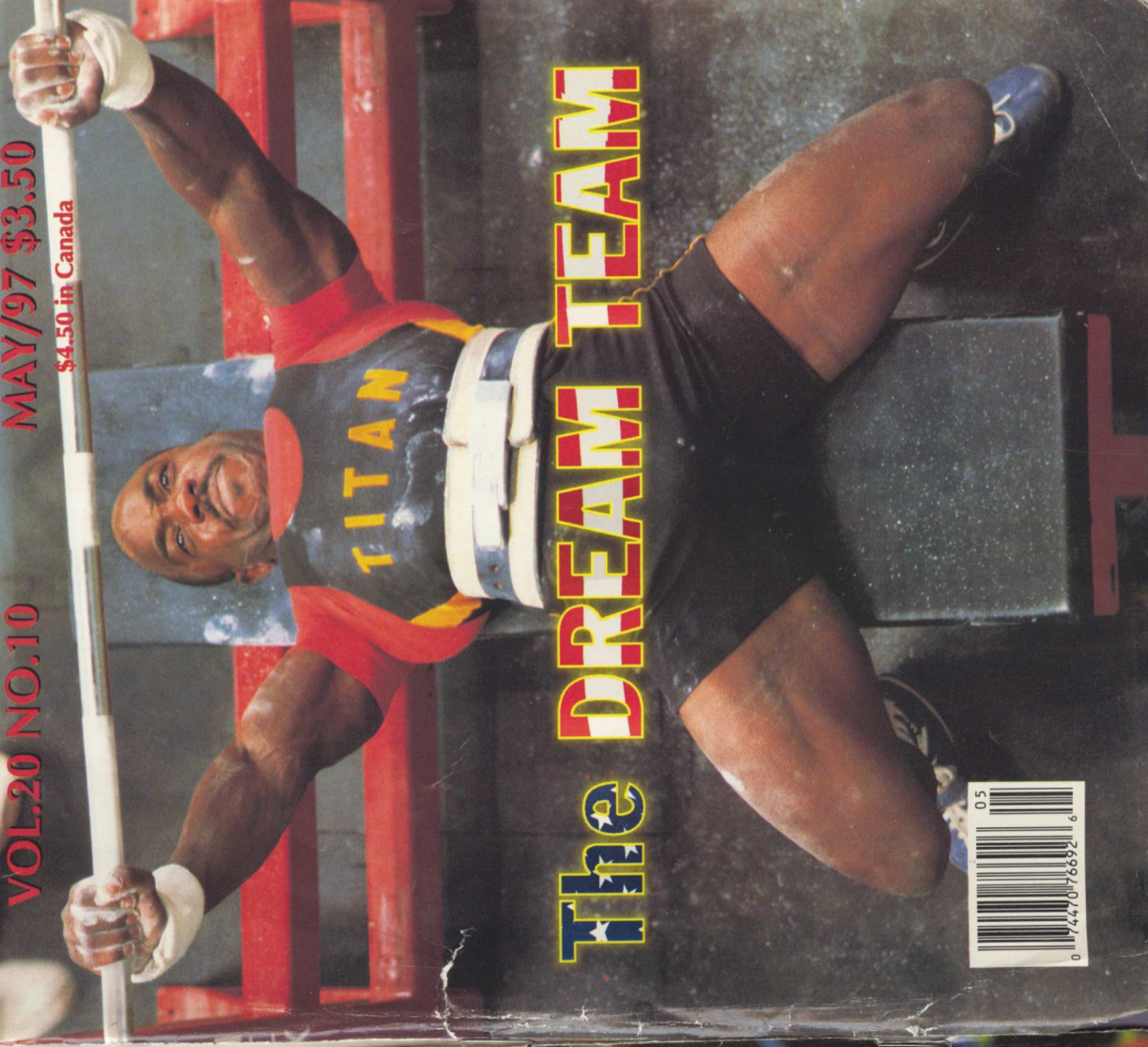


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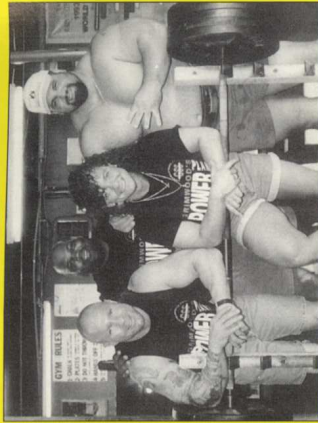
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ON THE COVER.... Lamar Gant benching at his most recent USPF Sr. National competition, back in 1992 in North Carolina. Coach Sean Scully calls him "the most successful US World Champion, period. dot." in his Dream Team article.

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My Dream Team, Pt. 1
by many time USA Team Coach Maj. Sean Scully, USAF



Chuckie Dunbar winning his world title at the '84 IPF Worlds in Texas

When he is on, he is awesome. Besides, he's a great storyteller and he has lots of stories to tell. WE NEED TO GET HIM BACK WHERE HE BELONGS!

Dan Austin has won nine World Championships in ten trips, eight at 148 and one at 165. He is a class act, smooth. Doesn't let missed lifts or mistakes shake him. Clutch lifting? In Austria a few months ago he was one left away from bombing at

the only hard and fast rules. After that, it gets more subjective: coachability, team leadership, dominance, clutch lifting, overcoming adverse conditions, etc. This obviously reduces the field considerably, and admittedly, it leaves out a lot of great athletes. Sorry, my team, my rules. The 1st half of the team looks like this: 52 KG. - Chuck Dunbar, 56 KG. - Lamar Gant, 60 KG. - Lamar Gant, 67.5 KG. - Dan Austin, 75 KG. - Dave Ricks, 82.5 KG. - Gene Bell, 90 KG. - George

Hierrig. That was easy. Now for the hard part; explaining why I picked who I picked. Chuck Dunbar is the only American to win the Worlds at 52 KG, and he's a great guy - super easy to work with, and a real team player. But there's more to this story. Back in 1981, early in my short-lived powerlifting career, I lifted in a meet in Augusta, Georgia. I lifted as a light 220 pounder, 212 or so. I won my class with 490 - 400

-620. But the thing I'll never forget

the Worlds with his 3rd deadlift. His hand was bleeding from a nasty callus tear on his 2nd attempt, and he was recovering from a minor muscle tear in his upper back. A miss would mean a big goose egg for the US in an important class. Pulling the weight meant a sure gold. I held my breath. After the 3 big hugs and a kiss on the cheek. He was very happy to have another title under his belt, but he seemed to be surprised with my reaction. Like he was thinking, 'what's all the fuss, no big deal about pulling a winning deadlift,' not as if he hadn't done it before. I'd love to see Dan become only the 3rd powerlifter in history, the 1st above 132 pounds, to win ten Worlds; joining Lamar Gant and Hideaki Inaba. Why not in 1997?

Dave Ricks is a very strong man. He doesn't have great leverages, but he's mentally tough, disciplined, and just damn strong. There are a few other guys I could have picked in this class: Aubrey Alexander was a dominant, exciting lifter and remains a good friend. Ricky Crain is a multi-time World Champion whom many would probably pick as their All-Star 165 pounder. Gene Bell, and now Dan Austin have both won Gold in this bodyweight division. There are some very compelling reasons for picking Dave, however. Four straight trips to the Worlds (1991 - '94) earned four Gold Medals. He is an extremely friendly, honest and humble person. Very much a team player, helping out the other lifters at every opportunity - a superb ambassador of the US Navy and of US Powerlifting. Never touched a steroid in

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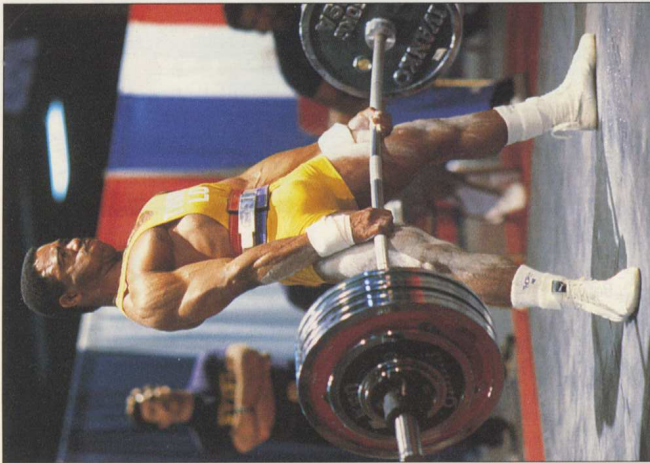
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Lamar Gant... "the most successful US World Champion, period, dot."



Dan Austin ... one strength coach who knows whereof he speaks!!!

his life, just steady hard work, with small but persistent increases in total. The performance that made Dave a lock for this team was executed at the 1994 Worlds in Johannesburg, South Africa. Dave's 1st three World trips had earned a gold, but he hadn't dominated the weights and his opponents as he would on this day. Three for three in the squat, finishing with a PR of 672. Two for three in the bench, missing his 2nd due to the new command rule. But he absolutely annihilated a 3rd attempt PR with 418 (429 would have gone easily). Three for three in the deadlift with another PR, 688, a lift that looked better than many openers. Have you ever seen a Dave Ricks PR? It can get pretty exciting. After a PR Dave likes to jump, and jump, and jump. He jumps pretty high too. No telling where he'll come down or when he'll stop. The kind of behavior that makes coaches age rapidly. This 1780 PR total was the 2nd highest ever achieved at 165 at the Worlds. The only higher total was accomplished prior to the introduction of doping control. If Dave and I had 4th and 5th attempts available to us at this meet ... who knows? HE WAS IN THE ZONE. Dave, please come back for number five.

1986 Junior World Champion Eric Ruble and there were also lifters who would become USA World Masters team members as well: Dusty Caldwell, Steve Murdoch, Junior Famausuli, etc. and others I'm probably forgetting. The point is that Gene was/is the Big Daddy of them all. I've only witnessed Gene being beat twice. In both cases, I will tell you with absolute certainty that the best lifter placed 2nd. This happened at the Worlds in Finland in 1985 and again, ironically, in Finland in 1995. At both meets had the coaches (myself included) put more faith in Gene's ability to deadlift, he would have come out on top. Never mind, Gene is currently the reigning World Champion for the umpteenth time. Life is good and things are as they should be. Two things I have to tell you about Gene that will help you understand why he was my 1st pick for this team. Determination. When Gene was a 165 pounder, if he was pulling on a max deadlift and it started to stall, usually about half way up, he would NOT allow the bar to descend. Instead, he would hold on to the bar until he passed out and fell backwards. Eventually, as his teammate and coach, I figured out when it was time to stand behind the platform, prepared to

run out and catch his head before it made contact with the floor. The next little vignette is an example of clutch lifting, determination, and handling an adverse situation all rolled into one. At the 1988 Senior National Championships in Las Vegas, fully half of the twelve 198ers had bombed in the squat, including Fred Hatfield. The remaining half dozen included Gene, Buddy Duke and Rick Gaugler. Buddy didn't have the squat and bench numbers to "hang" with Gene and Rick on that day, but the subtotals between Gaugler and Bell were tight. Gene had gone five for six and was sitting pretty good with 1218. Rick had gone three for six and was pressuring with 1190. Rick was figuring to pull 771 that day, which may have been tough for Gene to handle. What transpired instead will never be forgotten by those who watched and understood what actually happened. Let me drop back a bit. Before the meet Gene and I had discussed attempts, per usual. We had agreed that 672 would be a safe opener, and that 727 - 738 was probably the top end. Gene was the 2nd to the last deadlifter to open with what should have been 672. Buddy had just pulled 655. Somehow after Buddy's lift the spotter/loaders had managed to load the



FOUR for FOUR at the IPF Worlds... Cmdr Select David Ricks, USN

I try to check every weight myself. Gene's an all around athlete, too. He was a running back in college and has won a few racketball tournaments. At a fitness course several years ago, he broke a record for push-ups in two minutes, somewhere around 100. Very few powerlifters are that versatile. Gene's always been very generous with his time and knowledge in helping other lifters over the years. He's as well liked and admired overseas as he is here at home. Let's do it again in '97, Gene.

Picking George Herring may come as a surprise to some. Lots of other guys I could have put in this class, all of them superstars: Gene Bell, Ed Coan, Sly Anderson, Walter Thomas, Dennis Wright. I used to think of George as the enemy of the Seniors every year. Coaching the Armed Forces team meant that George was frequently a problem I had to try and overcome. On at least two occasions (89 & '90) I failed. In both instances, however, come November my feelings about Mr. Herring would change radically. On the way to Canada in 1989 remember thinking how I wished I had a different guy at 198. If I had coached

Robert Pittman better at the Seniors, if Gene Bell had not been injured, if... I wasn't looking forward to dealing with George. He had a reputation for squatting high, and I wasn't overly impressed with his squats at the Seniors in Las Vegas. Surprise, surprise! Not only was he a pleasure to work with, his performance was nearly perfect. He went eight for nine, missing his 3rd squat only because his suit exploded, causing a double hitch. His depth on all three lifts was more than adequate. In the eight successful attempts he earned 24 white lights - do the math! I was now a believer. In 1990, he would repeat at 198 with a six for eight day and a 77 pound margin of victory. But it was his 1991 performance that put him on my Dream Team. Sly and George had done a flip/flop in 1990, George beat Sly at the Seniors so we pushed Sly up to 220 for the Worlds. In 1991, the roles were reversed. George did not know that he was going to lift at the '91 Worlds in Sweden until about 6 weeks before the contest. Even then it was real shaky as to whether he would make the trip, he was having financial and personal problems that weren't making things very easy. George arrived in Sweden only hours before he would have to weigh in. He had been ill, and weighed in lighter than anyone else in the class, around 205 or so. It didn't matter, 27 white lights this time - nine for nine and a 3rd straight Gold medal. INCREDIBLE! Next month the big guys in "MY DREAM TEAM, PART II." Sean's email: 101261.621@compuserve.com (Editor's Note: Sean Scully has just been selected for promotion to Lt. Colonel!!!)



George Herring took h is first title in 1989 at the Worlds in Canada

Gentleman Gene Bell actually broke some of Mike Bridges' immortal records

done quite a bit of competitive lifting while stationed overseas, was quite comfortable with kilo plates, including the 50 and 25 KG variety. Most of us Americans weren't aware of it. So Mike, being a fair squatter/deadlifter himself, knew from experience what 672 looked like. He also knew what 738 looked like. Fortunately, Mike pointed out the mislead to the officials just prior to the weight change for Gaugler's opener with 733. When it was confirmed that Gene would get credit for the 738, I let out a world class "YEE HAW," and the rest of the military contingent cheered as well. I somehow knew at that moment that the class had been decided. Gaugler was not pleased with this situation. After the understandable delay, he went out and missed his 2nd and 3rd, but neither was successful. Imagine starting in the deadlift with a weight that felt 66 pounds heavier than expected. Thanks again Mike! Since that day

bar to 738. No one had caught the mislead before Gene took the attempt, and WHAT an attempt it was. Really hard and ugly, not what you expect on a Gene Bell opener. Gene looked down at the bar when he was finished as if to say "Man, that was heavy!" This was so uncharacteristic that I became a little nervous, although grateful for the 3 white lights. I walked behind the stage with Gene and we talked, both with a certain lack of confidence, about what to do next. I don't remember where that conversation had progressed to exactly when we both noticed a commotion from the platform. Earlier in the contest, Mike Barber, another Air Force lifter, had just missed winning the 181s by 5 KG, to Randy Smith in a class that included Sly Anderson, George Herring, Dan Gay and big puller Tom Eisenman. Ever the team player, Mike was back in the venue pulling for his buddy Gene, "against all enemies, foreign and domestic." Mike, hav-

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We receive many letters at Westside about training, including one sent by Eskil Thomasson from Sweden. He had been using our methods of training. He was somewhat confused, like many, but wanted to know more. It was obvious from his letter that he was using too much weight on the dynamic method day and going too light on the maximum effort day.

In the letter, Eskil said he was coming to the United States to visit us at Westside, and two days later he was here. We were going to the Greatest Bench in America in Texas, which John Inzer was organizing. In a few weeks, Eskil watched our lifters train and said no way was Kenny Patterson going to bench 700 by doing triples with 365.

Eskil went to Dallas with us, and to his amazement he saw Kenny bench press 712 at 275 and become the youngest at 22 to bench over 700. Eskil went back to Sweden, but said he would return permanently to train at Westside.

At 25 years old, Eskil made a 738 squat, but at 37 he found himself still at 738. When he returned to his home country, he started doing box squats, working up to 600 for his top sets, but he was still not progressing. Why? He had gone back to his old ways, training maximum heavy: 600 is 60% of 1000, not 738. On the maximum effort day he was not pushing for records but rather heavy 3's and 5's, and that is not what we advised.

Eskil eventually moved to Columbus to train on a full-time basis, and that is what this article is about.

In the first 12 weeks of training, he competed twice. In October 1996 he squatted 780, and in November in Chicago he hit 804, a 66 pound increase in 12 weeks after being stuck at 738 for 12 years. Here's how. First, we lowered his training weights to 370 for 12 sets of 2 reps with 45 seconds rest between sets. That's 50%, up to a max 10 sets of 2 reps with 440 (60%). Total volume with 440 (50%) = 8880. Total volume with 470 (60%) = 8800. We maintained volume very closely. The doubles with 440 were just as fast as those with 370.

After the meet, we raised his training weight, starting with a 50% base of 390 for 12 sets of 2 (total volume = 9300), jumping 2.5% a week until 10 sets of 2 at 470 (total

TRAINING

Kick Starting Your Squat

as told to POWERLIFTING USA by Louie Simmons



Chains have played a major role in Eskil Thomasson's recent progress. (courtesy of Lou)

increase to 804.

Eskil rotates good mornings, belt squats, and squats with the Mania Ray and Safety Squat Bar. A great deal of ab work is performed, mostly standing. Half of the ab work is done with a lat machine and half while leaning back (at a 30 degree angle) with a strap attached to the belt and then to a squat rack. I got this latter exercise from Dave Williams, head strength coach at Liberty University. Also, by hooking the strap to the back of the belt, Eskil does a special deadlift exercise that really hits the low back, glutes, and hamstrings.

On the max effort day, Eskil's favorite exercises are wide belt squats to a 10 inch box, bent over good mornings, and Safety Squat Bar squats on a variety of box heights. Reverse hypsers are done 4-6 times a week. His hamstrings are below par, so he does calf/ham/glute raises. Pull-throughs are performed as well, an exercise that requires one to pull a cable through the legs while facing away from a low-pulley machine.

Eskil said he was never very explosive, after we told him that he was slow off the box and did not explode when lifting a weight off the floor. We knew the problem—weak abs—but what was the answer?

While talking to a friend of mine from Washington, Warren Steward, I learned about a new version of the Zercher lift. It is performed by sitting on a bench holding a bar in the elbows, with the knees together. Take a full stomach of air, hold it, and round the back and bend over until the plates are as close as possible to the floor. This will build incredible strength in the abs as well as the lower back.

This is solving Eskil's ab problems. For every arched back exercise, you should do a bending over exercise. This will balance your overall strength. We are doing special work on Eskil's bench as well, but that's another story. Keep an eye out for him at the APF Nationals in June.

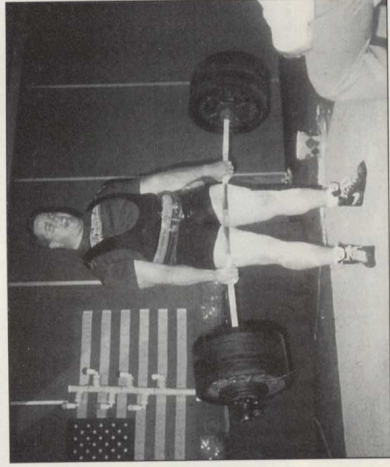
If your weakness is the abs and hips, plus not being very explosive, try some of these exercises that worked for Eskil and you may squat 804 or more, too.

WESTSIDE BARBELL
614-276-0923

WORKOUT of the Month

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

Ken Ufford Deadlift Routine



Ken Ufford first did a Deadlift Workout of the Month for us in the Sep/91 issue of FL USA. His program has evolved, with influence from Louie Simmons, and he has now broken the 800 lb. deadlift barrier

it hurts.
This is a twelve week cycle. You will deadlift two weeks in a row; and on the third week you will take a recovery week. It is called a recovery week because you will not do any deadlifts. You will, however, work your back very hard. It is important when performing the deadlifts to stop each rep on the floor when doing sets. This will make it a true deadlift. I have seen many people bounce a set of 5 and think they are going to max 80 lbs, only cheating yourself. It is also important to warm up; but do not over work yourself before you do your sets. The program is as follows:
WEEK 1: 5 - 135, 5 - 225, 3 - 315, 2 - 405, 1 - 450, 5 - 440, 4 - 440. Wear a belt only at 405 and above.
WEEK 2: 5 - 135, 5 - 225, 3 - 315, 2 - 365, 1 - 415, 5 - 460, 4 - 460.
WEEK 3: no deadlifts. Hang Clean - 5 sets of 3, Good Mornings - 5 sets of 5.
WEEK 4: 5 - 135, 5 - 225, 3 - 315, 2 - 405, 1 - 450, 5 - 470, 4 - 470
WEEK 5: 5 - 135, 5 - 225, 3 - 315, 2 - 405, 1 - 455, 5 - 490, 4 - 490.
WEEK 6: No deadlifts. Do the assistance work.
WEEK 7: 5 - 135, 5 - 225, 4 - 315, 3 - 405, 2 - 455, 4 - 5 - 5, 3 - 505. Wear your suit bottoms and belt above 405.
WEEK 8: 5 - 135, 5 - 225, 4 - 315, 3 - 405, 2 - 475, 4 - 520, 3 - 520.
WEEK 9: No deadlifts. Do the

This is a deadlift routine that is good for any lifter regardless of their lifting experience. It is going to be written for a lifter with a max deadlift of 575 lbs. who wants to achieve a max over 600 lbs. The most important thing to keep in mind about the deadlift is that it is the last lift in competition. This can become very important when trying to win or even place in a competition. I can not even remember the number of times that I have been able to move up or even win a competition because of the deadlift. This is why an entire day needs to be devoted to deadlifting when planning the training schedule. I am going to show you how I, finally, after 18 years of powerlifting, have been able to break the 800 lb. barrier three times in the last year. My last pull of 805 lbs. was a new KS, ADPPA state record.

First of all, you need to have at least one training partner who wants to deadlift. If you can not find this, motivate you. I am lucky to have two of the best training partners to train with in my gym/garage: Bob Pierce, a 275 lb. state record holder, and Bud Olsson, a national Masters contender who just pulled a 650. We constantly push each other and coach each other on form. You have to have someone who can be honest with you no matter how bad

Front Squats are Back!



With the Amazing New Front Squat Harness TM by PowerAtomic, (U.S. Patent 5,472,338) Finally, work your quadriceps muscles, getting the full benefit of a free weight front squat without straining to hold the bar. Add more weight, do more reps. Solid steel harness with welded steel pins fully support your weighted barbells in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too! Send check or money order for \$149.99 (for regular size) or \$189.99 (for extra large, 55 plus inch chest size only). Includes UPS shipping and handling. PowerAtomic, Inc., P.O. Box 271, Swampscott, MA 01907. Send or call for brochure at (617) 581-6929

If there is one thing that is consistently reinforced every time that Ralph and I host a powerlifting contest, it is that the lifters do not know, nor understand, the rules of the sport. I will go out on a limb and state that often, the better the lifter, the less he or she knows about the rules.

Someone in their first meet, or first few meets, is confused about the many rules that must be followed to lift successfully. They know the "basics", usually learned from one of the experienced competitors in their training venue. However, that lifter may not truly know the rules as they are written. At the rules briefing, a first time lifter will intentionally listen so that they can do everything correctly. If you watch the experienced competitors, they warm up or otherwise ignore the proceedings as they have listed so often in the past. Well, lifting often in the past is not enough for many to get through a meet without incident.

In our most recent contest, the APF New York State and Open Championships, with a bench press open meet included to accommodate the requests to reintroduce the APF to the New York area, we had great lifters and great lifting. However, we also had a number of comments more than usual, which indicated that lifters were ignorant of the rules. As much as anyone in the sport, I understand that the various organizations have different rules, but generally speaking, most are very similar if not the same.

Rules regarding attire, the use of a Monolift, and drug testing protocols differ noticeably, but the way in which the lifts are done within the major organizations, platform benches are similar. My wife Kathy, a very experienced competitor, official, and meet director said it best, "If they're going to lift in my meet, they need to read the rule book first". She has competed in the AAU, USPF, ADPPA, APF, IPA, and the new AAUPC, winning national championships and posting the first highest total in her class that could be possible as they were either "on the platform", "by the bar", "getting ready to start", or "in the middle of the lift". This point immediately after the meet highlighted her concern that even

More From Ken Leistner



Joey Almodovar prepares to lift at an Iron Island meet

our Iron Island lifters often do not take the time to truly understand the rules.

Here are some examples from this one meet: 1. An excellent and experienced lifter times out on a lift. His name was called a number of times, noting him as "fifth out", "fourth out", "in the hole", "on deck", "will be the lifter next", "will be the lifter", "the bar is being loaded for...", "we are almost ready to call...", "the bar is loaded and the lifter is...", "Yet Monolift, and drug testing protocols differ noticeably, but the way in which the lifts are done within the major organizations, platform benches are similar. My wife Kathy, a very experienced competitor, official, and meet director said it best, "If they're going to lift in my meet, they need to read the rule book first". She has competed in the AAU, USPF, ADPPA, APF, IPA, and the new AAUPC, winning national championships and posting the first highest total in her class that could be possible as they were either "on the platform", "by the bar", "getting ready to start", or "in the middle of the lift". This point immediately after the meet highlighted her concern that even

much time as you needed". Not one judge believes that the lift was

dropped before his or her signal was given to note the completion of the lift, then the lift is "no good". Let us not forget the rule in every organization which notes that in the deadlift, the bar must be returned to the platform "under control". Dropping the lift from the level of completion certainly does not demonstrate control on the return which in and of itself, would have negated the lift weight-in, that an opener is needed in each lift, but that can be changed. In the case of the APF, the rules for changing openers are clear and are clearly explained. These are repeated to the lifter.

The rules are repeated at the rules briefing. As the competition progresses, the lifter is irate that he cannot change his opener, three lifts before he is to be called to the bar.

