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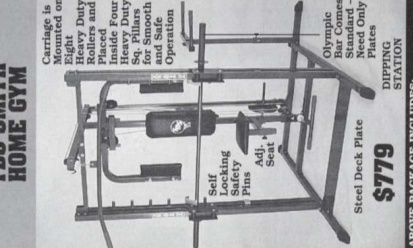
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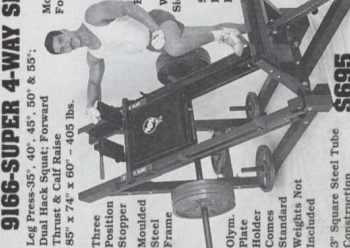
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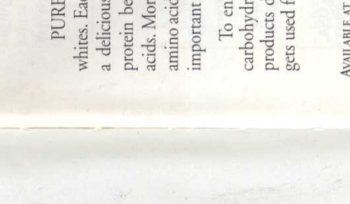
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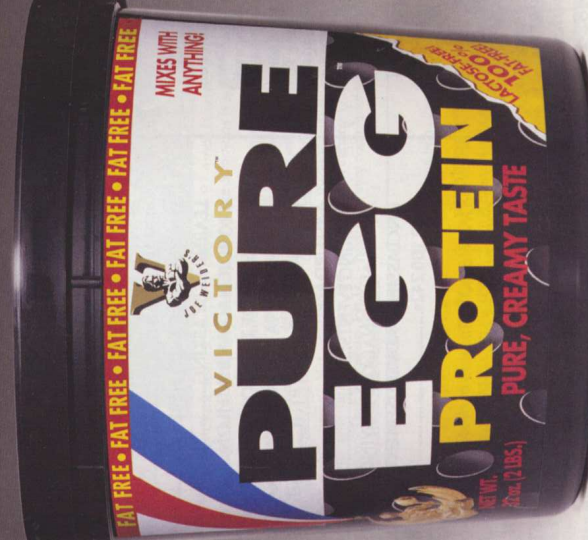
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Powerlifting USA

Post Office Box 467
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...the most important people 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.

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

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SUBSCRIPTION RATES: (US funds)
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ON THE COVER... one of the lifters caught in the middle of the consequences of international powerlifting politics after the March 1st meeting of the ADFPA & USPF in Chicago, James Benemerito... how will he get to a World Championship in '97

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*Over 4000 spectators! 4 new WPC records. (Officials present). Clark just missed 800 on opener, then had it passed 2 to 1 on second & tried 805 on 3rd. 3 tries at 800! Waterman just missed 610. Three attempts at WRs. Not done since McDonald? Terrific Event. Gary Benford, Meet Director.

"The World Bench Press Challenge was held in conjunction with the Arnold Classic, March 1. I'm not sure of the sanction, but it appeared to have been an APF meet with APF representatives and judges. This meet turned out to be the most disgusting display, or should I say "demeaning circus", in powerlifting I have ever witnessed. Of all the lifters there, with the exception of one, the benches were a complete and utter joke. From jet off the ground, butts and heads off the best, to Velcro reinforced back-strips on the shirts and incomplete lockouts - everything went. In fact, the only benches that were turned down were those that ostensibly didn't make it off the chest.

I will only describe two of the lifters, for reasons of brevity and ESPECIALLY those that lifted in this meet, because they are without Dave Waterman benched 570, 600, and 610 at 181. All of his benches were done in a most sloppy manner - feet not in complete contact with the floor, but and head off the bench and incomplete lockouts. Anthony Clark took two attempts with 800. First attempt: He barely got the weight to his chest and once he drove it off his chest, it went over his face into the uprights. Luckily, the spotters were attentive. On his second attempt he also barely got it to his chest, once he drove it off of his chest it went once again back over his face and into the uprights. But he got it higher on that attempt and was able to slide it up the uprights and into the rack. He got credit.

In no way should this report be construed as a personal attack on the lifters, the organization, or the judges. However, allowing this sort of sloppy lifting and disregard for the rules to occur makes a mockery of the sport.

like Anthony - would like to be known as the heaviest bench press around - felt that the lift was not legal, that the bar stalled and slid up the rack on one side. He was very upset with the passing of the lift. Both of these men contacted Ned Low of POWERLIFTER Video Magazine regarding the performance, and Ned has obtained video coverage of the event, which we assume will be appearing in an upcoming edition of his video series. It has been noted that WPC President Ernie

Lifter	BP1	BP2	BP3	Coef.
A. Clark-355	690	800*	665	658.4
D. Waterman-181	570*	600*	640	618.6
J.M. Blakley-279	620	660	675	579.15
		4th	945	
F. Praumer-219	630	665	665	577.08
G. Halbert-242	610	650	685	575.25
J. Obavadovich-287	580	640	640	544.64
		4th	660	
J. Schick 148	465	475	485	

* WPC World Record. J - WPC Junior World Record.

The ARNOLD CLASSIC Bench Press Championship



Anthony Clark near lockout with 800 at the '97 Arnold Classic. This photograph provided courtesy of Tim Bruner, who is spotting to the left, and Louie Simmons is spotting to the right. Head judge is Dean Clitt Frantz, who has not present at the lifting of Dave Waterman, indicated, will be reviewing video coverage in so many words that he is the age of the competition. Tim Bruner "real thing" and that his lifting was noted, accurately, that whatever happensational and his physical appearance on the judges decision, it was once spectacular. Peter Thorne will not be fault of Anthony. Other sources be writing a complete report on the have been very complimentary about competition for an upcoming edition.

*... a true iron classic" - Steve Holman, editor, IRON MAN

POWERLIFTING BASICS: TEXAS STYLE. The Adventures of Lope Dalk - by Paul Kelso, Follow Paul, Lope Dalk, Preacher Harley and LaVonda Sue as they and the Wampus Cats struggle to form a powerlifting club (and live to tell about it). Learn the Seven Deadly Sins of weight training, Kelso's Laws and the truth about the Stretchmark Machine in the book Mike Lambert, Publisher, PL USA, has called "... the ultimate blend of hilarity and common sense in strength training ... it's great!"

You'll be rolling on the floor while leaping up Paul's Twenty-Sixes Or Less theory and the dozens of specific courses and meet preparation tips. The ongoing story walks with the neophyte all the way to his or her first meet opening attempt - and coaches and veterans everywhere will recognize Paul's battle to straighten out the Club Hardhead.

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WHAT'S Going on in USA Powerlifting?



Brad Olson went to the Atlanta Olympics in his capacity as a minister. Will he be able to make it to one of the future Olympics as an athlete?

The notion that the ADFFPA would, in some fashion, become the representative of the United States in the IPF has surfaced several times in recent years. During one previous USPF administration, it was rumored that the IPF was so distraught with certain issues involving the USPF that they would have welcomed interest from the ADFFPA, and this was communicated to the ADFFPA Executive, but no such response was offered. Subsequently, there was a rather hasty attempt prior to an IPF Congress to bring the ADFFPA into that organization, but the ADFFPA leadership at the time ultimately shut the door on the effort at nearly the last second.

With the election of Don Haley as President of the USPF, however, progress towards unification, and some sort new constituency representing the USA in the IPF went into overdrive. Don Haley is a unique person. Without a perceptible ego, he has chosen to serve lifting for decades, rather than personally lead it. He did not seek the office of USPF President, and decided to run with reluctance, only when his supporters pointed out that he might be the only realistically electable challenger. Don has also served in official capacities within the ADFFPA structure, and the current ADFFPA administration seemed to have nothing short of the utmost respect for and trust in Don. There was no ugly issue to deal with regarding who might be the President of a new consolidation between the USPF and the ADFFPA, whatever form that might take. Don would have gladly stepped aside. Unfortunately, he did have to step aside, before any sort of consolidation could take place. More about that later.

As the proposals for unification between the ADFFPA and USPF began to take shape, a perfectly understandable level of concern began rise within the World Drug Free Powerlifting Federation. The ADFFPA has been the most significant member nation of the WDFPF since its inception, with ADFFPA lifters winning a huge majority of the international titles sanctioned by the WDFPF. ADFFPA meet directors hosting most of the WDFPF international events, and with many ADFFPA members serving in administrative positions within the WDFPF. Following the visit of ADFFPA Executive Committee members to the IPF Congress in Austria last November, an ultimatum was issued by WDFPF President Andrew Cominos to the ADFFPA regarding their efforts to align with the IPF. The following is excerpted from a letter from WDFPF President

Committee are unanimously of the opinion that continued pursuit of moves likely to lead to alignment with the IPF are not consistent with the ADFFPA's continued membership of the WDFPF. Accordingly, if your assurance to the above effect is not received by one calendar month from the date of your receipt of this record letter, the process of suspension of the ADFFPA from membership of the WDFPF, in accordance with Sections 6.1 and 9.6 of the WDFPF Constitution, ADFFPA President Mike Cominos requested to President 1997, in the following manner: "Dear Andrew: This letter is not the formal response you demanded of us in your registered letter. This is my personal letter to you. I have been saddened by many things in our relationship with the WDFPF. From the beginning, having travelled to Hershorn time - his first utterance to me - "Well, you don't look like such a bad bot", left an impression on me. The dearth of respect normally accorded those who lead in a common pursuit was, and is, apparent.

Your election to President looked hopeful, as I had seen your devotion to the sport we worked together, in different capacities at the 1995 World Championships. I then committed the ADFFPA to a greater level of compliance and involvement with the WDFPF than it had ever had. My conversations with both you and Judy Gedney have confirmed this to be true. You now receive monthly copies of our drug testing invoices. Our dues are fully paid - on time. You have a complete, legible list of all our members. We have picked up the tab for mailing World Record Certifications. We hosted all of the World Championships for the WDFPF in 1996. I have personally spent many hours drafting and sending individual letters of invitation to lifters and embassies around the world - at your every request. If we have not surpassed our prior standards, then we have all been sadly misinformed.

It is obvious that we do not share the same vision for the future of powerlifting. It is our prerogative, you and I, to disagree on such lofty things. Having personally made sure that you had received an invitation to attend the IPF Congress, I was chagrined that you chose not to attend - but this also was your prerogative. I do believe that you

will be able to make it to one of the future Olympics as an athlete? Andrew Cominos to ADFFPA President Mike Overdeer of January 12th, 1997. "I write in connection with our last telephone conversation, regarding the proposed merger between the ADFFPA and USPF (unification). I am grateful to you for clarifying certain aspects of this question. On behalf of the WDFPF Executive Committee I would like to formally respond to your statements on this issue. Before doing so, however, I must stress that this is in no way a personal matter. Indeed, I have always regarded you as a most enlightened and approachable individual, with whom it has been a pleasure to deal. This makes my task the more difficult. I note from our talk that you regard unification as being a long way down the road, and that many obstacles exist which may get in the way of it happening at all. Fine, but with respect, you are missing the point, which is that however long unification takes to happen, you are working as hard as you can to MAKE IT HAPPEN. It is this aspect of the whole affair which has dismayed our other WDFPF affiliates around the world, and which places you, in our view, in a wholly untenable position. Why? Because the logical objective of unification with the IPF, will cease forthwith, and that the ADFFPA will afford the World Drug-Free Powerlifting Federation the unequivocal and dedicated support towards our common aims of growth and development. The Executive

would have been well received. An address from you regarding the mission of the WDFPF would have edified the delegation. I was shocked to learn that you had submitted a letter, in my absence to our ADFFPA Journal for publication - dated Nov. 14, 1996 which contained the following statements: "...I am inviting all ADFFPA members who are dissatisfied with their organization's proposed change of direction, and who value and wish to retain their WDFPF connections, to contact me with their views. Rest assured, free lifters who wish to remain affiliated to the WDFPF, will be protected, one way or another." This statement, and it's timing are the practice of subterfuge. How does the democratically elected leader of an international organization justify and defend such actions? I suggest that you introspectively examine the tenets and fiduciary responsibility of your position.

I must ask you to refrain from qualifying my statements in your letters. Lending your perspective to my words only makes prevalent to us both. If you must, quote me verbatim, as I have you. Another disconcerting development I must address is that from November until now, you have sequestered your communications from the official ADFFPA website, myself, Andrea Sorwell and Dr. Michael Hartle. This practice cannot be considered proper, and makes you an author of confusion.

I have researched the WDFPF constitution, before your letter of January 12, threatening the ADFFPA with suspension. Considering all that is right and fair, which I must say we stand for, I must ask that you specifically define the contravention or violation committed by the ADFFPA, powers of the constitution. This same constitution affords us these positions of the two organizations will not allow any form of merger between the two. The prevailing theory to accomplish a state of solidarity for the members of both organizations is for the ADFFPA to offer paid-up memberships to former USPF members, as a gesture of goodwill and shared purpose. 2. A long term objective is for powerlifting to gain Olympic Recognition. Many USOC NGB's have changed their operational names to include "USA" preceding the name of the sport represented. Examples are USA Soccer, USA Track & Field - most notably USA Weightlifting became the name of the former

USWF as of 1/1/97. The ADFFPA has accepted, and now uses USOC guidelines for drug testing/doping control. We refer our members to the USOC for guidance in this area. Another compelling reason is that the former members of the USPF will feel a sense of ownership with the new name, and will more actively participate in establishing the organization as the predominant NGB for powerlifting in the U.S. Application for trademark of the name has been made. 3. The Polygraph is only used for approx. 20% of the total drug testing method. It's results are not upheld in U.S. Courts. It is not recognized by any international powerlifting organization, nor by the International Olympic Committee. Results from the respondents of a recent ADFFPA survey indicate the respondents are in favor of removing polygraph testing by a margin of more than 2 to 1. 4. The IPF is the world's oldest and largest international powerlifting organization, with approx. 80 member Nations. The IPF has ties to the I.O.C. through the G.A.I.S.F. and the I.W.G.A. A 5 year strategic plan for I.O.C. recognition was presented through IPF Congress at it's annual meeting in November, 1996. Currently,

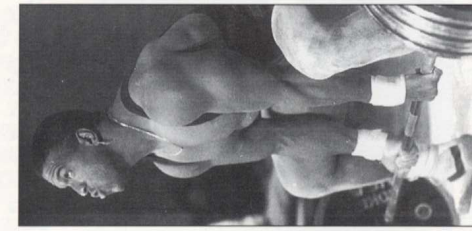
many of our top athletes have become dual-affiliated to have the opportunity to compete internationally within the IPF. There can be no doubt that the IPF is the international body representing the vast majority of the world's powerlifters. It is believed that affiliation would be mutually beneficial. This is a compliance requirement for National Governing Bodies affiliated with the IPF. Submitted for EC Agenda 2/6/97, Michael W. Overdeer, ADFFPA President.

Representatives of the USPF were also invited to the meeting site in Chicago. Though not explicitly stated, there was an implication that for this plan to proceed, the USPF would have to cease to exist, otherwise how could the ADFFPA, or its proposed new identity of "USA Powerlifting", have an available slot to fill within the IPF? Some USPF officials understood this implication and indicated that it was part of the plan that if the ADFFPA NGB adopted the recommendations of its Executive, the USPF would then meet and dissolve itself. Why would the USPF choose to dissolve itself? The reason given was an inability to deal with the reportedly numerous creditors demanding payment, including the United States government. State-United States government. State-United States government. State-rate vat" of the USPF had been placed, or was about to be, and that would possibly leave the current administrators individually responsible for unpaid USPF bills. The amount of the debt was reported to be somewhere between \$30,000 and \$40,000.

Don Haley is not a young man, and he found the position of USPF President to be even more stressful than he had anticipated. He began to experience physical problems related to his heart. It was determined that he needed to have his pacemaker replaced. Don then resigned his office as USPF President. USPF Vice President Dave Jeffrey assumed the duties of President.

The meeting in Chicago on March 1st initially proceeded rather smoothly on the part of the ADFFPA. After pointing out the need to keep the overall "big picture" in mind, the recommended agenda items of the Executive Committee were passed, with one minor clarification, by a vote of 33 to 6. Andrea Sorwell was pleased with the professionalism exhibited by the ADFFPA NGB and the high turnout of representatives for this historic meeting.

Hoping for success in this effort, IPF President Grahame Fong (article continued on page 90)



Kent Johnson competes in both the USPF and the ADFFPA. Which National meet should he concentrate on this year if he wants to go to a World Championship?

all individual current USPF members in good standing who agree on writing to our drug-testing program through their membership expiration date, or the calendar year 1997, whichever comes first. 2. Change the operating name of the ADFFPA, Inc. to USA Powerlifting. 3. Remove the Polygraph as an approved form of Drug Testing. 4. Apply for IPF affiliation as the representative NGB for the U.S.A. 5. Adopt IPF Rules for World Team Qualifying Nationals and International Competition. APPROVED UNANIMOUSLY - 2/6/97 - 10:35 P.M. E.S.T. Explanations: 1. Forms of Unification/Merger with the USPF have been investigated, and it has been found that this is not possible. Legal opinions substantiate that the respective financial positions of the two organizations will not allow any form of merger between the two. The prevailing theory to accomplish a state of solidarity for the members of both organizations is for the ADFFPA to offer paid-up memberships to former USPF members, as a gesture of goodwill and shared purpose. 2. A long term objective is for powerlifting to gain Olympic Recognition. Many USOC NGB's have changed their operational names to include "USA" preceding the name of the sport represented. Examples are USA Soccer, USA Track & Field - most notably USA Weightlifting became the name of the former

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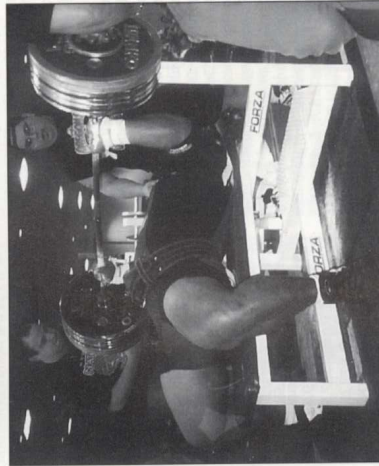
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USPF Bench Press Nationals



Greg Warr rammed up a 473 at 148 (Brian Baertlein photograph)



SHW Kia Tuita tried a 705. (photograph provided by Rick Marshall)



The Winning Team... back row, left to right, Terry Camp, Bob Woods, Steve Martinez, Brian Baertlein, Don James, Josh Steele; front row, Chelsey Wight, Gloria Camp, Judy Bohrer, Angie Perry. Not shown are Jeff Jones and Ellen Shanley (photography courtesy of Brian Baertlein)

USPF Bench Press Nationals
22-23 Feb 97 - Portland, OR

Women Masters	105	14-15	71
40-44	D. Black	123	143
45-49	J. Bohrer	114	123
50-54	M. Spencer	123	88
55-59	M. Nordren	104	77
60-64	C. Lee	105	99
65-69	Y. Course	170	16-17
70-74	C. Moraczewski	165	88
75-79	M. Bimbo	121	104
80-84	C. Camp	88	181
85-89	D. Williams	88	181
90-94	H. Schickman	93	181
95-99	H. Schickmader	115	83
100-104	L. Vertis	66	181
105-109	E. Doyle	83	126
110-114	Teenage Men	181	104
115-119	14-15	61	126
120-124	14-15	H. Salamadge	104
125-129	14-15	B. Campbell	132
130-134	14-15	N. Hannah	137
135-139	14-15	M. Flowers	154
140-144	14-15	C. Wright	115
145-149	14-15	K. Pierceall	170
150-154	14-15	S. Brinkley	154
155-159	14-15	H. Boob	203
160-164	14-15	A. Grinn	126
165-169	14-15	K. Song	137
170-174	14-15	S. Garcia	242
175-179	14-15	M. Lamb	187
180-184	14-15	R. Presinger	154
185-189	14-15	S. Couston	165
190-194	14-15	J. Luthier	374
195-199	14-15	M. marckek	248
200-204	14-15	K. Kelley	198
205-209	14-15	G. Warr	473
210-214	14-15	D. Tarabochia	319
215-219	14-15	D. Garcia	374
220-224	14-15	A. Larsen	275
225-229	14-15	K. Abel	264
230-234	14-15	J. Johnson	198
235-239	14-15	M. Sova	18-19
240-244	14-15	R. Parker	264
245-249	14-15	N. Parker	264
250-254	14-15	J. Bruno	301
255-259	14-15	A. Slater	303
260-264	14-15	F. Flowers	248
265-269	14-15	C. Serrano	479
270-274	14-15	J. Saggie	225
275-279	14-15	R. Gill	225
280-284	14-15	B. Hingebolthen	330
285-289	14-15	E. McClay	308
290-294	14-15	J. Steele	275
295-299	14-15	B. Dunham	534
300-304	14-15	C. McCoy	529
305-309	14-15	D. Reid	401
310-314	14-15	E. Sin	468
315-319	14-15	J. Bowens	451
320-324	14-15	C. With	572
325-329	14-15	F. Wakawa	551
330-334	14-15	L. Birgado	523
335-339	14-15	D. Palk	181
340-344	14-15	K. Sagg	551
345-349	14-15	C. Harris	523
350-354	14-15	S. Wong	661
355-359	14-15	D. Egan	479
360-364	14-15	D. Egan	479
365-369	14-15	Women	88
370-374	14-15	D. Palk	181
375-379	14-15	M. Bimbo	88
380-384	14-15	C. Moorman	165
385-389	14-15	Amy	159
390-394	14-15	J. Bruno	98
395-399	14-15	M. Jeffrey	220
400-404	14-15	J. Dawson	110
405-409	14-15	P. Spencer	88
410-414	14-15	Shurion	121
415-419	14-15	L. Aquilar	187
420-424	14-15	R. Homme	61
425-429	14-15	S. Radcliffe	159
430-434	14-15	Teenage Women	

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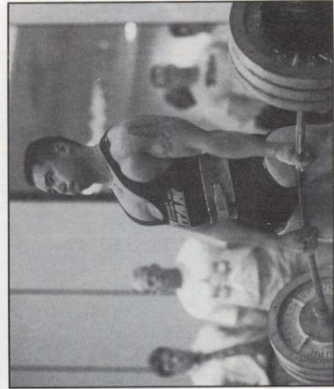
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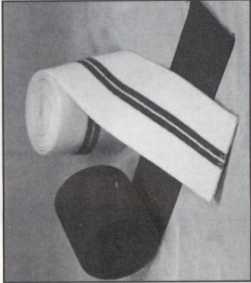
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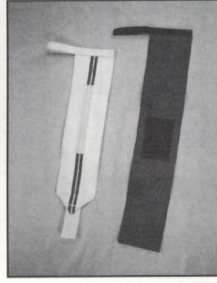
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(Kirk Karwoski, 771 lb. deadlift)

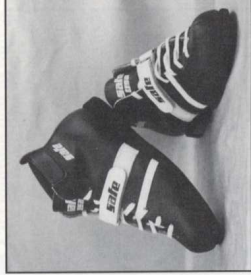
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World's Strongest Man Contest as told to Powerlifting USA by David P. Webster OBE

The remote island of Mauritius in the Indian Ocean was the venue for this year's World's Strongest Man Competition. Trans World International's annual event with incredible TV coverage makes this the main strongman competition each year. Having worked on more of these contests than anybody else, it is my considered opinion that 1996 was the very best in nearly every way. There was a record lineup of twenty-four great strength athletes from all over the world and it was good to see the Iron Curtain gone for good with several entries from the old socialist states. Included were great Olympians and many record holders.

There were twenty-four interesting and entertaining tests. The settings were superb, the competitions fascinating, production organization back-up, and all the essential ingredients were of a high standard. It's going to be difficult to improve upon this. The first of the four heats provided a great start; Magnus ver Magnusson, the defending champion, was the favorite, but he had not had a great season, placing 3rd behind Kiri and Ollesch in recent clashes in Finland and Lithuania. Nathan (Megaman) Jones on the other hand had been out of competition for a year, sustaining a broken arm in arm wrestling. He had a fantastic season in '95 and was one of the favorites. Jorma Ojanaho (Finland) was watched very closely by insiders as his country is noted for its tough competitions. Good humored Russian TV Gladiator, Dynamite, Vladimir Tourchinsky is as hard as nails and very fit, but his opponents were all much bigger and heavier.



Olympian Rai Bergmanis (Latvia) deadlifts for the first time - 770!!!

Pavel (Paul) Lepik had dual nationality - Estonia and Canada, and like Stacy Mectus of Lithuania, has a superb track record in lifting weights. Megaman had a good start. Sitting with feet braced against a stop board, he pulled, arm over arm style, six cars over a 100 course in 44.6 seconds for a new record. Ojanaho of Finland was 2nd in 47.01 sec. and Magnusson 3rd, 56.88 sec. The surprises had started. Keg Loading in the water proved to be a tough event for these strong men. The kegs weighed 235 lb., and the combination of sea and sand, along with the heavy weight, made sprinting difficult. This time Jorma Ojanaho was 1st, Megaman 2nd, and Magnus came 3rd again. Overall the first two were tied at 11 points with Magnus at 8 pts. Dynamite and Magusson were equal at 5



Here are Your Winners... left to right, Kiri (2nd), Dave Webster, Mangusson (1st), and Badenhorst (3rd)

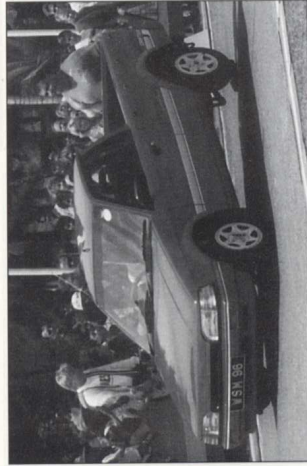
mite and Mectus were equal at 5 each.

Paul Lepik came into his own in a tremendous squatting competition. The magnificent efforts and thoughtful tactics were appreciated by strength connoisseurs. A platform was increasingly piled high with concrete blocks and a contraption like a Smith machine ensured that the squat was done with a fixed path of movement to a specified depth. Although much harder than an ordinary squat, good weights were achieved. Magnus worked up to 410 kg. in five single lifts. Paul lifted the same, 903 lbs., in six increments. With tactics much in evidence, both passed on the intervening weights on offer, each opting for 936 lbs. but it was not to be. With Ojanaho in 3rd and Jones in 4th, there was a big change in overall positions.

Going into the last event of the heat, the big firm was in the lead; Megaman and Magnus now 2nd equal, only one point behind. Paul Lepik and Dynamite were also equal, so all were trying hard to maintain or improve their placings. A log lift provided the final for the first group. They lifted in pairs doing reps from ground to overhead within a 75 sec. time limit. Megaman was confident he would do well in this. The dogs enough to get in the final. The log had been 110 kg. but had dried out and had to be adjusted; both were exactly 231 lbs. of awkward timber. Again results were close. Dynamite and Paul Lepik each did seven reps. Magnus doubled this with an amazing 14 reps., many of them snatches, the last ones taken from the belt. With Megaman and Jorma Ojanaho as the final pair and only one point separating the first three, there was still a huge element of doubt about who would be in the final. There was a shock when the big Aussie failed on his 9th rep. He had done significantly more in training. The Finn, on the other hand, was determined to beat Magnus but finished just one rep behind with 13 reps. The hotly tipped Nathan Jones was out of the final, Magnus and Jorma going through with 20 points each. It was a real triumph for the new boy from Finland.

THE SECOND HEAT - Group 2 had four world class powerlifters. Geert Badenhorst, former world champion, had been a top finalist before. Iceland's Hatti Amason, Bill Lyndon of Australia and the great Evgeny Popov, Bulgaria, Olympic lifter and powerlifting record holder. Big Phil Martin of the USA and Scotland's Braveheart and Forbes Cowan, were the other highly-rated competitors.

Samson's barrow was the first



Evgeny Popov - Olympic/Powerlifting Star and the Samson's Barrow.

test. Some strong men pick up the back of a car and walk forward a little; but in this competition, these men have to pick up the back of a pickup truck and push it as fast and far as they can over a 100' course.

Forbes Cowan was an easy winner pushing the truck all the way in one single push without any rest. It took him only 20.99 sec., a phenomenal performance. Those eagerly awaiting the debut of Popov were not disappointed. He came 2nd in 54.39 sec. and Badenhorst was 3rd, less than 2 sec. behind the Bulgarian.

