

POWERLIFTING USA

VOL.20 NO.7

FEB/97 \$3.50

\$4.50 in Canada

HOW MANY WORKOUTS?

FORMULA FOR SUCCESS

The POWER of Compelling Outcomes

Synergy is when the total is greater than the sum of the individual parts (ex. 2 + 2 = 6). Creatine is proven to create muscle gain and strength increases. Serious athletes know the effects of Creatine, mind-blowing pumps, vascularity, and loss of body fat. Creatine alone is an athlete's dream product. Inzer Advance Nutrition includes high performance carbs with the purest Creatine Monohydrate and the increased effectiveness is quickly realized. Now Inzer Advance Nutrition adds the newest scientific discovery Pyruvate. The result is a break through SYNERGISTIC super performance product. Each super element is combined perfectly to drive each of these supplements to peak performance at your body's cellular level. Separately each of these elements can cause dramatic increases in performance. **Linked** together in the Inzer Advance Nutrition Synergy the results are explosive.

The explosive results you can achieve with Inzer Advance Nutrition Synergy are: Greater Muscular Increase than ever before. Faster Strength Gains. Immediate Muscular Endurance. Pronounced Fat Loss. With Inzer Advance Nutrition Synergy the before and after difference in how good you look and how well you perform will be like night and day.

Delicious, Refreshing Grape Flavor

INZER Pure Pyruvate

Now the much heralded release of **Pyruvate** to all you hard working athletes and fitness enthusiasts. **Pyruvate** has been proven in clinical studies to effect a remarkable physiological and metabolic change in those who take it. Some of these remarkable results from the use of the product are:

1. Increased anabolism or body protein uptake.
2. Decreased body fat.
3. Retention of lean muscle mass.
4. Increased glycogen storage.
5. Increased muscular endurance.

These five effects, as you can see are the key to a more powerfully muscular and lean body. Inzer Advance Nutrition provides athletes and enthusiasts **Pyruvate** in its purest, most effective form. Train and compete at higher intensity and strength with Inzer Advance Nutrition **Pyruvate**.



INZER Pure Creatine Monohydrate

Creatine Monohydrate burst onto the sports scene as one of the first of the new training aids born from genuine scientific research.

Continuing research has documented the gains athletes are obtaining from Creatine.

In the past, many supplements have appeared to be quite impressive in the laboratory setting. However, their performance has never been quite so stellar in the real world. Creatine is an exception, having proven itself again and again in clinical trials and in actual athletic performance. Now from Inzer Advance Nutrition comes **Creatine Monohydrate** in its purest most effective form.

40% Off With Any Other Purchase!

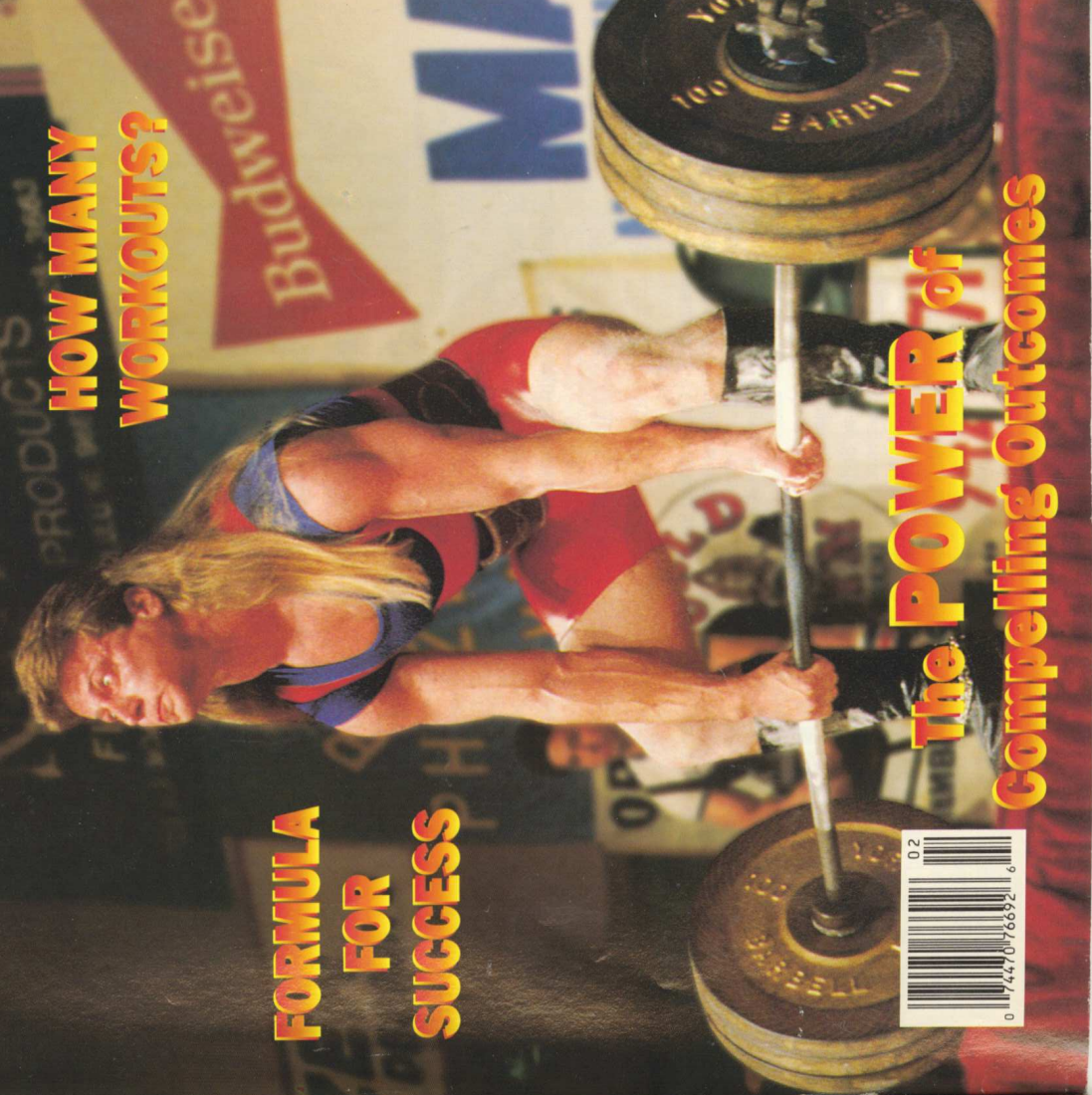


Inzer Advance Designs provides the world's finest and most effective powerlifting gear. Most of the world records have been set in Inzer Power Gear. Inzer Advance Nutrition continues the same commitment and provides only the sports supplements that are truly effective and in their purest form.

Inzer Advance Nutrition is your assurance that all products used are in their purest form and designed for athletes and fitness enthusiasts who demand results.

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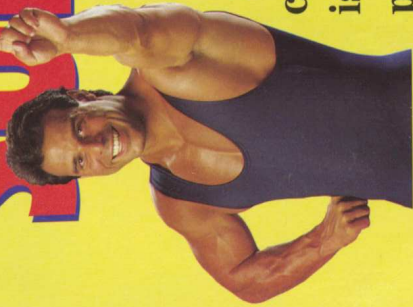


The Most Important Development in Powerlifting
Apparel Since the Introduction of the "Squat Suit"

The DEADLIFTTM SUPERLIFT[®]

By Marathon Power Apparel

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



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

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

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

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

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

The Deadlift SUPERLIFT is constructed of the strongest material ever developed for powerlifting — Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it and it's **only available from Marathon Power Apparel**. This suit is legal for all competitions.

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Marathon[®]

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

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



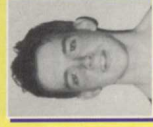
David Ricks
CURRENT WORLD CHAMPION and many times National Champion, since using the Deadlift SUPERLIFT has exceeded his own record deadlift a number of times over the past year.

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



Tamara Rainwater-Grimwood
THE WORLD'S STRONGEST WOMAN makes about the Deadlift SUPERLIFT. Make no mistake about it, Tamara was tremendously strong and a champion

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



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

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

PLEASE RUSH ME THE FOLLOWING:

Marathon's Deadlift SUPERLIFT \$44.95

The New Standard of Lifting Excellence!

BLACK NAVY BLUE ROYAL BLUE SCARLET RED
COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE INDICATE YOUR SIZE AND HEIGHT. ALL ORDERS SHIP FREE. 24-26 IN EVEN SIZES. SIZE TO INSURE PROPER FIT PLEASE INCLUDE MEASUREMENT ON ALL ORDERS.

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Shipping				\$6.00
TOTAL				TOTAL

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ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

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



Look for this label to guarantee that you have The Original Deadlift SUPERLIFT!

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

And we'll rush you your Deadlift SUPERLIFT by 2nd Day Air Delivery at NO EXTRA CHARGE!
If you wish to mail your order in, use our convenient order form and receive the same 2nd Day Air delivery at NO EXTRA CHARGE!

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Marathon® Sports Nutrition Brings You

The Number 1

Nutrient for Getting Stronger!

The Ultimate Muscle Fuel

Creatine Monohydrate

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



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

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

Marathon's Creatine Supreme™ Powder...

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

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

Creatine Supreme Powder

100% pure USP pharmaceutical guaranteed by laboratory analysis.

- 100 Gram Bottle — REG. \$29.95 — **Now \$19.00**
- 300 Gram Bottle — REG. \$99.95 — **Now \$44.00**
- 600 Gram Bottle — REG. \$97.95 — **Now \$79.00**
- 1200 Gram Bottle — REG. \$179.95 — **Now \$148.00**

Case Pricing Available

The Ultimate Muscle Fuel In Its Most Convenient Form

Creatine Monohydrate Supercaps™

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

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

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

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

- If you're a bodybuilder, you'll do more reps with heavier weights than ever before, for greater muscular growth.
- Marathon's Creatine Monohydrate Supercaps delivers results fast: within two weeks.

- Each capsule contains 1250 mg, 100% pure USP pharmaceutical grade Creatine Monohydrate.
- Purity and potency guaranteed by laboratory analysis.

100 caps — REGULAR \$39.95 — **Now \$24.00**

(Total 125 grams Creatine Monohydrate per bottle)

250 caps — REGULAR \$89.95 — **Now \$54.00**

(Total 312.5 grams Creatine Monohydrate per bottle)

500 caps — REGULAR \$156.00 — **Now \$99.00**

(Total 625 grams Creatine Monohydrate per bottle)

Case Pricing Available

New Advanced Generation Supplements

Maximize Muscle Growth and Increased Strength by Retaining Glutamine

GRF™

Advanced Generation
Glutamine Retention Formula
with Alpha-Ketoglutaric Acid

Glutamine Retention Formula

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

Here's How it Works

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

Formula

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

L-GLUTAMINE275 MG
A-KETOGLUTARIC ACID250 MG
TAURINE150 MG
CALCIUM A-KETOGLUTARATE63 MG
POTASSIUM25 MG
MAGNESIUM25 MG
RNA9.5 MG
MANGANESE400 MCG

Compare to other brands formulas and save.

GRF (Glutamine Retention Formula)

120 capsules Regular - \$29.95

1 Bottle (120 capsules) — **Now \$25.00**

2 Bottle (240 capsules) — **Now \$46.00**

4 Bottle (480 capsules) — **Now \$81.00**

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2ND DAY
Air Delivery
Available



NEW
Glutamine Retention
Formula with
Alpha-Ketoglutaric
Acid

New Advanced Generation Supplements

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

V-3™

Advanced Generation
Vanadyl Sulfate Formula
With Essential Co-Factors

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

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

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

Formula

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

VANADYL7.5 MG
SELENIUM300 MCG
TAURINE300 MCG



NEW
Vanadyl Sulfate
Formula
With Essential
Co-Factors

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

Compare to other brands formulas and save.

Marathon's V-3

Advanced Generation Vanadyl

180 capsules — Regular \$39.95

1 bottle (180 caps) — **Now \$29.00**

2 bottle (360 caps) — **Now \$49.00**

4 bottle (720 caps) — **Now \$88.00**

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...the most important part in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport ... this is their magazine.

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ON THE COVER.... John Inzer at one of the early Hawaii meets, demonstrating how he harnesses the power of compelling outcomes to produce world records on the lifting platform.

NEXT MONTH.... yet another answer to the question - Who are the Greatest Powerlifters in the history of the United States?

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Marathon® SPORTS NUTRITION
THE DYNAMIC DUO

ADVANCED AMINO COMPLEX

Amino AKG SuperCaps™



We've created the most effective amino acid delivery system ever by molecularly bonding 23 individual free-form amino acids to alpha-ketoglutarate (AKG). That means more rapid and complete amino absorption than has ever been possible. And that's why our Amino-AKG SuperCap Complex will outperform every standard and free-form amino complex on the market today.

Maximum Absorption and Utilization are the Keys

At the cellular level, absorption is critical. The more efficiently amino acids can be absorbed into the bloodstream, the more completely they can be utilized by the muscle. The AKG bonding process works as a high-performance delivery system that maximizes the amount of amino acids the muscle can use.

Bodybuilders, powerlifters and other strength athletes are already discovering that this high-powered AKG-bonding technology delivers:

- Greater strength and muscle growth
- More energy in exercising muscles
- Better recuperation and recovery time
- Increased muscle hardness

The Revolutionary AKG Bond is the Breakthrough

The driving force behind the new formula, the revolutionary AKG bond, is precisely what separates the new Amino-AKG SuperCaps from standard amino complexes and other free-form complexes. It enhances each singular free-form amino in the formula, giving the complex a greater overall power and effect than even the highest potency products. This means you can now take fewer capsules and achieve even greater results!

Each 5-capsule portion of Amino-AKG SuperCaps contains:

500 MG. L-METHIONINE ASG	250 MG. L-ALANINE ASG	100 MG. L-LEUCINE ASG
500 MG. L-PROLINE ASG	150 MG. L-THREONINE ASG	100 MG. L-VALINE ASG
450 MG. L-ORNITHINE ASG	150 MG. L-ASPARAGINE ASG	100 MG. L-GLYCINE ASG
450 MG. L-GLUTAMINE ASG	150 MG. L-GLUTAMINE ASG	100 MG. L-PROLINE ASG
300 MG. L-GLUTAMINE ASG	150 MG. L-THREONINE ASG	20 MG. L-VALINE ASG
300 MG. L-VALINE ASG	150 MG. L-GLUTAMINE ASG	20 MG. L-LEUCINE ASG

100 Capsules - REGULAR \$29.95 - NOW \$24.00

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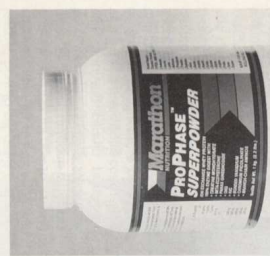
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ProPhase™ SuperPowder™



We have combined the highest Biological Value Protein (157 BV) with seven high-potency growth, strength and performance nutrients, creating the most formidable anabolic/anti-catabolic powder ever!

A Force of One

ProPhase SuperPowder is much more than a protein powder. It is a one-step program designed to improve strength, recuperation and growth.

Our tonic whey protein concentrate (with added BCAAs) achieves the highest biological value of all proteins, 157. This means that nitrogen retention is higher - and muscle growth better, faster - than any other protein source, bar none. This awesome amino acid profile - including an inherent 50% branch-chain amino - makes ProPhase the envy of every other powder products on the market.

Eight Super-Charged Nutrients

Each serving yields 30 grams of the highest biological value protein - including a whopping 50% BCAAs - PLUS high potencies of the most popular growth, strength and performance enhancers available.

Nutritional Profile of Each Serving
(30 SERVINGS PER KILO)

- 30 grams Ionic whey protein concentrate including 15 grams of branch chain amino (contains 50%).
- 2000 mg. Creatine Monohydrate, for strength and endurance.
- 1500 mg. Russian Power Plus - Pfaffia Panchulata - in its pure form, which delivers the highest concentration of Beta-Ecysterone.
- 1000 mg. Standard Panax Ginsenoside - an endocrine adapter.
- 500 mg. Alpha Ketoglucosamine - to increase nitrogen retention.
- 500 mg. OKG - today's premier anti-catabolic nutrient for greater muscle growth.
- 200 mg. Chromium Picolinate - to increase amino acid uptake, especially branch-chain amino acids.
- 10 mg. Bonded Vanadium - for muscle growth and hardness.

Typical Amino Acid Profile per serving (mg/30 grams protein):

L-GLUTAMINE	2277 MG.	L-THREONINE	1880 MG.	L-PROLINE	772 MG.
L-LEUCINE	5545 MG.	L-ORNITHINE	300 MG.	L-SERINE	743 MG.
L-THREONINE	428 MG.	L-ALANINE	523 MG.	L-GLUTAMINE	657 MG.
L-PHENYLALANINE	477 MG.	L-ASPARAGINE	455 MG.	L-GLUTAMINE	282 MG.

30-Day Supply (1 Kg.) - REGULAR \$59.95 - NOW \$39.00

60-Day Supply (2 Kg.) - REGULAR \$99.95 - NOW \$69.00

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The Power of Compelling Outcomes

as told to Powerlifting USA by John Inzer, Inzer Advance Designs

I have been breaking all time historical world records for over a dozen years, and I continue to set new world records, produce grand powerlifting extravaganzas and run a company that provides the most innovative powerlifting gear in the world. To do this, I have learned how to set goals and specific outcomes for myself and have created a strategy for how to achieve them. Achieving my goals is not just hard work. It requires systematically applying certain principles which make these goals compelling as well as developing a plan that takes me step by step to successful fulfillment. I have been modelling the processes required to create the energy and momentum to push my performance to higher and higher levels of success. I want to share with you how to tap into the vast reserves of power within you to release your imagination and creativity that will inspire you and compel you to succeed.

Set your Goals: The first step is to decide on your goals. What do you want to accomplish? To do this, you must suspend all of your old limiting belief systems about what you are capable of achieving. For now, set aside all your old doubts and fears. At this step, it is not practical or trying to be realistic or limiting to your goals. Now is the time to set grand and important goals. Set goals that will truly transform your life. The power, excitement and drive you need to unleash from within, comes from creating bigger, more inspiring and challenging goals. Assume there are no limitations. You must have goals that are big enough and magnificent enough to challenge you to push beyond your old limits and achieve your true potential. I personally believe you and each person on this planet has the potential to do or be anything they want.

If you absolutely know that you would accomplish anything you want, what would you want to achieve? What is it that you secretly desire to accomplish but have never actually given yourself permission to claim for yourself. Suspend your need to know how you will achieve your goal. Just let yourself dream about having the most intense excitement ever when you see the possibility of achieving what you truly want. This is a very important part of the secret: to find a goal big enough to inspire you to greatness.

A natural part of the way our mind works is to always be pursuing something. Our mind is always close look at exactly what you will moving us toward some objective.

We either move away from pain and discomfort or move toward pleasure and fulfillment. Often we fail to strive for the very big goals because we don't want to be disappointed. We create comfort for ourselves by moving away from the possibility of future failure. I want you to know that holding back on your goals is the most painful thing that you can do.



Total Focus ... you can see it in John's eyes.

are, the more clearly you will see your vision and the more certain and confident you will feel about your success.

After you know what you really want, you must begin to focus in on what having your goals will truly be like for you. How will you know when you have achieved your outcomes? What will your evidence be that you have achieved your goals? What will you see when you are successful? How will having achieved your goals feel? What will you hear? What will you say to yourself and others? To make your goals real, you must be able to clearly see the results, intensely feel the accomplishment and plainly hear what you and others will say in response to your success.

Well-Formed Outcomes: Test to make sure your outcomes are well-formed. First, are your outcomes stated in the positive? Are your outcomes what you actually want versus what you don't want? If you are looking at what to avoid or eliminate, then your outcomes are not well-formed, and, you are setting yourself up for failure. Remember, we always create what we focus on. A well-formed outcome is always stated in the positive so that you know exactly what you will accomplish. Example: I want to win the state championship. I will total 1,400 pounds. Versus: I don't want third place. I don't want to total less than 1,400 pounds.

Second, are your outcomes in your control? Are your outcomes stated as what you personally will do versus what someone else will do or what else needs to change for you to accomplish them? Keep your outcomes in your personal control. Don't give up your power to anyone else or anything else. Don't be dependent on anything outside of yourself to accomplish your objectives. Keep all your power within yourself to achieve success.

Third, when and where will you achieve your outcomes? Knowing specifically what the contexts are for achieving success is important. When and where will you complete your objectives? Set specific locations, time frames, dates and deadlines. Be very specific. Only when you have a specific time frame will the necessary subconscious resources be aligned with all the other demands in your life for you to

achieve success. If you do not make a commitment to when and where your objectives will be achieved, then other things will take over and sabotage your success.

Don't give away your power. Commit to deadlines and keep them. Fourth, are your outcomes sensory grounded? That is, what will your senses see, hear, feel, taste and smell when you are successful.

The most concrete, specific, clear and exact your internal mental representations are of your outcomes, the more your subconscious mind power will find ways for you to achieve them. Remember, you are learning how to unleash the subconscious competence of your mind to propel you to success. When I put on the Greatest Bench Press in America, for example, I consistently thought ahead of time of specifically what I wanted to see, feel, hear, taste, and smell on September 16, 1995. Each day and each week ahead of time I envisioned a packed Majestic Theatre in Dallas with lifters lifting huge weights one by one. I pictured hearing the crowd roaring and saw the camera flashes from Robert Kennedy of MuscleMag International, Mike Lambert of Powerlifting USA, and other reporters. I saw the results of the Greatest Bench Press in America printed in *Powerlifting USA*, *MuscleMag International*, *Muscle and Fitness*, and other magazines.