6. A lifter is on the platform with plenty of time to make the lift. The time clock is in view of the lifter and the timekeeper, who is responsible only for keeping time, announces the time remaining for the commencement of the lift every ten seconds to twenty seconds and then backs off of the bar to adjust his wraps and belt and then have the rack height changed. He times out and does not understand that any rack change and adjustment of attire is on the lifter's time. Later he tells me, "I thought there was a time out if you did those things".

Any meet would run more smoothly, if the lifters and more cooperation if the lifters would take the time to read the rulebook. None of the organizations' rulebooks are expensive and they are readily available. The good lifters complain because they are good and don't think that the "little rules" apply or should apply to them. Lifters complain that at a local meet, they should not have to follow "all the rules, just the main ones" and then can't understand why they bomb out for the stupidest reasons when they lift at the next level or out of town. Lifters are given so many high squats, often because they are among the better or best lifters in their area, that they bitch loudly and think the judging is unfairly harsh and strict when they are required to squat within the rules of an organization, or actually complete a deadlift with an erect posture which includes locked knees.

I would think that for one's own protection and best effort, one would take the little bit of time it would take to read the rule book sanctioning the meet one is entering. Yet, after so many years, the observation remains the same, the lifters don't!

Dr. Ken Leistner

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PYRUVATE

as told by Randal Forehand, Ph.D.



Will Pyruvate help lifters like AAU Masters competitor, Homi Shivaite?

Who could have guessed when creatine burst onto the market what incredible responses it would elicit? Athletes from every sport stood in line to purchase this amazing new supplement. At the time it seemed to be the only supplement on the market to elicit drug-like results. (Except clenbuterol and cyclofenil which, of course, were drugs and were quickly removed from the market.) The performance and cosmetic benefits are as follows: increased strength, decreased body fat, increased endurance, increased lean muscle mass and improved pumps that added not only to the athlete's appearance but to his sense of security under the heavier iron. As the evidence, both clinical and anecdotal, from a number of athletes, mounted up I became quite intrigued with this new supplement. Still, I have to admit that I wasn't too anxious to see what else would be forthcoming. The possibility of another supplement fulfilling the promise of drug-like gains in performance seemed too good to be true.

Flash forward: the supplement pyruvate has been bouncing around the research literature for quite some time now. In fact, it's been around long enough that I began to doubt if it would ever come to fruition. The supplement itself is a salt engineered from pyruvic acid, the by-product of glucose metabolism. Pyruvic acid is inherently unstable and must be stabilized by combining it with either sodium, calcium, magnesium, or potassium. Once this process is complete, the substance pyruvate is formed. I believe this supplement will not only live up to its claims with real world results but may help transform the drug free athlete of tomorrow.

Like creatine, pyruvate is found in a variety of foods in small amounts. Strangely enough, dark beer and red wine contain small amounts (80 mg per 12 ounces and 75 mg per 6 ounces respectively) but the contents are low enough to be physiologically ineffective. So don't tell anyone I said that the six pack of dark beer you're drinking is part of your athletic supplementation program.

How does pyruvate enhance athletic performance? At this juncture it appears that pyruvate works through two main pathways. First, by improving the use of glucose from the bloodstream which increases available fuel. One study using a pyruvate mixture increases this process by almost threefold. This process also occurs when the subject is not exercising which leads to the second physiological benefit, much improved glycogen storage. So what we're seeing here are two related mechanisms by which pyru-

been shown to decrease cholesterol in subjects consuming a high fat diet and improves heart function. Some subjects even had a decrease in resting heart rate, which is amazing. Even more fascinating is some brand new data that suggests that it might increase insulin sensitivity. Insulin sensitivity has just recently come to the forefront as a crucial metabolic issue. The more sensitive your tissues are to insulin then the less insulin is needed to process the same amount of food. Lowered insulin levels lead to a leaner, more muscular physique. On the other hand, when insulin sensitivity is decreased, larger amounts of insulin are needed to process meals which leads to suppressed lipolysis (fat burning) and a wide range of physiological problems. Incidentally, as insulin sensitivity is increased, the absorption of creatine is enhanced even further. Not only does pyruvate improve performance and appearance, it improves health and gives you more bang for your creatine buck so to speak.

Now that we've covered how pyruvate improves creatine absorption, let's look at the means by which creatine supports pyruvate's actions. While creatine improves endurance by increasing the level of creatine phosphate, the body's secondary muscular fuel, pyruvate improves endurance by optimizing glucose extraction which involves the ATP system—the body's primary muscular fuel. By enhancing these substances in its program, the body's fuel supply is improved from both.

Another aspect to this supplement which I find fascinating is how it exerts its effects over such a wide span of different physiological mechanisms. And with the sudden onslaught of literature that's appearing on the subject, a whole new breed of uses may come to light. The dosages used in these studies have been anywhere from one to two grams to a hundred grams a day. Two grams daily has already been shown to lead to performance benefits in all the above areas, however, I like a five-gram daily dosage as the safety of the product has been pre-established and some very fascinating research literature on the subject suggests that the benefits are additive up to five grams daily.

With a solid base of science backing these two supplements, athletes can now step out and take more responsibility for their performance. Pyruvate is going to take its place alongside creatine monohydrate as the supplements that help lead athletes to new levels of achievement and performance in the twenty first century.

Already in separate studies it's

ENOUGH ALREADY

Constant Stream of New Products Leads to Frustration for Many!!

look, the more frustrated you get. But, just imagine what would happen if a "Super Supplement" came along. One so complete that it combined ALL of the latest and greatest nutritional supplements into one high potency, instant and delicious powder. Just one single product with everything in it. Would that not be terrific? Wouldn't it be the answer to your prayers? **You bet it would!**

Well, the good news is that the product is already here. It's called **HOT STUFF**, and it's the greatest bodybuilding product ever to hit the market. And, once you try it, this jam-packed, super powder is going to shock you into the next dimension.

Forget about trying a bottle of this and a bottle of that. Save your money. Get everything in one absolutely sensational product. You name it, and it's in **HOT STUFF**. Creatine, Vanadyl Sulfate, Whey Protein, Yohimbe, Colostrum, Ginseng, Sterols, Carnitine, Amino Acids, Oriental Herbs. As a matter of fact, there are over 55 nutritional factors in this fantastic formula. And better yet, it's anabolic, anti-catabolic and lipotropic all in one.

And does this stuff ever work! Add Hot Stuff to your training program for the next 30 days, and you will be truly amazed at the results!

So, what do you think? Does this all sound too good to be true? Do you still have some doubts? Then the only way we can convince you is for you to try just one can of **HOT STUFF** for yourself. Remember,

each glassful is the equivalent to taking over 55 pills. And, at \$29.95 for 1.43 pounds, there's not a better value on the market. It's sold at your local GNC, gyms and health stores everywhere. Check it out right now!

If it's not available in your area call us at: 1-800-537-7671 or write Hot Stuff Sports Supplements, 731 Kirkman Rd., Orlando, FL 32811.

NOTE: **HOT STUFF** is now available in easy-to-use capsule form. They're just \$19.95 for a bottle of 120. Try some today!

USA Powerlifting UPDATE

A number of the documents in this update have been provided through either Andrea Sortwell or Mike Overdeer of the ADFPA. Various communications from Mike are arranged along the lower part of following 3 pages, and the following notice from Don Haley, then President of the USPF, to his Executive Committee regarding the Plan for the Complete Liquidation of the USPF follows immediately:

NOTICE OF SPECIAL MEETING OF THE USPF EXECUTIVE COMMITTEE. TO ALL MEMBERS OF THE USPF EXECUTIVE COMMITTEE (2/17/1997) - According to Article IV of the USPF by-laws, the USPF Executive Committee will meet by conference call on Saturday, March 1, 1997 at 6:00 p.m. EST (3:00 p.m. PST). The purpose of the meeting is to consider the enclosed Plan of Complete Liquidation of the USPF. All advance comments should be directed to me, as President of the USPF, before March 1. Sincerely, Don Haley, President, USPF

PLAN OF COMPLETE LIQUIDATION OF UNITED STATES POWERLIFTING FEDERATION, INC. This Plan of Complete Liquidation (the "Plan") is to effect the complete liquidation of the United States Powerlifting Federation, Inc. ("USPF"). The majority of the USPF's Executive Committee Members believe the USPF is hopelessly in debt. The present USPF Executive Committee took over the

USPF's administration in July of 1996 without having any way of knowing the USPF's true financial condition. The USPF's books had not been audited in several years and the previous administration's financial disclosures were inaccurate and incomplete. Even now, the present administration does not know the complete financial condition of the USPF because the previous administration has not released all of the financial records despite numerous requests.

But the present administration has financial enough about the USPF's financial condition to convince a majority of the Executive Committee that it is advisable for the USPF to cease doing business at this time, to liquidate the assets now available, and to apply those assets to the outstanding debt. Shortly after the present administration took over in July, the IRS notified the USPF of a tax lien arising from previously delinquent withholding taxes. Additionally, other creditors have come forward claiming various debts totaling over \$20,000. The present administration has managed to repay the entire amount the IRS has claimed thus far. Some payments have been made to other creditors also, but existing liabilities still far exceed the USPF's financial records. Furthermore, since all of the USPF's financial records still are not available, the present administration cannot know what additional debts exist to creditors who have not yet come forward

U.S., and will hopefully generate a positive ripple effect across the world. As stated before, the motion had been developed over many months of dialogue/negotiation between the ADFPA, USPF and IPF; with officials of each organization agreeing that this would be the formula to accomplish unification of the three organizations.

Unfortunately, our brother organization, the USPF, declined to follow through with the unification plans at this time. We sincerely hope that with further consideration, the current USPF leadership will again join us in accomplishing this worthy goal. Nonetheless, the course has been set to bring powerlifting closer to Olympic Recognition, in recognizing the new name "USA Powerlifting", we must be sure that our members understand that the ADFPA, along with everything that has made it successful, has not gone away rather than we are entering into a new era for our sport with the goal of eventual Olympic recognition.

The poligraph will no longer be used as a form of drug testing. The



Some of the key figures in the ADFPA/USPF unification effort at the banquet following the IPF Men's World Championships in Salzburg, Austria, including: from left to right, Angie Overdeer, Fran Haley, and Andrea Sortwell, and among the men, Mike Overdeer, Graham Fong, Pete Alaniz, and Don Haley. Another significant participant was Stella Herrick, just out of camera view to the right.

USA Powerlifting/ADFP President's Message (3/8/97) - Andrea Sortwell, Graham Fong, Don Haley, Ray Benemerito - These are people who have sacrificed talents, time, money, political position and opportunity to compete at World Powerlifting Championships - All to support the unification of powerlifting. Passion only will drive people to sacrifice personal gain for a higher purpose of unification with pioneers like these.

For the record, it is important to note here that many hundreds of hours of meetings over the last year and 1/2 have been held, focusing on potential unification of the ADFPA and USPF. Beginning with the Presidency of Mike Overdeer working with Don Haley before Don's election to head the USPF, through formal meetings at the IPF Congress in Austria, to the Special NGB Meeting Called for March 1, 1997 - no stone was left unturned. Legal, technical and financial documents between each organization were examined and researched. Attorneys

since July. Therefore, the majority of the USPF's Executive Committee concludes that continuing the USPF's operation would work to the detriment to both the USPF's creditors and the USPF's membership. Even if the Executive Committee discards no additional debts, it is uncertain that continuing to operate would generate revenues sufficient to reduce existing debt. In fact, continued operation could generate additional expenses exceeding revenues. That would result in fewer USPF assets available in the future to apply toward all debts. In any event, the USPF does not have the financial capacity to provide its membership many of the services provided at times in the past, and that are provided now by competing powerlifting organizations. The overall situation has jeopardized the USPF's status as the International Powerlifting Federation's United States affiliate. The Executive Committee regrets this situation, but it must resolve as best it can the circumstances inherited from the past administration.

The USPF cannot formally dissolve because the USPF does not have assets sufficient to satisfy all its debts, liabilities, and obligations. Thus, the USPF's Executive Committee adopts this Plan, consisting of the following steps:

1. The USPF will not engage in any further business activities, except those appropriate to wind up and liquidate its business and affairs

the Olympic mold. We need to keep our doors open to those coming in from other P/L organizations who share this vision, and who will work together with us, side by side, to make it happen. We will face further challenges in strengthening our drug testing programs, developing youth programs, adapting for potential changes in personal equipment rules, etc. I am confident that we will rise to effectively meet these challenges.

The important thing, just for today, is to realize that we've taken a giant step forward. We have made a great commitment to the future of powerlifting. Sincerely, Michael W. Overdeer, USA Powerlifting/ADFP President

I spent this past week-end in Alexandria, Louisiana, helping with the High School National Championships. Duane Urbina did an outstanding job with this meet, hosting close to 300 of our nation's strongest High School lifters. What struck me most was the level of cooperation and camaraderie between the lifters, officials, coaches and parents. As you know, Louisiana has been a stronghold of the USPF and with the influx of an ADFPA National Championship field there, a healthy blending of people from both organizations put their best efforts forward to make this meet a great success. The spirit of cooperation was truly phenomenal, and I am proud to have been a part of it.

I do not believe that this spirit is entirely atypical. There are States in our great Country such as California, Nebraska, Georgia, Maryland, Indiana, Hawaii, etc. - where the leaders of both the ADFPA and USPF regularly cooperate in the scheduling and officiating of meets. I'm quite sure that there are more. This underscores our need to re-



"For Immediate Release." A historic announcement regarding the unification process occurred in Indianapolis, IN between the United States Powerlifting Federation and Natural Athlete Strength Association. Steering committees from both organizations were able to tentatively agree upon a unification process that will allow them to retain their individuality while forming the largest drug tested Powerlifting organization in America. This agreement was based on mutual cooperation and promotion of the sport of Powerlifting in the United States of America. This release was signed by Richard Peters, David Oylar and Gregory Van Hoose of NASA and David Jeffrey, Jan Shendow and Robert Keller of the USPF. For further information contact: Natural Athletes Strength Association. Last revised: March 23, 1997.

Above - USPF President Dave Jeffrey (left) shakes hands with NASA President Richard Peters, while Greg Van Hoose, Robert Keller, David Oylar, and Jan Shendow stand behind them. (Photograph of the signing ceremony provided by Lindell "Smitty" Smith)

solve the issues of unification, for the sake of the lifters we represent.

Since the late 1970's, I have competed and worked administratively in powerlifting within the AAAU (becoming the USPF), and later with the ADFPA. I still have many friends from those early days, and I value their friendship & commitment to the sport. I humbly believe that they feel the same way about me. I am very concerned that if we can't consummate this unification process, we will be headed down the road of antagonism as we approach the November IPF Congress. This is not a road that I have often travelled, and I have no relish for it. I much prefer that we cooperate together, bringing all the efforts for unification to fruition.

While the plan considered March 1 was the resulting best effort of the leaders of the USPF, ADFPA, and IPF up to that point in time, if you have a better alternative plan - please draft it and send it along for our Executive Committee to consider as a plan/idea. I look forward to hearing from you as we refocus the unification effort." Sincerely, Michael

including: (i) collecting its assets; (ii) disposing of its properties according to this Plan; (iii) applying available assets toward discharging its liabilities; and (iv) doing every other act necessary to wind up and liquidate the USPF's business and affairs.

The USPF Executive Committee will continue in office solely for performing these functions.

2. All the USPF's assets will be distributed as follows: (i) Each asset held upon a condition requiring return, transfer or conveyance if the USPF liquidates will be returned, transferred or conveyed according to those requirements. (ii) Each asset held subject to limitation permitting its use only for charitable, educational, eleemosynary, benevolent, educational or similar purposes, but held upon condition requiring return, transfer or conveyance upon liquidation will be transferred or conveyed to one or more domestic or foreign corporations, trusts, societies, or organizations engaged in activities substantially similar to the USPF. (iii) All other non-liquid assets having substantial value will be liquidated, and all liquid assets will be applied toward payment of all the USPF's liabilities and obligations. (iv) Remaining tangible and intangible assets - including with- out limitation rights to trade names, services marks, and the like (such as "USPF") - will be distributed according to the USPF By-laws, i.e., to one or more corporations, societies, or organizations to be selected

onships, and it takes much time to educate the people involved who want to make the best decisions. I believe it will be a very difficult, if not impossible, to unify if we wait until the NGB Meetings at our respective Men's National Championships. Elections will have been held, World qualifiers will have been established. The Name change will be old news and most importantly, the financial burden of serving all memberships sold by both organizations up to that point in time would be exorbitant. These are the concerns I share with you as we try to find a way to get back on track.

As stated earlier, although we have put our best efforts forward, none of us are perfect, and if you have a better plan - I believe we are "big enough" people to support a better idea. It is the future welfare of our athletes, and of the sport of powerlifting as a whole that are important. Our priorities must rest upon these. Please advise us of your plans/ideas. I look forward to hearing from you as we refocus the unification effort." Sincerely, Michael

given to women increased their Testosterone by 4 times their natural levels. Well, since I am so skeptical of new products promising great things, I talked one of my buddies into doing a little experiment. I had him go to a local medical lab in town and have his Testosterone tested. When he was done he took 100 mg. of Androstene 50 and then went back an hour later to have his tested again by the same medical lab. Guess what we found out. His blood levels of Testosterone jumped 160% above his normal level. Now I know that someone out there will read this and say, "That's not a valid test case, or experiment." or some other crap like that, but I say that anyone that can increase their Testosterone by 160% is doing something right. No matter how textbook the testing procedure is, when the papers come back and show that significant of an increase in Testosterone I'm impressed.

This is why Androstenedione is an almost perfect product for powerlifters. The surge in Testosterone is so quick that it can easily be taken 45 minutes before training and give one a more extreme workout and much greater strength. Anyone, Man or Woman, who is training for powerlifting or any other athletic event where an explosive charge is needed or extra-aggressiveness is desired needs to be taking ANDROSTENE 50 before they begin any workout.

The benefits are far reaching. Besides the increase in Testosterone, effects are often seen such as increased energy, enhanced recovery, mental alertness, lean muscle growth, and do not forget heightened sexual arousal and performance!

Why not take a shot, or as close to one as you can legally get, and take ANDROSTENE 50. It is legal to sell and consume and as far as we know, NO organization has yet to ban it, including the aforementioned Olympics.

"For a tremendous boost in TESTOSTERONE (double the present level), some have used 2 caps of OSMO's ANDROSTENE 50, the DIRECT precursor to TESTOSTERONE!!!"

Dan Duchaine - MM2K March 97 (pg. 52)

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The East German Secret!
ANDROSTENE 50

By Mitch Watkins

Once again I hope to be the bearer of great news to all of those interested in gaining that extra edge over their competition. There is a new kid on the block and he goes by the name ANDROSTENEDIONE.

It seems that since the Dietary Supplement Health and Education Act of 1992 was enacted, people are realizing the potential for gaining access to natural substances such as DHEA, Melatonin, Pregnenalone, and now Androstenedione. What makes this so great is that for the first time we, the consumers, can get hold of powerful hormone based products that are relatively safe and are definitely effective at not only gaining longevity but also giving us that performance boost that we all have been looking for. So here is the real deal regarding Androstenedione and it's effective use among powerlifters especially.

Androstenedione was first used by East German Olympic Athletes in competition for the Olympic games. The effectiveness, although it should be obvious (They wouldn't use it at that level if it didn't work.), was dramatic. I've read one commentary that compares it's effect to a "volcanic eruption." Now everyone I know of that has tried Androstenedione so far, has received this same jolt during their workouts. Not a heart-pounding, head-spinning, dancing on my tippy toes feeling but a jolt of Testosterone making you want to charge into battle and brutally defeat your adversary. So how does this stuff work?

Androstenedione, as we have already discussed, is a naturally produced hormone in the body. It's position is somewhere between DHEA and Testosterone - being closer to Testosterone than to DHEA. Once Androstenedione is consumed it reaches the liver where it a necessary enzyme converts it directly to Testosterone. The advantage to this conversion is that the Testosterone increase is large and comes quickly.

Under the German Patent #DE 42 14953 A1, oral supplementation of 50 mg. and 100 mg. of Androstenedione given to men showed increases in Testosterone levels by 140% to 183% and 211% to 237%. Another study showed that 100 mg. of Androstenedione

common sense and an appreciation of your responsibility to your lifters and to powerlifting will prevail. If not the IPF will again have to adjudicate on what are essentially internal matters and you will be exposing your lifters to the risks of an international lottery. As their elected representatives do you have this right? **Grahame Fong, IPF PRESIDENT**

NOTICE OF SPECIAL MEETING

Special Meeting of the International Powerlifting Federation called at the request of the president, Grahame Fong, exercising his prerogative under Section 505.2 Article V of the constitution of the IPF.

The date and venue of the meeting is: 7pm Wednesday 18 June 1997 at the Sea Point Civic Centre, Cape Town, South Africa.

This is the venue for the Women's World Championships and the meeting will be held in conjunction with the technical meeting.

The meeting is called to specifically discuss and vote on the following motion:

"That the executive of the International Powerlifting Federation be authorized to consider the application for membership from the USA Powerlifting (previously the ADPPA) and to make any binding decision based on its considerations".

(article continued on page 83)

observer would agree that prevailing circumstances are anything but normal. Any further delays in resolving the competing interests will only exacerbate the situation as there will undoubtedly be continuing speculation, debate and confrontation, and unsettling uncertainty.

To mitigate the potential of greater damage to the powerlifting essential that the current unacceptable situation be speedily resolved. I am, therefore, exercising my prerogative, as IPF President, to call a special meeting of the IPF. This meeting has been called for Friday 18 June 1997 to be held at the same time and venue as the Women's World Championships in Capetown. Notice of the meeting is enclosed.

There is still approximately two months to the scheduled date of the meeting which is ample time for you to reach agreement if you sincerely believe in unification. I urge you to renew your efforts as it is the lifters - our most important asset - who are suffering.

The IPF has for some years suffered the many problems created by the USA and there are many who will not longer tolerate further ructions. Please bear this in mind if you are even remotely inclined to further test the limits of the IPF's patience.

If you can reach agreement no later than 31 May 1997 the notice will be withdrawn. The ball is now fully in your court and I hope that

plan drafted between our three entities. I have held this union of minds in the highest of regard, and have been deeply impressed with the integrity of the people involved - you, Don Halesy, Pete Abantz, Andrea, John Moody, the Members of the IPF Executive, the delegates I met at the IPF Congress who quietly enforced my faith in the future of our sport. I am panged that we were not more accurately depicted in Mr. Lambert's article."

FROM MIKE OVERDEER to DAVID JEFFREY (4/3/97)

"We have received a group of documents from the American Arbitration Association, Inc., via Dr. Daniel Wagman which we understand has also been sent to you. This association has an excellent reputation for its success in the fields of mediation and binding arbitration.

We continue in our commitment to consummating the unification process between our two organizations. While we respectfully acknowledge the discussion you have tendered toward exploring an 'umbrella' cor-

called to delegate a specific authority to the IPF executive and not to adjudicate on the application from USA Powerlifting. I consider it imperative that you have representatives in South Africa and I, therefore, formally invite you to attend the meeting - at which you will be accorded speaking, but not voting rights.

If you are unable to attend please endeavour to send another senior official from USA Powerlifting."

Yours sincerely, **Grahame Fong, IPF President**

To, the President and Executive, United States Powerlifting Federation and The President and Executive USA Powerlifting

I have been increasingly concerned at developments in the USA. Unification talks have stalled, there appears to be a climate of misinformation, inaccurate reporting and uncertainty amongst lifters and officials. This is unsettling for all concerned and undermining the foundation and credibility of our sport.

My hopes that issues could be resolved between the USPF and USA Powerlifting without intervention from the IPF have sadly not been realized.

USA Powerlifting has now challenged the USPF's status as the official IPF membership by lodging a formal application for recognition by the IPF. Under normal circumstances this would be considered by Congress in November. However, even the most casual

by the Executive Committee, which engage in activities similar to those of the USPF and which are qualified for exemption from federal income taxes as organizations described in IRS 501(c)(4) (1986), or the corresponding provision of any future act.

3. The USPF officers will carry out the Plan, and the Executive Committee has the power to adopt all resolutions, execute all documents and file all papers, and take all other actions it deems necessary or desirable to effect the complete liquidation of the USPF's business, assets and affairs.

4. Upon its adoption the USPF President will submit the Plan to Powerlifting USA for general publication, and will send a copy to each of the USPF's known creditors.

From IPF President Grahame Fong: (4/7/97)

the following three messages: To Mike Overdeer, Thave called a special meeting of the IPF, the notice of which is submitted for your information.

You will note from the notice that I am proposing that the IPF executive be mandated to consider and decide on the application for IPF affiliation from USA Powerlifting. You are specifically directed to Article V Item 505.2 of the IPF Constitution which specifies that a special meeting can consider specific matters except constitution amendments.

Although the meeting has been

W. Overdeer, USA Powerlifting/ADPPA President

Except of a 27 Mar 97 FAX from USA Powerlifting/ADPPA President Michael W. Overdeer

"I have just read an article in the new Powerlifting USA which was faxed to me, as I haven't received it yet. Mike Lambert reports, second hand, on the unification process. It is most regrettable that he leaves out the truths and terms hammered out between the leaders of ADPPA, USPF, and IPF, acting as a group, and infers that somehow the 'five points' we all drafted were totally unwitting USPF Executive. As we all know, the reality is that the ADPPA always came to the table under the wings of the USPF and under the auspices of the IPF. We have nearly wrecked our current international affiliation, changed our name, approved thousands of donations of funding, spent thousands in travel & legal fees - all to accommodate & honor the original unification

POWERLIFTING at the 1997 ARNOLD SCHWARZENEGGER CLASSIC by Peter Thorne

Below... Anthony Clark driving up 800 lbs. in the bench at the Arnold Classic. (Eugene Davis)



booth were he stayed busy signing pictures and posters and posing for photographs right up to lifting time. There was distraction in the Clark camp on Friday night. Giving in to this distraction, Anthony decided to change his opener to 785 pounds. It was very late into the night and several meetings before his handlers convinced him to open with 800 pounds. There was a lot of concern for Anthony's focus for his lifting due to the personal distraction and his hectic schedule. Anthony Clark weighed in at 355 lbs. narrowly missed his 800 lb. opener. Anthony took the 800 again on his second lift. He battled the weight up

triple bodyweight. On his second attempt the seemingly unstoppable Waterman smoked 600 lbs. for the appreciative crowd. Dave gave a big try at 610 lbs. for his third lift and three red lights were the result. Dave's performance was the great reward for exciting lifting and four WPC world record lifts. The audience was introduced to a real power package in the form of the 181 pound Dave Waterman. Dave looked like he was competing in the bodybuilding portion of the event. At 181 straddled pounds Waterman blasted up his opener of 570 lbs., a world record and 23 pounds over

FROM GARRY BENFORD: I have just finished reading Dan Wagman's comments regarding the Arnold Schwarzenegger Bench Classic. Mr. Wagman's comments are reflective of a lack of knowledge regarding the rules of the APF/WPC, which by the way sir, sanctioned the event.

