOK THE LIGHT TROPHY HOME WITH HIM. IN THE 198'S, AUSTRALIAN LIFTER, HEINZ BUHL LAUGHINGLY ENJOYED HIS 7 FOR 9 WINNING PERFORMANCE. HE OBVIOUSLY WAS HAVING A GOOD TIME. THE 220'S WAS ONE OF THE MORE CLOSELY CONTESTED CLASSES. EXCEPT PAUL STRONGEST COMPETITORS WERE EVER SEEN. THAT'S JUST ONE OF HIS TALENTS. PAUL HAS MORE HEART AND COURAGE THAN MOST, LESS THAN A YEAR AGO, HE HAD AN ACCIDENT AT THE WORLD CHAMPIONSHIPS WHICH WOULD HAVE CAUSED A LESSER MAN TO QUIT, AND NO ONE WOULD HAVE SAID A WORD ABOUT IT. YET, WITH HIS LOVELY WIFE, MARIA, GOOD FRIENDS AND WORK LEFT OUTSIDE THE GYM, HE HAS BEEN ABLE TO GET BACK OF THE HIGHEST TOTALS OF THE MEET. HE'S A REAL INSPIRATION TO ME. PAUL IS LIVING PROOF OF BELIEVING ANYTHING IS POSSIBLE. OKAY, SO THE 220'S WERE IMPRESSIVE, RIGHT? WHAT MORE CAN BE SAID? WILLIE WESSELS IN THE 242'S, THAT'S WHAT. WILLIE IS SUCH AN OUTSTANDING LIFTER. HE'S BEEN AWAY FROM THE GYM FOR THE LAST YEAR. IT'S HARD TO FIND WORDS TO ACCURATELY DESCRIBE WILLIE'S PERFORMANCE TO PERFORMANCE. AS A SCHOOL TEACHER FROM ST. LOUIS, WILLIE SMILES AND QUIETLY GOES ABOUT HIS BUSINESS. HIS 559 SQUAT WAS STRONG AND EASY AND "IN." HE HAD TWO SHOTS AT A 759 DEADLIFT TO BREAK THE WORLD RECORD. HE WAS HEARTBREAKING, HOWEVER, IT WAS HIS BENCH PRESS WHICH BLEW EVERYONE AWAY. WILLIE'S NEW WORLD RECORD BENCH PRESS OF 655 WAS HANDLED EASILY AND PROFESSIONALLY. WILLIE TRULY IS ONE OF THE GENTLEMEN IN THE SPORT AND CERTAINLY ONE OF THE PREMIER LIFTERS IN THE WORLD. DIVISION BEST LIFTER TROPHY.

THE 225'S WERE ANOTHER IMPRESSIVE CLASS IN A MEET WITH ONE WEIGHT CATEGORY STRONGER THAN THE LAST. ART LABARE WAS A PLEASURE TO WATCH. STRONG AND TOUGH, HE PRODUCED SOME PHENOMENAL LIFTS. ESCORTED BY HIS TWO BEAUTIFUL DAUGHTERS, ART WENT UP TO THE PODIUM TO RECEIVE HIS TROPHY.

OTHER FINE LIFTING PERFORMANCES CAME FINE COMPETITORS FABIAN WAMBASO OF MICHIGAN, CHAMPION, TONYA MYERS LIFTING IN THE 132'S. SHE OUT-TOTALED EVERYONE BUT THE SUPER HEAVY WEIGHTS, WINNING THE BEST LIFTER AWARD IN THE PROCESS. THE CANADIANS HAD SEVERAL IMPRESSIVE LIFTERS IN THIS DIVISION. A MAJOR SURPRISE WAS HEAVYWEIGHT, MELISSA KRAEGER. THIS WAS THE FIRST TIME SHE HAD BEEN IN AN OUTSTANDING GUEST POSING ROUTINE.

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A.P.F. CAN-AM World Cup

| | | | | |
|------|-------|-------|-------|-------|
| 110 | 200 | 112.5 | 212.5 | 525 |
| 125 | 227.5 | 137.5 | 250 | 615 |
| 150 | 347.5 | 217.5 | 287.5 | 832.5 |
| 175 | 227.5 | 142.5 | 265 | 635 |
| 200 | 345 | 227.5 | 302.5 | 875 |
| 225 | 365 | 207.5 | 272.5 | 845 |
| 250 | 265 | 190 | 237.5 | 692.5 |
| 275 | 240 | 142.5 | 230 | 612.5 |
| 300 | 292.5 | 137.4 | 230 | 690 |
| 325 | 235 | | | |
| 350 | 290 | 172.5 | 295 | 737.5 |
| 375 | 317.5 | 155 | 250 | 737.5 |
| 400 | 325 | 205 | 225 | 710 |
| 425 | 260 | 142.5 | 230 | 632.5 |
| 450 | 302.5 | 162.5 | 240 | 705 |
| 475 | 382.5 | 180 | 367.5 | 930 |
| 500 | 372.5 | 192.5 | 300 | 865 |
| 525 | 200 | 275 | 280 | 755 |
| 550 | 160 | 90 | 170 | 420 |
| 575 | 287.5 | 140 | 302.5 | 730 |
| 600 | 360 | 227.5 | 255 | 842.5 |
| 625 | 197.5 | 125 | 240 | 562.5 |
| 650 | 200 | 135 | 182.5 | 517.5 |
| 675 | 260 | 125 | 195 | 580 |
| 700 | 162.5 | 102.5 | 182.5 | 447.5 |
| 725 | 267.5 | 190 | 272.5 | 730 |
| 750 | 192.5 | 107.5 | 230 | 530 |
| 775 | 170 | 125 | 205 | 500 |
| 800 | 147.5 | 92.5 | 172.5 | 412.5 |
| 825 | 77.5 | 82.5 | 190 | 450 |
| 850 | 112.5 | 72.5 | 165 | 385 |
| 875 | 122.5 | 40 | 142.5 | 315 |
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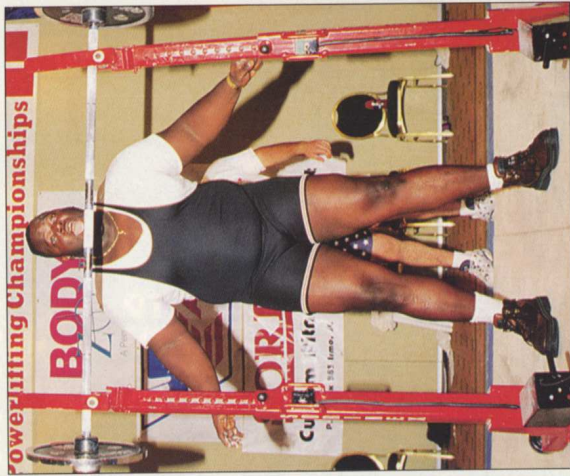
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James Henderson

"Take Your Shirts Off and Let The Truth Be Known - Face Me!"



James Henderson turns every attempt, including a token squat at the '96 USPF Seniors, into an opportunity to interact with the audience.

James Henderson is a throw-back retro man on a mission. He wants to increase his world record in the bench press. The question is: with all the different organizations, federations, equipment variations and uneven judging standards, exactly which bench record are you going to increase James? My world record 705, recognized by the International Powerlifting Federation. "What about exceeding the all time record which is around 780 pounds? I get confused by all these mysterious lifts, set in mysterious circumstances using mysterious equipment. I'll tell you one thing for sure, I will definitely give 750 pounds a test ride sometime in the next year." Without a shirt or a drug in sight. Since Big James has done a 735 in training, this is certainly no stretch of the imagination. James continues, "Let's get back to the basics. Let's get rid of the equipment and drugs. Let's have a good time in a natural, healthy fashion. Let's put the fun and fairness back into powerlifting!" Naive? Simplistic? Ultra-feel good Fantasy Island delusion? Perhaps. It would certainly take a larger than life figure to pull off such a grandiose scheme. Meet the Man.

James "Hollywood" Henderson is a six-foot four-inch 385 pound natural man - a giant who's like some backwoods Paul Bunyan, who looks, acts and talks larger than life. He leans back and laughs like a 30 year old James Earl Jones. An ingraining, humorous and witty fellow, he laughs frequently and it is infectious. "What's a poor boy to do? I bench without a shirt and it cost me in terms of sheer poundage. But I like being the true successor to Jim Williams and Bill Kazmaier. This bench shirt thing is a fairly recent invention. People forget that there is a 25 year history of powerlifting without shirts." Asked why he refuses to join the pack and wear a shirt his answer is quick and crisp. "I can't bring myself to wear one." The gargantuan Floridian says that it boils down to personal discomfort on a basic level and ethics and morals on a philosophical one. This is understandable. After all, powerlifting is the equivalent of a nuclear arms race, one in which Star Wars hi-tech power gear is adding as much as 100 pounds to a man's competitive bench press.

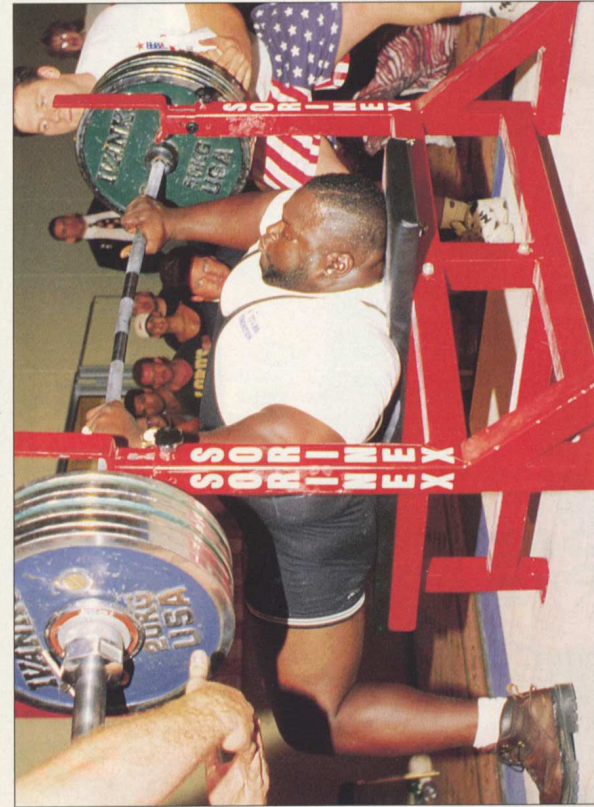
It wasn't too long ago that I got into a phone argument with Ed Coan when the talk turned to bench shirts. I told him that in my case a single ply shirt added 50 pounds to my bench. He was astounded. "No way! Maybe 35, but that's it!" He refused to squeeze into an ultra-

70x15, 80x10, 90x5, 100x3, 125x1 (3 times).

TIPS: James describes his bench technique. "I use a slow release with lots of torque as I lower the bar into perfect position on my chest. I pause each and every training rep and explode the weight off my chest. I use a narrow grip on my chest grip bench presses, and feel this is the single best exercise for developing the kind of tricep power I can use in a bench press. Lat work helps build a big launching pad for my arms as they fold under me at the bottom of the bench. I pause my incline presses on each rep and make sure to lockout at the top. On my seated military presses, I brace my butt and my back as my training partners help me get the weight to arms length to begin each set. I lower the bar to my shoulders before I begin the upward press portion. The hammer curls are brutal. I go "down the rack" handling six pairs of dumbbells for six sets with no rest in between. I do this three times. Talk about a burn! Hammer curls, inclines, military presses and lat work - these are the assistance exercises that have made my bench what it is today!"

THE PURPOSEFUL PRIMITIVE: That's it! The man with the strongest upper body in the world built it with a purposefully primitive approach. Simplicity is the theme. A few basic exercises, low reps, lots of rest and tons of good chow. Powerlifting 101. Like it was done in the old days of Williams, Cassidy, Kuc, Cole, Kaz, Bridges, Furnas, Pacifico and Anderson. James Henderson doesn't know Jon Cole from Colonel Sanders; but he has unconsciously reconnected with these titans of the past by rediscovering the root-core essence of powerlifting, thereby reaffirming the basic truth of powerlifting effectiveness. Powerlifting is the most effective method ever devised for increasing basic human strength. To obtain outrageous gains of superhuman strength, powerlifting is the ticket. Big James has reaffirmed the basic truth of powerlifting. So eloquently simple, so reassuringly true.

BACKGROUND: "People think I'm new at this game. No way! I've been powerlifting competitive for fifteen years. I started lifting in high school. I was never weak. When I was seventeen, I could bench 400 and enter a football scholarship to Albany State. I blew my knee in my sophomore year and got into powerlifting exclusively. I also got into the philosophy of discovery, as I like to call it, and hit a 500 bench in college. I hit my first 600



Pure Power - No Tricks... that's the philosophy James Henderson uses to produce an IPF World Record Bench Press.

In 1991, I was totally ignorant of the tip. "My boss, Mr. Fazzini, is a god-send!"

THE MEET: "It was a real tough trip. I decided the Europeans needed to meet James Henderson. I decided that rather than just be a member of the supporting cast, I wanted to be a headliner. I went back to the training basics and I felt I was gonna win this thing with the basics. I was gonna be a headliner by being an all-natural, god-given individual. I was going to work with the full armor of God. A bench shirt may tear but God would not fail me." Needless to say, James won the meet and captured the cold hearts of the normally doer Finns. 622 won the meet and the newspapers touted Big James as "the man who won the Finnish hearts." Back in the hotel room he broke down at the enormity of his accomplishment. "I lost my composure when I called my mom. The Finns may have had cold hearts but there were warm spirits that night. James went into the 1996 Bench Press Nationals with his astonishing, shirtless 705, done in front of IPF referees.

THE CHALLENGE: "There is a revolution happening in powerlifting and it's about getting back to the basics. Get rid of the equipment, get rid of the drugs and get back to a basic, natural approach to powerlifting. I want to be a

take their shirts off and face me, fair and square. I doubt that's gonna happen. Some of these men know that without their bench shirts, they will lose up to 100 pounds off their bench press. They're fooling the public into thinking they can bench more than me. That irritates me to no end. I would like to erase the confusion that has clouded people's minds. "We also doubt if any of the shirt-wearing mega-benchers will take Big Jim up on his offer. Why? James Henderson is the greatest bench in the world and no one will dispute this fact in a shirtless environment.

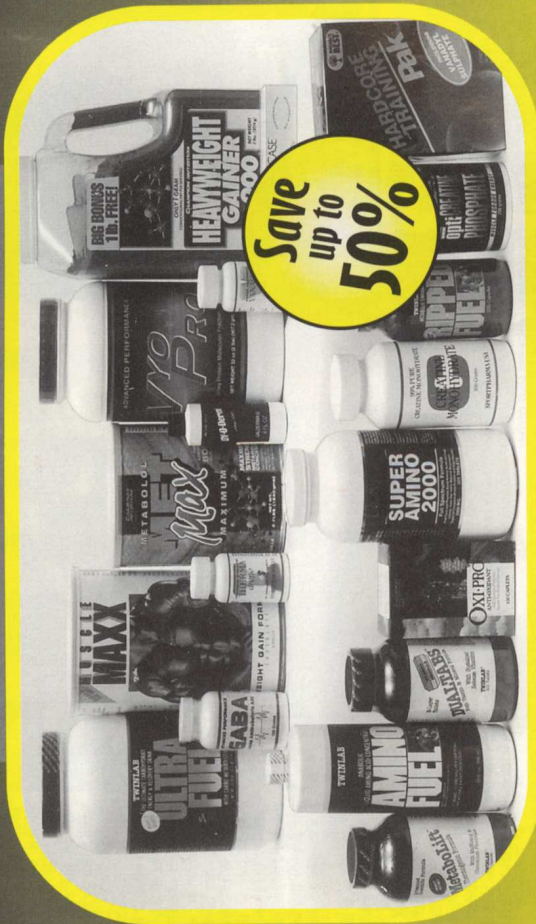
James would like to offer special thanks (in no particular order) to the following folks: his mother Mary, little brother William, Lisa, the Bountiful Homes Family, Andre and Chuck, Leonard McCormick, Shella and Shawna Francis, and last and certainly not least, John Fazzini.



James is BIG... compared to official Ralph Pardue, a big man himself.

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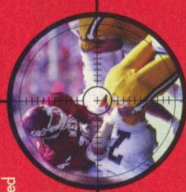
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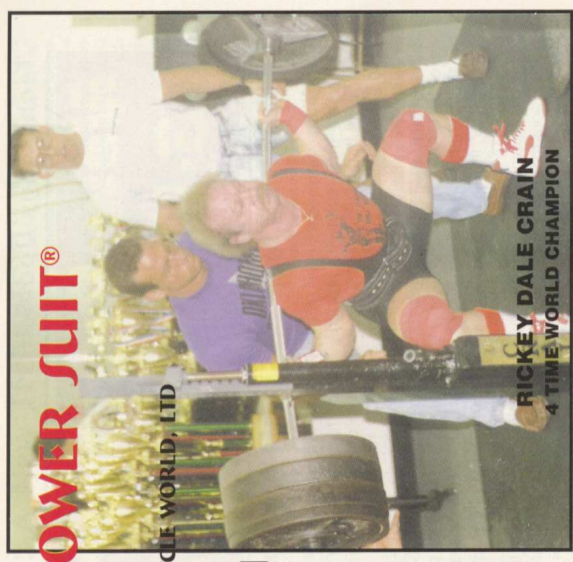
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New Discovery Leads To 3-Way Muscle Growth

Here's How it Works

Scientists have discovered that there are **three stages to protein synthesis**: transcription, translation, and translocation. Each stage is a link in the growth chain, with the weakest link controlling the rate of muscle growth.

Testosterone works in the cell nucleus by increasing transcription, and the making of ribonucleic acids (RNA) and the blueprint of how to join amino acids together to make muscle. But transcription is a rate limiting factor.

Athletes turn to creatine, glutamine, and other amino acids because they work at the next stage called translation. Trouble is, translation is limited too.

If even one of the three links is weak, muscle growth slows. If you could master all three mass building stages, you would be set for life. A recent discovery may make this a reality for you.

A Scientific Breakthrough!

Dozens of different sterols have been discovered in plants. Most don't work in man, but some do.

Scientists from France, Japan, and Russia have proven that a few rare plant sterols nutritionally support increased muscle growth. **The scientific evidence is overwhelming**, backed by twenty plus research articles in leading scientific journals.

Scientists from Russia have even discovered that some of these plant sterols may even cut the time it takes to build muscle protein from new amino acids by as much as 60%, meaning you may have the potential to gain more in less time.

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More technical information and research data is available from our web site: <http://www.avicom.net/atletika.html>

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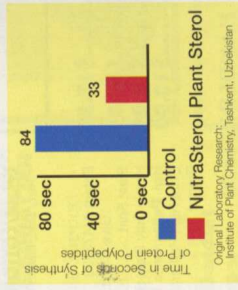
Until just recently, the isolation of these rare sterols from plants was almost impossible and very expensive. But a new invention using low temperature water extraction now makes it possible to isolate these plant sterols at their full potency. The new plant sterol supplement called **Triboxin™** is now available to bodybuilders all across America. It contains NutraSterol™, the first ever patent pending standardized plant sterol extract.

TRIBOXIN FOR 3-WAY GROWTH

Triboxin helps to build muscle by **stimulating all three stages of growth**. All it takes is 2 capsules 3 times a day. If your traditional supplements have only given you modest gains of soft, water-filled muscle, it's time for a change. Ditch the weak links.

If you want hard dense muscle, then try Triboxin. It's safe. It's natural. It gets results when other choices are not a smart option.

Now's the time to see for yourself what an incredible difference Triboxin can make.



I'd like to share with you some little known but important information about plant sterols (phytosterols). Many athletes are of the belief that plant sterols do not work in the human body. This assumption is wrong. It has been scientifically proven that some, but by no means all, plant based sterols (phytosterols) act as natural anabolics in human muscle cells. These sterols do not act like testosterone. They work at a different level of protein synthesis in the cell, but may stimulate testosterone output. The main anabolic phytosterols include ecdysterone and the furostanol saponins. Both are being used by drug-free athletes worldwide with excellent results. This article outlines in detail how these powerful plant based sterols work and how you can put them to good use in your lifting program.

Most supplements including creatine, glutamine, whey protein and amino acids function at only one stage of protein synthesis. This stage is called translation. It is the point when the genetic code of how to build a muscle protein is "translated" from messenger-RNA (mRNA) onto a ribosome in the muscle cell cytoplasm. From this point, amino acids bond together on the ribosome to form a muscle protein chain. While translation is a very important stage in growth, it is only one of three main stages. Therefore, most supplements are limited in their influence on anabolic processes. In contrast, the ecdysterone and furostanol plant sterols as a complex are many times more anabolic than creatine, glutamine, and other amino acids (1-4). They function at all three stages of protein growth: transcription, translation, and translocation.

You don't need a degree in biochemistry to understand the potential of the phytosteroids in muscle growth, strength and power. By stimulating all three stages of the growth process, you have created the ultimate anabolic medium from which to maximize gains in strength and power.

The new phytosterol supplement is called Triboxin. It is a standardized extract of ecdysterone and furostanol saponins. The plant sterols in Triboxin have allowed me to up my total from 1,700 lbs. to almost 1,900 lbs. in just over a year," says Bubba Stokes, two time Armed Forces Champion at 198 lbs. The Triboxin extract is now being used by strength athletes worldwide, including many of the Olympians who competed in Atlanta.

ECDYSTERONE (B-EC-DYSONE)- Since the early 1970's, the presence of sterol hormones

TRIBOXIN: A New Technology in Phytosteroid Research as told to Powerlifting USA by Rick Brunner, Atletika

EFFECT OF ECDYSTERIDS ON GROWING RATS

| Organ | Weight (mg) | Protein Content | |
|-----------------|-------------|-----------------|----------|
| | | % | Mg |
| LIVER | 4,466±272 | 17.1±0.3 | 761±43 |
| | 5,700±300 | 15.9±0.4 | 1018±50 |
| HEART | 392±17.0 | 15.9±0.4 | 63±3.9 |
| | 480±13.9 | 16.6±0.5 | 79.7±3.7 |
| KIDNEY | 388±13.1 | 15.9±0.7 | 61.9±3.7 |
| | 499±23.6 | 16.6±0.8 | 82.2±3.6 |
| SEMEN IN TESTIS | 18.7±1.8 | Control | |
| | 38.3±14.5 | Ecd | |

Source: Original research, Vladimir N. Syrov

like ecdysterone in plants raised many questions in the mind of the biochemist. Might some of these phytosterols be anabolic in humans, too? If so, would they also have long-term hormonal androgenic effects as are sometimes found with synthetic testosterone (anabolic steroids) commonly used by athletes. On the other hand, would they be a safe and natural muscle mass and strength building alternative? Researchers now know the answers to these questions.

