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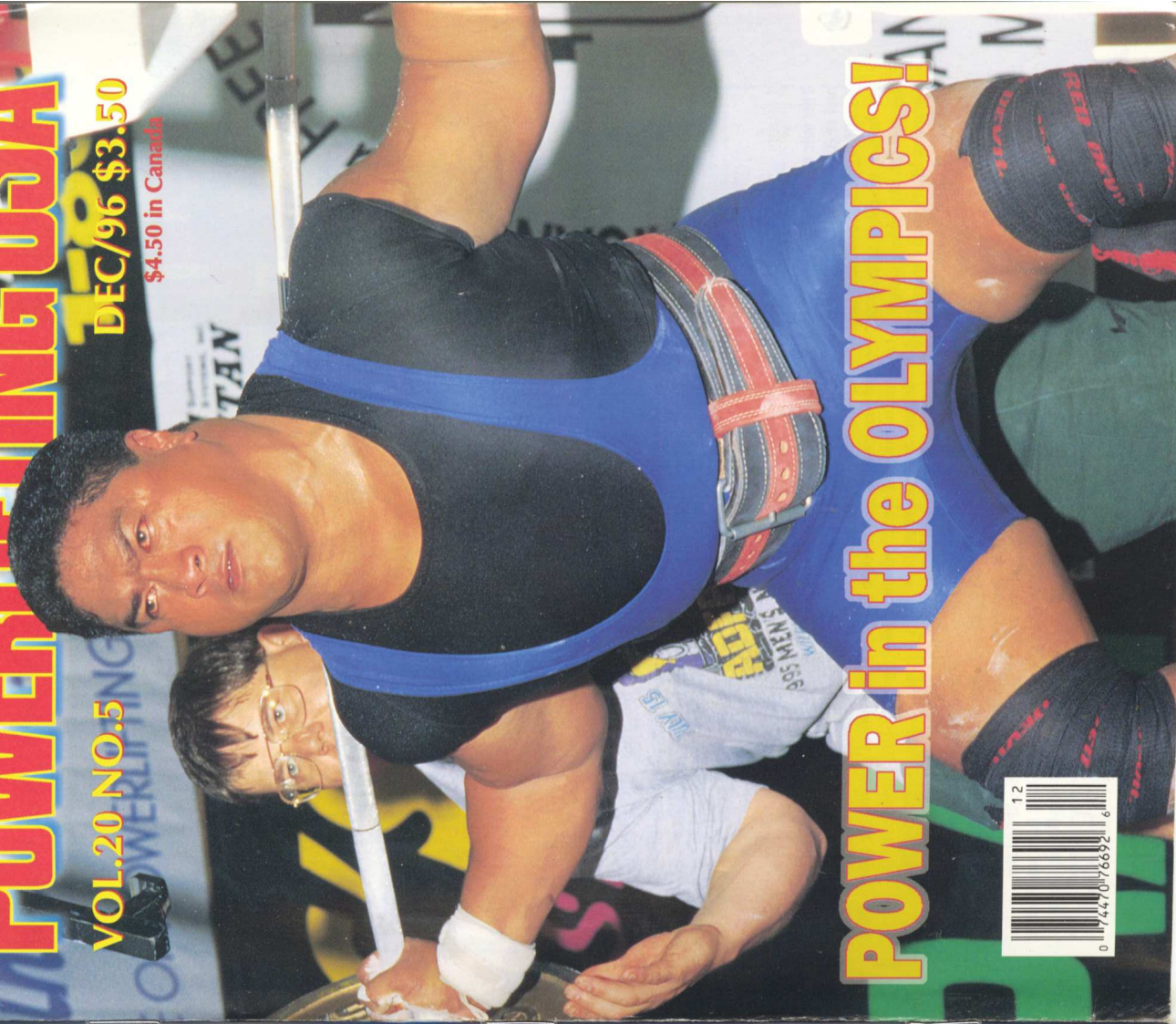


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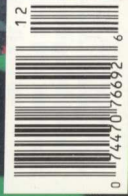
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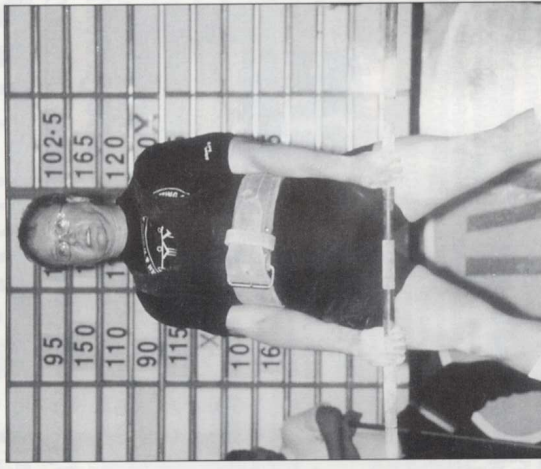


POWER in the OLYMPICS!



IPF WORLD MASTERS

as reported by former USPF President Peter Thorne



IPF General Secretary Arnold Bostrom (90 kg, 50+) went for 9 for 9.

Arriving Sunday near midnight at the Indra Chand. Airport in New Delhi, I caught up with 6 lifters from the Czech Republic and a lone Swedish lifter. Together, we negotiated our way through the throng at the airport and found the waiting reception committee. We were placed on a comfortable bus and driven to our hotel. Loas could be said about the driving in India. Suffice it to say that each drive was an exciting adventure in itself. Though it was in the wee hours of the morning, it seemed the entire hotel staff was there to greet us with garlands of flowers placed around our necks and assorted fruit juices. We were taken to our comfortable and spacious rooms for a good night's rest.

Monday October 7: We enjoyed the first of our daily large and excellent breakfast buffets. Then we were loaded on comfortable air conditioned coaches and brought to the venue for opening ceremonies. After the speeches by IPF General Secretary, Arnold Bostrom; Summu Yoshida, Vice President of Asian Powerlifting, and Indian dignitaries, the show began. We were treated to a variety of exquisite Indian dances by one of India's finest dance companies which was choreographed and directed by the son of Ravi Shankar (of Beatles fame). The scent

of flowers was in the air and the entire stage was strewn with flower petals.

The IPF World Masters Championships had 150 competitors from 26 nations. It was a surprise and disappointment to the organizers and media that this was the first world championship without a single US competitor. The daily sports pages covered the contest and the lifting was shown on TV twice a day. The athletes were interviewed often. According to Heiner Kobert, who tracks loading speed, the spotter/loaders may have been with the third fastest ever recorded and with no misloads. (The fastest ever were leaders in Copenhagen, Denmark at the 1995 IPF World Masters). The theater style venue was very comfortable. The huge scoreboard kept all lifting information visible. Mr. Subrata Dutta added some touches: During the national anthem, a device in-celling sent down colored flakes that were highlighted by a strobe, off stage. The winner's podiums were beautifully adorned in colorful silks and gold trim. The evening buffets offered a wide variety of continental foods as well as some traditional Indian dishes. In addition to this lifting, IPF worked long days handling official duties and doping control. John

Stevenson of England, always energetic, was kept busy keeping the weigh-ins, referees and lifting exactly on schedule.

In the beginning few days, there was great hope and excitement for India. Indian lifters had taken many first places and there was talk of a World Championship for India. It was not to be, as the strong Russian team started taking over and in the end it was Russia first in every category with the exception of the best lifter, and that belonged to Japan's Hideaki Inaba. The closing award ceremonies were held poolside with a great buffet and with special barbecued Indian treats. It was an excellent job done by Subrata Dutta and a his crew of helpers. I was honored to be the guest of the Indian Powerlifting Federation for these championships. I will treasure the awards and gifts presented to me at the Banquet of the IPF General Secretary on behalf of the Indian Powerlifting Federation. "Thanks" to everyone and "Dhan-Ya'ad" to Subrata Dutta and his federation for a great job.

Tuesday, October 8 was a day described as a battle of the world's strongest mothers and grandmothers. The judging was very strict and consistent and world records were hard to come by. That did not stop Natalia Kashkina of Russia from setting world master records in the bench press, deadlift and total in the 67.5 kg class (Masters 1). Ely Keizer

World Record total on his way to victory and amassed 513.56 points to eventually become champion of champions. Second place behind Inaba was Hitaku Fushimi setting a new world record.

Wednesday October 9: The 52 kg, 56 kg, and 60 kg classes (40+) were first and there was a lot of excitement for India who picked up a first and second in the 52 kg class. Paruchit Raman of India took first in the 56 kg class by outpacing Sotowa Yashuhiro of Japan by 32.5 kg to beat him by 5 kg for first place. Keeping up S.V.S. Kamath of India dominated the 60 kg class for another Indian first place. There was talk beginning that this could be a World Championship for India. Then came the 52, 56 and 60 kg classes (50+). The Indian winning tide continued as Surati R. Ghaznov of Russia had to pull the 52 kg lifter Korolet. In the 82.5 kg class (50+) it was Russia again. Bogomolov had to not pull the leader, Finland's Tikkamaki in the most of the lifters a third try to get in the first squat as the judging remained consistent but very strict throughout the contest. Satoh of

Japan bombed out as the over (50+) 90 kg class unfolded. Khokhlov of Russia got the win dimming the excited Indian's hope of a team victory. IPF General Secretary, Arnold Bostrom, of Sweden, placed 6th and went 9 for 9, a feat almost unequalled by other lifters. Bostrom was coached by Peter Thorne who was ably assisted by George Bostrom and Indian Jr. World Champion S. Jagjeet Singh.

Friday Oct 11: Men (40+) 100 & 110 kg. Both these classes belonged to the Finnish lifters as Johan Westberg defeated the Italian lifter by 32.5 kg. and in the 110 class Vjppola was the winner as he defeated Sharma and Singh of India between Sharma and Singh of India with Sharma holding on for a 2.5 kg win in spite of 282.5 deadlift by Singh. The two Slavkian lifters were lost to the competition, one in the squat and the other in the bench press. In the 100 kg class (50+) Alan Ferguson of the Republic of South Africa had a strong win and the first medal for his country. In the 110 kg class (50+) Hank Keizer of Holland defeated Rusakov of Russia for the gold. Hank was coached by his wife Ely who had earlier set a world masters record in the bench

press. Saturday October 12: In the 125 kg class (40+) Schwanke of Germany beat Russia's Besspalov by 50 kg. for first place. In the 125 plus class (40+) Baranov of Russia posted

of the powerlifting Keizer family picked up a world master record bench press on her way to a bronze medal in the 67.5 kg over 50 class. In Masters 1, the Champion of Champions was Natalia Kashkina. In the over 50 masters class another Russian Nadjida Uchachan took top honors. In the team competition, Russia was first followed by Great Britain and Japan. It took many of the lifters tough third attempts to get the squat passed, yet only one woman bombed out.

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IPF WORLD MASTERS		SUB PRESS		DEADLIFT		TOTAL	
1	2	3	4	1	2	3	4
35	142.5	332.5	180	200	332.5	180	200
77.5	182.5	402.5	255	262.5	402.5	255	262.5
70	180	450	280	290	450	280	290
32.5	140	375	150	160	375	150	160
32.5	137.5	375	150	160	375	150	160
52.5	167.5	400	180	190	400	180	190
90	195	450	200	210	450	200	210

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1	2	3	4	1	2	3	4
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77.5	182.5	402.5	255	262.5	402.5	255	262.5
70	180	450	280	290	450	280	290
32.5	140	375	150	160	375	150	160
32.5	137.5	375	150	160	375	150	160
52.5	167.5	400	180	190	400	180	190
90	195	450	200	210	450	200	210

100 kg, 50Plus Winners Ceremony: 1st- Alan Ferguson of the Republic of South Africa, 2nd, T. Baker of England, 3rd, R. Fielding of England. Presenting the awards: "Distinguished Guest" Peter Thorne, accompanied by Mr. J. Singh. (photographs provided courtesy of Peter Thorne)

a win over Sota of the Czech Republic who made up a lost ground in the deadlift. George Bostrom of Sweden, the brother of IPF General Secretary, Arnold Bostrom, got the bronze medal. Mogan of Great Britain and Bajcs of Hungary could not get their squats passed and were out of the competition. In the 125 kg. class (50+) it was General Kalashnikov of the Ukraine posting 790 kg. for first place over Finland's Olat Erola, with Indian lifter K.S. Basu, collecting the bronze. In the last class 125 plus (50+) Matti Tankakanen took an 80 kilo lead for first place over Vladimir Maramkin of Russia.

In spite of excitement over India's early lead, it was the Russian team who dominated the team results in every class. The exception was Japan's Mr. Inaba, as Russia took all the top lifter awards.

Women: Russia 1st, Great Britain 2nd, Japan 3rd, Germany 4th. Master Men (40+) Russia 66 pts, India 63 pts, Japan 48 pts, Finland 34 pts, Germany 34, Pakistan 29 pts. Champ of Champions: V. Kuznetsov - Russia 457.78 pts. Women (Champ of Champions) 40+: N. Kashina - Russia 366.56 pts, Women (Champ of Champions) 50+: N. Uvachan - Russia 319.21 pts.



Sergey Baranov was winner of the 125 kg plus/40-49 age group, representing the Team Champions of Russia.

POWER in the OLYMPICS

"Aloha! I hope this letter finds you in the best of spirit and health. I am writing to you from Hawaii in order to update my lifting and athletic experiences. I am a seven time powerlifting State Champion (five time in Hawaii) and I won the 1994 Coast Guard Male Elite Athlete of the Year. In addition, I am a two-time ADFPA Lifetime Drug Free National Champ and the 1995 WDPFF World Champ in the 275 lb. weight class. This summer I was fortunate to participate in one of the greatest events of a lifetime... I had the opportunity to join in the 1996 Summer Olympics in Atlanta. In the fall of 1995, American Samoa Congressman Eni Faleomavaega asked me to represent American Samoa in the 1996 Olympic Games. My parents are both from American Samoa so I felt honored to be considered for the team. He knew of my powerlifting accomplishments and thought I could lift at the Games. After pointing out the technical differences between weightlifting (Olympic style) and powerlifting, he realized the two weren't the same. However, he still wanted me to compete in another sport. I had a basic background in the shot put and thus agreed to train for that particular track and field event. I was only able to train for two months due to the short notice, and then I headed to Atlanta with the world's best athletes.

Although I didn't achieve world class throwing distances, I gained valuable insight through meeting and watching the other throwers. I have the strength, but need to focus



Tony Leiato competing in the illustrious Hawaii Invitational in 1991. He went on to take the 1995 ADFPA Nationals title in the 275 lb. class with a 600 bench press and a 2105 total, and from there to the Olympics

Tony lives in Hawaii, stationed with the United States Coast Guard and issues the Hawaiian "salute" at the awards ceremony at the 1995 ADFPA Nationals.

on the spin technique. Fortunately, I will be able to compete again in Sydney at the 2000 Summer Olympics. I am looking forward to four years of intense training and additional competitions to improve my throwing distance. Powerlifting will always be my "first love", but I've definitely caught an Olympic fever. I wasn't the only athlete at the Olympics with a powerlifting background. WDPFF World Champs Marcus Henry (U.S. Lifting) and Brad Olson (Ministry Department) were both there as well. I am proud to be a powerlifter and to have been the greatest peacetime athletic events in the world.

I wanted to send you a copy of a page from the Special Commemorative issue of SPORTS ILLUSTRATED. I'm pictured on the bottom right, walking in the Opening Ceremonies for America Samoa (I have the tattoo on my chest). I want to stress my appreciation for the sport of powerlifting to have given me the strength and exposure which led to this opportunity to enter into new athletic events. Powerlifting USA has kept powerlifting alive and has helped many lifters reach new goals. I hope future lifters realize their potentials and continue to break the barriers between sports. TO ALL LIFTERS: Train hard, stay strong and keep your dreams alive! Sincerely, Tony Leiato

Tony Leiato signed the reproduction of his image in SPORTS ILLUSTRATED with the following message: "Powerlifting has given me this chance! Dreams do come true. Someday powerlifters will march into that stadium!"

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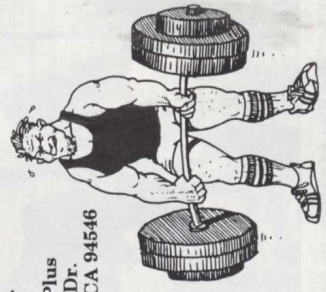
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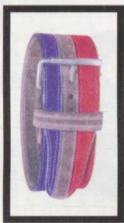
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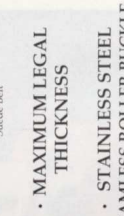
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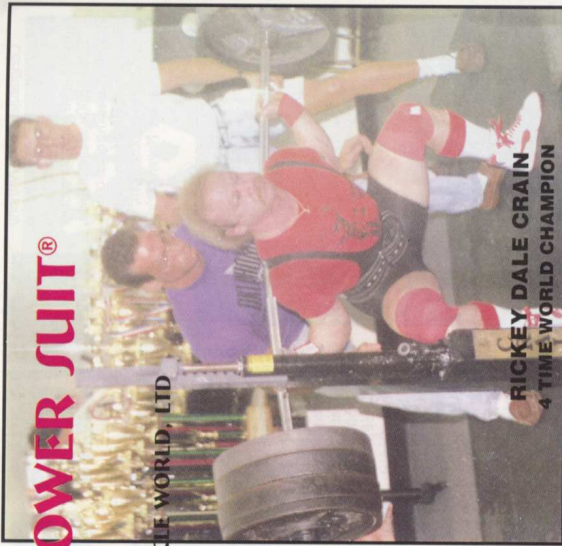


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Congratulations to Anthony Clark on the 780 he hoisted up for a new world record bench press at the Mr. Olympia contest in Chicago. 800 was almost there, but not quite, so the quest continues. Anthony is back in Houston, training at Powerhouse Gym, with his sights set on November's big



Anthony Clark sports his new "Bad Boy" Look

meet in Maryland, the IPA Nationals. More on that later. In addition to his powerlifting exploits, the big Texan may also be headed toward some exposure on the screen. Anthony may soon have a Hollywood agent out here booking him in movies and TV, where he'll probably start out playing villains and enforcers. As part of all this, Anthony's sporting a new book - check it out - Anthony as a "bad boy". As for Anthony's weight gain - he weighed in at 372 for the Mr. Olympia benching - that's all for powerlifting.

POWER SCENE

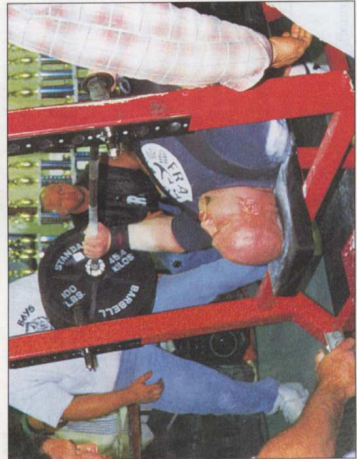
Out in Pennsylvania, the world's largest Elvis impersonator, Jamie Harris, is up over 400

lbs., and he just benched 760. Aided by Terry and Tamara Grimwood, Mark Chailet, and Carl Seeker, Jamie put on his first meet, and attracted lifters from as far away as Canada and New Mexico.

Jamie popped the 760 on his 2nd attempt, breaking his previous PR of 740, and decided to take a shot at Anthony Clark by going for 781 on the 3rd try. Big Jamie got it part of the way up, but couldn't lock it out. Since then, he's been going heavy in the gym, aiming at the IPA Nationals.

So, with the world's two biggest benchers pointed at the same meet, there should be some pretty hot action in Maryland. But wait, there's more. IPA President John Schaefer has announced some serious prize money, to be put up by Global Nutrition, for the meet, to the tune of thousands of dollars for the best lifters and the biggest lifts!

This should be the powerlifting show of the year, with potential world records, and next month we'll have results and postgame analysis. And in the next issue of POWERLIFTER Video, we should



Jamie Harris.... makes his comeback to the bench wars with a 760

181, looks great, and lives only minutes away from her dad's gym. She's got that natural strength and she's still doing weight training. We'll see what 1997 brings.



Steve Goggins is handling incredible weights in the squat recently. have some great meet coverage from it, plus we'll also have Jamie's Bench meet, where he hits the 760, in the meantime, if you want to see the headiest squat of all-time, check out POWERLIFTER Video's current issue, with Steve Goggins hitting a gigantic 1032 at the APF Senior Nationals. Goggins was wearing the liner Z-suit, and that suit just received a U.S. patent for its Z-lock design. And, remember, Steve does his squatting in the 242's. It's nice sometimes to see someone below the SHW class setting the records. Way to go, Steve!

Back in the Super-heavyweight class, WPC champ Hank Hill had a nice write-up in the Los Angeles Times. Hank spoke about the need for powerlifters to get more exposure.

Our POWERLIFTER hostess Vicky Hembree certainly had some exposure in this shot. Will Vicky, the first female in the world to deadlift 500 lbs., make a comeback? 15 years ago she was the subject of an article in People Magazine, and made her movie debut, but then she retired at only 19 years old. Is 15 years too long between meets? Vicky's still at her competition weight



Will Vicky Hembree make a comeback?

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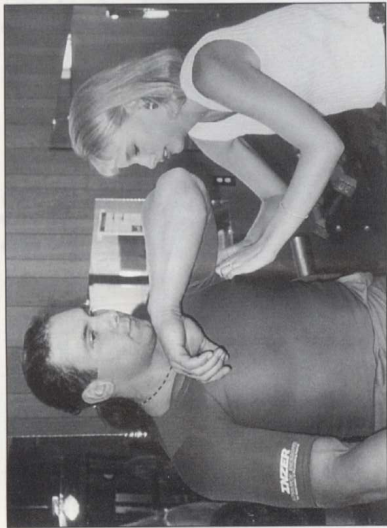
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Finishing Touches involve grabbing and pulling down from the arm pit area.

ham, England. Mr. Inaba said that if he had worn this shirt just a year earlier, he would have avoided a terrible shoulder injury. Mr. Inaba has continued to lift with the injury and it is the support and protection of the bench shirt that allows him to continue to compete and continue to set IPF Master world records and challenge the best young lifters today in the men's world championships. Teenage lifters with their tender connective tissue, have injuries presented and are helped with their lifting by wearing the shirt. One famous meet director states, "I've noticed fewer shoulder injuries in my contests since the introduction and the popularizing of the shirt." World record holder Ed Coan says, "The bench shirt can be a great help in overcoming injuries. The shirt can also let you still be able to train while overcoming injuries."

