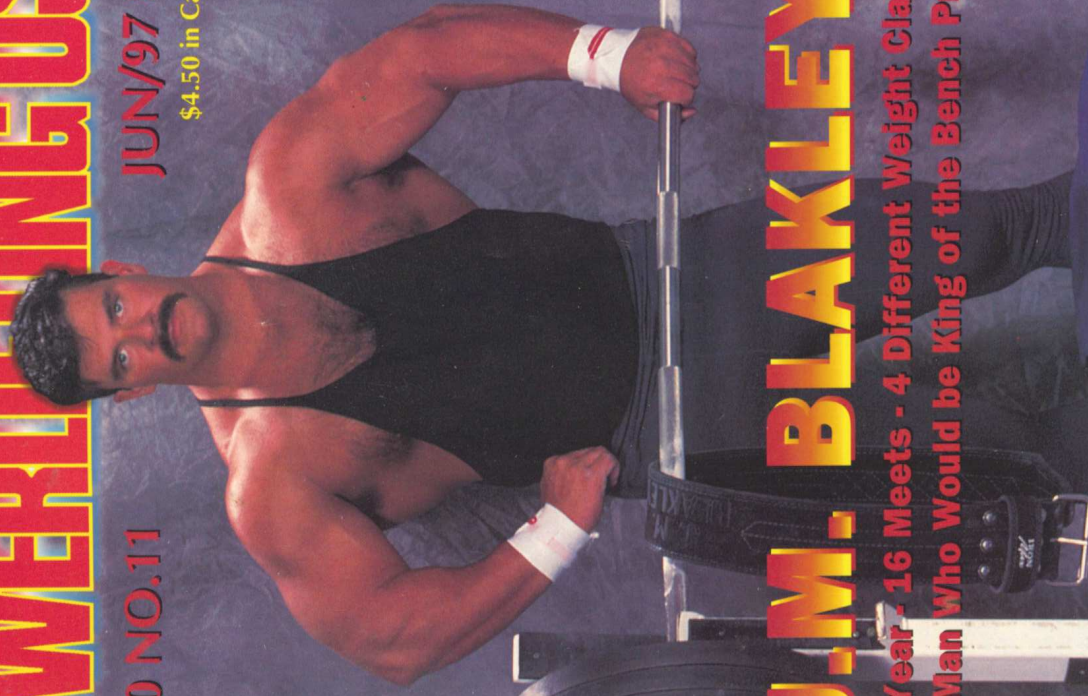


# POWERLIFTING USA

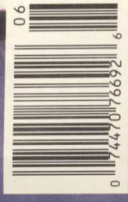
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## J.M. BLAKLEY

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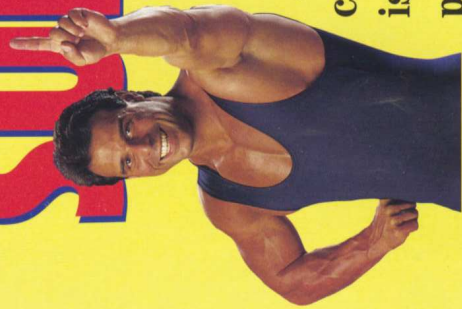
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ON THE COVER....J.M. ("John-Mark") Blakley plots his course to the upper echelons of the Kingdom of modern Bench Pressing in a great photograph taken by Chris U. Putnam

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# INTERVIEW

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

## J.M. BLAKLEY as interviewed for PL USA by Mike Lambert

**ML:** At one time I thought there must be TWO J.M. Blakley's in Ohio. With all your jumping up, down, and around the weight classes, I figured it could not be just one person doing all the lifting you were doing. Do you actually go through 4 different weight classes in a year. What prompted you to take this route?

**JM:** I enjoy the challenge of making weight. Not the actual execution, but the challenge. I compete in 4 weight classes, at least, each year, sometimes five. It started out when I was dieting for a bodybuilding contest. I noticed in training that although I would fatigue very easily during the workout my strength was pretty stable for the first set. I reasoned that must be good for powerlifters, because they could diet down, and still stay strong for a one rep. My previous best bench press in training was around 400. I knew that a good bench press was considered to be around two times bodyweight, so as I was dieting I challenged myself to get down lower and lower and try to get the bench up a little bit. I dieted down to 220 and I was able to get the

in competitions and she miraculously brings them back to life to be used another day.

A word about the bench shirt - the groove is different with a bench shirt than without. One needs to respect that. One needs to spend time and effort in learning the groove and learning the shirt's optimal mechanics, not trying to make the shirt follow your own bench mechanics. This is a skill that has to be practiced and mastered. People who complain about bench shirts, probably have not paid their dues. It's not uncommon for me to show up at a gym with two duffel bags, filled with 7 or 8 shirts, each one slightly different. I always, painstakingly, try to find the one that's matched for my body size at that time. Why spend so much time to find the right groove on a shirt? Because you can get 100 pounds out of it. Yeah, a hundred pounds. I personally have never gotten 100. I have gotten 90 on one occasion. Usually, 70 or 80 on every outing. On two or more occasions, I was clearly able to get 120 or more pounds had things gone right off my first bench work pays off. My shirt bench shirt that I put on, added exactly five pounds to my bench. I didn't know anything about them, but I realized that I needed to master this aspect of the competition because like it or not, some guys will take the time to learn this skill, and they will blow the shirts, and they will pinch nerves in their arm, and they will pass out trying to squeeze into a shirt that is just a little bit tighter. They will, in short, pay their dues.

I spotted a lifter here in Columbus, and watched him, right before my very own eyes, get 150 pounds out of a denim shirt. I know this to be true. I spotted him in the gym and I was at the meet, and I saw it happen. I realized right then and there, that if he could do it, so could I. When I feel frustrated, or when I blow a shirt, or I let a weight fall out of the groove and almost get crushed by it, I remember how easy he made it look, and how he never ever did a workout without practicing with that bench shirt on at some point. He learned the groove, he learned his own mechanics, and he mastered it. He

I think this effect is most likely due to compression of the extra adipose tissue and the interstitial fluids being compressed, providing an elastic effect inside the body. In the lighter classes the shirt has more of a bracing effect. It still boils down to mechanics. You must learn how to use your equipment.

**ML:** You have goals of 630 in the bench at 242, 730 at 275, 750 at 308, and 775 at SHW in your quest to become "King of the Bench Press". How will you achieve these goals and when can we expect to see it happen?

**JM:** Yes, I want to become King of the Bench Press. I say that because no one gets excited about small goals. It takes big ideas to get people interested, and I'm going to keep saying it, because I want to interest people. The truth is I'm not trying to be the king of anything, really, except myself. My goals are my own. I want to improve myself and constantly challenge myself and, in turn, the world records. There have been many great benchers before me, and many will come after me. I respect every single competitor. You can ask anyone of them, I'm sure that they'll say that. If they don't, they're mistaken. Maybe if I was too focused for the moment, I didn't seem amicable. Bottom line is that I respect all of them. I've learned amazing things from benchers and being aware of their strengths and weaknesses. I've learned about explosive power from George Halbert. No one I've ever seen literally throws the weight off their chest like George. I've learned about tenacity and a die-hard attitude from Kenny Patterson and Willie Wessels. I've seen both of those guys set world records that never could have made it up, but they did. They wouldn't give up, they wouldn't say no, they were determined and their will power was incredible. I learned technique from Craig Tokarski, who almost effortlessly flipped 705 up with flawless execution. I don't follow



J.M. at 220 at the Iron Island Gym. (Jack Smith)

was maximizing the shirt's potential. Don't envy the guys that get 70 to 100 pounds out of their shirt. Do the work, and become one of them.

I sometimes compete without a shirt, if I'm tuning up for a big attempt or I'm helping others at the meet and I'm not quite ready to compete "full go" myself. My best, in competition, no-shirt benches are 525 at 263 pounds, and 468 at 219 pounds. While training for my first run at a 700 pound bench, I regularly hit between 605 to 615 without a shirt, just during my training, and not in competition. I do enjoy the no-shirt lifting a lot more, because there's fewer things that can go wrong. You don't get crushed into the shirt. You don't have to have special people there to help you out. (It takes two to three people to put me in my shirt). You don't have to worry about the shirt tearing and losing a lift. You don't have to worry about the shirt tearing and getting injured. There's just so much less to worry about, and I really do enjoy no-shirt lifting. It's more relaxing, a lot more fun, and I'd like to do a lot more meets that way.

As for the effect of the shirt at different bodyweights, I definitely have noticed a difference, not in the final outcome - as far as pounds lifted, but in what the shirt provides for you. It's been my observation that in the lighter classes the shirt offers more stability and support, while in the heavier classes I think it adds more kick. In the heavier classes

his technique, but I am in awe of his mastery of the form he uses, which suits his body type. I hope to someday master my own technique in a similar way. I learned from Glen Chabot manhandle the 275s and I'm nearly ready now for a record attempt - maybe June or July. It's 730 lbs. Kenny Patterson is at 728, and that's an incredible, amazing record. I may take me a while to chip that one down, but I think I'll be ready for an attempt at that at the APF-Sr. Nationals. After that, it's back down to the 220s. I'd like to hit 605 at 220, then back to the 242s for that 685. Then I'm going to skip right through the 275s and go to the 308s for my big 750 attempt, and if that goes well, and the weight comes up, and I gain the weight fine, I'll go to 309 and try that 775. This will all be attempted during 1997/98 and then I'll do a lot of shirt free meets after that.

**ML:** How do you manage your diet? I believe in simplicity. I have some very exotic and detailed diets I used for bodybuilding, but I really don't use them anymore. I can go to them if I have to, but they haven't been necessary. I stick with simplicity. My dieting techniques are extremely simple. To cut weight, when I'm heavy, I maintain less than 3000 calories a day, and I begin doing 30 minutes of cardiovascular a day. No days off. I gradually build up to, believe it or not, 4 hours of cardiovascular training a day. I never

(article continued on page 90)

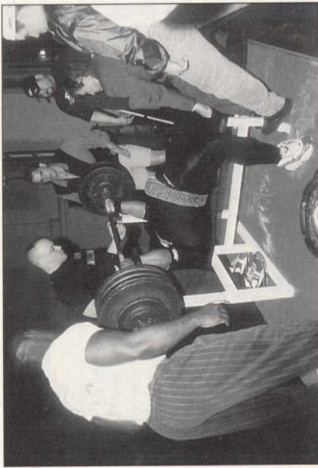


J.M. has even tried his hand at modeling sportswear.



SUCCESS!!! John Mark Blakley erupts in emotion after making 675 at the Arnold Classic (Cary Gardner)

## Clark Goes 700 for SIX REPS!



**From Jim Williams...** "The meet was a victory and we had a very nice time. Jamie Harris couldn't show because the Ku Klux Klan had a rally in Pittsburgh, and to my understanding they called out the National Guard. Jamie was a gentleman and sent back the money sent to him. Mike, being the first guy to do 700 or better, I'd like to certify these guys. I know there is a lot of arguments about these two lifters, but they are two gentlemen. Anthony did an amazing 700 pounds for 6 reps. I witnessed it, with a host of people watching too! Mike, I used to brag about reping 600 for 6 reps, but Anthony did 700 for 6 - outstanding. Some have said that I did it without a shirt, but there's not saying that if I had a shirt I would have done 800 pounds. Times change along with equipment. If we think the other way, maybe we should still be driving Model Ts. There is a time and chance for everything. I was the best in my era, and Tony is the best in his. There are a lot of contenders - if they work hard enough, the will one day be the best also - James Henderson, Jamie Harris, etc. Please give my best to everyone. God Bless JIM WILLIAMS. Above, Anthony reps out 6 with 700 lbs, with Rev. Alphonse Allen (nearest), Jim's son Nate in the center, and Mark Mehall (far side) spotting. Below, the two greats of the bench press share the camera lens - what a moment. Anthony had a special plaque made up for presentation to Jim as well.



**From Dan Wagman...** After reading the responses to my report on the World Bench Press Challenge, I spent considerable time thinking about whether a rebuttal was in order. However, in light of the APF seemingly feeling attacked (though I didn't place blame), irrelevant issues (my education, occupation, US/PF/USA PL/IPF matters,

Dave Jeffrey, whether I was at the meet, etc.) and a lecture on APF rules (a violation of which is clearly indicated in Waterman's picture) I feel that my points were strengthened and need not be defended. On the other hand, I do believe it's important for me to tell you why I believe Anthony Clark's size and strength to be of no consequence when compared to his heart and



**Wessels Lifts BIG!!!** at the Monsters of the Midwest meet, Willie Wessels squatted 953, benched 650 (missing 661), and deadlifted 799 (missing 810) for a 2402 total weighing 239. The bench press and total were WPC world records. Ernie Frantz sums up the event as follows: "I am writing you in regard to the 1997 Monster of the Midwest meet that was held in Peoria, Illinois by Fred Uhlrig. I witnessed the most phenomenal lifting of my 43 years in the sport. Willie Wessels at a body weight of 236 lbs. lifted with ease a new world record bench of 650 lbs. and a new all time record total of 2,404 lbs. making him the strongest man in the world today.

I have also witnessed his earlier contest of squatting 1004 lbs. He not only has surpassed Eddie Coan, he cannot be touched by any man in the world today, pound for pound of bodyweight, and I'll stake my career on that!

He not only does his lifts with ease and strictness, but is humble and always finds time to help others that need it. He works as a school teacher and is always looking to better the sport of powerlifting. He recently got married to a very wonderful person named Dianne who is always working by his side encouraging him to fight on, and is always helping out the whole team, and anyone that needs it. They are the future of the growth of today's powerlifting.

I have been fortunate to meet Willie Wessels mother who works in the church teaching the word of God. Now I know by this great upbringing how he has come to acquire such strength. I am enclosing his picture and I would appreciate it very much if you would put him on the cover of your magazine, PL USA. I feel that if anyone deserves to be on the cover, it should be him. He reminds me of the great legend, Dave Pasanella\* Ernie Frantz, President APF/WPC. At left, Willie squating, above, his WPC world record bench of 650. (photos courtesy Ernie Frantz)



These actions indicate to me that Anthony is a man whose strength and size are dwarfed by his insightful attitude. I consider it a tragedy when a terrific person such as Anthony and his accomplishments have to come into doubt. What will it take to have powerlifting return to the level of integrity it once held? Dan Wagman, Ph.D., C.S.C.S.

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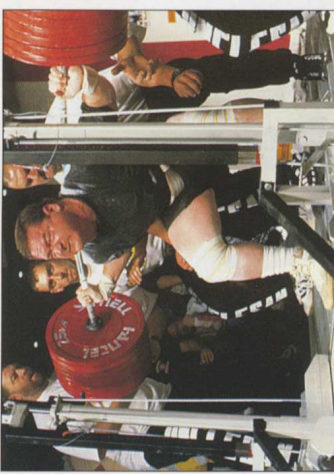
# My Dream Team, Pt. 2

by many time USA Team Coach Maj. Sean Scully, USAF

Last month we covered the guys that would take my dream team through the 1st couple of days of lifting at a World Championship. Based on their combined trips to the Worlds (45), the Gold medals (37), and silver medals (8) earned, and assuming that Mr. Gant will only be allowed to lift in one weight class, the USA should have five golds and one silver. This gives the team 69 out of a maximum possible 72 points. It is still possible that another team could win five golds and two silvers, so I guess we'll have to lift our big guys, just to make sure. Here they are: Ed Coan - 100 KG, Dave Jacoby - 110 KG, Kirk Karwowski - 125 KG, O.D. Wilson - 125 + KG, Larry Pacifico - Rover.

This group of supermen have combined for 27 Golds and 3 silvers in 30 World title attempts. The percentages tell us that the American squad will walk out of this meet with ten golds and one silver - Greedy Yanks! Let's chat about the "biguns."

Ed Coan. Enough said! But let me add my own observations. Ed doesn't have great leverages in the squat, and they're worse in the bench. His knees drift forward in the squat, he has virtually no belly or round thighs to use as a spring in the "hole." His thighs are not especially short, requiring a fairly long descent with more back lean than you like to see. In the bench, he has a non-existent arch, and very long arms for his size. In the deadlift those long arms come back to help out, but again his stroke is not optimal and the weight is usually out in front of him further than with other great deadlifters. What am I getting at? Ed Coan is even stronger than his totals suggest. He is the strongest man in any class, any lift, any age. He simply powers huge weights up with muscle and determination. When you watch Ed bench 550 - 570 pounds it's much more impressive than a lot of those guys who push 600 - 700 pounds. The bar has to move a heck of a lot farther for Ed. In the IPF these days it has to be to the letter of the law, and the most he's weighed is about 230 pounds. I think he's the strongest bench presser in the world, even though he doesn't hit the big numbers as done by others. And the bench is considered to be Coan's "weak lift." The fact is that Eddie doesn't have a weak lift. With Ed lifting in any class (he's won the Worlds on 181, 198, 220, and 242 - often out-totalling the 275s and Supers) you only have 2 possible outcomes: win or bomb. He lifts on an island where his only competition is what he wants to achieve. To top it off he's a pretty nice guy. A good team player. Always willing to



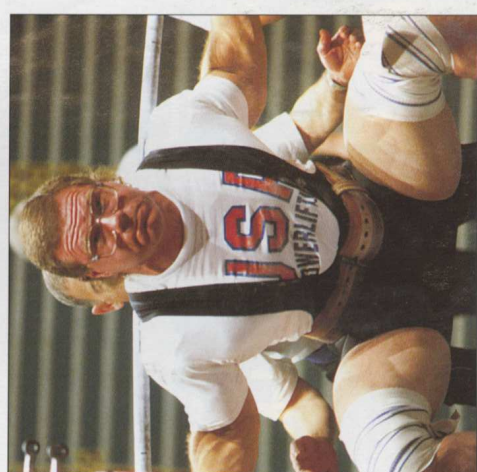
Ed Coan squatting at the 1996 IPF World Championships in Austria

drawing board, with his pal Pep Wahl, and came back to remind all of us that he was the man to beat at 242. He came in as a World Champion and he left as a World Champion. That is as it should be. Apart from the fact that I finished my own short lifting career as a light 242 pounder, Dave is the main reason why the 242s is my favorite class. I used to brag about the fact that I had lifted in a meet against Dave just prior to winning his 1st Seniors and Worlds back in 1984. I always point out that I beat him in the bench and stayed close in the deadlift, without bringing up the fact that he had out-squatted me by 150 lbs. I'll never forget the look in Dave's eye back at the 1984 Worlds when I, the young assistant coach at his 1st Worlds, tore Dave's Supersuit pulling his straps down between squat attempts. I ran out to the vendors (fearing for my life) and picked up a suit from Larry Pacifico or Ricky Chain. When I came back Dave looked at me... smiled, and I knew right away that those were "okay" years.

I have a predilection regarding Captain Kirk, a.k.a. K2, a.k.a. Captain Squat, or simply Mr. Karwowski to those who don't know powerlifting. I believe that Kirk will be the 1st big guy to earn the title of Ten-Time World Champion. He's won six so far and number seven should be just a few short months away. Kirk is like the great Fred Hatfield in that he can squat his opponents into oblivion. Yet, he's not a bad bench or deadlifter. Like Fred, Kirk has had problems hanging on to deadlift weights that his powerful

back and legs have little trouble moving. He also has trouble finishing the lockout in the bench at times. If he is able to fix the grip and lockout problems, you're looking at a guy who will hit near 2400 at 275 via a 1000 + squat, a 550 + bench press, and a near 800 deadlift. The other problem that has held Kirk back at the Worlds is muscle cramping in his abdominal region. Inventing a red light, I suggested a few simple changes with his breathing and setup and he went out and did exactly what I had advised. He then smoked 451, leaving us both wishing we had a 4th attempt - coachability! You've heard of "The Lift." Then came "The Lift - Catch." The lift I'm referring to occurred during the 1988 Senior Nationals in Las Vegas. O.D. and Mike Hall met for the 2nd time. Mike went a perfect 6 for 6 up to subtotal, hitting a 925 and a 562. O.D. went 5 for 6 with a 909 and a 462. 116 lbs. back within one room of where Kirk is snoozing, and therefore snoring. Only Mike Hall has impressed me more with sheer volume, persistence, and intensity. Willie Bell will confirm this. He spent the night in the hall once, after making the

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Leaving as a Champ... Dave Jacoby at the '92 Birmingham Worlds.

smooth with his opener of 771, passed on a 2nd loaded with 821, and then pulled a weight he had never attempted before 854! It was a slow steady pull that sent chills up and down my spine and brought the house to their feet with a roar of approval. Next stop - Perth, Australia and the 1988 World Championships. Beating Mike Hall wasn't the only obstacle, though.

The Army decided that they weren't funding O.D., and, of course, the USPF didn't have any cash. I brought big O.D. Wilson and his wife up to Washington DC to help raise money for his expenses. We put on an exhibition at the American University with the help of Captain Kirk. Mr. & Mrs. Wilson stayed for a few days at Chez Scully in Alexandria, VA. One of the highlights of that visit for me was watching O.D. and Big John Studd squat together over at Mark Challinor's gym in Temple Hills, Maryland. These were the only two guys I'd ever seen set their bar height higher than me. I wish I'd made a video of that workout. I didn't make it to the '88 Worlds, but "The Nightmare on O.D. Street" did. And he left a huge impression. To be reminded of just how big the man was, check out the Inzer Advance Designs ad on pg. 198, 220, or 242. I believe Larry is the only man to win the Worlds two or more times in three different weight classes. I know for a fact that he is the only "big guy" (over 181 pounds) to win 9 World Titles, nine straight at that (71 - 79) - the only

one to exceed the straight count was Inaba at 114 (74 - '83). When I started getting interested in our sport back in the late Seventies there were two "P" words that went together; Powerlifting and Pacifico. As a cadet at the USAF Academy, I watched Larry (on NBC's SportsWorld) destroy Paul Jordan at the Worlds. He was featured in Sports Illustrated. I believe the only other powerlifter to earn that distinction was Lamar Gant. Larry was the trailblazer for the rest of the sport. Everyone wanted to know what Larry was doing. When I was trained with Larry, he used to get calls from all over the world, and it wasn't just powerlifters. He paid a price for his



The Lift That Won for O.D. Wilson at the 1988 U.S.P.F. S's

I'm 6'4". I know that even when I was competing at 242, I would never have been described by another powerlifter as "massive", but I'm sure most will agree I look positively tiny standing that close to O.D. I believe that O.D. was still relatively raw when he won the 1988 Worlds. If he had stayed in Powerlifting, and stayed healthy, I think he would have gone onto squat near 1100 (deep), bench near 600, pull over 900, and total close to 2600 - IPF records in the deadlift, and total. As with big Dave Pasanella, we can only imagine what was possible. Before I close out this Superheavy discussion, allow me to make a plea to: a.) Mike Hall please reconsider retirement. b.) Shane Hamman - Shane, Come Back Hamman! c.) Harold Collins - give me one more chance to pick the right deadlift (a golden one). d.) Jeff Lewis - you have the potential to be World Champion.

