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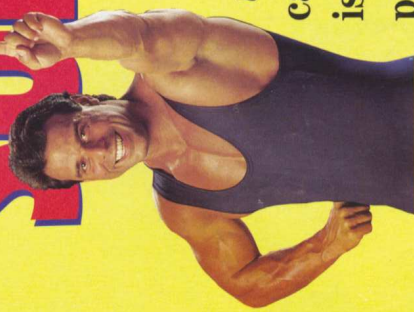
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USAPL Men's Nationals as seen by Powerlifting USA Editor Mike Lambert

the same following USAPL elections - with Stephanie Whiting departing and Mike Mooney taking her place, there was no observable bitter feelings about the many challenges the USAPL crew has faced this year. Being without a world championship event for the men to go to in 1997, due to the disassociation of the AD-PPA/USAPL from the WDPFF and the fact that any decision regarding USAPL membership in the IPF will not take effect until after this year's IPF Men's Worlds in the Czech Republic, didn't dim the lustre of this year's lifting or championships. If anything, matters were more relaxed than normal, and many top lifters let themselves explore the joys of a heavier weight class.

There was one hitch, however, regarding the talent that the Brodys had arranged to sing the National Anthem prior to the start of lifting. This is always a nice touch, but what to do when the moment arrives and the "voice" hasn't? Enter USAPL President Mike Overider, whose deep speaking voice voluntarily made the instantaneous transition to singer. Mike was not prepared for this, and was understandably nervous, but did a remarkably creditable job. Some of the other USAPL board members have been kidding Mike about being the only one on the Executive who has not been active on the platform recently. How many of them would handle the wide vocal range demanded by our national anthem, in front of their peers, with no advance preparation?

4 flyweights showed for competition this year. Ervin Gainer improved his performance at the USPF Seniors a couple of weeks prior and did not miss a lift on the way to the title. Steve Snyder hoped to repeat as champ, but he didn't have enough deadlift to overtake "E-Man" from Indianapolis. Sentimental favorite of the Illinois fans was Roger Thompson, and he gave them something major to cheer about with a new American record in the deadlift - a long, slow, incredibly difficult hoist of 307 lbs. but it was only enough for 3rd. Antonio Osnum of Virginia bears some resemblance to Titan Support Systems kingpin Pete Alaniz. (Pete was supposed to be a fine meat, but we understand there was a death in his family - our condolences). Antonio lifted impressively, even more so when you consider that his bodyweight was only 42.2 kilos!

Only 2 in the 123s, but the lifting was fine. Marcus Wynn is the real deal, and he's only getting started. Teenage American records of 418, 440 and 462 in the squat fell strongly,

potential for more than that when he lifts at this weight like he did at 123. Mike Stagg of Huntington, IN seemed frustrated all day, but his strength still resulted in the 2nd place award, out of reach of Bruce Bielewski, whose steady improvement was grandly appreciated by the many fans that came down from Wisconsin to see him lift. Joe Diballa was not too close with any of his attempts at a 418 squat.

The 148s brings out great strength athletes in almost every contest, and this division was loaded. Greg Page has long shown the spark of true greatness, and now the flame has been lit. Controlled, balanced lifting in the heat of fierce competition - that's what Greg put up at this meet. Rugged looking Damian Fronzaglia collapsed on his last squat, but roared back with 6 straight attempts to the good after that. He and his buddies thought his last 556 deadlift had it won, but Greg had one more lift.

Mark Sigala has shown the signs of greatness as well, but that jump to 523 in the squat hurt his chances and forced him to try too much in the deadlift. A 14 year veteran of the AD-PPA/USAPL, Men's Nationals, Lloyd Weinstein looked leaner, stronger and more focused at this contest than ever before. His strong 551 squat was evidence of his level of fitness, and that oh-so-meaningful 611 deadlift came out of his hands at the last second and took a few calories with it. With Lloyd, it's not a problem, he'll be back again next time, and training to be better than ever. Greg Simmons bounced back from his USPF Seniors outing with another solid performance here, setting an Indiana State Record Total.

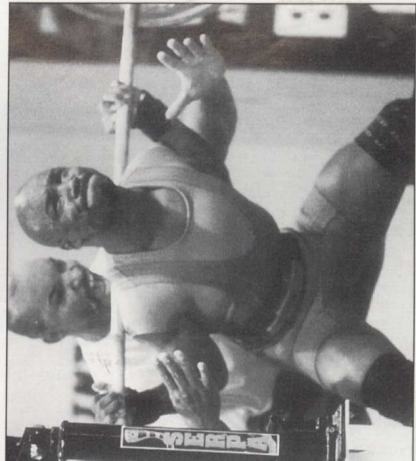
Louisville, Kentucky's Monterio Woodson couldn't get past 485 in the squat or deadlift, but that was enough to secure 6th place. Lakeland, Florida's Sherm Johnson had



A Bigger 'Slice'... Dave Weiss

and his American record total producing deadlifts got sharper and easier in spite of the 50 lbs. of weight increase from 1st to 3rd. Franklin Park, NJ's Al DiDonato was a sparring king 7/9, but "Wymmer" still had him by 50 kilos at the finish.

Normally the 123s is the turf of Dave Weiss, but "Slice" has added 9 lbs. of solid weight and joined the ranks of the Featherweights. He looked much more powerful, but only 4 attempts went the way he wanted them to. A 308 bench press was up unexpectedly crooked twice, and the clutch final attempt deadlift here, came to expect from him wasn't there. He actually totaled better at 132 in his Virginia State meet late last year, and hoped for high 1200s at this contest. There is certainly the



Page Number One... in the new USAPL Powerlifting History Book



Only One Bench... but James Benemerito made it count for the win.

one of those days (three out of nine) and ended up 7th, with New Mexico's David Bracken behind him. SC's Mike Stanley looked high three times with a 485 squat and was out.

A lot of the back spotting on the squats for these lighter classes was the responsibility of Ed "Let's Get It Done!" Cmon Now! Today! Show Me!! Riley, who also earned the unofficial title of "Most Injured" spotter, taking several bars across his forearms, etc. Ed is coming back from a big pec tear, otherwise, he would have been competing this year.

The name Benemerito has already been stamped on the Middle-weights by older brother Ray, but now young James is attempting to make his own mark - and it's not per discipline to win, and that's what James did this time. He's tough and creative 374 bench in a death-gasp



Martin Beavers has seen his power rejuvenated at Lighthearweight.

effort to stay on the board. At 181, the turnout was light, and got lighter when young phenom Chris Turner seemed to have balance problems with his squat. It would have been great to see him go against the bearded-up Martin Beavers, who burgeoned with newly found raw strength in each lift. Nearest competitor Mark Ostrowski finished almost 100 kilos back.

The 198s also had a lifter toying with the magical boost in strength that results from moving up a weight class - Ray Benemerito was just heaving monster weights around. With a new family and all the distractions that USAPL lifters have faced this year, Ray only put in 4 weeks of good training for this contest. His razor sharp form didn't have time to mature this training cycle, and he had a



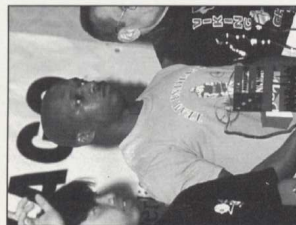
James Morton ... the Man Without a Sticking Point in the Deadlift.

needing injury that had him limping through the deadlifts. He could total well over 2000 in this class next year. Much improved Illinois veteran Tony Mikkelsen benched himself into 8th happened to Ed Riley, but he might well have been watching Michigan legend Craig Terry, who hauled up the deadlift to catch Tony, but it didn't pass inspection. Fieahn Niemi was announced as a gold medal winner in the World Helicopter Championships, and he did send a 446 bench press airborne pretty quickly. Issaquah, WA's Don Decaprio was able to latch onto 5th over local live

Rocky, Horrihgs, whom USAPL Board Member Craig Safian had set his sights on, and Virginia's Ted Linn was thinking the same about Craig. CT's Frank Arcamone was .2 kilos lighter than IL's Leo Walsh, and Rod Lawery of Belleville, IL, couldn't get a squat in.

In the 220s, Jim Morton was his usual exceptional self, and dominated, well ahead of a scrambling pack that showed the very lean Fred Littlejohn, who showed "fingerin'" control in handling his squats. Keith Scruggs made up for last year, and got some big lifts on the board for third place. In front of massively constructed Scott Zwaanstra of Colorado, Shawn Cain made his annual pilgrimage and used his veteran competitive senses to crack the Top Five. Steve Rochon of Ft. Knox, KY

(article continued on page 98)



Indiana Power... Ervin Gainer.

Chicago and the Brodys... the site and promoters of many great AD-PPA (now USAPL) Championships. They celebrated the anniversary of their first Nationals effort by reprising their clever Chicago skyline meet logo, and this time they welcomed 107 lifters from 37 states. USAPL Secretary/Treasurer Andrea Sortwell was proud to assert that they were all qualified to be here, making this a true Nationals. The Lincolnwood Redison setup has had all the bugs worked out long ago, and Dennis and Sandi Brady ought to give Ph.D. seminars in meet direction, as they have it down to a sweet science, seamlessly managing the needs and desires of a few hundred lifters, administrators, helpers, and fans. Sandi showed her skills mainly on the microphone, although she had plenty of help there, and the domain of Dennis is the back of the platform, where he insures the most efficient loading possible. His work was especially notable since Dennis had recently had back surgery, and Sandi had to warn him sternly about getting in there and helping load the bar himself.

After a lengthy (lots of agenda items to consider) National Committee meeting the day before the competition (the Executive remains much



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It was very pleasant weather for a July date in the City of Brotherly Love, but powerlifters converging on Philadelphia for the 33rd edition of the Senior Nationals were more interested in what was going on inside the Airport Marriott where Rob Keller smoothly staged this year's annual men's and women's championship for the U.S.P.F. After a brief National Committee meeting on Thursday, the lifting commenced on Friday, July 11th for all the women and the men through the 132 lb. division.

The turnout for the women was encouraging, and Dave Jeffrey indicated that in 1998 the USPF will resume running the women's competition separately from the men. Lifters in several age divisions (junior, master, etc.) were allowed to lift in the competition and many of them set or attempted records. There were also two guest lifters from the Bahamas on hand.

Starting out the competition, Ann Leverett has lots in the way of both strength and experience, and she will lead the newcomers by her line example. Ann missed an IPF Masters World Record bench press of 181, while 2nd placer Cathy Solon broke all sorts of American Submaster marks. Marianna Hamfield, who won at this meet last year, was frustrated by her misses at an American Junior Record of 122 in the bench press.

At 105, a smiling and confident April Delmore was in command overall, and seemed to get more solid as the weight went up in the



Susie Hartwig had World Champion Kirk Karvoski as her coach

U.S.P.F. SR. NATIONALS as seen by Powerlifting USA Editor Mike Lambert



Ann Leverett... still remains the dominant factor in the 97 lb. class for the USPF.

bench press, all the way a new IPF women's world record of 212. When Kate Washburn moved up to the 114s, Karyn Becerra (a Judy Gordy look-a-like) of Zebulon, North Carolina was the lone remaining contender and she tipped the American Submaster records to shreds in the process of totaling 545.

At 114, again, a favored lifter had a successful outing. Susie Hartwig made up for last year's bombout, with almost no mistakes, and she even got to take the 325 squat she missed over on a jury's decision, to no avail. Washburn and Archuolo had a spirited clash for the remaining top places, and Gaby Scarpulla boldly hung in there to get a squat in and continue in the meet.

Carrie Boudreau, fresh off another Champion of Champions performance at the IPF Women's Worlds in South Africa, let her body-weight edge up to 57.3 kilos and that sprung open the barn door for Sandra Mobley to take the 123s over Jennifer Cummings, especially after renowned deadlifter Diana Sasso lost her chance in the squats. It is amazing how sharp Carrie was after competing overseas only 3 weeks before, and she was out for more world records, particularly a bench press of 261, which didn't go, and a Ruthie Shafer World Record in the deadlift, which she might normally have made. Jennifer Ray Fisher did some nice dead-lifting of her own, getting three of them on the board, putting Junior Kathleen Kelly and Master Sasha Meshkov of Denver into a tussle for third.

Sue Pike had no competition at

blances to legendary Cory Kneuer Everson down to her incredible calves. Her boyfriend, Milo Mills, talked her into lifting at one of Gary Pendergrass's great meets in Seguin, Texas and a new career was launched. While Sarah carefully crafted a course to her ultimate limits, Jill seemed to be finding new potential with each lift. None of the first eight tries seemed hard for her, not even the 275 bench (no shirt either) that was missed on a technicality. Only when it was no time out left and one lift left to win with did she give everything she had. If you're going to win with a pound-age, 301 has a nice ring to it, and now that Jill has cracked that barrier in only her second meet, it will spin more than a few minds to imagine how much farther she can go. Leslie Look must have wondered what she got into

One of the finest teenage and IPF Junior World competitors (3 time Jr. World Champ) this nation has ever produced, dropped down a weight class or two and just didn't have the mass to mess with Sarah and Jill. Vicky Schmidt busted a bunch of Junior records, with Bahamian guest lifter Carlo McIntosh showing lots of power lifting beside her.

The absence of Leslie left the 181s to likable Jennifer Jasper, of Louisiana Tech via Philadelphia, but she had company when Joyce Smith of Bear, DE came up to share the platform with her.

No women entered the 90 kilos or 90+ kilos class, but there was a good turnout in the men's lightest class, where the entry list is often very thin. Brandon Green has been toying with remarkable poundages in the deadlift for some time, but now he's done it right - a new



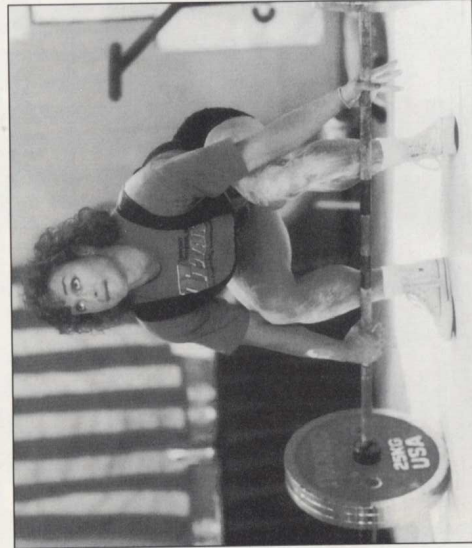
Alone at 148, but fighting out her attempts was Sue Pike of N.H.



Mobley - very strong in the 123s.

148, but lifted admirably, particularly in the deadlift to earn her top spot on the awards stand. The 165s was just the opposite, probably too competitive for the best interests of the USA team next year, with not just two, but three, excellent lifters going at the bar. Sarah Robertson has represented the USA well and often internationally, and on this day, she was very well prepared, looking physically harder than ever before.

She would not let a 451 squat best her, coming back impressively with a successful 457 to end her day in that discipline, and she benched without a bench shirt to boot. Unfortunately for Sarah, a new face was about to make a spectacular Sr. Nationals debut. Jill Brown is a former bodybuilder and looks it, from her remarkable facial resem-



In her SECOND Meet... Jill Brown is a tremendous new force in the 165 lb. class.



Jennifer Jasper... 181 lb. winner

American Record - breaking John Redding's longtime mark TWICE - with the world watching - at the USPF Sr. Nationals. Ervin Gainer had a good day, but couldn't match that kind of pulling power. They're hatching out some strong kids down South, and Trey Cunningham has named some American Junior records en route to 3rd place, over Submaster Superman Glen Murphy Jr.

At 123, it was lonely but lucky for Greg Young, when entries fellow submasters Jon Arentberg and Randy Burris went up to the 132s. Many great lifters who are persistent have seen their dream come true at the Sr. Nationals, and this was Greg's turn.

Tim Taylor has recently been militarily relocated from far away Guam, but nothing was going to bother him this time around. Tim

Another long, tall guy - Robert Blount of San Antonio, Texas, did some nice pulling to end up ahead of Connecticut's Mike Lipinski. Terry Tolbert of Auburn University was on site to break the Junior World Record in the bench. He seemed out of the groove on his first 2 tries, but changed his shirt for the final effort and drove the bar to lockout after a fierce confrontation with the iron, and then he leaped into the welcoming arms of Meet Director Robert Keller. The celebration was for naught, as the new shirt had not been checked in with the referees, and the lift was disallowed.

In the 181s, Rob Wagner was back as defender of the title, but a well-prepped Mike Danforth was not going to make it easy for him.

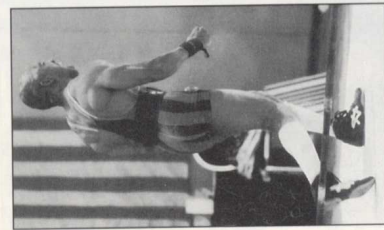


Official 123 winner, Greg Young



Brandon Green breaking John Redding's American Record at 114.