In the early days of ecdysterone research, scientists S. Okui, T. Otake and others from Japan discovered that the ecdysteroids increased animal lean body weight and bone density significantly. This included an increase in the intensity of the biosynthesis of proteins in the liver, heart, kidney and muscles. There was also a pronounced increase in (14) C amino acids which indicates a significant anabolic effect of ecdysterone. Researcher H. Matsuda from Japan used ecdysterone to increase the body weight of chickens and found the phytosterol to have a similar growth promoting effect as testosterone and methandrostenolone (Dianabol) but without any harmful side-effects (5).

In 1974, ecdysterones were isolated from the following plants: Ajuga turkistanica, Leuzea carthamoides and Rhaponticum osterol research, Dr. Vladimir N. Dr. Syrov and other East Bloc researchers quickly recognized the

tion on the anabolic actions of muscle protein synthesis and endurance than does training or anabolic steroids. The reason for the pronounced increase in muscle protein synthesis has been traced to the action of ecdysterone in the muscle cell during the translation and translocation processes of protein synthesis. (7) Studies since the 1970's have shown ecdysterone to stimulate a wider spectrum of anabolic action on contractile proteins of skeletal muscle and a more pronounced influence on physical endurance than does methandrostenolone.

Ecdysterone is not only safe, it's healthy too. Ecdysterone helps to stabilize cells from potential damage by cortisol, normalizes the energetic processes (ATP. Creatine), increases the adaptive potential of the heart, and improves liver function (8-11). And unlike anabolic steroids which reduce the body's ability to make testosterone, Ecdysterone has no such harmful effect (12) as it works with natural testosterone to increase muscle protein synthesis.

FUROSTANOL SAPONINS - The second anabolic phytosterol is furostanol. It first came across the use of furostanol saponins on a trip to Bulgaria in 1988. The Bulgarian Olympic Weightlifting Team was in Varna on the Black Sea in preparation for the Olympic Games in Seoul, South Korea. I spent a few days with the head physician for the national team, Dr. Christo Slavov.

One natural preparation I learned about from Dr. Slavov was a supplement unknown to me called Tribestan, manufactured by Sopharma in Sofia, Bulgaria. The tablet is rich in furostanol saponins. Tribestan was originally designed to treat impotence and sterility in men. I was told by Dr. Slavov that by 1986 the supplement found its way into the training programs of elite East Bloc athletes due to its pronounced ability to improve recovery and stimulate an increase in natural testosterone production by as much as 25%.

An extract of the plants Tribulus terrestris (aka Puncture Vine, Caltrop, or Colchubra), an annual weed common to many parts of the world, and fenugreek seeds are standardized for the furostanol saponins. These saponins include dioscin, trillarin, gracillin, protodioscin, and protogracillin (13). As a crude extract containing about 45% saponins, the preparation is standardized on the main anabolic furostanol protodioscin, an oligofurostanolic. Russian researchers have labeled the furostanols as "phytoblastimulators" and are pres-

tremendous anabolic activity of the ecdysterones from plants. So did the Soviet Olympic committee "Goskompport" which quickly began dispensing it to Russian athletes.

Ecdysterone was isolated and purified to make the well known Russian supplement "Ekdisten" which is used today by the best Russian lifters to help increase muscle protein synthesis and improve recovery. My first experience with ecdysteroids was during a trip to Moscow in 1989. The Russian coaches with whom I was working presented me with a few bottles of Ekdisten. Each small white Ekdisten tablet contains 5 milligrams of pure ecdysterone. Russian athletes often take 40 milligrams or more of ecdysterone daily for the maximum anabolic effect.

HOW IS ECDYSTERONE ANABOLIC IN HUMANS? - How does ecdysterone work in human muscle? According to researchers from Japan, Russia, Uzbekistan and the Ukraine, ecdysterone has a pronounced capacity to stimulate muscle protein synthesis in muscle cell cytoplasm by increasing the assembly of protein chains from amino acids. Ecdysterone, along with strength training, has been shown to increase protein synthesis by 190%-31% above that of control animals, while a well known anabolic steroid methandrostenolone (Dianabol) showed an increase of 163%-27, and training alone had an increase of 131%-20. (6)

Research has shown that ecdysterone possesses a wider ac-

(article continued on page 88)

POWER PROFILE

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

MARIS STERNBERG

as told to POWERLIFTING USA by Herb Glossbrenner

The sweet intoxication of music rose in vibrant pitch. The chords swelled in harmonious strains, filling the air with melodious rapture. Music lives within her as an expression of life and feelings.

It is a sharing of joy with the world. Maris Anne Sternberg was born in Chicago, IL on Sept. 16, 1948. She took violin lessons as a young child. It was a dominant talent that blossomed and grew. A quiet shy girl discovered the substance of her soul. At the age of 10, Maris was playing concerts. It was a release of the spirit. While the spirit soared, the body was neglected. Maris never participated in physical activity or sports while growing up. Her father had played football and pursued the skilled profession of optometry. It became the family business.

During her youth, music became Maris' purpose for life. She minoried in Theater at Northwestern Illinois University and earned her Bachelor of Arts Degree in Music Education. Later at the University of Georgia in Athens, Maris obtained her Master of Arts degree in Special Education.

In 1976 at the age of 28, Maris developed a functional problem with her back which necessitated surgery in her lumbar region, specifically L-5. Three years later Maris had abdominal surgery. The later was precipitated by her lack of physical activity having resulted in obesity. The doctors advised Maris that she would have to incorporate a physical regimen into her life-style in order to prevent physical maladies for the duration of her life.

At age 30 the prospect of living the remainder of her life as a debilitated bowl of jello prompted her to try exercise. The core muscles in her back and abdomen were so weak they could barely support her body. Rehabilitation began. It seemed a hopeless undertaking. Maris showed up at the Sports Fitness Institute run by Bob Gadjia, a sports rehabilitation specialist. Gadjia, the 1966 Mr. AAU America was one of the founders of PHA

The next competition was an open meet held by Larry Stone (the late great Iowa champion), Sternberg didn't understand the term "open." It was a rude awakening. The meet had the men and women combined. It was a grueling marathon which began at 7 AM and lasted until 4 AM the following morning. She beat all the women competitors, but was soundly trounced by all the men. During that year she met Ernie Frantz, a National and World Champion. Her performance caught his eye. Ernie recognized talent when he saw it. He told her point blank: "You have a lot of potential. If you want to get good, come down to my gym on Saturday." She timidly nodded, blushing over the amount of attention paid to her by one as prominent as Ernie Frantz.

Maris showed up at the big three story building, a Pillsbury dough-girl, trembling with apprehension. The sign was a deterrent. MEN ONLY - NO WOMEN ALLOWED. This made her even more hesitant, but knowing Ernie was training his wife, Diane, helped Maris to summon courage from within. She stepped across the threshold. She was a SHY WALLFLOWER who answered her CALL TO POWER. The atmosphere was magic. Maris was so skittish that one critical word may have made her beat a hasty retreat. Everyone in the gym was SUPER SUPPORTIVE (Ernie had just come out with his polyester suit and breaking PRs. She got a lot of encouragement. After a great workout, Maris knew she was hooked. A new and exciting chapter in her life had opened.

By the time the USPF Women's Nationals rolled around Maris was ready for her first plunge into the deep waters of big time competition. The water was over her head and she got more than just her feet wet. Sternberg finished 6th out of 6

bodybuilder in the Army and had done some Olympic lifting. Maris told her husband that Karen Gadjia had suggested she try P/L. The very encouraging and supportive training process was also designed to strengthen the muscles. At first, this program seemed torturous to Maris. What little energy she had was quickly depleted. One day Maris fell asleep on the leg machine. Bob's wife, Karen, was a National Powerlifting Champion. One day she talked Maris into trying the Leaper Machine. At a bodyweight of 136, Maris leaped and the earth moved. With a lurch, the apparatus itself moved off the floor from the violent impact. Could it be that underneath those soft jiggling round mounds lay dormant muscles ready to spring into action? Karen talked Maris into trying powerlifting.

Maris had been introduced to a fellow by a music teacher. It was a blind date and they continued dating for 5 years. They married on August 20, 1978. She'd always admitted the big, husky types while in high school. He fit that mold perfectly. Her husband had been a

in her 181 class with a respectable result: 727 (308 SQ, 132 BP and 286 DL). By the end of the year she won a competition increasing her total to 887 (341, 187, 258) still at 181. She hit 870 and moved to 4th at the USPF Nationals on February 21, 1982. After that, her lifts exploded upward like a skyrocket. Five weeks later, lifting at 198, Maris took the Illinois State title with tremendous gains: 402 SQ, 209 BP and 386 DL for a 977 total. Eight months later, on Nov. 17, her lifts continued to soar. Another win this time: 1041 (429, 226, 386).

The third time was a charm for Marvulous Maris. On Jan. 30, 1983, Maris went to the USPF Women's Nationals and emerged as the new NATIONAL Champion @ 193 (1025 via 407-214-402).

Showing no signs of slacking off, two months later Maris vaulted to a new plateau. On March 26, she reached 500 kg. total (1102) with 639 subtotal. Gravity denied Sternberg her chance and 380 wouldn't budge. Three futile tries and she was out. It was a big disappointment for Maris.

Hopping to be on the World Team again, especially with the big meet in the U.S., was a bitter pill to swallow. Bohach was the champion. She earned her title of World Champ on May 20, 1984 in Santa Monica. Maris made the trip just to watch and enjoy. She gained special inspiration through her phone conversation with a pioneer of women's strength, Abby "Pudgy" Stockton. Abby was one of her strength heroines from the '50s when women's strength was a professional anomaly. Needless to say, Abby's words served as a great morale booster and Maris returned training more vigorously than ever.

She recalled her first meet when a Phillips had said, "You have no idea how strong you are. Stick with it!" Jim Rouse, another great lifter, told Maris what a great BP'er she would be.

Maris saw a tremendous resurgence of power. It manifested itself on April 8, 1984 when she won the Illinois State lifting in the plus 198 class. All three personal bests were devastated: SQ 501, BP 248, DL 440 for a total of 1190!

Around this time Ernie Frantz Bohach, a Purdue shotputter was



Maris practices the violin while wearing her 'goofy' shoes

National championships. Individuals in that group were also in disagreement on many issues and in favor of stricter drug testing. At the opposite end of the spectrum, Franz believed that drug testing would further hassle, aggravate, and invade an athlete's constitutional rights. His main purpose was to perpetuate camaraderie among the athletes, and to make a meet an enjoyable experience without such nonsense as shaving belts, check-out equipment and the like.

Developing respect and rapport with the ostracized members of the International P/L fraternity was a noble gesture. Ernie, as did others, felt that politics and sports should not be mixed together. He invited a group of South African lifters to compete in his historic APF/AMPF vs RSA, an international meet which was held on September 16, 1984. The meet took place at the Lincolnway Lodge in Aurora, IL. It was hosted by Ernie and the Frantz Power Team. The meet, later called a rousing success, created quite an upheaval among the USPF higher ranks. Prominent names had participated and helped with this event: Sarge Pendley, LA; Bill Walmoth, MI; and Ed Jubinville, MA competed. Tony Fitton of NFM came and assisted with the event. The meet had 15 sponsors. A well-known powerlifter by the name of John Ware (SHW - 2166) competed there. Two U.S. Women's Champions who lifted at this meet came under their: Felicia Johnson and Maris Sternberg. Maris had an uplifting day with her score of 1184 (479,

253, 452) tipping the scales a tad over 200.

The IPF was outraged and put pressure on the USPF to implement sanctions against the athletes/officials involved. Overlooked or ignored were Master lifters, Pendley and Warmoth who competed and won IPF World Masters titles the following Oct. 4 in VA. Official Ed Jubinville was suspended as a USPF official. He was directed towards Felicia Johnson and Maris Sternberg as well as Ernie Frantz and his new organization. USPF President Conrad Cotter did not stand for the U.S. athletes, whose imposed sanctions were soon to follow.

Incumbents of suspensions buzzed on the hotlines. Remembrances of an earlier test surfaced. Hatfield and Bradley went to South Africa and participated in a match at Wits University on Oct. 2, 1982. Bradley bettered two W/R there with a 650 SQ and a 1625 TOT at 148. Hatfield topped the W/R SQ with 870. Inaba JPN, a World Champ many times over, broke the 123 W/R SQ on a 4th with 518. Hell was raised but no penalties invoked.

Back to 1984. It had been a bad year for Maris. Along with her boom-out at the Nationals and the undeserved flack she endured from having participated in the APF vs So. Africa friendly International Contest, there was more heartache in October of '84, her sister was hit and killed by a drunken driver. Instead of giving in to the personal tragedy and trauma, Maris found her solitude in training harder than ever. She concentrated on preparing for the 1985 USPF Women's Nationals in Boston, MA. At 206.5 lbs. Maris was the lightest of all her opponents. She pulverized the field, averaging her bomb-out from the previous year. On Jan. 27, Maris did her lifetime best performance, whooping 1196 by way of 485 SQ, 242 BP and 468 DL. Annie McElroy (264) was far back in 2nd with 1118. Cyndi Regan (227.7) finished 3rd with 1058. In 4th place was Sharon Mitnik (226) with 1047 total. How sweet it was. Before she had lifted, Women's Committee chairperson Jan Todd had told Maris that she wouldn't be allowed to lift at the IPF Worlds. It was the first time she'd been told her lifting status was in question. It seemed to be words without substance. Coincidentally, Felicia Johnson, the other Frantz team member in question, was also allowed to compete. She, too, won her category.

The Women's World Championships were scheduled for Vienna, Austria from May 31 - June 2, 1985. It looked like the problems were forgotten and it would be

WORKOUT of the Month

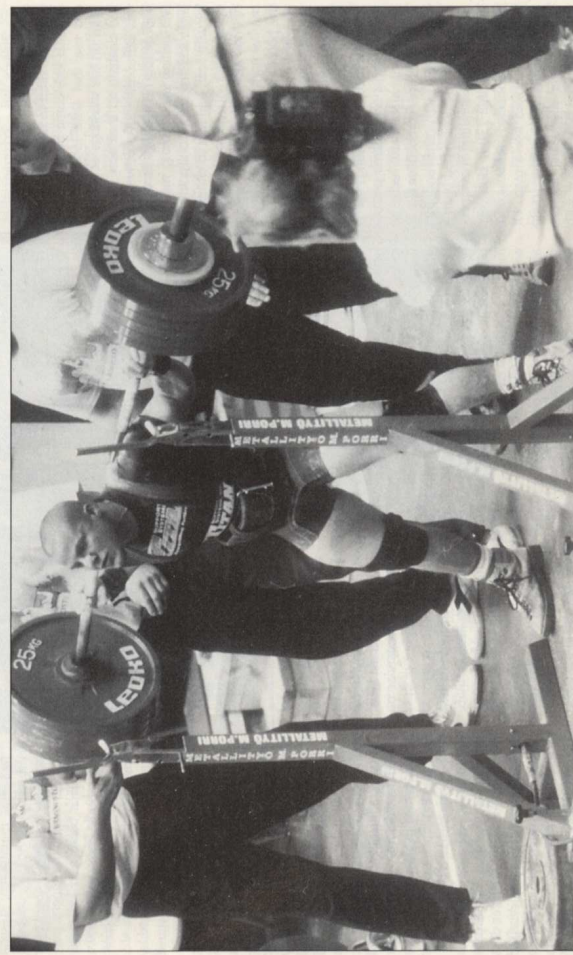
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of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

WADE HOOPER SQUAT ROUTINE

The routine, excluding assistance work, will look like the following:
Week #1: 135x10, 225x8, 275x5, 325x10x2, 370x8x2. (Use a belt and knee wraps).
Week #2: 135x1, 225x8, 275x5, 325x10, 380x8x2, 405x6.
Week #3: 135x10, 225x8, 315x5, 380x8, 405x6, 430x4x2.
Week #4: 135x10, 225x8, 315x5, 420x5, 430x4x2, 460x3 (use loose suit with straps down).
Week #5: 135x10, 225x8, 315x5, 430x4, 460x3, 475x3x2.
Week #6: 135x10, 225x8, 315x5, 430x3, 485x3, 500x2, 515x2 (full gear, no assistance work).

I hope this routine will help push your squats to new levels. If you have any questions feel free to write me at: Wade Hooper, 3111 Old Sterlington, Apt. 106, Monroe, Louisiana 71203. Until then, train hard and keep squatting!

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Wade Hooper squatting at the 1995 IFF World Meet in Pori, Finland, where lost the lightweight gold medal on bodyweight with a 1504 pound total. This year he goes into the World Championships with a 1600 plus total and a new IFF World Record in the Squat at 662 lbs.

The squat is my favorite and probably the most important of the three competitive lifts. It sets the tempo for the rest of the meet which is why it's important to accomplish that BIG squat during the meet. Therefore, it is imperative that you have good training and stay focused every time you squat. When training your squat, make sure to always hit legal depth. It is important to remember that you will compete the same way you train. If you are squatting high in the gym, chances are that you will squat high in a meet. By always training below parallel you will never need to worry about your squat depth at the time when it counts the most. Having a good training partner(s) or a coach, can help tremendously with your training by keeping you motivated and providing feedback on technique and depth of your squat. Make sure, however, you have workout partners that are as dedicated as you are. This is crucial because your workouts can suffer if

your partners are not there on a consistent basis. Through the years, I have been fortunate to have terrific training partners, not to mention great lifters in Jeff Douglas, Keith Taylor, and Jennifer Fisher. My success in this sport would not have been as successful without their support.
The following routine is designed for the beginner/intermediate powerlifter. This cycle is based on a lifter who has previously achieved a 500 lb. squat. The lifter should see a 35-40 lb. increase at the end of this training cycle. Squats are trained heavy once a week with assistance work being done on the same day. The assistance work is as follows: 10, calf raises - 3 x 15. It may not seem like much work, remember, though, the deadlift will be trained with workout partners that are as dedicated as you are. This is crucial because your workouts can suffer if

you could see her prepare before taking the platform. She listens to Mozart on her walkman. She plays the Viola, which is bigger in violin, as deeper in tone than the violin, as well as the flute. The violin is her favorite instrument, and she is an accomplished concert player. For nine years, she was a high school band director in Chicago.
Maris waves a big stick as she also the conductor for North-east University Alumni band. Her bubbly, exuberant personality lights up the lives of everyone she touches. Due to her recent work at the Paralympic Games in Atlanta, the IPC (International Paralympic Committee) has appointed her assistant coach for the Paralympic P/L team. It's a tribute for an extremely job well done. Contrary to what anyone believes, Maris HAS NEVER FLUNKED A DRUG TEST in her entire 16 year career.

Maris cannot imagine her life without her music and her charming ability to cast a ray of sunshine on peoples' lives. She admits that powerlifting has been the crowning touch of a fulfilling life. It has transformed her from a SHY WALLFLOWER to an AWE OF POWER.

Presently, Maris is writing a book entitled "Out Of Nowhere". It is an autobiography/training motivation manual, especially useful for super economy sized women.
Maris says she owes a debt of gratitude to her mentor Ernie Frantz for motivating her and helping her realize her dream. Fulfilled dreams are the substance of our being. Sternberg says she owes a debt to powerlifting. I say that powerlifting owes a debt to her. I simply cannot imagine the sport without her.

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began to question Nawrocki's gender. Eventually, she was requested to produce a birth certificate declaring her sex and asked to submit to a gender test. Nawrocki refused and was not allowed to compete in the 1990 WPC Worlds in Pescara, Italy. Maris, a bit bewildered by the whole matter, racked up 1124 total winning then her 5th World Championship title.
Mentioned before was Maris' love of music. When competing, you could see her prepare before taking the platform. She listens to Mozart on her walkman. She plays the Viola, which is bigger in violin, as deeper in tone than the violin, as well as the flute. The violin is her favorite instrument, and she is an accomplished concert player. For nine years, she was a high school band director in Chicago.
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Maris Discusses Strategy with Ernie Frantz back in 1983. Her best lifts in competition have been 523 285 473 1262, but in training she has gone 605 325 500. (Kathy Tuite)



More From Ken Leistner

In 1968, I had a lengthy conversation about powerlifting with Reverend Robert Zuver. He and his wife Jean founded the Zuver's Hall Of Fame Gym and it was no doubt the first commercial gym that catered to powerlifters. They had an ongoing rivalry for a few years with Bill West's Westside Barbell Club which obviously was the inspiration for Lou Simmons very famous Westside Barbell Club in Columbus, Ohio. However, Zuver's was a commercial establishment. It was a business, whereas, Bill's garage was, well, his garage. I would drive to Culver City on Saturdays and do a workout, then get out of the way so I could watch Bill West, George Frenn, Pat Casey, Len Ingro (a Zuver's lifter who also made use of the Westside facility), Bill Thurber, Olympic decathlete Bill Toomey and others smash the weights around. When I was there in 1968, Ohio's George Crawford, Houston's Hank Breaker, Dick Moos, Dick Kamaster, and others were also using West's garage on a regular basis. Everyone would chip in some money at Christmas and would buy 100 pound plates or other things that the gym needed. Thus, there was upgrading and lots of functional equipment. But it was certainly never more than a garage gym with the best lifters of the day.