The APF permits, and rightly so the following: 1) optional foot placement on platform, i.e. your feet do not have to be flat, however cannot move; 2) optional head placement on the bench, i.e., your head does not need to stay in contact with the bench; 3) Denim or Double Denim Bench Shirts: optional in veltro backing to allow a lifter's torso to relax between attempts.

There has been discussion regarding Anthony Clark's 800 Bench Press. However, your comments in general were defamatory and have offended many, myself included. You did take the time to come over to me, introduce yourself and mention the pleasure of our meeting in person.

You have done a great disservice to David Waterman. His first two world record lifts were flawless. Jerry O'Bradovich's Junior World Record was also exemplary. As I briefly stated, "This was a terrific event" Perhaps your abilities to service our sport can best be utilized in the future by having a grasp on rules federations utilize and on promotion in general, not yellow journalism. Garry/Benford

FROM DAN WAGMAN: "Dear Mike: Thank you for the opportunity to set things straight regarding my observations of the World Bench Press Challenge, held March 1, 1997. Please print the following:

Regarding my letter about what transpired at the World Bench Press Challenge, I need to make it absolutely clear that the views expressed do not in any way represent those of Muscle & Fitness, Weider Publications, or any of the staff. In fact, it was not my intention to have my letter signed with my magazine association. This was simply an error that occurred somewhere in the printing process. I also did not provide the title for the reports on that page, hence any reflection upon The Arnold Fitness Weekend was not intended. If there are any comments or questions, please direct them to me. Dan Wagman, Ph.D., C.S.C.S.



Dave Waterman working on 600 in the 181 lb. class at the Arnold Classic (photo courtesy Tony Marino)

and was rewarded by two white lights. Anthony who is always a favorite of the crowd got a tremendous ovation for the lift. There was controversy about the lift (POWER

HOTLINE, March 17) and further mention in the April PL USA. However Ernie Frantz supported the decision of his experienced judges and the lift stands as an official WPC

for the WPC. Anthony has his sights on an 800 plus bench at the APF Senior Nationals in May.

At 22 years old, big Jerry O'Bradovich Jr. weighed in at 287 pounds and benched 640 pounds for a new WPC Junior world record.

Seven top lifters from a variety of weight classes gave the audience an hour of exciting bench pressing. At 148 lbs. IPF world champion Marcus Schick had a rough time in Columbus. After his flight from Germany Marcus had to sweat off some weight. The 22 year old Schick, a banker from Germany, missed 465, 475 and 485 and was the only lifter to bomb. Frank Piramer also made the trip from Germany. Frank, a three time IPF world Champion and professional German strongman, weighed in at 220 pounds. Frank opened with a strong 630 pounds then stalled on two tries at 665 pounds. George Habbert from the West Side Barbell Club weighed in at 242 pounds. George opened with 610 and then made 650 before missing at 685 pounds. There was no shortage of attractive ladies in Columbus that weekend. J.M. Blakley found two exceptional looking beauties to help his lifting.

To the delight of the crowd J.M. was assisted on stage by his two gorgeous attendants. The beauties did not distract J.M. from what he

LETTER FROM THE APF PRESIDENT: I don't usually respond to debates on matters that I feel are petty overpowerlifting, but the article by Dan Wagman got my attention. I'm not sure if I know this Dan Wagman or not. I may have met him once in Texas. I might be mistaken but I thought he lifted there. If he did, he should know the rules of the APF, and even if he didn't know our rules, he should check them before he voices his opinion and hurts a lot of lifters, meet directors and the organization.

I don't know what his Ph.D. is for, but it is sure not for common sense. First of all, our rules allow a person to have his feet up, as long as the toes are in contact with the platform and they stay in the same position. Second, we allow the lifter to raise his or her head during the bench press, but not his butt off the bench. We also allow veltro on the bench shirt, it does not help the lift. It just makes it easier to get on and off. Some of my teammates don't even lock the veltro together while they are lifting, because the back means nothing.

If a person has any feeling for the lifter and for the future of powerlifting, he would do his best, especially in the capacity of this Dan Wagman as a writer to praise the big show that was promoted, the large audience, the dedication from the meet director, and high performance or show that the lifter did, and all the work that goes into putting on something like this, with little return - just to make our sport a little better, especially in the eyes of our new and upcoming lifters and their parents. It doesn't matter what organization that is running these shows, let's praise what we can with this sport, instead of running our new lifters off from powerlifting. We should be encouraging our high schools and colleges to get into this sport, for we are the backbone of all the other sports, with little recognition.

I have met the new I.P.F. President, Grahame Fong and I feel he is a good man, and trying to go in the right direction for unity. It is too bad that the U.S.P.F. doesn't realize this. The A.D.F.P.A. did their best to do the right thing, but one person in the U.S.P.F. took over and threw a wrench in the whole thing.

The A.P.F., with our new amateur and professional side of powerlifting, is always ready to work together to unify powerlifting. We feel we need the strict testing amateur side of powerlifting, as well as the professional side of powerlifting, working together hand in hand in unity. And in the world we only need these sides to succeed for powerlifting.

As my years draw closer to retiring, I would like to see powerlifting become one of the major sports in high schools and also in the outside professional side, with major sponsors and also more TV coverage.

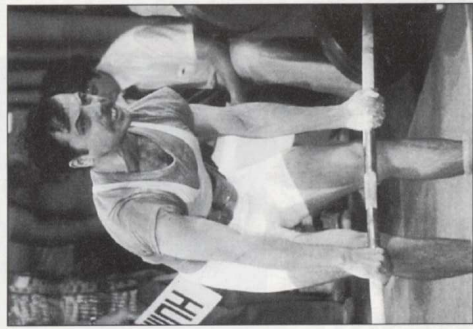
People like Dan Wagman and Dave Jeffrey that are looking for power and recognition are going about it the wrong way, and will only hurt our sport. **MUSCLE & FITNESS** should be ashamed to have you write for them Dan, and Dave, I hope you see the good in President Grahame Fong, and go along with him.

I want to thank all lifters, all meet directors, all loaders and spotters in all organizations for their work and dedication to the sport of powerlifting. Keep up the positive good work. **Ernie Frantz**

IMPORTANT NOTICE: Change of Venue - The Master - Submaster - Teenage & Junior? Nationals and the Senior National Qualifier - Special World Series II - Fire & Police & Open Bench Meet has changed location from the Hollywood Casino North Island Center to the Rush-Copley Healthplex. I apologize for any inconvenience this causes. Free transportation from the hotels to the meet site will be provided by the City of Aurora. Again, my apologies. **Ernie Frantz, APF President**

THE FIFTEENTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



One Tough Bantamweight - Robert Lech (PA)

The 15th Seniors returned after 9 yrs. to the baking South (70 was New Orleans). This time Bay St. Louis (MS) hosted. It was a mixture of HOSPITALITY and HOSTILITY. St. Stanislaus H.S. was a FURNACE OF FIRE & BURNING DESIRES. NIFTY LIFTING (10 W/R) - BAR SLIPPING, RIPPING - HEAVY BOMBS (17) & SWEATY PALMS. A SWEATERING, HELTER - SKELTERING boiler room with JEERS, CHEERS and even TEARS. Ninety plus degree heat & humidity w/no A.C. (only the strongest, luckiest or smartest) survived. 1st day little handing on bar - slipped! 2nd day new bar - too DARN COARSE! - HANDS TORE (OF COURSE)! Hotel A.C. broke down, lifters slept in hall. Everyone's disadvantage became the ultimate test of fortitude!

114 LB. CLASS - WITHOUT LUMBARS: Flyweight line-up: Doug Heath, 23, (OH) newcomer to the Senior National scene; Spunky Joe Steinfield, 25, (NY) had just won Jr. Nats. in LA, defending champ. John Redding, 35, from (MA) wanted his 3rd win. John resumed his rivalry with '77 champ Chucky Dunbar, 23, 46" (WV) John was HIGH with his 424 SQ TRESS; zeroed - a replay of his '77 failure. HEATH lifted the LEAST - 914 TOT; Doug had the highest DL in class. He prayed for 429 to gain 2nd, and took home the bronze. Steinfield nacked on 22 more from his Nats. TOT - 2nd @ 970. DUNBAR was now USA's premier LITTLE BIG MAN. In May at HPC he set a World's 479 SQ, 297 BP going against World Champion Inaba (JPN). Behind by 60, the THE MAN FROM NIPPON - KEPT ON - 60! WON by the same amount - 60! Chucky upped his pet lifts here - stroking W/R's of a 485 SQ and 303 BP! Small hands, poor DL levers left DUNBAR'S LUMBARS dormant - he got a 363 pull - 1151 total and WON! Chuck got his first taste of the World's in Dayton. His MINIATURE ADVENTURE: 2nd to Inaba w/1146. The JPN athlete won his 9th World title consecutively with W/R's of 496 DL - 1245 TOT.

123 LB. CLASS - YES! LECH IS BEST - Defending 123 Srs. champ, Gant, 22, made wt., but wasn't allowed to lift, they said he hadn't made a qualifying total @ 123 during previous year. A midgety TECHNICALITY - his MAJADY! RULES can be CRUEL. He went to

a higher category. I'll explain later. The 74 - 114 champ, Roger Hopkins of Birmingham, AL, was rishched for time and lost all SQ tries @ 402 - gone! This left two: Robert Lech, (PA) 3 times a runner-up and 3rd last year. He hoped his 5th Srs. would be his Midas touch! Ernesto Milian, the feisty Floridian, had the same thoughts! Ernie, tall and gangly, had dogged determination. He SQ'd 462, BP'd him by 22 after 462 SQ, 570 BP. Bob topped off a 512 and had 1245. Milian, in his appearance misleading, pulled his guts out on a 523 - yes! With one try left to win, he tried 540 futilely. Milian was 2nd - 1224 w/ 10 x bot. total! Lech hopped for a team berth to Worlds - didn't get it. Persnickety, discriminating, but not idiotic, the Selection Committee gave Gant the team slot @ 123. At the 1989 Worlds it was one of P/L history's greatest battles. Charming and ageless (43), Precious McKenzie was on a roll. Sans kneecaps or supersuit, he set a WR SQ in Hawaii (507) and broke Mike Cross' '74 - 549.5 W/R DL (551-4th), and set WR TOT - 1339. Gant blew this DL record away (by 66 lbs.) with an incredible 617. Both men did 1344 for a W/R TOT. Lamar emerged victorious - lighter man, I witnessed a marvelous moment in history!

132 LB. CLASS - HUMMEL'S RUMBLE! - Reigning champ Gant's vacancy in this class along with Bradley's premature exit was a stroke of fortune for George Hummel. Highly regarded Joe Bradley (MI) was a Halffield-like squatter. His failure to register his big 518 on the scoreboard was due to first time Srs. jitters. He blew away his opener - high; shuffled left nullified his 2nd. His 3rd was easy, but a tad shy. He had a year to regroup. Someone talked Gant into going 148. It was obviously NOT to ENHANCE GANT'S CHANCES. Lamar intimidated by Bradley? Get serious - 1129 wasn't CLOSE to the others - 1129 - 4th. Ray Verdonck - 1st Srs. - missed 3rds - got a taste of big time! Got 3rd w/1223. LEROY MABIE hoped he would BE THE BOY (MAYBE)! He and HUMMEL RUMBLE! George jumped into the lead. 451 to 435 SQ. Both men equal BP'd 325. George took a 16 lead into DL. He out - tugged his rival

came to do. He opened with 620 lbs. followed by 660 lbs. and again a strong 675 pound bench. His fourth attempt was a miss at 705 pounds. Mark Swaiting and David Barnes at 330 pounds each are the current double-deadlift champions. Ed Coan offered his services and assisted them in their first Arnold Classic

demonstration. These two big guys will defend their title next year. They are a great match and they will be training hard this year, looking to keep their double deadlift championship. This is a pair that will be hard to beat. The Double Tree Hotel, the official hotel, and the venue was a veritable sea of bulging biceps and

FROM TONY MARINO: I am writing today in reference to some comments made by Dan Wagman PHD in the Powerlifting USA in which he claims that the bench press contest at the Arnold Classic was a sloppy meet, with all lifts being white lighted unless the lifter could not move the weight off their chests. It also went on to say that Dave Waterman (181 lb. World Record Holder and Pound for Pound the single best bench presser in the history of the sport) was sloppy. Well, I was at the meet, from beginning to end, along with thousands of other people who saw something completely different. This show as a great event with the best benchers in the world competing. If Dan thought the show wasn't run well then that is his opinion, but if he thought Dave Waterman's lifts were sloppy then he was sadly mistaken. I would even have to question whether he was actually present for this event. With four video tapes and hundreds of pictures to show the truth and that being that Dave's lifts were flawless as usual. Dave used perfect biomechanics and we are thankful to have this proof as a person's picture can be impaired and see things mistakenly while the vision don't lie. Not only did Dave break a world record but Mr. Wagman now has the distinct honor of being the first and only person to say anything negative about Dave Waterman and his lifts. Your opinion will stand alone, as many as 50 phone calls have come in stating the opposite. They all have nothing but praise for Dave stating such things as "who is this guy Dan, he couldn't possibly have been present at the meet, and why would he make up something like that?" Waterman sloppy, keep telling yourself that because so far you're the only one who believes it. Louie Simmons, Ed Coan, Jamie Harris and other great names in Powerlifting were also present and had nothing but praise for Dave's performance stating such things as "Dave is unbelievable and he is very legit, the real thing, etc."

What about the comments Dan made such as "most disgusting display", "demeaning circus", and "a complete and utter joke"? This was the guy chosen to cover the Arnold Classic, again I question whether he was present for the entire show. This was a well run meet, aside from the error in judgment in the call on Mr. Clark's lift, with some great lifters and great lifts! The show was entertaining and drew the largest crowd out of all the events of the three day Fitness Expo and Competitions! I think these were poor choices in words for description of a great event, is someone grinding an Axe????

As for any comments made about Anthony Clark's lift, yes, plain and simple, he did not make the lift. It is right on video tape in plain sight for anyone to view. It isn't the fact that Dave was beat by Anthony. If the lift was good then fairly he won and we would have taken a second place graciously but to lose unfairly is not right. By rights Dave was the real winner at the Arnold Classic and there isn't anything that will change our opinion on that. This isn't a dig at Anthony because the judges gave him the lift. We give him all the credit in the world because 800 lbs. would have put just about anybody through the floor and to even get it off your chest is amazing. And he almost got it, that is great.

Maybe next year, Mr. Wagman will introduce himself to us as we understand he was standing right in front of us. An additional word about the meet, Louie Simmons had some truly awesome lifters there (J.M. Blakely and the boys). Unfortunately, one bad call by the judges hardly ruins the whole meet. Tony Marino

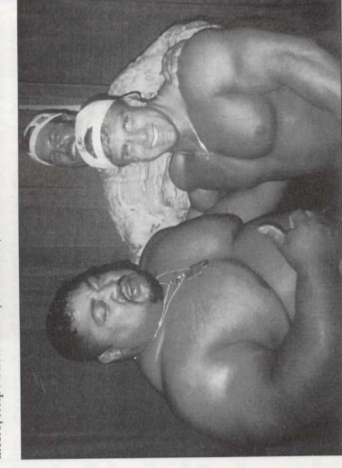


The Double Deadlifters... Mark Swaiting and Ed Coan. (photo provided courtesy of Peter Thorne)

spots and loads. It is dedicated people like Gary Benford and Louie Simmons who with a helpful and positive attitude make our sport grow. There are people who describe powerlifting as a sport without spectator appeal. Some are constant in their negative portrayal of the sport. This becomes a self-fulfilling prophecy. It is an event such as the Schwarzenegger Classic that exposes powerlifting in a positive way to large crowds in an exciting format. Powerlifting is a spectator sport worthy of being put on display. A positive representation such as the Arnold Classic will bring audiences to powerlifting. That can lead to the sponsorship and media attention the sport needs. The ultimate future of the sport of powerlifting will reflect the attitude and beliefs of powerlifting's spokespersons and leaders.

If you want to see exciting powerlifting in front of a jam packed appreciative crowd come to Columbus Ohio next year, or in the event Louie Schwarzenegger event Louie Simmons coaches his lifters, helps other lifters, hands off. Whenever I see Louie Simmons President of the West Side Barbell Club, at a powerlifting event he is there to help in any way he can. Whether it is a John Inzer production or an Arnold Schwarzenegger event Louie Simmons coaches his lifters, helps other lifters, hands off.

Peter Thorne



MUSCLE MASS!! Anthony Clark weighted almost twice as much as Dave Waterman. Will they compete together again? (courtesy Thorne)

with a W/R 644 DL. His FINAL GESTURE was with his SPINAL ERECTOR. Not this time. Don Jones, Broken Arrow, OK, last had lifted in 66 Srs. He had a big 1460 qualifying TOT. Don missed key lifts: 573 SQ and 292 BP tries. Jones still made a do on the 606 3rd DL to eclipse Facteau. DON GOT BRONZE. The matchup between Clyde Wright, of MD, and Jim Rush, SD, was a Mexican standoff! A contrast of appearance: Rush was tall and lean; Wright was short and burly. Wright was stronger, but less accurate; Rush was more precise, focused and determined. Wright's mighty engine spluttered through for a 3/9 attempt a day. Clyde pulled 578 and had 1466. Jim had last minute RUSH to JUDGE. LAMENT and yanked up 595 to tie Wright. He had been too close to the forest to see the trees. He should have taken 600. An experience on the platform of life! Wright made the same mistake Cross (123) had made in the '65 Srs! WRIGHT won the FIGHT but because he was LIGHT (er)!

165 LB. CLASS - QUITE PRODIGIOUS - MIKE BRIDGES! - Rick Gaugler, the defending champ, had hurt his back at work. His competitor outweighed his better judge-ment, he wouldn't waive his title - never ducked anyone - ever! Rick came to try. Even healthy, Gaugler would have faced the IMPOSSIBLE OBSTACLE - Mike Bridges. The '78 148 champ moved up a class, staggered our imagination, and came in with the W/R total already his - 1719! Another shining eminary, Ricky Crain, was in top form. He'd butt heads with anyone. Even double teamed by two Ricks, it was futile. Gaugler and Crain were nearly equal to Mike in one or two lifts, but not overall (for so everyone thought!) The titanic trio had a most impressive supporting cast. These private battles between the metallists were both savage and dramatic. Recognized as a two sport Iron Game superman today, Steve Baldwin SQ'd 551 before the heat got to him - he dropped out. Zielinski (IL) a big squatter, got no DL - another casualty. After Miller Elliott claimed 8th (1455), the others went after each other. Bob Jesurun (does he really resemble Dennis Wright?) pulled 600 for 1510. Then Lloyd Wahunt did 611 to go around W/R 1521. Jim Rouse unloah'd a W/R 440 BP mouth 5th - 1526. Always expect the unexpected from Joe Spack - a surplus of P/R's this day. His finishing touch was a huge

first Seniors by 33. Mable had 1284 - 2nd. He got a silver in '75. Leroy was a veteran competitor with heart. The new champ Hummel might have given the eventual Worlds winner, Pengelly (GBR), a run for his money. Unfortunately, like Lech, he did not get his golden opportunity! **148 LB. CLASS - PRIDE AND MIGHT!** - CLYDE WRIGHT! - A richly talented "bunch" they were. Probable favorite was Juniors champ Paul Stuphin (WV). HE KNEW HOW, but couldn't make wt. - THREW IN THE TOWEL. Now in his FORTIES, he still THRIVES and SURVIVES even though his moment of glory WAS DENIED. Troy Hicks was HEFTY and GAME - hurt, he got zero in BP so his big DEADLIFT never CAME. Danny Thompson, another SOUTHERN BOY, was a PROMISING MAN. His DL, like a RUBBER TOY, slipped FROM HIS HANDS! Among the finishers were Mike Joiner who had a fine 551 DL - 1267 & 8th. A big gap then came with CA's Roger Wright. His SQ and DL counter balanced - 1333 - 7th. The 77 132 Srs. champ Phil Trujillo had the class high BP - 369 - but lacked the firepower in the big lifts. Adapting to his bot. - strength forthcoming - 1361 - 6th. The lightest lightweight ever (133) was Lamar Gant. Outmatched by bigger men, he still made his presence known and pulled 600 - 1377 for 5th place. He tried to leapfrog Facteau (1394 - 4th) and Don Jones (1399 for 3rd)

higher category. I'll explain later. The 74 - 114 champ, Roger Hopkins of Birmingham, AL, was rishched for time and lost all SQ tries @ 402 - gone! This left two: Robert Lech, (PA) 3 times a runner-up and 3rd last year. He hoped his 5th Srs. would be his Midas touch! Ernesto Milian, the feisty Floridian, had the same thoughts! Ernie, tall and gangly, had dogged determination. He SQ'd 462, BP'd him by 22 after 462 SQ, 570 BP. Bob topped off a 512 and had 1245. Milian, in his appearance misleading, pulled his guts out on a 523 - yes! With one try left to win, he tried 540 futilely. Milian was 2nd - 1224 w/ 10 x bot. total! Lech hopped for a team berth to Worlds - didn't get it. Persnickety, discriminating, but not idiotic, the Selection Committee gave Gant the team slot @ 123. At the 1989 Worlds it was one of P/L history's greatest battles. Charming and ageless (43), Precious McKenzie was on a roll. Sans kneecaps or supersuit, he set a WR SQ in Hawaii (507) and broke Mike Cross' '74 - 549.5 W/R DL (551-4th), and set WR TOT - 1339. Gant blew this DL record away (by 66 lbs.) with an incredible 617. Both men did 1344 for a W/R TOT. Lamar emerged victorious - lighter man, I witnessed a marvelous moment in history!

132 LB. CLASS - HUMMEL'S RUMBLE! - Reigning champ Gant's vacancy in this class along with Bradley's premature exit was a stroke of fortune for George Hummel. Highly regarded Joe Bradley (MI) was a Halffield-like squatter. His failure to register his big 518 on the scoreboard was due to first time Srs. jitters. He blew away his opener - high; shuffled left nullified his 2nd. His 3rd was easy, but a tad shy. He had a year to regroup. Someone talked Gant into going 148. It was obviously NOT to ENHANCE GANT'S CHANCES. Lamar intimidated by Bradley? Get serious - 1129 wasn't CLOSE to the others - 1129 - 4th. Ray Verdonck - 1st Srs. - missed 3rds - got a taste of big time! Got 3rd w/1223. LEROY MABIE hoped he would BE THE BOY (MAYBE)! He and HUMMEL RUMBLE! George jumped into the lead. 451 to 435 SQ. Both men equal BP'd 325. George took a 16 lead into DL. He out - tugged his rival

spots and loads. It is dedicated people like Gary Benford and Louie Simmons who with a helpful and positive attitude make our sport grow. There are people who describe powerlifting as a sport without spectator appeal. Some are constant in their negative portrayal of the sport. This becomes a self-fulfilling prophecy. It is an event such as the Schwarzenegger Classic that exposes powerlifting in a positive way to large crowds in an exciting format. Powerlifting is a spectator sport worthy of being put on display. A positive representation such as the Arnold Classic will bring audiences to powerlifting. That can lead to the sponsorship and media attention the sport needs. The ultimate future of the sport of powerlifting will reflect the attitude and beliefs of powerlifting's spokespersons and leaders.

If you want to see exciting powerlifting in front of a jam packed appreciative crowd come to Columbus Ohio next year, or in the event Louie Schwarzenegger event Louie Simmons coaches his lifters, helps other lifters, hands off. Whenever I see Louie Simmons President of the West Side Barbell Club, at a powerlifting event he is there to help in any way he can. Whether it is a John Inzer production or an Arnold Schwarzenegger event Louie Simmons coaches his lifters, helps other lifters, hands off.

POWER

How about a showdown to see who can bench press the most weight without a bench shirt? Sound good to you?

It sounds good to Louie Simmons, but then, it's his idea. He's trying to put just such a showdown together, and he's talking about putting up some money for the winner. Anthony Clark, Jamie Harris,

One big benchner, who's not going to be there is Ultea, NY's Dave Waterman, but that's cause he's weighing in below 200, while Anthony, Jamie, and James are all in the 350-400 lb. range. Dave recently blasted a 600 lb. bench at 181, which is pretty incredible, and has now moved into the 198 class, where he should hit even higher numbers. His next big target meet is still undetermined.

Ultea is also the home of Worldwide Sport Nutrition, makers of the hot new Pure Protein Bar, which you should all check out even if it is kind of expensive. The bar gives high protein without a lot of carbohydrates, specifically 30 grams of protein and only 10 grams of carbs, and it really does taste good. All you lifters who care about those weight class limits, this bar's for you. Worldwide's president Dave McCabe, says they tested over 100 different formulations before finding the right one.

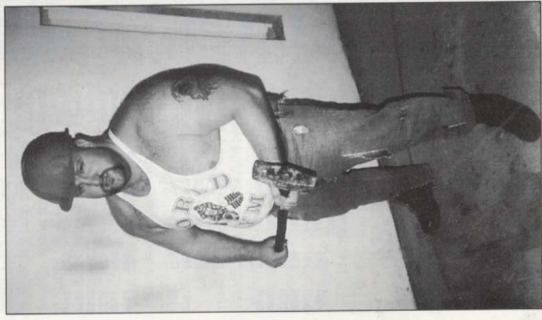
If your gym or local GNC doesn't have it, you can call Worldwide toll-free at 1-800-854-5019.

Back to Louie Simmons, again. The powerlifting guru extraordinaire will be speaking on, and demonstrating, the squat and the bench at Dusty Parker's inaugural Mega Power Conference, May 31 and June 1, at the Cleveland Sheraton Airport Hotel.

You can hear Louie expound on his methods for developing explosive leg and hip power, and for achieving record bench presses. World renowned strength coach Charles Poliquin will be featured also, along with a squat exhibition by Angelo Berardinelli, who's done 749 at



What can Anthony Clark bench without a shirt?