Indeed, it was hard for Rob as he missed a 710 squat, even with his observably quicker descent, and then had to take his opening bench attempt over, at the direction of the jury, after an "impropriety" occurred. Coach Wagner did not let the incident un-nerve him and he proceeded on to the deadlifts, where he showed notable improvement. Still, Danforth was dogging his every step, and after Rob was finished Mike took a close stab at the win-



Walking Away Happy... after his best lifting day ever, Tim Taylor and his extremely muscular back

ning lift. Curtis Warren of Jacksonville, Florida used some massive arms to push and pull himself into 3rd, over 27 year-old Connecticute Anthony Blassetti, and 30 year old Ohioan, Jamie Schurbach. Gary Green's 3/9 day was still enough to put him up over the U.S. Army's Tony Hambrick. Philadelphia's own Mike Malozzi finished up the list of totalers in the division, ahead of the

lone bomber, massive Dave Pearlstein, who seemed to have depth problems.

At 198, Jim McGlynn has lifted in the Seniors before, but he looked a lot different this year, with his hair trimmed shorter, and he lifted a lot different this year as well. With a "badlands back" and otherwise bulging musculature well-mated to his indomitable will, the bar was forced to comply with his wishes, again and again. Sean Scully was very impressed with McGlynn's attitude

after his 1st attempt in the bench press was initially overcoached to a shocking 540 lbs. He actually got the weight moving pretty well, made no fuss over the extremely serious error, took the right weight over again, and forged on to the win.

Tony Succarotte, bugged by a recent work related injury - but still sporting arms that looked like they were inflated, gave it the best shot he could, and Rob Arcuolo erased the sting of his hometown bombout the year before and matched his wife's 3rd place finish. Greg Thus from San Diego, CA finished up the finishers when Matt Gary couldn't get a deadlift in, and Jeff Edwards abandoned his total when his benches didn't go well. The son of late lifting legend Dennis Wright came to compete in the same contest where his father had hoped to

set a world record, but Rusty had too much trouble with a 622 squat and was out of the meet.

Gene Bell was entered at 198, but showed up enormously large and certainly a 220, however it was not to be a cakewalk for the defending IPF World 198 lb. champ and Masters World Record holder. Fit and fearless, Jeff Douglas squatted great, but got hurt in the deadlifts and couldn't do any more than an



New Face at 165... John White.

opener. Gene himself almost ended up on the injured list when he collapsed just off the platform following his final deadlift. 3rd placer Anthony Harris continued the sick call litany, showing up - literally - on crutches, after dropping a plate on his foot just prior to heading out for the meet. His pants was temporarily relieved, and Anthony was able to put himself in position to win the meet, despite his significant disability, with his final deadlift, but he stumbled and stiffened up again soon after. As if that wasn't bad enough, Kevin "Bad News from Bahamas" Woodside was guest lifting and he, too, held the weight that total of the class, unofficial or no, but it was no-go. Phil Leader was ready to challenge, but couldn't quite crack the 1900 mark, while former Dutch competitor Mike Kaiter leveraged his way safely into 6th ahead of a tanned and slumped down Mike Marino. Joe Hirsch had to recover from a popped lifting suit, but had enough to handle local Tony Frezzo. William Dougherty was only .2 kilos over the 90 kilo limit and had a tough 3/9 day besides. Herb Glosbrenner had high pre-meet hopes for Hugh Dunagan, who handled his squat attempts comfortably, but he appeared not to be deep enough.

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If so, then you know what we're talking about. You go to your local gym or health food store, only to find shelf after shelf of products—all claiming to be the latest and greatest miracle for muscle building. Hundreds of fancy bottles and packages call out to you, but you really don't know what to buy. You try to get some straight answers from the sales clerk, only to find out that he or she is as confused as you are. **Frustration!**

So, you decide to study the ads in the muscle magazines, and you end up even more confused. Each substance you read about sounds like just the thing you need. Things like Vanadyl Sulfate, Creatine, Whey Protein, Yohimbe, Aminos, Oriental Herbs, and on, and on. Which ones are right for you? Do you take this or that? You'd even like to try them all, but you just can't afford them. **WOW!!** Why is buying supplements so darn confusing?

You're working out hard. You want your progress to continue, and you just know supplements will help. But which ones? If you're like most people, you end up trying some of this and some of that—spending lots of money and hoping. . . just maybe. . . sooner or later, you'll hit the winning combination. It must be out there. Right? But, all that ends up happening is the more you

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

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

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

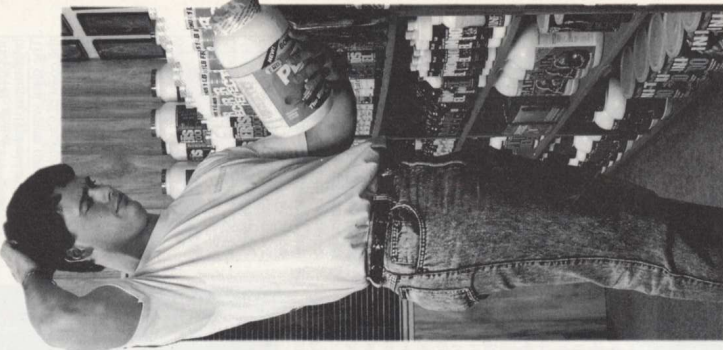
And does this stuff ever work! Add Hot Stuff to your training program for the next 30 days, and you will be truly amazed at the results!

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

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

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

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



Mike Anderson turned a training room dream into powerlifting history, by squatting his way to the head of the 275 lb. pack.

theless, the class turned into a very interesting competition, with any one of 4 lifters having a definite opportunity to walk away the winner. Grant Higa fought out his 815 squat try for a long time, not getting it while Anderson hit all three tries in the squat. Big Paul Fletcher came back with a 496 bench for a new American Submasters record, to tie Anderson for 2nd place at the subtotal juncture. Higa's modest opener was followed by a 49 lb. jump, and two close misses. Fletcher jumped 38 lbs. and also felt what it was like to have the opportunity of a lifetime in his hands. Vale made a beeline for 2nd, while Anderson carefully secured 1st place in the class and in his own personal history.

Big Jim Dundon had 5th place all nailed down, and bench press powerhouse C.J. Batten was on hand to go for IPF World Masters records (50+) in the bench press, missing a 4th attempt at 485. He deadlifted an impressive 551 as well. Tim Bruner was a pound over the 242 class limit, and had things going in the squat, only to struggle with his opener bench, not get a weight into the expeditor in time for his 2nd try, and then this 3rd attempt was timed out.

In the SHWs, Mountain City, TN's Bill Cenhour wasn't deep with his squats and friendly Sean Cuihan ended his squatting day with a collapse, with what may have been another torn quad, but it was not so serious that Sean could not walk off the platform on his own power. Big Mike Ruggieri had a very tough day, ending up with weights less than his previous bests, before finally bombing in the deadlift.

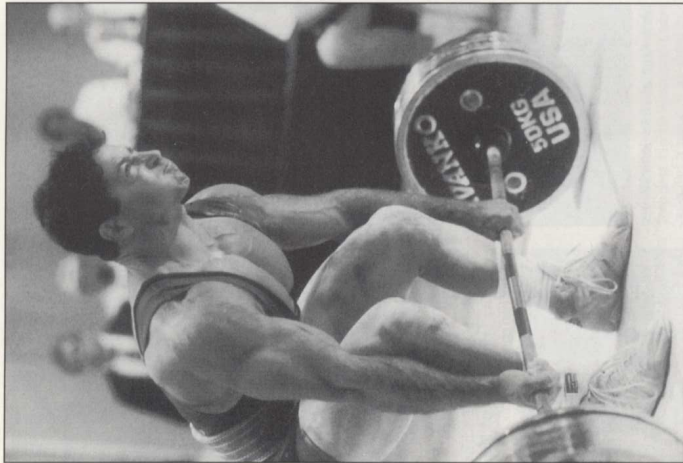
Among the Supers that scored a total, Brad Gillingham was clearly head of the class, but he did seem to be taking this event carefully, as if not hurt or re-hurt something in the process. His 826 deadlift attempt may well have gone if he had been pressed to do so. Boy, he has got a big frame, and with his famous father backing him up behind the platform, it's going to be interesting to see him butt heads with the superstars of other nations around the world at the IPF Men's Worlds in Prague.

Joe Reeves was on fire, getting the biggest squat of the meet and fine attempts in the bench and dead-

lift to put to rest memories of last year's debacle at this meet, where he bombed with a 744 lb. squat. Oklahoma's Jack Pugh also shined through the darkness of two missed 760 lb. squat efforts, by boldly jumping 20 kilos and getting a white light reward. Big James Greene also got his act together on his 3rd attempt squat, and came close to a 2000 total, anyway. Al Buono made it three in a row to come through at the final moment, but Big Bob Myers had no trouble with his openers, or even his second attempts, in his quest for an impressive total. Moses Battles, 47, considered by some to be the "Godfather" of Powerlifting in Florida, had to expend his all in order to get a squat attempt circled on his scorecard and totaled out in sheer relief from his hardship. Jim Steed was almost the last man standing in the class, but that distinction was reserved for one of the largest personalities in the entire world of powerlifting - James Henderson.

James makes a game of his squats and deadlifts, done simply to validate his prodigious bench pressing for IPF. 3' lit record setting purposes, and he's pretty carefree when benching as well, talking to the crowd, re-assuring the hand-off man that he can actually do the incredible job being asked of him, throwing out "air" kisses while he lowers the ponderous bar to his chest, etc. James electrifies those who witness his performances - even the official scoretable staff was going nuts cheering his performances.

After being in powerlifting for (article continued on page 94)



A Muscular Warrior... Jim McClynn gets the win in the 198 lb. class

out for his first squat attempt at 804, but didn't seem mentally ready. He went down with the weight and Recover Bench Press attempt of 600, but a missed jump of 77, and then 83 lbs., in the deadlift gave the title away to a structurally dissimilar Milo Mills, whose long levers defied gravitation and belief when he showed up 523 and then pulled 760 all the way to the top. Dave Audet, only 25 and a mere 3 kilos out of the 220 lb. class, rode his big legs to 3rd. Nonetheless notable was big Todd Earnest, who showed good potential overall and enough on this day to overtake a nearly 100 lb. subtotal lead by Ron Fortin, who wags his tongue as he gets ready to lift. Local favorite Russell McDonnell was just behind those guys, and any one of his missed attempts would have made a big difference in his final placing. Tall Wayne Droesser finished up over 1700 and Bill White might well have done so as well, if a few more attempts had gone for him. Dave Richardson took the final spot. John Puma, up from the 100 kg. class entry list, wasn't there with his 705 squat attempts.



Milo Mills has a very strong back

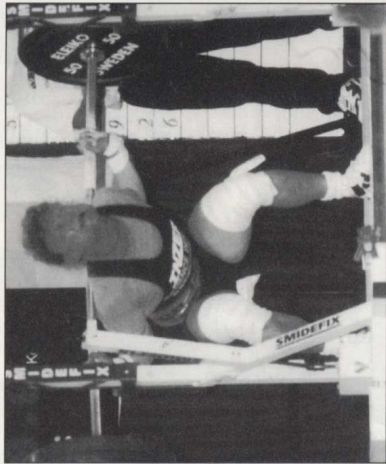
Phil Farmer was entered at 242, but at weigh-in time, he was in the 275s and thick as a brick. He came

I.P.F. Women's Worlds as told to POWERLIFTING USA by Peter Thorne

The 1997 IPF Women's World Championship was held in Cape-town, South Africa. Capetown is at the southernmost tip of Africa. It is a picturesque city scattered about between the mountains and ocean. June is in the middle of the South African winter, however the weather was cool and comfortable, ideal for shopping. We were treated to a brief storm, typical for the season. The giant waves reminded us why the coast of Capetown is called the cape of shipwrecks and was feared by sailors of the past. The South African currency (Rand) favored the dollar and the prices of excellent meals and interesting shopping provided a real bargain for those with dollars.

IPF President Grahame Fong called for and convened an extraordinary Congress on June 18, the day before the competition. Twenty-four nations attended the congress. The proposal that Mr. Fong requested of this congress was "that the executive of the IPF be authorized to consider the application for membership of the ADFFPA and to make any binding decision based on its considerations." Mr. Fong's proposition was defeated by a vote of 20 to 3 with one nation abstaining.

Meet director Alan Ferguson provided a real African opening ceremony with traditional tribal dance and music. It was a warm welcome to the competitors and guests. The venue was a pleasant two block walk from the hotel. The meet was well-run, starting on time. The loading and spotting was fast and efficient. The judging was strict



Champion of Champions... Carrie Boudreau of the United States

and fair. Over twenty percent of the total lifts attempted failed to pass.

The Russian women dominated the competition taking seven gold medals and one silver. Powerlifting in Russia continues to grow. Russia brought to South Africa a full women's team, five coaches and a team doctor. You can appreciate the depth of the powerful Russian women's team when you see the results of the Russian National Contest. The differences between first place and third place in most classes is very small. The Chinese Taipei team is very well organized and the

Marx had beaten the young Kudinoval by 5 kgs. at the European Championships. However, Kudinoval has improved dramatically and bested Marx by a surprising 35 kgs. Kudinoval is still a junior lifter and set junior world records in all three lifts and an open World Record total. She made all the lifts look easy. Kudinoval was only 6

IPF Womens World Championships 18-22 Jun 97 - Capetown, RSA (kg)

	44 kg	50 kg	57 kg	67 kg	DL	Total
Tesleva RUS	145	80	152.5	377.5		
Pinkhala FIN	142.5	62.5	160	365		
Chen TAI	135	70	160	365		
Kilmarova JAP	105	75	115	295		
Yamkiska RUS	145	67.5	170	402.5		
Vilijanen FIN	135	80	160	375		
Chou TAI	135	65	162.5	362.5		
Prabha IND	137.5	50	150	337.5		
Diamond GB	117.5	50	130	317.5		
Diamond GB	110	52.5	110	272.5		
Belova RUS	170	102.5	185	457.5		
Lin TAI	155	115	170	442.5		
Wang AUT	135	82.5	175	422.5		
Mir KAZ	152.5	95	175	422.5		
Yueh USA	140	82.5	182.5	405		
Wang AUT	131.5	87.5	160	385		
Dussard BEL	127.5	75	140	342.5		
Havin USA	127.5	75	132.5	335		
Lloyd AUS	117.5	72.5	145	330		
Boudreau USA	185	115.5	195	495		
Nelivona RUS	175	115	170	460		
Chen TAI	175	102.5	175	452.5		
Wang AUT	155	107.5	165	427.5		
Savola FIN	137.5	75	180	412.5		
Szangala GER	142.5	75	160	382.5		
Hykova CZE	120	75	135	345		
Stephens USA	130	65	142.5	337.5		
Kudinoval RUS	207.5	115	200	522.5		
Bilira NOR	185	97.5	190	472.5		
Hoopala FIN	180	90	190	460		
Himeno JAP	157.5	107.5	190	455		
Wood AUS	162.5	85	192.5	435		
Kaitan GB	152.5	85	180	417.5		
Ketzer NDL	152.5	70	170	395		
Spjutland SWE	220	115	235	570		
Ivanova UKR	215	115	202.5	530		
Isakovic MEX	215	112.5	202.5	530		
Houlihan USA	162.5	95	205	464		
Trouser USA	162.5	95	182.5	447.5		
Houston USA	147.5	92.5	185	425		
Sprent NDL	147.5	92.5	185	425		
Smith AUS	162.5	90	165	417.5		
Smith AUS	147.5	72.5	192.5	412.5		
Hermanston CAN	147.5	82.5	130	360		
75 kg RUS	225	142.5	212.5	580		
Siljesta NOR	245	112.5	217.5	575		
Martinez ABC	190	115	210	515		
Wiedonski GER	200	102.5	207.5	510		
Wiedonski GER	190	97.5	197.5	485		
Dhivona CZE	182.5	105	190	477.5		
Fuchs GER	160	102.5	192.5	455		
Williamson CAN	140	82.5	165	390		
Hezel USA	145	85	160	390		
823 kg	215	151	232.5	599.5		
Rumyantseva RUS	200	117.5	200	517.5		
Lin TAI	187.5	112.5	195	502.5		
Holland NOR	167.5	112.5	195	495		
Dealing AUS	167.5	75	200	442.5		
Wong AUT	147.5	85	175	407.5		
Carvalho USA	140	87.5	167.5	395		
Jyosthi IND	130	60	140	330		
90kg	232.5	132.5	242.5	645		
Kot TAI	225	125	195	605		
Rantanen FIN	170	135	197.5	502.5		
Smith GB	157.5	120	182.5	470		
90kg	247.5	137.5	262.5	647.5		
Robertson AUS	250	170	225	645		
Chou TAI	262.5	132.5	240	640		
Lin TAI	240	145	205	590		
Wang AUT	240	145	205	590		
Trujillo USA	225	120	215	560		
Pavova RUS	225	120	215	560		
Pepper GB	180	90	150	420		
Choudhury IND	180	90	150	420		

America's Juanita Trujillo, world record holder, and former world champion, had a tough day getting in only one squat and earning a fifth place beating out Russia's Pavlova who placed sixth. This was Juanita's farewell competition as she is now retired from powerlifting. Juanita will be missed as a competitor and an ambassador of good will for women's powerlifting.

With competition completed everyone enjoyed an excellent banquet. Al Ferguson and his staff provided plenty of good food and drink. The order of the evening was social.



