

POWERLIFTING USA

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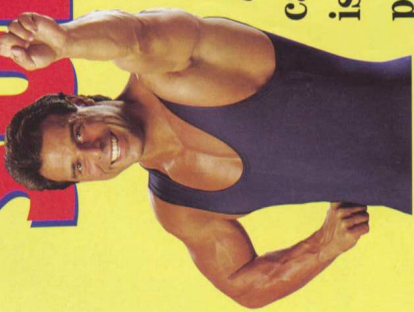


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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport ...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

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ON THE COVER... Vickie Hembree and her father Bernie Gagne at Venice Beach (Chris Lydon MD photo) and some of the heavyweight contenders at the AAU Teenage/Jr. Nationals held at DisneyWorld include (left to right) Nick Floyd, William Stewart, Jamie Wyman, Alex Taylor, Josh Hardin, Steve Mann, and Wade Likens in a unique fisheye lens view by A.J. Weiner

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POWERLIFTING USA Magazine

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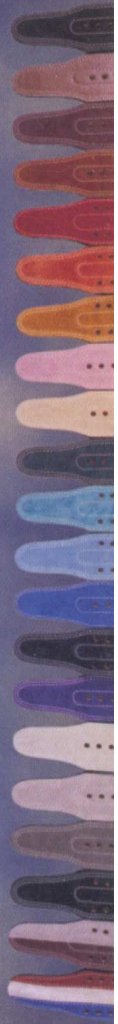
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INTERVIEW

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

VICKY HEMBREE interviewed for PL USA by Chris Lydon MD



CL: How did you get started in powerlifting, Vicky?

VH: My dad (Bernie Cagne) was a physical trainer for the Air Force in Illinois. He was also a bodybuilder and Olympic Lifting coach. When we moved to California, he amassed weight equipment and built a gym in the garage, now referred to as Bernie's Powerhouse. He continued to coach strength athletes for both Olympic Lifting and the growing sport of Powerlifting.

CL: Did your dad encourage you to lift?

VH: When I was a little girl in Illinois, he always used to tell me how strong I was. When I was about 15 years old I remember him talking about female powerlifting pioneers like Ann Turbyme and Jan Todd. He always said, "Vicky, if you apply yourself, you can beat them!"

CL: How old were you when you started training?

VH: I was 17.

CL: When did you first compete?

VH: In 1978, three months after I started lifting, I entered an open powerlifting meet sponsored by the Los Angeles Police Academy.

CL: How did you do?

VH: I set 13 state records, got 1st place in the 198 lb. class and took the title for best female lifter.

CL: Amazing! You must have beaten a lot of experienced lifters.

VH: Yeah, actually a few of the athletes were seasoned, but a lot of the women were more like weekend warriors. When I first started, I think the majority of female lifters were trying to prove a point. Women's powerlifting wasn't well accepted and many of the athletes were lifting primarily to take a stand by competing in a traditionally male sport.

CL: You noticed a change in the talent level among the female lifters during the time you were involved with the sport?

VH: Definitely. The AAU was the predominant organization back then; there was more sense of unity within the sport. By the time I was into my second and third year as a competitor, the quality of the female lifters and the level of competition had risen dramatically.

CL: Tell me about your career; when did you win your first title?

VH: In 1978 I competed in both

beach was literally just outside the doors of the hotel. We went on tours; the food was great - not that I got to eat much of it. I was competing in the 181's but when I first got to Hawaii I weighed in at 193. I can remember starring myself for the first four days (was there, I did make weight, though!)

But the stress of taking those pounds off took its toll and I lost a lot of strength. Ben Francis won the class and I took second.

CL: Do you know what your totals were?

VH: I squatted 463, benched 270, and set a world record with 501 pound dead lift.

CL: Was that the last time you competed?

VH: Yeah, I was the first woman to pull over 500 pounds in the deadlift and that record of 501 pounds stood for about nine years. I had a world record and a world championship title. I felt that I had accomplished what I'd set out to do in Powerlifting.

CL: That's why you retired.

VH: There were other reasons. Lifting to compete at that level was taking a toll on me physically and mentally. I was only 19; I wanted to do well at school and compete on the track team and have a social life.

CL: Did your decision to leave powerlifting have anything to do with the status of the sport? I mean with the growing drug use?

VH: To be honest, that was certainly a factor. During the three years I competed, it seemed that the whole sport was suffer-

Lafayette, Indiana in February. I won the 181's as well as the best records and 2 World records at that meet. In May, the AAU flew the national champions from every weight class out to Honolulu where the Worlds were being held. They put us up in a fancy hotel and treated us like royalty. The

1980 I continued to compete in both weight classes. I set 9 state records and was the Teenage National Champion. The Senior Nationals were held in Culver City, where I took third in the 198 pound class behind Ann Turbyme and Jan Todd.

CL: Did you compete in the World Championships in 1980?

VH: The Worlds were held at the University of Massachusetts and not only did I compete, I won my weight class! I competed in the 181's and I set two state records and 1 world record. 1980 was my year; I took best lifter in every meet I entered. All in all, I set 9 state records, 3 national records, and 2 world records.

CL: What about 1981?

VH: The National's were held in



Vicky gets ready to lift at the first IFF Women's Worlds. (Kathy Leistner)

ing from a loss of integrity. If you said you were a powerlifter, people automatically assumed you were taking steroids - and in most cases they were right. In order to stay competitive, I had to make a difficult choice. I chose to leave.

CL: What was it like having your Dad as a coach throughout your competitive career?

VH: He's a great coach, very supportive and motivating. My dad provided me with focus; he kept the goal in front of me. He always encouraged his lifters. My mom was supportive, too; she came to every meet to cheer me on.

CL: What have you been up to since you retired from Powerlifting?

VH: I got married after college in 1983. I have two great kids, Nicholas is 10 and Stephanie's 4. I work at Paragon Labs and I love my job. Of course I also host POWERLIFTER VIDEO MAGAZINE with Chuck LaMontana.

CL: Is your husband a lifter?

VH: John started lifting competitively in 1981, but drug use was prevalent. He made the same decision as me and chose to consider himself a casual lifter.

CL: Did you continue to lift recreationally after you retired from competition?

VH: For a while I lifted to stay in shape, but it was not a priority and with the birth of my kids it sort of fell by the wayside. About four years ago, John and I made the decision to get back in shape. We wanted to be physically capable of keeping up with our kids! We wanted to be healthy and active enough to do things as a family.

CL: What made you want to come out of retirement?

VH: POWERLIFTER VIDEO MAGAZINE.

CL: You're kidding. I've never heard this story.

VH: In issue 4, POWERLIFTER VIDEO MAGAZINE interviewed me for a feature, "What ever happened to the past greats of powerlifting?" Afterwards, New Lou (producer of POWERLIFTER) approached me about being a host for the video. I loved the idea but I didn't want to be a has-been. If I was going to cover the sport in a video news magazine, I wanted to be part of it again. It motivated me to jump back into powerlifting than I had been for a while. I was just as nervous as I'd been for my first meet. 16 years ago! I opened successfully with a 242 then went on to do 253 and 264 - all white lights! I won the 198's "Raw" category



Vicky was the first woman to break the 500 lb. barrier in the deadlift at the 1981 IFF Women's Worlds.

in 1996 when I took second. The five events include a 65-pound bench press, and the "farmer's walk", where you hold a 65-pound dumbbell in each hand and race around a rectangular course. I really enjoy doing the IRON WARRIOR - it's fun to compete without the pressure of a meet.

CL: But now you're easing your way back into real powerlifting meets.

VH: My first real meet was the AAU North American Bench Press. It was a held in Moreno Valley on April 26th and let me tell you, I was just as nervous as I'd been for my first meet. 16 years ago! I opened successfully with a 242 then went on to do 253 and 264 - all white lights! I won the 198's "Raw" category

and took the best female lifter title.

CL: What changes do you notice in powerlifting since you left the sport 17 years ago?

VH: The whole idea of a "raw" category is silly to me. Bench shirts were just hitting the scene when I retired and I never wore one. I don't see the point. I think that Powerlifting should be about who can lift the most, not who can afford the best equipment. I'm also happy that the AAU is officially a drug-free federation and does drug-testing. It's really sad that to the layperson, our sport is synonymous with steroids. It's also unfortunate that the sport has fragmented to this extent. If I held a world record, I want to feel like I hold a world record, not just a record for the women out there that won't find that reassuring. Go get 'em Vicky!

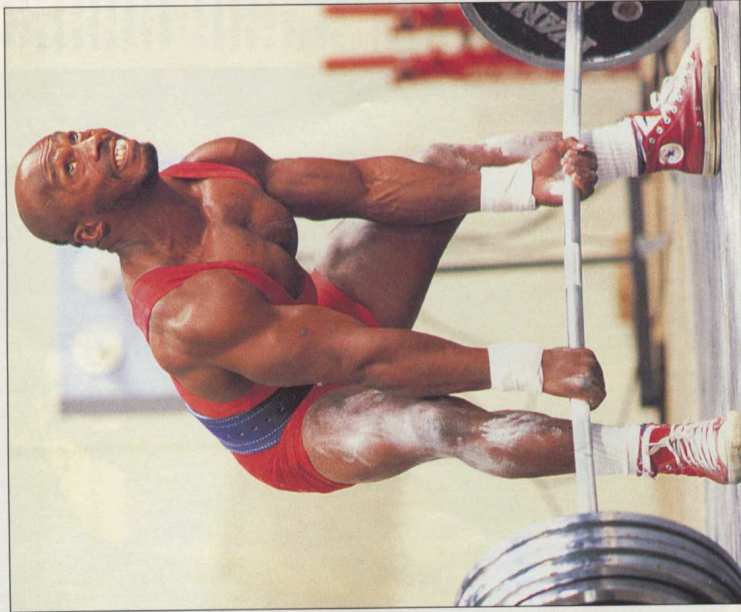
CL: So what's next on your comeback trail?

VH: I'm planning to do a full meet with the AAU this fall.

CL: I'm pretty sure there are some women out there that won't find that reassuring. Go get 'em Vicky!

The Power and Use of Color for Powerlifters

as told to POWERLIFTING USA by John Inzer



Anthony Conyers is renowned for his use of color in the powerlifting gear he utilizes

Color is always in our environment. Knowing this, we might as well use color to enhance our powerlifting performance. The purpose of this article is to show you how to use color as a performance tool and provide you with very useful examples of how each color in the rainbow can be used. You may already be aware of clinical studies that have shown some of the psychological and physiological effects certain colors have on humans. Use the following information to add an edge to your competitive efforts. Many champion athletes have been aware for a long time of the extra advantage that can be gained by the wise use of color in the gear they wear and use.

First of all, what is color? Light is connected with color. Notice the colors around you when you are in a room. Then close any blinds or curtains and turn out the lights. Notice what you see then with your eyes. The colors seem to be no longer in the room. So how is light connected to color? Waves from the electromagnetic spectrum and the transfer of vibrational energy is how color makes its existence known. Light affects the brain through the retina of your eyes. The McGraw-Hill Dictionary of Scientific and Technical Terms defines color as "a general term that refers to the wavelength composition of light, with particular reference to its visual appearance." The New Britannica Webster Dictionary defines color as "a phenomenon of light or visual perception that enables one to differentiate otherwise identical objects." Most of us recognize color consciously in this visual way as described by these two dictionary examples or as Sir Isaac Newton, the discoverer of gravity, declared in the 17th century: that light is mandatory for the existence of color to the human eye and mind.

However, does color exist and can it be sensed by us other than through our visual sense? Apparently so. Even in darkness many blind people "see" or feel colors. William Benham Snow, M.D. explains in *The Therapeutics of Radiant Light and Heat and Con-*

ductive Heat: how blind people sense a color; "Radiant light and heat and color are capable of setting up responsive vibrations in animal tissue, inducing responses relative to their intensity. It is readily appreciated that those various frequencies of color vibrations, affecting as they do, human tissue, induce effects relative to their wavelengths and frequencies. Under varying conditions it will be readily appreciated that the judicious employment of the wide range of vibratory radiant energy will be in a large measure capable either of restoring or inhibiting the vibratory energies or activities of the animal or human organism."

Another example of sensing colors other than by the visual sense is one given to me by my father. I

was born when my father was up in age so I had the opportunity to hear many stories from parents who had been around for a long time. During WWII my father was part of the U.S. Military forces that were left in the Philippine Islands with limited supplies when General MacArthur pulled out and made the famous statement "I shall return." Given the instructions to hold out for 45 days, if possible, to buy MacArthur some time with another part of the Pacific, the U.S. forces held on for a heroic 90 days until their supplies ran out and they then became prisoners of war. One of the prison camps enforced a penalty to the captives if one of them made an escape. The penalty was 10 executions for every one man to escape. One man did escape in my father's group of 20,

and the execution was carried out. The selection process involved a paper and 9 white pieces of paper. Each of the remaining 19 in the group had to reach in and grab one piece of paper which would be either black meaning they were to be executed or white which meant they would be allowed to live. Sergeant Inzer reached in and felt a cool one and it was white! I believe his faith in the Creator gave him an increased kinesthetic sense or awareness that allowed him to live another day.

There is an account of Helen Keller when she was having her home redecorated. Helen's assistant told the decorator that Helen wanted yellow to be one of the colors in her house. The decorator said she had not considered color, only texture. Helen's assistant assured the decorator that Helen could tell the difference between colors. The decorator took a box of spools of thread to Helen and Helen was able to accurately identify each and every color of the spools of thread. Have you or someone else you know ever noticed how certain colors of underwear make you feel even though you cannot outwardly see them when you have clothes on? You might consider that the next time you choose your color of Groove Briefs!

Color therapy, or chromo-therapy, is the use of color in the treatment of disease and maintenance of well-being. Numerous studies have demonstrated the effects of color psychologically and physiologically. Some fast food restaurants use this information by generously using red or orange to stimulate a person's appetite so the restaurant will sell more food. Since red and orange have been shown to stimulate faster physical movement, the restaurants also use it for that purpose to influence their patrons to eat faster and not linger. Hospitals use green scrubs because of its clean appearance and positive effects on the patient's attitude and healing. Once I made an appearance with Anthony Clark at a children's hospital, I mistakenly wore

a black suitcoat that day. Upon arriving I received a reminder from one of the nurses there. I took the black suitcoat off. Fortunately, I had on a bright colored shirt and tie. Anthony Clark was tremendous with the children, taking some of the critically ill children in his huge arms and brightening up their moods with his attention and encouraging words. At the Massachusetts General Hospital in Boston, Thomas Fitzpatrick, M.D. uses color in the environment as part of his treatment of psychiatric patients with the orally administered drug metoprolol. Professor Klaus Wolf, M.D. at the University Dermatology Clinic in Vienna, Austria administers the same treatment as Dr. Fitzpatrick in which they offer their patients ultraviolet or "black light" to help activate the metoprolol. They report that their patients skin is helped by this treatment with reducing lesions and eliminating itching. Schools have used the power and influence of color for years to improve learning and student behavior. Some jails have used the color "bubblegum pink" on the walls of cells to reduce violent behavior. They have learned, however, that some inmates calm down only to act violent again after being exposed to that color for a long time period. When Alonzo Stegg was head coach for the Chicago Bears, he had two dressing rooms for his players. He painted one blue for rest periods and the other red for light talks. Dr. John Ott, a well known color and light researcher, was called in by Cincinnati Reds scout, Rex Bowen. Dr. Ott suggested that the Reds change the underside of their cap visors from green to grey. The Reds instituted that change of color on the underside of their caps. Mental alertness and running speed improved and they won the pennant! Dr. Ott said that when light reflected off the visor's green underside to the player's eye retina, it created a neurochemical reaction that affected their endocrine system which affected their total body chemistry. After learning of this information, other teams changed the visor color of their caps. The director of the Wagner Institute for Color Research in Santa Barbara, California, Carlton Wagner, says this about color and the human endocrine system: "Here is how color plays a role in

your hormonal secretions. You see a certain color or colors, that registers in your brain, and your brain sends out a chemical messenger or neurotransmitter for a certain hormonal response from the appropriate endocrine gland. The endocrine glands include the adrenal glands, gonads, part of the pancreas, the placenta, thyroid, parathyroid and the pituitary. An endocrine gland manufactures one or more hormones and secretes them directly into the bloodstream."

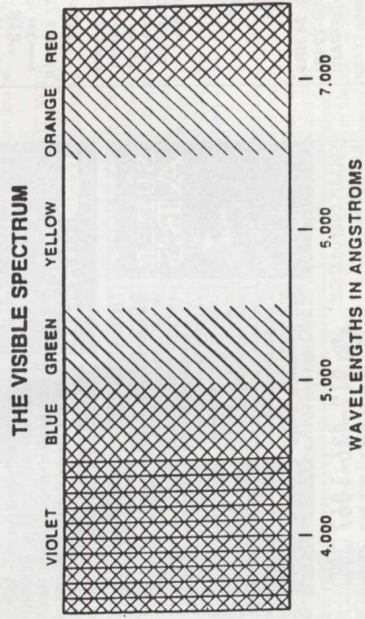
You see, color has wave properties as well as particle properties which is the meeting point of two or more waves. So one way of describing lengths. All light is visible radiant energy that travels through space in wave form at 186,000 miles per second. White light contains all the colors. Colors in the white light can be seen by scattering the light. Sir Isaac Newton used a glass prism to separate the colors. He called the seven distinct colors that were revealed from light shining through a prism the "spectrum." When white light passes through air, for example, it is scattered in all directions by the air particles. Modern scientists measure wavelengths of light or the colors in light in angstrom units (Å). Each color has a specific AV range. (See diagram) The short blue waves scatter more readily than the longer waves of yellow in the earth's atmosphere. A very simple explanation of why the sky appears blue is because the blue waves are scattered higher up in the earth's atmosphere. We have thus far discussed light that is separated into waves of different vibratory rates through a prism or a medium that acts similar to a prism. When an object is not a prism and does not radiate light or color on its own, who do we see it as having a color? White reflects all the vibrations of color and black absorbs all the vibrations of color. An object that

appears yellow is seen when light hits an object that absorbs all the color vibrations in the spectrum except the waves of yellow which it then reflects back.

Due to the reflective and absorptive process we feel that some colors are "cooler" than others. One good reason we tend to wear darker colors in winter is because they absorb more light and feel warmer. Lighter colors are generally worn in the summer because they reflect light and help us stay cool. Violet has shorter wavelengths which vibrate more rapidly than the wavelengths on the red end of the spectrum. As a result, violet is considered to be "tuned" more to the energy of white light (reflection) and red more to the energy of black (absorption). Therefore, we feel that blues are cooler (more reflective) and reds are warmer (more absorptive).

Isaac Newton developed the "color wheel" when he was studying the color spectrum. Newton's color wheel is based on the three primary colors of red, yellow, and blue. Red, yellow, and blue are pure colors and cannot be produced by mixing any other colors. He spaced the secondary colors (orange, green, and violet) evenly between the primary colors. When a primary color is mixed with one of the secondary colors next to it on the color wheel a third color or tertiary color is produced. Tertiary colors are made of equal parts of primary colors and secondary colors. For example, lime green is made of equal parts of yellow (a primary) and green (a secondary). The tertiary colors can be mixed with black or white to create a quaternary color. Mixing color after color can produce millions of colors that can be distinguished by human vision. All these color variations are produced by light and the darkness. Therefore, we live in a world of color and must negotiate with color. We can use color for our betterment.

So what are useful colors for a powerlifter to use? Much of this is individual and has to do with how you personally feel about a color. I personally like to wear a red suit when squatting and deadlifting. Anthony Conyers likes to be very colorful when he lifts with a red Z-Suit, and colorful socks and headbands. Ed Coan says he must have his yellow singlet when he deadlifts. Anthony Clark likes black with purple, green or blue accents in his attire. It is reported (continued on p. 9)



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WORKOUT of the Month

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Doug Heath Squat Routine

Workouts are as follows:
WEEK 1: Thursday: 310 for 3 sets of 5 reps - belt only - warmup as follows: 45x2x10, 135x2x5, 225x2x3, 275x1, top sets. Following Monday: 330x3x5 - belt only, same warmup as previous day.
WEEK 2: Thursday: 350x3x5 with belt and suit (straps down). Warmup as follows: 45x2x10, 135x2x5, 225x2x3, 315x1, top sets.
WEEK 3: Thursday: 390x2x3 with straps down, same warmup as follows: 45x2x10, 135x2x5, 225x2x3, 275x1, top sets. Following Monday: 410x2x3 - belt, wraps, suit with straps down. Warmup as follows: 45x2x10, 135x2x5, 225x2x3, 315x1, 375x1, top sets.
WEEK 4: Thursday: 430x2x3 with straps down, same warmup as follows: 45x2x10, 135x2x5, 225x2x3, 275x1, top sets.



Doug Heath hitting another big squat!

should be as follows: 1st - 475, 2nd 505-515, 3rd - 515-525. Warmup as you did in the training cycle: 45x2x10, 135x2x5, 225x2x3, 315x1, 405x1.

Best of Luck! Any questions: Doug Heath, 1428 Chelmsford Ct., Columbus, OH 43229, 614-431-5595

EDITOR'S NOTE: We GooF-ed and did not include the preceding information with Doug's article on page 9 of the July/1997 edition.

- belt, wraps, suit straps down. Same warmup as previous Monday. Monday: 450x2x3 - belt, wraps, suit straps down. Warmup as follows: 45x2x10, 135x2x5, 225x2x3, 315x1, 405x1, top sets.

WEEK 5: Thursday: 470x2x2 - full gear, straps up. Same warmup as previous Monday. Monday: 490x1x2 - full gear, straps up, same warmup as previous Thursday.

NOTE: Always stretch out and do extensive abdominal work before squatting. Assistant Exercises to be done after squats:

- (1) Pause Squat - 1 set of 3 reps with a 3 second pause at the bottom, below parallel - then explode out of the hole to completion of the lift. Use 100 lbs. less than top set of squats that day.
- (2) Walkout - 1 set of 3 reps with 100 lbs. above top set of squats that day. Walk out, set up, 1/4 squat - inpower rack, if possible.
- (3) Good Mornings - on the first 5 workouts, do 4 sets of 5 reps. On the next 5 workouts, do 3 sets of 6 reps. Use a fixed weight, for the workout (no warmups), and add 10 lbs. per workout.

On Contest Day, your attempts

INTERVIEW

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

JAMES ROUSE as interviewed for PL USA by Fred Rice

DOSSIER: SUBJECT: Jim Rouse. AGE: 56. MARITAL STATUS: married with 3 children and 3 grandchildren. HOMETOWN: Joliet, IL. JOB: Canine deputy for Will County, IL. BACKGROUND: Former Master Sergeant, U.S. Army; 6 1/2 years stationed in Europe, 3 years in Southeast Asia (Viet Nam and Thailand); after military service drove truck over the road from 1981-1984. HOBBIES: (1) Powerlifting; (2) Hunting and fishing - killed wild boar in Tennessee, spring, 1997. HEIGHT: 5 ft. 6 in. WEIGHT: 188-189 for 181 class; always under 198 for 198. EQUIPMENT USED IN COMPETITION: Bench shirt type: loose Frantz denim shirt. Suit: Frantz single suit. Wrist wraps: None. Knee wraps: Frantz or Crain. Shoes: Special shoes with high heels for bench press to eliminate use of plates in training. Squat and deadlift: loose groove briefs, knee wraps, and belt; bench press: no equipment, not even wrist wraps



This is it... the current IPF 3 lift World Record for the bench press - by James Rouse back in 1980.

went with this lose it or get out policy. I got down to 170 lb. and started lifting because I looked bad. One of the guys said, "You're pretty strong - you ought to compete." So I went into the Illinois State meet. This was in 1971 or 1972. I won it, and have been going ever since.

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

JR: Years ago Brother Bennet and I had a long talk at Vincennes, IN. I went down to judge one of my contests, and we were agreeing that the drugs have to stop. I joined the ADFFA then, and used to talk to Brother Bennet quite frequently.

FR: WHAT ARE YOUR VIEWS ON DRUGS AND DRUG TESTING?

JR: In 1980 I was at a meet in Arlington, Texas and observed other lifters smoking dope - everybody was high - there were needles on the floor - and I walked into the hallway and told my

wife, "I ain't liftin' no more." I quit in '80 and didn't lift in national meets again until '82, although I did lift in some local meets. I'm so happy that I didn't continue with the drugs like a few people that I know, who are now hurting. I enjoy powerlifting so much more without the drugs, when you can do it and have fun.

FR: TELL US ABOUT YOUR HEART SURGERY AND HOW THIS HAS AFFECTED YOUR LIFTING.

JR: At the World Police Games in 1994, I was taken to the hospital down, I was heart wouldn't slow in 1994, my heart wouldn't slow down, I was taken to the hospital and had a quadruple bypass. I took a year off from lifting.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

JR: I take a protein supplement, creatine, and a multiple vitamin. As far as my diet, I restrict the fat. I eat a lot of vegetables and fruit. I haven't had turkey and chicken, but I haven't had any beef in almost three years now, because of the

fat. I ain't liftin' no more. I quit in '80 and didn't lift in national meets again until '82, although I did lift in some local meets. I'm so happy that I didn't continue with the drugs like a few people that I know, who are now hurting. I enjoy powerlifting so much more without the drugs, when you can do it and have fun.

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POWER SCENE

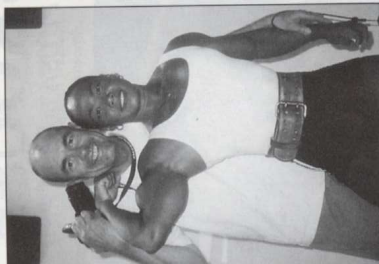
Summertime. Vacations. Long days, hot nights. Cool drinks. What does any of this have to do with powerlifting? Not much. Except that for those indoor meets, the air-conditioning better be working.

Powerlifting coach Jack Armstrong is off to NYC for a couple of weeks to train some New Yorkers. NYC in the summer - wow! Jack's also busy training himself, for the next Muscle Beach strict curl contest.

Dawn Riehl's in training for the curl contest, too, when she's not doing other lifting feats - here she's lifting an acrobat overhead. No, California doesn't (yet) have contests for this. Maybe next year. Anyway, Dawn has signed up with the Coralle Jr. talent agency and is now going out on commercial auditions, including a recent one for Nike. She's also training for a big October bodybuilding show, and bounces at a Century City club on the weekends. Sounds like enough to keep her busy.