And I heard myself and others reading the articles. I smelled the scent of Fry Hot and chalk dust in the air behind stage. I saw great lifters with intense faces in a group preparing to take their turn at benching on the brilliant red bench set on the huge American flag painted platform. I saw them pushing the power bar and gold colored plates with spotlights gleaming and cameramen wearing black in position. I heard the sound of my special psych-up music blasting when it became my turn to exhibit my deadlift prowess. I felt the straps of my suit being put on before the feel of the knurling of the bar in my hands and the bar's bending action. I felt all my muscle fibers positioning and contracting together in just the right synchronicity. I felt my teeth grit together and saw the ornate ceiling of the theatre and the glare of spotlights as I coiled into position for take off with the world record poundage, etc. All of this was in my thoughts ahead of time.

Acknowledge the Barriers: What has stopped you from achieving your goals in the past? Now is the time to acknowledge your past limitations and look them squarely in the eye. No true mental, emotional or physical transformation

occurs without complete and utter honesty. How have you sabotaged yourself in the past? What has held you back? How do you limit yourself. Is it fear, frustration, hurt, disappointment, uncertainty, anger, confusion, lack of motivation or physical pain? Take a good honest look at your barriers to success. Denying, suppressing and avoiding them just lets them operate at a subconscious level where they can function indirectly to limit you.

We all need pressure to achieve success. The more you are dissatisfied with your performance the greater the power you can draw upon to move you forward. All stress is self induced. It's all in the way you form it in your mind. When you look upon your barriers as something to overcome through sheer will power, you are expending a lot of unnecessary energy. The secret is not to avoid pressure, tension and stress but to induce it intelligently. Learn to feel the excitement that stress and tension creates. See challenges as an opportunity for bettering yourself. By consciously facing your barriers you can learn to use them to create the determination and commitment you need to take positive action.

A little known fact is that your personal barriers are actually trying to help you. All behavior has a positive intention. Although the actual behaviors and feelings get in your way and can limit you, your deeper level of intention is positive in order to protect you from failure, shame and pain. Most barriers were learned from experiences in the past when you were young, immature and less resourceful. They were your best choice at that time. It is time to acknowledge them, release them and develop more mature and flexible behaviors.

Use your barriers to drive you in the direction you desire. Let your barriers tell you what you need to do to move through them. When you acknowledge the limitations, face them, work with them (not against them) and take action to resolve them. They will become one more success you can add to your accomplishments. For example, if you discover yourself hesitating too long before you deadlift or not pushing hard enough with a blast off on your bench, examine and ask yourself what is stopping you from lifting with more explosive power. Your answer could be many things. An example would be that maybe there is a fear of hurting your back or injuring a groin muscle. Now that you have acknowledged the fear, you can appreciate yourself for providing that signal that you may need more protection. Now you can adjust your gear, get a better belt and

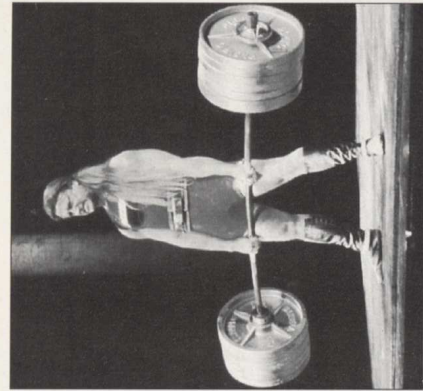
ments you have made. This is a time line of your past. Notice all the milestones of successes and the natural progression you have made toward where you are at this time in your life.

Next, assess where you are right now. Look at your present skills, capabilities, attitudes, values and beliefs. This is a status check. Be specific and use critical judgment to assess where you are right now in relationship to achieving your goals.

Use specific measurements whenever possible. Look at what you accomplished in the past and see how it relates to where you are right now. I'm sure you can see that if you had done some things differently in the past you would be farther along toward achieving your goals. The point is that what you do today significantly impacts where you will be tomorrow. What do you have to do today to keep you on your path to success? The most important thing you can do right now is to take some concrete action toward achieving your goals. Don't just 'DO IT' but 'DO IT NOW'.

Create a future time line that clearly establishes benchmarks that lead to success. Now is the time to be realistic and practical. If you are going to fully accomplish your goals within the deadlines you have set, you must do specific things at certain times along the way. Chunk down the steps you will take into smaller steps that are possible to accomplish. You probably can't lift 793 pounds in May if you don't lift 766 in April and 744 in March. You can meet your deadlines and accomplish your goals by establishing specific benchmarks to complete along the way. In business we call this strategic planning and project management. It's a logical, rational process of mapping out what you will absolutely accomplish and when. There's no simpler way to do it. If you want to give your power away, then set fuzzy and vague goals, objectives, deadlines and benchmarks. The key to success is consistent progress toward your goal. Each day you have a new challenge and a new opportunity to feel the thrill of a success.

Focus: You create what you focus on. If you focus on limitations and problems then you get to keep them. You have seen some examples of the results of that kind of negative focus by some of the key



Compelling Outcome... Inzer's 780 Deadlift at the CBA.

thing you want if you are willing to pay the price and stay focused on the outcome.

Recently, a friend of mine wanted to put on a full powerlifting contest at a local gym. He fretted over all the hassles and the risk of not enough lifter turnout. I helped him keep psyching up to his idea and goal by acknowledging that sure it is going to be a lot of work and told him to feel how good it will be to direct a meet. He started applying these outcome procedures and feeling how good it feels to produce and direct a contest and the feeling of getting to put many of his ideas into place of how he wanted to run a meet. Feeling good about feeling good helped him stay focused on his outcome of 45 participants and other specifics, and helped him make it through all the tough tasks a meet director must do. On meet day, he had 47 lifters and 766 in April and 744 in March. You expressed how he felt on top of the world directing his first contest.

Develop an Action Plan: Now that you have a compelling vision for the future, have set specific outcomes, acknowledged your barriers and know how to motivate yourself through the pain, it is time to develop a plan of action. You need a road map to track your progress and set benchmarks to achieve along the way. Think of this as a time line. This is a picture of your life, past, present and future. To begin, look at all the things you have accomplished so far. How did you get to this point in your life? Take some time to acknowledge to yourself all the successes you have already had in your life. Look at the significant things you have already accomplished. Notice what you have learned so far. See the improve-

ment you are willing to make. I gained more strength and I pulled the world record easily and held onto the bar!

Motivation Strategy: We all know that achieving significant new goals requires a lot of good honest hard work and effort. By understanding how motivation works, you will be able to invest the energy and effort necessary to achieve your outcomes. We are motivated to move away from pain and discomfort, and to move toward pleasure and fulfillment. Many tasks are difficult, trying and painful. However, when you achieve your outcomes, life is pleasurable and fulfilling. Therefore, we tend to move away from doing tasks (pain) and move toward achieving outcomes (pleasure). The secret is to stay focused on the outcome and how it will feel when you are successful. This will keep you moving toward your goals and give you the determination and commitment needed to do whatever is necessary to be successful. The pain of doing the task is only temporary. The pleasure and fulfillment of achieving your goals are lasting effects. A compelling motivation strategy always focuses on the outcome. This creates and sustains the positive feelings necessary to invest the massive amounts of effort and endure the pain required for success. You can achieve any-

people in our sport. If you know them, you can look back over their career and see that they have had some of those same problems for a long time. They probably have some good intention for themselves and some may even have a good intention for the sport. However, they either don't know how to better focus their energy or maybe they fear changing their path or their focus. I suspect all of us have done some type of negative focus ourselves in the past. If you focus on inspiring new goals then they will become yours. The fact is that at the very center of our brain is the reticular activating system (RAS) that is specifically designed to filter out routine insignificant information and focus your attention toward important and significant information, solutions and resources. For example, as you have been reading this article, you may notice now that you have been unaware of some insignificant things in your environment. There is probably a ticking clock or the hum of a household or room appliance. You probably weren't thinking of what color your shoes are at this time because your RAS was helping you focus on the important information you were reading. The RAS allows you to focus on finding solutions for what is important, intensely felt and well

focused. So, if you want to fail, put a lot of time and emotional energy into thinking about your problems that you haven't done, what your limitations are and why you have them. To achieve significant and important goals, stay focused on them. Even when you don't know specifically how you will accomplish the goal, trust your RAS to help you seek out and find the solutions and resources you need to be successful. Creating compelling goals and clear objectives shows your RAS what to look for. Your RAS will seek out the most useful resources and solutions that leads to success. The closer you get to your goal the greater clarity and precision you will have as to how specifically to accomplish it.

Resources: In addition to creating an Action Plan and a Time Line with Benchmarks, start clarifying the resources you will need. What changes and improvements will you need to make? What new resources will you need to find, create and use? Be sure to include other human resources like coaches, trainers, colleagues and professionals; physical resources like equipment, gear and nutritional supplements; behavioral resources like changes in habits or routines and new and different skills and actions; cognitive resources like learning new

information, resolving negative thoughts and changing old belief patterns; and emotional resources like reprogramming negative feelings, resolving fears and installing positive feelings that increase motivation. From a subjective point of view, the right feelings are the most important resources you can develop. When you try to go against, deny or overcome your feelings, difficulties arise. When your feelings are positive and congruent other resources will be easier to acquire. Any great salesperson can testify to the fact that when he or she believes in and feels good about what they are selling, a great performance comes easily. Let's say you have created a goal of starting a powerlifting club. If you believe in and feel good about powerlifting and the camaraderie you will cultivate, you will easily attract club members, coaches and helpers.

Compelling Future: To have a compelling future means that you are fully and completely committed to achieving your goals. Your goals inspire you to invest the enormous and consistent effort needed to accomplish them. Compelling future goals fill you with enthusiasm, excitement and passion. They determine your priorities and are foremost in your thoughts and dreams.

To turn your goals into a com-

PELLING future you need to answer some very important questions for yourself. Now is the time to get very honest about this process. WHY do you want to achieve these specific goals? What is the deeper, more important meaning and value that achieving these goals will have for you? When you achieve your goals, how will your life be different? How will you be different as a person? What will you miss out on if you don't achieve your goals? What kind of person will you have to be to fulfill your dreams.

Write a script that you can say in 20 seconds. Include all the reasons why you must achieve your vision-ary goals. State clearly and precisely why your goals are significant and important for you. Memorize your script and repeat it to yourself often, at least twice a day, morning and evening.

If reciting your script and envisioning your success does not fully and completely compel you to consistent action, then you either need bigger goals or better reasons why you want them. Remember to keep some of your best goals to yourself until you have achieved them. This will protect you from the naysayers. Keep getting better at achieving what you want to achieve. Write to me and let me hear of your successes.

John Inzer

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that situation has happily been alleviated with the 4th printing. Bill not only knows all the tricks of strength training, he was probably there when most of them were conjured up. A national class Olympic Lifter, who also set National Championship Meet powerlifting records, and possessing a bodybuilder's ripped physique to boot, he held the editorial helm of the old Bob Hoffman

STRENGTH & HEALTH Magazine for 6 years, and he has strength coached at the University of Hawaii, the University of Maryland, and Johns Hopkins University. Bill was in Hawaii when he wrote the book and so was I. It was extra interesting to see guys I knew about pictured and written about in this work. An exceptional mutual acquaintance of ours was Steve Dussia, who did many of the photos and cartoons in the book, and the setting for many of the photos was the U of H weight room, where the likes of world record holding shot putter Terry Albritton trained, and Wayne Bousler would seemingly commandeer every single 50 lb. plate in the place to get a heavy bench workout

JIM WILLIAMS' NEW BOOK...... is entitled "Squatting at a Premium" and subtitled "The Most Thorough Seminar on Squatting Science Ever Published" and it follows the path of his debut book on bench pressing. Jim is renowned for his barrier breaking exploits on the bench, but it should be known that he was a huge squatter for his day as well. Like the bench book, this one is written by Jim Williams straight from the soul and damn the grammaticians. The man put an average of nearly 100 lbs. a year on his squat, for the seven years that it took him to reach the top of the sport, so he knows what he is talking about. Chapters include "The Anatomy of the Squat", "Training Equipment for the Squat", "Isometric Training", "The Secret", and "The Problem", etc. Jim concludes with his "Squatters Honor Roll" - the best bar dunkers he can recall. Several routines are described, and the entire text is interlarded with gems of both broad experience and fundamental common sense. Jim admits he's no scientist, but he has obviously culled the applicable gems of training science to develop his training theories. The foremost point is that you'll learn how to develop a big squat from this book, but you'll

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in. There are 22 chapters, spread over 3 sections (Weight Training, Nutrition, Related Material), and 4 extensive nutrition-oriented tables. There are lots of photos of football players, olympic lifters, powerlifters, and some fine anatomical line drawings as well as other effective artwork. Some of the references to footballers naturally show their age, and some of photos have apparently been re-photographed from the original printed versions, but so what - the information and how Bill presents it is the true value here. As it was 17 years between the last printing and this one, you might not expect another chance to possess one of the greatest books every published on strength training, and hard work with weights.

"DEAR MIKE... Happy New Year to you and all your family. Those of us connected with the APF/WPC wish you continued success in 1997. By now you have probably been informed that the APF will be opening its doors so we can accommodate the Amateur lifters. We have talked about this for years and felt now was the perfect time to help make Powerlifting more united. This class will be drug tested, so that all Law Enforcement agencies, Firemen, College and High School Athletes may have a venue open to them with the APF. The Amateur class will be separate class that will eventually have its own set of records and Nationals and World Meet. To ensure that this venture

gains credibility with the Powerlifting public we will wait one year before we decide to publish any National or World Records or run a National or Worlds. The Amateur division will be governed under the rules of the APF/WPC. We are also very happy to have Ralph Raiola and Dr. Ken Leistner back with the APF and very much involved in getting this Division up and running.

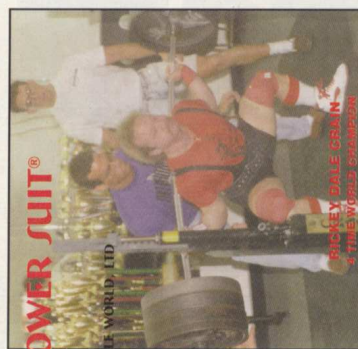
On another note, I have been in contact with my good friend Pete Alantize from Titan. He feels that this is a great idea and can only help towards the promotion of bringing Powerlifting back together. I am also very happy for the new presence of the IPF. Graham Frost, and how hard he is trying to also work towards this goal. His apology to Felecia Johnson and Maris Sternberg was a thoughtful thing and just shows that the IPF may have finally found the right President. I hope that President Frost and the IPF will be successful and possibly some day work hand and hand with the WPC.

As president of the APF/WPC I will continue to work hard for the Lifter and the Lifters needs as long as I can. I will continue to keep a close relationship with Lifter and Organization to make sure that it is a happy family.

The Executive Board of the APF/WPC wishes all Powerlifters and their families a Happy and Healthy 1997. Sincerely, Ernie Franz
P.S. I would personally like to thank Dr. Ken Leistner and Ralph Raiola for coming back to the APF and for putting their energies into this new venture.



Congrats!... former IPF World Champ Dave Ricks is now a Commander. Select in the U.S. Navy.



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WORKOUT of the Month

This program is based on several key criteria that must be adhered to in order to be successful. In reaching your goal. These criteria are as follows: (1) Thorough understanding and execution of the program; (2) Proper diet, and (3) 100% dedication and commitment.

This program assumes a lifter is capable of a 500 lbs. maximum (in competition) squat. The program duration will be 15 weeks, to allow a gradual peak to help you meet your P.R. or pre-established goal. By the end of this 15 week training cycle you will be able to do a 525-530 lbs. maximum competition squat.

It is critical that (1) SAFETY and (2) GOOD FORM are administered from your warm-up sets to your weekly goal. From a safety standpoint make sure that you have an adequate number of trained spotters that you are accustomed to. Safety should be your first priority! To start, stretch for 15-20 minutes using some type of muscle cream on the quads, hamstrings, and lower back. If possible try to use squat jacks for all sets to simulate a competition environment. This will give you a slight psychological advantage during competition.

EQUIPMENT: Shoes - support is essential in this area. I prefer a stiff leather hiking boot for stability, but there are excellent squat shoes on the market today. High tops are also okay, but seem to offer less stability than those already mentioned.

Belt - the standard power belts provide good support. I have seen individuals using your standard bodybuilding belts (wide in back and thin in front) and after switching to power belt had both better lower back stability and increases in strength (lifting capability). I recommend the "Lever" belt for two reasons (1) slight increase in lower back stability due to the ability to tighten this belt tighter than your standard belts and (2) the quick-release mechanism, so you can breathe (normally) again. With standard belts, you have to

heavy sets and also from week to week. Your setup should always be the same as well to further perfect your form. Backing out of the racks should be accomplished with the least amount of walk-out steps possible (2-4 steps). After proper setup your legs should be spread slightly wider than shoulder width with feet positioned at an outward angle between 30-45 degrees. Make sure your knees are locked before your initial descent.

Bar location - the bar should be centered and rest on the lower part of the rear deloid. To find this spot, raise both arms like you are holding the bar on your back and have a friend find the "muscle ledge" (lower part of the rear deloid). Placing the bar here decreases your center of gravity allowing more power and squat stability. This placement also takes away a lot of pressure on the lower back and neck.

Head position - keep head and eyes positioned upward. The head position is key to proper form due to the fact that when your head drops, your butt will come up, causing you to overcompensate and thus putting additional stress on the lower back and causing your lift to be high.

Hand position - try to keep your hands as close as possible as this will allow a greater "ledge" to have the bar to rest on providing better stability.

Breathing - take in a huge breath and hold it while walking out of the rack. Once set (knees locked) and ready, take another deep breath and hold it during the entire descent. Breathe out gradually during your ascent with more air being released at the upper portion of the lift. Holding your breath during your descent and initial ascent generates more leverage and increased stability by keeping your abdomen and lower back tight against the belt.

WARM-UP SETS: warm-up sets should be performed following your 15-20 minutes of stretching. These sets are done by definition to warm-up the muscle groups involved with the intended workout. These sets should be performed with good form and be taken seriously! Listed below are the warm-up sets that need to be performed prior to each weekly workout: Bar only - 2 sets of 10 reps (no equipment - these two sets are not a waste of time, as you may be thinking. These two sets actually make your body aware of what is about to happen. Also, they let you adjust the rack height and mentally prepare for the workout); 135 lbs. x 2 sets of 10 reps (using belt only); 225 x 2 sets of 5 reps (using belt, wrist wraps); 275 x 1 set of 3 reps (belt, wrist wraps).

ASSISTANCE EXERCISES: from your warm-up sets to your

back providing increased stability and fewer lower back problems.

SCHEDULING: scheduling your workout is also another critical dimension of your requirements for success. I recommend scheduling a day of rest the day before each squat workout. This day of rest provides 2 benefits to help you be successful: (1) Allows the body to be more well rested and (2) Enables you to become more mentally prepared for the workout.

Another consideration is the strategic palling of all your other workouts in such a way that you can maximize your workout efficiency. For this particular workout routine, your last workout needs to be 10-12 days before your contest. This means I make sure that all warm-up sets have been executed properly (good form and technique). As you can see, each week has its corresponding goal/objective, repetition, number of sets and equipment to be used. Equipment to be used at all times, unless otherwise indicated, will be a belt and wrist wraps.

WEEK 1: 315 x 8 reps x 4 sets (no equipment)
WEEK 2: 325 x 8 x 4 (no equipment)
WEEK 3: 355 x 6 x 4 (knee wraps)
WEEK 4: 365 x 6 x 4 (knee wraps)

WEEK 5: 385 x 5 x 3, (knee wraps), 365 x 6 x 1 (knee wraps)
WEEK 6: 395 x 5 x 3, (knee wraps), 375 x 6 x 1 (knee wraps)
WEEK 7: 415 x 4 x 3, (knee wraps), 385 x 5 x 1 (knee wraps)
WEEK 8: 425 x 4 x 3, (knee wraps, suit - straps down), 395 x 5 x 1 (knee wraps, suit - straps down)
WEEK 9: 435 x 4 x 3, (knee wraps, suit - straps down), 405 x 5 x 1 (knee wraps, suit - straps down)
WEEK 10: 455 x 3 x 2, (knee wraps, suit - straps down), 415 x 5 x 1 (knee wraps, suit - straps down)
WEEK 11: 465 x 3 x 2, (knee wraps, suit - straps down), 425 x 5 x 1 (knee wraps, suit - straps down)
WEEK 12: 475 x 3 x 2, (knee wraps, suit - straps up), 445 x 4 x 1 (knee wraps, suit - straps down)
WEEK 13: 495 x 2 x 2, (knee wraps, suit - straps up), 405 x 5 x 1 (knee wraps, suit - straps down)
WEEK 14: 510 x 2 x 1, (knee wraps, suit - straps up), 485 x 3 x 1 (knee wraps, suit - straps up)
WEEK 15: REST

From the above workout you can see that there are no 1 rep attempts. The reason behind this is because 1 rep attempts (in training) tend to put a limit in your subconscious mind. By finishing a training cycle with doubles you have no idea what you can slam up for a 1 rep max (i.e., NO BOUNDARIES)

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Scott Siegel Squat Routine

the market today.

Suits should be pulled tight fitting with good hip support. When straps are to be used, these should be tight enough to you need assistance in pulling them up. The best way to determine the right suit is unfortunately through trial and error. Another good way is to look at lifters with the same build as yours and see what they recommend. I personally recommend the TITAN Custom Quad suit because of its excellent hip support and custom fit.

Knee Wraps - should only be worn on your maximum sets, with removal A.S.A.P. following the lift to regain proper blood flow. Try to keep the wraps in a tight bundle (just slightly above/below the knee joint, 6-8").

Wrist Wraps - should be fairly tight and removed immediately after each designated lift. The purpose of the wrist wraps are to increase your grip without having to actually think about it.

TECHNIQUE: Stance - your squat stance should be consistent from your warm-up sets to your



Scott Siegel is a veteran USPS Senior National contender, in the 132 lb. class and lightweight, who always exhibits immaculate lifting form while succeeding with nearly 600 lbs. in the squat.

As with the knee wraps these should also be fairly tight and removed immediately after each designated lift. The purpose of the wrist wraps are to increase your grip without having to actually think about it.