The bench press shirt can also be worn during incline and decline bench presses. Many high school, collegiate and professional athletic teams (including members of the Dallas Cowboys' team), wear the shirt during heavy training to help protect their body, especially the deltoids.

Fitting. A beginning lifter should start with a standard Blast Shirt in a snug fit, as a very tight shirt would likely be overwhelming. A Blast Shirt with optimum fit and feel should be tight in your upper chest area and snug around the bottom chest. The sleeves should be snug, but not necessarily very tight. Most of the support comes between the shoulders on the front of the chest. As you advance into more high performance shirts you will keep gaining skill with your groove, speed and power.

Tailoring of a shirt can be done, though it is usually of minimal im-

portance. You get many hands from too many helpers stretch out the material and increase the overall tightness all around the shirt and this makes it harder to get on. Using the right techniques, a 99 pound non-lifter can put a lifter into a shirt almost as easily as a strong powerlifter.

When putting on a shirt, it is important for you to put your arms in and pull the shirt over your arms as much as possible while still leaving some maneuvering room. Next, put your head inside the body of the shirt toward the neck opening. Your helpers pull the shirt down over your arms, shoulders, chest and down the abdomen. Then they work the material down - working in a circle around your body - pulling only one or two inches of material at a time vertically down the body. If a helper grabs too much material farther down the body there is too much friction between the material and your body to get the whole shirt to move satisfactorily. Working a few inches at a time is very important.

On a tight fitting shirt, there may be pinching sensation underneath the arms. This is caused by the stress of material across the chest and underneath the arms on the upper torso. That discomfort can be relieved by remembering to have your helper grasp material right in the armpit area, then pull the material down and work the

shirt fitted properly. Inzer recommends that you wear a tight shirt on sets of triples, doubles and singles only, because the more your body gets pumped the more binding the shirt may feel. A snug fit is best for higher repetitions.

Pre-stretching your shirt is useful. Pre-stretching involves gently pulling and stretching the material with your hands without jerking movements. This makes the shirt easier to put on. Some lifters have a smaller lifter wear their shirt to pre-stretch it.

Getting into the shirt. You should use only one or two helpers to help

slack out of that area down the body. Making this adjustment also helps the performance you get from the shirt.

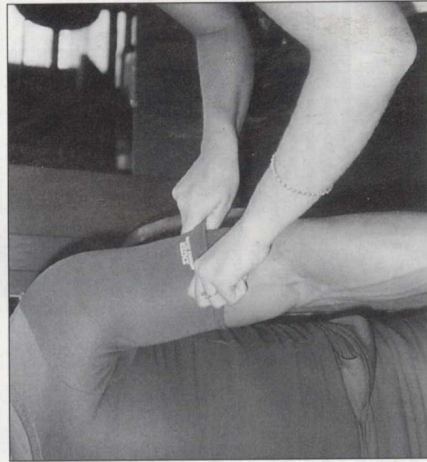
After putting on an extra tight fitting shirt, sit for a few minutes and let your body heat warm the material. Then have your helpers pull down fabric in the armpits another time and work around the body again. Pulling the material down in front of the chest and the back helps to position the shirt. Pull the hemline of the sleeves down toward the elbow a bit.

It is important that the shirt fits symmetrically, with all the seams lined up. Be sure that the left side seam is in the same place as the seam on the right side of your body. (The same with the arms, armpits and the neck.)

Another technique to try when putting on your shirt is to turn the shirt inside out, then put the opening of the sleeves onto the arms first and peel the shirt on from inside out.

The most comfortable way to wear a shirt between attempts, is to sit on a chair and put your arms on the back of a chair in front of you, or, while standing, rest your arms on the shoulders of a helper. This allows for maximum blood flow and more comfort between sets. It is generally not recommended to change shirts between sets and attempts. Issue number ten of **POWERLIFTER** Video Magazine has a segment where John Inzer gives some points on how to put a shirt on and how to use it.

Breaking in your shirt. For best results break in the shirt you use for a contest once before the contest. That shirt will be considered your fresh shirt, but you should always



Making Certain the hemlines line up on each side is also important.

have another shirt as a backup. A backup can be a new shirt never worn, a shirt broken in once, or a shirt used in training.

On your first set of bench presses, take the bar down slowly toward your chest. Pulling the bar down extremely fast can compromise the integrity of the fabric, thus slightly reducing the effectiveness the shirt will have and affecting the long lasting wear of the shirt. Instead, take the bar down slowly to a point where you can pull the bar down to your chest. If you are wearing a very tight shirt or one of the high performance designs, you may not be able to get the bar to your chest on your first warmup. Just let the bar down as far as it will go, and then push it back up. You can do two, three or four reps on your first set this way. Adjust the shirt again.

Do the same thing on the next set. Remember to let the bar down slowly. Continue this on a third set. Now, your shirt is ready. You may go ahead with your usual bench press style.

Tips for helpers. Helpers often suffer skinned knuckles in the excitement of putting a shirt on a lifter for a contest. Wearing knuckles can protect your knuckles. Scuba-diving gloves are a food resource, but almost any type of gloves will work. Wrapping your knuckles with some tape or Band-Aids can also protect your knuckles.

Baby powder has been used to help get the shirt to go on easier. Unfortunately, it can also cause the shirt to slip around while bench pressing. It is also good if you have a dry body free of sweat. Sweaty skin can become sticky, and this makes it harder to put on the shirt.

A hairy chest may be another challenge for some. Having your helpers avoid the hair is important because pulling hair can impede the progress of pulling the shirt down and fitting it into position. Some lifters shave their chest, making it easier to put their shirt on. Of course, if you are one of those people looking for a "body-beautiful" look this technique will be great for you. A person with a hairy chest can also try bowing their back before a helper grabs the fabric, to create some room for the helper to maneuver the material in the front.

Training and preparation for contests. IPF world record holder, trainer and gym owner Lee Rorie

says one of the secrets to getting that big bench press is safe overload training in a bench shirt. Lee says the bench shirt is the safest way to train and recommends that the lifters he coaches wear a bench shirt throughout their training for the best results. It is recommended that a beginning lifter train several weeks before using a bench shirt to establish a base before using gear for a contest or during peak phases of training. For maximum performance investing in several shirts with escalating steps of performance is best: one for training, one for training while making out or at the peak of a training cycle, a fresh one for the contest and a backup shirt.

John Inzer offers this advice: "I've seen some famous lifters never wear their shirt before going to a contest and let themselves be blown out of the groove because they are not used to the feel of it. I always recommend wearing your shirt before a contest to get used to it. You will also get stronger using the shirt before a contest. I recommend ad-

justing your training exercises somewhat to enhance the use of your gear. It's a rare individual who will only wear their shirt at a contest. I wonder how much better they would do if they would wear the shirt at least intermittently during their training."

Training with a bench press shirt, as it has been stated, creates a stronger lifter than one who trains without a shirt. Remember when training to work the triceps especially hard, the shoulders next, and the chest after that. You will get tremendous push off your chest and good support in the mid-range which is where the shoulders take over most of the power. You need very strong triceps to push the weight all the way through. Make use of the momentum from the shirt when pushing the bar up. The easiest way to lose momentum is to get out of the groove. It is very important to train in your shirt and to establish a good groove while wearing the shirt. Push hard off the chest. Don't succumb to the idea or



Removing the shirt is also demonstrated. (photos courtesy Inzer Advance Designs)

level in powerlifting.

justifying your training exercises somewhat to enhance the use of your gear. It's a rare individual who will only wear their shirt at a contest. I wonder how much better they would do if they would wear the shirt at least intermittently during their training."

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level in powerlifting.

the feeling that it is going to be easy. You have to keep that extra weight going!

Form. Force your form as you use the shirt while training and in competition. Do not let the equipment get you out of your groove. The shirt is there to support, and when it is supporting it is going to resist gravity or the downward movement of the bar, which is exactly what you want.

That support provided from powerlifting gear is what increases your bench press, your squat and your deadlift, and protects your body, skeletal muscles, joints and connective tissue. The groove of most resistance in bringing the bar down and the most spring in pushing the bar back up is ideally where you want to position the bar through the range of motion. You might find it better to have a slightly different form when wearing a shirt than you use when you are not wearing a shirt. More about form will be covered in a future issue of **Powerlifting USA Magazine**.

Taking the shirt off. To take the shirt off, sit or kneel while one or two helpers grab the bottom of the shirt and peel the shirt off as you hold your arms above your head.

Care for the shirt. Care for your shirts is important. Inzer Advance Designs recommends hand washing in cold water, or using the delicate cold wash cycle, and a low-heat drying cycle, or let the shirt drip dry. Using high heat can damage the integrity of the fabric. Some lifters, even knowing this, will use high heat cycles in washing and drying anyway. They feel they get a slight extra lightening after each washing and drying.

New developments. John Inzer is constantly improving the shirts with the lifters' safety, performance and comfort in mind. The word is that there are exciting new developments in bench shirts coming from Inzer Advance Designs.

Dr. Arrita, Executive Director of the International Sports Sciences Association, was on the Olympic medical staff. He is recognized as an authority on sports and fitness. He was recently selected as a special advisor to the California Governor's Council on Physical Fitness. He is a contributor to many national publications and has lifted on the national level in powerlifting.

POWER PROFILE

The JOHN FORD Story. Pt. I as told to POWERLIFTING USA by Herb Glossbrenner

For most of his mortal existence, John Ford was a daredevil. His exploits make Evil Knievel look like little Lord Fauntleroy in comparison. His life was a perilous journey. He was a runaway locomotive out of control and gaining momentum. There was no stopping him. The light he saw at the end of the tunnel was not immortality. Abruptly, John ran out of track. Was it the end of the line, or a second chance for life?

John's father was an instructor of aircraft mechanics. Stationed at the naval base in Portsmouth, NH, he and Mrs. Ford resided in Kittery, ME which was just across the river. John was born there on September 14, 1956. He was a bouncing baby boy of unusual vim and vigor. He liked to be rocked in his crib. Even at such a young age, he was a stickler for punctuality. If he wasn't changed immediately little John became impatient and, well, he simply took matters into his own hands. He rocked his own crib, too!

John's parents divorced when he was 7 months old. He was raised by his grandparents until he was 5. His father retired from the service, remarried and went to court. They got custody of John.

Growing up in a dysfunctional family formed early behavior patterns. His father was abusive both physically and emotionally. To say he had an unhappy childhood would be putting it mildly. They lived in Hammond, a Chicago suburb. It was noisy and dirty. The numerous factories polluted the air, belching toxic fumes from their high smokestacks. When John was in the 3rd grade, they moved to Huntington, a better community.

John was bigger and stronger than others his age. Neighborhood bullies gave him a wide berth. He has always had an instinct to be a defender of the weak. This is completely contrary to the psychological profile of an abused child. Instead of being a bully himself, John was the opposite. He recalls a puny boy in the 9th grade he befriended. The school bully beat him up just for fun and broke his glasses. John found out about it and was enraged. He pounded the kid and mopped up the playground with him. The kid went for backup but none of his friends wanted to tangle with John. So, he went home and told his father. Another physical confronta-



John at the 1982 YMCA Nationals, hosted by Garry Benford in Ohio

tion followed. Young John beat up the old man. And, that was that! No more problems.

At the age of 13, Ford got a summer job baling hay and tending horses. He really loved the animals. It brought out a sensitivity in him that endures to this very day. The farmer who employed John noted his diligence and determination, and urged he needed to get away for an abnormal physical strength. Ford would toss the 70 lb. bales of hay 12 feet up into the loft all day long. He continued to feed and tend the horses. He enjoyed riding them. One day he took a tumble and broke a leg. During his rehabilitation, John began to realize (as did others) that he was unusually strong. The doctors were amazed that his broken bone healed so quickly.

By the time John entered high school, he played one year of football and was on the grappling team. His father hated sports and forced him to quit and go to work. All throughout school, John listened to other people's problems and worried more about others than he did

going 3-4 inches below parallel, hitting rock bottom and rebounding. He went on to BP 420 and DL 650, breaking the 220 total record twice (1705 & 1720). Garry was the sensation of the meet. Hale, at age 37, hit PRs of 560 SQ, 580 DL and 1530 total at 181. Needless to say, these individuals left a lasting impression on big John. Ford, having no idea of his limitations, took hundreds of jumps. He finished at 380 SQ at SHW and started at 525. He added a 275 BP and 550 DL for 1350, good enough for 2nd to Lynn Stephens, the state champion and record holder. We recruited John immediately for our team and bombarded him with advice. I advised him to widen his SQ stance. He did and later refined it. His next meet was the Purdue Open, Dec. 9 at which he performed 560, 310, and 550 for a 1420 total.

John's next competition saw more improvement. It was at the Bob Moon Memorial meet in Findlay, OH. John had met Jim McCarty, my teenage protégé (who had added PL to his OL repertoire). John had decided to lift, contacted Jim and drove by on his way and gave him a ride. John got a real baptism by fire. He squared off with Dave Waddington, who won easily with 2150. Ford was inspired after seeing his smaller teammate do so well. (McCarty won the 132s and set an American Teenage SQ record of 390). Going against big Dave brought out his best. John did 620, 325, 610 for 1555 - a 135 lb. improvement in only his third meet. Two months later, in Lafayette, he won the Indiana State meet, his first title. In June and July, he got runner-up in both Lansing, MI and the Terre Haute.

With a year of competition under his belt, John returned to the Open competition at Muncie, IN on October 28. He topped off his year winning first and scored 1600 for the first time (630, 360, 610). He got some delecting tips from teammates and channeled his new gains of wisdom into training that lit especially hard. On Dec. 9, 1979, John's wife had a precious baby girl named Rachel. On Feb. 16, 1980, he won 1st at an open meet in Caselle, MI. Ford's SQ improved to 661. He showed a 352 bench and pulled a big one - 711 - to total 1724. He was off and running. John found out his mother was living in Florida. He took off six months and went to stay with her. Ford met Pat O'Brien, a top powerlifter and DL specialist. He showed John how to train more effectively

and modified his DL style. Ford took 2nd in the Region 4 meet on March 22, and hit 660, 350, 640 for 1650. John returned to the Midwest with a better knowledge of strength enhancing properties of anabolic steroids. They were not hard to get and he noted a new surge of might. The effects manifested themselves. At the Midwest Open in Annamosa, IA, John won first place on December 6 with some heavy duty increases. His SQ zoomed to 740 and his BP to 405. He hoisted a 675 DL (testing his new form) and had a good 1820 total. Recklessly, he began to increase the numbers of the magic blue tablets. He even added injectables as his bodyweight, now over the 300 mark, seemed to grow stronger daily. He found himself training less and less, relying on the anabolics to make him stronger. When the Indiana State Meet rolled around on March 7, 1981, John was 314 lbs. and ready to gain some attention.

He pulled a groin on SQ warm-ups, and applied 'Icy Hot' liberally. It got too close to 'you know where,' and John was bellowing and hoping! He came out with an agonized expression of extreme discomfort, walking like a penguin. We laughed hysterically. Undaunted, John gained his long awaited notoriety after setting 5 state records of his own. John erased Lynn Stephens' 710 SQ record with 738, and completed a big 799, a tad shallow (no lift). After pressing up 435, he went on to pull another record 749 DL, and brought 777 above his knees. His 1923 total topped off his record breaking day, eclipsing the old mark by a huge margin. Finally, he had proven his worth to his critics and peers. Congratulations and handshakes from teammates and admirers were profuse. He hoped for Bill couldn't negotiate a



John prepares to pull at the '81 Juniors

dog, Garry Logston. To John, that meant more than anything else. Two weeks later, our team traveled to New Albany for their Southern Indiana Open competition. Our club was on a roll, and won the team trophy with a sweep of first places, including me - 450 280 500 1230. John put the icing on the cake with a big SH state record sweep - a big win with 800, 460, 755 - 2015! Team captain, Garry Logston, presented John with the championship team trophy, letting Ford know he earned it. John looked up to Garry as his idol. This was one of the highlights of his life. Tears welled up in John's eyes as he was overcome with emotion. It couldn't get any better than this. About this time, John and his wife separated. She left with their 18 month year old baby. I boosted John's confidence and told him that he had a good shot at winning the USPF Jr. Nationals, on June 14, 1981 in Boise, ID. He jumped head first into the big time competition. As it turned out, Jay Plekuta, a Las Vegas casino bodyguard, took the title with 2088. On route, he lifted an 832 DL, broke record from 1980. John SQed 777 (an opener), but missed two tries at 804 hoping to keep pace. He got a 200 KG (440 lbs.) BP 2nd attempt, but missed 451. Ford's DL start at 733 gave him 1951.1347 lb. Telford Hagan built up a big lead and had finished at 650 and had 1956. Instead of trying 744 for a sure 3rd, John got overly ambitious. He went straight to 771 to tie Hagan and 2nd place outright. The big jump didn't pay off. Ford finished in 4th place (close but no cigar). At the end of the year, on Nov 22, John's lifts had declined from 18 months earlier. He SQed 782 and totaled 1940. He joined the YMCA so he could lift in the YMCA Nationals on January 9, 1982 in Columbus, Ohio. There were early warning signs he ignored. The big lifts he contemplated clouded his judgement. John suffered frequent abdominal distress than figured it was nothing more beyond his limits and increased his steroid dosage to copious quantities. He thought the syringe was his friend. Competition day finally arrived. John weighed in at 330 lbs. and was ready to post some big numbers.

Bill Dunn, a 958 lb. BP specialist, was the heaviest man. He lagged behind the others, hitting a 650 SQ. After pressing 523, he missed a go at the big 600, which he'd hoped for. Bill couldn't negotiate a

639 DL opener and fell by the wayside. Ford's old rival, Telford Hagan (334) was in the hunt despite missing two big SQ tries with a 518 BP then missed a big 551 and waived his 3rd. Hagan hoisted his 633 DL starter, failed 666, and relinquished his 3rd. He had a 1912 total for a distant 3rd. Ford battled with 309 lb. George Hechter (Bill Starr's protégé) for the championship. Hechter paced himself to a perfect nine for nine day topping off with a 771 DL for 2094. Big John took an early advantage. He powered up 810 and 843, missing a try at 881. He next negotiated a 452 BP opener, a new Indiana record. He then missed his next two shots at 463. Hechter maintained a 27 lb. difference at this point. After George had recorded an 804 SQ and 518 BP 3rds. In the final lift, Hechter came in at 672 and waited. John started with a bold 749 and pulled it with power to spare. He now had 49 lb. lead (2044 to 1995)! George matched the lift on his 2nd attempt. Both men engaged in cat and mouse tactics, each waiting on the other. John needed 810 to win with 2105 as heavier man. He gave it the old college try and hauled it twice to his knees - no further! John was disappointed, having hoped to win. Nevertheless, his auspicious showing still got the runner-up position and earned his elite rating.

Right after the Y Nationals, John's abdominal distress flared up again. This time it was accompanied by severe chest pains. John spent the following four weeks hospitalized. He was transferred from Kokomo General to Indianapolis. There, he underwent an angioplasty to see if he had heart valve obstruction. The procedure involves the insertion of a needle into the large femoral artery located in the groin. The angiogram test turned out okay. His chest pains and breathing difficulty was diagnosed as angina pectoris (a defect of coronary circulation, characterized by pain below the breast bone).

In a rare display of good judgment, he told of his steroid use. A liver function test revealed abnormal enzyme levels in the blood stream. The doctors advised to stop taking them (flat chance), watch his diet, and rest. He did go off them, but only for six weeks while he was sick. Ford got released just days before the Indiana State Championships Feb. 13, 1982. He hadn't trained for the 5 weeks since the Y's. Foolishly, he decided to go and lift anyway. John drove down to New Castle from Ft. Wayne to pick me up and we made the trip together. He was

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Glendale and moved out of my small place. He continued to come over and started working out in Bob Hise's Mav-nik backyard gym. Everyone there does OL so John tried them. Later on he entered one of Hise's AWA competitions. His technique was rudimentary. He holed up a 204 snatch and 281 clean and jerk with nothing more than raw power.

After a short while, John and Nancy decided to get married. One of the girls who worked at the bar passed the hat and raised 1000 dollars for their honeymoon. It had been a brief courtship, which is what led them to decide to perform their ceremony in Las Vegas. John vividly recalls - it was Superbowl Sunday, January 17, 1986. Nancy was an avid sports fan, so they watched the big game. At halftime, they read their wedding vows. Upon returning, they discovered the bridesmaid had slipped out with the tickets for their honeymoon suite (the Bonaventure in downtown LA) and had also taken the money donated to pay for it. Needless to say, John lost his cool and his job, when he went berserk and tore up the bar.

They moved to Studio City and shared a double apartment there with a pro-wrestler John had met. At 6'5" and 470 lbs., "Beartrap" Smith was a main event draw in California. He had some good matches with the late Don Ross (Ripper Savage). John once brought "Bear" to our gym. I found it difficult to believe when this behemoth got pinned with 135 in the BP. Later, the Fords got excited because big Beartrap was blowing all the rent money. They had a mutual friend who owned Mary Pickford Studios. John got a job there as a carpenter working on stage sets. He met a man who taught him the carpet business. He worked installing carpets for Michael's Floor Covers in Sunland. They got contracts for the Black Angus restaurant chains and the LA Airport. This kept John busy and out of trouble as he learned a new trade.

Early in 1987 the Fords moved back to Tennessee. His half-sister lived in Nashville. They stayed with her. John worked as a carpet contractor. John hadn't lifted now for 5 or 6 months. He met Andy and Donna Finn at the World Class Gym. The next night he went down to the gym and SOed 705 x 3. He hadn't done any lifting, but was back on the steroids - his salvation (or so he thought).