IRONMAN Magazine photographer Jerry Frederick was at the acrobat lifting exhibition, and he's busy shooting away in Gold's Gym nearly every day.

Jerry's most recent Hard Core photo layout in IRONMAN is of cham-



In front of the lens, for once... Jerry Frederick behind Dawn Riehl's bicep.

ption bodybuilder/powerlifter Paula Suzuki. (My favorite part of the magazine, though, is the Hot Shots section, and not just because they put me in it a while ago.)

When Jerry's not at God's shooting, he's spending part of his summer checking out the local art galleries, auction houses, and bookstores.

Alaska's Dennis Weis, a long-time strength trainer and writer, is spending his six week summer vacation from work by training some people from the Virgin Islands, who are spending the summer in Alaska. Sort of a reverse migration.

Big Jamie Harris isn't doing anything out of the ordinary this summer - he doesn't

have time to. The big guy is busy working full-time, training for his assault on that 800 lb. bench, and getting ready to put on that big October 4th IPA meet. For info on it, call Jamie at 412-384-9602.

Jamie's buddy Rob Cappelzolo has been doing some heavy lifting of his own recently; at the Pittsburgh Monster Bench he pushed up a 570 at 220, and barely missed at 600. Maybe that'll come in October.

Mark and Ellen Chaillet are also busy people running the IPA, their gym - the "House of Pain", which they've promised to videotape for a future POWERLIFTER Video - and the IPA Senior Nationals, scheduled for November 21-23 at the Ramada Conference

and Exhibition Center in New Carrollton, Maryland. That's right outside Washington D.C.

Last year the IPA Sr. Nationals drew 235 lifters, and like entries were turned away. So don't delay. If you're thinking about entering, as they say, just do it. Call Mark at 301-423-8888, and remember he and Ellen put on great



Rob Cappelzolo (right) with Mark Chaillet

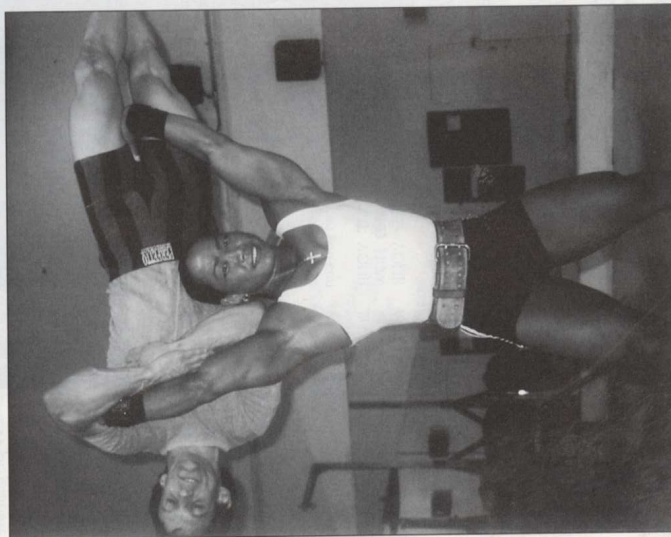
meets. POWERLIFTER Video hostess Vicki Hembree (see cover) is spending a little bit of the summer recu-



Jamie Harris' new shirt (pix courtesy Ned)

perating from a recent knee injury that's kept her from any heavy squatting, but she should be back in action in just a few weeks, and then it's powerlifting training and some Olympic lifting training.

Well, for me it's time for a little summer vacation. Or so I wish. But no, I'll be back here next month with the powerlifting action, so 'til then, stay cool, be cool, and we'll see you on video. Ned Low



Dawn Riehl has great overhead strength as well as a nationally ranked bench

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TRAINING

How to Bench Press 500 Easy as told to POWERLIFTING USA by Louie Simmons



Louie Simmons has handed off a lot of big bench presses in his day, but he knows what to do when he's on the other end of the lift as well.

Everyone strives for a goal, one of which may be a 500 bench. The problem is how do you achieve it? For me it was a mystery until I discovered a method of training known as the conjugate method. This is done along with the dynamic method with submaximal weights on a second day, 72 hours later. Today we have 29 people who have done at least 500, four who have done at least 600, and the youngest person ever to bench 700. Here's how.

On Sunday we use the dynamic method. The weight is 55% of a contest max with a shirt. If for some reason you compete without a shirt, 60% is used. We do 8-10 sets of 3 reps. It's best to use three or more grips in a workout. Most of the sets are done with a grip inside the power rings on the bar, that is, with the little finger inside the ring. Using grips inside the rings will aid greatly in triceps and anterior delt development.

The reps must be very explosive. Lower the bar quickly, but under control. Lowering contributes to raising, or concentric, strength. Lowering a bar slowly will build muscle mass but not strength. Please, I beg you, stop reading bodybuilding magazines. They have contributed greatly to ruining strength training in the United States. After all, biomechanics is the energy gained by the body dropping and then responding to that dropping with reversal, or explosive, strength.

The bar should be pushed back up in a straight line, not back over the face. This requires strong triceps. This path is a shorter distance and requires no shoulder rotation, which is also much safer. The barbell will always seek the strongest muscle group; that's why most push the bar over the face. Their delts are stronger than their triceps. But it should be the reverse. One sees a lot of shoulder and pec injuries, but seldom do you see a triceps injury. Why? The triceps have never been trained to their maximum potential.

We do approximately 20 reps out of 200 above our training weight. We may add only 30-50 pounds to the bar, mainly to check that bar speed remains high. If your bar speed or reversal strength slows, you have a problem. After all, this would still be a very submaximal weight if you bench press 500 and train with 275, or 55%. You could also do a few singles, but not with more than 90% and not very often. We found this interferes with the max effort day three days later.

After bench pressing 500, first to triceps work. Basically 60 total reps are done with dumbbells, broken

part of the bench press. Board presses will build the middle part of the bench press. Lay two or three 2 x 6's on your chest, bring the bar down to the boards, and press back up. This is much different from a rack press because the weight is transferred into the chest, shoulders, and arms. When using three boards, use a close grip, with the index finger just touching the smooth part of the bar. With two boards, place your little fingers on the power rings.

Rack Lock-Outs: We use six pin positions, all at the top. The bar will move 4-5 inches on the top pin and 10-12 inches on the lowest pin. Always use a close grip. Never lower the weight. Instead, press the bar off pins concentrically.

Step Incline with a Close Grip: Here we will do a max single and then drop down to a 5 rep record. This is only done on the incline.

Seated Press: We do these off pins set at chin level up to 2-3 inches above the head. Again, do singles. Grip width can vary. This exercise is done after one of the other exercises, about 7 out of 10 workouts, for instance, after board or floor press.

The following exercises are done for higher reps, for a rep record. When dumbbells are used for incline, decline, floor, seated, or regular presses, after a warmup, go to a heavy weight, for example, 110's, and try a rep record. The rep range should be 15-20. This is known as the repetition method. You must go to failure.

Weighted pushups with the feet higher or lower than the hands are done the same way. Warm up and max out with a 25, 45, or 100 pound plate on your upper back or have a training partner sit on your shoulders facing the same direction. Dumbbells and pushups also act as a hypertrophy aid.

Illegally wide bench presses, an inch or so outside the power rings, will act as a strength and muscle builder when a 6 rep max is established for a 2-3 week minicycle. Always keep the elbows tucked in. Note: a 6 rep max means the most weight one can get for 6 reps after a warmup.

Do one core (above) exercise per week, followed by four or five special exercises, total, for the triceps, delts, upper back, and lats. Always push up your special exercises.

Key Notes: It is not necessary to do a max bench press to develop absolute strength. All that is required is to place the muscles in a situation that involves strong contraction for a period of time that duplicates the time in which a max bench press is performed. This

works best through maximizing a certain portion of the lift (bottom, midway, or top) using the maximum effort method.

Fast lowering, or the eccentric phase, of a bench press will produce momentum that is converted into kinetic energy that aids in raising the bar back to arms length.

Floor presses, like box squatting, will build explosive strength by overcoming a static position through active, or dynamic, work.

Don't pause the bench press in training; this builds mainly static strength. The stretch reflex lasts up to 2 full seconds, much longer than a legal pause. However, do pause when doing floor presses and board presses.

When doing rack presses, remember to press off a prescribed pin setting. This requires you to overcome inertia.

As your triceps get stronger, add chains to the bar for bench pressing. Use 5/8 chains that are 5 feet long, looped through a 1/2 chain that is fixed around the Olympic bar sleeve. Half of the 5/8 chain should be resting on the floor to start. When the bar is on the chest, all the chain should be on the floor. At this position, you have your original 55-60% of your 1 rep max on the bar, which is critical.

This program works. Six years ago, I did 530 at 242 by training with 365 for 8 sets of 3 reps. That was 70%. After a comeback from a serious injury, at age 49, I recently did 535 at 242 by training at 285 for 8 sets of 3 reps. That's 55% with 30 pounds of chain at the top. That's progress through sports science.

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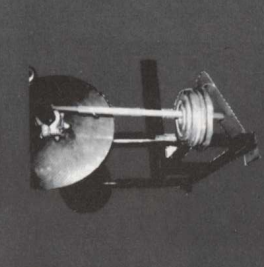
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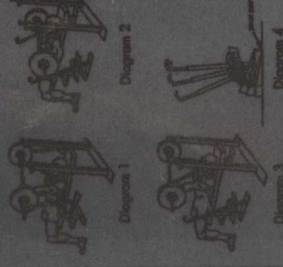
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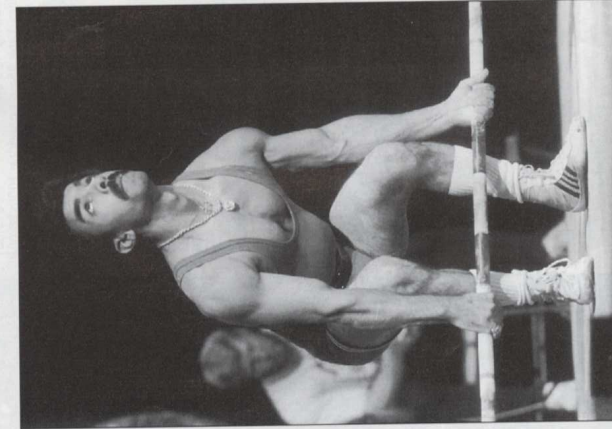
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STARTIN' OUT

A special section dedicated to the beginning lifter

The Five Keys to Success as told to Powerlifting USA by Doug Daniels



Joe Catalano, one of Herb Glossbrenner's top ranked ADFFA competitors of all time (see page 24 of this issue for more info), was a lifter who incorporated the keys of powerlifting success through the influence of his excellent coach, Tim McClellan.

previous paragraph. I talked about changing lifting techniques. It could take several training cycles to find out if you can excel at sumo style deadlifts or wide stance squats. There may come a time that you may have to throw in the towel on a training approach, but give it several cycles. Beginning lifters may find that their lifting will improve as they move up in weight class. Top lifters have told me it can take up to one year to actually become efficient at a new weight.

Third is knowledge. No, it does not mean being able to recite from bases and if one really is better than

the other, you at least derive benefits from it 50% of the time.

Last, but not least, is courage. My definition of courage in this article is not about getting that last rep or locking out that big deadlift. In many of my past articles I've tried to convince readers that it takes real courage to train less, not more. Many lifters need to lose that "more is better" mentality that "train until you puke" attitude that is pushed hard by our bodybuilding brethren. Powerlifting is extremely stressful on the body and it's recuperative abilities. If you have trouble recuperating, your progress will be slow and your chance for injury will greatly increase. It takes real courage to train efficiently and then go right home. You don't need or want to do 20 sets of benches, followed by 10 sets of inclines, 5 sets of dumbbell flies and a finisher of 3 sets of dips. Check out most top benchers' routines and you'll see they're simple and brief, yet effective. Squat and deadlift training are no different. Don Reinhardt barely did any assistance work and achieved immortality in the sport. You don't need to see the Wizard of Oz to know what I mean by courage.

Earlier, I mentioned knowing the difference between minor aches and pains and chronic pain that does not go away. Unfortunately, many athletes believe in the axiom of "NO PAIN, NO GAIN". That is the most misinterpreted axiom in all of sports. I truly believe the creators of the slogan had a totally different meaning behind it than do modern athletes. Modern athletes (powerlifters included) feel that to succeed they must experience pain. Some joints, pulled pees, strained quadrads, are just requirements for greatness. I believe the true meaning of no pain, no gain meant that an athlete must push himself beyond his perceived limits; locking out that bench when the bar stalls, getting that last rep of squats when the mind says no. The pain here is just the pain involved in getting that lift completed, not working through a big pull because you're macho. If I leave you with anything out of this article, I hope you will reconsider your interpretation of the pain-gain thing. Walking around in constant pain is your body's way of telling you that you're pushing it too far. Listen to that advice (see knowledge - above).

There are many keys to lifting success. Many of them are tangible and many like these three, abstract, but these 5 are critical and controllable by you - the lifter. Consistency, patience, knowledge, moderation and courage may not be easily measurable, but they can make an observable difference in your lifting performance.

The Dayton Convention Center was the site. The Organizer, Producer and Director of the Summer's biggest blockbuster was Larry Pacifico. He overlooked nothing for comfort & convenience of athlete and spectator alike. It was a spectacular showcase of talent. Some EXCELLED while others FELL. Out of 76 entries, 24 were out. Close competition minimized the W/R's. The awards were stupendous. Heavy bronze DL sculptures! HIGH PRIZES - NICE PRIZES!

114 LB CLASS - IT'S HIS LUMBAR'S - WITH DUNBAR! - The FLYWEIGHT EMERITUS was QUITE GREAT - PREPARED FOR THIS! Chucky Dunbar faced the test of his life. His previous wins were cakewalks. A new kid on the block was ready. Joe Cunha of Fremont, CA at 4'4" was a DR. LEVERAGE and he was DYNAMITE! He'd burst upon the scene, leaping a W/R 534 SQ which had eclipsed Dunbar's mark. It was his first Seniors while Chucky already had four titles. Chucky came out spinning his wheels. He SQ'ed 485 then came missed 507. Lt. Joe horsed out 523. Chuck matched Cunha's 308 BP, stuck w/319 while Joe made it with his "crab" armo!lock! Forty nine lbs. of errors, with his weight lift up, made the situation look DISMAL. Cunha towed up 352. Dunbar forgot to lock his knees w/ 369 found to repeat - good! Cunha made the same 369 then finished w/ 374. Dunbar was 55 behind and had only one lift remaining. The bar went to an utterly impossible 424! On to win. Hopeless? No! A miracle unfolded. Up it came - a stunning victory - his No. 5. Can you believe it? DUNBAR did it with LUMBAR! Almost overlooked by the battle of the MINI TITANS was OH's Norb Paterniti, 37. He secured a bronze - a highly respectable 1080! On to Munich and the IPF Worlds for Chuck.

123 LB CLASS - MEAT CUTTER - SWEET BUTTER! - Bob Lech, the 79 SRS, Champ got nil trying 462 SQ. Therefore, '82's silver medalist @ 114 Doug Heath snagged the 123 bronze w/1041. Vince Toliano of FLA made a good impression - a fine 1140 TOT and runner-up in his 1st SRS. Vince tried to beat JPN's Usagawa's W/RBP on 4th - not in the cards! Lamar Gant, confidently captured his 8th SRS. SQ's - got zeros! Rafael, CA's BP specialist, Geo. Hummel, his 485 2nd was OK - the judges didn't. He grooved all 3 BP's - a final 303. One ridiculous pull of 529 packed the title on ice. Then, a surreal jump to 639. The audience roared as he stretched his torso (and

had 1383. Hummel missed

THE EIGHTEENTH SENIORS by PL USA Historian/Statistician Herb Glossbrenner

once, then pulled 529, got 6th as lighter man. Lt.'s Ruettinger, growing into his category, finished 4th, a good 1432 TOT. Bob Wahl jumped into an early lead with a 622 SQ, then made 1 BP of 297. Dan Austin, 23 and from NC, took home the bronze in his first Srs. outing. A future magician who would later perfect the "Midastouch", his match-up with OH's miniature Anello - Jim Finch, 37 was "rip 'n' tuck". Finch, a late bloomer at 37, dived 578. Dan missed 578 SQ, tucked and was 33 behind. Even Steven in the BP both men got 347 & made all 3. Austin, 300 grams lighter had the advantage going into the DL. Both got 573 openers. Finch waited. Then Dan pulled 600 and advanced to 611 - miss. Finch - 1488! In the meantime, Wahl was 600 grams runner-up. Hoping to go around both Finch and Austin, he started w/595 DL - too much - he bombed! Finch with two DL tries left, waited. The leader of the pack was Jay Rosciglione, the St. Louis, MO baker.

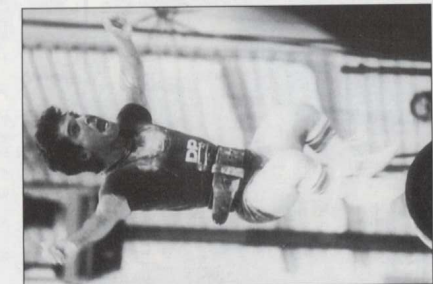
132 LB CLASS - HANDS OFF ANSWERS! - Joe Bradley, the defending 148 World Champ, squeezed himself dry desperately trying to make weight - missed it by a FEATHER. This left Victor Williams, last year's runner-up to Gant, the favorite. The scales teeter-tottered - 150 grams over! Only two remained: Detroit newcomer @ 4'11" Claude Handsor tested PA Wonder boy Frank Vedro. Frank had aspired for a W/R performance. VEDRO tried to SET LOW, but NO! Three times flashed reds on his computer 518 - ZIP! OH NO! Claude displayed plenty of power. He hit 10 times but 1322 on openers alone!

148 LB CLASS - ON TOP ALONE - ROSCIGLIONE: It started out an 11 man conflict, but once the ball started rolling 4, 10-ten pins, cleared the alley - hit the deck! Bradley, dry & weakened, Joe Bradley, the re-instated world 148 champ, rode 556 down for a one way ticket - out! Clyde Wright, former champ from MD and OH's Jim Warner tried 578 SQ's - got zeros! Rafael, CA's BP specialist, Geo. Hummel, his 485 2nd was OK - the judges didn't. He grooved all 3 BP's - a final 303. One ridiculous pull of 529 packed the title on ice. Then, a surreal jump to 639. The audience roared as he stretched his torso (and

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OF CAKE! Jay missed a 617 SQ, but had a 22 lead over Finch and matched his and Austin's 347 BP. His 573 DL opener gave him 1515. He increased to 600 - had 1543, missed 611. Finch had the final say. He took two tries to win. Up came 628. Jim is bowlegged, but the officials failed to give Finch benefit of the doubt on his knee lock. ON TOP ALONE - ROSCIGLIONE! Jay got his World title shot in Munich.

165 LB CLASS - FIGHT OF HEAVEN! - Gauger, the reigning champ had torn his bicep, unable to lift. He watched a talent-laden field of 11 vie for his vacated throne! Tough judging eliminated four hopefuls. Old warrior Doc Joseph Rhodes, the '70 & '73 SRS, champ, was a surprise entry. His Waterloo: the BP. A new kid from Muncie, IN - Steve Stamper - cut weight and lost strength - missed a 611 opener - early shower! Two former Srs. participants Jim Rush, SD and Mike Facteau started off well. Rush claimed the top SQ of the class - 666, plus a 374 BP. Facteau had 622 approved, failed 639 - twice! Mike got 3 benches - 396. Rush couldn't pull on all 3 tries. Facteau, a top contender, was stymied by 622, advanced to 672 and missed that twice. Disappointed, he joined the shower brigade! In the lower bracket were: 7th - Harold Fleming (1515); 6th - Bill Almany (1537); George Herring, GA & John McCarty, IN, both 22, avoided the dreaded doughnut. Herring jumped from two misses at 611 to 644 - a do or die gamble - got it! McCarty failed 628 twice (knee injury coming in), but bottomed out on his 3rd; twisted up to completion. Dan Volpe dunked 622, missed 661; then made a rousing success! Two former champs - the old vs the new generation - went at it tooth and nail for top spot. Jack Welch, now 37, was a 4 time winner (69 - 70 - 73 & 75). I lifted with him in his last Seniors 7 years prior. This day he faced Rickey Crain who at 22 in 1975 had been projected to win that day, but bombed. Experience that day won out over youth. Now it would be a re-match. Crain was on top of his game. Welch was a phoenix risen from the ashes. Nobody expected him to challenge. He'd been away from the Big Leagues for a long time. What a surprise! Jack left in top spot World Champ in '75. He tapped into that certain something that had



Jay Rosciglione... was a human anatomy chart

our imaginations to the limit. LOCKED IT OUT! WOW! THAT'S WHAT IT'S ALL ABOUT.

148 LB CLASS - ON TOP ALONE - ROSCIGLIONE: It started out an 11 man conflict, but once the ball started rolling 4, 10-ten pins, cleared the alley - hit the deck! Bradley, dry & weakened, Joe Bradley, the re-instated world 148 champ, rode 556 down for a one way ticket - out! Clyde Wright, former champ from MD and OH's Jim Warner tried 578 SQ's - got zeros! Rafael, CA's BP specialist, Geo. Hummel, his 485 2nd was OK - the judges didn't. He grooved all 3 BP's - a final 303. One ridiculous pull of 529 packed the title on ice. Then, a surreal jump to 639. The audience roared as he stretched his torso (and

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There are many factors that determine success such as training routines, diet, supplements, lifting gear, genetics and even good old luck. Some we can purchase like diet and supplements, some can be learned - like training routines, and others like luck - we have no control over. There are other factors that are key to your success as a lifter that are more abstract and totally controllable by you, they are: consistency, patience, knowledge, moderation and courage. However, my definitions of these 5 keys may not be what you think they are. Let's take them one at a time.

The first is consistency. We need to workout on a consistent basis. Don't train hard for 2 weeks and miss 2 or 3 for no good reason. We all have other commitments, but many times we miss just out of laziness or apathy. To progress in anything, consistent effort must be put forth. Consistency also means you follow a set routine throughout your training cycle. Don't start a new routine half way or more through your contest cycle. Many times we are tempted by the latest routine in PL USA or by another lifter's ideas at the gym. If you decide to change routines or lifting techniques, wait until after your training cycle ends, which is usually after a key contest. Changes in technique can be exceedingly dangerous. Going from a regular deadlift to sumo should be done over several months for best results. Changing squat suits the last week prior to a meet, or even worse, at the meet. The second is patience. That one is easy. Rome wasn't built in a day. Even the best don't win the first time. It takes time, sometimes years, to reach your potential and your rate of progress will not be linear. There will be both up and down times. It may take years to find the right approach to training before your progress really takes off. Takes off is obviously relative. Weal can't be deadlifters like Lamar Gant, but benchers like Anthony Clark, but we all can be much better. In the

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

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boiled back to the top. Welch SQ ed 589, missed 622, went up to 628 and succeeded. Crain opened at 655 - smoked it! He also completed the BP. Volpe & McCarty pressed 385. Crain got his lifetime best, 3/3 & 3911! Herring and Welch ruled the BP. George racked up 413. Welch blasted up 429 - wow! Subtotals: Herring led on lighter but to Welch both at 1057. Volpe was in 3rd - 1047 tied w/Crain and lighter.

The DL saw everyone come unglued. Herring held off McCarty's charge pulled 611 - 1669! Jim yanked 639 - finished at 1653, after misgovering his 655 sumo pull - twice! Volpe settled into 3rd w/ 1675 starting at 628, had two left. He and Herring both missed two attempts @ 661.

Welch finished an 8 for 9 w/3 perfect DLs. His 655 gave him 1714! Crain assured his win pulling 672 w/authority - 1719! He dared 722 trying to beat Gaugler's W/R. It stayed grounded, and he passed his 3rd. What a class!

181 LB CLASS - BRIDGES - PRODIGIOUS! - A great class this year, Lloyd WEHUNT hoped to BE IN THE HUNT. Got openers only for 8th place - 1586. WVs Paul Sutphin found himself in the den of wolves. He sank his 650 SQ, tried to pull the same - 1653. Put him in

first six strokes were right on the money. 766 SQ, 479 BP! Walker began the DL w/722. No sweat! He had the win. He next elevated 755. TOT an even 2000 - waived his finality! Duke now made his move. He tried a big 760. No! One left. Yes! Up it came! Good lift. Runner-up for Buddy, who leapfrogged Sam - 1868! Shades of Anello.

220 LB CLASS - ABSCONDER CASH - MONSTER MASH! - 1981 World's winner and defending Sr. champ, Jim Cash was a heavy favorite to clean house! He came in as holder of the DL (832) and TOT (2099) W/Rs. This class felled 13. It was an unlucky number for all who dared to face JUNGLE JIM! Two major players fell by the wayside immediately. Chip McCAIN had been sidelined with PAIN. Injured in '81 he was back in action, but not for long! He shook and lunched - unable to set up - dumped them - he's out! Fred Fairfield, the New Orleans SQ Master, forged way in front. He sank 859 smooth & deep. He retrained his bad shoulder pressing 462 and couldn't get one posted. It appeared that 48 yr. old Ernie Franz was going to teach his youth peers a lesson in strength. At substantial time, he led EVERYONE with a 1278 tally. His gold medal dream slipped away when his 755 and 766 DLs snapped from his grip - a big disappointment! Dennis Markun met his Waterloo - the SQ. The last of the vanquished was M's Ray Moran who couldn't get his

DLs. Injury burdened Jerry Jones, an ex-Srs & World Champ back in the '70s, hobbled his way to a 1741 TOT. He made one token DL, then retired. Bret Russell got only openers and claimed 7th position. 1763, John Florio was back up for Siders. Both men represented Black's Health World of Cleveland, OH. Florio got one SQ, one DL & all three benches for 1851 - 6th. Powerful Tony Pharr issued a challenge to CA's Bill Emris, but trailed him by 22. Bill had a great 7 for 9 day finishing 3 DLs - 694. He had 1901 & 4th spot! The surprise bronze went to Jamie Logston, the '79 Teenage National Champ. He felt inspired being in his 1st Seniors. In the LIMELIGHT and SHINING BRIGHT, Jamie nailed a 771 SQ perfectly - knew his limit - passed 3rd. A 457 BP and 699 DL gave him 1929 - a great day for the New



Dave Schneider was the toughest guy left in the 242s

Castle, IN talent. Vindicating last year's zero, Jack Siders missed big lifts that might have spelled victory, but with his TWO HANDS he produced a TOTAL OF TWO GRAND. A silver medal performance no less. He made disabled coach Black so happy he almost fell out of his wheelchair (John was injured earlier at the Juniors).