TECHNIQUE: Stance - your squat stance should be consistent from your warm-up sets to your

tighten slightly before you can loosen. Shirt - try to wear a tight T-shirt to keep the bar from sliding and the shirt from bunching up. Always chalk down the back of the shirt where the bar is to rest. Squat Suit (when indicated) - there are a lot of good squat suits on

WPC World Championships

Men's Competition Report by Herb Glossbrenner



Mellor on the WPC World platform. (H. Glossbrenner photos)

The championship caliber performances in the Women's Open competition earlier that morning had the crowd on the edge of their seats. All the preliminary bouts had been fought and the winners declared. It was Saturday afternoon, November 9, 1996. The main attraction was about to take place, the Men's Open competition at the WPC World Powerlifting Championships. The big showroom of the Garden Court Holiday Inn in Durban, South Africa was packed to capacity. The atmosphere was that of eager anticipation. Forty seven athletes from 10 countries had prepared themselves for the grueling test. Only twelve of them in these last two days could claim the title - World Champion - in the World's heaviest and strongest sport - powerlifting! The 114 through 181 lb. bodyweight categories would lift on this first day.

Gary Mellor, representing the United Kingdom, came in at just a shade under 114 in the lightest category. He squatted 319 and 341 - good! Gary's 352 Submaster's W/

176 was completed, but drew 2R (2 rods). This miss snapped a string of 20 good lifts registered before it. Unintimidated, he requested a 4th attempt and made it - 2W (2 white lights) for a new record! Mellor rammed up 176 then missed 187 twice. Forging back in the DL, he went 3 for 3. His 352, 374 and 385 lifts were all National records. The last took considerable effort - 3W. Gary's 903 earned the first men's gold medal.

Steve Grey rode the gray train to the end of its run. His uncontested win at 123 with a 782 total captured another gold medal for GBR. His performance was far from being a championship caliber. Why he was allowed to participate remains a mystery to me. Qualifying totals should be mandatory and should be adhered to for a meet of this magnitude.

Doug Heath, USA, is well known, both at home and abroad.

Men's Open	WPC Men's World 90-110 Nov 9/10				Durban South Africa				Total		
	SQ1	SQ2	SQ3	DL	DL2	DL3	DL4	DL5			
114 Mellor GBR	319	341	352	176	449	449	462	286	319	344	782
123 Grey USA	425	490	594	347	385	445	476	424	465	464	1300
132 Heath USA	462	496	507	264	386	386	424	418	410	424	1144
144 Heath USA	451	458	465	242	253	253	259	429	451	449	1173
155 Heath USA	485	507	548	286	302	302	302	405	455	470	1230
165 Heath USA	485	507	548	286	302	302	302	405	455	470	1230
176 Heath USA	485	507	548	286	302	302	302	405	455	470	1230
181 Heath USA	485	507	548	286	302	302	302	405	455	470	1230
198 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
200 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
210 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
220 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
230 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
240 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
250 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
260 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
270 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
280 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
290 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543
300 Kellom USA	694	737	749	430	444	445	445	511	551	551	1543

done, but segged to his right near lockout. Health lost his grip and balance and fell backward. His 501 final also came up, but wasn't locked out completely. Out of sync, not locked completely on the right side - sagging - 3R! Doug was dissatisfied with his performance. This calls for a bit of press (I suppose). AN INCH IS AN INCH AND GOOD ASA MILE, THE GAME IS DONE, YOU CAME AND WON, SO YOU SHOULD SMILE.

Nikolai Galkin of Russia was a top 123 Soviet weightlifter at 123. Back in 1982, he did a 242 SN, and 308 CL. He was 26 then. Now he's 40 and a Master of powerlifting. Short and stocky with heavy legs, Nikolai hit rock bottom on all his squats, rebounding to the finish. In order, he did 462 - 496 and finally 507. His weaker ability in the BP kept him from adding more pressure to Heath's steaming teapot. Nikolai began at 264. His grip looked uncomfortably wide for his short arms. Twice, he allowed 286 to sink into his chest and heave. Both stopped and got redds. Galkin popped all 3 DL's, finished with 462 - 1234 - not bad at all. Cavagna, ITA, squatted deeply, but couldn't recover with his 485 3rd. He pumped 253 slow and steady, and pulled 451, but 490 was too much - 1173 for 3rd place.

148 - Two Russians, two South Africans and a Brit competed for top honors, with not one American having entered.

Andre Fourie, GBR looked strong as an OX with his SQUATS. THE MAN'S ABRUTE IN HIS CANVAS SUIT! He topped out at 551. Conan Ries, RSA, exploded out of the hole - made 540 to stay close. Vario Nabiev, RUS, was lightest of the Big 3 at 145. He nailed 534 deep n' strong.

Fourie raised his head (allowable in APF, WPC) as he lowered his BP's and stroked 341, then 358 and finally 369 - done with authority. He commanded a big lead. Ries kept within 38, finished 341 with a strenuous 341 lockout. His 352 was a FANTASY - 3 redds UNAVAILABLE!

Nabiev rammed up three for the motherland - 297. He was FORTY NINE BEHIND THE MAN FOR CONAN. I remember Avert Eghian from last year. His SQ improved to 507, but he got pinned with 518. He was way off form from his Columbus Worlds debut in '95. There he scored 1344 with his ultra wide SQ stance, and spray legged sumo DL. His BP and DL were way down from his previous best. This time 1278 - 5th.

Lee Gordon, GBR, was well built. Decked in his blue suit he sat very deep with 485 - good lift. His

completed 507 was a gut-buster. During recovery, he sank after starting up, ground it out anyway - 3 redds, too bad. Lee finished a tough 319 3W BP. This put him 11 up on the Russian. Heratched in a 490 DL opener to stay ahead of Egivan. He twice missed 507 trying to keep the pressure applied. His 1295 would be good enough only for 4th.

Nabiev ASSURED THIRD pulling 507 nicely. It closed the gap on Ries. The 518 he needed to transform his bronze to silver wouldn't submit. Ries - runner up - 1344. Nabiev 3rd with 1339. It was a good match-up. Fourie with his bristly flat top took his final 573. This lift brought him up to 1493. It was 148 better than his teammate. It was an RSA punch - two combination one that resulted in a knockout. For Fourie, it was his golden moment - a 9 for 9 day. It doesn't get any better than that.

165 - Neville Pritchitt, had the home court advantage. He has lifted in the WPC Worlds Men's Senior division since he was age 19, the well with his BP back again, equatorial to his best ever. With his squatting ability and vastly improved deadlift, I had him picked for an upset surprise. He picked what he believed to be a conservative start - 716. Unfortunately, on his very last warmup, Jay felt a twinge in his and in '95. In 1990, '92, and in '94, he was also champion. Neville was gunning for his 5th title and was hoping to break the 75 kg. World Total Record. He prognosticated some big numbers to me: 749, 501, 661 for 1912. I figured if he could pull it off, it would be nothing short of miraculous. Just participating in a meet that you also run is a big undertaking. I could only imagine the incredible amount of work he put into preparation for these Championships.

Jay Rosciglione, the APF USA champion, was a surprise to some. Not me, I knew of his abilities. Now at age 40, Jay is on top of his game. He came in as the 165 World Squat record holder (347.5 kg. - 766 lb.). Jay and Fourie had their expenses paid for by friends, family and patrons of the Rosciglione family Bakery in St. Louis, MO. Talk about support - that's great! Jay's metabolism and mesomorphic hereditary traits maintain his cut to ribbons muscularity. The cookies, cakes, cannoli, spumoni and other great

Italian culinary delights are always present, testing his fortitude and are ever tempting.

Jay is a cool customer. His performance on the platform does him talking for him. He had prepared well with his BP back again, equatorial to his best ever. With his squatting ability and vastly improved deadlift, I had him picked for an upset surprise. He picked what he believed to be a conservative start - 716. Unfortunately, on his very last warmup, Jay felt a twinge in his and in '95. In 1990, '92, and in '94, he was also champion. Neville was gunning for his 5th title and was hoping to break the 75 kg. World Total Record. He prognosticated some big numbers to me: 749, 501, 661 for 1912. I figured if he could pull it off, it would be nothing short of miraculous. Just participating in a meet that you also run is a big undertaking. I could only imagine the incredible amount of work he put into preparation for these Championships.

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World Champ Doug Heath and his Ms. Rebar

2W De Beer took 551, to a good depth - 3W. On a big jump to 606, he descended tentatively and got pinned. On his last try, he got it up - 2R. On a good call - high. De Beer pressed 330 smoothly but failed to pause with 374 - miss, and passed his 3rd. Pritchitt struggled with his 451 - but fought it out - a good lift! He got 3R when 468 stopped, then restarted. His final with 485 stalled near the top.

It was obvious that Pritchitt's back was severely injured. He later told me he thought he had a ruptured disc and would undergo a CAT scan. A token 396 DL gave him 1543. He passed his remaining attempts and had his fifth title. Playing super safe, DeBeer took 485 to assure his silver medal. Next, he jumped to 551, a hard 3W effort. He passed his remaining lift and had 1433.

The 181s had five men. Namibia's Armand Stein was his first big meet. He handled the pressure well. His 462 SQ 3rd hesitated slightly, but got 3W. He handled all 3 shoves - 286 his best. His pre-rogative pull of 540 got one RED TO SEE from the HEAD REFEREE. A last effort 551 got 2R. He got 6 for 9 and 1289 for 5th position. Not bad for the first title of International piel Franz Schoen, AUT, recovered with a borderline 540 SQ, his last try to stay in the 181. His 319 BP was smoothly executed. He pushed the limit with 341, lost control and stalled. He repeated his 562 pull to satisfy the officials. At the last instant, 595

slipped from his grasp. Franz finished with 1421 for 4th position. Peter Bartlett, the English champ, notched his 661 dunk perfectly, but 683 stayed down. He benched strongly and ended with a combined 4681 573 was effortless. However, 655 barely moved - 1736 won him a bronze medal.

For championship honors, it was two BOLD ITALIANS going after the GOLD MEDAL! Enzo Vaccari of Italy clashed with New Jersey's and USA's APF champ of Italian heritage, Tom Rutigliano. You couldn't have asked for a HOT-TER FIGHT! TOM APLOMB claimed SQUATTERS RIGHTS! Vaccari lowered to barely parallel with 705 and had to repeat it. It slipped by with 2W. Rutigliano locked himself in his wide stance and got 738, his 3rd - a beautiful lift! Vaccari yielded further ground in preparation. His 485 DL got 2W. He pulled 507 for a final try. He finished it, but slumped, and didn't lock his knees, an error of not fully understanding the proper finishing position -

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633 and inched it out - 3W. He hoped for just 5 more, but he couldn't finish 639. He had an 1813 total. Would it be enough? Vaccari guaranteed the silver with a no problems 617. He advanced to 644, a P/R, for a 2W success. He took the winning lift - 677 in tow, but it was not meant to be. Rutigliano was the 2nd USA man's champ. IL LAVORO E FINITO! TOMI NOI SIAMO MOLTO CONTENTI DI TE!

198-1 had anticipated this to be the day one man would immortalize himself and rank alongside the greatest lifters of all time. Ed Coan's epochal thousand kilogram total was a stratospheric figure at 198 that could transcend the new millennium. Only the WOLVERINE from NEW ORLEANS, ACTUALLY and FACTUALLY Jesse Kellum is from Mandeville (Louisiana, USA) and MAN, IS HE BUILT! Jesse has so much ENERGY. He's a GO - BOT (not a ROBOT) that gets SO HOT. You DO NOT want him for an ENEMY! I recently saw the new Star Trek movie THE FIRST ENCOUNTER. I believed that Jesse would have fit right in alongside Data engaging the Borg!

Jesse's monstrous subtotal at 198 has had no equal by anyone in history. With his recent steady improvement DL, I believed that he'd be the man to surpass Eddie's aggregate. Testing himself two weeks beforehand, he participated (as a quest/lighter) at the Texas State meet. His green light said Go! There he became the lightest man in history to SQ over 400 kg. (881). He

busted his P/R, hitting 903 and coupled that with a stupendous BP of 606 (1510). He shocked onlookers with his tremendous prowess. He waived any DL attempts nor take to prepare to take the edge off that lift. Some times the best laid plans go astray. Arriving early in Africa, Jesse and his girlfriend, Carol, saw the sights. A safari proved to be costly. Trail food can be a risky meal. A hamburger at St. Luscious is the suspected culprit. Kellum found that out the hard way. He came down with terrible gastro-intestinal distress. His FOOD POISONING was caused by contaminated food. A real bumper! He became deathly sick and ended up in the hospital. An IV bag and intravenous hookup was necessitated. For nearly 8 hours he was



Left to right, Neville Primich, Brian Smith, H. Glosbrenner, Carl Smith

low man on the totem pole. He managed 2 of 3 good lifts out of each discipline - taking 4th with 1488. Roy Martin lifted confidently, pacing himself through 8 good lifts. He finally succumbed to his final 688 DL. His 1636 petitioned the bronze prize.

Danielou, the Frenchman, amalgamated balanced lifting. His first 661 SQ was no lift. He returned for a shaky success. He matched UK's Roy Martin's 418 BP and had an advantage - 104 better than Roy going into the DL. In the final exercise, Danielou substantiated his silver, pulling 661 into final position - 1741. Two subsequent tugs at 699 were for naught.

The winner was a foregone conclusion. Kellum, USA, was already a triple WPC World Champ (87 & 88 at 181 and in 1991 at 198 in Las Vegas). His 810 opener (a sale lift) I called perfectly and yelled as he ground it up - good lift! Jesse backed his usual explosiveness, his registered trademark. I figured 843 for total purposes would be a good 2nd attempt. He was safely on the board and wanted a big one. What the heck, why not? He pulled out all the stops - four ten in kilos, that's 903 in lbs.. Twice he took it down into a deep hole. Twice he was pinned. Under any other circumstances, I figured it would go. It was on this day a desire was nurtured by BACTERIUM DELIRIUM.

THE MENACE OF MALEVOLENT MICRO-ORGANISMS had diluted his tremendous strength. This was evident moreso in the BP. His 573 "safe opener" saw a bad handoff and was a real struggle to complete. I cringed and emitted a sigh of relief as three whites flashed immediately. Despite a good Tom Waddle handout, he could not get 584 moving from his bar-



Tommy Rutigliano (USA) gets ready to deadlift

rel chest. Immediately realizing how much the illness had sapped his strength, Jess wisely declined his 3rd. I wanted to be sure, first, to win and, secondly, to sew up the Best Lifter honors. Doug Heath had been assisting all along with necessities, like getting straps up and down, crutching the belt to the final notch, and wrapping joints like a pro. I picked the attempts and called them perfectly, if I do say so myself: 628 - 655 and finally a P/R 683, which was his limit. Up it came to completion and was perfect! His 2066 aggregate, considering the extenuating circumstances, was fabulous! thought. A lesser man, probably would not have gotten off the starting blocks. The following day, he was back to his good ol' can'tankerous self. A ball of energy went mountain climbing later on and zipped UP the DOWN escalator at a local dept. store looking for an extra piece of luggage to carry all his loot home. He tried the airline attendants with a bottle of Scotch to get all his stuff aboard. I WONDER AGAIN, DAMN IT! I CAN'T UNDERSTAND IT. THE BEST IS JESSE. YES, I GUESS HE'S FROM ANOTHER PLANET!

A six man field boiled down to what appeared to be a battle between the '94 198 WPC World Champ, Hugh Dunagan of Tulsa, OK (USA) and GBR's rising 220 star Kevin Hammetton. At the BPO British Open on July 14th, Ken posted ER's 903 SQ 751 DL and 2143 TOT. He also set a British record BP with 480. Ken had got sponsors from his village of residence, Broughton, to come. He'd aspired to go against defending WPC World Champ Chuck Vogelphi of the famous Westside club in Columbus. Chuck won with 2132 on home turf in '95. Ken was not shy in letting everyone know that he was the man this year. Looking back retrospectively, with his strict lifting execution, I would've guessed that CHUCK the TRUCK could have been unbeatable. The cost of the long trip was too much for Vogelphi and some other USA "stars". Dunagan vastly improved, having moved up to Chuck at the BPF Nationals this past June 1st in Atlanta (837, 462, 760 - 2061).

With his DL vastly improved (over 800 now) it looked to be a good confrontation. Unbeknownst to me, Hugh decided to use this meet to initiate his new double ply SQ suit with Inzer briefs (for the first time) worn underneath. I think he was as high as an 870 SQ. His wide stance last warmup of 733 worried me. I'd seen how the officiating had been during the whole meet. "That wouldn't make it!" I told my friend

DEPNER who was completely missing from his left hand. He'd adapted to that inconvenience long ago. He came out and pulled the barbell up like a piston: 683 - 722 and, most importantly, 749. That was the icing on his victory cake. It was the first Men's Open Gold medal



Jesse Kellum got the win, but not the all time records he wanted.

matter-of-factly. "Not to worry," he told me, "my last warmup is always a bit high." He turned in an observed medal for the home team (RSA) with his combined lifts of 1719.

Leon Smith, a Namibian, had a perfect roll of the dice until the DL. With 540 TWICE IT WAS NO LIGHTS were the majority each time. I KNEW WHAT WAS COMING. HUGH THOUGHT HE GOT SCREWED AND WAS ON THE MONEY! I thought his last might have been good, so did one of the side refs. Hugh told me afterwards that one hip was bothering him. It's not unusual for one side to be lower than the other. It was a blow to the USA team and a bitter pill to SWALLOW. But, HAMMERTON ain't no ANDERSON and he was soon to FOLLOW! Ken sat THIRICE (with 859 - NO DICE! He was also out. This left the contest wide open, with the two major players out of the game.)

DEPNER WORKED UP STEAM (I VIVIDLY REMEMBER WHO HE DREAMED HE'D BE THE WINNER). The Austrian oak came in at 705 - good on considerable effort. Time expired on his 749 and his 3rd wasn't there. His benches: 440 - 474 and 485 were smooth n' solid. RSA's Nick Blackie had winning ideas as well. He did 749 with partisan crowd backing, but couldn't handle 793 - a big 44 lb. increase. A huge bench, he came in at 485; then went way up to 540. Another big jump to 573 was overly ambitious. Blackie had a 55 lb. advantage. Then Depner pulled the props out from beneath him. Black managed a debatable 617 and had 1906. His 650 final try was FUTILITY REALLY!

Depner's thumb is completely missing from his left hand. He'd adapted to that inconvenience long ago. He came out and pulled the barbell up like a piston: 683 - 722 and, most importantly, 749. That was the icing on his victory cake. It was the first Men's Open Gold medal

SQ'd 551 deeply. He DL'd the same amount, taking 2nd's for both. He pressed 468 nicely. Ellison passed his 3rds in all lifts. 1570 TWO THOUSAND FIFTY IS SO BIG - PROUD LIFTING!

The class with the most participants was the 275. It had the most formidable WPC star ever, Scott Warman. Warman is a quiet-spoken, gentle giant from El Paso, TX (USA). Seven times he's stood on the highest pedestal at the WPC Championships. Simply put, Scott is the winningest champ in WPC history. He came in as an overwhelming favorite to capture an unprecedented 8th gold medal. As far as the competition goes, Scott's

son who could defeat him would be unbeatable. The only person who could defeat him would be himself. Unfortunately, that is exactly what happened. After all the others had finished squatting, Scott started at 914. He set up strong as the Rock of Gibraltar and descended.

The weight was controlled easily and the stool. Ret's flashed. A repeat, and again, no lift on depth. A final effort and it was a frenzy and shouting and cheering. Once again he handled the weight with complete authority and ease. A major bombshell was dropped. Even in defeat, Scott displayed his championship character. There were no tantrums and outbursts. He peeped at the lights sadly and left the platform accepting the decision. A bitter pill to swallow, indeed.

I heard a few uncalled for snide remarks from a disrespectful few who observed. These comments could've well come back and haunted them at a later date. It is a mere stumbling block for such a great champion and gentleman. HELL BE BACK (I'M SURE OF THAT) - with a FEVER HOT and DEEPER IN SQUATS, SCOTT will show WHAT HE'S GOT!

With the top gun out, the shootout continued. Canadian Thomas Brooks was far behind the others. His 617 SQ looked okay, but 661 was too heavy. He handled a 396 BP with mastery and gave 418 the 'ol college try. The alert spotters quickly rescued him from a misrouted lift. His DL looked sharp. 3rd among the best (705). He gamely tried 733 (no lift) and was at the bottom of the heap (6th - 1719).

Four of the five remaining competitors had a tenuous struggle for claim of the lesser two medals (all that glitters is not necessarily gold). It was actually a five man battle with no clear cut edge until the bar was on the floor.

David Koch, RSA, gambled big time. He bet all his cards on a risky 3rd SQ attempt jump. He went from a good 749 up to a big 815 that pinned him. Looking back, an

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804 might have won the meet for him, had he taken that instead and made it. Hindsight is always easier than foresight, and that is only speculation and nothing more than food for thought. Chances taken are part of the game and some, including this one, don't pay off. In fact, many others gambled on big 3rd attempt SQ tries. Johan Rheeder, the other homeboy, handled 716 with no problem. With 749, the spotters had to help him up. Carl Smith, AUT, was last year's runner-up at 275. He was a bit suspicious regarding his prowess. After making a 760 opener - subsequent goes at 793 and 815 went just one way - down! John Kiss, GBR, stumbled with 705 then subbed it. He really went hog wild. All the way up to 793. It was too much. KISS MISSED! Fellow Brit, L. Marshall, maintained his composure and lifted smart. His 3 dunks of 705, 749, 782 were deep and excellent. He had a 22 comfortable lead over Smith and was 33 ahead of Koch. The BP proved to be really interesting. It was surprising as the positions now changed dramatically. Marshall locked out at 407 while the others made their tactical moves. In reckless abandon, Smith made big jumps. He appeared unsure of his abilities. A 330 and 385 were good. Comrade Karl with his bad shoulder made another tactical error. A quantum leap to 440. Whoops, no payoff - DUMBKOPFI Koch honed in on 429. A bit unsteady, he misgrovled 451 then saved it on his 3rd. Rheeder, RSA's other threat, seized his opportunity. He tapped his well, pumping 440, then 462. He bet he could do 496 and chanced it. It was a tough one and just not meant to be. Next was KISS (GBR). This time he didn't MISS. His 485 was a piece of cake.