Chao Chen Ye, World Record Bench of 170 kgs. (Koberich)

zing, dancing and enjoying the music. Capetown is actively pursuing its bid to become the host city for the 2004 Olympic Games.

The top three lifters rated by Wilkes points: 1st Carrie Boudreau, USA, 591.52; 2nd Martina Kudinoval, Russia, 585.58; 3rd Lisa Spjutstrand, Sweden, 582.99.

National Standings: Russia, 72 pts. Chinese Taipei, 51 pts. Finland, 47 pts. USA, 39 pts. Germany, 32 pts. Norway, 31 pts. Australia, 28 pts. India, 20 pts. Great Britain, 19 pts. Kazakhstan, 15 pts. Argentina, 15 pts. Japan, 13 pts. Netherlands, 13 pts. Sweden, 12 pts. Belgium, 12 pts. Ukraine, 9 pts. Czech Republic, 9 pts. Denmark, 8 pts. South Africa, 6 pts. Austria, 5 pts. Canada, 4 pts.



Katrina Robertson... (Australia) World Record Deadlift 247.5 kgs. at 90+ kgs. (Heiner Koberich)



Lee, Junior World Record Squat of 262.5 kgs. (Heiner Koberich)

points behind Carrie Boudreau by formula for Best Lifter. Marx's entire training program has been taken over by The University of Belgium. Marx plans to regain the gold in the future.

67.5 kg. Sweden's Spjutstrand to take the gold. In a strange occurrence Spjutstrand's second squat of 215 kgs. was turned down by the referees two to one. After an appeal by her coach the jury overruled the referees and accepted the lift.

Spjutstrand's third deadlift looked easy and she appeared to have at least 10 pounds more in her. Ivanova of the Ukraine defeated Isakovic of Kazakhstan for the second place. Carla Troseper of the USA took fifth place followed by Paula Houston of the USA.

75 kg. Arme Siljesta of Norway squatted a World Record (245 kgs) for a 20 kg. lead. She lost the 20 kg. advantage to Marina Zhiguleva of Russia who by virtue of 30 kg. advantage in the bench press won the gold by 5 kgs. The third place lifter Martinez of Argentina appeared to have bombed in the bench press after all three lifts were turned down by the judges. However, in a surprise move by IPF officials she was granted a fourth attempt. She made her fourth attempt and went on to win the bronze medal.

82.5 kg. Natalya Rumyantseva of Russia set a World Record bench of 151 kgs and went on to total 597.5 to beat her nearest rival, Schumacher of Germany, by 85 kgs. Lin of Chinese Taipei placed third.

90 kg. Russia's Alla Korshunova's 587.5 kg total gave her a 55 kg. advantage over Ku of Chinese Taipei and the Gold Medal.

90+ kg. Katrina Robertson of Australia pulled a World record 262.5 deadlift to beat Chen-Yeh Chao of Chinese Taipei by 2.5 kgs. The powerful Chao benched 170 kgs. for a World Record and the biggest IPF 3 lift bench press ever medal was China's young Chia-Sui Lee. Lee set Junior World Records in the squat, deadlift and total enroute to her third place finish.

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48 Kilo Class Winners... (left to right) Koskinen, Yamskich, Vilijanen.

APF Men/Women's Sr. Nationals as told to Powerlifting USA by Herb Glossbrenner



Outstanding Woman Performer at the Meet was Amy Weisberger

Starting all over with a clean slate the '97 APF Seniors returned to Atlanta. On the weekend of June 21-22 Curtis Leslie, 4 times WPC World Champ, once again commanded the two-day spectacle. Last year Curtis proved that not only is he a champion as an athlete but he has reached the Elite classification when it comes to showing how well prepared event Curt kicked his opponent into a higher gear, and really outdid himself. This year's venue was the Howard Johnson Midtown, a 20 minute ride from the airport. A close by number of eating establishments, including a restaurant in the hotel itself, made it convenient. Jean Wojcik (Leslie's right hand lady) saw that every minor detail and inconvenience was rectified. It was no easy task, but she did a splendid job. Jean year is over. Congrats to both - a splendid match up. The site of the competition was a magnificent dancing ballroom. It was most spacious with a big, curvamed-off warm up area behind the platform. Everything functioned brilliantly! The awards were of the same high quality as last year, hand detailed bronzed lifter statues (with both women and men having their own respective figurines). Once again a unique, plated belt would be worn around the waist of the one who'd be declared "Champion of Champions".

The scorekeepers were highly professional. Sandy Ellis from Georgia was the computer tabulator. He programmed the results, and then painstakingly did the individual final lifts in a handwritten list for me (a gratuity totally unexpected, but greatly appreciated). Lift by lift tabulations after each session should be mandatory for every major event (not just final results). Mr. Ellis could have easily programmed the computer to do this, but hadn't been asked to do so (Dave Carter lake note - this is MUST for WPC World this Fall). Along with this trend over backwards congeniality, the rest of the scoring/announcing crew were top notch also. The emcees were David Sewell and Steve Grubbs from Alabama. Keeping score were Becky Ellis and Jenny Jobson, GA and Virginia Mellan, TX. Bravo!

The spotters and loaders, who did a magnificent job last year, were back (including Neil Gurtzman whom I omitted from last year's list of credits). It was a No. 1 job from each and every man, whose efficiency and alertness kept the athletes safe. They lifted more weight than anyone in the meet and deserve our commendation.

Last year I stirred the pot addressing a critical situation. I'd seen the officiating degenerate to such a degree that following the event I called it deplorable. The earthquake that struck was devastating. It was at least a 10- and went right off the Richter scale! The shockwave was felt clear around the world. The solidarity of the APF had a big crack in it. Some heavy duty repair was top priority. Those from ROUND the NATION summoned their best workers and rebuilt and fortified the FOUNDATION. A NEW CREW of the best officials stepped up to the bat

every one - HATS OFF!
Now that I've given credit where credit is due - to re-coin Curtis Leslie's favorite phrase: IT'S TIME TO GET IT ON!

THE WOMEN

105 - LASTALASKAS - HIAS NO LOSSESI - Christine Lastaskas has only 7 mos. under her belt. Representing the Front Power Team of Aurora, IL, she mounted the Seniors platform in only her 2nd meet. Pretty and decked out with a dainty little bow in her hair, she took a solo ride and coasted into home station as a National champ. Her 595 lbs. lift in was 1115 BP and 3 quality DL's - last one 242.

GIBSON - DISCIPLINED! - Cyrene Gibson, 35, a Savannah, GA Deputy Sheriff is black and muscular, with a tiny wasp waist. Trained by husband Curtis she put the cuffs on and locked up a big title. She SQ'd 530 (SW), but found 308 a bit too heavy. Slow and steady, she BP'ed, then dilligently made all 3 DL's - 314. Her 810 TOT - and win was No. 1 on her MOST WANTED list!

123 - WEISBERGER - A WISE LEARNER! - No medals went unclaimed. Traci Arnold-Tate, 2nd last year, made her 314 SQ, deep! All a great deal for the '97 laid out a trend that should be a challenge for all organizations to follow. This event was the brand new edition of the official's textbook and should serve as a role model of PERFECT PROFICIENCY for years to come. RADAR CAPEHART handpicked his crew - took some FLACK, but had the KNAACK! From Irving, TX, he was the meet director for '95. Seniors, and Masters champ. Those who served over his leadership (each and every one) get the HERB HOUSECLEAN. They sat in the hot seat. Each and every one took LIFTBIG WEIGHTS (their SWITCH FLIPS WERE GREAT! Jim Rouse, Camp Baum, Main St. Limerick, L.B. Baker, Richard Lundy, Sternberg, L.B. Baker, Richard Lundy, Terry & Nancy Dangerfield, Stelanie VanDeweghe, Karen Kildier, Mariah Liggert, and Udoelien Gilti) to each and sitting deep, she made mincmeat of 374, 413 SQ and tried 424.

WEISBERGER IS INDEED A WISE LEARNER. She drove up her thumbs gripped BP's - 226, 253 and finally 264 - a great effort - 3WI AMY uses her BRAIN and TRAINS with CHAINS (the latest Westside training innovation!) No letup - 3 DL's smoked as well - 424 precise & steady - 1102! Wow! She won outstanding lifter among all the women. What a performance by a prime time player!

132 - VANESSA DIGRESSED - SHE'S STILL THE BEST! - Barbara Powers, 48, improved her finishing position to runner-up (one notch above last year). Her TOT diminished somewhat to 755. Hobby was encouraging her as always. He'd suffered a fall down the stairs (temporarily setback) and was on crutches. Although he pushes her (to lifting excellence), she did not push him! I wanted to make that perfectly clear! Vanessa Gibson had improved her total 100 lbs to win

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August Clark Jr. (114) with 336 @ 132 last year. She won again but made only 9/9 and her TOT backslid 83 lbs! She has struck out on her own and has not had her training scrutinized by Daddy Louis's watchful eye. Missing huge tries of 440 SQ, 292 BP and 446 DL she totaled 1041 as compared to 1124 in '96. Looks like the results call for drastic measures! CHANS'Yes, that should do it. Back to where you'll get best coaching, Vanessa!

148 - LIGGETT - DIG IT! - The perennial APF women's 148 champion took last year off. She returned after her SABBATICAL and looked as sharp as the proverbial tack - RADICAL! She missed only 1 SQ - a big 428, lift - then strung together 6 successes: 259 - 275 - 286 BP and DL @ 428, 462, then 485 - 1223 TOT. She tackled on 71 lbs. to her winning result of 95. With 19 yrs. under her belt, her lifting came as no surprise. Mariah LIGGETT - 1 DIG IT!

Defending champ Nancy Dargenfield drifted back 116 at S.T. time. She'd missed 2 big SQ attempts (435 & 446) and failed her final 225 BP lift. It seems her wide stance sumo style in both SQ & DL had overworked her. She had strained a hip. Her change to conventional style pulling and her rousing success with it was the talk of the meet. She ripped up 457, then a W/R (beat her 503 from 5/19) 507 like tissue paper. Nancy even gave an unyieldable 523 a hearty hug. She pulled 66 lbs. better than last year. TOT 1129 - 2nd place! Blond, statuesque Lisa Perrett, with her stately elegance, reminds me of Princess Di. She finished a hard but determined 391 DL for a 970 TOT - 3rd place.

165 - STEFFIE SUCCEEDING - DEBBIE TOO GREEDY? - Last year had been a monstrous matchup between 3 time WPC World Champ Stephanie Vandevoghe of Sheboygan, WI and Debra "human anatomy chart" Erney, Debra, an ex-bodybuilder, now 44, had won last year (1344 - 1322) @ 165. It had been one of the greatest women's battles in P/L history. The Debra, sidelined by knee trouble, was not to contest. Stefie's victory at the WPC World's instead she'd underwent corrective surgery. Vandevoghe's marriage time upped her W/R SQ to 578 and

took Erney's TOT away - 1355! Debra was not fully recuperated and back to full strength. Stefie was not in peak form either, but looked like the favorite on paper. Debra opened cautiously - 418 - went to 465, just footing before signal to rack. A 1.25 kg. misload on this one, but received 2R (depth presumably). Her 479, 3rd - ditto. Vandevoghe made 474, got negative call w/507, increased to 523 - nailed it - 3W!

Stefie punched 325, faltered w/336. Now came Debra's chance to wow woman. She simply the greatest woman bender of all time (91 @ 165) - not to mention the most muscular woman lifter in world history! She punched out 352, then got overzealous! A moderate and sure 365 could have changed the eventual outcome. Straight to 380! It stalled three quarters up! Instead of SUCCEEDING she'd been GREEDY! Missed 3rd attempt also!

Vandevoghe had a seemingly insurmountable 77 lead going into DLs. Her 429 2nd attempt was laborious up to the knees, but had an easy finish. Stefie's 446 missed - she had 1278. Debra was "on" in the DL - ripped up 418, 451, 496 - 1267 - runner-up by only 11. Her BP tactics had been costly. Stephanie had regained the title she'd lost to Erney last year. Debra suddenly had a daring surge of confidence. She took a 4th - 535.7 to erase Laura Dodd's W/R by a half kg. She had it started, then suddenly collapsed - pulled hamstring! Nothing worse - thank goodness! Quite a scare and valuable lesson learned: DON'T SECEDE TO GREED IF THERE'S NO NEED! INDEED! For a variety of reasons (see included) I consider Debra today, the most amazing lady in P/L. Today, now she can heal up to be prepared for England. Should she allow me to pick her poundages over there I guarantee she'll win the next one. Now it's up to the Vandevoghe's to make me eat my humble pie (with a slice of Wisconsin cheese on top please)!

181 - ARVIN - NO BARGAINS - IPA women's SH champ Jolynn Arvin of Detroit, MI, looked like a sure winner. Her strength was overwhelming. Unfortunately, red lights overwhelmed her. She took her 556 SQ opener thick. The 1st lift drew 2R for depth. The 2nd try - ditto, plus her knees weren't locked. The last lift appeared to be deep enough, but she lost balance near completion ... out of the contest! A real shame and deep disappointment. I'm sure she'll be BACK and the next time ADAPT!

Sidney (the Durban dance queen) can do a top notch JITTER-BUG. She's also a cracker jack SHUTTERBUG. She contested the same lady who'd made her runner-up in '96, Monica Overstreet is KY's strongest lady. Both struggled with a 363 SQ. The resistant barbell finally succumbed to both on their respective 3rd attempts - and the judges cast their final vote also - good! Monica brings a whole new meaning to the world of energy. She was a dynamo of energy. Thomis was watching as Monica

Women	SQ	1SQ	2SQ	3SQ	5UB	DL	DL	DL	Total
105									
C.Lautasakas	236	879	879	879	352	198	232	242	595
114									
T.Cobson	303	330	366		496	366	384	314	810
A.Weisberger	374	413	424	677	677	374	413	424	1102
T.Wyers	369	396	402	611	611	402	424	440	1052
T.Arnold/Rate	386	314	386	518	286	308	319	837	
V.Schwener	396	396	396	644	396	446	446	1041	
R.Powers	308	330	330	435	126	449	449	755	
148									
L.Peggett	435	451	485	728	424	462	485	1023	
N.D.Boyd	407	420	438	622	203	217	238	1179	
M.Larrett	374	374	403	578	369	363	391	970	
165									
Vandevoghe	474	695	523	848	402	429	446	1278	
V.Vannoy	418	468	497	771	418	451	496	1267	
181									
M.Overstreet	369	363	363	595	203	230	231	1030	
S.Thoms	369	363	363	628	231	259	264	931	
A.Arvin	595	595	595						
132									
A.Clark, Jr.	336	363	380	672	270	360	308	1091	
148									
S.McGee	563	600	645	954	352	363	369	1515	
C.Ripley	545	552	579	892	344	314	330	1410	
GREEDY!	462	501	534	892	319	341	358	1394	
E.Killian	548	518	556	930	390	390	390		
A.Rozadonielli	677	731	774	1196	413	462	474	1818	
J.Wood	611	633	666	1052	402	448	418	1653	
B.Tantersley	485	534	594	832	297	306	306	1372	
181									
M.Jedlinski	683	732	772	1238	473	501	548	1851	
M.Houston	677	739	792	1107	396	418	429	1747	
P.Harvey	633	689	689	1647	418	440	440	1647	
S.Allinger	644	694	694	1030	385	396	396	1636	
A.Schmigan	744	798	842	1168	485	501	517	1774	
R.Rosales	795	795	795	925	384	281	369	1554	
M.Barno	795	795	795						
198									
M.Zwing	833	784	884	1444	573	606	611	2094	
M.Zwing	710	744	794	1251	400	507	548	1912	
T.Kmand	771	826	826	1190	385	407	418	1868	
D.Bornstein	677	732	732	1140	429	462	462	1846	
M.Fresenden	699	725	735	1168	424	452	452	1839	
M.Sherley	650	705	705	1168	371	424	452	1839	
L.A.Dams	600	650	677	1168	485	501	517	1774	
J.Dougherty	644	644	644						
210									
N.Nick	803	803	803	1383	457	479	490	2132	
C.Veepoh	840	810	861	1361	507	534	551	2121	
T.Diem	688	710	755	1207	424	451	466	1989	
J.M.Coy	749	782	824	1311	529	559	600	1973	
A.Maley	725	755	777	1267	475	499	520	1929	
R.Potts	710	755	771	1312	380	407	440	1862	
C.Raiter	650	749	749	1157	462	507	548	1758	
J.Wardell	749	749	804						
M.Vera	844	844	844	1242					
242									
W.Wesek	881	939	939	1543	589	644	661	2298	
S.Rodenburg	749	760	804	1289	468	468	485	1995	
B.Nichols	832	925	925	1414	529	559	579	2033	
D.Barno	837	884	854	1421	555	585	607	2177	
K.Patterson	749	749	749	1184	473	512	523	1862	
M.Goldman	844	804	864	1432	650	683	706	2011	
T.Brock	749	749	749	1334	468	518	540	2006	
R.Drechant	844	844	844	1223	485	507	529	1962	
R.Fraser	705	795	795	1223	490	529	529	1873	
D.Borden	804	804	804						
S.Robbins	749	749	749						
R.Coates	804	865	903	1477	567	600	611	2204	
D.Masters	903	810	942	1394	523	551	584	2155	
S.Koehrer	844	844	844	1344	440	469	469	2083	
M.Galliot	654	679	699	1130	373	394	394	1862	
M.Galliot	584	639	699	1030	394	391	484	1664	
L.Walsh	744	804	804	1317	534	551	573		
T.Harlow	804	804	804						
308									
J.Vorovin	849	854	884	1444	562	584	584	2171	
M.Maffei	799	840	848	1283	407	429	435	1964	
BENCH PRESS	487	524	524	954	499	473	504	1906	
E.Anderson (64) (242)	694	301	548						
J.M. Blakey (274.7)	655	406	746						
D.Bennett (276)	373	606	606						