I've included Larry on the team, even though (regrettably) I never coached him at the Worlds. I'm not technically breaking my rules in that I did work with Larry in the gym and at a couple of National and local meets. With Larry it's just a matter of deciding which class he will win: 198, 220, or 242. I believe Larry is the only man to win the Worlds two or more times in three different weight classes. I know for a fact that he is the only "big guy" (over 181 pounds) to win 9 World Titles, nine straight at that (71 - 79) - the only

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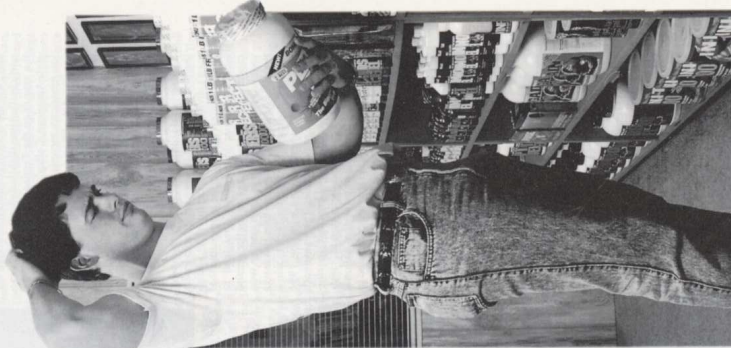
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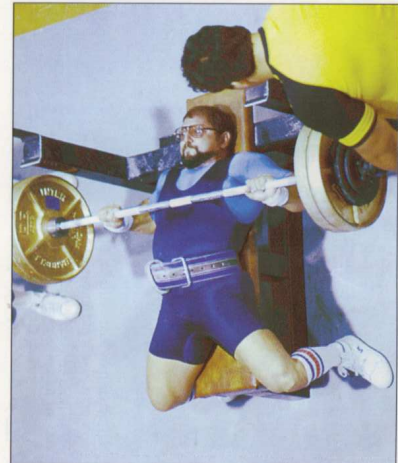
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Seventies and early Eighties, a few other names would most certainly be on this squad. Mike Bridges and Bill Kazmaier would likely be autistics. Names like Walter Thomas, John Kuc, John Gamble, Rickey Crain, Rick Gaugler, Don Reinhardt, Vince Anello, Doug Young, Doyle Kennedy, Ernie Hacklett, etc., would have to be considered. I could come up with a long list of Honorable Mentions that would start with Fred Hatfield and Jim Cash. If powerlifting was unified during the Eighties and Nineties my roster might have names like Benemerito, Bull Stewart, Steve Goggins, etc. Five years from now my team might include names like Scott Smith, Shane Hamman, and Wade Hooper. If it was an International Team, you know - the All Earth Team, I would be very interested in Hidaeki Inaba, Hiro Isagawa, Gerry McNamara, Wim Ekin, Eddie Pengelly, Alexei Sivokon, Jarmo Vrtanent, Ron Collins, John Neighbour, Derek Pomanov, Victor Naleikin, Yuri Spinov, Lars Noren etc.

But my team is Chuck Dumber, Lamar Gant, Dan Austin, Dave Ricks, Gene Bell, George Herring, Ed Coan, Dave Jacoby, Kirk Karvoski, O.D. Wilson, Larry Pacifico, Sly Anderson and Ausby Alexander - and I like my odds.



Larry Pacifico benching at the 1984 U.S.F.F. Seniors he promoted

the Worlds without an alternate or worse still, short handed. This should never happen. I digress. My alternatives for this squad are two crowd pleasing, multi-time World Champions who happen to be Marines. When you're traveling abroad, it's always a good idea to have Marines on your side. Ausby Alexander will back up my Dream Team at 148 & 165; Sylvester Anderson will cover the 198s & 220s. Talk about a sweet. If I had been coaching in the

leadership in this sport. Nowadays most powerlifters know that they can make good gains on one training session per week in each lift, even less often than that in the squat and deadlift. In Larry's "hey-day" he was benching heavy several times a week, but we didn't know that then that was serious over-training. How many others has Larry's body known - probably enough to weave an oriental rug for your living room. The first time I met Larry was in the hospital. He was recovering from back and elbow surgery. I had just joined his gym in Vandalla, Ohio. Talk about nervous. Larry had me relaxed almost immediately with his great sense of humor. He and his buddy Eric Stuber used to keep the whole Power Elite gang in stitches with their dry wit. Larry, my friend, there's no way I'd consider putting a Dream Team together without you. So, I will be doubling up in a class, but I'll wait to see what "L.P." weighs come meet time.

I'm a firm believer in alternates. A good alternate can back you up in more than one weight class and can help as an assistant coach. Almost every year that I have been working with the USA Men's Team we have had to dig, sometimes fairly deep, into the alternate pool from Nationals. Still, we often end up going to

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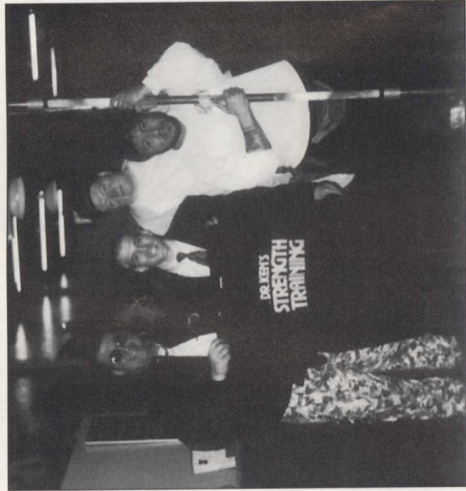
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## More From Ken Leistner



Smitty, Frank and Willie from Smitty's Gym - the place for powerlifting in Queens, New York - recently visited Dr. Ken Leistner at Iron Island Gym

very well founded reasons for not believing) or things that have in the past proven to be dangerous is not sensible. Yet, this is standard procedure for many. Unfortunately, we are often influenced for the incorrect reasons. Having someone in your training facility who is really talented is perhaps the most common negative factor. It is very easy to mimic the program or procedures that this successful lifter uses, even though the success may have resulted from factors having nothing to do with the program that specific lifter is utilizing. Some have said that if you want to know why a horse runs fast, never ask the horse because he or she doesn't know. Having a twenty inch arm is no requisite for knowing what one is doing. Watch Ned Low's POWERLIFTER VIDEO MAGAZINE on a regular basis. Besides being the only video source of information for our sport, it is relaxing, can be motivating, and is enjoyable. However, if you carefully watch many of the highly successful lifters that are highlighted, you will immediately note that they have horizontal technique. Many have no idea what proper technique or mechanics involve in a particular movement. They're awfully strong and successful because they have used things that have worked for them, probably trained consistently at what they did, and were motivated to succeed. However, it would be powerlifting suicide to copy them. Listen to what some of the lifters say in describing the programs that they use and the rationale behind it. If you put six so called experts in a room those with long lifting and coaching experience, with or without different philosophies, they would view the tape and all think that the particular successful lifter was out of his or her mind doing what they do or doing it in the manner in which they do it. Yet, so many others will view the tape and immediately incorporate the ideas they have just seen into their own programs. They take little consideration of the philosophy or the way in which they train. If the "big guy" does it, then - by golly - so will they. The relative success of another is no indication of the validity of the program. The broad range, average results of many who use a philosophy or program is the acid test. Only then can one say that there is a probability of success for others and, of course, it would have to fit with the physical and psychological factors that make up any individual lifter. Be aware of what everyone else is doing, but don't blindly copy.

will fall into line. Louie Simmons and I are obvious examples because we're in PL USA all of the time. Lou believes in using a percentage method of training with emphasis on many assistance exercises that he has specifically developed and/or has come to believe will positively affect each of the three competitive lifts. All of his programs revolve around this core philosophy and it has certainly been successful for many, many lifters. I am obviously simplifying Mr. Simmons' approach for the sake of illustration in this article, but no one can deny that everything he does is based upon his underlying philosophy. Our Iron Island philosophy underlies all of the programs that our lifters use. As my readers know, we utilize relatively high reps a good part of the year, use those Hammer and Nautilus machines, beams, stones, and other odd implements to work the muscles in order to get them stronger, and then take the strength being built and apply it to the skills of the sport of powerlifting. In all cases, it is the philosophy that comes first.

For a lifter to do what they do not believe in (assuming they have

was part of the program that so and so provided" or "everyone does it so it must be a good exercise". This is the irrationality I was referring to. It makes no sense to me to continue to utilize an exercise that is uncomfortable or painful or that will, as has been proven in the past, have a high probability of leading to injury. If one believes at some level of their consciousness that "high reps will never produce anything worthwhile, then my philosophy of building a foundational base with higher reps than most lifters recommend, makes no sense. If you don't believe that a powerlifter needs to do explosive Olympic type movements and should better spend time on the powerlifts, utilizing a program that calls for power cleans, snatches, and front squats does not make good sense. If you have a recurring rotator cuff problem and attacks recommended program that includes perhaps heavy benching weekly, lots of inclines, overhead pressing, dips, and perhaps upright rows, many of which may or will negatively affect the cuff, how can you expect not to have problems?

First, one must develop a philosophy of training everything else

This workout is based on a previous best bench of 500 lbs. with a single layered bench press shirt. This workout should put 15-25 lbs. on your previous best bench and everyone that is benching 500+ pounds knows that the gains start to get extremely hard with these kinds of weights.

I use a 10 week bench press cycle. I do chest and triceps only once per week, on the same day. For chest I always bench first. The second exercise is close-grips. The third and final exercise is incline bench.

**Week 1:** Bench Press - 300 x 8  
x 2, Close Grips - 270 x 8 x 2,  
Incline - 270 x 8 x 1.

**Week 2:** Bench Press - 325 x 8  
x 2, Close Grips - 290 x 8 x 2,  
Incline - 280 x 8 x 1.

**Week 3:** Bench Press - 350 x  
5 x 2, Close Grips - 315 x 5 x 2,  
Incline - 290 x 8 x 1.

**Week 4:** Bench Press - 375 x  
5 x 2, Close Grips - 335 x 5 x 2,  
Incline - 300 x 8 x 1.

**Week 5:** Bench Press - 400 x  
5 x 1, Close Grips - 360 x 5 x 1,  
Incline - 310 x 8 x 1.

**Week 6:** Bench Press - 420 x  
3 x 1, Close Grips - 375 x 3 x 1,  
Incline - 320 x 8 x 1.

**Week 7:** Bench Press - 440 x  
3 x 1, Close Grips - 395 x 3 x 1,  
Incline - 330 x 8 x 1.

**Week 8:** Bench Press - 450 x  
3 x 1, Close Grips - 405 x 3 x 1,  
Incline - 340 x 8 x 1.

**Week 9:** Bench Press - 460 x  
2 x 1, Close Grips - 415 x 1 x 1,

alternate these exercises every week. The final exercise is tricep push-downs. 1 warmup and 2 sets of 10 reps.

As you can see, I train triceps very hard. Tricep strength, I believe, is the key to a successful bench press. Shoulders are also very important. I basically do a bodybuilding type workout on my shoulders. It consists of a pressing movement first, front delts second and side laterals last. I do one warmup and two heavy sets of 10-12 reps per exercise.

I take my last heavy training day at least 10 days out from the contest. At the contest, warmup in the same fashion as you have been doing during your training cycle. The last 2 weeks of training, do the same sets and reps on your triceps, but just take about 50-60% of the maximum poundages that you've been using.

Meet attempts should go as follows: 1st - 473, 2nd - 507, 3rd - 523.

I've been using this very same workout for the past 4 years. I have produced two IPF World Records; in '93, a 507 IFF Jr. World Record and in '96, a 596 IFF Men's World Record at the same bodyweight.

If you are interested in a personalized bench routine, send me a note of your previous best bench in a contest, along with a copy of your previous training program, and a \$10 check payable to Scott Smith, Box 437, Colfax, IL 61728. Until then, good luck and train hard.

## WORKOUT of the Month

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### Scott Smith Bench Press

Incline - 350 x 8 x 1.

**Week 10:** Bench Press - 475 x 2 x 1, Close Grips - 315 x 5 x 1, Incline - 225 x 8 x 1.

I use the same rep scheme on bench and close grips. On the incline bench I take my best set of 8 reps on the previous cycle and try to up that by 10 lbs. For example: if your last cycle ended with 340 lbs., the next cycle goes as shown in the weekly schedule. These are the only chest exercises that I use. As you can see I don't do much chest work.

Now, I'll take you through my tricep training. Exercise Number One is

reverse cable pushdowns on a cable crossover machine. I use this exercise as a warmup exercise with very light weights. I do one arm right after the other with no rest. Example: 60 x 12, 70 x 10, 80 x 8 equals one set. The second exercise is dips. I do my bodyweight for 10 reps, then I used 100 lbs. for 8 reps, and on my final set, I'll use anywhere from 150-200 lbs. for 10 reps. The third exercise is lying tricep extensions: 1 warmup and 2 sets of 10 reps. I use a variety of exercises - EZ curl (close or wide grip), straight bar, and dumbbells. I



Scott Smith, breaking Jeff Magruder's 14 year old IPF World Record in the 242s with a 596 lb. attempt at the 1996 USPF Senior Nationals.

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Powerlifters can be very irrational at times. Of course, any suboptimal can demonstrate activity that outsiders may judge to be extreme, but dealing with lifters constantly reinforces the opinion that I hold, that many are their own worst impediment to progress.

As an example, I spoke to a lifter who asked me about improving one of his lifts. He had tried many approaches, perhaps too many approaches to improvement, usually being strongly influenced by whomever was highlighted in the pages of PL USA. He had used some of my program suggestions, some of Louie Simmons', and those presented in the Workout of the Month section. He had consulted and tapped into the wisdom of Doug Daniels and Dr. Judd. In short, he had, in his own words, "tried everything". The one thing he did not do was give any of the programs or philosophies a true trial period that would, in fact, yield results that were meaningful.

Philosophy is a key word. I have been told by many lifters that they "just hate" a particular exercise or number of sets and/or reps. Certain movements almost always, over time, produce injury. Why then, do they persist in using these same uncomfortable or dangerous exercises? The answers range from "it

showing trends and weights lifted. Graphs, etc. can be very enlightening and these trends can be spotted immediately. This information can be "sliced and diced" limitless ways. Your diary could also be kept on an ongoing basis, updating your database every day or so. You can also use this info to make projections using previous cycles as the basis. Advertisements in weight magazines are specialized training diaries. There are blank forms for all relevant information to be logged and tracked. For most, a regular notebook or steno pad will do quite nicely. Take your notebook with you to the gym and fill in your information as you go. That way the information is entered more accurately from the start. I would suggest starting a new section with every new contest training cycle. Climax each section with your contest attempts, including warm-ups. Review it afterwards while everything is still fresh in your mind, possibly making comments to refer to later. Use this cycle's information, as well as the previous ones, as the basis for the next one.

By using your training diary wisely and learning from the past, it can help you continually refine and develop your training practices. This diary just might be the most cost effective lifting tool available.

all. You can predict when overtraining sets in by referring to your past several cycles. For example, if you train for a contest using a 12 week cycle, but your diary shows your strength level starts to drop off after week 9, perhaps your contest cycle should be decreased to 8 weeks. Extra comments on supplements and extra curricular events, etc., may show something later that meant nothing to you at the time. Without a diary you could only guess what you did previously, and that may or may not be what really happened. With a diary, you have valid, reliable (as reliable as you entered it) information.

If you own a personal computer, you could develop graphs and charts

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Your Training Diary as told to Powerlifting USA by Doug Daniels

say you benched 225 x 8. For your current workout, your goal is five pounds more or 230. You don't need to rely on your memory for any figure. Also, it stands as a written benchmark that dares you to surpass it; producing self-motivation.

Over the long term, it can prove to be even more valuable. You can use it to spot trends and to signal both problems and successes. By examining past workouts and entire cycles you can see which exercises, sets and reps seemed to work during that period or which lift seemed to peak out too soon, or not at

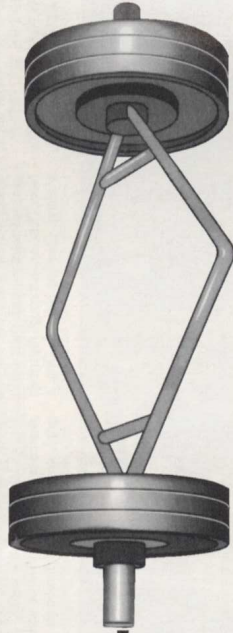
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If you own a personal computer, you could develop graphs and charts

For continued improvement in powerlifting, our training methods must continually be evaluated and enhanced. In order to accomplish this, we must have an efficient and accurate way to refer to what we have done previously. To the rescue comes one of the most valuable, yet simple, and frequently overlooked tools a powerlifter can use, a training diary. If properly maintained, it can help ensure continued progress for lifters of all levels.

In your training diary, you can keep track of your training on a workout by workout basis; including date, sets, reps, weights, exercises, bodyweight, supplements, time, length and place of workout, weight machine settings, training tempo, gear and general comments. This information can prove to be a valuable database to refer to over the entire course of your lifting career. Tracking something like the weather will do you little good because there is nothing that can be done to change it, but tracking our training can give valuable clues to the proper direction of future refinement. The value can be both short and long term.

For the short term, a training diary can document your recent workouts, listing your latest accomplishments from which to progress. For example, at your last workout



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# TRAINING

When you miss a bench press at the top or mid position or find your squat stalling a couple inches above parallel, what is happening? Well, this is your sticking point. This is also the cause when your deadlift says on the floor or stops an inch or two from lock-out. Sticking points vary from lifter to lifter and occur for numerous reasons. I will discuss them one at a time.

Science refers to this condition as a minimax position. This simply means that maximum external force is greatest at the point where muscular strength is minimal. This has much to do with joint angles. For instance, while deadlifting, one has much greater leverage in either the sumo or conventional style. Mike Bridges told me his best conventional deadlift was 630, but he could sumo 771 at 181. Why? For Mike it was the advantage of having a hip joint much closer in line with the knee joint in relation to the shoulder joint. With a wider stance, knees pushed out to the sides and the shoulder joint behind or inside the knees, he increased his leverage by lining up the three major joints, shoulders, hips and knees as much as possible. When using the conventional style, Mike would have to squat much lower to keep a flat back, thus decreasing his leverage by increasing the distance between the hip and knee joint and making it hard to keep the shoulders behind the bar. By using the sumo style, Mike changes his sticking point through better joint angles as well as better utilizing the larger muscle groups of the hips and back.

What about the conventional deadlift? Men like Kuc, Russell, and Anello have similar body structures: short back and long arms and legs, the ideal body type for deadlifting. They place their feet very close together, with a close grip and their legs almost straight. They use a quick leg drive at the start, with a rounded back. By rounding the back, the knees, shoulders, and hips are almost aligned, due to starting with the legs nearly straight. Although this style is not recommended by the medical community, it is the style of some of the greatest deadlifters of all time.

Remember, a small change in form or posture can cause one to increase or decrease the amount of weight one can lift. So, to summarize, changing your form to fit your body structure - and this is an individual thing - could change your lifts to record status, like it did for Mike Bridges.

If you pay extra attention to the point of the lift that you fail at, you can work on this sticking point through static (isometric) work, by pushing, pulling, or squatting against

reason, we also sometimes use chains with these exercises.

Working a specific muscle group can be effective for sticking points. If your bench press stalls at the top, it might help to work the muscle group that is the most heavily involved at the part of the lift where the minimax occurs. In the bench press, the triceps do most of the work for lock-out strength. If the bar falls out of the groove, the delts may need work. For squatting, if your sticking point is at the bottom, then hip work must be increased. If you bend over half way up, you have weak back muscles, specifically the spinal erectors. If you have a problem getting weights off the floor, it could be weak abs. These are just a few things to think about. By doing special work on specific muscle groups, you may solve your sticking point problem.

When a lifter misses a lift, what is happening? For one thing, the bar reaches zero velocity. That is 3 inches short of lock-out, you don't get stuck with 470 at the same point. Bar velocity is greater with lighter weight. The faster the bar is started, the faster the bar will go. We must never forget speed as a tool to break through a sticking point. Just like going through a minimax too fast to supply the lifter with adequate work, the bar may move into a minimax position too slowly to go through it.

Does psychology play a role in your sticking point? Yes. I have seen lifters push or pull a bar into their weakest area, then try to push or pull out of that particular point. One of our lifters was stuck at a 410 bench for nearly a year. He would drive the bar about 8 inches off his chest and for no reason would stop. It was in his head. He knew he had a sticking point there, and he would invariably stall. I told him to push the bar to the top, or push through the hard part. You only get white lights when the bar is locked out, so press from the chest to lock-out. Press through your minimax. With this advice, he immediately pressed 430.

As you become stronger, your sticking point may change, due to added bodyweight, or new-found strength in certain areas. This is a good thing. But you must be aware of it. Having lifted in five weight classes, I found deadlifting easy at 181, and squatting difficult. In the 242s and 275s, the opposite was true.

I hope this helps solve your sticking-point problems, even if you've had them for years.

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At the *Minimax* Point... you "stick" and you can't go any farther

to coincide with bar velocity. We found that for most squatters, 2 - 3 inches above parallel reflects their sticking point, because that range is seldom worked since the bar speed is too great from the bottom part of the squat. This speed is caused by explosiveness from muscle reversal strength from regular squatting or from the use of equipment, which helps one to rebound out of the bottom of the squat.

We, of course, use box squatting to increase our squat. By using the box, you are going from static work to dynamic work, which builds explosiveness the best. We literally jump from the box to a standing position. This, too, provides little work in the range 2 - 3 inches above parallel. To compensate for this we use heavy chains attached to the bar. These chains, up to 300 pounds worth, will provide maximum tension throughout the full range of motion. Thus, our sticking point will receive a lot of work, whereas before little work was done because the bar was moving too fast.