HE WHO CHOOSES THE BE-GINNING OF A ROAD CHOOSES THE PLACE IT LEADS TO. IT IS THE MEANS THAT DETERMINE THE END. HARRY EMERSON
FOSSDICK

He knew I was in LA and looked me up. I was quite surprised when he showed up at the office of Mav-nik Barbell. He told me details regarding his problem. I believed his innocence and decided to aid and abet a felon. My apartment was right next door to the Mav-nik Barbell office where I worked. I let John move in with me. I couldn't afford to feed him very long without going bankrupt. I steered him onto a job as a security guard for the Diamond Trade Center in downtown LA. It didn't pay very much. Soon enough, John found something better. There was an asphalt paving company a few doors down. They needed a strong truck. I recommended John. They took one look and hired him immediately. He worked there for a couple of months. There was a work shortage, so he got laid off with the promise to be called back as soon as work picked up.

He went looking for other work and found it in nearby Glendale. The Forge was the only country & western bar in town. It was a rowdy place. John was pretty rowdy himself. He brought his Hoosier necktie and fought with him. A ruckus was in progress when John walked through the front door. It was a pier six brawl. He didn't need to be coaxed, so John tried to be coaxed, so he beat up the bouncer, so he was immediately hired to fill that position. It was there that met Nancy, who worked there as a bartender. Theirs was a mutual attraction. They began dating. John found a place to stay in

John had an AAU arm tattoo back in the '80s

Mark tried to convince John to stop abusing the drugs and his wild rampant life-style. John heard him, but wasn't listening. Ford had a false sense of euphoria. He felt invincible! When his close friend Gary Logston died in the Spring of 1983, John was devastated. He began to realize his own mortality was vulnerable like everyone else. He thought about reassessing his own life, but drowned his problems in alcohol. He went on a five day bender, meanwhile his inwardly directed anger began to build like a boiler ready to blow.

Six months later (Sept. '83) a serious incident occurred. John and his father had a physical confrontation. It resulted in charges being filed against John for assault and battery. The extenuating circumstance made the arresting officers sympathetic towards John. They spoke on his behalf at the hearing. The D.A. was almost ready to dismiss the charges until Ford stuck his foot in his own mouth. He knew he was out of control. John blurted, "If you don't lock me away, I'll tear this place apart!" He went to jail in Dec. 1983, and was released 8 months later in July of 1984. During his incarceration, John underwent detoxification and finally came to grips with himself. He came out weighing 310. Two months following his release (Sept. '84), John found a job as a bouncer in Indianapolis. The Brass Rail was a tavern which featured women strippers. John's wife had left again with their baby during his incarceration. He loved his child and wanted to see her. He tried to locate them, to no avail. A restraining order also kept him a safe distance from his father. John occu-

John had an AAU arm tattoo back in the '80s

John had an AAU arm tattoo back in the '80s

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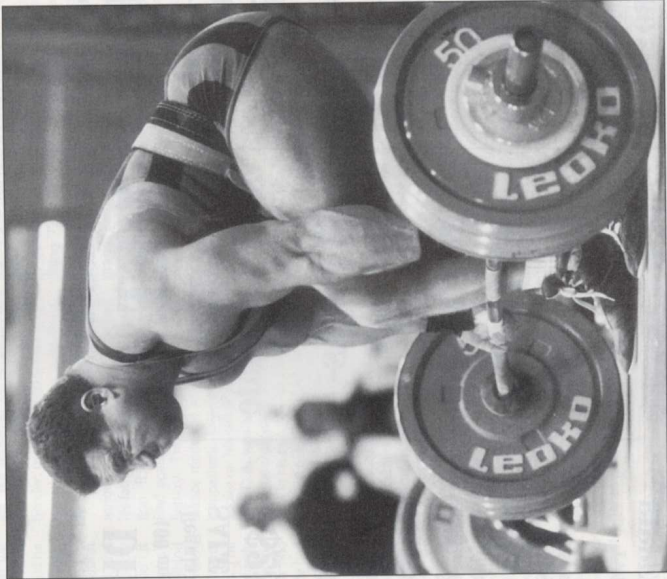
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More From Ken Leistner

The only way to move forward is to provoke thought in others and hopefully have them move to action. For almost two decades, my monthly *PL USA* columns have been designed to do this. For this reason, I was pleased to receive the well expressed statement to one of my recent columns by Mr. Mike Overdeer, the president of the ADFPA. Let me first state that I agree with Joe Pyra's many references to me (and my Iron Island Gym partner Ralph Rabe) that we "love the sport" and for that reason, continuously supply equipment, referees, and platform staff to those running meets in our area. We have never "rented" our equipment out, we loan it so that lifters can compete as safely and enjoyably as possible. I have noted that we have, in the recent past, done this for meets flying the banner of the IPA, AAU, APF, and ADFPA (the latter done exactly forty-eight hours prior to writing this column).

I have never gone out of my way to "pick on" or "single out" any organization. I have said often that they all need improvement. When I state that both I and Ralph have witnessed non-anabolic, but certainly drug use at an ADFPA meet, this is not alleged; I saw it occur. However, there was no need for Mr. Overdeer to see this as a "call to action" to defend the ADFPA or its policies. Nor was it my intent to, as Mr. Overdeer describes it, "depict" in the manner described the ADFPA. My point, and it was meant to be a strong point, was this: if some can willfully abuse and/or ignore the policies of the oldest and certainly the most prestigious drug tested powerlifting organization, all of those involved in the sport and all free lifters, must be diligent in the quest to improve the sport at all levels.

In the past, I have freely given to praise George Hummel, Brother Bennett, and others of high ideals who established the ADFPA as an alternative organization. That wasn't the purpose of my Sept. 1996 column. It was a wake up call with the admission that my perspective of the sport is but one among thousands. Despite what my wife calls my "Godly work", serving the community as a health care practitioner,



Is It A Waste Of Time for champs like Kirk Karvoski to hope for an Olympic medal?

you have all the answers, that's when we change the questions." A "defeatist", as Mr. Overdeer refers to me, is one who has truly given up. Let's change the question so we can see if this is a case of shooting the messenger. Can all of the time and energy spent on the phone, writing articles, soliciting financial contributions, and pestering local congressmen so that powerlifting can become an Olympic sport be much better spent, and the overwhelming majority of lifters better served, if it was instead focused on insuring that every local and national meet held by a particular organization, had the very safest and best equipment, spotters that were ready and prepared both physically and mentally to spot to the best of their ability, and meet orga-

nization that kept lifters enthusiastic and anxious to remain part of powerlifting?"

How about a different question: "Should all of the aforementioned time, money, effort, and talent be spent trying to allow a minuscule minority of lifters to train for and compete in an Olympics, obviously serving a very elite group, or should it be directed towards developing true, acceptable, accurate in and out-of-competition drug testing?"

I'm not a defeatist, Mr. Overdeer and others just disagree with my position. I neither think that we will be accepted as an Olympic sport (the knee wraps, suits, spotters and so many other things are a negative) nor do I think that the sport is best served directing a disproportionate amount of effort, time, and money that will benefit an elite few. For those who feel that Olympic recognition will really spark an interest that will lead to a literal explosion of grassroots participation, just look at Olympic lifting or even Team Handball to see how Olympic recognition has caused such an "explosion". I can confidently state that there is less participation in U.S. Olympic weightlifting now than there was in the 1960s. Team Handball? Eighty percent of the US Olympic team was from Long Island and, believe me, that was as big a surprise to me as it was to everyone except the team members' relatives.

No, I am not a defeatist. I'm just asking a different question. The ADFPA was not singled out and that it's President felt it was reflects more an ongoing concern about public criticism than anything else. Every organization needs improvement. Every organization needs officials that put the lifter first. Every organization that has caring, considerate officials and referees needs more of them if the sport is to grow. One needs neither Abe Lincoln, Dr. King, or Roddy Piper to realize that the future of the sport sits in our hands. Are the Olympics a realistic goal? More importantly, should it be a goal at all? Should it be a goal to be sought only after we improve the sport for those who form it's backbone - the local lifter who has neither the talent nor aspiration for greatness.

Dr. Ken Leistner

In 1973, Kirson Weinberg, a budding sports sociologist at Harvard University, conducted an ingenious study to prove that black superiority in sports was not due to race-linked physical characteristics, but, rather, to their social environment. At the time, the sport of boxing was almost completely dominated by black boxers. In every weight division, at least six out of the world's top 10 boxers were black, and in the heavyweight division, all of the top 10 were black. From an empirical standpoint, it certainly appeared as if the black boxers possessed physical skills far superior to their counterparts, but were these skills race-linked?

As mentioned, Weinberg didn't believe that to be the case. He noticed that just about every one of the top-ranked boxers came from low socio-economic backgrounds, and that none of the boxers came from the middle or upper socioeconomic classes. He theorized that boxing's success was to a large extent contingent upon the athlete's socio-economic class. In order to prove his theory, Weinberg simply profiled boxers who had appeared in the world's top 10 rankings over a 100 year period. What he found was quite revealing. As Weinberg had guessed, just about all of the fighters over that 100 year period had come from low socio-economic environments.

At first, all the fighters bore sturdy English names for the ring, but the traditional avenue of escalation for underprivileged English workmen without an education. After the English became well established, and any workman could find a good paying job, the fighters all became Irish. It was Kid this and Kid that. But now the theory broke down. For when the Irish gained a social and economic foothold, they should have exited the ring, but they did not. The Irish names still continued until the researcher looked a little more deeply into the matter. He found that the new crop of Irish fighters were really European Jewish immigrants who had adopted Irish names to profit from Irish popularity in the preceding cycle. In real life, Battling Johnny Kilrain the Second was apt to be Hyman Frank.

After some time, Jewish fighters were free to fight under their real name. For some years, they dominated the Boston rings. But one should not be surprised to find that they quickly established themselves in the community and no longer had need of pugilism as their escape route. Next, came the French immigrants, and - at long last - the Black fighters.

To a large extent, Weinberg's

Dr. JUDD

The Search For Excellence The Black Athlete - Part IV

by Judd Biasiotto Ph.D., World Class Enterprises



What makes one race of humanity seem to excel in one sports activity as compared to another?

findings also could have been applied to other sports. Why was it that whites tended to dominate such sports as tennis, golf, swimming, hockey and gymnastics? Did whites possess some race-linked physical characteristics that gave them an edge in these sports, or was it their social environment that gave them an advantage? Why was it that Latinos excel in soccer, the Chinese in ping-pong, the Japanese in volleyball, the Bulgarians in weightlifting, and the Germans in ice skating? Are we to assume that all of these examples are a product of good genetics, or is it more logical to assume that the sport an athlete gravitates to, and how well he performs in it, is greatly contingent upon his social environment?

Perhaps James Michener put it best in his award-winning book, *Sports in America*. He said and I quote here, "I suspect that any group of people on earth has about the same percentage of skilled physical specimens as any other. It is the customs of society that determine whether or not the young men of any one group seek excellence in athletics as a primary mode of expression. Blacks dominate in many areas of American sports not because they are racially superior, but because for generations sports have been the one area in which they had a chance to excel. I know of few young white boys in the North whose dream of excellence is to excel in sports, although there are still many in the South. But there must be thousands of black youths who have no other aspiration, especially those tall enough to play basketball."

Indeed, from a social/behavioral viewpoint, the success that black athletes demonstrates in sports can be explained largely in terms of what he has learned from his social environment. But just as it is a mistake to attribute success in sports to a purely physiological factor, it would be a mistake to contribute such success solely to the athlete's social environment. Consequently, the Academy took an even broader view of behavior and performance.

Now, here's something that might "freak" you out. The Academy staff researchers, revealed that in reference to sports, blacks tended to exhibit greater self-confidence, mental toughness, determination, and competitiveness. Another Academy researcher, Ray Reilly, also presented considerable evidence which indicated that blacks exhibit less fear, anxiety, and stress in reference to sports competition. Interestingly, there has been considerable research conducted which indicates that the number one variable that correlates with athletic success is self-confidence. Generally speaking, the more confident the athlete, the more successful he is in his sport.

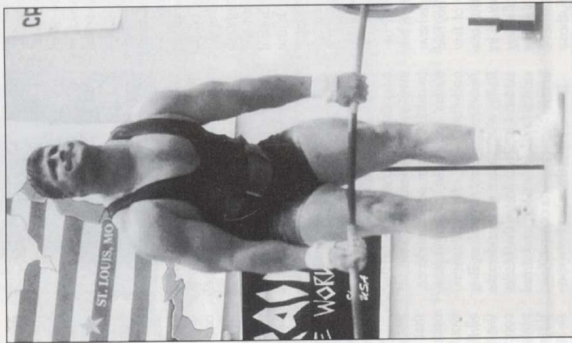
ter." Not surprisingly, most sports psychologists contended that psychological factors such as self-confidence, mental toughness, and determination are learned, not inbred. In other words, most sports psychologists contend that the behavioral characteristics which differentiate blacks from others were not a part of an immutable genetic inheritance, but are merely social acculturations which are reinforced by the success blacks have in sports. In the simplest terms, blacks exhibit superior psychological characteristics because they have been conditioned to think they are athletically superior. Conversely, whites have been conditioned to believe they are inferior to blacks athletically. Perhaps Dr. Edwards summed it up best when he said, "If the black athlete has any psychological advantage, it is because the white athlete has psyched himself to think so."

Which of the three viewpoints or the physical, the psychological, or the social/behavioral gives you the greatest understanding as to why the black athlete is the greatest athlete in the world? As I have already mentioned, the Academy believed it was all three of them taken together. Their major premise was that there was no single cause for behavior. Rather, behavior was always multi-dimensional. They contended that as individuals, thoughts and actions are affected by biological inheritance, past experience, and present environment. They further contended that to ignore any of the three main viewpoints toward the mind-body connection would significantly limit our understanding of why we think and act as we do.

Not surprisingly, I adopted this line of thinking. I was convinced that for an athlete to reach his optimum level of performance, he would have to concern himself with all three systems. Interestingly, at the time, most coaches and athletes concerned themselves only with the physical aspect of performance. What an athlete needed most, it seemed to me, was someone who could help him put all his parts together to form an integrated whole. Someone who could teach him to get the most out of his biological side, mental side, and social side. That was my goal. As it happened, that line of thinking set the foundation not only for my sports psychology career, but my athletic career as well. And nothing has changed. If you want to excel then you have to become one total athlete. You must become one who is not only physically developed, but mentally and socially developed as well.

WORKOUT of the Month

I was asked to write this workout geared for the beginning to intermediate powerlifter. I feel that the beginning powerlifter needs to develop a starting point by doing a lot of full deadlift movements. This is necessary to develop the back muscles and to learn proper technique. There are a number of important assistance exercises that should be added to your workout as you progress in technique and strength. I would suggest adding different exercises, in time, and pick what works best for you. In my opinion, the most important assistance exercise is the power rack movement. My father, Gale Gillingham, played 11 seasons with the Green Bay Packers as an Offensive Guard. During his career, he played in 5 Pro Bowl Games. My father has 2 Super Bowl Rings to his credit. Many say he was the best to ever play the game as Offensive Guard. During the off season, we would move back to Little Falls which is a small town in Central Minnesota. The dilemma I faced from living in a small town was that there weren't a lot of people at that time (1966-1976) working out with weights. Consequently, he did his off season training at home by himself. Without having a spotter, my father developed a power rack. He would train the full movements up to the point of not feeling comfortable with the chance of getting stuck under the bar. Then he would finish up the workout with 2-3 notches of heavy power rack overloads. His workouts were simple: lift heavy and don't do a lot of fancy exercises. He would squat, bench, deadlift, power clean, and do bent and upright rowing exercises. To his credit, by himself, he was able to obtain an incredible amount of strength without the use of steroids or any gear with the exception of a thin belt. His personal bests were as follows: bench 550, squat 800, deadlift 800, power clean 405 (non-Olympic style).



At the ADFFA Men's Nationals, Brad pulled an 815

who uses a very narrow foot placement. This seems to be most effective due to my body size and build. The foundation I built early in my powerlifting training was done by doing multiple sets of high reps (5-10) training the deadlift from the floor along with power rack lockouts from various pin placements. In the last 24 months, I have gone almost completely away from training the deadlift from the floor. Instead, I have incorporated a lot of

lifting from the floor, power cleans

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)

Brad Gillingham Deadlift Routine

The Louis Simmons Westside Barbell exercises (Behind the back deadlifts, Zercher Squats, Reverse Flys) into my workout together with power rack lockouts as an alternative to the full movements. I have

increased my deadlift almost 100 pounds during this 24 month period of utilizing these alternative training movements. My current training schedule includes the following: bench on Mondays; deadlift on Wednesdays; and squat on Fridays. I

do power rack bench lockouts immediately after doing my full bench sets. I replace the full movements with power rack movements every other week on the squat and deadlift workouts. For example, if I have power rack deadlift pulls scheduled for Wednesdays, I then full squat on Friday. The next week I schedule behind the back deadlifts on Wednesday and do power rack squats on Friday. On the power rack deadlift workout, I begin with power cleans. I have noticed that this has really increased my

power rack deadlift pulls. I have added Zercher squats on Fridays. As a rule, I generally go heavier on the squats (2 sets of 6-10 reps), and lighter with higher reps on the full squat workout. I do 3 sets of 10-20 reps of reverse flyers following each workout.

The workout I am going to describe is set up for a beginning to intermediate lifter with an assumed 500 pound max in the deadlift. The lifter should expect a 20-30 pound increase after completing the entire workout. This workout will incorporate two phases which will incorporate deadlifting from the floor, power cleans



Paul Woods gets his elbows wrapped; back when it was legal.

A new record was set before the barbell was touched - 54 lifters this year. Strict judging prevailed! Wraps were back, but stringently controlled. In '73, 11 bombed. This year, 13 bit the dust. In '73, the 220's became a new class. This year, yet another 10 categories. The new there were on Labor Day weekend at the Dan Meyer Coliseum on the TCU campus in Ft. Worth, Texas. It was the third for TX (66-71-'74). A small, but vocal, local crowd cheered for every man on every lift. The tight officiating remained consistent for the entire meet. No SLACK event at the LAST. In all but 220, the DL was the deciding factor for the final tally.

114 LB. CLASS - HOPKINS - NO PROBLEMS! A new class. No one entered the JR's. to that title was vacant for the first year. Four competitors came here to go for the gold! Warren Robinson received 9 SQ reds and was the 1st to go. The others had a 3 way tussle right up until the DL. Teen Bruce Rusky SQ'd 270. Ron Mercer, the projected winner from Ohio, scored 275. Alabama's Roger Hopkins got a borderline score of 280. Ruisky floor - 2 sets 3 reps at 90% - 450 lbs. Hopkins duplicated it to stay 5 ahead. Rusky, weak in the DL with 335 placed 3rd. Mercer pulled 375 up, opener 485. 2nd attempt - 510, 3rd attempt - 520-530. twice. Hopkins hitched it. The meet

top man from that day

THE TENTH SENIORS

finished with NO PROBLEMS Hopkins as the champ. His score of 880 was a culmination of all meet and AR lifts plus TOT! Mercer came in 2nd with 850. Ruisky took third 3rd with 800.

123 LB. CLASS - DESPITE ALL COSTS - GATHERED TOGETHER - MICHAEL CROSS - BETTER THAN EVER! It was another 4 man class. Defending champ, Mike Cross, returned as the underdog! A new sensation OVERNIGHT, with a BACK to MATCH MIKE was Lamar Gant. 17 year old Gant, from Lamar, MI, scored a surprise 2nd (1070) at the '73 Worlds to triple winner (1180) McKenzie - GBRI! He burst onto the scene from virtual obscurity. Also in the line up were Bob Lech of PA and David Smith of TX.

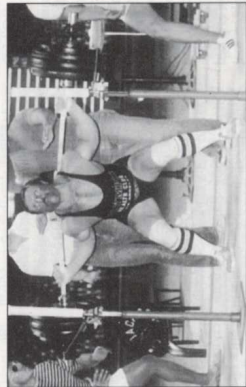
Smith SQ'd 280, then bowed out in the BP, his favorite lift. Crouch - low in flat slippers. Cross attained a strong 350. He finished 365 but was nixed by the refs for his slipping down. Gant managed 340 while Lech did a debatable 360. He had the lead. Cross fell behind. He got 210 with a good push. But his 220 stuck. Lech forged further ahead. He got a 240 BP. 2nd attempt, 2W. He jumped the gun with 245. This time the judges gave him 2 reds. Gant bested the rest with 245. Subtotals: Lech (600), Gant (585), and Cross (560).

The final test: Lech's 385 was an opener. 405 stayed glued - he passed his third. Lech was at 985 - apparently 3rd. Lamar threatened to give Mike a DL challenge for he had done 500 at '73 Worlds. Lamar started at 475. Three times he couldn't lift it. No SCOLIOLIC HEROICS this day. The NEW HERO DREW ZERO! Mike started at 500. It was easy as pie! Mike had his 4th Srs. title. One obstacle remained. Before the accident in 1969, Mike held the AR at 500. During his absence, Clark (now retired) moved it up to 548! He wanted that record back. The odds seemed insurmountable against his reclaiming it. Mike ordered it anyway and served 550! He went flat out. It was attacked. Slow like a turtle it moved up into completion. With 549.5 recorded on the scales, a new Sr. Nationals, American and WORLD RECORD emerged. It was the frosting on his victory cake. Mike knew Gant would be the top man from that day

forward. He retired that day to be remembered for his final Srs. curtain call as CHAMPION!