Koenig grabbed the ball and ran away with the title in the 242 lb. class.

His next two were big ones. Up to 518, then a good 529. He was PROUD OF THOSE PAIR and GROWLED LIKE A BEAR (really!) The man last in the SQ (Kiss, GBR) now had the upper hand in subtotals - 1234. Koch, followed (1201) Marshall, the other British lifter, and TOPS in the SQUAT ranked next with 1190. Then came Rheeder with 1179 followed by SHOWMAN SMITH (1146) the LOW MAN ON THE LIST!

The final test remained to SEE (LITERALLY) who was STOUT and could pull it OUT! The positions shuffled back and forth as they dealt their DL cards. Managing 617, Kiss missed 639, then made it on his final pull. He had 1873 and was heaviest (273.8!). The others unloaded their artillery on him. There were lots of bullets. Lightest of all (252.6) was JOHAN RHEEDER. I KNOW THE MAN WAS EAGER.

he hoped to have the WPC Worlds in Austria right in the famous Austrian beer gardens. In the tradition of Karl Swaboda and Josef Steinbach?" I asked, "HOOER ZAY?" Karl zell! "Are you perchance related to Radar Capetart?" I inquired.

Marshall, the new 275 World Champ added one more jewel to his new gold crown. It was that same 738 that Smith should have tried. It went smooth as silk. He returned it to the platform like a basket of eggs - 1929. It was the 2nd Men's Open gold for the British Buccaneers!

A SUPPER is a SUPPER, or so I always thought. But the WPC has two superheavy categories. The up to 308 lbs. is the first group. The Super - Supers are over that body weight. The 308s class saw yet another USA fatality - Tom Waddle. Last year, the man FROM COLOMBUS WON THIS! This year he PLUMMETED FROM THE SUMMIT! The Titan of TRASH TALK STALKED, CHALKED AND WALKED THE WALK, and later SULKED (not really). Four hundred kilos is just a BOY'S TOY for Tom. It was the "Waddle Show - Part II," he boldly proclaimed. He descended into the DEEPEST HOLE I'VE SEEN HIM GO. He STROKED IT and smoked it! Three recks like glaring hellish eyes permeated the SMOKE (NO JOKE!) A repeat was, of course, an aggravating inconvenience, but he knew he was up to the TASK and hoped it would PASS. Up and down again, OH SO QUICK LIKE A POGO STICK! Like SPRINGS UP HE CAME. Again, the blatant decision - negative!

It was two mortal wounds, but not yet fatal. One more chance. With a surge of adrenaline, his face rufescent and eyes darting back and forth. Like a hungry werewolf,

out he roared. "Muther of Gawd," creased to 942. "Muther of Gawd," someone cried. The crowd exploded into a chorus of encouraging words. Again he sat and seemingly dipped even lower. Surely this time... Not Caeps of disbelief came from his supporters. "A half inch shy. You missed it by that much," one official patronized, displaying his pinchers. As it turned out, this was the 2nd of two American stars who found they could have started with a "baby weight" and still could have won by a landslide. It was a long way to travel for such a startling revelation.

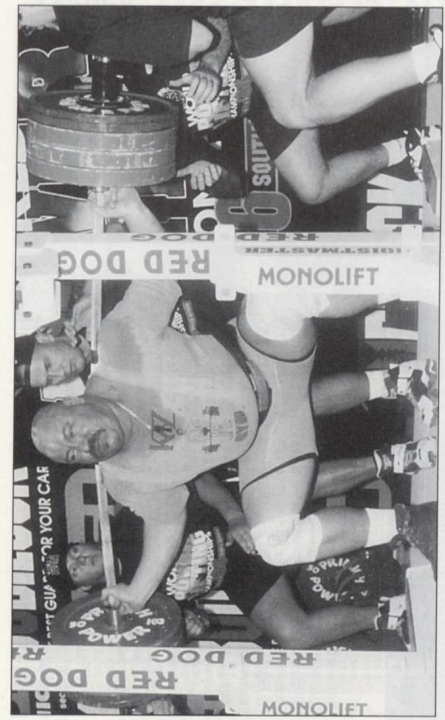
With Tom smoldering on the sidelines, Holleiner (AUT) challenged RSA's Mike Barker. Barker proved superior on the first test - dunking 771. The Austrian ground out 3, had 716. Mike Barker got his 396, but with only 3 seconds time remaining. Hergis grooved 440, but punched home 474 with authority.

The AUT lifter G. Holleiner power pumped 485, 507, 529; his third stroke the strongest of all. Both men were dead even with 1245 subtotals. Very interesting! Barker jumped to an early lead pulling 688 to the Austrian's 683. Nitty, gritty time! Barker missed at 710, then forfeited his 3rd following in the towel. ACHTUNG! Holleiner handled the same weight and was champ - just like that! He went on to try and complete 738, with not a crooked lookout that was not accepted. Austria now had her 2nd gold medal. A close contest. G. Holleiner: 1956, M. Barker: 1934.

THE SUPER - SUPERS + 308 - Two of the largest levitarians in P/L history squared off for mortal combat. Almost forgotten in the interest stirred by the two giants was a fine lifter. Dries Venter of RSA. He might have been pushed if big Master teammate P. LeGrande had lifted along with him and not in the Masters two days earlier. What a crowd pleaser that match-up would have been. I can visualize it now: Mike Higgins backstage talking LeGrande into the "mother of all pulls" for the bronze. Enough of letting my imagination get away from me. Now back to the action. DRIES really TRIES. He SQ'd 661 okay, but 727 was twice off course.

A good benchler, he got 485 then 507, but not 523. A bit out of sync with 617, corrected it, and then a final pull of 672. His result of 1840 was a bronze medal performance. NICE TRIES DRIES!

The two medals were as different as day and night. Side by side they looked like King Kong and Godzilla. Both about 6 foot 5. USA's Jim Voronin lays claim to P/L's biggest cranium and most certainly the biggest neck (25 inches) in history!



Peter Tregloan, the Giant British Superheavyweight, has come back miraculously from a serious quad tear.

came in at 354. Talk about two MOUNTAINS OF MEAT!

Tregloan bore the mark of his repair work sporting a large zipper on his right leg. Testing himself he manhandled 815 sitting low. His 909 also did 881 equally well. His 909 draw reeds on depth, but was not far off. Voronin tried to keep pace. An 848 opener looked deep. He also came up twice with 881, but didn't satisfy the officials. Ordinarily, the big Texan could have easily bridged the gap lying down. A shoulder injury kept him well down from his best - a big 633 at the USA AFF Senior championships. Benching Open titles, RSA had 3, USA 3 and Austria 2. South Africa won the team championships. What a big surprise! THE MEET WAS GREAT!

ALL SAID AND DONE, TWAS PETER THE GREAT, THE BEST HEAD WON.

At the awards presentation, RSA got the TEAM AWARD. JESSE KELLUM was Best Lifter and CHAMPION OF CHAMPIONS. Vanessa Gibson of GBR got that award for the WOMEN. Afterwards, everyone was invited to a celebration party at Neville Primitich's RED DOG SALOON. There were hors d'oeuvres, snacks, meats, cheeses, crackers, bite size pizzas, itty bitty sandwiches, plenty of beer, dancing and oh yes, the ultimate challenge - the mechanical bull. When it hit top gear it tossed all who dared for a bounce off the protective landing air bag. I thought Kellum could be the man to stay on, but he reneged. Carol wouldn't let him. Jess saved it for a four hour mountain climb which took place in the days to follow. A good time at the party was had by all. It was VERY FUN & LOTS OF CHIT CHAT.

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DOUG FURNAS - one of the great push/pullers

many others inching their way up the lists. NEXT MONTH - PUSH & PULL - best USA Men in all weight categories. I'll always have something for everybody.

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Previously I did the Top 100 All Time for the Brodington Blathon (combined total of SQ + DL) which appeared in the May '96 issue of PL USA. Next I did the same for the SUPERMEN SUB-TOTAL (combined total of SQ + BP). This month I present the final alternative - The PUSH & PULL SUPERMEN. If the squat was ever tossed, this list would be a good yardstick to see who'd rule.

No question that Bill Kazmaier is the best there was and still is. A simple bend of a steel bar at the WSM may have defied Bill's chance to have been the first to BP 700. Bill recorded the highest combo 15 years ago. This gives you an idea how good he was. Reinhold, the JOLLY SUPREME GIANT, comes in 2nd. Ho - ho - Cole was way lighter than the giants, but had an un-earthly power. Kennedy had the big pull while Anthony has a big push & reverse grip too! Ed Coan's 220 aggregate should not be approached for a long time. To rate sixth going head to head with the mighty giants is unbelievable. Kuc and Ware were a powerful pair. O.D. and Dave Wessels has drawn even with Furnas. Heisey didn't have much shove, but what a pull! See a lot of familiar names? You bet! Dimel was famous for his SQ ability but check how he rates on the other. Terry Long, E. Carolina U's grid-iron star gave P/L a one time shot. What a shot! No. 40 Bouncer lost the IPF World title to Tom Magee, the versatile Canadian strongman. Tom "Superheroes" Henderson was talented all-around. Eight of the greats still survive the '70s: Reinhold, Cole, Kuc, Williams, Cassidy, and down in the pack we see the incredible Larry Pacifico. When push came to shove Larry dominated. He could do it all. What an amazing and durable champ Jacoby was. Madison, Wisconsin's Mike Morgan was a legend and still is. Catch Ohsaal on ESPN 2 at the WSM. So many to commend, everyone on the list is a superstar. Backing the pack is none other than CHUCK the TRUCK Vogelzoph. He'll improve in the upcoming New Year. So will

PRODIGIOUS PUSH/PULLS

USA 100 ALL TIME BEST (COMBINED TOTAL OF BP & DL) COMPILED BY HERB GLOSSBERNER STATISTICIAN/HISTORIAN PL USA

Pl	Lifter	Total	BP	DL	WT
1	Kazmaier, B	1499	661	837	330
2	Reinhold, D	1487	601	885	345
3	Coan, E	1446	545	901	220
4	Clark, A	1449	705	744	305
5	Coan, E	1446	545	901	220
6	Wagner, W	1440	600	840	310
7	Wilson, O.D.	1428	552	876	380
8	Pasanello, D	1427	573	854	275
9	Urusov, V	1421	600	821	275
10	Urusov, V	1421	600	821	275
11	Urusov, V	1421	600	821	275
12	Heisey, G	1415	490	925	380
13	Heisey, G	1405	584	821	380
14	Hall, M	1405	633	771	380
15	Hall, M	1405	633	771	380
16	Phillips, G	1395	640	755	315
17	Phillips, G	1395	640	755	315
18	Pearce, R	1388	666	722	275
19	Pearce, R	1388	666	722	275
20	Dimel, M	1383	568	815	300
21	Dimel, M	1383	568	815	300
22	Henry, M	1383	518	865	405
23	Gillingham, B	1383	567	815	319
24	Gillingham, B	1383	567	815	319
25	Gillingham, B	1383	567	815	319
26	Springer, P	1377	666	711	276
27	Barno, D	1375	560	815	275
28	Barno, D	1375	560	815	275
29	Barno, D	1375	560	815	275
30	Farmer, P	1372	584	788	308
31	Obrovac, J	1372	617	755	308
32	Wrenn, P	1366	540	826	308
33	Wrenn, P	1366	540	826	308
34	Goggin, S	1366	534	832	242
35	Phillips, M	1366	540	826	308
36	Moore, B	1366	622	744	319+
37	Pharr, M	1365	555	810	304
38	Pharr, M	1365	555	810	304
39	Boxcar, W	1361	556	804	304
40	Bouvier, W	1361	589	771	304
41	Challinor, M	1361	512	848	304
42	Challinor, M	1361	512	848	304
43	Cassidy, H	1360	570	790	304
44	Henderson, T	1360	525	835	275
45	Brody, S	1360	575	785	275
46	Brody, S	1360	575	785	275
47	Pielak, J	1355	521	834	304
48	Rainey, R	1355	521	834	304
49	Warman, S	1355	512	843	275
50	Hardman, T	1350	600	750	275
51	Barlow, R	1350	551	799	275
52	Barlow, R	1350	551	799	275
53	Waddington, D	1345	580	765	308
54	Waddington, D	1345	580	765	308
55	Waddington, D	1345	580	765	308
56	Shaw, D	1344	562	782	242
57	Shaw, D	1344	562	782	242
58	Ladiner, J	1344	556	788	275
59	Hill, H	1344	512	832	242
60	Barwick, W	1343	532	812	242
61	Cuney, D	1340	515	825	242
62	Cuney, D	1340	515	825	242
63	Wright, G	1339	525	814	242
64	Bentley, T	1339	600	739	242
65	Villanucci, V	1339	551	788	275
66	Villanucci, V	1339	551	788	275
67	Kuc, M	1339	599	740	242
68	Kuc, M	1339	599	740	242
69	Young, D	1333	584	749	242
70	Young, D	1333	584	749	242
71	Hagan, T	1333	608	725	242
72	Hagan, T	1333	608	725	242
73	Pacifico, L	1332	592	740	242
74	Lampkin, F	1330	480	850	275
75	Lampkin, F	1330	480	850	275
76	Sullivan, J	1328	500	828	275
77	Jacoby, D	1328	540	788	242
78	Jacoby, D	1328	540	788	242
79	Martinez, D	1328	507	821	242
80	Martinez, D	1328	507	821	242
81	Sorenson, S	1323	551	772	242
82	Sorenson, S	1323	551	772	242
83	Waddle, J	1328	540	788	242
84	Waddle, J	1328	540	788	242
85	Waddle, J	1328	540	788	242
86	Waddle, J	1328	540	788	242
87	Waddle, J	1328	540	788	242
88	Waddle, J	1328	540	788	242
89	Waddle, J	1328	540	788	242
90	Waddle, J	1328	540	788	242
91	Doonkneek, K	1322	617	705	275
92	Doonkneek, K	1322	617	705	275
93	Hardidge, T	1322	562	760	275
94	Hardidge, T	1322	562	760	275
95	Rienstra, J	1320	520	800	275
96	Rienstra, J	1320	520	800	275
97	Hickok, E	1317	556	761	275
98	Hickok, E	1317	556	761	275
99	Kretsch, B	1317	512	804	275
100	Vogelzoph, C	1317	534	782	242

blocks of some frustration and doubt within the ranks of the APF and WPC, which was evident in a communication breakdown's from coast to coast and abroad. At one point, it threatened to tear at what was once a solid foundation.

Enter Durbin, South African, and the WPC World Championships. It was here halfway around the world that confidence and sensibility returned with a reaffirmation of what the APF & WPC mission is. That mission, what Ernie started 14 years ago, was an organization built by the lifter and for the lifter. The APF & WPC will not be the status quo with other organizations. We will continue to be the only organization that offers the ability to change as our substance for a brighter future. We will continue to be the only organization that is on the leading edge in innovation and technology, giving the lifter the types of equipment they demand to lift more weight than any other lifters on this planet....



Jan Van De Weghe indicates the new direction of the APF/WPC, with Tom Waddle's help

Over the past 10 years, I have had the privilege to train and work with Ernie. Frantz and be associated closely with the international workings of the APF and WPC (from time to time), there has come from one sort or another, examples of short-sighted and, at times, unqualified negative rhetoric, mindless insults and challenges directed towards either Ernie, his organization or the athlete's who compete within it.

In recent months, this sort of grammatical trash has been the rule not the exception. Our organization's detractors unfortunately began having some success, hitting home with rumors, misperceptions and false innuendoes, judging and categorizing the abilities of our athletes and officials without proper substance. This became the building

BE; AND THAT WHICH IS A NECESSITY TO HIM THAT STRUGGLES IS LITTLE MORE THAN CHOICE TO HIM THAT IS WILLING. Seneca

I have never been one to sit on the sidelines for so long and simply be a spectator. I am a driven individual who enjoys with a passion, competitive participation, and looks for ways to love back and contribute. When the powerlifting bug hit me 23 years ago, the sport afforded me many opportunities to contribute, and be involved; first as a competitor, then coach, judge and now board member and administrator for the APF & WPC.

plishments. I must tell you, the man I treasure, the Junior Champion of ALL TIME! I can not see how we could surpass this event," he said in his subdued elegant manner, referring, of course, to the fact that England will host the WPC Worlds next year.

PUT YOUR SHOULDER TO THE WHEEL - Hercules and the Waggoner - NO GREAT INTELLECTUAL THING WAS EVER DONE BY GREAT EFFORT; A GREAT THING CAN ONLY BE DONE BY A GREAT MAN; AND HE DOES IT WITHOUT EFFORT. Ibid. Words of wisdom from a philosophical viewpoint fit Mr. Smith

BACK! Staying in the saddle for the greatest duration of time was Ricardo Trezzo, the Junior Champion of Champions. OH GRACIOUS! THOSE TEXANS ARE TENACIOUS!

The meet T-Shirts sold out early, I didn't get one. Ernie Frantz I thank for sending me a TEAM USA shirt after I returned home. It was a prized memento of a fabulous trip. I became well acquainted with the Duragans. They came from a family of "race walkers." They ran off and let me drag my car. Stacey kept Hubby Hugh "walking the chalk." Sid took some candid "skip to mah lou" as she playfully danced around me like a mischevious wood nymph, knowing full well I had a tricky trip (lumpy airplane seats). The MacRib Family Restaurant was the site of our "DREAM CUISINE." It was more than just food, it was an experience. Same found it a bit too GREASY and got a bit QUEASY and Some tried the local Pizza Hut and it was CHEESY! Only the strong survived. If you're used to breathing LA smog and drinking CA tap water you can handle anything.

Hats off to Neville Primich and his assistant meet director, Jacques Rheeder, and APC president, Fred Badenhorst and their great team. The meet program edited by Neville and designed by Sara Pridgeon was the finest I've ever seen, bar none. The technical team was headed by Allan Hilligan (RSA), along with Brian Smith (GBR), Bruce Greig (CAN), Carl Smith (AUT) and Jan Van de Weghe (USA), all serving in this important capacity. The awards were something else. Those who earned them will cherish them forever. Everyone was disappointed that two important delegates were not in attendance. WPC President Ernie Frantz was absent due to sudden family illness. Dave Carter, GBR, had injured himself pulling a big one earlier on. Brian Smith's (GBR) involvement in the sport goes way back to 1952. He abundantly lavished praise on the deliverance of what he called one of the greatest World Championships ever. This is typical of the humility of the man to focus attention on others and their accom-

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Ask the Doctor

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

DEAR MAURO: I am a 34 year old discus thrower/powerlifter with an injury that affects any athletic movement I attempt. The first week of June, I injured my left groin while squatting. It started as an ache but quickly stopped me from throwing and squatting movements.

The pain was diagnosed by an orthopedic surgeon as a left adductor sprain and was treated with rest and ultra sound for a two month period, with no help. Changing squatting and pulling technique also didn't help. At the end of July, I had a cortisone injection that relieved the pain for only one week. I received another injection after four painful weeks of rest. At this point, I was also diagnosed with bilateral hernias which I had repaired two weeks later. I had hoped that this would relieve the inflammation in the groin. I was pain free from the time of the second injection until I was cleared for light exercise that October. I resumed light training, and after the first day of squats since June, the pain immediately returned. I had a third injection of cortisone November 30 after a bone scan showed no hot spots. This time, the shot had no effect at all.

My orthopedic surgeon said the next step would be an MRI and possible surgery to detach the tendon. I asked about re-attachment but was told that wasn't the usual route. What other repair options do I have open to me? How would surgery to detach the muscle affect my squatting, Olympic lifting, and discus throwing future? Would the other muscles take over the work to stabilize the squatting movements? What requests should I make of my surgeon to best suit my athletic needs? I would have to have the repair done this summer, so I would greatly

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appreciate a quick reply.

Thank you for your help. Your letters in Powerlifting USA have helped me in my training throughout the years. Sincerely, Larry D.

DEAR LARRY: I think that having the tendon detached is a rather extreme step. First of all unless you know exactly what you're dealing with you could be missing something. The surgery won't do much good if the pain is coming from some other problem. As well, the surgery itself could introduce other complications. If you did have the surgery the other muscles would compensate to a large extent, but it would never be the same as having an intact, functioning adductor.

I'd be interested in seeing the results of the MRI. If you haven't had it done, I'd recommend that you do so and send the results to me. As well, before you have any surgery done, and once the problem is further defined, you might want to try some other options such as sclerosing injections, or combination anabolic steroid and corticosteroid injections.

Mauro Di Pasquale M.D.

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There are many individuals in the sport like Dave Abramson, Ralph Raiola, and myself who compete every now and then after long careers on the platform, and then give freely of our time when possible, to referee at different meets. There are those like Elaine Kunkel, Rich Green, and Judy Tomasselli who have been competing a few years, are excellent lifters with local, state, or national records, yet understand the importance of giving back to the sport. They too give time to referee at meets they are lifting in and at meets they come to specifically to judge at. There are many, many retired lifters who stay active in powerlifting by giving their time to judging at various events. Anyone who does this, especially when they are not paid, often not appreciated by the spectators or lifters, and certainly not patted on the back by anyone else, including at times - the meet directors, should be praised.

Unfortunately, there are those refs who are so hung up on the rules, that they either forget what it was like to be a lifter, or just don't utilize common sense. The following examples are all true, have all happened in the United States, and involve real people. Give this consideration.