Isokinetics will also work the sticking points through variable speed resistance. However, there is no eccentric work with an isokinetic device. This is why we prefer to use chains. It is recommended that a slow start in the calf/ham/glut raise and reverse hyper is best. For that

# INTERVIEW

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

## John "Big Daddy" Ford as interviewed for PL USA by Pat Cuntrera



John Ford... squats at the 1996 AAU Men's National Championship

PC: Could you please give us some personal information about yourself?

JF: My name is John Wilburn Ford. My occupations are gym trainer, personal trainer, massage therapist and grandfather.

PC: How did you get your start in powerlifting?

JF: Actually I got started by accident. A friend asked me to come by and spot him in the family gym. This was when I realized that I had an extremely strong sticking point. I decided to try powerlifting; a sport that almost cost me a life and has also given me a new life promoting drug free lifting.

PC: Could you please tell the reader some of the titles you have won?

JF: Titles I have won, well there are a few that stand out in my mind. There is the Presidential Open held by Chaitlet's Gym in Maryland, the YMCA Nationals, Pat Malone's Purdue University meets, and the USPF Junior Nationals that were held in Boise. I've had a great career in the sport with my travels and the great men and women I've met over the years. As for the titles, well let's see: there are 11 state, 2 open, 2 sub-masters national and a masters title at age 40 - a title I wasn't sure I'd like to obtain.

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

JF: My greatest accomplishment is nothing more than the promise to myself, to my wife, and to my Lord, that if I walked out of the hospital after my bout with steroids, I would do everything in my power to help others see, as I have seen, that it is much sweeter winning with what God gave you and not what the local gym pharmacist has sold you.

PC: Why did you choose to lift in the AAUJC?

JF: I started my career in the AAUJC and I will end my career with them. This is the only organization that insures its lifters in the gym as well as in competition. This year the AAUJC goes a step further as the lifters are now covered while entering meets in other organizations as well. I have always felt strongly about the AAU. It is the breeding ground for some of the best athletes in the world, not just in powerlifting,

powerlifting. I feel that there should be two federations, one drug tested and one untested. Now, you might say why a non-tested federation? I am a realist. As long as steroids are being made, there will always be someone willing to take them as a shortcut. Not a good outlook, but that is the way it is. Until meet directors realize that holding untested meets makes them as guilty as those who use steroids, things will continue as is.

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

JF: Outside of lifting is my family. I love the quiet times with them around me. I enjoy reading, mostly about the body. I also like fishing, horseback riding and talking about the dangers of steroids to school kids. It's hard to find a lot of time when my whole life is pretty much devoted to this sport in one way or another. I have no regrets.

PC: What is your ultimate goal in this sport?

JF: My ultimate goal is to see powerlifting become an Olympic sport, before I hang up my belt. I want to see that my kids and grandkids have a chance at Olympic glory. The Olympic platform is a dream I've had for over twenty years.

PC: Would you like to make any final comments?

JF: I know firsthand what it takes to start a new organization such as the AAUJC. Being on the Executive Board has allowed me to watch something this big grow and mature. Its like being a father and mother. There is one difference: I share the experience with eight other board members who are like family and share all of the growing pains that are part of being a family. The AAUJC is one, if not the biggest, family of athletes in the world. It makes me and my family very proud to be part of the AAU family.

To finish this article, I'd like to thank Mr. Bobby Dodd for the chance to bring Powerlifting back to the AAU where it started decades ago, and to Mike Jensen, AAUJC Sports Director, for all his time and effort. I would also like to thank Mr. and Mrs. Al Seigel, and Mr. and Mrs. Joe Pyra, some of the nicest people I know.

dollars on equipment. Find a coach or team to train with and learn all you can from everyone there. Take the info, try everything, and keep a training log. Believe me, the logs will help to make or break you in years to come. It could take a couple of years to find what really works for you. Don't get discouraged. If you start feeling lost, go find a friend who works for all people. To find what works for the individual, you must look at a person's body mechanics and genetic make-up.

It would be nice if one routine worked for everyone, but then we wouldn't be the individuals that we are. We could use our heroes' routines and be a Bridges, Pacifico, Coan, or Stewart. It's not that easy.

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

JF: My advice to the new lifter is this - lift raw for a while. Find out if this is what you've been looking for, before spending hundreds of

dollars on equipment. Find a coach or team to train with and learn all you can from everyone there. Take the info, try everything, and keep a training log. Believe me, the logs will help to make or break you in years to come. It could take a couple of years to find what really works for you. Don't get discouraged. If you start feeling lost, go find a friend who works for all people. To find what works for the individual, you must look at a person's body mechanics and genetic make-up.

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There are many lessons to be learned in life and one that comes to mind is that there are always two sides to a story. The December 1996 issue of *PL USA* had a story by Dr. Sal Arria, "The Beach Press Shirt." Beach Press shirts have been scrutinized as of late especially with the new wave of "raw" meets and the goal of Olympic status. Although I disagreed with much of what Dr. Arria said, the one point I did agree with was in regard to the shirt and the protection it gives to the shoulder. I understand that there may not be any significant studies regarding the beach press shirt and injuries, but I along with many other Powerlifters that I know would not be competing today if it weren't for the beach shirt. Any time you lift a maximum weight, you are at an increased risk for injury. Granted the beach shirt allows you to lift more weight; but most importantly, just as your belt helps support your back, the shirt helps protect the shoulder.

I am not sure what Dr. Arria's qualifications are regarding the beach press. My having held 3 Open American Bench Press Records in 3 weight classes (148, 165 & 181) at the same time and recently benching 480 at a bodyweight of 163, I do feel comfortable commenting on the beach press.

## Bench Press Shirts

### A Reply to Dr. Sal Arria's article in the December 1996 *PL USA* by Dr. Larry Miller

Dr. Arria claims that "Most of the shirts that the Inzer company produces are made from a stretch-type material that provides spring off the chest mid support, though ignore of the mid range that follows through to the top of the lift." Personally, I don't know of a shirt that would have to happen, the shirt order for this to happen, the shirt would have to extend beyond the elbows which is illegal in most if not all organizations. He also claims that "Most world records have been set using a shirt made of material that provides spring." This is true for IPF records but that is because the IPF has not approved denim as of yet (although they are presently reviewing the denim shirt as an IPF approved shirt). The WDJPF does not allow for any shirt during world record attempts. According to Team Captain of the ADFFA Team, Champion, the majority of lifters on his team prefer denim.

Maybe Dr. Arria can further explain what John Inzer means when he says "shirts made of spring material are most beneficial for performance." If more spring is better, then why can a lifter bench more in more often than does polyester. During the last 5 or so years, I have probably blown out 3 or 4 shirts. Have I switched to polyester? No way. As long as I lift the weights that I am presently able, I will take my chances. It is also difficult to size denim. I tell lifters that they should try to get in a shirt of someone who is in the weight class below theirs. Sometimes you can help stretch a shirt by spraying a mist of water in the middle of the chest and in the shoulder area to help keep the shirt from blowing out.

I get my denim shirts from Ernie Frantz. Ernie positions the sleeves differently than what I see in a polyester shirt. It works better for a lifter with a wide grip or who brings the bar down towards the abs. I have always felt that denim was one of the best kept secrets in powerlifting. I thought that the fewer people who knew about it, the safer my bench records would be. As I approach 43 years of age, I guess it is OK to let the cat out of the bag. Sincerely, Dr. Larry (Dr. Bench Press) Miller.

McAuliffe, Jamie Harris, Tim Isaac, Tamara Grimwood, Ray Benemio, CJ Batten and a host of others.

Is there a downside to denim? Most definitely. Because the shirt has less give, it tends to blow out more often than does polyester. During the last 5 or so years, I have probably blown out 3 or 4 shirts. Have I switched to polyester? No way. As long as I lift the weights that I am presently able, I will take my chances. It is also difficult to size denim. I tell lifters that they should try to get in a shirt of someone who is in the weight class below theirs. Sometimes you can help stretch a shirt by spraying a mist of water in the middle of the chest and in the shoulder area to help keep the shirt from blowing out.

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The story of Thomas Edison's life is a prime example of the American Dream. Without question, he was a giant among men. A man who saw light when other men saw darkness. His successes are well documented. With the phonograph, invented by him at the age of 30, he captured sound on records. His incandescent bulb lit up the world. He invented the microphone, minirecorder, medical fluoroscope, battery, nickel-iron-alkaline storage battery, and the movies. He made the inventions of others, the telephone, telegraph, typewriter, commercially practical. He conceived our entire electrical distribution system.

Amazingly, during his lifetime he patented a record 1,093 inventions. His inventions literally revolutionized the world. It could certainly be argued that Edison was one of the greatest minds in the history of the world. Yet, like all men, Edison knew failure. In fact, Edison failed a lot. But like all great men, Edison looked at failure as a learning experience. An experience that would help him grow and develop in his wonderful pursuit. Written by his son, Charles, Edison's marvelous attitude toward failure is revealed. Let me quote a little of what Charles wrote about his Dad. It's extremely inspirational. He wrote:

"It is sometimes asked, 'Didn't he ever fail?' The answer is yes. Thomas Edison knew failure frequently. His first patent, when he was all but penniless, was for an electric vote-recorder, but many- minded legislators refused to buy it. Once he had his entire fortune tied up in machinery for a magnetic separation device for low-grade iron ore only to have it made obsolete and uneconomical by the opening of the rich Mesabi Range. But he never hesitated out of fear of failure."

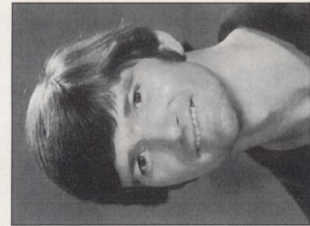
"Shucks," he told a discouraged co-worker during one trying series of experiments. "We haven't failed. We now know a thousand things that won't work, so we're that much closer to finding what will."

Isn't that terrific, and read this: I especially recall a freezing December night in 1914, at a time when still-unfruitful experiments on the nickel-iron-alkaline storage battery, to which Father had devoted much of ten years, had put him on a financial tight-rope. Only on profits from movie and record production were supporting the laboratory. On that December evening the cry of "Fire!" echoed through the plant. Spontaneous combustion had occurred in the film room. Within moments all of the packing compounds, celluloid for records, film,

# Dr. JUDD

## The Art of Winning, Pt. II

### by Judd Biasiotto Ph.D., World Class Enterprises



Dr. Judd B. has made the art of winning his professional study, and other flammable goods had gone up with a whoosh. Fire companies from eight towns arrived, but the heat was so intense, and the water pressure so low, that the fire hoses had no effect.

When I couldn't find Father, I became concerned. Was he safe? With all his assets going up in smoke, would his will be broken? He was 67, no age to begin anew. Then I saw him in the plant yard, running toward me.

"Where's Mom?" he shouted. "Go get her! Tell her to get her friends! They'll never see a fire like this again!"

I love that line! At 5:30 the next morning, with the fire barely under control, he called his employees together and announced, "We're rebuilding." One man was told to lease all the machine shops in the area. Another, to obtain a wrecking crane from the Erie Railroad. Then, "Oh, by the way. Anybody know where we can get some money?"

You can always make capital out of disaster," he said. "We've just cleared out a bunch of old rubbish. We'll build bigger and better on the ruins."

It's obvious that for Edison, setbacks were not viewed as a hindrance, but rather an incentive to do even better. They were a catalyst. Life is tough. It's an endless series of ups and downs. Yet, it is

through the process of facing and overcoming difficulties that life really has meaning. Certainly the way we deal with setbacks goes a long way in distinguishing how successful we will be in life. Failure increases our determination and wisdom. For that matter, many people facing failure have been pretty surprised to find that the impending loss had actually created courage, determination, and a newfound wisdom. In basic terms, it's synonymous to that tried old cliché, "Every cloud has a silver lining."

Failure teaches us. Or, to quote Ben Franklin, "Those things that hurt, instruct." If we get burned, we learn not to play with matches. If we make a mistake, we learn not to do it again. Nobody can avoid failure all the time. However, the difference between a good athlete and a world class athlete is whether or not he/she can learn from failure, whether he/she can use it or whether he/she will be eaten up by it.

As I have already suggested, we need to take a more positive philosophical approach toward losing. Most people fear losing because they associate the experience with the loss of prestige, money, awards, status and even relationships. Although the consequences of losing may bring such losses, it is possible to establish an entirely different attitude towards losing and/or failure. Instead of being preoccupied with the negatives associated with losing, we need to look at the positive aspect of the experience. We need to understand that it's okay to try and fail. In fact, it's a healthy experience.

Losing is valuable feedback. It's part of the learning process. Not only is losing more interesting than admit defeat. Everyone knows that and everyone admires an individual with courage. Don't just accept your mistakes though, learn from them. Analyze why you failed. Determine what you've done wrong and then go about making adjustments to enhance your performance. Remember, success is simply the manipulation of error. Also remember that everyone fails. It's part of being human, and it's a "right" that we all have. So rejoice in your "human-ness!" May God bless you and keep you!

Life is tough. It's an endless series of ups and downs. Yet, it is

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# The BENCH

## Let "Anything Goes" Go Right Out the Window: Proper Bench Pressing Technique for Powerlifting as told to PL USA by Mark A. Holowchak, M.A.

In most powerlifting circles there is one common technical belief: lifters cling to stubbornly, unremittably, and wrongly concerning the execution of the powerlifts. This is the belief that the structural uniqueness of each individual makes it difficult to apply a standard lifting technique to everyone.

With respect to bench pressing, the structural-uniqueness hypothesis may be loosely translated as follows: There is no one technique that all successful bench pressers use. Strictly speaking, this is true. No one best bench-press technique exists which is applicable across-the-board and without exception. Yet, does this mean that there is no one best bench-pressing technique applicable to the *overwhelming majority* of benchers irrespective of structural uniqueness? In short, if each lifter is structurally unique, does it follow that, technically speaking, anything goes? Everything, it seems, hinges upon what is meant by "structural uniqueness."

If by "structural uniqueness" we mean that each lifter differs wildly and unpredictably with respect to body structure (muscle type, tendon/ligament insertion, bone length and thickness, etc.), then, of course, anything does go. Yet, "structural uniqueness" does not mean that in the main, the structural differences, from one person to the next, that concern how one should approach the bench technically are negligible. The structural similarities that almost all of us share give me good reason to say that, unless you are a freak of nature (or some injury prohibits you), one should perform the bench press in the manner described below!

In what follows, I detail a technique that I believe will work for the great majority of benchers. I also list the technical rules that you should follow in performing the lift.

**Proper Bench-Pressing Technique: The Ready Position.** After plentifully chalking your hands and the top of your back (to assure that your grip does not slip and your shoulders do not slide on the bench during the lift), situate yourself on the bench in such a manner that your feet are squarely and flatly on the ground, your shoulders are firmly on the bench (each shoulder overhanging the sides of the bench by an equal amount), and your body sufficiently down the bench, just enough to prevent any possibility of the way up. Your weight should be both on your shoulders and feet (on the whole of each foot and not on one part) and your buttocks should only be lightly touching the bench. This allows for maximum arch of the back, thereby making the chest

hangs the bench by an equal amount (this can be roughly done by simulating a press with no bar and gauging the feel of the shoulders on the bench), grasp the uprights of the bench and push yourself down the bench, toward your feet, which remain squarely planted on the ground. With your feet planted and your back firmly in position (lower back arched and upper back tocks should lightly touch the bench). Your hands should be evenly chalked and widely spaced on the bar. You are now in the ready position and prepared to receive the handoff (Figure 1).

**The Descent.** Just prior to the lift-off, take in a huge breath of air, as much as you possibly can. This, too, enlarges the chest cavity for improved leverage. (The one doing the lift-off should lift no more than 50 to 100 pounds of weight from the racks. Maybe a bit more for pressers attempting more than one quarter of a ton. Concentrate mostly on guiding the bar to your perpendicular or lockout position.) Upon receiving the lift-off, I recommend that you breathe out while steadying the bar in preparation for the descent. Just before the descent, take in another huge breath of air. Using a wide grip (one where the angle of the upper arm to lower arm when the bar is at the chest is at least 90 degrees), begin the movement with your arms, at lockout, exactly perpendicular to the body (Figure 2). Maintaining the arch with the strictest consistency (with your weight primarily on his feet and shoulders with buttocks only lightly touching the bench) slowly descend the bar, by a path that describes one-half of a hyperbola (Figure 3) to a spot on the chest that allows for maximum pectoral usage and drive. This is generally slightly above the nipples for most lifters, but may vary ever so slightly from lifter to lifter. A slow descent is essential for two reasons. First, at quick descent occurs when the muscles lowering the weight are relaxed significantly. Gravity becomes the prime mover and the stress on the tendons and ligaments upon catching the weight at the bottom is prodigious! Injuries are much more likely. Second, a slow descent allows for perfect control of bar placement on the chest, which is necessary for the strongest surge possible.

**At the Chest.** At this bottom position, the arms should be at slightly less than a 90 degree angle to the body, at about 75 degrees (Figure 4). Also, the bar should be at or slightly above the nipples. A spot lower than this may involve the pecs more, but at the expense of

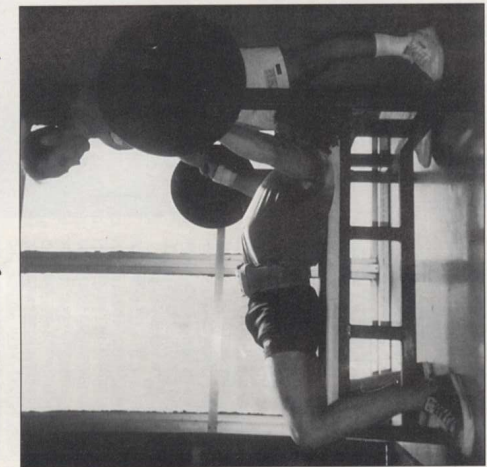


Figure 1: getting into the "ready" position to receive the handoff.



Figure 2: establishing the proper position for wide grip benching. Larger and lessening the lowering distance for increased leverage through "blast-off" efficiency. Improved leverage enables you to drive the bar off your chest with greater rapidity and improves the overall



Figure 3: bringing the bar to the drive position (Holowchak photos)

being unable to lock the lift out because the leverage of the arms is lost. A higher spot uses the leverage of the arms most efficiently, but takes the all important and larger pieces out of play. In short, any significant deviation from your "sweet spot" on the chest will result in poorer leverage and greatly reduce the blast you get at the bottom, thereby reducing the probability of a successful lift. On hitting the "sweet spot," still the bar as quickly as possible so that there is no upward delay of the "press" signal. The Blast Off. Upon receiving

as you can muster until completion.

cally, it is the most efficient grip. 2. **Maximize the arch of your back** as much as possible and maintain this arch throughout the whole lift. This improves leverage by, in effect, making the chest larger and, again, lessening the distance the bar has to travel. 3. **Work with the one who lifts you off** for a smooth transaction. 4. **Take in as much air as possible** before descending with the bar. This, too, enlarges the leverage. 5. **Utilize a slow, controlled descent.** With a quick descent, you lose control, and the likelihood of hitting the sweet spot is reduced.

**Key points:**  
1. **Utilize a wide grip.** A wide grip shortens the distance the bar has to travel and involves the large pectorals to the fullest. Mechanic-



Figure 4: shows the appropriate arm alignment at the bottom.

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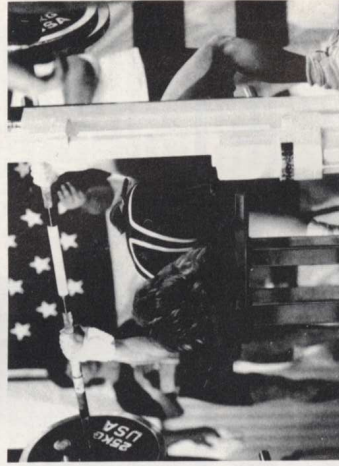


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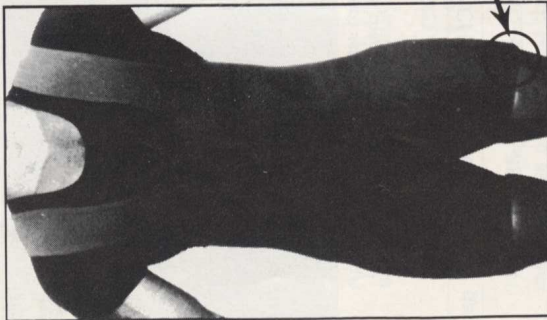
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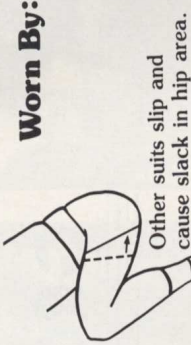
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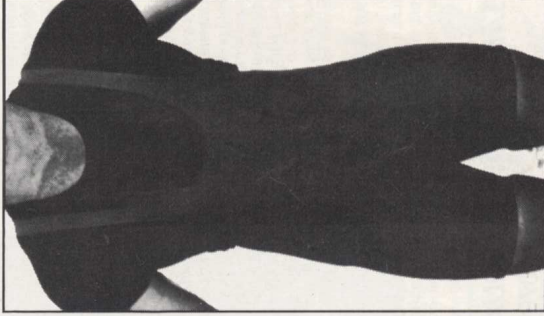
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# Ask the Doctor

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

**DEAR MAURO:** I was diagnosed about 15 to 20 years ago with degenerative disk syndrome. At that time, there was a narrowing of the L5/S1 intervertebral disk which had caused my back to go into spasms. I was not lifting at that time, however I did lift in high school.

I am 45 years old and began powerlifting 3 years ago, and competing 2 years ago. I was able to get my squat up to 500, my bench up to 300, and my deadlift up to 530. In preparing for an upcoming meet, I was deadlifting 455 for sets of 3 when I felt and heard a snap in my lower back with resultant pain. It was the end of my workout. I was wearing a belt at the time and the weight felt heavy. I don't know if I rounded my back or not. One week later, I felt pretty good, so I decided to squat up to 450 for three. On one of the reps I went forward - snap again! Another week later I felt no pain or stiffness, I then decided to squat light, up to 315 for five. I accidentally hit the safety bars in my power rack which caused me to go forward once again. This time the pain did not go away. The pain was localized in my right hip/groin area, radiating down the leg. I saw a doctor (orthopedic surgeon) who took x-rays and saw the narrowing I spoke of before. He advised me not to lift heavy so as not to aggravate the condition. It's been 2 to 3 months and I feel good - no stiffness or pain. I would like to start lifting again. Dr. Mauro, is this feasible and what is the long-term prognosis for a lifter with this condition? **Steve D.**

**DEAR STEVE:** It's hard to figure out just what is going on since the pain is intermittent and doesn't seem to fit any pattern. Possibilities include a pinched nerve from your narrowed lumbar area, an inguinal hernia, or sacro-iliac joint dysfunction. In order to sort out these possibilities, I would have to examine you and then order the

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Have you been struggling with your deadlift and getting little or no improvement? How about your squat? Well, let me tell you about one movement that has the potential to send both those big lifts through the roof ... THE GOOD MORNING.

