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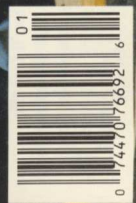
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 VOL.20 NO.6

IPF MEN'S WORLDS

USA WINS!



IPF Men's World Championships as seen by Powerlifting USA Editor Mike Lambert



Stanaszek of Poland was merely 4/9 in attempts, but was still unstoppable in winning the 114s.

their lovers by retrieving the delicate flower from its inaccessibility.

The meet site itself was unique, held in the "MACS" building, which is a new companion structure to the existing fashion design center. The lifting platform itself was located on a small stage, and on the upper deck overlooking the stage was a restaurant - which was kept quite busy throughout the course of the events. Apparently designed to present fashion shows, quarters were close near the stage, but that reduced the separation between the audience and the participants to a degree that is hard to recall from previous world competitions. A large open area to the side was reserved for the good turnout of vendors who came to offer their wares. Very close to the lifting platform was an excellent warmup arrangement of multiple platforms, all so completely equipped that a couple of olympic lifters persistently tried to get in some workout time on several occasions. Just as immediate to the platform was the medical facility.

One factor some of the US lifters weren't accustomed to was heavy smoking by the audience (when I got home my wife and son could smell the smoke on my jacket, which I only wore to the facility a couple of times). Very functional and unique racks were employed for this demonstration of KOD ("Kraft Drei Kampf" means Powerlifting in German), but - oddly - no 50 kilo plates were utilized, throughout the course of the competition, even when the lifters got their heaviest. Among the many capable spotters was Austrian Karl Auer, who has provided many meet results and photos to PL USA in the past.

to demonstrate their commitment to

in charge of and by the end of the long day he was accelerating agenda items through like a pro. 31 nations were represented, with special guests being the contingent of ADFFA President Mike Overdier, his wife Angie, and ADFFA Secretary/Treasurer Andrea Sortwell.

Among the happenings was an appeal of the drug suspension of Sivokon (KAZ), which was not granted despite an explanation from a Russian physician that certain protein supplements in the former Soviet Bloc contain, on some occasions, anabolic steroids. It was stated that analysis of the opened box of supplement that Sivokon allegedly indulged in was found to contain the steroid compound that got him banned. No reports were available from the Finance Committee and the Secretary, and the previous chairs of the Technical Committee (new chair is John Stephenson of Great Britain, who was so eager that he started his acceptance speech before the membership had advanced to vote in him) and Records Committee had resigned. Among the new IPF member nations are Yugoslavia (2 federations vying for acceptance, but only one was present), Ivory Coast, Uzbekistan, Tajikistan, Northern Marianas, and Tugiala, with Cuba, Nicaragua, and Trinidad-Tobago being dropped from the rolls.

IPF Championships for 1997 were confirmed with the Men's lifting place 13-16 November in the Czech Republic; the Women's will be June 18th-22nd, in Capetown, South Africa; and the Masters in Budapest, Hungary on October 14th-19th. The bid for the Junior World Championships in Seychelles was not confirmed and was instead awarded to Bratislava, Slovakia in September. After considerable and somewhat heated discussion between IPF President Grahame Fong and former USPF President Peter Thorne, the bid for the IPF World

There was a multi-segment television display above the lifting area where live lifting footage was shown, along with music videos during the breaks. At various times throughout the competition local talent was showcased, including the cheerleading squad for the local American-style football team (the Salzburg Bulls), which showed no fear in building up a three level "pyramid"; a local theater group presenting excerpts from the musical "GREASE"; and a former powerlifter, Franz Bierbacher, who is now the Guinness Book of World Record holder in the category of ripping phone books in half for speed, and he sent them flying into the audience in a remarkable release of power.

The way in which the proceedings were communicated to the audience was quite clear. Transparent plastic strips with the lifter's scoring information were stacked on the input area of an overhead projector, and continuously rearranged so the audience could view the projected display and determine who had lifted what, who would be lifting next, bodyweights, subtotals, etc. very clearly. This type of presentation saves on the cost and limitations of a scoreboard large enough to handle the large number of competitors that were in some of the flights, yet it still is very effective.

The modern and comfortable Radisson Hotel was one of two meet hotels, and was very close to the airport, but 5 kilometers from the meet site, however, that challenge was more than met by the hard working and friendly shuttle drivers arranged for the competition by Michael Hieronymous.

The IPF Congress held prior to the lifting was the first one for new IPF President Grahame Fong to be

Bench Press Championships presented on behalf of John Inzer was withdrawn. With the basic conditions of attaining control of the Frantz lawsuit judgement against the IPF being achieved by John Inzer in September, he felt too many further conditions were being placed on him by the IPF. Grahame Fong indicated that his concern was whether the judgment would be used as a lever against the IPF. There was also discussion regarding whether the bid had been awarded to John Inzer or to the member nation - the United States, which further complicated the issue. A new bid for the meet was offered by Canada and that was accepted, with details to follow.

There was much discussion about the requirements for IOC recognition, including a note that out of competition drug testing among member nations is an important factor in such considerations. Several IPF members, such as Norway, have extensive out of meet testing programs in place already. Mike Overdier spoke regarding the issue of unification in the United States, stating that about 75% of the lifters are represented between the ADFFA and the USPF, and that unification efforts had proceeded to the point that the question was not "shall we do it" but "how do we do it?". Unification in the United States is considered an important demonstration of the credibility of powerlifting and the IPF to the IOC.

The Schwartz and Malone formulas have been replaced by a new formula developed by Robert Wilkes of Australia and there will be a new bench press only formula coming as well. One of the final actions of the congress was to eliminate the previous ban on lifters competing in the international competitions of other powerlifting organizations.

Mr. Vierthaler's allegations against Grahame Fong pointed out that if the IPF didn't have this rule back when the original deal went down with Ernie Frantz, Maris Stemberg, and Felicia Johnson in the '80s, there wouldn't have been a Frantz lawsuit to worry about in 1996. One item that the IPF wished to have published in PL USA is as follows: "re: HEINZ VIERTHALER, in recent times HEINZ Vierthaler, the immediate past president of the IPF has made some serious allegations of misconduct and corruption against Heiner Koberich and John Moody, both of whom are long serving and highly respected officials of the IPF. Despite requests to Mr. Vierthaler to either substantiate the claims or desist from making them, in his fancy fringed leather jacket, when he wasn't smooching with his tall, blond wife, who also has attacks unobscured.

The IPF Executive advises that it considers the allegations to be

With the preliminaries dealt with, the next day brought us what we came for - world championship powerlifting competition. At 114, the ever stronger and seemingly invincible Pole, Stanaszek, was certainly the favorite, but he didn't have the kind of day he and we are used to seeing. His jump from an opening squat to a world record 607 was twice unrepeated. Maybe

the competition for the gold was much tighter in the 123s - where else could a man set FIVE world records and end up in 1st place overall, except at the IPF World Championships, the best "little" men in the sport go at it every year. Pavlov, the defender of this title from Russia, was geared to go, marching through 5 straight lifts and barely missing a 363 bench. Not a superstar in the deadlift, he simply



SUTRISNO, of Indonesia, squatted a fabulous 606 at Featherweight, and didn't miss a single lift after that!

New Russian star Tchopovsky balanced out his expertise in each lift to produce a 1201 total, and that put 17 time World Champion (with a few Masters World Titles to boot) Hudek into the bronze medal. Inaba posted a much better total in winning the '96 World Masters title, not too many weeks prior to this event, and if he had gotten his finishing attempts at this meet, he would have been just a tad behind the young Pole.

Bhaskaran of India changed his last deadlift attempt way up to 573 for a miss in a desperate shot at a certain shot at Inaba's bronze. Germany's Klein was popular with the Austrian crowd and had the 2nd best bench of the class, but it was still a full 100 lbs. less than Stanaszek's final attempt. Yu and Wu of Chinese Taipei pushed the young Japanese lifter Hiroaki Hazako into 8th position, while 38 year old Nemeth of Hungary defeated 23 year old Czerniak of Poland for the final two finishing spots in the class. Rokman started off the lift and won (mostly down) luck that dogged the Indonesians throughout the championship by bombing out.

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(article continued on page 10)

SPECIAL INVESTIGATIVE REPORT:

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"HOT STUFF FOLDS?" SAY IT ISN'T SO!

What's With All The Strange Rumors? Here At Last Is The Real Story!!

Have you heard them? The rumors going around about Hot Stuff and the National Health Products company? Over the last several months, some pretty outlandish stories have been making the rounds throughout America. In order to find out the truth, we went straight to Tom Ciola, the owner of National Health Products.

Q. So, Tom, what's with all of these rumors?

"Well... let me just say that the last several months have been some of the most difficult times in the history of our company. Somehow, some pretty wild rumors got started about me, my family and my company. Things like: we closed the company... we sold the company... we went bankrupt... Hot Stuff is now called Pure Stuff XXX... we all went off to an island to wait for the end of the world... I think I'm a prophet... we started a new religion. I've heard them all. At first they were just an annoyance. Unfortunately, things have gotten way out of hand."

Q. Well what in the world is really going on?

"I guess some of it's my own fault since I should have let everyone know a long time ago exactly what we've been up to for the last several years. You see, in April of 1994, we bought a rundown, bankrupt resort on a beautiful Caribbean island off the coast of Belize in Central America. Our initial plans were to renovate it and open it as a health resort/spa. However, a strange thing happened to us on our way into the health spa business. Instead of opening the spa, we decided to turn our resort into a non-profit charity. Our new goal was to make this a special place that would give totally free, no-strings-attached vacations to families who have experienced some sort of crisis. You know... things that really knock a family for a loop — like a terminal illness, tragic loss of a family member, a natural disaster that wipes out all of their belongings. Things like that."

"We became so wrapped up in this humanitarian effort that for a time, we even considered selling National Health Products



Here's what the new Hot Stuff Super X looks like. DHEA, eleven new Oriental herbs and over 55 terrific supplements make it the best version of Hot Stuff ever!

confusion this is causing.

"Also, and we're not sure exactly why, but many GNC clerks around the country are actually telling their customers that this Pure Stuff XXX is really Hot Stuff or that it is made by us. We keep getting calls from lots of angry Hot Stuff users who've believed them. We've been telling everyone the same thing. If you bought Pure Stuff XXX thinking it was Hot Stuff, take it back to GNC and ask for a full refund. Fortunately, all of our other distributors have stayed loyal to us even through all of these ridiculous rumors."

Q. So why didn't you sell the company after all?

"Well... we actually did entertain several offers but something always seemed to stop us. After several months of indecision and uncertainty, we finally settled on a new course of action — especially in light of this new



"Over The Rainbow" guest families can enjoy the scenic beauty of the resort grounds that was made possible by the many loyal Hot Stuff customers.

continued on page 13

Q. This must have been quite a blow to your sales?

"It most definitely was, and we were quite disappointed by GNC's actions. Not to mention that it just about brought our resort plans to a halt. What really hurt though, was when we heard that GNC actually played a key role in developing this Hot Stuff knockoff and then instructed all of their stores to place it in almost the exact same shelf area where Hot Stuff once was. You can just imagine the

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Mark Webber

IPF PRESIDENT'S MESSAGE....As I look towards 1997, I am more positive than ever about the future of powerlifting in the USA and internationally.

The USPF's new administration has undoubtedly had a calming effect and unification of the USPF and the ADFPA is a realistic expectation in 1997.

My meetings and dialogue with senior officials of the ADFPA and the USPF have now reached the point of "how and when?" rather than "why should we?" Give the past history of factionalism in the USA, unification would be a huge step forward for powerlifting as it would be a positive iteration that the sport is more important than politics. It would be great if lifters could once again enjoy their lifting without the unwelcome distraction of deciding which federation they are going to lift in and what the potential repercussions might be.

To demonstrate its own sincerity and commitment to unification and the Powerlifting Coalition, the IPF Congress in Salzburg wholeheartedly adopted my proposal that all provisions in the IPF constitution prohibiting IPF-affiliated lifters from competing in non-IPF sanctioned contests be removed, and all lifters who have competed in non-IPF sanctioned contests shall be permitted to compete in IPF contests provided that they are not under suspension by the IPF for any reason, or by any other federation for a drug related offense. This means that all IPF lifters can now move freely between the IPF and any other federation(s) without fear of sanction. Hopefully, with the effluxion of time, the commonality and synergies of all the different federations will encourage unification, or, at the very least, enhance the cooperation which the Coalition has established.

The IPF Congress also endorsed a five year Strategy Plan for IOC recognition. The plan addresses a number of concerns and issues which affect not only the prospects of IOC recognition, but also the whole future of our sport. In particular, it addresses the problems of drug abuse, politics/factionalism, and the excessive use of supportive equipment. I shall detail the plan more specifically in the near future, but I can assure you that its implementation will be very beneficial for powerlifting overall and not just the IPF.

One potential negative did emerge from the IPF Congress and that was the diminished prospect of the IPF returning to the USA. In November 1994 the sanction for the 1997 Bench Press Worlds was given to the USPF on the assurance of past president, Peter Thorne, that the Frantz lawsuit threat would be removed. Since then much water has passed under the proverbial bridge. Mr. Thorne is no longer in office and Mr. Frantz has assigned the lawsuit to John Inzer. Based on these events I again sought an assurance that the lawsuit would not be used against the IPF; a reasonable request under the circumstances and one which was unanimously endorsed by a vote of confidence from the Congress delegates. Unfortunately, in an unnecessarily emotive reaction, Mr. Thorne withdrew the bid and delegates supported a backup bid from Canada. This development does not mean that the IPF will remain out of the USA for a further lengthy period. Mr. Inzer obtained "ownership" of the lawsuit from Mr. Frantz as part of a legal settlement on an unrelated matter. Both he and Mr. Thorne have on many occasions vigorously supported the return of the IPF to the USA, and as Mr. Inzer now has full control of the lawsuit, the opportunity exists for him to demonstrate his commitment to ensuring that this eventuates despite what appeared to be a moment of rashness on Mr. Thorne's part.



I have worked through problems with Messrs. Thorne and Inzer in the past and common sense and sensible compromise have been important aspects of past dialogue and I expect that this will not change. Opportunity often arises out of adversity and whilst one opportunity for the IPF to return to the USA has been lost, this may have paved the way for constructive understandings to be reached to enable this to still happen in a timely and positive manner.

I wish all of you the very best for 1997 as we look forward to progressing the advances made in 1996. Powerlifting is a great sport supported by great people and it will continue to improve and grow at a rate which reflects that support. *Grahame Fong, IPF-PRESIDENT*



Wade Hooper won his 1st Open Men's Worlds

ing program is extremely well planned and deliberate, a new European record total, but that wasn't going to be enough, and he took his final shot with a 595 dead lift, which would merely have tied Sutrisno's total from his 2nd attempt pull (they both weighed 59.5 kilos). Win couldn't pull it, and it wouldn't have been enough anyway. As it turned out, Sutrisno won the individual IJF World Champion gold medal in each category, as well as total, but Win wouldn't cooperate with his desire to raise his hands

bomber, after his benches didn't satisfy the referees.

The hungry sharks of the lightweight division were circling Wade Hooper, awaiting a youthful misadventure that would leave them to feed upon themselves for the remaining glory. Wade got a sniff of gold last year, and winning it had his time, but all his training, recovery, work, and school efforts could hardly fit into 24 hours a day. A quick learner, wise well beyond his appearance, he let only a poishot at the world record in the squat escape him, perhaps distracted when a light bulb broke when he was at the bottom of the lift. Serious with his lifting, Wade had a great time otherwise, proposing marriage to a lovely lady at the hotel reception desk, as well as one of the airline stewardesses. We almost didn't get him back to the USA as scheduled, however. When the flight was getting ready to board, nobody could find Wade - in his room, in the restaurant, nowhere. Finally, he came walking into the airport check-in desk, only to be greeted by Stella Herrick, in a tone of voice that any mother would understand (Where have you been, Wade!), before assuming the explanatory posture that many younger men find themselves in ("... yeah, but this happened, and I couldn't do this, ..."). Wade had intended not to sleep at all that night, but laid down to watch some TV (30 some odd channels, they even had the SIMPSONS in German) in the hotel room and the jet lag / lack of sleep bug nailed him.

Baranov, the nearly robotic Russian, had no fat on his angular body and no thought except success in his mind, but as he missed all his third attempts, the wily Wilczynski of Poland was courting a clear path to the silver medal, topping his day with a masters world record in the deadlift. Each of his deadlift attempts were designed to keep him in 2nd place. As always, Rod Hypolite of Great Britain looked like he would be a medal factor, but the same back problem that plagued him last year, crippled his deadlift efforts to the point that he only got his opener, timing out a 628 for a do or die try at 655.

Serg Koukajmetov (KAZ) had trouble in the squats, but heZ on to 5th place over Janne Ollila of Finland (a near twin of Wilczynski). Sawant was the cream of the 'B' session of this large class. Something seemed to move when he tried 639 in the deadlift, but it wasn't the bar. He bumped the Slovak Trnka's 9 day to 8th place. Olech made sure no Pole missed a lift in this class, and that was enough to finish ahead of Britain's fired-up Rod Batcheelor. Chin of Taipei acquitted himself well, as did Clark Arington, the first of the Bahamian competitors, who was very happy with his 540 squat. Tada of Japan pushed a long, long time on a missed 374 bench press, but still had enough total to edge another fine bender, Oksanen of Finland. Loncke of Belgium had enough balance to outreach even the exceptional deadlifting of Tang Chih Hung, and Mr. Dadapeer of India smiled broadly and mysteriously on his successful 551 deadlift, which gave him the two same total that the two Australian entries in this class also ended up with.

USA's Dan Austin looked strong coming into the contest - 165 lbs. looks good on him and the additional mass helps his leverage in the squat - but there was one small problem, a little bit of a lat pull in his squat, and he figured he'd just switch his grip in the deadlift to take stress of the tender spot to keep it from becoming something worse. The squats went well (so well that Dan was asking about the IJF world record poundage, on the way home, just for future reference) and after a bad miss at 374 in the bench, he came back to make it. Dan's preparation for a deadlift attempt is ritualistic - he always does the same thing in the same way. Unfortunately, instinct disrupted his plan to switch his grip. He started his opener with his conventional grip, realized his error and re-started with the reversed grip, but, hey, a start is a start, and the lift was turned down. On his second attempt, he got the grip the way he wanted it, but tore the erugged, beiless deadlifter Jarmo Laine of Finland. Rimoldi of Italy only made 3 attempts, but that was enough to beat Jan Wegeira's 4.

Jan Thys of Belgium was rewarded by his successful 2nd attempts, and their aggregate was well ahead of the twin 1515 totals of Pekka Antilla (FIN) and Jeevan Singh of India, who had an incredible lat pull on his third and last attempt. Dan got the win, and a nice hat of bandages for his hand. He had more good news coming his way. As strength coach at Mississippi State, he didn't even want to know the score of their football game against Alabama, held the weekend of the powerlifting championship. After all, they hadn't beat them, but once in the last 30 years, Happy day - his team pulled it out for only the 2nd time in 39 years, and Dan wasn't even in town!

By no means was Dan Austin the only man in the class. This was a war, with an astonishing 6 lifters squatting more than 300 kilos (only one did it in 95). One of those was Per Berglund, who squatted 672 himself, and then benched far more than almost anyone else in the weight class, sans bench shirt. Making the deadlift he missed, he positioned himself on top of the heap, until Austin resurrected his chances at the last second. In Sweden, Berglund is reportedly subject to as many as 10 out of competition drug tests a year, and he collects all the certificates - Dr. Dick Herrick reported that he had quite a handful. After the competition, an inebriated Per spent the following early morning hours peacefully upside down in one of the chairs in the lobby of the hotel, with a big knot on his head. A fearsome talent, I Ching Hsiang of Taipei moved some massive weights, swapping his final



Eastern Europe swept the 181s

deadlift try of 705 down to 677 to secure the bronze medal overall, trusting the big-armored Ukrainian bender, Dimitri Solotov, into 4th place. The ripped to the bone Russian Alexei Nemtsev made every attempt, and that put him ahead of the erugged, beiless deadlifter Jarmo Laine of Finland. Rimoldi of Italy only made 3 attempts, but that was enough to beat Jan Wegeira's 4. Jan Thys of Belgium was rewarded by his successful 2nd attempts, and their aggregate was well ahead of the twin 1515 totals of Pekka Antilla (FIN) and Jeevan Singh of India, who had an incredible lat pull on his third and last attempt. Dan got the win, and a nice hat of bandages for his hand. He had more good news coming his way. As strength coach at Mississippi State, he didn't even want to know the score of their football game against Alabama, held the weekend of the powerlifting championship. After all, they hadn't beat them, but once in the last 30 years, Happy day - his team pulled it out for only the 2nd time in 39 years, and Dan wasn't even in town!

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Gene Bell... the Master of the World is now in the Masters age group

There were, unfortunately, lots of bombers in this division, foremost among them being the defending world champ Shirazatin Bazaw (UKR). He had an excellent subtotal and was known to be a fine deadlifter, but his skills escaped him on this day. Popojar was injured in the warm up room, and Verbeke was not close on his deadlift attempts. Mohammed Siabkhalil of France unfortunately had his whole family on hand to witness his bombout in the bench. Lehooky, Szmeja, and Sahlgren each missed three squats, and each with the same weight.