1. Some organizations have very strict specifications regarding the equipment used on the platform. All request that equipment be safe and sturdy. At one national meet, an extremely light, but very short champion, could not comfortably and, some would say, not safely use the squat racks.

The manufacturer, being a lifter himself, made certain that his racks could, in fact, accommodate very short lifters with a very unique attachment. In using the attachment and setting it at a height that made it possible for the lifter to safely remove the bar from the squat racks, the head referee would not allow it because it was under the minimal height requirement for the squat racks. The spotters were directed to lift the bar from the racks and then manually place it upon the lifter's back. The lifter, no doubt understanding the potential for injury to both himself and the spotters, managed to clear the weight saddles.

If having the bar set lower than the standard, in fact, even with eliminating that minimal height standard, how does a lifter gain a competitive advantage over his or her competitors? Why would anyone, if the purpose of the sport is to allow the demonstration of one's abilities as safely as possible, insist on doing something that is more dangerous

than an available solution that puts none of the other lifters at a disadvantage, nor the lifter in question at an advantage?
2. We are always trying to get more people interested in the sport. The young lifters are obviously the lifeblood of powerlifting as they are in any sport. It is best to encourage their participation. As a meet director, it is important not to lose money. If one breaks even, fine, the contribution to the sport is important and it creates lots of enthusiasm. Losing money on a regular basis means one less meet director. At a local meet, where no records were going to be set and no "big time" lifters were in attendance, a teenage lifter entered his first meet. He dressed in accordance with the rules of this particular organization and despite financial hardship suffered by the family and himself, purchased a wrestling singlet. He wore no belt as he could not afford one. His t-shirt, one of the few he owned, had a small pocket over the left breast. The young man and his father were excited to be part of this sporting spectacle and the young man was

head ref jumped out of the chair and

More From Ken Leistner



Ken Leistner has had a fine introduction to powerlifting, but how many other young lifters have been turned away in confusion about the rules??

present lifting's best "face" to the public, how did having a pocket on the t-shirt give a competitive advantage to the lifter. When compared to the bench shirts and other specialized garments that this young man had to compete against, what difference did the pocket make? This young man and any of his friends were lost to our sport forever.

3. A lifter in their twenties traveled to a meet and it took over eight hours of driving to get there. The meet was well known, had many national level lifters, and excellent judges. The lifter had competed three or four times previously, but only locally. He had done well and felt it was time to try to qualify for a national event in a bigger meet, against better known lifters who were not local. He spoke to the meet director, informed him that he would "be there in the morning" after driving five or six hours as he could not afford a motel room and he could not get off of work until 6 PM the evening prior to the meet. As the young man walked upon the platform for his opening squat, the head ref jumped out of the chair and

started yelling that he had to "get that shirt off now". The young man was bewildered and because this was all done on "his time", he timed out of the lift. He was informed that he could not wear a t-shirt with the name of his local gym on it because the gym was not registered as an official team with this particular organization. The shirt was neat, clean, and in fact, new, a token gift from the gym owner who appreciated the young man's willingness to wear it at a large meet. The young man returned to the platform and, while on deck, was told that he would have to take off his belt as it had his name written on the back, not embroidered, but for the simple purpose of not having anyone else walk out of the gym with his coveted power belt, written in marker pen. He did this and was able to borrow a belt from another lifter in the on deck area who sympathized with the young lifter's circumstances.

How did having his name on his belt or a clean, neat t-shirt on, displaying a gym name that was not even visible at the distance the audience sat at due to being covered by the lifting suit, impact upon the lifting of this lifter or any of the other lifters? How did it in any way discredit the sport?

There comes a time when common sense should rule when the official rules make no sense. The purpose of rules in any sport is to give structure to the activity and allow for fair play. As everyone agrees, if the "playing field is level for all participants" then no one has a complaint. When the lack of common sense disrupts the meet, makes it difficult or impossible for any lifter to participate and/or enjoy the activity, or turns athletes from the sport, it is time for a change. The many different organizations and their myriad rules has made many see the pettiness and stupidity that sometimes reigns. For the power hungry, the lifting venue is not the place to exercise one's psychological needs. While volunteer activism is appreciated, it can't be tainted by a desire to "run things" to the point that "the essence of the sport is corrupted. For those organizations who still cling to archaic rules, which may or may not have served a useful purpose years ago, it is time to examine and change those that don't affect the perception of the sport by outsiders (and if this is really a reason for some of the b.s. rules on the books, how do you think non-lifters view the use of the suits and shirts, especially witnessing lifters putting them on? What about the screaming and head banging on the bar, which is now so prevalent) or give an advantage to one lifter over another.

Dr. Ken Leistner

POWER

He hasn't bench pressed 800 lbs. yet, but at a bodyweight of 400 lbs., he's probably the world's largest Elvis impersonator. And certainly the strongest. We finally got the picture of Jamie Harris in



"Thank you... thank you very much". Jamie Harris as "The KING"

his Elvis outfit, and it's quite a sight. And, of course, it's in front of a bench press. If the King were still alive, maybe he would have become a powerlifter.

Along with the picture, Jamie sent a letter so I'd be sure to get all the details of what he's upto, and he signed it "Pittsburgh Iron Man." Now that's OK as a name, but I think big Jamie needs something bigger, since he is looking to set a world record and all. Maybe he should go back to "The Bad Boy of Bench"? Readers, any suggestions?

While still on the trail of 800 (as Anthony Clark), Jamie's got his full-time job with the county's troubled youth, and he's getting going on the exhibition and endorsement circuit. Jamie will be speaking to elementary schools and youth groups, and finishing his talks with a lifting exhibition. To contact Jamie about any speaking engagements, give him a call at 412-384-9602.

As for endorsements, Jamie has

joined John Schaeffer's Team Global, part of the GLOBAL NUTRITION CO.'s big move into powerlifting, and has also signed on with Pittsburgh's Prime Power Gear G&G Activewear, which he says will soon be advertising in these very pages.

Another Easterner with a big bench is Ulrica, New York's Dave Waterman. At 181 lbs., Dave cranked out a huge 565 at Tony Marino's Fall Classic Bench Blast, and he's aiming at 600. At age 25, he's got a lot of good lifting ahead of him.

Promoter Tony Marino put on a great show, drawing 62 lifters and hundreds - yes, hundreds - of spectators. Tony's only recently gotten into powerlifting promotion, but with his energy level and enthusiasm, and the local support he's generated, he's got a great future. For info from Tony on Dave or upcoming meets, you can get a hold of him at 315-735-8070. Tony asked me to say thanks to John Inzer for his gear and support.)



With Big Trophy... Tony Marino... With Big Quads... Dave Waterman

SCENE

At the other end of a powerlifting career is Brooklyn, New York's Ellen Stein. The ADFFPA Masters champ has decided to hang up her lifting belt, and powerlifting will be a little poorer for it. Ellen's tremendous spirit and energy level were infectious, and let's hope she stays involved as a referee and fan.



Ellen Stein with Big Eddie Coan

One man who's been out of powerlifting for many years - decades, in fact - is California's Gene Moze. Way back in 1959, Gene was the first man to use a pause and bench 400 lbs. Gene's feat was done at an L.A. YMCA meet, back before the AAU officially recognized powerlifting as its own sport.

Back then the bench press was just an "odd lift" - something bodybuilders did to showcase their strength. Gene was one of the combination bodybuilders - strength athletes back then, and one of his lifting buddies was the great Pat Casey, the first man to bench 600 lbs. Pat was also the guy who broke Gene's 400 lb. record, when he blew by it with a 490.

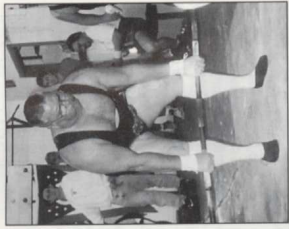
Chris Lydon and I caught up with Gene at Montiebello's Foothill Gym for an interview for POWERLIFTER Video, and boy, was powerlifting a lot different back in the old days. Gene himself still looks terrific, and that's a testament to proper weight training.

Chris is another great-looking testament to weight training. You can check her out in our new POWERLIFTER Video swimsuit issue, or you can pick up a copy of PLAYBOY'S HARBODIES on your local newsstand - Chris is

the covergirl!

Weight training has helped Martin Drake stay in shape, and when he's not putting on P.I. meets, he's doing his own amateur bodybuilding. Most of the time, though, Martin is putting on meets, which is good for the sport, 'cause he does an excellent job. He's got a big one coming up out here, the AAU North American Drug Free Bench Press on April 26 & 27 in Moreno Valley.

If you're anywhere out West, think about competing. Martin always runs a first-class show, and attracts lots of lifters. NASA Bench champ Richard Schoenberger is scheduled to lift, and his buddy C. T. Fletcher might do the same. For info, call Martin at 310-416-3566 or 909-928-4PWR.



Deadlifting 555 at age 50... Mike Blake did in on December 1st (photos courtesy of Ned Low)

Finally, the continuing exploits of our loyal viewer and reader Mike Blake. At 50, Mike celebrated his next decade by deadlifting 555. Way to go! Hoping all of you have started out 1997 strong - 'til next month, see you on video. Ned Low



Chris Lydon on PLAYBOY'S HARBODIES

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TRAINING

How Many Workouts? as told by Louie Simmons, Westside Barbell

How many times a week should you work out? Some lifters train 3 times a week, but complain about slow progress. The Bulgarians train up to 28 times a week, and the Russians 12-16 times a week. How do they do this?

The Bulgarians have a supersystem that requires up to 28 workouts a week, and they max out in most of them. Bulgaria is a relatively small country, and their lifters will eventually go through the national team facility, where there is one main coach.

They follow one program. More fall to make the team than succeed. Most are built similarly. All this accounts for their success. Their training system is very controlled. They are built to squat and pull, so as to handle the large loads required of them by the coach. Their major exercises number 6-8. Of course, that is all that are needed if you are built to lift. Can you imagine how many are turned away because they need special exercises to fortify their competitive lifts?

The former Soviet countries use a quite different approach. Because they have more lifters, they have several training facilities and many coaches with different training philosophies. Thus, the number of exercises is much greater. One coach chooses a list of exercises for his group, while a different coach has a different set of exercises. Eventually the lifters will mix and match until each finds a series or several series of special exercises to use throughout the year to enhance the classical lifts. Unlike the Bulgarians, the Soviets may do as many as 50 exercises to increase their lifts. This is known as the conjugate method.

At Westside we follow the Russian system to help the powerlifters. Our base program is 4 workouts with barbells a week. Two are for explosive and accelerating work, one workout each for the squat and bench. Two are for absolute strength, one for the bench and one that is a companion workout for the squat and deadlift.

For many of us, special workouts for the squat and deadlift account for 4-5 additional workouts. These workouts also include ab

other 4 days, the weight will range from bodyweight to 45 pounds. The total reps are 40-60.

A type of special work is partial arched deadlifts. With a shoulder width stance and hands spaced slightly wider, lift the bar to an upright position. Now drop the bar to just below the knees and catch it, then return to starting position. Always push the glutes rearward and keep the shins vertical. On off days, do 2 sets of 20 reps with roughly 30-40% of your 1 rep max deadlift. Only do this for 1-2 weeks and then switch.

It is quite common to see some of our lifters come back to the gym and do belt squats. We now use a special belt squat machine to do these. There is no stress on the spine, and if you descend quickly, i.e., eccentrically, you will not experience much soreness. The workload should be approximately 60% of the special work that was done in the major workout in the morning. This is a version of the 60% rule.

After only 2-3 months, your work capacity has risen considerably. The workouts have just talked about, walking, reverse humpers, calf/ham/glute

raises, for the most part do not place any pressure on the spine and are essential for those who wish to raise their general physical preparedness. If you expect to become stronger, you must do more work. It's that simple. No, you will not become overtrained. Instead you will adapt to a gradual increase in your workload.

Pick your exercises carefully and rotate them as often as possible to keep from getting bored. This is the conjugate method.

At first if 600 feet of walking is killing you, just stay there for a workout or two, but then raise your work slightly. You will adapt rapidly and so will your total.

What about raising work capacity for the bench press? Even Joe Weider knew that if you have a lagging body part, working it 2 days in a row would cause an increase in size. It is also true that if you are in a strength slump, coming back the next day after bench pressing and doing more lat or triceps work can

attached to a chain to your belt; (2) walking backward; (3) squatting down facing the weight and with the arms stretched, stand up and pull the weight toward yourself simultaneously; (4) standing straight up with outstretched arms, pull the weight toward you; this method is all back, while method 3 is a combination of back and legs; (5) bending down facing away from the weight with the rope or chain held behind your legs at knee level or lower, walk forward. This is all hamstring and glutes.

How can we do so much work walking? It is all concentric, not eccentric (which causes most soreness). It also works as restoration. This type of work will only raise your work capacity, not destroy it. In place of walking you can do calf/ham/glute raises. On squat and deadlift day do heavy sets of 5 reps. It is common for many here to do 100-125 pounds for 5 sets of 5 reps, after warming up. On the

work, mostly done standing up with the help of a lat machine. After all, you are standing up while squatting and deadlifting. All ab work is done with a medicine ball held between the legs, hamstrings, glutes, quads, and calves and last about 25 minutes. They contribute not only to strength building, but also to restoration. We will alternate different ways of pulling weights on sleds, 1200 feet per workout, with 45 to 245 pounds. The length of a set is 200 feet. This is repeated for 6 sets.

On our squat day, Friday, and

make your bench come alive. Geno Cardl was stuck at a 402 bench forever. We decided to have Geno come in a day after his regular workout day and do 2 sets of medium grip benches for 20 reps with 185. He would do this for 2 weeks and then do his normal routine for 2 weeks. His bench press took off in a 7 month period, hitting two separate meets a 435 and a 462, a 57 pound increase.

If you have a similar problem, first decide which muscle group is failing you. Then work that group and only that group on the day after your regular workout. For example, if your delts are lagging, do delt raises only, not pressing. Pressing of any kind requires other muscle groups, such as the triceps and pecs, to be worked, and these may be receiving too much work already.

Do the special work for your lagging muscle group the day after you bench (or squat for lower body muscle groups) and do only about 60% of the work on that particular muscle that was done on your regular bench (squat) day. This will not overtrain you. Rather, it will bring up the weak link in line with the other muscle groups.

It is common for wrestlers to work their neck before every workout, and their necks only get stronger.

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Rumor has it that to be a *MILO* 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.

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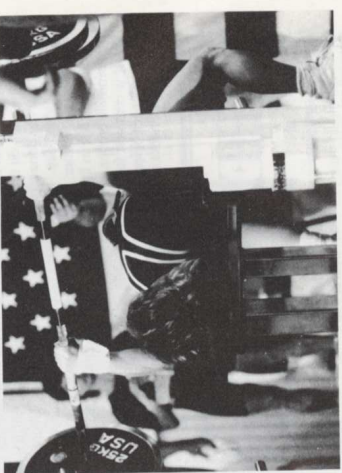
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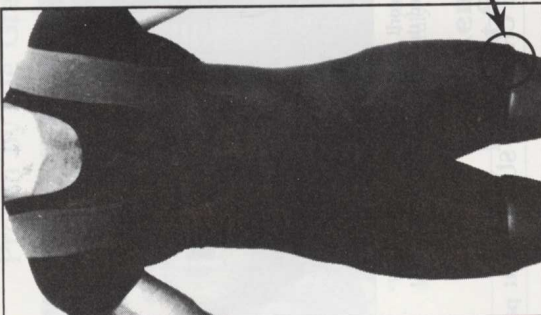
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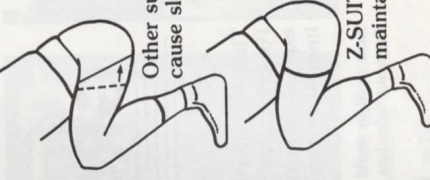
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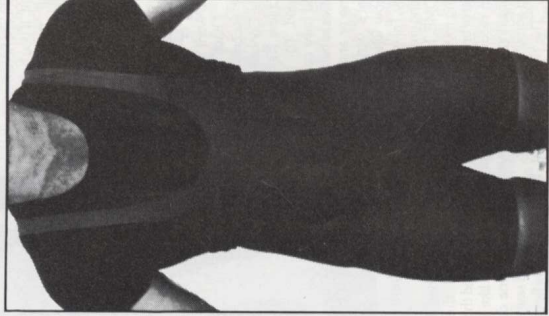
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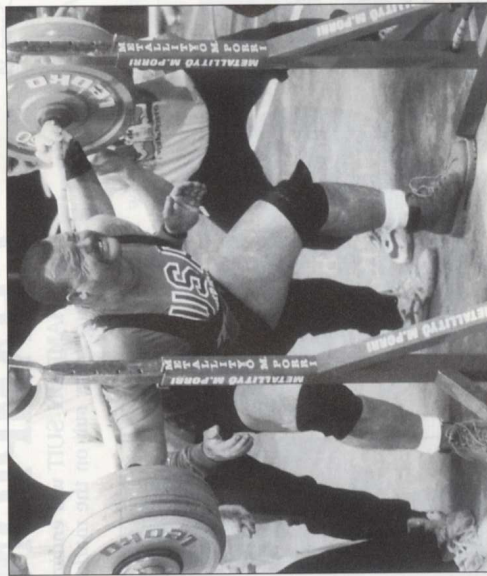
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I'm convinced that the power of the mind is God's greatest gift to us. I'm also convinced that the secret to unlocking that power lies in belief. Belief, I contend, is the 'deus ex machina' or the magic elixir that can transform a mediocre athlete into a world class competitor.

Do you remember what our Lord said in the Bible? If I may paraphrase a little, he said, "If you have the belief of a mustard seed and you tell a mountain to move, there you have it, move." There you have it, right from the burning bush. And I'm sure you don't want to move a mountain, just 600 or 700 pounds. Of course, it's the concept here that's important. If you believe in yourself, there's nothing you can't do.

I'm not just talking about sports here, either. There's nothing in any aspect of life which is beyond the scope of man. You have the power to do anything or be anything that you want to be.

I have a little formula for success. It goes like this: Conceive, Believe and Achieve. It's simple but profound. I'm sure most of you have conceived yourselves as being great at one time or another. I believe that's very important. I know when I was a little boy, I always saw myself as being great, actually AWE-SOME. In fact, I was ALWAYS being myself.

SOME. In fact, I was ALWAYS being myself. I was always visualizing myself kicking Larry Holmes' butt or breaking Hank Aaron's home run record. I never had a problem conjuring up images of myself doing something spectacular.

The problem was that, in my heart, I really didn't believe I could reach such heights. There's a big difference between conceiving of yourself as being great and actually believing that you are going to be great. Once you believe that you can be great, achieving your goals is just a short step away. Believe it's the "deus ex machina," or the magic elixir that can transform mediocre to excellence. Believing in yourself opens the doors for success. It sets power flowing when you need it most. And the consequences of that is that you just don't know what heights you can reach.

I love to tell the story about the chicken and the eagle. It's an old Indian fable about a young brave who took an egg from an eagle's nest and put it into a chicken's nest. When the egg hatched, the eagle thought he was a chicken. As the eagle grew up among the chickens,

he learned their way of life. He pecked the ground for food, scratched the dirt, and made vocal sounds like the chickens he lived with. One day he looked into the sky and saw an eagle soaring above him. He flexed his wings and said to his mother, "I wish I could fly like that."

"You're a chicken; my eagles can soar so high in the sky. Feeling foolish and convinced that he desired to fly was futile, the eagle went back to scratching and pecking in the dirt. He had, for all practical purposes, become a chicken because he believed he was a chicken. Never again did he question his role on earth.

It is all a matter of perception. When the eagle couldn't fly, it wasn't because he didn't have the natural ability, but rather because his belief was, "I am a chicken, and chickens can't fly." In order to fly, he needed to alter his perception of himself. He had to recognize his God-given abilities, and/or change his mindset concerning these abilities. He had to believe in himself. Although our

For some lifters, the biggest challenge in powerlifting is making weight for a contest. This article will not be the 'lose 60 pounds in 3 days' type seen in magazines at your local grocery store check-out counter, but it is a compilation of tips lifters can use to help them meet the challenge of the weigh-in scale. The purpose of losing weight is for the lower weight class where he will be more efficient and competitive. This decision must be made on a rational basis, and we'll talk more on this later.

There are 3 factors involved in making weight for a contest: the amount to be lost, the time frame before the weigh-in, and the lifter's ability to lose weight. The last factor is the one we have the least control over, but there is still hope. Additionally, the weight loss should have minimum impact on your strength level at the contest. No matter how the weight is lost, you will suffer some strength loss. For example, all things being equal, you would be stronger at 185 than at 181, but lifting in the 198 class at 185 puts you at a big disadvantage with lifters who are pushing the class's upper weight limits. A rule of thumb; the bench is most affected by weight change, followed by the squat, then the deadlift.

First we must consider the amount of weight to be lost. The percentage of total bodyweight is very important. It would be tougher for a 158 pound lifter to lose 10 pounds, in order to get down to 148, than it would be a 285 pounder to get down to 275. The second factor of time determines how intensely the lifter must try to lose weight. The more time cushion, the more slowly the lifter can lose weight, lessening the effects of the weight loss on his strength level. Losing 10 pounds in 3 weeks will have less negative impact on a lifter's strength than losing it all in 1 week. Lifters' abilities to lose weight also varies. A lifter with a high metabolism can have greater confidence he will lose the weight than one who always is battling the scales. Another factor I didn't mention earlier is age. As a person ages, it becomes more difficult to lose weight, even with the best of habits and intentions.

Simply put, if you expend more calories than you take in, you will lose weight. There are 3 ways to accomplish this, eat fewer calories, work out more, or a combination of the two. Start by getting fewer calories from fats. Some fat is necessary and it should not be completely avoided. Your calories should be 3/6 carb, 2/6 protein, and 1/6 fat. Carbs are burned rapidly, while fats take longer for the body to use.