The Good Morning exercise has unfortunately become somewhat of a relic and I believe that the major reason for this is that the movement is poorly understood and often seen as unnecessarily dangerous. When done correctly, the Good Morning exercise is safe and extremely effective at overloading the spinal erectors, hamstrings and glutes. The tremendous stimulation of the spinal erectors in particular make this movement uniquely beneficial to the powerlifter in search of the "BIG TOTAL."

For those who need a refresher or for those not familiar with the Good Morning, I'd like to review its basic execution. Then I'll recommend how to incorporate this movement into your overall strength program.

The Good Morning exercise begins with the lifter standing upright with the bar positioned across the shoulders much like the squat. Expenditures will determine the best bar and foot placement, but I suggest at least starting from your basic squat stance. From the upright start position, the lifter descends into a 1/4 to 1/2 squat position. From this point on, the legs are locked as the lifter flexes forward at the waist while keeping the head up. Descend until you reach near horizontal or 90 degrees. From the bottom position, keep the head up, lead with the back extending up and finish with the natural straightening of the legs. Remember to take a deep breath before the initial descent and hold it until you reach the last half of the ascent. This is extremely important to maintain stability. I have also found it very helpful to apply a downward force on the bar throughout the movement to keep the bar "locked in." Don't get too hung up if you can't reach 90 degrees because this is most likely due to tight hamstrings or lower back muscles.

Post workout stretching for these areas and practice will allow you to eventually attain a fuller range of motion.

It is important to note that this is not a Good Morning as is commonly performed by many bodybuilders. The bodybuilding version is one in which the only movement is at the waist with the knees in a fixed, often hyperextended position. This may sound more effective because the lower back is isolated better, but in reality, the "power

ascend." Good Morning is more effective and safer for working the glutes, hamstrings and the spinal erectors as they work together throughout the motion. This "power style" Good Morning in many ways looks like a poorly done squat, but don't be misled into thinking that the movement involves too much of the thick lumbar or low back region, but this is only one segment. The bottom line is that for great strength the whole muscle must be worked! Top to Bottom.

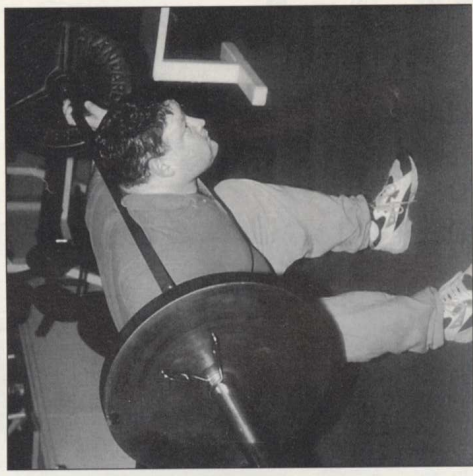
Give the Good Morning a try as an alternate to the other low back motions you do, or in conjunction with them. Start very light and perform 3 sets of 6 reps once a week. I suggest they be performed after squats or on your deadlift day. But they should only be done once per week. I have found that pyramiding the weight for the three sets is the best way to warm the lower back and handle the heavier sets. An example may be 135x5, 165x3 followed by 185x6x3. NEVER take this exercise to failure. Specifically,

of the spinal erectors. However, after performing Good Mornings, you feel the spinal erectors stimulated through the entire length of the back.

Realize that the many layers that make up the spinal erectors run from the low back region all the way up to the skull! The area we are all most familiar with is the broad, thick lumbar or low back region, but this is only one segment. The bottom line is that for great strength the whole muscle must be worked! Top to Bottom.

# TRAINING

## The GOOD MORNING Exercise - "Wake Up With A Smile" as told to POWERLIFTING USA by Ray J. Ebner



Ray Ebner demonstrating proper form in the Good Morning exercise

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choose a weight that you can complete knowing that you have a few more in you. This is a movement where we want excellent form at all times. Always use spotters positioned at each side of the bar or work within a power rack.

Be patient, I started two years ago, with about 95 pounds and recently completed 500x3 to a 90 degree position. In the beginning, the motion will feel very unusual, but like all new motions, this will get better with time. I truly believe that anyone who puts some time in with this movement will make outstanding gains. Lastly, remember these key points: 1. Perform this motion smoothly - not explosively, discomfort only as far as you feel comfortable (the range will come) and keep your head up as much as possible. 2. Don't ever go to failure. Pyramid up to your work sets and always finish knowing you could do a few more. I prefer sets of six. 3. Work on flexibility of the lower back and hamstrings after your workout. 4. Always use spotters or work within a power rack. 5. Take a deep breath before you descend and hold it until you are out of the hole. Give Good Mornings a try, and the morning after the meet will sure be a good one! Please feel free to call if I may be of any assistance. Raymond J. Ebner Jr. C.S.C.S. (215) 885-3709.

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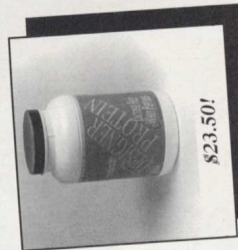
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# INTERVIEW

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

**FR:** GIVE US SOME PERSONAL INFORMATION ABOUT YOURSELF.

**BC:** I am 43 years old and live in Stanhope, NJ. My wife's name is Dee. Our dependents

are our cat Austin and our ferocious dog Dinky. I have 2 masters degrees and work at Greystone Park Psychiatric Hospital as manager responsible for two buildings, one of which houses those who are the criminally insane - not guilty by reason of insanity. In addition to powerlifting my hobbies are shooting pistols and riding motorcycles.

**FR:** HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?

**BC:** Like most, I started lifting in my mid-teens in order to strengthen myself for other sports, such as football, track, etc.

**FR:** HOW LONG HAVE YOU BEEN LIFTING AND COMPETING?

**BC:** I first competed in November, 1973 at a bench press/deadlift meet at Holy Saviour Club, Norristown, PA. I have been active in the sport ever since then, although I have taken some extended breaks from competing.

**FR:** HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?

**BC:** When the ADFPA (now USA Powerlifting) was organized it offered an option, for the first time, to compete drug free on an even playing field. I competed in the first New Jersey state ADFPA championship in 1982 and have been involved with the organization ever since.

**FR:** DID YOU EVER USE ANY PERFORMANCE ENHANCING DRUGS, AND IF SO, WHY AND WHEN DID YOU QUIT USING THEM?

**BC:** Yes, I did use drugs in the early days of my lifting, in the late '70s and early 80s use of drugs was so wide-spread that

you had to take them to be competitive. They do make a big difference in how quickly gains are made and recuperation is much more rapid. However, I quit using them in 1981, and I do believe it is possible to make good gains without them.

**FR:** DO YOU USE ANY SPECIAL DIET?

**BC:** I try to follow a high protein, low fat diet, especially near a contest, but I do like to eat, especially sweets, so I am not fanatical about it. As far as supplements go, I take creatine monohydrate and all sorts of vitamins.

**FR:** WHAT ARE YOUR BEST LIFTS?

**BC:** My best drug-free lifts are as follows: at 148, 475 squat, 315 bench, 510 dead lift, and 1275 total; at 165, 515 squat, 360 bench, 550 dead lift, and 1360 total (these were done when I was younger). Recently I am competing at 181, and my best numbers

so that our sport can get the respect that many other sports have and eventually become an Olympic sport. As far as the chances of it happening, I think that it can happen to a certain extent, although I'm sure that not all will unify. There are

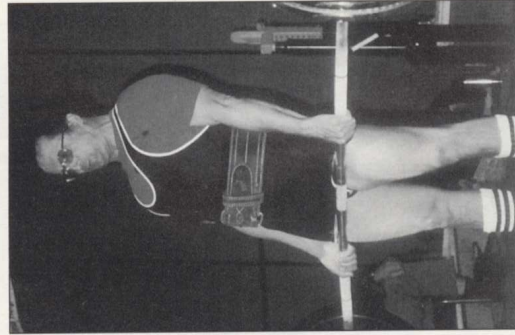
too many personalities and egos in the various organizations to have it happen easily. Many people will need to put aside their own personal issues and look out for what is good for the lifter to make unification a real possibility.

**FR:** HOW DID YOU GET YOUR NICKNAME, RED LIGHT?

**BC:** Probably because of my propensity towards hitting the red light button on the judge's switch. I'm known as a pretty strict judge, although my intention is always to be consistent and fair.

**FR:** ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

**BC:** I would like to thank you and Powerlifting USA for interviewing me. My thanks also goes to all the Pro Fitness Gym members who lend their support and energy throughout my training and to Joe Morreale for putting up with all of us (not always an easy task).



Bill Clayton... he's active on and off the platform

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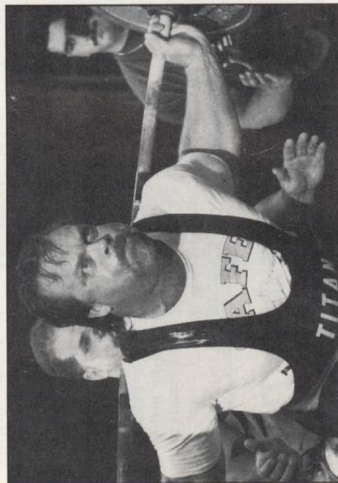
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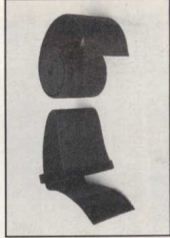
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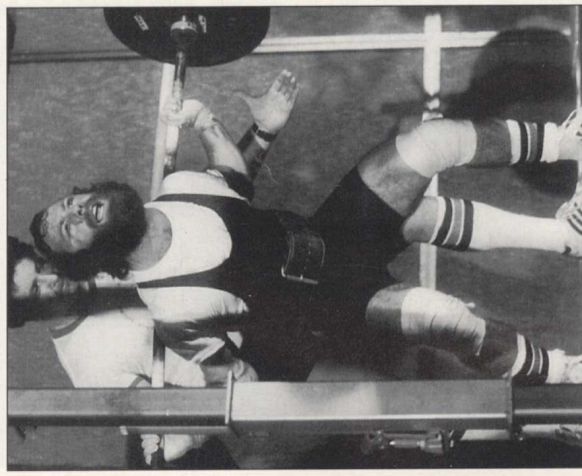
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## THE SIXTEENTH SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



**American Champion... all the way from Hawaii, Ray Verdonck (132)**

Things heated up prior to the Seniors. The World Series of Powerlifting and the Hawaii Invitational III produced 16 W/R combined! The Junior Nationals in AR had a record busting 121 entries with 14 not finishing. At this 16th Sr. Nationals, trying temperatures and sky high humidity made things miserable for the athletes - two years in a row now. 1350 fans were packed like sardines in a can in a boiling auditorium. 78 athletes came. They were distracted by the intense lights brought in for the NBC telecast of the event. People stumbled over the power cables, strung like spaghetti everywhere. It was so hot that the TV crews found refuge in the cool sound truck. Lifters found out, and tried to crash in and cool off. The roughly knurled bar ripped flesh from palms like the previous year. 15 bombed, including 3 big names. The sturdy pine platform withstood the onslaught of 5 world records, despite the conditions. Powerlifting had cut their ties with the AAU, and were henceforth to be called the USPF.

**114 LB. CLASS - Mighty Mouse Sets Two World Records -** Third place went to Joe Steinfield, slipping one place since '79 (2nd then). For Joe doing all 3 lifts was more prestigious than just doing a big BP. Tall, lanky Miguel Castro (WJ) was in his 1st Srs. He ace'd a 462 DL (pet lift) - and that put him in the thousand club - 1008 got 2nd.

Dunbar had beaten his closest rival (Redding) in Hawaii, set a WR 490 SQ in Auburn, AL. He relocated down South & thrived in P/L environment, but missed his coach Luke Iams. Mighty Mouse easily captured his 3rd Srs. title - punctuating his win with 2 new WRs, Chucky SQ'd 479 (2nd), missed 501 (balance) on 3rd, then made it on a 4th (502). With that he became History's lightest 500 squatter. Dunbar tried a W/R 303 BP 2nd after 292 missed - then got it on his 4th - 305 actual weight. After 2 attempts were turned down, he locked his shoulders back on 363 - a winning miniature melodrama. He got a shot at Inaba at Worlds - set a WR 507 SQ (Inaba tied it), benched 308, then 314 4th WR BP. Pulled 374 for an American Record 1190 TOT. Inaba won with far superior DL ability - 1251

**123 LB CLASS - GANT IMPROVES - CANT LOSE!** - Lamar, now a CO meat cutter, discovered the trick to making weight (Crain??). At the AL World Series of Powerlifting he erased 6 WR! BP, 314 & 319 4th. DL - 622 & 633 (somebody pinch me!) 1355 - 1366 TOT. Unless a DISASTER OCCURRED, he was MASTER FOR SURE! First

added a 562 DL to get WR 1548 TOT. Joe watched as Lamar's big pull took his TOT record away. No World Title for the WISCONSINITE but WHAT a NIGHT he had. GANT was WORLD CHAMP.

**148 LB CLASS - CRAINS THE NAME!** - The Juniors had been a deadlock tie, identical btw, between Jim McCarty (IN) & Jay Rosciglione (MO). Both men scored 1471, but on reweigh the edge went to McCarty. For SLMJ Jim, a SLMJ WIN. Jay went up to 165 (that fast) & Jim couldn't recycle again in 5 weeks. Clyde Wright had hit 1532 losing to Crain's 1570 in AL at WSP. Clyde was absent, but Ritkey came, made wt. Wonye, AZ, made 1339 - smiled at everyone. Rush, recovering from leg injury, next - 1372 - 5th. Steve Muller came out of the woodwork - 1405 - 4th. Orsini knew the ropes - 1432 - bronze medal. Luis Alicea, WI, had been making big totals in little meets, plunged in the big pool - 1st specialty) to deny Orsini the runner-up spot. Coming down from the 165 class last year was Rickey Crain. He SQ'd 600, with a 628 W/R too heavy. Out of sync in BP - 325. He missed, then made 617 - failed 633 - 1543 - the WIN - an okay day. It was Crain's 2nd Srs. title. At the Worlds in India CRAIN was on top of this GAME - couldn't COMPLAIN. He jumped off with a 628 W/R SQ. Jim Moir (CAN) gained the lead, outstrking Rick 391 to 319. Crain hit a huge 1603 TOT. Crain then executed a razor sharp 661 DL for 1609. It was the first World Title for RDC. What more could he ask for? A W/R the literal leap - that's what, and he did it!

**165 LB CLASS - TEXAS TORNADO - GOLD TRIP/LICITY!** - At the World Series of P/L meet in Auburn, AL, Mike Bridges moved the 165 records up to stratospheric heights. There he set a WR SQ - 722, BP - 462 & 1835 TOT. Finding it very tough to make weight, he moved up to 181 leaving the door open for his obvious successor - Rick Gaugler, Corpus Christi, TX. Rick was hot on Mike's trail, snuffing out his records.

It was a light turnout in a class which is usually the largest. Bob Jesurun greived by the recent tragic accident that claimed his father, couldn't focus or function mentally or physically, and missed his SQ tries. I doubt if anyone under the circumstances could have tried so courageously. Tim Close fell behind the two leaders after the SQ - couldn't improve his position. He tried a 418 BP & 600 DL - 1510 final - bronze medal. Jim Rouse missed huge 628 SQ & DL. tries



Larry Pacifico had the rulebook read to him by referee Lyle Schwartz, while Mark Dimiduk went on to pull out the win at 2:20. (below)

Bill (HIS PECS THE BESTEST) Emis pumped the biggest BP... 50111 proved to be the SANGER SPANKER, put him 5 ahead of Gary... 1818-5th Sam Mangialardi, IL, wonched 744 to lockout, gave him 1868 (JRs winner @ 1890) 5th place. Defending champ Estep had the Oct. cover of MUSCULAR DEVELOPMENT Magazine. His physique was getting more publicity than his lifting. Pushing too hard, SQ & BP injuries held him back. His 1873 - good for 4th - was for him a bad day. Frantz SQ 8705, then missed a key 733, which would have turned the tide. He SHOWED HUSTLE with the OLD MUSCLE! Emis missed a 474 BP & 777 DL - 1901 3rd place. It was good enough to scare everyone (especially the young bucks)! Next time watch out! A replay of the Anello-Miller tussle from '78 resulted in a dead heat match-up once again. This time it was Anello vs Jones! Vince put together his best ever S.T.: 683 SQ was done with legs not back - a new twist. He benched a PR 451, 457 was uneven - no! Jones had lost his 782 WR SQ (Nilsson SWE - 783) so responded with 793, 810 - not quite! Three H-P-ME, pulled 716 DL, missed 733, He tried 755 SQ and the huge 810 DL he needed to win - not this year - 1890 - 5th! Now let's review the tremendous SQUAT-OFF! Dennis Reed, IL, just days before his 40th birthday led the assault 788 - a WR try, 1st attempt. He missed then made it - good! Next came Dave Schneider, Cleveland OH. He fought again, Tony Johnson duplicated it on his final lift and owned it, being lighter than Dave. Reed attempted 799 to get it back - miss! McCain, TX, had the shakes, couldn't set up, missed 710, jumped to 771, finally steadied & smoked it. He had 804, jerking and shaking all over the platform, finally racking it without trying. Big Daddy Larry Pacifico popped 771 and Championship titles made him the undisputed lion of P/L. The gods that anyone could beat the godfather of sport seemed as likely as me winning 10 mill in the lottery. I'll save the shocking event that took place for last just to keep you on pins and needles:

Louie Simmons, with torn abs, SQ'd 722 - too much pain - dropped out. John Florio, still going strong 2 decades later, missed a 672 DL - 3rd place. He missed a frustrating 771, going for the win. McCain clinched 2nd place after pulling 744, breaking away from Schneider - 11 behind Jim's 3-9, 1769 day. In

220 LB CLASS - A MINI-TRUCK - DIMIDUK - Twelve of the strongest came to put their hearts and souls into the arduous task that awaited them. Their task was to find a weakness in the invincible armor of defending champ Larry Pacifico. Coming off an unbroken chain of 9 consecutive World Championship titles made him the undisputed lion of P/L. The gods that anyone could beat the godfather of sport seemed as likely as me winning 10 mill in the lottery. I'll save the shocking event that took place for last just to keep you on pins and needles:

McCain also had reached 1945 with a 799 DL, but was absent. Jerry Jones "the great white gorilla" was here along with a rejuvenated Ernie Frantz, who at age 46 was really feeling his oats of fate. The '74 181 World Champ had predicted the "best was yet to come". On Father's Day he returned. He went 9-9, and equaled Walker's 1951 W/R TOT (722- 451, 777). Not to be overlooked was perennial champ Vince Anello who had the big DL weapon that could squelch hopes for all.

Two top contenders detailed in the DL. Minor injuries hampered Jack Siders, OH. He couldn't total. Hatfield SQ'd 766, then a WR 788 - got it, called for depth. Back from shoulder surgery, his BP was 407. Fred DL'd 699 - slipped loose before signal - ditto 710 twice. Come! Among the finishers, Making weight was RICH WOODS (SPTS GOOD). He made a nifty 1791 TOT before KEITH (BEAST FROM THE EAST) BOYER gave Rich an education in life. Today a middle school principal in Lukens, PA, Keith graduated with the big boys here. After Woods missed 683, "Jake" pulled it - tied Woods's total - and got 8th place. Since neither Boyer nor Woods could register their 688 SQ's - Gary Sanger went around them - only 4 lifts - 1813!

220 LB CLASS - A MINI-TRUCK - DIMIDUK - Twelve of the strongest came to put their hearts and souls into the arduous task that awaited them. Their task was to find a weakness in the invincible armor of defending champ Larry Pacifico. Coming off an unbroken chain of 9 consecutive World Championship titles made him the undisputed lion of P/L. The gods that anyone could beat the godfather of sport seemed as likely as me winning 10 mill in the lottery. I'll save the shocking event that took place for last just to keep you on pins and needles:

Peoria powerhouse might be stopped by a bolt from the blue or some other decree of deital intervention. A quadruplet of donuts, early on, narrowed the field to 10. Wadie SQ'd big in other meets, but took a one way ride (down) w/672 here. Ellis tried 611 - dunk - nil! Mossbacher and Wilson lasted until DL time, where both met their Waterloo w/639. Marty Brasch went 4/9 - 10th @ 1620. Zeliniski got a great 688 SQ - BP 369 - had 6 for 6. He pulled 589 - missed substantial increases of 628 & 639 - 1658. Capasso took 661, pulled around him, 1664 - 8th. Haisenleder was 3rd after SQ - 672, wound up 7th - 1670. John BLACK was BACK! He missed a big 699 SQ try which could have put him in the bronze hunt - 1703 - 6th. Scott Saluzzi's veins stood out like records as he squeaked his 611 SQ by the judges. His 661 DL opener gave him 5th, topping Black, 1708. Scott tried 705 to break the 3rd place tie - didn't get it. Steve Knight used the Juniors as a work-out - won it with 1675. He pulled out all the stops here. Steve thought he had 3rd place in the bag, aceed 677 in both SQ & DL - 1747. Grizzlebearded Jim Gndtzen hauled up 683 to tie him, and snatched away the bronze as lighter man. Wow! Dean Becker, a very tenacious!

181 LB CLASS - RUFFLES HAVE RIDGES, BUT MUSCLES HAD BRIDGES! - With Mike Bridges entered you'd have thought everyone could play hooky. Not so! Everyone came - all hoping the

220 LB CLASS - A MINI-TRUCK - DIMIDUK - Twelve of the strongest came to put their hearts and souls into the arduous task that awaited them. Their task was to find a weakness in the invincible armor of defending champ Larry Pacifico. Coming off an unbroken chain of 9 consecutive World Championship titles made him the undisputed lion of P/L. The gods that anyone could beat the godfather of sport seemed as likely as me winning 10 mill in the lottery. I'll save the shocking event that took place for last just to keep you on pins and needles:

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and locked up 2nd place - 1614. He electrified the crowd trying a WR 468 BP, missed by inches. Gaugler had no one to challenge him over- all. Rick's 699 SQ was like squeezing blood from a turnip - but he kept with it - good! He muscled a 440 BP, still shy with 451. A 661 DL made him the 2nd man in History (1800 barner) to exceed the 1800 barner (1802). Gaugler was still administering himself for missing a sure World title in '78 (toomb). He got another shot this year in Arlington. DiPasquale (CAN) had the scale tip in his favor combating Backlund (SWE) and 2nd place as lighter man - 1686. Gaugler marched to his 2nd World title - 1736. Jim Reuse was not an official team but signed on the NPA roster. Outside the world competition, he posted a great 1730 total - SQ 622, DL 628, along with an utterly preposterous BP display - 2 WRs - 468, then 479! There weren't any BP shirts in those days, and his record still stands as the official IFF standard today. The World Champ was RICK GAUGLER - THE MIND BOGGLER.