Jamie Harris gets himself ready for a shirtless bench press! (Pittsburgh Iron Man Pictures)

SCENE

Something else to check out, for you lifters and strength fans down in Texas, is the Lone Star Strength Festival 1997 Texas Strongest Man & Strongest Woman Contest. It's August 30th, in Azle, and Bill Holland is running it. Seven events, including a sled pull, sack carry, and stone toss, will determine the winners. Sounds like fun. For more info, call Bill at 817-738-4900.

And for those of you wishing to stick with pure powerlifting, Bill's got two upcoming PL meets, a July 20 BP challenge and the October 25 & 26 big three lit meet.

And, finally, for those of you possibly questioning Bert's really being the world's strongest photographer, a moniker given him by Mike Lambert. Bert has squatted 722, benched 452, and deadlifted 733, so he really has earned the title.

That's all folks. See you on video. Ned Lou



Tamara Grimwood has a new hairstyle.

165. The conference fee is \$395; hotel rooms are extra. For info, call Dusty Parker at 216-259-3369.

Louie, Part III: Bert "The World's Strongest Photographer" Wagner will be videotaping with Louie and The Westside Barbell Club for an upcoming POWERLIFTER Video, but that's only one of Bert's many jaunts. We've been sending him around the globe - well, actually, just around the good ol' USA - for some hot footage of great lifters in action.

Bert just returned from Pennsylvania, where, accompanied by Russ Manuel, he shot a three part series with Terry and Tamara Grimwood, and a couple of weeks ago he was down in Florida, grabbing some sunshine in his rental convertible, while he visited two of powerlifting hot-test lifters, James "The Shirtless Sheriff" Henderson and the amazing Tony Conyers.

As you can see in the photo, Henderson did a little lifting of something other than a bench press. This is a Bert press. (Ugh!) Bert caught up with James at Lakeland's All-American Gym, home to many fine powerlifters. Tony he shot at Tampa's 5 Guys Gym, and both shoots have some great stuff. Check 'em out in our hot new issue.



Check out some hot lifting action with Henderson (below) and Conyers (above) in the newest POWERLIFTER VIDEO (to right)



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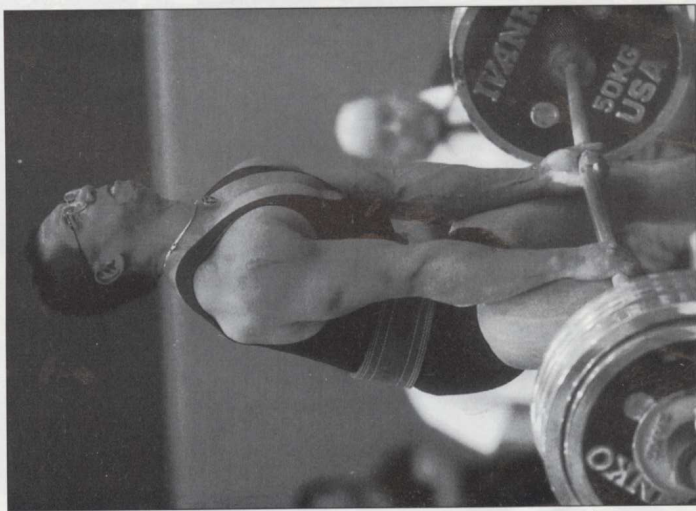
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I would like to talk to you about losing. More specifically, how to deal with it. I don't want to brag, but I know "losing." In fact, over the years, I've had some wonderful experiences with this thing we call losing. When I first started competing, I lost all the time. In my first seven competitions, I finished dead last. I wasn't just beaten, either. At times, I was absolutely destroyed. It wasn't uncommon for me to find myself two or three hundred pounds behind the leaders going into the deadlift. After the deadlift, well, the leaders weren't even in sight. I hate to admit this, but some guys could have beaten me without even bench pressing. Their squat and deadlift totaled more than I totaled on all three lifts. There was even a joke going around that the Amateur Athletic Union was going to revoke my lifting card because I was impersonating an athlete. At least, I think it was a joke.

Not only did I lose during the initial stages of my career, I lost numerous times throughout my career, including the very last time I competed. Like I said, I know losing. BUT, I also know experiencing, learning, growing, and winning because of my encounters with losing. In other words, losing has made me a much better athlete not to mention a better human being. It can do the same for you.

I truly believe that most athletes in America are afraid of losing. I know a lot of athletes who have the potential for greatness. They have it all: good genetics, a great work ethic, mental toughness, and awesome strength and power. The sport they're in is their thing, but they won't compete. They're afraid of competition, afraid of getting beaten. They don't have the guts to put themselves on the line. Consequently, they will never amount to anything in their sport. They're not involved.

Contrary to popular opinion, losing is not a sin. It's all right to lose. Losing is not the same as failing. The true measure of success comes from striving for excellence and giving all that you have to give. In all candor, we fail miserably in teaching our athletes to deal with losing. All we have to do is look around us and we can see that most athletes look at defeat as something that is worse than death. The act is definitely on the wrong side of the scale.

In my first year at Corning Community College, I met this high school basketball sensation named Brian Cox. I want to tell you, the

priority. Not surprisingly, in post-season play, he led his team straight to the State Championships.

Brian performed extremely well in the fourth quarter. At that point, fatigue seemed to overwhelm him. He hit a cold spell in shooting and threw a number of passes away. Then in the waning seconds of the game, he experienced the ultimate basketball nightmare. He missed the shot that would have given his team a one-point victory.

After the game he was terribly upset which was certainly understandable. I remember telling him how sorry I was for him. I knew with his talent and heart the loss would only be a minor setback for him. A simple footnote in a career that would surely shine bright. I also remember telling him that it was just a game, no more and no less and that he needed to put it into perspective. There are much more important things in life, "I told me? He said, "To you, it might just be a game. To me it's my entire life and nothing else matters. I might as well be dead." Isn't that sad? For the next three days, Brian found himself in a despondent state. He could not eat or sleep and worse yet, he had trouble communicating with others. I tried to talk to him a number of times, but he would never respond. Apparently, when the depression was too much for Brian to handle, he wound up to his attic, put a rope around a ceiling beam and hanged himself.

I was totally shocked and so was everyone else who knew Brian. Coincidentally, less than a week later a similar tragedy occurred just a few thousand miles away.

Kathy Love Ormsby, a 21-year-old junior from North Carolina State, was attempting to break her own collegiate women's record for 10,000 meters at the N.C.A.A. Championships held at Indiana University. Midway through the race, Ormsby found herself in fourth place, about five strides behind a lead trio of runners. With 8.5 laps to go, Ormsby ran off the track, ducked under a railing that separated the track from the grandstands. She then ran at full speed up a set of steps into the stands and vanished. Fifteen minutes later, she was found lying below a 35-foot bridge. Apparently, after Ormsby left the stadium, she crossed a softball diamond, climbed over a seven-foot fence, and then ran down New York Street toward a bridge that crosses the White

River. When she got to the bridge, she ran to the center, then jumped over the side.

Ormsby was taken to Wishard Memorial Hospital, where it was discovered that she had suffered a broken rib, a collapsed lung and a fractured vertebra, which in turn had injured her spinal cord in her middle back. Two days later, the doctor's prognosis was that she would be paralyzed from the waist down for the duration of her life.

Ormsby's attempted suicide was not only tragic, but baffling, considering that she seemed to have everything to live for. Valenciano graduated from high school, Kathy graduated with a 99 average. She was state champion and record holder in the 800, 1,600, and 3,200 meters. She was the only athlete in her school's history to have her jersey retired.

At North Carolina State, she was a straight A student in premed and the school's premiere long distance runner. She was loved and admired by all. In an interview with the *Indianapolis Star*, Ormsby's father indicated that his daughter's suicide attempt was directly related to the pressure that she felt to succeed in sports.

Unfortunately, Brian and Kathy are not the only athletes who have gone the suicide route. Every year,

athletes attempt suicide. There are always wonderful young men and women who slit their wrists or put a gun to their heads because they can't handle defeat. Can you believe being so wrapped up in a game that you're willing to give up your life for it? It's insane! Why is losing the great American sin?

I believe the first thing we need to understand is that we are human and that failure is part of the human condition. In fact, being human gives us the right to fail. Isn't that great news! Since failure is part of the human condition, it goes without saying that failure is inevitable. Everyone fails now and again. Not only is failure inevitable, it's helpful. The fact of the matter is that most of our successes in life are really no more than the manipulation of our errors. By accepting failure, by learning from it, we can free ourselves to fully live our lives. What is terrible about the restrictions we place on life because of the fear of failure. As I said before, some athletes won't even compete because they are afraid of being defeated.

We need to understand there is nothing wrong with losing, nothing wrong with being number two if you've done your best. "It's not whether you win or lose but how you play the game that counts." I like what Evander Holyfield said after he lost the Heavyweight Championship of the world. Wearing sunglasses to hide his battered face at the post-fight conference, Holyfield said: "I had a great time in the game of boxing. I'm thankful God gave me the strength to do what I did. This fight I believe I did my best. I don't feel I have to bring a man down to be good. I tip my hat to (Riddick) Bowe because he won when I did my best. Regardless of the decision, I feel good. I won on the inside because I fought my best fight. I love you all." In my opinion, Holyfield is not only a great champion, but a wonderful human being and magnificent role model. He not only had the courage to compete, but the courage to take responsibility for his performance. Of course, he went on to become a winner once again.

Matt Bondi is another one of those special human beings. As you probably remember, Bondi was heavily favored to win the 100-meter free style in swimming at the 1988 Olympics. Unfortunately for Bondi, it didn't work out that way. Although Bondi swam a magnificent race, he finished one hundredth of a second behind fellow swimmer Robert Swan. Do you know what one hundredth of a second is? It's like nothing, like a breath of air. Still, before Bondi could even get out of the water,

reporters ran to the side of the pool and pushed microphones into his face. "What happened?" they demanded. "You got beat, what are you thinking now?"

Bondi responded with uncanny enthusiasm: "Robert swam great. I'm really happy for him." Without a moment of hesitation, Bondi added, "I just think how fast our relay team is going to be." Isn't that wonderful? He focused on the positive aspect of the situation. He was concerned about the team, not his own misfortune. What a beautiful attitude! What a sportsman! You have to love a guy like Bondi.

In sports, you seldom see an athlete take responsibility for his performance. When an athlete loses today, he's usually looking around to point a finger at someone else to blame. They don't want to own up to their own shortcomings. I was in a sports bar in Tampa, Florida, a few years ago watching the Notre Dame - Miami football game on a wide screen TV with about 500 dedicated screen fans. It was a pivotal game for both teams, each of whom were steam-rolling toward the National Championship. It was an awesome game. Both teams played magnificently, but when the dust settled, Notre-Dame won 31 to 30. If you were there you would have thought the world was coming to an end. Everyone in the place was completely devastated. After the gun sounded to end the game, you could have heard a pin drop in the place.

Then it started. Notre-Dame cheated, the referees cheated, the game was fixed, it was a fluke, and on and on. They couldn't accept the fact that Notre-Dame had won and/or that Miami had lost. I didn't hear anyone say, "Well, Miami lost, but they played a heck of a game. They did the best they could. They should be proud and happy." Of course, to say such things is to admit defeat and to admit defeat is not American. In fact, the tendency to deny losing is the American way. In all candor, we don't know how to lose and we don't want to. We can't bear to start with. We couldn't beat them, so we blamed them.

Something needs to be done to reverse this trend of denying failure. If we can't face up to failure, we miss out on the opportunity to learn from our mistakes and turn our stumbling blocks into stepping stones. Failure is the secret to success. Next time I'll show you some examples of great Americans who learned that truth and accomplished some of the most outstanding achievements in our nation's history.

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We have lost, we have inevitably whined that we were beaten because the other side injected politics into the contest and cheated by putting its system to work producing winning athletes."

The inability of Americans to handle defeat gracefully was never more evident than when the Taiwan Little League won four consecutive Little League World Series in Williamsport, Pennsylvania between 1971 and 1974. In 1971 and 1972, Taiwan "kicked butt" good, but in 1973 and 1974, the Chinese really unleashed their potential. The combined scores of the six games played during those two years was Taiwan 102, America 1. (Note: This is not an oversight or a typo. That is 1 as in one, single, solo. That magnificent play of the Taiwan team, Americans accused them of cheating. How else could we explain how a team from China could play our national sport's pastime better than we! They had to be cheating! So an investigative task force was secretly dispatched to Taiwan to see what those guys were up to.

After months of investigation, the task force could not uncover any violations. The Chinese weren't cheating. It was obvious what we had to do to save face, and we did it in a melodramatic performance. Peter J. McGovern, board chairman of Little League, announced bluntly and without explanation, that the world championship would be decided in an abbreviated tournament (comprising only the four United States Regional Champions). In other words, we were going to have a WORLD SERIES with just American teams. A neat little trick. In short, we took our bats and balls and went home, or at least we took our wits. I'm not sure we had our balls to start with. We couldn't beat them, so we banned them.

Something needs to be done to reverse this trend of denying failure. If we can't face up to failure, we miss out on the opportunity to learn from our mistakes and turn our stumbling blocks into stepping stones. Failure is the secret to success. Next time I'll show you some examples of great Americans who learned that truth and accomplished some of the most outstanding achievements in our nation's history.

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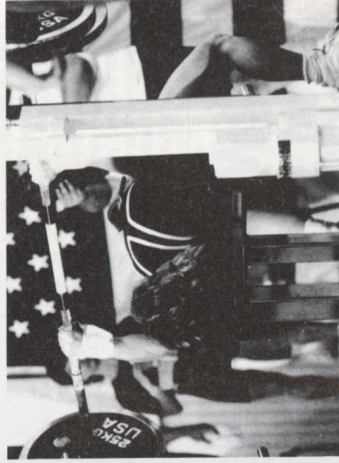
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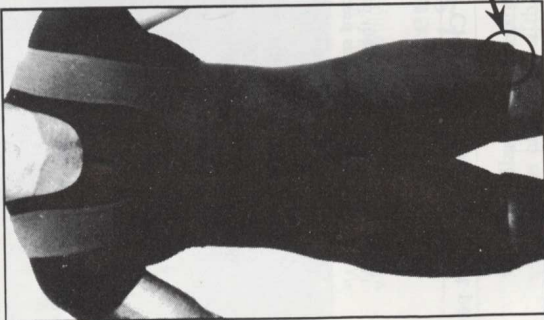
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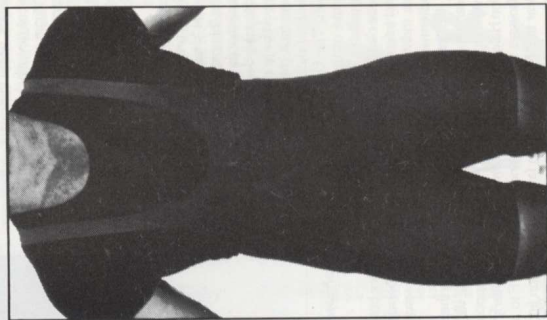
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Unification Report to the IPF Executive: "I have just returned from the unification meeting in Chicago of 1 March 1997 which was attended by members of the NGB (National Governing Body) of the ADFFPA, members of the USPF executive committee (i.e. Messrs. Jeffrey, Duke, Paydue, Keller and Shendow) and myself representing the IPF. I am pleased to report that the ADFFPA was wholeheartedly behind unification and embraced the concept enthusiastically with a 33-6 vote in favour. I am not so pleased to report that the USPF representatives were not so supportive.

At the World Championships in Salzburg last year the IPF executive met with Don Haley and Richard Herrick of the USPF and Mike Overlander and Andrea Sortwell of the ADFFPA. That meeting resulted in a fundamental understanding of five points which required agreement before unification could proceed. These points are set out in the attached letter from Mike Overlander to his NGB. (Editor's Note: this material is published in the April 1997 edition of *PI USA*.)

We all recognized that it was not desirable to complicate or draw out the unification talks with discussion/negotiation on a myriad of matters which, whilst important to their own, were nevertheless subordinate to the "bigger picture" of unification. It was accepted that if there was tri-partite (IPF/ADFFPA/USPF) agreement on the five points unification would be effected and the finer points would then be negotiated.

At the NGB meeting I was accorded speaking rights and improved some of the reasons, quite frankly, appalled and saddened me as it showed quite clearly that when it came down to a choice between looking after the best interests of the sport or protecting one's personal interests that there are individuals who will selfishly place their own interests above the betterment of the sport.

Up until about two weeks before the meeting the regular feedback I had been receiving from the USA indicated that the vast majority of decision makers in the USPF and the ADFFPA strongly supported unification efforts. Don Haley's notice of 17 February 1997 quite clearly indicates this and also discusses the reasons for winding up the USPF to achieve this. It is quite clear that Mr. Haley was in favour of unification and I was confident that at long last we had a synergy between the ADFFPA and the USPF which would inevitably consummate the unification efforts.

Sadly, Don Haley had to resign his position less than two weeks before the meeting as his health was failing. This moved Mr. Dave Jeffrey into the acting president's position and the resignation became the catalyst for a change of mood towards unification amongst some of the USPF executive, and unification quickly became a challenge rather than a tantalizing reality.

My worst fears crystallized following the ADFFPA's adoption of the unification dream as the USPF began making demands on issues which should have been properly discussed after unification had been consummated. As the ADFFPA compromised on issues to facilitate unification more demands were made and it became obvious to me that some USPF executive members had completely lost the plot.

USPF demands and ADFFPA compromises covered a range of issues including representation pending national elections in July, shared representation at IPF championships, and dealing with internal contexts already scheduled. As a first hand observer I can confirm that the ADFFPA executive bent over backwards to meet the USPF demands and it was disappointing to see compromise being met by rejection and further demands. At the end of the day (and it was a very long one) the parties were too far apart. The ADFFPA had given ground as much as it could and quite justifiably were concerned at where the USPF demands would cease.

Some of the USPF's expectations clearly demonstrated the selfish and self-serving nature of some of its officials. One of the executive members

demanding the right to stage a contest which the USPF had awarded him. He was not prepared to accept another contest on the same date and at the same venue even though that contest would have attracted more competitors and made more money for him.

Team representation at IPF Championships was also a problem as the USPF demanded that all ten men in the USA team for the 1997 IPF World Bench Press Championships be from the USPF membership whereas a 5/5 split as advocated by the ADFFPA was fairer.

If USPF executive members cannot see the benefits of the overall "big picture" of unification then it will not happen. When a vote depends on an executive member being able to hold the specific contest he wants and no other contest is acceptable that smacks of outright selfishness. The USPF and ADFFPA have a combined membership of 6,000 to 7,000 members (including those holding dual membership). The vast majority would undoubtedly favour unification and to deprive them of this so that the USPF can get a few extra (five) lifters to the World Bench Press Championships is also selfish. (Throw six thousand matches onto the floor and see how few of them compare to six thousand). To demand voting positions ahead of democratic elections in July (a mere four months away) is arguably presumptuous, questions the integrity of the ADFFPA executive, and undermines the democratic process. After all in four months with the time frame of powerlifting's future horizon really that significant?

The end result is that if unification does not proceed then the ADFFPA (under its new name of USA Powerlifting) will apply to the IPF for affiliation as the USA membership on the basis that it fulfilled the IPF's expectations, voted strongly in favour of unification, and has shown its support of the IPF. Congress will have to make the final decision, but the irony is that in seeking to protect their own self interests some USPF executive members have put the whole USPF affiliation to the IPF in jeopardy. Is this what their members voted them into office to do?

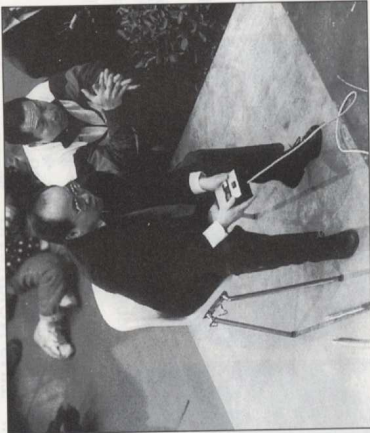
It is presumptuous of me to assume what the outcome of USA Powerlifting's application for affiliation will be. However, I have a reputation for frankness and integrity and I will state my unequivocal position which is that I will unreservedly support them in their quest. My presence in Chicago confirmed my already established views on the competency and integrity of their president, Mike Overlander, the capabilities of its executive, and the strength of its infrastructure. The voting result, their change of name and the views of the delegates clearly demonstrated their commitment to their future IPF affiliation and their established drug testing programme reflects the IPF commitment to eliminating drug abuse in powerlifting.

In 1994 when it is ADFFPA applied for affiliation I lobbied for USPF support and spoke strongly against affiliating the ADFFPA notwithstanding the many years of problems we had had with the USPF. I will not be forthcoming with my support this year - how can I support selfishness, shallowness and a lack of vision for the sport?

On the day of the meeting Ernie Frantz phoned me and said he would be dropping in to see me and I was delighted to meet him. He gave me his best wishes for the unification talks and he subsequently gave me a written note confirming his earlier verbal statements. He also hoped that a successful outcome would pave the way for unification talks with other federations. These sentiments are from a man who is the president of another federation! How telling that the executive of our own USA affiliate would not endorse unification whilst USA Powerlifting (which at the time under the ADFFPA banner was a bitter enemy of the USPF/IPF) and Ernie Frantz (a previously vociferous critic of the IPF) both showed their strong support in a tangible manner. The World moves in strange ways.

There is still time to salvage the situation and Mike Overlander and his colleagues have assured me that they will be doing all they can to avert a shutdown at Congress. I hope that the USPF will be like-minded otherwise some of its executive members will not only have committed political suicide, but may also have the USPF "put down" in the process.*

Wishes, **GRAHAM FONG**



Grahame Fong judging at the World Championships in Port

USA ALL TIME TOP TEN

Subtotal Supermen (SQ + BP)

as told by Herb Glossbrenner

Rank	Name	Year	SQ	BP	TOT
114	J. Williams	(1971/UL88)	788	470	1257
115	J.C. Dunbar	(07/UL84)	507	325	832
116	J. Cunningham	(21/NOV87)	286	266	552
117	A. Nelson	(28/MAR98)	501	270	771
118	S.P. Hill	(08/APR94)	451	286	737
119	D. McChesney	(09/APR90)	400	286	686
120	J. Williams	(27/OCT86)	743	405	1148
121	C.G. Bell	(12/FEB87)	821	518	1339
122	C.D. Wright	(21/FEB87)	837	518	1355
123	C.D. Wright	(14/UL85)	871	518	1389
124	G.M. Herriott	(10/AUG91)	841	501	1342
125	M. Bridges	(10/OCT80)	841	501	1342
126	R. Pittman	(14/FEB89)	771	529	1300
127	J. Cunningham	(21/NOV87)	520	315	835
128	J. Cunningham	(29/UL90)	744	315	1059
129	C. Conforte	(29/UL90)	744	315	1059
130	C. Conforte	(18/UL81)	663	545	1208
131	C. Conforte	(03/DEC82)	865	567	1432
132	J. Williams	(26/UL82)	843	584	1427
133	C. Conforte	(21/MAR93)	843	584	1427
134	C. Conforte	(21/MAR93)	843	584	1427
135	S.S. Gagliardi	(24/UL83)	871	496	1367
136	J. Williams	(26/UL82)	843	518	1361
137	J. Williams	(26/UL82)	843	518	1361
138	J. Williams	(26/UL82)	843	518	1361
139	J. Williams	(26/UL82)	843	518	1361
140	J. Williams	(26/UL82)	843	518	1361
141	J. Williams	(26/UL82)	843	518	1361
142	J. Williams	(26/UL82)	843	518	1361
143	J. Williams	(26/UL82)	843	518	1361
144	J. Williams	(26/UL82)	843	518	1361
145	J. Williams	(26/UL82)	843	518	1361
146	J. Williams	(26/UL82)	843	518	1361
147	J. Williams	(26/UL82)	843	518	1361
148	J. Williams	(26/UL82)	843	518	1361
149	J. Williams	(26/UL82)	843	518	1361
150	J. Williams	(26/UL82)	843	518	1361

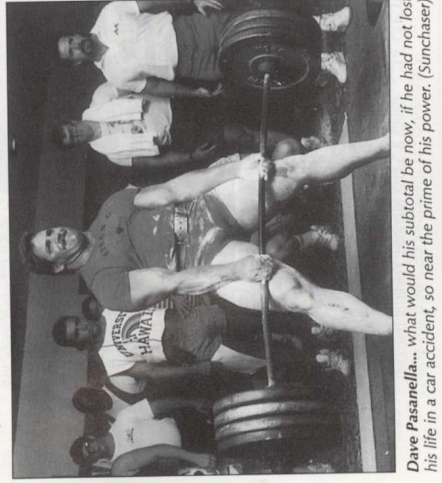
without the aid of super shirts - a testament to their greatness.

Bill tops Bridges. If Gaugler had lasted longer he may have topped them both. Coleman is the current strongest 181 in the World and climbing fast. Herrington owns 3 IPF World Titles and didn't have to "dog it." Kellum at 181 was a preview for greater things to come. Note BP wizards, Well, Confessor, and Succarotte could do it all. Wright, just Oklahoma on the map in two listings.

Kellum's subtotal is so awesome that he rates right at Coan's best @ 220. His DL is rising, too. Bell and Wright posted these lifts only weeks apart. Herrington again, while Bridges makes 4 categories once again - stupendous! Robert and Jeff also crashed the 1300 barrier. McCoy Coan owns 220 but Jesse could and Chris edge close.

Coan owns 220 but Jesse could and Chris edge close.

33



Dave Pasanella... what would his subtotal be now, if he had not lost his life in a car accident, so near the prime of his power. (Sunchaser)

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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 R0K 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 know you've heard this a thousand times before but I need some advice on putting on some muscle. I've been lifting for three years now and can't get my weight up. Although I'm strong for my weight, I also want to look strong. That means putting on some meat. At 5'8" I'd like to train at least at 180 lbs. and higher if possible, not my present 155 lbs. I can eat my head off and take all kinds of supplements but still can't gain.

I workout three times a week for about 2 hours at a shot. I work the bench all three days, the squat twice a week and the deadlift once. I also do some bodybuilding assistance exercises all three days, but more so on the day I don't squat or deadlift. My workouts are pretty intense and I don't waste time talking although I do rest a few minutes between sets of heavy squats or deadlifts.