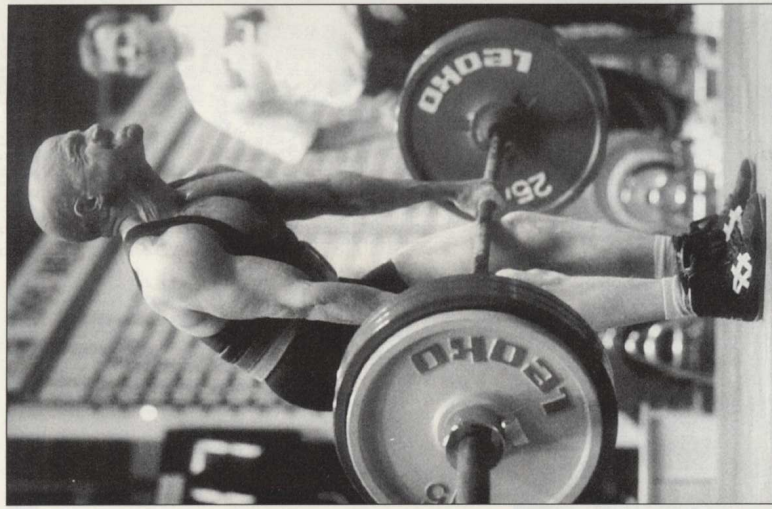
Zuver's was a commercial gym that began as a garage gym. Bob used to have groups of street kids come over to lift and use that time to lecture them on the workings of God and cleaning up their acts. He was extraordinarily effective at both getting his message across and getting these young men larger and stronger. At one point, his wife Jean told him to either open up a "real gym" or "get all of these kids out of here so we can live normally." Bob bought the house across the street on Hamilton Avenue in Costa Mesa, and remodelled it. This became Zuver's Hall Of Fame Gym. The Hall Of Fame was the first, and no doubt the only, Powerlifting Hall Of Fame. To get one's name posted, certain minimal standards had to be met on the three competitive lifts as well as on the incline press and strict EZ curl bar curl (which had been a competed powerlifting movement until 1964). Bob continuously remodelled the house until it actually looked like a gym. Of course, his vision of a gym was quite unique. Over the years, the entrance boasted a walkway with myriad barbell plates sunk into the concrete. It had a two ton door with

waiters/waitresses, and chambermaids while waiting for their Hollywood break which they believe will come as a result of their outstanding bodies. It is sad now, but Bob saw this way back when, and did his best to warn others about the danger of this lifestyle. He did not want the powerlifters to fall into the same trap. While there were few powerlifters thinking that they would be tapped for leading roles, many did express the thought that "commercial" and being "extras" in the action shows could supply needed income. He also thought that powerlifting was the greatest activity anyone could do but only as part of a more complete life.

Bob also put each of the lifts into perspective. He believed that the time put into specializing on the bench press could be better spent focusing on the squat and/or deadlift as the latter would yield greater results in the overall total. While there was a time and place to specialize in the bench press, most did it too soon, too often, and frequently ignored the needed work on the squat and deadlift. In California, at least, that period of time saw many of the world record holders living there and because of the prevalence of the bodybuilding influence, many really placed inordinate importance on the bench press. The fact that many men, despite protestations to the contrary, are quite concerned about their appearance to the general public. This belief also led many who should know better, down the path to bench press overtraining.

One of the keys stressed by Bob Zuver, was the necessity of establishing a very solid foundation in the squat and deadlift before giving any specialized work or a lot of assistance work to the bench press. Early training, and I would add, training for anyone who never has really fulfilled their physical potential in the squat and deadlift, should emphasize squats and partial squats in the rack from varying heights. Deadlifts, stifflegged deadlifts, and partial deadlifts from different rack points formed the basis for Zuver's gym training. Early training for the bench press included bench pressing, inclines, and dips. None of us trained more than two or three days per week. And often the three days per week were for a specialized period. As a general rule, the advice which I received in the late 1960's has served the iron island lifters well into the 1990's.

Dr. Ken Leistner

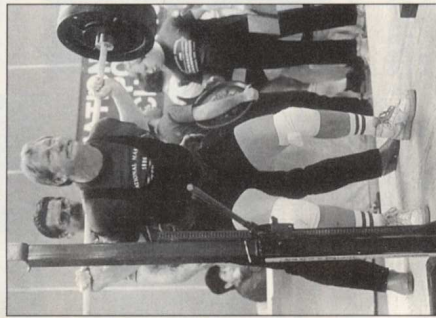


PL in Perspective... Jon Arenberg is a top lifter, who also has a fine career perspective. Even in the late sixties, he believed that too many bodybuilders were "wasting their lives" because their entire focus was on the gym, the development of their musculature, and the supposed money they would make from their developed muscles. Almost thirty years later, the bodybuilding scene hasn't changed a bit. Think about all of the men and women who pick up, leave everything behind in their home towns in the South or Midwest or anywhere else in the country, travel to California, and wind up working as hustlers, prostitutes,

INTERVIEW

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

PLUSA: Give us some personal information about yourself.
BR: I was born in 1940 in Beruick, Pennsylvania, and moved to Baltimore with my mother at about age four. I was raised by my step-father in a family of six sisters and three brothers. I joined the



Bob Rood is comfortable under a heavy squat

ROBERT ROOD
 as interviewed for PL USA by Bob Gaynor

PLUSA: What are your views on drug usage and drug testing within the sport?
BR: Every individual has to make his own choice. If you don't use drugs, there is no reason not to submit to testing. As for those who choose to artificially enhance their performance with drugs, I say good luck. It's just not for me. I choose to go the natural way.
PLUSA: Do you use any special supplement program or follow any special diet?
BR: I take a Power Pack vitamin. Ten weeks prior to a meet, I will take Creatine.

BR: I've won six national titles, five world national and numerous regional events. I really don't keep track anymore. My focus is always on the next competition. I'm sure my records are available to anyone who is really interested.
PLUSA: Is there anything you would like to add?
BR: To underscore your question regarding the future of powerlifting, I'd like to see the process of uniting the sport by having the A.D.F.P.A. and the A.A.U. join together to compete against the U.S.P.F. and the A.P.F. I would like to see all powerlifters eventually under one banner by the time my new son, Vincent, is ready to start competing. I want to thank Mike Lambert and Bob Gaynor for this opportunity to share my views.



Fight to the Finish... Rob locks out a nice deadlift

and build unity in the sport for it to grow.
PLUSA: What advice do you have for beginners?
BR: Obviously, I think they should choose drug free. Train hard and let common sense guide your life.



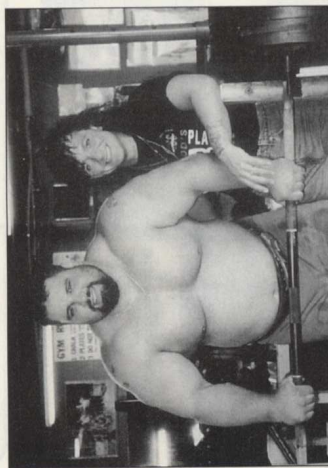
Rob is not shy to celebrate success

This is advice I wish I had followed forty years ago.
PLUSA: Give a rundown of some of the titles you've won and records you hold.
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about it. I have experimented some, but found nothing else is a substitute for hard work and rigorous training.
PLUSA: What are your future goals?
BR: I want to stay competitive for as long as possible. I've achieved all of my goals. Now, I want to sustain them.
PLUSA: What are your best lifts in competition and training?
BR: The 640 squat, 410 bench press and the 625 deadlift. Now I want to put them all together in one competition.
PLUSA: Is that possible at your age?
BR: Add that to my future goals.
PLUSA: Give us a breakdown of your training program both in and out of season.
BR: There is very little

POWER

The Tonight Show starring Anthony Clark? Well, how about The Tonight Show featuring an appearance by Anthony Clark? The folks from Jay Leno's show called Anthony after they saw him



Grant Pitts and Tamara Grimwood... back in heavy training again.

on the nationally televised Caryl & Marilyn Show, where he picked up a car and did a squatting exhibition.

If Anthony comes out to Burbank to tape The Tonight Show, I wonder what they'll come up with for him to do. Maybe something with "Iron Jay Leno." We may all get to find out pretty soon, and that would be great national television exposure for the World's Strongest Sport.

Most of the rest of the world's powerlifters are toiling in relative obscurity, but we are at least getting some of them onto POWERLIFTER Video. Gary Helsey, the all-time deadlifting champ at 931 lbs., shows the up and coming superize strongman, Grant Pitts, how to power up that deadlift in the Fall issue.

Grant is weighing in around 385 lbs. and is training for all three lifts. Look for him in competition action next year. As for Gary, he's coming back from some serious surgery. Both of his elbows needed repair work, and his hands were suffering from carpal tunnel syndrome. Now he's back training, and big Gary is also looking to get on the lifting platform in '97. He's thinking about pulling a 1000 lb. deadlift. Wow.

Both Grant and Gary are doing a lot of iron work with Terry and Tamara Grimwood. The latest scoop from the Grimwoods is that November is comeback time for Tamara. The IPA Nationals in Maryland is where Tamara's planning to do another 400 lb. bench, a squat in the mid 600's, and who knows about the deadlift. There's still a little more recovery time needed for her neck and that's keeping the deadlift number down.

SCENE

you powerlifters out there who aren't world or national champions, remember: this sport exists because of you and your continued dedication to it.

It's always good to get new blood in the sport, figuratively speaking. POWERLIFTER Video's Vicky Hembree and her husband John have got their nine year old son Nick pumping iron. Nick just hit a 101 lb. bench press. Pretty impressive for nine years old, huh?



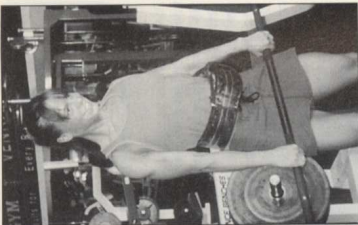
Nick Hembree (9) benches 101!

Across the country, and also just starting in powerlifting, is New York City's Wendy Traskos. The 25 year old professional dancer has been seen in Broadway shows and in the Ms. Fitness contests. She is putting in some time pumping heavy iron. Weighing 123

lbs., she's got her deadlift up to 225, and heading higher. We got a glimpse of Wendy when she did a bit of training at GOLD's in Venice.

Now we take this story further East to Europe! Each year is the huge annual Strength & Fitness show called FIBO. While it gets paltry coverage in the U.S., FIBO is a major event over there. On its four day stint in Germany, the show was visited by over 100,000 people.

One of the main attractions was a powerlifting exhibition, featuring top lifters from the U.S. versus top German lifters. In the bench, the



Wendy Traskos at Gold's Venice

U.S.'s 390 lb. James Henderson came out on top of Germany's Thomas Roetsches with James hitting a 661.

Frank Schramm of Germany topped our Shane Flannan in the squat, 897 to 891. So, it came down to the two-man deadlift. Germany's Michael and Raif Gierz pulled a huge 1496; but the U.S.'s Phil Farmer and Walt Austin did an even more incredible 1507. Victory for the USA Team. Our friend, Wayne Gallasch, from Australia, videotaped all the action. He has it for sale. For more info, you can call his California office at (909) 695-4002.

Around the globe, scanning the world for the best powerlifting action, this is it for POWER SCENE. Until next time, see you on video. Ned Low



Phil Farmer and Walt Austin do their double deadlift thing at the FIBO Show in Germany

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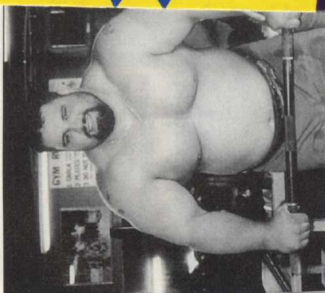
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The Tonight Show starring Anthony Clark? Well, how about The Tonight Show featuring an appearance by Anthony Clark? The folks from Jay Leno's show called Anthony after they saw him



Grant Pitts and Tamara Grimwood... be on the nationally televised Caryl & Marilyn Show, where he picked up a car and did a squatting exhibition. If Anthony comes out to Burbank to tape The Tonight Show, I wonder what they'll come up with for him to do. Maybe something with "Iron Jay" Leno? We may all get to find out pretty soon, and that would be great national television exposure for the World's Strongest Sport.

Most of the rest of the world's powerlifters are toiling in relative obscurity, but we are at least getting some of them onto **POWERLIFTER** Video. Gary Heisey, the all-time deadlifting champ at 931 lbs., shows the up and coming supesize strongman, Grant Pitts, how to power up that deadlift in the Fall Issue.

Grant is weighing in around 385 lbs. and is training for all three lifts. Look for him in competition action next year. As for Gary, he's coming back from some serious surgery. Both of his elbows needed repair work, and his hands were suffering from carpal tunnel syndrome. Now he's back training, and big Gary is also looking to get on the lifting platform in '97. He's thinking about pulling a 1000 lb. deadlift. Wow!

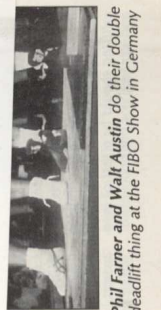
Both Grant and Gary are doing a lot of iron work with Terry and Tamara Grimwood. The latest scoop from the Grimwoods is that November is comeback time for Tamara. The IPA Nationals in Maryland is where Tamara's planning to do another 400 lb. bench, a squat in the mid 600's, and who knows about the deadlift. There's still a little more recovery time needed for her neck and that's keeping the deadlift number down.

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Phil Farmer and Walt Austin do their double deadlift thing at the FIBO Show in Germany

Kevin Jordan in the "Powerhouse"

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TRAINING

Solving Problems

as told to by Louie Simmons, Westside Barbell Club

When asked what my definition of training is, I reply, "a complex system of exercises which solves training problems that will then uncover new problems that must be solved." For this reason, we use many exercises to help our training. We dedicate most of our attention to exercises that we are not good at. That particular exercise could lead you out of a training rut. We also incorporate a wide variety of training apparatuses that are used in a constantly rotating system.

For example, Arny Weisberger's deadlift progress has been steady but slow. She is a 5-time world champion who would put 2.5 kg. on her deadlift PR each meet. However after doing front squats for 6 out of 9 workouts prior to the 1996 APF Senior Nationals, she jumped to 402 from 374 at 123.

I then saw a front squat device by Power Atomic Inc. We bought one that same day. We tested a group of 5 elite lifters. Vanessa Schwesler was one of them. I asked Vanessa if she felt the front squat in either the back or the legs. She felt it in her hip flexors. This was a surprise since everyone at Westside has very strong hip flexors. At least, we thought so. Vanessa is very muscular in the back and in the legs. After looking at her hip flexors, we were surprised to see hardly any true development. She had never been tight enough in the bottom of her squat to suit us. While we felt it was her abs, it was actually her hip flexors.

Thanks to the front squat har-

ness, we had discovered a weakness in Vanessa's squat that we never knew existed. Westside thanks Steven Silverman for designing a harness that will enable all of our lifters to perform front squats without discomfort. He has, by our request, made one to fit our larger members. This will enable our more massive lifters to reap the benefits of front squats and possibly discover a hidden weakness. For more information on the front squat harness, call Susan Silverman at 617-581-6929.

We have had similar beneficial results with the Safety Squat bar. In my opinion, it could be called the Safety Deadlift bar for what it does for the deadlift. Don Dameron was having trouble with his deadlift. Nothing seemed to get it moving, but we knew that something could turn it around. That something for Don was the Safety Squat bar. Don is a former boxer. After 13 concussions, he switched to powerlifting.

make some dramatic increases for you as well.

Ab's play a major role in squatting and deadlifting. They are a major weakness for many lifters. We do hanging and lying leg raises, numerous sit-ups with weights, some held statically for 6 seconds, and side bands. Zercher squats, with the bar held in the crook of the elbows, will build super ab strength.

Weak abs will result in failed squats and deadlifts from being unable to maintain body position and folding over. This can cause injury to the spine.

Most ab exercises should be performed with a small medicine ball held between the knees. This will increase the pressure on the abdominal wall, making ab work much more productive. One of my friends, Brandon Green, mentioned this to me, reviving my interest in ab development.

There are two methods of ab work that are important to us at Westside. One is Fred Koci's Ab Bench. It has a specially designed back support that places all of the work on the abs and none on the back. This enables us to do a large amount of ab work. With the Ab Bench, we can exercise our abs before and after each workout. You can find out more information on the Ab Bench in IronMind Magazine, or call Fred at 800-942-1550.

Some of us do ab work every day. Chuck Vogelwohl does 1200 reps of ab work a day, every day. I personally rotate the Ab Bench with doing my abs on a Lat machine.

The following idea for an exercise came to me one day: When you squat and deadlift, or clean and snatch for that matter, you are standing up. So why not do abs standing up? Grab hold of a strap-type handle on the Lat pull-down and face away from the machine. Then curl over, flexing the abs.

Even at Westside there are people who don't like to do abs. However, the Lat machine exercise and the Ab Bench have solved that problem.

I have talked about the Mantia Ray in previous articles, but it needs to be mentioned again, here. For one thing, the Mantia Ray is inexpensive, costing about \$40.00. Most importantly, it will build the spinal erectors to a high degree by keeping the body in an upright position. Chuck likes to use it

in his deadlift training. It makes it very hard for him to squat because he uses a lot of back when squatting with his usual training style. His upper body out of the squat, showing good-morning type. The Mantia Ray will also save a bad shoulder because the bar does not roll around on your back when doing reps. When you squat and deadlift, many of the same muscles are used but in a different way. The Mantia Ray does just that - the same muscles are used but with the stress in different places.

The Mantia Ray's original intention for use was to protect the upper vertebrae. If your problem is staying upright and you lack spinal erectors, you can correct this with the Mantia Ray. Call Mark at 800-563-1000 to place an order. I've written about some of these apparatuses before, but I feel compelled to convince at least some of you to try these devices. They have helped many of us, and I am sure they will help you as well.

We do many exercises for the power lifts, up to 50 per lift. By using a large number of exercises, you will certainly find some at which you are weak. These are the ones to which you should pay close attention. Some lifters do only a few exercises to assist their lifts of which may not show an obvious weak-

ness. For example, if you have never done a Zercher squat, you may never know how weak your upper body out of the squat, showing good-morning type. The Mantia Ray will also save a bad shoulder because the bar does not roll around on your back when doing reps. When you squat and deadlift, many of the same muscles are used but in a different way. The Mantia Ray does just that - the same muscles are used but with the stress in different places.

Building for the champion powerlifter. One observation I have made about powerlifters who wear heeled lifting shoes is that invariably their deadlift goes nowhere. A heel makes it difficult to extend the hamstring to their fullest. Laura Dodd's hamstring/quad ratio was tested at Ohio State University some years ago. Her's was 60% hamstring to 40% quad, a figure I have never heard surpassed. The Reverse Hyper had a lot to do with Dodd's hamstring strength. She did them 4 times a week for many years.

The Belt Squat machine, call/Hyper machine, and the Reverse from Simmons Performance Equipment. Call Dusty Parker at 216-259-3369.

Westside has purchased everything on the market that could possibly make us stronger. I'm talking about everything that may solve a problem. That's the basis of our training. I guess our conjugate training is best described by Rowdy Roddy Piper when he said, "Just when you think you have all the answers, that's when we change the questions."

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Joe McCoy does deadlifts and shrugs on the Belt-Squat Machine (photograph provided courtesy of Louie Simmons)

Dr. JUDD

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



Stephanie Moody was an African American Strength Pioneer... (photograph by J. Grass)

What might surprise you is that a lot of people, many of whom were black, took exception to the finding that blacks are athletically superior because of race-linked physical characteristics. First of all, it was pointed out that if the research was correct in its supposition, the assumption could be made that blacks were successful in athletics not because of hard work and intelligence, but rather because of some genetic difference. It also was pointed out by Dr. Harry Edwards, a sports sociologist from Berkeley, that if blacks are superior only because of race-linked physical characteristics, then it is not illogical to take the thinking position that whites excel in other areas because of intellectual consequences. The inextinguishable reasoning of such a position is that if blacks are physically superior, then whites must be intellectually superior. Edwards further reasoned that if in the affirmation of black identity, African-Americans accept the myth of racially innate physical superiority, they could be inadvertently recognizing and accepting an ideology which has been used in part as justification for black slavery, segregation, and general oppression. For in the final analysis, the argument of black physical superiority over whites is a potentially racist ideology.

Actually, the Academy people bought into Edwards' racist ideology theory. What they couldn't understand was how Edwards could ignore all of that research which clearly indicated that blacks were genetically superior. The answer came about two years later, in an article Edwards published in the November 1973 issue of *Psychology Today*.

Harry Edwards was a little more than upset about Kane's publication. To put it mildly, he was down right irate about Kane's comments. The problem was that Kane's theory may have been correct. In order to ascertain its validity, Edwards went over Kane's research with a fine tooth comb. What Edwards found after carefully scrutinizing the research made him an extremely happy man. First of all, Edwards discovered that every one of the studies that Kane cited contained numerous methodological and statistical errors. For instance, he found that none of the experiments utilized random sampling to draw their sample groups. Instead, they used "established" black athletes as their subjects. Consequently, his findings from these studies could not be generalized to the entire black population.

Anderson's superior biomechanical structure was more the result of strength training (muscle and body mass have been shown to increase biomechanical efficiency) than good genetics. Henderson thus concluded that strength performance may be nothing more than a product of strength training, a process available to every athlete.

Although the Henderson study of Anderson left a lot to be desired from a scientific standpoint, it did act as a catalyst for similar but more scientifically sound experiments. In fact, after Henderson's study, a prolific number of studies were conducted, many of them by the Academy, to ascertain what variables correlated with world class performance. Interestingly, most of the research that was conducted supported Henderson's theory. For instance, a series of studies conducted by John Lawther, a researcher who worked for the Academy, found that the number one variable related to elite performance was time spent in training, not genetics.

According to Lawther, heredity may provide numerous biological advantages, but there is strong evidence to suggest that elite performance is due more to quality training than to genetic superiority. Lawther estimated that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world class level. Apparently, a certain time is needed for an athlete to learn the most efficient methods and skills for enhancing performance. Even a would-be elite athlete must learn the basics of his sport in 20 hours a week, to say the least, very difficult. Yet, as Lawther emphasized, it is 20 hours of quality training with great intensity, not just the time spent in training that is required for elite performance.