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**WORLD TOP 25 GREATEST as told to POWERLIFTING USA by Herb Glossbrenner**



**Best of the BEST... Inaba of Japan squatting at the '74 Worlds (Pope)**

including the former Eastern Bloc Soviet territories (now individual nations). All are going after the biggest piece of pie. Pacifico (USA) and Collins (GBR) became the first of the dominating superstars. Now after worldwide competition spanning three decades I list the 25 greatest of the IPF Champions. Just as I featured in my USPFF Greatest article which appeared in the March '97 issue of PL USA I've allocated points. To procure and endure. Here are the most prolific:

Fifteen Americans I already profiled in my USPFF Greatest article appear on this list ranked among the rest of the best of the World (ten). Rather than be redundant I will concentrate mainly on acquainting you with our International greats...

(1) **HIDEAKI INABA - JAPAN, AGE 52, BORN 13 JAN 1944.** The 3rd of 5 siblings. Hideaki was raised in the farming community of Arita-City. He worked long hard hours tilling the field. This, coupled with his Army training, instilled the discipline and tenacity, his trademark as a furious competitor. Inspired by seeing a JPN O/L champ he was hit by the barbells and found his cup of perfect tea in the P/Ls. He won the JPN 114 title w/964 TOT in 1970. Patiently he waited until the flyweight category was installed in 1974. He won by a landslide. By 1982 he equaled Pacifico's 9 straight title and the following year made it 10 straight. Due to a shoulder injury, he lost to USA's dynamic dwarf- Dunbar in 1984, bounced back the following year and won 7 more titles uninterrupted until his last in 1991. Youth prevailed and Zhuravlev (RUS) won when Inaba tore his rotator cuff.

took the IPF World title back to Oregon that Fall (843 DL, 2204 TOT) Waddington lifted with the NPA group and did 2237 - little consolation for him. The Gauger and Pacifico camps blacked over wild boys; Spiller, Dave Keaggy who'd get the 1981 Srs. bid. Corwin, TX got the bid over Dayton, OH. Would it be a MISERABLE SIZZLER?

The USA was a leader in the movement to have P/L-recognized globally. A dual match between England and USA took place in 1970 in Southern California. However, the first International match on the strength lifts took place in May of 1968. A capacity crowd filled the Empire Club. The guest of honor was the Lord Mayor of Bristol. It was there in Bristol that the Brits were "hotter than a pistol!" A dual meet between Great Britain and France took place. Since the DL was not practiced in France, only the SQ & BP were contested. The British won 4 classes to zero for France. Lighthorse Bob Memory did a 562 SQ, 303 BP and a 634.5 for a GBR record in the DL.

As history shows, the first World Championship for P/L was inaugurated and took place November 6-7, 1971 in York, PA. A mere 6 years after the USA made P/L an official sport, people started keeping official records and crowned their first National Champions. This first Worlds was sanctioned by the USA's AAU (Amateur Athletic Union). The following year the IPF was formed. The first couple of years the championships were mostly a Who's Who of the USA's smothering talent. Of the 35 total lifters in 1971, 30 were from USA, 4-GBR and 1-JAM. In 1972 there were 61. The USA had the majority were 61. The USA had the majority were 61. The USA had the majority were 61.

also won this category 3 times earlier and earned 7 titles at 123. His lifetime moment was his come from behind victory - 617 DL, and winning as lighter man. Lamar cried with joy as Precious carried him in his arms of the platform. 15 World titles decreases his greatness.

(3) **JARMO VIRTANEN - FINLAND, AGE 34, BORN 1963.** Jarmo was called an awesome new comer, finishing 3rd in his first world platform appearance in 1983 at 165. The following year he was bridesmaid to Ed Coan at 181. In 1985, he became FIN's newest star. With youth and explosiveness he won huge, set a slew of Jr. W/R and tried the Sr. W/R D/L and had it moving, but stalled. In '86 he had USA's Siv Anderson win 38 on ST, then blew him away in DL. In '87 he trained to 165 and beat USA's Crain by 116 on TOT. Same class next year way ahead dumped Ausby Alexander (USA). In 1989 back up to 181 - a big victory making 3 DL's. Win No. 6 in 1990 over Lekomtsev (URS) and Wagnan (USA) '91. Going for No. 7, he zeroed in '91. Two more wins in '92 & '93, absent in '94. Last appearance and win was '95 - his ninth? Will we see the FIN make it No. TEN this year?

(4) **DAN AUSTIN - USA, AGE 38, BORN 18 SEP 1958 - Austin, the 2nd best USA man ever, got his first World title in 1984 @ 148. He missed a year in the win column. In 1986, he started another string - 7 more straight wins at 148. Just this past year in Austria he won No. 9. He'll reach No. 10 and move into 3rd All-time. Go for it!**

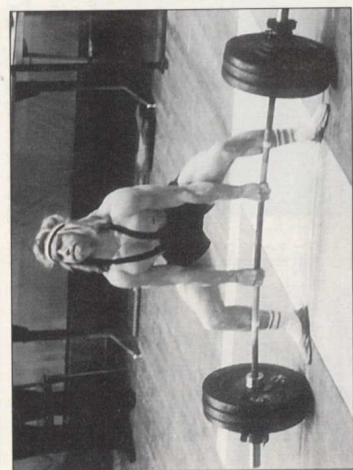
(5) **LARRY PACIFICO - USA, AGE 51, BORN 17 JAN 1946 - Larry was the first World Superstar with nine World titles. Fate intervened and his dream of 10 never came. He still ranks 5th best ever after 25 years which proves that legends shine bright forever.**

(6) **HIROYUKI ISAGAWA - (JPN), AGE 44, BORN 1953 - A**

needed to pull off the win. There were a lot of big guns, fully loaded, and aimed at Bill. Paul Wrenn - big as all outdoors, Luke lams - snorting and laming like a wild boar; Spiller, Dave Keaggy was back, Gus Retiwisch - the HAWAIIAN LEVIATHON, Dave "Thunder Thighs" Waddington and the man who could throw a monkey wrench into anyone's plans - Doyle Kennedy. Luke the MORTICIAN hoped for FOURTH POSITION. He grunted through a 771 SQ, 562 BP then BURIED HIMSELF with 881 SQ & 600 BP tries. He tried 5th DL - over-hated - dropped out. Keaggy hit an even ton and was wished for an 837 SQ. Tried it - was halfway up. We thought it was CAKE, then he started to SHAKE! Miss - injured - limped away - cracked a vertebrae! Being a man of good judgement, he'd drop out! Right? Gus? Are you kidding? Just some thing to CUSS ABOUT and GET IT OUT? BP - a no quit 485, finished 3 DL - 710 looked too easy - 2033 - 4th! Now the big 3: When he felt sick and puny Doyle zeroed (77 Kg) and when Kennedy felt good, he could beat anybody. He blasted down an 870 SQ, 914 too heavy, stayed 3rd. Wrenn toughed out 914, passed down w/936 WADDINGTON waves ready to SQUAT A TONI! Puffing like an asthmatic rhino he took his 931 down & up - a bad stay! Up to 947 - buried it, roared up - duck soup! The crowd, trying to spur him on, chanted: 1,000 - 1,000! Dave SMILED, WAIVED A BIT, was DELIGHTED but DECIDED TO SAVE IT - WAIVED IT! Wrenn punched a 501 BP - twice missed 529. Kennedy struggled up 551 - failed 11 more. Waddington - the strongest, cranked 567 - stuck on 584, 589! S.T.'s: WADD - 1514, DOYLE - 1421, WRENN - 1416, KAZ - 1388! Now comes the lift that separates the men from the boys - the DUDDS from the STUDES! Big Dave tore his hand warming up - gritted through 722 - painful - finished it! Further tries at 744 - no hand hurt! Firths - 2237! Could the others catch him? Wrenn opened light - 766 - making sure. Took 826 to catch Wadd, but couldn't get it moving! Ditto 832. Doyle, solid as Gibraltar, yanked up 815, tied Wadd, and had the lead as lighter man. Next added to it - 837 for 2259! Kaz came roaring out like a runaway train - ordered 876 as his opener - to win! Three times it came up explosively to mid thigh - left hand grip gave way - BOMBOUT! Doyle - once again - the CHAMP - took the same 876 - toppling for his victory cake! PRESSURED NO MORE - IT STAYED ON THE FLOOR. Big Doyle Kennedy also

**1980 Senior Nationals**  
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114	114	114	114	114
20	20	20	20	20
29	29	29	29	29
479	479	479	479	479
336	336	336	336	336
203	203	203	203	203
468	468	468	468	468
1008	1008	1008	1008	1008
341	341	341	341	341
248	248	248	248	248
385	385	385	385	385
975	975	975	975	975
123	123	123	123	123
451	451	451	451	451
308	308	308	308	308
511	511	511	511	511
1372	1372	1372	1372	1372
463	463	463	463	463
275	275	275	275	275
501	501	501	501	501
292	292	292	292	292
473	473	473	473	473
1267	1267	1267	1267	1267
362	362	362	362	362
292	292	292	292	292
485	485	485	485	485
1240	1240	1240	1240	1240
600	600	600	600	600
325	325	325	325	325
617	617	617	617	617
1543	1543	1543	1543	1543
451	451	451	451	451
369	369	369	369	369
617	617	617	617	617
1438	1438	1438	1438	1438
423	423	423	423	423
323	323	323	323	323
1405	1405	1405	1405	1405
521	521	521	521	521
297	297	297	297	297
573	573	573	573	573
1372	1372	1372	1372	1372
501	501	501	501	501
281	281	281	281	281
551	551	551	551	551
1339	1339	1339	1339	1339
165	165	165	165	165
699	699	699	699	699
440	440	440	440	440
561	561	561	561	561
1802	1802	1802	1802	1802
573	573	573	573	573
435	435	435	435	435
367	367	367	367	367
1510	1510	1510	1510	1510
755	755	755	755	755
485	485	485	485	485
722	722	722	722	722
1962	1962	1962	1962	1962
666	666	666	666	666
607	607	607	607	607
1774	1774	1774	1774	1774
644	644	644	644	644
418	418	418	418	418
683	683	683	683	683
1747	1747	1747	1747	1747
611	611	611	611	611
435	435	435	435	435
664	664	664	664	664
1708	1708	1708	1708	1708
611	611	611	611	611
405	405	405	405	405
655	655	655	655	655
1703	1703	1703	1703	1703
622	622	622	622	622
396	396	396	396	396
600	600	600	600	600
1670	1670	1670	1670	1670
688	688	688	688	688
389	389	389	389	389
1658	1658	1658	1658	1658
628	628	628	628	628
358	358	358	358	358
633	633	633	633	633
1620	1620	1620	1620	1620
611	611	611	611	611
380	380	380	380	380
683	683	683	683	683
451	451	451	451	451
786	786	786	786	786
1923	1923	1923	1923	1923
793	793	793	793	793
457	457	457	457	457
738	738	738	738	738
1901	1901	1901	1901	1901
738	738	738	738	738
462	462	462	462	462
1873	1873	1873	1873	1873
710	710	710	710	710
413	413	413	413	413
444	444	444	444	444
1808	1808	1808	1808	1808
611	611	611	611	611
440	440	440	440	440
650	650	650	650	650
1813	1813	1813	1813	1813
650	650	650	650	650
457	457	457	457	457
683	683	683	683	683
1791	1791	1791	1791	1791
722	722	722	722	722
451	451	451	451	451
786	786	786	786	786
220	220	220	220	220
755	755	755	755	755
473	473	473	473	473
738	738	738	738	738
1967	1967	1967	1967	1967
771	771	771	771	771
440	440	440	440	440
744	744	744	744	744
1956	1956	1956	1956	1956
788	788	788	788	788
418	418	418	418	418
710	710	710	710	710
1918	1918	1918	1918	1918
727	727	727	727	727
699	699	699	699	699
1901	1901	1901	1901	1901
716	716	716	716	716
446	446	446	446	446
727	727	727	727	727
1890	1890	1890	1890	1890
793	793	793	793	793
424	424	424	424	424
633	633	633	633	633
1851	1851	1851	1851	1851
688	688	688	688	688
440	440	440	440	440
650	650	650	650	650
639	639	639	639	639
1758	1758	1758	1758	1758
722	722	722	722	722
424	424	424	424	424
242	242	242	242	242
804	804	804	804	804
501	501	501	501	501
810	810	810	810	810
2106	2106	2106	2106	2106
749	749	749	749	749
562	562	562	562	562
2050	2050	2050	2050	2050
744	744	744	744	744
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744	744	744	744	744
1995	1995	1995	1995	1995
859	859	859	859	859
556	556	556	556	556
738	738	738	738	738
2155	2155	2155	2155	2155
722	722	722	722	722
511	511	511	511	511
2011	2011	2011	2011	2011
788	788	788	788	788
424	424	424	424	424
810	810	810	810	810
1107	1107	1107	1107	1107
870	870	870	870	870
551	551	551	551	551
837	837	837	837	837
2259	2259	2259	2259	2259
947	947	947	947	947
567	567	567	567	567
722	722	722	722	722
2337	2337	2337	2337	2337
914	914	914	914	914
481	481	481	481	481
715	715	715	715	715
2033	2033	2033	2033	2033
799	799	799	799	799
451	451	4		



Eddie Pengelly... long hair and all... at the 1976 IPF Worlds. (Poppe)

the 1979 Worlds in Dayton, OH. Hiro made his 1st appearance AND finished 6th @ 123 (1102). In 1980 he was IP with the flu, but still tried a WR BP and placed 3rd w/ 1218. His 1st title came in 1982 w/ 1273. An injured back kept him 3rd in 1983. Hiro's total was the same as Gant in '84 (1278). Lamar won w/ first DL missed 2nd, pass 3rd. In 1985 & 1986 he won by big (77 and 61 lb) margins. The next year was a bomb (zero again in '96). '88 he was great - won a w/ squaker over Pattaway (USA) and set 3 W/R benches (his pet lift). His 5th & 6th titles came in '89 & '91 with his absence in 1990 due to injury. Hiro missed 2 times at 501 kg. In '92 and was 11 away from a bronze medal. Third in '93 - missed final DL going for silver. Last title came in 1994 - a big win and a 358 BP Master's W/R. Isagawa won his 4th total bronze in 1995, missing 518 for the win. In 16 appearances, he's won 7 golds, and a silver, along with 4 bronzes plus a 4th, 6th and two donuts. Quite a career. A likeable cheerful and mild mannered fellow who produces an exquisite glossy P/L magazine in JPN. He's 5 pts. back of Pacifico and should move into 5th best All Time this Fall.

(7) EDDIE PENGENLY - GBR, BORN 1949, DIED 1993 AT AGE 44. Eddie was indeed a P/L original. At his WC debut at York, PA in 1976 he copped a World Title @ 132. In '77 in AUS he lowered the boom on Trujillo (USA) despite a strained elbow. Too much Lamar for the Brit in 1978 (1410 to 1355), but he battled hard. His 3rd win was '79 with 1339 TOT, defeating Koczkis (FIN) (1300). Moving up to 148 in 1980, he zeroed in DL w/ 644 challenging the winner Ricky Crain (USA). Silvers were his color (not by choice) in 1981 and '82 Holland in 1990. He was a mere 5 lbs. back of the 275 winner, went 8

times for 9, and set an IPF W/R SQ of 910. In '91, '92 & '93 he took the 275 gold, then reduced to 242 - lifting Champion. He participated to 275 and two more titles. His tally is 6 golds and a silver and still counting. Another gold in 1997 could supplant his potentially 375 and five back of Eddie. Fire up those proton torpedoes and let 'em rip.

(11) ED COAN, USA, AGE 33, BORN 24 JULY 1963. Way ahead of his time, he's the most amazing powerlifter on the planet. All the King's horses and all the King's men envy and admire the KING. His accomplishments over the past decade amaze us. He has won six crowns in 3 different categories with lifts mere mortal men enjoy fantasize about.

(12) DAVE JACOBY - USA, AGE 40, BORN 18 JUNE 1956. His rise from obscurity to a dominant World force was amazing. He went through his opposition like a knife through hot butter. He had big lifts and a Herculean physique to match. He reigned supreme in 1984 and '85 stepped aside for Hatfield in 1986 then won two more. He returned in 1992 to win his 6th and final gold medal and collected two silvers along the way.

(13) GENE BELL - USA, AGE 40, BORN 08 SEP 1956. For whom doth the bell toll? Gene - for times it tolled for thee! A quintessential gold World Champion, medals is enough to make the Air Force give him a 21 gun salute! Gene was champ in three different categories and is the 198 reigning champ. This USA star is still shining bright. Could we ask for just a few more gold medals? Please?

(14) PRECIOUS MCKENZIE - NZL, AGE 60, BORN 06 JUNE 1936. By the time he was 28, was the top 123 olympic lifter in 3 country. Already married with 2 daughters in 1966. Precious represented GBR, as he lifted in Berlin and finished 6th @ 123 in the World Competition. Collins retired a 7 time World Champ.

(9) WALTER THOMAS - USA, AGE 51, BORN 16 NOV 1945. Five times a World Champ, spanning three decades. During Vrtanen's hiatus in '94, Walter jumped back into the arena and gave the youngsters a drubbing 11 years following his last win. It was a wake-up call. The fountain of youth is not in FL, but in OK - I think!

(10) KIRK KARWOWSKI - USA, AGE 30, BORN 6 SEP 1966. His Worlds first appearance came in Holland in 1990. He was a mere 5 lbs. back of the 275 winner, went 8

Weightlifting Championships. Later he migrated to England and was many times Commonwealth Weightlifting Champion. He participated and finished 6th in 2 other W/L World Championships - 1960 & 1970. Possessing great strength and aestheticism, he could do 5 perfect one arm chins with either hand as well as 25 hand stand push-ups. At 4'11" he possesses a magnificent physique. Precious became a 3 time Olympian in W/L, representing GBR in the '68, '72 & '76 Games. When P/L came along he was a natural. He won the Worlds in 1971 - '72 and '73 under the GBR flag, then skipped '74 going to Manila for the World W/L championships. His best in the overhead lifts were PR 253, SN 220, CJ 286 @ 123. At the '75 World Power in (ENG) he zeroed in BP after setting a WR 418 SQ. This allowed Lamar Gant (USA) to win his first World title. 1976 was Olympic year and he went to the Montreal Games in Canada. He returned to PL in 1977 and suffered his first loss finishing runner up to Gant 1251 - 1218. In 1978 he won @ 123 w/ 1300 total representing his new homeland of NZL. No one could ever forget the battle with Gant in 1979 in Dayton, OH. It was a 1344 lbs as Gant came from behind with his "impossible" DL of 617. Gant won his 5th World gold in 1980 and retired thereafter. Today he sells Gravity Inversion apparatus in NZL and is fit as a fiddle at age 60.

(15) VINCE ANELLO - USA, AGE 49, BORN 2 SEP 1947. In 1972, Vince Anello of Middleburg, HI, OH became World P/L Champ @ 181. He won 3 more titles 1977-78 & 1980 @ 198. He also collected 3 bronze medals and a silver in World competition in his 8 outings. He reeled in his victory many times with his great DL ability having once held the World record in 3 categories for that lift (181, 198 & 220).

(16) MIKE BRIDGES - USA, AGE 39, BORN 01 FEB 1957. Whom doth the bell toll? Gene - for times it tolled for thee! A quintessential gold World Champion, medals is enough to make the Air Force give him a 21 gun salute! Gene was champ in three different categories and is the 198 reigning champ. This USA star is still shining bright. Could we ask for just a few more gold medals? Please?

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From Peoria, IL, his career was relatively short, but during his 6 year reign he was so far ahead of his competitors that he was in a league with himself. His 5 World titles could just have easily been 6, but in 1980 he opted to represent the NPA team, a mistake he later regretted. Mike held WRs in 4 categories - 148, 165, 181 and 198. He was World Champ in 1978 @ 148, in '79 @ 165 and 3 time @ 181 (81-82-83). He retired undefeated in 1984 and today is a successful building contractor. Like Coan, he truly was a Wonder of Nature.

(17) DON REINHOUTD - USA, AGE 52, BORN 6 MAR 1945. Big Don - the Colossus of New York - lifted SHW and finished 3rd in the Inaugural Worlds in 1971. Then, in 1973, having reached his zenith, he cranked off 4 wins in a row. He was indomitable and in 1975 became the first man in history to crash the 2400 barrier. Don had no weaknesses and excelled in ALL the lifts. In 1978 he won the Worlds Strongest Man competition. A jovial giant will never be forgotten.

(18) FRANN SARLAINEN - FIN, AGE 48, BORN 1944 DIED 1992. First and foremost an over-head style lifter, Hannu lifted a 363 SN and a 440 CJ. He took up P/L, which became a love affair and opened a new era of his lifting career. Beginning in 1975 he was 3rd @ 242. This year American Doug Young and GBR's Dave Carter pulled 766 to take the silver medal from Hannu. He participated every year thereafter. USA's Young won again in '76, but Saarlainen got silver, same place in 1977. Then four successive years the gold ring eluded him (2nd place). 1981 was a heartbreaker: Hannu totaled 2028, but so did his teammate Kiviranta who pulled 777 DL to win on lighter weight. Persistence pays and 1982 was his golden year. He held on to a 77 ST lead and beat Wallace (NDL) 1956 to 1940. Oh, happy day! Hannu earned one more medal (Bronze) in 1984. His lift and final Worlds was in 1985. He was a mere 5th. Saarlainen died a hero in his homeland of FIN in 1992 at the age of 48.

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(22) DAVID RICKS - USA, AGE 37, BORN 27 JULY 1959. A Commander in the Navy, Ricks claim to fame is four consecutive 50, BORN 1946 - Bill's Worlds debut came in 1976. His historic

thriving today. He may see him anywhere peddling his wares, and videotaping monumental PL competitions. His long and illustrious career draws to a close but from Ricky you can always expect the unexpected. His 3 golds and 1 silver at the Worlds are great. Rick has fought father time and came out on top and that's even greater.