132 LB. CLASS - LORDS OF 4TH - OF COURSE! The rolled dice kept coming up FOUR. There were 4 men in this class as well. It was the day that defending champ Allen Lord won his FOURTH Srs. Championship! Allen was a good rival. It was his 9th consecutive Senior. He was fresh from his '73 newly acquired World Championship victory. Byron Benoit from TEXAS was back to PERPLEX US. He sat with 315 three to stay alive. His 225 BP was a touch, a jump to - duck soup! Next he leap-frogged to an impossible 520 (20 stiy of placing). Byron pulled halfway up twice. It was not in the tea leaves that day - he placed 4th with 940. Don Jones SQ'd 400 smoothly. His 430 and 440 were too high. He got credit for 255 even though he hit the racks. Don pulled 425 with plenty to spare. He moved into 2nd with 500 HOPES WERE NARROW for the man from BROKEN ARROW. Twice it was unmovable! Nothing ventured, nothing gained. Don finished 3rd with 1080. Thayer, the CA BP whiz, hoped to curtail Lord's lucky streak. Thayer ground out 375. Calm as a Quaalude, Allen methodically made 400. In a row, he tried 425 (too heavy). Ernie jumped ahead on his next exercise with a 305 BP A WR 315 was uneven for first. Final shot - vaulted to a huge 585 (seeking 1305) hoping for a temporary lead. He gave it a lot of juice - almost up! His hands popped loose! Rick's final try was not as close. He placed 2nd with a total of 1220. The Srs title was the missing link in Keammerer's winner's chain. He SQ'd 455 fairly well, and nearly missed 480. His final was shallow. BP's of 265 and 280 went, but 290 didn't. Jack got 570 up and was in front. After Gaugler's futile try, he ratched up 600 (599.5) for an NWR. Now he has his list (end only) Srs title, as history predicted. He would add that to his single World title. The missing piece to Jack's puzzle was found to make it complete!

165 LB. CLASS - THOMAS - FULL FILLS HIS PROMISE - THE BIGGEST number so far was 7 entries. Doc Rhodes, the '73 hero, didn't compete. Crawford



Marvelous Marv Phillips at the '74 Seniors (Ravenscroft)

success story which showed great dedication and determination. The mild mannered MD schoolteacher would be remembered in the P/L History books. If any of his students read PL USA, they'll know it!

148 LB. CLASS - KEAMMERER - THE WINNER! Once again, I turn to the mysterious Number 4. This was the fourth class to have four men lifting. Defending champ, Welch, was absent here and also from the '73 Worlds. Jack Keammerer, the surprise '72 World champ, couldn't perform the hat trick in Harrisburg. Not the model prisoner that Luckman ('72 148 Sr. champion) was, Don Blue from the KSP facility in Moberly, MO was granted a furlough and became '73 World champ. Keammerer came to TX to hop he'd win his first Srs. to add to his World victory. Jack had a triplicate of tenacious Texans to deal with: Pete McIntosh, Larry Cozert and a newcomer Rick Gaugler. Cozert achieved a must 390 SQ, a BP of 235, and pulled 470 for a total of 1075. He placed fourth. McIntosh buried 440. Then 470 buried him! Pete pressed 270 safely, followed by his 285. He took JOY after his 440 1st pull and had his last with 1180. Corpus Christi's Rick Gaugler took the first step towards his destined stardom. He took 3 chances with a 410 SQ to stay in the running. Rick's 310 BP was fine, and his 320 wouldn't yield. He ripped up a 500 DL to move Pete back into 3rd. Rick vaulted to a huge 585 (seeking 1305) hoping for a temporary lead. He gave it a lot of juice - almost up! His hands popped loose! Rick's final try was not as close. He placed 2nd with a total of 1220. The Srs title was the missing link in Keammerer's winner's chain. He SQ'd 455 fairly well, and nearly missed 480. His final was shallow. BP's of 265 and 280 went, but 290 didn't. Jack got 570 up and was in front. After Gaugler's futile try, he ratched up 600 (599.5) for an NWR. Now he has his list (end only) Srs title, as history predicted. He would add that to his single World title. The missing piece to Jack's puzzle was found to make it complete!

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The 242 Line-Up... (left to right) Doug Young, John Kuc, Terry McCormick, Bob Crist. (B. Ravenscroft)

was back hoping to make up for his '73 blunder. He'd lost the title by starting too high in the DL. George came in 2nd at the Worlds to Collins of Great Britain (11610), with great liftin' (15759) in '73. Also returning was Walter Thomas. He had vastly improved. Walter hoped to fulfill his own dream.

Low man on the totem pole, Dambroski finished 7th with 1250. Tom Cunningham pulled a 560 DL to the FL's Bob Pereda (1280), and to claim 5th as lighter. He celebrated with a back flip. JOE HEBBARD, a TN STUD, was SO GOOD that he had the top BP of the whole class with 355. His 1310 TOT put him in 4th to stay. Like a hyperactive chicken, Joe Spack scurried about and then pulled some amazing DL's. I'll summarize this later. Crawford, WR holder with his 639 SQ, got a 645 (644.5) gut busting 3rd. Walk stayed closer than expected with 620! George, sunburned, BPD 335, 10 lbs. more not 370. Crawford barely led subtotals with 980. Thomas was at 970! CRAWFORD KEPT WISHIN' but was in an AWKWARD POSITION. He cranked a 540 at his second attempt. He placed 2nd with 1520! Thomas pulled 565 for an immediate win. His 605 followed suit. At this point, Spack descended from "plateau 9" to pull a none too easy 615. Thomas then made his 635 (still too easy) in an SMR-DL. His 1602 set a new W/R total. A champion Spack stormed out and took the record away with 645. He did it so easily that the judges were shocked and forgot to flip their switches. Joe verbally requested 3 white lights and got them. There's more! Next, he pulled his third 655 which beat Collins' W/R from '72. When you're hot, you're hot! Unsatisfied, he took a 4th turn with 660 (659) and got yet another W/R. Spack's 1410 gave him 3rd place, yet, he managed to upstage everyone with his antics and successes. Spack STOLE the SHOW.

181 LB. CLASS - MCKEE: NUMBER 3! - This was the biggest start list. TEN TO CONTEND! NO BOY'S ALLOWED! IT BOILED DOWN TO THREE MEN. Bob McKee, reigning Sr. champ, was on a streak of good luck. He had no trouble beating Anello and Gomes in '73. It was his 2nd Sr. win at 181 (also in '70). His momentum carried him to a World title in Harrisburg in '73. There he defeated GBR's Bob Memory, 1680-1620. Vince Anello, a DL champion, had finished 72 World Champ. He finished 3rd behind Memory, and tied with old-time champ and lighter man, Gomes (11599). McKee and Anello were the only men who returned

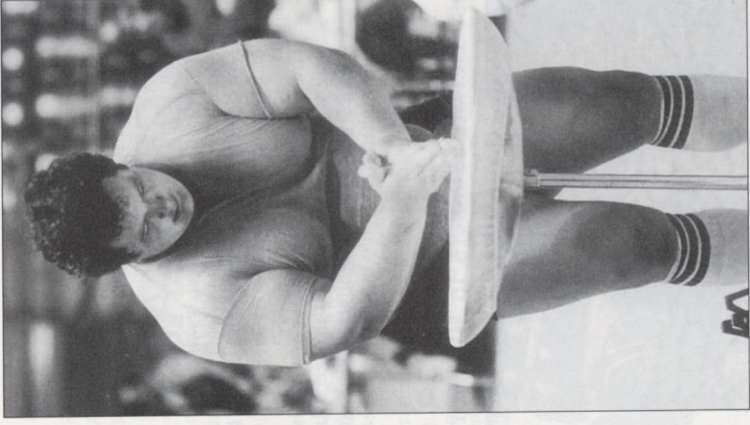
(65). He also became the first 220 World Champ in Harrisburg following his '73 Sr. win. This "triple first" is a record that may never be broken. Bill didn't defend it there. He was FORCED (OF COURSE) to pass the TORCH. For 3 out of 5 men who entered, one lift was a jinx. O'Brien of FL (SQ), Taylor of TN (BP), Warner of MD (DL) all bombed in those respective lifts. No 3rd place this year.

That position was vacant! Winning the title was child's play for Marv Phillips, the powerhouse policeman from Alta Loma, CA. He had just won the Jr.s. (1705). Carlton Smitkin, of CT, the surprise 71 242 World Champ reduced and came to stage his comeback. Smitkin struggled. His stance SQ'd 550. Bury Bud Ravenscroft of CA competed against the FL marine, Paul Woods, in the SQ. Bud got 630. 650 was high, then 640 followed by a borderline but good 670 BP. Smitkin 420.

Phillips pumped 465. Phillips left comfortably with 100 after 2 lifts, 1135 to 1035. Smitkin was destined to be a great DL'er far down the road (but not yet). He did only 640 for the 2nd (1675). Phillips snatched in the title with his 625 start. Then he cranked 640 and 670 (1770). "Marvelous" Marv, a new champ, tried a back flip to celebrate ala Pacifico (alms!) He ran into Legendary Larry at the '74 Worlds and took 2nd.

242 LB. CLASS - KUC - LIGHTER & MIGHTIER - Tulsa's Holly Egert neared got a SQ. This reduced the field to 6th. Lodato, a BB'er turned P/L'er, placed 6th with 1605. After he had FLEXED, Bodkin, of TN, was NEXT with 1400 for 5th. It appeared to be a four way MORTAL COMBAT between 2 CA men, Kidney of China (Jr.s champ) and Terry McCormick of Anaheim, along with a new powerhouse, Doug Young of Brownwood, TX. In addition, John Kuc, the 310, 1972 World Sq champ (2350), resurfaced. He re-appeared for awhile due to blood pressure problems. John returned to the action once he recovered. It was a BLAST FROM THE PAST - a new

streamlined model, McCormick, as dusted the platform: 625-670-695 - textbook perfect. He was 73. Jrs. champ. Young dunked 605-635 (655 - shallow) Larry Kidney, Pomona's "Top Cop" hit maximum 650-675-700 (NO SWEAT! MORE LEFT!) McCormick dropped 435 near lockout. Full force it fell on his chest. Undaunted, he came back to press 440. Kuc elevated 450-475 but bridged 485 (no lift). Kidney and Young panned in the BP. Both tapped 505 - touched! Subtotals: Kidney (1205), Kuc (1175) Young (1140), McCormick (1135). Out they came STROKING BOLD and HOPING for GOLD. The order of rank reversed dramatically. Kidney pulled 625 and came to a screeching halt - 1830 (4th). Young and Young were tit for tat. Pulling 700, YOUNG was DONE - 1840, McCormick humped the 725 that Doug missed. He had 1860 (2nd). Pulling it all was duck soup for Kuc. He ripped 755 like tissue



Big Don Reinhardt ... chalking up. (Bruce Klemens photo)

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tweaked his muscle injury and passed his 3rd. Wrenn, a NOT so HOT bench, got 430-460 and 485. Don, also a jolly giant, regained command immediately! He popped 550, 590 (588) WR and tried for Big Jim's 70 SNMR (614.25). He completed 620 with an uneven extension - no lift. SUBS: Don (1420), Paul (1345), Wrenn had no intention of throwing in the towel. Overly cautious, Don pulled 5700 opener (had 2120). WRENN BEGINS - 755 no problem (2100). Reinhardt, 20 ahead waited him out. Paul, lighter at 319, went for the lead - 775. A big struggle ensued. He had 2120 to REACH ELITE. DON RESPONDS - 780 for the INSTANT WIN with 2200! Not wanting to risk further injury, Don waited his 3rd.

Reinhardt went on that year to DEFEND and WIN his 2nd World Championship (2298). He was a legend in the making!

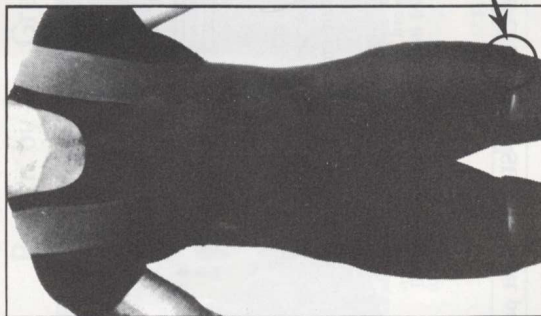
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Cross, M	350	210	550 1110
Lech, R	360	240	385 935
Gant, D	380	245	
Bryant, D	280		
Lord, A	400	235	540 1175
Thayer, E	400	235	425 1080
Brenth, B	315	225	400 940
Kammerer, J	455	260	608 1335
Mattick, P	440	270	470 1180
Cozart, J	390	235	450 1075
	620	350	630 1660
Ward, G	645	330	540 1520
Spack, J	460	295	655 1410
Hood, J	400	335	530 1375
Wright, D	470	290	520 1380
Pomona, T	470	290	520 1380
Dambroski, R	460	270	520 1250
	580	300	690 1660
Frantz, E	570	420	665 1655
Wright, D	600	400	565 1625
Barefield, F	600	405	570 1575
McGinn, L	580	405	575 1575
Dipina, J	550	325	660 1535
Halsender, D	600	340	585 1525
Walker, R	540	330	550 1420
Thurs, B	350	335	
	198		
Woods, P	550	450	725 1725
Reinhardt, B	600	465	830 1670
Barrett, J	650	440	660 1660
Borch, M	545	435	585 1565
Farchione, T			
Barber, M			
Bender, M			
Phillips, M	670	465	635 1770
Wright, D	650	440	610 1675
Waller, A	515	320	
Taylor, J	515	320	
O'Brien, P			
	700	475	815 1990
McCormick, T	695	440	725 1860
Young, D	635	505	770 1840
Kidney, L	620	435	650 1765
Lodato, D	620	430	660 1705
Lodato, D	585	360	660 1660
Evert, H			
SHAW	800	590	780 2200
Reinhardt, D	860	485	775 2170
Wrenn, P	815	470	680 2195
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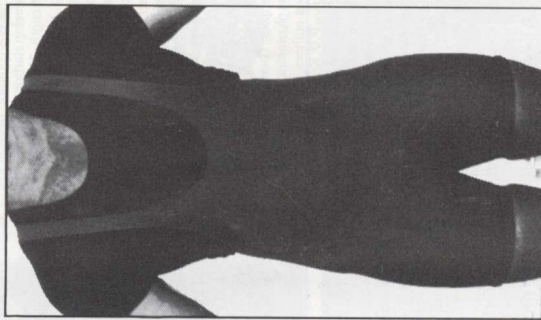
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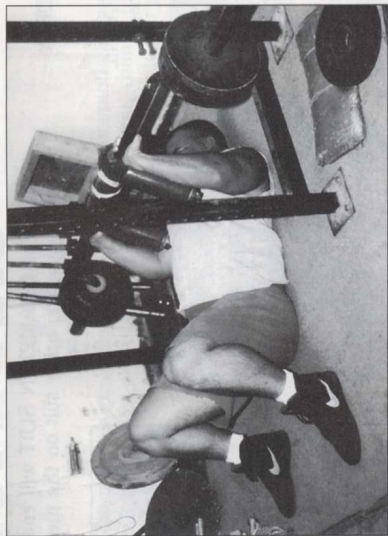
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TRAINING

Developing Special Strengths as told by Louie Simmons, Westside Barbell Club



The Safety Squat Bar can also be used for tricep extensions. Mike K. develops absolute strength with this Westside originated exercise. (by Eskil Thomasson)

To excel at a sport such as powerlifting, one must possess complete strength. By this, I am referring to special strength development such as concentric, eccentric, explosive, static, and accelerating strength. If you lack just one of these, you are destined to fail to reach your full potential. Of course, a weak muscle group may be your problem. However, there are special drills or exercises to counteract the particular problem.

EXPLOSIVE STRENGTH

The first term to come to mind when talking about explosive strength is plyometrics. This is a common method to develop starting, or explosive, strength. This is also referred to as the stretch-shortening cycle. One example is jumping out of boxes of certain heights, and immediately responding to the energy created by the rapid descent. One does not land, then jump. Rather, one's body responds to the landing by using reverse muscle action. Bounding up and down hills, huddle hopping, and one-leg bounding are other examples. There are good books on plyometrics written by various authors. They are as follows: P.V. Komi, T.O. Bompa, V. Zatsiorsky, and L. Baroga. These are well worth the money. Also discussed in these books are the varied uses of medicine balls and kettle bells.

The dynamic method is very popular with athletes throughout the world and certainly here at Westside. Weights between 50% and 60% of a 1 rep max are used for 8-12 sets of 2 reps.

A third method for developing starting strength is known as "static overcome by dynamic" work. This can be accomplished with the box squat. By placing the muscles in a fully stretched position followed with relaxing the hip flexors, and then proceeded by an immediate flexion, a dynamic contraction is supported. This is similar to lifting a barbell off the floor. When the bar is on the floor, it is in a static mode. It must be overcome by a dynamic effort. By pulling yourself down into position with the common modified dive method, the bar is lifted by a dynamic contraction. The floor press is also static overcome by a dynamic contraction.

Attaching chains to the bar will build explosive strength as well through forcing the body to respond to the unloading of the chain at the bottom of the lift and the addition of the chain at the top (see POWERLIFTING USA, July 1996).

stance, you somewhat eliminate a potential sticking point.

First train with weight, roughly 50-60% for low reps (2 is best). Multiple sets are required, 10-12, for 20-24 lifts per workout. With weight this light, the sole purpose is to build speed and starting strength, not absolute strength. That is reserved for another workout during the week, specifically designed for that purpose.

Again, chains on the bar can add weight at the top of the squat, bench, and deadlift to counteract the advantage of increased leverage. Hence, the bar acts as added resistance to match the dynamics of the human strength curve. Machines have never increased the development of strength because they attempt to maximize the work at the sticking point only. Machines do not supply the entire range of motion with maximum resistance as do chains.

Zatsiorsky states that there is high-velocity, low-resistance training and low-velocity, high-resistance training.

There is also, of course, intermediate resistance, accomplished by intermediate velocity, is another training technique. However, with chains, there can be a mixture of work on the force-velocity curve through altering the joint angles, by providing a lightened load effect at the bottom position while producing an over-rotation at the top position. Biomechanically, machines do not allow lifts (squat, bench, deadlift, power clean, etc.) to be performed as the human body was meant to. Chains, however, do.

STATIC STRENGTH

Isometric work for static strength is very effective, but is seldom used in the United States. This is a mistake. Static work is to be done at your weakest area or sticking point. For instance, if you are weak in the deadlift at the floor, then work that point. It must be pointed out that only at that position will strength be gained with isometric work. It is our observation that becoming stronger at your weak point will greatly increase your entire lift by supplying greater speed in the entire range of motion. Isometric strength peaks in 6-8 weeks. Therefore, it must be used in minicycles 3 or 4 times a year. Repetitions are 3-5 for each exertion. Rest 2-3 minutes for 3-6 seconds. Four to six positions can be

used to break a lift into segments. The following are advantages of isometric work: (1) no gain in muscle mass or weight; (2) takes little time; and (3) can be used with little equipment, including self-resistance. Static strength is quite effective in building absolute strength. The following are drawbacks: (1) bad for circulation (have blood pressure checked at least once a week); (2) only builds strength at angles where force is applied; (3) will not add muscle mass; (4) coach cannot determine the effort put forth by the lifter; (5) unless extremely weak, does not fill the needs of athletes who require dynamic sports movements; and (6) can be very demanding on the elite lifter who is able to exert tremendous force.

CONCENTRIC STRENGTH

Raising a weight requires speed and explosive strength, which has been discussed already. Building concentric strength also requires the use of very heavy weights (weights over 90% and even exceeding 100%). Just as in isometric work, concentric movements are generated in a stretch-shortening cycle. As a result, a mixture of high-speed and low-speed work with very heavy weight must be used.

Practically everything I have

contributed to the total success of a lifter: mental, emotional, and, of course, physiological. Don't make the mistake of ignoring one part of the success equation. Science and strength go hand in hand to further the advancement of sport enhancement.

There are many elements that contribute to the total success of a lifter: mental, emotional, and, of course, physiological. Don't make the mistake of ignoring one part of the success equation. Science and strength go hand in hand to further the advancement of sport enhancement.

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Just about every piece of complicated electronic gear you buy nowadays comes with a troubleshooting guide or checklist to follow in case it doesn't work the way it's supposed to. With electronics, the connections could be loose, or perhaps you forgot to put in the batteries, or maybe you forgot to plug the device in. Unfortunately, the human body doesn't come with such a guide. Fortunately, a troubleshooting checklist can be developed for the bench press. Unfortunately, it may not be as easy as just plugging into a wall socket. However, some common sense items to check may come in handy to get your bench press going. Ask yourself the questions below. If the answer to any of them is yes, consider the ACTION solution.

SYMPTOM #1: Are you working out too often? Lifters often equate more with better. This axiom may be true in some endeavors, but not for weight training. Too many frequent workouts or workouts that are too ambitious undermine the body's recuperative powers. This may result in short term muscle increase, but, eventually, the body will rebel and protect itself by getting weaker, stopping you from lifting as frequently or as hard.

ACTION: Train less often. I know this takes courage and, for many of you, it may be the most difficult adjustment you will ever make in your training. Many of the top benchers train their bench no more than twice a week. Some even bench once a week. The majority of those who do bench bi-

and the last 3 to singles. On your second or light day go to 80% for sets of 5-8. Even such a rudimentary workout variation will most likely result in a new burst of gains. This magazine provides many good examples of bench workouts that can result in better gains. Dare to train smart.

SYMPTOM #4: Do you take layoffs on a scheduled basis? This ties into symptom number 1; the notion that more is better. Lifters, in general, rarely take any time off or reduce the intensity of their workouts throughout their training year.

ACTION: I suggest taking one week off from weights every 12-18 weeks, or alter a major contest training cycle. During that week of rest, your body renews itself, building new motivation. Do not touch weights. Instead, do a little cross-training - like biking, etc. Don't worry about losing any ground. One week off will have negligible effects on your strength level. This is a case when it is better to take a step back in order to take 2 steps forward later on. When you resume training, reduce your weights by 5-10% from the level where you ended your previous training program. This will insure you can get the reps with good form and actually create the momentum needed to catapult past barriers. Dare to take time off.