High carbs create a protein sparing effect that allows protein to be used for tissue building and repair. Fats can be reduced by eating less red meat and more skinless chicken or fish. However, it must not be fried or breaded, but broiled or baked. Reduce the use of butter, oils and junk foods. The wide range of low or no fat foods are worth considering, but that does not mean they are to be eaten without regard. They still have calories, and remember - more in than out and weight gain results. Go heavier on fruit and vegetables and skim milk. For insur-

ance, augment your diet with a quality vitamin/mineral supplement. Eat at least 5 small meals a day. This will control your craving and your protein intake throughout the day will keep the muscles growing. Fat will also be stored in smaller amounts. Eating less frequently is apt to throw your body into famine mode where it stores fat readily in response to less frequent food intake. This method of eating has obvious benefits when not trying to cut weight also.

Science has also shown that if you eat most of your food early in the day, you will lose weight without a decrease in calorie intake. The calories have more of a chance to be expended when taken in early as opposed to late. If too much is eaten too close to bedtime, the body will not burn as much off and more fat will tend to be stored. I would suggest not eating after 7-8 p.m. Combining not eating late with smaller, more frequent meals creates a good weight and fat loss scenario.

Recently, science has also proven what many have believed for a long time - the body treats alcohol like fat. This explains the skinny guys with the beer bellies. The liver processes alcohol last if it gets stored as fat. Alcohol can also have a diuretic effect on the body causing water loss. Since muscle is mostly water, you're actually unloading away muscle. I'm not a prohibitionist by any means, but I would suggest ceasing all alcohol intake for the week to 10 days prior to a meet. Party afterwards Garth.

Powerlifting is not very conducive to burning fat and calories. Try adding some stationary cycling for 20-30 minutes, 2-4 times a week, to aid in the fat burning process. Other activities like running may be too stressful on the knees and joints. Take it easy at first if you're not in shape. Don't overdo it either. You must not exceed your body's recuperative abilities.

You also may have a pound or two cushion you may not have known about. You tend to weigh the least in the morning, before you eat anything. Combined with not eating after 8 p.m. and you may have a touch more. The importance of this is that most weigh-ins are in the morning, if you can determine what the expected difference is between your weight before going to bed and when you wake up, you may not need to cut as much weight as you thought. It won't be much, but every ounce counts when trying to keep your strength and energy up. This can be determined by weighing yourself daily before going to bed and upon arising for the last 2-3 weeks prior to the meet. The difference between the two weights is your cushion. This can not be guaranteed on meet morning, but you should be able to count on 50% of this loss. For meets with evening weigh-ins, this, of course, does not apply.

Another good tip is to weigh-in on the meet scale the night prior to the meet. This way you know what your weight is on the official scale. I am reminded of a humorous story from a few years back. Jim Vrabel and I traveled to a national meet the

STARTIN' OUT

A special section dedicated to the beginning lifter

TIPS ON MAKING WEIGHT as told to Powerlifting USA by Doug Daniels



Mass & Muscularity says Mike Grant is in the night-weight class. He benched 633 while earning 3rd in the 1996 ADFFA Men Nationals.

ance, augment your diet with a quality vitamin/mineral supplement. Eat at least 5 small meals a day. This will control your craving and your protein intake throughout the day will keep the muscles growing. Fat will also be stored in smaller amounts. Eating less frequently is apt to throw your body into famine mode where it stores fat readily in response to less frequent food intake. This method of eating has obvious benefits when not trying to cut weight also.

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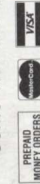
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Don Haley - U.S.P.F. President



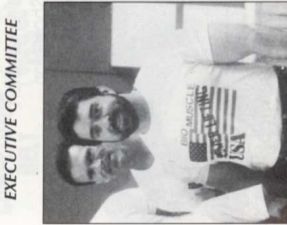
Jan Shendow - Secretary/Treasurer

Jan is a past president of the USPF. He has 29 years experience in powerlifting. His best lifts are 650 in the squat, 380 benchpress, and 675 in the deadlift at 198. Jan is a retired Major in the United States Air Force. Presently, Jan is coaching a local powerlifting team in Utah. Jan is also a Category 2 IPF referee.



Dr. Billy Jack Talton

Dr. Talton has 30 years experience in powerlifting. He has been the head coach of Louisiana Tech. University since 1974. In his college years, Dr. Talton played football and lifted as a 220 competitor. Dr. Talton is a Category 2 IPF referee, and has been the USPF Collegiate Chairman for the past 16 years.



Dave Jeffrey - Executive Committee Vice President

Dave has been involved in powerlifting for 31 years and in meet promotions for 21. At 198, he has squatted 683, bench pressed 501 and deadlifted 633. Dave is a Category 1 IPF referee. He has coached 9 USPF Women's World Teams and 2 Junior Women's World Teams.



Sam Pardue

Sam has 20 years in powerlifting. He is a 165 submaster champion. His best lifts are 640 squat, 420 bench press, and 600 deadlift. Sam has been a member of the Executive Committee for 6 years. He is also a Category 1 IPF referee besides being the owner of his own business.



Drew Hickey is an Occupational Health Care Policy Analyst. He has a B.S. in Exercise Science and an M.S. in Health Services. Currently, he is working towards his Ph.D. in Epidemiology. Drew has been competing for 12 years. His best lifts are the 848 squat, 512 bench press, and 738 deadlift at 242. In addition, Drew is a Regional Chairman and State referee.



Ted Herring

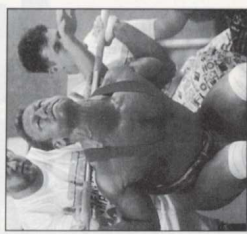
Ted is a past Vice President of the USPF. He has 30 years in powerlifting. Ted coached the All Navy Powerlifting Team to championships in 1982, 1983, and 1984. He also has coached the Air Force Academy Team. Ted is a retired Navy Test Pilot. Currently, he is Dean of Students at St. Mary's Academy. Ted's best lifts are the 550 squat, 375 bench press, and the 525 deadlift at 220. Ted is also a Category 2 IPF referee.



Buddy Duke

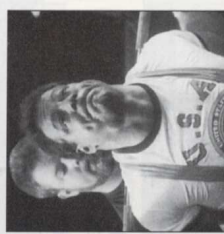
Buddy started lifting in 1977. He is a Category 2 IPF referee. Buddy is also a State and Regional Chairman. His best lifts are the 766 squat, 501 bench press and the 788 deadlift at 198.

Buddy is a 4 time APF World Champion and a USPF 1 time National Champion. Besides all of this, Buddy is a business owner and involved in his local politics.



Dr. Dan Wagman

Dr. Dan Wagman, Ph.D., C.S.C.S.; Dan has a Ph.D. in sport psychology and is certified with the National Strength and Conditioning Association as a strength coach. He is a 3 time USPF National Champion. Dan is also the 2 time winner of bronze medals at the IPF Worlds and the 1 silver and 1 time gold medalist at the IPF World Bench Press Championships. Dan also set the World and American Bench Press record at the 91 IPF World Bench Press Championships. His best lifts are the 700 squat, 490 bench press, and 710 deadlift. In addition to these accomplishments, Dan has been a coach/manager to 2 IPF Bench Press Worlds for the USPF team. Dan is a USPF National referee and State Chairman.



Robert Keller

Robert has 20 years in the sport of powerlifting. He has competed at the national and international levels. His best lifts are the 705 squat, 451 bench press, and 650 deadlift at 220 and 242. Robert has coached the Junior World Team for 10 consecutive years. Additional coaching duties consist of the Bench Press Team and 4 years with the Air Force Academy, 1985-87. Robert has been a regional chair since 1989 and is also a Category 2 IPF referee. At present, Robert is a graduate student working towards an MBA/ID in international economics and international law.

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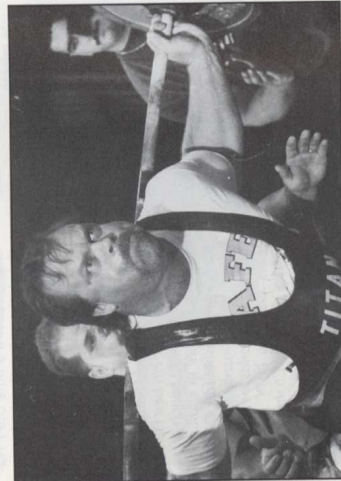
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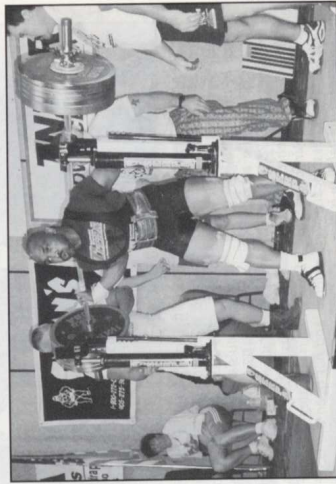
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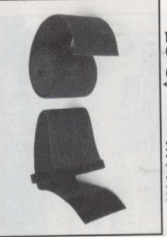
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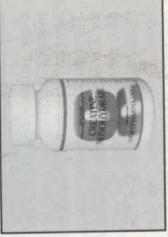
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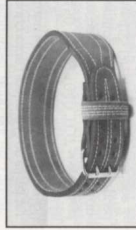
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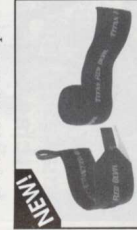
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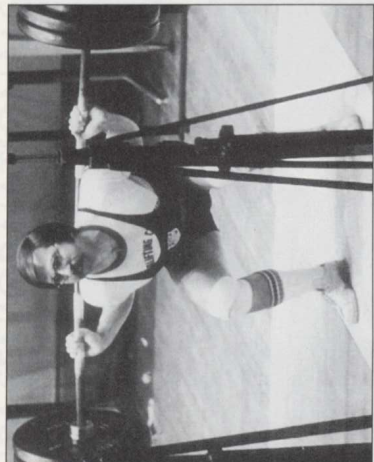
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challenge Larry in one of the lifts but certainly not on all of them combined. Mike MacDonald did a monstrous 540 (539-3/4) then bowed out in the DL. Jerry Jones, formerly a Sr. & World Champ, led the SQ brigade with 690. He faded with a weak BP (380) then hoisted 680 to own 3rd place outright - 1750. Bud Ravenscroft thought he might give Larry a go. Larry dumped 680. Bud stayed within spitting distance - 660! Both strong men TENSED THEIR CHESTS TO BENCH PRESS! A great matchup, this day. Pacific PLAYFULLY POPPED 505 (after Bud's 500) TO STAY ON TOP. RAVENSCROFT HOPED TO MAKE IT CLOSE-DL 650 THEN GAVE UP THE GHOST - 1810. Larry locked out 715 to achieve 1900 and with it his 4th National title. At the Worlds GBR's FAMON TOAL went down in DEFEAT - A CINNAMON ROLL for Larry to EAT!

220 LB. CLASS - THE FELLOWS? - ANELLO - The 220s were the same as the 198s, with lifters. What a MARVELOUS competition it was - deadlocked for first with the lighter man deciding the winner. Ditto to decide 3rd place. What more could you ask for? What a great matchup it was. Last year (79) Marv Phillips of Alta Loma, CA had yielded to Pacifico's might @ 220. Ravenscroft had outdistanced Vince Anello @ 198. This year Larry and Vince implemented the old "switcharoo". Larry was able to handle Bud - no problem. Anello had gained weight and his weaker lifts improved significantly. This time either Phillips or Anello would succeed - the mighty P in this class. Phillips won the SRs. 220 title in '74 in Fort Worth and was runner-up to Larry at the Worlds in both 1974 & '75. Anello had been World Champ @ 181 in 1972 after a 3rd in 1971 & 198. Then, in '73, he was 3rd again; 5th in '74 and he stayed out in '75.

Roger Benjamin, the Lincoln, NE deadlifter, had his sights on a placing. To do so he had to get by Tom Overholzer, the bulldog from Bellefour, CA. After the first two disciplines, Overholzer (as expected) was 120 ahead. When the bar went on the floor; Tom, with aplomb, yanked up 600 (mercy) and had 1725. For the lighter bodyweight tie and 3rd place outright Roger needed 725. It was a long haul - to success. Greedy for gold, Marv Phillips monopolized the SQ - 735! Anello managed 620 - not his best than National ones, but only because he chose so.

There were those who dared to total lead. Anello, with surprising



Tony Carpino went on to an epic battle at the Worlds (Pope photo)

375 BP and a nifty 600 DL for an even 1500. At the Worlds that year Carpino seemed to have the coveted World Title hauled in and packed on ice. His 595 DL gave him 1493. He watched his title HOPES go up in SMOKE as GBR's tenacious Bill West shattered Tony's dream with a super slow 628, then locked it out for the bwt. win. A moment out of the pages of History!

181 LB. CLASS - A LITTLE PROMISE - TRIPLE FOR THO. - MAS - The reigning champ Dennis Wright relinquished his title and did not appear. The previous year Walter Thomas made it back-to-back Senior titles at 165. This year he moved up to the 181s. It was bad news for all other aspirants. He was the overwhelming favorite, but it was expected that he'd get a strong test from Martin Joyce of Cape Elizabeth, ME. Joyce had just won the Jr's, championship. He had pulled out a bwt. win with his 685 JNM/D/L - 685. Joyce nearly had 735 up there, popping from his grip at the last instant.

198 LB. CLASS - NO LIFTING FOES - PACIFICO. - He was the winningest powerlifter in History. Five times now World Champ consecutively, LARRY PACIFICO, the Superman from Sidney, OH! At the Worlds, in 1971 he'd topped AZ's Kanter @ 198 on lighter bwt. In 1972 Larry spelled doom for MN BP master Mel Hennessy @ 242. No. 3 came in '73, again @ 242. In 1974-75 Pacifico dominated the 220 class beating Marv Phillips both times. Larry's Senior appearances had been fewer - 3rd in 69 @ 198; 1st in 1970 @ 198; again winning the same class in 1971. After a four year absence he again appeared, winning his 3rd Seniors title in 1975! Marv Phillips monopolized the SQ - 735! Anello managed 620 - not his best than National ones, but only because he chose so.

seemed satisfied as he finally pumped a new MR, AR and WR - 565 (564 1/2). Rickey worked up to 325 BP - no more. Gaugler then made his move - popping 370 - a new record wt. (teen Mike Bridges had set the AR & WR @ 380 on 4-25-76). Subtotals - Crain (890) to Gaugler's 860. Crain's lead seemed secure, but Gaugler seemed to be gaining momentum. The DL was a clash of the titans. Gaugler hauled up 590. Crain topped off at 605 in his renovated new style. His total - 1495 - was a new A/R & W/R total. Gaugler at 1450 - a secure 2nd - went for the lighter bwt. win. It required a W/R wt. - 635! With a mighty tug it came - then stalled and the first stepping stone to the destiny of stardom that awaited the two "Rickers". Rickey later earned "Best Lifter" for his outstanding performance. Crain seemed destined to become World Champ that year, but couldn't make weight. A big disappointment. His day would be coming.

165 LB. CLASS - WE KNOW CARPINO. - The man with the mightiest legs in Middleweight History was Toledo's George Crawford. He may have been wearing the first prototype of a supportive lifting suit in National Competition. He started at 615, but couldn't go low enough to register a lift - zero. The remainder of the class fought it out. MN's Sorsalis, Joyner of TN, and Spack (NY - and the 72 S/N) allited in the SQ at 470. Servais drifted behind after that - 1270 - 5th. Menaker from Las Vegas had 5th places that did not pay off. His 555 pull was his best - 1335 - 4th place. Joyner was in 2nd place after benching 330. He worked up to a limit 560 DL. Elizabeth, ME. Joyce had just won the Jr's, championship. He had pulled out a bwt. win with his 685 JNM/D/L - 685. Joyce nearly had 735 up there, popping from his grip at the last instant.

Well ahead of the others - Tony Carpino produced the winning lifts: a 525 SQ was buried, as was 555, but he couldn't recover. He added

No medal possibilities for Rob Walker, CA 1450). Butch Thompson

(his 1st was in 1966 @ 123). He produced the hat trick exactly as he had done in 1975. Less than his best he posted 440 315 445 1200. Henry seemed destined to defend the World title he'd earned in 1975 at Birmingham, ENG. Unfortunately he was injured at the last moment and couldn't go. Too bad.

148 LB. CLASS - HIS NAME? - RICK CRAIN. - Two men LISTED FROM THE STATE OF TEXAS, LIFTED GREAT WEIGHTS THAT AMAZED AND PERPLEXED US. Atlingston's Rick Crain was the 75 lbs. winner. He'd been proclaimed a sure winner in that year's Sr's. Too high a SQ start and a bombout denied him. A new star on the horizon had come to challenge him. Virtually unknown was Rick Crain of Corpus Christi. His SRs debut would turn it into a two man horse race, right down to the wire?

Bob Wieland, Flacitenda Hts., CA, was wheelchair bound - a paraplegic. He was allowed to show his BP prowess. Bob, of course, was incapable of participating in the other lifts. His 335 lift was good. Bob was a trailblazer - paving the way for the contests today, showcasing those with the same handicap.

Mike Tucker, a Buckeye from AZ or rather from Buckeye, AZ SQ ed among the leaders (450). His other lifts were modest - 5th place - 1100. Mike Joyner of Nashville, TN finished a well balanced day - 1140 and 4th. Dependable and durable, Bob Cortes was way ahead of these two and well back of the two front runners. His 550 DL, a monumental effort gave him his reward - 3rd place - 1325, a significant improvement.

Gaugler sat way low with 490, but couldn't finish 510. Crain gauged his depth just right. The officials went unclaimed.

THE TWELFTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner

ance - Ernesto Milian, Puerto Rican born school teacher (Miami, FL) gave a good account of himself. His 355 SQ and 450 DL stayed with the others. A relatively low (225) BP kept him out of the medal hunt - 1030 - 4th. He had plenty of surprises to unleash in the future.

Lamar Gant of Fenton, MI was defending champ. After a 370 SQ and 280 BP, he led Lech on sub-total by 5 (650 to 645). His 480 DL gave him 1130 - the win! It was out of the reach of the others. Lamar next attempted a huge 550 to break Mike Cross' MR/AR & WR of 549 1/2 - too much. His DL dynamic was still in the embryonic stage of development. Gant went on to cop his 2nd consecutive

World title at 123 later that year pulling 534 and setting a W/R total of 1217. The defending CZAR WAS CHAMP - LAMAR GANT!

132 LB. CLASS - Enrique - Wins Three. - Nebraska's Mike Arthur and Granada Hills, CA's Leroy Mahie were strong deadlifters. They bombed in SQ, so we never saw those capabilities. Byron Benoit, Austin, TX did not have the officials check him until he pulled a surprising 520 3rd attempt DL. He surprised 3rd at w/p 315 270 14-76 as official American records. That Fall in York at the Worlds John was runner-up to rehab. It was the 3rd consecutive win in a long string for the Nippon Nuggat.



John Redding used his Seniors walkaway as a launching pad to the Worlds (Pope)

flyweight entry. Wearing no knee openers, he "cut shy" his 400 SQ copiers. Repeating, he took it rock bottom - 3W. He completed 425 on a 3rd (ruled inadequate, but couldn't make 205 on either try. John got his 190 BP, DL. His 400 SQ was an AR. His 450 DL & 1040 TOT were meet records. At the National AAU Convention at year's end they approved his 455 DL and 1070 total done 2-14-76 as official American records. That Fall in York at the Worlds John was runner-up to rehab. It was the 3rd consecutive win in a long string for the Nippon Nuggat.

123 LB. CLASS - GANT CRUISE - CANT LOSE - A new face in P/L PRIMETIME - Pueblo, CO's Julio Nunez issued the challenge to Bob Lech of Lancaster, PA. They fought like a couple of wolverines. Lech had for two years running claimed the 123 runner-up position at the SRs. He did not want to relinquish that to Nunez. Julio got off to a rocky start, squatted but 340. Lech had the highest lift of the day - 380. Lech stayed ahead pushing 265. Nunez extended himself - 280. (AR was still 320 1/2 by Al Hart - 68). After Lech deadlifted 440, he couldn't do more - 1085 final. Nunez drew even with 465, but stopped there - also 1085. Lech THREPEATED for silver honors (getting that spot as lighter man) What a battle. Another newcomer and previous Jr's winner also made his first appearance convincingly

Philipp Trujillo of Greely, CO was a stalwart little trouper. He'd been 3rd in '68 @ 123; then finished 4th (same class) in 1969. Moving up to 132, he got 4th again in 1970. After a 6 yr. absence at the Senior level, he was back! Phil was no match for defending champ Hernandez (of San Diego, CA). Nonetheless, he SQ'd 380, BPD 300 and pulled himself into 2nd place with 465. He had 1145 and his high-5 placing in SR competition to date. Hernandez captured his 3rd championship convincingly

For the 4th time, the great state of TX played host for the Sr. Nats. Previous events had been staged in 1966 & 71 (Dallas) and in 1974 at Ft. Worth. Five weeks before this meet, the Jr. Nats had taken place in Bedford, OH, (July 10-11). A record 87 turned out there. Thirty fewer (57) came to Texas hoping to step one notch higher. Twenty states were represented. CA outnumbered TX 112 strong to 10 for the home squad; NY sent 4 men; MN, OH, AZ, TN all had 5 participants; MI, CO, NE, OK - 2 each. Single representatives came scattered from all over: MA, PA, FL, VA, NV, ME, IA, GA, WA, & OR.

It was a diversity of strength, coming in all sizes, shapes and specialties. The UNIV OF TX at Arlington filled the bill. Their nearly vacant dorm (summer break) provided housing & sleeping accommodations. The auditorium was well lit and spacious. Warmup facilities were right behind the stage where the competition was held; divided by a curtain backdrop.

The lifters faced the toughest officiating in P/L History and had been forewarned. SQ below parallel or take an early shower, was the message conveyed.