In the 181s the final results also came down to the last lift. Tough as nails Pole Roman Szymkowiak barely got a squat on the books, but held his own in the bench and then had the final say in a strategic struggle



Hang on Dan... to that final, super-critical deadlift.

baranov, the nearly robotic Russian, had no fat on his angular body and no thought except success in his mind, but as he missed all his third attempts, the wily Wilczynski of Poland was courting a clear path to the silver medal, topping his day with a masters world record in the deadlift. Each of his deadlift attempts were designed to keep him in 2nd place. As always, Rod Hypolite of Great Britain looked like he would be a medal factor, but the same back problem that plagued him last year, crippled his deadlift efforts to the point that he only got his opener, timing out a 628 for a do or die try at 655.

Serg Koukajmetov (KAZ) had trouble in the squats, but heZ on to 5th place over Janne Ollila of Finland (a near twin of Wilczynski). Sawant was the cream of the 'B' session of this large class. Something seemed to move when he tried 639 in the deadlift, but it wasn't the bar. He bumped the Slovak Trnka's 9 day to 8th place. Olech made sure no Pole missed a lift in this class, and that was enough to finish ahead of Britain's fired-up Rod Batcheelor. Chin of Taipei acquitted himself well, as did Clark Arington, the first of the Bahamian competitors, who was very happy with his 540 squat. Tada of Japan pushed a long, long time on a missed 374 bench press, but still had enough total to edge another fine bender, Oksanen of Finland. Loncke of Belgium had enough balance to outreach even the exceptional deadlifting of Tang Chih Hung, and Mr. Dadapeer of India smiled broadly and mysteriously on his successful 551 deadlift, which gave him the two same total that the two Australian entries in this class also ended up with.

USA's Dan Austin looked strong coming into the contest - 165 lbs. looks good on him and the additional mass helps his leverage in the squat - but there was one small problem, a little bit of a lat pull in his squat, and he figured he'd just switch his grip in the deadlift to take stress of the tender spot to keep it from becoming something worse. The squats went well (so well that Dan was asking about the IJF world record poundage, on the way home, just for future reference) and after a bad miss at 374 in the bench, he came back to make it. Dan's preparation for a deadlift attempt is ritualistic - he always does the same thing in the same way. Unfortunately, instinct disrupted his plan to switch his grip. He started his opener with his conventional grip, realized his error and re-started with the reversed grip, but, hey, a start is a start, and the lift was turned down. On his second attempt, he got the grip the way he wanted it, but tore the erugged, beiless deadlifter Jarmo Laine of Finland. Rimoldi of Italy only made 3 attempts, but that was enough to beat Jan Wegeira's 4.

Jan Thys of Belgium was rewarded by his successful 2nd attempts, and their aggregate was well ahead of the twin 1515 totals of Pekka Antilla (FIN) and Jeevan Singh of India, who had an incredible lat pull on his third and last attempt. Dan got the win, and a nice hat of bandages for his hand. He had more good news coming his way. As strength coach at Mississippi State, he didn't even want to know the score of their football game against Alabama, held the weekend of the powerlifting championship. After all, they hadn't beat them, but once in the last 30 years, Happy day - his team pulled it out for only the 2nd time in 39 years, and Dan wasn't even in town!

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Many time world champion from Japan, Hiro Isegawa, was in the mix until had to see technical problems (hips off the bench?) kept him from getting an attempt in his favor on the scoreboard. Also bombing in the bench was an Indonesian whose first, last, and only name was Komaruddin. Another Indonesian with a single name, Sutrisno - entered the 132s, but his luck was much different than his countrymen. The man could not lift muscle on his bones, each third attempt was a successful match of iron to man. He knew he was on a roll, and celebrated accordingly, even-hissing referee Hisako Yoshida on the hand. This class was going his way - but not without a challenge from the defending world champion Win Elyn of Belgium. He, too, began with instant momentum, carefully crafting three successful "look down" squats and two benches before seeing majority nods on the judges lights for his final bench. A 551 deadlift gave Win, whose train-

ing program is extremely well planned and deliberate, a new European record total, but that wasn't going to be enough, and he took his final shot with a 595 dead lift, which would merely have tied Sutrisno's total from his 2nd attempt pull (they both weighed 59.5 kilos). Win couldn't pull it, and it wouldn't have been enough anyway. As it turned out, Sutrisno won the individual IJF World Champion gold medal in each category, as well as total, but Win wouldn't cooperate with his desire to raise his hands to raise the hands of both his opponents in the air on the victory stand. Sutrisno's total is barely short of one world record it's hard to imagine anyone could ever break (short of Lamar Gant), that of Joe Bradley (1559). Time is on Sutrisno's side, however, since he's only a junior, and a young one at that - just 21 years old.

Lee Yung Chang of Chinese Taipei used 2 PRs in the bench press to position himself for the bronze medal, by forcing the USA's Tim Taylor to a 600 deadlift he couldn't produce. Russia's Sidarov and India's Sahu pushed a former world champ, Gerard Tromp of Holland into 7th position, ahead of a guy he's shared the platform with many times, Ronny Ceils of Belgium. Originally hoping to enter the 123s, the USA's Jon Avenberg ended up weighing 59.3 kilos and bodyweight to total bodyweight to put some pep in all his lifts. Bernard Devine of Australia finished up the Australasian in the class, where technical problems arose with the judges lights and good lift/badlift flags were used by the referees for much of the session. Phil Richard of Great Britain was the lone

is stationed with the United States Air Force in Germany and was able to, for once, commute to a world title. In training for this meet, Gene had strained his elbow, while training alone, when he was squatting and missed the rack, and that caused a loss of grip power in his left hand and pain in his elbow once he started training heavy. He indicated that he's hoping "to find a training partner" to find a new future."

Dokhanov held 2nd place securely, leaving Jonnie G. to worry more about the 26 year old pride of Norway, Erik Sikkestad, and how he would hang on to the bronze. Even after the spotters mistakenly grabbed his 462 bench press away from Frederick Buttigieg of France, he was well ahead of Holland's Erwin Krokkee, who edged tough Rohan Smith of Australia by .3 kilos of bodyweight, when the Aussie pulled a big 705 lbs. that only tied the Dutchman. Both Frank Hausburg of Austria and Tom Nicholls of Canada were memorable for their excellent deadlifting ability, and France's Francois Kalle and Swiss lifter Thomas Wissler were likewise fine pullers. For the second class in a row, a Japanese lifter had the best bench press. This time it was Seiji Matsumori, who needed it to carry him past Ferdinand Dallinger of the host nation. The first representative of Yugoslavia's newly accepted federation in the IPF Men's World Powerlifting Championships was Dobrovo Djordjevic, another good deadlifter. An Oroshevo of Holland was injured on his first bench and never had a chance to make the 385 after that. Saini of India could not get a squat to the good, while Sergei Romanenko of the Ukraine didn't seem to have it in him to satisfy the judges, and he went quietly to his fate.

This was a different 220 lb. class than the IPF Men's Worlds has seen recently - no Ed Coan, which means there ought to be some obese competition for a change. That was an understatement, as 4 guys ended up within 5 kilos of each other at the end. Once again, it was the last lift of the contest that told the story, but it took 4 attempts over 749 pounds by ONE deadlifter to finalize the matter. Ruskij Vladimir Markovskii



Toivanen deadlifted and celebrated in memorable style



Markovskii deadlifted and celebrated in memorable style

an ardent cheering section in the audience, barged up 3 clean deadlifts to end up at 2005. The Norwegian's 722 pull put him at 2000, but things were far from over. In the back of their minds was what Jamie Toivanen had done to Gene Bell at the Worlds in Portland. A classic wide stance puller, this Finn's deadlift has so few seams in the pull that it is hard to tell how hard a given effort is for him. His 749 opener did not look easy, but moved up directly, 788 was likewise, performed slowly and effectively. Now comes the kicker to the story, and the making of a legend that Finland and the sport of Powerlifting will long remember.

With the others finished, the weight was called and the bar loaded. Emotional outbursts spiked from both himself and his supporters in front of and behind the platform. Janne roared out, grabbed the bar and slowly, steadily, millimeter by millimeter, hauled it to completion. The lights went on, and pandemonium erupted. Janne leapt around the platform, shouting, raising his fist, shaking hands, and exulting in the moment of his victory. But WAIT....

!!! Something was wrong. The weight he lifted wasn't the right weight for the victory - it looked like it was 799 lbs. - which wouldn't tie Markovskii and wouldn't even beat Woodside (lighter man) for the silver.

Then all sorts of referees, coaches started talking to each other at once. After several minutes of discussion and searching for the now missing attempt card for Toivanen, the DSF videotape was rewound and a crowd of keenly interested viewers arranged their shoulders around the tiny replay screen to determine what weight was actually on the bar. It had been loaded to 799, but the missing attempt card turned up, and it had 804 as the weight that had been officially requested. Toivanen had to be granted another attempt at the weight his coach had actually written down.

Think about this, he had already made three very heavy deadlifts and many minutes had gone by, during

which time the lifter did not know when, or if, he would be granted another attempt. None of this seemed to bother the courageous Finn. As soon as the platform was cleared, he appeared and was ready to get at it. With the correct poundage loaded, he once again smoothly edged the bar off the deck and kept it steadily rising to an incredible 4th successful deadlift of the day, and if the previous celebration had been anything, this final one was twice that, with Janne practically jumping out of his uniform in joy. They may well have heard his yell back in his homeland. He no longer lives and works in Canada, and is now a member of the Finnish Army, who provided him with the minimal haircut he now sports. He remains a Green Bay Packers fan from his days near US style football, and, off what he accomplished on this day, will remain a deity in the annals of Finnish powerlifting for as long as they'll remember Vince Lombardi in the States. First time IPF player Anthony Harris, who dogged Coach Scully through and through. Dallas Cowboys fan, even when he was stationed by the Air Force in England with his undying support for the San Francisco 49ers, had a strong performance that put him ahead of a lot of quality opponents. Great Britain's Samuel Watt looked very strong until his first deadlift, which was a shaky 507. Apparently injured, he still was able to go to 639 and 694. Big bencher Ukhaich Borisov and big time Dutch deadlifter Michael Kaller and a nice deal, Kaller lost when he weighed at the class limit and had his eyes on 33 lbs. more deadlift. Tatsuya Yoshida of Japan was next up and well ahead of Australia's Kevin Conway, while Trascinelli had serious problems in the squat and bench and then started way too high in the deadlift. Ozawa could not master the mysteries of the bench press, and Ljungberg - who was a pre-meet favorite - had lost a couple of his front teeth since last year's worlds, and did not seem very inspired in his squat attempts.

In the 242s, defending world champion Derek Pomana of New Zealand was in fine shape, even stronger and more massive than last year, but the reigning Superior of IPF Power - Ed Coan - had moved up a weight class and now everything would change, at least at the top. Coan, weighing just over

(article continued on page 86)

SPECIAL INVESTIGATIVE REPORT:

Hot Stuff Out Of Business?

continued from page 9

challenge by Pure Stuff XXX. Not only would we not sell our company and leave Hot Stuff behind, but we would stay in the sports nutrition business and face this unprecedented attack from GNC. After all, Hot Stuff helped us get our charity resort this far in the first place. Maybe... just maybe... there was a way it could take us the rest of the way.

"But we knew that if we were going to ask our customers to support Hot Stuff once again, we really needed to give something back. And so, right then and there, we made a commitment to make Hot Stuff better than it had ever been before.

"The question was... could we do it? Could we take a product that already was loaded with great bodybuilding ingredients and make it work even better? We weren't really sure — but we were certainly going to give it our best shot."

Q. So what did you do next?

"Well, for starters, a great new supplement named DHEA had recently hit the market. DHEA boosts the body's production of hormones and has a very positive benefit for bodybuilders. And so we added 15 milligrams of DHEA to each serving of Hot Stuff.

"Also, as just about everyone knows, the hottest nutritional supplement on the market today is Creatine. Since Creatine was already in the current Hot Stuff, we decided to boost the amount considerably, even though this is a

very expensive ingredient. And while we were boosting up ingredients, we also bumped up Hot Stuff's protein from 20 to 30 grams per serving. We also added some of the popular new supplements like Glutamine, Antioxidants, Phosphatidyl Serine and RNA-DNA. We were excited. Now this new formula was really starting to look good.

"But then we hit the wall! We didn't know where we would possibly go from here? And we really weren't sure we had done enough. It was then that an herb expert suggested that we add some exotic Oriental herbs to Hot Stuff. He prepared a suggested list for us, and as we researched these herbs, we were amazed at how beneficial they could be for a weight training program. Here were herbs that helped build and oxygenate the blood, strengthen both cardiac and skeletal muscle, fortify the immune system, optimize hormone production, increase energy and even improve the sex life. And this wasn't just hearsay from an overzealous supplement company, but facts based on thousands of years of usage in the Orient. And so we added eleven great new Oriental herbs to Hot Stuff.

"Now we were convinced we truly had a superior product. Certainly there was nothing even remotely close to this latest and greatest version of Hot Stuff. We wondered what to call it. And then it hit us! What else? Hot Stuff Super X."

Some Of The New Herbs In Super X

Licorice: Considered by many to be one of the greatest herbs. Strong detoxifying agent. Helps regulate blood sugar, strengthens muscles and adrenal glands.

Cinnamon: Chinese Cinnamon Bark is a strong tonic that promotes good circulation, powerful internal energy and sexual vitality. Overall body strength.

Lycii Fructus: Widely used as an excellent energy and blood tonic. Said to promote long life and vitality.

Schizandra: Regular consumption is said to be an excellent sexual tonic. Assists in sex hormone production, increases energy and promotes overall body strength.

Eucommia: Very popular herb with oriental athletes. Used to strengthen the back, bones and joints (especially knees).

Dendrobium: Delicious herb and longevity tonic. Known in China as "honey-mooner's tea" because of its ability to restore sexual energy.

Codonopsis: Very similar to Ginseng. Helps restore energy, balance metabolism and stimulate the blood. Helps maintain skin elasticity.

Ho Shou Wu: Reputed to help restore

Q. Let's get back to your resort for a minute. How exactly does this charity thing work?

"Well it all began with a simple premise. We'd offer these free getaway vacations for families in need. As I said earlier, these would be families who had suffered some sort of a crisis. To accomplish this, we set up a non-profit foundation called "Over The Rainbow". The families get to go to the resort absolutely free. Over The Rainbow pays for, airfare, lodging and meals. They get to stay up a week, and can enjoy all of the beauty this magical place has to offer."

Q. How is this unusual project being funded?

"All of the initial monies for building this vacation resort and launching the guest family program have been donated by our company — National Health Products. And while we remain the principal sponsor, we more than welcome donations from other corporations and individuals. We certainly can use the help. Nevertheless, we will continue to donate the profits from our Hot Stuff sales to this cause. In fact, that's why we're hoping that the bodybuilding and weightlifting community likes our new Hot Stuff Super X, and continues to support us as they have in the past."

Q. Why did you pick Belize?

"Belize is one of the most under-commercialized, laid back countries in the whole Caribbean basin. This enables our special guest families to leave their troubles a million miles away.

"In addition, Belize has the second largest coral barrier reef in the world, and offers some of the best scuba diving and fishing anywhere. And by the way, English is the main language spoken there, which makes life a lot easier for most of our North American guests."

Q. How large is the resort, and how many people can it accommodate?

"The resort has several buildings, spread out over 20 acres of gorgeous sandy beach front. Each air-conditioned guest cottage can hold up to six family members, and the resort will accommodate up to 18 families per week. Every room has a beautiful view of the crystal clear waters of the Caribbean."

Q. What kind of amenities does the resort offer?

"Of course, the greatest amenity of all is our proximity to the beautiful Caribbean Sea. We are right on the water's edge. But we also have gorgeous, award-winning landscaping with spectacular, multi-colored flowers, plants and trees. They say that even the fence posts bloom in Belize.

continued on next page

SPECIAL INVESTIGATIVE REPORT:

Somewhere "Over The Rainbow" —

"Winding tiled walkways, water fountains, and fresh water ponds help add to the tranquility of the grounds. Animal lovers will enjoy the ducks, geese, parrots, chickens, roosters, and sheep that are part of the resort's ever-varying stable.

"For quiet moments of reflection and prayer, there's a simple but spirit-lifting non-denominational chapel right on the water's edge. Guests are welcome to join in the impromptu gospel singing which might break out any time day or night.

"We also have a full service restaurant, health club, and indoor recreation and game center, with billiards, ping pong, and lots more. Our guests are never at a loss for things to do during their stay. Besides just relaxing out on the beach or by the pool, there's snorkeling, boating, diving, deep-sea fishing, starlight cruises under one of the most majestic night-time skies anywhere on earth, basketball, volleyball, tennis, horseshoes, croquet, karaoke sing-alongs, bingo and casino night, and outdoor concerts.

"And for the more adventurous, there are day trips to the Maya ruins and Belize Zoo, as well as swim-with-the-manatee excursions.

Q. How does a family go about applying for a free vacation?

"Any family in need is most welcome to apply, but we strongly encourage families from the bodybuilding/weightlifting community to seek us out, since it is their support of our nutritional products which helped build this resort. Families who think they might be eligible should request an application from Over The Rainbow at the address below."

Q. What about donations?

"We more than welcome donations from corporations and individuals. In fact, for a donation of \$10 or more, we will send the donor an audio cassette of beautiful morning and evening prayers set to very inspirational music. Each side of the tape is about 10 minutes long and makes a great way to start and end the day. There is nothing like this anywhere, and it's our gift to our friends for their gift to us. All donations should be sent to: Over The Rainbow, 727 Kirkman Road, Orlando, FL 32811. We even accept credit card donations. Donors can call us toll free at 1-888-297-8950."

Q. Is there anything else you'd like to say before closing?

"I just want to thank all of the loyal people who have used our sports nutrition products through the years. It was their trust in us and our products which has made this dream come true. I also want to thank the many distributors and store owners who continue to support us by carrying our products at their establishments. May God bless you all."



The Hot Stuff family pauses for a photo at The Essene Way. That's former IFBB star Steve Brisbois with his wife and two of his children on the right.

Special Thanks To All Of Our Loyal Customers!

Right from day one, the whole Hot Stuff story, with its many interesting sidelights, has certainly been unique. And no matter how many times this product has been attacked, it somehow always manages to keep coming back.

That's why we would like to thank all of our loyal Hot Stuff customers and friends who have stood by us and this product through these past eight turbulent years!

We want to also thank each and every health store and gym owner who has trusted us enough to carry our products at their business establishments.

And finally, we want to thank all of our distributors who have helped us place Hot Stuff in the hands of bodybuilders and weight lifters throughout the country.

HOT STUFF SUPER X MIGHT NOT BE SOLD AT YOUR LOCAL GNC!

We are sorry to report that amid all of the rumors and accusations discussed in this Special Report, GNC's home office made a decision to discontinue carrying Hot Stuff in their company-owned stores. Instead, they replaced Hot Stuff with an imitation product called Pure Stuff XXX which many people have been lead to believe is our product. It most definitely is not! However, new Hot Stuff Super X may still be found at some franchisee-owned GNC stores as well as most health stores, gyms and health clubs.

If the new Hot Stuff Super X is not yet available in your area, you may order directly from us by calling 1-800-537-7671 with a credit card or sending your order to National Health Products, 731 Kirkman Road, Orlando, FL 32811 with your check or money order. The regular size Hot Stuff sells for \$29.95 and the large size is \$49.95, and are still available in either Banana or Chocolate. Please include \$5 for shipping and handling.

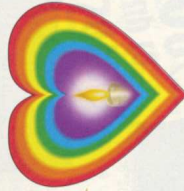
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Is A Place To Lighten Your Heart!



A 5000 sq ft health club offers everything for the fitness enthusiast.

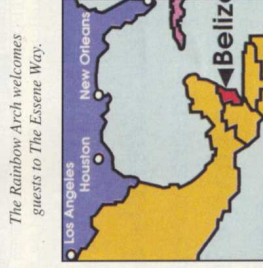
An outdoor cafe makes a great place for guests to dine under the sunshine.



"Nobody should seek his own good, but the good of others."
1 Cor. 10:24



Fresh water ponds and a gazebo add to the resort's beauty.



The Rainbow Arch welcomes guests to The Essene Way.



Our full-service restaurant offers a variety of natural food dishes.



Inspirational biblical statues add a dimension of spirituality to the resort.



Guests stay in one of eighteen spacious, air-conditioned cottages.



Guests have fun at the Sports Court.

and stood. Not low enough - three reads. He was a SAD LAD. Somber and obviously disappointed, I tried to console him but couldn't communicate because of the language barrier. L. Smith the American under study fortified 2nd position with a creditable 1763 performance. He relinquished the stage and top position to his burly teammate. Ricardo Trevizo, 253, had moved up from the 242 class he'd dominated last year in Columbus, OH. No questions concerning any of his lifts. He either makes them or don't. He sits well below parallel. His 832 DROPPED in the SLOT. His recovery is steady, controlled and easy. His 881 attempts looked GREAT N' LOW, but he STAYED in the HOLE. His 534 BP showed strong improvement, but his 677 DL was less than what he'd hoped for. He bemoaned the fact that this was the first time in his career that his total hadn't increased from his previous outing. Coming home on the plane he expressed pleasure with the fair, strict and consistent officiating and hoped it would be henceforth like that all the time back home. A 2044 total won him the best Junior lifter award. An honor well deserved for a line ambassador of our sport. He came - he saw - he conquered.