SYMPTOM #5: Do you monitor your bench form? Many lifters start with good intentions but digress a bit over time. This could be due to injuries, weight changes, or plain apathy.

ACTION: Take the time to have your bench form monitored. Consider having an experienced lifter watch you press or make videotapes from which you can review your form. Check for even extension to lockout. Check to see how your feet are planted on the floor. The bench is not just an upper body movement. The entire body plays a role in an optimally executed bench press. Oh yeah, keep your butt on the bench. If you have flaws, lower the weights you use by 10-15% and concentrate on form. The power may already be there, but is simply not being positively transferred to the actual lift. Dare to execute the lift properly.

This is not an all-encompassing list of possible problems. However, I think most readers may see something which applies to them. If you are having no problems right now, it's always good to go over possible trouble spots anyway to reinforce your good efforts. Although lifting difficulties are not as easily solved as remembering to plug in your stereo, you can troubleshoot and correct your bench by following the same symptom and action process.

STARTIN' OUT

A special section dedicated to the beginning lifter

TROUBLESHOOTING THE BENCHPRESS

as told to Powerlifting USA by Doug Daniels

ACTION: Objectively evaluate your form on assistance work. Lower the weight and watch your targeted lifts take off. Dare to train lighter and with good form.

SYMPTOM #2: Do you perform assistance exercises sloppily? For years, I have been underscoring the fact that the judges do not care how much you can curl, dip or dumbbell fly. If you're using assistance work to help your competitive lifts, and it's not improving them, evaluate your exercise form. Ego pushes us to use as much weight as possible, regardless of form. It makes little sense to pile on the weight during curls only to restrict the range of motion or add body swing to move the weight. The targeted muscle groups do not receive the stimulus they need to grow and develop into bigger competitive lifts.

ACTION: Vary your workouts over your training cycle. Vary the reps and intensity. For example, on a 12 week cycle, devote the first 3 weeks to work sets of 8 reps, the next 3 weeks to 5s, the next to 3s,



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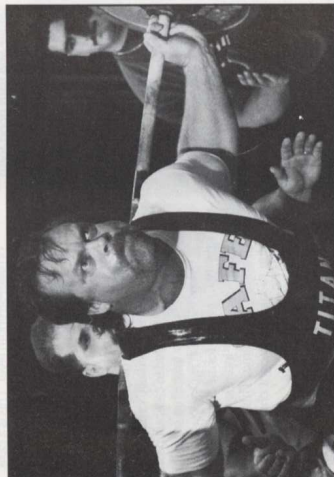
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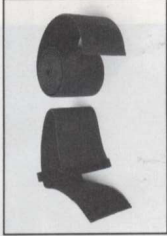
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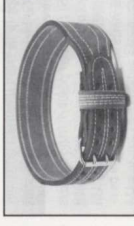
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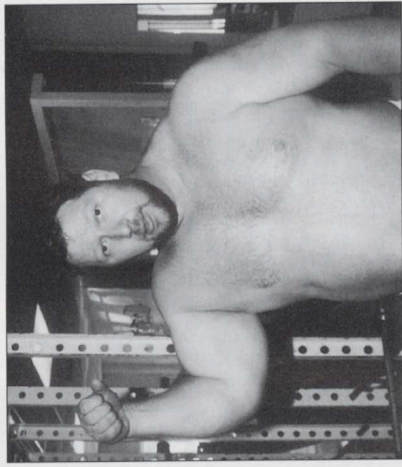
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INTERVIEW

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

YURI SPINOV, the Ukrainian Bear by USA Team Assistant Coach Mike Golden



Nine years ago, in a country called the Ukraine, there was a man watching the nightly news. When the sports segment came on, it said something about a sport called powerlifting which showed some footed Champions. The man watched and saw that it was good. He said to himself - "I think I can do that!" The man who saw only a few seconds of powerlifting highlights on the news decided that this was the sport for him. He wanted to become a powerlifter. All because the man watched it, and saw that it was good. A man who had no idea what the rules of this sport were, how to train, where to compete - if he so desired, and no way of obtaining this information. No Ed Coan tapes. No Powerlifting USA. Nothing. Zero. But the man watched it, and saw that it was good. It is now the present; eight years later at the 1995 World Powerlifting Championships in Port, Finland. The man makes his final deadlift attempt and becomes the 1995 Superheavyweight World Champion. Without a lifting belt and any help or information, coupled with a completely ruptured left pectoral muscle, this man achieved greatness. This superb display of strength is from the man who watched the sport, and saw that it was good. This man is Yuri Spinov.

MG: Mr. Spinov, let us start off with some personal information. How old are you? Where do you live? Do you have a family?

YS: Please call me Yuri. I am 33 years old and live in Odessa, Ukraine with my wife Lena and our two daughters, Anna and Daria.

MG: What do you do for a living? I work as a trainer in a gym that is owned by the city of Odessa.

MG: What is your gym like? The gym is not large, but it is convenient. It is also well equipped, especially considering good weights are in shortage in the Ukraine.

MG: Have you any other hobbies other than powerlifting? Yes, I like to read books about poetry, history, and world leaders, both current and in the past. I also hunt when I can leave the city, but it is more a necessity than a hobby, for meat is in short

to school was not enough to live on. My family and myself would have starved to death.

MG: Did you learn anything about powerlifting there? Yes, Not specifically. One of the classes was on how to train with weights for sports conditioning, but no specific information on powerlifting. Most of my instructors had never even heard of it!

MG: Then how did you become a coach for the city, if you did not graduate? Yes, You can become a coach in our country in two different ways, either having graduated from a university, or from demonstrating good results in sports and competitions. I am lucky to be successful in powerlifting. It has not only given me my job as a coach, but a car as well. When I first started in the sport, my cousin bet me his car that I would never become a World Champion! Last year, he had to pay up and give me my first and only car.

MG: What are some of the other major accomplishments that you have achieved in powerlifting?

YS: I have been the powerlifting champion of the Ukraine 12 times, also the champion of USSR, Europe and now the World.

MG: What was your biggest disappointment in powerlifting? Yes, My biggest disappointment was a ruptured left pectoral muscle in 1990. That is why I am glad that the IFF allows the bench against injuries.

MG: How did you rupture it? The difference between a rupture and a tear is that a rupture rips the tendon of the muscle completely off the bone, requiring surgical reattachment. A tear is when you rip part of the muscle, but the rest of it is still intact and you are still able to use it.

YS: It happened 6 years ago when we were holding one of the first powerlifting meets in the Ukraine. The spotters and loaders were just people from the crowd who did not know anything about lifting. One guy misloaded my bench press by 150 lbs. on one side. When I got the handoff, the weight just flew down on one side and my pec was torn forever. I could not afford the surgery, so now it can never be fixed.

MG: What about your biggest highlight? Yes, My biggest highlight in powerlifting was recovery of my good sport form following the injury to my pectoralis major. It took me five years to get back into good lifting technique for the bench press.

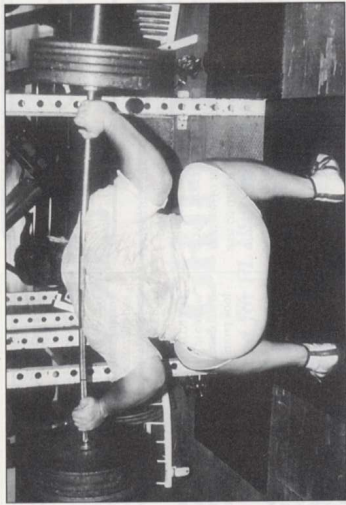
MG: Let's talk about lifting equipment. I know that most of the top USA lifters like Kirk Karowski and Ed Coan do not wear equipment during their "off-season" training. But you do not wear a belt even when you compete! You squatted an easy 914 lbs. and deadlifted 832 lbs. at the IPF Worlds last year, both without a belt! Care to comment? Have you ever lifted with a belt?

YS: I think the belt is not only useless but even disturbing when lifting extreme weight. There are easy methods of training due to which one can forget about the belt. My result in the good morning exercise is 814 lbs.

MG: An 814 lb. good morning? Tell us more! Yes, The strength of the low back and abdomen is the key to lifting big weights. They are what makes your body stable when lifting, running etc. The exercises and progression that I follow in training can make anyone lift heavier weights. (There will be an article on Yuri's back and abdominal routine coming soon). That is why the squat and deadlift are my favorite lifts. You should also note that in the Ukraine and other Eastern Bloc countries, we do not have all the nice equipment that you have in your gyms available to us. So we must do basic exercises, and when we train the core lifts such as the squat, we train them very hard.

MG: How are you treated as an athlete competing for the Ukraine? Are you supported financially by your country to compete? Yes, Nobody helps. Many gifted sportsmen have discontinued to compete, but, as a whole, I am satisfied. Due to the hazardous economic situation in my country, I feel no material or moral support. The average salary in the Ukraine is \$40-60 US dollars a month. I have only 1 set of knee wraps, 1 bench shirt, and 1 squat suit. That equipment alone cost me \$175.00 US dollars.

MG: Were you satisfied with your lifting at the World Championships? Yes, The World Championships were very well arranged. I was happy with my lifting attempts, except for my last squat. It would have taken a lot of pressure off my deadlifts. I won, but I have not



Hip & Back Power - the key to Yuri's success. (photos courtesy Mike Golden)

had much joy following the competition. One shouldn't relax in their conditions. We should, as you say in your country, stay hungry.

MG: It was a much better showing than the 1993 World's in Sweden. You made only one squat, and bombed in the bench.

YS: That was the worst meet ever! We did not know anything about the bigger competitions, how we would react, how to prepare etc. We had 12 guys in a room built for 41! I am happy for the experience though. I am still learning at every meet that I enter. You can never get lazy or think that you know it all. You will lose your edge.

MG: What are some of your goals in the future? Have you ever considered entering the World's Strongest Man or any of the other Strongman events? Yes, I am ready to compete in the most democratic sport.

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Mike Golden and Yuri Spinov ... share a moment in a local gym.

biggest events if all of my financial problems were solved. I now support my wife, our 2 children, and my parents. It is a burden just to travel to competitions. As for powerlifting, I plan to train and compete as long as I can. **MG:** Why do you compete now? It is for yourself, your country, etc.?

YS: I like competing in sports when one can test his potential chances against others regardless of training conditions. **MG:** If you could use one word to describe yourself and what you stand for what would it be? **YS:** Optimist. One must be when they are put in situations that they cannot control.

MG: Is there anything that you would like to end with? **YS:** Yes, an old Russian saying "Nada menshe govarret, bolshe delet" - We should all talk less and do more.

I have had the pleasure of spending a week with Yuri at my house before he guest lifted at the 1996 USPF Senior Nationals. He is a man of great insight, strong from the inside out. I think that whoever said the famous quote, "Do the best you can, with what you have, where you are," had Yuri in mind. I would also like to give a special thanks to the following people: Mike Lambert for publishing this article, Nicole Klisof for all her support and Kristen Durie for interpreting this interview. If you have any questions about Yuri, or any Eastern Bloc training techniques, please do not hesitate to contact me at: Mike Golden, c/o Elite Athletes, 4 Carnegie Dr., Cromwell, CT 06416

Ask the Doctor

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

DEAR MAURO: I understand that you are the top researcher in the field of athletics and supplementation. I am going to purchase your books & material that covers this subject. I ask of you to provide me with some advice on the books & material that is pertinent to my goals in bodybuilding. I am a 26 year old male, 5'8", 180 lb., very small boned, with wide shoulders & very narrow waist, normal to low bodyfat (you can just barely see my abdominals). I'm what is referred to as a pure ectomorphic body type having started at 120 lbs. when I started working out with weights 4 years ago. Good health history except for some anxiety. My father & his father died of heart attacks around ages 52 & 45. My goal is to gain 2 lb. of muscle mass a week since I understand this is possible when someone is gaining weight & working out 4 times a week so that in 10 weeks I will be 200 lbs. and in 20 weeks 220 lbs. My reasons are: 1. Because I am working out for results, not just to go through process & motions. 2. Being muscular is healthy since it produces glutathione in the body. 3. For better performance in activities & sports. 4. Perhaps to compete in bodybuilding at some point. What are your top 5 recommendations for gaining muscle mass? What supplements do you recommend for building mass & can I buy these from your organization or can you refer me to a company (I will mention you referred me)? Drugs of interest to the type of research you do would be Dianabol since it dramatically lowers cortisol levels & has broad range clinical use. Secondly, calcium channel blockers, since they widen every blood vessel including all the small ones in the entire body to allow blood to flow dramatically better in patients with high blood pressure, obviously the increased blood carrying nutrients & oxygen would benefit athletes performance & recovery. You are welcome to call me to get a free

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

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

THE ANABOLIC RESEARCH REVIEW - An Insider's View of Supplements, Drugs and Exercise - The Anabolic Research Review will not carry any advertising bias. You will have to read this journal about stepping on someone's toes. There are no ads. The information is unbiased and objective. It brings you cutting edge unbiased information on all aspects of nutrition, supplements, drugs and exercise. This newsletter will help you make intelligent, informed choices without having to wade through miles of hype and self-interest. To subscribe or get more information call 1-800-447-0008.

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

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

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Drug Use And Detection In Amateur Sports Plus All Five Updates, plus 9 Issues of DRUGS IN SPORTS - last issue March 1995 - My book, updates and the newsletter are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The cost of the book plus all five updates is \$40.00 (U.S. funds) or \$52.50 Can plus \$3.50 P&H. The 9 issues of DRUGS IN SPORTS are \$10.00 (U.S. funds) or \$12.50 Can plus \$2.00 P&H. Each issue of DRUGS IN SPORTS is \$10.00 (U.S. funds) or \$12.50 Can, plus \$1.00 P&H.

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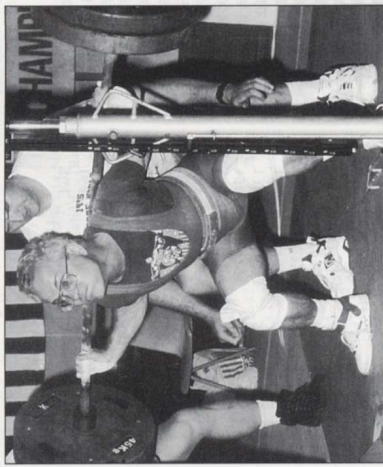
book on *Dianabol* & all research studies on it. In both Colgan's "Optimum Sports Nutrition" book & Canadian Pharmaceutical Source Book (CPS) arginine is touted as a growth hormone releaser of equivalent proportion to L-Dopa & that you should take it without meals. Colgan goes further to say that a 180 lb. male should take 4 grams daily and include ornithine alpha-ketoglutarate in the mix at 2.5 grams. He uses these amino acids in 12 week cycles with 6 weeks rest between. Yet every bodybuilder I hear from on the professional circuit, including Dorian Yates, say the stuff is garbage because they see no results from it, yet Colgan, in his book, cites all these studies building it up? Is money better spent on other things for results? Do the amazing & quick results from creatine stay after you stop taking it & could you tell me of a cheap source? I have read that steroids and growth hormone are dangerous to one's health. I don't know whether this is true or not. I have an idea that if one increases their natural testosterone to the upper limit of what is considered normal range for a male, that health risks would not be there. For example, the normal range at blood labs is 9 to 35 with mine falling at 17. I think I could safely increase it through the use of these testosterone patches by prescription of my brother, who's a doctor in the USA, to the upper part of the normal range of around 34. Any comments or rewards and risks of this idea? Is taking from picolinate, 22 mg daily, going to increase performance and red blood? What about health

(article continued on page 54)

INTERVIEW

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

PAUL GRIFFITH as interviewed for PL USA by Bob Gaynor



Paul Griffith hitting a nice squat at the 1995 WDPFF World Championships, which were held in Horsham, England. (courtesy Griffith)

BG: GIVE US SOME PERSONAL INFORMATION ABOUT YOURSELF.

PG: I am 50 years old and have been the chair of the mathematics department at West Nottingham Academy for the last 10 years. I have been married to my wife Patty for 27 years. We have two daughters, Kelly, age 24, a recent graduate of the University of Maryland, who now lives and works near Hagerstown, Maryland and Jessica, age 21, who is currently a senior at the University of Maryland.

BG: HOW DID YOU GET STARTED?

PG: I played soccer at Neshaminy High School in Longhorne, Pennsylvania and used weightlifting as a way to get stronger and become a better player. Eventually I started doing some weight training at the Varsity Club Gym in Morrisville, Pennsylvania, where I was invited to train and to be a member of their Olympic lifting team.

BG: HOW LONG HAVE YOU BEEN LIFTING AND COMPETING?

PG: I started as an olympic lifter and competed in my first contest in 1962. I continued as an olympic lifter until the press was taken out of the competition about 1972. I then converted to 100% powerlifting in 1973.

BG: HOW DID YOU GET INVOLVED WITH THE A.D.F.P.A.?

PG: I have always been a drug free lifter, which was very frustrating throughout the 70's since there was no drug testing done at the meets. Obviously I was anxious to be an early member of the ADFPA and I competed in one of the very first ADFPA meets which was run by Fred Glass in 1981. I do make sure that my vitamin and mineral needs are met.

BG: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

PG: I feel that drug usage is a personal decision. However, competition needs to be fair, therefore the drug testing policy of any governing body needs to be crystal clear to the lifters. Since I have been involved in lifting for over 30 years, I have personally seen the devastating effects of steroid use on many athletes. Steroids

I would hope that someday powerlifting would have just two organizations, one drug-free and the other with no testing policy, but unfortunately this is only a dream.

BG: WHAT ADVICE WOULD YOU HAVE FOR BEGINNERS?
PG: Get into a contest soon, don't worry about winning it. Learn all you can from experienced lifters and find reliable and dedicated training partners. Always train with intensity, but train smart and above all have fun.

BG: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?

PG: I have been ADFPA masters champion in 1985 at 148 lbs, 1989 at 132 lbs, 1991 at 148 lbs, 1992 at 148 lbs, and 1994 at 132 lbs. WDPFF world champion in 1992 at 148 lbs, and 1995 at 132 lbs. I currently hold ADFPA American squat records of 435 at 132 (40-44) and 418 at 132 (45-49) as well as WDPFF world squat records of 485 squat at 148 (45-49), 402 at 132 (45-49), and 424 squat, at 132 (50-54).

BG: ARE THERE ANY OTHER COMMENTS THAT YOU WOULD LIKE TO MAKE?

PG: No internet would be complete without offering thanks to some of the many people that have contributed to my success and enjoyment of powerlifting.

First I would like to give thanks and praise to God for guiding and directing my life. I must next thank my wife for 27 years of dealing with an athlete's temperament. Thanks to the students of West Nottingham Academy, who have been my training partners for the last ten years. Thanks also to the crew at the Training Center in New Castle DE: Hayward Gregg (fellow master lifter, travel partner, and roommate), Knut Hansen, Jeff Manlove and Al Wiley. Fond memories and thanks to the old Oxford Power Masters: Charlie Delp, Raymond Brantner, Don Testerman, Bill Allen, Dan Smith, and Larry Henry. A special thank you for all the things that you have done for me to: Brian Washington, Al Siegel, and Joe Pyla. Also thanks to Bob Gaynor and PL USA for considering me for this interview.