A tremendous loading race came next, with a range of heavy objects to be lifted, carried and loaded onto platforms at increasing heights. There was a 550 anchor chain, a 220 lb. anchor, 242 lb. section of a mast, 132 lb. keg and a heavy sack of sand, which gave Gary Taylor a problem last year. Again, Forbes Cowan was an easy winner, taking only 54.09 sec. Geert Badenhorst was 2nd (and 2nd overall) taking 59.05 sec. Bill Lyndon was 3rd in 69.49 sec.

In the third event, the back of a car fitted with passengers had to be lifted and held for as long as possible. It was well suited to powerlifters, and Badenhorst was an easy winner, holding the load for 99.18 sec. A surprising second was Forbes Cowan who is neither a weightlifter nor a powerlifter. Simply, he's a competition strength athlete. It was with the greatest difficulty that he lifted the car until he stood upright.

Once there, he held on grimly for 74.17 sec. He told me afterwards, "I was right on my limit for the deadlift part. I nearly didn't make it. If any of the passengers had more coins in their pockets, I would have failed!" A gutsy performance and he was still first overall. But he had a price to pay. The leg press was with ten girls seated in two rows of seats on an incline machine. It was at least 1,210 lbs., some believing that with the turned over, not rolled, until a 65'

course has been covered. There was a time limit of 90 sec. Colin Cox was one of the favorites here, but it was the heavy muscled Dutchman, Berend Veneberg, who was first over the line in 48.69 sec., and Regin Vagadal second in 67.8 sec. Heinz Ollesch was 3rd in the Wheel Flip and joint overall leader with Vagadal.

A specially built arena on the rocks on the waters edge made a tremendous setting for several events. And here, the Axe Hold, in crucifix style, had Olympic lifter Bergmanis, back in first place. With experience he will be a potential champion. He had never tried the event before but held the two axes, totalling over 50 lbs., for 65.57 sec. Great effort is needed to keep the axes firmly pressed to the overhead is broken, ending the attempt. Following were Magnus Samuulsson, a 66' Swede, Vagadal and Veneberg.

Rising at 5 am, we traveled across the island past sharp peaked mountains, peculiar knolls and piles of black volcanic rubble. We drove into the heart of the port St. Louis where the town square was thronged with people to watch a spectacular Weight Carry race.

All six men had to run at the same time, carrying a large solid 440 lb. weight. Many locals tried to lift the blocks off the ground, but not one of them succeeded. The competitors, however, had to lift and then carry the weights over a 172' course and torrential rain made underfoot conditions difficult. Vagadal was a splendid eight coast-groomer in 28.2 sec. Bergmanis took 2nd in 32.62 and Veneberg 33.3 sec. This also reflected the finishing order for the group. The big surprise here was the elimination of a previous finalist, Heinz Ollesch and Magnus Samuulsson.

Heat 4 favorite was undoubtedly Riku Kiri of Finland, many believing that he could beat Magnus

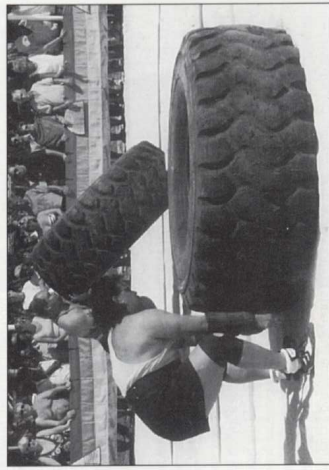
Magnusson in the final, as he had bettered the Icelandic earlier in the season. Riku began with winning the Carry and Drag where a 220 lb. anchor had to be carried about 100'. Then without pause a 550 lb. anchor chain had to be dragged back over the same course. It took the Finn only 53 sec. to do the double 200' journey with these loads. Derek Boyer, the Island Warrior from Fiji, took 2nd in 89.24 sec. while Flemming Rasmussen of Denmark was 3rd.

Kiri won the Atlas Stones carrying and loading the five varying boulders in 35.88 sec. Rasmussen took 42.36 and newcomer Svend Karson, a Norwegian gym owner with great potential, was 3rd with 45.52 sec.

The Flintstone lift provided some great highlights of the round. A very primitive barbell with stone discs had to be lifted overhead either from in front or behind the neck. Five attempts were given and it was clear that some could have lifted more with extra attempts. Svend Karson was a jubilant, crowd pleasing winner with 440 lb. He has no pretensions about being a weightlifter so his efforts were quite amazing using such primitive apparatus. Rasmussen was second. Bill Pittluck (England) lifted the same 190 kg. but took more attempts.

A special word of praise for Brian Bell (Scotland) who had traveled to Mauritius as a tester and was then brought in to lift at the last minute, owing to the withdrawal of Tarenko, the Olympic weightlifter. Brian pushed the Flintstone winner all the way and indeed gambled on first place with a 451 lb. final attempt. He got a great reception from a large crowd for his splendid efforts.

The Car Walk is one of the most popular events as everybody understands the enormity of the test. The competitors went in, paired heats, the cars each weighing 836 lb. The



Wheel Flipping ... Vagadal (Faroe Islands) and Cox (New Zealand)

greatly improved Derek Boyer won the event, covering the 65' app. course in 20.37 sec. He jumped on to the top of the car and did his own island in the sun. Bill Pitnick was next with 21.59 sec., not enough to get him in the final. Riku Kiri was 3rd in the final with 22.07 sec. Riku was 3rd in the final and in considerable pain. He won the heat but there were serious doubts about him competing in the final. Flemming Rasmussen was the other finalist, just one point ahead of Karison and Boyer, who had made their first appearances in this important TV competition.

THE FINAL - The heats had been terrific and the finals looked very interesting. Before qualification rounds, Riku Kiri had probably been just ahead of Magnus Magnusson as favorite to win the title but at this point he might have to pull out and contingency plans were discussed. A determined man, Riku decided to strap up thoroughly and do his very best.

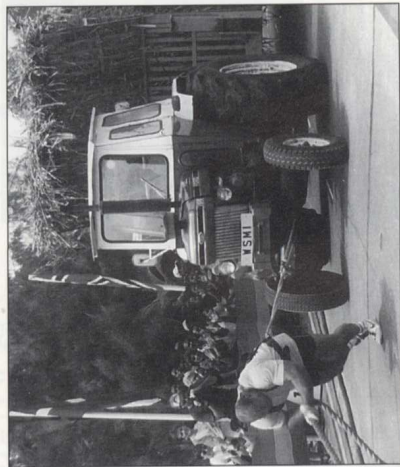
The Harness and Rope pull gives a good indication of all around bodypower and stamina so was a good indicator of the Fin's chances of continuing. Tractors are notoriously difficult to pull and here there was a big tractor plus an enormous trailer of sugar cane, the weight being approx. 20 tons!

Jorma Ojanaho (Finland) and Gerrit Badenhorst (South Africa) finished closely, covering the 65' course in 34.24 and 34.53 respectively. Magnus Magnusson was also close with 34.67. What a tight finish. It shows the high quality of this new kid on the block.

Car Rolling races are usually done only in the biggest and best shows. They are always a treat. The test here was over a 65' course during which the competitors had to run to their car, turn it over on its side, over again onto its roof. Keep it moving if possible onto its other side then back on its wheels! Without stopping, the competitors sprint for the line because the time is taken for covering the complete course.

Gerrit Badenhorst did both sprints and completely rolled the 1,584 lb. carrying an incredible 11.51 sec. for a new world record and went into the overall lead. Riku Kiri second at 12.43 sec. The odds favored the Finn because he would not finish the competition. Third position went to Flemming Rasmussen with 14.14 sec. Forbes Cowan got a nasty blow on the face when the car came back on him. Bleeding profusely, he finished in 21.24 sec. A good time for his first try ever of the event.

Next was throwing a concrete block over a wall with thick wooden boards added to increase the height



Gerrit Badenhorst pulls mightily.... (all photographs by Dave Webster)

for each round. Less experienced Raimunds Bergmanis and Jorman Ojanaho scored the least points. Riku Kiri was outstanding. His injuries were not greatly affected in this test. Throw after throw cleared the barrier with space to spare. He still had power left at the finish, meaning 21' after all others had dropped out. Magnus was just inches behind and again the hitherto little known Regin Vagadal of the Faroe Islands followed.

A new style of Hercules Hold was seen for the first time in the World's Strongest Man. Two cars faced each other on sloping ramps and between them stood the athlete holding handles with chains attached to the cars. On a signal, car brakes were released and the athlete had to hold the cars by grip power alone. Standing erect at all times, the strain on their faces was very apparent.

The favorites being Riku Kiri and Forbes Cowan, Ojanaho split these two top grip men but with a last growing respect for the young Finn, whose high placings were now expected of him, Kiri clocked 49.19 sec. Ojanaho 47.81. Cowan 46.62. Magnusson 35 sec. Kiri increased his overall lead to 27 points. Magnusson was next with 23, Badenhorst had 20 in 3rd place and many thought this would be the finishing result.

Cask Strength, another innovation for TV, came next. Two huge wooden casks were suspended on metal pole which pivoted and rotated on a capstan - like support at one end. Competitors held the free end of the pole in the crook of their arms and carried the load as far as possible without dropping the rotating apparatus ensuring a circular path of movement. Markers were placed for each competitor's maxi-

nary iron bar and stone weights. Handstraps were allowed in this splendid competition but it was clear that some of the competitors had no idea how best to use them. It was also most interesting to see different styles. Bergmanis lifted huge weights in the pulling positions he used in olympic lifting in Atlanta. A closely guarded secret now became known to all. Forbes Cowan had two slipped discs early in the 1996 season, but his back had stood up until the injury reoccurred during the car hold. He made a token deadlift with 506 lbs. and finished with only one point, ending his hopes of placing in the overall top three. It is quite amazing that Kiri and Cowan could compete at all with their severe injuries, but such is the determination of these mighty men.

Kiri did 814 lbs., but hurt his back, thus multiplying his injuries. It placed him third, ahead of the amazing Bergmanis who did 770 lbs. for his first maximum deadlift! Magnusson and Badenhorst, two superb powerlifting champions, showed all the cunning tactics to be expected from such past masters. In the end, Gerrit, although tired from previous events, made 820 lbs. without any failures. He could have pulled more had Magnus not conceded. This win pulled the South Africa from 5th to 3rd position.

The Power Stairs, provided an exciting finale. Competing in pairs, one on each side of a six tiered structure, the competitors aimed to lift three 200 kg. block weights up a series of six steps. It was a tall order at the end of tough heats and six stairs meant eighteen successful lifts. Speed certainly was an important element. Gerrit Badenhorst, finishing strongly, lifted all three to the top in 48.45 sec. Jorma Ojanaho took 53.66 and Magnus ver Magnusson 57.89. Cowan 61.14, and Riku Kiri with an injured foot and back lined up for the final but made no attempt to lift. He had already scored enough to place second overall.

Finishing points for the top six were Magnusson 52, Kiri 43, and Badenhorst 41, Rasmussen 35.5, Cowan 34, and Ojanaho 30.5. Mauritius' Honorable Minister Jose Annassalon and other dignitaries presented awards and traditional dancers whooped it up to make a fitting end to a fabulous competition.

American champions in the heavier categories interested in competing in future competitions should write with photo to David Webster, 43 West Road, Irvine, CA 92614. U.S. residents add \$3.00.

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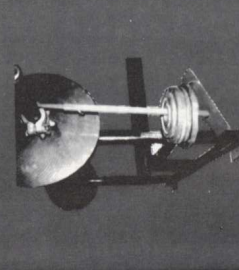
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Ask the Doctor

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

DEAR MAURO: I am a 41 year old Powerlifter who has just been diagnosed, via endoscopy, that I have something called a Hiatal Hernia, where the stomach pushes through the hiatus in the diaphragm, causing burning, chest pains, etc. My question is, what are the dangers associated with this problem, as far as Powerlifting goes? Is it okay to lift and compete? My doctor says that he has heard it is not uncommon in weightlifting, but can't say about the risks, or worsening of the problem, because he has not dealt with that yet, other than to say that straining is probably not good. Could you tell me whether or not it is common in the Iron Game, and if others out there have this problem and can still compete. **Steve C.**

DEAR STEVE: It's difficult for most doctors to relate to our sport. The usual answer to most problems is to quit lifting. This is easy to say, but not practical for most of us. As far as your hiatus hernia, while you didn't say if you were having any problems now, I'll try to anticipate some of your concerns.

I know of several bodybuilders and powerlifters who train and compete normally even though they have a hiatus hernia. If they have any problems they just try to do their exercises in such a way as to minimize an increase in abdominal pressure. If symptoms are bothersome, they usually take some medication prior to their workout. Also some find that sucking on something while exercising or working out helps keep the hiatus hernia from acting up.

The operation that is usually done for hiatus hernia is quite involved. Not because of the actual operation, but because the area is hard to get at and includes a fair amount of cutting and moving of vital tissues and organs. Most of the athletes I know of who have had the

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operation have been moderately satisfied with the results - a few have had significant problems with chest wall discomfort and with recurrence of the hernia.

Whether or not you should have the operation depends on how much it bothers you. I usually recommend against it and thus handle most of my patients who have a hiatus hernia with medication and advice. I tell them the usual stuff about raising the head of their beds by a few inches, keeping away from foods that bother them etc.

As well I usually put them on a Losec (omeprazole) or a combination of Zantac (ranitidine) and Motilium (domperidone) - regularly for a few months, and then on as an as needed basis. Most of them remain stable and have few problems with the hernia. If you take the same precautions, your hiatus hernia shouldn't be bothersome, or worsen because of your training.

Initially you could try a few simple tricks to allow you workout without any problems. Caffeine has a harmful effect on this problem so cut out your coffee before the workout. Sucking on some candy or chewable vitamin just before or during the squat often keeps the flow of juices in the right direction. Loosening your belt one notch and wearing the next size up lifting suit might help by decreasing abdominal pressure. Use of medication about an hour before your squat workout might be useful if you're having some reflux.

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

I.O.C. RECOGNITION

The Overall Perspective as told to Powerlifting USA by Graham Fong, IPF President



IPF President - Graham Fong of New Zealand

Almost all sports which have not already achieved I.O.C. recognition aspire to admission to this exclusive club. However, recognition is becoming increasingly difficult as the I.O.C. considers that it already has more than enough sports organizations in its fold and it closely scrutinizes all applications for membership.

While it is not crystal clear what the full criteria for I.O.C. recognition is, it is clear that some of the expectations are that the sport be without controversy, is widely popular (hence attracting sponsors, supporters - money) and have the right image for the I.O.C. Even with these limited expectations, powerlifting falls short. It is arising from political problems that the sport be factionalised; it does not usually attract wide spectator support. And a general perception by the public is that powerlifters are heavy drug users who compete in unusual attire.

Does this mean we should give up the quest for I.O.C. recognition? Absolutely not! What it does mean is that we should recognize the problems and take the opportunity to positively address them - NOT merely in the hope that I.O.C. recognition will come, but in the expectation that dealing with the problems now will leave future generations of lifters with the legacy of a sport with a far bigger following and a considerably better and cleaner image.

At the 1996 IPF Congress, I tabled a five year strategy plan for I.O.C. recognition. The strategy plan recognizes the difficulties powerlifting has in obtaining I.O.C. recognition and specifically addresses them.

While the strategy plan has been objective, I personally believe that such recognition should be put in proper perspective. We need to participate in some honest self inspection and acknowledge that powerlifting is a great sport, but it does have its imperfections. If we don't remedy those blemishes we will never get our sport recognized by the mainstream public let alone the I.O.C. We should, therefore, regard the plan for I.O.C. recognition as the catalyst for improving our sport rather than a means to an end.

The main problems which need to be rectified are: factionalisation, the rules of lifting, drugs and the excessive use of supporting equipment.

Considering the number of active lifters, I would suggest that powerlifting has more federations per capita than any other sport. Boxing, martial arts and bodybuilding are three other sports which

are expensive as is out of contest testing (OCT) which, however, is more effective. Many IPF members currently have OCT and the strategy plan sets guidelines for more of them to become involved in an OCT program. In 1997, the IPF has a duty to progress the sport rather than allow it to drift along as it is at present. When athletes encounter problems they stick their heads in the sand. What does this achieve other than leaving the ostriches' arse exposed? Powerlifting has had its problems exposed and criticized for far too long and it's now time for all of us, regardless of which federation we support, to collectively work together for the future betterment of powerlifting.

As I alluded to earlier, I.O.C. recognition should not be our highest priority. We must first move heaven and earth to sort out our sport's problems, and when we achieve that; I.O.C. recognition (if it comes to fruition) will be a bonus. The real prize will be the benefits resulting from these improvements to powerlifting. We will all benefit from these improvements so let's all work together and make it happen!

In its current state, powerlifting is too boring for most people, even lifters and supporters often find it difficult to sit through days of lifting at major contests. It seems, therefore, that the rules need to be changed to make competition shorter and therefore more appealing. Your thoughts on how this could be achieved would be most welcome. My own suggestions include reducing total attempts from 9 to 7, i.e., rather than 3 attempts for each lift, a lifter has a total of 7 attempts with a minimum of 1 attempt and a maximum of 3 attempts each lift. A suggestion which is sure to generate controversy and a huge amount of debate is to totally eliminate one of the lifts. Olympic lifting did it in 1972 when it eliminated the overhead press and that certainly didn't kill the sport. Which lift would we eliminate? Bench press contests are popular with lifters and audience, and is a lift which tests upper body strength. So that one stays. Of the other two lifts, the squat seems the most obvious candidate for elimination. It is the most difficult lift to judge (of the overhead press) and it is the most time consuming lift and possibly the most dangerous, relatively speaking. Purists will cringe at the prospect of eliminating the squat (Bob Hoffman will be spinning in his grave.) Amputation is always a last resort, but sometimes necessary for the patient to survive.

Performance enhancing drugs are the scourge of sport, and powerlifting has been tainted a heaven for drug users. The elimination of drugs in powerlifting must be our absolute highest priority and the strategy plan deals in some detail with this. Testing is a deterrent, but contest testing has limitations and it

ucts by making them thicker, heavier, stretchier, etc. As a consequence, we are now subjected to the sight of lifters robotically approaching the platform or even having to be lifted on or off the stage because they cannot manage to do it themselves.

This makes a mockery of powerlifting and the expense is also a deterrent to many. I am not suggesting that all supporting gear should be eliminated. We need to bring some sanity back to the sport, however, and we should be considering ways to reduce the use of lifting aids rather than looking at how we can make them even more effective.

The theory of powerlifting could not be simpler, i.e. the lifter who totals the most in three lifts is the winner. The reality is often some way removed from this, i.e. the winner is the lifter who is the strongest with the help of a stack of drugs and the best supportive equipment - and he's only the best in his federation - not necessarily the best overall. As much as it may hurt, we must recognize the problems and face the challenge of re-solving them. If we don't, powerlifting's growth will be limited and we will experience problems being accepted by the I.O.C.

There are some who will regard my comments, in my position as IPF president, as heresy. I am of the view, however, that as leader of the leading international federation, I have a duty to progress the sport rather than allow it to drift along as it is at present. When athletes encounter problems they stick their heads in the sand. What does this achieve other than leaving the ostriches' arse exposed? Powerlifting has had its problems exposed and criticized for far too long and it's now time for all of us, regardless of which federation we support, to collectively work together for the future betterment of powerlifting.

As I alluded to earlier, I.O.C. recognition should not be our highest priority. We must first move heaven and earth to sort out our sport's problems, and when we achieve that; I.O.C. recognition (if it comes to fruition) will be a bonus. The real prize will be the benefits resulting from these improvements to powerlifting. We will all benefit from these improvements so let's all work together and make it happen!

Functionalisation is continuing to powerlifting. The Powerlifting Coalition and the current earnest talks between the ADEPA and USPF are a positive interaction demonstrating a sincerely among many of the federations to unify the sport. It is encouraging to know that progress is being made to achieve this.

In its current state, powerlifting is too boring for most people, even lifters and supporters often find it difficult to sit through days of lifting at major contests. It seems, therefore, that the rules need to be changed to make competition shorter and therefore more appealing. Your thoughts on how this could be achieved would be most welcome. My own suggestions include reducing total attempts from 9 to 7, i.e., rather than 3 attempts for each lift, a lifter has a total of 7 attempts with a minimum of 1 attempt and a maximum of 3 attempts each lift. A suggestion which is sure to generate controversy and a huge amount of debate is to totally eliminate one of the lifts. Olympic lifting did it in 1972 when it eliminated the overhead press and that certainly didn't kill the sport. Which lift would we eliminate? Bench press contests are popular with lifters and audience, and is a lift which tests upper body strength. So that one stays. Of the other two lifts, the squat seems the most obvious candidate for elimination. It is the most difficult lift to judge (of the overhead press) and it is the most time consuming lift and possibly the most dangerous, relatively speaking. Purists will cringe at the prospect of eliminating the squat (Bob Hoffman will be spinning in his grave.) Amputation is always a last resort, but sometimes necessary for the patient to survive.

Performance enhancing drugs are the scourge of sport, and powerlifting has been tainted a heaven for drug users. The elimination of drugs in powerlifting must be our absolute highest priority and the strategy plan deals in some detail with this. Testing is a deterrent, but contest testing has limitations and it

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"Overcoming the physical aspect of injury is tough, but the mental part is really grating. You never really know if you can make it back - if you'll ever be the same again. It's a fear you live with day after day. It's pure hell."

"No one understands. Everyone says there's more to life than lifting. I know they're right, but for me lifting is the most important thing. It hurts not to be able to train, not to compete."

These are just a few of the souls who live out where the sun is cold, in the tundras of pain and injury. Theirs is a hard road. They must labor under the worst conditions, with physical pain, fear, and confusion.

Yet, somehow a few survive to arise from the ashes to heights they never imagined possible. How do they do it?

By knowing themselves and fighting with as much guts and passion as they can muster.

How can you do the same? Here are a few suggestions.

See Yourself the Way You're Going to Be - See yourself the way you're going to be when you're back on top again. Ingrain that image into your memory banks. When things get tough, visualize that image. It will inspire you to keep going, to try harder. Unlike virtue, hard work is not its own reward. You must have direction for your work. Set your objectives early, then devote all your energies to achieve them. Don't set your goals out of sight, but rather just out of reach. Don't be impatient. By reinforcing small bits of behavior, eventually you will reach your desired goal. As the Chinese say, even the longest journey starts with the first step.

Take One Step At a Time - How do you eat an elephant? One bite at a time. How do you come back from an injury? One day at a time. Be patient. Don't focus on your entire task. Just take it one step at a time. If you keep concentrating on improving little by little, eventually you'll be back on top. Coming back from an injury is kind

tunnel. If you're willing to struggle a little, work a little, before you know it, you'll be standing in the sun again.

Encourage the Support of Your Friends - Family members, friends and fellow athletes can play an important role in helping your efforts to come back from injury. Enlist their support. Inform them of people of your goals and ask them for your help. Ask them to encourage you and your efforts. Most important, make them a part of what you're trying to do. Generally, when you actively seek help from others, you'll get it. Be aware, though, that others may not understand exactly what you are going through. They may have some ideas, but only you can know how you feel. Still, it's a lot easier working with someone else. It's good to have someone to encourage you. To tell you "Good going," to push you where you think you can't go anymore.

Learn From Your Experience - Believe it or not, being injured can be a very rewarding experience. I'm serious, some of our greatest learning can take place in a state of pain and suffering. It can elevate us to a higher level of existence. It can teach us compassion, humility, patience, and a world of other wonderful things. If you've experienced injury, i.e. the pain, the suffering, the loss, and someone comes to you and says, "I've been injured, I have pain, and I'm depressed," you can relate because you've been there. You have a greater understanding because through your experience you've been elevated to a higher plane of existence. In this respect, injury is a wonderful experience. It helps us grow and makes us grander. Sometimes it takes a little adversity to appreciate what we have. Sometimes it takes death to teach us about life. It takes defeat to teach us about victory. It takes pain to teach us about joy. Look at a man who has never experienced adversity, who's life has been easy, and I guarantee, you'll find a man who lacks understanding and character. Then look at a man who has fought his way through a lot of adversity and you'll generally see a man with tremendous character and resilience. Life experiences build strength and power.

Martin Luther King said that the true measure of greatness is how well a man deals with adversity. The same is true of athletic greatness. Anyone can do good when things are going good, but only the truly great men and women, or athletes in general, do good when things are going bad. Remember that.

Judd Biasiorto Ph.D.

Dr. JUDD

A Survival Guide for Dealing With Injury

By Judd Biasiorto Ph.D., World Class Enterprises



Marv Phillips came back from a severe arm injury to become a national champion and world record holder. (Pope photo)

of like learning to walk. Don't worry about anything other than that first step. If you try to get too far ahead of yourself, you'll trip and fall. Focus on what you're doing and take your time. Be aware, though, that even when you're concentrating on one step at a time, that one step can be tough. Don't be deterred! You won't get anywhere without trying. Don't quit, don't ever quit. Great victories are always accompanied by a little pain along the way. No pain, no gain. No war was ever won without losing a few battles along the way. So you must not become overly discouraged and give up the fight, just because you're struggling a little. Remember, "You're not beat until you quit."

Don't Look Back - I firmly believe that the toughest part of dealing with a serious injury is not the pain and physical rehabilitation, but rather dealing with the issue mentally. It's hard to accept the fact that everything you have worked so hard for is gone, and that you're going to lose time and energy retraining your loss. Unfortunately, that's a fact you'll have to deal with,

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Jeffri Chadha, San Francisco Examiner Jan. 1, 1997 Page B1

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Gayle Haich, US Weightlifting Coach "Juice Plus gives me the energy and recuperative ability I need to train heavily and intensely, day after day."

Brent Herbert, "Mr. Louisiana" "I always struggled to make weight before a meet and lost strength in the process. Using Juice Plus products, I started losing weight by burning fat while maintaining strength. I feel that my energy and strength has increased while my recovery time from training and injury has noticeably decreased."

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The Decline of United States Powerlifting by Robert Rogers

This letter is about a subject that I simply don't see anyone talking about. It is about our slippage as an international power in the sport of powerlifting. Yes, you read the last line correctly. The United States has had a tough time taking team titles at the IPF Masters, Juniors, or Women's World Championships.

Take this year for example. We came in second to the Russians at the Women's Worlds despite the fact that it was held in our own backyard (Canada), and featured our best women's team in many years, including the best ADFFPA women's lifter, Bettina Altizer. Not only that, but the average American was 11 years older than the average Russian. So how much longer can we expect to have Carrie Boudreau, Vicki Steenrod, and Shelby Corson around for, and who will take their place? We didn't even field a team for the Masters's Worlds. Although extenuating circumstances may have prohibited this, the fact remains that team titles have been scarce in this meet, too. At the Junior Worlds we tied for 5th with Poland, far distant to the winning Russians, and didn't field a single medalist. This should be particularly disturbing as these lifters are our future senior national champions. We still retain a stranglehold on the Men's Worlds; but Ed Coan, Kirk Karwowski, and Dan Austin are not going to compete forever. The purpose of this is not to degrade or belittle the efforts of the lifters on these teams. Quite the contrary, as many would argue that these are not America's best lifters. I feel that these teams were highly representative of the current talent pool in the United States.

While we sit back and boast that we have the greatest powerlifters in the world and would smash any team if we could field the best from each federation, keep in mind that these lifters have to: 1.) Pass a drug test. 2.) Make their lifts according to IPF standards (squat depth especially) and 3.) Have to lift using a one-ply suit or bench shirt. This narrows the field considerably.

What has caused this to happen? I began my powerlifting career back in 1981, and have competed in at least one powerlifting competition in every year since then. I have seen powerlifting change drastically over the years. The reason why we are tail spinning is that we, as individuals, have become selfish. Either we think only of our

weightlifters has steadily declined over the last 30 years. This was in no small part due to the declining number of weightlifting coaches. Weightlifting is different than powerlifting. Powerlifters could use a good coach. Weightlifters NEED one. The administrators that headed the chapter looked the masters lifters dead in the eye and asked, begged, and pleaded for them to start coaching lifters in their area. "Help us bring the sport back," they said. The masters lifters shook their heads and said "No, we're in this sport for ourselves." As I left that meeting, I remember saying to myself "My God! You've been in this sport for twenty years, your sport is dying and yet you will do nothing to stop it!"