(24) GORAN HENRYSSON - SWEDEN, AGE 31, BORN 1964 - In his first Worlds in 1982, the 132 Swede appeared to have it all wrapped up when Lampela (FIN) came from behind with a successful 589 DL to tie 1284 to 1278. In 1983 the title was all his - 1333 - winning by 54. He repeated his win in 1984 over Van Wammelen (BEL) in a close one - 1322 to 1306. Goran's final title came in 1985 with 1333 after the USA lifter Hanson won DQed. Take it any way you can get it is an old adage.

(25) KOVSTI VILMI - FIN, AGE 34, BORN 1960 - In 8 World appearances, Vilmi also placed 1st three times and won 2nd with two donuts (1986 & '92). His wins were three-peat - 1988, '89 & '90 - all at 275. In 1990, he pulled his final DL to overcome USA's mighty Kirk Karwowski.

(25) WIM ELYN - BEL, AGE 33, BORN 1963 - Accumulated 175 pts. as did Chris Henrysson and Vilmi. This short wily haired & '96 went 9.9 in 1994 to top USA's Taylor and in 1995 won over Russia's Bogdanov with 1449. There you have it - IPF's 25 greatest ever Powerlifters

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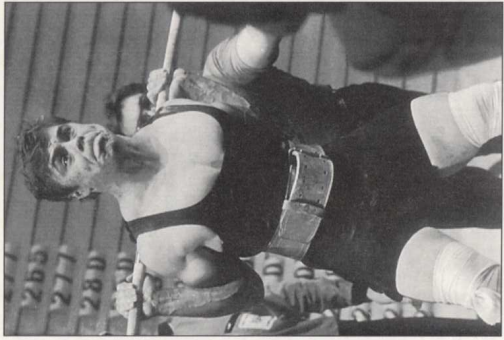
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The Pride of Finland... Vrtanen silvered in 1984

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preposterous. His DL is a mere 319, leaving the possibility of some little super-DLer of minuscule proportions a pulling chance.

(20) JOHN KUC - USA, AGE 49, BORN 1947. When Kuc, at 310, totaled 2350 to win the first SHWT title in 1971, this mark endured for 15 years until Lars Noren (SWE) surpassed it in world competition in 1987 w/ 2375. Kuc had blood pressure problems - reduced and retired. Then, lo and behold, he resurfaced and came back in 1974 @ 242 and was World Champ again. He disappeared from the scene, but came back and took two more titles in '79 and 1980. That year he totaled 2204 and DLed 870 a mark @ 242 still stands today. One of the all-time greats no doubt about it.

(21) SYLVESTER ANDERSON - USA, AGE 39, BORN 19 MAY 1958. This mighty Marine, won 2 World Silvers, twice to Vrtanen (FIN). Made SN and 440 CJ. He took up P/L, which became a love affair and opened a new era of his lifting career. Beginning in 1975 he was 3rd @ 242. This year American Doug Young and GBR's Dave Carter pulled 766 to take the silver medal from Hannu. He participated every year thereafter. USA's Young won again in '76, but Saarlainen got silver, same place in 1977. Then four successive years the gold ring eluded him (2nd place). 1981 was a heartbreaker: Hannu totaled 2028, but so did his teammate Kiviranta who pulled 777 DL to win on lighter weight. Persistence pays and 1982 was his golden year. He held on to a 77 ST lead and beat Wallace (NDL) 1956 to 1940. Oh, happy day! Hannu earned one more medal (Bronze) in 1984. His lift and final Worlds was in 1985. He was a mere 5th. Saarlainen died a hero in his homeland of FIN in 1992 at the age of 48.

Robert Keller, USPF Executive Committee Member, has submitted the following opinions regarding the unification process to Powerlifting USA for publication:

**The Real Picture:** This article is being written to clarify and provide information about the unification process. Both "the truth" and "The Real Picture" regarding the unification process between the USPF and the AD-PPA, and not the so-called "Big Picture," which evokes road about in the April and May 1997 issues of Powerlifting USA Magazine. These articles did not report "The Whole Picture," as some very important information about the unification process were left out. Nevertheless, in this article, I will attempt to briefly explain what transpired during the talks, while I was in Chicago on March 1, 1997, with Dave Jeffrey, Sam Pardue, Jan Shendow, Buddy Duke, and Ted Isabella.

Basically, from the perspective of the current USPF Executive Committee, we were told by the AD-PPA Executive Committee that we were going to meet with them to discuss possible terms for unification between the two organizations. However, this was not the case and a different "unification plan" was presented to us, it was more like "unification takeover." I will clarify. Appar-

## USA Powerlifting Update

ently, the AD-PPA Executive was provided with inaccurate, and unsubstantiated information, by Don Haley, then the USPF President, and Pete Alant, President of Titan Support Systems. These two individuals apparently told the AD-PPA Executive Committee and Grahame Fong, IFF President, that the USPF was "dead," "bankrupt," "seized by the IRS," and "insolvent." I even heard a rumor that the Texas Rangers were even coming after us! And, I'm not talking about the Major League baseball team either!

Furthermore, it was also told to the AD-PPA Executive, that USPF Executive Committee was supposedly strayed and ready to "cash in" and discontinue the USPF, all based on this so-called looming debt of \$20,000. Well folks and tabloid fans, I hate to burst your bubble, but we were never that bad off or even near that and definitely were never in a position not to be able to handle our finances. Apparently, at this point, with misguided information, the AD-PPA supposedly saw a crack in the USPF armor and seized an opportunity to seek the IFF affiliation they have long been slobbering over.

Now, let's get down to brass tacks. Why the IFF affiliation? One reason is due to the AD-PPA Senior Men's & Women's Worlds last year in Chicago, which drew zippo countries (e.g. one lifter from the island of Fiji and another from England). Further, an AD-PPA National, WDFPF World Champion and NGB member, at the March 1, 1997 meeting in Chicago, even stood up and stated to the AD-PPA National Committee, that "I'm fed up with the WDFPF World Championship having no competition and I want to step onto the IFF Platform and test myself against real competition!" Basically, as the 1996 WDFPF World Championship results in Chicago indicate, the AD-PPA lifters won, as they usually do, by no less than a landslide, which in turn prevents them from really having that much credibility as "World Champions."

The AD-PPA, with all of this in perspective, were now prepared to make their move, under the "smoke screen of unification." Yes, unification, but on their terms, and based on the fact that we were just supposed to dissolve the USPF. Well, that approach "back fired" and things didn't go according to "the plan." Now, with the USPF remaining in tact with IFF recognition, and the AD-PPA trying to go down the IFF yellow brick road, they failed to realize that they were being "watched very closely" by Andrew Cormos, the WDFPF Pres-

ident, who eventually removed the AD-PPA from the WDFPF affiliate, and replaced them with the AAU. Now, before you call the AD-PPA office (219-248-4889) screaming about presently being in purgatory, with no place to go lit internationally, you should ask the following questions first: Why did the AD-PPA turn its back on the WDFPF, and pursue the IFF affiliation, when the WDFPF, which was founded by the AD-PPA, was set up to oppose the IFF? Yes, the WDFPF did lack member country support, but why did they not try to continue to build, improve and support the WDFPF? Instead, they turned their back and sought higher ground? Sounds like a drowning man to me!

Moreover, why were the AD-PPA Executives (Overclear, Hartle, Sorwell, etc., etc.) taking advice from Pete Alant, an individual, who holds no politically elected office in the USPF, or was in no position to make recommendations regarding USPF financial matters? Probably, the smart thing to have done, was to probably have had a conference call with Dave Jeffrey, our then acting President of the USPF, or Jan Shendow, Secretary/Treasurer of the USPF, to determine the exact position of our organization, and tone of its Executive Committee Members? Now, as a USPF member, I would be asking the following questions: Why did Don Haley not consult the USPF Executive Committee regarding unification with the AD-PPA, prior to telling the AD-PPA, "we are finished"? Why did he agree to unification with the AD-PPA in Salzburg, Austria, without first consulting both the USPF National Governing Body or the Executive Committee? Why did he assume the financial position to be irreversible? An official source explained to me, that several lawyers and CPA's consulted and advised Don Haley of this so-called bleak and horrible financial situation. The humorous thing about it is these so-called "financial advisors" worked directly for the AD-PPA! Figure that one out! Also, what is even more ridiculous, is the complete empty-headedness and incompetence displayed by Don Haley, who "thought" into this rhetoric and nearly caused the complete collapse of the USPF to top it off, his excuse to justify this maneuver, was to lay all of the blame on John Inzer and Peter Thorne's shoulders. What a guy! Further, when Don Haley was asked to clarify this entire situation in writing to David Jeffrey, the current USPF President, his response was less than truthful. Basically, if we accepted this offer, presented to us by

Don Haley, Grahame Fong and the AD-PPA Executive Committee, we would not only be committing fraud, but lying to the members of the USPF, by telling them we could no longer conduct business. I'm sure the best interest of the USPF was definitely being looked after!

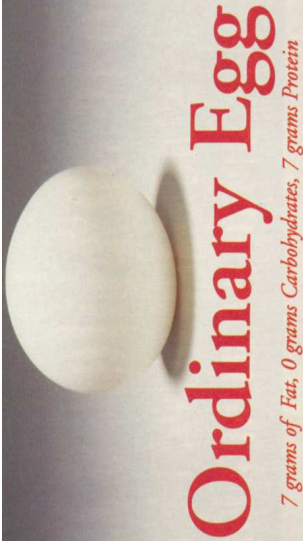
Folks, lets face it, the finances of a 5,000 member organization are not that difficult to figure out - it's not rocket science! Presently, the USPF financial condition is healthy and not as bad as reported during the past few months in Powerlifting USA.

As far as Don Haley is concerned, he did the USPF and its membership a big favor by resigning his position. If he is too "paranoid" to manage a supposed debt of 20,000 dollars, he definitely has no business being the leader of an organization, where representing the "best interest of the lifters is first and foremost." Nevertheless, it is quite apparent that Mr. Haley not only misrepresented himself, but the United States Powerlifting Federation, by running for office. Also, it is perfectly clear to all, he had no intentions of either stabilizing, nor leading the USPF. Only to see it dissolved and replaced by the AD-PPA, a splinter organization, which he aligned himself with several years earlier as its Technical Chairman! Moreover, it is apparent that he lacks both the "skills" and "backbone" for being a president of an organization "this size," thereby, calling his recent actions no less than a complete "sell-out". Powerlifting's version of a "Benedict Arnold." We now know the morally endorsed Mr. Haley can neither be trusted nor counted on, to fulfill a position where competence, instead of stupidity and ignorance, is required. Nonetheless, Mr. Haley will fit in quite well with the AD-PPA/USA Powerlifting organization, which has a history of "deception" and "quitting."

I will qualify these facts! For example, the AD-PPA turned their backs on the WDFPF, as well as, breaking off from the USPF, during early 80's, and creating the AD-PPA. Do you see a trend? Who will be next, the IFF? As you can see, they have a track record, and their list of casualties is growing! Does the AD-PPA really know what they are doing? If I were a member of this organization, I would be concerned with their actions?

With the AD-PPA now sitting in limbo, without IFF or WDFPF recognition, who was going to rescue them. In comes Grahame Fong, the IFF President, again, to save the day and sort out the mess he helped create - more confusion! Moreover, it appears that Mr. Fong's own personal agenda is now starting to sur-

(article continued on page 54)



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Dr. Paul Ward  
Bio-mechanics & Sports  
Performance Scientist

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

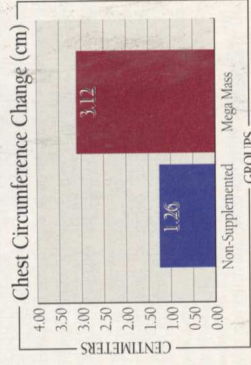
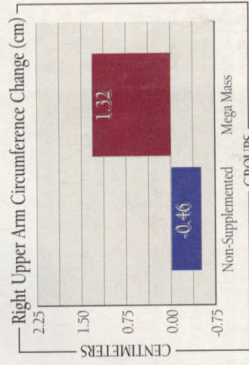
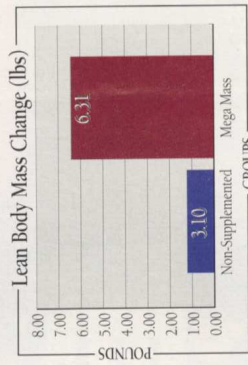
**MEASUREMENTS:** Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

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

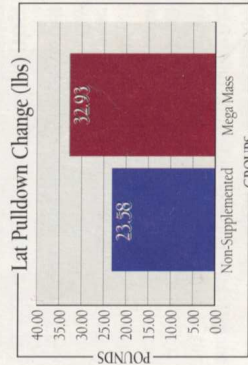
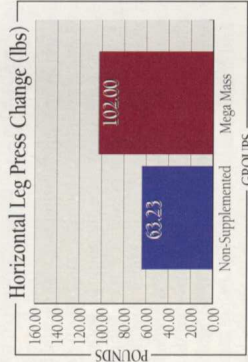
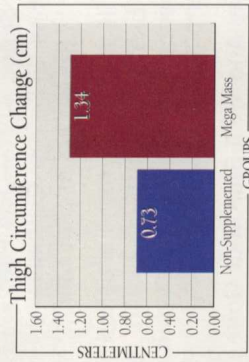
### UNIVERSITY STUDY: RESULTS & CONCLUSIONS

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



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★

# Introducing USA POWERLIFTING Formerly the ADFPA

The news is out—the ADFPA is now called USA Powerlifting. But what does that really mean for you, the lifter? Good question. Let us try and answer that for you.

## \* WHAT'S CHANGED? \*

- 1. Our name** - in order to expand powerlifting into the mainstream environment, unify the sport in the country and one day be a part of the Olympic Games, your representatives agree that the name "USA Powerlifting" is more indicative of how we all want the sport to grow.
- 2. Our drug-testing** - there will no longer be polygraph testing at meets. Instead, we will only use urinalysis to keep the sport clean! We have chosen to do this in order to comply with IPF and IOC requirements. Meet directors will be required to test at least 10% of their total entry. And we will continue to perform out of meet testing. Last year, we performed 1,000 tests in total. That's dedication to drug-free lifting!

## \* WHAT'S THE SAME? \*

- 1. Our drug-free philosophy** - as always—and even more so now with stricter testing in place—we will continue to support drug-free powerlifting.
- 2. Our dedication to you—the drug-free athlete** - as always, our number one priority is you—the lifter—which means quality meets, an extensive schedule of national championships and elected officials that are always there for you.

For more information, please contact: USA Powerlifting National Office,  
124 West Van Buren Street, Columbia City, IN 46725, (219) 248-4889

**91041-AB/BACK MACHINE**

**\$249**

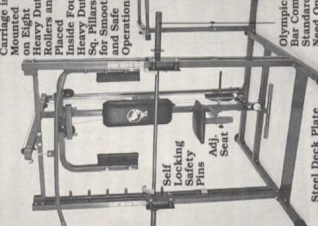


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Olympic Bar Comes Standard Only  
Plates

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**FEATURES:**

- Vertical Three Way Bench Press Seat
- Adj. Pec Deck Seat
- Adj. Bench Bar
- Adj. Bottom Seat
- 4000 lb. Test Aircraft Heavy Duty Ball Bearing Pulleys
- Lat Pulldown
- Tricep Pulldown
- Leg Curl/Press
- Pec Deck
- Low Pulley Rows
- Crunch Cable
- Side Handles
- Paddles for additional attachments.

DELUXE NO CABLE CHANGE OVER SYSTEM CAN BE USED UP TO 300 LBS. LOAD

66" x 40" x 83"H — 430 lbs.

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Rubber Shoes for Stability

300 LB. OLYM. SET ONLY \$109  
(With the purchase of any of our equipment)  
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HEX DUMBBELLS — 425/LB. • OLYM. CAMBERED BAR — \$69  
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**93102-SUPER BODYPAK-200**

**\$749**



AVAILABLE ATTACHMENTS:  
Bip/Leg Bikes  
Tricep Rope  
Leg Press/  
Seated Row  
Abdominal Back Machine  
Deltoid Machine  
Seated Arm Curl Unit  
Adjustable Weight Adapter.

66" x 40" x 83"H — 430 lbs.

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High Density Foam Pads with Chrome End Caps

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(NO CABLE CHANGE OVER)

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- Heavy Duty 2" Sq. Tube
- Heavy Duty Ball Bearing Pulleys
- 4000 lb. Test Aircraft Quality Cables
- Adjustable Seat

Adj. Holder  
Rubber Shoes for Stability  
Steel Deck Plates

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WITH 300 LB. SET

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- 1000 lb. Capacity
- Self Locking Bar Holder
- Solid Steel
- 1" Rd. Pins 49" x 42" x 83" PLUS 145 lbs.
- Designed for Olympic Set
- OLYMPIC SET
- 26" Space Between Posts

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9402-Smith Machine  
Plate Loaded Cross Over  
Chinning Bar  
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Arm Curl Attachment

2600-Over Unit

Made for Olym. Plates (not included)

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Four 2" Steel Base from Sliding

Deluxe Padding  
Heavy Duty End Caps

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42" x 48" x 44"H  
125 lbs.

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6004 Pec Attachment — \$79  
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**9166-SUPER 4-WAY SLED**

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Weights Not Included

3" Square Steel Tube Construction

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**ABOVE PACKAGE INCLUDES:**

- Lat Attachment (No Cable Change Over) with Lat & Low Row Pull Bars Mounted
- Dip Attachment
- Dip Attachment (Lat/Incline/Decline Bench Not Shown)

Please refer to our Catalog Page No. 11

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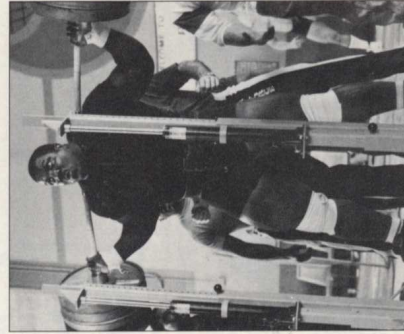


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**Ammonia Caps** - Box of 12 ..... **\$5.00**

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**VIDEOS**

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











## U.S.A. P.L. Corner

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

**Unification ... what's the big deal?** Unification. It's the word of the day, here in the powerlifting arena. But what is it really all about? What does it mean? Let's take a few moments to examine some common questions posed to the USA Powerlifting (formerly ADFFPA) Executive Committee.

**What exactly is unification?** Unification is exactly what Webster's dictionary says it is "the act of unifying" and in the world of powerlifting it means we are presently trying to unify our sport. Right now, there are two main federations out there - USA Powerlifting and USPF. Each federation runs on its own schedules with its own meets and its own national and world championships. USA Powerlifting advocates that each separate effort put out by each

separate federation would be that much stronger if those efforts were combined. Thus, the unification process.

**Why should we unify?** Let's use the Olympic games as our example. Pretend there were two separate volleyball teams instead of one ... two separate weightlifting teams instead of one ... two separate swim teams instead of

positive atmosphere.

**Change is Good** - As you will be reading about and hearing about the ADFFPA has changed its name to USA Powerlifting to further develop the sport and position ourselves for the future. Although change may cause some uncertainty, this was not change for change 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 ADFFPA 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 have as we embark on a new road toward the future of powerlifting.

**Are you picky?** - Now is the time to start picking meets to qualify for the vast assortment of the upcoming USA Powerlifting (formerly ADFFPA) National meets. You can qualify at any sanctioned USA Powerlifting (formerly AD-

**U.S.A. P.L. Corner**

## USA PL National Meet Qualifying Totals

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

## U.S.A. P.L. Corner

FPA) meet. To find a meet near you, see the coming events section in this magazine or call the USA Powerlifting (formerly ADFFPA) National office at (219) 248-4889.

**USA Powerlifting (formerly ADFFPA) ON THE WWW.**  
The USA Powerlifting (formerly ADFFPA) Website is now up and running at [HTTP://www.adfpa.com](http://www.adfpa.com). Check it out! There's always new information to see!

**USPA Powerlifting (formerly ADFFPA) GYM DIRECTORY**  
**Kennedy's Gym**, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 19543, (610) 286-7698, Owner: Pat Kennedy

**Muscles and Fitness**, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Ford Sheridan

**Powerhouse Gym**, 913 N. Court, Medina, OH 44256, (330) 722-7250, Mark Copeland

**The Strength Training Center**, c/o Nutritional Technologies, 5 Stonecroft Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou

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

The USA Powerlifting (formerly ADFFPA) Gym and Coaches Directory was created in order to provide individuals with a listing of the

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USA Powerlifting (formerly ADFFPA) affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, coach or lifter who trains at that facility.

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

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

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TELEPHONE NO.	DATE OF BIRTH	U.S. CITIZEN?	U.S. APPROPRIATE?	U.S. APPROPRIATE?	U.S. APPROPRIATE?	U.S. APPROPRIATE?	U.S. APPROPRIATE?

REGISTRATION INCLUDES INSIGNIA PATCH, RULEBOOK, SUBSCRIPTION TO NEWSLETTER, MEMBERSHIP CARD AND ALL INFORMATION NECESSARY TO PARTICIPATE IN THE AMERICAN DRUG FREE POWERLIFTING ASSOCIATION, INC.