Interestingly, the Academy found considerable research which clearly indicated that blacks in general spend significantly more time training and/or playing at sports than do whites. They also found some evidence which indicated that blacks not only trained longer, but with greater intensity than their white counterparts. The Academy concluded that the black athlete's dominance in sports was primarily contingent upon their work ethic. Actually, this raised another question for the Academy. They wanted to know why black athletes work so hard. What drove blacks to be the very best of the best? Consequently, the Academy took a broader view of what made the black athlete great. In other words, they looked at what made the black athlete tick.

After considerable testing, Henderson concluded that Anderson was indeed different from other lifters he had studied. From a biomechanical standpoint, Anderson's work was almost perfectly constructed to lift heavy weights. However, Henderson theorized that

This article could be titled "Everything You Ever Wanted to Know About Chalk and Baby Powder, but Were Afraid to Ask!" Though this may seem to be an unusual topic, the use of chalk and baby powder can have either a positive or negative effect on your lifting. Power powders are not quite as critical as your squat suit or bench shirt, but a lifter should not overlook any advantages he/she can attain. Before I go any further, allow me to define the purpose of each of these powders. Chalk is used to increase friction or resistance. Baby powder's purpose is to decrease friction.

Let's start with chalk. Chalk, as I mentioned earlier, is used to increase friction. Many lifters correctly spread chalk on their hands prior to deadlifts, especially in competition. It provides a better grip on the bar which, for some lifters, can be half the battle. Chalk can also be used for the squat or bench for a more confident grip. Another way to apply chalk would be to spread it on a lifter's back before the squat. This will add in keeping the bar stationary on the back by increasing the friction of the bar. Chalk can also be spread across a lifter's back and butt prior to the bench press. This will help prevent the lifter from sliding on the bench while pushing upwards. In essence, chalk can contribute to all 3 powerlifts. Not to be left unmentioned

blocks from ads in this magazine. Bring at least 2 blocks, and store them in a tupperware container or a baggy. Keep one in your car and the other out of sight from other lifters, or your stash will quickly disappear. Baby powder is not supplied at meets, so take a trip to the store before hand, and purchase some in a squeezable container. Generic brands will suffice.

During the course of a meet, chalk often accumulates on the bar's knurling. Too much build up makes the bar difficult to grip. If you notice this happening, have the spotters brush the chalk residue off the bar before your attempt. Chalk and powder can also be spread all over the platform. However, this can cause a safety hazard for both the lifter and spotters, making it easy to slip. Request the spotters to remove the residue from the platform using a moist towel. This is where courtesy and a little common sense come into play. Apply chalk and powder away from the platform. Everyone will be better off.

Chalk and powder may seem trivial to a lifter. And in the grand scheme of the picture, they are. Though using them correctly tapered with common sense and courtesy can result in a more successful competition. These powders do have some power. Use them to your advantage!

TRAINING

Power Powders as told to POWERLIFTING USA by Doug Daniels

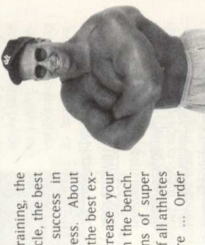
belly prior to your deadlift attempt. Powder can also make putting on your bench shirt an easier task. Apply some powder to your upper body, and then put your shirt on. It signifies the lifter is ready to go.

Baby powder or talc serves just the opposite purpose. Lifters use baby powder primarily on their thighs and shins during the deadlift in order to help the bar rise smoothly up to the lifter's feet. The lifter also applies to getting your squat suit on. Because here is not to get any powder on your hands! This could compromise your grip causing you to drop the bar. The best way to apply powder is to squeeze it from the container onto your thighs and shins. Be careful not to get any on your hands. Then turn the container upside down and spread the powder evenly over your legs. The best time to apply powder is before putting on your other lifters. You can order chalk

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

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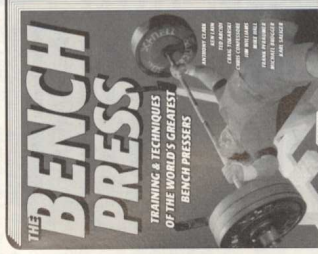
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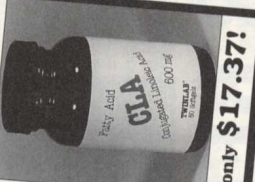


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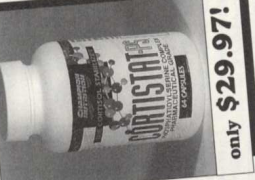


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Preparing for and competing in a power meet is a large investment of time, energy and money. Because powerlifting is a strenuous sport, a lifter can dedicate him to preparing for only a few peak efforts per year. Careful attention to meet selection will give the lifter maximum returns on his investment.

There are several factors to consider when choosing a meet. Based on individual circumstances, a lifter may weigh one factor more heavily than another.

Distance is one factor involved in meet selection. In general, the closer the location of meet, the better. With local meets, the lifter can fill the audience with family and friends. This can motivate the lifter to perform his best.

Travel can sap strength as well as money. Rental cars, gas and hotels increase the cost of attending a meet. However, there are some instances when it is worthwhile to travel farther to a meet. The more important and prestigious the meet, the farther a lifter should be willing to travel. Lifters will travel across the country to compete in a national meet.

A meet can also be a great excuse to travel and see another part of the country. A roller coaster fan can look for a meet near an amusement park; or a Revolutionary War buff can look for a meet near a point of historical interest.

Drug testing also plays an important role in meet selection. A lifter who is not drug free for the required time period should not enter the meet. Failure to observe this rule can result in a suspension. Instead, this lifter should look for a meet without a drug free requirement. On the other hand, a drug free lifter may not want to enter non-sanctioned meets.

A sanctioned meet is another question the lifter must answer. A sanctioned meet offers many advantages. Lifters can qualify for that organization's nationals, set records, and make its rankings. A sanctioned meet requires the lifter to buy the sanctioning organization's card to compete. There are numerous organizations out there, carrying an average cost of \$25 per card. It gets expensive if a lifter competes in several meets

STARTIN' OUT

A special section dedicated to the beginning lifter

Selecting the Meet That's Right For You

as told to POWERLIFTING USA by Beth Bulebosh



World Class Lifters like (left to right) Beau Moore, Ray Benemerito, Martin Beavers, Ed Coan, and Mark Philippi usually compete only 2 or 3 times a year. Novices can compete more often. (Stein)

run through different organizations. If a lifter is trying to qualify for a certain organization's national meet, the total must be done in a meet sanctioned by that organization. In some cases this means making a longer trip. Otherwise the lifter can look for a closer meet.

A non-sanctioned meet has its advantages. An experienced lifter can enter one to test the results of a new training program or modification in lifting technique. These meets are an excellent way for the novice to try out the sport. Non-sanctioned meets are less expensive to enter since they don't require a lifting card.

The meet director can also influence which contest a lifter enters. Some directors have a reputation for promoting excellent meets for lifters and spectators. Lifters have traveled for hours to lift in a certain

director's meet. Formula versus weight class format affects masters, teens and women because their divisions are sometimes judged this way. In a meet judged by weight class, lifters of similar size compete in predetermined categories such as 181 or 198 pounds. Some weight classes are more popular than others. The men's lighter classes tend to be less crowded while the women's heavier classes don't attract as many lifters.

With a formula, the lifter's bodyweight is multiplied by the lifter's coefficient to assign a coefficient. The total. The highest number wins. For example, according to the Malone formula, a 120 pound woman with a 500 pound total would beat a 195 pound woman with a 725 pound total.

Weight classes make it easier for the lifter to track the competition. Lifters have traveled for hours to lift in a certain

tion and plan her attempts. In formula judged meets, the lifter needs a calculator and her competitor's coefficient to see where she stands, and what her next attempt should be.

Spacing of the time between meets is another factor to consider. Before beginning a peaking cycle, the lifter should have physically and mentally recovered from his last meet so he can handle the rigors of a new cycle. Entering too many meets too close together can lead to overtraining and injury.

However, some meets can be scheduled close together. Let's say a novice lifter is peaking for a meet twelve weeks away, and there is a local meet eight weeks away. She will peak for the meet twelve weeks away and train through the first, using it as a practice session to correct high squatting, a fault that causes her to be red lighted.

Even though a lifter can peak only a few times per year, he can enter meets to gain practice and contest experience. A novice lifter who lacks confidence in his bench should enter meets so he can build confidence in his weak link.

Sometimes experienced lifters need practice. Consider the experienced lifter who has switched from conventional deadlifting to sumo style because of injuries. He can use practice meets to refine his technique and gain confidence by performing the lift under meet conditions. Also, an advanced lifter may need to compete more often because he may need more than a qualifying meet and the nationals to maintain confidence in his ability.

Entering "just one more meet" for the year is a good idea if a lifter can improve his best lifts for the year without overtraining himself. It's heart-breaking to miss a national ranking by a few pounds. On the other hand, if a lifter has aches, pains, or feels burned out, it is a good idea to hang up the knee wraps until next year. It is foolish to risk a potentially serious injury. There is always another meet.

No matter which meet a lifter chooses, he is sure to meet a lot of great people, take home some training tips, and enjoy the camaraderie that is part of powerlifting.

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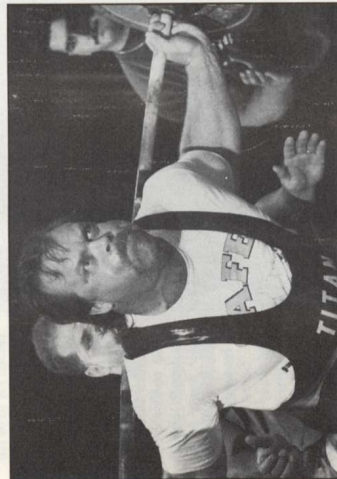
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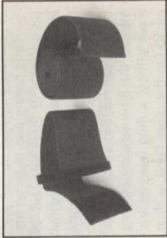
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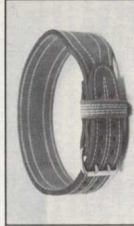
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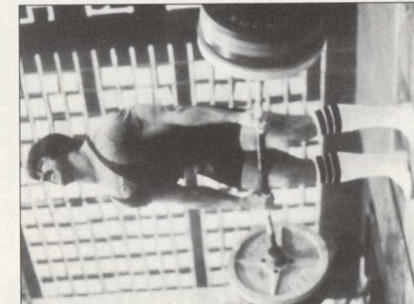
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THE NINTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



Joe "Doc" Rhodes was a stupendous deadlifter

The 1973 Srs. marked an historic occasion. Wraps weren't used due to their continuous "bundling abuse." The AAU crackdown went into effect on January 1. From then on, everyone would lift raw. Some COPED, others CHOKED. The biggest group ever (53) lifted at the Greater Scranton YMCA in Dunmore, PA. Some, with APLOMB, were HEROES - 11 BOMBED with ZEROES! Lloyd Capwell ran a fine meet. He was assisted by his well organized staff, George Zangas, who represented Thompson's Vitamins, gave away four grand worth of products for promotion. Today, George spearheads the Marathon Distributing - supplements plus suits to boot! Hoffman donated a cooler of his Blue Rock Mountain-Spring Water. The judging was super strict throughout. If you didn't go below parallel in the SQ, you got reds. The BP pauses were way too long.

123 lb. Class - Miraculous Mike Haining returned from a near fatal accident, Mike Cross returned to Srs. 72 and took 2nd place to Redding. McKenzie easily repeated his reign as World Champ. Cross upset Redding and former great, Moyer, with a giant DL of 525. His 1100 P/R beat Dave by 5 and tied John, lighter man, for 2nd place! Defending Srs. champ, John - up a class - did not enter the contest. Bowser of MD and veteran Glass of PA were no match for Mike. The no wraps rule coupled with tough judging had adversely affected the competitors. Fred Glass, 37, lifted subpar. He SQ'ed 275 compared to his best of 335. Glass got 170 BP and 350 DL openers. No more - 795 for him. Glass placed 3rd. Bowser struggled as well. His best total was 1015 coming in. He made initial tries only on all of his lifts. Bowser took 2nd with 910. Cross scaled the mountain he had once climbed, and reached the summit once again, completing his dramatic comeback. Check out his stats: SQ - 300, 330 then failed 340. BP - 200 - miss, make, 210 miss. He got his 1st DL with an effortless 430. This score gave him his 3rd Sr. Nat'l title (1967 - 123, 1970 - 132). He followed it with 500. Finally he secured 530! A lifetime best and new SNMR (Senior National Meet Record). Even though STITCHED UP, Mike never HITCHED UP. His 1060 total was not much below his 1100 best. To once again be champ, in despite of all that had happened, took TRUE

GRITTI Everyone KNEW IT! He received a LOUD OVATION. Mike was proud to once again be the best in the entire Nation.

132 lb. Class - TALENT REWARDS - ALLEN LORD - The 72 champ, Frank Riley, won the 2nd Worlds in Harrisburg by 75 (1265). He then retired! That year's lineup was as follows: Sixth at the Worlds - Steve Hoxworth of NJ (1095), John Bojazi, 47, the old timer and '66 Srs. champ; and newcomer Gary Wandell of MI. They all took on Allen Lord, the MEEK, but not WEAK school-teacher from Adelphi, MD. Allen's strength was deceptive. He depended on tendons! He was a Clark Kent without a supersuit! Bojazi barely SQ'ed 360. Hoxworth's 355 seemed good but got 2 reds (2R). Up to 365, a beautiful 2 White success. His third 380 I thought was good - 2R! Lord started after the others with 400, deep and strong! 420 was a low and difficult recovery. He felt a twinge and aborted a 435 3rd. Last to SQ and first to BP. Lord got his 2nd 240. Hoxworth's only success was his opener at 235. Bojazi crouched like a champ, slapped the platform, as was his trademark, and only achieved a 240 opener. Wandell pushed into 2nd place with 260! Lord led by 10. Steve and John were tied. Steve was lighter had 3rd and Bojazi in 4th. Hoxworth's 485 1st DL secured 3rd with 1085. Bojazi took 490 to go around him - 3 misses! Wandell had done 460 and 480. He missed 495, but had the lead. Allen mettulously elevated

It was a 4 way battle for the title, the most dramatic and startling in Srs' History! Overly cautious Rhodes SQ'd 490, 525, 535 for a good start! Carpino disproved the theory of having to have a thick midriff to SQ big. His 29" waist-buff was waist to waist about the same size as Crawford's thighs. Tony made 520, a P/R of 540, then missed 555. Thomas, a genuine threat, made three extra low - 530 - 550 - 575. Crawford lifted SOLO. He did 575 and 600 - ALSO LOW! 615 was also down there, but he couldn't recover. Amazingly enough, George was the "Rolls-Royce" of middleweight squatters in those days. The BP claps were very long and much too strict. They were consistently so throughout. Every one was at the same disadvantage. Carpino got all 3. His best was 360. Crawford gutted out 355. Rhodes did 345, then missed 365. With one lift left, tragedy struck without warning. The weight was almost completed. Lifting thumbless, it slipped and dropped from near full extension to his chest! Scary! Broken ribs? Apparently, as he was unable to continue and help out. Badly hurt, Joe tried to warm up but couldn't budge a 435 DL, and threw in the towel. Crawford, unaware of the seriousness of Rhodes injury, cast common sense aside. He re-acted a former mistake. Crawford started too high (535 would have won) with 580, and bombed out. A SURE WIN thrown away! Carpino rose to the occasion. He pulled up

1500 to win with a score of 1160. Hoxworth tried 510 to increase his total. Due to his stubborn disposition, Lord acquired his 3rd title in 8 yrs. He had 4 runner-up trophies, too. Longevity personified! Quite a track record, indeed! Persistence does pay!

148 lb. Class - YOU CANT SQUELCH MUCH WELCH! - In 1972, Luckman the WINMATE - WIN was great! He, along with everyone else from that lineup, were absent here. The title was up for grabs. Jack Keammerer, the hot newcomer from Newton Square, PA shocked everyone, winning the 72 Worlds with a 605 DL (1390). Jack Welch, Allquippa, PA, a 2 times Srs. champ '69 and '70, was 3rd at Worlds with 70, was 3rd at Worlds with 1365. He placed 5 behind runner up Shaw, GBR. He participated in the hopes of getting revenge on Keammerer. Others entered, too. Mattioni - PA, Servais - MN, Bell - OH, Garrow - NY, and Hunter of MI. Bell, Mattioni and Servais were called for SQ depth, and bit the dust. Servais' 400 3rd looked good to me. The judges said NO! They were TUFF - no BLUFF - and wanted LOW! With 3 men gone, Garrow was 4th with an SQ of 420 a BP of 330, and a DL of 460 for a 1210 total. Keammerer was off of his form. Hunter challenged him for 2nd. Hunter's 475 was narrow footed and deep! Keammerer got 455. He was ruled out with 480 and missed his 3rd. Hunter, twice with 490, had good depth, and stuck! Hunter BP'd 290 to Keammerer's 280. The subtotal was as follows: Gary 765, Jack - 735 - 30 back. Gary DL'd 505, missed 539 and forfeited his 3rd - 1270 TOT. Keammerer sewed up 2nd place with 555 and a 1290 total moving Hunter to 3rd. However, Keammerer missed 600 twice.

Welch had the upper hand from the get go. His 480 SQ, barely made, was a courageous struggle. It was a good lift! His 340 BP put him way out in front. He DL'd 520 to win. Then he got 535 for a 1355 final TOT and missed 550. Keammerer would have needed an impossible 620! You can't squelch Welch - at least not twice in row. The champ wins again!

165 lb. Class - "ROCKY" RHODES - LIFT OF THE CENTURY - It was an unforgettable

event in P/L History. The top men were as follows: George Crawford of Toledo, OH. He was the favorite. George was the first 165 World champ in '71, and was only second to GBR phenom Ron Collins in 1972. Joe Rhodes, 70 Srs. champ, was 2nd in '71, zero in '72 and ditto at the Worlds. "Doc," hoping to end his bad luck streak, had more to come. Tony Carpino, the Jr. Nat'l Champ in '72 was a cunning & strong challenger. The supporting cast: Kline (157 - NY, the lightest, Capasso, also NY, Pyra - NJ, Herold - PA & Glassbrenner of IN. Four men exited early: Capasso SQ'd 430 - then dropped out. Kline couldn't budge a 460 DL. Herold missed all his DLs too. Both men zeroed. I qualified with 1245 in January. I let my bwt. increase, reduced 10 lbs., caught the flu, lifted bad and got 5th (1130) because the 4 others bombed. Joe "stomping" Pyra got openers, and was 100 lbs. off his best. He was still 100 lbs. better than me. Joe used to sing the "AAU BLUES!" 23 years later, he's their biggest BACKER. Now that's NEWS! Joe has always been, and will always be, one of P/L's finest!

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions 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: Okay, I've got my copies of The Anabolic Diet and Supplement Review and I'm pretty satisfied with them. However, I'm kind of baffled by the glycerol write-up in the Supplement Review. The Supplement Review gives glycerol two thumbs up, but it doesn't say anything about how much to take or when to take it. (For all the other supplements that get two thumbs up, it recommends a dosage and frequency.) It says that glycerol is very effective with the anabolic diet, but the Anabolic Diet book doesn't mention it. This is important, because I can't figure out what glycerol is. If it is an oil, I guess I can take it anytime, but if it is an alcohol, should I only take it during the carb-loading phase? Finally, is it glycerol or glycerol? The Supplement Review treats them like they are the same thing. I have a bottle of food grade glycerol I bought at a health food store, but the only food grade glycerols I can find are mixed with laxatives.

I would appreciate it if you could fill me in on this glycerol thing. I know it's a lot of trouble for one customer, but on the other hand, sooner or later you're going to want to publish an update of The Supplement Review, so you'll need to write this up anyway. I look forward to hearing from you. Your sincere reader, **John M.**

DEAR JOHN: Glycerol, glycerin and glycyrine are all the same compound. Glycerin and glycyrine are generally found on the label of purified, contaminant free, pharmaceutical preparations (U.S.P.) of glycerol and are suitable for human consumption. Glycerol is a sweetish tasting liquid that is not overly palatable. Technically it's an

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

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alcohol (it won't get you intoxicated) and if undiluted has 4 calories per gram. Glycerol is a normal substance for those on the high fat diet since it is released and metabolized when body fat is broken down - glycerol plus three fatty acids make up the triglyceride present in body fat. The glycerol molecule can be metabolized directly or used by the body to make glucose by modifying the glycerol to pyruvate and then hooking together two of the pyruvate molecules. The gluconeogenic process, however, whether from amino acids or glycerol, requires that a certain amount of energy be expended in order to form the glucose. Glycerol is useful in the high fat diet as an alternate energy substrate for those who initially have some problems adjusting to the diet, especially in cases where hypoglycemic symptoms (low blood sugar) are a problem. Glycerol can also be used in limited amounts at those times (say on Thurs. or Fri.) when you might run out of steam during training. However, the unlimited use of glycerol by those who have successfully adapted to the Anabolic Diet may be counterproductive since it may be used by the body directly or used to make glucose and thus may (like MCTs) bypass the very metabolic shift we're trying so hard to make and maintain. If you want to try using glycerol, you could mix one or two tablespoons (an ounce or so) in with, say, a buffer drink, or any diet drink, and take it during your training session. I hope that answers your question.

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

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Paul Whrenn set world records and won a Superheavyweight World Championship while training under the most trying of conditions. For the past 20 years, Paul has covered millions of miles all across the world preaching the gospel, as a traveling

PAUL WRENN The Christian Strongman as told by Steve Baldwin

and took only exercise plates. Since Paul did not want to disappoint the crowd and he was due a squat workout, he decided to go up to "just" 600 lbs. for some reps. The ascent on the first rep felt fine until the bar whipped and started to bend. Paul completed the rep, but the bar bent into a complete "U" at the top, leaving Paul and his spotters with a 600 lb. necktie.

In addition to powerlifting, Paul uses a wide array of strongman feats to entertain and reach his audiences. Among the feats he performs are heavy teeth lifting, driving penny nails, tearing large phone books, and allowing guys weighing up to 475 lbs. to jump off of elevated platforms unto his abdomen.

men.