THE CENTURY COMBINED SCHWARTZ/SINCLAIR

3rd at 181 for runner-up to Hatfield. Wagner let me know that dinosaurs are not yet extinct. Bob Morris bumps Looboro to earn final place at 242. I've been told that the WWF's affable "Hillbilly Jim" is one and the same. (EDITOR'S NOTE: A late addition is Joe Hood, now a chiropractor

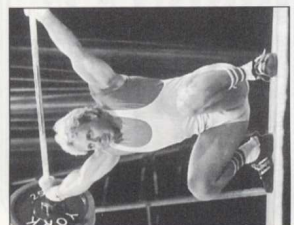
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like Tom to turn to PL. I had to get that off my chest.
In this month's SUPERMEN OF THE CENTURY, I've ranked the top 100 Best USA men of all time by combining the ratings by Schwartz formula (PL) and the Sinclair formula (OL). Ability in both sports counts high towards the total rating.
It comes as little surprise that juggernaut Jim McCarty rates, by combined sports, as the top USA formula Supermen of the Century. The versatile Jon Cole rates close behind with lifts he registered 24 years ago. He was one of a kind. He weighed 251 when he recorded his overhead lifts, and 283 when he did his PL bests. His average bw was 267.1 No. 3 is the "fifed of the Century." He FIZZLED at the Olympics, but may SIZZLE in the WWF. Paterra and Wilhelm were AR holders in overhead style. Both were giants in the world of strength. Paterra claimed 4th by a point and a fraction by formula. Bruce, however, topped his friend in the WSM competition. When Bruce was at his peak, Ken was pro-grapple! Chad like, the great 114, bender, switched to OL and is solidly in 6th. Right behind him is a legend of both brain and brawn - Hatfield. "I had appeal" no doubt about it. He is 7th on the formula final tally. Bryan Jacob, who went to school with Michael Soong (my statistical/historical understudy) only, "dabbled" in PL, and was 9th in the Atlanta Olympic Games. His overhead skill ranks him 8th.
Paul Salisbury, a 1978 World team member in WL at Gettysburg, won the S&H athlete of the year via a "stuffed" ballot box. He took 9th spot squeaking ahead of PL whiz kid and profeiler in double sport, Enrique Hernandez. Henry won the Seniors in both sports and set AR in both likewise, not to mention becoming World PL Champ. Note the familiar names and greats that grace the lists. My listing them all here in order does not begin to praise the versatile strength and aestheticism of each and every one. NEXT MONTH - SUPERMEN OF THE CENTURY - PART 5 - WORLD TOP 25 ALL TIME BY FORMULA. CAN THE REST OF THE WORLD OVERSHADOW USA GREATS? STRONGMEN? DON'T MISS THE SURPRISE IN STORE!
HERB GLOSSBRENNER

last minute addition). Tom represented the USA WL Olympic team this past summer along with Henry. He shows great promise. At 67 and 332 lbs., he's one big man with a great future. The recent reawakening of World team qualification standards in WL is unfair to Ingalsbe and others. He is now expected to make an unrealistic 898 (17 above Henry's 881 record) to face further international exposure. Such ridiculous standards can either encourage or discourage an athlete into quitting. Such reasoning could sway those

Rank/Athlete	Bwt.	O/L Total	Superman Total	P/L Total	O/L Total	Superman Total	Schwartz Rating	Sinclair Rating	Superman Rating	
1. J. McCarty	164	1760	699	2460	1175	860	2036	1100	609	1709
2. J. Cole	267	2363	770	3133	1231	781	1988	1184	540	2425
3. M. Henry	405	2382	881	3264	1106	881	1988	850	856	1707
4. K. Paterra	332	2155	891	3046	1066	891	1956	937	768	1705
5. B. Wilhelm	325	2155	887	3043	1068	887	1956	1063	639	1703
6. C. Ikei	114	1137	479	1616	1082	826	1908	907	796	1703
7. F. Hatfield	181	1829	644	2474	1133	742	1875	1064	635	1700
8. B. Jacob	132	1176	600	1777	956	888	1844	854	844	1699
9. P. Salisbury	198	1715	755	2470	1003	829	1833	895	798	1694
10. E. Hernandez	132	1383	511	1835	1076	756	1832	1018	668	1688
11. L. Mintz	143	1482	565	2047	1075	750	1826	1075	611	1687
12. E. Hackett	275	2245	644	2890	1170	646	1816	877	809	1686
13. P. Wrenn	340	2372	655	3028	1158	655	1814	1083	602	1686
14. D. Reinholdt	345	2428	620	3048	1181	620	1801	935	750	1684
15. S. Miller	198	1879	630	2509	1100	691	1791	935	747	1683
16. B. Duke	198	2039	534	2574	1193	587	1780	1044	638	1682
17. T. Maupin	165	1587	545	2132	1054	724	1779	1144	537	1681
18. A. Stewart	242	2150	606	2766	1159	619	1778	1069	612	1681
19. G. Frenn	242	2150	610	2760	1153	623	1777	1097	582	1679
20. J. Dube	328	1880	843	2723	929	843	1772	1080	598	1679
21. T. Krisky	242	2177	573	2750	1167	602	1769	1025	651	1676
22. J. Williams	332	2261	655	2916	1113	655	1768	966	709	1676
23. G. Rethwisch	340	2293	644	2938	1119	644	1764	1080	598	1679
24. G. Kucipak	123	1176	462	1638	1028	734	1763	912	754	1666
25. K. Karwowski	242	2199	570	2769	1179	582	1762	835	830	1666
26. L. Pacifico	198	1966	555	2521	1150	609	1760	1042	620	1666
27. R. Burnett	162	1563	570	2133	1053	706	1759	1042	620	1666
28. J. Stefan	249	1815	577	2592	967	789	1757	835	830	1666
29. T. LaFontaine	148	1366	575	1931	991	763	1754	1042	620	1666
30. W. Imahara	132	1135	562	1697	922	831	1752	1042	620	1666
31. J. Kanter	198	1830	620	2450	1071	680	1752	1099	558	1663
32. T. Fratto	181	1673	620	2293	1036	713	1749	1099	558	1663
33. D. Schneider	242	2105	600	2705	1129	613	1742	1052	604	1656
34. J. Davis	198	1680	690	2370	983	757	1741	1052	604	1656
35. B. Meek	275	2056	668	2724	1071	669	1740	921	734	1656
36. J. Warner	148	1499	610	1989	1088	650	1738	909	743	1653
37. D. Reed	220	1980	610	2590	1096	641	1738	861	790	1652
38. J. Kueger	148	1360	562	1922	987	746	1733	910	742	1652
39. D. Ashman	265	1800	577	2577	948	781	1730	1019	629	1648
40. C. Payne	181	1849	507	2356	1145	583	1728	1036	611	1647
41. D. Moyer	123	1186	435	1621	1037	690	1727	911	733	1645
42. J. Engelbert	220	1815	680	2495	1005	714	1720	863	827	1643
43. G. Pickett	300	1800	807	2607	912	807	1720	2369	777	1640
44. J. Robertson	275	1989	680	2669	1036	681	1717	907	732	1639
45. E. Milban	123	1300	365	1665	1137	579	1717	1018	620	1639
46. J. Welch	165	1733	460	2133	1152	563	1715	892	745	1638
47. J. Varrone	165	1515	570	2085	1007	706	1714	863	827	1643
48. G. Sanger	198	1945	500	2445	1138	575	1714	760	760	1636
49. H. Brannum	165	1421	620	2041	944	768	1713	971	665	1636
50. G. Hunter	148	1340	556	1896	972	739	1711	992	643	1635
								932	702	1635
								1059	575	1634
								2470	500	1634

Notably, many top powerlifters never made a serious effort to record big overhead numbers. Their proficiency often times was in one field or the other. Many did OL early in their careers, then found their "second wind" in PL, and in some cases, decades later. Great ability in separate arenas of battle were reserved for only a select few.
I encouraged those who I may have overlooked to send in official verification. This has brought surprising response. Being ranked among the SUPERMEN OF THE CENTURY seems to bear a tantalizing attraction. I thought interest in doing both was extinct. I was surprised to learn that there still are dinosaurs walking the earth. I will now list some additions and corrections to modify the first three installments: 148 - Oras, Israel 62 1805 (1282) 474 303 505 (623) 220 303 OL; Welch, Jack 45 1780 (1475) 505 370 600 (305) 125 180 PL; Peak, Max 34 1755 (1305) 455 295 555 (555) 190 260 BOTH; Thompson, Danny 72 1796 (1381) 505 341 534 (415) 190 225 PL; 165 - Weber, Brad 2040 (1520) 525 410 585 (520) 225 295 BOTH; Crain, Ricky 532 2032 (1890) 755 418 716



Jim McCarty is Number One at combined Olympic and Powerlifting totals in the United States (Bruce Klemens photograph)

Last month, concluded my listing of the top 25 SUPERMEN OF THE CENTURY in all of the eleven bodyweight categories. I've stirred more interest than I'd originally anticipated. Those rankings combined the best lifetime lifts of those who have officially competed in both Olympic lifting and Powerlifting. If it proved anything, it exemplified the longevity and versatility of the competitive strength athlete. The obvious diversity of pure strength (PL) or athletic prowess (OL) are not comparable separately. Combined together for an overall picture makes for an most interesting conclusion. Those who excelled in one or the other might have made the quintathlon roster.

1996 JAPANESE MEN'S NATIONALS "Take Me Back to TAKEHARA"

The great veterans hardly broke a sweat for the 1996 Japa...
over 200 lbs. To say that he did not extend himself is a mild observation. I, on the other hand, did. Taking advantage of the beach early one morning and to hit the quiet streets untouched by the town to the temples overlooking the island and the whale, I joined a street festival and ate whale, octopus tempura and wild boar. The restaurants were housed in the story-book buildings. Except for a young British teacher whom I met at an ike-singing contest, I was the only foreigner in the crowd. The cup was focused on me. Enka has been called Japanese Country-Western, but it is actually a style of music developed by city street singers in the late 19th Century who longed for the mountains of home. You thought Eric Tubbs or Hank Williams. You thought Ernie Tubb or Hank Williams. You thought Ernie Tubb or Hank Williams.

Nothing funny about the lifting in the 100 and 110 kg classes, however, I have been watching Ozawa and T. Yoshida go at it for almost seven years, and since 1993, Hiraguchi and Nishimura battle it out. All of these youngsters now appear on the world stage, and at home are in the top 10. The city is filled with the most notably the latter's 842.5 kg, at 100. Maeda pointed many a second or third in the 82.5 to 100 kg classes at IPF World meets in the eighties. He never got the recognition he deserved. Dennis Wright, Gene Bell and others got the recognition they deserved.

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Both Hiraguchi and Nishimura (take notice of his Dizzy Gillespie classes when simply wasted by the backstage heat, with the latter managing a 1760 total to take the 110 kg despite two missed DL's. He believes these things are from across Japan. It's been great watching their progress.

I've stated in articles I've written in the past that Japan has trouble finding good big men. However, the depth of these higher classes bodes well for the future. The 110 kg class, the Asian lifter do-well in lighter classes, there isn't anybody in sight down the road to their level of competition. One official predicted it will take ten years to develop replacements.

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I've stated in articles I've written in the past that Japan has trouble finding good big men. However, the depth of these higher classes bodes well for the future. The 110 kg class, the Asian lifter do-well in lighter classes, there isn't anybody in sight down the road to their level of competition. One official predicted it will take ten years to develop replacements.

Both Hiraguchi and Nishimura (take notice of his Dizzy Gillespie classes when simply wasted by the backstage heat, with the latter managing a 1760 total to take the 110 kg despite two missed DL's. He believes these things are from across Japan. It's been great watching their progress.

I finally found it. The picture-book Japan of old National Geographic magazines and Samurai movies. The 17th and 18th century streets that James Clavell sketched without ever seeing them in his novel SHOGUN. 109 liters in 1996. A befe-up Hiro Isagawa found it to his liking, ramming up a first attempt Masters world record BP of 165 kg (363 lbs) for the 60 kg class and overcoming a national 622.5 after 41 lifts of 100 kg three. Hiro missed two close BP tries with 175 kg, having trouble locking out the right arm at the cramp and pulled a nice shock off the cramp and pulled a nice 227.5 kg. Cramps were common at this affair as was exhaustion and heating. Little was said about the cramps, the heat and stiffness problems caused by the heat and humidity. There was no air-conditioning in the arena!



Isagawa made a Masters World Record total despite a calf cramp

Though originally scheduled to be at a post resort, the venue was moved to the Takehara City Gym (Takehara translates to "bamboo field") due to the transportation. The city is nestled in a river valley thirty miles east of Hiroshima, on the inland sea near the Seto Islands. Takehara (pop. 35,000) boasts maybe among dozens of old "ryokans" which are classic-wooden inns with communal baths and some tea rooms. 75 folks in each of the tatami-mat floored rooms. But by and large, everybody accepted the accommodations. Charged by the charm of the city, they managed some good lifting.

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Midote got a new Japanese record in the squat at 125 kg, with 788 lbs. and totalled 890 kg.

the multitudinous US-based "World's Strongest Man" competition. He even the IPF shirt! The USPF meet didn't have an entry. On the other hand, the Japanese trailed far behind the American standards at 82.5 kg, and 90 kg. Japan's top super are all into Sumo.

A one man youth movement in the 82.5 kg, twenty-year-old, Kendiichi Sakai, he got a 100 kg squat and a 200 kg deadlift. He stomped two tested veterans of world competition, surpassing Nakao by 44 lbs, and Ueda by 66 lbs. Sasaki slammed up a Japan record bench of 207.5 kg. Matsumori posted a creditable 742.5 for the win in the 90 kg. Or, so I thought.

I found out late the second day when I thought the lifting had ended. So I took off. Seventeen guys back in the fieldhouse sweat it out while your fearless Asian correspondent and his lady friend were in an inn dating back to 1691 A.D. We drank cold sake the consistency of maple syrup, but it was acquired and intricately laid cups.

Best lifter award went to Inaba. Team honors were awarded to Power House of Fuchu City in West Tokyo. The Tetsuwan Club of Hyogo Prefecture took second. Hyogo was badly damaged in the 1995 earthquake and is still recovering. The SIGHTS AND SOUNDS: The trip reminded me of a high school facility in Stump, Texas. Wayne Hunter of N.Z., with the Big Bear Gum team from Chiba, was the first foreign coach handling a team at a Japanese Nationals. Hisako Yoshida wore cutoff US Army desert-amo pants and a red shirt, looking like a desert hawk. The team was growing in an increasing number of lifters using conventional style in the DL, breaking away from the belief that only Sumo style is right for Asians. The print artist at the old quarry, opening his shop on closed days to allow the visiting "gaitin, loved. The amazingly quick and accurate loaders whom he had the on-deck lifters requesting their own music tapes and discs to introduce themselves onto the platform. There was 75 kg. Waseda of Hiroshima who serves in a temple, playing a fery boat making his way among the offshore islands. Contrary to the western view of the Japanese as being "economic animals" or "technology means less protein adrones" they have a very strong nostalgia for the simpler places, and the old this, having visited Takehara.

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risks of iron supplements, since the health community says iron is the reason men die younger than women, since women lose it in menstruation. Is L-Carnitine or Acetyl-L-Carnitine worth the high price? I was counseled to gain mass by eating a diet of 25% fat for energy by a pro bodybuilder. Is this really going to help build muscle mass by perhaps breaking through the plateau weight level, then reducing fat at a latter point, once you gain the mass? Charlie B.

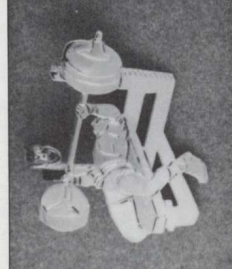
DEAR CHARLIE: I can see that you would have some anxiety given your family history. You might be interested in Barry Sears new book "Enter the Zone". Dr. Sears also has a family cardiac history and has devoted many years into finding a solution to his own problems and to athletic success.

It's obvious that you're knowledgeable, but like many, including Dr. Colgan, you may be taking too much stock in research results. Research information is extremely important, but it's also important to realize that what works for animals and even athletes, may not work with elite bodybuilders. There are several reasons for this. One of them being the heavy use of drugs by these bodybuilders. With drug use you go beyond your normal genetic potential, and the nutritional measures that may work to some extent on those not using drugs may be inconsequential in those that do.

By using glutamine, leucine, creatine monohydrate, OKG, etc. you can maximize your genetic potential, but never rise above it. Any natural supplements you take over the long term will cause your body to make certain adjustments and in the end decreases the effectiveness of these substances. Cycling on and off supplements makes good sense.

Using testosterone patches to increase your serum testosterone to high normal values falls into the drug use range. You're hitting levels you would not hit or maintain if you're in the natural state, no matter what and how many nutritional supplements you take. Information on anabolic drugs and their side-effects as well as almost every aspect of increasing lean muscle mass and strength is contained in my books and newsletters. All the best in your athletic pursuits. Sincerely, **Mauro G. Di Pasquale, M.D.**

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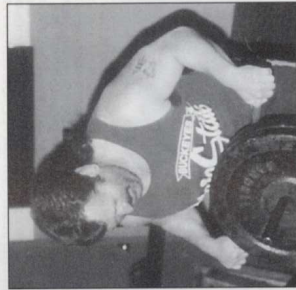


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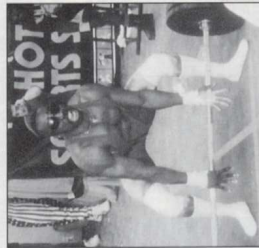
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Power People



Karl Byerly has been lifting weights for 26 years. He first competed in 1972, and in 1982 became the champion of the 5th Division of the U.S. Army. In 1994 he won 1st place in the Submasters division at the Beast of the Northeast, and in 1995 he broke three AAU American Submasters records. A drug free lifter, he has three sons: Jeremy (14), Norman (13), and Tommy (10) with his wife Maria. His best lifts in competition are 580 330 595, however, in training he has squatted 605 and pulled 615. Karl says "You should go to meets planning to meet people and make friends rather than just concentrating on setting records or placing. Friendships last longer than records and that's more important."

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FOR REVIEW ... Powerlifting Basics. Texas-style by Paul Kelso (\$14.95 + \$3.00 S&H USA & Canada [\$10.00 all others]) from IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, CA 95959

It may be hard for some to believe, but Kelso is even older than I am. That means that he has more reason than I to mean about the so-called modern advances in weight training and competitive lifting.

Paul is a heck of a lot funnier than I could ever be and tells a great story. Like John McCallum, his characters grace the monthly pages (of PL USA) intermittently for a few years and gave the reader a great deal of training information with the ongoing tale of a bunch of Texas piney woods cranks who just happen to powerlift.

Paul has not been given his due credit for developing the Kelso Shrug and its very effective variations. For years, our football players and lifters have used his shrug movements effectively.

Combined with sensible, basic exercise movements, most specifically geared for lifting, the actual training advice in *Powerlifting Basics*, Texas-style, in my opinion, leaves little to be desired. Like many who "came up" the hard way in the iron sports, Paul knows what works and of course, it is the same type of advice one usually gets in *MILQ* magazine. As a strong advocate of doing "the basics" and training hard, I certainly can only endorse his general training advice and ideas. That his tale is ongoing and literally takes the neophyte (not to mention the struggling experienced lifter who has come to believe all the "gloss" attached to "space aged" training and drug use) through a series of well-constructed and explained training routines, culminating in preparation for a contest. *Powerlifting Basics* is a very worthwhile lifting blueprint that would no doubt work effectively for almost all who choose to use it.

Like a number of books that have recently been published and reviewed, both in *MILQ* and other weight training publications, this one has no photos. While Paul's main character, Lope Delk is fictional, there are plenty of Lope Delks out there and photos of them training in their down-home gyms would have been very inspirational. Paul's Texas-style humor adds much to the story so that the reader with any imagination can literally picture himself hanging with the guys and girls he describes, but I like lifting photos and missed them such an addition, but perhaps the revised edition will consider this.

All in all, a very enjoyable read

that one can use as a useful reference for strength training and/or powerlifting preparation. I recommend this one as a book that can be read and re-read for enjoyment and information. **Dr. Ken Leistner**

The Fall/96 edition of *POWERLIFTER VIDEO Magazine*, has some cool, new introductory highlights - including some key powerlifting events, and then it starts out with a great Gary Heisey deadlifting tutorial with "MR. MASSIVE" Grant Pitts as the subject, fantastic footage at Greenwood's Power Plant Gym in Pennsylvania and some great tips on the "King of Lifts" as well. Then it's on to tape from the APF Senior Nationals and the historic squatting duel between Willie Wessels and Steve Coggins, and lots of other stars - including the incredible Tony Conyers. Then, Dr. Ken Leistner and his son Sol show how the Monolith is utilized - if a picture is worth a thousand words of instruction, then video footage must be worth a million... and this is an example. Kent Johnson, drug free 220 lb. champ, is next on the show and he's not afraid to stir up controversy, now and later. Then, we jump to Ted Ardchi, who tells where he is lifting-wise in his comeback. In the next segment, Chris Lydon M.D. brings you her take on the supplement euphemism. Go next to footage of the ADFPA Men's Nationals in Missouri... James Morron, Bull Stewart, Jeff Markoff dumping off, Beau Moore, Mike "Too Big for the Apparatus" Grant, and Big Brad Gillingham. Then to footage of the Virginia State Championships, and from there to Kent

Johnson's assistance without philosophy, including the "secret" benefits of hamstring exercise, ab work, how often he eats each day, and how often he takes drug users in powerlifting. Then, Paul Chek gets off on the subject of weight belts. Take a look back at premier edition of *POWERLIFTER VIDEO Magazine*

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Powerlifting U.S.A. v/o Mike Lambert: Here are the results of the '96 Cayan Drug-Free Powerlifting & Bench Press Championships held Oct. 26: Canceled! That's right! Only 5 total contestants. First, the polygraph guy wouldn't come out because of low number of contestants, second, all contestants were in different weight categories, and third, the audience attendance wouldn't have paid for the auditorium rental! The reality said part about all this is, 5 days after the entry deadline, over 20 people contacted me to enter later! They all knew well in advance about the show and still waited until the last minute to enter! Now, they are about that the show was canceled!

I've lost money on this show! Contestants lost time training for this event! If powerlifting wants to not only grow, but continue in this area, contestants must get involved. If not lifting, attending the show for support! Without promoters, there is no show! What is going on?

I've spoken to other promoters and they all said the same thing, no lifters to compete! I've also heard that one large organization has pulled out of this area for the same reason!

First off, contestants call and don't leave their return phone numbers and get upset for you not returning their calls. Second, they don't send self-addressed stamped envelopes for entry returns, costing promoter more money. And third, do not respect entry deadlines that are needed to order awards and etc.

Listen up all you lifters, if you want powerlifting in your area, get involved! Support your sport! If not, don't complain about not enough lifters and etc. in your area. These things cost time and money to put together!

Most promoters don't even make any profit on these shows! Actually, most lose money! The choice is yours! Mike, thanks for all of your help and support, but until these guys get their minds made up, I'm not going to waste my time! I've been promoting shows since 1987 and this is the first one that I had to cancel. It's sad, because I received phone calls from lifters excited about finally having a full meet in their area that didn't cost them an arm and a leg to complete in. I sent out over 100 entry forms, paid postage myself, and got only 5 entrants in.

Thanks for your time, support, & effort! **Steve Speyzer, Promoter**



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ADFPA TOPIC OF THE MONTH will be each month the ADFPA will be asking for your views and opinions on issues that affect us as drug-free powerlifters. This month's topic is: **DRUG TESTING**. The articles in this month's come by Dr. Larry Miller, Executive Committee member, and Cynthi Regan, Director of Drug Education Committee; both discuss drug-testing and supplements. Drug testing is evolving in

powerlifting, in the Olympics, and in everyday life. It's an issue that the ADFPA is very concerned with and one we are always striving to enforce and enhance. We would like to know what your opinions are with regard to Drug Testing, Polygraph or urinalysis? "Out of contest" testing? The legality of certain nutritional supplements found at your health food store? Or any other issues you consider of importance. Please send all replies to: Craig Safran, PO Box 4065, Bayside, NY 11360.

THE RIGHT WAY TO DRUG testing is more difficult for me to understand why organizations allow it. I do however respect those organizations which do not hide the fact that their lifters take steroids. Those organizations that claim to be drug free need to take this issue seriously. Some organizations claim to be drug free but lifters taking steroids will compete in these organizations because they know they can beat the system. Personally, I would like to see any lifter that takes steroids and lifts in a drug free organization, banned for life from all organizations.

Human nature will always account for lifters attempting to beat the system. Therefore, it should become the responsibility of each and every organization claiming to be drug free to do everything in its power to provide a true drug free environment for its lifters.