It is this thinking that strangles us today. Not just in terms of coaching new lifters, but in keeping with a standard organization. With the hopeful merger of the USPF and ADFFPA, American powerlifting has a second chance. We must all return and work within the system. Drug-tested federations such as the AAU and USPF, must either merge with the new federation, or put themselves in a position to complement, rather than compete with it.

I myself am not without blame. I stopped running the USPF NH state meet back in 1993, in favor of the ADFFPA, because I was frustrated that the USPF could not make up its mind to support drug testing or not. I made a mistake. I should have stayed and tried to make a difference. Those who remain outside the system care only for themselves and not for the sport they are supposed to represent.

Change must be acted on from within, in order to facilitate the building of an entity, whether a group, a business, or a sport.

The fact is quite clear: the world lifts in the IPF. Love them or hate them, it is the standard that the rest of the world has chosen; and without a set of standards you cannot have a sport. We, as a collective unit, must stop sucking our thumb, quit stomping our feet, and get out of the corner. We have been having a childish tantrum for the last decade or so. No one can have their own way all of the time. We must realize that the sport of powerlifting is now truly international in scope. Knowing this, we must accept the consequences of our actions, for we are predominantly hurting ourselves.

Robert Rogers



How Long Will the United States Continue to Dominate Men's Powerlifting?

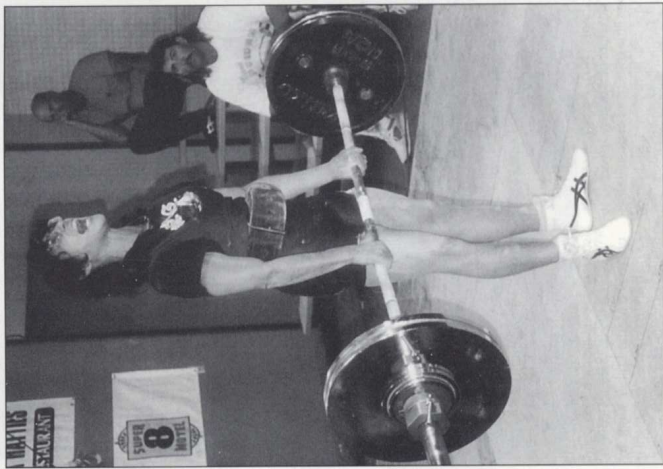
own gratification in the sport or our giving has become short-sighted. Meet directors run meets in rival federations to drive other meet directors out of the sport. Lifters compete in the meets or federations where they can take home the biggest trophies, get their flawed lifts passed, and receive the most pretentious titles. World champions are crowned despite never having faced an opponent from outside the United States. Lifters and officials jump federations for the petty reasons. Beginners look for support and guidance and find fewer people willing to help. Simply put, each of us is going our own way, without heed to the consequences. If you don't think that the splintering of the federations has caused severe problems, then you try explaining to a beginning lifter why there are multiple state, national, and supposed world championships and records. Try making a case for which of these supposed championships or records really have meaning. The fact is, if you have more than one, then for all practical purposes, you have none.

Who do we hurt by all this chaos? Yes, we hurt the sport of powerlifting, but more so, we hurt AMERICAN powerlifting. Young lifters fall to stay in the sport. Grass roots meet directors are forced out by directors who have their own

INTERVIEW

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

SUE ELYWN as interviewed for PL USA by Pat Cuntreza



Sue Elywn deadlifting at the 1995 National Masters Championships

PC: Can you give the readers some background information on yourself?

SE: My name is Sue Elywn. I'm 49 years old and I live in Marlborough, MA. I work for the Post Office. I have a BA degree from the University of Massachusetts. I have been lifting since I was 15.

PC: How did you get started in Powerlifting?

SE: I started training the powerlifts in 1975. I worked out to build strength for Judo. A powerlifter suggested I try the powerlifts and that I would do well at them. I used the routine he gave me since it was good for Judo. A year later, I separated my shoulder performing Judo. I felt I was likely to re-injure my shoulder at Judo, and when it healed, I decided to try a powerlifting meet.

PC: Could you name some of the contests you have competed in and titles you have won?

SE: I've competed in about 10 USPF Nationals, 2 IPF Worlds, several ADFFPA Masters Nationals, one Masters Worlds, the AAU Masters/Women's Row, the 1995 AAU Masters, and the Lifetime Drug-Free Nationals in 1996. I've also competed in many local meets.

PC: What do you consider to be your greatest accomplishment in this sport?

SE: I am most pleased with my win at the 1980 Women's National. It was just before the really heavy drug use started, so it was a fair competition. There were some good lifters so I had to use strategy and make certain lifts to win. In the gym, I was most pleased with a strict 185 lb. bench press at 114 lb. without a bench shirt. When I started powerlifting in local, I was just before the really heavy drug use started, so it was a fair competition. There were some good lifters so I had to use strategy and make certain lifts to win. In the gym, I was most pleased with a strict 185 lb. bench press at 114 lb. without a bench shirt.

PC: Why did you choose to compete in the AAU/PC?

SE: I've competed in the AAU/PC, ADFFPA, and still belong to the USPF even though the heavy drug use has made me avoid competing with them for many years. I

like to pause between reps on the deadlift. This stops me from bouncing to get the reps off the floor. When a meet is near I will add weight each week. I will continue with the sets of ten reps. As the weights increase, the reps naturally decrease. Just before the contest, I will do sets of two to three reps. I always try to squat deep. After my heavy sets, I'll drop the weight and set out. Then I'll do a set of deep pauses. I train light in the deadlift because of my back. Block deadlifts give me good speed off of the floor. This helps me through any sticking points.

PC: Is there any advice you would like to give the beginning lifter?

SE: Learn proper form and use it. Train without gear, other than a small belt. Don't be concerned with how much weight you are using; don't miss workouts and the weights will increase. Don't overtrain and don't train to failure. Always feel you can do one more rep and you will, next time. Don't waste time on bodybuilding exercises. Just a few sets of two or three assistance exercises for each lift will work your weak points. Remember, everyone is different. What works for others might not work for you. If a routine works, stay with it. When it doesn't, change it. What you change it to doesn't matter. What is important is that you make the change so your body doesn't stagnate. Finally, before a contest, test out the gear. Learn the contest rules and signals. Practice them in the gym for all three lifts.

Use contest form and have someone acting as head referee giving you the signals. Not knowing the signals is why most lifters miss lifts in their first contest.

PC: If you could change one thing about powerlifting, what would it be?

SE: It would be nice to have one organization with strict standards for the lifts and to get rid of the supportive gear except for belts. That way, if you won a meet, you'd know you really were the best that day; not the person with the best gear or the most drugs in your body. This will mean happier. There are too many egos and different ideas about lifting.

(article continued on page 76)

little about your training methods?

SE: I bench on one day and squat on another. If I deadlift, it's sometimes after bench presses or lifting. I try to help out at the local meets. I don't care which association I help out in as long as it puts on a good meet for the lifters. I feel the AAU/PC would give the powerlifting group a lot of credibility since it does most of the amateur sports in the U.S. Also, I know the people running the AAU/PC and know they have strict standards for judging. Also, the drug testing is for real. We've caught several people at our local meets.

PC: Could you tell the readers a deadlift. It saves my bad back. I

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My receptionist, Judy Tomaselli, is a very good powerlifter. When Judy came into the gym, she was, as I jokingly put, "I believe, accurately report, a 'dumpy, middle-aged Italian housewife.'" She had no athletic lifting experience, had paid scant attention to her physical fitness levels due to the responsibilities of work and family, and wandered into the gym only because two of her friends literally dragged her along with them. For a while, the only real contact I had with Judy was as my daughter's Bible study teacher. However, what became readily apparent, was Judy's "coachability" and the fact that she had a very high level of concentration. Unfortunately, many women do not, when younger, have the opportunity to express themselves in the athletic arena and have many of the qualities that championship level men possess. Judy was one of these.

Despite high and low placings, Judy remains ever positive about her lifting. She has what I believe is "the right attitude", but with each passing contest, we see less and less of this in others. It is almost with a sense of sadness that Ralph and I witness very fine lifters and some potentially fine lifters leave the sport much earlier than their abilities or circumstances dictate because they

are essentially unhappy that they cannot or do not win their contests. The entire perspective is warped so that little enjoyment or positive feeling results from either their training or platform accomplishments. Before going any further, let me clearly state that every athlete's goal should be to win. Unfortunately, it isn't realistic that every athlete can win, so a certain perspective is necessary. I am an advocate of doing the very best one can at all times. This includes training and competing, picking up the garbage in front of the hoagie, and doing the most mundane aspects of one's employment/responsibilities. My favorite quote, and one that I look at as it hangs in my office, says it best: "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of Heaven and Earth shall

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Central Park on April 1st, they have a one mile race that is run backwards. Robert Gottlieb is exceptionally good at this, often runs backwards as an adjunct to his normal running program, and has a "knack" for going backwards at a very good rate of speed. Thus, for the past six years, he has been the winner of this unusual race. It is unusual that he, or any other single individual would in fact be the best at this or anything else, but the population sample that actually engages in this activity is increasing than that of other activities, increasing the chances that Robert, or anyone else, could be "the best" at it in any year.

Powerlifting has many enthusiasts in every part of the country. When there was just one gym in every large city or town, it was certainly easier to be "the best" in any particular lift than it is today, where participation is higher and in any gym, there may be a number of competitors. To become frustrated because one cannot be a world or national champion makes no sense, not when the opportunity exists to become much larger and stronger, compete and enjoy the excitement and fellowship of competition, and demonstrate consistent improvement over time. These factors would, for most, and should for most, not override any frustration I one is over a world champion. I would state that any lifter who gets into the sport, should have in the back of his or her mind that one day they would like to stand on the victor's platform, but with the provision that they first train, compete and accurately assess their abilities relative to others. If it's realistic to pursue a world or national, or a state championship, they can go all out. If not, they should still give their training and understanding that their eventual goals may be more modest yet attainable.

We see lifters leave the sport prematurely, lifters almost crying in frustration after a training session that may have gone well but does not keep them on track for a world record, lifters vowing to "win at all costs." In any individual sport where money and fame are not realistic rewards, one must do the very best he or she can, but do it for one's own satisfaction, not the accolades of the crowd or material reward. Powerlifting is one of those very nice sports that gives tangible results, physical improvement that is great to experience and have, and an opportunity to do something that others on a broad based scale don't normally do. With so much benefit possible, why limit those benefits with a limited perspective?

pause to say, "There lived a great street sweeper who did his job well."

These words were, of course, uttered by Martin Luther King, Jr. Of his many memorable statements, this in particular said much to me. As I struggled athletically with limited ability, short stature, and an all-consuming passion to "be the best" it eventually dawned on me that it was more realistic, more fulfilling, and ultimately healthier to be "the best I could possibly be." If one's ability and circumstance allow the type of training and development that produces an end product that is both the best they could be and the best in their area of endeavor, that is the ultimate. Again, anyone who is a champion at any level is the exception and not the rule. Even at the local level, it is difficult and statistically improbable that one will be "the best," and this is at anything, not just powerlifting. I have a patient who is "the best" at what he does. Every year in New York's

I would say 98% of the articles on the squat deal with sets and reps, routines that add poundage to your competitive squat, but there is one facet of the squat that is overlooked and can have a major impact on that lift, i.e., the set-up. Efficiently setting up to squat can mean not only a bigger squat, but can greatly reduce the chance for injury. Another plus is that these positives can be compounded on top of any gains made through a great training program and the latest and greatest squat suit, wraps and belt.

Let's start our discussion of setting up with getting ready to start in the on deck circle. Getting your gear on in the right order can help save energy and relieve a little tension. First with your squat suit straps down, put on your knee wraps. The key here is to wrap with your knees locked straight. Next, have a helper get you up from your chair and have him get your shoulder straps of your squat suit on. Following that, get your wrist wraps on, then have your belt cinched tight. Have your helper spread chalk on your back where the bar rests to reduce slipping. Finally, chalk your hands for a better grip, and you're ready to go.

Before we go any further, at weight-ins, most meet have each lifter measure their bar height for the squat racks and declare if they want the racks in or out. It means the lifter places his hands outside the racks. Most larger lifters go this route because they need to get their hands out to the collars due to their larger breadth. Smaller lifters must do a pre-squat to get the bar up. Both scenarios waste the lifter's hands go inside the rack, away from the collars. Some lifters have their buddies set their bar height for them. I would suggest each lifter do that himself, to be more accurate. A valuable tip to remember is that when you are actually squatting, you will be wearing a light squat suit which may 'shorten' your effective height a bit. For that reason, have your setting one notch below what you measure without a squat suit on. If you find

litters waste an extreme amount of energy backing out of the rack and then add to this by shuffling the position of their feet in search for the perfect stance, I've seen some lifters take numerous steps back setting up, taking the spotting team on a journey with them. Never mind they have to walk all the way back to the rack with the weight after they're done with the attempt. That's even tougher after getting 2 or more red lights. It's a long way back then. Optimally, the squatter should take one step back with each leg, right into starting position to await the head judge's signal to squat. Doing so, uses the least amount of energy possible and exposes the lifter and spotters to the least degree of injury. This can be accomplished easily with practice. Practiced squatting out of the rack and into

position with one step on EVERY rep you do in training, from that 135 warm-up to your max lifts. Doing this on every rep will make setting up efficiently second nature. A figure skater practices those triple toe loops endlessly. Troy Aikman takes all his steps back from centering practice like he was in the Super Bowl. Any deviation could result in an unfridly meeting with a blitzing linebacker. If you need more than one step back to clear the rack, I suggest you re-evaluate your squatting style. Excessive leaning forward is not a desirable style for most lifters. Taking one step back in practice will alleviate any doubts on being too close to the rack at the meet.

Spotting teams can make mistakes. Here, your helpers can lend a hand. Have them make sure the bar is loaded evenly and the racks are set to the correct in or out mode. If the platform is covered with chalk, have a helper instruct the spotters to clean it up before you take the platform. Waiting for the spotters to reset the rack or clean off the platform can really bring frustration to a lifter, and that will drain energy.

If this stuff about setting up seems trivial to you, think twice. A few years ago, I was talking to a national champion at a big meet. He said an article I

did a few years previous on setting up for each lift was instrumental in his success as a lifter. I'm not bragging about how great my writings is, but pointing out to you how important proper setting up can be to your success as a lifter. Little things add up. Practice efficient setting up in your squat so it becomes second nature on the meet day. You'll have more energy at that mean old sticking point, not to mention, lessening any chance of injury. Unlike a famous man recently on trial, you'll be better off being set-up.

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Beau Moore sets up solidly for a world class squat attempt at the '96 ADPPA Men's Nationals held in St. Louis, MO

after your first attempt, it is too high or low, have the scorer's table adjust your bar height for subsequent attempts. Too many lifters have the bar set too high. In order to get the bar out of the racks, they must almost tip toe the weight up. Needless to say, this can be tricky with max weights. If it is set too low, the lifter must do a pre-squat to get the bar up. Both scenarios waste energy and add to frustration.

Now that all the preliminary stuff is out of the way, we can move to getting into position to squat. Remember, the main goal of setting up is to get into position safely and with the LEAST EXPENDITURE OF ENERGY POSSIBLE. Saving that energy for later during the squat can mean the difference between success and failure. Many lifters waste an extreme amount of

POWER SCENE

What's up with the USPF? Is it curtains for what was once the country's leading powerlifting federation? Will the bell toll for this once august organization? Will it be USPF R.I.P.?

Or will there be last-minute, final scene heroics? A savior? A white knight? Anything to save the day?

Yes, dear readers, it looks like the end may be near for the United States Powerlifting Federation. The USPF National Masters meet has already been cancelled and who knows what will occur with the other national meets.

Back in the 1980's, this federation actually paid the way for its U.S. champions to travel to overseas world championships, along with a coaching staff. Now, that seems like ancient history. Law-suits, tax bills, and dwindling membership may have proven too much for it.

And without the USPF there would be only 6 million or so other federations for lifters to choose from. How about a different federation for everybody, so everybody can be a world record holder, and world champion? As the sport continues to fractionalize, that's the logical

extreme of the current direction in which it's headed.

In POWERLIFTER VIDEO we rarely use the words "World Record" on the screen anymore, because when you multiply the number of federations by the number of weight classes multiplied by all the different age groups by 2 sexes, well, that's an incredible number of world records that exist. Kind of cheapens the term "World Record."

OK, enough editorializing for this month, and onto other matters. The beginning of March saw the Arnold Schwarzenegger Classic in Ohio, one of bodybuilding's biggest events. In September, the biggest, the Mr. Olympia, will be held in Los Angeles.

What does this have to do with powerlifting? At the Arnold Classic, 335 at only 132 lbs. And, as you can see, looking great while doing it.

Laura says serious strength training is necessary for building the muscles for top-level bodybuilding, and that her sport goes hand in hand with powerlifting. The upcoming bodybuilding

show Laura's promoting will honor IPF champion powerlifter Carrie Boudreau, who trains in Maine at the same gym as Laura, Danny Hamblet's World Gym. The show, the Maine State Championships, will be held April 26.

For info on the show, or on the bodybuilding and training camps Laura runs - Maine in the summer, Florida in the winter - call 207-934-7812.

Another female strength athlete who's not (yet) a powerlifter is Sarah Andrews, a strength and conditioning coach at UCLA. She works with athletes from a half-dozen teams, including football. 6'2" Sarah was a nationally ranked discus thrower in college.

We shot with her at UCLA for a POWERLIFTER VIDEO segment, to

learn what's new in the strength training world. You can find out in our next issue. Did you know that UCLA has six of Louie Simmons' Reverse Hyper machines?

Well, next month, we'll probably be back to more of the usual comings and goings of the world's strongest sport, so keep pumping the iron and stay strong. See you on video. Ned Low

thony Clark's 780 lb. World Record Bench (and I mean World Record!) As the federations continue to splinter and none of them have a dominant position, these bodybuilding shows are becoming the sites for top powerlifters to show their stuff. Very interesting.

One bodybuilder who's strongly connected to powerlifting is Maine's Laura Creavalle. The 3-time Ms. International winner and runner-up as Ms. Olympia has done some mighty lifting herself, squatting 405 and deadlifting 335 at only 132 lbs.

And, as you can see, looking great while doing it.

Laura says serious strength training is necessary for building the muscles for top-level bodybuilding, and that her sport goes hand in hand with powerlifting. The upcoming bodybuilding

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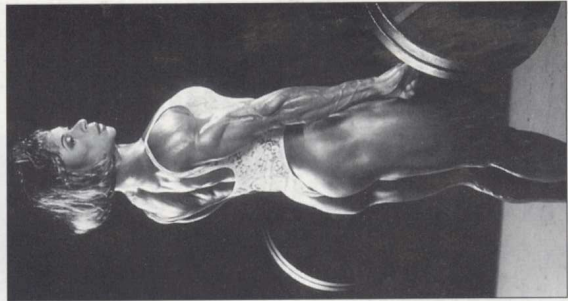
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Sarah Andrews in the UCLA Weight Room



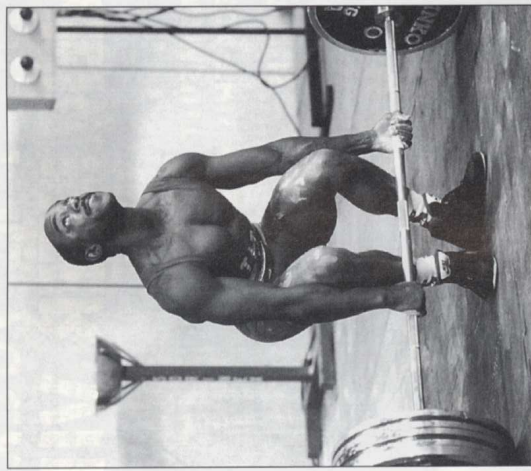
The Fantastic Laura Creavalle deadlifts.



Anthony Clark with Chris Lydon at Venice Beach the day he taped the Caryl & Marilyn Show. He's gunning for 800 at the Arnold Classic.

The Russians Are HERE!

by USPF Men's World Team Coach, Sean Scully



How Many certain Gold Medals vanished when Lamar didn't lift??

THE RUSSIANS ARE COMING! Actually, they're already here folks. Whether it's the Women's Masters, or Juniors, at the top meet it's the Russians on top. Don't be too smug about the fact that it hasn't happened at the Men's YET! Consider the results from the latest IPF Senior Men's Worlds (Nov 96, Salzburg Austria). Yes, the US took five golds (to Russia's one) and won the team competition with 67 out of a maximum possible 72 points vs 56 for Russia (IPF scoring counts the top six finishers from each nation - 12 points for a gold, nine points for a silver, eight for a bronze, etc. with one point awarded for 10th place). However, if you look more closely, you will notice more depth and more youth on that 2nd place Russian team. They won more medals; a gold, four silvers and two bronze - seven total to our five. If they were lifting as the USSR, as they did back in '90 and to a lesser extent in '91, they probably would have already whipped us once or twice. As a matter of fact, we in the US contingent at Salzburg were given a little scare when we saw Victor Naliekhin (the great former 125 kg. World Champion) on the pre-meet list of declared athletes as competing for Russia instead of the Ukraine. That turned out to be a typo. But consider how strong the Russians would be if they had the great athletes from Kazakhstan, Ukraine, Belorussia, Turkmenistan, the Baltics, etc... I'm sure that by now they would have won nearly as many Senior Men's World Team Titles in the 1990s as the Dallas Cowboys have won SuperBowls. This is more than a little bit disturbing to me. Back when I was an aspiring young powerlifter, and later when I first began coaching at the World Level, I used to find myself, on a fairly regular basis, explaining to my friends, family, fellow Air Force employees, and others the difference between Powerlifting and what they saw Vasil Alexeev doing on *Wide World of Sports*. In the context of those conversations, I would always point out that the USA dominated Powerlifting and that if Powerlifting ever replaced weightlifting in the Olympics, we here in America could all enjoy the US giving the USSR, Bulgaria, and anyone else a thorough but-writhing, instead of wondering why the USA team medal count was like

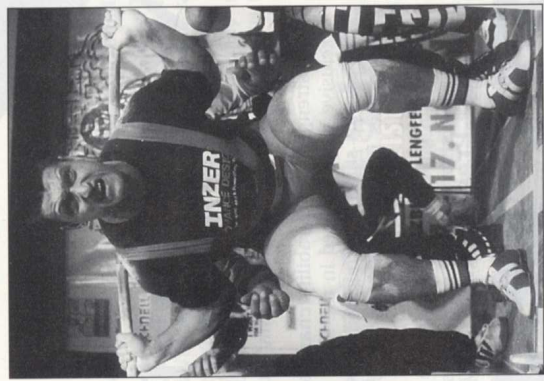
counting the number of times Green Bay has beaten Dallas in the last 15 or 20 years. Of course, I always knew that the Russians could and would come on strong if they decided to emphasize powerlifting. They did and they have. This year, as last year, they were only a couple of lifts (lights) away from beating us. If Dan Austin had missed one more deadlift, if Kirk Karwowski had missed the lift, if Janne Tolvanen had missed any of his 10 attempts we'd have been in 2nd place for the 1st time since the doping results came back after the 1985 Championships. So what? What's my point? I guess my point is that it doesn't have to be like this. We should dominate Powerlifting. We have the best lifters, but we don't do a very good job of getting them to the World's big meets. What do we need to do differently?

1) UNITE POWERLIFTING IN THE USA. This is probably an obvious suggestion to most of you. But consider the impact on our international showing if even partial unification is achieved:

a) Reasonable funding of USA Team expenses via a substantial increase in membership. How will this help? Consider a lifter like Lamar Gant. Lamar is our most successful World Champion. He has won more

Senior World Titles than anyone save the great Inaba. The only reason Lamar hasn't surpassed Inaba is that he hasn't been able to attend the World Championships in quite some time. Lamar, after winning 15 or 16 World Titles at 123 and 132, became fed up with the lack of any financial support from the USPF (since the 1985 Worlds the USPF has not had the financial wherewithal to cover USA team members' travel expenses). Like many of us, Lamar is not independently wealthy. I have to admit that one of the main reasons I have been able to go to so many World Championships is that the US Air Force has covered the cost for the vast majority of those adventures. Since 1990, when Lamar had won the Senior Nationals, he hasn't gone to the Worlds. It's one of the ironies of our sport that the success of our best deadlifter was bad for his pocket book. Being successful meant that he had to go back to the same people every year to ask for help. That gets old for the athlete and the sponsors. As the Head Coach of the USA team, I can't help but view this situation as a bad thing. Once Lamar gets at least one squat and one bench passed you can almost guarantee that he will be able to pull whatever he needs to in order to win. Our greatest champion could

the National Champions save Chailliet, who placed 2nd behind Gamble. Since John couldn't go, Mark Jilin in and Doug Heath, who won the 132s, was offered the position of 1st alternate. Doug passed on the opportunity and the alternate slot was filled by Hatfield who had placed 3rd at 220 behind Cash and Paticco. In those days, you could lift ten and score ten at the Worlds. Dallas hosted the Worlds in 1984. After we all went to Inaba to watch the Cowboys beat the Pats, we went back to Dallas to hear the Star Spangled Banner a record nine times. Chailliet placed 2nd to Ab Wolders, and we left the 132s open; everything else was ours. Doyle Wilson, Terry McCormick, Larry Kidney, Doug Young, Tom Henderson, Bob Dempsey, Dave Shaw, Rich Sandlin, Steve DiSalvo, Rick Tuller, and the man who would be King, mighty John Gamble. WOW! I was afraid the stage wouldn't hold these guys up. I had never seen depth like that before, nor have I seen it since. Some of the other weight classes that day weren't far off. That's the way it ought to be, no cakewalks for anyone. A meet where Bull Stewart, Steve Goggins, Tony Conyers, the Benemores etc. are lifting on the same platform with Gant, Austin, Rick's, Karl, Karwowski, and Coan - that's what I dream about. With unification comes more incentive for meet directors to put on excellent Pacificcoque events. Hence, we could expect more and better competition between meet directors' bidding. A consolidation of the athlete talent pool, the officials, the fans, etc. More incentive for young talented powerlifters to stay in powerlifting after high school, college, marriage, etc... We can't continue to rely on the class of '84 (Gene Bell, Dan Austin, & Ed Coan) when their 1st Senior Nationals, he hasn't gone to the Worlds. It's one of the ironies of our sport that the success of our best deadlifter was bad for his pocket book. Being successful meant that he had to go back to the same people every year to ask for help. That gets old for the athlete and the sponsors. As the Head Coach of the USA team, I can't help but view this situation as a bad thing. Once Lamar gets at least one squat and one bench passed you can almost guarantee that he will be able to pull whatever he needs to in order to win. Our greatest champion could



Vladimir Markovski of Russia easily squatted 826 at 220 at the '96 IPF Men's Worlds. Will an American be able to out-squat him at the 1997 IPF Men's Worlds in Prague?

To my way of thinking, that individual has earned the right to the National title and trophy, but not necessarily the right to represent the USA. Consider the 90 kg. class at the Senior Nationals a few years ago. Gene Bell, Sly Anderson, and George Herrington went head to head and produced some of the best competition seen at the Seniors in the 1990s. These three guys have virtually owned the 198 lb. class since the late 80s. The great Frank Schramm from Germany can attest to that. He has finished 2nd to one of these guys more often than the Bills have lost SuperBowls. Why bring someone to the Worlds who can't hope to place in the top four or five when you have second and third place lifters who are proven World Champions - it doesn't make sense.