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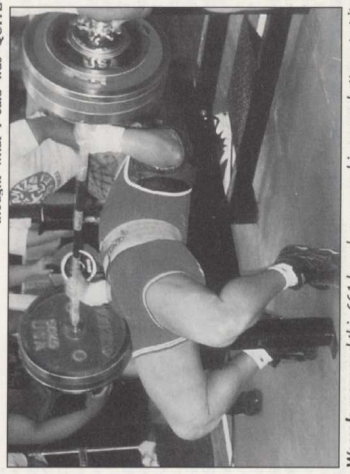
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Chuck (who always goes low) got called on his 810 opener. He repeated lift to 771 2nd - good! With substantial increases he made all BP's - 440; got 870, good depth - 440; got stuck in the hole. Paul saw the door open. A crack of daylight was all he needed. He slipped in, bulking his way through 870, then a massive 903. No one other than Coan has conquered the 920 he tried next. It was a bit too much even for URCHICK's THIRD TRICK! With a 94 lb. lead Paul muscled up 479. Chuck unloaded a P/R 551. URCHICK's lead had diminished to a mere 22 lbs. Chuck vaporized a 760 DL, and was now in front. 2121 to 2105, after Paul's 722 start. Both men requested the same - a huge jump to 804 for 2nd attempt. Paul changed his mind - had it reduced to a more believable number - 749! Urchick gave the ole college try, but didn't make it. He missed and had one last attempt remaining! Chuck honed in on his 804 nearly bored a hole through the bar - nearly bored a hole through his eyes - nothing else. Diem tried in - missed. Now - Chuck's turn. Last Man in the ENLIGHT gave it a DAMN FIGHT! His energy released, exploding like a volcano. The massive load of iron inched upwards. Arms-dripping, backwards, Urchick now had a lifetime dream, and Chuck had a lifetime nightmare. As if pursued by a huge octopus, Urchick brought out Urchick's "best". As if pursued by a huge octopus, Urchick brought out Urchick's "best". As if pursued by a huge octopus, Urchick brought out Urchick's "best".

WRONG! A seething situation finally cooled off after a year. All animosities seemed to have faded. In particular because my focus of attention. With screws tightened down we readied to see the long awaited rematch between the CLASH OF THE TITANS. TANKS with all the wrinkles presumably ironed out.

For top medal distribution this year all the others still had SEVERAL PROBLEMS: TWO BIG OBSTACLES TO OVERCOME... THE IMPOSSIBLE SUMS OF TWO PRODIGAL SONS... WESELLES & GOGGINS! Two up and comers from Westside were Eskil Thomasson and Travis Futrell. Travis went OUT and DUNKED his DO-NUT while Eskil in 3rd on S.T. (1262) took only one futile try @ a 639 DL, then threw in the towel. Bradley Wagner, 3rd last year, opened safe - 661. He had to repeat; then missed 710. Next Brad strung together a necklace of six front beads. He punched 523 BP (2nd highest overall) and pulled 677 - 1862; a solid overall performance - 4th place! I got caught up in nostalgia seeing the eventual bronze medalist, Ken Enrich, 31, is the spitting image of his famous father - Clyde Enrich, strength coach for Pro Football's Chicago Bears. A world class W/L'er in the 50's, Clyde had lifted right alongside the greats of his era - like Tommy Kono & Paul Anderson. Clyde Enrich was runner-up @ 198 in the '55 World Championships. In '57 he established a W/R - 409 lbs. in the clean and jerk. Although his father



Wessels managed this 661 bench press on his second attempt at it.

Richard POTTS HOPPED from a failed 755 beginning lift to 771 2nd - good! With substantial increases he made all BP's - 440; got 870, good depth - 440; got stuck in the hole. Paul saw the door open. A crack of daylight was all he needed. He slipped in, bulking his way through 870, then a massive 903. No one other than Coan has conquered the 920 he tried next. It was a bit too much even for URCHICK's THIRD TRICK! With a 94 lb. lead Paul muscled up 479. Chuck unloaded a P/R 551. URCHICK's lead had diminished to a mere 22 lbs. Chuck vaporized a 760 DL, and was now in front. 2121 to 2105, after Paul's 722 start. Both men requested the same - a huge jump to 804 for 2nd attempt. Paul changed his mind - had it reduced to a more believable number - 749! Urchick gave the ole college try, but didn't make it. He missed and had one last attempt remaining! Chuck honed in on his 804 nearly bored a hole through the bar - nearly bored a hole through his eyes - nothing else. Diem tried in - missed. Now - Chuck's turn. Last Man in the ENLIGHT gave it a DAMN FIGHT! His energy released, exploding like a volcano. The massive load of iron inched upwards. Arms-dripping, backwards, Urchick now had a lifetime dream, and Chuck had a lifetime nightmare. As if pursued by a huge octopus, Urchick brought out Urchick's "best". As if pursued by a huge octopus, Urchick brought out Urchick's "best". As if pursued by a huge octopus, Urchick brought out Urchick's "best".

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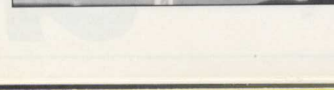
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That Plaid is BAD! Berardine with 771 (Herb Crossbrenner photos)

358. Rugged Bill Killion of the Columbus crew SQ'ed 518 after a turned down opener, then lost a big 556 try. Bill's Waterloo came BP'ing. He blew out a shirt - missed all 3 tries at 330. Someone thought the fabric breach might've been caused by the barbed wire tattoo Bill had on his arm. PLEEZ! Gimme a break!

165 - A MAN EXCELLING. BERARDINELLI - Last year's great battle involved 3 great sportsmen. The defending champ was Jay Rosefione, now 40 - Jay brought 4 lifters and coached, but did not participate. He'd injured his leg at the WPC Worlds last Nov. in Durban. Busy w/his business family in St. Louis, MO (moving to new building) he decided to take a years hiatus and sell return to the platform next year. Ricky Crain, 43, was the 94 champ @ 165 and won the 95 WPC Worlds also. He'd been runner-up to Jay last year, being denied victory by Jay's best DL (1785 - 1780). Crain's last fall posted history's biggest 165 SQ (800) & TOT - 1890, winning prize money at the IPA Srs. He was content to sit this one out. Another formidable figure was left to sit with no one to push him. Angelo Berardine had prepared to beat anyone. He had claimed his first golden ring in '95 where he'd edged Crain in TX (1769 - 1763). A new talent, Brad Tankersley, took 3rd this year - 1372. Lifts he tried could have given him 1449. In the past the 163 lb. class had fielded a large number of entrants. It was dwindled in recent years. Brad is now a Srs. medal claimant (bronze). John Wood, an IPA champ, executed his lifts in a determined manner. His 1663 TOT shows he's made of tough stock. John earned runner-up honors with business-like tenacity. Berardine's excellent results shows he'd diligently prepared this time. Heaced his 2nd SQ - 733 - with his low, wide-stanced crouch. He stormed WPC's W/R 766 of last year, and got pinned w/771. No matter. He posted a 2nd attempt 462 P/R BP. The big surprise was his three quality DL's; the final a 622 P/R. TOT - ditto - 1818! It looks to me that he has a date with destiny only 5 months down the road. His 1st WPC World title is silently awaiting!

148 - IT'S LEGAL - SIEGEL - A LOT OF PEOPLE WATCHED SCOTT SIEGEL take a huge 71 S.T. lead into the DL. He won his first championship on his 551 opener - 1515. Scott missed the 600 he'd made in '96 taking 2nd to the unconquerable Anthony Conyers. Greg Ripley, MI, improved last year's performance adding 49 to his TOT. Greg was credited w/his 562 SQ, made 3rd attempt 330 BP and 518 DL for 1410 - this year's bridesmaid. Tim Judge, 34, chased him all day. He made no mistakes, having a perfect 9 for 9 performance. Ripley had him by 28 when Tim SQ'ed his final 534. Judge tied his S.T. (892) and had the lighter bwt. edge after pressing a strong

Are You Going Broke Buying Supplements?

I'm sure we don't have to tell you that the prices of bodybuilding supplements have gone right through the roof. In the good old days, you could pick up a month's supply of protein and multi-vitamins for under \$15. But times have changed... supplements have changed... and costs have changed. You can now easily spend \$100 or more a week on supplements and still not get everything you need.

No problem if your last name is Rockefeller. But if you're like the rest of us, it's getting pretty tough to keep up with your supplements bill. Obviously, when you only have limited financial resources, some serious choices must be made.

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But there's still more. I'm sure we don't have to tell you how popular Whey has become as a protein supplement. The best proteins on the market are now made from Whey. But it isn't cheap and some of these powders are running \$30 or more per canister.

GOOD NEWS!! HOT STUFF uses

100% Whey as its protein source. And it'll actually cost you less for HOT STUFF with its 55 potentiators than it will for just a Whey protein alone. Now that's a value.

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Secondly, since we sell so much HOT STUFF, we are able to buy our raw materials in very large quantities. This brings down their price considerably. Saved from pocket this extra money we've decided to pass on the extra savings to you. Our goal has always been to bring you the very greatest bodybuilding supplements at prices you can afford.

So if your money is tight, or if you just don't want to blow all of your hard-earned dollars on expensive supplements, then be sure to check out the fantastic, turbo-charged HOT STUFF. You don't have to quit taking supplements just because

Just when you think it's safe to leave the house, there seems to be more bad news. While the former ADPFA (USA Powerlifting), USPF (with or without their affiliation with NASA), and the IFF hog the headlines with political discord, it appeared that some of the other federations were moving along, if not steadily, at least quietly. Of course, that really isn't true

as the sport of powerlifting underscores the fact that it can provide as much intrigue as any television soap opera. Dependent upon the rumors one wants to believe, the IFA continues as primarily a one meet federation with the Washington, D.C. area "senior nationals" as the only major meet on its board. My partner Ralph Raola offered his opinion after last year's carnival that it's a great meet for the meet directors, but less than that for the lifters. And the meet director supposedly said that "Ralph and Dr. Ken are in powerlifting only for the money?" At least that was the statement related to us which caused gales of laughter in our area.

The AAU seemed a very viable alternative for many until the powder what test is developed. If this is the case how is it possible to request a drug free period of five years?

I have made no secret of the fact that I like the "raw" or equipment free aspect of powerlifting. There are legitimate arguments on both sides of the attire/equipment issue. I don't like the Monolift because of the safety issue; it makes it possible to use more weight than many lifters should safely be squatting with. There are some safety issues related to the attire also, but for many, that isn't a critical issue. Both sides of the argument have vehement supporters and because all are powered in some way, just as drugs modulated in some way, just as drugs are part of powerlifting, personal opinions, including mine that they should not be used, mean little as the lifter will make an individual decision. I have no problem that there are organizations that accommodate those that choose to use drugs. I don't like the hypocrisy of those who use and then claim that

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More From Ken Leistner



The Knee Wraps and Supportive Lifting Suit that 1997 USPF Senior National 220 pound class champion Gene Bell wears will be banned for use in AAU competition as of January 1st, 1999.

for at least two years will not test positive for any drug residue no matter what test is developed. If this is the case how is it possible to request a drug free period of five years?

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their own personal reasons. All positions on this issue are legitimate and deserve an airing. If the majority opinion of the lifters in the AAU is to ban the attire, fine, but the rumblings I hear may indicate that a majority would not support that ruling, or at least would prefer some sort of phasing out of the attire, similar to the ever increasing time they instituted for drug free competition. In either case, many see a rocky road ahead on this particular issue and it's a shame as the AAU seemed to be a very "comfortable" alternative for many in the sport, especially with their policy of "inclusion" for those lifting "raw" or otherwise. There will be at least one but at least there is consistency in powerlifting; every organization has either internal or external problems.

The judging at the USPF and APF Senior Nationals was quite consistent and strict according to many who contacted me after those respective contests. Ridiculous, biased, inconsistent judging, referees who just don't know the rules, and - at least in one organization - referees sitting at a national championship who held neither organization membership cards nor referee's cards will remain an issue of contention until meet directors and organization leaders wake up to the fact that lifters will compete only if the competition is fair. Yes, they all want to lift more weight and will at times complete a high squat that comes complete with white lifts, but at some point, all will also feel that their competition had an advantage due to poor judging and will look for another venue to lift in. Simply put, fair and consistent judging is the backbone of the sport and must be preserved.

The absurdity of some standing national and world records rarely bring satisfaction to the lifter holding those records when they know the judging was poor, and/or when any lifter with a minimum of knowledge questions the legitimacy of the lift. If one is working so hard to achieve a record performance, they deserve the respect the record or title brings. This isn't forthcoming when it is a result of poor judging.

Dr. Ken Leistner

Why can't so many lifters duplicate the lifts they did in the gym prior to a meet? I hear this complaint time and time again. These lifters are using a system of training known as the progressive overload or pyramid method. Here lies the problem. The pyramid system has not been used since 1964 in the former USSR. They realized it did not work for the athletes 33 years ago. But here in the United States many are still using it. It's like a dog chasing its own tail: you go no where fast.

Every time I pick up a powerlifting magazine, I see an article talking about how much some superstar expects to do based on huge training weights, only to fall short at meet time where it really counts.

There are many flaws with the pyramid training system, which will be outlined below.

When we look at the pyramid method, we must also look at the term "periodization", meaning dividing the yearly plan into smaller parts known as mesocycles and microcycles. These microcycles are for the development of special strength, such as explosive, accelerating, and absolute strength, as well as perfecting form, or a hypertrophy phase. It is my experience that all elements of training must be done simultaneously, or the training effects are lost very quickly.

Let's look at the pyramid system based. Let's say your best squat is 650 but you set your program for a 700 squat. If you don't increase your ab and lower back strength to sustain a 700 pound effort, you will fail. Even if you have made a 700 squat at your last meet, 5 on 6

distortion in form. Yet it is done over and over.

With 13 men squatting over 800 pounds, we at Westside know that it requires roughly 9600 pounds of squat training at a correct percentage to do 800. If you check your workout log, you may be surprised to find you may be using half that volume. This will lead to failure.

Remember the high reps in the early phase of the pyramid cycle? Their true value was in building muscle mass. However, near the end of the cycle, your reps have dramatically decreased, thus you lose muscle mass. After those heavy sets you don't have the energy to do the special exercises that carry great value. Also, if you have worked your legs very hard for 3 weeks or so and then stopped completely, your legs will lose every bit of size and strength in the next 3 weeks. Consequently, that training effect is completely gone. Yet it is common for lifters to do just that - quit special exercises completely - mainly because their energy is too low after the heavy weight close to the contest. After breaking your personal record in the gym 1 or 2 weeks before the meet, you have little or nothing left for meet time.

Of course, your hero in POW-ERLIFTING USA uses the pyramidal system. You say, some of the strongest men in the United States do it. But I ask, who trains with them? And does it work for these? No one seems to know. I believe it can work for some, but very few, and not for very long. The strongest men in the country who do this type of training make progress for only a few years, and then the injuries start coming and never seem to stop.

So what's the answer? Training in the correct percent range and doing the right number of reps per set is the key (see the table). I will not elaborate on percent training, but there are some very scientific reasons to train this way.

We train by the dynamic method with submaximal weights, 50-60% of your best contest squat, while squatting on a slightly below parallel box. With 13 800+ squatters at Westside we have a model to use: 50-60% with basically a 2.5% increase each week. After reaching 60% the following week go back to 50% and start the cycle over.

The dynamic method for the bench press is 55% of your contest max, or 60% of a shirtless max. We do not vary the percentage in the bench. This allows one to build explosive and accelerating strength all year long, as well as to perfect form.

You must work on all elements of strength all the time. After the

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TRAINING

PROGRESSIVE OVERLOAD: Is It Progressive Disaster???

as told to POWERLIFTING USA by Louie Simmons

weeks before a meet, you will not be capable of a 700 squat. You may only be able to do 650. This is because you are doing sets with, say, 600. This is already over 90% of that 650 you are capable of doing at that time. Research has shown that after 5 or 6 weeks of training at 90% your top strength level will regress. That is why at meet time you may already be going backward. Just check your training log, and you will see what I mean.

About 5 or 6 weeks out from a meet is when most lifters start adding a better suit, wraps, or a stronger belt, or worse, you may start cutting your squat an inch or two. You are just kidding yourself.