114 LB. CLASS - REDDING ALONE - HEADING HOME! John Redding, Beverly, MA was the sole

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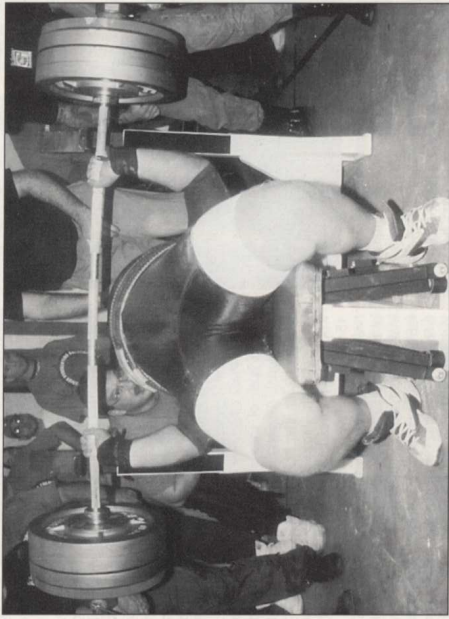
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IPA SENIOR NATIONALS

as reported to Powerlifting by E.J. Hollingsworth

As promised, the International Powerlifting Association (IPA) Senior Nationals, sponsored by Chaillat's Gym, drew some of the biggest names in powerlifting to the Washington, DC area November 22-24, 1996 to prove their excellence in the sport and, of course, to prove that their superhuman strength could win the BIG prize money sponsored by Global Nutrition. IPA President, John Schaefer and the association's executive committee reaped the fruits of their past few years of labor by witnessing over 200 lifters compete in the IPA's Second Annual Senior National Championships. This year, meet directors Mark and Ellen Chaillat decided to add a separate Bench Press Championships and a National Masters Championships to this volume of the Senior Breaking Number record book.



Jamie Harris won the big bench-press with Anthony Clark and took home \$1000 (Davis photo)

was doled out to the biggest bench press, the heaviest squat, the heaviest single lift deadlift, and the heaviest full-range deadlift.

Global Nutrition's grand prize money awards were awarded to the most exceptional lifters in the meet. The legendary Rickey Dale Crain stole the entire show winning 9 time world champion Larry Pacifico. Mac stole the Master's Division at a bodyweight of 198 lbs., (age 74), squatting 450 lbs., benching 335, and deadlifting 440 lbs. Rickey continued his superhuman display of strength benching 430 lbs, and came just shy of his desired 1900 lbs. His total in deadlifting was an impressive 660 lbs. Rickey took a fourth attempt in the bench and broke the world record with a 440 lb. bench.

Proving she is back in the saddle after her cervical surgery earlier this year, Tamara Rainwater - Grimmwood proved again to be the most exceptional professional woman lifter squating an awesome 600 lbs, benching 325 lbs., and impressing the crowd with a 500 lb. deadlift which she pulled through an in-



Rickey Crain squatted 800 at 165!! (Hollingsworth)

gest total May 3, 1975 - 2420 via 915 615 890. Actual face value of the lifts were 904 1/2, 601 1/2 WR, 885 1/2 WR, actual weight total 2391. There was no question he was THE MAN. There in Findlay he'd brought 900 to his knees. Don, here in Arlington, had a 950 record attempt mislabeled. He had easily done 885. Despite it all he took the biggest SQ ever into a deep hole and reversed gears upwards. Balance lost, and up - tough luck! His BP was down - 555, but he pulled a National Meet Record 860 for a NR Total 2295! Reinhardt was now a 3 times Sr. Champ. At the World Championships he won his 3rd World title. There he dominated Taito Hara, FIN surpassing him by 209 lbs. (2248). It was a fitting swan song for the great REINHOUT - TWAS HIS FINAL STROKE! Hats off to big Don who had appeared for the last time on a National or World platform.

1976 SENIOR NATIONALS				
AUGUST 14-15, ARLINGTON, TX	1976 SENIOR NATIONALS			
114 (age)	SQ	BP	DL	Total
121	480	190	450	1040
123	370	280	440	1130
Lech, R	380	350	440	1170
Milani, E	385	440	485	1310
Milani, E	335	225	450	1010
132	440	315	445	1200
Hernandez, E	440	315	445	1200
Bonelli, R	315	270	445	1030
Arthur, M	315	270	445	1030
Mahler, L	565	325	605	1495
Crain, R	490	370	590	1450
Coates, R	450	350	550	1350
Joyner, J	450	350	550	1350
Wieland, B	450	350	550	1350
165	525	375	600	1500
Spaak, T	470	330	610	1375
Joyner, J	470	330	610	1375
Menaker, G	460	320	555	1335
Servak, I	470	320	555	1370
181	620	405	660	1685
Thomas, W	590	380	640	1510
Joyce, M	580	385	600	1565
Johnson, B	580	385	600	1565
Hurst, J	475	405	635	1515
Walker, A	520	370	560	1450
Thompson, B	490	370	590	1390
198	660	505	715	1900
Pacifico, L	660	500	650	1810
Ravenscroft, B	650	500	650	1800
Jones, J	540	380	600	1520
Pricewalk, J	540	380	600	1520
199	500	340	600	1440
Moreside, D	560	350	605	1515
MacDonald, M	555	340	600	1495
222	710	555	735	2000
Young, J	650	490	700	1840
Fayette, J	680	405	705	1790
Evetz, H	680	405	705	1790
McCormick, T	655	365	675	1695
230	885	555	860	2295
Reinhardt, D	885	555	750	2185
Kennedy, D	840	490	855	2185
Wrenn, P	840	490	855	2185
Whitely, J	655	500	660	1815
Bukowski, E	620	445	700	1765
Bukowski, D	750	430		
Allan, M				

and he reacted to lower the boom. McCormick BFD only 405. Evett capitalized and went 55 ahead of Terry with 490 - a prodigious press. Young's chest looked like a barrel. With those heavy armor slabs called pecs, he sprang up 555 like a shot from a gun. Now he owned an unrelinquishable lead. Evett substituted runner-up position w/ 700 DL - 1840. McCormick showed a hint of later DL greatness, bringing 705 to completion - 1710 - 3rd. Then BULL from BROWNWOOD GOOD! His 735 junk brought him to the half ton (2000) number. It earned him a position on the World Team. That Autumn in York (Muscleton), PA he dominated the LATE & GREAT Finnish strongman Saarelainen to win his 2nd consecutive World Championship title.

SUPERHEAVY - DON, THE COLOSSUS - NO LOSSES! - Those in their supporting roles went through their paces. Marv Allen of Los Angeles, CA; and Ernie Steinkirchner were at the bottom of deadlift here. He failed to get on the board. Bukowski negotiated a 700 DL for 1765 - 6th. ERNE went YEARNING for more, but managed 1840 & next man in line. Former Senior Champ and ex-WR holder for the SQ, Joe White of Columbia, NY wasn't up to snuff. His 810, 510 and 690 brought him over the double millenium mark (2010) and garnered 4th. He surely would have placed had it not been for two other "giants", Paul Wrenn, the TN

evangelist, put an 840 SQ in a deep hole and struggled erect. A newcomer gave mighty Paul a hard time, Doyle Kennedy, a mountain man from Salem, OR did him 10 better - 850. Wrenn, a relatively weak bench, elevated 490 lying down, but big Doyle pumped a powerful 555. Those two behemoths went at it tooth and nail to see who would be runner-up to the undisputed king. Kennedy was up going into the last lift - 1405 to 1330. Doyle pulled 750 and had a great total - 2185. What a grand performance in his first Seniors. Wrenn had the chance to bridge the gap and beat him. Paul was considerably the heavier man and had to total 2190. The weight needed was 860, a big job. Wrenn had all the right stuff, but he picked the wrong weight! 855 would be enough to tie, but not improve his position. With no monumental effort he made it. For WRENN from TENNESSEE it wasn't MEANT TO BE. What happened was numerical miscalculation. Kennedy - 2nd, Wrenn - 3rd both 2185. Oh boy!

Don Reinhardt of Fredonia, NY was arguably the greatest Super-heavy of all time. Big Don dominated like no other. He came in this day under extreme distress. Weeks earlier he'd lost his father. They were very close, so it was a very time for the gentle giant, but he'd committed himself. On April 10, 1976 in Findlay, OH, he'd erased Joe White's 1975 WR/SQ (920/1/2) there. Don dunked with 934 1/2 there weighing 360. Behind his name were now all the unlimited category WRs. He'd posted history's big-

new found strength, powered up 440. He was in 3rd, but looking for a big DL. Phillips struggled to 640 - that's it - 1860 - done! Vince needed the big eight double zero to win his first Senior Nationals title. He LOCKED IT OUT with a victory SHOUT. Absolutely no DOUBT, because that's what History's all ABOUT. His bw. was 215. The bar weighed 799 1/2, a new Meet, American and (of course) World Record. The strategy had paid off. He was indebted, of course, to the ingenuity of the BIG P.

242 LB. CLASS - TWAS FUN - DOUG YOUNG - THE MAN AGAIN! - A class loaded with talent: Former great Jon Cole of AZ, Hollie Evett (Tulsa, OK), Terry McCormick (Anaheim, CA), Larry Kidney (Chino, CA) and John Thrush, a burly Olympic style weightlifter from Auburn, WA. They, along with the defending champs teammate Dobbs, all went against Doug Young, the powerhouse from Brownwood, Texas.

Cole, fell by the wayside early as did Thrush and Kidney. Dobbs snuck in and lifted well for 4th place, finishing off at 675 DL - 1640. McCormick stayed in contention @ 680 in the SQ. Evett continued well also - 650. Young came out and manhandled 710 to take the lead,



Vince Anello found that 220 pounds really helped his leverages in the squat and bench press. (Daluisio)

and he reacted to lower the boom. McCormick BFD only 405. Evett capitalized and went 55 ahead of Terry with 490 - a prodigious press. Young's chest looked like a barrel. With those heavy armor slabs called pecs, he sprang up 555 like a shot from a gun. Now he owned an unrelinquishable lead. Evett substituted runner-up position w/ 700 DL - 1840. McCormick showed a hint of later DL greatness, bringing 705 to completion - 1710 - 3rd. Then BULL from BROWNWOOD GOOD! His 735 junk brought him to the half ton (2000) number. It earned him a position on the World Team. That Autumn in York (Muscleton), PA he dominated the LATE & GREAT Finnish strongman Saarelainen to win his 2nd consecutive World Championship title.

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Professional Lady Champs— Ashley Boyce and Johnny Arvin. (Hollingsworth)

The first master lifter in the history of powerlifting to pull 800 lbs. plus deadlift by successfully deadlifting 830 lbs. It was obvious that Kovacs has pulled 850 lbs. before; but he lacked just a little bit of steam to pull beyond the halfway point. Because Kovacs pulled the biggest deadlift in the full powerlifting meet and Challid did not lift in the full meet, but pulled the actual heaviest deadlift of 830 lbs., John Schaeffer, Global Nutrition, awarded each deadlifter a \$1,000 cash award for excellence in lifting.

Look for Global Nutrition products at your favorite supplement store. The company is taking the sport supplement industry by storm with their top quality, highly absorbable colloidal mineral supplement, their chocolate flavored, chewable creatine monohydrate tablets, and energy and mass building products. Many thanks are extended to John and Lynn Schaeffer and the fine folks at Global Nutrition for their support, and for taking powerlifting to the next level.

Friday, November 22: SESSION 1: Lifting began bright and early on Friday with all of the Open Divisions, and the 132 lb. Women's Division lifting. The lifters in both the amateur and professional divisions were outstanding. Jenny Burkey, 123 lb. class, easily took home the best lifter award in the Women's Amateur Division with an IPA world record 320 lb. squat, a 155 lb. bench press and finished with another IPA record 300 lb. deadlift. Maria Bott, weighing in at 104.5 lbs. came in a close second place in the overall Women's Amateur Division. Maria squatted an IPA world record 270 lbs. and destroyed her own IPA

slot. At a body weight of 174 lbs., Tamara won the division and the \$2,000 grand prize award with a 600 lb. squat, a 325 bench, and a 500 lb. deadlift for an impressive 1425 lb. total. Coming in a close second place overall in the Women's Professional Division was Ashley Boyce. At a mere 131 lbs., Ashley squatted an IPA world record 425 lbs., benched yet another IPA world record of 255 lbs. and added the icing on the cake with a 395 lb. deadlift. Ashley also won the Professional Women's Submaster Best Lifter Award, and the best lifter award in the Professional Submaster and the Women's Division of the Bench Press Championships. Lifting by both of these ladies was exceptional. A special note about another stellar lifter in the professional division, Jacqueline Davis, who ran on the treadmill for at least 45 minutes and sweated in an overheated car to make her weight class of 114.5 lbs. That's a tough way to make weight, but Jacqueline performed like the champion that she is and still came in a close third place in the overall Women's Professional Division. Keep her bodyweight in mind; this lady squatted 345 lbs., benched 180 lbs., and deadlifted 385 lbs. for an unbelievable 910 lb. total!

Jeanne Burchett won the Professional Women's Master Award. At a body weight of 132 lbs., 58 year old Jeanne set a new IPA world record 260 lb. squat, and an IPA world record 135 lb. bench press, and a 270 lb. deadlift. Great lifting!

In the 132 lb. Amateur Open Division, John Cooke cleaned up the platform with a 380 lb. squat, a 225 lb. bench, and a really superior 470 lb. deadlift for a 1075 lb. total. Great lifting John!

SESSION II: Session II included a great group of about seven teen-



Top 4 Pro Men— Dave Barno, Matt Barkman, John Schaeffer - Global Nutrition, Greg Iayman, and Dan Kovacs. (E.I. Hollingsworth photo)

agers and the Open Amateur 123 lb., 148 lb., and the 165 lb. classes. Winning the Best Male Teenage Division Award was William Tomko III who lifted in the 198 lb. class, age group 18-19 years. William won this division with a remarkable 510 lb. squat, an IPA world record 355 lb. bench, and a 490 lb. deadlift for a winning total of 1355. Winning the Best Female Teenage Division Award was 132 pounder Kathy Kelly in the 16-17 year age group. Kathy squatted an impressive IPA world record 285 lbs., benched a big 195 lbs., and deadlifted 315 lbs. for an IPA world record total of 795 lbs.

Ernesto Millan proved to be one of the strongest professional master lifters of the meet placing third in overall Top Five Men's Master Division. Ernesto weighed in at a very lean bodyweight of 123 lbs. He squatted an impressive 480 lbs., benched 260 lbs., and deadlifted an awe-inspiring 505 lbs.

Pahn Sisay was the king of the class. His exceptional lifting won him the Best Amateur Open Division Lifter Award. Pahn squatted 540 lbs., benched 340 lbs., and deadlifted 530 lbs., for a winning total of 1410. Pahn celebrated doubtfully as he took his moment in the spotlight to propose marriage to his girlfriend before a cheering audience. She said yes! Congratulations to the both of you!

The 165 lb. Open Amateur Class proved to be one of the more competitive classes of the day. Stephen Leopold came out as champion with a 500 lb. squat, a 310 lb. bench, and a 475 lb. deadlift for a winning 1285 lbs. total. Running a very close second was Terry Shinnault with a 500 lb. squat, a 270 lb. bench, and a 500 lb. deadlift for a close second place total of 1270 lbs. John Bradley Duval finished just 15 pounds shy of second place with a 465 lb. squat, a 345 lb. bench, and a 455 lb. deadlift, for a close third place total of 1265. 69 year old Dick Giller weighed in at Master's Division (65-69 years) with a 360 lb. squat, a 290 lb. bench, and a 470 lb. deadlift. This excellent total of 1120 lbs. also won Dick the Best Lifter Award in the Amateur Master's Division.

The 165 lb. Professional Open Division proved to be the most exciting show of lifting expertise of the entire meet. As mentioned above, Ricky Dale Crain stole the show and won \$2,000 in prize money sponsored by Global Nutrition, and was classified the best overall professional lifter in the Open Division. The crowd knew they had

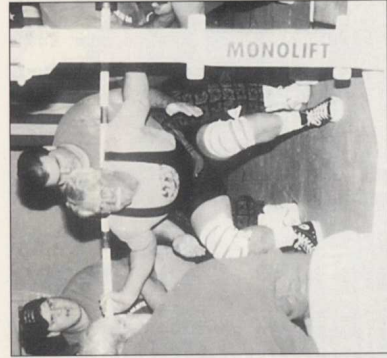
witnessed an incredible feat when they saw the control with which this massive all-time world record 800 lb. squat. Ricky benched 430 (wow!) and finished with a 660 lb. deadlift. Not too shabby! Ricky was attempting to achieve a 1900 lb. total, but came just shy with a 1890 lb. total.

Saturday, November 23: A remarkable number of lifters entered in the 220 lb. and the 242 lb. weight classes. A total of 35 competitors entered the 220 lb. class, and 33 entered the 242 lb. class. So many, in fact, that one week away from the meet every 181 lb. lifter was notified that they would be lifting on Sunday instead of Saturday.

SESSION I: The first class to start the chalk thing was the amateur division of the 220 lb. class. Rius McDermott won the Amateur Men's Open Division hands down with a 725 lb. squat, a huge 470 lb. bench, and a 630 lb. deadlift. In the Open Professional Division of the 220 lb. class, Greg Iayman made the crowd what he was showed when he steamrolled into first place with an 860 lb. squat, an exceptional 515 lb. bench, and held onto a 650 lb. deadlift. Greg earned his place in the top five men hierarchy in the Professional Open Division and won the prize money awarded to the top 5 men in the division. Home-town boy, Mark Keshishian, 220 lb. class, had an excellent day taking home the Amateur Submaster Best Lifter Award with a 685 lb. squat, a 400 lb. bench, and a 565 lb. deadlift. Continuing his winning streak, Big Daddy Don Mills inspired the audience again winning first place in the 220 lb. Professional Master's Division, age 60-64 years. His imposing 660 lb. squat, 365 lb. bench, and 650 lb. deadlift won him second place in the top five men hierarchy in the Master's Division and the Best Professional Master Award in the Bench Press Championships.

SESSION II: Ron Walsh definitely established himself as one of the superior lifters of the meet. Weighing in at 237 lbs., Ron squatted 720 lbs., benched a powerful 550 lb. bench, and deadlifted 605 lbs. Not only did Ron win his competitive division hands down, he also won the best amateur police award, and the Best Amateur Open Award, and the Amateur Police Award in the Bench Press Championships.

Mike squatted 700 lbs., benched 425 lbs., and deadlifted 650 lbs. for a well deserved first place. Also of note is Bill Courtney's remarkable 510 lb. bench press in the 181 lb. class. Bill placed second to Mike in the same division with a 565 lb. squat and a



Mac Richards... the Master Blaster hits for \$2000

In the Professional Open Division, John Bott took home the first place medal with an IPA world record 475 lb. bench, and a 685 lb. deadlift. In the Professional Master's Division, 242 lb. weight class, Les Hasler (45-49 years) placed fourth in the top five master men to receive prize money. Les won his division with a 735 lb. squat, a huge 480 lb. bench, and a 705 lb. deadlift.

Sunday, November 24: Sunday proved to be the marathon day of the meet. Again, the weight classes were split into morning and afternoon sessions, but the sheer volume of lifters pushed the backwards ceremony to 11:30 PM.

SESSION I: In the 181 lb. and 198 lb. weight classes, Louis Giraldi earned the distinction of winning first place in the 181 lb. Amateur Open Division with a 585 lb. squat, a 410 lb. bench press, and a 515 lb. deadlift. Mike Barno crushed the competition in the Professional Open Division winning the first place slot in the 181 lb. class by an awesome 200 lbs.

Mike squatted 700 lbs., benched 425 lbs., and deadlifted 650 lbs. for a well deserved first place. Also of note is Bill Courtney's remarkable 510 lb. bench press in the 181 lb. class. Bill placed second to Mike in the same division with a 565 lb. squat and a

powerlifting's all-time greats, Larry Pacifico, with you.

SESSION II included some of the most exciting lifting of the entire meet. The big boys, 275 lbs., 308 lbs., and the Super Heavyweights really move the unbelievable weights. In the Amateur Open Division, Michael Mauro won the first place medal by a narrow margin of 15 lbs. over Sherwin Pagtakhan. Michael squatted 720 lbs., benched a strong 480 lbs., and deadlifted 665 lbs. Sherwin came in a close second with a 700 lb. squat, an impressive 515 lb. bench, and a 635 lb. deadlift. Mark Krug won both the 308 lb. Open Amateur Division and the Amateur Submaster Division with a 730 lb. squat, a 400 lb. bench, and a 605 lb. deadlift. In the Super Heavyweight Class, David Oyler had an exceptional day with a 710 lb. squat, a 405 lb. deadlift, and a 660 lb. deadlift.

The 275 lb. Professional Open Division was a dog fight between winner Dave Barno, Matthew Barkman, and Al Callo, all of whom totaled over 2100 lbs. Dave came through like the champion that he is with an incredible 900 lb. squat, an astonishing 580 lb. bench, and an easy 770 lb. deadlift totaling 2250 lbs. Coming in second place was Matthew Barkman who squatted an impressive 860 lbs., benched 550 lbs., and deadlifted 725 lbs., totaling 2135. Both Dave and Matthew placed fourth and fifth, respectively, in the top five men hierarchy in the Professional Open Division.

Coming in third place was Al Callo, who won Global Nutrition's \$1,000 cash award for the heaviest squat (by bodyweight) of the meet. Al squatted 900 lbs., benched 560 lbs., and deadlifted 650 lbs., totaling 2110 lbs. Al also won the Best Professional Submaster Award.