LADIES MASTERS - Linda Higgins brought home the bacon



Junior Superstar Ricardo Trevizo trying a massive 881 lbs. in the squat

(appropriately enough) to HICKORY, NC. She paved the way for hubby Mike to give it all in the men's Masters. What a team they make together. Her 114 victory, remarkable 363 SQ & 418 DL were sensational results, as was her 981 total. A Bruwer, RSA, in the 55-59 age division duplicated Schutte's 981 total. Her performance included a great 386 SQ - a WR no less! Manis Stemberg relinquished her emcee duties long enough to flaunt her trademark by

winning (naturally) still yet another World title. She was CURLY HAired and FULLY PREPARED. B. Yrjola is the tallest female P/Ler in Canada (perhaps the World). Three times she DUNKED IT, but didn't get what she WANTED. A tenacious lady, she'll be back. She couldn't satisfy the judges on her 297 SQ depth - the red lights STAYED THE SAME, but HEY, SHE CAME and PLAYED THE GAME.

C. Coulon, FRA emerged the plus 198 champ. She's a Joanna Clitt (USA) lookalike and displayed the same determination, a trademark of her American counterpart. Sidney Thoms (USA) galloped to the platform, time expiring. She then missed a big 374 Squat TRY, wearing her belt very HIGH. This was a bit disappointing in her performance but silver shimmers as much as the gold she earned in '95. Lifting in her "protective" garb was SNUG she CUT A RUG and WOWED the CROWD.

MEN'S MASTERS - The men's masters was a large group that numbered 46 from 9 countries. USA came out on top in the gold medal dept. w/ RSA - 6, GBR - 4, AUT, AUS, RUS - 2 each. CAN - 1; Silvers: RSA - 6, GBR - 2, b&A and

USA - 1 each. South Africa topped the total medal count - 13. USA garnered 8, GBR had 6.

The lightest combatant was RSA's Gill. He was grey-haired and bespectacled, a 132 in the 55-59 age division. Just as he hit a low SQ position I winced! Manette Drezse, sitting beside me opened a bag of "jelly babies", with the cellphone crackling. It sounded like a bone cracking. Thank goodness! I breathed a sigh of relief. Gill chalked up a 782 total to win the top honor. Samolov, the stoic Russian coach, mundanely took himself through 9 perfect lifts in his contest singlet. His 804 total won the 148, 55-59 title. GBR's Wheeler made a strange metamorphosis right before our eyes. His agonizing walk to the platform for each attempt looked as he would surely die en route. Each time he touched the bar, he transformed into vigorous young men and mastered the iron with rejuvenated authority. Then he'd leave the platform in a painful-looking, turtle slow, agonized manner. Wheeler, 52, motivated by a successful 402 SQ 3rd blew away a W/R 421 4th. He missed a 237 BP twice, then - undaunted - pulled a W/R 464 DL to score 1092 total. The MAN-HAGGARD was a SANDBAGGER.

So, Africa got 148 victories by L. Palm, 40 and Wally Brown, 48. Pain squatted deeply - 496 his 3rd. He did 3 DL's too - 518 for 1289. Wally Brown, with his TAITOOS and FU-MANCHUS SUBDUED HIS Possokhin, RUS, finished his 40-44 victory w/a 3W 606 DL for a 1521 total. Jawanda, 45, is an Indian who resides in GBR. He lifted with his turban and two foot grey beard (unshaved in 15 yrs). He mastered 7 good lifts, until 485 DL stopped him twice. His 1190 total



Jawanda (Gt. Britain) was unique



"Lord Greystoke"... Gordon Summer fought hard to stay in the meet

is quite commendable. Gordon Bekker portrait (sans a shy Mom) with his beautiful children, Giovanni (10) and Jardene (7). The bald & burly Gordon. Olson steam-rolled his way over GBR's G. Isaac for 45-49 lightweight honors. The powerful American proudly pumped 578, 341, 628 for 1548 - a decisive display. Isaac finished with a final 584 DL - 1399 & runner-up, Juan Ferrera, 50, was prompted by his son yelling "Poppa!" He dunked a W/R 628 SQ opener, then lost his balance and his 661 twice. He rivaled a 418 BP and concluded with 2 W/R deadlifts: 628, then 672! He next pulled 683. It was SLOW 50 the judges said NO. A 1719 total, for Juan, surely a W/R also. England's Robyn Brown celebrated while found he couldn't pull 501 twice. Back to the wall, he's like a cornered animal. With his "ape man" lift he increased to 512. With a

165 - not bad! His 3rd 374 BP was



Herb Glossbrenner (left) and James Rouse at the Durban venue.

ance recovering. A repeat was a fine lift (low enough) and surprised me! Then came the Cramer's golden moment. He took a new W/R 429, descended into a deep bottomless pit and stood. He later survived the DL and had 1091 - fine lifting. Four stars for Les. Bekking in his glory Cramer humbly informed me I could never beat him in this lifetime.

A. Schneider, AUS, famed USA's Doug Peterson for the 181, 40-44 title. Doug forged ahead with a 2nd attempt 573 SQ - a squeaker. Schneider trimmed the lead to 16, dominating the BP battle. 363 to 314. Nifty split time: after a 523 DL, PETERSON PETERED OUT and PASSED THROUGH HIS LAST TWO. Schneider copped the crown hauling up 595 then 622. He scored 1493, then inspired, the Austrian aborted a W/R 655 pull. Peterson, 2nd - 1410 with Theuns Bekker

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

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Eugene McCullough with 402

VA lifted with SMART STRENGTH, with light openers to assure his 65-69 90 kg. win. Then he went for broke. We were roommates during the week. A well educated man, he's traveled most of the world. I got a detailed account of S.A. History, and his overview of the sport. He's a top referee in the top organizations: WPC, WDFPF, AAU and USPF. Some credentials, huh? He marked for a 165 SQ but w/no markings the 77 lb. Passanella bar threw him off. He also tried a 402 DL that was more stubborn than the game. EUGENE is a MACHINE.

Now comes the 220s: R. Stuehl, AUT. Got his final SQUAT - 639, after cutting his first two high. He added 5 more good lifts in a row - 1333, Buhl hauled up 551, 584 LAST - 1719, to become the 40-44 conqueror. Louie Dunn, RSA, grappled with R. Schabl AUT to determine the silver. Dunn fought an uphill battle all the way. Schabl jumped in FRONT with a 573 DUNK. AI:551 DUNN was DONE. The RSA liner was 27 behind benching 3659. Meanwhile Schabl popped 365 & 374. Dunn missed two at his first. Buhl missed two at his first. The 44 lb. increases for a last hoist made 44 lb. tit for tat. The Austrian on 617 & 1565. Dunn matched that on his 2nd lift. He needed 639 as heavier man for second place. He did it - 1570! A come from behind tug - WELLL DUNN! In 4th was Pappas, AUS - 1278. He made all Stems, 49 & 207, filled the 45-49 220 championship slot. He SQ'd well, BP'd weak, but roared back w/3 DLs - on a final 617 hoist he verbalized with a triumphant - "Ha, Ha, Ha!" His total was 1466. R. Ferriere, SZ, of RSA missed two big SQ attempts w/661, up but turned down. He pulled off the 50-54 100 kg. win with 3 DL's - his last being 529 for 1455. AI: Decked out in white canvas, he was the splitting image of USA 30's mobster AL CAPONE, smart and al.

At 242 four men scrapped for the 40-44 gold medal. P. White, 44 (236.77) from GBR had identical dunks and pulls - 595 bests. His relatively low BP - a 347 opener left him w/1537 - 4th. E. Coetzee, 43 (237) from Namibia (nearby S. Africa) engaged w/RSA's C. Dry, 40 (234.8) for the lesser two medals. Coetzee bears resemblance to USA's Troy Hicks (a large economy size version) sans the American's DL ability. Coetzee forged ahead needing 3 SQs finishing w/639. DRY TRIED to match him, dunk for dunk, but couldn't negotiate 617 nor 639. The Namibian continued flawlessly. He pressed 429 to 418 for Dry. Subtotals: Coetzee - 1069,

Table with columns: MEN'S MASTERS, SQT, 5Q2, 5Q3, 8P1, 8P2, 8P3, 5T, DL1, DL2, DL3, Total. Lists names and scores for various weight classes.

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NOTCHED two W/R SQUATS: 749 and 815 & wated his 3rd. He topped off at 407 BP - 2nd - again passing his final lift. Bill added yet two more world records - 705 and 738 DLs for 1962. Another sterling performance for the BEST - MC WEST.

The 27Fs featured the best competition of the entire Masters day. Dick Zenzen, a champion representative of the famous Frantz Power team of Illinois (USA) weighed 243. It was a wise tactic. He knew he could not BEST MR. WEST, Dick's a seasoned competitor. When the CHIPS ARE TOSSED - DICK SELDOM LOST! He was evenly matched against I. Visser, the rugged South African. Dick missed his 611 SQ opener, vanquished it, and sat deep w/644 for 3W. Visser punched out three - had 617. Dick was cool as a CUCUMBER. Sternberg coaching him got him fired up. THEN ZENZEN became an ENGINE. Up came 347, 374 BP, 396 stopped him. Gaining momentum Visser chugged past him - 385 - 418 - 440 - just like that!

Subtotals: Visser - 1058, Dick had 1019. Now came the final 3 tosses of the NICE. Zenzen came in at 518. Visser countered w/529 to 49, then 71 with his 551 pull. A 584 tuck under his belt, VAN DE WEGHE paced himself to become the MAN OF THE DAY, 1818 to 1802. Two of the strangest men old not register on the scoreboard: USA's POWER OF ATTORNEY, Brian Meek, 50, was eliminated when the officials found his SQ depth inadequate. Three times mighty strokes: 694, 749 and a final 804 were greeted by blatant red lights and a chorus of boos. It was not his color of preference. After the fatal blow, Brian displayed what happens to a scud missile misses its target - explosion! Later, he cooled down and was helping his teammates in the back room like the trooper he is. B. Greig, the powerful Canadian, never got the chance to display his monster SQ & DL. A paralytic quadrecp tear warming up kept him from mounting the platform. He and Brian's try for the title will have to wait until next year.



P. LeGrande from South Africa

ahead. Both men were an equal match from there on out. Jan duplicated: Neil Rowley of Durban and Brad Beira of Gauteng. My hip slipped out trying to sleep on three empty airplane seats coming over. It was great on my sciatic nerve, causing a pressing on and pain down my left leg. Rob Matthews, a robust fellow resembling the Alamo boxer known as "Butterbean", gave me a lumbar roll and Brad (a fascinating fellow) also adjusted me during the week. Dr. H. Jagot of Medical Sport was also in attendance, as well as Neil Rowley of the local Sports Physio and Massage Center. A most unique fellow was a freelance massage therapist known as LASZLO (Hungarian born) from Glasgow. He came because he loves sports and athletes. He's a great character, but crazy as a loon. He kneads the flesh like a master sculptor and has a unique way of loosening tight muscles by supporting and elevating, even the biggest of athletes in relaxing floating positions. It amazed all. His favorite participants are the voluptuous female models which he treats frequently. Unfortunately, there was no CHEESECAKE available, only BEEFCAKE. My thanks to all who treated me and "stretched me".

Claude Parnell, a WSM participant strained himself trying on COMPUTER CRUCIFEX early on and was kinda grumpy. He warmed up to me (tolerated me) the last couple days. Claude is the Regional Manager of SAMES, the South African Micro-Electronics System Co. in Durban. It would have been easy to have programmed the computer to give a final tally of all the attempts

"HE could do 700" he told me. "Go tell him" I urged, stirring the pot a bit. He did, and out came LEGRANDE - HE WAS THE MAN FOR 705. Oops, not quite. Later, I jokingly told Higgins the big man had been looking everywhere for him. It will be a joyful reunion next year in England for Mike and the man I've dubbed as my UNCLE HERMAN!

Now taking a brief interm from the competition I'd like to take the time to extend praises to the splendid Medical team on hand to serve the lifters. SPORTSMED provided all medical services at the event. The medical doctors on hand were Dr. Craig Spriggett, and Dr. Glen Hagemann. The injuries incurred at the WPC Worlds this year were sparse (thank goodness). When an injury cropped up these professional gentlemen attended them quickly and most proficiently. Before competing, Tom Waddie was as hup as a decaipitated chicken. He was greatly relieved to find his blood pressure normal and that he was healthy as a horse (I knew it all along). Two chiropractors were on duty: Neil Rowley of Durban and Brad Beira of Gauteng. My hip slipped out trying to sleep on three empty airplane seats coming over. It was great on my sciatic nerve, causing a pressing on and pain down my left leg. Rob Matthews, a robust fellow resembling the Alamo boxer known as "Butterbean", gave me a lumbar roll and Brad (a fascinating fellow) also adjusted me during the week. Dr. H. Jagot of Medical Sport was also in attendance, as well as Neil Rowley of the local Sports Physio and Massage Center. A most unique fellow was a freelance massage therapist known as LASZLO (Hungarian born) from Glasgow. He came because he loves sports and athletes. He's a great character, but crazy as a loon. He kneads the flesh like a master sculptor and has a unique way of loosening tight muscles by supporting and elevating, even the biggest of athletes in relaxing floating positions. It amazed all. His favorite participants are the voluptuous female models which he treats frequently. Unfortunately, there was no CHEESECAKE available, only BEEFCAKE. My thanks to all who treated me and "stretched me".

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of all the contestants. Only the final lifts and total were available for printed copy; hence the lift by lift tabular results of the Teenage, Junior and Ladies Masters are not available for this report, only the best lifts and total. The final results omitted the athlete's country as well as several of them I don't have. Don't blame me, call Claude (Magnus who?) Pamell.

SEA WORLD in Durban relies heavily on grants, donations and sponsorships to operate. Surviving in an environment of 500,000 litres of seawater, there are in their tanks about 1,200 animals which are fed 60,000 kg. of food annually. Admission was approximately US \$5.00 and well worth it. The sharks and hundreds of colorful exotic fishes were easily viewed. Penguins, seals and dolphins were featured in special show presentations of their astounding abilities. Over 60,000 visitors visit SEA WORLD annually and it's open 365 days a year. Their commitment to the marine environment is total dedication. They help rehabilitate stranded marine animals which wash up on the Kwazulu Natal beaches, exhausted, stressed and often severely injured. They save and prepare them for release back into the wild. I enjoyed my visit immensely as did my sidekicks, the Dunaagans. Hugh and I got TAKEN



Mary Warman's Incredible 529 squat. (Herb Clossbrenner photos)

for a ride in one of those two wheel carts by a local SCAM MAN who negotiated the price AFTER he carried us around in the rain. Once Hugh shifted his weight back and almost ruptured the guy. Speaking of ruptures, I learned that Jay Rosciglione's big buddy Shawn Albersson now has one. It wasn't from jugging Jay's gigantic 'toie bag' (fat chance of that). Get it fixed Shawn & heal quick. The two make quite a pair (Jay is 5'5" - Shawn is

6'5", a most promising protégé with an official 694 SQ under his belt.)
I was fortunate enough to do the VALLEY OF A THOUSAND HILLS 3 hour tour on Friday. It was reasonably priced @ 110 Rands (about \$25 U.S.). It included a chance to see the residential areas of Westville and Mooi - view sites of the Valley of 1000 Hills, the crocodile and snake park, and the Zulu Kraal with the Witch doctor and

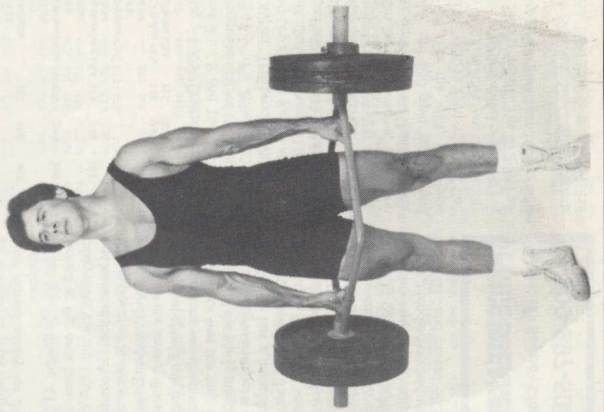
tribal dancing. After a refreshing interlude it was back to the lifting. WOMEN'S OPEN - During the first two days the excitement built up like the sweltering humidity of the South African climate. By the time the Women's Open competition took center stage on SAT. Nov. 9, the lid was threatening to blow right off the pressure cooker pot.

105 - The smallest lady, GBR's Leslie Watson, was pretty and lean. She lifted with precision and fortitude. She lost concentration on her 2nd attempt in both the BP and DL, but refocused, came back, and made them to emerge a winner. At 114, P. Pawel of RSA was really something. Not only did she out lift the Men's Open winner at 114, but made a 409 SQ on a 4th, a magnificent W/R. Her 931 total rates among the best ladies of all-time.

Natasha Barker was flyweight runner-up for the second year in a row. Her dark, dangling ponytail blended in with her black outfit. She tried a 369 DL her final lift. It came just shy high. Next year on HOME TURF (GBR), she hopes to COME IN FIRST.

123 - Vanessa Gibson's dream of gold last year evaporated. She tragically broke her arm setting up for her 446 SQ attempt. Orthopedic surgeon Bruce Kay surgically

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P. Pawel of the Republic of South Africa trying a world record 409

BACKS OF ALL TIME.
Happy-go-lucky Mary Warman, USA, along with 7 times WPC World Men's champ Scott, comprise the strongest global husband-and-wife Power partners. Their combined P/L aggregate now is 3510.8. Right behind them is the Van De Weghe's, Jan and Stefanie, with 3367.5 (to be continued). Mary like so many stars from the heavy high protein in the "mess hall" every morning (6 egg whites and chicken breasts boiled). Her new W/R SQ strongest 123 man in GBR could muster one week later at the IPF Worlds (Mr. Clay) in Salzburg, AUT. U.S.A. SHE'D TRIED MANY TIMES - HER SQUATS A WONDER. HER FIVE TWENTY NINE

- NO. 1 - TOP 100! A fabulous lift it was. It surpassed all but the top two 132 men at the recent IPF Worlds! Incredible huh? Mary's BP shirt tore, but she shovled up 237 undamaged. Her 248 stopped on Boudreau, the IPF champ. What a comeback, and what a difference a year makes. Her story is one of triumph over trauma. BEST LIFTIN' goes to VANESSA GIBSON! She had a ONE TRACK MIND and made one of the BEST COME-

toy. A final tug at 446 barely budgeted, but it didn't matter, being anti-climatic. Mary usually takes but a few weeks away from her bodybuilding curriculum to specialize on power. Makes you wonder what she could do with a longer period to prepare. Meryl Steegles, GBR, scored a nice 887 for bridesmaid honors. At 148 Lizzie ALLWORTH (RSA) gave it ALL SHE WAS WORTH! PROUD AND BURLY her THOUSAND THIRTY took the ONE FORTY EIGHTS, NOW THAT'S A STORY THAT'S GREAT. Carl Smith assisted her, shouting instructions. GBR's Allen lifted absolutely perfect - 9 for 9. She was one of only two ladies to register, such a feat. A 920 total gave her a 2nd to Lizzie. She'd tore her bicep on her first SQ and gamely finished the meet with her left elbow wrapped. A courageous lady!

Stefanie Van De Weghe, USA, is in a class all by herself. Only Debra Erney (USA) could have TESTED HER, but could she have BESTED HER? DEBBIE DIDN'T COME and STEFFIE WON! The eagerly awaited rematch between these two may materialize at the 97 APF USA Senior Championships. With no one to combat her, it didn't matter. Van De Weghe plunged headfirst into her game plan. On a 3rd she posted a mighty 551 SQ and tried on a 4th to eclipse Laura Dodd's epochal mark (667) w/ 573. She missed (2 weeks back, in IL, her 330 BP descended slowly, then shot up like a rocket. She finished a P/R 347 with a tilt for 2R. She lost the groove on a final try. She executed 3 picture perfect deadlifts: 424, 451, then 468 and had 1350, a new W/R breaking the 1350. Erney had made (1344) at the APF

Men's Open Competition

Seniors on May 31st past. (At the Danglerfield meet Nov. 27th, she totaled another W/R @ 1355. This duplicates the all time best by a woman at 165 - the 1355 that Terry Byland-Rohal made in '85). Laura Dodd still has the D.L. record (534) and this record seems safe and should survive the new millennium. No doubt about it - for the VAN DE WEGHE'S, IT WAS A HAPPY DAY!

Krista Ford, with her quiet demeanor, calmly and collectively built an insurmountable lead at 181. He squatted 462 strongly and failed only at 490. She ZIPPED UP 264 & 292 BPs, but on 308 she SLIPPED UP. It stuck midway. She rattled off her deadlifts like marbles in a jar - 418 - 462 and finally 485, the heaviest pull by any woman that day. Her 1240 total was 170 better than RSA's strong lady - Steyn. Australia's A. Smith, a beely red head, gained lost ground in her battle with Steyn. Smith's 220 BP brought her within 22. Going into the final round, she DL'd all 3 finishing w/ 297 and 837 for 3rd place. S. Steyn leaned back at the completion of her 308 DL opener and stepped back before signal - 2R. She settled down, made 352 easily and finished off with 407 - 3W. Her 970 total gave her 2nd to Krista. Smith was happy with the bronze and a 9 for 9 day. Why shouldn't she be? After all, every lift she did was a Master's W/R. Britain's Emma James struggled with a bad back, but bravely finished with a beat with a token DL. The tremendous spotters saved Emma when she almost dropped her 165 BP 3rd on her head. Good job.