Whenever I read about a lifter doing 2 reps with the weight, he does in a meet, I think, what a waste. Or how about a lifter doing 5 reps with over 95% of his best contest weight? Ridiculous. It has been proven that too many weight attempts over 90% will lead to a

Prilipen's Table

Number of Reps for Percent Training

Percent	Reps		Optimal	Total
	Per Set	Range		
55-65	3-6	18-30	24	
70-75	3-6	12-24	18	
80-85	2-4	10-20	15	
above 90	1-2	4-10	7	

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dynamic method with submaximal weights, you have plenty of time to work on your weaknesses through the use of special exercises. For building maximal, or absolute, strength, a day is reserved for bench exercises such as floor, board, rack, or steep incline press to be performed for a max single, not at 90% or 95%, but 100+%.

The same method is used for the squat and deadlift: a second day is set aside for exercises such as special squats, good mornings, or rack or box deadlifts. After one of these major exercises is done, four or five individualized exercises are done. They accomplish one of two things: building strength or building muscle mass.

As you can see, we build all types of strength, perfect form, and work on our weaknesses with special exercises. A huge advantage of this system is that over the course of a year your training load increases. When people visit Westside, they are amazed at the work capacities of our lifters. There can be no off-season. Rather, right after a meet, start working on what you feel was weak at the contest. A smart trainer will know what needs work before the meet.

What has helped us the most is Prilipen's table. He found that 3-6 reps at 70% were best. Any more

than this was a waste because the bar speed slowed too much. That's why doing 5 reps at over 90% is a waste.

The following illustrates this point. We train for a 1 rep max, as you will recall. A lifter and good friend of mine, Billy Masters, challenged Jerry Obradovic to a rep contest with 405 at the end of a workout. Billy got a PR with 5 reps. Jerry also got a PR with 5 reps at the same 405. Two weeks later at the 1994 Senior Nationals, Billy benched 523. Jerry did 617. I rest my case.

It's better to do 12 sets of 2 reps than 4 sets of 6 reps because we get 12 first reps instead of 4 (at a contest, we're only doing a first rep). We keep the reps lower and the sets higher than in Prilipen's original table because of equipment used at meet time. If you use the table shown, I think it will make a difference in your training.

In our private gym of 25 members, we have 20 who are qualified for the 1997 APF Senior Nationals. In the bench press alone, we have had 29 members bench at least 500, 9 over 550, 4 over 600, and 1 over 700 by using the same method. Give it a try.

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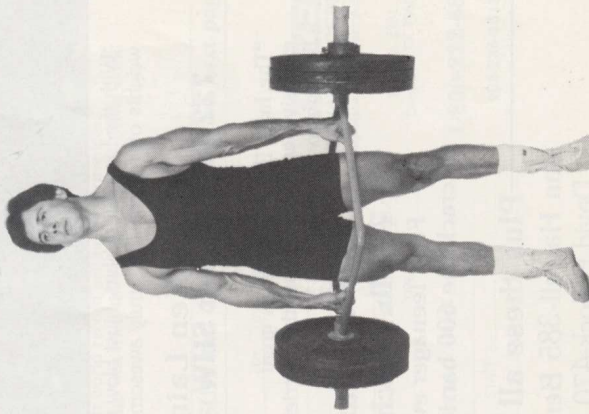
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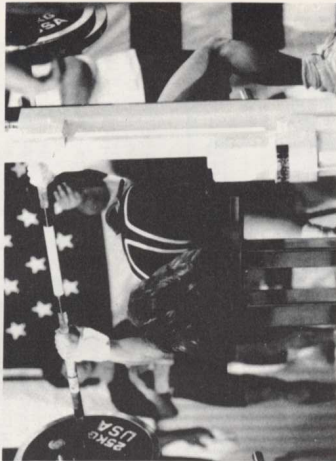


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World's Strongest Man Team as told to POWERLIFTING USA by Sakari Selkainaho

The World's Strongest Man Competition was held in Vaasa, Finland on May 25th as the official team championship of the IFSA and was organized by Finnish federation's Ilkka Kinnunen and Timo Kangasluoma, who did an absolutely superb job. The venue was Botnia Hall, a brand new sports hall with the capacity of up to 10,000 spectators. This event was witnessed by 6,500 and was telecasted nationally and internationally. Eight countries were represented with teams. It was a new kind of event since all the events were done by both team members simultaneously.

The competition included six events and the first was the truck pull. It weighed twelve thousand kilos and was a real tough one to pull. The favorite, Jouko Ahola, had big troubles, being the first in line. As the event continued, the wheels of the truck rolled smoother. As the organizing nation, Finland had two teams in the competition, and Jukka Laine and Osku Osala were the last team in the order. They were very strong, pulling as one person, plus showing a very professional approach, and that is what brought them victory in the first event.

A familiar strongman standard, the log lift, was next. Competitors set on a steep incline and did reps with a 270 pound metal log. Finland's number one team, Kiri & Ahola, let their opponents know that the fight had only just begun. Together they made 36 reps! Kiri amazed the crowd with his enormous pressing power, doing 25 reps easily. No wonder he has benched 290 kilos without a shirt!

The reigning Worlds Strongest Man, Magnus Ver Magnusson did a superb job carrying over 60 meters, but one of favored teams was thus forced into fifth place on this event and also in the three event totals. Jamie Reeves hailed the suitcases with the same inner strength that has given him a 2220 pounds total in powerlifting. The Brits traveled together 105.58 meters. That's where Finland's team journey just began. Kiri's teammate Jouko Ahola, who weighed only 260 pounds and was only 6 feet high, showed the audience that size isn't a necessary factor. He carried over 70 meters which was easily continued by Riku Kiri. The combined 154.70 meters travel was the largest margin victory in the whole



What a Lineup!... Magnus Samuelsson, Manfred Hoebel, Magnus Ver Magnusson, and Goran Rosen

competition. The stone lift was the fourth event. Both team members had to lift three 240, 300 and the final 350 pound MacClashen Stone to the four feet high stage. The Finns proved to be real stone people. Finland's Osala and Laine finished strong with 19.13 seconds. Being a real talent, Osku Osala lifted one of Jukka Laine's stones. That showed both the real strength and great team spirit.

Osala's performance in the stone lift was the highlight of the whole event. That's why we call him "The Stone Man" in Finland. Kiri and Ahola showed their professionalism by lifting the stones in 17.86 seconds, even faster than Osala & Laine. Iceland finished in a strong third place.

The tug of war was also a combined event with both team members pulling simultaneously. In this event, Iceland had the advantage of being the heaviest team, which helped Kiri and Ahola of Finland. Jamie Reeves and Gary Taylor won the bronze battle over Osala and Laine.

The last event was the loading challenge, which required more teamwork than any other event in the competition. Kiri and Ahola had their troubles and were finally left in fifth. Osala and Laine showed great teamwork and won the loading over three seconds margin over Dutchmen Venenberg and Zilstra. Finland's Team Number Two ended with the same points as Kiri and Ahola, but having won the events secured the victory for Finland's first team, which was clear favorite of the competition. Osala and Ahola were left in second, but they made the event a true thriller. The crowd went wild cheering for their hometown team.

The Finns proved once again their ability in strength sports both as organizers and as competitors. Iceland finished a strong third by a two point margin over Great Britain's Reeves and Taylor. Netherlands fifth place was a surprise but solid. I expected more for Austria, with Manfred Hoebel's international comeback. His talents as a showman are still obvious; but as a competitor, he needs a little extra work to get back into top shape. I'm sure he'll be a lot stronger for the World's Strongest Man competition in September. Manfred's a real crowd pleaser and has been hosting the annual FIBO exhibition and other similar events. Sweden included their number one bench presser Goran Rosen on their team. His 606 bench



The World's Biggest MagLite is pressed by Holland's Berend Venenberg

at 270 pounds actually didn't help anywhere but in the log lift. Arm wrestler Magnus Samuelsson showed some potential to be a top name in the sport. Let's hope we see a top team from the USA next year. The hosts of Kaz and O.D. are still to be filled in.

Strongman sport is very popular in Finland. Audiences vary from 1000 to over 5000, and the biggest events are usually televised and get a lot of media coverage. The new

national federation, FFSA, with both Timo Kangasluoma and Ilkka Kinnunen in charge, has brought the sport into a new dimension of popularity. Ilkka is still competing, regularly with great success all over the world. The next event in Finland is the world famous European Hercules in Oulu at the end of July. It's the competition that has set the foundation for all international Strongest Man events in Finland. Great names in powerlifting, such as O.D. Wilson and Gerrit Badenhorst, and unbeatable retired superheavy wrestling champion Alexander Kardinin - the Siberian Bear from Russia, have all been competing in the European Hercules. This event will be arranged in conjunction with the large overall Expo. During the three day event, the new record of spectators will certainly be broken.

I would also like to use this opportunity to see a top team from the USA next year. The hosts of Kaz and O.D. are still to be filled in.

Strongman sport is very popular in Finland. Audiences vary from 1000 to over 5000, and the biggest events are usually televised and get a lot of media coverage. The new

friends in strength: Kirk Karwoski, Ed Coan, Louie Simmons, Ernie Taylor - 37; 5.) NETHERLANDS: Berend Venenberg & Fred Zilstra - 29; 6.) GERMANY: Franz Beil & Heinz Ollsch - 24; 7.) AUSTRIA: Manfred Hoebel & Franz Stiller - 23; 8.) DENMARK: Mikael Rosmusen & Ole Mortesen - 19; 9.) SWEDEN: Magnus Samuelsson & Goran Rosen - 13.

1.) FINLAND: 1. Riku Kiri & Jouko Ahola - 42; 2.) FINLAND: 2. Osku Osala & Jukka Laine - 42; 3.) ICELAND: Magnus Ver Magnusson



WINNERS & THEIR TROPHY... Riku Kiri & Jouko Ahola (Ove Rytter photos)

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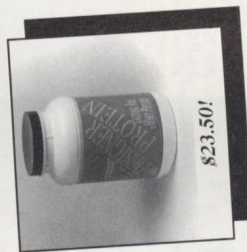
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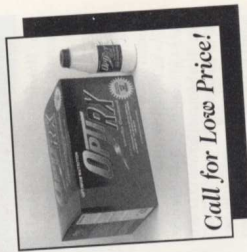
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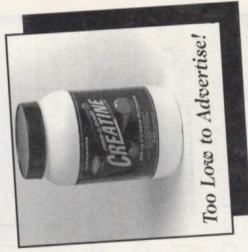
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Ask the Doctor

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

DEAR MAURO: I am 29 years old and have been competing since May of '93 through November of '95. At the end of November '95 I herniated the L-5 disc in my back at work. I still have been working out but not competing. I only had a lot of pain while bending over. I work at a railcar repair facility, and my job requires very hard labor. After several opinions, I decided to have a lumbar laminectomy, which I had on October 9, 1996. The disc was herniated on both sides, and the surgeon trimmed it off. He said the surgery was a success. He also said I shouldn't have any more problems. After 6 weeks, I was told I could go back to work and start working out again. Furthermore, my doctor said after 3 months, I could begin powerlifting again. I only deadlift in meets. This is what I want to do again. My PR so far is 600 lbs.

I went to a highly reputable sports medicine clinic in Columbus, GA. This was before the disc actually herniated. Some mornings, I would get up and be doubled over. I was told my spine was extremely tight. The doctor showed me several good stretches to do at home. After doing only a few, my same disc herniated as demonstrated by an MRI.

I suppose my main question is: Do you think it will be safe for me to squat or deadlift 500 to 700 lbs. without negatively affecting my disc again? I realize I will need to adhere to an intense stretching program, and be careful on my job. Any suggestions you have will be greatly appreciated. I have an electrical stimulation unit, a reverse hyper machine as well as an excellent chiropractor. **Peter R.**

DEAR PETER: Lots of lifters have gotten back into heavy squats and deadlifts after having surgery for herniated discs without any recurrences. However some have had problems after the surgery. In some cases, discs herniated at other levels. I can't really guarantee that you won't run into more problems down the line, but you can minimize the risks by training properly. Unfortunately, only deadlifting at meets may increase your risk. There is no exercise that puts as much stress on the lower back as the deadlift. However, subjecting your back to these kinds of stresses only sporadically increases your chance for injury. If you want to deadlift in competitions then you have to deadlift on a regular basis. Training the deadlift properly is important in order to strengthen the bones, joints, tendons and ligaments, as well as the muscles involved. I hope everything works out and that you're back at it again in the near future. **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: I wish to quote "Smart Drugs II". It quotes your book, "Beyond Anabolic Steroids", where you state Parlodel (bromocriptine) increases growth hormone and testosterone. Smart Drugs II contradicts your statement re: Parlodel. Please elaborate on your current observation. I am interested in purchasing one of your books listing all substances with growth hormone potential. It also would like information about your newsletter. I'm writing to both Canada and the United States in hopes of reaching you. **Greg W.**

DEAR GREG: DRUGS IN SPORTS is no longer being published. The newsletter Anabolic Research Review has taken its place. The enclosed ad gives you information and prices for Anabolic Research Review and my other publications.

As far as the effects of Parlodel (bromocriptine) on growth hormone and testosterone, the picture is not completely clear so that there might be some room for contradicting opinions. My opinions are based on a number of reports that seem to indicate that in normal

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people bromocriptine increases both GH and testosterone. In one study, bromocriptine (2.5 mg as a single dose) caused a significant increase in serum testosterone. In fairness, however, there are reports showing no change in testosterone decreases in LH and FSH in women, and in vitro decreased androgen production in rat Leydig cells, after the use of bromocriptine.

It seems overall that bromocriptine seems to normalize the hormonal pattern. Thus, in those with low serum testosterone, the use of bromocriptine increases the testosterone to near normal levels. For example, bromocriptine has been shown to counteract some effects of opiates on the hypothalamic - pituitary - gonadal axis resulting in increased levels of serum testosterone. Bromocriptine therapy also causes normalization of both the secretion response of LH to GnRH and of the secretion pattern of both total and free testosterone (basal levels and diurnal variation) in hyperprolactinemic impotent males, besides resulting in a significant improvement in sexual function.

Thus, in catabolic conditions such as seen with intense exercise, and especially in overtraining where there may be chronically low levels of serum testosterone and GH, bromocriptine use might result in increases in both. While not as clear as you would like, I hope that this information at least helps you to understand the effects of bromocriptine. All the best. **Mauro G. Pasquale, M.D.**

INTERVIEW

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

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

DC: My name is Doug Carroll. I am 35 years old. I live and work in Santa Rosa, CA. On February 16 of this year, I got married to my fiancée Shelley.

PC: How did you get started in Powerlifting?

DC: In 1982, I was training to break the Marine Corps bench press record. I was later informed that I would have to squat and deadlift in order to break the record. On April 6, 1982, I competed in the All Marine Championships at Parris Island, SC. No record was set. I did, however, witness Santos, Gowing, Jones, Lawson, Carr and a 165 lb. lifter named Anderson lift some fantastic weights. From then on, I was hooked.

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

DC: In 1991, I took 1st place in the ADFPA California State

DOUG CARROLL

interviewed for PL USA by Pat Cuntera

Championships. I took third place in the 1996 AAUPC RAW National Championships.

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

DC: I have stayed healthy for one year.

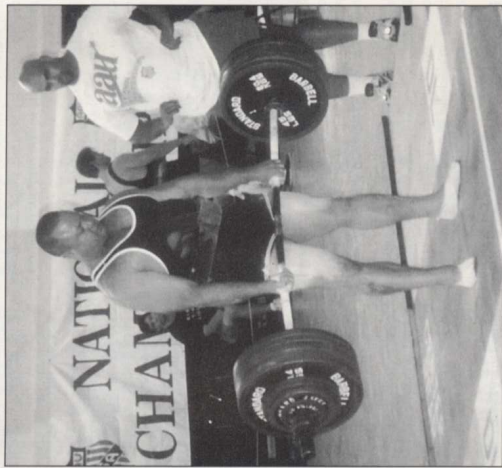
PC: Why did you choose to lift in the AAUPC?

DC: The AAUPC offers RAW lifting. I've found my home.

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

DC: During a training session at my gym a few years ago, a friend and I were discussing training

breathes deep during squats.
PC: If you could change one thing about the sport of powerlifting, what would it be?
DC: I would like to see all the



Doug went for some American Records at the 1996 Raw Nationals

ideas and concepts. He just shook his head and said "Doug, you are on anachronism." Upon hearing his definition of the word, I felt flattered. I guess my point is that RAW lifting gives me a taste of what it must have been like in the early days of powerlifting.

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

DC: Simple. I squat, narrow-grip bench press, and deadlift twice a week. This type of training may not work for most people. It does for me. I also enjoy doing a lot of heavy calf and neck work.

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

DC: Have a goal in mind and see it through. Train smart and train hard. Get plenty of rest and good food between workouts. Don't forget your milk. Prior to the RAW Nationals, I was taking a lot of different supplements. Now my only supplement is a half to one gallon of nonfat milk every day. Oh yeah, don't forget to

chiefs lighten up and get back into powerlifting, not politics.
PC: What are some of your interests outside of the sport?

DC: For the most part, I just dig kicking back and reading scripture. I also enjoy books on lions, powerlifting, and history. My wife Shelley and I are going bouldering. She is pretty good. I'm horrible.

PC: What is your ultimate goal in this sport?

DC: To get as thick and strong as I possibly can while weighing 220 lbs.

PC: Would you like to make any final comments?

DC: I would like to thank God for being patient enough for me to finally get my act together. I would like to give a very large thank you to my family, friends, and training partners. They put up with a lot of nonsense over the years. Thank you to Powerlifting USA, Joe Pyra, and Pat Cuntera for the opportunity to speak.