I try and eat as much as I can, but sometimes have to miss meals. Breakfast is a hit and miss situation but I try and make it up the rest of the day. I could use any advice you can offer. **Ralph S.**

DEAR RALPH: You're right, I have heard this before. In fact, I get more letters on how to put on muscle mass than all the others combined. While there are genetic differences, anyone can pack on more muscle if they approach it properly and systematically. There are four basic steps you have to take.

STEP NUMBER ONE: Life-style changes - In order to set up a foundation for gaining muscle mass you should optimize your life-style. For example, decreasing stress levels, getting proper sleep, and keeping away from excesses of alcohol and recreational drugs will

PUBLICATIONS BY MAURO G. DIPASQUALE, B.Sc., M.D., MRO, MFS. NEW FOR 1997 FROM CRC PRESS-AMINO ACIDS AND PROTEINS - THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives. The second part discusses the practical applications, how to use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 727-7737 or in Florida or outside North America call (407) 994-0535.

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result in an ideal hormonal base on top of which further changes can be made by optimizing training and diet. Reducing stress, getting proper rest and keeping away from recreational drug and alcohol use are of primary importance since they can result in decreased testosterone and increased cortisol levels. Studies have shown that sleep deprivation adversely affects testicular function leading to lower serum levels of testosterone. Decreased testosterone levels and secretion rates are observed under stressful conditions (anesthesia, anxiety, hangover, exhaustion, undernutrition, overtraining) as well as with increased serum cortisol levels and ACTH stimulation. Drugs such as alcohol, marijuana, and cocaine have adverse effects on serum testosterone levels.

STEP NUMBER TWO - Training Without Overtraining. - The next step is in making appropriate changes in your training. In short, to increase muscle mass you have to train in such a way that the anabolic and catabolic hormones are fine tuned to give maximum results. Controlling anabolic and catabolic influences during training and recovery can maximize strength and muscle mass gains by most efficiently translating the response to exercise into increased protein synthesis and decreased protein catabolism.

That means that you're going to have to train both hard and smart, but you also have to be careful not to overdo it. To get ongoing consistent increases in muscle mass and strength, you need to do

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enough exercise so that your body must adapt to the new workload and is able to do so. In order to make any progress you have to handle more weight and/or do more reps in a certain time interval. Unless you do enough work, you're not going to grow because your body doesn't need to adapt. On the other hand, stressing the body too much is counter-productive since the body just doesn't recover fully before the next workout. This leads to overtraining and burnout both physically and mentally.

There's another side to this equation that's just as important. We now know that if the high intensity training isn't there then you're not going to grow. However, if it is there, but you don't adapt to the training load, then you still won't grow. Successful adaptation to high intensity exercise results in anabolic changes providing that the adaptive stress is high enough and forces adaptation to occur. Exercise stress that doesn't require any significant degree of adaptive stress will not result in a positive training effect. Exercise stress that requires a degree of adaptive stress that the body is not able to cope with also will not result in a positive training effect.

I suspect that you're overtraining and should cut back to training twice a week and cutting back on the bodybuilding exercises. Train the bench and squat twice a week and the deadlift once a week and only do assistance exercises on the day you don't deadlift. Keep the training sessions to under an hour and a half and work hard. Once you start putting on some beef you can increase your training time and add some more assistance exercises.

STEP NUMBER THREE - Maximizing Diet and Nutrition - The first rule in gaining muscle mass is to make sure you're taking in enough calories. You can't gain significant amounts of lean body mass by starving yourself. Your body will break down other tissues including your muscle, to make up for the lack of dietary calories. You need to take in enough calories to match your calorie output and goals. In your case, I suspect you're not taking in very many calories especially with missing breakfast and other meals. The problem for most hard gainers is that they tend to eat sporadically and simply don't take in the volume of food that they need to gain weight.

You have to discipline yourself to making your caloric intake a

priority. I resorted to setting my wrist watch alarm to sound every two hours. When it went off, I ate whether I wanted to or not, and no matter what I was doing (almost). Increase your calories to between 4000 to 5000 calories a day. Breakfast, which for many may be coffee and donut, should be a full meal. Try to eat over 1000 calories at breakfast. On the days that you succeed you'll find the whole day will go better calorie wise. As well, try to have snacks in between meals. For example mix a protein drink in the morning and have it during the day between meals. For example mix four tablespoons of milk and egg or whey protein with 2 tablespoons of flaxseed oil and add in some ice cream, fruit or whatever you have on hand. At night after supper snack on peanuts and milk.

No matter what kind of diet you follow, whether low or high complex carbohydrate, or how many calories you take in, your diet needs to be high in protein. Intense muscular activity increases protein catabolism (breakdown) and protein use as an energy source. The less protein available, the less muscle you're going to be able to build. A high protein diet protects the protein to be turned into muscle by, among other things, providing another energy source for use during exercise. The body will burn this protein instead of the protein inside the muscle cells.

In fact, studies have shown that the anabolic effects of intense training are increased by a high protein diet. When intensity of effort is at its maximum and stimulates an adaptive, muscle producing response, protein needs accelerate to provide for that increased muscle mass.

Whether or not you need to supplement your diet with extra protein depends on your goals. For those of us who don't have to worry about gaining some fat along with the muscle high caloric diets will usually supply all the protein you need provided you increased plenty of meat, fish, eggs and dairy products. With the increased caloric intake and including high quality protein foods, you'll get your extra protein at the dinner table without thinking about it.

Most athletes, including powerlifters, however, need the economy of maximizing lean body mass and minimizing body fat. In order to increase their protein intake, they need to plan their diets carefully and, in many cases, use protein supplements since they can't calorically afford to eat food in the volume necessary to get enough protein.

For powerlifters, I recommend a daily intake of between 1.2 to 1.6 grams of high quality protein per pound of total bodyweight. That means that if you weigh 165 lbs and want to put on a maximum amount of muscle mass, then you'll have to take in as much as 264 grams of protein daily. There are several competitive Weightlifters, powerlifters and bodybuilders that I know that take in 2 to 3 grams of high quality protein per pound of bodyweight.

If once you've gained a significant amount of weight you want to lose some of the extra body fat it's even more important to keep your dietary protein levels high. That's because the body oxidizes more protein on a calorie deficient diet than it would in a diet that has adequate calories. The larger the body muscle mass, the more transamination of amino acids occurs to fulfill energy needs. Thus, for those wishing to lose weight but maintain or even increase lean body mass in specific skeletal muscles, I recommend at least 1.5 grams of high quality protein per pound of bodyweight. The reduction in calories needed to lose weight should be at the expense of the fats and carbohydrates, not protein.

STEP NUMBER FOUR - Nutritional Supplements - Once you've got the first three steps down pat then it's time to consider nutritional supplements. Remember that supplements are just that, supplements to a good diet. Don't try to use supplements instead of food. It won't work. Set up a good nutritional diet first and add supplements after.

If you want to know which supplements to use and how to use them, especially proteins and amino acids and their derivatives such as hydrolyzed whey protein, creatine, glutamine, acetyl-L-carnitine, HMB and a host of others, I suggest you look at a copy of my new book, **AMINO ACIDS AND PROTEINS FOR THE ATHLETE** - THE ANABOLIC EDGE, PUBLISHED BY CRC PRESS and AVAILABLE IN APRIL 1997. CALL THEM AT 1-800-272-7737.

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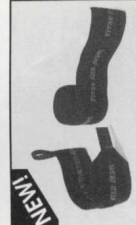
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STARTIN' OUT

A special section dedicated to the beginning lifter

The Deadlift Primer

as told to Powerlifting USA by Doug Daniels

I've always tried to write articles on subjects that were rarely, if ever, covered in weight magazines, PL USA in particular. One such article is a nuts and bolts primer on the deadlift. I think many new readers would benefit from an article that started from square one. Some do not have competent coaches or experienced lifters to turn to for basic information on the deadlift. Hence, many develop bad habits and go off in the wrong direction, wasting training time. At worst, they could suffer an injury. It seems too many articles deal with the lifts assuming some degree of knowledge and experience. Those type of articles benefit the majority of our audience, but only lead to confusion to novices. If this sport is to grow, those novices are the key. For more experienced lifters, a quick brush-up can't hurt. Enough of the apologies, let's deadlift.

The deadlift is probably the ultimate barbell test of strength. In the bench and squat some momentum may be used and they require a little more technique. The deadlift is just you and a dead weight lying in front of you, daring you to lift it to a fully erect position at arm's length. The deadlift also uses most of the major muscle groups of the body, such as the entire back structure, legs and hips, rear deltoid, abs, biceps and forearms, not to mention an iron will to succeed!

Before I get into the nuts and bolts of the deadlift, one word of caution, if you are experiencing back problems, don't deadlift until they are resolved. The deadlift is very strenuous and must be approached with respect and caution, as well as with a good measure of enthusiasm.

Let's begin our discussion with the technique aspect. First, if a power bar is available, use it over a regular training-type bar. Training-type bars tend to be too flimsy and have a different feel, not conducive to real deadlifting. Let's start with real deadlifting. Let's start with position. Position your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. You will have to pull the weight in as well as up, actually adding resistance to the effort. Place your legs about shoulder width apart. There is another style called 'sumo' which places your legs far apart. For novice lifters, the

unnecessarily harder. Some lifters use wrestling boots or thin house slippers. If you're thinking of competing, don't use lifting gloves. They are not allowed in competition and your hands must be tough to withstand the rigors of the lift. Hard calluses must be developed and deadlifting without gloves in training will get the job done. I would stay away from using a belt on sets of reps over four. Using a belt will substitute for strong abs. By not using a belt your abs will strengthen under the stress of the lift. On heavy sets of below five reps, use a belt. More on that later. Don't use lifting straps while deadlifting, especially if



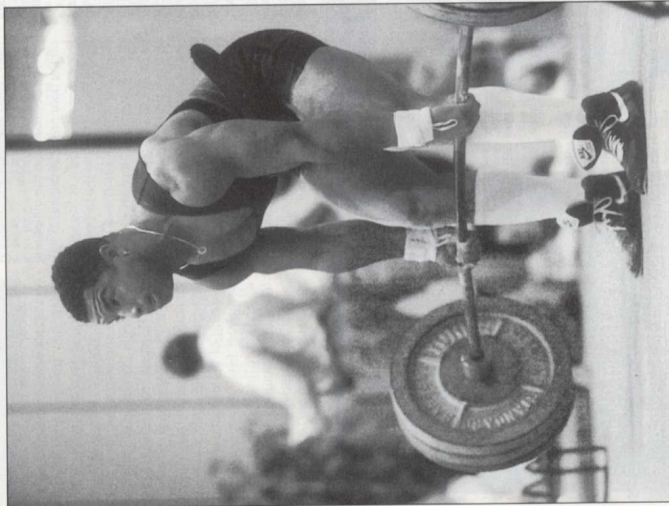
Compare James Benemerito's hands inside the legs Sumo style pull (above) with Chris in these sequential photographs taken at the 1996 ADFPA Men's Nationals.

you will compete. Develop your grip strength by holding on under your own power. Since the deadlift is so strenuous, never deadlift more than once per week. You will get good results with as little as once every two weeks. Now let's lay out an eight week routine for a deadlifter with a max lift of 300 pounds. We will not hamper its movement. Wear flat, thin soled shoes. Any raised heel will put you slightly forward, making the lift

floor. Stop at the bottom to properly reset after each rep. This not only develops good technique, but will decrease your chance for injury due to being out of position during the pull. Next, let us take a quick look at equipment you can use. First, deadlift in shorts or a wrestling singlet. If you lift in long sweats, the bar will drag up your thighs and the material of the pants will hamper its movement. Wear flat, thin soled shoes. Any raised heel will put you slightly forward, making the lift

Some back work should be included. It is important to not overdo it though. The deadlift and squat will do a super job of exercising your lower back or erector muscles, but you should include some lat and trapezius exercises. What I suggest is selecting one of the three types of back exercises and alternating their use every workout. The back is such a complicated structure it requires a variety of exercises. However, during the novice stage, great quantities of exercise are a no no.

The first of the three back exercises should be a pull-down or chin-up movement. Pull or chin to the front of the body (pulling behind the



Turner's conventional style pulling effort, (seen above) with both lifters at the neck uses more biceps). The second move would be a pull-back such as a row or low cable pull. Back movements where the lower back is supported to ease stress on it. Try one arm dumbbell rows with your back supported. Some companies such as Kaiser and Eagle have machines that support the lower back. The third move would be a shoulder shrug. When shrugging, be sure to shrug all the way up and down. Don't waste time shrug-

x 5, 205 x 3, 235 x 5, 225 x 5, 210 x 5. **Week 3:** 135 x 8, 185 x 5, 215 x 5, 245 x 5, 230 x 5, 215 x 5. **Week 4:** 135 x 8, 185 x 5, 225 x 3, 255 x 5, 240 x 5, 225 x 5. **Week 5:** 135 x 8, 185 x 5, 225 x 3, 260 x 3, 245 x 5, 235 x 5. **Week 6:** 135 x 8, 185 x 5, 225 x 3, 250 x 3, 265 x 3, 250 x 3. **Week 7:** 135 x 8, 185 x 5, 225 x 3, 255 x 1, 275 x 3, 255 x 3. **Week 8:** 135 x 8, 185 x 5, 225 x 3, 255 x 1, 285 x 3, 260 x 3

ing back. I prefer dumbbell shrugs or using the trap bar. Both enable more natural movement. You can use lifting straps on these moves. Try to get in three to four sets of 6 to 12 reps of one of the other two, and so on.

Earlier, I mentioned that there were two styles of deadlifting: conventional and 'sumo'. The conventional style is with the legs about shoulder width apart and the arms on the outside of the legs. The sumo style is named after the stance Japanese sumo wrestlers take at the start of a match; that is with the legs out wide. With this style, the lifter grips the bar with the arms between the legs, perhaps straddling the knurling on the power bar. The lifter goes into a squat type position and lifts the weight with more emphasis on leg and hip power as opposed to the conventional style which is more back oriented. On paper, the sumo style would seem to be preferable. There is no clear cut way to decide on which style to use. Some believe it is based on height or weight but that does not always hold true. The late O.D. Wilson was about 380 pounds and way over six feet tall and pulled nearly 900 pounds using a sumo style. Lamar Gant, who is about 123 pounds, and about a foot shorter, used a conventional stance. Experimentation is a must. Also, your ideal competitive style may change over time, due to weight change or differing strength and flexibility levels.

In general, the sumo style requires superior flexibility and more hip and leg strength than back power. I tried to train sumo style for a while and lost about 100 pounds of my max deadlift. Sumo deadlifters are born, not made. The keys to remember when training on the sumo deadlift is to maintain an erect posture with a flat back. Start the pull with your legs, pulling inwards as well as up, keeping the bar close to the body. The beginning of a pull using this style will be slow relative to the conventional style, but the lockout will be easier, vice versa for conventional. If you compete and use the sumo style, I suggest training using the conventional style up to six to eight weeks prior to a contest. Using this style will build a high degree of back strength that is readily transferable to the sumo style. During the last six to eight weeks, the lifter can switch over to the sumo style and

notice an increase in strength. They can then spend the next six to eight weeks training using the sumo technique in preparing for the meet.

Let's take a brief break and examine some possible weekly workout plans for a powerlifter. For example, a typical lifter would train three times a week with the squat on a Monday, the bench on Wednesday and the deadlift on Friday. Another option would be to train twice a week by combining the bench press with either the squat or deadlift on one day, then skipping at least two days and training the remaining lift. Again, you will have to experiment a little to see what is too much. If you are always sore and tired, then I would say you are doing too much. Remember, you can gain by training the three powerlifts only once each week.

Now it's time to lay out an eight week routine for a lifter with a current max deadlift of 300 pounds leading up to a competition. You can adjust this to fit your own strength level by using a little math. The first three sets are always 135 x 8, 185 x 5 and 225 x 3. Begin with a little stretching, especially in the lower back and hamstring region. A 20 pound gain should be attainable. For best results, follow the previous program to build

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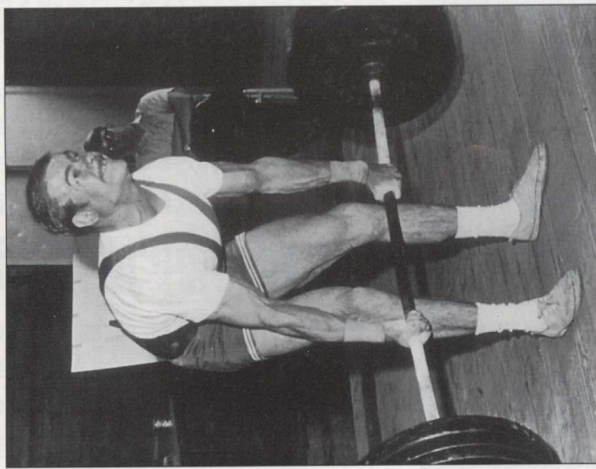
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POWER PROFILE

MILT MCKINNEY - the Toledo Torpedo told by Herb Glossbrenner



Milt McKinney fighting out a tough deadlift (courtesy Kerry McKinney)

It was the Hall of Fame P/L Classic - July 19, 1982. It was a tribute honoring those Toledans who had achieved the highest honours in top level competition. Kerry McKinney, 18, decided to participate. Kerry's father, MILT MCKINNEY along with teammate GEORGE CRAWFORD were the most distinguished. Kerry received the encumbrance in behalf of his deceased father. Milt McKinney was a POWERLIFTING ORIGINAL. A PIONEER OF OUR SPORT. HIS GROUND BREAKING ACHIEVEMENTS WERE PRESTIGIOUS. INDEED HE'D FIRST BECOME A SR. NATIONAL WINNER. BUT FOREMOST THE VERY FIRST 132LB. WORLD CHAMPION OF P/L.

Kerry, coincidentally, competed in the same category where his father had first begun (123 lbs.). His endeavor was not to try to fill his father's shoes (too big to fill), but rather retrace those footsteps - an exploration of personal identity. It was only 3 and a half years since his father had been gone. The thoughts of a great loss still hurt within, an ache of hollow emptiness. An important part of his life had been suddenly ripped away. Distress and grief blended with overriding feelings of pride, admiration and love. The test began. It gnawed at him and sent the adrenaline coursing through his veins, muscles tensed, as the bar's knurling bit into his trapezius. "Squat!" came the referee's command. Kerry set himself and descended. Reaching what he judged to be proper depth, reversed gears and stood. The lights flashed white. Good lift. Finishing the meet-he won. Without, came the realization and a rush of exhilaration. Now he had a clear understanding of his heritage. He knew the joy his father had felt. The fatal attraction of human might versus cold unyielding iron had a sweet intoxication. His own achievement, small in comparison, strengthened the bond they shared, and diminished the feeling of solitude and loss. Knowing Milt as well as I did, I can visualize him looking down and saying: "See, I told ya - a chip off the ole block!"

To further enlighten you about this pioneer of P/L, I'll attempt to piece together his life: triumphs, traumas, trials and tribulations.

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

with a physique contest) which became an annual event. Milt lifted in the August 19, 67 event and won 1st with a 910 total @ 123. Winning left a much better taste in his mouth. He had renewed desire. After that day, he totally committed to himself, determined not only to be good, but to become THE BEST!

Next stop was for Toledo's Health Club P/L Team. A meet was held on Sept. 23, and run by Harry McCoy at the old VFW building in Bridgeport, PA. The 123 class had 10 entries. Milt went through his competition like a dose of salts. His winning sum: BP - 225, SQ - 325, DL - 405, TOT - 955. Closest to him was Ruben Melendez, the first Senior Nats. Champ in 1965. Milt's highlight of the meet (besides his winning) was the 545 BP by 280 lb. Stan Holland of Pittsburgh. They also returned home to Toledo with the Team Championship trophy - all in a day's work!

Milt finished out 1967 with a 955 total again, this time winning the Detroit Open. McKinney plunged into his new found hobby with passion - heart and soul. Later on, he became a National referee, became active locally and eventually nationally in other aspects of the sport. We once served on the Rules and Regulations Committee together.

It was the Greenmont Open meet where I first met Milt. The year was early 1968. His cheeks were pit scared from adolescent acne. His hair was parted and neatly combed. He was a bit cocky, somewhat direct and abrasive, but had a warmth and friendliness that bubbled to the surface. I noticed two lattes, one on each hand which read LOVE on one HATE on the other. Being an analytical sort I told him in later years that I believed it represented his ID in ever struggling conflict with his EGO. One forearm had the inked etching of a dove with an olive twig held in its beak. With a mischievous twinkle in his eye, he gave me the two finger sign, "Peace," he said. We hit it off well. He won that day by hitting a 960 TOT @ 123. Afterwards, he gave me the "peace" sign again. Gaining like a possum he explained, "Also stands for Victory!" From that day forward we became good friends. He had an air of confidence I admired. He had attacked the barbell on each lift with

ferocity. His very existence depended on WINNING.

Milt did a meet in Pittsburgh on March 23 with two teammates: Crawford SQ 500, TOT 1300 won @ 165. Sicker was runner-up @ 242. Milt also did well with 2nd place. He got detailed by Julio Nuñez (2nd/67 Seniors) who totaled 1005.

Milt TOT 970 and outpulled him with 430. Finishing less than first was not to Milt's liking so he resumed training with added zeal. He improved by leaps and bounds. At the Greater Toledo Open around May he made a shambles of all the 123 records: 240 BP, 360 SQ, 460 DL - 1060 TOT - the highest in the Nation. This result remained the best and topped the USA ranking lists for the year of 1968! He lifted in 7 more meets that year and won first in each one (all @ 123): Erie (PA) Open, Ohio State Champ., Key To The Sea, Detroit Open were stepping stones to the two major National Meets.

I saw Milt again at the Junior Nationals in Scranton, PA. He won @ 123 easily - 990! This earned him the Jr. Natl. emblem patch - medal and trophy. One down, one to go. I went to the 68 Srs. in LA. Milt was there and among the bannerweight entries. He heard rumors of West Coast cheating and biased officiating. That, coupled with the fact this was his first Seniors, made Milt a bit jittery. He seemed relieved to learn I would be one of his class officials. "Let's see you kick some butt," I said. Milt retorted, "I didn't come all this way just to plug up the toilets!"

The competition couldn't have been closer. McKinney 27, was the "old man" of the group. Rene Juarez, 27, of Pasadena, CA was a former Golden Gloves champ boxer turned W/L'er. Roman Mellic, 22, from NJ was an overhead lift specialist as well. Phil Trujillo, 19, from Denver, CO was short & husky. This 3rd Seniors would later be marred by excessive bundling and supportive trunks (one infamous lifter wrapped his torso with bedsheet). However, this small group was as pure as the driven snow in regards to the execution of their lifts! Mellic, the O/L'er from the famous East Coast York Barbell Club did all his lifts with super strict form. BP 220, 230 missed 235. McKinney started at 235 - flaw, repeated - good. He then jumped to 245 - miss. Trujillo punched up 230, took the lead working 240, also missed 245. Trujillo powerfully pressed all 3: 230 - 240 - 250. Rene and Phil lost ground in SQ. Juarez SQ 300, a 2nd - easily - 320 too much. Trujillo opened at 280 - got pinned w/ 300 - final lift ground it up. Mellic & McKinney, meanwhile, jockeyed for the lead. Roman sat low and upright - 300 -



Milt & the Guys... left to right, Milt, George Crawford, Lowell Sicker

320 then waited. Milt got 330. Trujillo was back and set a new AM REC BP (276.25) but faded down the stretch - 4th, 1025 McKinney, the defending champ., did 265 BP, SQ 360. He was 2nd w/ a 625 S.T. as lighter man. Juarez (5'6), Trujillo (5'40), Juarez, the weaker DL'er did 375-400 missed 425. McKinney opened at 430 waited and failed 450, had 995. Mellic took 435 to win - missed! Trujillo pulled 445 easily, last lift. He tied with Mellic - 985. Both men weighed identical (123). This necessitated a re-weigh of both men. Mellic, one-quarter lb. lighter got 2nd and Trujillo was 3rd. With only 3-8 lbs., McKinney was Sr. Natl. champ. Too close for comfort. The gods had smiled on the Toledo Torpedo that day. It was an emotional day with his Physical and Initial actual biophysical cycles in (15th day). He wasn't pleased with his performance, but was glad to take it anyway he could get it. Later saw him in Sheboygan, WI in mid October. He won that competition, of course. Quite a year.

He was honored on Mar. 12, '69 at the 19th City Hall of Fame Awards banquet. Other Toledans, Fred Lowe (W/L) and Geo Crawford (P/L) received recognition for their 1st place awards in National and International competition.

1969 was not quite as successful for Milt. This was the year that legendary Bantam Dave Meyer returned. At 4'6", Meyer set the 123 SQ (456.25) and TOT (1160) records in 1965 P/L's first year as an official sport. After suffering bad knees, surgery, and a 4 year hiatus, Dave was now back and working towards top shape. Undismayed, Milt also was winning. He won the Detroit Open w/ 1065. Later at the City meet, he hit his best ever: 260 BP, 365 SQ, 440 DL, 1070 TOT.

The 1969 Sr. Nationals were held Labor Day weekend in York, PA, the Muscle Capitol of the World. Topping the 123 roster of 8 was

FOND of the BRONZE. Later in the year he improved his DL to 450 and TOT to 1075. He moved up to 132 in Nov. and posted an 1100 TOT via 260, 375, 465. This broke 4 OH records.

A new decade dawned - the 1970's! In Feb, he won the State title @ 132 w/ P/R's SQ 380, TOT 1105. On a whim, he reduced back to 123 one last time. In March, he made: 250, 350, 440, 1040. Meyer, now in top form, broke his own 1965 AR TOT with 1170. Milt decided to beat Meyer, winning chances seemed quite probable. At the West PA Open, his strength increased proportionally with the higher bodyweight. He hit P/Rs BP - 290, DL - 480, TOT 1150. He figured he had a good chance to win the Senior Nats. at 132.

The 1970 Sr. Nationals were held August 22-23 in New Orleans. It was not ideal conditions, with soaring mid-summer temperatures & no air conditioning. The officiating was lackadaisical. There was perspiration and desperation. Slick bars caused grip slips in DL. Chicago's Frank Riley was reigning 132 champ (1180), but didn't show. Former champ (68) and TOT record holder Allen Lord (1215) had a bad back. Trujillo, who also moved up

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Winning in Ambridge... Milt at the site of one of his early victories

grin. Milt quipped: "It beats a BIKE, anyway!" I had to agree it did, indeed, make a jock strap obsolete!