At a crusade in Christopher, Illinois, there was a 380 lb. fellow whom Paul wanted to jump on his abdomen. The man had a bad ankle and did not want to risk jumping, so Paul agreed to perform a teeth lift with him. Paul had a specially constructed mouthpiece for teeth lifting. Midway through the lift the mouthpiece broke. It resulted in Paul losing 5 teeth. This incident led to more publicity than any of his powerlifting exploits. The story was carried nationally by Associated Press and Paul Harvey.

Paul started strength training in 1960 in Burlington, N.C. His Grandfather, Paul "Hard Rock" Simpson, was a well known distance runner and avid weight trainer. Paul's first meet was the 1962 All South Olympic Lift Meet, promoted by Jack King in Greensboro N.C. Paul Anderson military pressed a strict 400 lbs. in an exhibition at this meet. Paul's early strength influences were Paul Anderson, Doug Hepburn, Peary Rader, John Grimek and Willie Edwards, a local strongman from Graham N.C. Paul also has a lot of admiration and appreciation for the lifting of Doyle Kennedy and Larry Pacifico, two peers who were top lifters during the seventies and eighties.

Among the championships Paul has won are the Jr. Nationals - 1975, Pan Am's - 1975, Sr. Nationals 1979 and 1981, World Championship 1981, ADPPA National Masters 1987 - 93 and the ADPPA World Masters 1990-93. Paul's best competition lifts were: Squat - 975 (World Record), Bench Press - 540, and Deadlift - 855. Paul has always been known to be a very strict and precise lifter. It is interesting to note that all of his PR's were made at the USPF Sr. Nationals where the judging is very strict.

Paul's wife Barbara and his children Amy, P.T., Chris and Jonathan have always given him 100% support for his training and competition.

Paul has preached in Kenya, Uganda, Russia, Cuba, Mexico, Canada and virtually everywhere in the United States. He is currently making plans to visit Jamaica and the Philippines. Paul is motivated to train to stay strong for his ministry. His strength exhibition subsequently enables him to capture the attention of prisoners, young people and casual church goers so that he can deliver his testimony to them.

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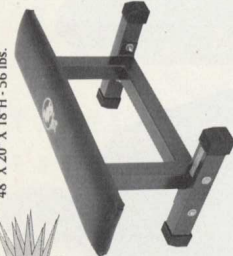
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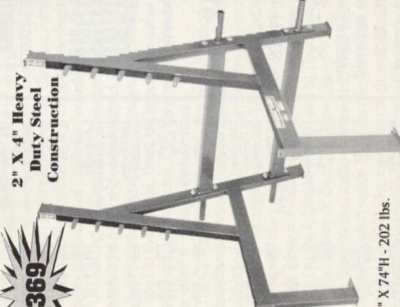
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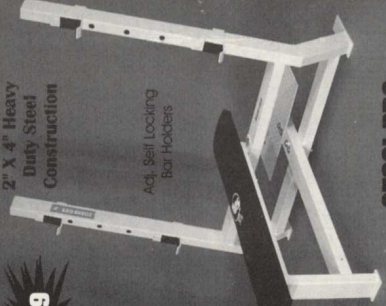
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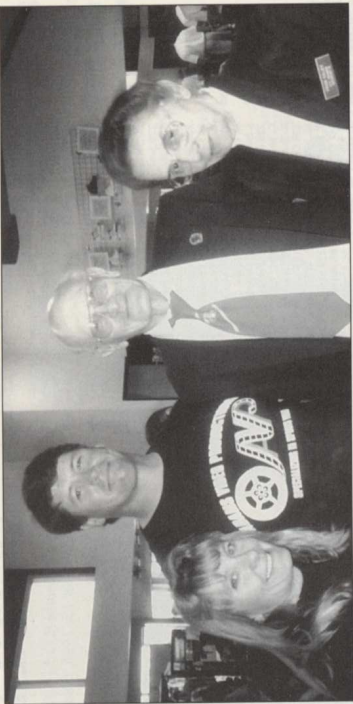
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The New USPF President is Don Haley, flanked by his wife Fran (at far right) and his active campaign managers Guy and LeaAnn Adams (left) of Adams Video Productions. (photo courtesy Glossbrenner)

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Message from the USPF President.
*As you noted in the July 31st HOTLINE, as of October 1, 1996 competitors sanctioned by the USPF will be governed by IPF rules. However, certain exceptions are permitted under IPF rules for those championships not utilized as qualifiers for IPF international competitions (e.g. the 24 hour weight in, additional age categories for Juniors and Masters, etc.). Random drug testing by urinalysis will be required at all competitions sanctioned by the USPF. Copies of the IPF rules (USPF edition) are now available for \$5.00 (inc. postage) from: Don J. Haley, President, 12101 Reagan Street, Los Alamitos, CA 90720. * Respectfully, Don Haley

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13 Jul 96 - Athens, GA
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Darryl Kelley 225 R. LILLY 242 400
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275

14th WHIC Meet
Aug 96 - Wallua, HI
SQ BP DL Total
135 75 185 395
170* 120* 225* 515*
155 95 205 455
300* 115 285* 700*

to all the lifters. Thanks to the Meet Director, Steve McClodlin, and his excellent staff for well over 100 years (with courtesy of Steve Crabbs).

front of a very enthusiastic crowd. The meet was held on Saturday, July 13, 1996 in front of the Area Red Cross. Its Director, H. Ritterhausen, 135 75 185 395

amount of funds raised. The money will be used to benefit the Area Red Cross. Its Director, H. Ritterhausen, 135 75 185 395

from outstanding lifters. The management and equipment of the meet was handled by Steve Crabbs, 181 (5054) Dr. Ian, Steven Jones came all the way from Van Driest to take home the trophy in the 220's and Men for their lifter with a 440 bench. Congratulations 114



Lionel Deguzman's close grip 475 try at the WHIC Meet (Yoshizu)

270 165 255 670
450 275 425 1150
355 245 265 755
245 185 365 425*

R. Ramos 220 Y. Lopez 385
J. Lugo 225 A. Rios 440
J. Ramos 220 Y. Lopez 385
L. Solo 190 J. Gonzalez 330
P. Matos 185 J. Ortiz 310
O. Romero 175 J. Sanabria 295
J. Rivera 100 24 Gregory 260
100 24 Gregory 260
P. Alvarez 425*

R. Serrano 380* R. Fernandez 370
J. Gonzalez 310 J. Gonzalez 330
A. Calderon 265 O. Orrego 300
J. Santiago 245 C. Robles 280
J. Aquino 185 J. Gonzalez 500*

R. Acero 400
L. Carrillo 400
R. Izumay 380
R. Guzman 380
E. Miranda 375
G. Torres 300
J. Garcia 330

*National Record. (Results by Carlos Fernandez)

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Rumor has it that to be a MIL0 sort of guy, you should shave your head, dress in wild animal skins and lift big rocks. Sure, that's a perfect description of some of our readers, but don't worry, we also have some readers who sport bald spots, favor flannel shirts and hoist massive dumbbells. We even have some readers who get conventional haircuts, wear suits and train with barbells. Despite their differences in outward appearance, all of our readers have one thing in common: They love strength.

MIL0 is a journal for people who are serious about strength—weightlifters, strongmen, powerlifters, Highland Games athletes, arm wrestlers, throwers. And even though we have a lot of Olympic gold medalists, most of our readers are guys who train in their garages, basements or backyards—guys who lift for themselves, not the promise of a future Coke contract. MIL0 has everything you need to get stronger, from the top authors and the top photographers in the field. Training. Personality profiles. Contest reports. Technique. And we deliver it in a

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A.D.F.A. DEADLIFT NATIONALS

4 Aug 96 - Wilkes-Barre, PA

SPECIAL OLYMPICS

| | | | |
|---------|------------|---------|-----------------|
| 104 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 108 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 110 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 112 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 114 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 116 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 118 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 120 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 122 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 124 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 126 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 128 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 130 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 132 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 134 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 136 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 138 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 140 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 142 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 144 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 146 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 148 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 150 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 152 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 154 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 156 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 158 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 160 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 162 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 164 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 166 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 168 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 170 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 172 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 174 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 176 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 178 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 180 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 182 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 184 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 186 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 188 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 190 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 192 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 194 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 196 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 198 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 200 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 202 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 204 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 206 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 208 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 210 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 212 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 214 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 216 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 218 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 220 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 222 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 224 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 226 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 228 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 230 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 232 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 234 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 236 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 238 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 240 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 242 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 244 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 246 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 248 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |
| 250 lb. | Teen 14/15 | 198 lb. | Submaster 20/20 |

APA Scottsboro Open Bench Press

13 Jul 96 - Scottsboro, AL

| | |
|-------|----------------|
| 105* | 220 Drug Free |
| 185* | 242 Drug Free |
| 300 | 275 Drug Free |
| 435* | 310 Drug Free |
| 425 | 340 Drug Free |
| 500* | 375 Drug Free |
| 625 | 410 Drug Free |
| 750 | 445 Drug Free |
| 875 | 480 Drug Free |
| 1000 | 515 Drug Free |
| 1125 | 550 Drug Free |
| 1250 | 585 Drug Free |
| 1375 | 620 Drug Free |
| 1500 | 655 Drug Free |
| 1625 | 690 Drug Free |
| 1750 | 725 Drug Free |
| 1875 | 760 Drug Free |
| 2000 | 795 Drug Free |
| 2125 | 830 Drug Free |
| 2250 | 865 Drug Free |
| 2375 | 900 Drug Free |
| 2500 | 935 Drug Free |
| 2625 | 970 Drug Free |
| 2750 | 1005 Drug Free |
| 2875 | 1040 Drug Free |
| 3000 | 1075 Drug Free |
| 3125 | 1110 Drug Free |
| 3250 | 1145 Drug Free |
| 3375 | 1180 Drug Free |
| 3500 | 1215 Drug Free |
| 3625 | 1250 Drug Free |
| 3750 | 1285 Drug Free |
| 3875 | 1320 Drug Free |
| 4000 | 1355 Drug Free |
| 4125 | 1390 Drug Free |
| 4250 | 1425 Drug Free |
| 4375 | 1460 Drug Free |
| 4500 | 1495 Drug Free |
| 4625 | 1530 Drug Free |
| 4750 | 1565 Drug Free |
| 4875 | 1600 Drug Free |
| 5000 | 1635 Drug Free |
| 5125 | 1670 Drug Free |
| 5250 | 1705 Drug Free |
| 5375 | 1740 Drug Free |
| 5500 | 1775 Drug Free |
| 5625 | 1810 Drug Free |
| 5750 | 1845 Drug Free |
| 5875 | 1880 Drug Free |
| 6000 | 1915 Drug Free |
| 6125 | 1950 Drug Free |
| 6250 | 1985 Drug Free |
| 6375 | 2020 Drug Free |
| 6500 | 2055 Drug Free |
| 6625 | 2090 Drug Free |
| 6750 | 2125 Drug Free |
| 6875 | 2160 Drug Free |
| 7000 | 2195 Drug Free |
| 7125 | 2230 Drug Free |
| 7250 | 2265 Drug Free |
| 7375 | 2300 Drug Free |
| 7500 | 2335 Drug Free |
| 7625 | 2370 Drug Free |
| 7750 | 2405 Drug Free |
| 7875 | 2440 Drug Free |
| 8000 | 2475 Drug Free |
| 8125 | 2510 Drug Free |
| 8250 | 2545 Drug Free |
| 8375 | 2580 Drug Free |
| 8500 | 2615 Drug Free |
| 8625 | 2650 Drug Free |
| 8750 | 2685 Drug Free |
| 8875 | 2720 Drug Free |
| 9000 | 2755 Drug Free |
| 9125 | 2790 Drug Free |
| 9250 | 2825 Drug Free |
| 9375 | 2860 Drug Free |
| 9500 | 2895 Drug Free |
| 9625 | 2930 Drug Free |
| 9750 | 2965 Drug Free |
| 9875 | 3000 Drug Free |
| 10000 | 3035 Drug Free |

AAU ABC Fitness Bench Press

29 Jun 96 - Pittsburgh, PA

| | |
|-----|-----------|
| 188 | Teen |
| 345 | 220 Teen |
| 320 | 240 Teen |
| 335 | 260 Teen |
| 340 | 280 Teen |
| 345 | 300 Teen |
| 350 | 320 Teen |
| 355 | 340 Teen |
| 360 | 360 Teen |
| 365 | 380 Teen |
| 370 | 400 Teen |
| 375 | 420 Teen |
| 380 | 440 Teen |
| 385 | 460 Teen |
| 390 | 480 Teen |
| 395 | 500 Teen |
| 400 | 520 Teen |
| 405 | 540 Teen |
| 410 | 560 Teen |
| 415 | 580 Teen |
| 420 | 600 Teen |
| 425 | 620 Teen |
| 430 | 640 Teen |
| 435 | 660 Teen |
| 440 | 680 Teen |
| 445 | 700 Teen |
| 450 | 720 Teen |
| 455 | 740 Teen |
| 460 | 760 Teen |
| 465 | 780 Teen |
| 470 | 800 Teen |
| 475 | 820 Teen |
| 480 | 840 Teen |
| 485 | 860 Teen |
| 490 | 880 Teen |
| 495 | 900 Teen |
| 500 | 920 Teen |
| 505 | 940 Teen |
| 510 | 960 Teen |
| 515 | 980 Teen |
| 520 | 1000 Teen |
| 525 | 1020 Teen |
| 530 | 1040 Teen |
| 535 | 1060 Teen |
| 540 | 1080 Teen |
| 545 | 1100 Teen |
| 550 | 1120 Teen |
| 555 | 1140 Teen |
| 560 | 1160 Teen |
| 565 | 1180 Teen |
| 570 | 1200 Teen |
| 575 | 1220 Teen |
| 580 | 1240 Teen |
| 585 | 1260 Teen |
| 590 | 1280 Teen |
| 595 | 1300 Teen |
| 600 | 1320 Teen |
| 605 | 1340 Teen |
| 610 | 1360 Teen |
| 615 | 1380 Teen |
| 620 | 1400 Teen |
| 625 | 1420 Teen |
| 630 | 1440 Teen |
| 635 | 1460 Teen |
| 640 | 1480 Teen |
| 645 | 1500 Teen |
| 650 | 1520 Teen |
| 655 | 1540 Teen |
| 660 | 1560 Teen |
| 665 | 1580 Teen |
| 670 | 1600 Teen |
| 675 | 1620 Teen |
| 680 | 1640 Teen |
| 685 | 1660 Teen |
| 690 | 1680 Teen |
| 695 | 1700 Teen |
| 700 | 1720 Teen |
| 705 | 1740 Teen |
| 710 | 1760 Teen |
| 715 | 1780 Teen |
| 720 | 1800 Teen |
| 725 | 1820 Teen |
| 730 | 1840 Teen |
| 735 | 1860 Teen |
| 740 | 1880 Teen |
| 745 | 1900 Teen |
| 750 | 1920 Teen |
| 755 | 1940 Teen |
| 760 | 1960 Teen |
| 765 | 1980 Teen |
| 770 | 2000 Teen |
| 775 | 2020 Teen |
| 780 | 2040 Teen |
| 785 | 2060 Teen |
| 790 | 2080 Teen |
| 795 | 2100 Teen |
| 800 | 2120 Teen |
| 805 | 2140 Teen |
| 810 | 2160 Teen |
| 815 | 2180 Teen |
| 820 | 2200 Teen |
| 825 | 2220 Teen |
| 830 | 2240 Teen |
| 835 | 2260 Teen |
| 840 | 2280 Teen |
| 845 | 2300 Teen |
| 850 | 2320 Teen |
| 855 | 2340 Teen |
| 860 | 2360 Teen |
| 865 | 2380 Teen |
| 870 | 2400 Teen |
| 875 | 2420 Teen |
| 880 | 2440 Teen |
| 885 | 2460 Teen |
| 890 | 2480 Teen |
| 895 | 2500 Teen |

SAAS Willow Creek Club BP

25 Jun 96 - Rosemont, IL

| | |
|------|--------------------|
| 210 | Fell-170 |
| 285 | Enond-167 |
| 340 | Medium Heavyweight |
| 380 | Medium Heavyweight |
| 420 | Medium Heavyweight |
| 460 | Medium Heavyweight |
| 500 | Medium Heavyweight |
| 540 | Medium Heavyweight |
| 580 | Medium Heavyweight |
| 620 | Medium Heavyweight |
| 660 | Medium Heavyweight |
| 700 | Medium Heavyweight |
| 740 | Medium Heavyweight |
| 780 | Medium Heavyweight |
| 820 | Medium Heavyweight |
| 860 | Medium Heavyweight |
| 900 | Medium Heavyweight |
| 940 | Medium Heavyweight |
| 980 | Medium Heavyweight |
| 1020 | Medium Heavyweight |
| 1060 | Medium Heavyweight |
| 1100 | Medium Heavyweight |
| 1140 | Medium Heavyweight |
| 1180 | Medium Heavyweight |
| 1220 | Medium Heavyweight |
| 1260 | Medium Heavyweight |
| 1300 | Medium Heavyweight |
| 1340 | Medium Heavyweight |
| 1380 | Medium Heavyweight |
| 1420 | Medium Heavyweight |
| 1460 | Medium Heavyweight |
| 1500 | Medium Heavyweight |
| 1540 | Medium Heavyweight |
| 1580 | Medium Heavyweight |
| 1620 | Medium Heavyweight |
| 1660 | Medium Heavyweight |
| 1700 | Medium Heavyweight |
| 1740 | Medium Heavyweight |
| 1780 | Medium Heavyweight |
| 1820 | Medium Heavyweight |
| 1860 | Medium Heavyweight |
| 1900 | Medium Heavyweight |
| 1940 | Medium Heavyweight |
| 1980 | Medium Heavyweight |
| 2020 | Medium Heavyweight |
| 2060 | Medium Heavyweight |
| 2100 | Medium Heavyweight |
| 2140 | Medium Heavyweight |
| 2180 | Medium Heavyweight |
| 2220 | Medium Heavyweight |
| 2260 | Medium Heavyweight |
| 2300 | Medium Heavyweight |
| 2340 | Medium Heavyweight |
| 2380 | Medium Heavyweight |
| 2420 | Medium Heavyweight |
| 2460 | Medium Heavyweight |
| 2500 | Medium Heavyweight |

6th Steubenville Open

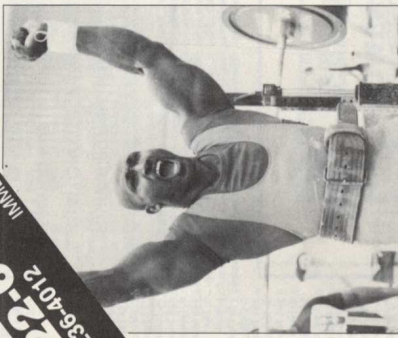
21 Jul 96 - Wintersville, OH

| | |
|-----|--------------|
| 114 | Teen (17-19) |
| 119 | Teen (17-19) |
| 124 | Teen (17-19) |
| 129 | Teen (17-19) |
| 134 | Teen (17-19) |
| 139 | Teen (17-19) |
| 144 | Teen (17-19) |
| 149 | Teen (17-19) |
| 154 | Teen (17-19) |
| 159 | Teen (17-19) |
| 164 | Teen (17-19) |
| 169 | Teen (17-19) |
| 174 | Teen (17-19) |
| 179 | Teen (17-19) |
| 184 | Teen (17-19) |
| 189 | Teen (17-19) |
| 194 | Teen (17-19) |
| 199 | Teen (17-19) |
| 204 | Teen (17-19) |
| 209 | Teen (17-19) |
| 214 | Teen (17-19) |
| 219 | Teen (17-19) |
| 224 | Teen (17-19) |
| 229 | Teen (17-19) |
| 234 | Teen (17-19) |
| 239 | Teen (17-19) |
| 244 | Teen (17-19) |
| 249 | Teen (17-19) |
| 254 | Teen (17-19) |
| 259 | Teen (17-19) |
| 264 | Teen (17-19) |
| 269 | Teen (17-19) |
| 274 | Teen (17-19) |
| 279 | Teen (17-19) |
| 284 | Teen (17-19) |
| 289 | Teen (17-19) |
| 294 | Teen (17-19) |
| 299 | Teen (17-19) |
| 304 | Teen (17-19) |
| 309 | Teen (17-19) |
| 314 | Teen (17-19) |
| 319 | Teen (17-19) |
| 324 | Teen (17-19) |
| 329 | Teen (17-19) |
| 334 | Teen (17-19) |
| 339 | Teen (17-19) |
| 344 | Teen (17-19) |
| 349 | Teen (17-19) |
| 354 | Teen (17-19) |
| 359 | Teen (17-19) |
| 364 | Teen (17-19) |
| 369 | Teen (17-19) |
| 374 | Teen (17-19) |
| 379 | Teen (17-19) |
| 384 | Teen (17-19) |
| 389 | Teen (17-19) |
| 394 | Teen (17-19) |
| 399 | Teen (17-19) |
| 404 | Teen (17-19) |
| 409 | Teen (17-19) |
| 414 | Teen (17-19) |
| 419 | Teen (17-19) |
| 424 | Teen (17-19) |
| 429 | Teen (17-19) |
| 434 | Teen (17-19) |
| 439 | Teen (17-19) |
| 444 | Teen (17-19) |
| 449 | Teen (17-19) |
| 454 | Teen (17-19) |
| 459 | Teen (17-19) |
| 464 | Teen (17-19) |
| 469 | Teen (17-19) |
| 474 | Teen (17-19) |
| 479 | Teen (17-19) |
| 484 | Teen (17-19) |
| 489 | Teen (17-19) |
| 494 | Teen (17-19) |
| 499 | Teen (17-19) |
| 504 | Teen (17-19) |
| 509 | Teen (17-19) |
| 514 | Teen (17-19) |
| 519 | Teen (17-19) |
| 524 | Teen (17-19) |
| 529 | Teen (17-19) |
| 534 | Teen (17-19) |
| 539 | Teen (17-19) |
| 544 | Teen (17-19) |
| 549 | Teen (17-19) |
| 554 | Teen (17-19) |
| 559 | Teen (17-19) |
| 564 | Teen (17-19) |
| 569 | Teen (17-19) |
| 574 | Teen (17-19) |
| 579 | Teen (17-19) |
| 584 | Teen (17-19) |
| 589 | Teen (17-19) |
| 594 | Teen (17-19) |
| 599 | Teen (17-19) |
| 604 | |

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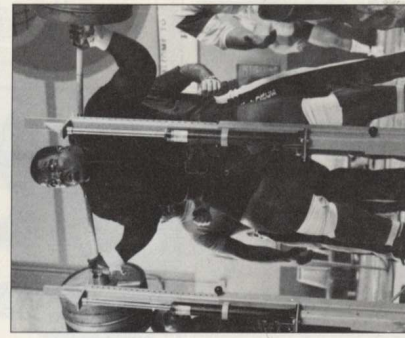


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In Memory of O.D. Wilson
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 S, M, L, XL, XXL \$19.00
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$29.00
- Wrist Wraps** — full length with velcro and thumb loop \$9.95
- Wrist Wraps** — heavy duty, full length with velcro and thumb loop \$11.95

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Lever Belts

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

10 cm x 13 mm • 6 rows of stitching \$68.00

10 cm x approximately 10 mm • 4 rows of stitching \$58.00

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 - single or double prong • any color • made in USA • lifetime guarantee \$70.00
 - suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
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- 1 - 2 oz. block \$2.00
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- Hawaii World Record Breakers** - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

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A.D.F.P.A. Corner

The ADFPA 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 ADFPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Safian, PO Box 4065, Bay Side, NY 11360.