Jim Cash looked like what a young hero Charles Bronson might have - with muscles! Jim paced himself with good selections. Lacking the push and incentive, he missed his thirds. He got an 804 SQ, well controlled w/821 - very close. No problems w/457 BP, with 468 a tad shy of locking out. His 766 DL start was zapped which put pressure on Frantz. Victory assured, Cash pulled 810 w/authority. He went for 843 to break his own W/R. It came up quickly. At completion, his left hand tore and popped loose - 2072 TOT.

242 LB CLASS - SCHNEIDER, THE FIGHTER! - One more class where half the combatants took the easy way out! De-fending champ, Wohleber, now 20, had caught Malara in Calcutta. Still not recovered, he watched to see who'd wear the crown he'd waived. Three men took their SQs for a one way trip to Shoverville. Marty Latko was followed by Mark Challier and finally by Steve Miller. Larry Plumlee, MS, got a 733 SQ - made a big tactical error jumping 55 to 788 - too much - passed his 3rd. Todd Wilson got 744, then missed w/

766. Jim Davis, MN, flooded the SQ bullet and stood in w/711. He came as anyone's guess! Massive Doug Young came from TX to BP starter - 1901. He missed only - missed the 611 he wanted. Two time Srs. champ Larry Kidney couldn't get hit. SQs approved nor could another former titlist, Terry McCormick. Rick Tuller claimed the BOTTOMSLOT (1962). What might have happened if he'd GOTTEN HOT? Tim Bentley got 1 SQ & missed two big increases. With a 1945 @ 5th, SQ over-weighed 10th. Steve DiSalvo accumulated 2006 TOT with one pull (722), called it a day! Steve Palmer dunked 777 - stopped cold by 804. After hoisting 766 DL, he rejected his final try - 2066! Rich Sandlin, 23, was in 3rd after the SQ's - (821) reeled in 760. His 501 BP put him one spot ahead of beefy Tom Henderson. Both men had identical TOT (2083). Henderson's 793 DL brought him even with Rich, but he was 1.1 lbs. heavier in bw. Dave Shaw had his best ever Srs. TOT of 2105! Dave sank 3 SQ's - 810, got his 501 3rd BP and hauled in 793 DL, falling a big lift off of monumental proportions, the ultimate of muscle on parade. The SQ proved to be a true clash of the titans. OH's Steve Wilson nailed 793 perfectly. His 826, judged high, cost him dearly. An-

now the fearsome five-some: Carl Smithin, Okdale, CT had the best TOT coming in - a 2166 (837, 507, 821) done in Feb. Mark Dimiduk was '80 Srs & World Champ @ 220. Dave Schneider, OH, was top gun for Black's team - Scott Warman (today the APF leader) and Bill Davis (franchise). All 5 men could SQ from Alabama. All 5 men could SQ big! Schneider, less pretentious, hit 777, 815, then missed 843. Snitkin powered up 810 & a limit 832. Satisfied, he passed his 3rd. Warman aced all 3: 771, 799, 826! Dimiduk failed sharp with 782, 821, but failed 843. Bill Davis manhandled 799, but 821 & 826 stymied him.

On to the bench! Dimiduk had a badly hurt shoulder and lost ground w/a mere 391. Warman popped 440, a 2nd. Schneider the same, a 3rd. Tough luck for Smithin who thrice missed 485 and joined the bombout brigade. Bill Davis was the leader now with 1289 S.T. The DL became his WORST LIFT, as he missed 1st, 2nd & 3rd ATTEMPTS! Bill became the 5th to zero, unable to handle 749 twice - then a desperation 766, which could have earned a silver Warman was in 2nd position (behind Davis) when the DLs began (1267). Next in line was Schneider (1256).

Down to the final 3. Dimiduk Warman's 771 opener latched down 2nd place (2039) and Scott's 2 bies @ 799 would've won it all, but he couldn't do it! Dimiduk had the strongest bag. He displayed fierce but controlled power. His 755 start assured 3rd. A big 804 wrapped up 1st place. He tried 826, but stopped knee high.

275 LB CLASS - BIG GAMBLE - HIS PREAMBLE! - Pre-occupied this year with W.S.M competition, reigning champ Ernie Hackett, ME, was absent due to

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A.D.F.P.A. TOP 25 ALL-TIME CHAMPS

by PL USA Statistician/Historian Herb Glossbrenner

help. Shawn gives seminars to local schools promoting drug free principles. The ADFFP Worlds, he's also won 7 ADFFP titles in 3 different categories: 88 & 89 @ 148, 165 in '93-'94, and 181 in '95-'96. Ray is breathing down Stewart's neck, only one title behind him in each.

(4) BOB DEMPSEY; BORN 1961; PLYMOUTH, MA. - Competed lifting in 1974. Bob was successful in USPF circuits. He then



No 1 ... Andrew "Bull" Stewart

In the MARCH 97 edition of PL USA, I profiled the Top 25 All Time Champions for the USPF. Following up then in the JUNE issue, I covered the 25 All Time best athletes for the 26 year history of the IPF. Founded in 1972, the International Powerlifting Federation is recognized as the top governing world body for powerlifting (83 member nations).

This month I'll evaluate the ADFFP listing of their 25 All Time Champs. For those of you whom might have missed my earlier installments, I'll be redundant and go over my criteria once again as to how I arrived at my conclusions. I've allocated points for placing first through 5th at the ADFFP Senior Nationals: 1st-20, 2nd-10, 3rd-5, 4th-3, and 5th-1 point. Those who have accumulated the greater number of points earn the higher positions.

The formation of the ADFFP Association, was put into perspective by Secretary Andrea Sorwell. It came about in 1981 due to irreconcilable differences among the membership of the USPF. There were those who were resistant to implement drug testing for the USPF Senior Nationals. However, there was a group within who were resolved to see this campaign go forward. At this point, politics within the USPF framework became frayed and began to unravel. Other contributing factors were the tight reigns controlling the fast growing women's movement. The ladies wanted autonomy and got it! Then they had to reworked. The determining factor boiled down to the invoking of drug testing at the USPF National events. The ADFFP really got off the ground and held their first National Championships in 1983. Thus there came to be two organizations governing P/L in USA. Rulings by the IPF were that only one USA team could be a representative of the IPF. As an



Bob Dempsey of Massachusetts

made the transition to drug free lifting with moral support from his friend Saul Shockett. Dempsey snagged his first ADFFP Nats gold medal in 1986 @ 275 (1982 by whopping 132 lb. margin). In '87, he was runner up to Gerald Welch @ 212.7. In '88, he won 3rd @ SHW in '89, Titles No's 2-3 & 4 came consecutively: 1990-'92, all at Super! Dropping back to 275 in '93. Bob took 2nd to Greg Love, helping his NY "Missing Link" Team to be National Team Champions. In '94, Dempsey nabbed his 5th overall title (@ 275) in a close battle over Bruce Gjermo (206.1 finished 3rd @ 319 in his 9th ADFFP Nats. Next he abandoned ship to return to the "NEW" rejuvenated AAU. He hit his lifetime best (900 SQ-2200 TOT) there in Nov. '95. Bob was twice WDFPFF champ (1991-1992). Best Lifts: @ 275: SQ-859, BP-523, DL-821. TOT 2193; @ SH: SQ-900, BP-535, DL-735, TOT-2200.

(5) MARTIN BEAVERS; BORN 1963; TACOMA, WA. - Born in Fukuoka, JPN and lifted in the '85 ADFFP Nats - 3rd pt. He's a married man and dominated in '86 despite a back injury. Martin took his 2nd title in '87. Not there in '88, but returned in '89 & captured his



Ray Benemerito has steadily climbed up the weight classes.



Shawn Cain hasn't missed any of the ADFFP Men's Nationals yet!

clutch 655 DL to top NY's Laddie Gibson (1653 - 1647). In '95, Ray had a stunning performance @ 181, 744 DL & 1906 TOT. His victory placed him on the cover of the SEP 95 issue of PL USA. His string of victories was extended to 7 as he repeated as the lightweight champ, winning again in 1996. At the WDFPFF Worlds, he's also won 7 titles in 3 different categories: 88 & 89 @ 148, 165 in '93-'94, and 181 in '95-'96. Ray is breathing down Stewart's neck, only one title behind him in each.

(4) BOB DEMPSEY; BORN 1961; PLYMOUTH, MA. - Competed lifting in 1974. Bob was successful in USPF circuits. He then



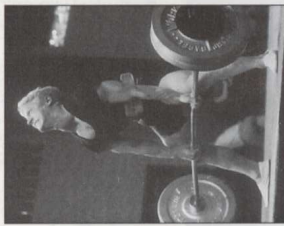
Martin Beavers has been at the ADFFP Nationals for over a decade.

3rd win. Now at 165, he overwhelmed Bob Bridges. Missed 1990, but came back to be 2nd to red hot Dave Ricks in '91. Beavers snaggd top spot in '92. He reappeared again last year and won his 5th championship title. His WDFPFF World Titles came in '86-'87 - '89 - '92 and '96. As a smart and mentally tough lifter, Martin's been dubbed THE CLEAN LIFTING MACHINE. He has plenty of ROOTERS and NO DISPUTERS! Best Lifts: @ 165: SQ-665, BP-425, DL-675, TOT-1765.

(6) DOAN NGUYEN; BORN 1968; ABERDEEN, WA. - Doan is a stock clerk and lives in the Pacific Northwest. He defeated the defending 114 lb champ, Joe Catalano, to score 1058 TOT. (8/9) taking the ADFFP platform in '89, he wound up third in a terrific tussle, missing crucial SQ attempts. Nguyen returned to the ADFFP platform again in '91 with renewed vigor, There in St. Louis, he pulled the winning 440 DL (1107). Now with 2 titles, he went on to extend his wins to 5. In '92, a powerful clutch 468 - DL upset Borque's apparent (1124-1118). In '93, his DL did it again. His 94 victory was a 198 lb.

marginal cakewalk, include 4 straight WDFPFF titles with his collection: 91-94, Best Lifts: @ 114: SQ-435, BP-264, DL-468, TOT-1151.

(7) BRAD OLSON; BORN 1963; DAYTON, OH - His biggest honor ever might be his selection as Official Chaplain for the 1996 Olympic Games in Atlanta, GA.



Doan Nguyen power technician.

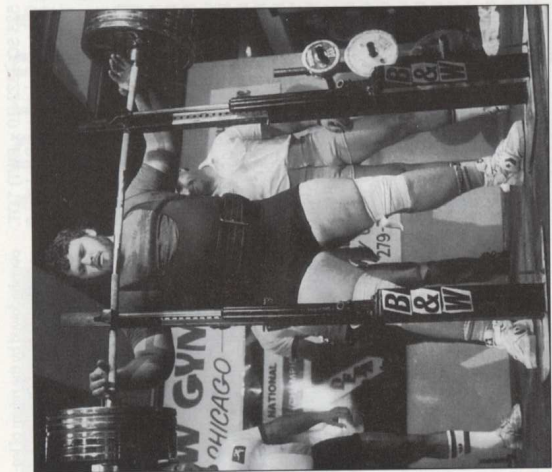
Balanced Lifter... Rev. Brad Olson is the Senior Pastor of a United Methodist Church in Dayton, OH. He's married with 3 children. He was a member of the collegiate crew team at Cornell Univ. Upon graduation, Brad started competing lifting. 132 is his class. Olson did well in OL, but P/L became his forte. fourth in '85 (1140 @ 132). Back in '87, he pulled 473 on his final lift to win (1234). Brad took 2nd position below Ken Westbrook in '88, missing two DL tries for victory. Bronzes for Brad came in '89 and again in '93. In 1994, he pulled a WR 512 DL, refusing to give up on it. Best Lifts: @ 123: SQ-405, BP-286, DL-512, TOT-1179.

(11) LUTHEIM JONES; BORN 1962; LUTHEIM, GA - His 1988 Nats initiation yielded a 4th place finish of 1603 @ 181. He was

overshadowed by the return of leg-end, Mike Bridges. Coming back from a 5 year retirement, Jones returned to the ADFFP ranks in 1991. He emerged victorious by 11 over Doug Parrish (1714 - 1703). He made 3/3 great deadlifts. The 30 yr. old truck driver repeated in '92 taking his 655 SQ thrice to get approval. In 1993, a 699 SQ attempt buried him. So did Rob Wagner's huge subtotal advantage. He was content that year to be 2nd like a cobra in 1994. This time he defeated his rival Wagner 1780 - 1741. In '95, it was close until DL time. He yielded to Benemerito's awesome DL prowess and had a runner-up finish again. Jones is also in the first ever ADFFP Nats, back in 1991-'92 - '94. Best Lifts: @ 181: SQ-700, BP-440, DL-477, TOT-1780.

(12) JOHN KUC; BORN 1947; KINGSTON, PA. - Everyone knows who this icon is. The powerful Pennsylvanian came out of retirement, already a 4 time IPF World Champ. He debuted as the stellar attraction in the first ever ADFFP Nats, back in 1993 in Allentown, PA. He duplicated Joe Hood @ 242 and ace'd the title w/ his 804 DL and 1962 TOT @ 242. It also earned him "best lifter" for Bob Gannon's PA P/L team. Upon returning in '84, he won @ 275 and the same category again in '85. Reducing back to 242 on 259, John, waited through his 4th straight title in 1986 and then hung it up for good. It's too bad that John couldn't have waited until '88 to claim a WDF Championship as well when this World body held its 1st championships. John said his toughest competitors ever were against Terry McCormick & Steve Wilson. Long live the KING from KINGSTON! Best Lifts: @ 242: SQ-2204, BP-507, DL-871, TOT-2204; @ 275: SQ-839, BP-474, DL-856, TOT-2169.

(13) FRED HIGGINS; BORN 1952; PEORIA, IL - Seven times Fred has lifted at the ADFFP Nats. His first came in '83. He secured a 2nd to Bob Lech. Freddie scored a 1113 TOT in 84 dominating Brian Foddlif to own his first victory. In '85, he successfully repeated as champ setting an WR 314 BP. Only opens for Higgins in '86, and that resulted in a bronze. Despite his 319 BP, a 123 class record in '87, he saw his 33 lb. lead vanish. Ron Hoff overtook him to win with an 1140 TOT. Higgins placed 2nd with 1135. Young lions, Blake & Hoff left him in 3rd in '88. Then at the age of 39 in '91, Fred secured a silver succumbing to eventual winner David Ramsey. In his 7 appearances on the ADFFP Nat. platform, Fred had 2 wins, 3 seconds,



One of the Leading ADFPA Superheavyweights... Mr. Dan McCain

NATS, Randall moved up to 148 and easily won the 1st day's Best Lifter award. Only 5 weeks earlier he took 2nd to Gant @ 132 in USPF. Kea earned a trip to 86 IPF Worlds in Holland where he finished 2nd in place to Lamar. Back to the ADFFPA in 1989, he earned a silver @ 148 to Ray/Benemerito and a bronze in '91. BEST LIFTS: @ 132, SQ - 534, BP - 363, DL - 540, TOT - 1405; @ 148: SQ - 600, BP - 385, DL - 540, TOT - 1500.

(17) RICHIE WENNER, BORN 1964; MESA, AZ - Richie turns 33 this year. He now lives in Mesa, AZ. He started wt. training at age 11 and entered a novice meet @ 17 in 1981. Wenner won the USPF T.A. NATS that year, and was USPF Nat'l Collegiate Champ and IPF Jr. World Champion. Credit him as 3 times ADFPA Nat'l College best '84 - '85 - '86). In the ADFPA NATS action Richie garnered medals in all 6 appearances: 4 silvers - beginning in 1983 @ 181; 1989 - 90 - '93 @ 198. He got a bronze in 1988. WENNER was a WINNER in 1985 @ 181 (8'9), 1642. He topped teammate Bill Schmidt. Rich lived in PA at the time. Both men were coached by Tim McClellan. Good sportsmanship. Best Lifts: @ 181: SQ - 610, BP - 407, DL - 635, TOT - 1645; @ 198: SQ - 683, BP - 446, DL - 661, TOT - 1791.

(18) BOB BRIDGES; BORN 1964; PEORIA, IL - It was destiny that Bob Bridges would follow in

the footsteps of his famous brother. Yes, Bob made his auspicious entrance into the ADFPA ranks in 1988. He, along with his brother Mike (out of retirement) both won their respective classes. Bob @ 165 was 49 back going into the DL. He pulled 677 & 705 - back to back biggies - to win by 55 (1620) over Dave Richards (a big man). In '89 Bob was chasing Martin Beavers - got greedy. He could have won with 672, but overestimated his ability on that day. Invested, Bob went to 699 - twice a 'no go' and got 2nd place. Returning in '93, at 2nd needed 699 to tie Ray Benemerito & win as lighter but couldn't deliver. Bridges lost in '94 to Ray & Laxdie Gibson. Bouncing back in '95, he overcame a 93 lb. deficit with 677 as his final lift. It gave him the tie (1631) & btw win (2nd title). He also captured the WDFPF World Title in '88 (@ 165) as did big brother Mike @ 181. A brother double win is not an unprecedented feat in the ADFPA. In '95 the Benemerito brothers did it. James @ 148 & Ray @ 181. Best Lifts: @ 165: SQ - 584, BP - 380, DL - 711, TOT - 1631.

(19) KEITH BORQUE; BORN 1963; LAFAYETTE, LA Keith is a pneumatic/hydraulic technician for the oil & gas industry. Back in high school, he was dubbed "poe-wee" because of his diminutive size. Fueled by "natural" Cajun cooking, Keith took up P/L in 7 ADFPA NATS he accumulated 7 medals: bronze in '85 - 86 - '91, also 3



Champ Across the Federations... Mike Hall won both ADFPA & USPF

(16) RANDALL KEA; BORN 1962; AUGUSTA, GA - Once a salesman, Randall Kea was a part-time gym manager at age 19. Today he is a firefighter and lives in the Augusta, GA area. He first entered a novice meet in 1981 and got hooked. Entered the 1st ADFPA Nat's @ 132 and had an off day when placed 2nd to Ken Covington who overtook him. His '84 win was astonishing. He bettered 5 AM and 7 NAT records to break the NAT TOT record by 94. His upset of USA's GREATTESTIP/Lever, Lamar Gant, at this meet was a real shellsucker. Kea hit 529, 347, 523 - 1399, Lamar's Lumbar went on strike. He couldn't move the necessary 600 to beat Randall Gant has been beaten by only one other man in history, Precious McKenzie! How does that grab ya? At the '86

silvers '90 - '92 - '93. His solitary gold medal was well earned. In 1989, it was a tight race. Borque was tied with Nguyen on ST. Catalafamo was 5 on both. His 9/9 day put him on top with 1063! Then in 1990, he captured the WDFPF World 114 title via 413, 204, 413 - 1030. Best Lifts: @ 114: SQ - 443, BP - 231, DL - 446 TOT - 1120.

(20) ERIC ARNOLD; BORN 1960; PLYMOUTH, MA - Eric Arnold was MA State H.S. wrestling champ. He went to the Unk. @ Rhode Island on an athletic scholarship. He's a nutritionist in Plymouth, MA. Arnold's greatest claim to fame: He tied Bill Davis for top spot at the '86 USPF Sr. Nats (2061). At the IPF Worlds in Holland @ 275 - had day 5th. Oh, well. Eric 1st @ 242 in '85 ADFPA Nats. He returned in '89 and got 2nd to Bill Stewart, a DL blowout. Eric Arnold got his 2nd golden ring in 1990 (2022) @ 275. It was 198 more than Brooks, the runner-up. Arnold got 3 more silvers, 4 in all @ 275: SQ - 859, BP - 512, DL - 725, TOT - 2061.

(21) TONY CONYERS; BORN 1959; TAMPA, FL - A three time ADFPA champ, Tony has been successful in ALL organizations. His



Dave "JUICE" Weiss... a most durable champion.

(one of ADFPA's best in final), Morton pulled a Cain trimmed the deficit to 33, but couldn't pull the winning 766. James went 8/9 in '95 win joining the 2000 club. Last year in MD he made it 3 in a row (1973) defeating Jeff Jacques in Jeff's home state (1895). At the WDFPF '94 Worlds, Morton was 94 behind Vladimir Ivanenko (UKR). He pulled 744 and won (1829 - 1796) @ 220. On a 4th to punctuate his victory DL - 766! Over in Sussex, ENG in '95, Morton steamrolled his way over pilling (ENG) (1934 - 1719). He DLed big - 788 & tried 821! Despite lack of competition, he cruised to a 3rd World title last year in Chicago. Morton now resides in Middletown. Best Lifts: @ 220: SQ - 760, BP - 485, DL - 800, TOT - 2000.

(25) BEAU MOORE; BORN 1965; TAMPA, FL - Originally from Manteo, NC, Beau Moore once tried out for the L.A. Rams pro football team. He was introduced to P/L by Jim McCarty who took him to his first P/L meet in Asheville, NC in '88. Beau entered the ADFPA ranks in 1994. There he captured the 319 class and then again in 1995. In '96, he wisely moved up to + Mason. In '94, he added his 2nd silver finishing 2nd @ 132 to Brad Olson. Hoff also earned two World drug free titles. He beat Frenchman Broulet twice - 1988 & '89. Best Lifts: @ 123: SQ - 424, BP - 281, DL - 460, TOT - 1146.

(23) HERB BLAKE; BORN 1958; RIDGELAND, SC - Her never lifted in the WDFPF Worlds, but participated in 5 ADFPA Seniors: 2 @ 132 in 1991 and 2 bronzes @ 148 in 1992 - '93. Herb was a Dental Technician while serving in the Navy. He started training with his in 1984 and started competing in 1986. He was coached by famous women's W/L coach Johnny Coffee while stationed in Atlanta. Blake trains heavy all year 'round and he's one of the very best 123 - 132 U.S. lifters of All Time. Best Lifts: @ 123: SQ - 500, BP - 286, DL - 520, TOT - 1295; @ 132: SQ - 512, BP - 336, DL - 530, TOT - 1350.

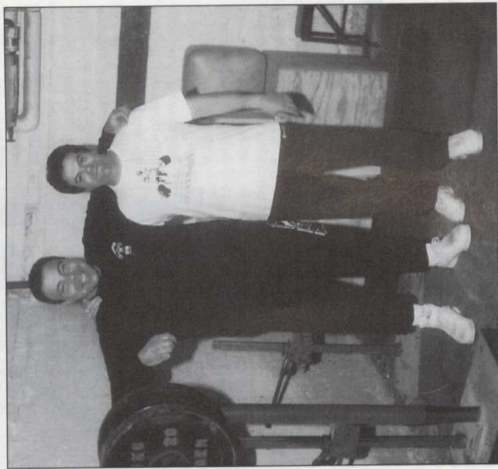
(24) JAMES MORTON; BORN 1967; NEW CASTLE, DE James seized his 1st Sr. title at the ADFFPA in 1994. Taking a 61 lb. ST lead into the DL over Shawn Cain

In case you've been wondering how I determined the ranking with so many ties in the points accumulated, here's what I did: The tie is broken by who first won their Nat'l title. In reviews: Kuc - 1983, Higgins - 1984 @ (80 pts.), Catalafamo - 1983, Wagner - 1993 (both @ 70 pts.), Kea, Bridges, Wenner & Borque all tied with 65 pts. Kea - '84, Wenner - '85, Bridges - '88, Borque - '89. For those tied @ 60 pts. and ranked by their 1st National title win are the following: Conyers - '83, Hoff - '87, Blake - '88 followed by Morton & Moore in '97. Look for my report of the APF 97 Seniors in the September issue. In October, I'll feature the 25 Best ever in the WDFPF. NOV & DEC will cover the TOP 25 best ever men for APF and WPC.

ADFFPA TOP 25 ALL-TIME CHAMPS						
Rank/Lifter	Pts.	20	10	5	3	1
1. Stewart, Andrew	8	-	1	-	-	165
2. Cain, Shawn	4	6	3	-	-	155
3. Benemerito, Ray	7	-	-	-	-	140
4. Dempsey, Bob	5	2	2	-	-	130
5. Beavers, Martin	5	1	1	-	-	115
6. Nguyen, Doan	5	1	2	1	-	105
7. Olson, Brad	4	1	2	1	-	103
8. McCain, Dan	2	5	1	-	-	95
9. Hall, Mike	4	1	-	-	-	90
10. Weiss, David	4	4	1	1	1	89
11. Jones, Greg	3	2	-	-	-	83
12. Kuc, John	4	4	-	-	-	80
13. Higgins, Fred	2	3	2	-	-	80
14. Catalafamo, Joe	2	3	-	-	-	70
15. Wagner, Robert	2	3	-	-	-	70
16. Kea, Randall	2	2	1	-	-	65
17. Wenner, Rich	1	4	1	-	-	65
18. Bridges, Bob	2	2	1	-	-	65
19. Borque, Keith	1	3	3	-	-	65
20. Arnold, Eric	2	4	-	-	-	63
21. Conyers, Tony	3	-	-	-	-	60
22. Hoff, Ron	2	2	-	-	-	60
23. Blake, Herb	2	1	2	-	-	60
24. Morton, James	3	-	-	-	-	60
25. Moore, Beau	3	-	-	-	-	60

POWER PROFILE

MARK PASILLO: Will He Make The Biggest Squat of All-Time? ... as told by Marty Gallagher



Mark Pasillo and Joe Onorati in the Olympia Gym (Brian Houghton)

THE MYSTERY MAN SQUATS: Mark Pasillo unracked the ponderous poundage and stepped back. As he allowed the weight to settle, the plates oscillated like a cupboard full of china plates in a California earthquake. When the racket subsided, he chugged a breath and unlocked his knees. He threw his head back and reminded himself to stay back on his heels as he descended, slowly, carefully, precisely. "Stay tight Mark! Keep your head up!" His coach of seventeen years, Joe Onorati, barked his instructions positioned directly behind Pasillo, spotting and coaching simultaneously. The four other spotters stood to the sides, ready in a heartbeat to snatch the weight if it got away from the 290 pound Boston native. As Pasillo hit the hole, he rebounded through the danger zone, maneuvering his hips forward and under him in an effort to keep the barbell moving. "Head up Mark! Stay back on your heels! Force the knees out Mark!" Joe Onorati watches approvingly as his long-time star pupil locked out the weight. "One more Mark!" Pasillo chugged three forced breaths and headed back down. As he lowered into the hole, Coach Joe yelled, "Chest up, Mark! Knees out, now!" Pasillo instinctively did what Coach Joe said. After seventeen years Mark's body acts as though it was connected to radio receivers triggered by Onorati's speech patterns. Onorati says chest up and Mark's chest goes up. Onorati says knees out and like some full-size puppet, Pasillo's knees suddenly turn out. It is the natural outcome of a decade-and-a-half apprenticeship and there is a resultant friendship. A bond developed between the two men and it was a fruitful collaboration. Mark Pasillo locked out the second rep to complete the perfect set - with 1045 pounds.