This is the proposal for revised team selection for the Men's Senior World Championships that I have made to the USPF executive committee: "All World Team members will be selected from those who have competed at the most recent USPF Senior Nationals. Lifters will only be considered automatic team members if they: 1) WIN THEIR WEIGHT CLASS. 2) MEET OR EXCEED THE FOLLOWING TOTALS: 52 kg. - 1100 lb.; 56 kg. - 1200 lb.; 60 kg. - 1300 lb.; 67.5 kg. - 1425 lb.; 75 kg. - 1550 lb.; 82.5 kg. - 1700 lb.; 90 kg. - 1800 lb.; 100 kg. - 1900 lb.; 110 kg. -

1975 lb.; 125 kg. - 2050 lb.; SHW - 2100 lb.

Any remaining team vacancies will be filled by recommendation of the Head Coach to the Executive Committee. A majority vote of the Executive Committee is required to confirm the Head Coach's recommendation. If recommendations are required within 30 days of the World Championships, confirmation of the Head Coach's recommendation may be given by the USPF President. Alternate lifters will not be ranked, nor will team membership be limited to those athletes listed as alternates.

Under no circumstances will athletes be given consideration for team selection ahead of those placing higher in the same weight class at the Senior Nationals. This procedure is designed to provide for the best possible team to represent the United States. With this rule change, athletes who post high totals in very competitive classes at the Senior Nationals, but don't win their class, will have a better opportunity to make the team, and help the team win. This is as it should be. Athletes who choose to go 'head to head' with the best at the Nationals should not be penalized for doing so. It is far better to take two lifters in the same weight class who are both capable of winning medals than to take a National Champion who is not likely to place in the top five.

Since preparing this proposal early last summer, I've given this issue some more thought. Our top competitors overseas don't require all of their best athletes to compete at their respective Nationals. If Nine Time World Champion Jarro Viirani decides not to lift at the Finnish Nationals, do you think he'll be left off the squad in November if he's ready to lift? NOT! Perhaps we should empower the executive committee with the authority to fill one or two vacancies on the World Team with registered athletes who have previously demonstrated excellence but were not able to lift well at Nationals or lift at all (due to injury, job, family, etc.). With unification this sort of thing should become less

necessary. However, with or without any sort of realignment, we should decide whether we want to continue to be, or rather, re-establish ourselves as the dominant force in Powerlifting. If the answer to that question is yes, then we can do better. Improved team selection will help.

Admittedly, as the head coach, I've had a vested interest in wanting to come out on top every year, but when I read the results of the Masters, Juniors, and Women - teams I've never coached - and see USA team points some place below Russia's, I am not pleased. I'm glad that Russia and many other countries are taking a serious interest in Powerlifting. Their involvement can only help Powerlifting in the quest to become the sport it deserves to be. However, if the US team doesn't finish 1st at Powerlifting's Olympic debut, it will be hard to swallow, especially when you consider the fact that the US Senior Men's Teams have won 24 of 26 World Titles. Sending our best, most competitive team to the Worlds will be better achieved with revised team selection procedures, but the real key is unification. Ben Franklin said, "Most must all hang together, or, most assuredly, we shall all hang separately." Sen's e-mail: 101261.621 @compuserve.com

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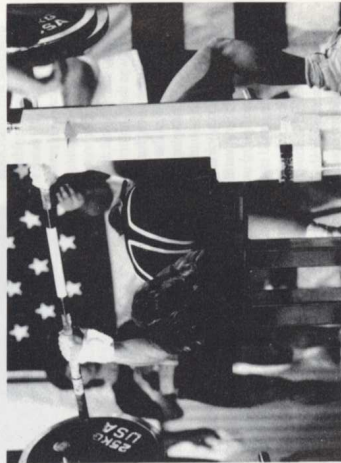


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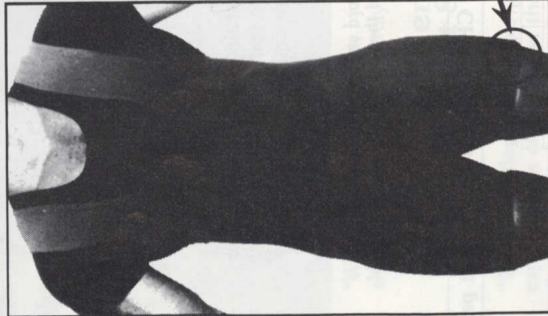
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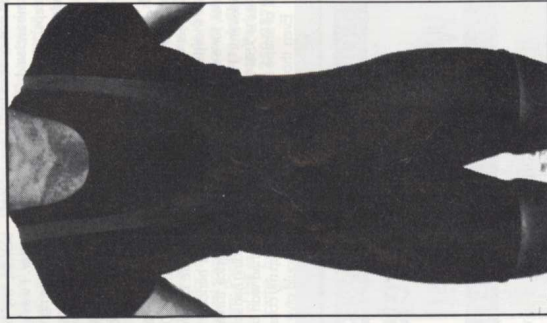
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TRAINING

Learning by Asking

as told to POWERLIFTING USA by Louie Simmons

I talk to many people and give them my advice for what it's worth. Sooner or later, someone calls and tells me how they stopped doing our training, only to stop making progress, and now want to return. Does this bother me? No. I was guilty of the same thing years ago. I was never afraid to ask the top lifters how they became so good at their particular lifts. I recall watching Larry Pacifico bench in the early 1970s. At the Cincinnati Open, he benched 530 at 196 and totaled him do 590 8 weeks later! I saw him do 220 class.

With my huge 320 at 181 I thought maybe I should ask Larry who his bench press was so good and mine was so bad. Larry looked at me and said, "Did you have any traps." Compared to his traps, I had peachshooters. So after the meet, I started to train my traps and got weaker. What the hell? Was Larry pulling a bad joke?

I went back to primitive methods, and through pure determination got a 5 pound PR. Larry was at the meet and said, "Did you work your traps like I told you?" I said, "Yes, for a short while, until I went backward." He said that one's bench press is 75% traps and that I was out of shape for bench pressing.

Even though Larry was a tre-

mendous presser, it took a couple of years for his advice to sink in. A meet that I had planned to compete in was canceled, so I took a chance and did the triceps work. Lo and behold, my bench started to get better. I was slow to catch on, but Larry was right, and I learned a lot from watching him, also. Thanks, Larry.

Well, my bench was still not setting the world on fire. I saw a massive man named Bill Seno. I recognized him from pictures in *Muscular Development* and *Muscle Builder Power*. He was a great benchman and was also a Mr. America threat. Back then, bodybuilding had subdivisions, and I think Bill had won best chest six times. I got up my courage and asked him if he would give me a pointer or two



Larry Pacifico used not only massive triceps to fire up his bench, but huge delts and slabs of lats as a base to blast off. (Power photo by Koplín)

had a long way to go: he used a good-morning style. Perhaps that had some positive influence on his back strength.

One thing that made Vince such a phenomenal deadlifter was his pride in the lift. He believed he was the best he was. The greatest illustration of his love and conviction for the deadlift occurred not while he was lifting but while judging. When a young lifter was turned down for an infraction of the rules, the fellow said, "Vince replied, 'You can insult me, but don't insult my deadlift!'"

Vince had a special mental approach to the deadlift that allowed him to do what no other man could duplicate. I will never forget his

very innovative. This particular article was about box squats. I said to myself, Why not, nothing else has worked. So for the next 3 months, I only box squatted. Then I tried a full squat, and I'll be damned, I did 450. It was back to box squating for 3 more months. Again I tried a max and did my first 500.

One and a half years after starting box squats, I made a 630 in the 181s. This was in 1973. No suits, wraps, or power belts existed. What helped my squat was box squats.

I will always be indebted to the Culver City geniuses, and for them we continue to search the world for new ideas to help any and all who will listen.

The old Westside boys got my squat going up fast, but like every beginner, my form needed work. My first power meet was November 1966 in Dayton. I was very impressed by the other lifters, but four men stood out: Milt McKinney, Larry Pacifico, Vince Anello, and George Crawford. All were to become world champs; but George Crawford stuck in my mind because he tried a U.S. record at 165. I left for the Army 2 weeks later. In 1970, I ran into George at the Cincinnati open. I asked if he would help me with technique. The most important thing he told me was, "However you start

a lift, that is how you will finish it. So, Louie, if you start out bent over, you will stay that way. So stand up arched." I listened to him. After all, George was doing 650 when 500 was strong at 165. I occasionally see George, and he still looks like he can do reps with 600.

We have many visitors at Westside from all over the world. They range from world power champs, to world record holders in track, to pro and college ball players, to pro strength coaches. And now Eskil Thomasson has moved from Sweden to Columbus to train with us. He needed knowledge and he shared his with us. Most unusual was the side work. Eskil squatted 738 in 1985 and stalled until he came to Westside in 1996. In 12 weeks and 2 meets, he has made 780 and 804, a 66 pound jump. That's just the beginning for Eskil.

Through the years one thing is certain: I have asked for, read about, or stolen every piece of information that would make me or my boys at Westside stronger, no matter how stupid it sounded at the time. I found that to succeed at exercise, science must play a major role. Twenty-five years ago, great sources of information were Larry Pacifico and other great minds of the early 1970s. The articles came from

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Muscle Builder Power and the *old IronMan*. Good sources of information today are Jesse Kellum, V. Zatsiorsky, and Bud Chargino, who has translated a series of Russian books on strength training. Bud's books can be obtained by calling (313)425-2862. Zatsiorsky's book, *The Science and Practice of Strength Training* can be obtained by calling (800) 747-4457.

As you can see, I use some of the oldest methods and some of the newest and most scientific. I urge all of you to find out why you train a certain way. Hopefully, it will not be because the strongest man told you to but rather because the smartest man did.

I finished this article on Christmas morning and afternoon workouts. Yes, we worked out on Christmas because it fell on one of our bench press days. There are no holidays at Westside.


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USA All Time TOP TEN Brobdingnagian Biathlon (SQ + DL) as told by Herb Glosbrenner

987	52	DATE	DL	SQ	TOP	TEN
114	14	8/22	1000	441	1884	1030
115	15	8/23	1080	441	1884	1030
116	16	8/24	1080	441	1884	1030
117	17	8/25	1080	441	1884	1030
118	18	8/26	1080	441	1884	1030
119	19	8/27	1080	441	1884	1030
120	20	8/28	1080	441	1884	1030
121	21	8/29	1080	441	1884	1030
122	22	8/30	1080	441	1884	1030
123	23	8/31	1080	441	1884	1030
124	24	9/1	1080	441	1884	1030
125	25	9/2	1080	441	1884	1030
126	26	9/3	1080	441	1884	1030
127	27	9/4	1080	441	1884	1030
128	28	9/5	1080	441	1884	1030
129	29	9/6	1080	441	1884	1030
130	30	9/7	1080	441	1884	1030
131	31	9/8	1080	441	1884	1030
132	32	9/9	1080	441	1884	1030
133	33	9/10	1080	441	1884	1030
134	34	9/11	1080	441	1884	1030
135	35	9/12	1080	441	1884	1030
136	36	9/13	1080	441	1884	1030
137	37	9/14	1080	441	1884	1030
138	38	9/15	1080	441	1884	1030
139	39	9/16	1080	441	1884	1030
140	40	9/17	1080	441	1884	1030
141	41	9/18	1080	441	1884	1030
142	42	9/19	1080	441	1884	1030
143	43	9/20	1080	441	1884	1030
144	44	9/21	1080	441	1884	1030
145	45	9/22	1080	441	1884	1030
146	46	9/23	1080	441	1884	1030
147	47	9/24	1080	441	1884	1030
148	48	9/25	1080	441	1884	1030
149	49	9/26	1080	441	1884	1030
150	50	9/27	1080	441	1884	1030
151	51	9/28	1080	441	1884	1030
152	52	9/29	1080	441	1884	1030
153	53	9/30	1080	441	1884	1030
154	54	10/1	1080	441	1884	1030
155	55	10/2	1080	441	1884	1030
156	56	10/3	1080	441	1884	1030
157	57	10/4	1080	441	1884	1030
158	58	10/5	1080	441	1884	1030
159	59	10/6	1080	441	1884	1030
160	60	10/7	1080	441	1884	1030
161	61	10/8	1080	441	1884	1030
162	62	10/9	1080	441	1884	1030
163	63	10/10	1080	441	1884	1030
164	64	10/11	1080	441	1884	1030
165	65	10/12	1080	441	1884	1030

flycatcher balanced. KIRK WORKED himself into 9th, edging the strong-gest man in the WWF.

Wohleber probably desired top spot at 275 but I can't rewrite history. Doug Rankin highest in this class. Warman makes it four, crashing the 1800 barrier. KIRK'S SQUAT SURE WAS HOT. Nichols also ranks twice. CHAILLET - MY OLD FRIEND NOW OWNS A GYM. No doubt that HACKETT HAD IT - World Champ! Tom Henderson an IPF winner. Greg Lowe's 10th place is CINCHED. He did it behind the FENCE.

O.D. did it ALL (except boat, Jon Paul). His place among the immortals is assured - top position! Mark Henry may make it to the top spot but CLEARED THE HURDLES. Now he APPEARS in the SQUARED CIRCLE. WARE SCARED his opponents. WRENN TRANSCENDS. Reinhold's legend will never die. He and Cole are the only Severities Survivors. A great SHW was HECHTER, but at 242 even BETTER. Big Gas was SURE great & DESERVES EIGHTH Matt's big DL came years later. If Matt combined his DL with his top squat, he could have been 3rd. In LAST is KAZ - top ranked no matter how you slice it. NEXT MONTH - Subtotal Supremacy - by weight classes.

At 198, I can see none topping Coan's 1720 aggregate - ever. BELL did SWELL, BLACK had a KNACK, Mark is another PAYNE who GAINED FAME. Four lists ranks Bridges UNbelievable! CHOPPENING ADORED WINNING. CHIP MCCAIN LIFTED TO FAME.

Coan leads at 220 with the '91 USPF Srs, the backdrop for his lifetime performance. Goggins' ability earned 2nd with Cash and Black surviving Urichick's '96 onslaught. Chuck 'the Truck' ripped Dr. Fred. Leslie edges out another McCain Dunagan has big plans for '97.

At 242 Goggins rules. Even Eddie will have his work cut out to displace him on this list. Nester was exceptional. Kuc & Hechler REDUCED and PRODUCED the BELL tolls for a legend, TOP-SOGLOU - DID A BENEFACTOR AND PAYNE do it all the ADFFPA way. Takala was a US IPF

team member.

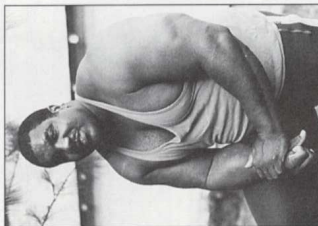
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The Late, Great O.D. Wilson leads an impressive Superheavy ranking.

A set of superstars at 181, Benemio and Payne do it all the ADFFPA way. Takala was a US IPF



The Late, Great O.D. Wilson leads an impressive Superheavy ranking.

At 123, Gant's pull was extraordinary. Pataway's major muscle groups were strong. Blake was great while Adams ranked in two classes. Millan was among those who hit the one triple zero. Lech joins the rest.

Lamar was incredibly superior at 132. Bradley's had the hip flexors but rarely pulled well. Carr's DL was closer to Gant's than anyone. Eight posted 500 kg. Making the list was no problem for Collins.

At 148, Austin edges Conyers. Jesse Jackson had a hot squat. Alexander joined the 600 kg. club in this method of scoring. Wahl did it all. Bob Bridges keeps it all in the family. Luckett did it BEHIND BARS while McCarty is not BEHIND BY FAR. Bradley joins Adams, Pataway, and Gant making the top 10 in two lists.

Alexander tops at 165 and snuck ahead of Inzer. Rosciglione zooms into 3rd spot with lifetime bests last year. Gaugler & Crain are true superstars marking their territory forever. Grider, Three and Tons pulled ahead of a legend, TOP-SOGLOU - DID A LOT TOO!

Although there is a current craze of bench pressing mania, the ultimate test for a true powerlifter is his ability in the two major lifts. The squat, along with the DL, call for the major muscle groups (back, legs and hips) to lift the greatest of weights. It is usually proficiency in these two lifts which creates the ultimate winner.

The deadlift can circumvent a great deficit and should truly be acclaimed the "king of the powerlifts." In an earlier issue, I rated the TOP 100 USA Men All Time for totals, combining these lifts regardless of bodyweight. This time, we'll see who the best are in the 11 classes:

Flyweight leader Viet Tran, a Vietnamese transplant, burst upon the scene as a 16-year-old phenom - a supernova that flared, then winked out. Cunha and Dunbar had equal abilities. Chucky exploited them, Cunha didn't. Redding didn't have to BP well to be a champ. Borque had the torque.

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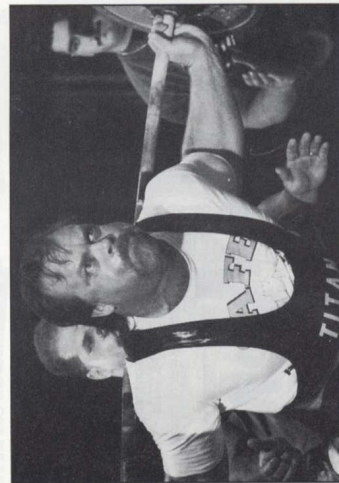
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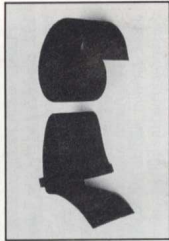
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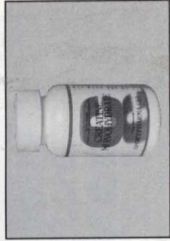
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For the squat you need good training partners and lifting gear. I am pleased to say I have access to both. I would suggest you use lifting gear from Pate Alaniz at Titan Support Systems. Find yourself two training partners that are dependable and this will make squatting a lot of fun. My training partners are Wade Hooper and Keith Taylor.

This workout is designed for an intermediate lifter with a previous max squat of 700 pounds. You should expect to gain 20 to 30 pounds on this 12 week cycle. Train the squat once a week, keep your intensity level high, and this should be enough work to make gains.

For assistance exercises during the first 6 weeks: leg press - 3 sets of 6 reps, leg extensions - 3 sets of 10 reps, leg curls - 3 sets of 10 reps, calf raises - 3 sets of 10 reps. Next 4 weeks: leg curls - 3 sets of 8 reps, leg extensions - 3 sets of 8 reps. For the last 2 weeks, do not use any assistance work.

WEEK 1: 135 x 10, 200 x 8, 275 x 8, 395 x 3 (belt only)
WEEK 2: 135 x 10, 200 x 8, 300 x 8, 435 x 8 x 3 (belt only)
WEEK 3: 135 x 10, 200 x 8, 300 x 8, 400 x 6, 470 x 6 x 3 (belt only)
WEEK 4: 135 x 10, 200 x 8,

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Jeff Douglas Squat Routine

375 x 6, 450 x 6, 505 x 6 x 3 (belt & wraps)
WEEK 5: 135 x 10, 200 x 8, 375 x 6, 525 x 3, 575 x 3, 615 x 3 x 3 (suit straps down, belt & wraps)
WEEK 6: 135 x 10, 200 x 8, 375 x 6, 500 x 5, 560 x 5 x 3 (suit straps down, belt & wraps)
WEEK 7: 135 x 10, 200 x 8, 375 x 6, 500 x 4, 580 x 4 x 3 (suit straps down, belt & wraps)
WEEK 8: 135 x 10, 200 x 8, 375 x 6, 525 x 3, 575 x 3, 615 x 3 x 3 (suit straps down, belt & wraps)
WEEK 9: 135 x 10, 200 x 8, 375 x 6, 500 x 5, 560 x 5 x 3 (suit straps down, belt & wraps)
WEEK 10: 135 x 10, 200 x 8, 375 x 6, 540 x 3, 600 x 3, 650 x 3



Jeff Douglas breaking the 800 lb. barrier in the squat at the 1996 USPF Senior Nationals, which were held in Philadelphia, Pennsylvania.

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3 x 3 (suit, wraps & belt)
WEEK 11: 135 x 10, 200 x 8, 400 x 6, 550 x 3, 615 x 2, 670 x 2 x 3 (suit, wraps & belt)
WEEK 12: 135 x 10, 225 x 8, 400 x 6, 550 x 6, 625 x 2, 690 x 2 x 2 (suit, wraps & belt)

Your last workout should be 8 to 10 days before meet day. Remember to rest on days off going into a meet. Train smart and listen to your body. If you're tired for a workout, back off the weight a little; but still get your repetitions in on every set. Always make the last set of the workout the best.

In closing, I would like to thank PL USA for letting me write this article. Additional thanks to my wife, Melanie, for taking care of our children Knute & Susie so I can train. If you would like a personalized routine, send \$15 per lift, best max and years of experience to: Jeff Douglas, P.O. Box 421, Ruston, LA 71273-0421.

THE FOURTEENTH SENIORS

by PL USA Historian/Statistician Herb Glosbrenner

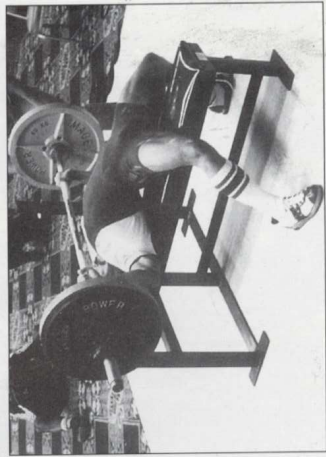
3rd Sr. title - 10 times but, total no less. John should have been on the World team, was completely ignored - a travesty for shame!

123 LB. CLASS - WHO'S BEST? NUNEZI Fate smiled on Pueblo, Colorado's Julio Nunez. Defending champ, Gant, went up to 132 and Milian dropped to 114. Julio had won the '76 Jr. Nationals, was 3rd in the '76 Sr., but 4th in '77. He went through the format-ties and won his first Seniors Championship uncontested: 369 SQ, 281 BP, 440 DL - 1091 Total. THE dishonor to win by default. THE GREATEST CONQUEROR IS HE WHO OVERCOMES THE ENEMY WITHOUT A BLOW - Chinese Proverb. Who's best? Nunez! Eat your heart out.

132 LB. CLASS - LAMAR'S EFFORT - STARTLING RECORDS! A bevy of talent @ 132. Defending champ Phil Trujillo was absent, and the only '77 returnee was George Hummel, the bronze medalist. His hopes of victory were squelched by the invasion of a 3 time 123 lb. Sr. champ into this category. Two other champs were also in the lineup. Allen Lord, winner in an earlier era, posted a near best 1201 total sans Supersuit or wraps. It was a new age, and time marches on. Allen was low man (7th) among the new breed of talent. Okonkwo improved tremendously from the Nationals in 1229 weeks earlier - 1085 there to 1229 here. It ranked only 6th in this incredible shockout. Tall and lean Joe Grosson of VA, fresh from his Nationals win, hit 1240. He gained fame by breaking Meyer's 13 year old Sr. meet and AR SQ (476.75) with 479! Besides Lord, there was another Sr. & World Champ in action. Enrique Hernandez made weight this year and fought gallantly. His 474 SQ (sans kneecaps) was a P/R. He matched Okonkwo's big 325 BP and DL'ed 479. His near best 1278 total appeared to lock up 3rd place. That is, until Leroy Mabie from Buffalo, NY, pulled a big 545 DL to snatch the bronze away from Henry - 1284! Hummel was up 44 from his '77 Sr. SQ. Coupled with his 341 P/R bench (also tried W/R 352) & 523 DL - 1311. He deserved his hard earned 2nd place. Lamar Gant won by a landslide. One DL put him on top. He then decided to go for broke. Stretching like Gummy, he locked out 617. It was by far a new W/R. With it he totalled 1383, breaking the W/R total of GBR's Eddie Pengelly (1377)! At the Worlds in FIN he won his 4th successive World

He stopped at a 490 DL - 1361. Sneaky Cortes saw his chance. Bob wanted 573 and did it! He sneaked into 2nd place - amazing! Bridges continued his amazing display - 611 DL and had 1603 - another barrier shattered. He missed a 633 W/R try thereafter. What an auspicious debut - first place, outstanding lifter on the World on Schwartz formula. It was the dawn of an Icon!

165 LB. CLASS - WHICH RICK? GAUGLER THE HOTTER! Defending 165 champ George Crauford had won with 1543 in Santa Monica in '77. This year he amassed a total sum of 1548. Absen that was only enough for 7th. Evas Spack, the '72 champ, posted his best. He reeled in a big 661 DL with power to spare. His 1482 gave him 8th behind Crauford, but ahead of Gilardi's 1471. Mossbarger, a CA cop, finished 4th a year earlier with 1416. He made great strides. His dramatic 633 pull eclipsed the ex-champ - 1554 & 6th. Above them, a two man duel transpired. Ohio's Jack Wilson overcame Zielinski, the Illinois boy with his 374 BP. Zielinski had a class leading 622 SQ, but Wilson led 953 to 947 on subtotal. Zielinski made a 639 DL had 1587. Wilson duplicated that lift and topped him for 4th - 1592 - outstanding matchup! The defending World Champ Joseph Rhodes of MS had two superstars to contend with. The long awaited matchup of Gaugler and Crain had been eagerly awaited. Rhodes stuck to his game plan, SQing a P/R 567. Gaugler mortised up a 617 3rd. Crain did 611 easily then jumped 606! Mike came in as W/R holder in the BP (391). He negotiated a massive 385 - a 2nd attempt. Then Rafael came out and blew the same weight away. Holy smokes! Rafael tried a record 396 - stalled. Rafael capitalized on his chance of a lifetime. He ground out the 396, a new World Record - amazing! After his monumental effort Rafael faded. blasted a 2nd attempt 424 BP.



Armington Rafael broke one of Mike Bridges records. (Gary Watanabe)

Then locked out 435 unevenly - reds. Gaugler, with one final exercise remaining, led an overwhelming lead - a 1041 subtotal and 71 in front.

The Texas Titan made 3 DL's, a final 650 broke the '73 WR total (Ron Collins, GBR - 1655) - 1692 final! Crain's streak of bad luck continued. He signed to taking 2nd place, he ordered a W/R DL - 688! Up it came to near lookout lifting on one end - miss. It was discovered that it had been misloaded to 727, with an extra 33 lbs. on one side. Can you believe it? Double misfortune for Ricky. Rhodes seized the opportunity. With the bar correctly loaded, he pulled up! A new W/R DL and 1658 total. It leapfrogged Doc into 2nd place. Crain, composure shot, tried 688 to surpass it - missed. 1614! Gaugler seemed destined to win his 2nd World Title. No coach - so close. His tragedy! A travesty of gravity! I think - out of sync. Abscond - bombed!

181 LB. CLASS - Thomas Thrives - NO. 5! OK's Wright was injured - didn't come. A bomber in '77, Pete Gutierrez of ID now lived in Fresno, CA. He totaled 1471 at the bottom of the heap - 6th. Fred Estep, the muscular '77 runner-up, had upset in mind. The lowest three finished well. Hansen - 1537, 9th; Glenn Maar was 1592, 8th; Louie Hernandez jumped into 7th with the great 688 DL - 1658. Jim Cash, who just won the Nationals in Little Rock, took Cleveland, OH's John Black right to the wire. A 688 DL did the TRICK. Jim SKIPPED into FIFTH - 1769 - 1758! Good matchup. The top 4 position changed hands frequently. It was nip it! Luck all the way. Vince got his 1st SQ - 633 then lost 2 - 1 deck a strong 672 - gambled with 699, failed twice. Jerry "Beastmaster" Jones shelshocked everyone with his squating prowess! His 705 opener was effortless. He followed with a carbon copy 744 W/R. His 3rd lift of 766 was identical. There was much more left. It was, at that moment, the greatest formula SQ of all-time! Regrouping, the others - far behind - played catch-up. Jones secured his 402 BP with 2 seconds remaining (1168). Anello showed between he and GBR's superstar Ron Collins didn't transpire in Turkey. FIN. Collins was out with injuries. Thomas rolled over former champ Bill West & pulled 716 for his 2nd World title.