GISONDI WINS BROTHER BENNETT AWARD! At the Men's Nationals in June, the Brother Bennett Award was given to Pete Gisondi. This annual award is in honor of one of the ADFPA's founding fathers, Brother Bennett. The award is given to the person who exemplifies outstanding service and dedication to the ADFPA. This year's winner, Pete Gisondi, from White Plains, New York, is a meet promoter without comparison. When Pete isn't promoting meets, he is still quick to lend a helping hand. From loaning out his equipment to other meet directors to spotting on the platform, Pete truly is dedicated to the sport and to its federation.

The following letter was sent to me. It was signed by an anonymous member of the ADFPA. I think many people will be able to relate to it.

Five years ago I wasn't drug free. I competed as a SHW. I was as strong as a bull until I wound up in the hospital. I ran into all kinds

of complications - liver, kidney, you name it. I was laid up for two weeks. My doctor advised me to stop taking steroids. But how could I ever compete again?

Months later, I made it back into the gym. I had to go back to weights I hadn't used in a long time. It was killing me. Then I met a group of guys, also powerlifters, who were really into the sport. I started training with them. They were strong (for natural guys) and really, really dedicated. We trained together four times a week. It was probably some of the best work-

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION

PLEASE PRINT

| | | |
|--|---------------|---|
| LAST NAME | FIRST NAME | INITIAL |
| STREET ADDRESS | | |
| CITY | STATE | ZIP CODE |
| AREA | TELEPHONE NO. | DATE OF BIRTH |
| <input type="checkbox"/> U.S. CITIZEN YES <input type="checkbox"/> U.S. CITIZEN NO <input type="checkbox"/> FOREIGN BORN | | <input type="checkbox"/> U.S. CITIZEN YES <input type="checkbox"/> U.S. CITIZEN NO |

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

Make checks payable to the ADFPA APPLICANTS, fill out form completely and mail with fee to:
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Donation
 CLUB REPRESENTED

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 18 HAVE PARENT INITIAL SIGNATURE DATE

A.D.F.P.A. Corner

bursement; thirdly, those who are using performance-enhancing substances and are caught will be suspended from the ADFPA. Lastly, the ADFPA can lay claim to having some of the world's strongest powerlifters who have been tested several times including being tested in an out-of-meet (OMT) situation. Regarding OMT, the ADFPA has an active program in place. Within the next several months, the ADFPA will be implementing a NO-Notice OMT and a 24-hour OMT program. These will be the most active OMT programs in the sport of powerlifting in the United States and will set the ADFPA apart from other organizations in terms of drug testing. The second reason I tell people about the ADFPA is the quality competition at all levels of the ADFPA, especially on the National level. One can be proud to state they placed at an ADFPA National meet as the quality of lifting is great. Furthermore, the ADFPA has a terrific newsletter featuring a new publisher. The first edition of this newsletter had been mailed at the end of August. All active ADFPA members receive a copy as a part of their membership. Along with its newsletter, the ADFPA has its own web page on the internet. Its address is <http://www.adfpa.com>. Presently, the web page includes a copy of the ADFPA membership application. You can print out a copy and send it to the National Office. It contains a complete listing of ALL Men's American Records, upcoming meet listings, links related to powerlifting/strength training sites on the World Wide Web, complete listing of the ADFPA administrators, and a copy of the Lifter's Rulebook. Lastly, the fact is the ADFPA has been around since 1981. Since then, it's grown from a small organization into the largest one in the United States. We are currently looking into unifying the US powerlifting community, and the ADFPA is helping to lead the way. We have formed an ad hoc committee; i.e., the Unification Committee to help study, research and make recommendations to the ADFPA regarding what unification means to the ADFPA. Come join us as we continue to lead the way for powerlifting into the next millennium. As always, be healthy and be strong!

ADFFA GYM DIRECTORY
Kennedy's Gym, Clock Tower Plaza, RD. 1, Box 642, Morgantown, PA 15943, (610) 286-7698, Owner: Pat Kennedy
Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner:

Warrior Weight Room, Coyle Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, Ext. 680, Coach: H. Waldron

Powerhouse Gym, 913 N. Court, Medina, OH 44226, (330) 722-7250, Mark Copeland
The Strength Training Center, c/o Nutritional Technologies, 5 Stonerock Drive, Easton, PA 18045, 2812, (610) 258-1894, Coach: Nick Theodore

For Sheridan
Powerhouse Gym, 913 N. Court, Medina, OH 44226, (330) 722-7250, Mark Copeland
The Strength Training Center, c/o Nutritional Technologies, 5 Stonerock Drive, Easton, PA 18045, 2812, (610) 258-1894, Coach: Nick Theodore

Warrior Weight Room, Coyle Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, Ext. 680, Coach: H. Waldron

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ADFFA GYM DIRECTORY

Response to Ken Leistner article - PL USA - Sept/96, Vol. 20, No. 2

It is disheartening to see the efforts of the United States' largest powerlifting organization depicted in the manner guaranteed by Mr. Leistner. While I cannot state that the scene he saw did not occur; I can guarantee that if any official of the ADFPA saw lifters "show down epinephrine..." etc. they would have been drug tested on the spot. Such is the furtive way of those who must hide their use of performance enhancing drugs. The scene described by Mr. Leistner, if accurate, only proves the necessity for doping control in our sport. The ADFPA has pioneered this concept in the U.S., and we continue to improve the quality of our drug testing program. If you come to lift, and we test you and you're dirty - you're busted. It's as simple as that. The same holds true for out of competition testing which we are in the process of developing even further.

While there may be some sort of sociological relevance in the self described "moaning" diatribe by Mr. Leistner, there is also a dire lack of acknowledgment for the catalysts of change and progress. Men have been hoisting weights for sport for centuries. The Highland Games are documented as one of world's oldest sports. The use of performance enhancing drugs in strength sports is a phenomenon of only the past 20 years or so. The point here is that there must be a model, a high set of standards for which leadership is taken - to effect change. The ADFPA seeks to provide that model.

Look around you. This country would not exist if our forefathers had not embraced an idea, and acted on it. The names of Abraham Lincoln and Dr. Martin Luther King immediately pop into mind when talking about ideals and concepts that not only shunned the old ways of thinking, but became the new standards. They passionately promoted a new model for fairness which became a principle by which we measure ourselves today. None of these men were perfect. Neither are any of us. We simply ask anyone who dares to believe in a greater tomorrow to stand with us in forging a new era for powerlifting.

We remain undaunted in our vision of how the future of amateur powerlifting should be. Mr. Leistner projects the jaded philosophy of defeatism; that people will take drugs no matter what; that Olympic sport status is an "unrealistic expectation," that "the very best lifters" will not come to meet with limited supportive gear allowed. Well, there are over 5,000 of us in the ADFPA, (and elsewhere) who choose to disagree with you. We expect to continue cleaning drugs out of amateur powerlifting. We do have a vision of attaining Olympic sport status. Well over 100 of America's strongest powerlifters just competed at the WDFPF World Championships in Chicago - sans bench shirts - with no complaints. By keeping a sharp eye on Olympic sports movements, and by continuously improving our rules, protocols and policies to the highest standards, we seek to project a paradigm for our sport that will stand up for its future.

I am reminded that the greatest One who ever lived, when challenged to attack a person "caught in the act" of doing wrong - told those challenging him "Let him among you who is perfect throw the first stone." In truth, this means not only dispatching self-righteousness, more importantly, it means putting your best efforts into setting, and leading, by an example that will hold up in the light of accountability. In doing this for our sport, i.e. becoming the paradigm, we will shape the course of powerlifting - with all of its brightest potential.

We must, and we will, continue to muster all of the grit it takes to positively impact the future of powerlifting. We will take on its challenges, embrace its vision, and elevate its position as the World's strongest sport.

Michael W. Overdeer, ADFPA President

For Sheridan
Powerhouse Gym, 913 N. Court, Medina, OH 44226, (330) 722-7250, Mark Copeland
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ing a contact individual who can supply training and meet information. It can also help if you're traveling and need a place to train.

To get your gym into the directory send your ADFPA team's name and membership number (or coach/owner name and ADFPA number) along with \$10 payable by check or money order to the ADFPA, Attention: Craig Safian, PO Box 4065, Bay Side, NY 11360. Present membership will be listed through October 1996. Any gym applying to the ADFPA Directory before December 1996 will be listed through December 1997.

A.D.F.P.A. Corner

ADPPA PRESIDENT'S MESSAGE...

It is time to present a larger picture of our sport. The ADPPA, through its leaders and its Unification and International Affiliation Committee, has been actively pursuing solutions to raising the national & international stature of powerlifting, even to the point of Olympic recognition. We have learned that it is a course filled with many obstacles. What is significant about this is that there has been no organized effort in this country to go after such lofty goals. The ADPPA is a world leader, and we should be at the forefront of any effort to advance the position of powerlifting - to see it take its rightful place in the world of sports.

In conversations and meetings with executive officials of the IPF, we have learned, through their efforts to become recognized as an Olympic sport, that they face the same challenges at the international level that we face with the United States; drug testing/doping control, excessive supportive equipment, fractionalization and a lack of a clear organizational leader in some countries, especially ours. It was expressed to me this way - "You are the world's only remaining superpower. If you can't pull powerlifting together in the U.S., how can any of the rest of us (countries) hope for the Olympics?"

What quickly becomes very clear in this picture is that the ADPPA has been tackling some of these problems for a number of years. We have positioned ourselves as a world leader in drug-tested powerlifting. We built the program, and we continue to improve it. In an action that marks history, this past June, the ADPPA National Governing Body approved our adoption of the USOC guidelines and protocols for drug testing. Our successes in working to keep our sport clean have paid off in making us the largest powerlifting organization in the U.S. It is important to carry this thought one step further into the international powerlifting community. In particular, the IPF with its 90 member nations has become keenly aware that the ADPPA is practicing what it preaches, and that we are providing leadership for part of the solution to a higher level of recognition. Because of its size, scope and association with the IOC, the IPF would appear to be the predominant choice for channeling powerlifting into the Olympic mainstream. In forging a link with the IPF, the possibility of benefiting from mutual strengths (i.e., our size and drug testing experience and their extensive international reach) presents great promise for the future of our sport.

The WDFPF has provided a very positive international venue for the advancement of drug free powerlifting. As a founding member, the ADPPA has been a driving, sustaining force within, strengthening the presence and standards of international drug free competition. The value of the WDFPF organization practicing a high ideal is best described in the words of Margaret Mead - "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Many countries have one government-funded national powerlifting organization, which may have a prescribed route to international affiliation. Conversely, many international organizations will not allow dual affiliation by their member nations. These two facts present obvious limitations. It is hoped that the integrity and influence of the WDFPF can be broadened in a unified approach to the common goals presented here.

The fractionalization part of this picture is very vivid in this country, with something over 20 organizations competing for the nation's lifting population. Some organizations are operated purely as private business, some are large sporting organizations, of which powerlifting is just a small part - and some, like the ADPPA, are federally recognized not-for-profit organizations, with a democratically elected leadership made up of its own athletes/members. The USPF is another such organization. Between the two, it is estimated that as much as 75% of the U.S. lifting population is represented. The ADPPA and the USPF are the nation's oldest powerlifting organizations, both having formed in 1981 after the AAU divested its control of powerlifting. Both have evolved along different paths - yet seemingly there are very few differences in terms of what is actually written on paper. There have been management problems. There have been execution problems. Yet, the democratic process has proven itself over and over again. With the recent election of Don Haley, the ADPPA's former Referee Committee Chair, to the position of USPF President, we are optimistic that our respective organizations could work together. Don has made a firm, public commitment to adhere to drug-testing at 100% of all USPF meets. If it became possible to unite the two organizations - a clear, dominant leader for powerlifting in the U.S., would emerge.

This would go a long way for enhancing the prospect of Olympic recognition. We have been told that for International Olympic recognition to occur, each of the G-7 nations (of which we are one) will have to gain recognition from their own National Olympic Committees. This can only occur if there exists one organization that represents the vast majority of the nation's powerlifters.

This is the clearest picture that we now have to present, and in truth, there are many obstacles to overcome. There is always a price attached to progress. However, it has been said that "all it takes for a disaster to happen, is for good people to do nothing." We must passionately promote the paradigm for our sport that we have created, and we must think beyond the limitations we exist with now. We must act with vision and integrity to secure the brightest possible future for powerlifting.

Drug Free Powerlifting has come of age. *Michael W. Overdeer, ADFPA President*

Muscle Beach Venice Deadlift

29 Jun 96 - Venice, CA (log)

| Men | Women |
|---------------|-------|
| 132 and under | 120 |
| 148 | 132 |
| 165 | 150 |
| 182 | 168 |
| 200 | 186 |
| 217.5 | 204 |
| 235 | 222 |
| 252.5 | 240 |
| 270 | 258 |
| 287.5 | 276 |
| 305 | 294 |
| 322.5 | 312 |
| 340 | 330 |
| 357.5 | 348 |
| 375 | 366 |
| 392.5 | 384 |
| 410 | 402 |
| 427.5 | 420 |
| 445 | 438 |
| 462.5 | 456 |
| 480 | 474 |
| 497.5 | 492 |
| 515 | 510 |
| 532.5 | 528 |
| 550 | 546 |
| 567.5 | 564 |
| 585 | 582 |
| 602.5 | 600 |
| 620 | 618 |
| 637.5 | 636 |
| 655 | 654 |
| 672.5 | 672 |
| 690 | 690 |
| 707.5 | 708 |
| 725 | 726 |
| 742.5 | 744 |
| 760 | 762 |
| 777.5 | 780 |
| 795 | 798 |
| 812.5 | 816 |
| 830 | 834 |
| 847.5 | 852 |
| 865 | 870 |
| 882.5 | 888 |
| 900 | 906 |
| 917.5 | 924 |
| 935 | 942 |
| 952.5 | 960 |
| 970 | 978 |
| 987.5 | 996 |
| 1005 | 1014 |
| 1022.5 | 1032 |
| 1040 | 1050 |
| 1057.5 | 1068 |
| 1075 | 1086 |
| 1092.5 | 1104 |
| 1110 | 1122 |
| 1127.5 | 1140 |
| 1145 | 1158 |
| 1162.5 | 1176 |
| 1180 | 1194 |
| 1197.5 | 1212 |
| 1215 | 1230 |
| 1232.5 | 1248 |
| 1250 | 1266 |
| 1267.5 | 1284 |
| 1285 | 1302 |
| 1302.5 | 1320 |
| 1320 | 1338 |
| 1337.5 | 1356 |
| 1355 | 1374 |
| 1372.5 | 1392 |
| 1390 | 1410 |
| 1407.5 | 1428 |
| 1425 | 1446 |
| 1442.5 | 1464 |
| 1460 | 1482 |
| 1477.5 | 1500 |
| 1495 | 1518 |
| 1512.5 | 1536 |
| 1530 | 1554 |
| 1547.5 | 1572 |
| 1565 | 1590 |
| 1582.5 | 1608 |
| 1600 | 1626 |
| 1617.5 | 1644 |
| 1635 | 1662 |
| 1652.5 | 1680 |
| 1670 | 1698 |
| 1687.5 | 1716 |
| 1705 | 1734 |
| 1722.5 | 1752 |
| 1740 | 1770 |
| 1757.5 | 1788 |
| 1775 | 1806 |
| 1792.5 | 1824 |
| 1810 | 1842 |
| 1827.5 | 1860 |
| 1845 | 1878 |
| 1862.5 | 1896 |
| 1880 | 1914 |
| 1897.5 | 1932 |
| 1915 | 1950 |
| 1932.5 | 1968 |
| 1950 | 1986 |
| 1967.5 | 2004 |
| 1985 | 2022 |
| 2002.5 | 2040 |
| 2020 | 2058 |
| 2037.5 | 2076 |
| 2055 | 2094 |
| 2072.5 | 2112 |
| 2090 | 2130 |
| 2107.5 | 2148 |
| 2125 | 2166 |
| 2142.5 | 2184 |
| 2160 | 2202 |
| 2177.5 | 2220 |
| 2195 | 2238 |
| 2212.5 | 2256 |
| 2230 | 2274 |
| 2247.5 | 2292 |
| 2265 | 2310 |
| 2282.5 | 2328 |
| 2300 | 2346 |
| 2317.5 | 2364 |
| 2335 | 2382 |
| 2352.5 | 2400 |
| 2370 | 2418 |
| 2387.5 | 2436 |
| 2405 | 2454 |
| 2422.5 | 2472 |
| 2440 | 2490 |
| 2457.5 | 2508 |
| 2475 | 2526 |
| 2492.5 | 2544 |
| 2510 | 2562 |
| 2527.5 | 2580 |
| 2545 | 2598 |
| 2562.5 | 2616 |
| 2580 | 2634 |
| 2597.5 | 2652 |
| 2615 | 2670 |
| 2632.5 | 2688 |
| 2650 | 2706 |
| 2667.5 | 2724 |
| 2685 | 2742 |
| 2702.5 | 2760 |
| 2720 | 2778 |
| 2737.5 | 2796 |
| 2755 | 2814 |
| 2772.5 | 2832 |
| 2790 | 2850 |
| 2807.5 | 2868 |
| 2825 | 2886 |
| 2842.5 | 2904 |
| 2860 | 2922 |
| 2877.5 | 2940 |
| 2895 | 2958 |
| 2912.5 | 2976 |
| 2930 | 2994 |
| 2947.5 | 3012 |
| 2965 | 3030 |
| 2982.5 | 3048 |
| 3000 | 3066 |
| 3017.5 | 3084 |
| 3035 | 3102 |
| 3052.5 | 3120 |
| 3070 | 3138 |
| 3087.5 | 3156 |
| 3105 | 3174 |
| 3122.5 | 3192 |
| 3140 | 3210 |
| 3157.5 | 3228 |
| 3175 | 3246 |
| 3192.5 | 3264 |
| 3210 | 3282 |
| 3227.5 | 3300 |
| 3245 | 3318 |
| 3262.5 | 3336 |
| 3280 | 3354 |
| 3297.5 | 3372 |
| 3315 | 3390 |
| 3332.5 | 3408 |
| 3350 | 3426 |
| 3367.5 | 3444 |
| 3385 | 3462 |
| 3402.5 | 3480 |
| 3420 | 3498 |
| 3437.5 | 3516 |
| 3455 | 3534 |
| 3472.5 | 3552 |
| 3490 | 3570 |
| 3507.5 | 3588 |
| 3525 | 3606 |
| 3542.5 | 3624 |
| 3560 | 3642 |
| 3577.5 | 3660 |
| 3595 | 3678 |
| 3612.5 | 3696 |
| 3630 | 3714 |
| 3647.5 | 3732 |
| 3665 | 3750 |
| 3682.5 | 3768 |
| 3700 | 3786 |
| 3717.5 | 3804 |
| 3735 | 3822 |
| 3752.5 | 3840 |
| 3770 | 3858 |
| 3787.5 | 3876 |
| 3805 | 3894 |
| 3822.5 | 3912 |
| 3840 | 3930 |
| 3857.5 | 3948 |
| 3875 | 3966 |
| 3892.5 | 3984 |
| 3910 | 4002 |
| 3927.5 | 4020 |
| 3945 | 4038 |
| 3962.5 | 4056 |
| 3980 | 4074 |
| 3997.5 | 4092 |
| 4015 | 4110 |
| 4032.5 | 4128 |
| 4050 | 4146 |
| 4067.5 | 4164 |
| 4085 | 4182 |
| 4102.5 | 4200 |
| 4120 | 4218 |
| 4137.5 | 4236 |
| 4155 | 4254 |
| 4172.5 | 4272 |
| 4190 | 4290 |
| 4207.5 | 4308 |
| 4225 | 4326 |
| 4242.5 | 4344 |
| 4260 | 4362 |
| 4277.5 | 4380 |
| 4295 | 4398 |
| 4312.5 | 4416 |
| 4330 | 4434 |
| 4347.5 | 4452 |
| 4365 | 4470 |
| 4382.5 | 4488 |
| 4400 | 4506 |
| 4417.5 | 4524 |
| 4435 | 4542 |
| 4452.5 | 4560 |
| 4470 | 4578 |
| 4487.5 | 4596 |
| 4505 | 4614 |
| 4522.5 | 4632 |
| 4540 | 4650 |
| 4557.5 | 4668 |
| 4575 | 4686 |
| 4592.5 | 4704 |
| 4610 | 4722 |
| 4627.5 | 4740 |
| 4645 | 4758 |
| 4662.5 | 4776 |
| 4680 | 4794 |
| 4697.5 | 4812 |
| 4715 | 4830 |
| 4732.5 | 4848 |
| 4750 | 4866 |
| 4767.5 | 4884 |
| 4785 | 4902 |
| 4802.5 | 4920 |
| 4820 | 4938 |
| 4837.5 | 4956 |
| 4855 | 4974 |
| 4872.5 | 4992 |
| 4890 | 5010 |
| 4907.5 | 5028 |
| 4925 | 5046 |
| 4942.5 | 5064 |
| 4960 | 5082 |
| 4977.5 | 5100 |
| 4995 | 5118 |
| 5012.5 | 5136 |
| 5030 | 5154 |
| 5047.5 | 5172 |
| 5065 | 5190 |
| 5082.5 | 5208 |
| 5100 | 5226 |
| 5117.5 | 5244 |
| 5135 | 5262 |
| 5152.5 | 5280 |
| 5170 | 5298 |
| 5187.5 | 5316 |
| 5205 | 5334 |
| 5222.5 | 5352 |
| 5240 | 5370 |
| 5257.5 | 5388 |
| 5275 | 5406 |
| 5292.5 | 5424 |
| 5310 | 5442 |
| 5327.5 | 5460 |
| 5345 | 5478 |
| 5362.5 | 5496 |
| 5380 | 5514 |
| 5397.5 | 5532 |
| 5415 | 5550 |
| 5432.5 | 5568 |
| 5450 | 5586 |
| 5467.5 | 5604 |
| 5485 | 5622 |
| 5502.5 | 5640 |
| 5520 | 5658 |
| 5537.5 | 5676 |
| 5555 | 5694 |
| 5572.5 | 5712 |
| 5590 | 5730 |
| 5607.5 | 5748 |
| 5625 | 5766 |
| 5642.5 | 5784 |
| 5660 | 5802 |
| 5677.5 | 5820 |
| 5695 | 5838 |
| 5712.5 | 5856 |
| 5730 | 5874 |
| 5747.5 | 5892 |
| 5765 | 5910 |
| 5782.5 | 5928 |
| 5800 | 5946 |
| 5817.5 | 5964 |
| 5835 | 5982 |
| 5852.5 | 6000 |
| 5870 | 6018 |
| 5887.5 | 6036 |
| 5905 | 6054 |
| 5922.5 | 6072 |
| 5940 | 6090 |
| 5957.5 | 6108 |
| 5975 | 6126 |
| 5992.5 | 6144 |
| 6010 | 6162 |
| 6027.5 | 6180 |
| 6045 | 6198 |
| 6062.5 | 6216 |
| 6080 | 6234 |
| 6097.5 | 6252 |
| 6115 | 6270 |
| 6132.5 | 6288 |
| 6150 | 6306 |
| 6167.5 | 6324 |
| 6185 | 6342 |
| 6202.5 | 6360 |
| 6220 | 6378 |
| 6237.5 | 6396 |
| 6255 | 6414 |
| 6272.5 | 6432 |
| 6290 | 6450 |
| 6307.5 | 6468 |
| 6325 | 6486 |
| 6342.5 | 6504 |
| 6360 | 6522 |
| 6377.5 | 6540 |
| 6395 | 6558 |
| 6412.5 | 6576 |
| 6430 | 6594 |
| 6447.5 | 6612 |
| 6465 | 6630 |
| 6482.5 | 6648 |
| 6500 | 6666 |
| 6517.5 | 6684 |
| 6535 | 6702 |
| 6552.5 | 6720 |
| 6570 | 6738 |
| 6587.5 | 6756 |
| 6605 | 6774 |
| 6622.5 | 6792 |
| 6640 | 6810 |
| 6657.5 | 6828 |
| 6675 | 6846 |
| 6692.5 | 6864 |
| 6710 | 6882 |
| 6727.5 | 6900 |
| 6745 | 6918 |
| 6762.5 | 6936 |
| 6780 | 6954 |
| 6797.5 | 6972 |
| 6815 | 6990 |
| 6832.5 | 7008 |
| 6850 | 7026 |
| 6867.5 | 7044 |
| 6885 | 7062 |
| 6902.5 | 7080 |
| 6920 | 7098 |
| 6937.5 | 7116 |
| 6955 | 7134 |
| 6972.5 | 7152 |
| 6990 | 7170 |
| 7007.5 | 7188 |
| 7025 | 7206 |
| 7042.5 | 7224 |
| 7060 | 7242 |
| 7077.5 | 7260 |
| 7095 | 7278 |
| 7112.5 | 7296 |
| 7130 | 7314 |
| 7147.5 | 7332 |
| 7165 | 7350 |
| 7182.5 | 7368 |
| 7200 | 7386 |
| 7217.5 | 7404 |
| 7235 | 7422 |
| 7252.5 | 7440 |
| 7270 | 7458 |
| 7287.5 | 7476 |
| 7305 | 7494 |
| 7322.5 | 7512 |
| 7340 | 7530 |
| 7357.5 | 7548 |
| 7375 | 7566 |
| 7392.5 | 7584 |
| 7410 | 7602 |
| 7427.5 | 7620 |
| 7445 | 7638 |
| 7462.5 | 7656 |
| 7480 | 7674 |
| 7497.5 | 7692 |
| 7515 | 7710 |
| 7532.5 | 7728 |
| 7550 | 7746 |
| 7567.5 | 7764 |
| 7585 | 7782 |
| 7602.5 | 7800 |
| 7620 | 7818 |
| 7637.5 | 7836 |
| 7655 | 7854 |
| 7672.5 | 7872 |
| 7690 | 7890 |
| 7707.5 | 7908 |
| 7725 | 7926 |
| 7742.5 | 7944 |
| 7760 | 7962 |
| 7777.5 | 7980 |
| 7795 | 7998 |
| 7812.5 | 8016 |
| 7830 | 8034 |
| 7847.5 | 8052 |
| 7865 | 8070 |
| 7882.5 | 8088 |
| 7900 | 8106 |
| 7917.5 | 8124 |
| 7935 | 8142 |
| 7952.5 | 8160 |
| 7970 | 8178 |
| 7987.5 | 8196 |
| 8005 | 8214 |
| 8022.5 | 8232 |
| 8040 | |