THE COACH: Joe Onorati is a 43-year old powerlifting fanatic who owns, runs and is the guiding philosophical force behind the funky and efficient Olympia Gym in suburban Beantown. Mark Pasillo is the latest in a line series of national and international caliber lifters, including Ted Arcidi, Ernie Hackett and Dominic Sardo, who have passed through the hallowed halls of Olympia Gym. No one would ever compare Olympia with any of the fern bar health spas that proliferate the fitness landscape. Onorati's gym is

the most funk-a-fied, earthy, primitive, mortal-joint-you'll-ever-come-across. Stark, bleak, hardcore, no-frills and no apologies; setting foot in the Olympia gym is like entering a time warp. It is as if nothing has changed at Olympia Gym since Day One in 1978. This gym is rust-belt tough with its ripped carpet, old equipment, dust, grime, plus bits of cussing, yelling and loud boisterous behavior. It's enough to bring a tear to the eye of any hard-core powerlifter. The gym is inhabited by a weird mixture of generation Xers and old powerlifting salty dogs remaining tales of power wars from the prehistoric times. All is overseen by the omnipresent Onorati. Olympia is the Arit-Spa, a fittingly grimy bastion of big-league, hardcore powerlifting.

CANCER: In 1978 Mark Pasillo was an aspiring 18 year old football player. He was in prep school pursuing a football scholarship when he developed a terrible cold and fever. When he began experiencing

shortness of breath after wind sprints, a doctor was called in to check him out. The news was devastating. Mark had been struck with Hodgkin's disease, a debilitating cancer that strikes localized lymph nodes in the human body. Further, it was in the advanced stages. Drastic measures were called for, immediately. The young, strapping youngster was cut open for exploratory surgery. They sliced him from belly button to rib cage and removed a cancerous spleen and a couple of lymph nodes for good measure. That was for starters. Then came chemotherapy and the firing of radiation in focused, concentrated doses at specific regions of Mark's body. The radiation and chemo killed the cancerous cells and stopped its spread. Unfortunately, radiation does not discriminate between good cells and cancerous ones. Young Mark underwent chemo and radiation for six months. He was one of the lucky ones. His cancer was destroyed and his life

was spared.

RECOVERY: Mark's dad encouraged Mark to overcome his affliction and Mark got interested in powerlifting after he discovered Onorati's gym about four miles from his house. He was fascinated by Ernie Hackett, the multi-time national and world 275 pound champion who trained at Olympia. Mark recalls: "Ernie was the biggest, most muscular guy I had ever seen and I immediately knew that's what I wanted to look like. And not only was he huge and muscular, he was so incredibly strong!" Hackett tossed iron around like the plates were filled with helium and always had time for the sickly, shy youngster, bald from chemo. "Ernie would talk to me, encourage me, tell me I could grow as big as I wanted. I decided to become a competitive powerlifter and Joe jumped in and began training me." That was the beginning of a seventeen year powerlifting odyssey that lasts until this day. How did it all end up, medically speaking? The muscles of Mark's torso and upper back appear to be the lifter while his arms, legs and lower back belong on a 330 pound super-heavyweight. This is why, although Mark has 33-inch thighs and 20+ arms, he "only" weighs 294. His upper pecs and some areas of his back appear to be totally devoid of any muscle. "You gotta play the hand you are dealt." This is Mark Pasillo's pragmatic attitude.

LIMITATIONS AND GOALS: So how does it all shake out in the gym and on the powerlifting platform? The bad news is his bench press. His best is a relatively paltry 350 pounds. Pasillo, thirty-six, is a big, tough, Italian Bostonian with an easy laugh amongst friends and a tense persona in public. "I would certainly like to bench 400 pounds, I think that is realistic. I work my bench, maybe not as hard as my squat; and to be truthful, I don't know how much is psychological. In other words; have I extracted 100% of my full and complete muscular potential from the bench press? No, I think I am a little under-confident of my abilities in the bench, knowing that I'll never have a great one." I lit his face up like a kid at Christmas when I started relating Danny Wohleber tales. Mark

knew of the great mythical Wohleber - the first man to deadlift 900 (at 23) - and how he won a senior national crown at 242 with a 360 bench press. Of course, Danny had a 876 squat (WR) and a 826 deadlift to offset his bench inadequacy on that particular day, defeating the great Mark Chaillet on his last pull in the process. Pasillo knew of Danny Wohleber through Onorati; Wohleber is an inspiration to me. He makes me realize that as a powerlifter I have a duty to compete in three lift meets and do my best; despite physical maladies. "Dan had torn a pec at nineteen and not had surgery. This doomed him from ever benching big. Despite the fact that Mark Pasillo's traps and upper back suffer the same atrophied fate as his upper pecs, his deadlift shows distinct promise. Using a sumo style leg power, Pasillo has pulled 650 and most knowledgeable onlookers feel that 700 is just around the corner. "As my squat increases, my deadlift also jumps up. I will work the deadlift hard and feel I can progress nicely this coming year."

THE BIGGEST SQUAT OF ALL-TIME? Mark Pasillo is extremely modest about his goals. "I would like to squat 1000 pounds in competition." He says plainly and without embellishment. No bragging or talk about "all-time biggest squat" or "all time greatest lift"; he leaves all that hyperbole to powerwriters and his fans. He and Onorati keep their heads down, their mouths shut and squat. Quite refreshing. So how did he get so good at squatting? What's the secret? "First, and this is the hard part, go find yourself a great coach and work with him for about ten years. Joe is like a brother to me and he literally helped change my life. Second, if you want a big squat you have to learn to love squatting." Sounds familiar, Paul Anderson, Hugh Cassidy, Kirk Karwowski, Doug Furnas; all the great ones have preached the one-dimensional message of squat strength that is so plain and unvarnished the uninformed refuse to believe it; if you want to be a great squatter, squat! "I have a knack for squatting and love to squat." It shows.

"Given my work circumstances, I will pass up the various national championships of this summer and will attempt to register a 1000 pound

effort sometime in the fall." Having dunked 1045 for the aforementioned training double, Pasillo's goal is highly realistic. Will we get to see him in action anytime soon at the national level? "The summer is unfortunately my busy season at work and my training suffers as a result. Plus, I took three shots to register the 1000 when I competed in three meets in a three month period. I'm not ready to jump back in yet and it would be too soon if I were to lift this summer. The plan is to forget the summer meets and look for something in the fall. I need to get a solid 12-16 week cycle under my belt and that will definitely not happen over the summer." Onorati fills in the blanks. "Mark is a very successful business man who is modest to a fault. He owns a management company that oversees 1000 rental units. So as you can imagine, he is a very busy man. He owns a beautiful home and is quite successful." What's the squat goal, Joe? When? In a mirror quote of Mark, Joe reiterates; "To squat a grand plus under official conditions sometime on the late fall."

TRAINING: How does he do it? How does he train? Onorati waxes eloquent and at length on Pasillo's training: "We only squat once every 10-12 days. Given Mark's heavy work schedule and ultra-active lifestyle, we've found that this is the optimal length of time for him to effect full recovery between squat workouts. It takes a lot longer for a big man to recuperate from 900x5 than a smaller man takes to recuperate from say 450x5. Mark's most recent 14-week cycle laid out as follows: 1. 700x5-8, 2.



Mark deadlifting 650 at a meet in December of 1996 (courtesy Marty)

750x5, 3. 800x4-2, 4. 850x4-2, 5. 825x5, 6. 775x3-5, 7. 900x1, 8. 825x5, 9. 930x4-2, 10. 850x3-5, 11. 950, 980x1, 12. 900x5, 13. 700x3-5, 14. 825x1, 15. 1045x2. Onorati continues "It's totally intuitive; everything depends on what kind of day he's had. If he's fresh, we'll squat heavy. If he's had the work day from hell, we'll hit some relatively light reps." As far as Mark's career goes: In November, 1994 Pasillo made his first 900 squat. He had in 1996 and assuming he finds a contest to enter, he will likely join the most exclusive squat club of all: the 1000 pound club. How much further could he go? A lot depends on how much he can get his body weight up. At 290 he is a great squatter. At a solid 310 he could be devastating.

He agreed. "If I could get my weight up and keep it up, I know I would be a whole lot better squatter. My problem is getting time to eat when I'm on the run so much during the workday. Regardless; Pasillo is a squat force to be reckoned with right now. If he gets that 700 deadlift and 400 bench he could post a very realistic and obtainable 2100 total. Not bad for a career victim! Onorati is his usual pragmatic self. "No doubt in my mind that Mark will do 1000+ under official conditions in the near future. Mark will not be denied. In my mind it's not a matter of if, rather when." We agreed and will keep you posted.



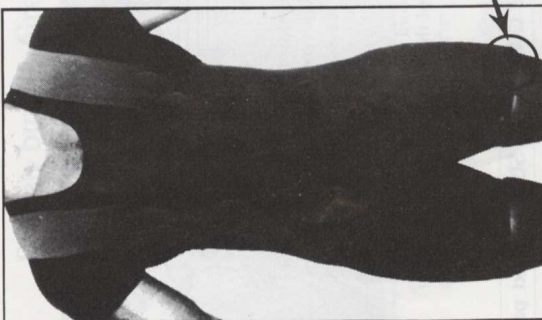
Working His Way Up Mark with 953 in the squat at the USPF Maine State Meet of 1994.

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Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

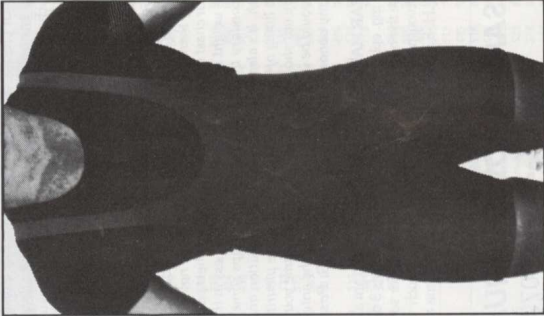
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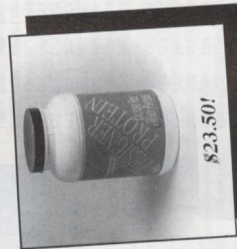
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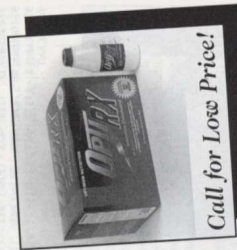
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Over The Rainbow - The Essene Way

as told to Powerlifting USA by Mario Torrez B.S. M.A.

Founded by Tom Ciola, owner and manufacturer of HOT STUFF, The Essene Way is a resort in Central American country of Belize (pronounced Beh-lee-see in Spanish). Tom provides, at his own expense, this Christian resort for individuals and/or families who have undergone or are undergoing a crisis or trauma in their lives. I am one of those individuals and would like to share my experience with Tom Ciola's OVER-THE-RAINBOW program at The Essene Way and of Tom's goodness and kindness.

I suffer from a disease called SCLERODERMA - a disease with no known cause or cure - which hardens the skin and internal organs. When scleroderma involves both the digestive and pulmonary systems, then death can result. My body over-produces collagen which is a fibrotic tissue that is hardening every aspect of my body - skin (hands, neck, chest, arms, feet), tendons, ligaments, and internal organs. It can eventually turn the body into a stone-like texture, causing death. The first symptoms are difficulty in swallowing (no motility - no peristalsis) and little or now circulation in the fingers, hands, and feet (called Raynaud's Syndrome, further aggravated by calcinosis under-nail and/or on the fingertips). The finger deterioration can result in amputation of the fingers - such as in my case. These symptoms fool even the specialists such as dermatologists, gastroenterologists, and rheumatologists. I had been misdiagnosed for 10 years! Scleroderma has caused the following to my body: gastroesophageal reflux disease with a hiatal hernia, amputation of right index finger, inability to walk more than 110 meters due to pain in joints and feet, but even more dangerous, scleroderma has attacked my lungs. I guess attacking my esophagus wasn't enough. If I exert myself like



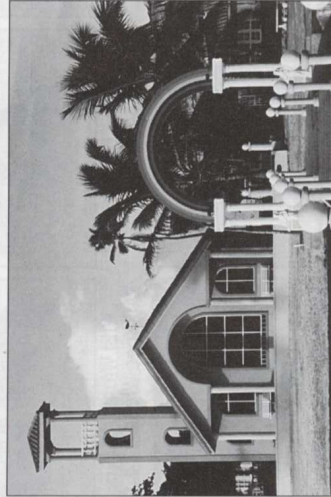
The First Visitors to the Essene Way and their hosts; (front row, left to right) Vivian Behrendt (who has Hodgkin's lymphoma) and her husband Dave from San Francisco, Miguel Torrez; (back row) Marge Torrez, Marissa Torrez, Mario Torrez, Tom Ciola of National Health Products, and 1986 MR. UNIVERSE Steve Brisbois. (courtesy Brisbois)

I used to when I was competing in Powerlifting, Olympic Lifting, Wrestling, Martial Arts, and 10K runs, then I run the risk of a heart attack due to the inefficiency of the lungs to correctly exchange oxygen and carbon dioxide. I have undergone low-dosage chemotherapy in order to break-up some of the collagen in my lungs. I also underwent surgery on June 28, 1996 (later receiving

my chemotherapy) to re-attach my left tendon to the arm after it ripped from the bone due to heavy exertion. The cold, brutal winters of Michigan accelerate the disease. Finger amputation occurred in June of 1994. Two surgeries and 9 months of chemotherapy - all within 25 months.

A big change in my life had to take place if I wanted to ease my physical suffering and mental anguish in addition to slowing down the progression of this incurable disease. My wife and I both left our secure, excellent positions, sold the house, and moved 1800 miles from Michigan to southern Texas in the lower Rio Grande Valley. The heat, humidity, and ocean air slows down the disease and eases some of the symptoms. Hopefully I will live longer here. What a crisis. Our son and daughter also had to adjust to this big change.

I still subscribe to Powerlifting USA and read about Tom Ciola's HOT STUFF when he mentioned Over The Rainbow and The Essene Way. I was one of the individuals



Over The Rainbow - The Essene Way... a noble gesture for those in need.

selected to be one of the first in his program. We were invited to spend a week at The Essene Way in Belize, Central America - a natural retreat for physical and spiritual renewal. Over The Rainbow, a non-profit organization, provided for my family - all four of us - the following: air, lodging, meals, and a few activities that we shared as a family. We spent one week together as a family away from the worries of the world - namely my disease and the uncertainties that come with it. It provided a week of tranquility - physical, mental, and spiritual. This occurred during the last week of April 1997.

The Essene Way is the most beautiful resort near San Pedro - this is the island that Madonna sings of in "La Isla Bonita." It is the most tranquil, serene, beautiful resort I have ever visited! It has a Christian atmosphere - a chapel, beautiful landscaping, and scripture quoted on the rocks on the resort's grounds. This atmosphere helps to bring one back to his/her Christian religious base or re-affirms one's religious upbringing and belief in one God, the Eternal Father.

Tom Ciola's and Over The Rainbow's attitude and actions manifest this basic Christian doctrine regarding doing good for one's fellow man (male/female) when God said, "When you have done this unto the least of thy brethren, you have done it unto me." This program is a non-profit organization managed by Tom Ciola and his family, wife, sons, daughters, and sons-in-law, one of whom is 1986 IFBB Mr. Universe, Steve Brisbois.

Upon arrival, the Ciolas met us at the airport and transported us by boat to an island and The Essene Way. The resort is brand new and beautifully landscaped. It is intended for the family in crisis to be provided a "safe haven", so to speak, a place to rest from the worries of the world and one's current condition. It is a time to renew one's physical and spiritual strengths - a time to rest, to achieve inner peace, to re-group one's strengths, and temporarily be absolved of the worldly concerns and responsibilities. This is a concept to which Tom and his family have dedicated themselves - most commendable - to take some of your talents and material goods and share them with others.

The resort itself is located on the Caribbean Sea, has a restaurant with healthy food, large pool, basketball court, recreation room, a TV and entertainment center, jet skis, and a well-equipped weight room (transported from Orlando, Florida) appropriately named Samson's House. What an excel-

(Article continued on page 70)

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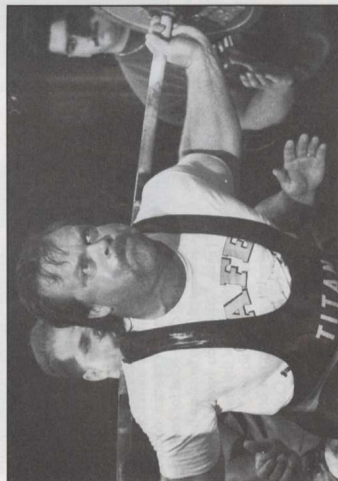
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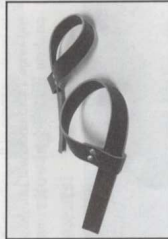
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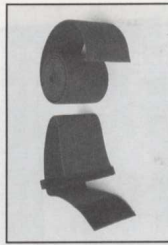
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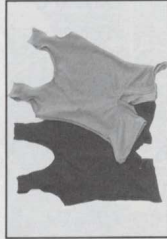
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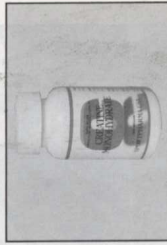
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Last month I stated that the negativity of American culture is having a devastating effect upon the self-esteem, happiness, peace of mind, and accomplishments of individuals in this country.

If you don't believe me, how do you explain these statistics? A recent health survey revealed that 80 percent of the Americans surveyed said that they did not enjoy life and were unhappy. Eighty percent! And listen to this, one out of every seven Americans will require psychiatric help before they reach the age of 40. Did you know that every year in America 26,000 people kill themselves? Is that sad or what? And here's some statistics I got out of the book entitled *On An Average Day In America*. On an average day in America, 9,077 babies are born. 1,282 are illegitimate and may or may not be wanted. About 2,740 kids run away from home, and about 1,986 couples divorce. An estimated 69 people will commit suicide, every eight minutes someone, male or female, is raped, every 27 minutes someone is murdered, and every 76 seconds someone is robbed. A burglar strikes every 10 seconds, a car is stolen every 33 seconds, and the average relationship in America lasts three months.

According to statistics released by the United States Department of the Interior, we have extraordinarily high rates of divorce, wife abuse, child abuse, robbery, sodomy, and drug abuse. We also have more violence than any other industrialized country in the world. In no European country are there as many as 40 murders by handguns per year. We've got guys running around the streets of New York who take out that many people in a month. Here's another interesting statistic for you. The city of Tokyo, with a population of 14 million, produces three firearm killings a year. New York, with a population of 10 million, boasts well over 500. In short, per capita, Americans gun down 170 times as many victims as the Japanese. The drug and sodomy situation is 10 times worse. Do you want to hear some real scary statistics. According to the National Education Association, American schools in 1987 experienced approximately 25,000 cases in which students beat up their teachers in the classroom, 9,000 cases of rape on school premises, and about 100 murders during school hours.

And then there's sports. Well, that's a story in itself. Many of today's athletes cheat more than a married couple on *The Young and the Restless*. Just about anything goes in sports such as drugs, cheating, and lying. Anything to gain an advantage. College football and

Dr. JUDD

A Positive Attitude's Effect on Health, Happiness, and Human Achievement, Part II

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One of the great positive examples of a powerlifting champ, John Kuc

basketball programs are filled with closet professionals who play for pay. In fact, it's getting to the point that college sports are not represented by their student athletes, but by high-priced professionals. Infractious were so rampant at one Southwestern Conference College that the standard joke on campus was that their players had to take a pay cut when they went to the pros. It turns out it wasn't a joke. It's not just the colleges that are cheating, either. Pros, amateurs, high schoolers, even little leaguers cheat in today's world of sports. Remember that kid that cheated in the soap box derby? I mean how low can you go? Next thing you know they'll be fixing T-ball games.

I'm not suggesting that athletes are responsible for everything that is wrong with our society, but I do contend that they are a contributing factor to the problem we are having in America. If anything, sports and society have developed a very powerful feedback loop. The values and attitudes of society influence an athlete's behavior, and in turn, an athlete's behavior influences the values and attitudes of society. It's an analytic cycle with one behavior reinforcing the other.

thing I wanted if I put my mind to it. They taught me to believe in myself, to believe in life and to believe in other people. Like I said, I'm lucky. My parents were truly a gift from God. Not everyone is as fortunate as me though.

I know people who have been emotionally crippled by their own parents. I've heard parents say some really cruel things to their children. In high school, I had a friend who would tell his parents his dreams and they would immediately stomp and they would immediately stomp his dreams into the ground. He would say, "I'm going out for football this year." And they would say, "Don't bother, you're wasting your time. You'll never make the team." I would be thinking, how in the hell do they know if he can make the team. They don't know anything about football.

I remember one time this same friend told his mother that he was going to ask out a certain girl. Can you imagine what she said? She told him, "That girl doesn't want to go out with you. She's only going to date good looking guys, with a future, and with money." Is that cold or what?

How do you like that? And once, with him standing right there in her presence and well within earshot, I heard her tell a neighbor, "This is the dumb one. His sister, now she's a brain."

Is there any wonder why this guy thought that he was stupid, unattractive and unwanted. He thought that there is no reason to dream because dreams don't come true. Like I said before, you become what you believe you are. If you're constantly told that you're dumb, you'll eventually act as if you are dumb. It's a self-fulfilling prophecy.

There was an incredible story called "Pygmalion in the Classroom" done a number of years ago by Harvard University. The study was conducted to determine the effect that expectation had upon performance. These Harvard professors went to a number of high schools and told teachers they had a test that could measure which kids in their class were going to grow intellectually during the coming year. The test was called the Harvard Test of Intellectual Spurts. The professors told the teachers that the test was the most valid instrument ever constructed to measure intellectual growth. "It will pick out the intellectually gifted students," it never fails," they said. The professors went into the schools and gave the kids some old obsolete I.Q. test. After the kids took the test the professors threw them into the garbage. Then they randomly selected five names from the teachers role book. They

contend that they are a contributing factor to the problem we are having in America. If anything, sports and society have developed a very powerful feedback loop. The values and attitudes of society influence an athlete's behavior, and in turn, an athlete's behavior influences the values and attitudes of society. It's an analytic cycle with one behavior reinforcing the other.

Think about how families impact upon the mindset of their members. Believe me, there is no better place to learn confidence and dignity than in your own home. Unfortunately, there is no better place to learn insecurity and self-doubt, either. Our families give us an understanding of who and what we are. I'm really a lucky person because my family taught me that I was somebody, that I could do any-

(article continued on page 68)

More From Ken Leistner

In the early days of PL USA many of my columns were deemed to be controversial and at times, offensive. Of course, since they were always honest expressions and/or observations, they usually offended only those whose foibles were being pointed out in public print. In the past few years, most of the controversy in the sport has concerned political matters. Even the drug issue, which at one time was a legitimate health concern issue among lifters, has become - to most - a political football. Having little interest in the politics of the sport, despite often being in the midst of some of it, I have had little to say that was offensive. This column may be different.

In a recent past issue of PL USA, my column noted the relative lack of rules knowledge of many lifters and the subsequent difficulties that directing them and those directing and/or adjudicating a meet. Ralph and I have held two major contests in a three week period and we received quite a bit of positive comment from the lifters, regarding the noticeable reminder that all need to know the rules of the sport. There was a major difference in the two meets. The first was our annual Memorial Day Bench Blast. Other than the fact that Ralph and I missed Memorial Day by a week and held the meet on May 31st, it was very much a business-as-usual bench press contest.

In our case, this means that lifters came from approximately eight or ten states, many national and world level performers lifted a lot of weight, and the tension level was a notch higher than any three lift meet, or deadlift meet we ever have. On June 14th, we had our annual Deadlift Classic. This meet is always well attended, in part because there aren't very many deadlift contests anywhere, and especially in our area. More so than in past years, the attendance at the bench contest was down, the result of many different organizations holding a multitude of area bench press meets.

Almost everyone who entered the deadlift contest were powerlifters, that is, they usually lift in three lift meets. Those who weren't, included olympic lifters, shotputters/discus throwers, strongman competitors, and at least two "garage guys" who lift for the fun of it. The meet ran quickly and the level of cooperation was at the highest standard. There were good lifts and bad lifts, some close lifts that received three or at least two white lights,

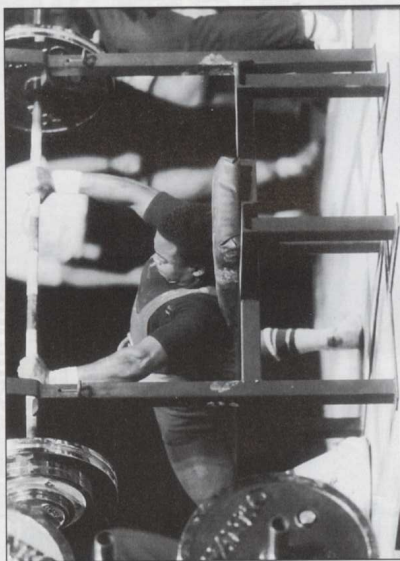
ing, or training for something other than powerlifting, such as football or track. Many bench well because it is all they do, or at least, it is the focus of what they do and they supplement this with exercises that enhance the bench press. This should not be too surprising.