INTERVIEW

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

Nick Theodorou

as interviewed for PL USA by Fred Rice

vocably linked to the ADFPA USA Powerlifting, as early on Brother Bennett invited me to become the first secretary/treasurer, a position which I filled from 1982 through 1987. I have no interest in moving back into leadership for any organization. I am very content to lift and judge.

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

NT: I started lifting in the mid-60s in Olympic-style lifting, when I was in the 9th or 10th grade. That was very popular with the local Twin-City Team (Easton, PA and Phillipsburg, NJ). This was a team that had a tremendous history; there used to be dual meets with York Barbell Club, among other things. I was actually no good at Olympic lifting at all, as I could never hold anything overhead, but we did countless sets of pulls, high pulls, power cleans, squat cleans, snatch grip deadlifts, snatch grip high pulls, etc., and it paid off for my deadlift. The first time I did a deadlift I did 475 lbs. as a lightweight. I've been lifting for over thirty years.

FR: YOU WERE ONE OF THE FOUNDERS OF THE ADFPA (NOW USA POWERLIFTING). TELL US SOMETHING ABOUT YOUR INVOLVEMENT.

NT: I was kind of in the right place at the right time. I was moved by Casey Seebon's letter to Mike Lambert around 1980. In it he complained about getting clobbered at a meet by some guys that were clearly using steroids. In turn, I wrote into Mike stating that "I've been there also." I give Mike credit for putting an editor's note under one of the letters encouraging the starting of a drug-free organization. Subsequently Brother Bennett and others organized the ADFPA, and I feel irre-

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The 1997 Twin City Powerlifting Team... front row, left to right, Rock Haley (Assistant Coach), Dean Lewis (President), Zachary Romano, Anthony Romano, Barry Pinsky, Nick Theodorou (Coach), Scott Nace; back row, left to right, Greg Yeager, Rocky Haley, Frank Schlotter, John Drzewicki, Wes Slingland Jr., Mike Hitchco Jr., Frank Romano. The team has represented Easton, PA and Phillipsburg, NJ since the 1930s!

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The WPC World Men's Open... A Chronology of Champions as told by Herb Glosbrenner

114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
84-Dwyane, H	1991	749	446	708	95-McCoy, J	1922	716	454	628	96-Kellum, J	2066	810	573	683	86-Coan, E	2330	920	555	855	87-Coan, E	2370	964	551	854	88-Leslie, C	2072	848	490	733	89-Drego, G	2160	865	567	727	90-Priester, R	1846	694	451	683	91-West, B	2044	848	446	749	92-Carney, J	2116	815	529	771	94-Wesely, W	2028	771	519	727	95-Wegebold, C	2132	843	518	771	96-Dwyer, G	1890	749	457	749	86-Krisky, T	2105	870	500	735	87-Bell, W	2204	865	512	826	88-White, A	2011	771	440	799	89-Warman, S	2132	804	507	821	90-d.Merwe, E	2061	892	485	683	91-Nestor, B	2149	892	490	766	92-Leslie, C	2182	870	556	755	93-Leslie, C	2155	848	584	722	94-Leslie, C	2138	859	512	705	95-Goggin, S	2358	1003	518	837	96-Koenig, J	2050	793	507	749	87-White, A	2011	771	440	799	88-White, A	2011	771	440	799	89-White, A	2011	771	440	799	90-White, A	2011	771	440	799	91-White, A	2011	771	440	799	92-White, A	2011	771	440	799	93-White, A	2011	771	440	799	94-White, A	2011	771	440	799	95-White, A	2011	771	440	799	96-White, A	2011	771	440	799	97-White, A	2011	771	440	799	98-White, A	2011	771	440	799	99-White, A	2011	771	440	799	100-White, A	2011	771	440	799	101-White, A	2011	771	440	799	102-White, A	2011	771	440	799	103-White, A	2011	771	440	799	104-White, A	2011	771	440	799	105-White, A	2011	771	440	799	106-White, A	2011	771	440	799	107-White, A	2011	771	440	799	108-White, A	2011	771	440	799	109-White, A	2011	771	440	799	110-White, A	2011	771	440	799	111-White, A	2011	771	440	799	112-White, A	2011	771	440	799	113-White, A	2011	771	440	799	114-White, A	2011	771	440	799	115-White, A	2011	771	440	799	116-White, A	2011	771	440	799	117-White, A	2011	771	440	799	118-White, A	2011	771	440	799	119-White, A	2011	771	440	799	120-White, A	2011	771	440	799	121-White, A	2011	771	440	799	122-White, A	2011	771	440	799	123-White, A	2011	771	440	799	124-White, A	2011	771	440	799	125-White, A	2011	771	440	799	126-White, A	2011	771	440	799	127-White, A	2011	771	440	799	128-White, A	2011	771	440	799	129-White, A	2011	771	440	799	130-White, A	2011	771	440	799	131-White, A	2011	771	440	799	132-White, A	2011	771	440	799	133-White, A	2011	771	440	799	134-White, A	2011	771	440	799	135-White, A	2011	771	440	799	136-White, A	2011	771	440	799	137-White, A	2011	771	440	799	138-White, A	2011	771	440	799	139-White, A	2011	771	440	799	140-White, A	2011	771	440	799	141-White, A	2011	771	440	799	142-White, A	2011	771	440	799	143-White, A	2011	771	440	799	144-White, A	2011	771	440	799	145-White, A	2011	771	440	799	146-White, A	2011	771	440	799	147-White, A	2011	771	440	799	148-White, A	2011	771	440	799	149-White, A	2011	771	440	799	150-White, A	2011	771	440	799	151-White, A	2011	771	440	799	152-White, A	2011	771	440	799	153-White, A	2011	771	440	799	154-White, A	2011	771	440	799	155-White, A	2011	771	440	799	156-White, A	2011	771	440	799	157-White, A	2011	771	440	799	158-White, A	2011	771	440	799	159-White, A	2011	771	440	799	160-White, A	2011	771	440	799	161-White, A	2011	771	440	799	162-White, A	2011	771	440	799	163-White, A	2011	771	440	799	164-White, A	2011	771	440	799	165-White, A	2011	771	440	799	166-White, A	2011	771	440	799	167-White, A	2011	771	440	799	168-White, A	2011	771	440	799	169-White, A	2011	771	440	799	170-White, A	2011	771	440	799	171-White, A	2011	771	440	799	172-White, A	2011	771	440	799	173-White, A	2011	771	440	799	174-White, A	2011	771	440	799	175-White, A	2011	771	440	799	176-White, A	2011	771	440	799	177-White, A	2011	771	440	799	178-White, A	2011	771	440	799	179-White, A	2011	771	440	799	180-White, A	2011	771	440	799	181-White, A	2011	771	440	799	182-White, A	2011	771	440	799	183-White, A	2011	771	440	799	184-White, A	2011	771	440	799	185-White, A	2011	771	440	799	186-White, A	2011	771	440	799	187-White, A	2011	771	440	799	188-White, A	2011	771	440	799	189-White, A	2011	771	440	799	190-White, A	2011	771	440	799	191-White, A	2011	771	440	799	192-White, A	2011	771	440	799	193-White, A	2011	771	440	799	194-White, A	2011	771	440	799	195-White, A	2011	771	440	799	196-White, A	2011	771	440	799	197-White, A	2011	771	440	799	198-White, A	2011	771	440	799	199-White, A	2011	771	440	799	200-White, A	2011	771	440	799

fore. Monday: heavy bench day; Tuesday: bench assistance; Wednesday: heavy deadlift; Thursday: deadlift assistance; Saturday: heavy squat; Sunday: squat assistance. In the deadlift I incorporate a lot of Olympic movements. We start with power cleans, working up to whatever we can get for a solid three. Then we'll do three sets of high pulls. Then we'll do a clean position deadlift, really concentrating on pushing the floor away and recruiting every single muscle fiber to draw upwards, locking the shoulders and lats in, and keeping the back flat. Then we'll finish up with conventional deadlifts. We actually don't do a lot of heavy deadlifting. Then on the very next day we'll do back assistance: lat pull downs, stiff leg dead-seated cable rows, stiff leg deadlifts, using higher reps for the reasons stated above, mounting a lot of blood, which is saturated with our product 3 in 1 Plus. Most guys will say, "You can't do that - the same muscles back-to-back." Well, you can if you're smart about it, and are very aware of your body and have a comprehensive program.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?
NT: I would like to see unification, but I don't think it will happen in the short term because of egos and politics. The disunification is hurting the sport, with diluted titles, etc. I want to overcome the negative perception of the sport. I have a goal to overcome that. I want to see the sport in colleges and in high schools. With the age groups, weight categories, and gender divisions it is very fair, and could become a popular sport. Anybody and everybody can compete.

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?
NT: I would like to thank my Twin City workout partners, although I'm not going to list them because I don't want to forget anyone. And I would like to highlight my absolute sincere love of the sport, and the fact that I do not do Nutritional Technologies as a living. I make a pretty good living without Reagents Consulting, and any profit that is made from the supplements goes right back into the sport. We're sponsoring both the AAU and USA Powerlifting, and also some USPF meets. Our vision is to sponsor and promote the high intensity workout. It seems that a six-day per week scheme works best for me. There

protein later on to have the building blocks to repair and recover from workouts overnight. Eating carbs late at night will cause the calories to be stored as fat. Any one is welcome to give me a call for a free consultation on supplements, diet, or lifting (610-258-1894). I believe that a comprehensive approach yields the best results.

FR: TELL US SOMETHING ABOUT YOUR NUTRITIONAL TECHNOLOGIES COMPANY.
NT: I started Nutritional Technologies in 1989 in order to bridge the gap between technical biochemistry and the practical side. Nutritional Technologies is designed to help powerlifters and others use sports supplements to maximize their performance. It is biochemistry applied to sports. Most guys don't care how creatine monohydrate works biochemically. They just want to get extra reps and improve their one rep max. With my background in chemistry and lifting, I can become pretty adept at taking the technical and explaining it to a nontechnical person. I also very pleased that we're sponsoring some excellent lifters: Rob Wagner, Lloyd Weinstein, and Ray Eber. My vision is to raise the public awareness and acceptance of the sport of powerlifting. I think it's an absolutely fundamental sport that should have more recognition than it's getting.

FR: WHAT ARE SOME OF THE RECORDS YOU HOLD AND YOUR BEST LIFTS?
NT: I have been three time USA Powerlifting ADPPA Deadlift National champion. My best lifts are 463 squat, 259 bench, and 562 3/4 deadlift (an AAU open deadlift record until recently).

FR: WHAT IS YOUR TRAINING PROGRAM?
NT: I do three high-intensity power training days per week: bench on Monday, deadlift on Wednesday, and squat on Saturday, each workout lasting about an hour and a half. I use primarily five sets of five reps, which work the Type 11 B strength muscle fibers. I usually take about 3 minutes rest between sets. Ancillary work would be the higher rep movements, with 11-15 reps to recovery and a little bit of hypertrophy. Although none of us at Twin City are bodybuilders, we do want to look good. The assistance work is generally done the day after the high intensity workout. It seems that a six-day per week scheme works best for me. There

Eight hundred and thirty pounds, 830. That's a great squat or deadlift. But a bench press - that's unbelievable! Anthony Clark's going for it, he says, at this September's Powerhouse Gym Annual Convention, out here in Long Beach. Anthony's back with Super Feet, he's got a new sponsor - Pittsburgh based Advanced Genetics, and he was out here in L.A.

Anthony's main bench press rival, Jamie Harris, has been extremely busy himself - he just opened his gym in Elizabeth, PA, "Harris' Monster Factory".

Elizabeth's major came by the grand opening, and Jamie's lifting buddy Rob Cappozolo put on a deadlifting exhibition for the crowd. For info on the gym, or local IPA Meets, call The Monster Factory at

with his girlfriend, fitness model Mindy Toth, Mindy was doing a two-day photo shoot with the Body Alive clothing company, and A.C. was hanging out and soaking up the sunshine.

Back here in L.A., it was strict curl time again at Muscle Beach. The Gold's Nuggets, from Gold's Gym venue, once again took the team title under coach Jack Armstrong, and lots of records were set. Jason Conto curled the most ever by a Special Olympian, 114 lbs., weighing 176, and Dawn Rieh curled 117, weighing 130. Mario Mendoza did an incredible 203, weighing 242.

Stewart Tracey of Bangor, Maine wrote in to say he's been strict curling himself, and thinks it's a great way to build strength. He's done 115 lbs. for 12 reps, weighing 220. Cool Stewart, it's time to

organize some strict curl meets in Maine. Far away from Maine, POWERLIFTER Video makes it to Alaska, courtesy of our correspondent Dennis Weis, and his son Billy. They videotaped up and coming powerlifter Julie Slanaker of Ketchikan, who came in 2nd at



In Alaska... Jennifer Lisac (top), bottom - Jeff Lisac, and new star Julie Slanaker

this year's USA Powerlifting National Championships, and she's been powerlifting for only 18 months. So far, in meet action, she's done a 385 squat, a 193 bench, and a 320 deadlift, and her goal is a 500 lb. squat. Five of Julie's coworkers at Alaskan & Proud Market are also powerlifters; is 6 lifters at one workplace a record?

Speaking of lots of great lifters in one place, and the Westside Barbell Club comes to mind. Our POWERLIFTER Video ace videoman Bert Wagner drove out to Columbus, Ohio and hooked up with Louie Simmons for some great video footage on their advanced squatting techniques. Check it out in the current issue.

Hoping all of you are having a strong and powerful summer, and don't go overboard on those barbecued hamburgers and hot dogs. See you on video. NED LOW



Strength Guru... Louie Simmons

412-384-1784. Jamie's selling lots of products out of the gym, and some of the bestsellers so far are the t-shirts from the House of Pain. Rick Brewer sent me a few sample t-shirts, along with a description of this company's outlook, and, I quote... "If you think the aerobics instructor looks muscular, throw our ad away and wear a 'family fitness' shirt while you watch your favorite Richard Simmons video. You don't need House of Pain. BUT, if you want to be stronger than a wino's breath - we have your gear SHOW 'EM YOU'RE SERIOUS." I think their message is pretty clear, though I also like the message greeting on their phone line: "For Hard Core Iron Freaks." Well, all you freaks out there, you can learn more about House of Pain gear by calling them at 888-H-OF-PAIN (that's 888-463-7246). And they advertise in PL USA, so they deserve your support.

Mario Mendoza curls 203 at 242!

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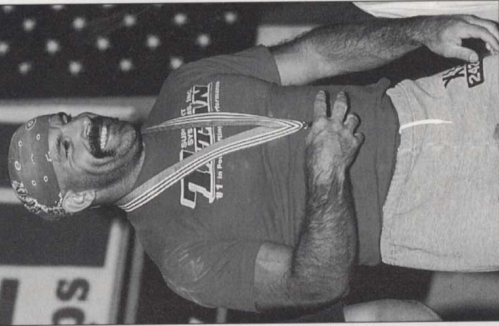
Many lifters scoff at using weight machines in their training routines, claiming using barbells and free weights is the only way to go. I'll be one of the first authors to admit that barbell training is the most effective way to build size and strength, but I also believe that by exploiting the advantages of machines to their fullest, while realizing their disadvantages, your results will improve. The best way to accomplish this is to offer you the pros and cons, and suggest how the average lifter can fit machine training into their routines to get best results.

Let's start with the disadvantages of machines. First and foremost, machines do not stress the stabilizing or balancing aspect of muscles since the machine's weights are balanced by the structure of the machine itself. As I have said many times over the years, half the energy expended during a lift is balancing and controlling the bar itself while lowering and raising it. The second disadvantage is that not all machine movements resemble barbell movements. Third, machines place limits on the execution of the movement, not allowing much deviation from its designed path.

However, these same disadvantages can be easily turned into advantages by using them correctly. Machines are great when training

and most home gyms, the selection may be limited at best. If there is more than one leg press for example, use the one that feels the best and is the safest. If you can't decide, alternate their use to cover all the bases. Some machines are just plain terrible and should be avoided. Check the machine over each time before you use it. The stack could be loose, the cables could break, etc. If you find any problems, let a gym employee know.

Incorporating machine training into your routine is one of the last topics you need to consider. As I mentioned earlier, barbells and free weights are your best choice, and the vast majority of your training should be spent using these proven winners. During the off season your use of machines will be greater than near contest time, when their use will be seldom, if at all. On your light days, you can perform leg presses mid leg curls instead of squats. This can save wear and tear on your lower back. For the deadlift, work lat pulldowns and machine rowing with your back supported. Tricep pressdowns and machine curls can really work your arms to get your bench press going. Overhead machine presses can work your delts and triceps, but not stress their balancing function to lessen the chance of overworking them. Calves are best worked using new exercises, learn how to use it correctly first and ease into heavier weights over a period of 3-4 workouts. Getting too hard, too fast could be asking for trouble.



As a Professional Strength Coach and 1997 USPF National Champion at 181, Rob Wagner knows the proper role for machines in training.