Around this time period, McKinney was employed as the Service Manager for Phillips Appliances. He still found time to prepare for the upcoming '71 Nats. on Sept. 10th in Dallas, TX. On June 4th, Mike Cross was in a serious auto accident, and nearly died (see my articles on Mike Cross, Parts 1 & 2 in the July & August '96 PL USA)! Milt was sorry for Mike. He had yearned to face him and get revenge! Come the big meet, Allen Lord returned and would be McKinney's chief competition. Milt hoped Lord would be in top form & push him. A lingering back injury was coming around. Lord popped a P/R 260 BP then made a 410 SQ by a whisker. None of the other contestants had a chance against Milt. The Toledo Torpedo was smokin'! Lord was 75 behind after McKinney set a SNMR 320 BP, and added his best ditch effort, pulled 500 and had 1170. McKinney won big, and matched Lord's DL (500), rebreaking his own US TOT record - 1245. Having won his 2nd SN Championship, he decided to forgo his flight. There were 7 weeks left before the World Championships. He was obsessed by a burning desire to win.

Back home lived Bob Matz.

to this class, fell out of contention (4th - 1005). Eremeyeff, of San Francisco, was too far behind to finish higher than 3rd (1125). McKinney was looking good. After personal bests BP 295, SQ 405 he was sitting on top the heap w/ 700 subtotal. Milt edged up a P/R deadlift also (485) - had 1185! His old run-up spot the previous year, thought he could pull the winning lift. Cross, 23, opened with a remarkable meet record: 530 (530.5)! It busted Lord's 523 mark. Lord had zeroed in DL. Now out of the picture, he still owned the AR (543) which had stood since 1967. Cross went for broke. He needed 555 for the lighter bw. win. Everyone thought it was impossible (except Mike). McKinney watched as Mike pulled his guts out. Up it heched, shoulders finally back. He returned it to the deck like a basket of eggs (556.5 on the scales). McKinney's gold turned into silver. The place emptied in bedlam. Milt strook his head in disbelief. He was more determined than ever to win their next encounter. History decreed by a twist of fate that they'd never engage again. Milt finished off the year at the top of the ranking list w/ 1200 via 300, 405, 495. A bit too late to have helped at the Seniors.

In 1971 the guys from the East Side of Toledo formed the Glass City Club. Dick Torino wanted to get out of P/L. His main interest was Olympic Wrestling in which he was involved at a National level. Milt, George, Lowell and the others all trained at the Local 9 AFL-CIO Glassworker's Hall. They were ready to make hay on the P/L circuit with their new team.

With determination never to be beaten again, McKinney trained with a new incentive to strive towards. The first ever World Championships would be held late that year, November 6-7 in Harrisburg, PA. The event would be promoted by W/L guru Bob Hoffman and the York bunch. P/L was definitely not Daddy Hoffman's cup of tea, but he saw P/L's inevitable destiny and wanted another feather in his cap. McKinney's actions spoke louder than just words. **THE PROOF OF THE PUDDING IS IN THE EATING!** At the Bob Moon Memorial meet in Findlay, OH on Feb. 28, 71, he gobbled up the AR Total - 1225! He was on a roll and gaining momentum. In April in Columbus, OH, he broke it again - and got his Master's rating - 1240! McKinney's unleaded streak continued. He captured the Midwest and Cincinnati titles.

At the Cincinnati meet, I saw him lacing himself into a corset! * What's that? * He replied, "It keeps me tighter!" Meet Director Charles Gschwind, a former Natl. P/L Chairman, chewed his trademark toothpick and analyzed the situation. He thought it a bit extreme, but admired his inventiveness. Nothing in the rulebook forbade it. With a sheepish

even reach his former best. Not willing to give anything less than his very best, with old injuries lingering and new ones cropping up, he retired from lifting. A huge part of his life had been ripped away. Consequently, other aspects of his life also began to deteriorate. He continued to attend meets for awhile, helping out. They became less frequent. When the old competitive urge burns within, and you can't quench your thirst, it's disheartening. It ached within him like an abscessed tooth. Milt decided to go into the gym business. He quit his appliance job and opened a health club, the Key Life Health Spa, in an East Toledo shopping center. Milt's wife divorced, and he had stopped lifting. She became bitter when Milt remarried a younger woman (the secretary at his club) and went to Chicago.

He returned to Toledo in 1978 and tried to make a P/L comeback. He trained at Jerry Bell's place. Jerry was a new local talent who had a big DL. McKinney landed a job at a service technician - refrigeration work for Foodtown, a grocery store chain. It was also a diversion from a plumbing pipefitting agency. Milt, a union member, applied for the job and got it. He had 5 years of experience in this line of work. Milt continued to train. He was beginning to get back into shape, but entered no competitions. He lacked the desire and enthusiasm that was once his trademark. One day at work, he suffered a severe electrical shock. This unfortunate accident incapacitated him for awhile. He had difficulty sleeping to say the least. The result was irreversible nervous system damage. He developed severe headaches, tremors and extreme nervousness as a side effect of this trauma. He took prescription pills in order to help him relax.

The day before Christmas in 1979, George Crawford stopped by his house. Milt seemed to be in a positive frame of mind. He laughed and cracked jokes. He was in an upbeat mood. He still wanted to get into shape. There was no indication of manic depression or suicidal thoughts. The following day was Christmas and Milt spent the day alone at his apartment on Alex Road. He swallowed a few "downers" to unwind and had a few drinks. The barbiturates with alcohol was a deadly mix. He lapsed into unconsciousness and never awakened.

His funeral was on a cold, snowy day. Severe weather kept many away. Only two of his lifting friends braved the elements: George Crawford and Ron Mercer.



Into the Hall of Fame... in Toledo, Ohio back on August 16, 1990, the honored inductees included Bob Matz, Dick Krell, O.J. Smith, Kerry McKinney, Lowell Slickler, and Terry Dennis-Poston

Kerry remembers the time when they had just sat down to dinner. The doorknob rang. A perturbed Milt answered it. The UPS man delivered a package. "It's for you," Milt told the boy with a wide grin. "I think you should open it." Kerry, a small child, receiving a big package. He opened it and exposed the contents of a brand new fishing pole. That weekend they went fishing in Marina. On his first cast, young Kerry caught no fish, but another boat coming into dock. They spent happy hours of father and son fishing on Lake Erie. Pop caught the most fish. Kerry didn't mind. It was more fun eating them anyway. In 1976, at age 12, Milt taught him how to water ski. The following year Kerry played high school football, but kept getting knocked down.

"I'll show you what to do," Milt said. "Come at me!" Kerry, all geared up, was hesitant, scared he might hurt his dad. An unconcerned Milt insisted. Kerry charged him and bounced off. Milt had adopted his "power squat" stance, as solid as a rock!

Once Milt uncharacteristically stopped in the middle of a SQ workout and left the gym. He remembered he had to pick up Kerry's birthday present. It was in the lay-away and had to get it before the store closed. It turned out with a special headphone set, with a special hook-up to alleviate feedback and a hearing aid. Milt had been born with a hearing dysfunction, and this helped him enjoy his music. It was quite obvious that the most important thing in Milt McKinney's life

was his son! Kerry was his pride and joy. His namesake came before P/L or anything else. It was the love a father had for his only son that kept him going during the hard times.

Milt McKinney's life had a tragic ending. He was a Powerlifting original. It was his predilection. There is so much more that he had to offer. I cherish his friendship and admire his courage during his triumphs and tribulations. He paved the way for the flourishing success our sport enjoys today. He ruffled more than just a few feathers with his bold and frank approach, not to mention his manners. Few understood him like I did. I know that Milt would have enjoyed to the words of Winston Churchill as his everlasting epitaph: **I AM READY TO MEET MY MAKER, BUT WHETHER MY MAKER IS PREPARED FOR THE GREAT ORDEAL OF MEETING ME IS ANOTHER MATTER.** I saw right through Milt's rough exterior and abrasive tongue. I saw him as a man who tried to hide it, but had a heart that was pure gold. He was a winner in my book and a great champion. Most of all, he was a loving father and my friend.

DEEDS NOT STONES ARE THE TRUE MONUMENTS OF THE GREAT. -JOHN L. MOTLEY. The sepulchre of the ages is silent, but memories endure forever. Philosopher Friedrich W. Robertson said it best, "NO MAN EVER PROGRESSED TO GREATNESS AND GOODNESS BUT THROUGH GREAT MISTAKES." The thought of eternity consoles for the shortness of life. Good-bye my friend. I miss you.

All grieved, but hurting the most by this sudden tragic loss was Milt's son, Kerry. He was 14. The underlying reasons for Milt's demise were debated. His P/L injuries along with two unsuccessful relationships, and his financial difficulties were no secret. The bottom dropped out of his world. The despair and dashed hopes were something that Milt had dealt with. Some implied his death was suicide. Carelessness perhaps, but knowing Milt as well as I did, I don't believe that story for one moment. It was nothing more than a tragic accident. Good or bad, he had too much lust for life. He met adversity head on.

Today, Kerry McKinney is 32. He works as a furnace operator at U.S. Reduction - a Toledo foundry. His wife Linda works as a bank teller. They have 2 children, an 11 year old daughter named Misty, and a 10 year old son, Shane. At 5'6 and 148, Kerry is built like his father. A couple of years ago, he participated in the local Hall of Fame meet, winning the 148 class - 400 DL with a 985 TOT.

Kerry shared the fond memories he has of his father. At age 5 or 6, Milt took his son to the gym to watch him workout. It was compelling for a small boy to see his father lift the heavy barbell, struggling to force out each rep and refusing to give in. Not only was he fascinated, but was proud as punch!

Milt was not antisocial, but he didn't like interruptions. Whether it was when he was working out, or at home, he didn't like visitors at his house or any disruptions when he was with his family. As a small boy,

INTERVIEW

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

RAY EBNER as interviewed for PL USA by Pat Cuntreza



Ray Ebner preparing to squat 771 lbs., his PR with lifting gear. (photograph by Diego LaLuz Jr.)

PC: Could you give the reader some background information about yourself?

RE: My name is Ray Ebner. I am 32 years old and have been married to my wife Julie for six years. I live in Oreland, CA.

I have been competing as a lifetime drug-free powerlifter for 15 years and am still making progress. Professionally, I began my career in New York City as an Exercise Physiologist and eventually became a Program Director for a leading sports medicine company. I will receive my Master's Degree in Physical Therapy in May of 1997. I hope to someday start my own private practice.

PC: How did you get started in powerlifting?

RE: My first exposure to powerlifting was as a senior in high school, when a powerlifter came to give a demonstration to our weight training class. I was amazed at his strength. The fall after I graduated in 1982, I competed in my first bench/deadlift contest. In reality, even before discovering powerlifting, I always had a strong interest in weight training having received my first set of barbells when I was only eight years old.

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

RE: The following is a list of some of my titles: 1996 AAUJPC RAW National Champion (275 lb. class); 1996 ADFFPA PA State Champion (275 lb. class); 1996 2nd place ADFFPA Lifetime Drug-Free Nationals (275 lb. class); 1995 2nd place ADFFPA Lifetime Drug-Free Nationals (275 lb. class); 1993 6th place, ADFFPA Mens

my reservations about using gear. Still, I had to use it to remain competitive. I generally have no problem with a single ply squat suit, wraps and a heavy duty belt, but that's it. Every sport has its ergogenic aids available to its athletes but when that exceeds a 10% improvement of performance, they cease becoming aids and blur the contribution of the lifter versus the gear. Overall, I think the sport would be better served if all but the belt were eliminated. Supportive gear aids performance, but it doesn't prevent injuries. In fact, I believe, in some ways it may contribute. When you attempt, pound, age, with gear, that are well beyond your true biological tissue strength, then any errors in form will magnify stress on the working joints and make it nearly impossible to recover.

PC: Could you tell the readers a little about your training methods?

RE: My training is very instinctive. In the off-season, I concentrate on my weak areas that I have identified after reviewing my meet performances. I usually do not perform the powerlifts off-season and instead cycle different exercises that are functionally related to the powerlifts. Pre-contest, I squat with approximately eight week cycles for each lift and, rep-wise, do sets of five, three, and two. Assistance work is limited to a few effective movements for each lift. I typically drop assistance work three to four weeks before a contest. I don't believe in percentage training because it assumes a static maximum throughout the cycle. A drug-free lifter often needs to make adjustments during the training cycle. As for singles, I feel that they may create mental barriers. I like to end with a solid heavy double in each lift and hit PR's in the meet.

PC: Why did you choose to compete in the AAUJPC?

RE: The main reason for competing in the AAUJPC was that I found the RAW approach intriguing. I have always harbored some discomfort with the use of supportive gear, but felt compelled

to use it so I could be more competitive. The RAW meets eliminate this need. Furthermore, I have found that the RAW AAUJPC meets I have competed in to be much less stressful and chaotic than meets where I use gear. The meets also move much quicker and they are more enjoyable. Also, one of the most positive influences in my career has been Mr. Al Siegel. His dedication to powerlifting and its athletes is unparalleled. He personally has helped me at many meets early in my career and, in my mind, has always been there for the lifter.

Given Al's position as President of the AAUJPC and his personal philosophies, I was interested in seeing what the federation was all about and gave it a try. Competing RAW and with the AAUJPC has been extremely fulfilling and enjoyable.

PC: Since its inception in the AAUJPC, RAW lifting has generated a great deal of interest. So much so, that other organizations are now offering RAW divisions of their own. What were your reasons for going RAW?

RE: As I said, I have always had

At the contest, I typically open at or below the weight of my best double for each lift. Second attempts are typically set up to be PR's, and the third attempt is all out. I think many powerlifters open up far too light and leave their best lifts in the gym. There is nothing to fear if your lifts are solid and unquestionably clean in the gym. The meet is the place to test your limits!

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

RE: For the beginning lifter, I would emphasize that you learn to do the powerlifts correctly and consistently. Experienced powerlifters are invaluable training partners. Your lifts should be judged very rigidly with NO breaks. You must correct problems such as depth immediately. You will then have no surprises at the meet. Compete with yourself! Don't be afraid to compete in a contest because you feel you may not be competitive with others. It's not important. What is important is that you compete to the best of your ability and enjoy the progress you make. I would also suggest that the beginner, as well as experienced lifter, keep a training log of all workouts, both pre-contest and off-season. This is extremely helpful in referring to successful training cycles and exercises that were the most helpful and accounts of each meet where the positives and negatives are reviewed.

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

RE: I would love to see the federations unify, pool their resources, and provide strict drug testing as one federation. The titles of National Champion and State Champion have so little meaning when there are 20 other lifters with the same title.

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

RE: My main interests outside of the sport are traveling, reading, working in my yard, antique shopping with my wife and reading PL USA.

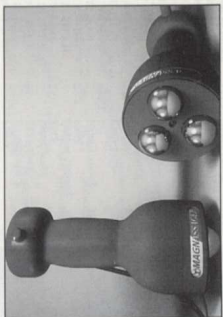
PC: What is our ultimate goal in this sport?

RE: My ultimate goal is to total over 2000 lbs. RAW. As a lifetime drug-free lifter, I believe this would be a tremendous achievement.

PC: Would you like to make any final comments?

RE: I'd like to thank Joe Pyna, Pat Cuntreza and Mike Lambert for this opportunity. I also wish to thank my wife, family and lifting partners for their support. The best years are yet to come!

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Furthermore, this competition is the official qualifier and selection competition for the USPF Masters World Team, which will compete at the 1997 IPF World Master Powerlifting Championships in Budapest, Hungary on October 14-19, 1997. Urinalysis drug-testing will be carried out at the competition and is conducted in a highly professional manner by a certified and reputable Laboratory, selected by the USPF Sports Medicine Committee.

In closing, if you have any questions or concerns regarding the competition, please feel free to contact me directly. Thank you for your continued support of the USPF and we look forward to seeing you at the competition. Best regards, Robert H. Keller, Competition Director, USPF Region II Chairman

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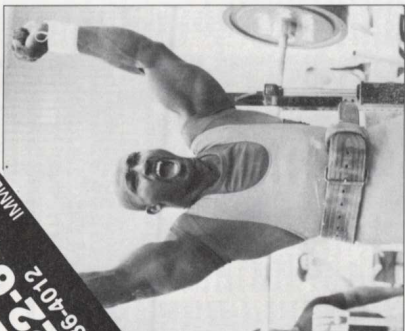
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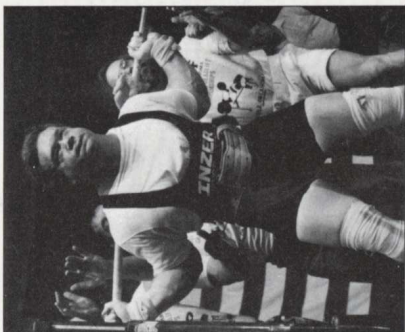
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U.S.A. P.L. Corner

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

Change Is Good... As you will be reading about and hearing about the ADFFA has changed its name to USA Powerlifting to further develop the sport and position ourselves for the future. In this month's Corner, you will find an article by executive committee member Dr. Larry Miller on some of these changes. Although change may cause some uncertainty, this was not change for change's sake. We hope you view these changes as a positive step toward the future. And as something that was done for you, the lifter. As in the past, the ADFFA has always strived to do what was best for the lifter. And now, USA Powerlifting, will continue to do the same. If you don't like too many changes, one thing that will remain the same is the quality of meets, strict drug-testing standards, high caliber competition and you - the lifter - will remain our number one priority. We hope all lifters will embrace this change as we embark on a new road toward the future of powerlifting.

USA PL National Meet Qualifying Totals

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

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

Grahame Fong... Man With a Vision. Grahame is one of the most important and influential men in the sport of powerlifting. He is his home in New Zealand. Nothing would deter him from making this trip from the other side of the world because he is a man with a mission. Or should I say vision.

We were lucky to have him there because he is a wise man with a voice of reason when difficult topics arose. Mr. Fong's sole motivation is for the future of the sport.

future of the sport.

Are you qualified? Now is the time to start picking meets to qualify in the WDPFF and a few WDPFF member nations. In going credit where it is due, Mr. Cominos seems to be successful in expanding the WDPFF. Personally, I did not feel that Mr. Cominos has been successful when compared to what Mr. Grahame Fong has done regarding the IPF. Mr. Cominos has threatened to suspend us via his interpretation of the WDPFF by-laws. As a paid up member of the WDPFF, we felt that we were justified in our actions and not subject to a suspension. Although Mr. Cominos has threatened suspension of the ADFFA for sending the organization (WDPFF) into "disrepute", he has given our Master lifters the authority to compete at the Masters Worlds.

A major concern of our lifters involves USA Powerlifting adopting the IPF drug testing policies. Although our drug testing will change, I believe it will be for the better. Our present situation is quite different from what it was 4 years ago. Our meet directors are presently relying on Urinary-USA PL filter that has no testing at all. Since increasing the number of urinalysis tests, the number of positive tests have increased significantly. Our drug testing officers are better trained, making fewer mistakes and therefore the lab is run-

U.S.A. P.L. Corner

ing more tests due to an intact chain of custody. In the past, individuals failing the polygraph were able to re-test with a Polygraphist (certified) of their choice. Many of these re-tests resulted in their acquittal. With our present system of urinalysis, the lifter provides an "A" and "B" sample. It is highly improbable that a mistake can be made and a lifter guilty of steroid use gets off the hook. In addition we continue to increase our unannounced Out of Meet Testing.

Quite a few members of the Executive Committee had trouble deciding on a name change. I was very close to Brother Bennet and initially I felt as if we were dishonestly I felt as if we were dishonestly I decided at our March 1, 1997 meeting that the new name "USA Powerlifting" would be followed by phrases such as "committed to drug testing", etc. I am sure that the name would not have been important to Brother Bennet when compared to maintaining our drug free status. Another point to consider was that the name change would ultimately be required should we be successful in our Olympic quest. We felt that adoption of USA Powerlifting now could only enhance our application to the USOC which will be completed later this year.

I initially had many reservations regarding the adoption of IPF rules at our National Meets (world qualifiers). We will incorporate these rules if we are accepted as the new USA IPF affiliate at the IPF worlds next November. As a bench presser, I did not want to see the use of Denim eliminated. Nor did I want to see the removal of the press signal. During my conversations with Mr. Fong, it became apparent that he was open towards positive change. In fact I set up a meeting between Mr. Fong and Ernie Frantz so that we could begin the process of getting the denim shirt approved. Mr. Fong also indicated that the USA has not played a dominant role within the IPF in recent years. He was quite optimistic that USA Powerlifting could help guide the IPF towards a much stronger well run organization. It accepted as the IPF affiliate at their upcoming Worlds, (which is likely given the backing of the IPF President Mr. Fong along with many others), we will go through the democratic process of presenting motions and lobbying them through.

I am certain that there are many with a variety of concerns. My advice to you is to call up any member on the Executive Committee. We would be more than happy to discuss issues and receive your valued input.

Sincerely, Larry Miller

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

POWERLIFTING BASICS: TEXAS STYLE - The Adventures of Lope Deik - by Paul Kelso, Follow Paul, Lope Deik, 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!"

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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) 258-1894, Coach: Nick Theodoro

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

New guidelines for membership in the USA Powerlifting (formerly ADFFA) Gym and Coaches Directory! Gyms must be affiliated with the ADFFA through team membership or membership of the owner/coach.

The USA Powerlifting (formerly ADFFA) Gym and Coaches Directory was created in order to provide

information with a listing of the USA Powerlifting (formerly ADFFA) 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 get your gym into the directory send your USA Powerlifting (formerly ADFFA) team's name and membership number or coach/owner name and USA Powerlifting (formerly ADFFA) number, along with \$10 payable by check or money order to the USA Powerlifting (formerly ADFFA), and send to Craig Safran, PO Box 4065, Bayside, NY 11360. Present members will be listed through December 1997.

U.S.A. P.L. Corner

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U.S.A. P.L. Corner

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AMERICAN DRUG FREE POWERLIFTING ASSOCIATION - -- COMPLETE ALL ENTRIES & PLEASE PRINT INITIAL

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170	138.5	J. Robinson	160	160	160
187	185	T. Timman	105	105	105
197	185	DL	225	225	225
205	185	DL	265	265	265
225	185	DL	315	315	315
245	185	DL	365	365	365
275	185	DL	415	415	415
300	185	DL	465	465	465
325	185	DL	515	515	515
350	185	DL	565	565	565
375	185	DL	615	615	615
400	185	DL	665	665	665
425	185	DL	715	715	715
450	185	DL	765	765	765
475	185	DL	815	815	815
500	185	DL	865	865	865
525	185	DL	915	915	915
550	185	DL	965	965	965
575	185	DL	1015	1015	1015
600	185	DL	1065	1065	1065
625	185	DL	1115	1115	1115
650	185	DL	1165	1165	1165
675	185	DL	1215	1215	1215
700	185	DL	1265	1265	1265
725	185	DL	1315	1315	1315
750	185	DL	1365	1365	1365
775	185	DL	1415	1415	1415
800	185	DL	1465	1465	1465
825	185	DL	1515	1515	1515
850	185	DL	1565	1565	1565
875	185	DL	1615	1615	1615
900	185	DL	1665	1665	1665
925	185	DL	1715	1715	1715
950	185	DL	1765	1765	1765
975	185	DL	1815	1815	1815
1000	185	DL	1865	1865	1865
1025	185	DL	1915	1915	1915
1050	185	DL	1965	1965	1965
1075	185	DL	2015	2015	2015
1100	185	DL	2065	2065	2065
1125	185	DL	2115	2115	2115
1150	185	DL	2165	2165	2165
1175	185	DL	2215	2215	2215
1200	185	DL	2265	2265	2265
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1250	185	DL	2365	2365	2365
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1300	185	DL	2465	2465	2465
1325	185	DL	2515	2515	2515
1350	185	DL	2565	2565	2565
1375	185	DL	2615	2615	2615
1400	185	DL	2665	2665	2665
1425	185	DL	2715	2715	2715
1450	185	DL	2765	2765	2765
1475	185	DL	2815	2815	2815
1500	185	DL	2865	2865	2865
1525	185	DL	2915	2915	2915
1550	185	DL	2965	2965	2965
1575	185	DL	3015	3015	3015
1600	185	DL	3065	3065	3065
1625	185	DL	3115	3115	3115
1650	185	DL	3165	3165	3165
1675	185	DL	3215	3215	3215
1700	185	DL	3265	3265	3265
1725	185	DL	3315	3315	3315
1750	185	DL	3365	3365	3365
1775	185	DL	3415	3415	3415
1800	185	DL	3465	3465	3465
1825	185	DL	3515	3515	3515
1850	185	DL	3565	3565	3565
1875	185	DL	3615	3615	3615
1900	185	DL	3665	3665	3665
1925	185	DL	3715	3715	3715
1950	185	DL	3765	3765	3765
1975	185	DL	3815	3815	3815
2000	185	DL	3865	3865	3865
2025	185	DL	3915	3915	3915
2050	185	DL	3965	3965	3965
2075	185	DL	4015	4015	4015
2100	185	DL	4065	4065	4065
2125	185	DL	4115	4115	4115
2150	185	DL	4165	4165	4165
2175	185	DL	4215	4215	4215
2200	185	DL	4265	4265	4265
2225	185	DL	4315	4315	4315
2250	185	DL	4365	4365	4365
2275	185	DL	4415	4415	4415
2300	185	DL	4465	4465	4465
2325	185	DL	4515	4515	4515
2350	185	DL	4565	4565	4565
2375	185	DL	4615	4615	4615
2400	185	DL	4665	4665	4665
2425	185	DL	4715	4715	4715
2450	185	DL	4765	4765	4765
2475	185	DL	4815	4815	4815
2500	185	DL	4865	4865	4865
2525	185	DL	4915	4915	4915
2550	185	DL	4965	4965	4965
2575	185	DL	5015	5015	5015
2600	185	DL	5065	5065	5065
2625	185	DL	5115	5115	5115
2650	185	DL	5165	5165	5165
2675	185	DL	5215	5215	5215
2700	185	DL	5265	5265	5265
2725	185	DL	5315	5315	5315
2750	185	DL	5365	5365	5365
2775	185	DL	5415	5415	5415
2800	185	DL	5465	5465	5465
2825	185	DL	5515	5515	5515
2850	185	DL	5565	5565	5565
2875	185	DL	5615	5615	5615
2900	185	DL	5665	5665	5665
2925	185	DL	5715	5715	5715
2950	185	DL	5765	5765	5765
2975	185	DL	5815	5815	5815
3000	185	DL	5865	5865	5865
3025	185	DL	5915	5915	5915
3050	185	DL	5965	5965	5965
3075	185	DL	6015	6015	6015
3100	185	DL	6065	6065	6065
3125	185	DL	6115	6115	6115
3150	185	DL	6165	6165	6165
3175	185	DL	6215	6215	6215
3200	185	DL	6265	6265	6265
3225	185	DL	6315	6315	6315
3250	185	DL	6365	6365	6365
3275	185	DL	6415	6415	6415
3300	185	DL	6465	6465	6465
3325	185	DL	6515	6515	6515
3350	185	DL	6565	6565	6565
3375	185	DL	6615	6615	6615
3400	185	DL	6665	6665	6665
3425	185	DL	6715	6715	6715
3450	185	DL	6765	6765	6765
3475	185	DL	6815	6815	6815
3500	185	DL	6865	6865	6865
3525	185	DL	6915	6915	6915
3550	185	DL	6965	6965	6965
3575	185	DL	7015	7015	7015
3600	185	DL	7065	7065	7065
3625	185	DL	7115	7115	7115
3650	185	DL	7165	7165	7165
3675	185	DL	7215	7215	7215
3700	185	DL	7265	7265	7265
3725	185	DL	7315	7315	7315
3750	185	DL	7365	7365	7365
3775	185	DL	7415	7415	7415
3800	185	DL	7465	7465	7465
3825	185	DL	7515	7515	7515
3850	185	DL	7565	7565	7565
3875	185	DL	7615	7615	7615
3900	185	DL	7665	7665	7665
3925	185	DL	7715	7715	7715
3950	185	DL	7765	7765	7765
3975	185	DL	7815	7815	7815
4000	185	DL	7865	7865	7865
4025	185	DL	7915	7915	7915
4050	185	DL	7965	7965	7965
4075	185	DL	8015	8015	8015
4100	185	DL	8065	8065	8065
4125	185	DL	8115	8115	8115
4150	185	DL	8165	8165	8165
4175	185	DL	8215	8215	8215
4200	185	DL	8265	8265	8265
4225	185	DL	8315	8315	8315
4250	185	DL	8365	8365	8365
4275	185	DL	8415	8415	8415
4300	185	DL	8465	8465	8465
4325	185	DL	8515	8515	8515
4350	185	DL	8565	8565	8565
4375	185	DL	8615	8615	8615
4400	185	DL	8665	8665	8665
4425	185	DL	8715	8715	8715
4450	185	DL	8765	8765	8765
4475	185	DL	8815	8815	8815
4500	185	DL	8865	8865	8865
4525	185	DL	8915	8915	8915
4550	185	DL	8965	8965	8965
4575	185	DL	9015	9015	9015
4600	185	DL	9065	9065	9065
4625	185	DL	9115	9115	9115
4650	185	DL	9165	9165	9165
4675	185	DL	9215	9215	9215
4700	185	DL	9265	9265	9265
4725	185	DL	9315	9315	9315
4750	185	DL	9365	9365	9365
4775	185	DL	9415	9415	9415
4800	185	DL	9465	9465	9465
4825	185	DL	9515	9515	9515
4850	185	DL	9565	9565	9565
4875	185	DL	9615	9615	9615
4900	185	DL	9665	9665	9665

B&W GYM Presents

\$35.00 entry includes free shirt

Custom unique awards

1-5 all weight classes

1-3 Best lifter, best squat,
bench & deadlift awards

Free entry to all 1996

ADFFPA 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

15th Annual Viking Open Sat., May 17 & Sun., May 18

Men, women, masters & teens divisions

Spectacular sculptured viking awards

Best lifters, best squat, bench & deadlift awards in all divisions

Polygraph & urinalysis testing

One of the longest running drug tested contests in the U.S.