WPC WORLDS PART 2 - next month concludes with the exciting

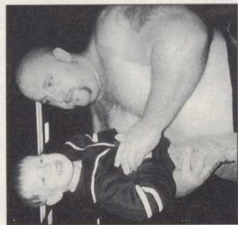


Stephanie Van De Weghe (United States) squatted 551 at 165 lbs.

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Congratulations to Mark and Ellen Chaliliet John Schaeffer, and everyone else involved with the IPA Nationals. What a meet! Three days, over 200 lifters, more lifters turned away, and \$10,000 in prize money. Wow!

Rickey Dale Crain put on a super powerlifting performance, hitting an 800 lb. squat at 165, and totalling 1890. Tamara Rainwater Greenwood returned to the lifting platform for the first time since her neck surgery, and showed she's still tops among the women. Her 600 lb. squat, 325 bench, and 500 lb. deadlift earned her the best female lifter title, and the \$2000 that went with it. Ashley Boyce, at 132, cranked out a 425, 255, 395, and Johnny Avon, in the SFW division, hit for 535, 355, and 530.



Jamie Harris hoists up his four year old nephew, Donny Reed.

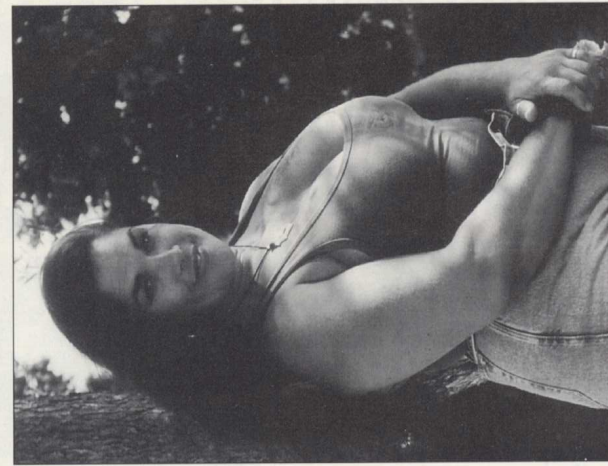
Jamie Harris and Anthony Clark went at it on Saturday night, in the kind of match-up that so many powerlifting fans would love to see more of. Jamie opened with a 720 bench, and got a good lift. Anthony went for a new world record on his opener, 785, but didn't get it. Next, Jamie went for a PR at 770, but blew out his shirt on the attempt.

Anthony's second try at 785 was also no good, as was Jamie's third lift, another shot at 770. On



Susumu Yoshida and Peter Thorne chat it up at the Masters Worlds.

POWER SCENE



Below: Reggie Bennett has been making her life as a professional wrestler in Japan. photos provided by Ned Low, POWERLIFTER VIDEO MAG.

his last lift, Anthony, still going for that new world record at 785, just didn't have enough in him, at least not for that day. Jamie got the \$10000 Biggest Bench prize.

Larry Pacifico was honored at the awards ceremony, and that prize money was sure appreciated by the recipients. Let's hear it for John Schaeffer and Team Global for putting some serious money into this meet. Way to go, John!

Congratulations also to Nevada's Nikki Avey on successfully running her first powerlifting meet. The Las Vegas ADFPA show saw Tom Bryce - a 220 lb. Tom Bryce, down from 340 - come down from Washington state to compete. Nikki's training partner, Jamie Moller, did his first meet in three years, and had the strength for an 800 lb. squat, but got nailed by the time clock.

As for Nikki herself, well, being Nikki, she's doing lots of things, including Olympic lifting and judo, in addition to powerlifting. After only six weeks of judo training, she's already whipping some black belts, but judo also gave her a couple of broken toes, so she didn't get to do the squatting exhibition she'd planned. In December, Nikki's heading out to L.A. and Muscle Beach to compete in an Olympic lifting meet. All this is in addition to the personal training she does in Vegas.

Now that Peter Thorne is no longer President of the USPF, it seems that he's doing even more international traveling than before! He just didn't think this possible. He just returned from the IPF Worlds in Austria, and right before that he journeyed to India for the IPF Masters. In India, he met with some

foreign bigwigs of powerlifting, including Japan's Susumu Yoshida.

Speaking of Japan, it's home nowadays for Reggie Bennett, who did her powerlifting and bodybuilding in California in the 80's. Reggie, who's probably the strongest female wrestler, moved to Japan for her wrestling career and now tosses around little women wrestlers in a stead of big heavy weights. We caught up with Reggie when she was back in the USA for a little vacation.

Outside of Gold's Gym here in Venice, I spotted this bumper sticker.



Seen at Gold's Gym... this bumper sticker sends the right message.

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I want to talk to you about coming back from adversity, about not giving up, about rejecting rejection. Today I hope to be a great day in your life. And you're feeling wonderful, like you could conquer the world. And you should feel that way. I wish you would feel that way everyday. But one of these days, not too far into the future, there will be a time when you are going to have a setback. You may even fail. That's what I'm going to discuss now.

Do you know one thing that I have never failed at? I have never been defeated in tournament chess. Considering the fact that I love chess, and that I've read every contemporary book on the subject, I believe that's a great achievement. Don't you agree? The reason I have never lost in tournament chess is that I have never had the guts to compete.

That's the way it is in life. Only those people who try something run the risk of failing. The main choice that most of us will make in our lifetime is at what level we will experience failure. Some of us make major league errors. Some of us make minor league errors. Some of us make no errors whatsoever because we don't even play the game. If you are able to satisfy your self by saying nothing, doing nothing, and being nothing, then, my friend, I can guarantee you will never fail at anything.

Consider when you were a baby. It was the first time for you to take your first step. I know you don't remember your first step. If you had asked your parents, they could tell you all about it. Let me remind you what happened. One day there was something in you that said, "I think I'll take this diapered bottom off the floor and try to walk. You raised yourself up and tried to take a step. And what happened? You fell down. You failed, but you didn't quit. Something made you get back up and you took another step. You tried again, and maybe you fell down a second or third time. That's the way you learn to do anything in life. Whether it's lifting weights, catching a baseball, playing a musical instrument, learning to add, or how to work a computer, you learn by trial and error.

Let me tell you a story. There once was a young man who wanted more than anything in the world to be a good basketball player. This was his dream. He worked at it as hard as any human being worked at

professional hockey player. When he tried out for a team, they told him, "You don't weigh enough. You're 50 pounds plus lighter than the average player." Wayne Gretzky didn't let rejection deter him from becoming one of the greatest hockey players of all time.

This story is of a man who was born a slave. When he was a baby, slave traders kidnapped him. During his young life, he was in poor health. Once the civil war ended, he headed to the Midwest. While there, he harvested wheat, cut wood, and worked at whatever job he could. He also attended school whenever possible. He was determined to get an education. He completed high school at the age of 27. He then was accepted to a small Midwest college only to be told to leave when he got there. They college officials said, "No! We can't take you in." He was 30 years old before he ever became a college freshman, but finished at the top of his class. He was the first African American to graduate from Iowa State to become internationally known as an expert in plant chemistry. He was admitted as a fellow in the Royal Society in Great Britain. Here in the United States, he was the first African American to have a Federal Monument constructed to commemorate his life. His name was George Washington Carver.

Let me give you one more example while I'm on the subject of Great Britain. When he was 16 years old, his teacher sent home his report card to his parents which read, "Shows a conspicuous lack of success." That young man was Winston Churchill, one of the great men of the 20th Century. Years later, his high school invited him back to make a speech to a graduation class. He gave the best graduation speech I ever heard. All he said was, "never give up, never give up, never give up." Then he sat back down.

As I mentioned earlier, life may be great for you right now, and it should be. You earned it. However, there will be times during your life when you are going to feel disappointed. There are going to be times when your dreams are shattered, and times when someone may reject you. When that happens, remember that each of us can reject the rejection. And that, my friend, from a man who has frequently been rejected, is good news indeed. God bless you.

There once was a woman who

Dr. JUDD

Rejecting Rejection

by Judd Biasiotto Ph.D., World Class Enterprises



Yuri Spinov rejected the obstacle of a torn pec to become IFF SHW Champ twice!

anything, trying to develop his skills. Sadly enough, he didn't make first cut. The next year, he tried again, to no avail. He went home to his room and cried his eyes out. Though he had been rejected twice, he would not quit. He said his experience of having been cut taught him how to handle rejection in his adult years. He worked harder than ever on his skills. He not only became the greatest basketball player who ever lived, he also handled the fame with grace and dignity that has transcended sports and made Michael Jordan a household name.

Here's another story about a young man who dropped out of school after the eighth grade. In his early twenties, he went to prison for six and a half years for burglary. However, he hungered to better himself. While in prison, he copied the entire dictionary in his quest to improve his mind. Once out of prison, his life was still filled with frustration. Gradually, he took his place in history. His name was Malcolm X. Because Malcolm rejected failure, he changed the lives of so many people.

This next story I wish to share is about a 17 year old exceptional athlete. He had an intense desire to obtain a career in either soccer or hockey. His real dream was to be a

wanted to be a writer. After she would put her children to bed each night, she would stay up to write. She put together her first novel and sent it to several publishers only to face rejection. Today, Toni Morrison is one of the best selling authors in the world. She won a Pulitzer Prize, and her face on the cover of Newsweek.

Here's another anecdote about a young man who dropped out of school after the eighth grade. In his early twenties, he went to prison for six and a half years for burglary. However, he hungered to better himself. While in prison, he copied the entire dictionary in his quest to improve his mind. Once out of prison, his life was still filled with frustration. Gradually, he took his place in history. His name was Malcolm X. Because Malcolm rejected failure, he changed the lives of so many people.

Here's another story about a young man who wanted to become a politician. As a young man, he ran for office and lost. He ran again and was defeated a second and third time. This man ran for office 15 times and was elected only three times. But thank goodness those last two times Abraham Lincoln was elected President. Think of what this county's and the world's state of affairs would be if the accepted defeat early on.

There once was a woman who

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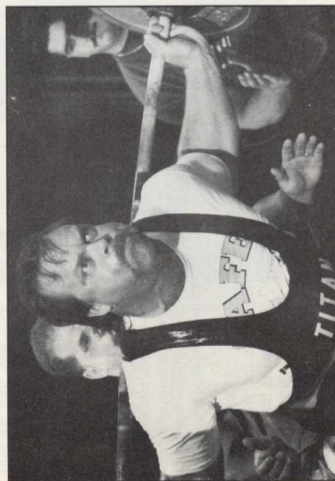
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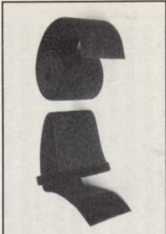
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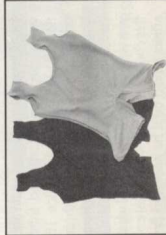
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THE ELEVENTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner

nailed it to take the lead. Once the barrel rested on the floor it would be all over.

Tom Pollard lightest man (119), came from Lincoln, NE. He managed to pull up 400 for 876, and took 7th place. Highly regarded Vernon Bousler, Baltimore, MD, missed a 358 SQ, jumped to 369 and failed twice. A sure medalist was out. Fred Glass of Allentown, PA represented the Barnegat, NJ Surfbreakers club. He was 3rd in '73. Now 39, he was one of the old veterans who refused to bow out. Fred hauled up 440 (2nd highest in his class) - 914, 6th place. Toledo's Ron Mercer balanced out at 936 for 5th.

Two great veterans vied for 3rd. Bojazi, 49, of Philly, had been the surprise World Champ. Moyer, 41, of Reading, PA was in his last Srs. Bojazi's 424 DL edged him out (986-981) and earned the bronze after playing catch-up all day. Lech, very light at 119, finished an 8 for 9 day hoisting 418 for 1052 and securing runner-up position. Lamar could have won with 413. It uped, he chose 501. He yanked it off effortlessly. With scoliosis of the spine, Lamar's backbone bends like a "S". Dubbed the "nubber band" man, Lamar stretches his arms back out barely above his knees. He had a landslide victory. He was not finished. Up came a terrific 540. On his final lift, he tried a US and W/R of 556 to beat Mike Cross' record. Too much this day. His total left no doubt that his first Srs. win was a stepping stone to higher achievements. Later that Fall, for the first time on foreign soil, Lamar went to Birmingham, ENG and won his first World title - 1118! There were many more to come!

132 LB. CLASS - ENRIQUE WITH MY MAGIC SLIPPERS - Never in my wildest imagination did I expect to see my gymnasium slippers planted on the platform deck and pull up a Sr. National title. Believe it or not, it happened. The only thing was, I wasn't in them at the time! Allen Lord was in his 10th Srs. He and was defending World Champ having captured his titles back to back in 1973 and 1974. He came in injured, and bombed with a 374 SQ. Cary Wandell, Lansing, MI, fought gallantly with wrappings began at 248, missed 264, then

Steve Hoxworth of NJ, Hoxworth

proved he was superior to everyone and DL'd a class high 512. 2nd attempt. Both men weighed an identical 130 lbs. Hoxworth took 3rd (986-981) and earned the bronze after playing catch-up all day. Wandell missed 490 left him in 4th with 1135! Leroy Mable, Buffalo, NY, had his finest day - 407 SQ, a miss at 418. Three benches: 286, 308, 314. His 479 DL brought him to an easy 2nd place - 1201. A 2nd attempt jump to an impossible 578 was unworkable. He was going for 1300 and I pulled 462 then matched Jon's 490 opener on my 2nd. I jumped 507 but was called for stopping. Smoker couldn't lift 518 - passed his 3rd. Glosbrenner placed 7th (1174) and Smoker took 8th (1157) - a good battle. Clyde Wright, (479) the ladder, DL'd lowest (417). Even so, his was still 104 lbs. better than me - 1278 - 6th. Bob Cortes, a longtime friendly rival from Romulus, MI, put his strength and experience to work. He matched CA's Perry Kwok on the DL to tie him at 345 and 1295 total. Bob was 5th because he was the heavier man (148 to 146). Cortes tied 562 to claim 4th, but didn't. How sneaky can you get? Two other Michigan men battled for 2nd and 3rd. Robert Ingram, of Ypsilanti, had a far better DL than homestate O/L'r Cary Hunter of Lansing. Ingram's 336 BP was among the highest in the class. Hunter pulled 545 then missed 567 - for 1311 and 3rd place. Ingram began at 551 which fortified 2nd place - 1366. Two final tries at 606 went nowhere.

Jack Welch of Ambridge, PA was the easy winner. He really caught fire. Welch SQ'd 490 perfectly, after missing 485. His BP's

The biggest class of the whole meet. A baker's dozen were entered. Wayne Albrichter of Villanova, PA, didn't come. Then there were 12.

What a lineup. Insignificant names among the illustrious names was lil' ole me. Welch, a 3 times Seniors champ at 148, was expected to be pushed to the wire by the Juniors champion, Rocky Crain, of Rapid City, SD. I CRAIN GAINED FAME at Lincoln, NE where he's SQ'd a JNMR, AR and W/R 550 to blow away the field. His 1415 total was an American and World Record. Riding the CREST OF SUCCESS, he opened here auspiciously - 540 - miss! He went to 551, undaunted, and got pinned twice again. A big disappointment and a lesson well learned. Now 21 years later, Crain is still around. Three others bonded. NY's Mike Facteau at 303 BP and Ron Garrow at 479 DL; and Fresno, CA's Roger Wright at 501 DL. The judging was tough. I had to repeat my 407 SQ opener to satisfy the judges. I did so, then finished a gutbuster 418. I dweled with fellow Hoosier Steve, Jon Smoker who opened at 391, missed at 413 and passed his 3rd. The BP pauses were long. I finished 270, but got credited with 264 for 2nd (still finished it). Smoker gained ground with 275, then missed 281. I pulled 462 then matched Jon's 490 opener on my 2nd. I jumped 507 but was called for stopping. Smoker couldn't lift 518 - passed his 3rd. Glosbrenner placed 7th (1174) and Smoker took 8th (1157) - a good battle. Clyde Wright, (479) the ladder, DL'd lowest (417). Even so, his was still 104 lbs. better than me - 1278 - 6th. Bob Cortes, a longtime friendly rival from Romulus, MI, put his strength and experience to work. He matched CA's Perry Kwok on the DL to tie him at 345 and 1295 total. Bob was 5th because he was the heavier man (148 to 146). Cortes tied 562 to claim 4th, but didn't. How sneaky can you get? Two other Michigan men battled for 2nd and 3rd. Robert Ingram, of Ypsilanti, had a far better DL than homestate O/L'r Cary Hunter of Lansing. Ingram's 336 BP was among the highest in the class. Hunter pulled 545 then missed 567 - for 1311 and 3rd place. Ingram began at 551 which fortified 2nd place - 1366. Two final tries at 606 went nowhere.

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were perfect: 330 - 352 and then a P/R 358. He had 33 lbs. on Ingram at this point and never let up. His 1st DL of 529 was a mistake. He jumped big and erased his error immediately - 573! This gave him a new American and World record total of 1421 to win his 4th. Seniors title. Jack went overseas that Fall and captured his World Title - 1410! One of our premier power lifters was Welch. A great athlete. INDEED!

165 LB. CLASS - WALTER DOESN'T FALTER - IT WASN'T CRAWFORD. The 165's least number of entries (5), Tom Servais of Minneapolis, MN and Chuck Boormazan (72 number-up @ 165) were entered, but not in the lineup. Walt Thomas was the reigning Seniors' champ. He fought Ron Collins (GBR) for the '74 World Title. Thomas hauled up a 633 DL there for 1603. Collins used a bigger one - 644. Walt may have won with 656, but tied 666 (too much) Collins, having already won twice '77, but pulled it up only halfway. Final Worlds action: Collins (1614) and Thomas (1603). Onto this action:

The understudies played out their parts. JERRY BELL did VERY WELL. The Toledo, OH DL'r tied for 2nd best in his pocket. He came here and bombed with a 600 SQ. Bill Johnson, the Texan, didn't dig his oil well deep enough and pumped a dry one. His 600, and 611 2nd and 3rds left him out of action. LA's Rob Walker earned 5th position with 1433.

Vince Peterson (Rochester, NY), Mike Lettner (Altoona, PA), and John Geazy (Univ. Pa., PA) fought a tight battle to determine the lesser medals. They were bunched so closely all the way through, that it was impossible to predict the outcome. Lettner dodged a fatal bullet and got his 534 SQ after 3 tries. GEEZY got his 540 SQ but wasn't to forge ahead. Vince pushed all 3 but lost ground at 363! Geazy opened with that weight, powered by 385, then tied 396. Lettner (3rd at 165 in '72 Worlds) missed 380, 2nd but jumped to 385 - yes! Sub-totals: Geazy & Peterson - 926. Lettner right with them - 920. All 3 men were very good DL's. They were too far back to catch the leader, but had a death struggle with each other. Lettner made an easy 606 opener. Vince and John matched it on 2nds. Lettner hauled 622. Peterson matched it and was done. Lettner put out on 633 and

took his 3rd with 677.

took his 3rd with 677.

took his 3rd with 677.

took his 3rd with 677.

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Bud Ravenscroft was a terrific bench presser. (Pope)

Not meant to be! Walter Thomas went on to win his 1st World title that year - 1581. He repeated this feat 19 yrs. later to win the IPF Men's World title in Johannesburg. SFR at age 49 (1780 at 181). That occasion marked 11 yrs. since he won his last one. To ENDURE and PROCURE - that's Walter Thomas, one of P/L's best ever champs.

181 LB. CLASS - DENNIS WRIGHT - WINS THE FIGHT! - World title. For Dennis, runner-up was satisfying. "All that glitters is not always gold" and Silver was just fine! Dennis' big day would be down the road - his destiny!

198 LB. CLASS - BUDS THE STUD - HE WANTED BLOOD! After the '74 Srs., RAVENSCROFT pulled 611 for a sure win (1779). Next, he lifted in succession - 639 (1807) and 655 (1824) to set two National Meet and W/R totals. What a day! Prior to this event, a magazine article called him the ALMOST CHAMPION. He vanquished that notion here and fortified it more so at the Worlds. His 518 W/R BP plus a 1747 total made him WORLD CHAMP. No doubt anyone - RAVENSCROFT'S STUD! When they presented his championship award, the words would long be remembered: "HERE, THIS BUDS FOR YOU!"