In the "old days", most men trained to be strong and look good.

The program used encompassed the usual, multi-joint movements that worked the large muscular structures of the entire body. Thus, an olympic lifter might be able to bench press very well; a powerlifter, at least in the mid-1960s, could overhead press well; a typical bodybuilder was usually quite strong in all of the basic movements, as these formed the core of the program. The divergence of the various aspects of the weight sports was not so clearly demarcated. A dedicated bodybuilder might be in a lifting contest, doing the bench press, against an olympic lifter, a powerlifter "specialist", and "just guys" from the gym. The overhead press was the determining factor in declaring one's strength, not the bench press. If one on the street asked an obvious weight trained individual how strong they were, the question would be "How much can you press?" By the late 1970s, bench mania had gripped the iron arena and the standing barbell overhead press, having been dropped from olympic competition after the 1972 Olympic Games, was rarely seen. A very productive exercise that had been done by olympic lifters, powerlifters, bodybuilders, athletes, and men and women coming to train in a gym, was literally, no longer done. Instead, if any overhead pressing was done, it was seated or seated behind the neck press, the latter being a relatively dangerous exercise and one not nearly as potentially productive as the standing barbell press.

Let us not forget to point out that the seated version, especially behind the neck, is quite a bit less taxing than standing barbell presses also.

An entire generation or two has now grown up in the gyms without doing much in the way of overhead pressing and the bench press has become the valued commodity. Thus, many trainees emphasize the bench press to the exclusion of most other movements and if they specialize, they often do so in the bench press if only to have an impressive answer when one asks,



Randall Kea (ranked Number 16 on Herb Glosbrenner's All Time ADFFA list) was a great gentleman and bench presser who was just as good in three lift competition.

other close ones that got enough reds to get them turned down. One very talented but inexperienced lifter jumped onto the platform and took a weight called for another lifter. So psyched was he that he did not hear the yelling from the announcer (me) or the very experienced head judge John Bott, that it was not his turn. The options were explained to him, he took the lift, which was a significantly lighter one than he had planned, and he came back to easily pull the winning deadlift of his class on his third. Afterwards, he was apologetic that he had jumped out of order and was actually concerned that he had done something to hold up the meet. Of course, this is the type of thing that occurs in any and almost every meet, and it was no more than a temporary inconvenience to the lifter himself, and to no one else. However, that type of attitude as well as the wonderful attitude shown by almost all of the lifters both before, during and after the meet, is typical of what we see in all of our meets, except (and here's the potentially insulting part) in our bench press contests.

Many of the men and women that lift in bench press meets are not three lift powerlifters. I would not be insulting and say they are not lifters, as they certainly are; they may just be bench presser, but they work hard at

what they do and are deserving of respect for that commitment to excellence. However, the attitude that Ralph and I have seen displayed, as a general statement and certainly not as a blanket indictment of all, or even many, of those who specialize and lift only in bench meets, is one that often causes difficulty. If there are any lifters that demonstrate a certain level of commitment, again, as a general statement, they will be those that lift in bench only meets relative to those who lift in three lift or deadlift contests. If there is a greater level of arrogance and an assumption that the rules should be "stretched", "bent" or otherwise slanted in favor of the lifter, it will be at one of our bench press contests. If there is a lifter that feels that he or she has been "robbed" more likely and more frequently see it at our bench meets.

The only explanation I have for this phenomena is that many who don't usually lift or compete in a meet, eventually or occasionally enter a bench contest. Their perspectives are different. They have not made sacrifices to lift more weight in what is considered to be an organized sport, but rather, have come to "show off" a talent in an activity that they have shown a propensity for as a result of another activity. This "other activity" might be bodybuild-

Dear Dr. Leistner: I am writing you to let you know how much I enjoyed competing in your deadlift show this past Saturday. This past May I competed in a bodybuilding show and thought that I did not want to compete in my meet because I wasn't prepared. My husband and brothers convinced me to do it anyway and I am thrilled that they did. I had forgotten how well I run and how supportive your staff and gym members are. However, I remembered quickly once I stepped onto the platform for the first time. It truly was one of the best competitive events that I have participated in and I have been competing in various sports since high school. You and your staff are a credit to the powerlifting world. I was clear from your competitors how well you are respected and liked. I am sure that it is well deserved. It is a reflection of you when your top athletes are competing but find the time to be supportive and helpful to the newcomers to the sport such as myself. Again, thank you for such an enjoyable afternoon. I hope to be back next year. Only next year, I won't do a bodybuilding show a month before and perhaps I will pull 345! Sincerely, Elizabeth Picard

strong in the bench press, let us perhaps assume that some of them have a strong identification with the lift as it is tied to their ego strength. Thus, if they cannot go back to the gym with a trophy, or a first place record, or having set a personal record, they suffer and from what I have witnessed often, they get defensive. Without a true understanding of the rules, they complain and rationalize that they "got screwed" by the judges and/or the meet administrators. While at the meet, they strut a bit, because this is what they usually do at their gym, being the "big guy" or "most outrageous" facility and often are known to be gal" there.

"How much can you bench?" If one is in the gym not to train to compete in any other sport, utilizing the weights as an important adjunct to their skill training, and one is concerned about the way in which their strength will be perceived by the general public (lending credence to bench specialization), it is natural to think that one who specializes in the bench press. NOT AS A COMPETITOR SPECIFICALLY TRAINING FOR BENCH PRESS COMPETITION, but as a gym trainee who is good at it and then decides to enter a bench press meet, will have a very different perspective.

There is a difference between a bench press competitor who due to injury or preference, does only the bench press, and makes a science look better on the street, and who does little other than the bench, incline, flye or cable cross over (and many times both), barbell curls, tricep pressdowns, and has a real concern that they both bench press well and have the "right appearance". The latter are the ones most likely to come to meets with the barest understanding of the rules and then complain the loudest about every aspect of the competition. Because they are usually among the best bench pressers at their training facility and often are known to be

If this sounds harsh, it should be only to those who lift the bill. In truth, most readers of PL USA will more likely readily recognize so many they have seen in their own gyms rather than see themselves. Most bench press specialists who compete as an athlete, for lack of a better description, often do not read anything like PL USA. They already know how much they can do and that is their primary interest, not what's going on in the sport or among those who bench press only. They often are more interested in Flex or Muscle Mag, even though they consider themselves to be "bench pressers". For those who see themselves or some other member of their gym, perhaps a word to the wise will suffice. Come to lift, but come with consideration and the understanding that in any sport, it is the competitor who is better than you who pulls you to greater heights, and thus, he or she must be respected for doing that for you. For those whom you have passed, they push you further as they remind you how far you have come and they, too, are deserving of respect as they strive to reach your levels, just as you once had to strive to get to where you are now. In either case, compete as an expression of enjoyment in the activity you like so much.

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OPINION FROM LARRY MILLER:

Upon reading Mr. Keller's article in the June issue of *PL USA*, it reminded me of a recent trip to the grocery store as I passed by the Swiss cheese. If my kids ever came home with a story such as his, I'd have to ground them for a minimum of 5 years. It's unfortunate that Mr. Keller insults the intelligence of the readers of *PL USA*. I guess when you've painted yourself into a corner, your options are limited.

When you write an opinionated letter as Mr. Keller has, you should be damn sure that no one is going to rip it apart by presenting factual information. Mr. Keller made 2 points which were totally refuted by letters following Mr. Keller's article. Mr. Keller states (Repeating to the AAU logo), "Why did the ADFPA Patent office before proceeding with the publication of this name? I will answer your questions! Incompetence." Well, Mr. Keller, if you read the letter on page 55, you will see that the law firm hired by USA PL which specializes in intellectual property law had responded to the AAU's claims. Whether we win or lose will be up to the courts, but it is obvious

certain Mr. Cominos was invited to the meeting at the IPF Worlds. Mr. Cominos attitude towards the IPF was that they were not a drug free organization unlike when compared to the WDFPF. Unlike Mr. Cominos, we looked very closely at the drug testing protocol of the IPF and felt that it was sincere and approximated our own.

As far as the March 1, 1997 meeting goes, Mr. Keller discusses the USPF debt. In reference to Don Haley he says, "his excuse to justify this maneuver, was to lay all the blame on John Inzer and Peter Thorne's shoulders." It was the USPF EC that told us to our faces that since John Inzer had not turned over the books as Secretary/Treasurer, the USPF had no way of knowing the extent of their DEBT. Well, if I were Don Haley, and if I had a membership of 5,000 people, and I owed a minimum of \$20,000.00 and if the previous President and Treasurer refused to cooperate, I would, sure as hell, blame them too. Maybe you can expand on why Mr. Jeffries signed an agreement with John Inzer guaranteeing the use of his equipment beyond the year 2000 in exchange for the USPF Treasurer's books. This doesn't make sense to me. Why don't you explain the logic behind this to the USPF lifters Mr. Keller?

I am very proud to be a member of the EC of USA PL. We have a great group of dedicated, hardworking, honest individuals, and we do things very thoroughly and do not have egos that allow us to think we are experts on everything. At the March 1, 1997 meeting we informed the USPF that our legal counsel that specializes in mergers told us that if members of the USPF were placed on our EC, it could have been construed as a merger. Since the USPF did not know the extent of their debt we could not put our organization at risk. I would have gladly given up my seat to an EC member from the USPF and John Mathieu made the same offer as a USA PL member. The best we could do was to give you the opportunity to run for election in July as well as allowing your State Chairs to run for election at our State Meets. We were willing to give the USPF a number of State Chairs along with the formation of an ad-hoc committee made of USPF EC members. If you could have provided us with expert legal advice contrary to what we had, I would have bent over backwards to accommodate the USPF.

Let me first clarify that USA PL/ADFFA did not promote Mr. Haley for President of the USPF. He is not a "spy" for USA PL. Mr. Haley who had served as the Chairperson for our Referee's Committee. Mr. Haley, unlike Mr. Keller, is one of the most honest, dedicated individuals you will ever meet. Mr. Keller states "Why did Don Haley not consult the USPF EC regarding unification with the ADFPA, prior to telling the ADFPA, we are interested in the ADFPA, we are interested?" Following my letter, you will find letters from some members of the USPF EC that told us to our faces that since John Inzer had not turned over the books as Secretary/Treasurer, the USPF had no way of knowing the extent of their DEBT. Well, if I were Don Haley, and if I had a membership of 5,000 people, and I owed a minimum of \$20,000.00 and if the previous President and Treasurer refused to cooperate, I would, sure as hell, blame them too. Maybe you can expand on why Mr. Jeffries signed an agreement with John Inzer guaranteeing the use of his equipment beyond the year 2000 in exchange for the USPF Treasurer's books. This doesn't make sense to me. Why don't you explain the logic behind this to the USPF lifters Mr. Keller?

I am increasingly disgusted with what is transpiring and my affiliation with the USPF. I am only part of the organization at this time because I feel committed toward my office and I guess I feel that I may still be able to have a positive impact governing the advancement of the sport of powerlifting. I hope I am not dreaming. To Powerlifting, Don Wagmen, Ph.D., CSCS, USPF Executive Committee Member.

cc: Graham Fong.

and how he can substantiate charging lifters \$60.00 plus an additional \$10.00 for drug testing. Does the phrase, "I'm in it for the money" come to mind? And what has Mr. Keller done to promote his upcoming meet? He has indicated that his meet looks to have the greatest culmination of lifting talent the US has seen in over a decade. He has indicated that lifters will be coming out of retirement and there will be a head to head battles between USPF and ADFPA National Champions. In fact, Mr. Keller states "Official reports indicate some of the ADFPA/USA PL Federations top level lifters, will cross over and compete at this years competition." Needless

to say Mr. Keller neglected to include this official report which I have never seen. I guess if he's going to charge \$20.00/day additional mission, he'll try and attract as many spectators as possible and then laugh all the way to the bank. Unfortunately, this letter will come out after his meet has taken place. If Mr. Keller does not produce what he has promised, I hope that each and every one of you that attended his meet has the opportunity to personally speak to Mr. Keller directly.

This letter is based on fact and does not necessarily reflect the opinion of other members of USA PL Executive Committee. Sincerely, Dr. Larry (Bench Press) Miller.

May 22, 1997

Mr. John Moody, Vice President
European Powerlifting Federation

Dear Mr. Moody:

I am Billy Jack Talton, currently a member of the executive committee of the United States Powerlifting Federation (USPF). I have been informed that some of my fellow members on the USPF executive committee have claimed they were not aware of the plans that have been underway to unify the ADFPA and USPF into a new entity, USA Powerlifting. I can categorically testify to you and others involved in this process that I have been kept abreast of this unification effort from "day one." I have received numerous documents from Pete Alaniz clearly stating the actions being taken about unification. Also ADFPA president Michael Overdear has frequently provided information from the ADFPA efforts in the unification process.

My position from the onset of the unification issue has been that unification is necessary for the positive progress of powerlifting in the United States of America.

After Mr. Don Haley resigned as USPF president, because of health reasons, a telephone conference was held by the USPF executive committee with Dr. David Jefferies presiding. (Dr. Jefferies has become USPF president by virtue of his position as vice president prior to Mr. Haley's resignation). Various actions were taken in this telephone conference, one of which included a vote on unification of the USPF and the ADFPA into one organization, USA Powerlifting. A roll call vote was made and the vote to unify failed by a 4 to 3 vote margin. Dr. Dan Wagman, Mr. Sam Pardue, and I were the three executive members voting for unification.

When it became clear to the executive committee that I was one of the three executive committee members that favored unification, the majority of the executive committee that has resisted unification have excluded me from the business of the USPF executive committee. One good example of this exclusion is my lack of knowledge of the decision of the USPF and NASA (Natural Athlete Strength Association) to merge until I read on page 14 of the May, 1997 issue of *Powerlifting USA*. One would think that all the USPF executive committee members would be involved in such a major event. I was not.

The only motivation I have for remaining on the USPF executive committee is to represent the very large number of USPF powerlifters I have associated with over the past 25 years. It is my sincere belief that they deeply support a unified powerlifting federation in the United States. Sincerely, Billy/Jack Talton, USPF Executive Committee Member.

cc: Pete Alaniz, Graham Fong.

May 13, 1997

Dear Don (Haley):

In response to the question posed to you by John Moody and of which my answer is relevant, I make the following statement. As a volunteer for the federation I accepted the delegated job of keeping the USPF Executive apprised of the "unification" proposal. If memory serves me correctly, I accepted this job understanding that Lucian Gillis, Attorney and IPF Cat II, referee, also accepted the same job.

In regards to my duty, I informed the executive and lobbied for support of the proposal set forth by the attorneys. Their plan seemed to be the best method of creating an entity that would combine the membership of the former USPF and ADFPA while protecting the new federation from the liabilities associated with the USPF. That plan called for the closing of the USPF. USPF executives would have to stand down for the short period of 4 months. Within that time frame immediate state elections were to be called for leading up to the national elections in July. At that point ANY member could then run for office. This plan would have protected the new federation as it would have shown that the ailing federation was truly shut down and not simply continued under another guise. The risk there being that all liabilities, debts, judgement, etc. could follow into the new entity.

I have already provided you with phone records as proof that I did communicate with the executive. The March 1 meeting would never have been set up if the majority of the executive had not supported the proposal. With Graham Fong flying in to represent the IPF, this would have been an idiotic move.

I would also like to make several other points. Three USPF executives, Dr. Billy Jack Talton, Dr. Dan Wagman and Sam Pardue STILL support the plan. Also, Graham Fong was witness to an event regarding a USPF executive and my role as a liaison. On Sunday, March 2 after the disastrous meeting, Buddy Duke and Sam Pardue pulled Graham Fong and myself aside. The message was that they felt that Dave Jeffrey had his own agenda and they didn't support it. They did not want the situation to end this way. Buddy asked what could be done. I suggested the following plan.

- (1) Any executive can call a meeting as long as he has a majority of the executives supporting him. Call a meeting.
- (2) With a majority of the executive vote out the dissenting members. It is a legal move and no just cause is required as long as a majority supports the move.
- (3) Vote to honor the original proposal.

In front of Graham Fong, I again explained the entire plan. Now the USPF executive would have to stand down for 4 months, elections, etc. Buddy professed to understand and support it. With the request for the new meeting, to try and correct what happened March 1, a new meeting was called for on Tuesday March 4. When the votes were cast Buddy Duke cast a "NAY" vote despite his profession of understanding and support in front of Graham Fong. I stand by my statement that I presented the entire plan to the executive honestly, lobbied and helped secure a majority support of the proposal. USA Powerlifting, formerly the ADFPA, agreement. Our executives did not.

Respectfully, PM Alaniz.

copy: John Moody, Graham Fong.

It is incredible to me that Mr. Keller feels by submitting a letter he can make himself appear to be the saviour and make everyone else the bad guy. I can't believe any individual would submit an article with so many unsubstantiated and erroneous claims. I give you an A for attend his upcoming National Meet

being cute but you fall terrible in stating facts. Lastly, I was hoping that Mr. Keller could explain how such a person of high integrity, can legitimize charging spectators as well as lifter's coaches, \$20.00 per day to attend his upcoming National Meet

5-19-97
John Moody,
VP European Powerlifting Federation.

Dear John

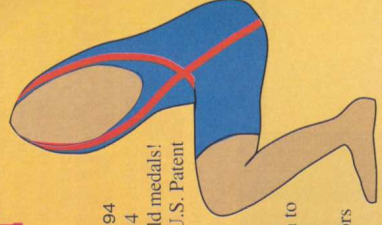
It has come to my attention that certain individuals on the USPF EC have claimed unawareness regarding the plans to unify with the ADFPA USA PL. I am not sure how they can make this claim. I was kept abreast of the developments by Pete Alaniz, Don Haley, and Lucian Gillis throughout. In fact, I believe that I had enough information to even now, or should I say especially now, believe that I made the right decision in voting to unify our tow USA-based organization.

Though I am not sure if you are aware of Robert Keller's statements in the latest issue of *Power Hotline*, let me assure you that I in no way support his comments against the IPF and President Fong. Indeed, I was never consulted regarding hiring a lawyer nor the talks toward an umbrella organization to be formed with NASA. All this has taken place on the initiative of Robert Keller and Dave Jeffrey alone. The EC was never consulted as a whole in either regard and ever formally voted on this issue. I may also add that, if polled, you would find that not all members of the USPF EC agree or condone the latest developments.

On a personal note, I am increasingly disgusted with what is transpiring and my affiliation with the USPF. I am only part of the organization at this time because I feel committed toward my office and I guess I feel that I may still be able to have a positive impact governing the advancement of the sport of powerlifting. I hope I am not dreaming. To Powerlifting, Don Wagmen, Ph.D., CSCS, USPF Executive Committee Member.

cc: Graham Fong.

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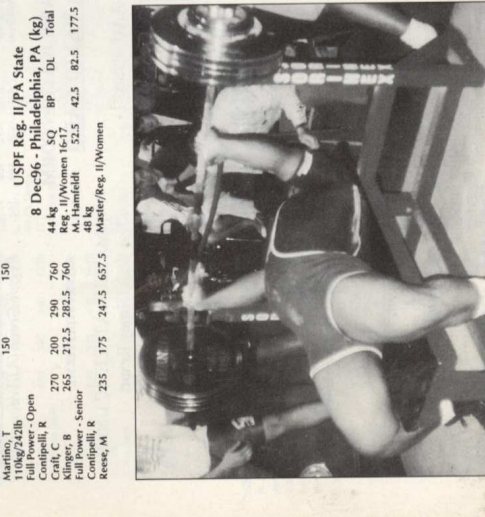
TEAM



Bob Chorovia (left) and his son Brian set American single lift bench press records at the USPF Region II/Pennsylvania State Open Powerlifting/Bench Press Championships. Bob is 55 years of age and son Brian is 23. P.S. Neither Bob nor Brian wore a shirt for benching (Keller)

Class	SQ	BP	DL	TOT
67.5kg/148lb				
Open	110	270	200	760
Bench Press - Senior			255	190
Bench Press - Open			200	240
115				
Open	195	285	215	795
Bench Press - Senior			220	205
Bench Press - Open			170	270
127.5				
Open	215	315	240	870
Bench Press - Senior			285	195
Bench Press - Open			220	265
145				
Open	260	360	280	900
Bench Press - Senior			300	200
Bench Press - Open			240	260
160				
Open	320	420	330	1070
Bench Press - Senior			360	210
Bench Press - Open			300	270
172.5				
Open	350	450	360	1160
Bench Press - Senior			400	220
Bench Press - Open			340	280
190				
Open	400	500	400	1300
Bench Press - Senior			440	230
Bench Press - Open			380	290
210				
Open	450	550	450	1450
Bench Press - Senior			500	240
Bench Press - Open			440	300

Class	SQ	BP	DL	TOT
8 Dec 96 - Philadelphia, PA (kg)				
Reg. II/Women 16-17				
Open	52.5	32.5	42.5	82.5
150				
Open	100	60	75	235
Bench Press - Senior			70	175
Bench Press - Open			50	125
125				
Open	150	90	100	340
Bench Press - Senior			80	190
Bench Press - Open			60	140
150				
Open	175	110	115	400
Bench Press - Senior			95	215
Bench Press - Open			75	165
175				
Open	200	125	120	445
Bench Press - Senior			105	230
Bench Press - Open			85	175



Robert Thomas of the Pittsburgh PD benches 573 on a 3rd attempt in the 275 lb. class, "made with ease" (photograph courtesy R. Keller)

Class	SQ	BP	DL	TOT
8 Dec 96 - Philadelphia, PA (kg)				
Reg. II/Men 16-17				
Open	110	70	85	265
Bench Press - Senior			65	195
Bench Press - Open			55	145
127.5				
Open	140	90	105	335
Bench Press - Senior			75	210
Bench Press - Open			60	165
145				
Open	170	110	115	395
Bench Press - Senior			90	225
Bench Press - Open			70	175
160				
Open	200	130	130	460
Bench Press - Senior			100	240
Bench Press - Open			80	185
172.5				
Open	230	150	145	525
Bench Press - Senior			110	265
Bench Press - Open			90	205
190				
Open	270	175	175	620
Bench Press - Senior			125	295
Bench Press - Open			100	220
210				
Open	320	210	200	730
Bench Press - Senior			140	315
Bench Press - Open			115	235

Class	SQ	BP	DL	TOT
8 Dec 96 - Philadelphia, PA (kg)				
Reg. II/Men 16-17				
Open	110	70	85	265
Bench Press - Senior			65	195
Bench Press - Open			55	145
127.5				
Open	140	90	105	335
Bench Press - Senior			75	210
Bench Press - Open			60	165
145				
Open	170	110	115	395
Bench Press - Senior			90	225
Bench Press - Open			70	175
160				
Open	200	130	130	460
Bench Press - Senior			100	240
Bench Press - Open			80	185
172.5				
Open	230	150	145	525
Bench Press - Senior			110	265
Bench Press - Open			90	205
190				
Open	270	175	175	620
Bench Press - Senior			125	295
Bench Press - Open			100	220
210				
Open	320	210	200	730
Bench Press - Senior			140	315
Bench Press - Open			115	235

Robert Thomas of the Pittsburgh PD benches 573 on a 3rd attempt in the 275 lb. class, "made with ease" (photograph courtesy R. Keller)

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| Beth Grater | John Arenberg |
| Donna McKinney | Tim Taylor |
| Sue Stephens | Wade Hooper |
| Kelli | Scott Siegel |
| Bettina Altizer | Dan Austin |
| Betsy Ojane | Gene Bell |
| Cindy Regan | Rob Wagner |
| Juanita Trujillo | Jeff Douglas |
| Paul Springer | Kirk Karwoski |
| Hank Hill | Sean Culnan |



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

THE GUARANTEE

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

THE VICTOR

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

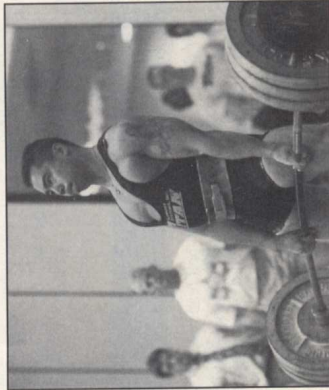
CUSTOM TAILORED SUIT

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

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

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

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



Ray Benemerito;
1906 lb. total
@ 1811 Multi World
Record Holder and
World Champion

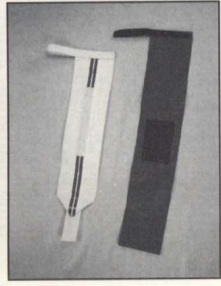
KNEE WRAPS



RED DEVILS – One of the most supportive, tightest wraps ever! White with Red Stripes. **\$15.95/pr.**

RADICAL REDS – Solid red wrap. Why pay more for the same wrap when you don't have to! **\$14.95/pr.**

WRIST WRAPS



RED DEVILS:
6 Month Guarantee!
Features Titan stitching (not inferior straight stitching), original Red Devil material, thumb loop and Aplix (30% stronger than Velcro). White w/red stripes.

Radical Red Wrist Wrap (Solid Red) \$8.95

Standard length \$10.95 (pr.)

IPF 50cm 11.95

Mid Length 24" 12.95

Full Length 36" 14.95

SINGLETTS

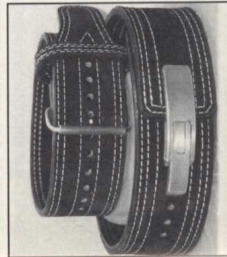


TITAN POWER SINGLETTS
NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting. Legal in all federations and RAW meets.
Black, Royal Blue & Gold

\$20.00 (Add \$4.00 for logo)

(Kirk Karwoski, 771 lb. deadlift)

BELTS



COMPETITION buckle belts feature stainless steel seamless roller & full leather buckle foldover.

LEVER belts feature Hi-Tech patented lever for maximum tightness and easy on/off application.

All belts feature USA steerhide and suede, 1" holes, 6 rows of stitching.

▶ **Black, Royal Blue, Red**

\$70.00

SAFE'S SQUAT SHOES



CONTENDER:

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

\$99.00

Other Products



- CHALK:** 1 lb. \$8.00
- AMMONIA CAPS:** 4.00
- Box of 10** 5.50
- SPRING COLLARS:** 21.50
- DIP BELT:**
- TRAINING BELTS:** 22.50
- 4 x 2 1/2" 25.00
- 4 x 4" \$189.00

TEXAS POWER BAR: Lifetime guarantee!