Since it's beginning, the ADFPA has had the policy of lifting a minimum of 10% of its lifters via urinalysis and polygraph. The current trend appears to be more urinalysis and less polygraph. As a member of the ADFPA Drug Testing Committee and the originator of the "No notice Drug Testing policy", I asked Mr. Buddy DuVal, National Sports Testing Account Executive for Coming Clinical Laboratories to supply me with a breakdown of the number of Urinalysis Tests run by the ADFPA run by the ADFPA in 1995 and 1996.

"Dear Larry, pursuant to your request, enclosed is a breakdown of the approximate number of ADFPA

A.D.F.P.A. Corner

The ADFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goals 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 Safran, PO Box 4065, Bayside, NY 11360.

Do You Have What It Takes? Calling all drug-free lifters. You are being personally challenged to lift in the nation's largest, premiere drug-free powerlifting federation. Do you have what it takes?

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A.D.F.P.A. National Meet Qualifying Totals												
Men's Contests	114	123	132	148	165	181	198	220	242	275	319	SHW
National's	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325	1325
ADFPa Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070	1070
ADFPa Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215	1215
ADFPa Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
ADFPa Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
ADFPa Master's	A Total in a Sanctioned Meet											
ADFPa High School	A Total in a Sanctioned Meet											
ADFPa Women's	97	104	111	116	122	129	139	154	176	198	198+	198+
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	876	876
Collegiate's	365	385	410	420	435	455	485	520	575	640	640	640
Junior	360	380	405	420	435	455	485	525	585	655	655	655
Masters 39-44	347	369	391	402	419	441	468	507	562	628	628	628
Master 45 or over	A Total in a Sanctioned Meet											
Teen (14-19)	335	355	380	390	405	425	455	490	545	610	610	610
High School	A total in a Sanctioned Meet											

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

TEST... As a Powerlifter for 26 years, it is quite bothersome to see what is happening to our sport. Not only in regards to the issue of the number of organizations but also regarding the issue of drug testing. As a lifetime drug free athlete, I understand that every athlete must choose whether or not to take performance enhancing drugs. We have a variety of organizations which fit each lifter's needs. When I started competing, steroids were not illegal and therefore a moral issue. Presently, steroids are illegal and therefore it is more difficult for me to

understand why organizations allow it. I do however respect those organizations which do not hide the fact that their lifters take steroids. Those organizations that claim to be drug free need to take this issue seriously. Some organizations claim to be drug free but lifters taking steroids will compete in these organizations because they know they can beat the system. Personally, I would like to see any lifter that takes steroids and lifts in a drug free organization, banned for life from all organizations.

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World Team DONATION CLUB REPRESENTED

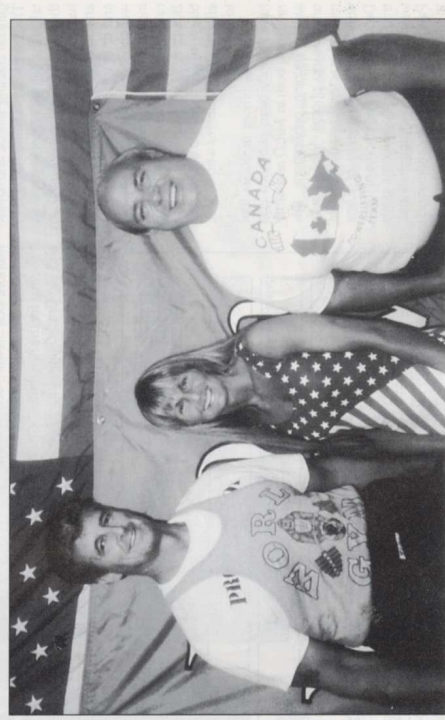
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World Gym's Powerlifting team from Hamden, CT, held a fund raiser weightlifting contest on Saturday, August 31, 1996. The contest was held for the United States Airman who were killed in the recent bombing in Dhahran, Saudi Arabia. The contest coordinator was Kimberley Steele, Hamden radio station personality Roh Rehmer from WAVZ and professional wrestler Tony Careia, a former WWF Tag team Champion were Masters of Ceremonies. Donations can be mailed to the following address: Dhahran Bombing Memorial, Nomad Memorial Fund, c/o Nomad Association, 1007 Nomad Way, Eglin AFB, FL 32542. (Thanks to Joe Steele for providing this photograph and the information about this noble cause)

A.D.F.P.A. Corner

tests conducted by Coming Clinical Laboratories over the past 18 months.

Month	1995	1996
Jan.	9	19
Feb.	19	43
March	54	106
April	65	74
May	66	87
June	40	33
July	35	
August	12	
Sept.	32	
Oct.	44	
Nov.	65	
Dec.	50	

Sincerely, Budd DuVall, National Sports Testing Account Executive.

Although the ADFPPA does "out of meet" testing, we are presently attempting to go to the next level regarding this issue. We hope to implement a "No notice testing" policy within the next few months. We have modeled this program after the one used by the U.S. Track and Field. Athletes from using certain ADFPPA members to administer this program we will also utilize the company "International Doping Tests and Management" which presently runs the IOC no notice testing program. We expect that this will be the ultimate deterrent for athletes attempting to beat the system. The Laboratories are also making significant gains in the development of a test for Human Growth Hormone shortly. They hope to have available within the next few months.

I encourage all powerlifters competing in a "drug free" organization to receive information from the drug testing committee regarding the type and number of tests being run by their organization. I also encourage all the PL Organizations to routinely provide reports from their drug testing facilities and to place them in PL USA.

If an organization claims to be drug free, they should be able to back it up!

Sincerely, Dr. Larry Miller, ADFPPA Executive Committee, ADFPPA Drug Testing Committee.

List of Sports Supplements by Cynril Regan, Drug Education Chair.

Even though a supplement may reach the market there may not be any evidence to support the claims some companies make. It may also have or contain other ingredients not listed. Why can people get away with that? Simple — The Food and Drug Administration does not oversee the supplement market, nor is it required to check out labeling. Thus,

I would be real sure what company you are buying from. There are fraudulent supplements being passed about!!!! If you want to know more about!!!! if you want to know more about!!!! if you want to know more about!!!!

by the USOC or IOC Labs that is available through the Olympic training camp. In discussion with the Olympic Training Center People, I was told before and had it reiterated to me again, "Supplements are just as risky as steroids and that it is a buyer/user beware as the supplement industry is not governed by the Government. There it is not obliged to tell you what all is in something. Remember, these companies are out to make money and some may do whatever... So, ANYONE TAKING A SUPPLEMENT IS TAKING IT AT THEIR OWN RISK. You could mind you turn up positive for the ingredient somewhere left off the label.

Although it is true I spend some of my time checking out supplements, I am not the ingredient guru. What I can tell you about the list is given below. I would suggest to you as I do anyone else, if in doubt of a specific type of ingredient call the IOC hotline: 1-800-233-0393, or contact the Colgan Institutes hotline at 1-619-632-7722. I have also found the Muscle Media 2000 Magazine to carry some very good information on what is out there. One word of caution, just because a supplement is sold over the counter does not make it legal. Some of the ingredients are generic names for something that may be unaccepted in the ADFPPA. "Everyone is responsible for his or her own intake, if one takes something out of ignorance, it is no ones fault by their own." Just because a filler does not want to take the time to check things out for his/her self.

Often I do have the information at my finger tips and am happy to oblige, other times I have to do what any other lifter does, check it out.

ADFFPA Banned
 DHEA (Dehydroepiandrosterone) — USOC, IFF, ADFPPA, USPF — banned from competition.
 Ephedrine and other stimulants under other names that carry Ephedrine, i.e., Ma Huang — are banned. Even though some may only take days to go out of the system, one can get into an ethics question here. Growth Hormone — If an ingredient works on the system to cause an abnormal change, that is — if the ingredient is not already found occurring naturally nor is it above the normal guide lines that have been set — it is probably NOT okay. But Check it out! Synthetically made or altered hormones are not legal.

Testosterone — males manufacture their own. There are synthetic versions being passed about!!!! if you want to know more about!!!! if you want to know more about!!!! if you want to know more about!!!!

sure this, but there is a level that must be adhered to or it will show elevated levels on a test. Admittedly, testosterone in any way to enhance performance is banned by the ADFPPA. Synthetic testosterone or steroids of any sort may throw off your normal levels and give a positive test. Use — get tested — you loose.

Other things to stay away from: Vitarin, NoDop, Caffeine pills (coffee and Billed Sciences, in his opinion things that work, may or may not or out and out don't. He has a disclaimer, and he does not recommend every supplement to be used together on the list. I would further recommend that even though most of these things may not cause any one harm if used as intended with the label depicts, to check with your doctor. Here are the supplements:
 Creatine Monohydrate, HMB, CLA, Glycine — Works on Natural Growth — but watch dosage for toxic reaction.
 Aminos — there are essential and non-essential aminos that are not legal in ADFPPA. The nothing to write home about but you do get something out of ones: Whey Protein, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, three conditionally essential Arginine, histidine, taurine. Among the non-essential are — Alanine, aspartic acid, cysteine, glutamic acid, ornithine, citrulline, cystine, proline, and serine.
 Vitamins — niacin, retinol, riboflavin, thiamin.
 Elements — Chromium (Chromium Arginate, weight gainers, OKG, Inosine, Medium Chain Acids, Carbohydrate supplements, sodium bicarbonate, riboflavin, carnitine, and ginseng. Finally for those who might not even consider: colestolium, pantocrine, mumielle, beta-ecdysterone, smilax or smilax types (if it does work to increase your natural testosterone, it is illegal in the ADFPPA), boron, glandulars, and yohimbe.

My advice is, since it is free, and I have no vested interest in selling anything. Take that 35-60 dollars you are about to throw away on what others tell you may work, but don't take my word for it, and make an appointment with a certified nutritionist and find out what your doctor to make sure whatever you might take does not have a negative affect on you. Many of us myself included, do not eat right, our bodies may be crying for a mineral, or a vitamin, if we give it what it needs naturally, and if your body is running at its best, you'll see just as much gain. But remember, the workout part as well, change your routine, the body reacts, up your reps, the strength comes.

Phosphagenin — okay, no banned substances can be used by diabetics as well.
 Phosphagenin HP, okay, no banned substance, but not to be used by diabetics due to high sugar content.
 HMB — okay, studies for men show increase, new studies for women also show change.
 From your list that I think you should check out for yourself with the drug committee chair as I have little info at my immediate disposal.
 Anabolic Activator II — plant steroid
 Beta Ecdysterone — plant steroid
 Giant Mega Mass 4000
 Homeopathic Testosterone
 Prophase Superpower
 Ribosyn

Up your Mass — check the ingredients.

A.D.F.P.A. Corner

ADFFPA ON THE W.W.W. The ADFPPA's Website is now up and running at [HTTP://WWW.adffpa.com](http://WWW.adffpa.com). Check it out! There's always new information to see!

ADFFPA GYM DIRECTORY

- Kennedy's Gym**, Clock Tower Plaza, P.O. Box 642, Morgantown, PA 15453, (610) 286-7698, Owner: Pat Kennedy
 - Muscles and Fitness**, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Ford Sheridan
 - Powerhouse Gym**, 913 N. Court, Medina, OH 44256, (830) 722-7250, Mark Copeland
 - The Strength Training Center**, c/o Nutritional Technologies, 5 Stoneroff Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou
 - Warrior Weight Room**, Coyle Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, Ext. 680, Coach: H. Waldron
- New guidelines for membership in the ADFPPA Gym and Coaches Directory! Gyms must be affiliated with the ADFPPA through team membership or membership of the owner/coach.

The ADFPPA Gym and Coaches Directory was created in order to provide individuals with a listing of the ADFPPA affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, coach or lifter who trains at that facility.

The primary goal of this directory is to attract new lifters to the gym and knowledgeable individual who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can 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 ADFPPA team's name and membership number (or coach/owner name and ADFPPA number) along with \$10 payable by check or money order to the ADFPPA, Attention: Craig Safran, PO Box 4065, Bayside, NY 11360. Present members will be listed through October 1996. Any gym applying to the ADFPPA Directory before December 1996 will be listed through December 1997.

October 14, 1996
 Mr. Graeme Fong, IFF President

Dear Graeme,
 Thank you for your invitation to attend the IFF Congress, and for the communications addressing the various issues facing the advancement of powerlifting. It is my pleasure to inform you that the ADFPPA Executive Committee has approved sending two representatives, myself and Andrea Sorwell, Secretary/Treasurer, to the IFF Congress for the purpose of building relationships toward the goal of the ADFPPA's participation in drug free international powerlifting, to wit: "The representatives will present the philosophies, goals and concerns of the ADFPPA, and gather information regarding a possible merger/unification with the USPF."

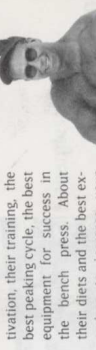
In good faith, the ADFPPA Executive Committee has drafted an agenda item to be sent to our National Governing Body (necessary for 2/3 approval — as entailing a By-Law revision) to "Allow for (initially selected) co-sanctioned competition with another national not-for-profit majority organization under the specific guidelines, auspices and profitability of the ADFPPA Executive Committee."

Our two-day meeting this past weekend was very productive — the range of business quite wide. A highlight I am pleased to report is that we are very near final approval for the ADFPPA's out-of-competition drug testing protocols. In addressing the mechanism for this action, the Executive Committee has designated a further certification process for Drug Testing Officers through the Sports Medicine and Referees Committees.

We look forward to attending the IFF Congress, and we hope for positive results in meeting with the IFF Executive, and with the USPF senior officials. We would appreciate any information that you would forward regarding the Congress, Executive Members, issues, times, dates, schedules etc. An open exchange of communications is our best ally in this process. Please do not hesitate to ask for any information on the ADFPPA that we may provide for you.

With best regards, Michael W. Overdeer, ADFPPA President

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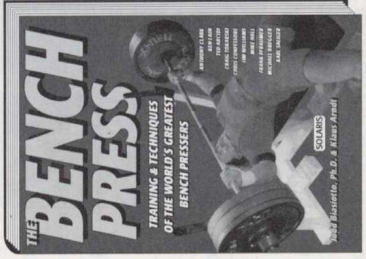
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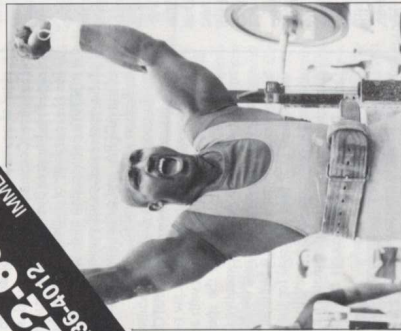
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APA New England Open BP

Table listing winners and records for the APA New England Open BP, including categories like Men's/Open, Men's/Master, and Women's/Open.

ADFA Bench Press Nationals

Table listing winners and records for the ADFA Bench Press Nationals, including categories like Men's/Open, Men's/Master, and Women's/Open.

World Premier up Dennis Ballen

World Premier up Dennis Ballen. After the second attempt of the National record with a 336 lb. 2nd lift, Ballen, on the other hand, had yet to attempt a lift over 300 lbs. Ballen had yet to attempt a lift over 300 lbs. Ballen had yet to attempt a lift over 300 lbs.

468 lb. 2nd attempt and narrowly missed the 490

468 lb. 2nd attempt and narrowly missed the 490 Open record. This lift for Ballen was the second attempt of the National record with a 336 lb. 2nd lift, Ballen, on the other hand, had yet to attempt a lift over 300 lbs.

World Premier up Dennis Ballen

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Advertisement for IronMind Enterprises, Inc. featuring the headline 'THE RUMORS ARE PARTLY TRUE...'. The ad includes a photo of a woman lifting a heavy object and text describing the benefits of the M.I.L.O. magazine for serious strength athletes.

Advertisement for 'An Historic Video Documentary - PAUL ANDERSON'. The ad features a large photo of Paul Anderson and text describing his record lifts and the content of the video documentary.

ADPFA Oklahoma State

21 Sep 96 - OKC, OK

Women	SQ	BP	DL	TOT
111 Teenage 14-19	100	65	165	330
112 Mercedes Harris	100	65	165	330
113 Mercedes Harris	100	65	165	330
114 Open	270	165	320	755
115 Thea Napoli	295	170	300	765
116 Cheryl Crisp	370	195	380	945
117 SHW	270	165	320	755
118 Lifetime	270	165	320	755
119 Alliea Napoli	295	170	300	765
120 Cheryl Crisp	370	195	380	945
121 Masters 40-44	145	90	215	450
122 Sherry Gette	145	90	215	450
123 Alliea Napoli	295	170	300	765
124 Men's Division	270	165	320	755
125 Teenage 14-15	220	120	290	630
126 Austin Robinson	435	310	455	1200
127 Teenage 16-19	190			
128 Todd Lukens	485	315	485	1285
129 Beto Balderama	530	360	565	1465
130 Paco Balderama	530	360	565	1465
131 Tom DeClue	530	360	565	1465
132 Jarrod Fry	530	360	565	1465
133 Junior	605	400	625	1630
134 Clark Chesbrough	605	400	625	1630
135 Craig Bowen	605	400	625	1630
136 Corey Hardin	605	400	625	1630
137 Joe Kidd	605	400	625	1630
138 Mike Link	605	400	625	1630
139 Collegiate	605	400	625	1630
140 J. Lowell	605	400	625	1630
141 Lifetime	605	400	625	1630
142 Joe Kidd	605	400	625	1630
143 Eddie Vaughn	605	400	625	1630
144 Tim Smith	605	400	625	1630
145 Robert Charles	605	400	625	1630
146 Corey Howell	605	400	625	1630
147 Kory Howell	605	400	625	1630

New Friendships made at the ADPFA Oklahoma State Meet, include (from left to right) Taylor Young (all the way from Florida), Joe Kidd (Tulsa), Beto Balderama (OKC), Dr. Tom DeClue (Tulsa), Paco Balderama (OKC), and Johnny Price (Tulsa) (photograph provided courtesy of Meet Director Cheryl Crisp)



USPFA Alamo Classic

24 Aug 96 - Seguin, TX (kg)

Bench	SQ	BP	DL	Total
148 M. Mills	127.5	117.5	172.5	417.5
149 C. Poltorich	127.5	117.5	172.5	417.5
150 M. Thompson	127.5	117.5	172.5	417.5
151 T. Cardella	127.5	117.5	172.5	417.5
152 R. Jackson	127.5	117.5	172.5	417.5
153 P. Springer	127.5	117.5	172.5	417.5
154 K. Coble	127.5	117.5	172.5	417.5
155 T. Perrigan	127.5	117.5	172.5	417.5
156 S. Wood	127.5	117.5	172.5	417.5
157 D. McCaskill	127.5	117.5	172.5	417.5
158 S. Bruce	127.5	117.5	172.5	417.5
159 M. Camacho	127.5	117.5	172.5	417.5
160 De-Lo Santos	127.5	117.5	172.5	417.5
161 Women	127.5	117.5	172.5	417.5
162 T. Touchstone	127.5	117.5	172.5	417.5
163 S. Sandford	127.5	117.5	172.5	417.5
164 S. Sandford	127.5	117.5	172.5	417.5
165 D. Cole	127.5	117.5	172.5	417.5
166 M. Blankley	127.5	117.5	172.5	417.5
167 M. Blanton	127.5	117.5	172.5	417.5
168 J. West	127.5	117.5	172.5	417.5
169 R. Stanfield	127.5	117.5	172.5	417.5
170 C. Weiser	127.5	117.5	172.5	417.5
171 T. Touchstone	127.5	117.5	172.5	417.5
172 S. Sandford	127.5	117.5	172.5	417.5
173 S. Sandford	127.5	117.5	172.5	417.5
174 D. Cole	127.5	117.5	172.5	417.5
175 M. Blankley	127.5	117.5	172.5	417.5
176 M. Blanton	127.5	117.5	172.5	417.5
177 J. West	127.5	117.5	172.5	417.5
178 R. Stanfield	127.5	117.5	172.5	417.5
179 C. Weiser	127.5	117.5	172.5	417.5
180 T. Touchstone	127.5	117.5	172.5	417.5
181 S. Sandford	127.5	117.5	172.5	417.5
182 S. Sandford	127.5	117.5	172.5	417.5
183 D. Cole	127.5	117.5	172.5	417.5
184 M. Blankley	127.5	117.5	172.5	417.5
185 M. Blanton	127.5	117.5	172.5	417.5
186 J. West	127.5	117.5	172.5	417.5
187 R. Stanfield	127.5	117.5	172.5	417.5
188 C. Weiser	127.5	117.5	172.5	417.5
189 T. Touchstone	127.5	117.5	172.5	417.5
190 S. Sandford	127.5	117.5	172.5	417.5
191 S. Sandford	127.5	117.5	172.5	417.5
192 D. Cole	127.5	117.5	172.5	417.5
193 M. Blankley	127.5	117.5	172.5	417.5
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201 D. Cole	127.5	117.5	172.5	417.5
202 M. Blankley	127.5	117.5	172.5	417.5
203 M. Blanton	127.5	117.5	172.5	417.5
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211 M. Blankley	127.5	117.5	172.5	417.5
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213 J. West	127.5	117.5	172.5	417.5
214 R. Stanfield	127.5	117.5	172.5	417.5
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219 D. Cole	127.5	117.5	172.5	417.5
220 M. Blankley	127.5	117.5	172.5	417.5
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222 J. West	127.5	117.5	172.5	417.5
223 R. Stanfield	127.5	117.5	172.5	417.5
224 C. Weiser	127.5	117.5	172.5	417.5
225 T. Touchstone	127.5	117.5	172.5	417.5
226 S. Sandford	127.5	117.5	172.5	417.5
227 S. Sandford	127.5	117.5	172.5	417.5
228 D. Cole	127.5	117.5	172.5	417.5
229 M. Blankley	127.5	117.5	172.5	417.5
230 M. Blanton	127.5	117.5	172.5	417.5
231 J. West	127.5	117.5	172.5	417.5
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233 C. Weiser	127.5	117.5	172.5	417.5
234 T. Touchstone	127.5	117.5	172.5	417.5
235 S. Sandford	127.5	117.5	172.5	417.5
236 S. Sandford	127.5	117.5	172.5	417.5
237 D. Cole	127.5	117.5	172.5	417.5
238 M. Blankley	127.5	117.5	172.5	417.5
239 M. Blanton	127.5	117.5	172.5	417.5
240 J. West	127.5	117.5	172.5	417.5
241 R. Stanfield	127.5	117.5	172.5	417.5
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251 C. Weiser	127.5	117.5	172.5	417.5
252 T. Touchstone	127.5	117.5	172.5	417.5
253 S. Sandford	127.5	117.5	172.5	417.5
254 S. Sandford	127.5	117.5	172.5	417.5
255 D. Cole	127.5	117.5	172.5	417.5
256 M. Blankley	127.5	117.5	172.5	417.5
257 M. Blanton	127.5	117.5	172.5	417.5
258 J. West	127.5	117.5	172.5	417.5
259 R. Stanfield	127.5	117.5	172.5	417.5
260 C. Weiser	127.5	117.5	172.5	417.5
261 T. Touchstone	127.5	117.5	172.5	417.5
262 S. Sandford	127.5	117.5	172.5	417.5
263 S. Sandford	127.5	117.5	172.5	417.5
264 D. Cole	127.5	117.5	172.5	417.5
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267 J. West	127.5	117.5	172.5	417.5
268 R. Stanfield	127.5	117.5	172.5	417.5
269 C. Weiser	127.5	117.5	172.5	417.5
270 T. Touchstone	127.5	117.5	172.5	417.5
271 S. Sandford	127.5	117.5	172.5	417.5
272 S. Sandford	127.5	117.5	172.5	417.5
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299 S. Sandford	127.5	117.5	172.5	417.5
300 D. Cole	127.5	117.5	172.5	417.5



Qualify Now!