USPF Texas/Louisiana BP
3 Aug '96 - Houston, TX

| | |
|------|----------------|
| Open | 369 |
| 148 | M. McDaniel |
| 165 | R. Morales |
| 182 | A. Howard |
| 203 | D. Owens |
| 275 | T. Cardella |
| 369 | D. Gardner |
| 435 | D. Shattuck |
| 407 | L. Smith |
| 374 | J.D. Fronter |
| 220 | R. Barlow |
| 374 | E. Molina |
| 418 | D. Madere |
| 418 | J. Hart |
| 479 | B.H. Hallmark |
| 435 | G. Ratter |
| 435 | C. Gardner |
| 275 | C. Nittingdale |
| 402 | E. Hill |
| 242 | J.A. Hayes |
| 330 | D. Gardner |
| 275 | T. McKeer |
| 330 | A. Little |
| 352 | J. Robinson |
| 341 | L. Lettner |
| 270 | M. Ned |
| 270 | H. Hudson |
| 270 | T. McKinley |

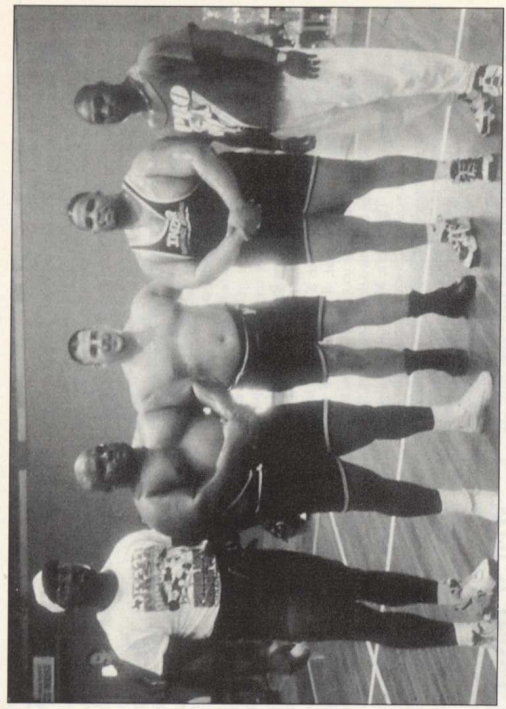
The Texas/Louisiana BP Championships was held at Aston Academy in Houston. Meet Director Bob...
up on a hot, humid day. Though it was hot, the lifters came pumped and ready to get it on. In the...
Tenn. David Owens was runner up for best lifter, the...
of age, big things are still in store. Taking the lift of...
369 in the submaster class at 35 and 241 lbs.,...
3rd overall. Greg Ralston took 2nd at 122 and 222...
and the overall was David Menducha making all...
the 165 and 330 a 479 finish. In the Masters 1st for...
David Gardner. David achieved a 275 press. First

New York Police Olympic Bench
1 Jun '96 - Uniondale, NY

| | |
|-------------|-------------------|
| BENCH PRESS | 505 |
| 148 lbs. | Rubin, Adam |
| 165 lbs. | Louren, Peter |
| 182 lbs. | Shattuck, Michael |
| 220 lbs. | Dias, AJ |
| 275 lbs. | D'Augusta, R. |
| 330 lbs. | Schubert, Mark |
| 369 lbs. | Gibson, Laddie |
| 407 lbs. | Alraballi, Gary |
| 435 lbs. | Gibson, Laddie |
| 479 lbs. | Gibson, Laddie |
| 515 lbs. | Gibson, Laddie |
| 553 lbs. | Gibson, Laddie |
| 600 lbs. | Gibson, Laddie |
| 645 lbs. | Gibson, Laddie |
| 685 lbs. | Gibson, Laddie |
| 725 lbs. | Gibson, Laddie |
| 765 lbs. | Gibson, Laddie |
| 805 lbs. | Gibson, Laddie |
| 845 lbs. | Gibson, Laddie |
| 885 lbs. | Gibson, Laddie |
| 925 lbs. | Gibson, Laddie |
| 965 lbs. | Gibson, Laddie |
| 1005 lbs. | Gibson, Laddie |
| 1045 lbs. | Gibson, Laddie |
| 1085 lbs. | Gibson, Laddie |
| 1125 lbs. | Gibson, Laddie |
| 1165 lbs. | Gibson, Laddie |
| 1205 lbs. | Gibson, Laddie |
| 1245 lbs. | Gibson, Laddie |
| 1285 lbs. | Gibson, Laddie |
| 1325 lbs. | Gibson, Laddie |
| 1365 lbs. | Gibson, Laddie |
| 1405 lbs. | Gibson, Laddie |
| 1445 lbs. | Gibson, Laddie |
| 1485 lbs. | Gibson, Laddie |
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This year's competition was held at the...
New York Police staff for providing the equip-
ment and officials. Thanks to the staff for making...
this event a success. (Results courtesy of Bob Garza)

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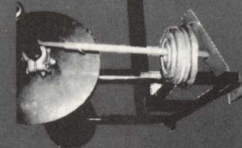


TEX-LU BENCHERS...242-Junius Hirt (418), SHW - Mark Neg (600 on 4th attempt), 275 - Tiny Meeker (518), SHW - Thomas McKinney, 181 - Eric Granger. (this photograph provided courtesy of Bob Garza)

A.P.F. Biggest Bench In Ohio
22 Jun '96 - Chillicothe, Ohio

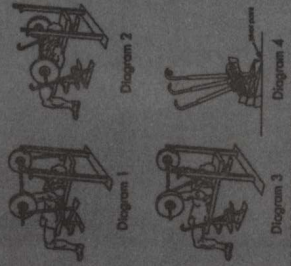
| | |
|-----------|------------------|
| TEENS | 415 |
| 148 lbs. | Bull, Gerrit |
| 165 lbs. | Yost, Eric |
| 182 lbs. | Yost, Eric |
| 220 lbs. | Bikaley, J.M. |
| 275 lbs. | Rouss, Dirk |
| 330 lbs. | Walton, T. Scott |
| 369 lbs. | Walton, T. Scott |
| 407 lbs. | Walton, T. Scott |
| 435 lbs. | Walton, T. Scott |
| 479 lbs. | Walton, T. Scott |
| 515 lbs. | Walton, T. Scott |
| 553 lbs. | Walton, T. Scott |
| 591 lbs. | Walton, T. Scott |
| 629 lbs. | Walton, T. Scott |
| 667 lbs. | Walton, T. Scott |
| 705 lbs. | Walton, T. Scott |
| 743 lbs. | Walton, T. Scott |
| 781 lbs. | Walton, T. Scott |
| 819 lbs. | Walton, T. Scott |
| 857 lbs. | Walton, T. Scott |
| 895 lbs. | Walton, T. Scott |
| 933 lbs. | Walton, T. Scott |
| 971 lbs. | Walton, T. Scott |
| 1009 lbs. | Walton, T. Scott |
| 1047 lbs. | Walton, T. Scott |
| 1085 lbs. | Walton, T. Scott |
| 1123 lbs. | Walton, T. Scott |
| 1161 lbs. | Walton, T. Scott |
| 1199 lbs. | Walton, T. Scott |
| 1237 lbs. | Walton, T. Scott |
| 1275 lbs. | Walton, T. Scott |
| 1313 lbs. | Walton, T. Scott |
| 1351 lbs. | Walton, T. Scott |
| 1389 lbs. | Walton, T. Scott |
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| 1769 lbs. | Walton, T. Scott |
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| 1921 lbs. | Walton, T. Scott |
| 1959 lbs. | Walton, T. Scott |
| 1997 lbs. | Walton, T. Scott |
| 2035 lbs. | Walton, T. Scott |
| 2073 lbs. | Walton, T. Scott |
| 2111 lbs. | Walton, T. Scott |
| 2149 lbs. | Walton, T. Scott |
| 2187 lbs. | Walton, T. Scott |
| 2225 lbs. | Walton, T. Scott |
| 2263 lbs. | Walton, T. Scott |
| 2301 lbs. | Walton, T. Scott |
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| 2719 lbs. | Walton, T. Scott |
| 2757 lbs. | Walton, T. Scott |
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| 3099 lbs. | Walton, T. Scott |
| 3137 lbs. | Walton, T. Scott |
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| 6519 lbs. | Walton, T. Scott |
| 6557 lbs. | Walton, T. Scott |
| 6595 lbs. | Walton, T. Scott |
| 6633 lbs. | Walton, T. Scott |
| 6671 lbs. | |

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(article continued from page 17)

ently studying their potential use in both medicine and animal science.(14)

The furostanol saponins have diverse beneficial effects including fungicidal (16), antiviral(17), antitumor(18), and antioxidant(19) action. In addition, Indian and Chinese researchers have been studying the furostanols in regard to the heart.(20) One Chinese study showed that the saponins from Tribulus terrestris reduced angina pectoris (constriction of coronary arteries and heart pain) by 82.3%! By improving coronary circulation, the furostanols may be of great health value to powerlifters, especially the heavier lifter who trains under great tension.

APHRODISIAC EFFECT - Both Tribulus and Fenugreek have historically been recognized as having pronounced sexual stimulating action. Thanks to new scientific methods, which isolate specific phytochemicals, researchers have traced the aphrodisiac effect to the action of the furostanol saponins on the testes.

Bulgarian scientists have studied the gonadotropic effects of the furostanols on animals and man. In one animal study, the furostanols showed a pronounced aphrodisiac action on white mice. In another, rams were given the saponins orally, leading to a pronounced influence on the endocrine functions of the testes and a rise in testosterone.(21)

In studies with impotent men, while the saponins did not increase the number of sperm significantly, they did increase the activity of sperm by an average of 18.6% in 38 men with a high amount of abnormal sperm, and by an average of 31% in 16 men with erectile dysfunction.(22) The number of deformed sperm was reduced significantly while the ability to have and maintain an erection increased.

TRIBOXIN: A NEW GENERATION PHYTOSTEROID SUPPLEMENT - Scientists have spent the past four years developing a new anabolic phyto steroid supplement for use by drug-free strength athletes. It is called Triboxin. The supplement contains an extract of the plants Tribulus terrestris,

Fenugreek, and Pfaffia paniculata, standardized for the ecdysterone and furostanol saponins. A detailed Triboxin user guide can be found in select health food stores and gyms or from Athletika direct. For more information about this new natural anabolic, call Athletika at 1-800-621-2602.

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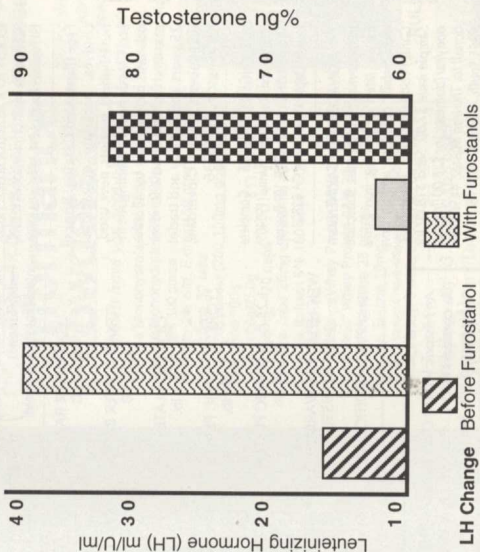
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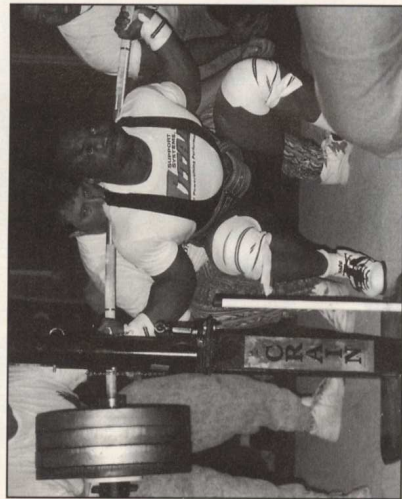
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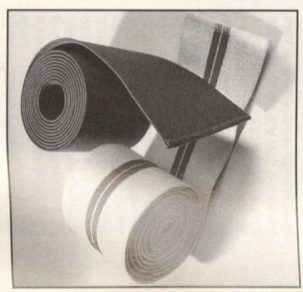
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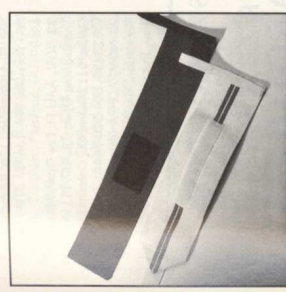


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11,12 JAN, 2nd Powerlifting Conference, J. J. Hatten, 26884 Highland Rd., Rex, CA 94138, 513-568-9116.
18 JAN, USPF Powerlifting Open Invitational (JCC) Powhatan, VA. Sam Moore, 804-794-3355, ext. 3572 or 3573.
18 JAN, APF Southwest Regional, Jerry Hicks, 295 E. Broadway, Birmingham AL 35216, 205-822-1320.
18 JAN, USPF Amateur 245 lb. women, master) Greg Thayer, 245 Broadway Dr., Monticello, AR 71655, 501-367-2854.
18,19 JAN, USA Big Three (OH, KY, IN) men/women PL/BP (all NASA divs., no formulas) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45388, 513-568-9116.
18,19 JAN, AAU New York State (all of state division) Mark Becht, 18 Marie St., Buffalo, NY 14215, 716-894-8583.
19 JAN, 1st Midwest - Central BP Nationals (Hydrex Park, IL - open, men, women, submaster, masters - limited entries) Sports Enhancement Inc., P.O. Box 34036, Chicago, IL 60634, 312-622-8028.
19 JAN, Tri-State Winter Classic V (open, novice, master, submaster, teen, women, no formulas) Kerry Williams, 234 Alfred Dr., Waukesha, WI 53186, 414-264-4825.
19 JAN, Pump Total Fitness Bench Press (open, master, women) Tim Roberts, St. Johns, MI 517-224-2441.
19 JAN, (new date) APF Cowlitz Deadlift Challenge, Cowlitz Iron Sports, 38155 Southside Blvd., Ft. Worth, TX 76116, 817-738-4900.
19 JAN, APF Illinois State (open, women, teen, submaster, master, ice, lifetime) B&W Gym, 5920N. Ridge, Chicago, IL 60660, 312-561-9692.
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1 FEB, USF World's Strongest Challenge on the Internet, <http://members.aol.com/interstrth/>
2 FEB, AAU State Squat Meet, Santa Rosa, CA, John Ford 707-543-5970.
2,3 FEB, APF Texas State PL/DBL (all) Rader Copeland, 1700 Conal Rock Ct., Irving, TX 75060, 214-253-8575.
8 FEB, MDSA King & Queen of the Bench (Procheater) Darwin Jacobson, Box 1031, Willmar, MN 56201.
8 FEB, APA Tarheel Open BP/Atlantic States Open DL (IN) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
8 FEB, Granite State Open Bench Press (men, women, teen, submaster, master - all lifters receive awards) Lou LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590.
8 FEB, 2nd Ft. Lee East Coast Military & Open PL/DBL (BP) Rudy Garcia, 5112 Salem Ct., Colonial Hts., VA 23834, 804-520-5646.
9 FEB, ADFFA TOP GUN Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18317, 717-562-7967.
14-16 FEB, 3rd USPF American Invitational (drug tested by urinalysis - Philadelphia Airport Marriott) Robert Keller, 752 Lone Lane, Lower Gwynedd, PA 19091, 215-542-4941.
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21-23 FEB, (FR/SO, JR/SB) Cory Cunningham, 2414 Lincoln Dr., Northampton, MA 01063, 413-442-0734.
22 FEB, Susquehanna Open Bench Press (open, women, teen) Howard Cohen, 130 Branding Rd., Swansboro, NC 28586, 919-354-8072/9187.
22 FEB, APF Sunshine State BP/DBL (open in Florida) FL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
22 FEB, AAU East Coast Classic PL/DBL (open & raw) Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
22 FEB, Oklahoma State, Ricky Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-2689.
22,23 FEB, USPF New York State, Burch Murr, 3048 S. Park Ave., Suite 140, Buffalo, NY 14219, 716-655-1878.
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23 FEB, 7th Winter BP Classic (novice, teen, men, women, master, drug tested) Jon Smoker, 30174 Wolf Rd., Clearfield, PA 16830, 814-765-3214.
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22 MAR, 4th "Strong Arm of the Law"