SUIT SLIPONS: set into suits easier! give weight

BRIEFS: Titan quality and performance 15.50

DUAL QUAD BRIEFS: Patented Harness Design 25.00

DEADLIFT SLIPPERS: Low profile, rubber soled 5.00

GRRIP: Silica compound grip enhancer! 8.95

LIFTING STRAPS: 1.5", 2", heavy duty & leather 8.75

Titan T'S AND TANK TOPS: 3 color logo 44.95

ADIDAS DEADLIFT SHOES: Gummed rubber soled 19.50

TRICEP ROPE: Great for cable work 95.00

DEADLIFT HELPER: 1.25" square steel construction 95.00

SERPA P/L EQUIPMENT: Call or write for filer

Call

ORDER FORM

ITEM	Color	Size	Quar- tality	Price
	1st	Alt.		
Hi or Low Cut _____ Shipping & Handling \$5.00				
Overseas add 30% Air _____				
CUSTOM SUIT <input type="checkbox"/> Reg. <input type="checkbox"/> Meet <input type="checkbox"/> Comp _____				
Male <input type="checkbox"/> Female <input type="checkbox"/> Style A <input type="checkbox"/> Style B <input type="checkbox"/> Dual Quad _____				
Tx. Res. add 7.75% Tax _____				
Total _____				
Height _____ Weight _____ Leg (Largest part) _____				
Hips (Buttocks) _____ Overall (TOP OF TRAP TO & BELOW CROTCH) _____				

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA
1-800-627-3145 • 512-991-6749 • FAX 512-991-9470
 Visa, MC, Amex, Discover, COD

Comes With The Only True Performance Guarantee In The Industry!

Every Time You Put On A Gold Medal™ SuperSuit® You Literally Wrap Yourself In Power, And Experience the Best Squatting Suit Ever Made!

Announcing Marathon's Gold Medal™ Super Suit® — The First Anatomically Correct Lifting Suit Designed To Deliver Explosive Strength To Your Body's "Axis Of Power", Like No Other Suit Can.

And It Comes With An Unheard-Of Guarantee: If you're not 100% satisfied with your Gold Medal™ SuperSuit® ... if it's not the best suit you've ever worn...or if it doesn't give you repeated high performance...then you may return it for a complete refund of every penny you paid, including shipping.

All Suits Shipped 2nd Day Air! Order Today And We'll Ship Your Gold Medal™ SuperSuit® By Second Day Air At No Extra Cost, So You'll Be Squatting Even More Weight Just A Few Short Days From Now!

You'll feel the difference the moment you put it on. It's tighter. Stronger. And much more durable.

Then, go ahead...do a few reps with it on. You'll feel how it literally wraps you in power. You'll realize the difference throughout the full range of the squat—from the very beginning of the lift, to the tremendous support you receive at the bottom of the lift, to the finish of the lift—a never before felt type of squat support, and without any undue discomfort in the upper body.

This is the kind of strength, support, and comfort that you've never gotten from any other lifting suit. Bottom line: You'll squat better in this suit than in any other suit. Period.

Why? Because you're wearing the new Gold Medal SuperSuit, Marathon's newest technological development in the science and art of powerlifting suits—a science that originated with Marathon over 17 years ago and has been continually advanced by Marathon ever since.

And we back this suit up with the only true performance guarantee ever offered to you on a lifting suit. That is, if this is not the best lifting suit you've ever worn, just return it for a full refund.

As you'll see, the Gold Medal SuperSuit sets a new standard in powerlifting performance, just as Marathon's lifting suits have done for years.

Why the NEW Gold Medal SuperSuit Is Different From All Other Lifting Suits Ever Made

Without a doubt, Marathon's new Gold Medal SuperSuit™ is the most technologically superior suit you can

buy. It's the first lifting suit utilizing our new special fabric, which is anatomically designed to deliver maximum strength to the body's "Axis Of Power", throughout the entire range of the squat. What does this mean? It's very simple.

What we've termed the Axis of Power are the three critical areas of your body that are used in the squat (and, for that matter, the deadlift also). These three areas are: 1) the lower back; 2) the gluteus and hip area; and 3) the hamstring and thigh area.

Quite simply, the more support you can get in the Axis of Power, the more you can lift. That's because the power-knit™ fabric literally wraps each of these critical areas in power. This is what the Gold Medal SuperSuit's fabric was anatomically designed to do...to provide you with never before realized support in these critical areas.

Let us show you why. . . .

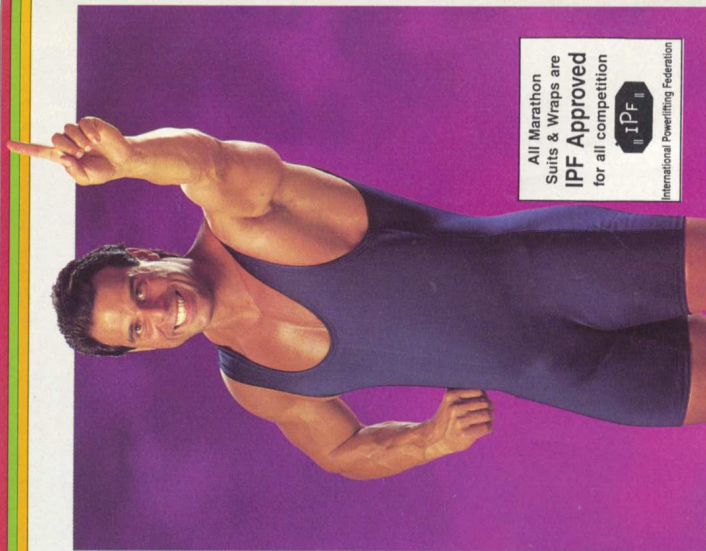
The First Fabric With "Memory"

Over the years, the lifting suit market has been plagued with polyester substitutes of varying degrees of quality. Those fabrics are not designed for the purpose of powerlifting. As a matter of fact, once they stretch they tend *not* to come back to their tight fitting shape. Therefore, their use is limited as is their wear potential—no matter how many seams these manufacturers put in their product.

However, the fabric employed in Marathon's lifting suits has always been designed specifically for powerlifting. And the Gold Medal SuperSuit greatly improves on this tradition with the most advanced fabric ever developed. With over three years in development, working very closely with the best minds in the textile industry, we developed a fabric that is so unique, we had to coin a new term for it: "power-knit™ fabric."

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



All Marathon Suits & Wraps are IPF Approved for all competition



International Powerlifting Federation

Marathon's Gold Medal™ SuperSuit® \$39.95
"The new standard of lifting excellence."

Please rush me the following:

GOLD MEDAL™ SUPER SUIT® Black Navy Royal Scarlet Blue Blue Blue

Color: Indicate 1st, 2nd and 3rd choice by numbering the boxes. On all orders please include height, weight, chest, waist, and thigh measurements, so we can fit you properly. If you're certain of your size (indicate in appropriate column of order form) sizes available are from 24-52, in even sizes.

Size: To insure proper fit please include measurement on all orders

Male Female Height Weight Chest Waist Thigh

Item	Size	Qty.	Price	Ext
			Shipping	\$5.00
			TOTAL	

ADD CALIFORNIA SALES TAX, IF APPLICABLE
Checks, Money Order, C.O.D.
All Prices Subject to Change Without Notice

DICKER **VISA** **MARATHON**

Name Check here if new address

Address new address

City State Zip Exp. Date

Discover Card MC VISA Card No.

Signature Phone ()

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 8 1/2% sales tax. Add \$5.00 Shipping, C.O.D. Accepted.

California residents add 7 1/4% sales tax, L.A. County residents add 9 1/4% sales tax.

An Unheard-Of TRIPLE GUARANTEE

At Marathon, we've decided to give you an unheard-of TRIPLE Guarantee that puts our money where our mouth is. It's this...

1) **The Performance Guarantee**—The first (and probably never matched) performance-based guarantee for a lifting suit. Simply put, if you're not totally satisfied with the Gold Medal SuperSuit—if you don't find that it's the best suit you've ever worn, or if it doesn't give you repeated high performance, or if you're not satisfied with its construction—you can return it within 45 days for a complete refund of every penny you paid, including shipping.

2) **2nd Day Air Delivery Guarantee**—We guarantee that your Gold Medal SuperSuit will be shipped to you by UPS Second Day Air (Blue Label) at no extra charge, so you'll be squatting even more weight just a few short days from now.

3) **Shipment Guarantee**—Furthermore, we guarantee that if we can't fill your order by shipping the size you need when you order, we'll give you an automatic 25% discount off the price when your suit is shipped.

Order Yours Today!

With our Triple Guarantee, you have nothing to lose by ordering your suit today. And since we'll send your suit by Second Day Air, you won't even have to wait to try it.

To order, simply call the toll-free number shown below, or fill out the order form. If you phone in your order today, you'll have your suit within 2-3 days. And not a moment too soon.

1-800-321-5064

Clip Order Form and Mail Today!
Marathon Distributing Company
1229 Via Landeta

Palos Verdes Estates, CA 90274
1-310-519-7111

Marathon®
Distributing Company

Something Amazing Happened on the Way to the Platform and Its Just as True Today as When It First Happened Two Years Ago.

They Threw Away Their Favorite Kneewraps And Switched To Marathon's New Kneewraps—Just Before The Competition!

DATELINE: LAS VEGAS, NV—1989 SENIOR NATIONAL MENS AND WOMENS POWERLIFTING CHAMPIONSHIPS. As you know, it's simply unheard of for world class powerlifters to change *any part* of their equipment just prior to a competition. But that's exactly what happened here at the Senior National Powerlifting Championships when George Zangas—owner of Marathon Distributing Company—introduced the amazing DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewrap to many of the lifters before their warm-ups.

Just imagine the best male and female powerlifters in the country putting on Marathon's new DOUBLE GOLDLINE™ kneewraps, doing a couple of warm-ups and immediately throwing away their "trusted" kneewraps—the ones they came prepared to compete with! Why did they throw their old wraps away? Simple. These experienced lifters *instantly* recognized the superior performance and quality of the DOUBLE GOLDLINE™. So they decided to use them in their three squat attempts during the actual competition!

The end result: Believe it or not, the DOUBLE GOLDLINES™ allowed them to squat more weight, with better form!

These amazing results have led Marathon Distributing Company to make the following guarantee: If you don't find Marathon's DOUBLE GOLDLINE™ SUPERWRAP® 10 to be the best kneewrap you've ever worn, just return them and Marathon will promptly refund *every penny you paid*—including shipping and handling charges—with no questions asked!

What Makes This Kneewrap So Special?

Here's why Marathon's new DOUBLE GOLDLINE™ SUPERWRAP® 10 is so powerful.

• **THE BEST PERFORMING KNEEWRAPE EVER!** Marathon Distributing Company has developed a special manufacturing technology that not only provides the most outward tension, but also the greatest "comeback™" of any wrap on the market! This exclusive "comeback™" quality gives the DOUBLE GOLDLINE™ 10 kneewrap its superior performance and is the key to greater squatting.

• **LONG LASTING, HIGH-QUALITY!**

The high quality materials used in the DOUBLE GOLDLINE™ kneewrap will provide consistently higher performance—better than any other kneewrap available!

• **UNEQUALLED COMFORT!**

An added plus is that the DOUBLE GOLDLINE™ kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

With all this, it's no wonder that after the competition the competitors said the DOUBLE GOLDLINE™ SUPERWRAP® 10 is the best performing kneewrap they've ever worn!

Marathon®
Distributing Company



The DOUBLE GOLDLINE™ SUPERWRAP® 10: The best-selling kneewrap in the world since the day Marathon introduced it. Look for the Marathon trademarks! Don't accept substitutes!

DOUBLE GOLDLINE™ Superwrap® 10

A product of Marathon Distributing Company

As mentioned earlier, Marathon guarantees your satisfaction or your money back! So send for your pair of DOUBLE GOLDLINE™ SUPERWRAP® 10 today. You've got nothing to lose, and your squatting ability will improve like never before.!

1 pair \$17.95 2 pair \$31.95

To order your DOUBLE GOLDLINE™ SUPERWRAP® 10 kneewraps, just call TOLL-FREE 1-800-321-5064 for immediate service. MasterCard, Visa and C.O.D.'s are accepted. If you wish to order by mail, use the convenient order form on the following page.

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High Performance Kneewrap

Superwrap® 10 Goldline™

A product of Marathon Distributing Company

The only kneewrap that out-performs the original GoldLine™ Kneewrap is our own new DOUBLE GOLDLINE™ Superwrap® 10. Goldline features heavy gauge material that gives you greater rebound for squatting the heaviest weights. Outstanding durability and comfort are also hallmarks of this top performing kneewrap.

1 pair \$15.95 3 pair \$39.95 (you save \$7.90)

Superwrap® 10

Superwrap® 10 is the original breakthrough in strength and knee joint protection. It gives you great rebound for explosive starts for squatting the heaviest weights.

1 pair \$13.95 3 pair \$34.95

Superwrap® 2

Superwrap® 2 designed for long-lasting wear and for squatting heavy weights.

1 pair \$11.00 3 pair \$28.00

Superwrap® 3

Made from a strong elastic material with a soft cotton lining so that the wrap will not pinch the skin.

1 pair \$11.00 3 pair \$28.00

All Marathon Suits & Wraps are IPF Approved for all competition



HEAVY-DUTY HIGH PERFORMANCE WristWrap™

A product of Marathon Distributing Company

Marathon introduces, for the first time, a full-length (36"), high performance wrist wrap with velcro® bindings.

For benching, squatting, or deadlifting, nothing matches the support of the new full-length, heavy-duty wristwrap, and the convenience of velcro® tie downs.

HEAVY-DUTY HIGH PERFORMANCE WRISTWRAP

1 pair \$11.95 3 pair \$28.95 (you save \$6.90)
THE ORIGINAL HIGH PERFORMANCE WRIST WRAP
1 pair \$9.95 3 pair \$23.95



Convenient thumb loop makes wrapping easy!

The Blast Shirt

BY INZER ADVANCED DESIGNS

A support system for bench pressing that's so revolutionary, it's the only one ever to receive a U.S. patent (No. 4473908).

- Will increase your bench press the moment you put it on
- Excellent for the overload training necessary for developing "the big bench"
- Proven in world record-setting competition to be the finest bench shirt ever made
- Guaranteed against blow-outs a full 5 weeks from the date received
- All orders shipped within 24 hours

The Blast Shirt \$38.00

Order Today! All Orders Shipped Within 24 Hours! TOLL FREE 1(800)321-5064

Please rush me the following:

The Blast Shirt \$38.00 Back Royal Blue new address
Indicate size or related measurements of
shoulder chest arm

Name _____ Phone () _____
Address _____
City _____ State _____ Zip _____
 MC VISA Card No. _____ Exp. Date _____

Clip Order Form and Mail Today!
Marathon Distributing Company
1229 Via Landeta
Palo Verde Estates, CA 90274

Marathon
DISTRIBUTING COMPANY INCORPORATED
1(310)519-7111

C.O.D.



Item	Size	Qty.	Price	Ext
Shipping				\$5.00
Add California Sales Tax if Applicable				TOTAL

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All Prices Subject to Change Without Notice



Part of the Pacific Power Outlaws Men's Team: left to right Rich Shoenberger, Martin Drake, Bob Dunham, and Mitch Owen (Drake)

Milligan has few rivals. This National Cup was his first... it is no longer a throw away... 275 class. Second behind... effects of drugs... captured his first National Title...

is simply the best 115 pounder in the world... He dominated the AAU and USPF Nationals... on at 114 and 121 respectively... The 1987 USPF Nationals... 1985 USPF National Squat Championship...

winners Master Outlaw Mitch Owen powered... South combined at 148 and 165... 374 at 148 and Craig Graham's 402 at 165... 181... 198 Military class, represented a huge im-

provement over last year... 407 not only took the Novice 198 class, but also... 242 crown. National Champion Rocky Indino's... 369 (Nov) bested Sany's 341... 198 Military class, represented a huge im-

148 was epic. After the first attempts Shane Lee... 170 in taking the Novice class... the Moreno-Villalva-Dimitriou Club... community leaders Barbara Baxter approached...

Ed Schager decided to go with his opener to 341... 242 crown. National Champion Rocky Indino's... 369 (Nov) bested Sany's 341... 198 Military class, represented a huge im-

in his first year... 198 Military class, represented a huge im-... 407 not only took the Novice 198 class, but also... 242 crown. National Champion Rocky Indino's...

in his first year... 198 Military class, represented a huge im-... 407 not only took the Novice 198 class, but also... 242 crown. National Champion Rocky Indino's...

USPF American Record holder Phil Pirasi brought... 170 in taking the Novice class... the Moreno-Villalva-Dimitriou Club... community leaders Barbara Baxter approached...

Ed Schager decided to go with his opener to 341... 242 crown. National Champion Rocky Indino's... 369 (Nov) bested Sany's 341... 198 Military class, represented a huge im-

in his first year... 198 Military class, represented a huge im-... 407 not only took the Novice 198 class, but also... 242 crown. National Champion Rocky Indino's...

in his first year... 198 Military class, represented a huge im-... 407 not only took the Novice 198 class, but also... 242 crown. National Champion Rocky Indino's...

Table with 4 columns: Name, Age, Weight Class, and Record. Lists athletes from AAU North American Bench Press and Special Olympians, including names like A Franke, Open, H Pham, T Orrozco, etc.

APA Kent Harriman Memorial 12 Apr 97 - St. Petersburg, FL

Women's Team	SQ	BP	DL	TOTAL
US	102.5	167.5	145	415
CAZ	45	70	160	275
165	215	80	230	525
Team	195	85	195	475
J. Reginald	240	135	295	640
132	200	195	380	865
G. Palmer	290	235	335	820
M. Arroyo	330	215	375	885
165	375	215	415	1005
J. Humphrey	400	255	355	1010
165	440	295	390	1125
M. Harris	485	385	485	1355
A. Tellez	530	435	530	1495
181	575	480	575	1630
165	620	525	620	1765
M. Tellez	665	570	665	1900
181	710	615	710	2035
J. Reginald	755	660	755	2170
181	800	705	800	2305
R. Jones	845	750	845	2440
B. Ramos	890	795	890	2575
E. Norris	935	840	935	2710
J. DeLaney	980	885	980	2845
181	1025	930	1025	2980
J. DeLaney	1070	975	1070	3115
181	1115	1020	1115	3250
M. Tellez	1160	1065	1160	3385
181	1205	1110	1205	3520
C. Banks	1250	1155	1250	3655
181	1295	1200	1295	3790
A. Harris	1340	1245	1340	3925
181	1385	1290	1385	4060
C. King	1430	1335	1430	4195
181	1475	1380	1475	4330
M. Tellez	1520	1425	1520	4465
181	1565	1470	1565	4600
181	1610	1515	1610	4735
M. Tellez	1655	1560	1655	4870
181	1700	1605	1700	5005
181	1745	1650	1745	5140
M. Tellez	1790	1695	1790	5275
181	1840	1740	1840	5410
181	1885	1785	1885	5545
181	1930	1830	1930	5680
181	1975	1875	1975	5815
181	2020	1920	2020	5950
181	2065	1965	2065	6085
181	2110	2010	2110	6220
181	2155	2055	2155	6355
181	2200	2100	2200	6490
181	2245	2145	2245	6625
181	2290	2190	2290	6760
181	2335	2235	2335	6895
181	2380	2280	2380	7030
181	2425	2325	2425	7165
181	2470	2370	2470	7300
181	2515	2415	2515	7435
181	2560	2460	2560	7570
181	2605	2505	2605	7705
181	2650	2550	2650	7840
181	2695	2595	2695	7975
181	2740	2640	2740	8110
181	2785	2685	2785	8245
181	2830	2730	2830	8380
181	2875	2775	2875	8515
181	2920	2820	2920	8650
181	2965	2865	2965	8785
181	3010	2910	3010	8920
181	3055	2955	3055	9055
181	3100	3000	3100	9190
181	3145	3045	3145	9325
181	3190	3090	3190	9460
181	3235	3135	3235	9595
181	3280	3180	3280	9730
181	3325	3225	3325	9865
181	3370	3270	3370	10000
181	3415	3315	3415	10135
181	3460	3360	3460	10270
181	3505	3405	3505	10405
181	3550	3450	3550	10540
181	3595	3495	3595	10675
181	3640	3540	3640	10810
181	3685	3585	3685	10945
181	3730	3630	3730	11080
181	3775	3675	3775	11215
181	3820	3720	3820	11350
181	3865	3765	3865	11485
181	3910	3810	3910	11620
181	3955	3855	3955	11755
181	4000	3900	4000	11890
181	4045	3945	4045	12025
181	4090	3990	4090	12160
181	4135	4035	4135	12295
181	4180	4080	4180	12430
181	4225	4125	4225	12565
181	4270	4170	4270	12700
181	4315	4215	4315	12835
181	4360	4260	4360	12970
181	4405	4305	4405	13105
181	4450	4350	4450	13240
181	4495	4395	4495	13375
181	4540	4440	4540	13510
181	4585	4485	4585	13645
181	4630	4530	4630	13780
181	4675	4575	4675	13915
181	4720	4620	4720	14050
181	4765	4665	4765	14185
181	4810	4710	4810	14320
181	4855	4755	4855	14455
181	4900	4800	4900	14590
181	4945	4845	4945	14725
181	4990	4890	4990	14860
181	5035	4935	5035	14995
181	5080	4980	5080	15130
181	5125	5025	5125	15265
181	5170	5070	5170	15400
181	5215	5115	5215	15535
181	5260	5160	5260	15670
181	5305	5205	5305	15805
181	5350	5250	5350	15940
181	5395	5295	5395	16075
181	5440	5340	5440	16210
181	5485	5385	5485	16345
181	5530	5430	5530	16480
181	5575	5475	5575	16615
181	5620	5520	5620	16750
181	5665	5565	5665	16885
181	5710	5610	5710	17020
181	5755	5655	5755	17155
181	5800	5700	5800	17290
181	5845	5745	5845	17425
181	5890	5790	5890	17560
181	5935	5835	5935	17695
181	5980	5880	5980	17830
181	6025	5925	6025	17965
181	6070	5970	6070	18100
181	6115	6015	6115	18235
181	6160	6060	6160	18370
181	6205	6105	6205	18505
181	6250	6150	6250	18640
181	6295	6195	6295	18775
181	6340	6240	6340	18910
181	6385	6285	6385	19045
181	6430	6330	6430	19180
181	6475	6375	6475	19315
181	6520	6420	6520	19450
181	6565	6465	6565	19585
181	6610	6510	6610	19720
181	6655	6555	6655	19855
181	6700	6600	6700	19990
181	6745	6645	6745	20125
181	6790	6690	6790	20260
181	6835	6735	6835	20395
181	6880	6780	6880	20530
181	6925	6825	6925	20665
181	6970	6870	6970	20800
181	7015	6915	7015	20935
181	7060	6960	7060	21070
181	7105	7005	7105	21205
181	7150	7050	7150	21340
181	7195	7095	7195	21475
181	7240	7140	7240	21610
181	7285	7185	7285	21745
181	7330	7230	7330	21880
181	7375	7275	7375	22015
181	7420	7320	7420	22150
181	7465	7365	7465	22285
181	7510	7410	7510	22420
181	7555	7455	7555	22555
181	7600	7500	7600	22690
181	7645	7545	7645	22825
181	7690	7590	7690	22960
181	7735	7635	7735	23095
181	7780	7680	7780	23230
181	7825	7725	7825	23365
181	7870	7770	7870	23500
181	7915	7815	7915	23635
181	7960	7860	7960	23770
181	8005	7905	8005	23905
181	8050	7950	8050	24040
181	8095	7995	8095	24175
181	8140	8040	8140	24310
181	8185	8085	8185	24445
181	8230	8130	8230	24580
181	8275	8175	8275	24715
181	8320	8220	8320	24850
181	8365	8265	8365	24985
181	8410	8310	8410	25120
181	8455	8355	8455	25255
181	8500	8400	8500	25390
181	8545	8445	8545	25525
181	8590	8490	8590	25660
181	8635	8535	8635	25795
181	8680	8580	8680	25930
181	8725	8625	8725	26065
181	8770	8670	8770	26200
181	8815	8715	8815	26335
181	8860	8760	8860	26470
181	8905	8805	8905	26605
181	8950	8850	8950	26740
181	8995	8895	8995	26875
181	9040	8940	9040	27010
181	9085	8985	9085	27145
181	9130	9030	9130	27280
181	9175	9075	9175	27415
181	9220	9120	9220	27550
181	9265	9165	9265	27685
181	9310	9210	9310	27820
181	9355	9255	9355	27955
181	9400	9300	9400	28090
181	9445	9345	9445	28225
181	9490	9390	9490	28360
181	9535	9435	9535	28495
181	9580	9480	9580	28630
181	9625	9525	9625	28765
181	9670	9570	9670	28900
181	9715	9615	9715	29035
181	9760	9660	9760	29170
181	9805	9705	9805	29305
181	9850	9750	9850	29440
181	9895	9795	9895	29575
181	9940	9840	9940	29710
181	9985	9885	9985	29845
181	10030	9930	10030	29980
181	10075	9975	10075	30115
181	10120	10020	10120	30250
181	10165	10065	10165	30385
181	10210	10110	10210	30520
181	10255	10155	10255	30655
181	10300	10200	10300	30790
181	10345	10245	10345	30925
181	10390	10290	10390	31060
181	10435	10335	10435	31195
181	10480	10380	10480	31330
181	10525	10425	10525	31465
181	10570	10470	10570	31600
181	10615	10515	10615	31735
181	10660	10560	10660	31870
181	10705	10605	10705	32005
181	10750	10650	10750	32140
181	10795	10695	10795	32275
181	10840	10740	10840	32410
181	10885	10785	10885	32545
181	10930	10830	10930	32680
181	10975	10875	10975	32815
181	11020	10920	11020	32950
181	11065	10965		

Strong Arm Of The Law BP Classic



George Cole (left) of the Passaic County Sheriff's Department in New Jersey, with his teammates in the background and Meet Director Bryan McMahon at his right. (Photograph taken by Erica McMahon)

Table with columns for names and scores. Includes names like C. Blakes, L. E. Haakonen, and scores such as 125, 65, 122.5, 317.5.