Iron Island Meets:

Special Squat & Bench Press Bar, & the Monolift Dec. 7, 1996 - Iron Island Bench Press Classic
Mar. 16, 1997 - IPA NY State PL/Open Bench
May 31, 1997 - Memorial Day Bench Blast
Jun. 14, 1997 - Iron Island Deadlift Classic

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

Jeff Green, 600 Montgomery Hwy #208, Butler, PA 15005, 812-822-1320
18 JAN, USPF Amateur (open, women, master) Craig Safran, 245 Broadway Dr., Monticello, NY 11655, 501-367-2854
18 JAN, NASA, NASA Bkg Three (OH, KY, IN) men/women PL/BP (all USA divisions - no formulas) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 513-568-9116
18 JAN, AAU, AAU New York State (out of state division) Mark Becht, 18 Wayne Rd., Buffalo, NY 14215, 716-894-8583
19 JAN, 1st Midwest - Central BP Nationals (Hyde 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, men, teen, master, submaster, teen, women, no formula) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 44392, 614-264-4805
19 JAN, Pump Total Fitness Bench Press (open, teen, master, women) Tim Roberts, St. Johns, MI 517-224-2441
19 JAN, (new date) APF Cowtown Sports Challenge, Cowtown Iron Division, 3815 Southview Blvd., Ft. Worth, TX 76116, 817-738-4900
19 JAN, ADFPA Illinois State (open, women, teen, submaster, master, no formula) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692
19 JAN, (new date) APF Cowtown Sports Challenge, Cowtown Iron Division, 3815 Southview Blvd., Ft. Worth, TX 76116, 817-738-4900
19 JAN, ADFPA Minnesota State Bench Press (Apple Valley - open women & men, teen, Jr., master) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007
11 JAN, (new date) Ultimate Bench Press #2, James Puzinski, Box 1146, Wildwood, NJ 08360, 609-523-0216
11 JAN, APA Peach State BP/Georgia Open/DL (GA), Scott Taylor, Box 27204, El Jolson, FL 33927, 941-697-7962
11 JAN, ISF World Military Powerlifting & Bench Press Championships, 1111 Interstrength.html
11 JAN, Legends of Powerlifting Comeback Meet (no open invitation) Rick Sisk, 99320 Van Gleason, W. Richland, WA 99350
11, 12 JAN, USA Powerlifting Conference, C.J. Bakin, 28884 Highland Rd., Romulus, MI 48174, 313-946-9850
18 JAN, NASA Oklahoma State (Noble) NaSA, Box 735, Noble, OK 73068
18 JAN, Stous City Health Club Bench Press, S.C.H.C., Box 5065, Stout City, IA 51102
18 JAN, Greater Seffner, FL Chamber of Commerce Country Jamboree Bench Press (all classes) Jamboree Carter, 2512 Rich-Mar Ln., Brandon, FL 33511, 813-684-1259 (d), 654-8051 (n)
18 JAN, ADFPA New Year Push & Pull/Raw Meet, Mike Overdeer, 124 W. Van Buren St., Col. City, IN 46725, 219-224-7575
18 JAN, USPF Povaltan Open Invitational/PCC, State Farm, Van Sam Moore, 804-784-3551 ext 3572 or Barry Walker, 226 E. Broadway, Hopewell, VA 23860, 804-458-7918
18 JAN, APF Southeastern Regional,

AR 72099, 501-988-7716
22 FEB, ADFPA 4th Dr. Martin Luther King BP (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adfpaca.com Email adfpaca@ricochet.net
22 FEB, Savannah Open Bench Press (open, master, women, teen) Howard Cohen, 130 Brandywine Rd., Savannah, GA 31405, 912-354-8072/9187
22 FEB, APA Sunshine State BP/Biggest Pull in Florida (FL), Scott Taylor, Box 27204, El Jolson, FL 33927, 941-697-7962
22 FEB, AAU East Coast Classic PL/BP/DL (open & raw) Joe Pura, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
22 FEB, Oklahoma State, Rickie Crain, 3803 N. Bryan, Shawnee, OK 74801, 405-275-5869
22-23 FEB, IPA Boys High School Nationals PL/BP (FHSO, JHS/SO) Norey Cunningham, 2414 Lincoln Dr., Lorain, OH 44052, 216-228-0734
22-23 FEB, USPF New York State, Butch Murr, 3048 S. Park Ave., State 140, Buffalo, NY 14219, 716-655-1878
22-23 FEB, ADFPA Lifetime Drug Free Nationals (FL, Hood, TX) Johnny Graham, 817-287-3352 (d), 817-526-0779 (n)
22-23 FEB, NASA Boys/Girls Ohio High School PL/BP & National High School Team Championships (state meet, 9-10, 11-12; Nationals: 9, 10, 11, 12) Gary Scholl, 37 Wildwood Dr., S. Chas., OH 45368, 513-568-9116
22-23 FEB, ADFPA 5th annual East Coast Powerlifting Championship (men, women, teen, Jr., master, special olympic) Craig Safran, Box 4065, Bayside, NY 11360, 516-733-0078
22-23 FEB, USPF National Bench Press Championships (Holiday Inn Airport, Portland, OR) Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600
23 FEB, 7th Winter BP Classic (novice, teen, men, women, master, drug tested/open) Jon Smoker, 30174 Wolf Ave., Elkhart, IN 46516, 219-674-6683
23 FEB (new date), APA/CPA/WPA North American Big Bucks "Bench Oil" (more than 1500\$) Raymond Carey, Waterloo, Qc., 514-539-4999
1,2 MAR, NASA Western States/Power Sports Nationals (Las Vegas)

Alley Gym, 64 N. Railway St., Okotoks, Alberta T0L 1T3, 403-938-3067
1 FEB, 7th annual Bench Press Classic, Bob Small, 324 W. Washington Ave., Oshkosh, WI 54901, 414-236-3384
1 FEB, ISF World's Strongest Colleague on the Internet, http://members.aol.com/Interstrth/Interstrength.html
2 FEB, AAU State Squat Meet, Santa Rosa, CA, John Ford 707-543-5970
2-3 FEB, APF Texas State PL/BP (Dallas) Hader Capshart, 1700 Coral Road, Irving, TX 75060, 214-253-8575
7-9 FEB, NASA Natural Nationals (OK) NaSA, Box 735, Noble, OK 73068
8 FEB, APA Granite State Open BP, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
8 FEB, MDSA King & Queen of the Bench (broochester) Danveth Jacobson, Box 103, Willmar, MN 56201
8 FEB, APF Tallent Open BP/Albion State OK, D.L. (Rich) Schell, Box 27204, El Jolson, FL 33927, 941-697-7962
8 FEB, Granite State Open Bench Press (men, women, teen, submaster, master - all lifters receive awards) Loue LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
8 FEB, 2nd Ft. Lee East Coast Military & Open PL/DL/BP Rudy Garcia, 5112 Salem Ct., Colonial Hts., VA 23834, 804-520-5646
9 FEB, ADFPA TOP GUN Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18517, 717-562-7867
14-16 FEB, 3rd USPF American Invitational (drug tested by urinalysis - Philadelphia Airport Marriott) Robert Keller, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-542-4941
14-16 FEB, USPF Jr. Nationals (14-15, 16-17, 18-19, 20-23 - drug tested by urinalysis - qualifier for IPF World Championships - Philadelphia Airport Marriott) Robert Keller, 752 Johns Lane, Lower Gwynedd, PA 19002, 215-542-4941
15 FEB, NASA Tennessee State (Okridge) NaSA, Box 735, Noble, OK 73068
16 FEB, Body Dynamics Bench Press/Deadlift Class, John or Ed, 2299 Broadhead Rd., Bethlehem, PA 18017, 610-882-3710
22 FEB, AAU Arkansas PL/BP, Don Steel, 314 MWRS/MWWMP/LRAFB,

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 December 14, 2nd Annual EAST COAST BENCH PRESS
 February 22, 23, 5th Annual EAST COAST POWERLIFTING
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 Start training now - break PRs then!

1997 Men's Nationals

July 25-27, 1997

\$35.00 entry includes free shirt

Custom unique awards
 1-5 all weight classes
 1-3 Best lifter, best squat, bench & deadlift awards

Free entry to all 1996 ADFPA national champions

Partial expense reimbursement to all weight class winners & overall 3 best lifters

All returning national champions to be out of contest tested prior to meet

Minimum top 3 in all weight classes to be tested

1997 Illinois State Powerlifting Championship

January 19, 1997

Men's, Women's, Teen, Master, Submaster, Novice, Lifetime

1997 ADFPA Collegiate Nationals

March 14-16, 1997

Men's & Women's Division

3 best lifters, best squat, bench & deadlift

1-3 Teams, Men's, Women's & Overall

For info:



5920 N. Ridge • Chicago, IL 60660
(773) 561-9692

1996 Illinois State Bench Championships

December 7, 1996

Men's, Women's, Teen, Master, Submaster, Novice, Lifetime

SUPPORT SYSTEMS, INC. TITAN

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ADFP/USPF Men & Womens

Team Nat'l Champions, 24 Golds!

All suits feature our H.P. (hi-performance) leg design to prevent leg slippage for bigger squats.



Wade Hooper; National and World Champion, 662 WR Squat, 1,620 lb. total @ 148

Titan is the choice of champions!

Beth Grater	Hideaki Inaba	John Arenberg
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Sue Stephens	Brad Olson	Wade Hooper
Kelli	Martin Beavers	Scott Siegel
Bettina Altizer	Jim Benemerito	Dan Austin
Betsy Ojanen	Ray Benemerito	Gene Bell
Cindy Regan	Joe McAuliffe	Rob Wagner
Juanita Trujillo	Jim Morton	Jeff Douglas
Paul Springer	Nick Best	Kirk Karwoski
Hank Hill	Beau Moore	Sean Culhan

THE GUARANTEE

Unmatched, unsurpassed! Six month blowout + One year "Run" guarantee (a major cause of blowouts).

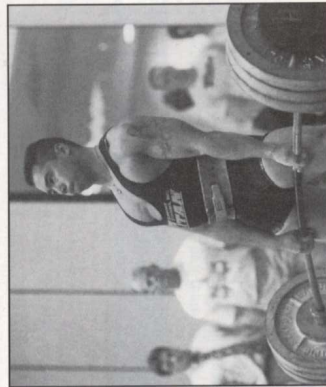
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WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee**.

Not an off the shelf product! Every suit is custom tailored from scratch to fit only one lifter. . . . YOU! Each suit is then individually coded and the pattern is computer sorted.

Titan recognizes your unique needs and provides you with an equally unique suit! Proven on World Records and backed by **The Performance Guarantee**. High or Low Cut. (Call for delivery time) **Now Available in Black, Royal Blue & Red**

- ▲ **Fits:** **Regular** - snug fit for new lifters or for passive support
Meet - light, supportive fit for training and competing
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- ▲ **Styles:** **Sideseam A** - strongest commercial side seam \$40.50 each
2 for \$73.00
Sideseam B - our original handmade 3 cm side seam \$42.50 each
2 for \$77.00
- ▲ **Custom Deadlift Suits!** Style A or B



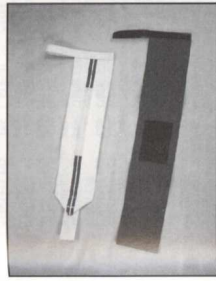
Ray Benemerito; 1906 lb. total @ 181! Multi World Record Holder and World Champion

KNEE WRAPS



RED DEVILS - One of the most supportive, tightest wraps ever! White with Red Stripes. **\$15.95/pr.**
RADICAL REDS - Solid red wrap. Why pay more for the same wrap when you don't have to! **\$14.95/pr.**

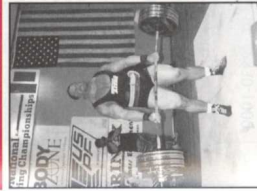
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Radical Red Wrist Wrap (Solid Red) **\$8.95**
Standard length **\$10.95 (pr.)**
IPF 50cm **11.95**
Mid Length 24" **12.95**
Full Length 36" **14.95**

RED DEVILS: 6 Month Guarantee! Features Titan stitching (not inferior straight stitching), original Red Devil material, thumb loop and Aplix (30% stronger than Velcro). White w/red stripes.

SINGLET'S



TITAN POWER SINGLET'S NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting. Legal in all federations and RAW meets. Black, Royal Blue & Gold **\$20.00** (Add \$4.00 for logo)

BELTS



COMPETITION buckle belts feature stainless steel seamless roller & full leather buckle foldover. **LEVER** belts feature Hi-Tech patented lever for maximum tightness and easy on/off application. All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

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SAFE'S SQUAT SHOES



CONTENDER: Designed & manufactured exclusively for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; (6) lateral strap (7) Avg. width & standard heel **\$99.00**

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CHALK: 1 lb. **\$8.00**
AMMONIA CAPS: Box of 10 **4.00**
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4 x 2 1/2" **21.00**
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TEXAS POWER BAR: Lifetime guarantee! **\$189.00**
SUIT SLIP-ONS: get into suits easier, give weight **19.00**
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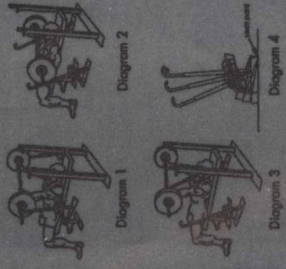
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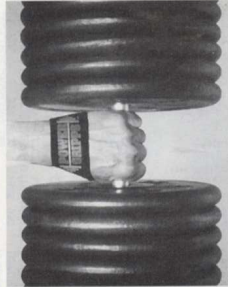
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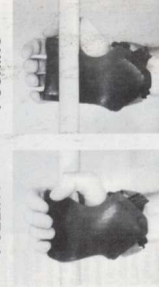
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Capital City Showdown II

13 Jul 96 - Clayton, NC

Bench Press	295	D. Underwood
Women By Formula	275	L. Bates
C. McKnight	275	M. Miller
K. Flowers	210	K. Celio
C. Coley	125	J. Hawley
R. O'Boys	355	S. Oakley
J. Hines	245	N. Baker
L. Moore	180	C. Shaw
R. Pycus	325	R. Harris
148	175	R. Harris
J. Little	230	R. Glascock
165	198	R. Smith
198	275	C. Mallot
198	385	J. Carothers
B. Teske	380	R. Palagonia
T. Taylor	380	R. Johnson
M. Henry/Men	165	220
L. Jobe	250	K. Worley
C. Kinney	350	D. Williams
450	465	W. Lewis
450	450	P. Cox
L. Mallard	250	T. Higford
H. Bech	150	T. Higford
H. Orr	325	R. Bick
F. Craft	270	
R. Carroll	360	
R. Smith	360	
B.N. Quick	345	
C. Haines	325	
R. Mangum	325	
R. Mangum	480	
J. Hillard	360	242
J. Hillard	350	242
J. McCann	480	
B. Sullivan	480	
J. Long	470	W. Austin
W. Austin	470	
D. Young	440	
J. Lewis	405	
D. Gann	220	
M. Phillips	360	
R. Lowe	355	
R. Rodriguez	315	275
J. McCreary	540	560
J. Mourning	520	560
C. Boston	240	
C. Conley	460	
C. Conley	460	
A. S. Woodard	455	
M. Ebay	415	W. Woodard
M. Ebay	405	SHW
S. Gonzalez	355	V. Hall
M. Taylor	325	M. Taylor
S. Stevenson	325	D. Williams

ing less placed higher. There was another contest in this division in the past. Both bunched the same amount of weight. Instead of reweighting at the end of the contest, we awarded both a trophy for the most successful lift of 500 lbs. was named Bryan 241 lb. Bryan Rush. A special thanks goes out to all the sponsors, staff, supporters, friends and family. We would like to thank the following: Mr. Ken Cooper, the coach Mr. John Miller, also New Breed Jaycees for supplying the food for the lifters. To Mr. Al Stegel, Mr. Joe Oreglia, and Mr. Nick Theodorou thank you for a job well done in this PL meet. Thanks to the very successful SCI-Rockeview which gave us the opportunity to have a special thanks to the SCI-Rockeview administration which gave us the opportunity to have a special thanks to the SCI-Rockeview hold an competition to POWERLIFTING USA Magazine)

Team entries. (results from Linwood D. Moye)
SHW 510 315 570 1395
Kinder 660 350 700 1710
Evens 750 425 500 1675
McCreary 760 425 645 1830
Skelly 495 230 440 1165
Total 495 230 440 1165
On Saturday, Aug. 31, 96, SCI-Rockeview held an

In House Meet

31 Aug 96 - Bellefonte, PA

Team entries. (results from Linwood D. Moye)
SHW 510 315 570 1395
Kinder 660 350 700 1710
Evens 750 425 500 1675
McCreary 760 425 645 1830
Skelly 495 230 440 1165
Total 495 230 440 1165
On Saturday, Aug. 31, 96, SCI-Rockeview held an

BIG APE'S POWER TEAM...

won the title at the East Coast Bench Press Wars Contest, and the team members include: (left to right) Jim McCann, Kim Austin, Walk Austin, David Williams (kneeling), Kevin Celio, Matt McCraw, Russell Willford, Blake Teske, Frank Swift, Jack Moorman, and Clay Kimrey(Moye)



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500	300	645	1525
580	315	600	1495
525	315	500	1340
510	315	570	1395
660	350	700	1710
750	425	500	1675
760	425	645	1830
495	230	440	1165

Team entries. (results from Linwood D. Moye)
SHW 510 315 570 1395
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Want proof? Now you've got it. A team of scientists conducted a study of 62 people who followed an eight week bodybuilding workout program. One group supplemented their diets with Giant Mega Mass 4000 — the other did not. The following results were reported by one of the principle investigators, Dr. Paul Ward.



Dr. Paul Ward
Bio-mechanics & Sports
Performance Scientist

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

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

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

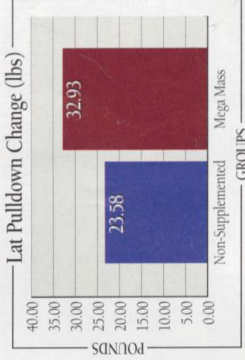
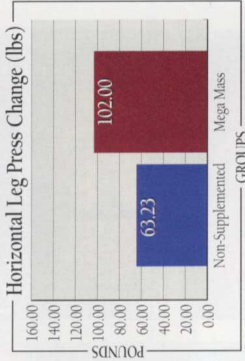
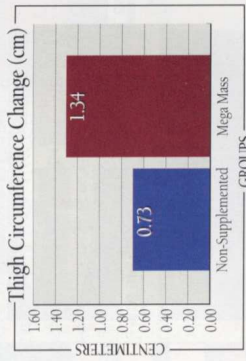
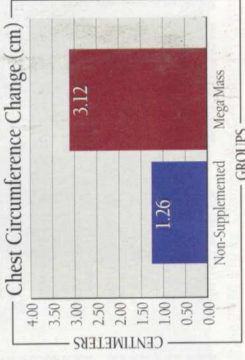
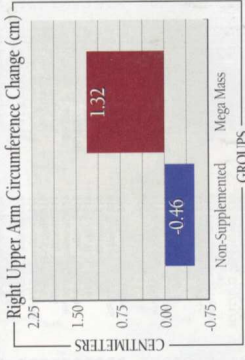
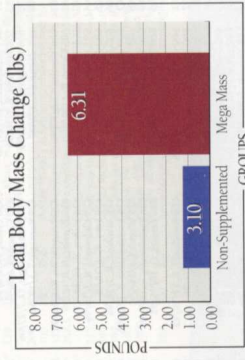
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including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

UNIVERSITY STUDY: RESULTS & CONCLUSIONS

- The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. **The Mega Mass group literally gained more than twice the amount of lean body mass than the group that trained equally hard but did not take the Mega Mass supplement.**
- The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
- The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pull-down.
- Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
- The results of this study strongly suggest that gains in body weight, muscle mass and strength are significantly improved by consuming the **Giant Mega Mass 4000** nutritional supplementation combined with a vigorous weight training program.

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