Rick Gaugler... ready to roll (Roger Benjamin)

198 LB. CLASS - ANELLO REDUCES AND PRODUCES! Moving 198 Srs. King Pacifico moved up to 220 thereby vacating his throne. ANELLO had been the FELLOW who won in '77 at 220. This year, he reduced to try his luck at this bodyweight. Vince looked for tough competition from Cajun Steve Miller. Former champ Jerry Jones, MN, had entered. Roger Estep, the muscular '77 runner-up, had upset in mind. The lowest three finished well. Hansen - 1537, 9th; Glenn Maar was 1592, 8th; Louie Hernandez jumped into 7th with the great 688 DL - 1658. Jim Cash, who just won the Nationals in Little Rock, took Cleveland, OH's John Black right to the wire. A 688 DL did the TRICK. Jim SKIPPED into FIFTH - 1769 - 1758! Good matchup. The top 4 position changed hands frequently. It was nip it! Luck all the way. Vince got his 1st SQ - 633 then lost 2 - 1 deck a strong 672 - gambled with 699, failed twice. Jerry "Beastmaster" Jones shelshocked everyone with his squating prowess! His 705 opener was effortless. He followed with a carbon copy 744 W/R. His 3rd lift of 766 was identical. There was much more left. It was, at that moment, the greatest formula SQ of all-time! Regrouping, the others - far behind - played catch-up. Jones secured his 402 BP with 2 seconds remaining (1168). Anello showed between he and GBR's superstar Ron Collins didn't transpire in Turkey. FIN. Collins was out with injuries. Thomas rolled over former champ Bill West & pulled 716 for his 2nd World title.

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went 716 - twice too many - 1862 for 3rd! Miller made his final move and pulled 744 - had 1879. Would it be enough? Vince confidently opened at 799 for the win as lighter man. HOT NEWS! IT POPPED LOOSE! For a tantamount attempt - 783. He STROKED it & SMOKED it. Larry wanted it back. A monster mashing 804 was loaded almost, a miss! Tony Fratfo, the '72 World 198 Champ from Butler, PA, punched up 727 SQ, missed out a 374 BP (calcification of elbows) - bombed out! Reed cranked out 424. Phillips managed 451 and had a 1223 subtotal. Siders showed his BP superiority - 479 giving him 1240 ST. Pacifico primed his pecs with 523. R.P.P. his pectorals tore on the descent. He was rescued; dared to repeat - couldn't budge it. HE'S OUT! A dramatic turn of events ensued. Larry relinquished his crown, but was not ready to give up the ghost! Phillips, unable to capitalize on Pacifico's misfortune, could lift up SIX FORTY FOUR but NO MORE! His total - 1868 - 3rd place! Siders & Reed renewed their rivalry coming down the stretch. Reed had won over Jack at the Nationals by a mere 10 kilograms. Jack lifted 683 had 1923 and appeared to have won. Reed cast his line and topped in 755 for 1929 and top spot! With special permission, Larry came out in obvious pain. Despite it, he pulled in the same 755 to prove his worth.

The selection committee, assembled by Larry that he would be fit by November and the Worlds, named him along with the new champ Dennis Reed to the World team for USA. Over in FIN, Reed, despite a weakened BP (496), easily topped Ray Noble (GBR) by 71 pounds - 2006 - an 8th consecutive World title. The big "P" - was for real. He's nonpareil!

242 LB. CLASS - McCORMICK PERFORMS THE TRICK! Three times in a row, Doug Young had, with power and charisma, topped Srs. & World Championship titles. After having tore a bicep tendon, he decided to retire. In his absence, the '77 runner-up here at 242 - Terry McCormick of Anaheim, CA, stepped up to the bat and scored a grand slam home run! Peak of the litter coming in was legendary Jon Cole, 35', of Scottsdale, AZ. He staged a dramatic comeback & two mos, prior hit 2105 - a W/R. Clay Patterson, TX, overcoming powerhouse Steve Wilson, OH, and ever stalwart Carlton Smitkin of Oakdale, CT, expected to be among the leaders. Returning veterans were Evert &

from there. Marv did 738. Larry dunked 744. Marv countered with 755. Larry SQ'd 766 - 2nd attempt 771, reclaiming the W/R - last lift - a W/R. Phillips bumped it up to Next, Pacifico eased up 782 his 3rd. Once again, he had the W/R. Phillips reacted accordingly - 4th attempt - 783. He STROKED it & SMOKED it. Larry wanted it back. A monster mashing 804 was loaded almost, a miss! Tony Fratfo, the '72 World 198 Champ from Butler, PA, punched up 727 SQ, missed out a 374 BP (calcification of elbows) - bombed out! Reed cranked out 424. Phillips managed 451 and had a 1223 subtotal. Siders showed his BP superiority - 479 giving him 1240 ST. Pacifico primed his pecs with 523. R.P.P. his pectorals tore on the descent. He was rescued; dared to repeat - couldn't budge it. HE'S OUT! A dramatic turn of events ensued. Larry relinquished his crown, but was not ready to give up the ghost! Phillips, unable to capitalize on Pacifico's misfortune, could lift up SIX FORTY FOUR but NO MORE! His total - 1868 - 3rd place! Siders & Reed renewed their rivalry coming down the stretch. Reed had won over Jack at the Nationals by a mere 10 kilograms. Jack lifted 683 had 1923 and appeared to have won. Reed cast his line and topped in 755 for 1929 and top spot! With special permission, Larry came out in obvious pain. Despite it, he pulled in the same 755 to prove his worth.

Steinkirchner. Snitkin closed the door on both of them, DL,ing 749 for 4th overall @1934. Rich Tuller, MI did 1703 - 7th in such tough company. Among the big four, Patterson was within 5 of McCormick after two lifts (1267 to 1262) Bullish Wilson BP. Bullish Wilson muscled up 540 and went way ahead with a two lift tally of 1289. Jon Cole appeared to be heading for his 3rd title he so richly deserved. Jon exploded through a W/R 804 SQ then punched out a 518 BP. He misgrooved 534 and had a whopping big 1322 subtotal under his belt. Coming down the stretch, he led by 33 over Wilson and was recognized for his tremendous DL ability.

A pre-meet hugging string pull treated its ugly head and made its presence known. Cole twice tried 733, then in desperation - 744! Each time it started explosively. His bad leg contracted and straightened and shook spasmodically. His dreams evaporated - zero!

With the top hopeful on the sidelines, the other three went at it. Wilson pulled a 2nd 659 and had 1989. Clay went around him @ 738 for 2000. Wilson matched this lift and had 2028. Officials thought he lubricated his thighs and negated the lift. They wanted to toss him out. After much bickering it was determined that it was only a heartburn. They counted the lift which Patterson to 3rd.

No question as to the winner. **MCCORMICK PERFORMED THE TRICK.** He lifted up 771 to win out right with a 2039! He topped that off with a perfectly executed 804 - 2072! On to the Worlds where Terry fulfilled his obligation: 2022 - World Champion - whatta guy!

275 LB. CLASS - EAST IN FIRE! KAZMAIER - He had won the newest class added to the PL roster at the Jr. Nationals. Bill Kazmaier was the newest Super man on the horizon. He emerged the victor here in a deadlocked tussle with OH's streamlined Dave Waddington, an SHW dropout. Bigger r stronger than ever, Larry Kidney, of Pomona, CA nearly defeated them both. Gentleman Dave Shaw armed with "pythons" of le-

successful effort. Outstanding competitor! Doyle calmly strode out took the necessary 843 in hand and gave it his best. It came up strongly - finished. He had done it. Both men had 2287 totals. Doyle, the lighter man, was champion. Tremendous competition. What a fitting climax to these championships. Doyle invaded Finland and upset the applicant of defending champ Taito Haara, the homeboy favorite. Kennedy put together a fine triple: 887 SQ, 551 BP, 826 DL for 2265! He USA team's victory, c/c on the USA team's victory, c/c Final tally: USA (92), GBR (85), and FIN (82).

SHWT - KENADY WINS THE BOUT! ANY DOUBTS? A formidable field of titanic talent! Thick, compact Luke Iams, a WV subbotal suspension, bit the dust with 804 after winning the Nationals weeks earlier. Joe White, the '73 champ, had in recent MONTHS been taking some monster DUNKS. Unfortunately, this was no baby pool.

Shallow water plunges were not allowed. You had to plunge head first into deep waters here. He claimed 1000lb, plus training lifts. Twice he tried 880, then 940. Too much - TOO HIGH - BYE - BYE!

Dave Keaggy, the '77 "almost" bronzed - 1890 for 5th place. Struggling for 3rd were HAWAIIAN LEVIA-THANS, Wayne Bouisier, u Reth-wich. Bouisier led by a big amount (83) 1361 to 1278 after the first two exercises. After Wayne hoisted 699 and was through, "Buzsanz" cranked in 788 for 3rd place 2066 to 2061. The islands worship their BOSS HOG! Gus, tried 826 - hips up - lost out front.

The main event was a down to the wire barn burner! The titanic tussle was between two powerhouse pachyderms; Doyle Kennedy, the Oregon mountain man (or rather man-mountain), and Paul Wrenn, the TN evangelist, a buffalo of beef! Last year they'd engaged furiously, but showcased prematurely - a disappointment! No mistakes this time!

Kennedy grounded up 881 then waited. WRENN GRINNED as he memorized up with a deep 926 to gain the advantage. Unswayed, Kennedy pressed a P/R 936 to go ahead - miss! Paul lost ground, got 562, missing a 584 3rd. Almost seven-steven going into the final discipline: Wrenn (1449) Kennedy (1444) Both were known for their prodigious pulling power! More than Wrenn: to open 5 lbs. Kennedy's strategy: to follow him with 5 more on each lift. Good game plan! Paul pulled all three and

topped it with a mighty lift - 837! Doyle calmly strode out took the necessary 843 in hand and gave it his best. It came up strongly - finished. He had done it. Both men had 2287 totals. Doyle, the lighter man, was champion. Tremendous competition. What a fitting climax to these championships. Doyle invaded Finland and upset the applicant of defending champ Taito Haara, the homeboy favorite. Kennedy put together a fine triple: 887 SQ, 551 BP, 826 DL for 2265! He USA team's victory, c/c on the USA team's victory, c/c Final tally: USA (92), GBR (85), and FIN (82).

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Bill Kazmaier pulled in his first Senior Nationals victory

vian proportions had a back that could match the mightiest! Marvin Allen, AZ nearly SQed 804 - 1890 got 5th. Lagging behind them, Shaw tapped his pulling power potential - an 804 for 2039 and 4th position.

Kidney, strong as a bull with his newly acquired body mass, SQ'd 777, but lost 804 by a close decision. Unfortunately for him, his time expired with 815. Larry stroked a 540 - biggest in the class and waited. What could he pull? Kazmaier had CA's Ravenscroft use cave-man tactics to "fire him up" with club-like blows to the head before each attempt. Down and up with 782, followed by 3 BP's, and a hefty 534 final. Waddington looked sharp at his new lighter bodyweight. He dunked 843, then BPD 529. He owned a 55 lb. ST advantage over Kaz (1372 to 1317)! Dave DL'd 749, was finished, and had 2121!

Larry and Bill went after him tenaciously! Furious! Kazmaier ripped off 777 with kidney strength. Right before him, Kidney locked out 760 and sat in 3rd position with 2077. Kaz, like a raging bull, yanked up 804 to tie with Wadd with a 2121 total. As waiter! Kidney had one try remaining. He gave a hardy pull on that same 804, seeking a 3 way tie to win as lighter to both others. It was more of a courageous than

POWER PROFILE

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



John Ford squatting at the 1988 APF Senior National Championships

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(Part 1 of this Profile appeared in the Dec/96 edition of PL USA)

own prematurely. John stayed in the hospital another 9 weeks. Meanwhile, the medical bill accumulated, reaching astronomical proportions. Continuing the intravenous feeding, he also began taking STRUTIN, a fruit punch drink formulated especially for pancreatic patients. His useless pancreas could no longer produce the insulin necessary to maintain proper blood sugar levels. Insulin shots would be mandatory for the rest of his "maternal" life. John knew that his steroid escapades were over. His days were numbered. The Doctors said that it was a miracle he hadn't died and that he was living on borrowed time. He had had twenty days or twenty years, there was no way of knowing. It would also be necessary to take digestive enzymes on a permanent basis to digest his Strutin.

The outlook was not at all promising. John was discharged from the hospital weighing 181 lbs. He was a shell of his former self. Would Big Daddy ever be big again?

John found himself so weak that he could only walk 10 feet without resting for an extended length of time. As simple a thing as walking on his own was a laborious task. The first place he wanted to visit was the gym. His wife took him there. It took an hour to climb one flight of steps. No one recognized him there, nor next door in his favorite hangout - the pool hall. Even his closest friends were shocked when he identified himself. It was 7 months (Mar, '89) before he could eat any solid food. He'd had no desire to eat. Only the Strutin and digestive enzymes sustained him after the intravenous feeding stopped. He had to return to the hospital frequently to be monitored. A cat scan procedure was done to determine the amount of swelling still present.

Due to his incapacity he was eligible for total disability the remainder of his life. John would not consider such a thing. He refused it. As long as he could move his limbs, he'd work somehow and maintain a life for himself. It was a strenuous ordeal. His stubbornness and tenacity kept him going. He had no intentions of vegetating. The last thing he wanted was to become a burden to others. In Aug, '89 he met Ed Glover, a Nashville landscaping contractor. John was able to ride a power mower and did weeding and grass cutting. It was a tedious ordeal that few could have tolerated. His body had atrophied due to malnutrition. Ford had previously sought the anabolic build up affect with steroids. The process had reversed itself as his body had undergone a catabolic (tearing down) process. His pancreas lay within

to perpetuate these principles for the rest of his "natural" life. A near death situation can change a person dramatically. He was convinced being spared was nothing less than divine intervention. He intended to spread the word, telling that drug abuse can poison the mind as well as the body, indeed - such a physical specimen such as he had been reduced to a debilitated shell of his former self.

He yearned to return to the competition platform. It obsessed him that made each agonizing day gradually become easier. He tackled the most mental tasks as a new challenge. He faced them one at a time and forged on. A doctor at Stanford University saw John's stubbornness, persistence and dogged determination to lift. He gave him approval to give it a go. J.F.'s bodyweight was back up to 275 by now.

Yes, John Ford was a changed man. Returning to the platform as a drug free lifter was a positive step. New doors were opened. For the first time he discovered other qualities of life he'd never known. It gave him great comfort during his long ordeal towards recovery. Before he'd never really lived - only existed in a mainstay during all these troubled times had been his wife Nancy. She tolerated his moods, anger, and out

of control behavior. She never wavered in her loyalty, love and compassion. Steadfast daily at his bedside she was, as he was trapped in the nothingness plane of coma; and through all the troubled times, striving for restoration.

Nancy's mother and family members had taken an instant liking to John and were equally supportive. The bonding filled his heart with joy. The big dude had a whole new attitude. There were family gatherings on Holidays and a closeness that he eats is a necessary part of John's life henceforth. Checking labels and reading ingredients when shopping at the grocery is something he and Nancy do religiously. No more of those delicious greasy bags of Hoosier french fried onion rings and other bad stuff that he habitually used to gobble. Nancy, with her nursing background, has shown John how to give the daily insulin injections himself when she is not there to administer them for him. He has acquired a heightened sense of awareness and takes all these necessary daily rituals very seriously. These things are life essential and he knows it.

John had become very close to Brother Bennett over the previous four years and embraced the principles of the ADFFA. He decided to make his comeback under this organization's standards. John's partially forward theoreticals had changed his whole concept of lifting in the most positive manner. It was predictable that every few weeks he'd find himself bedridden. His mind was still protesting its vigorous revival. The process was comparable to an inchworm crawling slowly across a tree branch; stopping - then continuing, slow and steady was the pace. The finish line seemed so far away. He was determined to make it, however long it took to reach it!

John Ford tried to learn new habits. Instead of plunging headfirst with reckless abandon, he tried to learn patience. Nancy would try to control his enthusiasm, pulling back on the reins as best she could. After 4 months preparation he was ready to return to the platform. For John, it was like being reborn again. On Oct, 31, 1992 he faced the barbell. It was his old adversary - silent, cold iron waiting for him. It was the ADFFA Halloween deadline contest. He'd trained the other lifts. Today all had to do was pull. During the preparatory period he'd felt his body responding, gradually building more strength and endurance. Muscles relearned their heavy tasks. Motor patterns of technique, unused for 4 long years, gradually returned. Dormant strength revived; with less intensity, but his substance and family replacement purity in purpose. Big Daddy hoisted 661. The feel of heavy iron in his hands once more was exhilarating. It was a different time, different place and the priorities meant a whole new ballgame. The first major hurdle had

been cleared. Other obstacles were to follow. His first full 3 lift meet came in Santa Rosa, March 14, '93. He took 2nd with respectable lifts: 650 380 639

Striving to improve his power level was a burdensome task. His body balked at the exertion. With little resistance to even minor infections, he found himself having frequent relapses into illness. His immune system had all but shut down. Still, he forged ahead, finding satisfaction in steady but slow improvement. During 1993 a forgotten demon of his past resurfaced. Authorities came to CA and took John back to Indiana, to face allegations of theft. Witnesses came forth, testifying that John did not take the money and proof was substantiated. Sworn depositions and testimony absolved him of all charges. Others were incriminated. He returned to CA with a clean slate and a tremendous burden removed. By October of '94, John had improved his SQ to 733 and hit 1703 at an ADFFA meet at Beale AFB, CA. The progress, slow but noteworthy, was a positive reinforcement in his restoration. John totally immersed himself in his commitments. He began promoting competitions and added meet director to his resume. John recalled the warmth and camaraderie he'd found within the lifting group in Indiana that had been his substance and family replacement purity in purpose. Big Daddy hoisted 661. The feel of heavy iron in his hands once more was exhilarating. It was a different time, different place and the priorities meant a whole new ballgame. The first major hurdle had

clientele. In June of 1992, John embarked on his powerlifting comeback. At first he could only train for 20 minutes duration, taking 3-4 days to fully recuperate from the exertion. It had been 4 long years since he'd touched the barbell. His bodyweight was at 275. Ford met the proprietor of "Balanced Nutrition", a Santa Barbara company. One of their newly developed energy bars became a special supplement he used to improve his energy for his workouts. He incorporated it into his strictly monitored diet. Watching what he eats is a necessary part of John's life henceforth. Checking labels and reading ingredients when shopping at the grocery is something he and Nancy do religiously. No more of those delicious greasy bags of Hoosier french fried onion rings and other bad stuff that he habitually used to gobble. Nancy, with her nursing background, has shown John how to give the daily insulin injections himself when she is not there to administer them for him. He has acquired a heightened sense of awareness and takes all these necessary daily rituals very seriously. These things are life essential and he knows it.

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John Ford tried to learn new habits. Instead of plunging headfirst with reckless abandon, he tried to learn patience. Nancy would try to control his enthusiasm, pulling back on the reins as best she could. After 4 months preparation he was ready to return to the platform. For John, it was like being reborn again. On Oct, 31, 1992 he faced the barbell. It was his old adversary - silent, cold iron waiting for him. It was the ADFFA Halloween deadline contest. He'd trained the other lifts. Today all had to do was pull. During the preparatory period he'd felt his body responding, gradually building more strength and endurance. Muscles relearned their heavy tasks. Motor patterns of technique, unused for 4 long years, gradually returned. Dormant strength revived; with less intensity, but his substance and family replacement purity in purpose. Big Daddy hoisted 661. The feel of heavy iron in his hands once more was exhilarating. It was a different time, different place and the priorities meant a whole new ballgame. The first major hurdle had

been cleared. Other obstacles were to follow. His first full 3 lift meet came in Santa Rosa, March 14, '93. He took 2nd with respectable lifts: 650 380 639

Striving to improve his power level was a burdensome task. His body balked at the exertion. With little resistance to even minor infections, he found himself having frequent relapses into illness. His immune system had all but shut down. Still, he forged ahead, finding satisfaction in steady but slow improvement. During 1993 a forgotten demon of his past resurfaced. Authorities came to CA and took John back to Indiana, to face allegations of theft. Witnesses came forth, testifying that John did not take the money and proof was substantiated. Sworn depositions and testimony absolved him of all charges. Others were incriminated. He returned to CA with a clean slate and a tremendous burden removed. By October of '94, John had improved his SQ to 733 and hit 1703 at an ADFFA meet at Beale AFB, CA. The progress, slow but noteworthy, was a positive reinforcement in his restoration. John totally immersed himself in his commitments. He began promoting competitions and added meet director to his resume. John recalled the warmth and camaraderie he'd found within the lifting group in Indiana that had been his substance and family replacement purity in purpose. Big Daddy hoisted 661. The feel of heavy iron in his hands once more was exhilarating. It was a different time, different place and the priorities meant a whole new ballgame. The first major hurdle had



John's New Family... John Ford Junior, Nancy Ford, and Rachael

of area lifters. They became a cohesive unit and began winning team championships. The attitude of 'one for all, and all for one' prevailed. It was another giant step forward in John's newfound vision of life in Santa Rosa, 53 miles north of San Francisco. Rachael will graduate from Santa Rosa High School in 1997. Nancy manages a high society bookstore called Bookpassage Cafe in Corte Madera. John had taken a year to obtain his degree as a licensed massage therapist from the World School of Massage in San Francisco. Evenings when he isn't working - he gives therapeutic massage in a room at the club and has built up a clientele. At Stan Bennett's Health & Fitness Gym, he works Monday through Thursday. He spends extra hours in maintenance and repair of the exercise machines. He maintains a full busy schedule with his work and training. Add this to his own commitments, running meets and perpetuating his team; there is never a dull moment. He continues to strive to regain his former health and achieve his lifting goals. Life is rich and rewarding these days for Big Daddy.

For the first time in his whole life he's obtained the heartfelt warmth and love of a real family. Along with his home life he still has his "second" family, his lifting teammates and friends.

John feels that his heart and soul have been cleansed. He continues on a daily basis to restore as much good health as God will allow. It is difficult to put scrambled eggs back in the shell again.

John wants the allowable supportive gear. It is still too much of a strain for his ravaged internal organs. He lauds the "raw division" the AAU supports and

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John wants the allowable supportive gear. It is still too much of a strain for his ravaged internal organs. He lauds the "raw division" the AAU supports and

dreams of the day he can participate with nothing more than a belt. For John, the supportive accoutrements are only a temporary but necessary inconvenience. John does not train on the DL at all. Degenerative arthritis to his L4, L5 vertebrae is beyond repair. His sacroiliac and facet joints are all worn away, so he avoids further stress on them. He works the SQ hard and it seems to carry him through. John's best comeback pull is 666 from the Oct. 22, 1995 AAU Sub-Masters meet. He's within a hundred of his drug days best.

John's body still tries to reject the accumulated poisons and toxins. It is a gradual process to purify a septic tank that's full. These toxins manifest themselves in the form of large bleeding lesions and sores, usually in the groin area. They are caused by primarily by lack of blood circulation in his lower extremities. These annoyances tussle with John's stubborn streak. He had several of these cysts removed prior to the 1996 National Championships. He went to defend his title last May, 26th. It was poor judgment rearing its ugly head once in from a haunting past. John, who'd hit 830 for a double building towards this meet, made 650. This tore all the stitches in the surgery that had been per-

formed. He coasted through the competition in great discomfort pulling a token DL to retain his title. Ford spent 5 weeks afterwards in the hospital paying for this adventure.

Hindsight is often better than foresight. With his weak immune system and because of his condition, he'd paid the price for his latest conquest. John resolves not to go against Doctors and everyone else's advice next time. The consequences had not been worth it.

John turned 40 on September 14, 1996. On October 13th, he went back to Boston and won his first Masters title - the AAU Drug Free Nationals. He recalls the crisp air and multi-colored leaves falling to the ground and swirling - stirred by the New England Autumn. He related it to the final remains of a past life, decayed and gone. The blue sky was invigorating. It was the fulfillment of a new beginning. He spent several days in bed after catching an East Coast virus and then shared it with his family upon return.

John reflects his latest 1780 winning sum as a major milestone in his quest for restoration. Daughter Rachael reflects the closest love and happiness within their family. "Let everyone know, I have the best Dad in the Whole World," she

John reflects his latest 1780 winning sum as a major milestone in his quest for restoration. Daughter Rachael reflects the closest love and happiness within their family. "Let everyone know, I have the best Dad in the Whole World," she

realizes. "I owe my life to those ad infinitum!"

at one day at a time. John - ad infinitum!"



With his "other" family, John Ford (bottom center) and some of the Pacific Power Outlaws, at the '96 AAU Men's National Championships

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Doctors. It's my salvation." Biblical scriptures say we are granted the privilege of but one life to live. There is also mention of an occasional miracle. John is the rare recipient of that "second chance". He cherishes each new day of his mortal existence as a milestone - a precious gift from the Divine Creator. His gratitude for each new day that dawns is profound and he lives it as though it may be his last. The restoration continues with minor setbacks as stumbling blocks. They bring about the realization of how infinitely small each of us are in the whole existence of the cosmos. It is all a part of the "big picture". His big arm has engraved the AAU insignia. The tattoo is his badge, testimony of that "second chance".

THE BEST USE OF LIFE IS TO SPEND IT. FOR SOMETHING THAT OUTLASTS LIFE - William James

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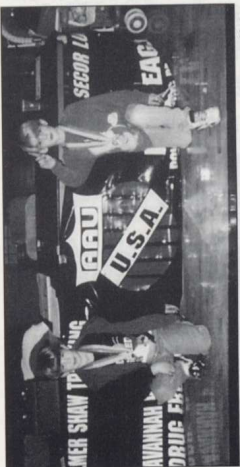
For more information and entries contact:

Robert Keller
PO Box 829
Ambler, PA 19002
215.542.4941
rhk@bellatlantic.net

3rd Iron Eagles Powerhouse Classic
7 Dec 96 - Phelps, NY

Women Open	M. Hall	380
114	J. Freese	319 Raw
115	J. P. T. (11 & under)	300*
116	J. Nichols	485*
117	B. Haney (7)	50
118	L. Haney (9)	55
119	Drasfield	460
120	S. Vancowinburg	115
121	L. Haney	110*
122	B. Haney	110
123	S. Vancowinburg	265*
124	Teen (16-17)	
125	C. Carle	330
126	Teen Open	148
127	B. Haney	1879
128	J. Murray	365*
129	C. Carle	525*
130	B. Haney	380
131	B. Dittma	340
132	J. Curcio	470*
133	M. Arbach	315
134	M. Arbach	300
135	M. Arbach	315
136	M. Arbach	300
137	M. Arbach	315
138	M. Arbach	300
139	M. Arbach	315
140	M. Arbach	300

L. Hanvey and Billy Hanvey, members of the Iron Eagles Powerlifting Team, are both state champs, Lyle in deadlifting and Billy in bench press.



L. Hanvey and Billy Hanvey, members of the Iron Eagles Powerlifting Team, are both state champs, Lyle in deadlifting and Billy in bench press.

Finland Junior Championships
15-16 Feb 97 - Jarenpaä TOTAL

Sarja 60 kg	M. Kivela	175.0	100.0	195.0	470.0
Sarja 67.5 kg	J. Alho	201.5	145.5	220.0	567.0
Sarja 75 kg	J. Silta-aho	200.0	105.0	215.0	520.0
Sarja 82.5 kg	T. Ahonen	227.5	152.5	273.0	653.0
Sarja 90 kg	P. Huhtanen	207.5	105.0	207.5	520.0
Sarja 100 kg	N. Thill	195.0	100.0		

NASA Tennessee Regional
28 Sep 96 - Oakridge, TN (kg)

Bench Press Only	J. Sayyah	227	170	255.0	652.0
227 Pure Novice	K. Collins	215	155	230.0	600.0
227 Intermediate	K. Collins	175	135	200.0	510.0
227 Natural	K. Collins	155	115	180.0	450.0
227 Submaster 1	K. Collins	175	135	200.0	510.0
227 Submaster 2	K. Collins	175	135	200.0	510.0
227 Submaster 3	K. Collins	175	135	200.0	510.0
227 Submaster 4	K. Collins	175	135	200.0	510.0
227 Submaster 5	K. Collins	175	135	200.0	510.0

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MIL0
A journal for serious strength athletes.