ADFEPA Superstars BP Competition

Table with columns for names and scores. Includes names like D. Taylor, J. Fenney, and scores such as 285, 160, 330, 775.

AAU Regional UALR Championship

Table with columns for names and scores. Includes names like J. Blanton, C. Blount, and scores such as 470, 315, 500, 1325.

Central Arkansas Barbell Club



Regionals: Jeff Billman (above) Kye, Mike Treat, and Christine Alongi. (courtesy of Larry Kye)

Table with columns for names and scores. Includes names like J. Blanton, C. Blount, and scores such as 470, 315, 500, 1325.

Strong Arm Of The Law BP Classic

Table with columns for names and scores. Includes names like J. Blanton, C. Blount, and scores such as 470, 315, 500, 1325.

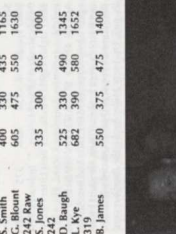
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Table with columns for names and scores. Includes names like J. Blanton, C. Blount, and scores such as 470, 315, 500, 1325.

One KILOGRAM equals 2.2046 Pounds. For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Large table with columns for names and scores. Includes names like D. Owey, L. Sherman, J. Blanton, and scores such as 220, 140, 145, 505.

lent facility! It has been my family's privilege to partake of Tom Colaband and family's goodness through Over The Rainbow and The Essence Way - a most unique concept.

Also discussed were nutritional issues as it pertains to health and to my disease particularly. My wife, an RN who is Oncology certified also suffers from an autoimmune disorder called Addison's Disease - a multiple endocrine failure disorder. President Kennedy also suffered from several adrenal crises as has my wife.

The second facet discussed was spiritual in nature. Those with rare disorders and terminal illnesses begin to view life from a mortal perspective with more acuity. Sharing this with others and vice versa helps to strengthen us and raise us to a higher level of consciousness and spirituality. Over The Rainbow has been a great help to our family and I am deeply grateful.

The combination of physical rest, spiritual renewal, and becoming informed of natural foods and healthy/nutritional supplements and their purpose from Over The Rainbow has elevated my perspective of knowledge and wisdom. This attitudinal metamorphosis, I believe, will greatly assist me in taking greater control over my disease - scleroderma - and eventually my fate. I am grateful to Tom, Paul, Greg, Steve, Wayne and their wives for taking time of their own volition to edify me with THEIR knowledge and wisdom.

May their examples and efforts continue to shine as beacons in the night for those individuals and families who are undergoing a crisis or trauma in their lives. To the Colon I say as Mr. Spock used to say in the old TV series, Star Trek, "Live long and prosper!"

EDITORS NOTE: Mario Torrez, B.S., M.A., is the Former Chairperson, Michigan Powerlifting Federation; Former Chairperson - Dept. of World Language - East Lansing High School (Michigan); Former Michigan and Alaska Champion - Olympic Lifting and Powerlifting; 2nd 1986 ADFFA National Masters Powerlifting Championships (St. Louis); Competitor - 1987 World Masters Weightlifting Championships (Puerto Rico); Current AAU/WDFP International Powerlifting Reference; Former IPF Category II Powerlifting Referee. If you wish to contact Mario his address is P.O. Box 2778, South Padre Island, Texas 78597-2778, email - mtorrez880@aol.com

Eastside BRC Bench Press Results 19 Apr 97 - Bellevue, WA

Table with 5 columns: Bench Press, Name, Weight, Reps, Total. Includes names like Fernandez, DeRidgely, G. Amptman.

Family Fitness & Fun Spring Classic 1 Mar 97 - Wasilla, AK

Table with 4 columns: Men's Open, DL, Total. Includes names like Sarafin, Moore, Richards, Washington.

ADFFA Ohio State Championships 20 Apr 97 - Bedford Hills, OH

Table with 4 columns: Women, DL, TOT. Includes names like DeLisado, D'Almeida, M. Reagan.

ADFFA Minnesota State and Open 5 Apr 97 - Willmar, MN

Table with 4 columns: Women's Master, 3P, DL, TOT. Includes names like Ellering, M. Walker, R. Ricker.



10 Year Old Matt Wauers, according to his father, Dick Wauers, Matt started lifting about six months ago. His first day benching he did eighty pounds. Two months later he was up to 100, but he stayed stuck there for another two months.

I located Kevin Etene through Powerlifting USA's meet notices, and we went to him for advice. Kevin is a teacher and strength coach at Bellevue's Newport High School. He coaches a youth powerlifting team and directs meets in our area. Kevin analyzed Matthew's style and strengths and devised a program for him. Within six weeks Matthew's bench press had soared to 115. If Dal Harder's 1994 book, Strength & Speed Ratings, is still current, Matthew set two world records at the meet. Weighing 130 lbs, he made a first attempt 100 and a third attempt 115. Harder lists 90 pounds as the world record for ten year olds of any weight. Matthew's second attempt 110, and a fourth attempt at 120 were not passed by the judges. *

John Spink 730 475 = 275 1780 Matt Willet 515 350 = 165 865 ADFFA OHIO STATE CHAMPIONSHIPS 1997

Women's Teenage Deadlift record with a 300 lb. pull. Dr. Larry Miller broke the bench record on Saturday, April 26, 1997. The weather was a long cold winter, and there was no shadow on the lighter classes as a little sparse these days, but we did not have any cancellations. The competition was packed in both the juniors and open with a smooth 290 on his third attempt.

Son Light Spring Classic BP & DL 22 Mar 97 - Tuscola, IL

Table with 4 columns: Bench Press, Name, Weight, Total. Includes names like Sam Gaines, Tim Gouli, Tim Rabum.

Bill Gallagher was the Best Lifter at the Son Light Spring Classic with a 475 bench press at 198 (photograph by Dr. Darrell Latch)

Spring Bench Press Championships 26 Apr 97 - Concord, NH

Table with 4 columns: Juniors, Name, Weight, Total. Includes names like J. Lopez, J. Hayes, E. Truell.

There came Barry Wynn in the 242 pound class. Barry had a little trouble with his foot placement and pushed 390 like a feather. But the best was the last lift of the day. I don't know where Fred found him, but when he pushed that bar he was a beast. He pushed it and could have repped it all day. He moved to an even easier 480 and then made a personal best of 500 on his last lift. All the lifts were done with great technique and control. Fred did not look like a pro, but he was the best I have ever seen. He is a real talent and a great asset to his club.

ADFFA OHIO STATE CHAMPIONSHIPS 1997 (continued) Women's Teenage Deadlift record with a 300 lb. pull. Dr. Larry Miller broke the bench record on Saturday, April 26, 1997. The weather was a long cold winter, and there was no shadow on the lighter classes as a little sparse these days, but we did not have any cancellations.

8th Cabin Fever Deadlift Contest 22 Mar 97 - Coshen, IN. Table with 4 columns: Drug-Tested Division, Name, Weight, Total. Includes names like J. Mabey, S. McCoy, J. Doble.

Best Lifter: George Reese. Special thanks to Mike Bortwein for his hard work and to the staff at the gym for making this contest possible. The contest was held at the 100 Club in Coshen, Indiana on March 22nd. It was a great success and we had a lot of fun. We will be holding another contest next year.

ADFFA OHIO STATE CHAMPIONSHIPS 1997 (continued) Women's Teenage Deadlift record with a 300 lb. pull. Dr. Larry Miller broke the bench record on Saturday, April 26, 1997. The weather was a long cold winter, and there was no shadow on the lighter classes as a little sparse these days, but we did not have any cancellations.

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CREATINE MONOHYDRATE ULTIMATE PERFORMANCE WILL NOT BE UNDERSOLD To get your ULTIMATE PERFORMANCE... CREATINE MONOHYDRATE... 300 GRM BOTTLE.....\$16.95

8th Cabin Fever Deadlift Contest 22 Mar 97 - Coshen, IN. Table with 4 columns: Drug-Tested Division, Name, Weight, Total. Includes names like J. Mabey, S. McCoy, J. Doble.

PowerPhotos...... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black & white photos, but color prints will also reproduce well. We pay for photos we use and we also credit the photographer.

K/Down	335	195	405	935
Masters (50-54)				
198-200				
Open				
123				
H/Washington				
131				
M/Blizzard				
J/Wheatbaker				
198				
A/Pickell				
220				
J/Bell				
242				
B/Hall				
275				
G/Jurkowski				
PM/Smithwick				
40-44				
319				
J/Seventino				
R/Pulley				
198				
N/Sharid				
K/Mathews				
Masters				
90-94				
R/Kosenson				
220				
E/Gillie				
165				
W/Player				
50-54				
242				
A/Young				
165				
Nations				
242				
Masters				
165				
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U.S.A. P.L. Corner

The USA Powerlifting (formerly ADPPA) 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 ADPPA) and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Saliran, PO Box 4065, Bayside, NY 11360.

HONESTY, INTEGRITY, PASSION—THESE ARE THE QUALITIES THAT WILL GROW YOUR SPORT. In the June issue, you may have read some information that left you wondering: why was USA Powerlifting attacked in this magazine? Well, we can only tell you what our intentions are with the word that has become quite controversial: Unification. And one very important point we want to stress is this: It's not us against them—it's about you, the lifter. We're approaching all our efforts as unification for the lifter. We don't make personal attacks on individuals and use the power of the press to berate them. Some organizations choose to work that way. Not us. We're above that, and we think you are, too.

The people who were singled out in the June issue are, ironically, the ones who have worked the hardest for unification. Don Flaley has been involved in powerlifting since it began. He has helped write rule books. He has served as an officer

for many of the powerlifting organizations in this country. He deserves recognition not criticism.

Graham Fong, President of the IPF, has flown many times across the world in order to address the very topic of unification. He knows the United States is the strongest country and to unify us would only strengthen our sport. He has done

more to promote drug testing in the IPF than many of the presidents who preceded him.

Mike Overdeer and Andrea Sorwell, two of USA Powerlifting's elected officials, have worked harder for the lifters than any other elected officials in the history of our federation and to unify us would only

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USA PL National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	319	SHW
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325	1325
Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070	1070
Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215	1215
Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
Masters	A Total in a Sanctioned Meet											
ADPPA High School	A Total in a Sanctioned Meet											

Women's	97	104	111	116	122	129	139	154	176	198	198+	
Nationals-open & life	496	535	562	617	639	694	739	766	777	876	876	
Collegiate's	365	385	410	420	435	455	485	520	575	640	640	
Junior	360	380	405	420	435	455	485	525	585	655	655	
Masters 39-44	347	369	391	402	419	441	468	507	562	628	628	
Master 45 or over	335	355	380	390	405	425	455	490	545	610	610	
Teen (14-19)	A total in a Sanctioned Meet											
High School	A total in a Sanctioned Meet											

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

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August 31 and voting will take place in September. Nominations, men or women, must be current USA Powerlifting members. Mail nominations to Mike Mooney, 1170 North Valley View Road, Ashland, Oregon 97520. Remember, the deadline for nominations is August 31.

Future of our sport - Just returned from USA Powerlifting's Teen & Junior Nationals held by Mike Chessell in St. Louis. There were over 100 lifters at this well-run event. The teen lifters are the fastest growing population of lifters in USA Powerlifting. I was impressed with their enthusiasm and quality. These teen and junior lifters are the future of our sport. Let's keep them in mind when thinking about our sport!

USA Powerlifting (formerly ADPPA) GYM DIRECTORY Kennedy's Gym, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 15943, (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

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Stonemcraft Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou

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

Mahieu's Fitness Center, 4260 Fairfield Street, PO Box 325, Oakland, ME 04963, (207) 465-7102, Coach: John Mahieu

The Power Gym, Inc., 405 Main Street, Taylor, PA 18517, (717) 5462-7867, Coaches/Owners: Joe Moeceunas, Bob Granko Sr., (PA USA Powerlifting State Chair), Bob Granko Jr., Jamie Granko

Andrews Power Gym, Inc., 133 Ash Street, Nashua, NH 03060, (603) 882-9117, Owner: Wayne Andrews

Iron Sport Gym Inc., 133-B Chester Pike, Norwood, PA 19074, (610) 237-6770, Coach: Steve Pulcinella

New guidelines for membership in the USA Powerlifting (formerly ADPPA) Gym and Coaches Directory! USA Powerlifting will be affiliated with USA Powerlifting (formerly ADPPA) and send to Craig Saliran, PO Box 4065, Bayside, NY 11360. Present members will be listed through December 1997.

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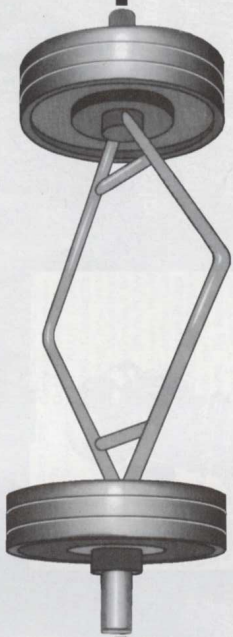
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ADPFA Indiana State Championship 29 Mar 97 - Portland, IN

Bench Press	Women	Men	Novice	Open	Weight	Score	Score
J Green	136	165	190	198	530	285	590*
Niece	156	185	210	218	550	320	630*
R McDonald	165	195	220	228	560	330	640*
Submaster	175	205	230	238	570	340	650*
There	185	215	240	248	580	350	660*
Open	195	225	250	258	590	360	670*
R Marshall	205	235	260	268	600	370	680*
M Hartle	215	245	270	278	610	380	690*
Nonie	225	255	280	288	620	390	700*
Nonie	235	265	290	298	630	400	710*
B Rogers	245	275	300	308	640	410	720*
D Stutzer	255	285	310	318	650	420	730*
R Derrickson	265	295	320	328	660	430	740*
B Stephenson	275	305	330	338	670	440	750*
J Fidler	285	315	340	348	680	450	760*
Open	295	325	350	358	690	460	770*
Nonie	305	335	360	368	700	470	780*
Nonie	315	345	370	378	710	480	790*
Nonie	325	355	380	388	720	490	800*
B Stephenson	335	365	390	398	730	500	810*
J Fidler	345	375	400	408	740	510	820*
Open	355	385	410	418	750	520	830*
Nonie	365	395	420	428	760	530	840*
Nonie	375	405	430	438	770	540	850*
Nonie	385	415	440	448	780	550	860*
Nonie	395	425	450	458	790	560	870*
Nonie	405	435	460	468	800	570	880*
Nonie	415	445	470	478	810	580	890*
Nonie	425	455	480	488	820	590	900*
Nonie	435	465	490	498	830	600	910*
Nonie	445	475	500	508	840	610	920*
Nonie	455	485	510	518	850	620	930*
Nonie	465	495	520	528	860	630	940*
Nonie	475	505	530	538	870	640	950*
Nonie	485	515	540	548	880	650	960*
Nonie	495	525	550	558	890	660	970*
Nonie	505	535	560	568	900	670	980*
Nonie	515	545	570	578	910	680	990*
Nonie	525	555	580	588	920	690	1000*
Nonie	535	565	590	598	930	700	1010*
Nonie	545	575	600	608	940	710	1020*
Nonie	555	585	610	618	950	720	1030*
Nonie	565	595	620	628	960	730	1040*
Nonie	575	605	630	638	970	740	1050*
Nonie	585	615	640	648	980	750	1060*
Nonie	595	625	650	658	990	760	1070*
Nonie	605	635	660	668	1000	770	1080*
Nonie	615	645	670	678	1010	780	1090*
Nonie	625	655	680	688	1020	790	1100*
Nonie	635	665	690	698	1030	800	1110*
Nonie	645	675	700	708	1040	810	1120*
Nonie	655	685	710	718	1050	820	1130*
Nonie	665	695	720	728	1060	830	1140*
Nonie	675	705	730	738	1070	840	1150*
Nonie	685	715	740	748	1080	850	1160*
Nonie	695	725	750	758	1090	860	1170*
Nonie	705	735	760	768	1100	870	1180*
Nonie	715	745	770	778	1110	880	1190*
Nonie	725	755	780	788	1120	890	1200*
Nonie	735	765	790	798	1130	900	1210*
Nonie	745	775	800	808	1140	910	1220*
Nonie	755	785	810	818	1150	920	1230*
Nonie	765	795	820	828	1160	930	1240*
Nonie	775	805	830	838	1170	940	1250*
Nonie	785	815	840	848	1180	950	1260*
Nonie	795	825	850	858	1190	960	1270*
Nonie	805	835	860	868	1200	970	1280*
Nonie	815	845	870	878	1210	980	1290*
Nonie	825	855	880	888	1220	990	1300*
Nonie	835	865	890	898	1230	1000	1310*
Nonie	845	875	900	908	1240	1010	1320*
Nonie	855	885	910	918	1250	1020	1330*
Nonie	865	895	920	928	1260	1030	1340*
Nonie	875	905	930	938	1270	1040	1350*
Nonie	885	915	940	948	1280	1050	1360*
Nonie	895	925	950	958	1290	1060	1370*
Nonie	905	935	960	968	1300	1070	1380*
Nonie	915	945	970	978	1310	1080	1390*
Nonie	925	955	980	988	1320	1090	1400*
Nonie	935	965	990	998	1330	1100	1410*
Nonie	945	975	1000	1008	1340	1110	1420*
Nonie	955	985	1010	1018	1350	1120	1430*
Nonie	965	995	1020	1028	1360	1130	1440*
Nonie	975	1005	1030	1038	1370	1140	1450*
Nonie	985	1015	1040	1048	1380	1150	1460*
Nonie	995	1025	1050	1058	1390	1160	1470*
Nonie	1005	1035	1060	1068	1400	1170	1480*
Nonie	1015	1045	1070	1078	1410	1180	1490*
Nonie	1025	1055	1080	1088	1420	1190	1500*
Nonie	1035	1065	1090	1098	1430	1200	1510*
Nonie	1045	1075	1100	1108	1440	1210	1520*
Nonie	1055	1085	1110	1118	1450	1220	1530*
Nonie	1065	1095	1120	1128	1460	1230	1540*
Nonie	1075	1105	1130	1138	1470	1240	1550*
Nonie	1085	1115	1140	1148	1480	1250	1560*
Nonie	1095	1125	1150	1158	1490	1260	1570*
Nonie	1105	1135	1160	1168	1500	1270	1580*
Nonie	1115	1145	1170	1178	1510	1280	1590*
Nonie	1125	1155	1180	1188	1520	1290	1600*
Nonie	1135	1165	1190	1198	1530	1300	1610*
Nonie	1145	1175	1200	1208	1540	1310	1620*
Nonie	1155	1185	1210	1218	1550	1320	1630*
Nonie	1165	1195	1220	1228	1560	1330	1640*
Nonie	1175	1205	1230	1238	1570	1340	1650*
Nonie	1185	1215	1240	1248	1580	1350	1660*
Nonie	1195	1225	1250	1258	1590	1360	1670*
Nonie	1205	1235	1260	1268	1600	1370	1680*
Nonie	1215	1245	1270	1278	1610	1380	1690*
Nonie	1225	1255	1280	1288	1620	1390	1700*
Nonie	1235	1265	1290	1298	1630	1400	1710*
Nonie	1245	1275	1300	1308	1640	1410	1720*
Nonie	1255	1285	1310	1318	1650	1420	1730*
Nonie	1265	1295	1320	1328	1660	1430	1740*
Nonie	1275	1305	1330	1338	1670	1440	1750*
Nonie	1285	1315	1340	1348	1680	1450	1760*
Nonie	1295	1325	1350	1358	1690	1460	1770*
Nonie	1305	1335	1360	1368	1700	1470	1780*
Nonie	1315	1345	1370	1378	1710	1480	1790*
Nonie	1325	1355	1380	1388	1720	1490	1800*
Nonie	1335	1365	1390	1398	1730	1500	1810*
Nonie	1345	1375	1400	1408	1740	1510	1820*
Nonie	1355	1385	1410	1418	1750	1520	1830*
Nonie	1365	1395	1420	1428	1760	1530	1840*
Nonie	1375	1405	1430	1438	1770	1540	1850*
Nonie	1385	1415	1440	1448	1780	1550	1860*
Nonie	1395	1425	1450	1458	1790	1560	1870*
Nonie	1405	1435	1460	1468	1800	1570	1880*
Nonie	1415	1445	1470	1478	1810	1580	1890*
Nonie	1425	1455	1480	1488	1820	1590	1900*
Nonie	1435	1465	1490	1498	1830	1600	1910*
Nonie	1445	1475	1500	1508	1840	1610	1920*
Nonie	1455	1485	1510	1518	1850	1620	1930*
Nonie	1465	1495	1520	1528	1860	1630	1940*
Nonie	1475	1505	1530	1538	1870	1640	1950*
Nonie	1485	1515	1540	1548	1880	1650	1960*
Nonie	1495	1525	1550	1558	1890	1660	1970*
Nonie	1505	1535	1560	1568	1900	1670	1980*
Nonie	1515	1545	1570	1578	1910	1680	1990*
Nonie	1525	1555	1580	1588	1920	1690	2000*
Nonie	1535	1565	1590	1598	1930	1700	2010*
Nonie	1545	1575	1600	1608	1940	1710	2020*
Nonie	1555	1585	1610	1618	1950	1720	2030*
Nonie	1565	1595	1620	1628	1960	1730	2040*
Nonie	1575	1605	1630	1638	1970	1740	2050

Coming Events

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

- 1-3 AUG, AAU Jr. Olympic Powerlifting (11 & under, 12-13, 14-15, 16-17, 18-19) Mike Jansson, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6441
- 2 AUG, USPF Maryland Deadlift (MD/DC residents only) Washington Bible College, Lanham, MD, Slip Gomley, 301-582-1092
- 2 AUG, USPF Maryland State DL (MD/DC residents only, drug test) Skip Gomley, 8601 Good Luck Rd., Lanham, MD 20706, 301-552-1777
- 2 AUG, ANPPC Drug Free Central USA/BJP/IL (teen, women, men, master) 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-sanctioned) Club Rhinos Fitness Center, 2128 Thibodaux, Vista, CA 92083, 760-727-8500
- 2 AUG, Don's Gym PL/BJP (cash/trophies) Don Smith Jr., 6900 Bailey Cove Rd., Huntsville, AL 35802, 205-880-6074
- 2 AUG, MDSA Full Power Meet (Melrose, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099
- 2 AUG, Decatur Celebration DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 3 AUG, (NEW DATE) APA/WPA/CPA Can-Am International BP/PL, New Haven, CT 06512, 203-469-5212
- 3 AUG, USPF Michigan State Open BP (Southeastern Holiday Inn - open, teen, submaster, master 1-4) Bruce Darling, 1801 Woodside Ave., Trenton, MI 48184, 313-676-8201
- 3 AUG, Decatur (IL) Bench Press, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 9 AUG, Iron Horse Bench Press Classic, Mike Cochran, 5919 E. 200 S., Greenwood, IN 46140, 317-467-0668
- 9 AUG, ANPPC Drug Free Eastern USA/BJP/IL (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62964, 618-244-5775
- 9 AUG, (MPL) APF "The Meat" (non-sanctioned) EAV/Avyhs, 3407 NW 39th St, Ocala, FL 32112, 352-932-7916
- 9 AUG, 9th Canal Celebration Bench Press, Tim Liddon, Little Falls YMCA, 13 Jackson St., Little Falls, NY 13365, 717-627-0038
- 22-25 AUG, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, men & women) Mike Kulpka, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6442
- 23 AUG, ANPPC Drug Free Southern USA/BJP/IL (teen, women, men, master, team) Body Works, 1660 S. Glade, San Antonio, TX 78249, 210-699-0964
- 23 AUG, AAU Police/Fire National PL/BJP/IL (open/raw) Joe Pyra, 25 Louis Dr., Buell Lake, NJ 07828, 201-691-0824
- 9-10 AUG, WNPF World Championships (Atlanta, GA) WNPF, 2560A Picardy Circle North, College Park, GA 30349, 770-996-3418
- 10 AUG, AAU Drug Free RAW Michigan State, Brian Duncan, 85 Oak Pl., White Lake, MI 48383, 248-698-1671
- 10 AUG, Power Zone BP/PL, Rob Rogers, 49 West St., Millford, NH 03055, 603-228-2919
- 16 AUG, (2nd new date) Indiana State Fair BP/PL Championships (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 16 AUG, 12th annual Iowa State Fair Bench Press Deadlift/6th annual Law Enforcement/Fireman Bench Press, Jeff Barlow, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275
- 16 AUG (new date), ANPPC Drug Free Northern USA PL/BJP, ANPPC, Box 1484, Mt. Vernon, IL 62964, 618-244-5773
- 16 AUG, USPF Alamo Classic (San Antonio - below 1, open, submaster, master, teen, master) BP) Stein Fitness, 1415 E. Coliseum, San Antonio, TX 78135, 210-372-3396
- 16 AUG, MDSA Powerlift 97 (Goodhue, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201, 320-231-2099

- 16 AUG, ISF World's Strongest Police & Fire Departments on the Internet, <http://members.aol.com/Interstrth/Interstrength.html>
- 17 AUG, Illinois State Fair BP/PL (Springfield) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 25-24 AUG, CPA Noel du Camionneur PL, Denis Chesne, 418-721-2000 (gmt), 724-7293 (tes)
- 25 AUG, AAU Central New York Summer Championships, Mark Kotia, 608 Lenox Ave., Oneida, NY 13421, 315-363-6084
- 22-24 AUG, Unified Strength Alliance USA Pennsylvania State (men, women - all classes, teen & master by formula) Gary Hefner or Tim Dism, 105 Wawick St., Litz, PA 17543, 717-627-0038
- 22-25 AUG, AAU Raw National Championships (Disneyworld - open, teen, jr., submaster, master, men & women) Mike Kulpka, Box 10,000, Lake Buena Vista, FL 32830, 407-248-6442
- 23 AUG, Mid Atlantic BP, John Schiffert, Box 941, Stanardsville, VA 22973, 804-985-9392
- 23 AUG, 7th Endless Summer BP Classic (teen, novice, woman, 9000+ test & open) Jon Smolzer, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
- 23 AUG, USPF Disabled Bench Press Championships (Muscle Beach, Venice, CA) National Wheelchair Association
- 23 AUG, ADPA The Real Deal BP Meet, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
- 23 AUG, Women Only PL/BJP/IL

COMING ADFPA EVENTS AT PRO FITNESS

- 1997 Bench Press National Championship, September 27 and 28, 1997 in Newark, NJ
- Holiday Inn North - Newark, NJ
- 1997 New Jersey State Powerlifting Championships, End of October 1997.