220 LB. CLASS - OH - OH! PACIFIC! - This class of 10 was the cream of the crop! The first Srs. and World Champ at 220 (1973). Bill Seno was locked into a sure 3rd. When he missed all of his DL's, BP phenom Mike MacDonald had the same fate befall him. Pat O'Brien's 705 DL wouldn't come up - 1581 for 8th place. Max Malkow of Syracuse was one notch higher - 1587. George Trillizo of Buffalo is still active (20 yrs. later). He scored 1592 and 6th on this historic Occasion. Roger Benjamin, a great NE DL'r, pulled 683 and himself into 5th - 1614! Glen Stearns, the FOURTH man from NEW YORK,

topped Vince by 5. With one lift left, Geazy stormed 633 and finished it with the best yet of 937 - with the best yet of 937. Russell totaled first. His 650 DL gave him 1703. Now came the DL specialist. MATZ pulled himself from LATESTED had his work cut out for him: he hauled in 711 then a terrific 99 lbs. As the heavier man, Ed bridged the enormous gap. As heavier man, he took 3rd by totaling 1708. He increased to 760 (W/R) but got it only knee high. Now came Anello whose BEST LIFT is (of course) his DEADLIFT. He put his mighty hump into play! He OPENED with a 771 W/R and put his hydraulics into high gear. Up it came. Vince now zoomed into 2nd place (1708) as lighter man to Matz. Matz was now in 3rd place and Russell was back to 4th. What a difference a blonic back makes! The championships were already decided. Vince could not win. He wanted to become the first 198 to DL 4 times his bwt. and eclipse the 800 barrier. 804 lbs. were loaded and Vince, with shoulders back, pulled it to completion. His was a fantastic lift!

Ed 'Bud' Ravenscroft's 1168 subtotal was so high that even such amazing DL power could not overcome it. Ed SQ'd awesomely, 628, 636, and almost 683. His 496 BP opener set the stage for a new 512 W/R and a close miss at 518! Ed pulled 611 for a sure win (1779). Next, he lifted in succession - 639 (1807) and 655 (1824) to set two National Meet and W/R totals. What a day! Prior to this event, a magazine article called him the ALMOST CHAMPION. He vanquished that notion here and fortified it more so at the Worlds. His 518 W/R BP plus a 1747 total made him WORLD CHAMP. No doubt anyone - RAVENSCROFT'S STUD! When they presented his championship award, the words would long be remembered: "HERE, THIS BUDS FOR YOU!"

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The 20 Greatest U.S. Lifters of ALL TIME

as told to Powerlifting USA by Doug Daniels



Dan Austin - invincible at 148 pounds. He is perhaps the most under-rated lifter ever, never getting the credit he deserved. He gets it here.

Gene Bell - military lifter who broke some of Bridges' records at 181. Bell's competitors could expect to be satisfied with second place.

Mike Bridges - the dominant force in the era after Pacifico and before Coan. Though mostly known for his squatting, Mike set records in the bench press and total as well.

Pat Casey - let's see, the first to bench 600, the first to squat 800. That's enough for me. He also set a standard for the big guys.

Anthony Clark - surrounded by controversy since his 1024 squat in Hawaii to his reverse grip bench press, Anthony is the guy who is currently pushing the envelope with weights that many thought never could be lifted and he's not finished.

Ed Coan - this was easy. Simply the greatest athlete the sport has ever known. His only competition is himself, which means he usually out-totals all the lifters at major meets, including the superheavyweights. He's the Michael Jordan of powerlifting.

John Cole - track man turned powerlifter. Used his athletic ability to register huge totals at under 300 pounds. How's an 882 deadlift with a 901 squat, back in the 1970s. Coan also excelled in Olympic lifting.



Mary Jeffrey is one of the greatest lifters. Many endeavors have their heroes, participants that have clearly stood out from among the others. For some endeavors, the measurement of greatness is as easy as answering the questions: who jumped the highest, who sold the most life insurance policies, who made the most widgets.

Powerlifting's greats, it would seem, should be very easy to determine. Whoever lifts the most weight, is the greatest, in a given weight class, right? That would mean all the current record holders would have to be considered the greatest. Just look at other sports to see that this is not always the case.

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2243 and the win. Miffed, he took no more and went looking for head referee Joe Spack.

In England later this year, Reinhardt won his 3rd World title (2276). Phillip of Tongva was 429 lbs. behind in 2nd place. No SHW dominated like big Don did, before him or after!

Larry Pacifico won the Best Lifter platter. In a sportsman-like gesture, he gave it to Hernandez (132) whom Larry left deserved more. Later, in a grateful gesture, Henry presented to me, knowing my "magic slip-pers" had saved his day. After all these years, Larry never knew this. Therefore, I extend a belated THANK YOU LARRY!

1975 SENIOR NATIONALS 30, 31 AUG. - YORK, PA

	SQ	BP	DL	TOT
114				
C. Maitak	325	204	423	752
S. McDonald	320	204	423	747
N. DeSantos	303	226	352	881
S. Strain	292	242	330	865
T. Hopkins				
L. Coan	380	264	540	1184
R. Lech	391	242	418	1052
J. Bjork	314	248	424	986
R. Walker	319	220	396	936
R. Mercer	319	220	396	936
F. Glas	292	181	404	876
V. Pollard	292	181	404	876
132				
E. Hernandez	462	336	496	1295
S. Mable	397	288	473	1156
S. McDonald	390	288	473	1151
C. Wandell	402	283	479	1165
A. Lord				
148				
R. Ingram	490	358	571	1421
G. Hunter	479	386	545	1311
P. Kwock	479	386	545	1311
C. Wright	479	386	545	1311
H. Glassbrenner	479	386	545	1311
J. Snoker	418	264	490	1173
M. Wright	418	264	490	1173
R. Walker	462	364		
M. Frazier	440			
R. Coan				
W. Thomas	611	363	628	1603
C. Crawford	650	347	657	1655
J. Spack	480	308	567	1443
J. Smith	486	308	567	1443
J. Bell	444	292	628	1366
181				
D. Wright	633	424	573	1631
M. Phillips	630	413	573	1616
A. Leffler	630	413	573	1616
V. Peterson	556	369	622	1548
R. Walker	518	363	551	1433
E. Johnson				
E. Gant				
198				
B. Ravenscroft	655	512	655	1824
V. Ariello	633	382	614	1729
L. Russell	611	440	600	1751
K. Boyer	611	440	600	1751
Z. Woods				
L. Pacifico	711	556	733	2000
M. Phillips	727	468	655	1851
T. Farchione	644	413	716	1774
R. Walker	633	382	614	1629
K. Benjamin	573	380	683	1636
C. Trillizo	573	418	600	1592
M. Mallow	611	363	611	1587
R. Soren	628	512	661	1581
M. McDonald	567	545		
242				
L. Young	705	534	689	1929
C. Smith	721	501	677	1906
C. Smith	688			
SH				
D. Reinhardt	832	606	804	2243
D. Kennedy	925	534	760	2077
H. Fera	788	551	705	2044
W. Landes	672	501	666	1840
D. Waddington	661	468	622	1752

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Ruth Shafer was a remarkable lifter.

placed the same - FOURTH. He topped two other home state rivals - 1719. Tom Farchione was the strongest BIG APPLE STATER 644 SQ, 413 BP and ranked 5th going into the DL. Tom reeled in 3 DLs. His final 716 catapulted him into 3rd place - 1774!

Marv Phillips was defending Srs. champ. He set a W/R 733 SQ and Marvin might have won the title but he came face to face with a legend - PACIFICO! Larry dominated here - 1951 to 1824. Marv saw his title slip away when he faced him, again, here. Oh - oh - Pacifico! Larry and Phillips fought for sole claim of "squatters rights," and in doing so, explored new territory! Marv set a new record of 699 for an opener. Larry notched 711, got called for depth. On his last try, he made it owning the record outright. An unimpressed Marv took it right back - 727! Pacifico stood up halfway with 738 - miss! Marv owned the TOP SQUAT, but really wanted the TOP SPOT! He wanted more - 744 - this time too much! Phillips, a good benchler, got 468 missing 490 twice - tough luck! The BP is Larry's bread and butter lift. MacDonald challenged him on this lift. Larry popped 534. Mac countered with 545 - touched! Larry cranked 556 and (Mike had the W/R - 573 topped Larry's 567 at the '74 Worlds) had the upper hand. Both Mac and Larry tried more. Larry failed his attempt and Mac missed it twice. Challenged by two men in single lifts, none could match. Larry Sidney superman overall. Larry pulled 699 and 733 for a magical W/R - 2000 total! Marv managed 656 for 1851 - 2nd place. Larry

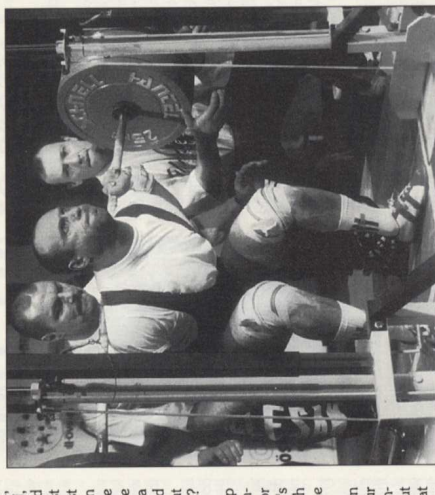
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Supermen of the Century

Part 5, as told to PL USA by Herb Glossbrenner



Alexander Dekhanov will likely overtake Jim McCarty as No. One

Saarlaenen was a good weightlifter but more renowned in P/L. R.I.P. Hannu TCH's Baraniak was 7th in the '80 Olympics, finishing 9th each time. He was 13th at 114 in the '76 Games. P/L beckoned. McKenzie became a multiple World Champ in that arena and gave Lamar Gant a battle to the wire. Vladimir Minov was Belorussia proud. Sergei Alexeev is indeed the son of big daddy Vassily, the O/L phenom.

SUPER MEN OF THE CENTURY - PART 5/WORLD TOP 30 IRON GAM

PL	Lifter	DOB/NAT	HT/IN	HT/CM	BWT/LB	BWT/KG	SQ	BP	DL	OL	SN	CJ	Sup Tot	Schw Pk	Rating Pk
1.	McCarty, J	60/USA	64.9	176.0	675	395	690	700	314	386	2460	1175	861	2036	
2.	Vorobyev, G	61/RUS	68.5	198	(2023)	749	424	749	(826)	374	452	2750	1125	908	2033
3.	Mustrikov, A	64/RUS	70.0	190	(1901)	793	507	799	(909)	396	512	3009	1094	930	2024
4.	Dekhanov, A	69/UZB	59.0	123	(1344)	540	319	485	(529)	331	276	2722	1120	902	2022
5.	Petrov, I.	43/URS	71.0	185	(2163)	901	580	882	(770)	340	430	3133	1231	781	2003
6.	Naleikin, V	43/URS	71.0	185	(2163)	901	580	882	(770)	340	430	3133	1231	781	2003
7.	Chetin, G	44/URS	70.9	184	(2127)	793	567	782	(804)	363	441	2932	1147	920	1997
8.	Haara, T	42/FIN	68.9	290	(2193)	893	501	799	(589)	386	479	3058	1125	865	1991
9.	Henny, M	71/USA	74.7	405	(2382)	953	525	904	(862)	396	485	3264	1106	882	1988
10.	Popov, E	55/RUS	76.0	335	(2105)	804	496	804	(953)	418	534	3058	1033	953	1987
11.	McKenzie, P	36/CBR	59.0	123	(1344)	540	319	485	(529)	331	276	2722	1120	902	2022
12.	Minov, A	57/RUS	66.9	198	(1846)	694	402	711	(838)	374	463	2645	1058	920	1978
13.	Alexeev, S	54/RUS	70.5	217	(1823)	758	445	683	(882)	391	490	2744	1041	930	1971
14.	Saarniainen, H	44/92/FIN	70.9	244	(2127)	793	567	782	(804)	363	441	2932	1147	920	1997
15.	Baraniak, I	51/CZE	71.6	240	(2130)	628	430	733	(926)	413	512	2717	1011	950	1961
16.	Platoshenko, N	69/RUS	72.5	241	(2033)	799	463	771	(848)	386	463	2882	1092	868	1960
17.	Palera, K	42/USA	73.0	332	(2165)	820	562	785	(891)	386	505	3046	1066	891	1957
18.	Wilhelm, B	42/USA	73.0	332	(2165)	820	562	785	(891)	386	505	3046	1066	891	1957
19.	Kuznetsov, V	58/RUS	68.0	198	(1846)	738	441	666	(793)	402	485	3043	1068	887	1956
20.	Kuller, R	53/FRG	59.0	123	(1113)	418	242	452	(507)	214	292	2620	1080	872	1952
21.	Kulikov, M	61/RUS	69.2	198	(1851)	719	430	672	(822)	374	463	2645	1059	873	1953
22.	Kulikov, M	61/RUS	69.2	198	(1851)	719	430	672	(822)	374	463	2645	1059	873	1953
23.	Snaidr, M	50/CZE	71.0	242	(2088)	738	534	816	(788)	347	441	2877	1025	859	1929
24.	Pillipenko, I	69/RUS	72.0	242	(2108)	672	363	672	(843)	374	468	2554	1000	926	1926
25.	Magee, T	58/CAN	77.0	275	(2243)	860	573	810	(755)	325	400	2998	1168	752	1921
26.	Ikei, C	71/USA	61.0	116	(1137)	391	316	430	(507)	220	266	1644	1062	837	1919
27.	Szafranski, E	49/FRG	72.1	237	(2000)	799	501	749	(760)	308	352	2810	1050	887	1887
28.	Pengelly, E	50-93/CBR	63.0	132	(1444)	534	303	606	(485)	304	281	1925	1104	717	1861
29.	UNOFFICIAL														
30.	Andreop P Krastev, A	32-94/USA	69.5	375	(2677)	1230	627	820	(875)	375	500	3552	1185	875	2060
		61/RUL	71.6	380	(2248)	904	529	815	(1085)	490	584	3323	956	1085	2041

The most admired objects of all bodybuilding and powerlifting fans are the big benchers, who frequently have the attention of everyone during their workout sessions. Perhaps because of this focus, a lifter can easily become overtrained with all of the assorted assistance exercises that are available, so you want to maximize the lift because there is nothing like the confident feeling of hitting a big bench press before going into the deadlift. This 12 week training cycle is for a hypothetical lifter who made a 400 lb. bench in his last contest. This workout is done twice a week for the first six weeks and once a week for the last six weeks of the training cycle.

In the first 8 weeks, assistance exercises such as the dumbbell flies, military press, dips, triceps press, and pushdowns are preferred for three sets of six to eight reps. In the last 4 weeks of the cycle, only pushdowns are included, for 3 sets of 8 reps.

Always include some warmup exercises and flexibility work to prepare the area for a productive workout. Allow yourself 15-20 minutes to properly warmup.

Week 1: Bench 135x8, 205x8, 240x8x4, Dumbbell Flies 50x8, 60x8, 70x8x3, Military Press 135x8, 170x8, 190x8x3, Dips 25x8, 45x8, 70x8, 90x8, Triceps Press 90x8, 110x8, 135x8x3, Pushdown 90x8, 100x8, 120x8x3. [These suggested exercises will need to be adjusted throughout the training cycle.]

Week 2: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 3: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 4: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 5: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 6: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 7: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 8: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 9: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 10: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 11: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

Week 12: Bench 135x8, 205x8, 225x8, 250x8, 275x8x3, 290x8, 315x8, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

WORKOUT of the Month

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Workout of the Month Anthology

GENE BELL BENCH PRESS

to be adjusted throughout the training cycle.)

Week 8: Bench 135x8, 225x6, 315x3, 315x1, 380x3x3, 315x6, 315x3, 340x1, 390x3x3, 330x5, 330x5, 360x1, 405x2x2, 350x5, 315x3, 360x3, 380x3, 315x5x5. [Allow five days rest prior to the contest.]

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(This article has been reprinted from the August, 1988 edition of POWERLIFTING USA)



Gene Bell has long been one of the United States' most dependably successful international competitors. (above, at the '95 Worlds in Port)

The question often arises as to when is the proper age to begin sports training. For years, powerlifting organizations have restricted membership to age 14 and older. When we re-formed AAU powerlifting the age was lowered to 12. The Bulgarian Weightlifting Federation started training lifters at 11, with excellent results. When Al Siegel and I attended the 1995 Juniors Olympics, we got a real eye opener. There were several four year old girls in gymnastics, performing routines that only adults would have attempted. They were not the only (very) young athletes either. It occurred to us that perhaps we were selling powerlifting short by putting an age restriction on it.

Certainly we were losing many potential lifters to other sports that did not have age restrictions. By the time a teenager is 12-14, they have already selected the sport of their choice and are becoming proficient at it and will not look at another sport. If, however, we open competition up to youngsters, we will have increased participation and powerlifting will grow. Here however comes the hue and cry of some "that we are encouraging injury" by starting at too early an age. These same people do not speak out against 4-5 year old children learn-

course - that each parent much decide when that age is for THEIR child. These four requirements are:

1. That the child be examined by a doctor to ensure that there are no genetic problems that would become aggravated by the activity or increase the opportunity for injury.
2. That conditions such as existing injuries be noted, and if they do exist that training be either stopped until the condition is corrected or that the training routine be designed not to aggravate the condition.
3. That emphasis be put upon learning the proper technique / form rather than handling maximum loads. Obviously this would restrict the use of supportive gear that allows overloads to be handled, until the child reaches the teen years. Full range of motion and whole body training should be employed.
4. That a competent/experienced coach train the child AND keep the enthusiasm of the child and/or parents in check.

Actually, these are guidelines that are applicable to every sporting activity. Throughout the years, I have known of numerous young children who have trained at an early age with the encouragement AND support of their parents.

(article continued on page 53)

Early Training - Good or Bad? as told to Powerlifting USA by Joe Pyra

youngsters who may get injured via overtraining with weights, but there will be many, many more who will benefit from the experience. While there are many injuries in other sports, we don't demand that children be kept out of them until a certain age, (obviously determined by an expert), so why should the same attitude prevail in weight sports? How many children die or are seriously injured playing football? Yet no one would dare suggest that a minimum age be set at 14! I believe that if four requirements are met, then safe weight training and competition may begin at an earlier age, remembering - of

course - that each parent much decide when that age is for THEIR child. These four requirements are:

STARTIN' OUT

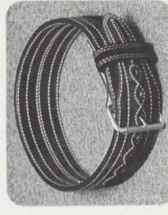
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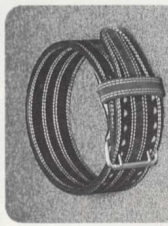
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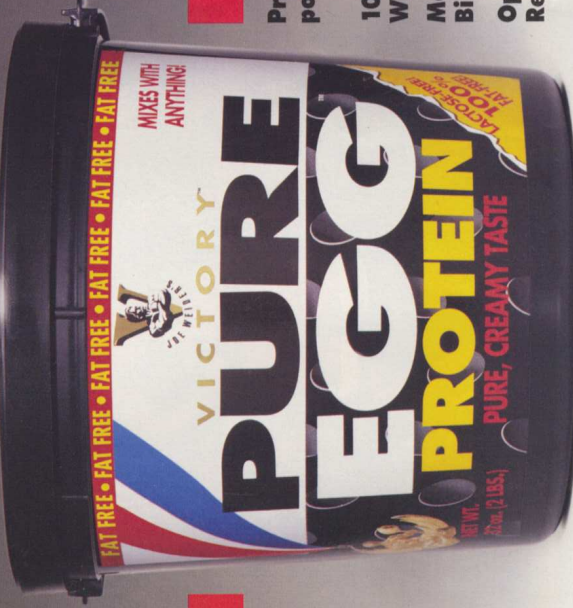
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As with all supplements, this product will not replace a proper diet. This product is, however, a nutritional, low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

Performance Nutrition Part I as told to PL USA by Scott Warman

In recent years we have seen a tremendous amount of cross training in all sports on a worldwide basis. Our big three professional team sports in the United States—the NFL, NBA, and professional baseball—all retain full time strength coaches. We also see non-traditional professional athletes, such as tennis players and golfers, utilizing weight training to elevate their game. The Olympic sports and collegiate athletes have also jumped upon the phenomenal results provided by cross training.

When it comes to our own iron game made up of weightlifting, powerlifting, and bodybuilding, we are less enthusiastic to embrace the disciplines and methodologies outside of our own specific domain. However, if we are insightful enough to be open-minded, we can, indeed, learn volumes from each other that will be applicable to our own pursuit. The following series of articles on performance nutrition will give you practical instruction to incorporate with your training on a daily basis. Work with the information presented and give it an opportunity for a good month before dismissing it as mere rhetoric. I feel confident that you will be more than satisfied with the results.

Food is usually the most neglected element in an athlete's life; however, without proper nutrition your training efforts will be greatly watered down. You will never come close to fulfilling your true potential until you open your mind and learn how to eat for performance. Remember that training, no matter how diligent the pursuit, will only be a catalyst to gain and nothing more. Training must be combined with an ample amount of quality food at frequent intervals to create the physical change we desire.

The first thing we need to do about our nutritional program is get EXCITED about it. Recognize that eating better will help you reach your physical goal of strength, body composition, body weight, recovery and performance. You must



Next to the Big Wheel up in Manistee, Michigan, Big Scott Warman shows excellent muscularity.

you cannot expect non-typical results. If you are going to mimic the typical eating habits of society and eat like the average person, there is no way you can expect extraordinary performances and results.