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

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



NASA Wisconsin Regional Pl/BP
9 Nov 96

Bench Press Only	J. Jones	170	130	200.0	500.0
170 Intermediate	J. Jones	170	130	200.0	500.0
170 Natural	J. Jones	170	130	200.0	500.0
170 Submaster 1	J. Jones	170	130	200.0	500.0
170 Submaster 2	J. Jones	170	130	200.0	500.0
170 Submaster 3	J. Jones	170	130	200.0	500.0
170 Submaster 4	J. Jones	170	130	200.0	500.0
170 Submaster 5	J. Jones	170	130	200.0	500.0

NASA Wisconsin Regional Pl/BP
9 Nov 96

Bench Press Only	J. Jones	170	130	200.0	500.0
170 Intermediate	J. Jones	170	130	200.0	500.0
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170 Submaster 1	J. Jones	170	130	200.0	500.0
170 Submaster 2	J. Jones	170	130	200.0	500.0
170 Submaster 3	J. Jones	170	130	200.0	500.0
170 Submaster 4	J. Jones	170	130	200.0	500.0
170 Submaster 5	J. Jones	170	130	200.0	500.0

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15th German Junior Nationals
Darmstadt - 13-15 Dec 96 (kg)

52 kg	CL	BP	DL	TOTAL
W. Meißner	105.00	47.50	105.00	257.50
D. Wollnik	77.50	45.00	105.00	227.50
A. Richter	120.50	47.50	120.00	270.00
U. Krog	120.00	52.50	140*	312.55
M. Wendt	105.00	57.50	127.50	290.00
S. Krüger	90.00	77.50*	82.50	250.00
67.5 kg	CL	BP	DL	TOTAL
J. Kopper	90.00	50.00	112.50	252.50
82.5 kg	CL	BP	DL	TOTAL
S. Weber	95.00	50.00	100.00	245.00
T. Schläpke	180.00	77.50	160.00*	417.50*
Women Juniors (19-23)				
52 kg	CL	BP	DL	TOTAL
S. Rieger-Sachs	107.50	52.50	142.50	302.50
E. Rademacher	110.00	60.00	130.00	300.00
60 kg	CL	BP	DL	TOTAL
S. Rieger-Sachs	135.00	75.00	135.00	345.00
67.5 kg	CL	BP	DL	TOTAL
J. Schreyers	122.50	80.00	120.00	322.50
D. Falck	107.60	77.50	130.00	295.00
A. Wisniewski	192.50	97.50	175.00	465.00
82.5 kg	CL	BP	DL	TOTAL
T. Grün	117.50	85.00	130.00	332.50
S. Schwarzbacher	117.50	67.50	140.00	325.00
56 kg	CL	BP	DL	TOTAL
R. Gailub	140.00	82.50	150.00	372.50
T. Allun	127.50	85.00	150.00	362.50
67.5 kg	CL	BP	DL	TOTAL
F. Dornier	200.00	115.00	185.00	500.00
S. Grottel	150.00	110.00	170.00	430.00
E. Kothke	150.00	110.00	150.00	410.00
C. Beck	155.00	105.00	160.00	420.00
M. Seitz	150.00	85.00	160.00	400.00
D. Whelihan	120.00	95.00	140.00	355.00

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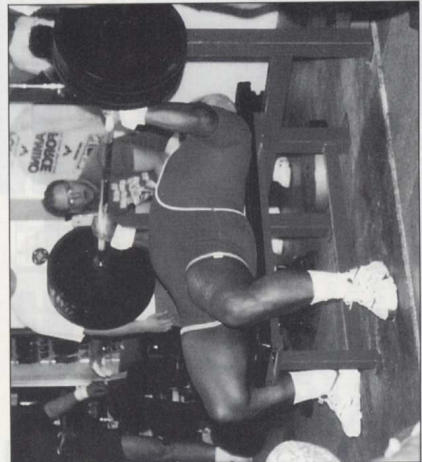
and he didn't predict his winning the best junior lifter, he was only 2 for 3. Don's 430 bench easily won his class, but there was a lot of other great lifters in his class. Ed Moore benched 365, Greg Miller, William Hawkins III, A.A.U. Masters American record holder, benched 455 to win the 242 class. Just finishing a season of football for N. Teeter (39) and Ed Moore (39) were the top lifters in the 242 class. Just finishing a season of football for N. Teeter (39) and Ed Moore (39) were the top lifters in the 242 class. Just finishing a season of football for N. Teeter (39) and Ed Moore (39) were the top lifters in the 242 class.

APA Master & Submaster BP NATLS.
 8 Dec 96 - St. Petersburg, FL

Women	S. Beyer	314
97 (33 - 39)	198 (60 - 64)	525
K. Stebbins	441	358*
181*	198 (65 - 69)	330
R. Rosenfield	L. Sandberg	225
121	B. Joyce	74
181	220 (40 - 44)	242
198 (60 - 64)	J. Allen	418
209*	300* 220 (55 - 59)	297
R. Rosenfield	220 (43 - 39)	429
242*	242 (33 - 39)	314
F. Flack	242 (60 - 64)	429
165 (55 - 59)	286	129
165 (65 - 69)	303 275 (33 - 39)	501
181 (40 - 44)	235	440
181 (55 - 59)	303 308 (60 - 64)	413
198 (45 - 49)	424	

Harold Hurley, 61 years of age from Hardwick, Georgia, benched an APA record 413 at the APA Master and Submaster Bench Press Nationals in St. Petersburg, Florida. (photograph by Scott Taylor)

T. Martin 350 270 350 970
 Open 198 Am 600 340 680 1520
 K. Stebbins 440 400 640 1320
 R. Burket 460 355 500 1315
 R. Senniger 470 325 500 1300
 R. Harris 325 315 435 1075



Harold Hurley, 61 years of age from Hardwick, Georgia, benched an APA record 413 at the APA Master and Submaster Bench Press Nationals in St. Petersburg, Florida. (photograph by Scott Taylor)

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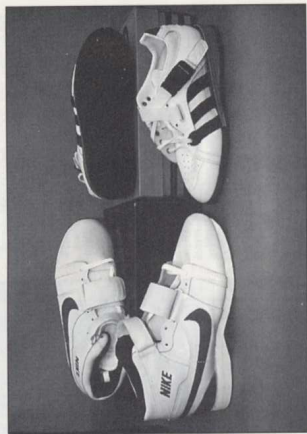
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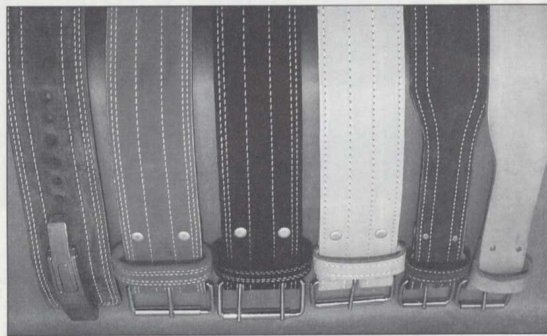
ELITE LEVER ACTION BELT—available with one or three color combinations—tightens or releases in seconds—10cm wide by 11-13mm thick—six rows of heavy duty stitching—can be tightened tighter than conventional belts—US patent #4541152..... \$69.00

ELITE COMPETITION BELT—features seamless roller buckle—available with one, two, or three color combinations—six rows of heavy duty stitching—available with single or double buckle—10cm wide by 11-13mm thick \$69.00

ELITE TRAINING BELT—four rows of heavy duty stitching—available with single or double buckle—available in beautiful natural leather color only—sueded on inside to prevent slipping—10cm wide by 10-13mm thick \$49.00

ELITE DELUXE BODYBUILDING BELT—available with single buckle or lever action buckle—available in any of colors listed below—buckle belt has four rows of stitching, lever belt two rows of stitching—10cm wide tapering to 6cm in front—suede on inside and outside of belt \$49.00

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Lever, competition, and deluxe bodybuilding belts are available in the following colors — Black, Royal Blue, Navy, Red, Sand, Gray, Green, Teal, White, and Purple. Be sure and give your waist size, style belt, and color (if necessary) when ordering!!

Texas Power Bar—This is the Texas Power Bar that has been used at most National Championship meets since 1980. What about the other company that claims to have the original? Yes, they used to sell the original now they just make their own cheap imitation. The shaft is made from black pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. This bar has held up to 1000 pound squats on dozens of occasions without bending.....\$195.00

Elite Deadlift Bar—The original & still best deadlift bar invented invented back in 1981 by Jim Speedy\$245.00

Elite Squat Bar (Bar weighs 22kg or 50pounds over 30mm thick!).....\$245.00

Elite Super Squat Bar (Bar weighs 25kg or 55pounds over 31mm thick!!)\$330.00

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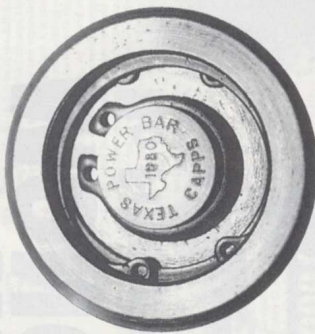
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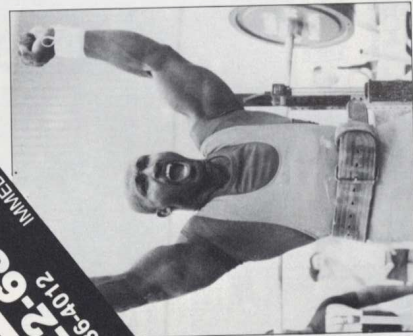
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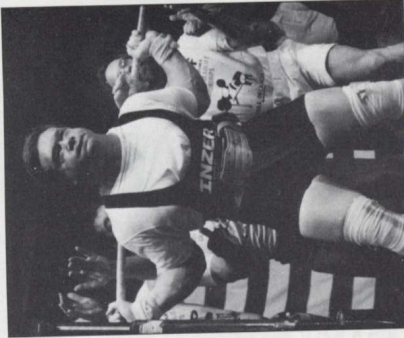
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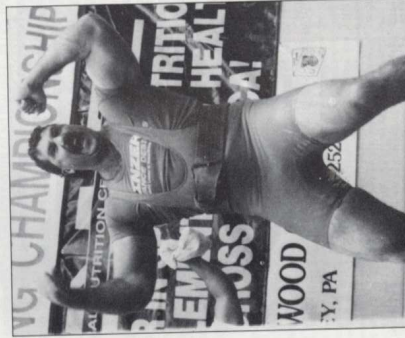


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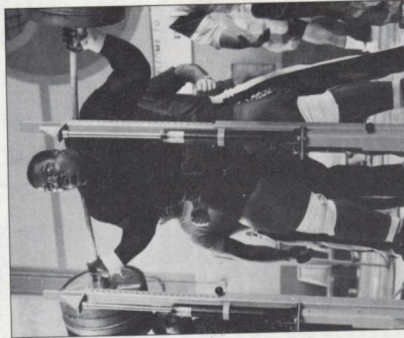


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Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$11.95

COMPETITION BELTS Lever Belts

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

10 cm x 13 mm • 6 rows of stitching	\$68.00
10 cm x approximately 10 mm • 4 rows of stitching	\$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee **\$70.00**
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA **\$58.00**
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality **\$29.00**

Chalk — imported from Italy. The very best for grip — 1 lb. box of 8 - 2 oz. blocks **\$10.00**
 1 - 2 oz. block **\$2.00**

Suit Slippers — makes putting on tight suits easier. M, L **\$19.95**
Ammonia Caps - Box of 12 **\$5.00**

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(limited availability)

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OFFICIAL MEET T-SHIRTS
Baddest Bench in America - multi-color design **\$10.00**
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) **\$10.00**

VIDEOS

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Best Ulfert Drug Free with Ferrantelli. Best Ulfert 1766 Submaster West Coast Fitness Center, Special thanks to West Coast Fitness Center of St. Petersburg, FL for providing a great meet site and some excellent spotters and (Thanks to John Jones for providing the results.)

The Strong Arm of the Law... Mike Ferrantelli cranked out a nice 562 to set a drug free WPA world record and an APA national record at the Eastern USA Bench Press Championships. Lt. Ferrantelli is with the Pasco County PD and weighed only 208 1/4. (Courtesy Scott Taylor)

officials. Some terrific lifts were registered at this event. Mike Ferrantelli shattered the WPA World Record and APA National record in the drug free 220 lb. division. Ferrantelli set Special Olympics, Nick Calzo, put up an impressive 248 setting a new record. Setting a new record record with a drug free 584.21 year old Michael Wilson made 225 look easy, weighing in at only 135 lbs. It was a fantastic event and thanks to the referees, assistant, look forward to next year's event. (from Scott Taylor-APA)

NASA Indiana Regional (kg)

14 Sep 96 - Indianapolis, IN	227 Submaster 1	292.5	172.5	240	705	TOTAL
Bench Press Only	R. Heidman	145	102.5	102.5	170	
Women	M. Streubing	175	117.5	140	475	
Mens	L. Hughes	125	77.5	165	395	
154 Pure Novice	227 Submaster 1	175	117.5	140	475	
154 Beginner	D. Anguish	175	117.5	140	475	
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154 Submaster 95	M. Henders	175	117.5	140	475	
154 Submaster 96	M. Henders	175	117.5	140	475	
154 Submaster 97	M. Henders	175	117.5	140	475	
154 Submaster 98	M. Henders	175	117.5	140	475	
154 Submaster 99	M. Henders	175	117.5	140	475	
154 Submaster 100	M. Henders	175	117.5	140	475	

APA Eastern USA BP Championships

8 Dec 96 - St. Petersburg, FL

Bench Press Only	227 Submaster 1	292.5	172.5	240	705	TOTAL
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Women's Division Winners at the ADFPA Holiday Invitational, left to right: Stephanie Bowling, Bonnie McPeak, Sue Pack, Kathy Andrews, Tina Mondiak, Tamara Dunn, and Barbara Burdette. (Paul Sulphur)

would be the digital rating. Thanks to the above mentioned staff and referees, there were 31 state records set in the 1996 season. The women's division winners at the ADFPA Holiday Invitational, left to right: Stephanie Bowling, Bonnie McPeak, Sue Pack, Kathy Andrews, Tina Mondiak, Tamara Dunn, and Barbara Burdette. (Paul Sulphur)

ADFPA Holiday Invitational
14 Dec 96 - Bluefield, WV

Pure Division	SQ	BP	DL	TOTAL
138	160	75	175	440
154	190	140	230	560
170	325*	220	355*	900*
187	55	80	150	285
205	85	105	225	415
227	155	130*	205	490*
250	230*	130*	240*	610*

USA Club 2 350 285 475 1110
P. Amstutz 480 425 530 1435
S. Call 425 360 480 1265
B. Mondak 370 200 450 1020
D. Morris 425 280 500 1205
C. Hudgins 320 175 310 805
B. Evans 235 115 310 660
R. Arnold 400 620* 1615
D. Carrace 520* 420* 615* 1585
S. Gross 680* 370 615* 1665*

Records were set: Michael Johnson (15) in the Junior Division and Craig Graham (35) in the Summer Division. The winners of the 1996 World Cup were awarded. Don Halley, USPF President, was present and acted as the Technical Secretary for the event. Sincere thanks to their assistants are: Eric Croteau, Richard and Floren Pitak. Spotters/Loaders: Jennifer Perry and Lord Elliott. Spotters/Loaders: Richard Elliot, Greg Schuler, C.T. Fletcher, Steve Winslow and David Lyons. The USA Club 2 was a huge success. The Allos Trophy Cup, of Los Alamitos, American Eagle Gym of Newport, and Adams Video Productions of Yonkers, NY, donated the trophies. The results are available by calling (805) 256-3273. (Note to all USA Club Members: Vic Elliot has been appointed the USA Club Director. The USA Club 2 will be held on Saturday, 11/10/96. Please keep in mind that Vic has been working diligently in purging through unsolicited files and recording all submissions. Please contact Vic for record verifications. American Records Certificates are available at no cost. Records are updated and available on the second week in the months of Jan., May, and Sept.).

APA Border Duel Bench Press
5 Oct 96 - St. Albans, VT

Women 181	S. Manello	385	
E. Blow	198	Drug Free 220	
T. Moore	165	Open 220	
Teen 148	235	220 (33 - 39)	
K. Fillon	330*	R. Jackson	425
S. P. (17-19)	330*	242 (33 - 39)	
Drug Free 165	340	D. Roper	440
C. Dallaire	340	D. Roper	440
C. Dallaire	340	D. Roper	440
R. K. S. Pierce	510	D. Chasse	380
R. S. S. Pierce	510	D. Chasse	380

USPF Winter Classic Bench Press
1 Dec 96 - Fountain Valley, CA (KG)

Women	J. Gam	175
Junior (17-19)	J. Marks	—
B. Baker	123	SHW
S. Schmidt	123	Schmeberger 240
L. Merrick	123	Schmeberger 240
MEN	175	Graham BL 170 @
Junior (20-23)	175	Graham BL 170 @
M. Duong BL	112.5	G. Pesnell BL 177.5
M. Johnson (14-16)	80 @	L. Maxwell BL 177.5
M. Johnson (17-19)	80 @	L. Maxwell BL 177.5
A. Aldage	185	242
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
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R. Satti	165	Masters (40-49)
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Records were set: Michael Johnson (15) in the Junior Division and Craig Graham (35) in the Summer Division. The winners of the 1996 World Cup were awarded. Don Halley, USPF President, was present and acted as the Technical Secretary for the event. Sincere thanks to their assistants are: Eric Croteau, Richard and Floren Pitak. Spotters/Loaders: Jennifer Perry and Lord Elliott. Spotters/Loaders: Richard Elliot, Greg Schuler, C.T. Fletcher, Steve Winslow and David Lyons. The USA Club 2 was a huge success. The Allos Trophy Cup, of Los Alamitos, American Eagle Gym of Newport, and Adams Video Productions of Yonkers, NY, donated the trophies. The results are available by calling (805) 256-3273. (Note to all USA Club Members: Vic Elliot has been appointed the USA Club Director. The USA Club 2 will be held on Saturday, 11/10/96. Please keep in mind that Vic has been working diligently in purging through unsolicited files and recording all submissions. Please contact Vic for record verifications. American Records Certificates are available at no cost. Records are updated and available on the second week in the months of Jan., May, and Sept.).

APA Border Duel Bench Press
5 Oct 96 - St. Albans, VT

Women 181	S. Manello	385	
E. Blow	198	Drug Free 220	
T. Moore	165	Open 220	
Teen 148	235	220 (33 - 39)	
K. Fillon	330*	R. Jackson	425
S. P. (17-19)	330*	242 (33 - 39)	
Drug Free 165	340	D. Roper	440
C. Dallaire	340	D. Roper	440
C. Dallaire	340	D. Roper	440
R. K. S. Pierce	510	D. Chasse	380
R. S. S. Pierce	510	D. Chasse	380

USPF Winter Classic Bench Press
1 Dec 96 - Fountain Valley, CA (KG)

Women	J. Gam	175
Junior (17-19)	J. Marks	—
B. Baker	123	SHW
S. Schmidt	123	Schmeberger 240
L. Merrick	123	Schmeberger 240
MEN	175	Graham BL 170 @
Junior (20-23)	175	Graham BL 170 @
M. Duong BL	112.5	G. Pesnell BL 177.5
M. Johnson (14-16)	80 @	L. Maxwell BL 177.5
M. Johnson (17-19)	80 @	L. Maxwell BL 177.5
A. Aldage	185	242
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)
R. Satti	165	Masters (40-49)

USA Club 2 350 285 475 1110
P. Amstutz 480 425 530 1435
S. Call 425 360 480 1265
B. Mondak 370 200 450 1020
D. Morris 425 280 500 1205
C. Hudgins 320 175 310 805
B. Evans 235 115 310 660
R. Arnold 400 620* 1615
D. Carrace 520* 420* 615* 1585
S. Gross 680* 370 615* 1665*

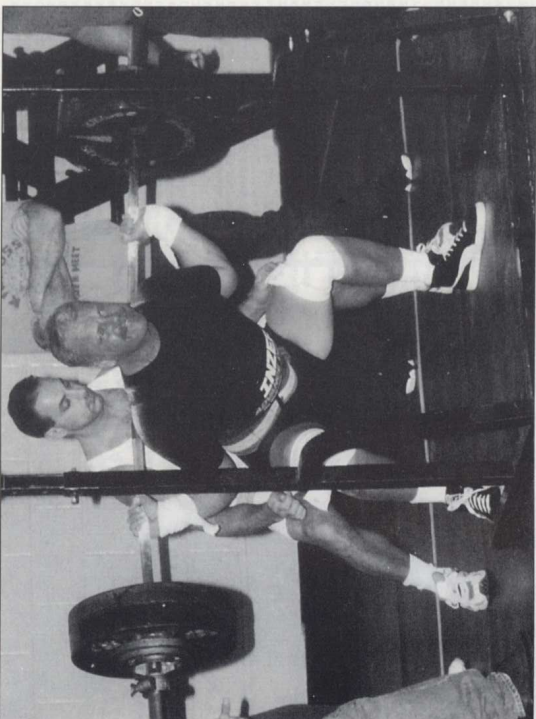
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Best Master Lifter at the Kinross Powerfest '96 was 42 year old Jim Stevenson (photograph by Hessel)

...just get better with each meet. KCF club "Boss Hog" Chuck Sachs returned to lifting for the first time. Jim Stevenson, who equaled a personal best total of 1225 and just missed a 485 pound squat, was the best overall lifter. Stevenson had PR's in both the bench and deadlift, and posted a fine 1390 total. 250 pound class winner T. Pierce

Kinross Powerfest '96
14 Dec 96 - Kinchelore, MI

Pure Division	SQ	BP	DL	TOTAL
138	275	210	340	825
154	315	235	405	955
170	275	235	445	955
187	405	275	450	1130
205	335	295	465	1095
227	350	325	465	1140
250	550	350	540	1440
275	600	350	560	1510
300	640	375	585	1600
325	680	375	600	1655
350	720	400	615	1735
375	720	400	615	1735
400	720	400	615	1735

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JS 100 Tank-Top	Heather Gray/Black	XL, XXL, XXXL		\$19.00	
JS 110 T-Shirts	White/Black	XL, XXL, XXXL		\$19.00	
JS 120 Raggy Pants	Black	Large XL		\$29.00	
JS 130 Piece Sweat Shirt	Black/Peach/Deck Teal	XL, XXL, XXXL		\$29.00	
JS 140 Short Sleeve Thermal	Black/White	XL, XXL, XXXL		\$29.00	
JS 150 Baseball Hat	Ivory with Black Trim	One Size		\$19.00	
JS 160 Cropped Wing Shirt	Blue	XL, XXL, XXXL		\$19.00	
				Total	

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(articled continued from page 21)

Still, that's what makes our country the best. We all have a right to our own opinions and to find an organization we agree with.

PC: What are some of your interests outside of the sport?

SE: I play several other sports including soccer, softball, basketball, volleyball and golf. I have several motorcycles and enjoy riding them. I like hiking with my dog. I like music; and a few other hobbies. When I have the time, I like to read, watch television, and go to the movies. I like to travel and powerlifting is a great excuse for me to travel more often.

PC: Powerlifting, as a sport, seems to hold more interest with men than women. Why do you think this is so? Do you see this as a problem and how would you like to go about generating more interest among women?

SE: Women have been taught from birth that their goal in life is to land a man. They are taught that if they are stronger than the guys and beat them at anything, they won't achieve that. Strength sports are the most absolute measure of masculinity, so most women are afraid to get involved.

Our culture discourages women from being strong and having muscles. Now that colleges offer athletic scholarships for women, things are changing. Money talks. It is now more acceptable for girls to excel in sports. The best way to get women involved is to introduce powerlifting in the schools to young teens. Having powerlifting competitions on television will help but only if the women look like women. If the competitors have five o'clock shadows, or other masculine traits, viewers might think it's from the lifting, not knowing about anabolic steroids.

PC: What is your ultimate goal in this sport?

SE: My ultimate goal is to out bench John Redding in a contest. He used to be my competition. On a bad day, he would only make his 185 lb. bench was an important accomplishment for me. I've won most titles so that is the only thing left.

PC: Would you like to make any final comments?

SE: Twenty years ago, when Powerlifting USA was new, Mike Lambert introduced me. At the time, circulation was small, so not many people read the article. I'm honored to be re-interviewed now when the magazine has a larger circulation.

Maine Holiday Classic

7 Dec 96 - Oakland, ME

Table with columns for Men and Women, and sub-columns for Bench Press, Squat, Deadlift, and Total. Lists names and their respective scores.

MIKE MACDONALD SYSTEMS PRESENTS

- List of products and prices: BORAMETZ EXTRACT 60ML (\$39.50), CREATINE MONOHYDRATE 99% 300 GMS. POWDER (\$79.50), DHEA (MICRONIZED) 25MG 100 CAPS (\$15.00), etc.

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MEET DIRECTORS

...a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details to 'Coming Events'...