For info:



**ADFFPA All Midwest
Bench Press
Championships**

Sunday, June 8, 1997

Open, Women, Teen and

Masters Divisions



5920 N. Ridge • Chicago, IL 60660

(773) 561-9692

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

Sep. 6, 1997 - APF National Qualifier

Dec. 6, 1997 - APF Iron Island Classic Bench

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

18-22 JUN, **IPF Women's Worlds** (Sea Point, Capetown, South Africa) Alan Ferguson, 27 11 866 7488 or FAX 27 11 8667989

21 JUN, **AAU BP/DL** (Blairtown, NJ) Ted Giannini, 14 Eagle Dr., Newton, NJ 07860, 201-300-0348

21 JUN, **ANPPC Drug Free Louisiana** Open BP/DL, Steven, Wayne's Gym, 2845 Lyons Sub Rd., Scott, LA 70583, 504-832-7827

21 JUN, **AAU Maryland State & Me** Open BP, Owen, Paul, Cliffh, West Nottingham Academy, Colons, MD 21917 410-658-3797

21 JUN, **6th Liponier YMCA Summer** Classic BP (open, master, teen) Dennis Henderson, 307 W. Church St., Ligonier, PA 15658, 412-238-4572

21 JUN, **ADFFPA Sci Graterford Summer Open** (outside lifters welcome) Don Beaufort CAS, Box 244, Graterford, PA 19426, 610-489-4151, ext 2297

21 JUN, **Power Mania III BP/DL** (1st-5th places) Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806

21 JUN, **USPF Maryland Drug Free** Bench Press, Gary Howard, Mid-DelMarVa YMCA, 715 S. Schumaker Dr., Salisbury, MD 21804, 410-749-0101

21 JUN, **USA Central Region Open BP/DL** (All ages) U.S. National, 126 W. Sale, D., (Miami) (US), 217-563-5429

21 JUN, **(loser date) Backwater World** Record Breakers BP/DL (River Mall Gas Retiwhsch, Box 5292, Bend, OR 97708, 541-389-0600)

21 JUN, **NASA Arizona State (Scottsdale)** NASA, Box 735, Noble, OK 73068

21 JUN, **ADFFPA Raw Push/Pull Combined** Masters Qualifier (men & women's notice, open, lifeline, teen, submaster, master) Manuel Villareal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adffpa.com>Email adffpa@netnet.net

21 JUN, **Willmarfest BP**, Darwin Jacobson, Box 1031, Willmar, MN 56201

21 JUN, **APA Tri-State BP/Atlantic Coast DL** (GA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962

21, 22 JUN, **AAU State Games of Virginia** (all age categories are invited) Rudy Uffers, 3112 S. Main, Colonial Hts., VA 22909, 800-556-5646

21, 22 JUN, **APF St. Nationals**, Curtis Leslie, 2258 Permothal Ct., Dunwoody, GA 30338, 770-458-8275 (hotel 800-416-4656)

22 JUN, **Ironman Contest DL/BP**, Best Western, Indiana, PA) Joe Spillane, RD#1, Box 180, Clarksburg, PA 15725, 412-639-9661

22 JUN, **ADFFPA Summer Benchfest**

7 JUN, **USPF Region III** (open - men/women, class II - men/women, master, teen) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575

7 JUN, **APA Ironman Open Power Classic** (Shidell, LA - all divisions - full wt. classes) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962

7 JUN, **3rd AAU Jr. Olympic & AAU Nationals Qualifier**, Joe Stee, 25 Louis 083, Budd Lake, NJ 07828, 201-691-4575

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

7 JUN, **APA Louisiana Open BP/ Ironman DL**, Classic LA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962

8 JUN, **Elm City Open BP** Championships (all divisions) Joe Stee, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212

8 JUN, **ADFFPA All Midwest BP**, Dennis Brady, 5920N. Ridge, Chicago, IL 60660, 773-561-9692

8 JUN, **6th Wintersville Open BP/DL**, Kerry, DJ, Johnson, 924 A. Trid, 14805 W. 11th, (MI) (US), 217-563-5429

8 JUN, **USPF State Decathlon**, Huntington Beach, CA, Vse Elliott, 714-841-3055

8-13 JUN, **Texas Police Games** (Plano) Texas Police Athletic Federation, Box 2040, Abilene, TX, 79604, 800-624-9752

14 JUN, **AU G.B.C. Barbell's 4th "No Drugs Allowed" BP**, Bob Vermer, 514 Loretto Rd., Pittsburgh, PA 15217, 412-422-9204

14 JUN, **Summer Push/Pull Meet**, (men, women, teen, master, novice BP, open & drug tested) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

14 JUN, **ANPPC Central USA PL/BP**, Son Light, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

14 JUN, **ISF World's Strongest Rugby Team** on the internet, <http://members.aol.com/interstr/interstrength.html>

14 JUN, **APF Inland DL**, Classic, Iron Islands NY 11572, 516-594-9014

14, 15 JUN, **(corrected date) ADFFPA Teen/Jr. Nationals** (St. Louis, MO) Mike Cassell, 314-625-1225

15 JUN, **(new date)**, Bud Light Record Breakers BP/DL (Rhenhouse Motor Inn, Bend, OR) Gus Retiwhsch, Box 5292, Bend, OR 97708, 541-389-0600

DL Classic (dedicated to Tony Mangino - separate contests, open, women, teen, jr. submaster, master) Don DeFolice, 19641, Volhard, Roselle, MI 48066, 810-294-7055 after 6pm

1 JUN, **ADFFPA Region 7 PL/BP/DL**, John Jones, 3147 N. 77 Cir., Omaha, NE 68134 or Keith, 402-444-5596

6-8 JUN, **NASA Masters Nationals** (Dallas, TX) NASA, Box 735, Noble, OK 73068

7 JUN, **AAU Wisconsin State/Chapel Classic Open BP**, Job Hou-sege, 1221 St. Clair Ave., Sheboygan, WI 53081, 414-459-9999

7 JUN, **ANPPC Drug Free Tennessee** Open BP/DL, Boss Athletics, 2107 Wayne Rd., Savannah, TN 38372, 901-925-7988

7 JUN, **ADFFPA Rocky Mountain States**, Bill Smith, 208-223-7415

7 JUN, **WNPF WA**, Coaches Bench Press and Deadlift, 2560A (Lubbock, Texas) (CA) WNPF, 2560A Picardy Circle North, College Park, CA 30349, 770-996-3418

7 JUN, **AAU Cedar Rapids YMCA BP**, Town Branch Press Seminar/Demonstration, Tamara Grimwood, 717 Market St., #399, Lemoyne, PA 17043, 717-761-3843 or 731-9300

7 JUN, **4th Miller's Iron House Gym Natural Bench Press**, (local TV, \$100 Best Lifter, sculptured awards) Brian Bannister, 301777, 0664

7 JUN, **AAU Nevada State Open**, Tom Linder, 47 S. Gosh Circle, Sparks, NV 89436, 702-424-0544

7 JUN, **USPF South States Championships** (below I, open, submaster, master, teen, women, BP) Sequin Fitness, 1415 E. Court, Seguin, TX 78155, 210-372-3396

7 JUN, **3rd Gold's Gym Charity Bench Press Classic** (women, submaster, master, teen, open) Gordon Beinstein, 16 Magnolia Ave., Norwalk, CT 06850, 203-852-6932

7 JUN, **USPF Region IV Bench Press** (open, master, woman, teen, urinalysis drug testing) Buddy Rogers, 522 E. Spruce Ave., Ravenna, OH 44266, 330-297-7520 (E), Pop Wahl 330-253-7616 (D)

7 JUN, **ADFFPA Midsummer Classic BP/DL** Open, Steve Conam, 920 S. Main St., Henderson, KY 42420, 502-826-6354 or 853-7865

31 MAY, **APF Memorial Day Bench Press Blast**, Ralph Rakola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NJ 11572, 516-594-9014

31 MAY/1 JUN, **Mega Power Conference** (Cleveland, OH) Developing Explosions & Maximal Sprinting Power by Charles Poliquin, Dusty Parker, e-mail dusty@lightstream.net or 216-259-3369 or FAX 216-259-3379

MAY, **WNPF Atlantic City Natural** (Atlantic City, NJ) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418

1 JUN, **3rd Freedom Hill Outdoor BP/**

AAU WISCONSIN STATE &

3RD ANNUAL CHAPEL CLASSIC MEET

BENCH PRESS MEET

SATURDAY JUNE 7TH, 1997

THE BODY SHOPPE

936 ERIE AVE., SHEBOYGAN, WI

CALL JOB HOU-SEYE AT 414-459-9999 FOR INFO
OR SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO JOB AT 1221 SAINT CLAIR AVENUE,
SHEBOYGAN, WI 53081 FOR AN APPLICATION.

(Denver) Andrea Sotavill, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-0904
28 JUN, NANA Northern Michigan Boulders/Bowling/Deadlift on the Beach (Tousas City, MI) Kane or Chris, 517-362-0464
28 JUN, ANPPC Drug Free New York Open BP/DL, ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5773
28 JUN, USAF Western New York Open PL/BP, Mark Becht, 18 Marine Rd., Buffalo, NY 14215, 716-894-8563
28 JUN, New England Gold Cup Bench Press (men, teen, submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
28 JUN, ADFFA Great Lakes State Championships (Lansing, MI) Doug Triney, 517-332-3406, 814-765-3214
28 JUN, NANA Mega Meet (Roselle, NJ) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
28 JUN, NANA Grand Nationals (Delaware, OH) NANA, Box 735, Noble, OH 73068
28 JUN, International Bavaria Cup Deadlift (women, men, jr., master) Karl Greiner, Fluren, 25, 84032 Landslut, Germany 0871/72859
29 JUN, US Assn. of Blind Athletes National Championships (ADFFA) and Open Invitational (lighted & blind) Mark Lucas, USA8A, 33 N. Institute St., Colorado Springs, CO 80903, 719-560-0830
JUN, USF School's Out Bench Press (men, women, teen, master) Vince & Fitness WA 98201, 365-959-3740
3 JUL, Open Bench Press on the Square (open, novice, teen, women, submaster, master) Wayne Hammes, 115 Roseberry Ave., Okaloosa, IA 52577, 515-673-3496 (6), 5240 (e)
12 JUL, (new date) Hot Day In Tuscola, BP/DL, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
5 JUL, Rep Master Open Bodyweight Bench Press - \$300 1st prize, Lucas Co. Barbell Club, Chardon, IA, 515-774-8107
11-13 JUL, USPF Men & Women Sr. Nationals (Drug tested by urinalysis - IFF World Record conditions - official IFF World Team Qualifier - Philadelphia Airport Marriott) Robert Keller, Box 829, Amber, PA 19002, 215-542-4941
10 JUL, USPF (NGB) National Gooding (Philadelphia Area) Meet (erickson)
12 JUL, ANPPC Drug Free Northern Vermont, IL 62864, 618-244-5773
12 JUL, Ultimate Bench Blast III (Jamie Pruzanski, Box 1146, Wildwood, MO 65760, 609-523-0216
12 JUL, Demston Deacon BP, Ed Ellis, 110-759-5629
11 JUL, Independence BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
12 JUL, Pop's Gym Summer Bash for Cash (open, women, teen, rep) Ilse 61603, 309-676-7184 or 443-5307
12 JUL, 3rd AFPB Iron on the River Open PL/BP (open, class II, women, masters, teen) Larry Browning, 1526 Crestview Dr., Irony, OH 45638, 614-232-0030
12 JUL, MDSA Biggest BP/DL on the Beach (Irony, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201,

320-233-5737
20 JUL, ADFFA Mid-America BP/DL (St. Louis area) Mike Cassell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225
19 JUL, USA RAW BP Federation Summer Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
19 JUL, APA NCHI Summer Power (outside lifters 2 wk. notice) Fred Listis, 1201 Main St., Fitchburg, MA 01420, 508-343-6550
19 JUL, AAU Weightlifting Challenge, Santa Rosa, CA, John Ford, 707-543-5970
19-20 JUL, ADFFA Cornhusker State Championships (PL, BP, DL) Mike Cassell, Lincoln, NE 68501, 402-470-3672
19-20 JUL, WPC Can-Am World Cup (Calgary, AB) Rainbow St., Okotoks, Alberta, Canada T0L1T3, 403-938-3067
20 JUL, The Steubenville Open BP/DL, Kerry DiDomencio, 234 Alfred, Wintersville, OH 43952, 614-264-4805
20 JUL, Open Bench Press, Santa Rosa, CA, John Ford, 707-543-5970
20 JUL, Cowtown Bench Press Challenge, Cowtown Iron Sports, 3815 South-west Blvd., Ft. Worth, TX 76116, 817-738-4900
19 JUL, AAU York Power Team Last Chance Raw Qualifier, Moore Muscle Gym, 201 S. Charles St., Reed Lion, PA 72366, 717-971-9919
26 JUL, 3rd Bodybuilding On the Grass BP/DL, Bob Ross, Box 893, Ft. AL 35555, Greg Hubbard 205-932-4389 or Ted Bulger 205-932-5365
26 JUL, APF Colina Lake Festival BP, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
9 AUG, USPF Muscle Beach Classic Push-Pull (Venice, CA) Darlene Galindo, 310-399-2775
9 AUG, AAU Police/Fire Nationals PL/BP/DL (open/raw) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824
9-10 AUG, WNPWF World Championships (Adams, GA) WNPWF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
10 AUG, Power Zone BP/DL, Rob Rogers, 49 West St., Milford, NH 03055, 603-228-2919
16 AUG, USPF Aloha Classic (San Antonio) below 1, open, submaster, master, women, BP, SNY, Ft. Hill, 1415 E. Court, Seguin, TX 78155, 512-372-3396
16 AUG, Indiana State Fair BP/DL Championships (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
16 AUG, MDSA Powerfest '97 (Goodview, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
16 AUG, ISF World's Strongest Police & Fire Departments on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
22-25 JUL, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, men & women) Mike Killpack, Box 10000, Lake Buena Vista, FL 32830, 407-248-6442
23 AUG, 2nd Bosco's Gym Summer Friendly (BF, tug of war, armwrestling, bikini, contact) Boston, MA 02122, Adirondack, OR 73401, 405-226-5438
JUL, WNPWF North Americans (Day-

23 AUG, Summer of '97 Bench Press Classic (men, master) Jim Smith, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
23 AUG, USPF Disabled Bench Press Championships (New Beach, Venice, CA) National Wheelchair Association, 310-399-2775
3 AUG, ADFFA The Real Deal BP Meet, Willie Mast, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
23 AUG, Women Only PL/ BP/DL (Alabama, GA) WNPWF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
23 AUG, 2nd Norm Manaligan Challenge (Los Alamos) (men & women's) open, lifeline, teen, submaster, master) Manuel Villarreal, 895 N. Bashore West, San Jose, CA 95128, 408-275-6449, www.adffaca.com/Email/adffaca@comcast.net
6 SEP, APF National Qualifier, Iron Island Gym, 3465 Lawson Blvd., Coonassid, NY 11572, 516-594-9014
11-14 SEP, AAU National Open Bench Press/Deadlift (Disneyworld) (new date) (open, novice, teen, women) Mike Killpack, 207-225-5070, or Kieran King, 207-225-5070, or Kieran King, 207-225-5070, or Kieran King, 207-225-5070
13 SEP, Midwest USA BP/DL (Elkington, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
20 SEP, WNPWF Police, Fire, Military Nationals (active duty, dependents, retirees - 100% drug testing) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806
20 SEP, Midwest USA BP/DL Cup (Stous Falls, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
11 OCT, ADFFA Bench Press Meet (open, master, women, teen) Meekville YMCA, 15957 Cornmeat Lake Rd., Meekville, PA 16335, Dr. Chris Krapp, 814-337-5800
11 OCT, MDSA Tri-State Challenge Cup (Stous Falls, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
11 OCT, (new date) ADFFA Deadlift Nationals (Bedford Heights, OH) Ed & Frank King, 24775 Aurora Rd., Bedford Hills, OH 14416, 216-439-5464
11 OCT, APA United States Open BP & APA Lone Star State DL (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962
11 OCT, ADFFA Pull/Row/2/Com-bined/Masters Qualifier (men & women's) notice, open, lifeline, teen, submaster,

23 AUG, Summer of '97 Bench Press Classic (men, master) Jim Smith, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
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11 OCT, ADFFA Pull/Row/2/Com-bined/Masters Qualifier (men & women's) notice, open, lifeline, teen, submaster,

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master) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adppaca.com/Email
11.12 OCT, WDFPF Open World Championships (Reading, England)
 12 OCT, WNFPP Midwest Challenge (Detroit, MI) WNFPP, 2560A Picardy Circle North, Lincoln, CA 30349, 770-996-3418
 18 OCT, 5th Yaddin Fall BP (men, submaster, master, teen) Jackie Simonson, 2505 St. Albans Bay, VT 05481, 802-910-6793-8660
 18 OCT, AAU Vermont State (men, women, master, teen) Jackie Simonson, 2505 St. Albans Bay, VT 05481, 802-910-6793-8660
 18 OCT, 3rd APF Wolverine Open PL, BP, DL (men, women, teen, F, submaster, D, master, novice) PL Dan DeFallo, 19641 Volland, Rosendale, MI 48066, 810-294-7055 after 6pm
18 OCT, FAI/IBP 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 Galindo, 310-399-2775
18-19 OCT, AAU Military PL/BP/DL Nationals (open men & women, submaster, master, coach, collegiate)
 Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264
22 OCT, IPA Northeastern Powerlifting Championships, Bryan Briddell, World Gym of Saratoga, Rt. 50, Saratoga Springs, NY 12865, 518-584-5000
25 OCT, MDSA Night of the Living/DL
 Halloween BP (William, MN) Darlene Galindo, Box 1031, Willmar, MN 56201, 320-231-2099
25 OCT, USF World's Strongest Gym on the Internet, http://members.aol.com/Interstrb/Interstrength.html
 25-26 OCT, 15th AAU Central PA Open (below chs 1, teen, submaster, master, woman - 1st 60 days) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 783-4900
25-26 OCT, APF Southeast Regional PL/BP, DCF, Crossarm, Decidiff, Club, USA, Crossarm, 3815 South-west Blvd., Ft. Worth, TX 76116, 817-738-4900
26 OCT, WNF Raw Nationals (Lancaster, PA) WNFPE, 2560A Picardy Circle North, Tuscola, IL 61953, 217-253-5429
OCT, APF Ohio State BP, Chris Baxter, 3114 Sheridan Rd., Portsmouth, OH 45662, 614-820-2717 or 354-1464
OCT, ADPPA New Jersey State Powerlifting Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
I NOV, (new date) AAU NC State BP/Best of the Bench/Dr. Olympic Qualifier, Ben Zak, Beach Boys Barbell Club, Box 978, Grandy, NC 27939, 919-453-8001
I NOV, AAU Lifetime Drug Free Nationals (Little Rock Air Force Base Fitness Center) Don Sheets, 314 SW/SVMP, LHPAR, AR 72099, 501-988-3283 or Larry Kye 501-982-7668
I NOV, APA Bench Press National-

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 Mike Collet, 214 N. Ashland, Park Ridge, IL 60068, 800-722-9373 (emergencies)
7 DEC, 6th AAU Coal Country BP/DL (separate contests - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3274
13 DEC, EPC/WPC International Austrian Prix (full meet - Graz, Austria)
 Achonangasse 27, A-8010 Smith, Austria
13 DEC, Christmas BP Classic, John Shifflet, Box 941, Swainsville, VA 22973, 804-983-3932
13 DEC, LOVC High School Invitational BP/DL Challenge, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
14 DEC, Austrian Bench Breakers (Graz, Austria) Carl Smith, Schönbühelgasse 227, A-8010 Graz, Austria tel/FAX +43-316-817683
20 DEC, MDSA Northern Nationals BP/DL (Jamestown, ND) Darin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
DEC, 4th AAU Christmas Bench Press Classic, Aaron Pate, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795
WDFPF Georgia National State Meet (Atlanta, GA) Troy Ford, 2560A Picardy Circle North, Lincoln, CA 30349, 770-996-3418
21-22 MAR, Northeastern PL/BP, Nautilus Plus, 321 Charger St., Riverside, MA 617-286-0232 or Russ Barlow, 207-225-5070
28-29 MAR, ADPPA High School Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
4-5 JUL, ADPPA Men's Nationals, Andrea Sorwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
18-19 JUL, ADPPA Cornhusker State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
AUG, ADPPA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 P.S. when writing include a stamped, self-addressed envelope for the meet director to return and make it clear if you prefer a photo or not. There is a specific time to call and DON'T CALL COLLECT.
 P.P.S. - Italicized entries in the Coming Events section indicate listings that are new or updates to our list.

ruptcy to reclaim its affiliation with the IPF. I told him that I had not seen the article he was talking about, but that I would look into it.

That article entitled, "I read Mike Lambert's article entitled, 'What's Going On In USA Powerlifting?'" which clearly depicted the events of the March 1, 1997, meeting in Chicago between the USPF, the ADPPA and the IPF as an attempt by the ADPPA to somehow steal the IPF affiliation from the USPF.

"After re-reading the post-meeting memorandum issued by Mr. Graham Fong, President of the IPF, and Mike Overider, President of the ADPPA, it was obvious to me that the actual events were not reflective of those reported in the article. I wondered why Mr. Lambert did not print excerpts from those memoranda. They tell a much different story. It was at this point that I realized the extent of the damage done by Mr. Lambert's article. The articles printed in Powerlifting USA are read by the common powerlifter - beginners to veterans - who take this information as Gospel. PL USA is the voice of the powerlifting community. Mr. Lambert has a duty, an obligation and moral imperative to report the whole truth, and not just his fictional accounting.

Perhaps it would behoove Mr. Fong to actually attend the events he purports to write about, rather than reporting second-hand knowledge from sources with an axe to grind. He was, after all, invited to the March 1 meeting, but failed to attend. One wonders whether he has the courage to admit his gross errors and, as a professional reporter should do, offer a retraction of his libelous story and set the record straight by reporting what actually took place in that meeting.

It is apparent that the only purpose Mike Lambert would have to create such a total misstatement of the facts is that he has another agenda. One cannot help but believe that he is attempting to stir the waters to cause more internal strife between the numerous existing powerlifting bodies, which merely further his own end to sell more magazines.