Membership Fees are not tax deductible

Expires \_\_\_\_\_ Signature \_\_\_\_\_

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Additional Tax Deductible Charitable Donation CLUB REPRESENTED

ALL ADFFPA MEMBERSHIPS EXPIRE 12/31





**Letter from the WNPF...** In the April issue I sent a letter to PL USA stating some changes that the WNPF has made in the past few months. And after talking with the Executive Committee we have decided that 100% testing is far too costly and time consuming for the lifters and the federation. Therefore, we will random test at all contests and step up our out of contest drug testing program. The official lab of the WNPF is AEGIS Labs in Nashville, TN and we were informed by all of our Polygraphers that they intend to test more extensively by testing any and all athletes for a minimum of thirty minutes each for an accurate reading. Polygraph is needed for meets such as the Lifetime Drugfree Nationals and a few other WNPF events. We are happy to say that we are not confirmed in the following cities for the 1997 season, Bessemer, AL, Greenville, S.C., Charlotte, N.C., and Cleveland, TN. These meets will be held in the latter part of the 1997 season. We are also considering a sister organization for lifters that are not three years clean and this organization will not be tested, similar to some of our fellow organizations out there. We are working on our first Raw Nationals somewhere up north in 1997 and our World Championships for men and women will be held in Atlanta, Ga. in August. Men will compete on 9th-10th and women on the 23rd. In Bench Press and Deadlift Worlds will be held in Sunny Daytona Beach, FL on October 5, 1997. This contest is open to any and all drug free lifters and the awards will be outstanding. Thank you, WNPF!

in pure form 100% after testing with expensive A. Sewk 185 — — 185  
 Beck took time out of her bodybuilding schedule 176  
 but not without her 110 lb. on her way to victory 198+  
 first contest. We had a senior tour in effect as we 280 145 350 775  
 had three lifters over 30 years of age in competi- 225 160 305 690  
 tion with Stuart Brown (56), Mack Brannham (65), 123 Gilbert  
 and J. Leppert (67). 315 195 385 895  
 Register as he only got three out of six lifts, but it 300 205 375 880  
 was enough. Tony "Pokey" Francis and Larry "Top 300 445 325 770  
 O. Wrencher  
 Taking the iron man belt (lifter was James "Chuck" 335 265 430 1030  
 a great bench pressing demonstration but fanatis- R. Coleman  
 tic sportsmanship! When the dust cleared it was R. Montanez  
 the Pooker winning the winning the best bench 350 230 430 1010  
 lifters award. 515 330 500 1345  
 We will be hearing from Mr. Top Cat again, I'd like to take this time to say thanks to the Hepzibah community center, to the WNPF, spotters, judges, H. Holzl 420 280 455 1165  
 and lifters. Lifted most time slow strong stay clean, H. L. Cant 530 325 550 1405  
 and fill me ya on the platform! (Thanks to Tee R. Guerrero 540 290 500 1330  
 "Slimy" Mar" Meyers for providing these results.) 220

**ADPPA USAFA Open Powerlifting**  
**8 Feb 97 - Colorado Springs, CO**

Women	SQ	BP	DL	TOTAL
S. Arnold	185	110	235	530
M. Moran	255	135	265	655
H. Fuhrmann	185	—	—	185
J. Engler	245	105	275	625

**ADPPA Minnesota Teen/Novice**  
**1 Mar 97 - Hermantown, MN**

Women	SQ	BP	DL	TOTAL
130 Teen (16-17)	165	100	275	540
Men	—	—	—	—
165 Teen (14-15)	220	205	320	745
J. Hanson	—	—	—	—
J. Jordan	300	—	—	300
165 Teen (16-17)	—	—	—	—
M. Walls	215	200	350	765
181 Teen (16-17)	375	235	425	1035
J. Murray	—	—	—	—
181 Teen (16-17)	405	235	410	1050
J. Allen	—	—	—	—
132 Teen (18-19)	310	175	360	845
J. Bleken	—	—	—	—
181 Teen (18-19)	350	285	425	1060
J. Eastwood	—	—	—	—
200 Teen (18-19)	405	195	425	1025
242 Teen (18-19)	—	—	—	—
V. Vendling	410	315	550	1275
165 Novice (Class 1 and below)	—	—	—	—
B. Barnacle-20	250	270	310	840
181 Novice (Class 1 and below)	—	—	—	—
J. Snowell	410	265	530	1205
M. Crozier-42	410	265	530	1205
275 Novice (Class 1 and below)	—	—	—	—
F. King	520	355	545	1420
181 Novice (Class 1 and below)	—	—	—	—
R. Stainis	510	350	505	1365

(Thanks to Dennis Green for providing the results.)



"Pokey" Francis with his award at the WNPF Augusta Open. (Meyers)

**WNPF Augusta Open BP & DL**  
**25 Jan 97 - Hepzibah, GA**

Bench Press only	198 Lifetime	420	520*	800*
T. Francis BL	181 (40-44)	—	—	—
198 Natural	440*	—	—	—
C. Becks	—	—	—	—
Men	110	250	555	805
198 PFM	280*	410*	720*	—
S. Brown	220 (17-19)	—	—	—
J. Leppert (60)	—	—	—	—
J. Logan	225	275*	—	—
198 Novice	—	—	—	—
155*	315*	470*	—	—
Women	290	400	690	—

\*state records. We traveled east to the Mecca of the powerlifting world famous Hepzibah Coliseum. This was the site of drug free powerlifting in J. Engler

**World Natural Powerlifting Federation Membership Registration**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_

ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CITY \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ SEX \_\_\_\_\_ DATE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_

HIGH SCHOOL \$15.00, ADULTS \$25.00. MAKE CHECKS PAYABLE TO WNPF. SEND TO:  
 WNPF, 2560A PICARDY CIRCLE NORTH, COLLEGE PARK, GA 30349 770-996-5008

SIGNATURE \_\_\_\_\_

# Coming Events

14 JUN, AAU G.B.C. Barbells 4th 'No Drugs Allowed' BP, Bob Vermer, 514 492-5020, Pittsburgh, PA 15217, 412-142-5020.  
 14 JUN, Summer Push/Pull Meet, (men, women, open) Corinthian Banners, 16 Maple Ave., Norwalk, CT 06850.  
 7 JUN, USPF Region IV Bench Press (open, master, women, teen, unimpaired drug testing) Buddy Rogers 522 E Spruce Ave., Ravenna, OH 44266, 330-297-7520 (E), Pep Wahl 330-253-7616 (D)  
 7 JUN, AAU Midwest Classic BP/Henderson, KY 42420, 502-826-8354 or 835-7865  
 7 JUN, USPF Region III (open - men/women, class II - men/women, master, teen) Ann/Earl Leveart, 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 Cajon, CA 92027, 941-697-7962  
 7 JUN, 36 AAU Jr. Olympic & AAU 100 lb. Qualifier in Olympia, St. Louis 63101, 314-848-0048  
 7 JUN, (new date) 14th AAU No Box Allowed IPA State & St. Joseph women's submaster, master) Al Siegel, 304 Daisy St., Clearfield PA 16830, 814-765-3214  
 7 JUN, MDSA Scout to the Loop (Esko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201  
 7 JUN, APA Louisiana Open BP/Ironman DL Classic (LA), Scott Taylor, Box 27204, El Cajon, CA 92027, 941-697-7962  
 8 JUN, Elm City Open BP Championships (all divisions) Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212  
 8 JUN, ADPPA All Midwest BP, Dennis Brady, 5920 N Ridge, Chicago, IL 60660, 469-2252  
 8 JUN, 6th Wintersville Open BP/DL, Jerry D'Domestico, 234 Allied, Wintersville, OH 43952, 614-264-8305  
 8 JUN, USPF State Deadlift, Huntington Beach, CA, Vic Elliott, 714 841-3055  
 8-13 JUN, Texas Police Games (Plan) Texas Police Athletic Federation, Box 2040, Abilene, TX 79604, 800-624-9752  
 14 JUN, 4th ADPPA Power Surge BP & DL (open, women, low & line, master, teen, no-imp)/Chris Byrnes, 150 Johnston Circle, Stoney, NY 13838, 607-563-8580/1253  
 14 JUN, 7th Oregon's Best Bench, Better Builds Gym, Inc., 1991 Neumark, N. Bend, OR 97459, 541-756-7885  
 14 JUN, ANPPC Drug Free Midwest USA BP/DL (teen, women, men, master) Remo's Gym, 2700 Mt. Pleasant #16, Burlington, IA 52601, 319-752-3666 (Rob Williams)  
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**31 AUGUST - AAU LAWRENCE GARRO MEMORIAL FULL-LIFT & BENCH; ENTRY DEADLINE JULY 6th.**

**18-19 OCTÖBER - AAÜ MILITÄRY POWERLIFTING & BENCH PRESS NATIONALS; ENTRY DEADLINE OCTOBER 1st.**

**16 NOV - AAU MARYLAND STATE BENCH (MD RESIDENTS & OPEN) & IRONMAN (BENCH & DEADLIFT)**

**BRIAN WASHINGTON, EAST COAST POWER, P.O. BOX 20042, BALTIMORE, MD 21284-0042; (410)265-8264, BETWEEN 6:30PM & 8PM EST.**

Nottingham Academy, Colona, MD 21917, 410-658-3797  
 21 JUN, 6th Lupinor, YMCA Summer Classic BP (open, master, teen) Dennis Henderson, 307 W. Church St., Ligonier, PA 15658, 412-238-4572  
 21 JUN, ADPPA 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, GA 30906, 706-790-3806  
 21 JUN, USPF Maryland Drug Free Bench Press, Gary Howard, Middleburg Heights, OH 44130, 419-866-6663  
 DelMarVa YMC, 715 S. Schumaker Dr., Salisbury, MD 21804, 410-749-0101  
 21 JUN, USA Central Region Open BP/DL (Maitton, IL) Son Light, 126 W. Sale, Tuscola, IL 69133, 217-253-5429  
 21 JUN, (new date) Bicentester World Breakers BP/DL, David Riser, Meigs (Ga), 703-829-2929, Bend, OR 97708, 541-389-0600  
 21 JUN, NAPA Astro State (Scottsdale) NAPA, Box 735, Noble, OK 73068  
 21 JUN, ADPPA Raw Push/Pull Combined masters Qualifier (men & women's novice, open, lifetime, teen, submaster) Manuel Villarreal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449, www.adppa.com/Email/adppa@roednet.net  
 21 JUN, Willmarfest BP, Darwin Jacobson, Box 1031, Willmar, MN 56201  
 21 JUN, APA Tri-State BP/Alliance Coast DL (CA), Scott Taylor, Box 27204, El Cajon, CA 92027, 941-697-7962  
 21, 22 JUN, AAU State Games of Virginia (all age categories are invited) Rudy Garcia, 5112 Salem Ct., Colonial Hills, VA 23834, 804-502-5646

14 JUN, AAU G.B.C. Barbells 4th 'No Drugs Allowed' BP, Bob Vermer, 514 492-5020, Pittsburgh, PA 15217, 412-5020.  
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**19-20 JUL, WPC Can-Am World Cup** (Calgary, AB) Greig's Back Alley Gym, 64 N. Railway St., Okotoks, Alberta, Canada T0L 1T3, 403-938-3067

**20 JUL (new date), APF Florida Push & Pull Open Rd.**, Daytona Beach, FL 32118, 904-257-0527

**20 JUL, 7th Stearnsville Open BP/DL**, Stearnsville, OH 43081, 614-264-4805

**20 JUL, Open BP/DL**, Santa Rosa, CA 95401, 707-543-5970

**20 JUL, 1st Annual Beach Press Challenge**, Coastview Iron Sports, 3815 South-west Blvd., Ft. Worth, TX 76116, 817-738-4900

**26 JUL (new date), Beach Bench Championships (amateur/pro - men, women, teen, submaster)** - Beach Murr, 3648 S. Park Ave. #140, Buffalo, NY 14219, 716-655-1878

**26 JUL, Biggest BP/DL on the Beach** (North Ave. Beach, Chicago) Dr. Darrell Latch, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**26 JUL, Unified Strength Alliance 5th Annual Best on the Beach BP/DL** (separate events) Carl Seaker, 24 Jefferson St., Warren, PA 16365, 814-723-3442 after 8pm

**26 JUL, AAU York Power Team Last Chance Raw Qualifier**, Rocco Miletta Gym, 217-747-2983, Red Lion, PA 17351, 717-893-3961

**26 JUL, 3rd Beach Works Gym Classic**, Beach Works Gym, Box 893, Fayette, AL 35555, Greg Hubbard 205-932-4389 or Ted Butler 205-932-5365

**26 JUL, APF Colina Lake Festival BP, Tom Burch**, 7729 SR 127 N., Celina, OH 45822, 414-586-5225

**W.N.P.F. WORLD BENCH PRESS & DEADLIFT CHAMPIONSHIPS (ATLANTA, GA)**

**OCT. 4-5, 1997**

Teen, Junior, Lifetime, Natural, Submasters, Masters, Police/Fire/Military, First thru Fifth Place

**WNPF, 2560A College Park, GA 30349, 770-996-3418**

**26 JUL, NASA Tri-State Natural Regional BP**, Santa Rosa, CA 95401, 707-543-5970

**26 JUL, APF/APA/CPA World Cup BP/DL (SC) Scott Taylor**, Box 2724, El Jobean, FL 33927, 941-697-7962

**26-27 JUL (97), ADFFA Men's Nationals, B&W Gym**, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692

**27 JUL, ANPPC Drug Free Indiana Open BP/DL** (men, women, men, masters) Melterra Fitness, 1205 E. State Road #44, Shelbyville, IN 46176, 317-398-3661

**27 JUL, WNPF New Jersey Natural** (Newark, NJ) WNPF, 2560A College Park, GA 30349, 770-996-3418

**27 JUL, APF Michigan State Open BP/DL** (Southeast Holiday Inn - open, teen, submaster, master 1-4) Bruce Darling, 1801 Woodside Ave., Trenton, MI 48184, 313-676-6201

**3 AUG, Decatur (IL) Bench Press, Dr. Darrell Latch**, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**9 AUG, ANPPC Drug Free Eastern USA BP/DL**, College Park, GA 30349, 770-996-3418

**9 AUG, AAU JF Olympic Powerlifting (11 & under, 12-13, 14-15, 16-17, 18-19) Mike Janssen**, Box 10000, Lake Buena Vista, FL 32830, 407-248-6441

**2 AUG, ANPPC Drug Free Central USA BP/DL** (men, women, men, masters) Body Forge Gym, Box 1465, Camden, MO 65020, 573-346-6607 (Tom Martin)

**2 AUG, AAU Missouri State Meet "RAW"**, David DeForest, 6706 State Road J, Fulton, MO 65251, 573-642-9608

**2 AUG, Rhinos Charity Benefit-Bench Press (non-structured)**, Club Rhinos Fitness Center, 1228 Thibault Ct., Vinita, CA 92083, 760-727-8500

**2 AUG, Don's Gym PL/BP** (cash/truffles) Don Smith, Jr., Box 5880, Rd., Huntsville, AL 35802, 205-580-2011

**9 AUG, MDSA FullPower Meet (Melrose Hills, CA)**, Dan Jacobson, Box 1031, Villa Park, CA 91789, 626-282-3800

**2 AUG, Decatur Celebration DL, Dr. Darrell Latch**, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**3 AUG, (New Date) APF/APA/CPA (Can-Am International) BP/DL** Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212

**3 AUG, USPF Michigan State Open BP/DL** (Southeast Holiday Inn - open, teen, submaster, master 1-4) Bruce Darling, 1801 Woodside Ave., Trenton, MI 48184, 313-676-6201

**210-372-3936**

**16 AUG, MDSA Powerfest '97** Goodwin, MN Danwin Jackson, Box 2099, Willmar, MN 56201, 320-231-4094

**16 AUG, ISF World's Strongest Police & Fire Department on the Internet/Interstrength.html**

**17 AUG, AAU Central New York Summer Championships**, Mark Kodaj, 608 Lenox Ave., Oneida, NY 13421, 315-363-6084

**17 AUG, (new date) Indiana State Fair-BP/DL Championships** (Indiana State, IL) Dr. Darrell Latch, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**22-24 AUG, Unified Strength Alliance (USA) Pennsylvania State Meet - all classes, teen & master by formula** Gary Helsey or Tim Diern, 105 Warwick St., Lititz, PA 17543, 717-627-0038

**22-25 AUG, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, 10 & over)** Mike Kulpback, Box 32830, 407-248-6441

**23 AUG, WNF World's Worlds (Atlanta, GA) Trip Ford**, 2560A College Park, GA 30349, 770-996-3418

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

**4.5 OCT, WNPF World BP/DL Championships (Atlanta, GA) Troy Cord**, 2560A College Park, GA 30349, 770-996-3418

**11 OCT, Northern Illinois Open BP/DL (Lisle, IL) Dr. Darrell Latch**, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**11 OCT, AAU Bench Press Meet** (open, women, teen, submaster) - 15957 Connaught Lake Rd., Meadville, PA 16833, Dr. Chris Knapp, 814-337-5800

**11 OCT, MDSA Tri-State Challenge Cup** (Stoaks 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 Hts., OH 44146, 216-439-5464

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

**11 OCT, ADFFA Tri-State Challenge Cup** (Stoaks Falls, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

**11 OCT, WNPF Midwest Challenge** (Detroit, MI) WNPF, 2560A College Park, GA 30349, 770-996-3418

**18 OCT, 2nd Western New England Bench Press** (master) Louie Lapoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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**18 OCT, 2nd Western New England Bench Press** (master) Louie Lapoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

**11 OCT, ADFFA Tri-State Challenge Cup** (Stoaks Falls, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

**11 OCT, WNPF Midwest Challenge** (Detroit, MI) WNPF, 2560A College Park, GA 30349, 770-996-3418

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**Amnapolis, MD - to benefit Special Olympics** Bill Calhoun, 3328 Lakeside View Dr., Falls Church, VA 22041, 703-671-4094

**16 AUG, APA Southeast Regional BP/CPA** (East DL) FJ Scott Taylor, Box 2724, El Jobean, FL 33927, 941-697-7962

**30-31 AUG, AAU Florida State Open**, Tom Treacher, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804

**30-31 AUG, AAU North American Championships & Southeast BP** (youth, teen, high school, jr., novice, open, submaster, master, raw) - open, raw, master, military, law enforcement, spec. olympics, physically challenged - men/women) Marlin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4PWR

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

**31 AUG, 8th Michigan Bench Press Challenge**, Les Hailer, Box 81, Bloomfield Hills, MI 48303

**31 AUG, (tentative) Bench on the Beach**, Chicago, IL 60634, 773-481-5906

**6 SEP (NEW DATE) APA Nat'l/American Cup BP/DL (SC) Scott Taylor**, Box 2724, El Jobean, FL 33927, 941-697-7962

**6 SEP, IPAWorld Bench Press Open**, Jamie Riparth, 512 4th St., Elizabeth, PA 15037, 412-384-9602

**6 SEP, Sun Light Open BP/DL**, Dr. Darrell Latch, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**6 SEP, APF National Qualifier**, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NJ 11572, 516-594-9014

**11-14 SEP, AAU National Qualifier Bench Press/Deadlift (Disneyworld - raw/gear, open, teen, jr., submaster, master, men & women) Mike Kulpback**, Box 10000, Lake Buena Vista, FL 32830, 407-248-6442

**13 SEP, APF Iron Horse Open**, Brent Elkhart, IN 46516, 219-674-6683

**13-14 SEP (NEW DATE) APF Amateur Nationals (drug tested) Nucleus Plus**, 321 Changer St., Rose Barlow, MA 617-225-5070, or Kieran Kidder 904-257-0527

**13 SEP, 4th Princess City Deadlift Classic** (men, women, teen, masters, open & drug tested) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

**13 SEP (new date/site) USPF National Deadlift Championships (Post Falls, ID - 5 mi. E. of Spokane, Templin Motor Lodge) Gas Rethenwisch**, Box 5292, Bend, OR 97708, 541-389-0600

**13 SEP, Indiana State Open BP/DL** Champions (Terre Haute, IN) Dr. Darrell Latch, 126 W. Sole, Tuscola, IL 61953, 217-253-5429

**13 SEP, USPF Fresno County BP**, Fresno, CA, Jay McVaugh, 209-233-3793

**13 SEP, MDSA "The Edge" BP (Grand Falls, NJ)**, Dan Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

**13-14 SEP, EPC/WPC International Deadlift**, Tom Treacher, (Pittsburgh, PA) Scott Smith, Schomberg Ave 2277, A-8010, Co. Virginia, Tel/Fax 43-316-817683

**14 SEP, APF New England Championships**, Nautilus Plus, 321 Changer St.,

Galindo, 310-399-2775  
 18.19 OCT, AAU Military PL/BP/  
 DL Nationals (open men & women,  
 submaster, master, collegiate) Brian  
 Williamson, Box 2009, 424 Baltimore,  
 MD 21284, 410-265-8292  
 19 OCT, Missouri State, 126 W. Sale,  
 To, IL 61963, 217-253-5429  
 25 OCT, IPA Northeast Powerlifting  
 Championships, Brian Biddell, World  
 Gym of Saratoga, Rt. 50 - Saratoga Mall,  
 Saratoga Springs, NY 12866, 518-584-  
 5004  
 25 OCT, MDSA Night of the Living DL/  
 Hallowsen BP (Willmar, MN) Darwin Ja-  
 cobsen, Box 1031, Willmar, MN 56201,  
 320-231-2099  
 25 OCT, Octoberfest BP/DL Classic,  
 Dr. Darrell Latch, 126 W. Sale, Tuscola,  
 IL 61953, 217-253-5429  
 25 OCT, APA NHCI Push/Pull (outside  
 lifters 2 w. notice) Fred Latias, 1201  
 Main St., Fitchburg, MA 01420, 508-  
 343-6550  
 25 OCT, JSF World's Strongest Gym  
 on the Internet, [http://](http://members.aol.com/Interstrth/)  
[members.aol.com/Interstrth/](http://members.aol.com/Interstrth/)  
 Interstrth.html AAU Central PA  
 25-26 OCT, 13th AAU open, submaster,  
 Open (below class) at 60 (day) Al Siegel,  
 304 Daisy St., Clearfield, PA 16830,  
 814-765-3214  
 25-26 OCT, APF Southwest Regional  
 PL/BP APF Cowtown Deadlift Chal-  
 lenge, Cowtown Iron Sports, 3815 South-  
 west Blvd., Ft. Worth, TX 76116, 817-  
 738-4900  
 26 OCT (new date), Village Square  
 BP/DL, Dr. Darrell Latch, 126 W. Sale,  
 Tuscola, IL 61953, 217-253-5429  
 26 OCT, WNF Raw Nationals  
 (Lancaster, PA) WNF, 2560A  
 Picardy Circle North, College Park,  
 GA 30349, 770-996-3418  
 OCT, APF Ohio State BP, Chris Baaker,  
 3114 Sheridan Rd., Portsmouth, OH  
 45662, 614-820-2717 or 354-1464  
 OCT, ADFFA New Jersey State Power-  
 lifting Pro Fitness, 46 Rockwood,  
 NJ 07866, 201-407-9156  
 1 NOV, (new date) AAU NC State BP/  
 DL, B. Zak, Beach Boys Barbell Club,  
 Box 978, Grady, NC 27939, 919-453-  
 8001  
 1 NOV, AAU Lifetime Drug Free  
 Nationals (Little Rock Air Force Base  
 Fitness Center) Don Skeels, 314  
 SWS / SVP, LRAFB, AR 72099,  
 501-988-3283 or Larry Kye 501-  
 982-7668  
 1 NOV, APA Bench Press Nation-  
 als/APA Deadlift Nationals, Scott  
 Taylor, Box 2724, El Jibean, FL  
 33927, 941-697-7962  
 1.2 NOV, ANPC National PL/BP,  
 Dr. Darrell Latch, 126 W. Sale,  
 Tuscola, IL 61953, 217-253-5429  
 6-9 NOV, WPC World Champion-  
 ships (Blackpool, England) Chris  
 Bannaugh (01625 617812/  
 611156) & Dave Carter (01252  
 342424/0370 757321)  
 8 NOV, 13th Eastern American Bench  
 Press (open, master, women, Rd.  
 teen) MECOC, Box 30291, 770-474-2633  
 8 NOV, USPF Colorado Buffs BP/DL  
 Nationals, USPF Colorado Buffs BP/DL  
 Buffs, 18 Main Rd., Buffalo, NY  
 16215, 716-894-8883  
 8 NOV, Tero Haute Regional BP/DL  
 Championships, IN/Dr. Darrell Latch,  
 126 W. Sale, Tuscola, IL 61953, 217-  
 253-5429  
 8 NOV, MDSA Jake & Jenny's Gym