Catabolic/Anabolic

Understand that the human body is in a continuous state of turmoil, wherein without a constant flow of quality food/nutrition we are always going to be in a catabolic mode. More simply stated, this is a state of internal biochemistry where we experience severe muscle wasting as our metabolism actually devours its own muscle in an attempt to supply the continuous demands for protein. No matter how dil-

gently we try to optimize our biochemistry through food, it always tries to revert back to the state of catabolism. Thus, food is the answer to break this vicious cycle as we try to create an equilibrium and remain in an anabolic state. When we do this, we regulate and improve our own natural production and secretion of GH (Growth Hormone) testosterone and insulin.

The ideal situation minimizes the catabolic properties of the body and enhances the anabolic. A positive nitrogen balance helps to regulate the "yin/yang" of this ongoing disruptive turmoil. A simple analogy would be to compare your internal body to that of a sieve. The ongoing loss of fluid, no matter how much is being replaced, is always going to exist as a constant. In order to balance the loss we must simply replace the volume which is being drained. To build a surplus reserve, we must create this equilibrium, obtained through our equivalent aser/debt formula and create a positive growth potential within our internal environment.

This, in essence, is the continuous hourly, daily, weekly, and monthly struggle we are all challenged to face. Once you grasp this central concept, you are better able to understand the importance of not only quality, nutrient-rich food, but also the importance of maintaining a regulated schedule to nourish your body around the clock. As with most things in life, keep in mind that Mother Nature is not always fair; hence, everyone's body chemistry is not the same. The basic elements that we previously discussed exist within everyone; however, each individual has to learn how to work with his own unique set of circumstances.

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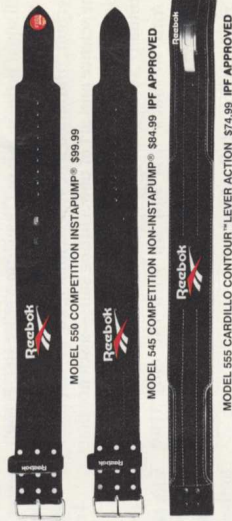
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Front Row, Terry Grimwood and Tamara Rainwater-Grimwood. Back Row, Todd Hall and Grant Pitts

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(article continued from page 44)

perision of their parents. Many of these children have since grown up into adulthood without ill effects from early training. Let me relate a few personal and current examples. To begin with, there are my own children that started at two and a half, and three at two and a half. They trained the basic movements for about 4 years. When they no longer expressed an interest, training ceased. I don't believe in forcing an activity on a child who has no interest in it. Over the years, each has gone back to the gym on their own as their needs required. My son, Matthew, who will be 17 in December, is about 5'10" and around 180. I'm 5'4", my father was 5'8" and his other grandfather was about 6' or 6'1". Obviously, his height has not suffered from early training. The training and corrective inserts over a two year period did, however, correct a knee problem noted at an earlier age. He trains mainly to keep in shape for marching band.

Maria, who recently turned 19, did swim in high school, but her main interest was marching band and while she was Drum Lieutenant. At 5'11", Maria is between her grandmothers in height. My mother was 5'1" and Gloria's mother was 5'3". Maria is 105 lbs. and much broader in the shoulders than either. Her main interest in weight training is to condition herself for carrying either the quads or base drum. If you watched Northwest last year, she was the shortest drummer. This summer, while home from college, she walked five miles three times a week and trained three times on her secret routine. She did admit to benching 70 for 3 x 12. She obviously benefited from the early weight training. If you don't think so, go carry a base drum for five miles.

My good friend Teddy Finland started his son at about age 10. In his first meet in Feb., 1995, Andy was about 5'ft. tall and weighed 112 lbs. He performed lifts of 145 - 80 - 145. Today, Andy is 5'5.5" and 151 lbs. His parents are 5'9" and 5'5". Ted parent's are 5'5" and 4'10". Ann's are 5'11" and 5'4". Therefore, Andy is right on the growing track, even though he started training at age 10. Ted emphasizes that Andy follows a routine that emphasizes reps and that all weights are handled easily, with no forced sets or difficult singles. Andy's routine includes 165 bench for reps, squats of 225-250 for 3-5 reps, and 250 x 3 on the DL. Again, all weights must be handled comfortably. Andy also pursues football with a passion, and I can assure you that, with the weight training, he is a holy terror on the field.

PUBLIC NOTICE... The USPF Technical Committee proposes that the USPF amend its technical rules to parallel those of the IPF, with certain limited exceptions. This proposal includes adopting IPF product standards as those of the USPF. A proposed rule book embracing the Technical Committee's proposal can be obtained from: Don J. Haley, President. U.S.P.F. - 12101 Reagan Street, Los Alamitos, CA 90720. Under Article VIIAA of the USPF Bylaws, interested parties may direct comments to the Technical Committee through the office of the USPF President. These comments must be received no later than March 14, 1997. At that time the Technical Committee will be polled for a final recommendation.

greatly advocate of early training. Lou "The Hulk" Ferrigno. During a recent TV show, he was asked "If he would stunt his growth." He replied, "that he was warmed repeatedly that his growth would suffer." But, he doesn't agree that he did suffer any. Lou, by the way, began training at the age of twelve. Again, there are many examples of people who started training young with no ill effects. By the same token, I am positive there are some who have had some negative effects. However, if the four guidelines put forth are followed, injuries

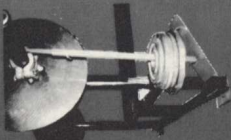
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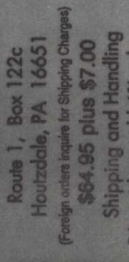
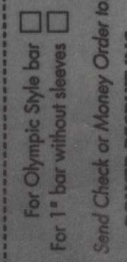
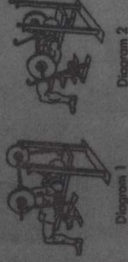
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AAUPC UPDATE - As this is being written, my family prepares for the start of the holiday season. Thanksgiving. We have much to be thankful for and hope that all our friends and associates, both powerlifters and non, have a truly wonderful and safe Holiday Season.

Each week I receive numerous requests for entries for the Disney meets for the Junior Olympics. The entry forms for the Disney events may be obtained by calling Brad Hart at the AAU office in January. Likewise, entry forms for the Junior Olympics may be obtained by calling Mike Janssen in February. Both may be reached by calling 407-363-6170. Anyone needing technical information on any of these meets may call me at 201-691-0824. Again, I do not handle the entry forms, only technical and competition rules information. These gentlemen can also be reached at: AAU c/o WALT DISNEY WORLD RESORT, PO Box 10,000, Lake Buena Vista, FL 32830.

We have made the statement in the past that the AAUPC will test anyone, that no one is immune from OMT. Recently we tested our National Chairman, Al Siegel, Executive Committee Member, Joe Oreglia, and one of our top National Officials, Nick Theodorou via urine OMT. All passed without incident. We do take our testing and THREE YEAR DRUG FREE requirement seriously. A reminder to our meet directors, reimbursement for drug testing in 1997 is 25%. Al Siegel should be advised when you are holding a meet so he may send you a Meet Directors Packet. Al will send you urine kits used for testing. Also, please send your meet results to Al. Several people have complained that their lifts have not been listed in the newsletter. If Al doesn't get a copy of the results, he cannot pass it on to Sue Elwyn, who puts a great deal of effort into compiling these lists. Please include age of teenagers, juniors, sub masters and masters.

The National Teenage and Junior National Powerlifting Championships has been listed as May 20-June 1st. The correct date is May 29th-June 1st. Again we are putting out the call for referees to attend the Disney Meets and the Junior Olympics. We require 12 National/International Referees for each Disney Meet and 15 National/International Referees for the Junior Olympics. Each referee will be provided with rooms (Holiday Inn for the Junior Olympics), and meals. As funds permit, travel expenses will be at least partially reimbursed. Local State Referees are invited to attend and help out to gain experience. The referees who are interested should send me their notice to attend two months prior to the meet. Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828. I will acknowledge each referee on a first come, first serve basis. All these events will have provisions for international lifters to attend. We have had interest expressed and intend



Some Top AAUPC Officials..... Pat Cuniterra, Al Siegel, Jay Siegel, Joe Oreglia, and Dave Yoder.

The referees tests are revised at least once a year, based on the current rule book. It will do good to study for a 1997 test from the 1996 rule book. State Chairman who may have left over copies of any 1996 referee test are advised to throw them away and obtain the new 1997 tests when needed. As of today, we have 194 referees and I await several tests to grade.

The AAUPC liaison is Disney's Sports Events Manager, Brian Fox. To his credit, Brian has received honors as: 1988 Big Ten Freshman of the Year, 1988 AP All Big Ten Honorable Mention, 1988 SPORTING NEWS Freshman All-American, Youngest quarterback ever to start Division I College Football (17, 1990-91 Academic All-SEC (University of Florida)). Brian has played football at: 1988 - Quarterback Purdue University; 1989-91 - Quarterback University of Florida; 1993-4 - Quarterback New York Giants (primarily training camp and pre season); 1995 - Quarterback Arizona Raiders (Arena Football League). He has extensive weight training experience, including powerlifting from his exposure to the New York Giants. There he experienced their free weight powerlifting-type training. In discussions with Brian, he assured us that he knows what kind of equipment we need and that Disney will meet or exceed our requirements. This has been a recurring theme from the Disney Staff. They want us to succeed and will do what is necessary to aid us. There is a special number for reservations at Disney - 407-939-7810. Call for travel and hotel information on the 3 big meets to be held at Disneyworld.

Mike Foggia returns to powerlifting as the AAUPC Iowa State Chairman. He plans to hold a number of meets in 1997 and is looking for assistance in the way of spotters/loaders, scorekeepers, expeditors, and referees. Anyone interested in helping Mike or in holding meets in Iowa should call him at 319-359-4200. Happy Holidays, Jumpin Jersey Joe.

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From Larry Hughes...

"I have been watched and participated in the early 1960s and have read with interest all the controversy involving the use of drugs and supportive gear. I find it ironic that some of the people complaining about the use of both, thought nothing of popping dianabol and wrapping their torso in heavy duty linen & elbow wraps back in the "good of days". To me, a point of moderation should be used. To me, zero tolerance of strength aids is hypocritical and zealous. To me, the banning of the use of legal athletic enhancing substances, to kiss the butt of the Olympic Committee, is insane. To me, banning knee wraps, squat suits and bench shirts is insane. On the other hand, the use of duct tape, double layers, triple layer canvas, etc. is stupid and extreme.

In reply to those who argue for a return to no-gear or "raw" competition and about the expense of the gear. Why should the average lifter, who makes no money from this sport, go out and tear his or her knees, rotator cuffs, pectorals, etc. up for a trophy. The risks of a debilitating injury and the expenses involved do, by far, outweigh the benefit of some massive ego feeding record or title. Zealousness, with all its aspects, is not an answer. It provokes and divides a very fine group of people who are dedicated to the common goal of making people stronger.

Making powerlifting an Olympic sport should not be a primary goal. The primary goal should be an even playing field, with fun and fellowship. If we can achieve and maintain these goals, egos aside, the popularity of the sport will grow beyond our wildest dreams. Burden the sport with a sea of ego feeding bureaucracy and mediocrity is sure to be our heritage."

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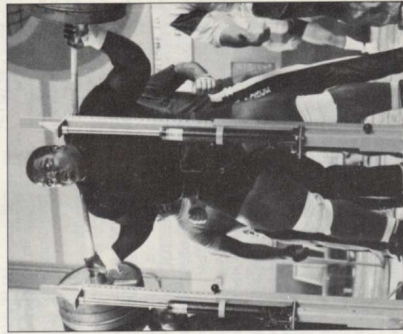


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*In Memory of O.D. Wilson
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A.D.F.P.A. Corner

you've been lifting with through the years. You'll talk numbers, PRs, past meets, future meets. You'll go for a big meal after the weigh ins, maybe another big meal after the meet. There's a certain camaraderie you'll find at the ADFFPA that is unlike any

other federation. Ready for some fun? Of course you are.

Are you qualified? Now is the time to start picking meets to qualify for running at HTTP://WWW.adffa.com. Check it out! ADFFPA National meets. You can meet at any sanctioned ADFFPA meet. To find a meet near you, see



ADFFPA ON THE W.W.W. The ADFFPA's Website is now up and running at HTTP://WWW.adffa.com. Check it out! ADFFPA National meets. You can meet at any sanctioned ADFFPA meet. To find a meet near you, see

the coming events section in this magazine or call the ADFFPA National office at (219) 248-4889.

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

Men's Contests	114	123	132	148	165	181	198	220	242	275	319	SFW
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
ADFFPA Teen 14-15	685	680	730	825	875	925	950	975	1020	1045	1070	1070
ADFFPA Teen 16-17	530	730	800	925	955	1035	1070	1135	1150	1190	1215	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
ADFFPA Master's												
ADFFPA High School												
A Total in a Sanctioned Meet	97	104	111	116	122	129	139	154	176	198	198+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	876	
Collegiate's	365	385	410	420	435	455	485	520	575	640	640	
Junior	360	380	405	420	435	455	485	525	585	655	655	
Masters 39-44	347	369	391	402	419	441	468	507	562	628	628	
Master 45 or over	335	355	380	390	405	425	455	490	545	610	610	
Teen (14-19)												
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 ADFFPA sanctioned meet"

and groups of sets and singles. Then, the anticipation of waiting ... up next ... on deck In the hole. The suspense is killing you. Your buddies huddle around you cheering you on, slapping your back with encouragement. Walkman on, you start the wrapping process. Your heart is pounding in your chest. On deck ... that's your cue. Wrap tight left leg, wrap tight right leg. Buddies pull you up off the folding chair. Wrist wraps on. Straps up. Belt pulled tighter than you can stand. Load the bar to ... THAT'S YOU. Buddies scream in your face.

A.D.F.P.A. Corner

you compete through the ADFFPA. Why, you're asking? Many reasons.

First off, we're drug-free. And drug-free lifters lift the way it's supposed to be done - without a pharmacist's help. Go to any ADFFPA meet and you'll see a level of camaraderie that will get you psyched. Of course, the athletes are still very competitive. But where else could you go to a meet on your own and still find plenty of fellow athletes - even in your own weight class - to help you put on gear, cheer you on, get you psyched? Another reason why an ADFFPA meet is more fun than any other federation is the people who run the meets. There are dozens of meet directors across the United States who spend a great deal of their time and energy putting together a meet they know the lifter will enjoy. And guaranteed, they know - most of them are ADFFPA lifters themselves.

ADFFPA meets also provide you with the opportunity to compete locally or travel to another city or state to compete. National competitions are held in a variety of different states - from Illinois to Colorado, New York to Nebraska. It's a great opportunity to lift with the best drug-free lifters and plan a vacation to an exciting new place.

And ADFFPA meets are more fun because we're like family. When dedicated lifters like you get together to compete, well, it's almost like a family reunion. From contest to contest, you'll encounter old buddies

A.D.F.P.A. Corner

you've been lifting with through the years. You'll talk numbers, PRs, past meets, future meets. You'll go for a big meal after the weigh ins, maybe another big meal after the meet. There's a certain camaraderie you'll find at the ADFFPA that is unlike any

A.D.F.P.A. Corner

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

ADFFPA TOPIC OF THE MONTH

Each month the ADFFPA will be asking for your views and opinions on issues that affect us as drug-free powerlifters. This month's topic is:

WHAT MAKES FOR A GOOD MEET?

This is a topic that the ADFFPA is concerned about. We strive to have quality meets and your input is critical in achieving this goal. Tell us what you want in a meet. Please send all replies to: Craig Saffran, PO Box 4065, Bayside, NY 11360

The Fun of Competition

Why do powerlifters compete? To break their own personal records? For the thrill of competitive athletics? To win a trophy? The answer is Yes to all of those reasons. But many of us compete for another reason - a reason we may not talk about, express or even realize ourselves. But it's a reason that feels so good, so right. Powerlifters compete because it's FUN!

Think of it. A sweaty warm-up room, weights clanking loudly, grunts

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Bench Press	275
Novice	407
148	J. Weiskner
165	292
181	A. Amadio
197	B. Brennan
214	234
231	250
248	266
265	282
282	297
299	312
316	327
333	342
350	357
367	372
384	387
401	402
418	417
435	432
452	447
469	462
486	477
503	492
520	507
537	522
554	537
571	552
588	567
605	582
622	597
639	612
656	627
673	642
690	657
707	672
724	687
741	702
758	717
775	732
792	747
809	762
826	777
843	792
860	807
877	822
894	837
911	852
928	867
945	882
962	897
979	912
996	927
1013	942
1030	957
1047	972
1064	987
1081	1002
1098	1017
1115	1032
1132	1047
1149	1062
1166	1077
1183	1092
1200	1107
1217	1122
1234	1137
1251	1152
1268	1167
1285	1182
1302	1197
1319	1212
1336	1227
1353	1242
1370	1257
1387	1272
1404	1287
1421	1302
1438	1317
1455	1332
1472	1347
1489	1362
1506	1377
1523	1392
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1914	1737
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1948	1767
1965	1782
1982	1797
1999	1812
2016	1827
2033	1842
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2101	1902
2118	1917
2135	1932
2152	1947
2169	1962
2186	1977
2203	1992
2220	2007
2237	2022
2254	2037
2271	2052
2288	2067
2305	2082
2322	2097
2339	2112
2356	2127
2373	2142
2390	2157
2407	2172
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2441	2202
2458	2217
2475	2232
2492	2247
2509	2262
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3138	2817
3155	2832
3172	2847
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3257	2922
3274	2937
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3461	3102
3478	3117
3495	3132
3512	3147
3529	3162
3546	3177
3563	3192
3580	3207
3597	3222
3614	3237
3631	3252
3648	3267
3665	3282
3682	3297
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3716	3327
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3767	3372
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4175	3732
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4226	3777
4243	3792
4260	3807
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4294	3837
4311	3852
4328	3867
4345	3882
4362	3897
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4464	3987
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4515	4032
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4583	4092
4600	4107
4617	4122
4634	4137
4651	4152
4668	4167
4685	4182
4702	4197
4719	4212
4736	4227
4753	4242
4770	4257
4787	4272
4804	4287
4821	4302
4838	4317
4855	4332
4872	4347
4889	4362
4906	4377
4923	4392
4940	4407
4957	4422
4974	4437
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5042	4497
5059	4512
5076	4527
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5144	4587
5161	4602
5178	4617
5195	4632
5212	4647
5229	4662
5246	4677
5263	4692
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5331	4752
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5365	4782
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5773	5142
5790	5157
5807	5172
5824	5187
5841	5202
5858	5217
5875	5232
5892	5247
5909	5262
5926	5277
5943	5292
5960	5307
5977	5322
5994	5337
6011	5352
6028	5367
6045	5382
6062	5397
6079	5412
6096	5427
6113	5442
6130	5457
6147	5472
6164	5487
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6215	5532
6232	5547
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6266	5577
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6334	5637
6351	5652
6368	5667
6385	5682
6402	5697
6419	5712
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6504	5787
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6572	5847
6589	5862
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6623	5892
6640	5907
6657	5922
6674	5937
6691	5952
6708	5967
6725	5982
6742	5997
6759	6012
6776	6027
6793	6042
6810	6057
6827	6072
6844	6087
6861	6102
6878	6117
6895	6132
6912	6147
6929	6162
6946	6177
6963	6192
6980	6207
6997	6222
7014	6237
7031	6252
7048	6267
7065	6282
7082	6297
7099	6312
7116	6327
7133	6342
7150	6357
7167	6372
7184	6387
7201	6402
7218	6417
7235	6432
7252	6447
7269	6462
7286	6477
7303	6492
7320	6507
7337	6522
7354	6537
7371	6552
7388	6567
7405	6582
7422	6597
7439	6612
7456	6627
7473	6642
7490	6657
7507	6672
7524	6687
7541	6702
7558	6717
7575	6732
7592	6747
7609	6762
7626	6777
7643	6792
7660	6807
7677	6822
7694	6837
7711	6852
7728	6867
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7898	7017
7915	7032
7932	7047
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8000	7107
8017	7122
8034	7137
8051	7152
8068	7167
8085	7182
8102	7197
8119	7212
8136	7227
8153	7242
8170	7257
8187	7272
8204	7287
8221	7302
8238	7317
8255	7332
8272	7347
8289	7362
8306	7377
8323	7392
8340	7407
8357	7422
8374	7437
8391	7452
8408	7467
8425	7482
8442	7497
8459	7512
8476	7527
8493	7542
8510	7557
8527	7572
8544	7587
8561	7602
8578	7617
8595	7632
8612	7647
8629	7662
8646	7677
8663	7692
8680	7707
8697	7722
8714	7737
8731	7752
8748	7767
8765	7782
8782	7797
8799	7812
8816	7827
8833	7842
8850	7857
8867	7872
8884	7887
8901	7902
8918	7917
8935	7932
8952	7947
8969	7962
8986	7977
9003	7992
9020	8007
9037	8022
9054	8037
9071	8052
9088	8067
9105	8082
9122	8097
9139	8112
9156	8127
9173	8142
9190	8157
9207	8172
9224	8187
9241	8202
9258	82

Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to "Coming Events," Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