At any rate, his actions have proven to this powerlifter to be so detrimental to the unification process and to the sport of powerlifting, in general, that I am cancelling my own personal subscription on principle." Cheryl/A. Auld, ADPPA State Chairperson

When asked to be more specific about her points of contention, Cheryl Auld responded with the following:

"... The following will clarify which points particularly concerned me in your article:
 Choice phrases such as: a. "... ungly issue to deal with," which implies contention or a power struggle between the USPF and the ADPPA;
 b. "... a perfectly understandable level of concern began to rise within the World Drug Free Powerlifting Federation," which would lead a reader to believe that the ADPPA had acted inappropriately;
 c. "The ADPPA felt they could not agree to such proposals, and very little progress was made" which sounds like the ADPPA was responsible for stalling the negotiations;
 d. The entire paragraph, beginning with "Ironically, it had been the desire of many of the ADPPA's elite members..." which on the whole leads the reader to believe that there is a dissension between the elite lifters of the ADPPA and the ADPPA, itself;
 e. The purely speculative use of the phrase, "the plan," at least five times in the article, which amounts to no less than a direct accusation that the ADPPA has somehow attempted to usurp the power of the USPF and its position of affiliation with the IPF. You might as well have used 'the plot'!"

Lambert to actually attend the events he purports to write about, rather than reporting second-hand knowledge from sources with an axe to grind. He was, after all, invited to the March 1 meeting, but failed to attend. One wonders whether he has the courage to admit his gross errors and, as a professional reporter should do, offer a retraction of his libelous story and set the record straight by reporting what actually took place in that meeting.

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ADPFA Dr. Martin Luther King BP
22 Feb 97 - Sunnyvale, CA
Men 132 lb. Open 320
S. Shapiro 2 (05 - 39) 402
E. Kritch 3 (00 - 34) 352
Master 2 (05 - 39) 352
R. Topolo 2 (05 - 39) 352
148 lb. Lifetime 462
K. Allison 3 (05 - 49) 209
H. Shiba 3 (05 - 49) 209
T. Pearson 3 (05 - 49) 209
J. Kim 4 (00 - 44) 424
R. Garrett 4 (00 - 44) 424
Master 1 (40 - 44) 424
K. Pearson 4 (00 - 44) 424
R. Pearson 4 (00 - 44) 424
J. Lout 4 (05 - 59) 369
Master 4 (05 - 59) 369
D. Cone 4 (05 - 59) 369
L. Sgarbin 4 (05 - 59) 369
L. Thack 4 (05 - 59) 369
181 lb. First Meet 352
K. Bloom 352
J. Jones 380
Open 540
Lifetime Drug - Free 540
Submaster 2 (05 - 39) 540
Submaster 2 (05 - 49) 391
Women 155
M. Kinchenman 155
Master 1 352
198 lb. Lifetime 88
D. Kilgiff 88
D. Threde 104
217 lb. Open 220
C. Linton 242
F. Seibert 352
Master 3 (00 - 34) 242
J. Ortega 242
C. Rice 231
220 lb. First Meet 187
S. Noble 325
Z. Clark 424
M. Ludovico 413
M. Daniels 380
L. Lois 418
Submaster 1 (00 - 34) 242
K. Koussikos 468
M. Haggberg 468
Station to take part in the 4th Dr. Martin Luther 242

ADPFA Minnesota March Meet
8 Mar 97 - Willmar, MN
Closed Only Results
132
M. Kinchenman 155
M. Walkow 198
198 lb. Lifetime 88
D. Kilgiff 88
D. Threde 104
217 lb. Open 220
C. Linton 242
F. Seibert 352
Master 3 (00 - 34) 242
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King Jr. Memorial BP Championship. Many new faces and his all-Ways Healthy team was there. Ellis Greenberg and former Olympic Greco-Roman wrestler from Greece, Kostas Koussikos were 300 lbs. The winners were:
P. Sullivan 425
Judge: Kris Biederstedt, Don Sturgeon, Darwin Hsieh, John Dornier, Mike Hsieh, and Greg 400
of Brad Weber from Minn. Jeff Gould was coaching this day and benched for fun. At 198 Mike Walker, John Dornier's Squat record and record on the bench. He benched 230 lbs. a try at a 655 Deadlift and 330 Bench. Cory Stephens broke the record at 198 level 2 in the Jerk Press and was very close with a record 250 Bench, missing 430 on the 3rd. He has been competing for almost 30 years now! John Schultz is getting more experience and will be a master athlete, so watch him take and pulled a 215 Deadlift to go along with his fine 1245 Total. He missed a record 320 Bench without a shirt. Matt Kinchenman hit Iron Squat record with a record 605 Deadlift but it was not to be today. Next birthday, he moves to the 45-49 group. I hope Warren Caldwell's long-standing record of 330 lbs. on the bench is broken at the Marathon event. This meet was held at Jake & Jenny's Gym and had the Deadlift included for the first time. Starting in November, 1997, I am starting a new program for my gym. I will be offering support gear and everyone is against everyone for the records. If you are interested in the ADPFA RAW send me an SASE and please sign the word, "ADPFA RAW" on the back of the envelope to who help! (Thanks to ADPFA for providing the meet results).

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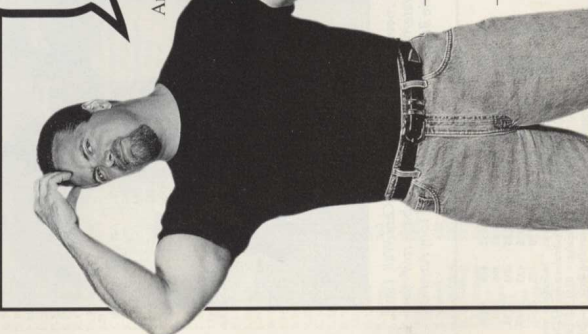
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Tri State Winter Classic V BP
19 Jan 97 - Winterville, OH

Rank	Name	Score
1	M. Hill	450
2	S. Swick	400
3	C. Vich	385
4	B. Rowlan	390
5	D. Swope	340
6	R. D. Rowland	340
7	Submaster 242	325
8	H. Haber	325
9	Master 242	325
10	F. Gallagher	345
11	M. Weaver	425
12	F. Gallagher	345
13	Submaster 275	315
14	Open 275	315
15	C. Young	515
16	Novice 165	270
17	J. Little	185
18	Master 165	300
19	Novice 235	148
20	Grandmaster 165	240
21	O. R. St. St.	470
22	Open 181	470
23	J. Ziac	470
24	Novice 198	440
25	Ziegler	470
26	Grandmaster 198	600
27	S. Schucker	600
28	Submaster 181	600
29	Submaster 198	600
30	Open 198	600
31	J. Miowski Jr.	340
32	Submaster 340	600
33	S. Schucker	400
34	J. Ziegler	540
35	N. Spillens	455
36	M. McCaffery	520
37	K. Jamison	520
38	S. Adams	520
39	Submaster 415	600
40	Master 220	630
41	Open 220	630
42	J. Valchine	630
43	S. Swick	600
44	Novice 242	600
45	D. Swope	350
46	Submaster 242	600
47	Open 242	600
48	R. Rowland	590
49	Open 275	700

Thanks to the following people for making the Tri State Winter Classic a success: Mike Highfield, Sean Mason, Joe Spallone, Tom Doran, Si M. G. White, Chris Vich, Travis Pustner, Eric Smith, John White and Sponsor A's Strong Gymwear. Thanks to Kerry DiDomenico for providing these results!

ADPFA Badger Open
8 Feb 97 - Racine, WI

Women	SQ	BP	DL	TOT
S. Whiting	195	175	310	680
S. Piotrowski	200	115	250	565
J. Wanserski	225	100	250	575
Men				
B. Bidawski	360	220	500	1080
D. Fronzaglia	545	410	545	1500
C. Bidham	405	275	450	1130
J. Trella	400	250	415	1065
181	480	435	555	1470
C. Krueger	420	240	455	1115
198	525	310	570	1405
J. Dethier	315	250	565	1130
S. K. Grogan	500	260	540	1300
Master Division By Formula				
40-45	665	365	605	1635
46-50	500	410	480	1410
R. Crawford	500	330	480	1310
R. Cogan	425	245	470	1140
50+	500	260	480	1240
J. Krueger	375	275	385	1035
B. Marston	375	280	405	1060
J. Irish	600	410	630	1640
220	600	410	630	1640

D. Hengst 620 380 635 1635
W. Schmidt 605 365 605 1575
R. Keyes 550 375 550 1475
R. Crawford 530 330 480 1390
T. Milczewski 430 340 500 1270
T. Milczewski 430 340 500 1270
242 600 410 630 1640
D. Van Fossen 600 410 630 1640

I am writing today to try and understand a little more about the Powerlifting sport. I am not a powerlifter but I do train every day. I also ran two successful Bench Press contests in Utica, NY. I also organize a very successful bench press team. My first two meets were USPF and my upcoming meet will be IPA. These and other organizations are very confusing to me. I thought it was no big deal what sanctions I used as long as the equipment was good, the judges were experienced and the lifters had fun. In my first two meets I had a combined (200) lifters and I have not had one complaint. I have had World and National records broken at my meets and at the November 23, 1996 meet you needed at least a 500 lb. bench to win in almost every class from 165 lbs. and up. So in my opinion that is a pretty good meet. My team consequently is undated and I recently started to try to find some competition for the team. This is where I start scratching my head in confusion. I called some of the bigger names in the sport during the course of preparing for these three meets. Some of the things I heard were, "we don't lift in USPF meets", then when I decide to run an IPA meet "we don't lift in IPA meets", I happen to have some of the best bench pressers in the world on my team including the pound for pound strongest bench presser on the planet in the 181 lb. Division, Dave Waterman (bench close to 600 lbs.) and they nor I have ever refused to lift in a meet because of the sanction (IPA, USPF, APF, etc.) What difference does it make what sanction, as long as the team isn't working that day or scheduled for another meet, or we're not putting on our own meet, we will be there. It is for the sheer competition and love of the sport that we attend any meet. As a young and new promoter I would think these guys would give me some credit with the type of meet I run and the huge success of them, like the bigger names such as Powerlifting USA, John Inzer, Ned Low, and Jamie Harris. I don't think the names can get much bigger than these, does it? Well like I said, I have never been a powerlifter so from the outside looking in what I see is a group of people that should understand like anything else "United you stand and Divided you fall". A lifter is a lifter, and Judges are Judges. People who judge make judgment calls which means usually not everyone will agree. No one complains at my shows about judging, I always have a full team of USPF State sanctioned judges and lifts are the way they see them. Just like baseball umpires, football referees, NBA referees etc., how are they supposed to be right every single time. If you guys think the judges are that bad, then get instant replay so you can argue in front of the monitor all afternoon. I understand the rules but the judges are human with just two eyes to see and make a judgment call. The more you guys and girls out there split hairs with these meets, guess what - the lifters won't come anymore and there goes your meet. These people in my opinion train their butts off, they travel to our meets from other cities and states, it is my job to make them as comfortable as possible in a strange gym. The next time they refuse to go to a meet because of the organization, think of what a meet represents: it should be the teams, the lifters, the people who have one thing in common and that is the love of the sport of powerlifting, and the pure love of competition. Even the major league baseball decided in Unity there is strength, the American League will play the National League this year (WOW) what's up with that? Well maybe if you guys catch this hint you will see powerlifting in the Olympics someday or powerlifters on TV Commercials. Lifting weights is enormously popular, ever wonder why it has been tied back from being lucrative and it is not drugs or there would be no sports, think about it! I Thanks Mike! Tony Marino, Meet Director, Body America Gym



Body America's Team... for their Nov. 23rd bench meet - front row from left - Cary Wall, Dave Renodin, Tony Marino, Tom Pugh, Jim Kilts, Dave Waterman, Dominic Carololo; back row - Sam Scalise, Pete Moore, Pete Dinardo, Travis Ripppo, Howie Britton, Rich Baye (courtesy of Tony America)

Southeastern Missouri BP & DL
15 Feb 97 - Poplar Bluff, MO

Bench Press	DL
D. Moore (13)	225*
Master Men	500*
E. Ross (45)	350*
B. Sababshah	270
E. Backfisch	270
K. Moore	475
242	270
C. Holmes (8)	420
4th	415*
242	
C. Holmes (8)	650

The Southeastern Missouri Bench Press/Deadlift Championships were held at the Coliseum Health & Fitness Club in Poplar Bluff, Missouri on February 13-14, 1997. This was the first time that a Missouri State Bench Press Meet was held in Poplar Bluff. Chad Moore won the 242 lb. bench press competition, first time competitor Drew Moore won the teenage division with a PR of 500. Master lifter Eric Ross also had a great day with a win at 148 lbs. Eric Backfisch took the win with 200, also a Missouri State Bench Press Champion. This was the first time that Eric Backfisch won the 242 lb. bench press competition, first time competitor Drew Moore won the teenage division with a PR of 500. Master lifter Eric Ross also had a great day with a win at 148 lbs. Eric Backfisch took the win with 200, also a Missouri State Bench Press Champion. This was the first time that Eric Backfisch won the 242 lb. bench press competition, first time competitor Drew Moore won the teenage division with a PR of 500.



TROPHY TIME... at the Southwest Missouri Bench Press/Deadlift meet saw (left to right) Drew Moore, Chad Holmes, Ken Moore, and Eric Backfisch picking up a lot of hardware (photo courtesy of Dr. Darrell Latch)

Women	SQ	BP	DL	TOT
L. Libby	285	270	475	1030
C. Diederer	460	270	475	1205
J. Peterson	425	240	450	1115
D. DeLeman	395	240	450	1085
A. M. Adams	375	240	450	1065
J. Peterson	405	190	450	1045
C. Stuebel	425	185	405	1015
D. M. Adams	375	215	435	1025
E. Deatrice	325	225	430	980
A. Rogahn	315	225	430	970
J. Kegerbauer	360	230	395	965
J. Peterson	375	230	395	960
V. Vanderloo	375	190	385	950
N. Regen	375	190	385	950
J. McDonald	365	200	390	955
J. Peterson	365	150	390	905
C. Haas	365	150	390	905
J. Rasmussen	420	240	400	900
R. Guckenberger	175	110	200	485
D. Royle	475	290	495	1260
M. Murphy	470	240	505	1215
S. O'Leary	460	210	490	1160
J. Peterson	435	270	445	1150
M. Neel	380	210	520	1110
G. Perlick	420	225	465	1110
T. VanHemmen	385	255	425	1065
D. Stiel	400	240	395	1035
N. Nowaczyk	380	275	375	1030
T. Goetz	375	240	410	1025
J. Hanson	365	225	430	1020
R. Koenigs	350	270	400	1020
R. Schwenker	340	270	410	1020
E. Londo	320	210	425	960
J. Dhein	320	210	425	960
S. Retward	485	290	520	1285
B. Bates	450	260	470	1180
B. Duchac	475	275	425	1175
D. Thornton	380	250	460	1090
C. Jost	390	275	405	1070
A. Kolsen	360	230	475	1065
E. Koenigs	360	275	400	1035
S. Peter	425	195	400	1020
J. Macoux	350	200	400	950
J. Pappas	330	220	375	930
T. Beck	335	220	365	920
C. Royle	335	220	365	920
N. Pichke	340	175	370	885
J. Ireland	340	175	370	885
D. Weimer	220	155	275	655
MASTER RECORD, BI	315	365	845	
J. Aley	550	295	590	1435
B. Becker	550	295	590	1435
R. Sadowski	535	355	480	1370
D. DeLeman	450	325	425	1200
K. Ditter	355	365	875	
J. Perico	355	240	405	1000
J. Skala	415	200	405	1020
D. Weimer	225	155	275	655
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D. Weimer	225	155	275	655
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J. Aley	550	295	590	1435
B. Becker	550	295	590	1435
R. Sadowski	535	355	480	1370
D. DeLeman	450	325	425	1200
K. Ditter	355	365	875	
J. Perico	355	240	405	1000
J. Skala	415	200	405	1020
D. Weimer	225	155	275	655
D. Weimer	225	155	275	655
J. Aley	550	295	590	1435
B. Becker	550	295	590	1435
R. Sadowski	535	355	480	1370
D. DeLeman	450	325	425	1200

APA Sunshine State BP/DL
22 Feb 97 - St. Petersburg, FL

WOMEN'S RAW 150 LB.	451	
OPEN 220 LB.		
K. BARNETT	138	
J. CHAFFIN	518	
MEN'S RAW 181 LB.		
OPEN 308 LB.		
C. THALOR	359	
SUBMASTER 198 LB.	629	
MEN'S RAW 198 LB.	330	
B. VALENTINE	330	
L. RARRISON	275	
MEN'S RAW 220 LB.	514	
SUBMASTER 242 LB.	518	
MEN'S RAW 242 LB.		
J. CHAFFIN	518	
L. JACOBS	485	
181 LB. (55-59)	325F	
NOVICE 181 LB.	326	
7 FEET (65-69)		
LUNIOR 181 LB. (20-23)	JULIANO	285
C. ADAMS	248	
DEADLIFT		
WOMEN'S DRUG FREE	DRUG FREE 132 LB.	429
NOVICE 165		
K. CLARK	374	
M. LAMBIASE	473	
DRUG FREE 198 LB.	DRUG FREE 181 LB.	501
D. ROUSE	391	
DRUG FREE 198 LB.	D. DAVIS	529
DRUG FREE 242 LB.	OPEN 220 LB.	485
L. JACOBS	OPEN	485
L. TAYLOR (13)	138	
220 LB. (45-49)		
OPEN 198 LB.	418	
220 LB. (50-59)		
R. SUWA	418	



Robert Clark ended up with a nice drug free 501 1/2 lb. deadlift at 178 1/4 pounds of bodyweight in the APA Biggest Pull in Florida competition. (photograph provided courtesy of Meet Director Scott Taylor)

US Naval Academy National Qualifier
22 Feb 97 - Annapolis, MD

WOMEN	SQ	BP	DL	TOTAL
116	145	85	190	420
E. Botigieg	166	95	205	466
J. Werner	190	90	225	505
120				
129	255	135	200	590
B. Lubkin	225	115	250	590

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100% Pure

No Fillers • No Cutters • No Bull!

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454 GRAMS — \$34.95
300 GRAMS — \$23.95

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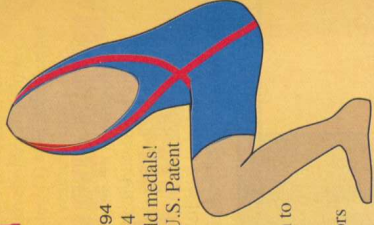






24 GOLDS - 1996 NAT'LS! 1,003 lb. SQUAT

THE CENTURION



Patent #5,046,194
The Centurion is the choice of Team Titan, the winner of 4 USPE/ADPPA Nat'l Team Titles in 1996 with a record 24 gold medals! Why? Because the Centurion is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it features our H.P. (Hi Performance) leg design to prevent leg slippage for bigger, safer squats.

Backed by "THE Performance Guarantee" our competitors refuse to match: Six month blowout + One year "Run" guarantee (a major cause of blowouts).

Colors: Black, Royal Blue and Red. Combination colors available.
Hi Performance
 Centurion (stock sizes) \$60.00, 2 for \$105.00
 Custom Tailored Dual Quad \$75.00, 2 for \$135.00



"Captain" Kirk Karwoski: 1,003 lb. Squat and 2,309 lb. total, IPF World Records @ 275!

HI-PERFORMANCE

SST Pro Series

The ultimate powerlifting shoe! Every shoe features: (1) Custom sizing (any size, width or heel height); (2) Wedge arch support; (3) Totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (4) Full grain leather construction with Cambrelle lining; (5) Hi-density molded sockliner; (6) Fiberboard heel counter to prevent "roll over"; and (7) Velcro lateral strap for fine tuning adjustments. (For best fit send tracings of both feet. Allow 4-6 weeks for custom manufacturing. Sorry no COD's). Worn by the best squatters in the World! **White with black trim** \$139.00

Signature Series Wraps

Now features a tighter weave for more power and better looks than ever before! Guaranteed to wrap tighter, store more energy and give more rebound than ANY other wrap around. Wrist wraps feature Aplx and thumb loop, 6 month guarantee.

- ▶ Knee Wraps ▶ Std. (12") Wrist Wraps \$12.50 ▶ Mid (24") Wrist Wraps \$14.50
- ▶ 1 pr. \$19.95 ea. ▶ IPF 50cm \$13.50 ▶ Full (36") \$16.50
- ▶ 2 pr. \$18.45 ea.

Ultra Belt

The heaviest, strongest belt in existence! Every belt features: (1) Stainless steel seamless roller with 3mm thick walls; (2) Two layers of steerhide, maximum legal thickness; (3) Eleven 1" spaced holes; (4) Full leather buckle fold over. Used by "Captain" Kirk Karwoski!

▶ Custom Colors. One or two prong \$90.00



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#1 in Powerlifting Performance

ADFPA/USPF Men & Womens

Team Nat'l Champions, 24 Golds!

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

Titan is the choice of champions!

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



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

CUSTOM TAILORED SUIT

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

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

- ▲ **Fits:** **Regular** - snug fit for new lifters or for passive support
- Meet** - tight, supportive fit for training and competing
- Competition** - tightest fit, not recommended for new customers
- ▲ **Styles:** **Sideseam A** - strongest commercial side seam \$40.50 each
2 for \$73.00
- Sideseam B** - our original handmade 3 cm side seam \$42.50 each
2 for \$77.00
- ▲ **Custom Deadlift Suits! Style A or B**

THE GUARANTEE

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

THE VICTOR

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

- ▲ **Colors:** **Black, Royal Blue & Red**
- ▲ **Sizes:** Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- ▲ **High or Low Cut** \$36.00 each
2 for \$61.00



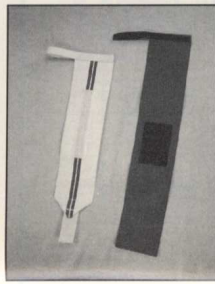
Ray Benemerito;
1906 lb. total
@ 181! Multi World
Record Holder and
World Champion

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

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

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TITAN POWER SINGLETTS NOT a wrestling singlet! Features power Hi Cut with full 1.5cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting. Legal in all federations and RAW meets. Black, Royal Blue & Gold \$20.00 (Add \$4.00 for logo)

BELTS



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

▲ **Black, Royal Blue, Red \$70.00**

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

Other Products



- CHALK:** 1 lb. \$8.00
- AMMONIA CAPS:** 4.00
- Box of 10 5.50
- SPRING COLLARS:** 21.50
- DIP BELT:** 22.50
- TRAINING BELTS:** 25.00
- 4 x 2 1/2"
- 4 x 4"

- TEXAS POWER BAR:** Lifetime guarantee! \$189.00
- SUIT SLIPONS:** get into suits easier! give weight 19.00
- BRIEFS:** Titan quality and performance 15.50
- DUAL QUAD BRIEFS:** Patented Harness Design 25.00
- DEADLIFT SLIPPERS:** Low profile, rubber soled 5.00
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- LIFTING STRAPS:** 1.5", 2", heavy duty & leather 8.75
- Titan T'S AND TANK TOPS: 3 color logo 44.95
- ADIDAS DEADLIFT SHOES:** Gummed rubber soled 19.50
- TRICEP ROPE:** Great for cable work 95.00
- DEADLIFT HELPER:** 1.25" square steel construction
- SERPA P/L EQUIPMENT:** Call or write for flier Call

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Hi or Low Cut					
CUSTOM SUIT	<input type="checkbox"/> Reg. <input type="checkbox"/> Meet <input type="checkbox"/> Comp				\$5.00
Male <input type="checkbox"/> Female <input type="checkbox"/>	<input type="checkbox"/> Style A <input type="checkbox"/> Style B				
Height	Weight	Leg (Largest part)			
Hips (Buttocks)		Overall (TOP OF TRAP TO 6" BELOW CROTCH)			
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received from March 1996 through February 1997.

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DEADLIFT

815	Warman, S.	671/96
816	Karowski, K.	728/96
817	Karowski, K.	728/96
818	Karowski, K.	728/96
819	Karowski, K.	728/96
820	Karowski, K.	728/96
821	Karowski, K.	728/96
822	Karowski, K.	728/96
823	Karowski, K.	728/96
824	Karowski, K.	728/96
825	Karowski, K.	728/96
826	Karowski, K.	728/96
827	Karowski, K.	728/96
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830	Karowski, K.	728/96
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845	Karowski, K.	728/96
846	Karowski, K.	728/96
847	Karowski, K.	728/96
848	Karowski, K.	728/96
849	Karowski, K.	728/96
850	Karowski, K.	728/96

BENCH PRESS

700	Patterson, K.	11/24/96
701	Karowski, K.	7/28/96
702	Chabot, G.	9/7/96
703	Chabot, G.	9/7/96
704	Chabot, G.	9/7/96
705	Chabot, G.	9/7/96
706	Chabot, G.	9/7/96
707	Chabot, G.	9/7/96
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737	Chabot, G.	9/7/96
738	Chabot, G.	9/7/96
739	Chabot, G.	9/7/96
740	Chabot, G.	9/7/96

TOTAL

2509	Karowski, K.	7/28/96
2510	Karowski, K.	7/28/96
2511	Karowski, K.	7/28/96
2512	Karowski, K.	7/28/96
2513	Karowski, K.	7/28/96
2514	Karowski, K.	7/28/96
2515	Karowski, K.	7/28/96
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2545	Karowski, K.	7/28/96
2546	Karowski, K.	7/28/96
2547	Karowski, K.	7/28/96
2548	Karowski, K.	7/28/96
2549	Karowski, K.	7/28/96
2550	Karowski, K.	7/28/96

TOP SHWS

1850	Wheatley, J.	2/1/97
1851	Wheatley, J.	2/1/97
1852	Wheatley, J.	2/1/97
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1939	Wheatley, J.	2/1/97
1940	Wheatley, J.	2/1/97

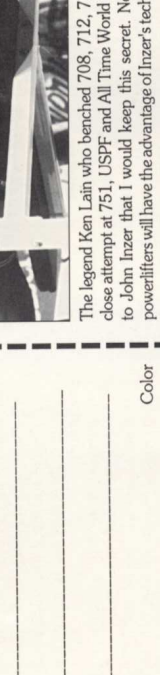
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- An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

- Improved Heavy Duty
- strong support off chest
- extra comfort built in
- great immediate results
- tight tough fit
- strong support off chest
- extra comfort built in
- great immediate results

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The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records, "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



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Extra High Performance Heavy Duty \$100
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chest _____ arm _____
colors - Black, Red, Navy Blue, Royal Blue
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