As with any assistance training, don't go overboard with it. No powerlifting judge cares what you can do on the lat pulldown machine. Don't stress your recuperative abilities, which can be easily done by adding too much assistance work. Chose a handful of machines to add into your barbell routine. The ones I listed in this article are good choices to limit yourself to. I may have sounded a little like Arthur Jones (see the old Iron Man), but machines do play a vital part in any powerlifter's training regime. They add safety and variety and can work muscles in ways regular barbells and free weights can't. Remember as a competitor, reduce your use of machines, as well as most assistance work. Use machine training as a tool that can help you reach your goals.

Which machines to use is determined by what's available to you where you work out. At my gym, there is more than you can use in a month, while at other commercial

What does it take to be great? What's the difference between a good athlete and a great athlete? Are world class athletes born or made? Is there a genetic predisposition to greatness or is greatness a product of dedication and hard work? One way to answer such questions is to ask the best athletes what it takes to "make it" at the highest level in their sport. And that's exactly what I did with the help of professor Martin Miller of Albany State University. In interviews with over one hundred National and World Champion powerlifters, we identified the following conditions that the athletes felt were necessary to reach an elite level in their sport: commitment, quality training, mental toughness, goal setting, self-confidence, focus of attention, optimism, etc. Here are just a few of the responses we got from some of the greatest names in our sport.

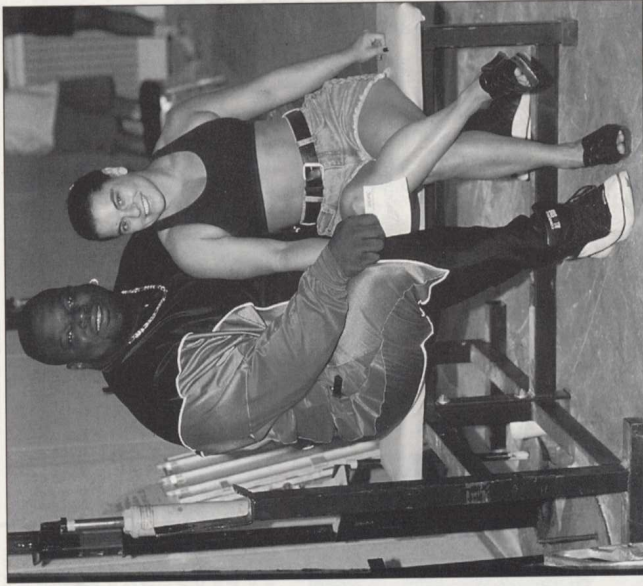
"If you want to be great you have to be totally committed to your goals. I believe if you study the difference between successful and unsuccessful athletes you'll find commitment is the number one factor. In order to achieve greatness an athlete has to want it more than the other guy. He has to be willing to work longer and harder. He has to be willing to sacrifice a lot. I know a lot of athletes who say they want to be great; but when things get tough, they quit. Great athletes don't quit. They get tougher. They are totally dedicated to what they want to accomplish. And they will do whatever it takes to get there. Determination and commitment - that's what it is. That's what will make you great." Frank Phrauser, World Powerlifting Champion

"I don't think that you can point to one thing that makes an athlete great. Certainly he has to have a strong work ethic, too. You're not going to become a champion unless you're willing to train hard. It takes many hours of training to become a world class competitor. Nothing in this world comes to you easily. Everything you want in life you have to work hard for, and if you want to be a world champion, you have to work even that much harder. All things worth having are worth working

for. You can have all the talent in the world; but if you're not willing to work, you'll never achieve greatness. Chris Confessore has great genetics, but the reason he is the greatest bench presser in the world is because he works incredibly hard. It's hard work - long hard hours that will make you a champion." Frank Phrauser, World Powerlifting Champion

"Obviously genetics are very important, but I believe you have to have a strong work ethic, too. You're not going to become a champion unless you're willing to train hard. It takes many hours of training to become a world class competitor. Nothing in this world comes to you easily. Everything you want in life you have to work hard for, and if you want to be a world champion, you have to work even that much harder. All things worth having are worth working

Dr. JUDD



Athletic Greatness... James Henderson and April Delmore both set new International Powerlifting Federation World Bench Press records at the 1997 USPF Senior Nationals.

has to sacrifice everything and compromise nothing." Ben Lockett, World Masters Powerlifting Champion

"First of all, you have to believe in yourself. In fact, self-confidence is a must if you're going to achieve greatness. I know a lot of guys who want to be a world champion. They talk about it constantly, but in their heart they really don't believe they can reach that level. They don't have the confidence in themselves to be really great. When you compete on a world class level, you have to believe that you can do anything, that nothing is impossible if you put your mind to it. Most athletes aren't capable of thinking that way; they're not mentally tough enough. Great athletes believe they can do everything. As our Lord said, belief can move a mountain. If you're going to be great you have to believe in yourself. I think you will also find that most great athletes are self-motivated. They are intrinsically driven to be great. They don't need someone standing over them to get things done. They don't need money, trophies or praise. They have drive from within. They compete because they love the game. When an athlete gets to that level, he's hard to defeat. The only thing that matters is the game. Everything else is secondary. Of course, great athletes also work hard and sacrifice a lot, but I think the main thing is the belief they have in themselves and their intrinsic drive to be great. That's what takes them to a different level." Dan Austin, World Powerlifting Champion

"To be successful in sports, you need desire, focus and knowledge. I believe desire is ninety percent of it, though. It's not easy to go to the gym each day and drive your body to the very limit. You have to want it with a great passion. All the great athletes that I have met have this type of passion for their sport. A desire to be the very best that they can be. This is not a simple thing I'm talking about. It's a total commitment. Karl Saliger, World Powerlifting Champion

"I believe it's this total commitment to excellence - the obsession with being great that separates elite athletes from the others. There are other things, too, like confidence, mental toughness and optimism; but I'd have to say that being 'single minded' is probably the most important factor in reaching world class status." Ralf Gierz, World Powerlifting Champion

"Good genetics, a strong belief in yourself, a great work ethic, commitment, and an unwavering worked for me." James Henderson, World Bench Press Champion

"The greatest athletes are not always the genetically superior, but are the athletes who are motivated psychologically enough to make a total commitment to their athletic discipline to the exclusion of family career and personal goals. To be truly great one

This program is designed for a lifter currently capable of a 300 lb. maximum deadlift in competition. Following this program should increase one's deadlift up to 25 lbs. Essential to Powerlifting success is 1) Training smart; 2) Good nutrition; 3) Utilizing recuperative techniques such as regularly receiving chiropractic adjustments and massage therapy; 4) A positive attitude.

Training smart requires learning to be in tune with your body, knowing when to ease up on your workouts as well as when to push yourself harder, all without overtraining. I utilize an 8 week cycle. The first 4 weeks I work the assistance exercises heavy as my deadlift cycles upwards. The assistance work I recommend are rack deadlifts just above the knees, lat pulls, bent over barbell rows, barbell shrugs, and ab work. I especially suggest the rack deadlift just above the knees for conventional pullers who have notoriously fast starts and relatively slow lock outs. Rack deadlifts have several benefits because the lifter gets to feel how a heavier deadlift lockout feels, thereby adapting the body to lift heavier weights and gaining more confidence to lift heavier. For the 1st week I would start rack deadlifting 3 sets of triples with the top set at 300 lbs. Add 10-15 lbs the top set of rack deadlifts for the next 3 weeks and remember to adjust the sets and reps as well. Do 3 sets by 10 high intensity reps for the lat pulls and heavy shrugs and 3 sets of 6's for the bent over barbell row. Add more weight and adjust your repetitions up until the 4th week. By then you should be doing 2-3 sets of 5's for the lat pulls and the barbell shrugs and 2-3 sets of 3's for the barbell rows. I do ab

WORKOUT of the Month

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

Betty Lee's Deadlift Routine

work such as weighted crunches and leg lifts all year round. I usually do leg lifts 2 sets of 15 on my deadlift day and weighted crunches abdominals complement a strong back for powerlifting.

Gradually phase out assistance exercises to avoid overtraining. Knock out rack deadlifts after the 4th week and stop bent over barbell rows after the 5th week. Continue with the lat pulls and shrugs for another 2 weeks, but lighten the weights. Stop all assistance work on the 7th week except ab work. Those of you utilizing a squat or deadlift suit may wear it on the 5th week. Use your last heavy deadlift workout on the 7th week to determine what adjustments to make on your attempts for the contest. The 8th week is your opener, which

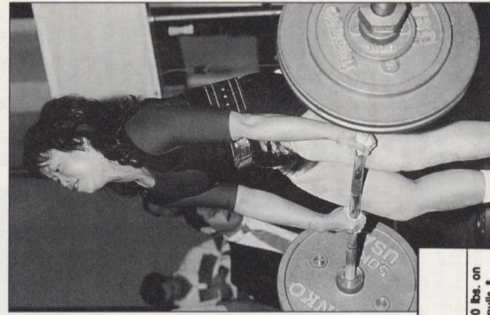
should be 10 days before the contest. This serves as another check-point on deadlift to make for your attempts. Powerlifters need to fuel their bodies with a nutritious, low-fat diet consisting of high complex carbs, plenty of lean proteins, and plenty of fresh fruits and vegetables. I blend a protein shake for times I have to eat on the workout. There are many nutritious ones on the market that taste good.

Lifters can ben-

WEEK	WARM UPS	TOP SETS	ASSISTANCE WORK	NOTES
1	135x5 185x5 200x5	220x5x2	Rack DL, lat pulls, bent over barbell rows, barbell shrugs, ab work.	Start with top set of triple 300 lbs. on rack DL. 3 sets of 10's for lat pulls & shrugs. 3 sets of 6's for bent rows.
2	135x5 185x5 210x4	235x4x2	.	Add 10-15 lbs. to rack DL and add wt to assistance exercises until last heavy rack DL. Adjust sets and reps accordingly.
3	135x5 185x4 220x2	250x4	.	
4	135x5 185x4 220x2 240x1	265x3	.	Last heavy rack DL.
5	135x5 185x4 220x2 260x1	280x2	Lat pulls, bent over barbell rows and barbell shrugs.	Lighten weights on assistance exercises and adjust sets and reps accordingly. Last bent over barbell rows.
6	135x5 205x4 245x2 260x1	295x1	Lat pulls and barbell shrugs.	Last week for assistance exercises.
7	135x5 205x4 245x2 275x1	305x1	Ab work only.	Last heavy DL.
8	135x5 185x4 225x2 245x1	285x1	Ab work only.	Opener. Last DL 10 days before contest. Warm up same way as you would before contest.
MEET DAY	135x5 185x4 225x2 245x1		1ST att. 130 kg/285 lbs., 2ND att. 140 kg/310 lbs., 3RD att. 147.50 kg/325 lbs.	Attempts are given for either a 10 or pound competition set.

eff from speedier recovery when receiving chiropractic adjustments and massage therapy. An aligned spine keeps the body in balance, which can be crucial for max effort attempts. Receiving massages does wonders in helping your hard working muscles recuperate between workouts and, besides, it is very soothing and relaxing. Massages push the lactic acids out of your sore muscles helping you recover faster from your workouts.

Lastly, I will emphasize the importance of having a positive attitude. Set high but realistic goals and visualize yourself achieving them. What forms in your mind will shape your reality. Train with people who support your lifting endeavors. An enthusiastic training partner or a knowledgeable coach can inspire you to new heights. Having a positive attitude and training in a con-



Betty Lee's 363 lb. deadlift at 114 lbs. was ranked Number Two on our Women's TOP 20 list for 1996, and she won the '97 AAU Nationals with a 375 lb. deadlift.

ducting environment makes powerlifting most enjoyable. I have trained around influential people since I began my lifting career at "West Coast Fitness Center", a powerlifting gym in San Francisco, CA. Instrumental to my current success is having the privilege to train at the "Pete's Pomona Powerlifting Club." Thanks to all who have supported me over the years.

Train hard. Train smart. Believe in yourself. And last but not least have fun. Strength your way!

Betty Lee

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THE NINETEENTH SENIORS

by PL USA Historian/Statistician Herb Glosbrenner

114 LB. CLASS - AWARDS UNCLAIMED - WHAT A SHAME! - Following the terrific '82 battle between Dumbor & Cunha - it would be a tough act to follow. Joe, in Fremont, CA was a new father & bulked up. Dumbor had a diet injury, also sat it out. No one else showed, so the title - for the first time since it's inception in 1974 - had no champion - not one single entry.

123 LB. CLASS - YOU KNOW... CAPUTO! - Gant hopped up to 132 this year leaving his title vacant. Ralph Caputo had bombed at the Charlottesville NATS. He lifted unopposed here and quite conservatively - 1 151 TOT. He nabbed a good 485 DL to finish out. He didn't total enough to be considered for a World team berth, still, he won the BIG ONE - his name forever etched in the record books. For all you absentees - live with it!

132 LB. CLASS - A BIT SCANT - IT'S GANT! - Defending champ Hansor struggled to make weight, rushed his warm-ups, started too HIGH. He's out, wonder WHY? This left the PUERTO RICAN DEACON; the only remaining challenger, to go against the formidable Lamar Gant.

Ernie Milian lifted well. He got the jump on Lamar, out-sunk him 501 to 485. Milian halted after a 275 BP - Gant made 303. S.T.'s: Gant - 788, Milian - 777. Very reserved & calm following Ernie's 534 opening pull. Gant popped 540 - had 1328. Milian pulled himself back in front - 556, missed his 562 final. Lamar demolished another "toy" - 584. Finally: Gant - 1372, Milian - 1333. This was no need to take his last try, it was



Joe Ladnier won a spectacularly competitive 220 lb. division. (Kathy Leistner)

Lamar's 8th SRs, win! **148 LB. CLASS - WAHL'S NIGHT - ALRIGHT!** - Defending Srs. champ @ 148, Jay Rosciglione, was in store for a long day! All the HOT SHOTS played HOP-SCOTCH! Francis Ruetter was 4th in '81, was 8th here. Two missed 551 DL's left him w/1410 TOT. Ken Miller missed 2 SQs - 33 lb. increase - too much. Three fine DL's - 567 for 1421 - 7th! Bob Bridges, MIGHTY MIKE's lil' brother, made his Srs. debut. He was unnoticed until his final 672 DL. He'd missed 622 on his 2nd, but got this 49 lb. increase - best in the class. This catapulted him to 6th w/1504: Rosciglione cut wt. from 170 - left him drained. He struggled to 1510 TOT and tried 617 - not today. A success would have forced a 3 way bronze final count back (not affecting the outcome as Jay was heaviest!) Ed Morishima, Hawaii, proved he was well PINEAPPLE. He engaged last yr's 3rd pin. Brother Dan Austin, in 1543. This resulted duplicated the '82 winning sum of Jay (1543). Austin edged Ed here, pulling a 622. 2nd. at-



Bob Wahl pulled out the victory at lightweight.

of the basement. Jeff Bolin built a good head of steam - notched a 644, pushed a nifty 418. He couldn't handle 639 nor 644 DLs to improve his position - 1664. Mike Phillips, NY, rated 4th after his huge 451 BP. He had a 6/9 day. His 1697 sum earned only 7th in such tough company. Can you believe it? Newcomer Rick Well, FL, reduced from 190 - lost no strength. He owned a huge lead after the first two lifts. His 639 SQ set him up for his special talent. His 485 (RAW) was the greatest BP of all time - a mind boggler. WELL was UNREAL. His DL, relatively weak by comparison (684) gave him 1708 - 6th! A severely strained knee ligament (SQing 686 in practice) cost Jim McCarthy medal hopes. Jim badly missed, then gutted through 639. His 683 DL (2nd best in class) pulled him up to 1714 - 5th. George Herring finished one notch above Jim as he had in '82. George looked real sharp, missing only SQ & DL 3rds. He pressed a big 413 - 1730 - 4th. Any one of the top 3 could've had the gold medal.

DANNY GAY had a DANDY DAY! Six weeks earlier posted 1658 - earned 2nd in NATS. Dan was "on" here. He missed a 16 lb. increase on his 3rd BP, was running "neck n' force" w/VA NATS champ - AIR FORCE POWERSOURCE - Gene Bell. Both men challenge defending champ Ricky Crain in the SQ. Crain dunked 672 opener. Bell duplicated it on 2nd. Crain lost two 699 tries. Bell risked a big 710 (wasn't missed). Too PRETENTIOUS (missed by INCHES). Gay tumbled @ 666, gambled on 688 - good! DANNY had the ADVANTAGE. Crain BP'd (no mistakes) 380. Gay stopped @ 396. Bell was in FRONT after 418 (a powerful press). SUBS: Bell (1091), Gay (1085). Crain (1052). Bell clicked off 3. His last lift (672) gave him 1763. This superseded the 1758 TOT Gay had reached pulling the same wt. (672) beforehand on his 2nd lift.

CRAIN, showing little STRAIN, opened at a hefty 688 - snapped it up like a rubber band. He now had 1730 and lighter than Herring - in 3rd. Gay seized the opportunity - took the same 688 for his final lift. He backed out and did a nose dive! Crain went straight for the win a W/ Rying 716! Everything in perfect sync - up it came - SUCCESS! A 1769 aggregate for the BRAVY MAN from SHAWNEE LAND, a repeat Champion. A 722 W/R lift was his 3rd. The FIGHT already WON - his PSYCHE was GONE.