Exact Date and Location to be Announced

- Police & Firefighter National Powerlifting Championship, November 15 and 16, 1997 at the Four Points Sheraton, 15 Howard Boulevard, Mount Arlington, NJ (201) 770-2000

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New AAU American Record... 750 lb. deadlift by Robert Moretti at the AAU Southeasterns. (J. Moretti)

(12-13)	165	250	180	375	805	300	160	290	790
188	560	460	530	1520					
198	375	385	525	1485					
199	500	425	550	1475					
200	550	315	565	1450					
201	405	350	475	1230					
202	435	325	435	1195					
203	600	485	540	1625					
204	350	315	425	1090					
205	550	505	555	1615					
206	430	270	460	1160					
207	375	250	375	975					
208	450	350	590	1390					
209	680	375	550	1525					
210	500	325	330	1355					
211	500	285	580	1365					
212	600	400	530	1550					
213	360	225	370	955					
214	470	265	450	1185					
215	500	275	455	1230					
216	485	320	500	1360					
217	380	250	480	1110					
218	185	165	255	605					
219	415	315	410	1140					
220	405	260	445	1110					
221	540	320	500	1360					
222	340	225	425	990					
223	500	330	615	1445					
224	405	350	425	1180					
225	470	350	500	1325					
226	395	230	375	1000					
227	680	455	665	1800					
228	805	470	650	1925					
229	425	315	485	1325					
230	480	385	454	1410					
231	375	265	300	1140					
232	580	390	550	1420					
233	650	475	550	1675					
234	235	90	275	600					

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Columbus, OH 43228

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29, 30 NOV (tentative), USA PL, New York State (location to be Linda Jo Belsito, 209 W. Nicolai, Hicksville, NY 11801, 516-532-0479)
 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/DEC (tentative) 5th Annual Eastern Ohio BP &/or DL (open, novice, teen, women, submaster, master) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805
 NOV, USFPFA State/Region II (King of Prussia, drug tested by urinalysis, IPF rules, teen, jr., open, submaster, master) Rob Kessler, 752 Johns Ln., Lower Gwynedd, PA 19002, 215-542-4941
 6 DEC, Beast of the East Bench Press, Delmarva YMCA, Salisbury, MD, Gary Howard, 410-749-0101
 6 DEC, Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (th, 3989) (n)
 6 DEC, 10th CBPL Elkhart Bench Press Classic (novice, men, women, master, teen, drug tested & open) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
 6 DEC, U.S.A. 1st Annual U.S.A. Alliance Bench Classic/JP, Ross (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 14 MAR, AAU Closed Erie County (PA) Championships, Joe Oreglia, 4468 W. 26th St., Erie PA 16506, 814-833-3727
 14, 15 MAR, Power Games (SQ/BBP) DL - men, women, teen, master) Dr. Eckroth, 3087 W. Beersville Rd., Beth PA 18014 610-837-1150
 15 MAR, AAU Great Lakes BP, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
 21, 22 MAR, North Eastern PL/BBP, Nautilus Plus, 321 Charger St., Revere, MA, 617-286-0232 or Russ Barlow, 207-225-5070
 28, 29 MAR, WPA World PL/BBP (FL) (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 28, 29 MAR, ADFFA High School Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-697-9662
 18 APR, APF Iron Island Bench Blast, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
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 6 JUN, APA Southern States BP & DL (Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 13 JUN, APF Iron Island Deadlift Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
 20 JUN, APA Iron Warrior PL/BBP/PL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 4, 5 JUL, ADFFA Men's National

Graz, Austria tel/FAX +43-316-817683
 13 DEC, ANPPC Drug Free World Cup Powerlifting (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864
 13 DEC, U.S.A. 1st Annual U.S.A. Alliance Bench Classic/JP, Ross (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 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 Litch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 14 DEC, (new date) EPC/WPC International Austrian Prix/IFP meet - Graz, Austria) Carl Smith, Schomagona, 22/7 A-8010
 Graz, Austria, tel/FAX +43-316-817683
 20 DEC, APA Christmas BP/DL Classic (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 20 DEC, MSDSA Northern Nationals BP/PL (Lamont, ND) Darwin Johnson, Box 1031, Willmar, MN 56201, 320-231-2099
 DEC, 4th AAU Christmas Bench Press Classic, Aaron Pele, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795
 DEC, WVPF Georgia Natural State Meet (Atlanta, GA) Troy Ford, 25604 Piedmont Circle North, College Park, GA 30349, 770-596-3418
 10 JAN, APA Georgia Open BP & DL (Macon, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 7 FEB, APA Yellowhammer BP & DL (Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 14 FEB, APF New York State and Open Meet, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014
 21, 22 FEB, APF Northeastern Amateur Regional PL/BBP (drug tested by urinalysis) (open, women, teen, jr., submaster, master) Dan DeFalco, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6pm
 21 FEB, APA Sunshine State Open BP & DL (St. Petersburg, FL) APA,

als, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
 18, 19 JUL, ADFFA Cornhusker State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 8 AUG, APA/CPA CANAM Int'l. BP & DL (Hamden, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 15 AUG, AAU "No Drugs Allowed" Raw BP/DL Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
 AUG, ADFFA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 5, 6 SEP, APA Nationals (location to be) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 19 SEP, APA Old Dominion BP & DL (Virginia Beach, VA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 16-18 OCT, WDPFF World Championships (open, teen, jr., submaster, tentative), master-open/raw) AAU c/o Walt Disney World, Box 10,000, Lake Buena Vista, FL 32830 or Joe Pyra 201-691-0084
 9 NOV, APA BP & DL Nationals (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 5 DEC, APA Masters BP Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 5 DEC, Eastern USA Bench Press (location to be) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
 P.S. - When writing always include a Stamped, Self-Addressed Envelope for the meet director to return an entry to you. (necessary for USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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 13 DEC, Christmas BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
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 20 DEC, MSDSA Northern Nationals BP/PL (Lamont, ND) Darwin Johnson, Box 1031, Willmar, MN 56201, 320-231-2099
 DEC, 4th AAU Christmas Bench Press Classic, Aaron Pele, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795
 DEC, WVPF Georgia Natural State Meet (Atlanta, GA) Troy Ford, 25604 Piedmont Circle North, College Park, GA 30349, 770-596-3418
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 21 FEB, APA Sunshine State Open BP & DL (St. Petersburg, FL) APA,

team) WEOG, 150 Seagebush Rd., Stockbridge, GA 30281, 770-474-2633
 8 NOV, USFP Greater Buffalo BP/ DL, Mark Becht, 18 Marie Rd., Buffalo, NY 14215, 716-894-8583
 8 NOV, Terre Haute Regional BP/ DL Classic (Terre Haute, IN) Dr. Darrell Litch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 8 NOV, MDSA Lake & Jenny's Gym Classic (Willmar, MN) Darwin Johnson, Box 1031, Willmar, MN 56201, 320-231-2099
 8 NOV, WDPFF World Record Breakers BP/PL WNPFF 2560A Prairie Circle North, College Park, GA 30349, 770-596-3418
 8 NOV, 5th 303 lb + Beetho and/or Mexico vs. USA (men & women's novice, open, lifelimit, teen, submaster, master) Michael Villanar, 892 N. Bagshore West, San Jose, CA 95112, 408-275-6449
 Email: adffpac@procdnet.net
 8, 9 NOV, ADFFA Men's National Masters (6 NOV - Masters Women's Open) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 8 NOV, WDPFF World Bench Press/European Championships Knoch-Heist, Belgium
 9 NOV, USFP Winter Classic BP, Huntington Beach, CA, Vic Elliott, 714-841-3055
 11-16 NOV (97) JPFF Men's Worlds (Prague, Czech Republic)
 15 NOV, Southeastern Mike Stone Memorial (open, novice,

Baltimore, MD 21284, 410-265-8264 6:30-8PM EST
 21-23 NOV, IPA Nationals, Chaillot's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888
 22, 23 NOV WPC World Bench Press Championships (sanction) 5553, Chicago, IL Terry Changler, 224 N 4th St., St Charles, IL 61704, 630-377-7527
 22 NOV, ANPPC Drug Free USA/ World BP/DL Championships (teen, women, men, master, teams) ANPPC, Box 1484, Mt. Vernon, IL 62864
 22 NOV, Pine Tree State BP, Russ Barlow, RR#2, Box 126, Turner, ME 04282, Share McKenna 207-442-0180
 22 NOV, USFP Texas Cup (Austin - below), open, submaster, master, women, BP) Segue, TX 1415 E. Court, Seguin, TX 78155, 210-372-3296
 22 NOV, USA "RAW" Bench Press Federation Fall Nationals, Dr. Darrell Litch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 22, 23 NOV, Pine Trees State PL, Russ Barlow, RR#2, Box 126, Turner, ME, 04282, 207-225-5070
 22, 23 NOV, Unified Strength Alliance Championship, Tamara Grimoyne, 717 Market #399, Lemoyne, PA 17043, 717-761-3843
 23 NOV, Big Daddy's Open, Santa Rosa, CA, John Ford, 707-543-5970

women, masters, bench press) Troy Fickas, 314 W. Locky Ave., Murfreesboro, TN 37130, 615-890-2633
 15 NOV, ADFFA Virginia State, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
 15, 16 NOV, ADFFA Police & Fire Nationals, Joe Morreale, 350 Rte 46, Rockaway, NJ 07866, 201-627-9156
 15 NOV, ADFFA Ohio State Open BP (women, masters (age groups), teen, open, RAW open by formula) Ed King, 28775 Aurora Rd., Bedford Hills, OH 44146, 216-439-5464
 15 NOV, 2nd ADFFA Michiana Open BP/PL, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
 15 NOV, ISF World Internet Powerlifting & Bench Press Champi-

IDAHO IRON SUPP NATIONAL DEADLIFT CHAMPIONSHIPS

Post Falls, Idaho, Sept. 13th, 1997

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SO YOU THINK YOU CAN DEADLIFT. HERE'S YOUR CHANCE TO PROVE IT. Top 3 finishers in every category, except Class I, will go to the WABDL World Championships on November 30th. Open, Teenage (14-15, 16-17, 18-19), Junior (20-23), Submaster (35-39), Master (40-44, 45-49, 50-54, etc.), Class I. You can compete in two divisions. This event is being held at the beautiful Templin's Resort Hotel, right on the Spokane River, with tree-lined hills and mountains in the background. Beautiful Coeur D'Alene, the Canadian Rockies, and the Sawtooth Mountains are nearby - in short, it is the most beautiful country on Earth. It's a great opportunity for a vacation that could include the best hiking, camping, canoeing, fishing, and hunting. Official American records can be set. The American Records in the Teenage, Junior, Submaster, and Master in the single lift deadlift category are fairly wide open. This is your chance to set an official American Record in the deadlift in these categories. This event is promoted by Gus Rethwisch, who knows how to deadlift (he's done an official 865 lbs). For further information contact Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600.

USPF Ohio Championships

Table with 4 columns: Name, Weight, Class, Points. Includes names like L. D'Almeida, D. Hopkins, D. S. McCall, etc.

USPF Ohio Hall of Famer Charles Lee, pictured by his wife Dorothy Lee, after the presentation at the USPF Ohio State meet.

Table with 4 columns: Name, Weight, Class, Points. Includes names like J. Hixon, B. Ball, M. Macklin, etc.

USPF West Virginia State 29 Mar 97 - S. Charleston, WV

Table with 4 columns: Name, Weight, Class, Points. Includes names like J. Faust, M. Ransen, C. Magnone, etc.

WORLD OPEN P/L - October - 10/11/12

Table with 4 columns: Name, Weight, Class, Points. Includes names like J. Larchick, J. Larchick, J. Larchick, etc.

WORLD BENCH PRESS - Belgium - 9 November

Table with 4 columns: Name, Weight, Class, Points. Includes names like M. Taylor, M. Taylor, M. Taylor, etc.

WORLD DRUG-FREE POWERLIFTING FEDERATION

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contact parties can on: (U.K.) - 637 - 860770 (Tel) or 637 - 860828 (Fax) for information on drug control and affiliation

at a full blown 198 or 220. In the 198 Senior Division new comer Bernie Arrington sure put...

at a full blown 198 or 220. In the 198 Senior Division new comer Bernie Arrington sure put...

at a full blown 198 or 220. In the 198 Senior Division new comer Bernie Arrington sure put...



Crystal Zabka, with a USAPL American Record squat, after only three months training, and in her first meet. She set three records altogether. Plaques with the lifters photograph FROM THIS MEET were awarded to the winners.

USA PL Nebraska State 6 Apr 97 - Columbus, NE. Table with 4 columns: Name, Weight, Class, Points.

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Terry Byland-Jamal entered the USPF Ohio Hall of Fame in a presentation at the State Championships (L. P. Ipekci/ir photograph)

USPF Ohio Hall of Famer Charles Lee, pictured by his wife Dorothy Lee, after the presentation at the USPF Ohio State meet.

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Midwest Bench Press Championship

5 Apr 97 - Rapid City, SD



The Winning Teenage Team at the Midwest Bench Press Championships was from Chamberlain, South Dakota, consisted of: (front row, left to right) Andy Priebe, Mitch Bunnell; middle row (left to right) Brad Rasmussen, Chad Johnson, Dom Hrabec, Matt Swanson, Jeremy Scheppenner, Ross Johnson, Shawn Bennett; back row (left to right) Brian Rinehart, Steve Merkwan, Joe Hutmacher, Wade Irrell. (Dyce)

Open	165	C Thurman
M 114	140	C Miller
M 125	125	J Schoopner
R Collier	90	K Woolley
R Kuller	90	A Priebe
G Nobberg	235	S Bennett
J Jackson	142.5	J Jones
T Trobick	142.5	J Jones
D Peterson	240	B Rinchart
I Coffey	225	I Murphy
L Swanson	225	R Owen
C Barber	132.5	M Swanson
T McVicker	100	D Hrabec
L 148	312.5	J Johnson
S Blanton	205	B Sullivan
T Severson	290	181
A Priebe	250	181
165	365	1 Murphy
175	250	181
181	250	181
181	250	181
181	250	181
181	250	181
181	250	181
181	250	181

115	500	265	485	1250
122	425	265	485	1250
128	400	210	425	1035
134	500	345	500	1345
176	485	285	480	1250
M Mann	225	105	280	610
Women's Bench Open	135			
Women's Master Bench	135			
Mixing	205	115		
Maria's Team: Maria's Fitness, 56 pct; Smith's				
Powerlifting Club, 51 pct; Gymnastics, 50				
men's Center. (Thanks to the ADFFA for the results).				

ADFFA Maine State

29/Mary	SQ	BP	DL	TOTAL
Mech's Open	365	175	390	930
R Del Gallo	325	170	290	785
H McGreehan	325	170	290	785
C Marshall	375	215	350	940
S Burke	465	295	570	1330

29/Mary - Oakland, ME

165	500	265	485	1250
181	400	210	425	1035
181	500	345	500	1345
181	485	285	480	1250
198	485	320	485	1290
J Shark	650	370	570	1590
M Keller (GL)	650	370	570	1590
J Reape	650	370	570	1590
M Engley	560	355	625	1540
M Marble	475	350	555	1380
S Burke	465	295	570	1330

285	T Severson
280	B Mayo
365	Nickelson
300	Shillingstad
250	L Tucker
347.5	M Kenney
445	D Brown
560	B Bigham
430	R Huber
390	R Wehrle
350	C Gonnally
275	C Wymouth
114	L Leoning
114	T Thurman
198	T Thurman
400	T Murphy
280	M Esposito
437.5	A Dyce
295	R Bied
385	M Ridge
175	Women
140	B Howard
140	M Vicker
90	S Miller
95	C Kroeth
135	B Rigde
127.5	K Dyce
115	Nichols
115	Nichols
135	P Severson

ADFFA Maine State

Rob Lester, Outstanding Teen Lifter; David Peterson, Best Lifter; Jeff Kim, Light Master; Linny Blass, Heavy Master; Brian Rinehart, Outstanding Teenage Lifter. Awards to those who help make the meet possible. Refs: Nancy Halverson, Harry Hakenstad, Nancy Ford, Bill Deporter, Bruce Lee, Platform Help: Danny Stevens, Coach: Mike Nicolas. You all did a wonderful job as usual. Two men used this to qualify for up coming nationals; Aaron Price: 303.50, Bench 425, DL 320, T 1530, 285, 198, 570, 1330. (Thanks to John Ford for providing the meet results)

B Rowden	500	330	485	1315
242	600	375	560	1535
J Fournier	465	275	505	1185
M Fitzpatrick	405	315	405	1125
B Sandager	405	315	405	1125
D Stone	385	230	450	1065
275	275	350	315	940
S Palmer	565	380	525	1470
A Stone	510	335	580	1425
D Giles	510	335	580	1425
Mery Teen Open	510	335	580	1425
D Slope	385	230	450	1065
J Curtis	350	250	405	1005
Mery's Master Open	315	200	390	910
B Saunders	405	315	405	1125
H McGreehan	325	170	290	785
L Altham	245	380	300	925
M O'Brien	223	505	505	933
M Chabertain	195	400	400	895
R Kelley	176	365	365	805
L Galpe	146	305	305	756
Mery's Teen Bench	170	300	300	770
G Swidom	144	290	290	724
Higgins	138	150	150	438
Mery's Master Bench	218	380	380	878
L Altham	218	380	380	878
W Viger	244	330	330	904
Women's Open	111			
K Mitchell	305	135	325	765
M2	185	110	225	520
128	280	130	300	710
H Slumwhite	260	135	280	655
154	260	135	280	655
176	225	105	280	610

AAU Bennetts Baddest BP in the West

25 May 97 - Santa Rosa, CA (kg)			
Teenage Girls	198	J Woods	180
K Creed	45	319	227.5
40	Junior Men	227.5	
165	220	220	
165	Teenage Boys	195	
T Brewington	160	S Pene	105
K For	177.5	L Blass	105
198	181	B Seymour	92.5
B Francis	130	181	
Raw Open	92.5	F Seibert	160
L Seymour	92.5	F Seibert	160
275	195	220	170
A Pete	145	242	142.5
Novicko	145	242	
148	112.5	Open Men	
G Chappell	180	R Madrigal	137.5
J Woods	180	148	105
B Porter	182.5	L Blass	
242	145	B Seymour	92.5
M Prado	145	198	
Master's Raw	92.5	M Ludoviko	215
B Seymour	181	555.99	
275	Police Open Raw	242	
M Prado	145	B Porter	182.5
Police Open with gear	275	215	
100	215	A Pete	195
J Kim	145	M Kautz	187.5
M Prado	145	319	
Sub Men Open	200	A Ramsey	237.5

AAU Bennetts Baddest BP in the West

148	198	J Woods	180
45	319	227.5	
40	220	220	
165	Teenage Boys	195	
T Brewington	160	S Pene	105
K For	177.5	L Blass	105
198	181	B Seymour	92.5
B Francis	130	181	
Raw Open	92.5	F Seibert	160
L Seymour	92.5	F Seibert	160
275	195	220	170
A Pete	145	242	142.5
Novicko	145	242	
148	112.5	Open Men	
G Chappell	180	R Madrigal	137.5
J Woods	180	148	105
B Porter	182.5	L Blass	
242	145	B Seymour	92.5
M Prado	145	198	
Master's Raw	92.5	M Ludoviko	215
B Seymour	181	555.99	
275	Police Open Raw	242	
M Prado	145	B Porter	182.5
Police Open with gear	275	215	
100	215	A Pete	195
J Kim	145	M Kautz	187.5
M Prado	145	319	
Sub Men Open	200	A Ramsey	237.5

AAU Bennetts Baddest BP in the West

Best Lifter Open Light: Rudy Madrigal, Heavy
Open: Jeff Kim, Light Master: Linny Blass, Heavy
Master's: Brian Rinehart, Outstanding Teenage
Awards to those who help make the meet possible.
Refs: Nancy Halverson, Harry Hakenstad, Nancy Ford, Bill Deporter, Bruce Lee, Platform Help: Danny Stevens, Coach: Mike Nicolas. You all did a wonderful job as usual. Two men used this to qualify for up coming nationals; Aaron Price: 303.50, Bench 425, DL 320, T 1530, 285, 198, 570, 1330. (Thanks to John Ford for providing the meet results)

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225	L Swanson
132.5	M Swanson
100	T Hrabec
148	J Johnson
205	B Sullivan
185	S Blanton
300	T Severson
275	A Priebe
267.5	B Rinchart
215	I Murphy
195	R Owen
280	R Johnson
307.5	J Johnson
295	C Johnson
285	T Fed Bird
285	D Williams
307.5	K Coombs
312.5	K Coombs
362.5	J Quendo
330	T Smith
198	J Blanton
300	P Schabad
250	L Tucker
400	T Thurman
395	M Schwendinger
382.5	F Panck
380	J Blanton
350	D Munoz
382.5	M Kenney
325	S Swerston
325	Schwaster
280	K Murphy
114	R Korozniowski
285	T Severson
280	B Mayo
365	Nickelson
300	Shillingstad
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280	R Johnson
307.5	J Johnson
295	C Johnson
285	T Fed Bird
285	D Williams
307.5	K Coombs
312.5	K Coombs
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Dr. Paul Ward
Biomechanics & 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.

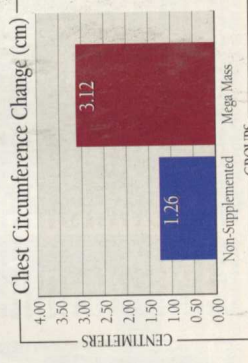
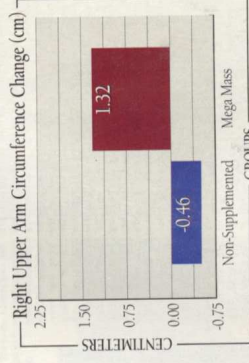
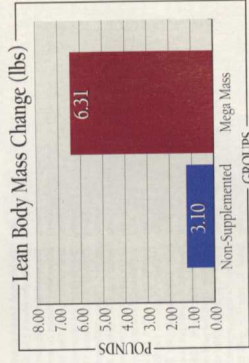
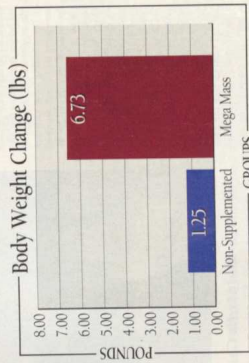
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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.

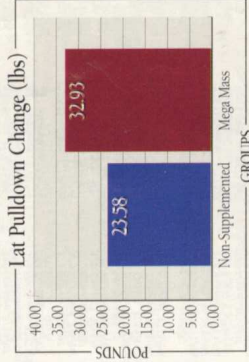
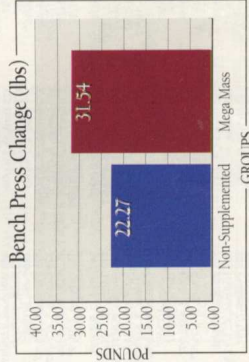
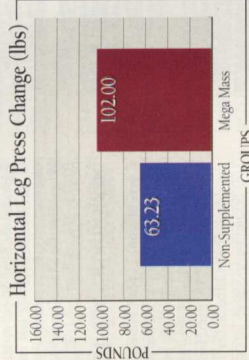
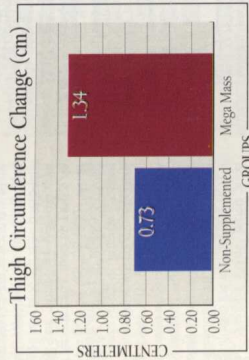
UNIVERSITY STUDY: RESULTS & CONCLUSIONS

- 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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TOP 100

For standard 125 lb./56 kg. USA lifting in results received from June 1996 through May 1997.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 581 Biterbaugh, D./8/10/96	363 Biterbaugh, D./8/10/96	513 Mills, E./1/22/96	1245 Mills, E./1/22/96
2 450 Suhland, L./3/8/97	341 Unruh, K./5/17/97	505 Allen, C./3/17/97	1195 Allen, C./3/17/97
3 440 Evans, S./15/97	338 Allen, K./2/22/97	5179 Weiss, D./6/15/96	1170 Weiss, D./6/15/96
4 440 Wynn, M./3/22/97	338 Orzech, L./4/26/97	490 Durachka, T./6/15/97	1160 Snell, K./2/19/96
5 440 Wynn, M./3/22/97	338 Orzech, L./4/26/97	473 Boufford, J./26/96	1150 Snell, K./2/19/96
6 430 Smith, L./3/27/97	332 Higgins, F./1/19/96	470 Burris, R./3/3/97	1129 Arrenberg, J./2/26/96
7 428 Wynn, M./3/22/97	326 Wynn, M./7/13/96	465 Wynn, M./7/13/96	1129 Arrenberg, J./2/26/96
8 407 Weisberg, A./1/23/96	286 Vaughn, H./2/21/97	451 Green, G./2/26/96	1107 Bradford, C./2/26/96
9 407 Weisberg, A./1/23/96	275 Morgan, C./6/1/96	451 Young, G./7/6/96	1107 Bradford, C./2/26/96
10 407 Weisberg, A./1/23/96	451 Suzuki, C./1/11/97	1800 Higgins, A./6/19/96	451 Young, G./7/6/96
11 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1870 Wynn, M./7/13/96	451 Young, G./7/6/96
12 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1770 Evans, C./3/1/97	451 Young, G./7/6/96
13 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1624 Wynn, M./7/13/96	451 Young, G./7/6/96
14 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
15 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
16 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
17 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
18 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
19 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
20 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
21 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
22 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
23 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
24 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
25 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
26 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
27 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
28 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
29 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
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32 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
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35 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
36 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
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39 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
40 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
41 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
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45 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
46 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
47 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
48 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
49 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96
50 407 Weisberg, A./1/23/96	448 Arneberg, J./2/26/96	1058 Weisberg, A./1/23/96	451 Young, G./7/6/96



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