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(separate contests - open, women, teen, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214  
 13 DEC, EPC/WPC International Austrian Prix (full meet - Graz, Austria) Carl Smith, Schonaustrasse 22/7, A-8010 Graz, Austria, te/FAX +43-316-817683  
 13 DEC, Christmas BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932  
 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, Schonaustrasse 22/7, A-8010 Graz, Austria te/FAX +43-316-817683  
 20 DEC, MDSA Northern Nationals Rob Keller, 752 Johnson, submaster, master, 126 W. Sale, Tuscola, IL 61953, 217-253-5429  
 20 DEC, AAU Christmas Bench Press Classic, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795  
 DEC, WNF Georgia Natural State Meet (Albany, GA) Troy Ford, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418  
 28 FEB/1 MAR, New York State Championships (Rodisson Corning Hotel) John Comereski, Box 401, Breesport, NY 14816, 607-739-7322  
 21-22 MAR, Northeastern PL/BP, Nantux Plus, 321 Charger St., Revere, MA, 617-286-0232 or Russ Barlow, 207-225-5070  
 28-29 MAR, ADFFA High School Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672  
 4-5 JUL, ADFFA USA Nationals, Andrea Sorocinski, 11360 W. 84th Pkwy., Overland Park, KS 66205, 303-425-7075  
 18-19 JUL, ADFFA Cornhusker State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672  
 AUG, ADFFA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

once Championships, Tamara Lamorel, 717 Market St., Suite 599, Lemoyne, PA 17043, 717-761-3843  
 23 NOV, Big Daddy's Open, Santa Rosa, CA, John Ford, 707-543-5970  
 23 NOV, WNF East Coast Championships, WNF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418  
 29-30 NOV, WABDL World Bench Press & Deadlift Championships (open, teen, jr., submaster, master, law enforcement, disabled) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600  
 NOV, USPF PA State/Region II (King of Prussia, drug tested by urinalysis, IPF 819183)  
 Nov, teen, jr., open, submaster, master  
 Rob Keller, 752 Johnson, submaster, master, 126 W. Sale, Tuscola, IL 61953, 217-253-5429  
 6 DEC, Southern States Okla. Body Dukes, 912-896-3988 (at 9899 in)  
 6 DEC, 10th CBPL Elkhart Bench Press Classic (notice: men, women, master, drug tested & open) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683  
 6 DEC, AAU New England Open, Larry Larsen, 15 Ball St., Quincy, MA 02169, 617-479-7761  
 6 DEC, ADFFA Kentucky State/Blue Grass Open PL/BP, Steve Conum, 520 S. Main St., Henderson, KY 42420, 502-826-8354 or 835-7865  
 6 DEC, Son Light Winter Classic BP/Tuscola, IL 61953, 217-253-5429  
 6 DEC, Upper Bucks YMCA Christmas Classic BP, Sumner Rucker, Upper Bucks YMCA, 451 Calloway Rd., Quakertown, PA 18951, 215-536-8841  
 6 DEC, USPF Ironman & Ironwoman (Fresno, CA) Bob Packer, 209-658-8304  
 6 DEC, APA Eastern US, BP, (FL) 33027, 941-697-7962  
 Master/Studentmaster BP Nationals, 30927, 941-697-7962  
 7 DEC, APF Iron Island BP Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014  
 7 DEC, 9th SAAS Bench Press (all age/weight groups, no formulas, drug tested) Mike Collet, 214 N. Ashland, Park Ridge, IL 60068, 800-722-7932 (emergencies) 303-425-7075  
 7 DEC, 6th AAU Coal Country BP/DL

# W.A.B.D.L.

## WORLD BENCH PRESS and DEADLIFT CHAMPIONSHIPS Holiday Inn Airport, Portland, Oregon 29, 30 November 1997

Open, Teenage (14-15, 16-17, 18-19), Junior (20-23), Submaster (35-39), Master (40-44, 45-49, 50-54, etc.), Law Enforcement, Disabled Divisions. Call Gus Rethwisch for qualifying details. Top 3 in any drug tested federation's National Bench Press Championship will qualify as well as the top 3 from the Law Enforcement World Championships in Calgary and winners from any State Police Summer Games. Lifters from other countries - no qualifying. Various country representatives will be picked from, preferably, active master lifters at a meeting of the WABDL Executive Council on Friday, November 28th. Then, in future years, the Executive Council Member countries will set their own qualifying standards. Anybody interested in being President of their respective countries in WABDL, submit your name to Gus Rethwisch. No Teams - at this or any other world championships, to promote harmony amongst lifters. Bench Press competition - November 29th, Deadlift competition - November 30th. 1st through 5th place trophies will be given out and world records can be set. You can compete in two divisions. Anybody that does not have a WABDL card and has at least two different federation cards will be given a WABDL card free. If you have the card of one other federation, your WABDL card will only cost \$10. If you don't have a card from any federation, the card will cost \$20. This meet will be drug tested, with 15% of the lifters tested and the lifters will never be asked to pay for a drug test in this federation. Every country that belongs to this federation will be required to file a financial statement in PL USA. There will be a 24 hour weigh-in, the old bench press rule will be in effect, suicide grips will be allowed with a disclaimer, and no canvas shirts are allowed.

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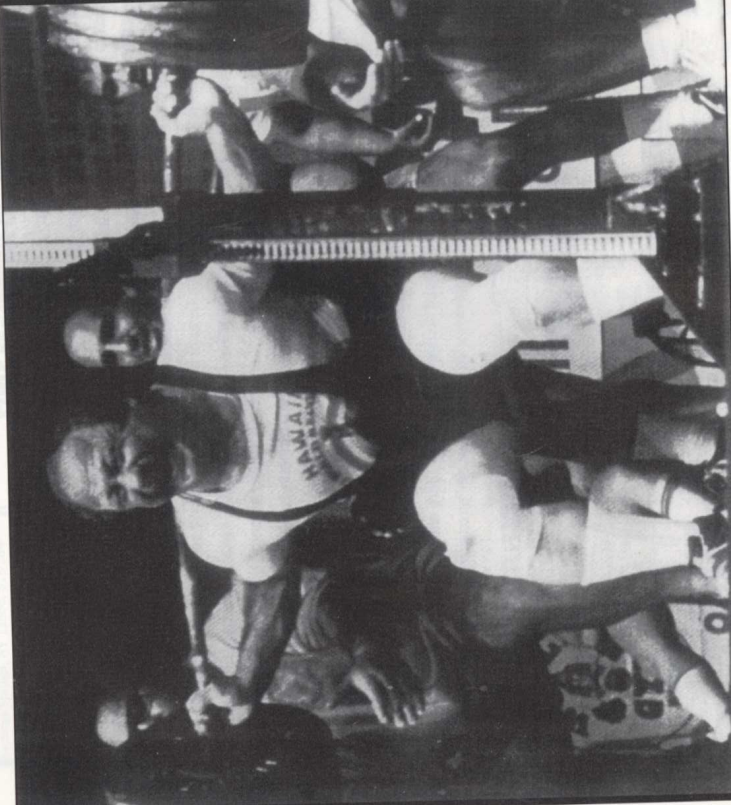
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P.S. when writing include a Stamped, Self-Addressed Envelope for the meet director to return an entry to you. If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.  
 P.P.S. - Italicized entries in the Comp- ing Events section indicate listings that are new or updates to our list.

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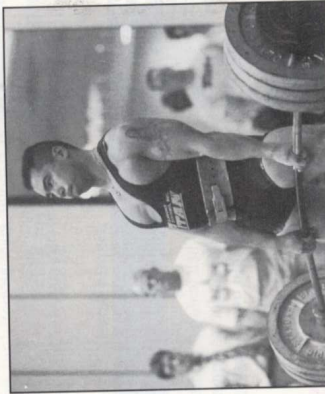
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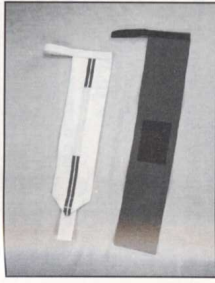
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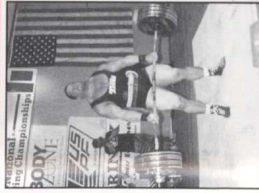
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(article continued from page 7)

go lower than 2500 calories. My protein intake is low, about 80 grams a day of protein. My fat intake is low, about 20 grams and the rest is carbs, from any source. That is the amazing diet plan that I used to lose 77 lbs. in 12 weeks. The bottom line is - I burned it off. I went out walking, and I spent some time doing road work. That was good, though, because it gave me some time to myself. I used to walk 12 miles every day, sometimes more. It was good private time for myself. I used to do mental training, visualization, mental practice. I figure now I have lifted 730 pounds about 400 or 500 times - in my mind. It was a private, personal development laboratory. You can do a lot of mental drills in 4 hours of walking.

To gain weight, I ramp up. I start out trying to get 4000 calories in. I do that about two weeks, and then I pump it up to 4500. Then to 5000 or 6000. I hit that for about 3-4 weeks. Then I go 6000-6500 for another month. Maybe 7000, if I can stretch it. Usually another month at that. If I need to, I try 8000, and as a last resort, I'll go 8500. I have gone 9000 a day, for about 2 weeks or 10 days. I find this amount of food a day is nearly impossible for me to consume. I have done it, but I haven't lived a normal life doing it. I hear stories about it all the time, about people eating a huge amount of calories, but I really am skeptical that they're

actually measuring what they're eating. I can only maintain that level for about 10 days, 8500, then I have to drop it down to 6000 a day for a week or two. Then, maybe re-try 8000 for another 10 days, if I can stand it. I'm

6 foot tall, and I have a large frame, but I don't have an extra large frame. It takes all I've got to get those numbers on. No food is ever forbidden on my diet. I eat everything. I jokingly follow the "Rule of Twos". If I have one

cookie in one hand, I have another cookie in the other hand; one slice of pizza in my right hand, and another slice in my left. If I've got a Quarter Pounder on one side, I've got a Big Mac on the other. I try to eat large portion sizes all throughout the day.

I have 4-6 full checkups a year, at least: blood work, urine, everything. It depends on how many times I diet during the year. I work with two sports medicine specialists, my general practitioner, two cardiologists, one orthopedic surgeon, one physical therapist, and two athletic trainers. I know what's going on with my body. I do all these things: I gain weight, I lose weight, and I know the risks involved in putting my body on the wire like that. I try to minimize the effects while still challenging myself to do what I can and still stay as healthy as possible. I'm very thankful for all this medical supervision that I have and all the support I get from this crew. I monitor everything that I do and I try to know my limits. So far so good. I'm not ignoring any potential danger. I'm just very adamant about trying to control it. In fact, contrary to ignoring the dangers, I am actually very, very aware of the dangers, and that's what I think sets me apart.

ML: Describe your philosophy about mental training.

JM: I'm always looking for ways to improve. I feel that if you think you know it all, then you're stuck right where you are. How will you get better? I need to find new ways to improve. I've spent the last two years searching for ways to make myself better, and I've focused on mental training. I looked at everything that could affect my bench press: my physical training, my recovery, my diet, everything. Something I thought was a weakness was my mental training. I wasn't spending enough time on that, so, for the past two years I've been spending 1 1/2 to 2 hours a day reading books on psychophysiology, visualization, self-hypnosis, dream manipulation, focusing concentration, Zen, peak performance techniques, biofeedback, and, in general, anything that is related to unseen energies of the mind. At first, I read just the sports related books, but that led me to the general psychology books, and even some sales and marketing books, and that led me to books about relaxing, and flow, which led me to books about meditation and concentration, and on and on. My library is literally stuffed with books from very unlikely

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something I still could do. I really never liked bench pressing too much beforehand, but it was about all I had left to work with. In Lorain, Ohio, I ended up with just my opener, 605 at 285 lbs., but I had an exceptionally strong lock-out at 700 with three red lights. I never quite got it down to my chest. The shirt was just too tight, but - boy - I threw it up awfully strong. Then I went to an APF meet, the Central Ohio Bench Press Championships, a Dean Glitt event down in Circleville, OH and I ended up with 675 at a bodyweight of 285. I made on other 700 attempt, and I could not get it down to my chest, and it rolled out onto my stomach. I was still chasing that big Seven. So, I went to an APF meet, the Indiana State meet in Indianapolis. I was credited with 700 at a bodyweight of 285. I wasn't quite satisfied with my own execution, but the judges were, and they passed it. I think I got a little bit of an early press signal on that one, but everybody was excited and I certainly did lift the weight. Then I went to an APF meet in Wilmington, Ohio, Tim Parrish with the 620 my opener. I ended up with 620 my opener again, at 292. I tried a 720 lift there and had some shirt trouble. Then I

ML: How did you do in each of your meets during '96?

JM: The first meet was the APF Extravaganza. Terry Danglerfield was the meet director, up in Chicago. I did a no-shirt meet there, 470 at 241. The next meet I did was the APF sanctioned Arnold with 620 my opener. I ended up with 620 my opener again, at 292. I tried a 720 lift there and had some shirt trouble. Then I

ML: What happened as a result of your back surgery?

JM: Back in 1990, I had back surgery. The L-5, S-1 disc was removed but no fusion was performed. Instead, they put a small pad of fat in there as a temporary cushion. I was told that would be absorbed in about three years and the bones would eventually fuse. Recent X-rays have shown that, 7 years later, there's still a space there. My suspicion is that because I have kept active, and included stretching and Yoga in my daily therapy program, I've been able to maintain the structure. When I was first put down, I laid flat on my back. I was allowed to get up only one hour per day, and there three long months more than 50 lbs. again. My rehab was that I had to change my lifestyle. I was crushed, but after a brief emotional setback, I set out to show them, and myself, what I could do. I forgot about the things I could not do and I focused on the things that I could do. My first exercise, back in my house, was to go down to my basement, lay face down on a bench and do one arm dumbbell curls underneath it. My second was the bench. I reasoned that with my back supported by the stability of the bench, this was

**"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our Review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 before the book sells out again - FOREVER!**

There's a lot of mainstream books about sports psychology, and there are books that are a little more esoteric, like *Ki* energy, mind over matter, things like that, ever you're ready to accept. Some are very, very practical, but they all will move you in the right direction. People should give it a try. Either way, you become a better person for it. I've seen it work for me. I believe in it wholeheartedly and believe in yourself as almost as important as anything else. I'm often quoted as saying attitudes are more important than facts. ML: What happened as a result of your back surgery?

JM: Back in 1990, I had back surgery. The L-5, S-1 disc was removed but no fusion was performed. Instead, they put a small pad of fat in there as a temporary cushion. I was told that would be absorbed in about three years and the bones would eventually fuse. Recent X-rays have shown that, 7 years later, there's still a space there. My suspicion is that because I have kept active, and included stretching and Yoga in my daily therapy program, I've been able to maintain the structure. When I was first put down, I laid flat on my back. I was allowed to get up only one hour per day, and there three long months more than 50 lbs. again. My rehab was that I had to change my lifestyle. I was crushed, but after a brief emotional setback, I set out to show them, and myself, what I could do. I forgot about the things I could not do and I focused on the things that I could do. My first exercise, back in my house, was to go down to my basement, lay face down on a bench and do one arm dumbbell curls underneath it. My second was the bench. I reasoned that with my back supported by the stability of the bench, this was

Bids due for the 1998 USAPL National Masters:

The date for the 1998 USAPL National Masters is being moved from the traditional November date to late April/May timeframe. This will result in better timing between the National Masters and any international competition, as that competition occurs in the fall. Bids for the 1998 USAPL National Masters are due in me no later than July 15, 1997. The selection of this bid will occur by a mail vote and be presented to the NGB for final approval. Members of the 1998 Masters Team USA for international competition will be selected from both the 1997 and 1998 USAPL National Masters Championships (Dennis Green, Chair, USAPL/ADFP, Masters Committee, P.O. Box 147, New Market, MN 55054)

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NEXT MONTH... TOP 114s

Corrections..... Tony Simpson was not credited for lifts of 380 264 and 20985 total on the Teenage TOP 20 listing at 123. Jeremy Tancil was not credited for a 600 bench press at 275 on the Masters TOP 20 list. E. Bauman was not credited with this 425 bench press at 196 from April 27, 1996. Chuck Fabrizio's 639 deadlift at 198 was not reflected on the TOP 100 list for that class. David Snodgrass' 633 4th attempt deadlift at 198 was not shown on the meet results published in PL USA, and therefore the lift was not shown on the TOP 100 ranking. Gabrielle Ulret squat of 236, bench of 132, deadlift of 303 and total of 672 were not shown on the TOP 20 Women's ranking for the 97 lb. class. Le Le's 204 bench press on the TOP 20 Women's 132 lb. list, should have been indicated in the rankings for the 114 lb. division, and her squat of 286, deadlift of 303, and total of 777, were not included on the TOP 20 ranking. Phil Zimmerman's 505 bench was not included on the TOP 100 242 lb. list. Vance Lixey's 565 squat, 600 deadlift and 1435 total were not reflected on the Masters TOP 20 for the 165s. Randy Burris' correct lifts from the Nov. 96 Omni 41 meet were 440 242 451 1135. Send corrections to "ERRORS", Box 467, Camarillo, CA 93011.

TOP 100 For standard SHW/125+ kg. USA lifting in 1997 received from April 1996 through March 1997.

Table with columns: SQUAT, BENCH PRESS, DEADLIFT, TOTAL. Lists names and their respective lift results for the Top 100.

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went down Curtis Leslie's APF Senior Nationals in Atlanta, GA. I had a nice strong opener at 615. I was weighing 288, and I locked out one side of 685, and could not fully squeeze the right side out. Awfully close, but I couldn't get it passed. Then I went to a meet for fun in Ohio, and did another no-shirt attempt. It was the Biggest Bench in Ohio, another Dean Gitt event in Chillicothe, OH, and I did 525 at a bodyweight of 275 without a shirt. I then went up to Dan Defelice's meet, the APF Freedom Hill in Detroit, MI. I ended up with 605. I had started my diet, and was down to 267. I took a run at 640, but couldn't quite squeeze it out. Then I went out to Las Vegas. Ernie Frantz sponsored the WPC/APF Cam-Am Open out there. I was back down to 241. I was in the middle of my diet, and just doing it for the

(J.M. Blakley interview will be continued in the Jul/97 PL USA)

NEW AAU POLICIES... AT-TENTION ALL POWERLIFTERS The Amateur Athletic Union Powerlifting Committee (AAU/PC) has decided to change the following steps to help solidify our sport: 1. We will drop the nine lift round system and go to the seven lift wild card system using the modified conventional system for all 3 lift meets as of January 1, 1998. 2. We will use the modified conventional system for all speciality single lift meets as of January 1, 1998. 3. Our drug free period will change to 42 months as of January 1, 1998, 48 months as of January 1, 2000, 54 months as of January 1, 2000, 60 months as of January 1, 2001. 4. We will drop lifetime drug free divisions in an attempt not to be 'punish'. This will take effect as of January 1, 1998. 5. We will continue to offer the choice of urine or polygraph testing to meet directors. 6. We will continue "RAW" and "OPEN" divisions in the same meet at the local level during the year. Some of our meets must be one or the other. Some of our National and International meets in 1998 will offer both divisions. 7. All senior members (age 20 and older) shall wear a one piece lifting suit with the straps up over the shoulder at all meets, effective January 1, 1999. The wearing of shorts and a t-shirt will be limited to youth members (age 19 and younger) at local level meets only. As of January 1, 1999, youth lifters will have to wear a one piece lifting suit at all national or higher level meets. (This has not changed). 8. Use of all supportive gear other than a 4" wide leather belt will be discontinued as of January 1, 1999 and the "OPEN" American records in all age groups) at that time will be considered 'permanent'. NOTE: you can find out about "RAW MEETS" the rules of the "modified" conventional system, and "wild card" meets by reading our rule book. Please note that this rule book and the name "AAU USA Drug Free Powerlifting" are protected by the copyrights owned by the Amateur Athletic Union of the United States, Inc. and can not be used without their permission.

9. We will start to maintain "RAW" American records as of January 1, 1998 under the following conditions: A. The starting RAW American records will be the "National" record set at the 1996 and 1997 RAW National meets. B. No certificates will be issued for records set in January 1, 1999 will get certificates and all records set after January 1, 1999 will get certificates.



Table with columns: Women, Men, SHW Open, Men (0-49), and 123 Class II. Lists names and scores for various participants.

Table with columns: Southeastern Cup 7 Dec 96, ADP, DL, TOTAL. Lists names and scores for the Southeastern Cup event.

Table with columns: J. Dayton, S. Webb, 152.5, 100, 165, 417.5, 240, 142.5, 260, 642.5, etc. Lists names and scores for a competition.

Table with columns: D. Smith, S. Jackson, M. Williams, etc. Lists names and scores for another competition.

Table with columns: 240, 100, 315, 655, 265, 110, 270, 630, etc. Lists names and scores for a third competition.

Table with columns: D. Jameson, T. Williams, C. Young, etc. Lists names and scores for a fourth competition.

Table with columns: S. Deere, M. Perry, J. Hymel, etc. Lists names and scores for a fifth competition.

Table with columns: D. Smith, S. Jackson, M. Williams, etc. Lists names and scores for a sixth competition.

Table with columns: D. Smith, S. Jackson, M. Williams, etc. Lists names and scores for a seventh competition.

Table with columns: D. Smith, S. Jackson, M. Williams, etc. Lists names and scores for an eighth competition.

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