Walker, 226 E. Broadway, Hopewell, VA 23860, 804-458-7918.
13,14 APR, AAU Nationals (men & women) Joe Orange, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
19 APR, APA Tennessee Open BP/Biggest Pull in the South (TN), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
19 APR, Sub-400 Bench Press Open (1st-24 pre-registrants) Kevin Elene, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237.
19 APR, MDSA Go For the Gold Nationals (Redwood Falls, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.
20 APR, ADFFA Superstars Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18317, 717-562-7967.
20 APR, Sub-600 Deadlift Open (1st 24 pre-registrants) Kevin Elene, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237.
26 APR, 18th AAU Power Day BP (separate contests - open, women, teen, submaster, master) Al Siegel, 814-765-3214, Clearfield, PA 16830.
26 APR, MDSA North Dakota State & Open (Lameuse, ND) Donnie White, Box 1031, Willmar, MN 56201.
26 APR, APF South Central Texas BP (San Marcos) APF Cowlitz Bench Press Challenge, Cowlitz Iron Sports, 38155 Southside Blvd., Ft. Worth, TX 76116, 817-738-4900.
26 APR, ISF World Internet Colle-giate Powerlifting & Bench Press Championships, <http://members.aol.com/interstrth/>
23-25 MAY, USPF National Mas-ters/Submasters (BWI Holiday Inn) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST.
24,25 MAY, APF Louisiana PL/BP, APF Cowlitz Deadlift Challenge, Cowlitz Iron Sports, 38155 Southside Blvd., Ft. Worth, TX 76116, 817-738-4900.
25 MAY, AAU Outdoor Baddlet Bench in the West, John Ford 707-543-5970.
31 MAY, Memorial Day Bench Press Blast, Ralph Raiba, Iron Island Gym, 3465 Lawson Blvd., Oceanville, NY 11752, 516-594-9014.
7 JUN, MDSA Scoot to the Loot (Eska, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.
7 JUN, APA Louisiana Open BP/ Ironman DL Classic (LA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
8-13 JUN, Texas Police Games (Plano)

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22 MAR, AAU Wayne Dettling Memorial Eastern Natural BP & BP/DBL (open, women, master) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, 6:30-8PM EST.
5 APR, AAU York Barbell RAW BP (Harrisburg Mall - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
5 APR, APA Alabama Open BP/Yellowhammer Open DL (AL), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
5 APR, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201.
12 APR, Durgone Powerworks Drug Free Bench Sbm or Deadlift, Mark McElherry, 15689 Poplarstone Rd., Constantine, MI 49826, 616-408-7586.
12 APR, USPF Texas Championships (Austin, TX - class I, Open, women, teen, bench press) Scott Taylor, 1415 E. Court, Seguin, TX 78155, 210-572-3732.
12 APR, ISF World's Strongest Bodybuilder on the Internet, <http://members.aol.com/interstrth/>
12 APR, AAU N. New Jersey High School Meet, Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
12 APR, USPF Alabama State, Steve Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2553.
12,13 APR, North American BP, Martin Drake, 909-928-1317.
12,13 APR, USPF Virginia State, Barry

tested) Jon Smoker, 30174 Wolf Ave., Elkhart, IN 46516, 219-674-6663.
23 MAR, AAU Wayne Dettling Memorial Eastern Natural BP & BP/DBL (open, women, master) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, 6:30-8PM EST.
5 APR, AAU York Barbell RAW BP (Harrisburg Mall - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
5 APR, APA Alabama Open BP/Yellowhammer Open DL (AL), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962.
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12,13 APR, North American BP, Martin Drake, 909-928-1317.
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January 19, 1997

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Texas Police Athletic Federation, Box 2040, Abilene, TX 79604, 800-624-9752

12.13 JUN, ADFPA Teen/Jr. Nationals (St. Louis, MO) Mike Caselli, 314-625-1225

14 JUN, 14th AAU No Boys Allowed (PA State & Open - women, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

14 JUN, ISF World's Strongest Rugby Team on the Internet, <http://members.aol.com/interstrth/>

14 JUN, Iron Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., OceanSIDE, NY 11572, 516-594-9014

21 JUN, Williamsport Bench Press, Dorwin Jacobson, Box 1031, Williamsport, PA 17745

21 JUN, APA Tri-State Open BP/RP, Coast DL (GA) Scott Taylor, 27204 Elobean, FL 33927, 941-697-7962

28 JUN, International Bavaria Cup Deadlift (women, men, Jr, master) Karl Greiner, Flurestr, 25, 84032 Landshut, Germany 0871/72859

28.29 JUN, APF Governor's Cup PL/BP (Austin, TX) APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

29 JUN, Bud Light Record Breakers (Rhinehouse Motor Inn, Bend, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600

JUN, Pepsi Record 8 PL/RP (Valley River Inn, Eugene, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 503-389-0600

9-13 JUL, USPF Sr. Nationals (Philadelphia Airport Marriott) Robert Koller, 752 Jones Lane, Lower Gwynedd, PA 19002, 215-542-4941

12 JUL, ADFPA Great Plains Open/RP, Tim Piper, Western Illinois University, Brophy Hall, 221C, Macomb, IL 61455, 309-298-1781

12 JUL, ISF Internet Powerlifting & Bench Press Championships of the Americas, <http://members.aol.com/interstrth/>

12.13 JUL, 4th AAU Raw Meats (men, women, teen, submaster, master - any or all 3 lifts) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

19 JUL, AAU Weightlifting Challenge, Santa Rosa, CA, John Ford, 707-543-3067

19.20 JUL, WPC Con-Am World Cup (Category: AB) Greg's Back Alley Gym, 84 N. Royal St., Allentown, Canada T0L 1T3, 403-938-3067

20 JUL, AAU Lawrence Corro Memorial PL/BP (open men & women, master, Jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

20 JUL, Open Bench Press, Santa Rosa, CA, John Ford, 707-543-5970

20 JUL, Cowtown Bench Press Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

26.27 JUL (97), ADFPA Men's Nationals, BAW Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

JUL, IPA Worlds (tentative) Iron Island Gym, 3465 Lawson Blvd., OceanSIDE, NY 11572, 516-594-9014

MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put an ad in POWERLIFTING 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!

9 AUG, AAU Police/Fire Nationals PL/BP/DL (open/raw) Joe Pym, 25 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/>

22-25 AUG, AAU Raw National Championships (Diseneyworld) Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828

30.31 AUG, APF S. Texas PL/BP (San Antonio) APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

31 AUG, 8th Michigan Bench Press Challenge, Les Frazier, Box 81, Bloomfield Hills, MI 48303

AUG, AAU North American Championships, R. C. Rasmussen, Clearfield, PA 16830, 814-765-3214

11-14 SEP, AAU National Squat/Bench Press/Deadlift (open/raw - Diseneyworld) Joe Pym, 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/raw) Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

SEP, ADFPA Deadlift Nationals (Bedford Heights, OH) Ed & Frank King, 216-439-5464

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 171-823-2191 (Doreen)

25 OCT, ISF World's Strongest Gym on the Internet, <http://members.aol.com/interstrth/>

25-26 OCT, 15th AAU Central PA Open (below class I, teen, submaster, master, women-1st 60day) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

Island Gym, 3465 Lawson Blvd., OceanSIDE, NY 11572, 516-594-9014
6.7 DEC, APF Texas No Gear Allowed PL/BP, APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
817-738-4900
11-16 NOV (97) IFF Men's Worlds (Prague, Czech Republic)
15 NOV, ISF World Internet Powerlifting & Bench Press Championships, <http://members.aol.com/interstrth/>

15.16 NOV, ADFPA Police & Fire Nationals (Whipperry, NJ) John P. Corseillo Jr., 201-328-7303
16 NOV, AAU Maryland State BP (MD residents & open) & IronMAN (BP/DL - open men & women, master, Jr.) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST
23 NOV, Big Daddy's Open, Santa Rosa, CA, John Ford, 707-543-5970
6 DEC, Iron Island BP Classic, Iron Island Gym, 3465 Lawson Blvd., OceanSIDE, NY 11572, 516-594-9014
PL/BP, APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
11-16 NOV (97) IFF Men's Worlds (Prague, Czech Republic)
15 NOV, ISF World Internet Powerlifting & Bench Press Championships, <http://members.aol.com/interstrth/>

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.

Application for Registration in Natural Athlete Strength Association


| | | | |
|--|------------------|-------------------|------------------|
| Last Name | First Name | Initial | Date of App. |
| Street Address | | | |
| City | State | Zip | Area Code |
| High School | Referee | Date of Birth | 19 ____ Age ____ |
| High School - \$15.00 | Adults - \$25.00 | Immates - \$15.00 | Youth - \$15.00 |
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| I Certify that the above answers are Correct | | | |

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ADFFPA Midsummer BP & DL Classic

| | | | |
|---------------------------|------------------|------|-------|
| 13 Jul 96 - Henderson, KY | 198 Teen Bench | 305 | 305 |
| Bench Press Only | D. Ballard | 235 | |
| 154 Open | D. Penn | 235 | |
| D. Shibley | 198 Open Bench | 345 | |
| DL Bench | T. Simon | 345 | |
| B. Moore | L. Schall | 315 | |
| 148 Teen Bench | J. Fidler | 380 | |
| 148 Master Bench | L. Schall | 315 | |
| M. Evans | 220 Master Bench | 475 | |
| D. Ercken | T. Swender | 475 | |
| D. Ercken | N. Johnson | 305 | |
| D. Ballard | 4th attempt | 505* | |
| M. Johnson | M. Turp | 490 | |
| 181 Master Bench | K. Hayes | 490 | |
| C. McMillen | 275 Overwrt | 300 | |
| D. Woodfolk | S. Conum | 435 | |
| 181 Teen Bench | 275 Master Bench | 435 | |
| B. Steelman | J. Snyrah | 450 | |
| D. Wynn | R. Coates | 420 | |
| D. Hudak | SHW Open | 420 | |
| B. Peyton | | | |
| Women | | 530 | |
| A. Para | BP | DL | TOTAL |
| 111 Teen | 85 | 245 | 330 |
| A. Gilie | 105 | 180 | 285 |
| A. Cabon | 115 | 255 | 370 |
| 154 Open | 165 | 325 | 490 |
| D. Shibley | 170 | 255 | 365 |
| DL Bench | 170 | 350 | 520 |
| UNL Open | 180 | 310 | 490 |
| B. Thorpe | | | |
| R. Ludmore | | | |
| Men | | | |


| | | |
|-----|-----|-----|
| 80 | 200 | 280 |
| 250 | 420 | 670 |
| 290 | 475 | 765 |
| 285 | 440 | 725 |
| 280 | 510 | 790 |
| 175 | 340 | 515 |
| 300 | 440 | 740 |
| 360 | 605 | 965 |
| 315 | 585 | 900 |
| 235 | 445 | 680 |
| 345 | 640 | 985 |
| 265 | 545 | 815 |
| 265 | 450 | 715 |
| 315 | 340 | 705 |
| 285 | 450 | 715 |
| 275 | 465 | 740 |
| 185 | 360 | 545 |
| 305 | 470 | 775 |
| 385 | 550 | 935 |
| 300 | 505 | 805 |
| 450 | 500 | 930 |
| 420 | 570 | 990 |
| 315 | 515 | 830 |




LT-10




LT-05



LT-08



LT-01



LT-09

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"I was the powerlifting coach in Rio Grande City, Texas for two years. The first summer in Rio, the weight room had approximately 5 athletes showing up every day. This past year I had 39 boys participate in our program and the interest in powerlifting has been excellent. We had 11 boys make it to the state meet in the past two years and this year we placed 2nd as a team in Division One. In order to make it to the state level, you have to place in the top two in your class in one of 6 regional competitions. These students range from girls and boys being cheerleaders, basketball, tennis, football, baseball, and track athletes. What is most rewarding is working in a community with a very high poverty level and lots of broken families, drugs, and every other type of social problem imaginable and then seeing a few of these kids come off the state of Texas. I truly believe that this sport has prevented the dropout rate from increasing, has instilled the true meaning of teamwork and spirit, produced better grades and behavior in the classroom (they cannot compete if they have bad grades or behavior), and a belief that they can accomplish something if they spend the time and dedicate themselves. When we went to the state meet in Houston, we stayed in a nice motel for a couple of nights. At 10 p.m., my assistant coach David Duty and I made a bed check the night before the competition. Checking the rooms, we found these kids were already in bed. We asked them if the long trip took a toll on them and their reply was "We didn't come to Houston to play, we came to win". I will never forget their response. I tell everyone this story, if they will listen. I am so proud of these guys and I will surely miss them but, hopefully, I can incorporate powerlifting in Port Isabel to make the same difference in these powerlifters who made the grades and showed good behavior in the classroom and competed in the Regional competition." as told by Andy Plattner, Powerlifting coach. Front Row: kneeling (L-R) Mario Gomez, Ricky De Leon, Bobby Lopez, Danny Fuentes, David Fuentes, Joe Ben Elizondo. Back Row: (L-R) Coach Plattner, Gabriel Ramirez, Edgar Frausto, Humberto Guerrero, Rigo Clarke, Ediel Garza, Coach Duty.

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Is this membership renewal? Yes No
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DATE OF BIRTH: / / AGE: SEX: DATE OF APPLICATION: / /

MEMBERSHIP CATEGORY: Club # Club Name

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FIRST NAME: MIDDLE INITIAL: LAST NAME

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In Loving Memory - "Big Frank" Kostyo:

"Frank Kostyo, one of the finest individuals ever associated with the sport of powerlifting, passed away unexpectedly on September 14, 1996 in the company of friends. Frank fell victim to a heart attack at the young age of forty-eight. First as a competitor, and later as a coach, nutritionist, and master of ceremonies, Frank was a well liked and respected figure in the powerlifting community. Frank was unequalled as a master of ceremonies, known for his wit as well as his ability to motivate both competitors and supporters. He gave freely of himself and his time to those in need of coaching, advice, or simply some friendly support.

Well read and versed in many fields, Frank would have been as at home in the halls of academia as he was on a lifting platform. His diversity led to the formation of long term friendships with others from many different walks of life. With a widespread range of interests including politics, economics, history, and electronics, Frank nevertheless held a special love for powerlifting. Due to his constant willingness to help others combined with an unwavering loyalty to his friends, Frank had a special place in the hearts of all who knew him. He will be sorely missed. Happy ever afters, Big Frank! Dave Arthur, (Accorded to Ken Snell, of All American Gym in Lakeland, FL - who supplied the photo - "He was simply the Best")



IPA UPDATE... I apologize for not writing the IPA update over the past few months. Due to an injury I incurred at the IPA Worlds I had a hard time thinking about powerlifting. Thanks to the encouragement of my family and close friends, the fire to continue in this sport is back.

I would like to first offer all those involved in the powerlifting coalition a chance to sanction a meet together as one. I am the meet director for the Beast of the Northeast bench/deadlift meet. It is scheduled for April 12, 1997 in Bradford, PA. It has attracted around 90 lifters each year over the past 10 years. It is a separate bench/deadlift competition. I have sanctioned it through the IPA over the past two years and will continue to sanction it IPA. The goal of this year's meet is to accept any card of any organization that has agreed to sanction the meet. Rules that were set up at the powerlifting coalition meeting will be implemented.

Before I go to John Schaeffer and ask for his approval to co-sanction the meet I need to know who is interested in participating. I will provide the following for each organization participating: one table outside the weight-in room for each organization to sign up potential members; one hotel room for each organization for Friday before the meet. I will pay for the drug testing that will be done in accordance with each organization's rules.

All that I ask from each organization is to provide an appointed spokesperson to collect card fees and to give input to the meet. They will also be responsible for collecting drug testing specimens and getting them to the proper testing facility. The meet will pay for the test.

As for judges, I would like to put one judge from each organization in a chair and use rules agreed on by participating organizations. The rules would have to be turned up by March 1, 1997. There will be a PRO Division and an Amateur/Drug Free.

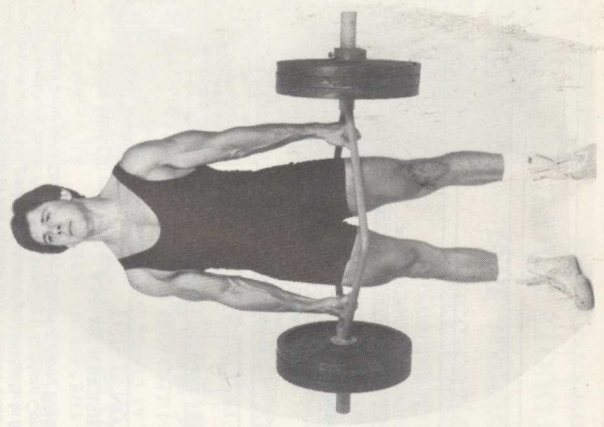
Those organizations wishing to participate must let me know by January 3, 1997.

I invite all organizations involved in the powerlifting coalition. I hope to offer as many lifters as possible a place to compete together and to enjoy meeting each other and making new friends.

Some IPA news: The Grinnolds are having their bench meet April 5, 1997; the Challises are having Nationals in November, 1996 and they are ready to put on one hell of a meet. I hope to see you there or at the Iron Island Bench Meet on Dec. 7, 1996.

Best of luck at Nationals, Carl Seeker

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|---------------------------------|------------------------------|------------------------------|-------------------------------|
| 1 766 Bore-djovane, A. 5/31/96 | 507 Warr, G. 9/16/95 | 780 Isaac, J. 9/16/95 | 1899 Ochsle, B. 10/27/95 |
| 2 749 Cain, R. 10/27/95 | 507 Ito, D. 12/10/95 | 785 Culbertson, R. 8/24/96 | 1796 Bore-djovane, A. 5/31/96 |
| 3 672 Cunningham, M. A. 5/31/96 | 455 Sattler, T. 11/18/95 | 715 Tittle, A. 1/14/95 | 1755 Titus, A. 1/14/95 |
| 4 672 Cunningham, M. A. 5/31/96 | 463 Williams, D. 7/17/96 | 677 Bore-djovane, A. 5/31/96 | 1755 Titus, A. 1/14/95 |
| 5 665 Beavers, M. 12/16/95 | 446 Bore-djovane, A. 5/31/96 | 675 Beavers, M. 12/16/95 | 1720 Compere, A. 12/15/95 |
| 6 665 Beavers, M. 12/16/95 | 446 Bore-djovane, A. 5/31/96 | 661 Cain, R. 10/27/95 | 1686 Turner, C. 6/15/96 |
| 7 665 Beavers, M. 12/16/95 | 446 Bore-djovane, A. 5/31/96 | 656 McLean, L. 12/16/95 | 1639 Culbertson, R. 8/24/96 |
| 8 644 Anderson, L. 8/11/96 | 440 Campbell, J. 4/20/96 | 650 Solomon, L. 11/17/95 | 1620 Wood, J. 11/12/95 |
| 9 644 Anderson, L. 8/11/96 | 440 Campbell, J. 4/20/96 | 644 Benvenuto, J. 7/27/96 | 1614 Cavatoni, R. 10/7/95 |
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| 28 600 Roy, M. 4/20/96 | 413 Mather, J. 10/29/95 | 600 Laffin, R. 11/19/95 | 1515 Graham, E. 4/20/96 |
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| 30 595 Stover, J. 6/29/96 | 410 Tobert, T. 6/29/96 | 600 Wood, J. 1/12/95 | 1510 Bolling, G. 6/96 |
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A study conducted by four Southern California exercise scientists demonstrated what top bodybuilders have known all along.

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.

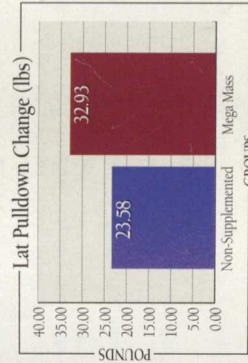
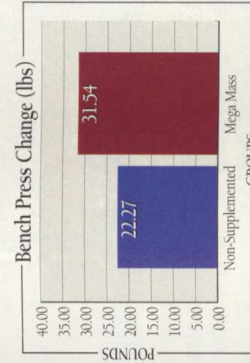
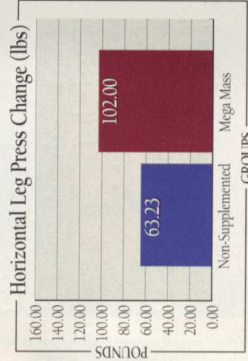
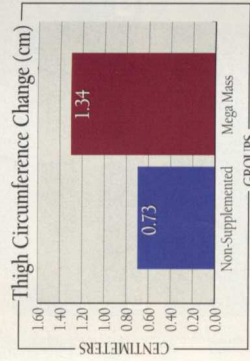
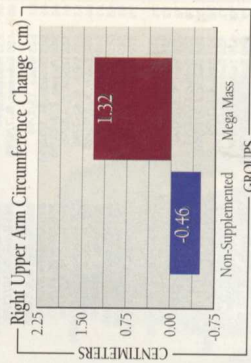
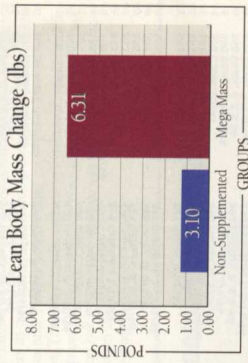
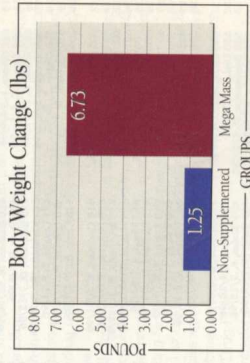
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

1. The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. **The Mega Mass group literally gained more than twice the amount of lean body mass than the group that trained equally hard but did not take the Mega Mass supplement.**
2. The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
3. The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pull-down.
4. **Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
5. 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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 - The ultimate fit because holes are grouped closer together
 - Highest quality stitching for durability and style
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Style C Double thickness smooth leather. Available in single or double prong. \$65.00

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

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

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