In terms of possessing sheer strength and excellent lifting technique, Dan Kovacs was equally as awe-inspiring as Ricky Dale Crain. Dan totaled the highest total of the meet with a 2350 lb. total, and came in second place to the top lifter of the entire meet, Ricky Dale Crain. Dan put on a show with a massive 900 lb. squat, a tremen-



Don Mills... spectacular lifting for a 60 yr. old! (E. Davis)

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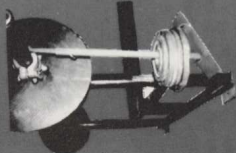
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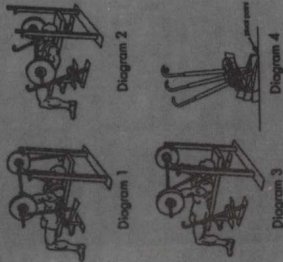
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You will receive FLASH reports of the major national and international powerlifting events from all around the globe. Often times, as we are writing POWERHOTLINE, news will come in over the phone or FAX and we will literally stop the presses to get the latest information out to you. Many times, we have had a report of world records, the results of the Sr. Nationals, and even World Championship events, compiled, printed, and in the mail to you within 24 hours of the history making events. If you are a true fan of Powerlifting, who can't wait for each month's issue of PL USA, then POWERHOTLINE is the publication you need to keep your insatiable information appetite satisfied. It's only \$28.00 for 24 issues, (\$39.00 for overseas air mail) to POWERLIFTING USA, Box 3238, Camarillo, CA 93011. P.S. We have a special "COMBO OFFER" of one year of POWERHOTLINE and one year of POWERHOTLINE USA for only \$50.00 - you save almost ten bucks buying this way!!! PLEASE REMEMBER THAT POWERHOTLINE has a Money Back If You're Not Satisfied GUARANTEE

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Illinois Open BP/DL Championship

16 Nov 96 - Tuscola, Ill.
The Illinois Open Bench Press/Deadlift Championship was held at Sun Light Power Gym...



Bench Blasting Masters Champions, left to right, Don Stratton (73), Eell Mard (60), Lauri Lassila (68).

Not a Helen Kwasnik and Ken Westbrook. Thanks to the open sponsor/loaders and table help whose names I do not know, your event was a success...

Table of powerlifting results for APF Southwest Regional PL/BP, 26-27 Oct 96 - Dallas, TX. Columns include name, gender, weight class, and scores for Bench Press, Squat, and Deadlift.

ADPFA Southwest Open

Table of ADPFA Southwest Open results, 26 Oct 96 - Las Vegas, NV. Columns include name, gender, weight class, and scores for Bench Press, Squat, and Deadlift.

8th Indian Summer Open

Table of 8th Indian Summer Open results, 26 Oct 96 - Cochen, IN. Columns include name, gender, weight class, and scores for Bench Press, Squat, and Deadlift.

APF Southwest Regional PL/BP

Table of APF Southwest Regional PL/BP results, 26-27 Oct 96 - Dallas, TX. Columns include name, gender, weight class, and scores for Bench Press, Squat, and Deadlift.

before falling with 235. 300 matched Brian's best lift in the gym, though he beat the previous 355...

Meet Directors Bill and Linda Holland present Women's Champions of the APF Southwest Regional Championships (courtesy Bill Holland)
The Open Women Division, 48 kg. class was contested by Misty Tunney and Kim Byers...

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Basic
Research
Labs



(article continued from page 33)

day before the contest. We went to the hotel gym to check his weight only to find about a half dozen national caliber lifter experiencing extreme stress. They had all weighed themselves on the hotel gym scale and all found they were 6-8 pounds over what they thought. I tried the scale and found it was way over what I thought I weighed. Jim and I decided to take a cab the meet site and weigh ourselves on the meet scale. There we found we were okay on weight. The hotel scale was way off. My point is, if you can weigh yourself on the meet scale the night before if possible. At the very least, check your weight on a certified or accurate scale prior to the meet. That way you are not comparing apples with oranges.

On the morning of the meet, don't eat or drink anything if you are in doubt of your weight. Go to the weight-in as soon as it's open. Be sure to weigh-in naked. If you are over the limit, I'd suggest just chalking it up to experience and lifting at your current weight. Extreme measures like saunas and sweat suits all produce temporary water weight loss. These are solutions of the last resort and should be left unused, as they can cause more harm than good. After weigh-in, have a good breakfast, but don't eat

anything you are not used to. It's too risky to take chance on something that could cause you to get an upset stomach. Bring some food to the meet to munch on during the contest like candy bars and fruits.

While we're on the topic of last resorts, we should analyze the entire cut weight decision. Sometimes the best answer is to lift at your current weight and let the chips fall where they may. The reason is that weight loss may have a disastrous effect on your lifting and even your health and safety. Too much weight lost or a too rapid a weight loss may totally ruin your performance at the contest. Your loss of strength and energy may even make you more susceptible to injury while lifting or warming up. The fact is, over time, lifting will increase your muscle size and, correspondingly, your bodyweight. Ed Coan is a great example. Ed reached national acclaim at 165 and over the years has moved up to the 242 class. It would have been nearly impossible for him to remain a 165'er his whole career.

As a lifter ages, it becomes harder to keep bodyweight down. The natural processes of the body take over and weight gain becomes almost unavoidable. The trick is to keep the quality of the weight gain as high as possible. If you do move up a class, you may find that you may not be as competitive as you

training before cutting back. You can't depend on meet adrenaline to make up the difference. If you find you are suffering little or no effects of the weight loss after the openers, increase your next attempt a bit. Remember, you can not take less weight after failing an attempt. This is common sense stuff, but too many lifters forget it.

Lifting is tough enough without having to worry about making a weight class. If you follow some of my suggestions, making that lower class can be a little kinder and gentler on your life and lifting. Many of my suggestions are common knowledge, but some of the ideas floating around I've heard of aren't. Some lifters consider drawing blood to lower their weight, or follow the old wrestler's belief that if you stand on your head for a few seconds and then hop on the scale, you will lose a few ounces for the time it takes to weigh-in. The best solution is to not get into such a predicament in the first place. Make the right decision to cut weight. If you are over at weigh-in, just lift as is. Don't blow all that training trying to sweat it out. Powerlifting has a tendency to make you bigger and heavier over time as does aging and bad eating habits. The keys to weight loss are to be realistic and to start early enough.

DOUG DANIELS

Ed Coan Videotapes

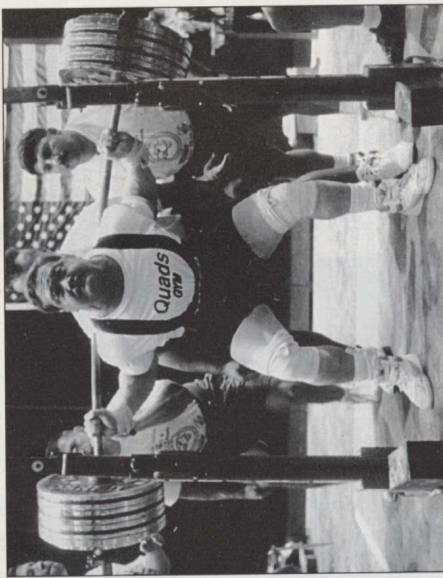
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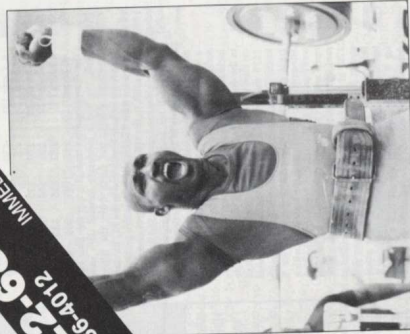
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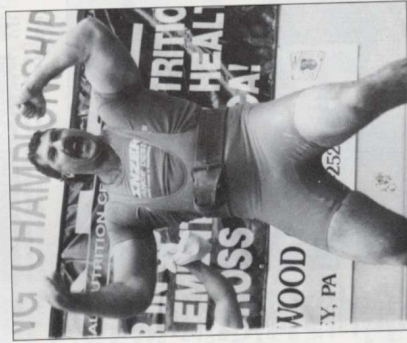


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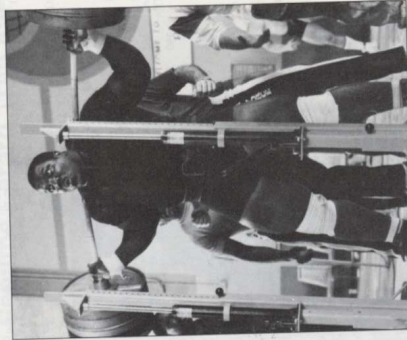


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All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

A.D.F.P.A. Corner

The ADFPA Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the ADFPA and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Safran, PO Box 4065, Bayside, NY 11360.

ADFP TOPIC OF THE MONTH
Each month the ADFPA will be asking for your views and opinions on issues that affect us as drug free powerlifters. This month's topic is **WHERE DO YOU SEE THE FUTURE OF POWERLIFTING?** This ADFPA wants to know. Tell us what you think. Please send all replies to: Craig Safran, PO Box 4065, Bayside, NY 11360

Powerlifting, New York Style.
When it comes to ADFPA powerlifting, the Big Apple is definitely just that - Big. We lift big in New York and, when it comes to our meets, they're some of the biggest in the nation.
New York State alone has one of the largest number of ADFPA members. Our State Chairman, Charlie Schroeder, is one of the most dedicated people in the sport. On his own free time, he travels all over to meet with Queens right up to Buffalo - to referee and give the lifters his support. As our State Chair,

Charlie is also responsible for coordinating and scheduling meets, administering the state test for potential lifters, getting new lifters to join and growing our state. He is also head of the ADFPA Technical Committee which oversees many of the rules and regulations. Marie Barillo, Charlie's better half, travels to all the meets as well as works the table like a pro. She's so good at keeping the meet's flowing that she can even handle double platforms on her own! Her encouraging words always manage to get the lifters psyched.
Pete Gisondi Jr. is another driven other people.

There are a large number of competent referees that are always ready to pitch in and judge. Rain or shine, sleet or snow, New York can always count on Paul Poscillico, Jim Dunn, Beth Graker, Beth and Linda Jo Belisio, Frank Caramico, Kenny Leitch, Mike Vallotti and so many other people.

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A.D.F.P.A. Corner

Someone you should know: the force behind powerlifting photography! by Stephanie Whiting, ADFPA Executive Committee.

Who is the main force behind powerlifting journalism? He's in attendance at many national and international meets, yet few people may recognize him. He takes the red eye flight, often arriving at a meet site just as the first attempt weights are being called. He stations himself center front, sitting on the floor with his camera bag. As he shoots frames after frame of lifters, he keeps abreast of the action from which he writes those informative, entertaining reports on our top powerlifting competitions.

Introducing Mike Lambert, editor of POWERLIFTING USA. Yes, he's the quiet blue eyed, blond, just a shade this side of six feet all, who somehow makes himself comfortable as he sits on the wood floors of gymnasiums, taking after roll of photographs. His expertise and patience are well rewarded, as we see month after month in PL USA.

Last August, after the WDFPF meet in Chicago, I turned the tables on Mike and asked him for a short interview. I thought the powerlifting community would be interested in what goes into publishing the world's best powerlifting magazine.

1) How many meets do you cover in a year? How many meets would you estimate you've reported on since the magazine's start?

Personally, it is on the order of 6-8 in recent years. I was going to around 12 a year for a long while, but with all the different organizations popping up and limitations on my time at the office, I've had to cut back on travel somewhat. Since the beginning of the magazine, I've probably covered around 200 meets in person.

2) For a national or international meet, how many rolls of film do you go through? How many thousands of shots do you have in your files?

For a national/international meet, it is usually on the order of 4,000 at the peak and many, many records were set at those meets and some great lifters made appearances there.

6) In the '90's, what have you seen as trends in powerlifting meets? Single lift meets, primarily bench press, have continued growing in number, and there was a proliferation of bench press related clothing come on to the market. Drug free lifting has continued its steady progress to the point that the majority of meets promoted these days have some kind of drug testing in place.

Thanks to Mike Lambert for taking the time to answer these questions! The sport of powerlifting owes a great deal to Mr. Lambert. On behalf of the ADFPA, your work is much appreciated, Mike.

10-20 rolls of film. I probably have 70-100,000 frames in my files. Someone who is taking photographs at a meet?

Try to fill the frame with the important subject matter. Lots of times, we have photos submitted in which the subject is just a very small part of the image area, and even with considerable enlargement and cropping, you still can't get an adequate reproducible print from the negative. Too much of the image is essentially wasted on background, etc., and not enough on the true subject of the photo.

4) Do you process your own negatives?



Craig Safran, who puts together the ADFPA Corner each month, is an outstanding lifter in his own right. Above, he pulls the strong 677 lb. deadlift that earned him second place honors in the 198's at the '96 ADFPA Men's Nationals

No, because I don't do it frequently enough, but I do make my own proofs and black and white prints from the negatives that I send out to be processed.

5) What are some of the most exciting competition lifts you've witnessed?

The IFF World Championships in Dayton (1979) were exceptional... 10,000 people over 4 days of competition, 4,000 people on the last day of lifting, some great lifting, CBS covered the event, and the production value was high. Also, the early Hawaii meets had tremendously involved crowds

(4,000 at the peak) and many, many records were set at those meets and some great lifters made appearances there.

6) In the '90's, what have you seen as trends in powerlifting meets? Single lift meets, primarily bench press, have continued growing in number, and there was a proliferation of bench press related clothing come on to the market. Drug free lifting has continued its steady progress to the point that the majority of meets promoted these days have some kind of drug testing in place.

Thanks to Mike Lambert for taking the time to answer these questions! The sport of powerlifting owes a great deal to Mr. Lambert. On behalf of the ADFPA, your work is much appreciated, Mike.

ADFP Masters Committee Election
Four New members were elected to the American Drug Free Powerlifting Association's Masters Committee during the Nov. 8th National Masters Meeting in St. Louis, MO. Ira Rosen and Jack Wendt of Alaska, Michael Mooney of Oregon and James Krueger of Wisconsin were newly elected and Dennis Green was re-elected as chair of the committee.

Pursuant to our bylaws it is our purpose to encourage, improve and promote amateur powerlifting for masters lifters, regardless of gender; provide a forum for discussion and decision regarding the rights of the drug free master lifters and serve as an advisory body to the ADFPA National Executive Committee regarding master competitions.

We have several projects planned for the next two years including continuation of the Masters Lifter of the Year award; report on WDFPF/IFF affiliation and generating publicity and recognition for masters. If you have any issues or input, please contact one of the following members of our ADFPAMC: Dennis Green, Chair ADFPAMC, PO Box 147, New Market, MN 55054 Ira Rosen, Asst Chair ADFPAMC, 4414 Mint Way, Jur-

The primary goal of this directory is to attract new lifters to the sport by supplying them with a gym and knowledgeable individual who can help them get started in drug free powerlifting. This directory can also be helpful to the lifter by providing a contact individual who can supply training and meet information. It can also help if you're traveling and need a place to train.

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

A.D.F.P.A. Corner

Coming Events

MEET DIRECTORS... a listing here is a FREE service to publicize your contact to thousands of potential entrants... Airport, Portland, OR) Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600... 23 FEB, BCPA Provincial Championships, Spartacus Gym, 1522 Commercial Dr., Vancouver, BC Canada, 604-254-6267... 23 FEB, 7th Winter Pro Classic (novice, teen, men, women, master, drug tested), open) Jon Smoker, 30907 County Rd. 16 W., Elkhat, IN 46516, 219-674-6683... 23 FEB (new date), APA/CPA/WPA North American Big Bucks "Bench Off" (more than 1500lbs) Raymond Carey, Waterloo, Qc., 514-539-4999... 1 MAR, ADFFA Coubovy Classic, Cheryl Auld, 4801 N. Ashbury, Bethany, OK 73009, 405-995-9660... 1 MAR, WNPF S. Carolina State (Columbia, SC - 100k drug testing) Tre Meyers, 2520 Lumpkin Rd., Augusta, GA 30906, 706-790-3806... 1 MAR, March Powerlifting, Bob DeLafayette, 518-885-3404 or Tony Stratigos, Springs, NY 12866... 1 MAR, March Madness III BFDL/Jr Open, Saints Powerlifting, Box 1237, Houprich, WI 53548... 1 MAR, Southern Illinois BP/DL, Ettingham, Illinois, 217-223-5429... 1 MAR, USPF Nationals, 1711 Heavit, D. Vireos Fitness Center, 1711 Heavit, Everett, WA 98201, 206-259-3797... 1,2 MAR, NAS Western States/Power Sports, Nationals (Las Vegas) NASA, Box 735, Nobles, OK 73068... 2 MAR, ANPPC Drug Free ANPPC School Championships, ANPPC, Box 1484, Mt. Vernon, IL 62864, Airport, Portland, OR) Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600...

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FOR REVIEW..... Creatine has proven to be one of the finest supplements on the market, with loads of scientific backup as to its efficacy and safety. A new book "CREATINE, Nature's Muscle Builder" by Ray Sahelian M.D. and Dave Tuttle has been published by Avery Publishing. Sahelian is a Medical Doctor, certified in Family Practice, who has become a spokesman across a wide range of media on the subjects of creatine, melatonin (the "MELATONIN: Nature's Sleeping Pill"), and DHEA (the also wrote "DHEA, A Practical Guide To, Tuttle, with his Master's Degree from Harvard, has been a writer in the health and fitness field for over 10 years, contributing to IronMan and Muscle & Fitness, and writing his first book, "Forever Natural, How to Excel in Sports Drug-Free". The strength of this book is the easy to grasp writing style, with nothing too technical for most sports-oriented laymen to understand. Creatine is not a new substance to science and the history of its identification and eventual use as a performance supplement are well documented. For instance, way back in 1847, an observer noted that there was ten times as much creatine in the muscle tissue of wild foxes as that in inactive, domesticated foxes, but the research that has focused in on the performance related aspects of creatine has been quite recent, and those studies are precisely explained. The scientifically based conclusions about creatine are profound. The most powerful statement in the book notes that "Creatine should not be viewed as another gimmick supplement. Its ingestion is a means of providing immediate, significant performance improvements to athletes involved in explosive sports" and those words are from a heavyweight, not in sports but in science. There are several powerlifters quoted in the text, among them National Champion Jon Arneberg and Kurt Elder, and from comments such as theirs, as well as the scientific literature, it appears that creatine may be uniquely appropriate for heavy weight training performance enhancement. There is guidance on dosage and personal interviews with athletes who have used creatine. If you need to understand what one of the most important nutritional breakthroughs in years really is and what it really does and why it does it, this book is a direct route to that information, and it's not expensive at \$9.95. The ISBN number is 0-89529-777-9, and you can reach the publisher Avery Publishing Group, at 120 Old Broadway, Garden City Park, NY 11040, 800-548-5757.... Mike Lambert

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- 1997 Bench Press National Championship, September 27 and 28, 1997 in Newark, NJ. Exact Hotel to be Announced Soon
- 1997 New Jersey State Powerlifting Championships, End of October 1997. Exact Date and Location to be Announced
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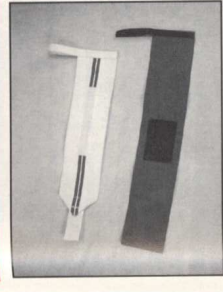
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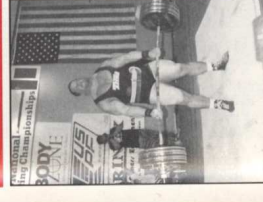
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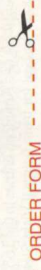
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A study conducted by four Southern California researchers demonstrated what top bodybuilders can do.

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Dr. Paul Ward
Bio-mechanics & Sports
Performance Scientist

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

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

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

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

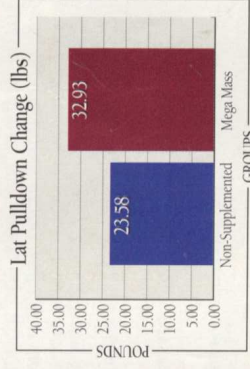
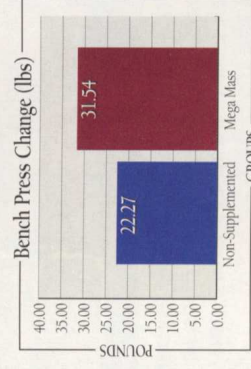
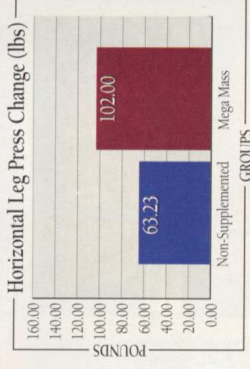
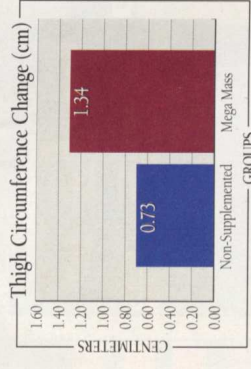
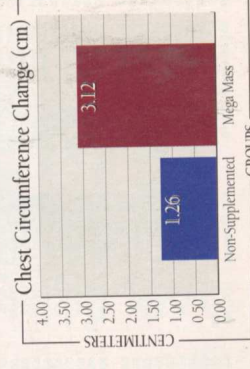
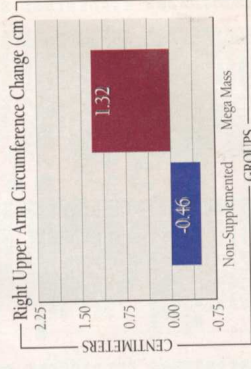
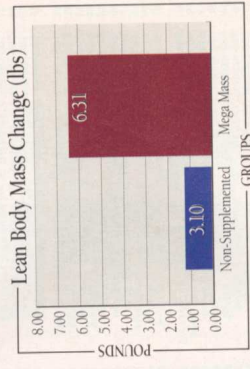
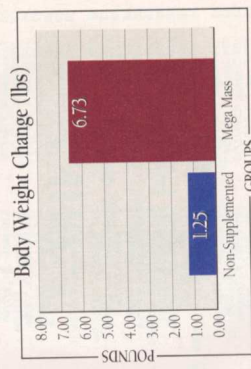
UNIVERSITY STUDY: RESULTS & CONCLUSIONS

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

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