4.5 APR, CPU (IPP) Canadian Master & Jr., men & women, Ralph Payne, NFD 163 Wheelers Rd., Corner Brook, NFD A2H 7C9, Canada, 709-634-9606

Coming Events

Spring Nationals, Sun Light, 196 W. 5425, Tacoma, IL 69103, 217-293-5425
12 APR, House Power Bench Press Expo innovacanza (all comers meet - Boise Home) Rich Gray, 1910 University Dr. Strength Complex, Boise, ID 83275, 208-385-1980

12 APR, Dungenoo Powerworks Drug Free Bench Slam & Deadlift, Mark Wallinger, 19681 Featherstone Rd., Constantine, MI 49061, 616-397-7866
12 APR, USPF '96 Championships (Amenity) Class I, men, women, teen, master, bench press, special fitness, 1415 E. Court, Seguin, TX 78155, 210-372-6396

13.14 APR, AAU Nationals (men & women) Joe Orenge, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
19 APR, (NEW DATE) AAU '96 New Jersey High School Meet, New Jersey State Fairgrounds, Bluff Lake, NJ 07828, 201-691-0824
19 APR, Don Mike Gillis Bench Press (24 Hr. Fitness - Millitani, HI - open; row - women, notice, teen, master, military) Old Haugen, 808-973-4654
19 APR, Dublin Open BP & Biggest Pull In the South (Dublin, GA) Scott Taylor, Box 27204, El Jobean, FL 33971, 941-697-7962
19 APR, High School BP/DL, Teen Masters, 29251 1st St., Augusta, GA 30906, 706-799-3806
19 APR, ANPPC Drug Free Nonstar Classic, BP, G&R Productions, 4612 SR #3, Fulton, NJ 03069, 315-342-5050
19 APR, 11th Southeastern Illinois BP Classic (open, master, submaster, women, high school) S&M Fitness, 201 N. Gum, Harrisburg, IL 62946, 618-252-0881
19 APR (new date), USPF California Bench Press, Fresno, CA, Bob Packler, 29251 1st St., Augusta, GA 30906, 706-799-3806
19 APR, AAU Florida State Bench Press, Ken Swell All-American Gym, 118 S. Kennedy, Lakeland, FL 33801, 941-687-6268
19 APR, Washington State H.S. Qualifier, Sunnyside H.S., Sunnyside, WA 98672, Enroll Miles, 509-873-2601
19 APR, Missouri Open BP/DL Classic (Poplar Bluff) Dr. Darrell Latch, 126 W. Sale St., Tuscumbia, IL 61953, 217-253-1429 or 873-66-6398
19 APR, Drug Free Iowa Open, Valley Dr., Bettendorf, IA 52008, 810 Golden BP, 525-4741
19 APR, AAU Regional @ UALR, Coach Van Compton, UALR Ath. Dept., 2801 University, Little Rock, AR 72204, 501-

1997 DISNEY AAU SCHEDULE May 29-June 1 Teenage National Powerlifting Championship Junior National Powerlifting Championship Each with separate squat, bench, and deadlift meet. August 21-24 RAW National Powerlifting Championship Separate PL meet and separate squat, bench, and deadlift meets. Divisions: Open, Teen, Junior, Sub Master, & Master. September 11-14 National Squat Championship National Bench Press Championship National Deadlift Championship OPEN and RAW competition in each Divisions: Open, Teen, Junior, Sub Master, & Master. Entry Forms Call Mike Killpack 407-363-6170 Travel Info Call 407-439-7810 Technical Info Call Joseph Pyra 201-691-0824

WNPFF Bench Press and Deadlift Nationals May 3, 1997 WNPFF Elite Drug Free Nationals May 17-18, 1997 100% Drug Tested Atlanta, Ga. First thru Fifth Place Sculptures Troy Ford, 2560A Picardy Circle North, College Park, GA 30349 770-996-3418

Large table with columns for Men and Women, and sub-columns for Bench Press, Squat, Deadlift, and Total. Lists names and their respective scores. Includes a 'Hudson Natral Open' section.

had a great day and took the best lifter. The number of women lifters were very high into their 30s... L. HATCH 515 280 510 1245 M. ALBERTUS 525 310 420 1240 M. BIERBAUGH 530 350 560 1420 S. SCHAEFER 540 365 540 1425 J. TODD 500 365 505 1370 H. HOPPE 465 320 515 1305 M. KROZIER 415 285 500 1270 J. HOYER-SEYE 410 265 380 1070 J. DUNY 520 360 535 1415 J. DORSHNER 500 370 600 1430 R. SINDLOW 500 340 600 1400 M. STEELE 535 360 475 1370 C. HORKEY 425 260 540 1225 S. GIMENEZ 360 350 405 1160 J. DUNY 620 385 660 1668 G. STEELE 620 370 560 1480 D. RIGNONTI 550 370 560 1480 T. EICHINGER 530 415 520 1445 D. JENSEN 505 370 500 1375 K. WEYBROUGH 660 415 660 1725 M. LAYLOR 560 370 610 1540 L. LOEBENSTEIN 605 365 525 1495

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Free entry to all 1996 ADFPA national champions

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

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

Minimum top 3 in all weight classes to be tested

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Men, women, masters & teens divisions
Spectacular sculptured viking awards
Best lifters, best squat, bench & deadlift awards in all divisions
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1997 Men's Nationals

July 25-27, 1997

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(773) 561-9692

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Championships**
Sunday, June 8, 1997
Open, Women, Teen and
Masters Divisions

Iron Island Meets:

Special Squat & Bench Press Bar, & the Monolith

May 31, 1997 - APF Memorial Day Bench Blast
Jun. 14, 1997 - APF Iron Island Deadlift Classic

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

- 26 APR, 1st JF's Powerhouse Gym Open BP/DL (featuring Ed Coon) JR's Powerhouse, 2451 Rice St., Roseville, MN 55113, 612-486-4945
- 26 APR, ANPPC BP Meet, Dave Markle, 4100 Woodhollow Dr., Conroe, TX 77385, 409-321-1126
- 26 APR, ANPPC Drug Free Lone Star State BP (featuring Ed Coon) DeWitt Dr., Houston, TX 77050, 281-424-4667
- 26 APR, 7th Worldlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 after 6pm
- 26 APR, Illinois Teenage Bench Press (Marion, IL - men 13-16, men 17-19, women - Friendly Church of God - 618-963-8859) S&M Fitness, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
- 26 APR, USPF Police/Fire Nationals & National Colleagues Meet, 3520 Fairview Ave., A-274, Pittsburgh, PA 15213, 412-383-2135
- 26 APR, APF South Central Texas BP (San Marcos) APF Cowtown Deadlift Challenge, Doug Pruitt, 4303 Bivilleview, Austin, TX 78756, 512-419-1289
- 26 APR, Mother's Anthracite Championships, Dennis Corradini, Mother's Gym, Hazelton, PA 17737-3000
- 26 APR, APF Volunteer Meet, Bob Wood, Box 2000, Highland Ave., Jackson, TN 38301, 901-422-1491
- 26 APR, APF Ohio State, Tina Parrish, 700 Elm St., Wilmington, OH 45377, 513-382-9622
- 26 APR, APF Geneva YMCA Monster BP, Geneva Y, 399 William St., Geneva, NY 14450, 315-789-1616
- 26 APR, Spring Break BP/DL, Cheats, 3115 W. 26th St., Sike, Tuscola, IL 69155, 317-365-6459
- 26 APR, APF NHCI Bench Press (outside lifters 2 wks, netted) For Lineats, 1201 Main St., Fitchburg, MA 01542, 508-343-6550
- 26 APR, Bar Bender Classic BP Championships (open men, open women, women team, men team, wheelchair, masters over 40&50, team trophy, best lift) Tampa, FL 08&50, Lisa Bili, 813-859-0186
- 26 APR, 18th AAU Powerlifting Meet, separate categories, Al Siegel, 304 Dasey Pl., Clearfield, PA 16830, 814-765-3214
- 26 APR, MDSA North Dakota State & Open (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 26 APR, ISF World Internet Collegiate Powerlifting & Bench Press Championships, <http://members.aol.com/interstr/b/>
- 26 APR, ADFFPA Superstars Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18157, 717-562-7867
- 20 APR, Sub-600 Deadlift Open (1st 24 pre-registrants) Ken W. Michaels, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237
- 19 APR, APA Gold Medal Open Bench Press (men, women, teen, submaster, master, special olympian) Louise LaPoint, 337 Roxbury, Keen, NH 03431, 603-552-8590
- 19 APR, Tri City Buzzer BP/DL, Gas Rothwisch, Box 5292, Bend, OR, 97708, 541-389-0600
- 19 APR, Iowa Open Bench Press/Deadlift (open, high school, volunteer, master) Wayne Hammes, 115 Rosemeyer Ave., Okaloosa, IA 52575, 515-673-3496 (60 A'S240 @)
- 19 APR, APA Tennessee Open BP/Biggest Pull in the South (TN), Scott Taylor, Box 27204, El Sobrante, FL 33927, 941-697-7962
- 19 APR, Sub-400 Bench Press Open (1st 24 pre-registrants) Kevin Danning, 266 4th Ave., SE, Bellevue, WA 98008, 206-641-4237
- 19 APR, MDSA Go For The Gold Nationals (Reckwood Falls, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 19 APR, USPF Maine State Bench Press (19th) and Powerlifting (men & women, open, teen, submaster, master)
- 26 APR, Bar Bender Classic BP Championships (open men, open women, women team, men team, wheelchair, masters over 40&50, team trophy, best lift) Tampa, FL 08&50, Lisa Bili, 813-859-0186
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- 20 APR, Sub-600 Deadlift Open (1st 24 pre-registrants) Ken W. Michaels, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237
- 26 APR, WPA World Championships Marilyn Deschamps and Associates, 4170 Oakridge St., St. John's, Barbados, Canada, G2E 5B7, 418-877-5454
- 26 APR, APF Ohio State (Delaware) N.A.S.A. Box 735, Noble, OK 73068
- 26 APR, APF Women's Nationals (Lincoln, NE) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3684
- 26 APR, AAU North American Drug Free Bench Press (youth, teen, high school, jr., open, master, women's military, law enforcement, master, olympics physically challenged - men/ women) Martin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4PWR
- 27 APR, WNPFF Teen/Junior/Submaster/Master Nationals & Northern Challenge (Lancaster, PA) WNPFF, 2560A Picarday Circle, Lancaster, PA 17304, 717-718-3849 or College Park, GA 30049, 770-996-2283
- 27 APR, Allegheny YMCA Bench Press (youth, female, master, open) Allegheny Valley YMCA, 5021 Freeport Rd., Natrona Hills, PA 15065, 412-224-9500, 295-9400 (ask for Jim)
- 3 MAY, Grinnell Strength Systems Bench Press Seminar/Demonstration, Tamara Grinnell, 717 Market St., #599, Ligonier, PA 17043, 717-761-3849 or Ligonier, PA 17043, 717-761-3849
- 3 MAY, AAU New England High School & Youth (1st 24 pre-registrants) U.S.A. Lark Casper, 11 Adelaide Ave., Springfield, RI 02917, 402-232-7320
- 3 MAY, ADFFPA Zumbro Valley Open, Steve Johnson, 1107 7th St. NW, Kasson, MN 55944, 507-634-4730
- 3 MAY, 4th APF Anglake-Mercer YMCA BP, Ruth Krouss, 7550 SR 703, Collins, OH 45822, 419-586-9622
- 3 MAY, 2nd annual IPA Pittsburgh Nonster Bench Press, Jenne Harris & Son Press, 312 4th Ave., Elizabeth, PA 15007, 412-438-7222
- 3 MAY (one day) WNPFF BP/DL Nationals (Atlanta, GA) Troy Ford, 2560A Picarday Circle North, College Park, GA 30349, 770-996-3418
- 3 MAY, ADFFPA Oregon State, Mike Mooney, 1170 North Valley View Rd., Ashland, OR 97520, 541-488-2570
- 3 MAY, Effingham Open BP/DL Classic (Effingham, IL) Son Light, 2629 S. Tuscola, IL 69155, 317-365-6459
- 3 MAY, 1997 USPF F&B PP (Noble, OK) N.A.S.A. Box 735, Noble, OK 73068
- 3 MAY, ADFFPA 4th Cesar Chavez / 5/D Mayo BP (men & women's novice, open, lifetime, teen, submaster, master) Manual Villarejo, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adfpa.com Email

WNPF West Coast Bench Press and Deadlift Nationals June 7, 1997

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Picarday Circle
North, College
Park, GA 30349,
770-996-3418

- 569-3371
- 19 APR, APA Gold Medal Open Bench Press (men, women, teen, submaster, master, special olympian) Louise LaPoint, 337 Roxbury, Keen, NH 03431, 603-552-8590
- 19 APR, Tri City Buzzer BP/DL, Gas Rothwisch, Box 5292, Bend, OR, 97708, 541-389-0600
- 19 APR, Iowa Open Bench Press/Deadlift (open, high school, volunteer, master) Wayne Hammes, 115 Rosemeyer Ave., Okaloosa, IA 52575, 515-673-3496 (60 A'S240 @)
- 19 APR, APA Tennessee Open BP/Biggest Pull in the South (TN), Scott Taylor, Box 27204, El Sobrante, FL 33927, 941-697-7962
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- 19 APR, MDSA Go For The Gold Nationals (Reckwood Falls, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 19 APR, USPF Maine State Bench Press (19th) and Powerlifting (men & women, open, teen, submaster, master)
- 20 APR, ADFFPA Colorado Classic Derby - open, women, teen, submaster, master, special olympian, 11360 W 84th Pl., Greenwood Village, CO 80005, 303-425-0904
- 20 APR, ADFFPA Open Ohio State (women, masters, teen, open) King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 216-439-5464
- 20 APR, ADFFPA Superstars Bench Press (Kingston, PA) The Power Gym Inc., 405 Main St., Taylor, PA 18157, 717-562-7867
- 20 APR, Sub-600 Deadlift Open (1st 24 pre-registrants) Ken W. Michaels, 145 160th Ave., SE, Bellevue, WA 98008, 206-641-4237

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RI, Quakertown, PA, 18951, Sumner
 10 MAY, ANPPC Drug Free Ohio BP, Mr. Jake's Fitness, 1701 Lincoln Way E., Massillon, OH 44646, 330-837-5253
 10 MAY, CPC Canadian Championships (Calgary, AB) Greig's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, Canada T0L 1T3, 403-398-3067
 10 MAY, ISF World's Strongest Men members, a link on Interstriff/
 10 MAY, AAU USA State Men & M&F Teenage (Bigler, PA) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-768-9400
 10,11 MAY, NATA Texas State (Dallas) NATA, Box 735, Noble, OK 73068
 11 MAY (new date), NATA Western States/PowerSports Nationals (Dallas, TX) NATA, Box 735, Noble, OK 73068
 17 MAY, USPF (#91916) 1st Annual Regional and Age Groups/Ted Herring, SBRHS, 22600 Camp Collier Rd., Leonardtown, MD 20650, 301-475-2814 ext 420, FAX 301-475-3568
 17 MAY, ADFFA Hawaiian Islands Championships, (24 Hr. Fitness Honolulu - open, teen, master, women) Odd Haugen, 808-973-4654
 17 MAY, AAU Mass. State, Larry Lawless, 15 Ball St., Quincy, MA 02169, 617-479-1700
 17 MAY, ADFFA Carolina State, Don Kuller, 10508 Cedar Hill Ct., Lenox, NC 28645, 704-754-1028
 17 MAY, (new date) Pepsi Region 8 BP/DL (Gateway Mall, Springfield, OR) Gas Retiwisch, Box 5292, Bend, OR 97708
 17 MAY, ANPPC Drug Free Kentucky Open BP (Owensboro) AAU USA, Box 1484, Mt Vernon, KY 40359, 502-488-6772
 17 MAY, ANPPC Drug Free Empire State BP, Perth Fitness, RD 5 Retold Rd., Amsterdam, NY 12010, 518-762-3216
 17 MAY, Fairlane Village Mall Open, James Murphy, 618 Harrison St., Pottsville, PA 17901, 717-622-9288
 17 MAY, BVAC BP/DL Meet (fr., master, submaster, teen, novice, open, no bench shirt, men & women) Ray Dunn, Berkshire West Athletic Club, Box 6288, Pittsfield, MA 01202, 413-949-1600 (Class II)
 17 MAY, USPF (#91916) 1st Annual (Class II) Meet (Fr. YNCA, Fresno, CA) Jay McVeech, 209-233-5737
 17 MAY, Lifetime Natural PL Society Nationals, Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 17 MAY, AAU Southern USA PL, Frank Mule, 7210 Wayside Dr., New Orleans, LA 70128, 504-246-3902/243-5703
 17 MAY, ADFFA Texas PL BP, Willie Mastin, 13010 Ceco, 096, San Antonio, TX 78240, 210-352-0900
 17 MAY, MDSA South Dakota, State & Open (Milbank, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201
 17 MAY, APA Florida Cup BP/Sunshine State Open DL (FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 17,18 MAY, 15th ADFFA Viking Open, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
 17,18 MAY, (correct date) Pro Fitness Heavy Metal Powerlifting (Morris County) Metal Powerlifting (Morris County, NJ) Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 201-627-9156
 17,18 MAY, APT Masters / Submasters / Teenage / Junior Nationals plus Sr. National Qualifier and Bench Press Meet, Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491
 17,18 MAY, WNPFF Drug Free National (Atlanta, GA) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

WNPF North Americans
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 2560A Picardy Circle
 North, College PK, GA
 30349 or call 770-996-3418

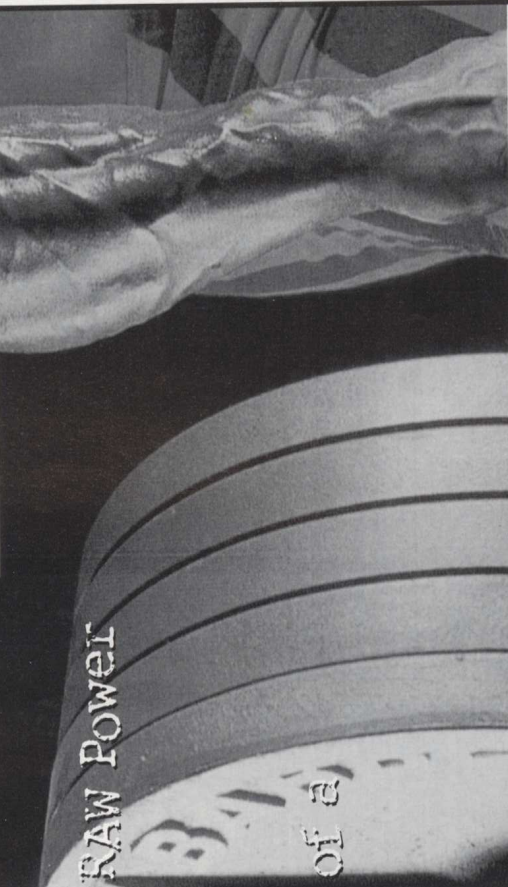
24,25 MAY, APF Louisiana PL/BP, Gary Franks, 201 Major Pkwy, New Roads, LA 70760, 504-638-6572
 24,25 MAY, IPA Pro-AM Masters 16B Nationals, Cher & Karen Donaton, DE Presidential Dr., 06229
 24,25 MAY, NATA Teen, Jr., Intermediate Nationals (Delaware, OH) NATA, Box 735, Noble, OK 73068
 25 MAY, AAU Outlaw Backlist Bench in the West, John Ford 707-543-5970
 29 MAY - 1 JUN, AAU Teenage & Jr. Nationals (Disneyworld), Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-249-6442
 31 MAY, Yachin Spring BP, BP master, 266 Yachinville, NC 27055, 910-679-8660
 31 MAY, Washington State Championships, A.C. Davis/H.S., Yaloma, WA, Frank Steele, 509-575-5304, 966-5894
 31 MAY, NATA Missouri State (Lack Summit) NATA, Box 735, Noble, OK
 31 MAY, APT Memorial Day Bench Press Blast, Ralph Bakula, Iron Island Gym, 3465 Lawson Blvd., Oceanville, NY 11572, 516-594-9014
 31 MAY/1 JUN, Mega Power Conference (Cleveland, OH) Developing Explosive Leg and Hip Power by Louie Simmons & Maximal Spraying Power by Charles Poliquin, Darcy Parkerson, darcy@igfitness.com or 216-259-5369
 31 MAY, 34th USPF New Jersey State PL BP (IFF rules - drug tested by urinalysis, referees clinic, open, teen, Jr., submaster) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941

17,18 MAY, NATA North Carolina State (Burlington) NATA, Box 735, Noble, OK 73068
 17,18 MAY, AAU Virginia State, Rudy Garcia, 5112 Sellen Ct., Colonial Hills, VA 22604
 18 MAY, Utah State State Bench Press, Muscles & Fitness Gym, 2509 E. Washington Ave., Madison, WI, 53704, 608-249-4227
 23-25 MAY, USPF National Masters/ Submasters (Philadelphia Airport Marriott) Robert Keller, PO Box 829, Ambler, PA 19002, 215-542-4941 or rkh@bellatlantic.net
 24 MAY, Cross County PL BP/DL, Ches (Montion) 69153, 217-253-5429
 24 MAY, ADFFA Backsmith Open, Mike Overlander, 124 W. Van Buren, Col. City, IN 46725, 219-244-7575

MAY, APF Southern Nationals (Huntsville, AL) Jimmy Price, 205-852-4800
 MAY, NJ NPPC, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
 1 JUN, 3rd Freedom Hill Outdoor BP/DL Classic (dedicated to Tony Mangino - separate contests, open, women, teen, Jr., submaster, master) Dan DePalice, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6pm
 1 JUN, ADFFA Region 7 PL BP/DL (John Jones, 318 W. Main St., NE, Dallas, TX) NATA, Box 735, Noble, OK 73068
 1 JUN, NATA Masters Nationals (Dallas, TX) NATA, Box 735, Noble, OK 73068
 1 JUN, WNPFF West Coast Bench Press and Deadlift Nationals (Longana Niguel, CA) WNPFF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
 7 JUN, Crimwood Strength Systems Bench Press, Scott 717 Market St, 4399 Tamara Center, 731-9300
 7 JUN, 2nd Cedar Rapids YNCA BP at Town & Country Mall, Cedar Rapids, IA, Kathy Critt or Derrick Good, 319-366-6421
 7 JUN, ADFFA Michiana Drug Free BP/DL (Niles, MI) Gary Nowak, 616-668-1552
 7 JUN, 4th Miller's Iron House Gym Natural Bench Press (local TV, \$100 Bonus, sculptured award) Brian Miller, 218 Williams St., Cumberland, MD 21202, 301-777-0644
 7 JUN, AAU Nevada State/Open, Tom Lowder, 47 S. Gobi Circle, Sparks, NV 89436, 702-424-0544
 7 JUN, USPF South Texas Championships (below 1, open, submaster, master, teen, women, BP) 78155, 210-372-3395
 7 JUN, 3rd Codd's Gym, Charity Bench Press Classic (women, submaster, master, teen, open) Gordon Beinstein, 16 Magro-lis Ave., Norwalk, CT 06850, 203-852-6932
 7 JUN, USPF Region IV Bench Press (open, master, women, teen, urinalysis drug testing) Buddy Rogers, 522 E Spruce Ave., Rowers, OH 44266, 330-2597-7520 (E), Pop Wahl 330-253-7616 (BP)
 7 JUN, ADFFA Midwestern 520 S. Main St., Elgin, KY 42420, 502-826-8354 or 835-7865
 7 JUN, USPF Region III (open - men/women, class II - men/women, master, teen) Amy/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575
 7 JUN, APA Ironman Open Power Classic (Shield, LA - all divisions - full vt. class) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
 7 JUN, 3rd AAU Olympic & AAU USA State (Baltimore, MD) Joe Para, 251 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
 7 JUN, (new date) 14th AAU No Boys Allowed PA State & Open - women, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
 7 JUN, MDSA Scout to the LooT (Eko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
 7 JUN, APA Louisiana Open BP (Newman DL Classic (LA)) 33927, 941-697-7962
 8 JUN, ADFFA All Midwest BP, Dennis Bach, 5920N. Ridge, Chicago, IL 60660, 773-561-9692
 8 JUN, 6th Wintersville Open BP/DL, Kerry DiDomenico, 234 Alfred, Wintersville, OH 43952, 614-264-4805
 8 JUN, USPF State Deadlift, Huntington Beach, CA, Vic Elliott, 714-941-3055
 8-13 JUN, Texas Police Games (Plano) Texas Police Athletic Federation, Box 2040,

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 AAU National Headquarters
 c/o Walt Disney World Resort
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 Al Siegel (814) 768-9400 for meets in your area
 Joe Para (201) 691-0824 for technical questions.

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

Men's Contests	114	123	148	165	181	198	220	242	275	319	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Life/Im's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325
ADFFPA Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070
ADFFPA Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215
ADFFPA Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
ADFFPA Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
ADFFPA Master's	A Total in a Sanctioned Meet										
ADFFPA High School	A Total in a Sanctioned Meet										

A.D.F.P.A. Corner

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

"I would like the opportunity to respond to Mr. Joe Pyrak's recent article on strength training for our young athletes. There are several things a parent/coach should make sure is done before any young athlete is to begin a structured strength training program.

First, the athlete should have a complete pre-participation physical done to assess whether or not he/she is ready to participate in athletics. This would be the same physical that is done for other sports required by your local high school/school system. Secondly, the athlete should possess good strength fitness before attempting any free weight activity (i.e. squats, deadlifts, power cleans, etc.). This can be accomplished by using low volume and moderate repetition (1 set/10 reps) on machines using a circuit of 6-8 exercises. Once the athlete has demonstrated good fitness and dedication, they are then ready for learning the squat and the other basic free weight lifts. The purpose for this protocol is to allow the young athlete to develop good leg, hip, trunk and upper body strength so these athletes can maintain good form while performing the free weight lifts. This will also decrease the chances for injury for these athletes. Thirdly, the coach and his/her staff must make sure that adequate supervision is provided for these athletes, as this alone will decrease the injury rate substantially.

I see several benefits to having young athletes perform strength training. Some of these benefits are also found by participating in other organized sports. First, the athlete learns discipline and the idea that succeed in life it takes hard work, just as it does to set a personal best in the squat, for example. Second, the athlete will allow his/her body a chance to strengthen the areas around the joints. Third, the strength gained in the weight room can be transferred to other sports. Last but not least is the self-esteem boost that the athlete gets after they just reached a personal goal.

I have personally seen the positive effects of what proper weight training can do for young athletes, especially in the department of injury reduction for various sports. One opinion I hear from people is that they think strength training is dangerous for children and adolescents. I disagree with this opinion. The American Academy of Pediatrics came out with a recommendation that stated that until children reached the age of 16-17 years old, they should avoid the practice of weight lifting. However, there are no recommendations against these young athletes competing in downhill skiing, wrestling, rodeo, baseball, even football, yet we know there are more injuries associated with this latter group of sports. Almost all injuries associated with strength training occur when young athletes are training unsupervised.

There was a study that looked at the incidence of parallel squatting and the incidence of knee injuries with these same athletes in football. The results stated that those athletes who trained the squat properly had a decreased incidence of knee injuries versus their counterparts who did not train the squat.

Certain sports are okay for pre-adolescent participation. Powerlifting is not. I agree with the idea that pre-adolescents can strength train, but with the guidelines above. I feel that kids under 14 should not be allowed to compete in powerlifting, yet they need to be nurtured along slowly with the proper supervision so that when they reach 14 (or a higher age, depending on individual adolescent development) they are

A.D.F.P.A. Corner

- 6 DEC, USPF Ironman & Ironwoman (Fresno, CA) Best Packer, 209-568-8394
- 6 DEC, APA Eastern USA, BF (FJ) Master/Submaster BF Nationals, Scott Taylor, Box 2724, El Jibson, FL 33927, 941-697-7962
- 6 DEC, APF Iron Island BP Classic, Ion Island Gym, 9465 Lawson Blvd., Oceanside, NY 11752, 516-944-9495
- 7 DEC, 9th USPS "Single Single" (singles/at groups), 214 N. Ashland, Park Ridge, IL 60068, 800-729-7932 (Country Country)
- 7 DEC, 6th AAU Coal Country BP/DL (separate contest) - open, women, teen, submaster, master | AI Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
- 8 DEC, Christmas BP Classic, John Shiffert, Box 941, Stoneretail, VA 22973, 804-965-3593
- 13 DEC, LUDOC High School Invitational (16-19), 3115 S. Broad St., Dallas, TX 75217, 972-352-3776
- 13 DEC, WNPF Georgia, 1575 5th St. West (Atlanta), North College Park, GA 30349, 770-996-3418
- 28-29 MAR, ADFFPA High School Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
- 4, 5 JUL, ADFFPA Men's Nationals, Armando Cortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
- 18-19 JUL, ADFFPA Commonwealths Games (PL, BP, DL, 15-18), Box 865, 9672, ADFFPA, Lincoln, NE 68501, 402-470-3672
- AUG, ADFFPA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

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- AUG, ADFFPA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

P.S.S. - Invaluable entries in the Comp-Reg Events section indicate listings that are new or updates to our list.