18 JAN, USPF Powhatan Open Invitational (PCC, State Farm, VAN Sem Moore), 804-784-3551 ext. 3572 or Barry Walker, 226 E. Broadway, Hopewell, VA 23860, 804-458-7918
18 JAN, APF Southeastern Regional, Birmingham, AL 35216, 205-822-1320
18 JAN, USPF Arkansas Open (open, women, master), 245 Brownwood Dr., Monticello, AR 71655, 501-367-2854
19 JAN, NWSA Big Three (OH, KY, TN) men/women PL/BP (all NWSA divisions - no formulas) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 513-568-9116
19 JAN, AAU New York State (out of state division) Mark Becht, 18 Marine Rd., Buffalo, NY 14215, 716-894-8583
19 JAN, 1st Midwest - Central BP, Nationals (Hilde Park, IL - open, men, women, master, masters - limited entries) Sports Enhancement Inc., P.O. Box 34036, Chicago, IL 60634, 312-622-8028
19 JAN, The State Winter Classic V (open, novice, master, submaster, teen, women, no formulas) WJDDonato, 234 Alfred Dr., Wintersville, OH 43092, 614-264-8605
19 JAN, Pump Total Fitness Bench Press (open, teen, women) Tim Thompson, 13015 E. 15th St., Aurora, CO 80014, 303-724-2441
19 JAN, (new date) APF Countdown (all classes), 414-236-3384
1 FEB, ISF World's Strongest Col lege on the Internet, <http://www.adfpaca.com/Interstrth/>
1,2 FEB, (corrected date) APF Texas State Open Bench Press

18 JAN, ADPPA Minnesota State Bench Press (Apple Valley - open women & men, teen, jr., master) Dennis Greig, Box 147, North Market, MN 55054, 612-461-3007
11 JAN, (new date) Ultimate Bench Press #2, James Pruzanski, Box 1146, Wildwood, NJ 08360, 609-523-0216
11 JAN, APA Peach State BP/Georgia Open DL (GA), Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962
11 JAN, ISF World Military Powerlifting & Bench Press Championships, <http://www.adfpaca.com/Interstrth/>
11,12 JAN, 2nd 28884 Winter Classic (open, teen, women, master, novice, non-elite) B&W Gym, 5920 N. Ridge, Chicago, IL 60640, 312-561-9692
25 JAN, Cold Day in Tuscola BP/DL Classic (Tuscola, IL) Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
25 JAN, (new date) Legends of Powerlifting Comeback Meet (40 and over, open initiation) Skip Sandberg, 4330 Van Gleser, W. Richland, WA 99352
25 JAN, NWSA Kentucky State (Henderson) NWSA, Box 735, Noble, OK 73068
25 JAN, 4th WNPF Augusta Open BP/DL, Tee Meyers, 2250 Lumpkin

18 JAN, USPF Powhatan Open Invitational (PCC, State Farm, VAN Sem Moore), 804-784-3551 ext. 3572 or Barry Walker, 226 E. Broadway, Hopewell, VA 23860, 804-458-7918
18 JAN, APF Southeastern Regional, Birmingham, AL 35216, 205-822-1320
18 JAN, USPF Arkansas Open (open, women, master), 245 Brownwood Dr., Monticello, AR 71655, 501-367-2854
19 JAN, NWSA Big Three (OH, KY, TN) men/women PL/BP (all NWSA divisions - no formulas) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 513-568-9116
19 JAN, AAU New York State (out of state division) Mark Becht, 18 Marine Rd., Buffalo, NY 14215, 716-894-8583
19 JAN, 1st Midwest - Central BP, Nationals (Hilde Park, IL - open, men, women, master, masters - limited entries) Sports Enhancement Inc., P.O. Box 34036, Chicago, IL 60634, 312-622-8028
19 JAN, The State Winter Classic V (open, novice, master, submaster, teen, women, no formulas) WJDDonato, 234 Alfred Dr., Wintersville, OH 43092, 614-264-8605
19 JAN, Pump Total Fitness Bench Press (open, teen, women) Tim Thompson, 13015 E. 15th St., Aurora, CO 80014, 303-724-2441
19 JAN, (new date) APF Countdown (all classes), 414-236-3384
1 FEB, ISF World's Strongest Col lege on the Internet, <http://www.adfpaca.com/Interstrth/>
1,2 FEB, (corrected date) APF Texas State Open Bench Press

19 FEB, APF Illinois State (Effingham) NWSA, Box 735, Noble, OK 73068
1 FEB, Bayou Bash, 405 Press Challenge, Russ Jackson, 215 Anne Dr., Sillville, LA 70460, 504-646-2529
1 FEB, NWSA Illinois State (Effingham) NWSA, Box 735, Noble, OK 73068
1 FEB, ADPPA Minnesota Jr./Sr (men, women, teen, master) Twin Clus Gym, 2560 North Fry St., Roseville, MN 55113, 612-636-1524
1 FEB, CPC Western Canadian Championships (Calgary, AB) Greg's Champs, 64 N. Rainbow St., Ontario, Alberta T0L 1T3, 403-93-3067
1 FEB, 7th Annual Bench Press Classic, 808 Smalzer, 1500 N. 15th St., Fargo, ND 58103, 701-549-0114
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19 APRIL 96
AAU REGIONAL
 at UALR
Coach Van Compton,
UALR Ath. Dept.
2801 University
Little Rock, AR
72204
501-569-3371


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AAU REGIONAL
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22 FEBRUARY 96
AAU ARKANSAS
Powerlifting &
Bench Press
Championships
DON SKEEL
SVS / SVMP
501-988-7716

ADPPA National Championships
March 21-23, 1997 (Full Media Coverage)
DIVISIONS
Boys Varsity Girls Varsity
Boys J.V. Combined
 *1st - 5th place trophies awarded
 *Scholarships for Outstanding Lifters
 *Team Awards
 Meet Director:
 Duane Urbina
 ADPPA State Chairman
 49 Bayou Oaks
 Alexandria, LA 71303
 (318) 448-8206
 (318) 473-4867

22 FEBRUARY 96
AAU ARKANSAS
Powerlifting &
Bench Press
Championships
DON SKEEL
SVS / SVMP
501-988-7716

ADPPA High School National Championships
March 21-23, 1997 (Full Media Coverage)

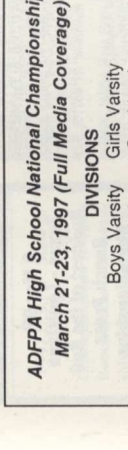


ADPPA High School National Championships
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ADPPA High School National Championships
March 21-23, 1997 (Full Media Coverage)

1,2 Feb - APF Texas State Powerlifting/Bench Press Championships & National Qualifier. (out of state lifters welcome) in out of state division)

Meet Director - James "Radar" Capehart, 700 Coral Rock Ct., Irving, TX 75060, 972-253-8575. Meet Site: Reverchon Park, 3525 Maple Ave., Dallas, TX 75219, 214-670-7720. Hotel: Fairfield Inn Marriott Market Center (Hotel), 214-653-1160. Entry Fee \$45. Entry Deadline - January 11. All Divisions for both men and women, plus Police/Firefighters.

Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

16 MAR, ANPPC Drug Free Open, western BP/DL, Body Works Gym, 100 Kate St., Longview, TX 75605, 903-759-7095

16 MAR, WNPF Florida National (Daytona Beach, FL) WNPF Can-Am Nationals (Detroit, MI) WNPF Picardy Circle North, College Park, GA 30349, 770-996-3418

21-23 MAR, ADFFA High School Nationals, Duane Urbina, 49 Bayou Oaks, Alexandria, LA 71303, 318-473-4567

22 MAR, Son Light Spring Classic BP/DL, Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

22 MAR, (new date) Region 80+ Region State Powerlifting, Gateway

1997 IPA Pro-Am Masters Nationals Powerlifting Championships & Saturday 25th May Meet Site: Ramada Inn 1 295 & Rt. 13 Wilmington/Newcastle/DE 302-658-8571 Special Discounts for Lifters

All Wt. Classes/Age Groups Men & Women Beautiful Awards Top 3 Places in Pro/Am All Categories Best Lifter Awards for Men & Women Meet Directors Chet and Karen Donato 16B Presidential Dr. Wilmington, DE 19807 302-655-0529

9 Mar 97 Texas - Louisiana Baddest of the Bad Bench Press Championships Great Trophies and Beautiful T-shirts

Bob Garza, 9224 Beaver Bend Ct., Houston, TX 77037, 281-820-5923 or Charlie Turco, 281-890-3387

ships PL/BP (men, women) Martin Theriot, 215 Moge, Sorel, Quebec, Canada, J3P 6X1, 514-742-9792

5 APR, ANPPC Wisconsin State (Marshfield) NASA, Box 735, Noble, OK 73068

5 APR, AAU York Barbell RAW BP (Harrisburg Md) - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

5 APR, APA Alabama Open BP/74+/- lowmaster/teen DL (AL), Scott Taylor, Box 27204, El Johean, FL 33927, 941-697-7962

5 APR, MDSA Minnesota State/20+/- men/20+/- women, teen, women, (open, submaster, master, women, teen) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

6 APR, APF Ministers of the Midwest (open, submaster, master, women, teen) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

12 APR, ANPPC Drug Free Missouri (open, submaster, master, women, teen) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

12 APR, USA "RAW" BP Federation Spring Nationals, Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

12 APR, House Power Bench Press Extraganza (all comers meet - Boise Home Depot) Rich Gray, 1910 University Dr., St. George, UT 84002, 801-225-5429

12 APR, Dungeness Powerworks Drug Free Bench Arm or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586

12 APR, USPF Texas Championships (Austin, TX - Class I, open, women, teen, master, bench press) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396

12 APR, ISF Worlds - Strongest Bodybuilder on the Internet, http://members.aol.com/interstrth/interstrength.html

12 APR, AAU N. New Jersey High School Meet, Joe Pyle, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

12 APR, USPF Alabama State, Steve Griggs, Box 3973, Montgomery, AL 36109, 334-272-2353

12 APR, NASAA High School Nationals (Dallas) NASAA, Box 735, Noble, OK 73068

12 APR, North American BP, Martin Adams, 5928-1317 Virginia State, Barry Walsh, 226 E. 5th St., Hopedewell, OK 73068

13 APR, Tri-State Spring Classic BP/Prison Meet (guest lifters welcome - 4 wks notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald 617-727-9474 ext. 160

5 APR, ANPPC Drug Free Indiana Open BP, Training Edge Gym, 231 St. Main St., Rushville, IN 46173, 317-938-1619

5 APR, 3rd Annual Potstoun YMCA BP/DL Challenge (mens open, womens, teens, master, team/Adams & Jackson St., Potstoun, PA 19644, 610-323-7300 or Gary Heim, 610-798-0117

5 APR, 17th Annual Big Sky Open, Jim Ramsey, 2600 5th Ave. South, Great Falls, MT 59405, 406-761-5295 or Willy Weaver, 406-771-1851

5 APR, Midwest Bench Press, Arlyn Dye, 615 St. Joe, Rapid City, SD 57701, 605-348-5070

5 APR, CFA Canadian Champion-

DL, Werry DiDomenico, 234 Alford Dr., Kentucky, OH 43952, 614-264-4905

13,14 APR, AAU Nationals (men & women) Joe Oregina, 44668 W. 267th St., Erie, PA 16506, 814-833-3727

19 APR, ANPPC Drug Free Iowa Golden Valley Dr., Bettendorf, IA 52722, 319-355-4741

19 APR, AAU Region 8 @ UALR, Coach Van Compton, UALR Ath. Dep't., 2801 University Blvd., Fayetteville, AR 72703, 501-872-3041

19 APR, AAU Gold Medal Open Bench Press (men, teen, women, teen) Linda Poinsett, 337 Roxbury, Keen, NH 03431, 603-352-8590

19 APR, Tri City Budweiser BP/DL Gus Reithuis, Box 5292, Bend, OR 97708, 541-389-0600

19 APR, APA Tennessee Open BP/74+/- Biggest Pull in the South (TN), Scott Taylor, Box 27204, El Johean, FL 33927, 941-697-7962

19 APR, Sub-400 Bench Press Open (1st 24 pre-registrants) Kevin Eales, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237

19 APR, MDSA Go For the Gold Nationals (Redwood Falls, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201

19,20 APR, USPF Maine State Bench Press (5th) and Powerlifting (men & women, open, teen, submaster, master) Russ Barige, RR2, Box 126, Turner, ME 04282, 207-225-5070

20 APR, ADFFA Open Ohio State (women, masters, teen, open) King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 1-800-439-5464

20 APR, ADFFA Superstars Bench Press (Washington PA) The Power Gym 717-562-7867

20 APR, Sub-600 Deadlift Open (1st 24 pre-registrants) Kevin Eales, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237

26 APR, ANPPC Drug Free Tennessee Open BP, Body Works, 1660 S. Highland Ave., Jackson, TN 38301, 901-422-1491

26 APR, Spring Break BP/DL Classic, Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

3 MAY, NASAA Rose Rock BP (Noble, OK) NASAA, Box 735, Noble, OK 73068

3 MAY, ADFFA 4th Cesar Chavez / 5 De Mayo BP (men & women's novice, open, lifetime, teen, submaster, master) Manuel Villareal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adffaca.com adffaca@cochachat.net

3 MAY, AAU Nags Head Beach of the Bench Pl., Ben Zak, Beach Boys Barbell Club, Box 978, Grandy, NC 27939, 919-453-8001

3 MAY, 4th CBPL Northwest Indiana Bench Press Classic (women, master,

IL 69153, 217-253-5429

26 APR, APA NFHC Bench Press (outside lifters 2 wks. notice) Fitchburg, MA 01420, 508-343-6550

26 APR, Boy Bender Classic BP Championships (open men, open women, teen, men team, wheelchair, masters over 40/80), team trophy, best lift) Tampa, FL Chris Davis/Lisa Bell, 815-839-0188

26 APR, 18th AAU Power Day BP/DL (separate contests - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

26 APR, MDSA North Dakota State & Open (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201

26 APR, APF South Central Texas BP (San Marcos) APF Central Texas BP Challenge, Cowtown Iron Sports, 3815 Southview Blvd., Ft. Worth, TX 76116, 817-738-4900

4 MAY, 4th AAU High School BP/DL, Paul Sacco, 537 Pine Rd., Hammond, IN 46037, 609-567-0046

10 MAY, ANPPC Drug Free Ohio BP, Mr. Jake's Fitness, 1701 Lincoln Way E., Massillon, OH 44646, 330-837-5253

10 MAY, CPC Canadian Championships (Calgary, AB) Craig's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, Canada T0L 1T3, 403-398-3067

17,18 MAY, NASAA North Carolina State (Burlington) NASAA, Box 735, Noble, OK 73068

17,18 MAY, AAU Virginia State, Rudy Garcia, 5112 Salem Ct., Colonial Hts., VA 23834, 804-520-5646

18 MAY, Wisconsin State Bench Press, Muscles & Fitness Gym, 2509 E. Washington Ave., Madison, WI 53704, 608-249-4227

23-25 MAY, USPF National Masters/Submasters (BWI Holiday Inn) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

24 MAY, CRM Cup Meet Classic (Mattoon, IL) Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

24 MAY, ADFFA Blacksmith Open, Mike Overider, 124 W. Van Buren, Col. IL 62401, 217-347-2639

24,25 MAY, IFA Pro-Am Masters Nationals, Chet & Karen Donato, Presidential Dr., Wilmington, DE 19807, 302-655-0529

24,25 MAY, NASAA Team, Jr., Inter-State Meet (Dunwoody, GA) NASAA, Box 735, Noble, OK 73068

24,25 MAY, APF Louisville Challenge, APF Louisville Challenge, 126 W. Bldk., Ft. Worth, TX 76116, 817-738-4900

25 MAY, AAU Outlaw Baddest Bench in the West, John Ford 707-543-9570 in the West, John Ford 707-543-9570

22 February 1997

2nd Annual GOLD'S GYM Bench Press Challenge

Don Shiffer 1003 N. Keyser Ave. Scranton, PA 18504 717-343-4653

ACCEPT THE CHALLENGE!

shive State Open DL (FL), Scott Taylor, Box 27204, El Johean, FL 33927, 941-697-7962

17,18 MAY WNPF Drug Free Nationals (Atlanta, GA) WNPF Can-Am Nationals (Detroit, MI) WNPF 25600A Picardy Circle North, College Park, GA 30349, 770-996-3418

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Powerhouse Gym Presents
The 6th Annual

N.Y. STATE BENCH PRESS WARS



February 16th 1996:

Huge Trophies:

Make Entries payable:

Powerhouse Gym 1462 Alkanton Ave

Schenectady N.Y. 12303 Or Call 518-355-0023

Rugby Team on the Internet, <http://members.aol.com/interstrth/>
Interstrength.html

14 JUN, Iron Island DL Classic, Iron Island Gym, 3465 Lawson Blvd., 752-439-5464

15 JUN, USA Central Region Open Bench Press, 1201 Main St., Fitchburg, MA, 01420, 508-343-6550

16 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

17 JUN, Women Only PL/BP/DL Clearfield, PA 16830, 814-765-3214

18 JUN, CPA International Classic BP/DL (men, women) Marcel St. Laurent, 457 Zieme Ave, Nord #1, Sherbrooke, Quebec, Canada, J1E 2S2, 819-346-9466

19 JUN, USA NHCI Summer Power (outside lifters 2 wk. notice) Fred Lists, 1201 Main St., Fitchburg, MA, 01420, 508-343-6550

20 JUN, AAU Weightlifting Challenge, Santa Rosa, CA, John Ford, 707-543-5970

21 JUN, WPC Can-Am World Cup (Calgary, AB) Greg's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, Canada T0L 1T3, 403-938-3067

22 JUN, Open Bench Press, Santa Rosa, CA, John Ford, 707-543-5970

23 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

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26 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

27 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

28 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

29 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

30 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

31 JUN, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

1 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

2 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

3 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

4 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

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9 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

10 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

11 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

12 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

13 JUL, USA National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

201-691-0824

5.10 AUG, WNPFF World Championships (Atlanta, GA) WNPFF Can-Am Nationals (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

16 AUG, ISF World's Strongest Police & Fire Departments on the Internet, <http://members.aol.com/interstrth/>

22-25 AUG, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, 10,000 women) Brad Hart, FL 32830, 407-248-6424

23 AUG, ADFFPA The Real Deal BP Meet, Willie Martin, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

23 AUG, Women Only PL/BP/DL (Atlanta, GA) WNPFF Can-Am National (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

23 AUG, 2nd Norm Manooogan BP Challenge (Los Altos) (men & women's notice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adfpaca.com

30 AUG, AAU SouthEast Regional BP/Est Coast DL (FL) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

31 AUG, WPC (new date), AAU Lawrence women, master, jr., Brian Washington & Garro Memorial PL/BP (open men & women), 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

31 AUG, 8th Michigan Bench Press Challenge, Les Halscor, Box 81, Bloomfield Hills, MI 48303, AAU Raw National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

6 SEP, USPF Florida State, David Coleman, 2947 Old Florida Rd., Jacksonville, FL 32220, 904-695-9142

6 SEP, National Qualifier, Iron Island, NY 11757, 516-595-9014

11-14 SEP, AAU National Squat/Bench (Disneyworld - raw/gear, open, teen, submaster, master) Brad Hart, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6424

13 SEP, APA National (American Cup BP/DL) (SC) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

14 SEP, WNPFF North American Record Breakers Bench Meet, Santa Rosa, CA, John Ford, 707-543-5970

27 SEP, APA North American BP & APA Northeastern USA DL (New York, PA) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

27 SEP, AAU New Jersey PL/BP/DL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

27-28 SEP, ADFFPA National Bench Press (Newark) Pro Fitness, 350 Rie 46, Rockaway, NJ 07866, 201-627-9156

28 SEP, WNPFF Daytona Beach BP/DL (Daytona Beach, FL) WNPFF Can-Am Nationals (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

11 OCT, (new date) ADFFPA Deadlift Nationals (Bedford Heights,

(Philadelphia Airport Marriott) Robert Keller, 752 Johns Lane, Lower Guynnedy, PA 19002, 215-542-4941

12 JUL, APA Old Dominion BP/Virginia Open DL, Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

12 JUL, NASA Western States Regional (Vegas NV) NASA, Box 735, Sparks, OK 73568

12 JUL, ADFFPA Great Plains Open/BP The Power 309 E South, Colchester, IL 62326, 309-776-3337, www.adfpaca.com

12 JUL, ISF International Powerlifting & Bench Press Championships (Bedford Hills, NY) <http://members.aol.com/interstrth/>

12-13 JUL, AAU Raw Meet (any women, teen, master, 10,000 women) Brad Hart, FL 32830, 407-248-6424

12-13 JUL, 4th AAU Raw Meet (any women, teen, master, 10,000 women) Brad Hart, FL 32830, 407-248-6424

23 AUG, ADFFPA The Real Deal BP Meet, Willie Martin, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

23 AUG, Women Only PL/BP/DL (Atlanta, GA) WNPFF Can-Am National (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

23 AUG, 2nd Norm Manooogan BP Challenge (Los Altos) (men & women's notice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adfpaca.com

30 AUG, AAU SouthEast Regional BP/Est Coast DL (FL) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

31 AUG, WPC (new date), AAU Lawrence women, master, jr., Brian Washington & Garro Memorial PL/BP (open men & women), 20042, Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

31 AUG, 8th Michigan Bench Press Challenge, Les Halscor, Box 81, Bloomfield Hills, MI 48303, AAU Raw National Raw Meet, any women, teen, master, 13070 Ocean Blvd., San Antonio, TX 78249, 210-699-0964