- 15-16 NOV, ADFFPA Police & Fire Rockaways, Joe Morrone, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
- 16 NOV, ADFFPA Ohio State Open BP (women, masters (age group) Ed King, open, PAW (open) Boylston Rd., Bedford Hts., OH 44116, 216-439-5464
- 16 NOV, AAU Maryland BP (MD residents & open) & Ironman (BP/DL) open men, women, master, J.J. Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, 6-30-8PM EST
- 21-23 NOV, IFA Nationals, Christi Gym, 3668 Old Shivers, 423-8888 (Sutland, MD) 207-406, 300 (Austin-below 22 NOV, USPF Texas, master, teen, women, BP/Squats Invitational, master, teen, women, TX 78155, 210-372-3396
- 22 NOV, USA "RAW" Bench Press Federation Fall Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 23 NOV, Big Daddy's Open, Santa Rosa, CA John Ford, 707-543-5970
- 23 NOV, WNPF East Coast Championships, WNPF, 26565925 (open, teen, women, teen, women, master) Jon Shaffer, 30907 CR 16 West, Elkhart, IN 46516, 219-567-4961
- 6 DEC, AAU Big St., Quincy, MA 02169, 617-479-7761
- 6 DEC, ADFFPA Kentucky State/Blue Grass Open PL/BP, Steve Conum, 520 S. Main St., Henderson, KY 42420, 502-926-8354 or 835-7865
- 6 DEC, Son Light Winter Classic BP/DL, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 6 DEC, Upper Bucks YMCA Christmas Classic BP, Scammonaker, Upper Bucks YMCA, 12785 Schwenmeyer Rd., Quakertown, PA 18951, 215-536-8841

- GA 30349, 770-996-3418
- 11 OCT, APF Ohio State BP, Chris Baxter, 3114 Sheridan Rd., Portsmouth, OH 45662, 614-820-2717 or 534-9635
- 11 OCT, ADFFPA World Powerlifting Interest/Strengths.html (http://members.aol.com/Intersthr/Interst/Strengths.html)
- 15, 16 NOV, ADFFPA Virginia State, John Shiffert, Box 941, Stoneretail, VA 22973, 804-965-3593
- 15, 16 NOV, ADFFPA Police & Fire Rockaways, Joe Morrone, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
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- 6 DEC, Son Light Winter Classic BP/DL, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 6 DEC, Upper Bucks YMCA Christmas Classic BP, Scammonaker, Upper Bucks YMCA, 12785 Schwenmeyer Rd., Quakertown, PA 18951, 215-536-8841

- 8 OCT, USPF Central California Championships (San Luis Obispo, CA) Gene Estrada, 805-542-6119 (6), 544-0155 (6)
- 4, 5 OCT (corrected date), Ironman Barra YMCA Open & Bench Press, Wilkes-Barre Women's Center, Frankfort, PA 17815, 717-748-0500
- 825-2311 (Doreen)
- 11 OCT, WNPF World BP/DL Championships (Doreen, CA) DJ Troy
- 11 OCT, (newspaper) Heights, OHH&B
- 11 OCT, (newspaper) Heights, OHH&B
- 11 OCT, (newspaper) Heights, OHH&B
- 11 OCT, USA, OH 44146, 216-439-5464
- 11 OCT, APA United States Open BP & APA Lone Star State DL (Houston, TX) 33927, 941-697-7962
- 11 OCT, ADFFPA Push/Pull Raw2 Competition/Masters Qualifier (men & women's novice, open, liftime, & 1895 N. Baskins master) Ironman, 895 N. Baskins, 6419, San Jose, CA 95112, 408-275-6449, www.adffpa.com Email adffpa@coch.net
- 11, 12 OCT, WDFPF Open World Championships (Reading, England) Detroit, MI WNPF, 2560A Peardy, Circle North, College Park, GA 30349, 770-996-3418
- 18 OCT, 5th Yakin Fall BP (men, submaster, teen, women, master) (Saxe Land), 629-8660, Yadonville, NC 27055, 910-866-9200
- 18 OCT, AAU Jackie Stinson, women, master, teen, women, 802-527-1202
- 18 OCT, 3rd APF Wolverine Open PL, BP/DL (open, women, teen, J. submaster, master, notice PJ) Dan DeRafice, 1941 Volland, Roselle, NJ 48066, 810-294-7055 after 6pm BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 18 OCT, USPF Special Olympics Lift-Off (Muscle Beach, Venice, CA) Darlene Gallindo, 310-599-2775
- 18, 19 OCT, AAU Military PL/BP Nationals (open men & women, collegiate) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264
- 25 OCT, MDSA Night of the Living DL/PL/BP (Villager, MN Dawan Ja Halowood, Box 1031, Willmar, MN 56201, 320-231-2099
- 25 OCT, Octoberfest BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 25 OCT, APA NFCA Push/Pull (outside lifters 2 wk. notice) Fred Laisis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
- 25 OCT, ISF World's Strongest Gym on the Internet, http://members.aol.com/Intersthr/Interst/Strengths.html
- 25 OCT, 15th AAU National PA Open (40-50 lbs), 304 Daisy St., Clearfield, PA 16830, 814-765-3214
- 25, 26 OCT, APF Southwest Regional PL/BP, APF Cowtown Deadlift Challenge, Cowtown Iron Sports, 3815 Southwest Blvd., Ft. Worth, TX 76116, 817-738-4900
- 26 OCT, WNPF Raw Nationals (Lancaster, PA) WNPF, 2560A Peardy Circle North, College Park, PA 17815, 717-748-0500

- GA 30349, 770-996-3418
- 11 OCT, APF Ohio State BP, Chris Baxter, 3114 Sheridan Rd., Portsmouth, OH 45662, 614-820-2717 or 534-9635
- 11 OCT, ADFFPA World Powerlifting Interest/Strengths.html (http://members.aol.com/Intersthr/Interst/Strengths.html)
- 15, 16 NOV, ADFFPA Virginia State, John Shiffert, Box 941, Stoneretail, VA 22973, 804-965-3593
- 15, 16 NOV, ADFFPA Police & Fire Rockaways, Joe Morrone, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
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- 15, 16 NOV, ADFFPA Virginia State, John Shiffert, Box 941, Stoneretail, VA 22973, 804-965-3593
- 15, 16 NOV, ADFFPA Police & Fire Rockaways, Joe Morrone, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
- 16 NOV, ADFFPA Ohio State Open BP (women, masters (age group) Ed King, open, PAW (open) Boylston Rd., Bedford Hts., OH 44116, 216-439-5464
- 16 NOV, AAU Maryland BP (MD residents & open) & Ironman (BP/DL) open men, women, master, J.J. Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, 6-30-8PM EST
- 21-23 NOV, IFA Nationals, Christi Gym, 3668 Old Shivers, 423-8888 (Sutland, MD) 207-406, 300 (Austin-below 22 NOV, USPF Texas, master, teen, women, BP/Squats Invitational, master, teen, women, TX 78155, 210-372-3396
- 22 NOV, USA "RAW" Bench Press Federation Fall Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 23 NOV, Big Daddy's Open, Santa Rosa, CA John Ford, 707-543-5970
- 23 NOV, WNPF East Coast Championships, WNPF, 26565925 (open, teen, women, teen, women, master) Jon Shaffer, 30907 CR 16 West, Elkhart, IN 46516, 219-567-4961
- 6 DEC, AAU Big St., Quincy, MA 02169, 617-479-7761
- 6 DEC, ADFFPA Kentucky State/Blue Grass Open PL/BP, Steve Conum, 520 S. Main St., Henderson, KY 42420, 502-926-8354 or 835-7865
- 6 DEC, Son Light Winter Classic BP/DL, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 6 DEC, Upper Bucks YMCA Christmas Classic BP, Scammonaker, Upper Bucks YMCA, 12785 Schwenmeyer Rd., Quakertown, PA 18951, 215-536-8841

- GA 30349, 770-996-3418
- 11 OCT, APF Ohio State BP, Chris Baxter, 3114 Sheridan Rd., Portsmouth, OH 45662, 614-820-2717 or 534-9635
- 11 OCT, ADFFPA World Powerlifting Interest/Strengths.html (http://members.aol.com/Intersthr/Interst/Strengths.html)
- 15, 16 NOV, ADFFPA Virginia State, John Shiffert, Box 941, Stoneretail, VA 22973, 804-965-3593
- 15, 16 NOV, ADFFPA Police & Fire Rockaways, Joe Morrone, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
- 16 NOV, ADFFPA Ohio State Open BP (women, masters (age group) Ed King, open, PAW (open) Boylston Rd., Bedford Hts., OH 44116, 216-439-5464
- 16 NOV, AAU Maryland BP (MD residents & open) & Ironman (BP/DL) open men, women, master, J.J. Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, 6-30-8PM EST
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P.P.S. - Invaluable entries in the Comp-Reg Events section indicate listings that are new or updates to our list.

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ADFFPA



A.D.F.P.A. Corner

ready and so is their neuro-musculo-skeletal system. By merely comparing heights of an athlete to his parents, grandparents and relatives and by concluding that there has been no damage done to the skeletal system, is dangerous. I am not trying to argue with Mr. Pyra, but I felt some of these points need to be stated. Michael A. Hartle, D.C., D.A.C.B.N., C.C.S.P., C.S.C.S., E.M.T.

ADEFA GYM DIRECTORY

Kennedy's Gym, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 19543, (610) 286-7698, Owner: Pat Kennedy
Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Ford Sheridan
Powerhouse Gym, 913 N. Court, Medina, OH 44256, (330) 722-7250, Mark Copeland
The Strength Training Center, c/o Nutritional Technologies, 5 Stonecroft Drive, Easton, PA 18045-2812, (610) 268-1894, Coach: Nick Theodore
Warrior Weight Room, Coyle-

Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (608) 923-6164, Ext. 680, Coach: H. Waldron
New guidelines for membership in the ADFFPA Gym and Coaches Directory! Gyms must be affiliated with the ADFFPA through team membership or coach-ship of the owner/coach.
The ADFFPA Gym and Coaches Directory was created in order to provide individuals with a listing of the ADFFPA affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's

owner, coach or lifter who trains at that facility.
The primary goal of this directory is to attract new lifters to the 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 send your ADFFPA team's name and membership number (or coach/owner name and ADFFPA number) along with \$10 payable by check or money order to the ADFFPA, Atten-

tion Craft Safran, PO Box 4065, Bayside, NY 11360. Present members will be listed through October 1996. Any gym applying to the ADFFPA Directory before December 1996 will be listed through December 1997.
ASH Invitational
11 Jan 97 - Alexandria, LA
BOYS SQ BP DL TOTAL
T. CUNNINGHAM 390 185 375 950
C. ZAPICOZA 220 150 305 715
C. MORISO 225 120 310 635
K. HOIRATH 230 130 285 645
S. LORAINS 175 100 255 570
J. SHIPLEY 165 85 220 470
S. CARL 200 90 170 460
TJ. HALLMAN 315 160 385 860
W. CHEVALIER 320 190 290 800

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- Style H: \$25.00, Single Buckle
- Style I: \$55.00, 3 1/2" Top and Bottom
- Style J: \$25.00, Adjustable Buckle
- Style K: \$65.00, Leather Buckle
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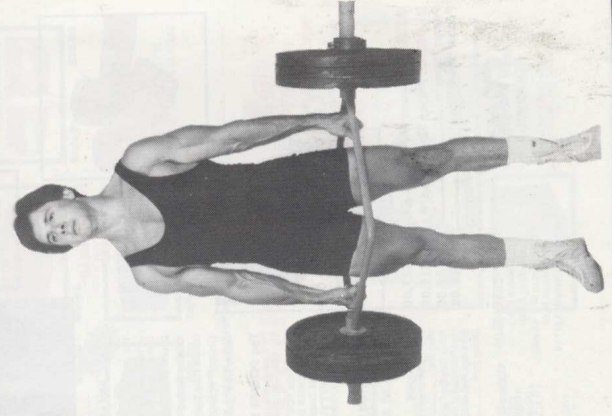
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Table listing names and weights for various lifts: S. McMillan 190 80, J. Long 195 80, K. Klempner 145 60, L. Smith 145 60, M. Whittle 125 50, S. Campanile 195 110, S. Campanile 205 105, A. Cunningham 165 95, K. Goff 175 65, S. Patel 165 65, L. Pfeiffer 180 70, C. Backlund 115 65, J. Porter 95 70, K. Reed 115 55, A. Willis 215 110, K. Johnson 235 115, M. Klempner 200 95, M. Wagnersack 200 80, J. Sabatirica 145 75, A. Fredrick 150 80, L. Herms 180 85, A. Day/Johnson 145 80, S. Adams 125 70, D. Adam 105 60, S. Guder 105 60, O. Smith 255 105, T. Roman 225 95, A. Hymel 220 110, Y. Cleveland 195 110, T. Barrett 185 90, A. Vyer 180 75, A. Witt 165 80, S. Bryan 170 80, L. Townley 155 100

Table listing names and weights for various lifts: R. Ryland 155 80, M. Barbera 310 120, S. Robert 210 105, M. Armand 185 85, J. Newman 185 110, J. Kamales 165 80, A. Curtis 145 75, R. Williams 240 115, M. Parcan 260 125, M. Wright 200 90, N. Whitehurst 150 85, K. McKenzie 65 225, C. Ford 100 80, R. Ryland 155 80, M. Barbera 310 120, S. Robert 210 105, M. Armand 185 85, J. Newman 185 110, J. Kamales 165 80, A. Curtis 145 75, R. Williams 240 115, M. Parcan 260 125, M. Wright 200 90, N. Whitehurst 150 85, K. McKenzie 65 225, C. Ford 100 80

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Gene Bell has been deployed by the Air Force to Turkey, near the city of Adana. He hasn't been able to train much since he's arrived in Turkey and has several months yet to go on his assignment. In the meantime, he'd love to correspond with some of his many friends he's made during his many successful years in Powerlifting. His current mailing address is TS&G Gene Bell, Operation Northern Watch, CTF Services, APO AE 09396. Drop him a line and cheer up a Champ!

ADPPA Southeastern US
1 FEB 97 - MONARCHS OF SC
BENCH PRESS DIV I
BENCH PRESS DIV II
BENCH PRESS
B. WADE 455 BENCH PRESS
J. BOLD 425 BENCH PRESS
K. P. NOLAN 400
C. KODRICK 380
D. MOUNTON 380
T. ACER'S RECORD 375
W. HARRIS 375 S. BOWSER 405
D. HERRBERT 370
L. DELOACH 34
C. PACE 34

WOMEN SQ BP DL TOTAL
M. BROWN 295 170 360 825
K. SIMPSON 315 195 375 885
S. FRAZER 240 145 325 710
L. WHITE 200 85 315 590
TENAGE DIVISION I 295 415 1095
W. BARRIED 220 270 400 890
D. JENKINS 210 260 340 810
S. LANEY 210 260 340 810
GRAY DIVISION II 400 315 470 1215
M. PRESLEY 500 275 480 1305
S. BASCO 300 240 380 920
PETERS DIVISION I
220
G. ARDON 410 400 500 1310
C. LUCAS 300 300 550 1150
D. O'NEILL 200 270 400 870
MASTERS DIVISION II
242
D. BARRIE 680 405 650 1735
S. BOWSER 600 390 660 1750
BREEZE 510 310 510 1320
SHW WILSON 500 300 530 1330
R. KENT 325 325 430 1080
MENS OPEN
K. HAWKINS 335 275 385 995
T. THOMAS 550 370 525 1445
K. ROSS 300 300 445 1045
R. RODRIGUEZ 220 285 425 935
T. MOORE 220 285 425 935
M. DAVIS 570 330 530 1430
P. NOLAN 455 400 535 1390
M. STANLEY 530 360 460 1350
J. GRAY 430 315 470 1215
B. HISSON 315 315 410 1040
R. ROSOLD 410 315 450 1175
L. TAYLOR 520 330 600 1450
D. WATSON 510 330 575 1415
I. KENDALL 350 235 435 1020
198
K. RIVERS 365 325 520 1310
J. CHALVET 440 360 485 1285
I. CHALVET 340 310 425 1075
220
M. WADE 605 455 600 1660
D. SLAUGHTER 535 385 625 1545
D. WHEISS 525 380 515 1420
B. HESS 395 320 385 1100
242
R. FORD 700 450 650 1800
S. BOWSER 680 405 750 1735
M. PRESLEY 500 275 480 1305
K. BENT 315 325 400 1040
275
L. WHEATLEY 730 450 780 1810
SHW
N. BOURNE 675 435 660 1770
D. RICARTE 700 500 800 1330
C. WILSON 500 300 530 1330
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BENCH PRESS DIV II
BENCH PRESS
B. WADE 455 BENCH PRESS
J. BOLD 425 BENCH PRESS
K. P. NOLAN 400
C. KODRICK 380
D. MOUNTON 380
T. ACER'S RECORD 375
W. HARRIS 375 S. BOWSER 405
D. HERRBERT 370
L. DELOACH 34
C. PACE 34

WOMEN SQ BP DL TOTAL
M. BROWN 295 170 360 825
K. SIMPSON 315 195 375 885
S. FRAZER 240 145 325 710
L. WHITE 200 85 315 590
TENAGE DIVISION I 295 415 1095
W. BARRIED 220 270 400 890
D. JENKINS 210 260 340 810
S. LANEY 210 260 340 810
GRAY DIVISION II 400 315 470 1215
M. PRESLEY 500 275 480 1305
S. BASCO 300 240 380 920
PETERS DIVISION I
220
G. ARDON 410 400 500 1310
C. LUCAS 300 300 550 1150
D. O'NEILL 200 270 400 870
MASTERS DIVISION II
242
D. BARRIE 680 405 650 1735
S. BOWSER 600 390 660 1750
BREEZE 510 310 510 1320
SHW WILSON 500 300 530 1330
R. KENT 325 325 430 1080
MENS OPEN
K. HAWKINS 335 275 385 995
T. THOMAS 550 370 525 1445
K. ROSS 300 300 445 1045
R. RODRIGUEZ 220 285 425 935
T. MOORE 220 285 425 935
M. DAVIS 570 330 530 1430
P. NOLAN 455 400 535 1390
M. STANLEY 530 360 460 1350
J. GRAY 430 315 470 1215
B. HISSON 315 315 410 1040
R. ROSOLD 410 315 450 1175
L. TAYLOR 520 330 600 1450
D. WATSON 510 330 575 1415
I. KENDALL 350 235 435 1020
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K. RIVERS 365 325 520 1310
J. CHALVET 440 360 485 1285
I. CHALVET 340 310 425 1075
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D. SLAUGHTER 535 385 625 1545
D. WHEISS 525 380 515 1420
B. HESS 395 320 385 1100
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R. FORD 700 450 650 1800
S. BOWSER 680 405 750 1735
M. PRESLEY 500 275 480 1305
K. BENT 315 325 400 1040
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L. WHEATLEY 730 450 780 1810
SHW
N. BOURNE 675 435 660 1770
D. RICARTE 700 500 800 1330
C. WILSON 500 300 530 1330
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W. HARRIS 375 S. BOWSER 405
D. HERRBERT 370
L. DELOACH 34
C. PACE 34

also include lifters from the AAUJCP. From October onwards, all drug-free lifters (including current ADPPA members) wishing to participate fully in the WDFPF, will be able to do so by joining the AAUJCP.
So, if the ADPPA is out of the WDFPF, then it looks like the AAUJCP will jump in. And, if the USPF (which is a direct descendant of the old National Powerlifting or AAUJF) is not out of the IPF, then the ADPPA, or USA Powerlifting, is not in there either. Incidentally, Joe Pyra of the AAUJCP has indicated that attorneys for the AAUJCP have sent a letter to the ADPPA challenging the use of the name "USA Powerlifting". Eventually, within a year of transition, the "plan" as it was originally envisioned might well come to be - the ADPPA and/or USA Powerlifting, with or without USPF members, could still become the organization that represents the United States in the IPF.

What started out as a bullet train of hope for consolidation of two major lifting organizations in the United States, which is a perceived prerequisite for eventual IOC recognition of Powerlifting as a sport, has been at least partially derailed by the politics that has divided us in the past. Regardless of the obstacles, a great deal of momentum for change has been created, and time will tell if the meeting in Chicago was, as ADPPA President Mike Overlander characterized a time when "We are challenged to write a new page in the book of history on powerlifting" - or regrettably - simply a death-knell for the entire concept of the unification of powerlifting within the United States.
Mike Lambert, Editor
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forget that and simply take a year off from international competition. It should also be noted that there are reports that some members of the USPF Executive Committee who were not at the meeting in Chicago are actively trying to put the pieces back together. Others pointedly mention the word "accommodation" in recognition that some sort of agreement between the two organizations might still be feasible, given time and reasoning. There are many months to come before the regularly scheduled USPF and ADPPA National Committee meetings in July and the IPF Congress in November.
In the meantime, parties that might likely be affected by any ADPPA-USPF consolidation process have not simply been observing these matters passively. Witness the following letters from the WDFPF and the AAUJCP:
"ANNOUNCEMENT FROM THE WDFPF
The WDFPF following the decision taken at the March 1 NGB meeting, that the ADPPA is to alter its name and seek membership of the IPF, the World Drug Free Powerlifting Federation and the AAUJCP are now involved in preliminary consultations regarding the establishment of links leading to the full ratification of the AAUJCP as the WDFPF affiliate for the U.S.A. Initial dialogue will focus on obtaining mutually compatible competitive structures, and on identifying our common long term objectives for raising the profile of the sport of powerlifting around the world. The WDFPF Executive as a whole are persuaded that the AAUJCP commitment to drug free powerlifting, as reflected in its espoused control policies it has espoused, is in line with our unusually rigorous standards, and that the AAUJCP will accordingly meet the criteria for full WDFPF affiliation later this year as our US affiliate representing a "Nation in Good Standing".
None of the upheaval and realignment within the sport is of the WDFPF's making. It is our belief that many ADPPA members will be appalled at the decisions taken by their leadership on their behalf, and will not wish to sever their links with the World Drug Free Powerlifting Federation on any account. Current ADPPA Masters & Teen/Junior lifters hoping to take part in the WDFPF 1997 World Masters/Ten/Junior Championships in Teber, Canada, will be able to do so by being selected and invited in the normal way to represent the U.S.A. as members of a combined national team which will

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Will USPF Star Jon Arenberg (above) ever compete on a unified platform with ADPPA champions like Dave Weiss ?? (below)

grounds that the debt was manageable and could eventually be paid off. Certainly, the USPF has faced larger debts in the past and has managed to deal with them. USPF President Dave Jeffrey indicates that the USPF is now up and running, and that the debt to be paid down to the \$7,000 to \$12,000 range, and he expects the USPF to be much better off financially by the end of the year. He also states that there definitely will be a USPF National Masters competition this year. Prior to the Chicago meeting, Masters Meet bid winner Brian Washington had cancelled this contest in confusion about what the future role of the USPF might be following the Chicago discussions. Now, Rob Keller has picked up the event, on the same dates as earlier scheduled.
It should be pointed out that some members of the USPF Executive were apparently not aware of the "plan", and took umbrage at the proposal that the ADPPA, via USA Powerlifting, become the new IPF representative, when the invitation from the ADPPA to the Chicago meeting was revealed to them. One USPF Executive Committee member pointed out that some USPF people have 30 years in the sport with this organization. They might not be ready to simply dissolve without a substantial effort to revive their federation.
To be sure, there were many uncertainties in this process. At the grass roots level, there are lifters, referees, meet directors, etc. that have left either the USPF or the ADPPA in past years and gone to the other - undoubtedly for what they felt were good reasons. Is that that have viewed each other for 15 years or so as "different", if not actual rivals, would promptly join hands and rush towards the future with the "big picture" of potential Olympic recognition clearly in their minds, overriding all other possible concerns?
The dilemma boiled down to this: The ADPPA has taken actions to become the new representative of the United States in the IPF, but the USPF has not removed itself from that position. Had things gone according to the "plan", a great number of serious functional details would have to be worked out (like, for instance, would the USA team for the IPF Men's Worlds in the Czech Republic be selected at the ADPPA Men's Nationals in Chicago or the USPF Senior Nationals in Philadelphia?). Since the "plan" has not gone through, will ADPPA lifters have any chance to compete at the IPF level this year, or next? There is talk that there will be an

effort to have the USPF replaced by the ADPPA (or USA Powerlifting) in the IPF, however, any such decision would not take effect until AFTER the 1997 Men's Worlds. By the way, the IPF has dealt with the issue of multiple federations from one nation competing for representation in the IPF on previous occasions.
Ironically, it had been the desire of many of the ADPPA's elite lifters to proceed with a form of unification with the USPF so they could step up to the biggest powerlifting stage in the world and show their stuff. After the meeting, those same lifters faced the prospect of not being able to compete in either the IPF Worlds (unless something changed between now and the next IPF Congress) or the WDFPF World (or has that bridge been completely burned yet?). Now, some of the elite ADPPA champs feel they should go to the USPF. Sentors this year, but others are angry and feel they should

(article continued from page 7)

had once again journeyed to the United States, to offer his aid. This time his flight was delayed and he ended up without sleep for far too many hours, but jumped into the process regardless. Unfortunately, from this point onward, the "plan" that had existed in many, but not all, of the minds involved began to fall apart.

Among the USPF Executive Committee representatives on hand were Dave Jeffrey, Treasurer/Secretary, Jan Shendow, Rob Keller, and Buddy Duke. They did not agree to the anticipated dissolution of the USPF, and exhausting negotiations began. Reportedly the USPF representatives on hand were interested in guaranteed USPF representation on the Executive Board of the new organization, and new elections for state chairmen prior to the upcoming NGB meetings of the respective administrative bodies among other things. The ADPPA felt they could not agree to such proposals, and very little progress was made. A late counter-proposal by the ADPPA regarding state representation was not acceptable to the USPF representatives.

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PLACEMENT	NAME	STATE	WEIGHT	DEADLIFT	SQUAT	BENCH PRESS
1	1032 Goggins, S. 6/1/96	TX	242	690	470	185
2	970 Wesells, W. 6/1/96	CA	242	685	465	185
3	930 Coan, E. 11/17/96	CA	242	680	460	185
4	930 Coan, E. 11/17/96	CA	242	680	460	185
5	930 Coan, E. 11/17/96	CA	242	680	460	185
6	930 Coan, E. 11/17/96	CA	242	680	460	185
7	930 Coan, E. 11/17/96	CA	242	680	460	185
8	930 Coan, E. 11/17/96	CA	242	680	460	185
9	930 Coan, E. 11/17/96	CA	242	680	460	185
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AAU Drug-Free Deadlift Nationals

PLACEMENT	NAME	STATE	WEIGHT	SCORE
1	1032 Goggins, S. 6/1/96	TX	242	690
2	970 Wesells, W. 6/1/96	CA	242	685
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Jenney Robert was a winning participant in the AAU Drug-Free National Deadlift Championships, but she is also a WPA World Champion and World Record holder for her performance at the WPA National Deadlift Championships. She also took the IFA California State Bench Press title in San Diego, setting a record for the 97 lb. class (14-13 age group), and she won the 96 kg AAU California State Squat title in Santa Rosa, setting an AAU state and American record and winning the Outstanding Female Lifter Award. She also set a USPF California State Record in the deadlift at 198. She is also a California State Women's Freestyle Wrestling Champ (Robert).

Bayou Bash II Bench Press Challenge

PLACEMENT	NAME	STATE	WEIGHT	SCORE
1	1032 Goggins, S. 6/1/96	TX	242	690
2	970 Wesells, W. 6/1/96	CA	242	685
3	930 Coan, E. 11/17/96	CA	242	680
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ADEFA Omaha Open

PLACEMENT	NAME	STATE	WEIGHT	SCORE
1	1032 Goggins, S. 6/1/96	TX	242	690
2	970 Wesells, W. 6/1/96	CA	242	685
3	930 Coan, E. 11/17/96	CA	242	680
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World's in Sherbrooke, Quebec, Canada with a 155 squat, 190 deadlift and 420 total in the 97 lb. class (13-14 age group). She also took the IFA California State Bench Press title in San Diego, setting a record for the 97 lb. class (14-13 age group), and she won the 96 kg AAU California State Squat title in Santa Rosa, setting an AAU state and American record and winning the Outstanding Female Lifter Award. She also set a USPF California State Record in the deadlift at 198. She is also a California State Women's Freestyle Wrestling Champ (Robert).

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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.

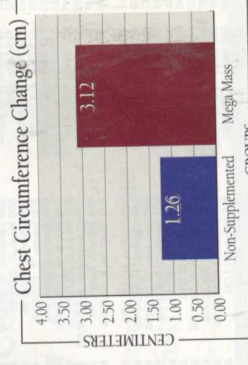
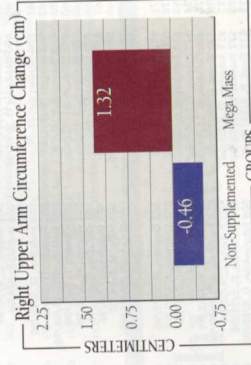
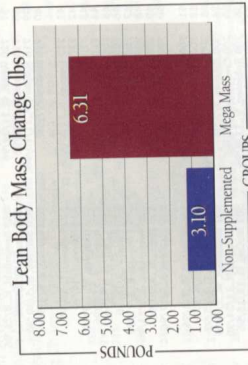
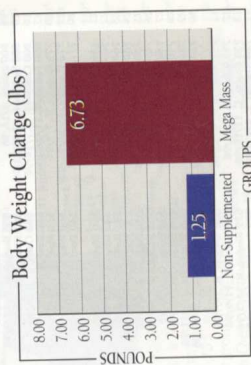
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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.

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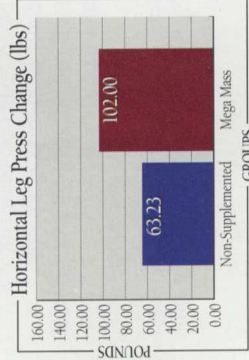
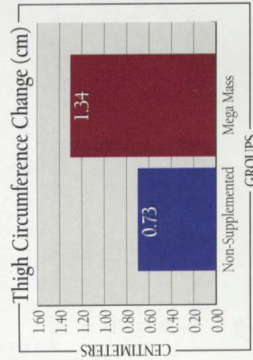
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