6 SEP, USPF Florida State, David Coleman, 2947 Old Florida Rd., Jacksonville, FL 32220, 904-695-9142

6 SEP, National Qualifier, Iron Island, NY 11757, 516-595-9014

11-14 SEP, AAU National Squat/Bench (Disneyworld - raw/gear, open, teen, submaster, master) Brad Hart, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6424

13 SEP, APA National (American Cup BP/DL) (SC) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

14 SEP, WNPFF North American Record Breakers Bench Meet, Santa Rosa, CA, John Ford, 707-543-5970

27 SEP, APA North American BP & APA Northeastern USA DL (New York, PA) Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

27 SEP, AAU New Jersey PL/BP/DL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824

27-28 SEP, ADFFPA National Bench Press (Newark) Pro Fitness, 350 Rie 46, Rockaway, NJ 07866, 201-627-9156

28 SEP, WNPFF Daytona Beach BP/DL (Daytona Beach, FL) WNPFF Can-Am Nationals (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

11 OCT, (new date) ADFFPA Deadlift Nationals (Bedford Heights,

OH) Ed & Frank King, 24775 Aurora Rd., Bedford Hills, OH 44146, 216-439-5464

3-5 OCT, AAU National Masters, Santa Rosa, CA, John Ford, 707-543-5970

11 OCT, APA United States Open BP & APA Lone Star State DL (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962

11 OCT, ADFFPA Push/Pull Raw/2 Combined/Masters Qualifier (men & women's notice, open, lifetime, teen, submaster, master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 804-275-6449, www.adfpaca.com

12-13 OCT, Ironman Men/Women Open & Bench Press, Wilkes-Barre YMCA, Corner Franklin & Northampton Sts., Wilkes-Barre, PA, 717-823-2191 (Doreen)

25 OCT, APA, NHCI Push/Pull (outside lifters 2 wk. notice) Fred Lists, 1201 Main St., Fitchburg, MA 01420, 508-343-6550

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

25-26 OCT, 15th AAU Central PA Open (below 150 lb. teen, submaster, master, women's 1st 60 (day) Al Siegel, 304 Daisey St., Clearfield, PA 16830, 814-765-3214

25-26 OCT, APF Southwest Regional PL/BP, APF Cowntown Deadlift Challenge, Cowntown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900

7 OCT, WNPFF World BP/DL Championships (New Orleans, LA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

OCT, ADFFPA New Jersey State Powerlifting, Pro Fitness, 350 Rie 46, Rockaway, NJ 07866, 201-627-9156

1 NOV, APA Bench Press Nationals/APA Deadlift Nationals, Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

6-9 NOV, WPC World Championships (Blackpool, England) Chris Bannaghan (01625 617812/342424/0370 757321)

8 NOV, WNPFF World Record Breakers BP/DL, WNPFF Can-Am Nationals (Detroit, MI) WNPFF 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

8 NOV, 5th 303 lb. + Basho and/or Mexico vs. USA (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

11-16 NOV, (97) IFP Men's Worlds (98) (Columbus, OH) www.ifp.com

15 NOV, ISF World's Strongest Powerlifting & Bench Press Championships (Interstrength.com) <http://interstrength.com/>

15-16 NOV, ADFFPA Police & Fire Nationals, Joe Morrales, 350 Rie 46, Rockaway, NJ 07866, 201-627-9156

16 NOV, AAU Maryland State BP (MD residents & open) & IronMAN (BP/DL - open men & women, master, jr.) Brian Washington, Box 20042, Baltimore,

Meet (Atlanta, GA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

P.S. - Self-Addressed Envelope for the meet director to return an entry to you. If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. - Italicized entries in the Coming Events section indicate listings that are new or updates to our list.

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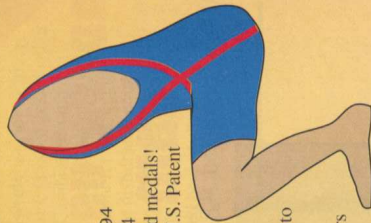
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| Paul Springer | Kirk Karwoski |
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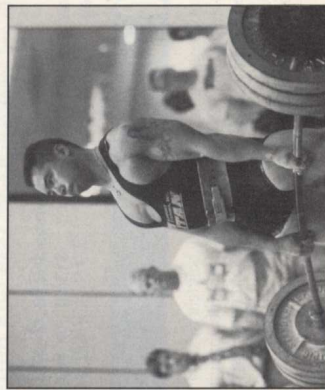
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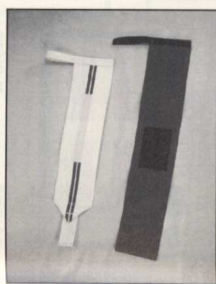
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FROM THE IPF PRESIDENT ... "In Herb Glosbrenner's profile on Maris Sternberg in the November 1996 issue of *PL USA*, it was mentioned that an apology from the IPF and the USPF would satisfy Maris. As president of the IPF, I unhesitatingly offer the IPF's apology and extend the hand of friendship to both Maris and Felicia Johnson. If Mr. Glosbrenner can supply me with their postal addresses, I shall personally write to both of them.

As I did not hold an official IPF position in 1984 I cannot comment on the reported events. Nor should my apology be taken as an admission by the IPF of any liability. However, after 12 weeks it is time to put past negativity behind us and look to the future.

Maris will probably not remember me, but I did have the pleasure of meeting her in 1984 when I coached Cathy Miller at the World Champs in Santa Monica. Both Cathy and I remember Maris as being a very friendly, down to earth person and it is unfortunate that, rightly or wrongly, she has not competed in an IPF contest since then.

She will also be aware that I travelled to Chicago in July 1996 to discuss the lawsuit with Ernie Franz. We had a very positive talk and we both agreed that it was time to move on from past events. Ernie also graciously agreed to allow the IPF to stage the 1997 World Bench Press Championships in the USA without fear of repercussions. Since then circumstances have changed, as you will read elsewhere in *PL USA*, and the lawsuit has been assigned to John Inzer. I would like to openly acknowledge Ernie's willingness to let bygones be bygones and thank him for his spirit of cooperation.

All lifters, particularly Maris, will be pleased to know that at the IPF Congress in November a motion to open up the IPF to all lifters, and allowing IPF members to lift in non IPF sanctioned contests, was wholeheartedly adopted by the delegates. Although this resolution comes twelve years too late for Maris and Felicia, it does mean that their misfortunes will not be experienced by others.

In my short term in office, it has been a priority for me to ensure the IPF is a democratic federation which is dedicated to serving the best interests of the most important people in powerlifting - the lifters themselves. My efforts have been unanimously supported by the IPF Executive and officials and we are sincere in our desire to see our sport return to the days when lifters could simply enjoy lifting and not have to worry about politics, lawsuits and a multitude of other negatives.

Grahame Fong, IPF PRESIDENT

championship. The service on the trip from Salzburg to Copenhagen on Tyrolair Airlines was totally extraordinary, and that on the flight to Memphis on KLM was almost as excellent. As the airliner lifted off from Denmark, the sun was beginning to set, and as we followed it across the Atlantic, a continuous golden sunset preceded us. As we entered into singular focus just what had transpired in Austria. There the finest strength athletes on this one globe we live on, joined together to find out who is the **WELTMEISTER**, the Master of the World (as the Germans put it) in their given weight class. The athletes are stars, some of whom extracting remarkable efforts from their precisely trained bodies, in constant pursuit of the chance to win the gold medal. The gleam of the gold brings many others to the quest, like the Hericks and Maj. Scully, to help those who are blessed with the development of incredible levels of physical strength to be on all they can be on the lifting platform. This journey has no end. As soon as the gold is won, the chase begins again to catch next year's medals, which will be available for pursuit in the Czech Republic at next year's edition of the IPF Men's World Championships.

situation to the point that it could not be done there. With 12 weeks notice, both Michael Hieronymus and Norbert Wallauch decided to utterly disrupt their lives and take on the task of relocating and re-organizing the event in Salzburg. In such light, the effort they undertook and the help they received from their many supporters within the Austrian Powerlifting Federation was even more magnificent. Even so, Michael indicated that he would like to bid on this meet once again in the future, with the hope that he could show us what he can do off more than 3 months of hands on preparation. Who wouldn't want to return to such a beautiful, accommodating, and historic nation?

Everyone on the teams and staffs from each of the 35 nations involved in this international get-together deserve congratulations and thanks for their efforts, but I feel a need to single out some people. Sean Scully is one of the finest team coaches in the history of this sport. I know he is widely respected by the head coaches of other teams, as well as by his own lifters and support staff. He has a fine family to attend to, a career in the United States Air Force to manage, and financial obligations to take care of just like anyone, but his commitment to this sport is enormous and his skill in handling diverse personalities and situations in order to produce the best possible result for the USA has been consistently at the highest honor to his name, his sport, and his country.

Two other people you should know about are Dick and Stella Herrick. Dick is a lifter himself, both power and olympic style, who not only serves as team doctor, but is

also prominent in the medical committees of several sports. The total scope of his efforts on behalf of powerlifting is almost too broad to measure, but suffice it to say that he is there to help and serve and that's what he does. He is blessed with a life partner whose skills are equally enormous in scope and talent, his wife Stella. Stella also lifts, however due to the effects of a very serious leg fracture. They both relieve up to the international level as well. It is hard to imagine a more thorough and experienced team manager than Stella. She knows what it takes to support a winning team and her efforts have indirectly produced more team points for the USA in recent years than you can count. With their wide range of contacts, I think they will be instrumental in the effort to gain International Olympic Committee recognition for our sport in the future. Oh yeah, they run a medical practice and a family on the side, and they don't get paid for doing what they do in the sport.

As many of the USA team gathered in the airport on the Monday morning following the last day of competition, I started to appreciate the rich goodness of all the fine people in the USA contingent, and that of all the participants in this

during those ceremonies individually distinct cups were presented to each of the total medal winners by various officials assisted by a trio of beautiful young Austrian children.

Thanks to John Mathieu's initiative and fund raising efforts, Team USA actually had some direct cash assistance from a group of sponsors to handle their expenses at this competition (those fine people and organizations are noted elsewhere in this article). The total USA contingent consisted of the lifters already noted in our story (alternates, coaches and Mike Danforth), and officials and Mike Danforth), and official team staff - led by new USPF President Don Haley (IPF Delegate and Referee) and his wife Fran (Referee), Team Doctor and Referee Richard Herrick MD and his wife Stella, Team Manager and also a Referee. The Team Coach was Major Sean Scully, with Assistant Coaches being John Mathieu, Shelby Corson, and Mike Golden, and Mark Webber D.C. served diligently as a Chiropractor at the meet site. Support Staff consisted of Pete Ault and Jerry Padilla of Titan Support Systems, Mike Lambert, and Ben Willoughby. Accompanying Guests included Mike & Angie Overdorp of the ADFPA, as well as Andrea Sortwell of the ADFPA. John Shaffer was also listed, but apparently was not present. Supporters included John & Ann Coan (Ed's parents), Herb Lande, Ed Haberborn, Jan Bell, Barbara Olli, Donna Stapleton, Stephan Korte and one of his German friends.

It should be noted that while Austria had received the bid for this contest, the original arrangements intended the competition to be held in the small mountain town of Solden, but problems arose in that

Roman Ukrainsev, with a relatively smooth musculature, put up some balanced numbers for the bronze, barely beyond the impressive performance of Sturla Davidsson of Norway, who weighed only 126.9 kilos. This guy gets stronger and stronger with every year. Holland's Jansenvan/orkveld (longest name in powerlifting, according to pre-mier international scorekeeper Heiner Kobert), was also over the 2100 mark, which is where the Bulgaria's Evgeny Popov seemed like he was going (especially after he was so happy with his 804 squat) until his 795 deadlift stalled out. Germany's Ralph Gierz was in the lead pack until his modest deadlift attempt left the others plump away. He's probably still suffering from a severe hamstring pull resulting from his two man deadlifting exploits. Chao of Taipei was the only Super in the 1900s, as the Australian who lives in Japan, Mike Abdullah, just missed that milestone with 1895. World's Strongest Man competitor Bernhard Rolle of the Bahamas was a human landmark with his physical size and unique hairstyle. He missed the 722 deadlift that would have moved him up a notch. Wu of Taipei and gigantic thighs bench press, and likewise Sean Cuman of the USA had the misfortune to step on a spotters foot as he was backing out of the racks on his opening lift, almost dumping the weight. This, coupled with his understandable first IPF Worlds lifters, completely blew his mind and he missed his final two attempts at the weight in an awkward position.

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played a wait and see game with Austrian national hero Krendl, who astonished himself by winning the gold medal in the deadlift competition (lifter Karwo was missed what he needed to out-total Coan). Krendl was video-taped lifting a bar with some huge bumper plates on it the day before he actually competed to help promote the contest. Antipenko of the Ukraine was next up over Ahti Stark, whose long hair and beard are not typical of a Finn. Yikes... there's another Pomana. Wayne has the same take your breath away mass as his brother and an even more intense look in his eye. He only made 4 attempts, this time, and next outing he could make a dent in the medals. Australian Paul "not the actor" Newman totaled, as deadlifted, and subtended the same as German Uwe Krath, but was a kilo and a half lighter. Wamstecker of Holland and Armstrong of Canada completed the list of totalers, but the lone bomber, Victor Nalekin, had nothing but admiration from Capt. Kirk. Vix had a very difficult failure with his first go-round with an 859 squat, and looked like he was totally out of gas, but he came back - remarkably so - to stand up before, sadly - not so well as to earn the judge's approval. After that, his bench technique deserted him.

In the Superheavies, defending champ Yuri Spinov had some old and new faces to contend with. He lead the way in the squats with a fine 947, but massive Rif Gadiev (who looks like a less rangy version of WPC World Champ Peter Tregloan) took 99 lbs. worth of advantage of Spinov's damaged pec to even things at subtotal with a Even so, tied at subtotal with a puller like Spinov is not what you were looking for. This was the only weight class that had no bombouts. In the 275s, Kirk Karowski had backed off his training after a minor injury, and wasn't sure where he was in the squat, so he felt his way up in roundage, with 964 being a solid success. Kirk bloodied his nose on his squats after his sinuses had been irritated by a nasal congestion. He's looking forward to a new challenge in early '97, leaving his job in a mail shop to become associated with a small commercial printing operation. 94 Jr. World Champ Makkonen was just behind him and ahead of 1995 bronze medalist from Canada, Ralph Celio. Britain's Andrew Rodney built a big lead in the

squat over Germany's Jorg Schmid, who could not pull in the difference at the end, but he already had a long hard effort at 837. 848 was a bit much, but the crowd seemed thrilled with the spectacle they had witnessed.

Pomana won the bench press contest and deadlifted slickly through 749 and a fine 2121 total. In the 3rd slot was veteran Ukrainian competitor Vladimir Ivanenko, who was among the first group of Russians to compete to the United States to come on the United States to compete on the United States, back when the Ukraine was still considered part of Russia. He squatted with a pair of knee wraps that looked like they dated from back then as well, but he had little trouble with 826 and he eased into 3rd place without a direct challenge. Audun Jonsson, the 2nd Icelandic competitor in the meet, who trains with current World's Strongest Man Competition winner Magnus Ver Magnusson back in their homeland, deadlifted his way into 4th over lanky Alexei Ganokov of Russia, who fixed a peculiar grip problem only at the last minute. With traps almost up to his earlobes, Anu Turttainen of Finland, averaged last year's hugely unpopulated bombout, passing out in the process of trying to haul up 793 lbs. in the deadlift. Teammate Jarkko Makkonen was just behind him and ahead of 1995 bronze medalist from Canada, Ralph Celio. Britain's Andrew Rodney built a big lead in the

232, but looking bigger, easily made the opener at 903 in the squat. A world record of 947 was initially met with trepidation. Just as he did at the USPF Seniors, Ed cinched up his belt and his intensity a little tighter and in cold-hearted defiance of gravity he took the ponderous lead over deeper. Assistant Coach Mike Golden said this was the kind of effort that defines what Ed Coan is all about, but some how the judges still did not agree. Ed like wise only got his opener in the bench press, when subsequent attempts seemed a bit out of the groove. With his opening deadlift, Ed broke the 1980 world record total mark of John Kuc. Yes, we thought he already did that at the USPF Seniors - do those records count or what? Then, he bumped that mark up again, with a long hard effort at 837. 848 was a bit much, but the crowd seemed thrilled with the spectacle they had witnessed.

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Capt. Kirk Karowski cruised to yet another IPF World Championship.

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Switzerland	...	1384	USA	...	459	USA	...	459
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...	USA	USA

HARVEST HOMECOMING BP/DL



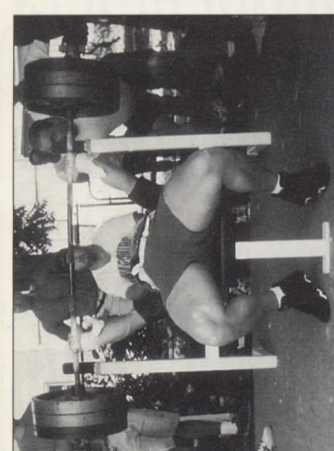
Best Lifters at the Harvest Homecoming BP/DL Meet were, left to right, Ron Walsh (BP) and Todd Heaton (DL). (courtesy of Dr. Latch)

ADPP Great Plains Open

Table listing results for the ADPP Great Plains Open, including categories like Bench Press, Squat, and Deadlift, with names and weights.

Pop's Gym Summer Bash For Cash

Table listing results for the Pop's Gym Summer Bash For Cash, including categories like Bench Press, Squat, and Deadlift, with names and weights.



Willie Wessels locking out 650 lbs. for an unofficial world record at the Pop's Gym Summer Dash for Cash Meet. Willie won \$200 for the biggest bench and then took home another \$100 for his 750 lb. deadlift, which was also the biggest of the meet. (courtesy Steve Egli)

of the best lifter awards. The other best lifter award went to Willie Wessels, who had an unofficial world record in the 242 open with a 650 bench at a body by Allen Cash with a strong 330. The women's biggest bench was by Mike with an easy 375 pull, just missing 400 at a body. ...

New Hampshire Push - Pull

Table listing results for the New Hampshire Push - Pull meet, including categories like Bench Press, Squat, and Deadlift, with names and weights.

26 Oct 96 - Concord, NH

Table listing results for the 26 Oct 96 - Concord, NH meet, including categories like Bench Press, Squat, and Deadlift, with names and weights.

5 Oct 96 - Tuscola, IL

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APF Ohio State

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5 Oct 96 - Tuscola, IL

Table listing results for the 5 Oct 96 - Tuscola, IL meet, including categories like Bench Press, Squat, and Deadlift, with names and weights.

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5 Oct 96 - Chillicothe, OH
Women'sq SQ BP DL Total
A. Kirby - 146 330 175 305 801*

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of John Hendrix at 242 were not reflected on the TOP 100 list (660 4630 1750). Anthony Thomas's name was misspelled on the TOP 100 list (1470 total), as was the name of Scott Hansen on the TOP 100 list (955 total). Mark VanAlstyne should have been credited with a 600 lb. squat on the TOP 100 list. Raymond Jones 560 deadlift at 165 was not included in the TOP 100 completions. Send any corrections you find to "ERRORS", Box 467, Camarillo, CA 93011. TOP 20 rankings for women, masters, and teenage lifters during the 1996 competition year will be published in the March 1997 edition of POWERLIFTING USA, and if you think you'll be making one of the lists and you haven't seen results of your best meets published in PL USA, please contact your meet director and urge that they be submitted if they haven't been already. We need to have the results on hand in order to include them in the various ranking lists.

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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.

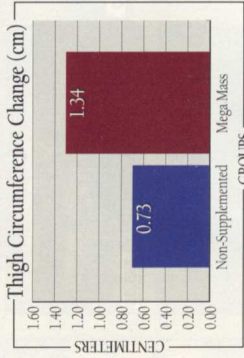
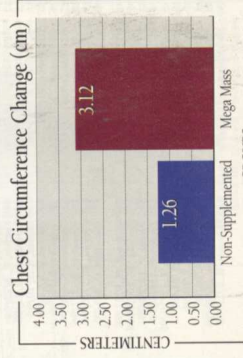
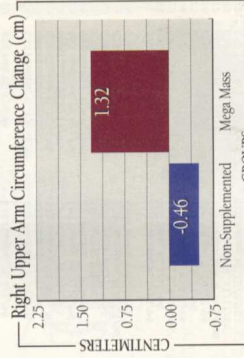
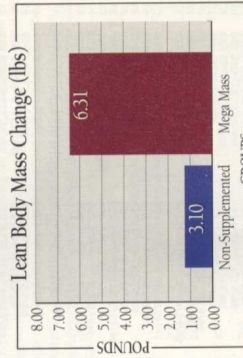
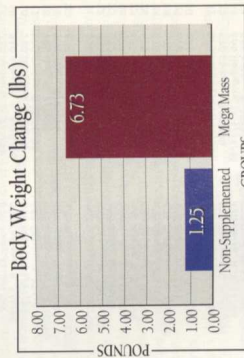
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including 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.



Dr. Paul Ward
Biomechanics & Sports
Performance Scientist

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