181 LB. CLASS - BRIDGES -

165 LB. CLASS - TRAINS ON TRACK - CRAIN'S BACK! Talk about "CREAM OF THE CROP"! It was the greatest lineup of 165 talent before or ever since! IT WAS A TRICKY GAME - ALL THE BIGGIES CAME. They were GUNNING for RICKY CRAIN! Out of the Big 10 only one folded. Mike Roy SQ - 650, BP - 396, then collapsed in the DL - thereby no TOT - unfortunate. Bill Cavalier, CA, finished 9th - 1592 via his 666 DL. Not enough to climb out

tempt. Austin claimed the bronze being 100 gr. lighter. En route Morishima had the class leading S.T. via 584 SQ, 407 BP (992). Two failures @ 584 DL left the door open for Austin who seized it. In '81, Toledo's Bob Wahl led after SQ's then zeroed. His victory aspirations this year faced a shorty, stocky road block - another Ohioan - Jim Finch. Congenial Jim was reigning bridesmaid (2nd in '82). It was a terrific tussle between these two. FINCH never FLINCHED an INCH! He hampered out a 617 SQ. Wahl responded and chilled all 3 - put w/R 661 in the icebox! Wahl BP'd 303, then stumbled - two costly misses w/325. JIM FINCH - IN THE CLENCH - pumped up 347, missed 358. S.T.'s identical: 964! Jim was 100 grams heavier in but an important disadvantage. In the DL they matched each other lift for lift: 606 then 628. Brave lil' JIM BACK AGAINST THE WAHL - missed!

back one position (1895 - 1879)!

showing! Pat Pointer was a new big-time name. He cast his lots on 727 SQ & same in DL (didn't get them) - 1912, a surprise bronze medal in his very first Srs. outing!

Buddy Duke, Georgia, took on the 462 - no more! The animosity between him and Larry made him lose focus. Hatfield was in front 6/6 - no misses - w/1372 S.T. The "LAD" was right behind - 1361! Cash was a distant 3rd @ 1262! Fred failed 727, then made it - 2099 a W/R TOT!

Ladnier made 722, then took the lead w/749. He had 2110 - another new W/R TOT before Hatfield's mark had even cooled off. Fred failed the same 749, was in 2nd now. Ladnier attacked 766. It was his first failure of the day. Still, his victory seemed sure.

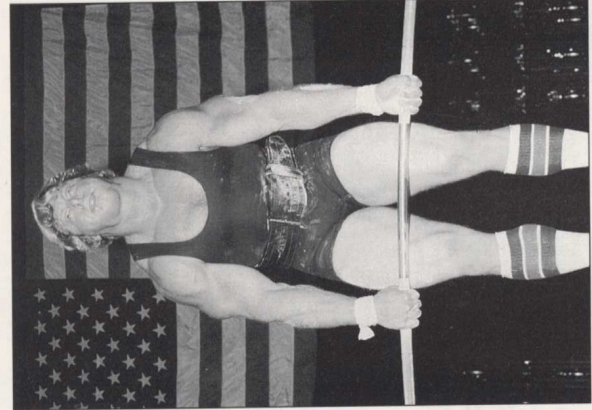
Cash, ASSURED of THIRD, opened @ 749 - then shot the "works". Up to 848 to the Ladder. Since both men weighed the limit, it'd necessitate a re-weight should he be successful. It would also regress Hatfield to 3rd. Surfacing were some dirty tactics. Someone reported changes in Cash's attempts at the table (wasn't Jim Todd his coach?). Someone told officials that Cash had oil on his thighs just as he came out for his big attempt. This interruption caused him to become constipated.

Miss - no 3rd - shot his wad - 2011 - 3rd placed!

242 LB. CLASS - THRILL SOME WILSON! - This year 12 contestants went after defending champ - Dave Schneider. THE BUCKEYE had been an UNLUCKY GUY! He was just shy of the previous World Championship of pulling off the winning lift. Today the bombs wrecked devastation. After the chalk dust cleared some of the top names had fallen by the wayside. Bill Davis tore a glute warming up. 788 - no twice - then to 799 - wipe out! Chromak, the FL star SQ'ed - 821. He got crushed on his 865 try - injured a leg, was carried off w/ a gurney! Jim Stein bowed out w/ 722. Schneider came in with a sore hip, and he also was eliminated. A formidable field still remained. Frank Castaneda recorded opening SQ & BP attempts - no more. Come DL time, 727 twice was too much. He gave up & threw in the towel. Runner up in this class in '82 was Scott Warman. He unleashed a 837 SQ (approved), missed 865 - alas. Warman hit all three benches - right on target - 462! He was among the leaders. Bench Press buccaneer Jeff Magnum made 7 perfect lifts. He led a SNMR 581 BP. DL - 4672 opener.

ily hoisted 744 - but twice his grip popped. Finis - 1934. Duke, 300 grams heavier, need 766 to win by 5 - 1940. He did just that and the Dennis punched out the biggest BP - 501 - to lead. Then his old nemesis, the DL - reared its ugly head - one two - three strikes. He's out! A bitter pill to swallow, but there would be with the best of them. His 733 proved it - 1785 in his 1st Seniors - not shabby - not at all! Six for nine went Robert Dyer. His BP offered two stumbling blocks - 1807 placed 10th. The final scoresheet shows that 5th thru 9th had 5 men, any of whom could have emerged in a higher order. Tony Johnston - a super SQ'er - dunked 760 - Texas tea for him! At 782 the barrel won. Tony's prowess in that lift overcame the efforts of Kevin Shepard and Larry Mistic. Johnson had 1846, then tried 2 out-rageous DL's - got 7th. Shepard gave it up after 683. He aspired for more (was not to be!) Carl King, a new face, locked out 699 - duplicating Johnson's final result and tied for 6th w/identical bar. Rick Woods was within 5 of a 501 BP - 2nd - then stalled w/523. He took 2 DL's - 650 & 705 - no 3rd - called it a day - 2011. It was his 6th Srs. win (in 3 different classes)!

198 LB. CLASS - NO FLUKE THOMAS! Defending champ Walter had an injured back - didn't participate. Even without him the 198 lineup was a panorama of power. There was only 1 fatality - a big one! OK powerhouse Dennis Wright



Huge and Muscular... Steve Wilson prevailed in the 242s.

posted the class leading Superman subtotal - 1234 - even though he'd missed two big SQ tries (760 & 777) by 5 - 1940. He did just that and the Dennis punched out the biggest BP - 501 - to lead. Then his old nemesis, the DL - reared its ugly head - one two - three strikes. He's out! A bitter pill to swallow, but there would be with the best of them. His 733 proved it - 1785 in his 1st Seniors - not shabby - not at all! Six for nine went Robert Dyer. His BP offered two stumbling blocks - 1807 placed 10th. The final scoresheet shows that 5th thru 9th had 5 men, any of whom could have emerged in a higher order. Tony Johnston - a super SQ'er - dunked 760 - Texas tea for him! At 782 the barrel won. Tony's prowess in that lift overcame the efforts of Kevin Shepard and Larry Mistic. Johnson had 1846, then tried 2 out-rageous DL's - got 7th. Shepard gave it up after 683. He aspired for more (was not to be!) Carl King, a new face, locked out 699 - duplicating Johnson's final result and tied for 6th w/identical bar. Rick Woods was within 5 of a 501 BP - 2nd - then stalled w/523. He took 2 DL's - 650 & 705 - no 3rd - called it a day - 2011. It was his 6th Srs. win (in 3 different classes)!

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HIS FINAL SENIORS! - This class featured the unbeaten incredible Mike Bridges. His final Srs. appearance was not the W/R blowout we'd witnessed a year earlier in Dayton. It was not Mike's win that caught everyone's eye, but rather the man he topped to remain undefeated in his career!

A sparse class of only four men was soon reduced to 3. Paul Sutphin, WV was mad as a wet hornet (w/ himself) when his 3 SQS didn't register. Retrospectively, we must note that he lifted in the same class and on the game platform with the new greatest legend in P/L History. That'd be something to tell your grandchildren about! Vinson Keyheupped his TOT DL 3rds. He was 33 from '82. He was fresh from his NATS win (1785) in VA.

Keyhea was right on target with all his lifts, with one exception - his 396 3rd BP miss. Up came a 705 DL - a monumental effort - he re-neged his 3rd pull - 1774 - a bronze medal!

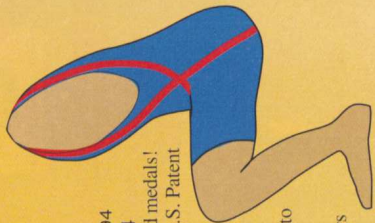
Ed Coan had sweated blood to make it @ 165. He missed doing it by a whisker. After stocking his furnace w/fuel came in here @ a mere 171. What a display. We got the first look of the man of tomorrow: 699 SQ, 429 BP, 727 DL - 1857 TOT. Nine for nine - no misses at all. He was the new kid on the block, destined for greatness. It was the first surge of a meteoric rise.

Eddy was a rocket who'd just dropped his first stage and was on his way soaring towards the upper stratosphere. For Mike Bridges we witnessed his final hurrah as he won the Seniors level. Mike's 804 SQ 2nd (w/flare) up to 843. The crowd numbered to the regularity of his amazing lifts - scarcely reacted. I thought the lift was executed perfectly, but it drew 2 reds. After this Mike lost his incentive and coasted. He hoisted up a 501 BP - 2nd - then stalled w/523. He took 2 DL's - 650 & 705 - no 3rd - called it a day - 2011. It was his 6th Srs. win (in 3 different classes)!

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pumped 529 - had 1399. The DL would decide. Bouvier wanted to cushion his advantage tried 622 - not quite. Wayne hoisted 771, missed 788 - his final try - 2232. Kennedy got 832 initially to his & claim 2nd Bill maintained 799 to take the lead outright. (2295), then manhandled 837 (2298). Kaz's final lift at 859 stopped him. One man left - Doyle - Kennedy could decide the outcome - up to 898 - to win! Up the bar came. So close were Doyle's two mighty efforts that it had Kazmaier pacing nervously. The spectators were at the edge of their seats. Not quite!

1983 Senior Nationals

	5Q	2P	485	815	TOT
123	402	264	485	815	1151
135	485	303	584	1372	
141	501	275	556	1333	
145	661	303	628	1592	
146	617	347	628	1592	
147	556	352	622	1530	
148	556	407	553	1543	
149	595	330	584	1510	
150	529	303	672	1504	
151	529	303	672	1504	
152	529	358	323	1410	
153	672	380	716	1769	
154	672	418	716	1806	
155	672	488	596	1672	
156	655	413	661	1720	
157	639	485	584	1708	
158	639	485	584	1708	
159	632	451	622	1697	
160	644	418	600	1664	
161	584	451	666	1592	
162	650	396			
163	804	501	705	2011	
164	699	429	727	1857	
165	877	391	705	1874	
166	710	462	766	1940	
167	699	496	716	1912	
168	749	446	683	1901	
169	661	479	705	1846	
170	760	424	661	1846	
171	710	451	673	1834	
172	722	418	683	1834	
173	710	451	673	1834	
174	633	501	733	1785	
175	837	623	749	2110	
176	826	464	727	2091	
177	799	462	749	2011	
178	782	440	699	1923	
179	710	451	673	1834	
180	738	402	753	1893	
181	788	567	788	2143	
182	810	490	804	2105	
183	865	451	705	2022	
184	810	517	788	2104	
185	740	584	627	2004	
186	837	507	699	2072	
187	733	512	733	1978	
188	837	462	662	1961	
189	821	490	738	2049	
190	892	573	804	2270	
191	903	600	705	2210	
192	859	523	810	2193	
193	810	517	788	2104	
194	837	507	749	2088	
195	865	507	699	2072	
196	870	380	804	2055	
197	909	551	837	2298	
198	870	529	832	2232	
199	826	529	804	2160	
200	942				

pulling 804, and was called for nudge (very slight) on 837, which denied him a medal - 2055 - only 7th this day! Tim Martin, 2nd biggest SQ'er @ 865, showed 507, DLD 699 for 2072 - 6th pl. Tim's two missed efforts w/727 were Scott Palmer's opportunity. Palmer's 749 DL came up brought him to 2088. Subsequent tries @ 782 were too heavy. In 4th w/2121 was ever persistent Dave Shaw. Dave had a productive day (6/9). He got all SQ's - 815. Although he missed 2 shots @ 512 BP, he came thru w/ the biggest DL of the day - 821. Bob Dempsey duplicated his '82 3rd place finish. He improved his BP by 22 (523); matched Shaw's 771 DL opener. Dempsey missed, then made, 810 DL - 2193! Short, stocky Lee Moran lifted brilliantly in his 1st. Seniors lifted. Better weight selection might have pushed the indomitable Gambale. Big John could do no wrong and bulldied his way thru his SQ's - 892! Moran's prelude to everlasting SQ fame (one year away) was 903 - vaporized! A huge increase to 953 wasn't to be - a misjudgment. Gambale stroked his final 573 BP. It was there the third man in Seniors History to BP 600 - his 2nd attempt. Moran went on to miss a monster 617. Lee took a 33 lb. advantage into DL, and opened @ 705. His 2210 TOT gave him silver right off the bat. He ripped his hand, then failed 744 - twice! Gambale opened @ 777, then up to 804 - 2270 W/R - no misses; called it a day.

SHWT - THE KAZ RETURNETH! The WSM competition saw mighty Bill Kazmaier badly rip his pec (bending an iron bar). Gone forever was his monster show-up ability. With that lift alone a full hundred lbs. beneath his 661 W/R, he jumped back into action here and salvaged yet another Srs. title. Wotta guy!

Defending titlist Wayne Bouvier, MI, showed plenty of improvement and refused to yield without a fight. Newcomer Blaise Boscaccia, 308, balanced in all lifts, pulled an 804 DL opener, missed 832 twice - 2160, 4th place. Big Paul Wrenn (343) ran smack dab into a stone wall in his jinx lift, the BP. Paul sank a 942 SQ, but couldn't press 490 twice so dropped out passing a chance for a little 3rd (knows his body). Bouvier came in @ 320 to Kazmaier's 326. At 299 was a very dangerous upset man - Doyle Kennedy. Kennedy got a 870 dunk, a lift Wayne made on his 3rd (no misses). Doyle missed 903, but Kazmaier, after a ridiculously easy 865 start, uncorked 909. Kaz topped out @ 351 BP. Kennedy reached SUPERHERO @ 589 starter. He led as lighter man to Bill. Both were tied @ 1460 S.T.; Doyle - who

held off Steve. The burly Wilson futility tries to hoist 705 denied him the overall silver. Former Seniors and World Champ @ 220 in 1980 Srs. runner Steve Miller heaved to a 1978 TOT. Mark, lighter of the two men, took 6th position, making 6 attempts to Steve's 5.

Mark Chalilet battled Dennis Reed for sole possession of bronze. Reed, 44, had returned to Srs. action after a severe SQ injury. He threw everything but the kitchen sink into his 865 class leading gut-busting SQ - GOOD. It was a new American Masters record to boot! To avoid elimination Dennis held on to his last try 705 DL - 2022. Chalilet pulled up a 788 DL - was at 2017, but missed twice @ an 804, which given him his 3rd place claim. Mark had not fully recuperated from his NATS victory - struggling - got just enough. Steve Wilson, runner up to Gambale last year @ 275, REDUCED and PRODUCED! STORMIN' WARMAN had just went to the show-up. He failed to twice pull 777 then 788, and would have owned 3rd had one lift went! Carlton Snitkin, a fatal deep hole, difficult to climb back out of. The former 242 Srs. champ

jumped in front. Carl's 810 opener



Bill Kazmaier... lost 110 lbs. of bench press power at the World's Strongest Man contest and still took the SHWS. (Kathy Leistner photo)

TRAMPLE - The reigning Srs. & World Champion was a runaway locomotive. He was unstoppable. This year he was even more vastly improved. Oh, woe to all those who dare to challenge him!

Early non-finishers were: Rich Sandlin - 6th - last year. He was eliminated in SQ. Lamy/Kidney, red-faced cop from CA was a previous two time Seniors winner. He came to SHOW HIS STUFF, but couldn't win. Steve Wilson, runner up to Gambale last year @ 275, REDUCED and PRODUCED! STORMIN' WARMAN had just went to the show-up. He failed to twice pull 777 then 788, and would have owned 3rd had one lift went! Carlton Snitkin, a fatal deep hole, difficult to climb back out of. The former 242 Srs. champ

WHAT DRIVES A MAN TO CRUSH AN UNOPENED BEER CAN

UNTIL HIS FINGERNAILS BLEED AND THE CAN
EXPLODES?

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Most powerlifters are familiar with the sport supplements creatine monohydrate, glutamine, and other amino acids like the branched chain amino acids leucine, isoleucine and valine, however, these compounds, and many others sold as growth promoters, are far down the anabolic path from where the entire growth process begins. Over the past year I've been working with some new and exciting compounds which may help you recover faster, lift with more explosive force, build more muscle mass and strength, and give you more energy to train with high intensity. The compounds are mineral orotates, and they form the foundation for a new class of natural anabolites far more important in the growth process than either creatine or glutamine.

Way back in 1968, on my first trip to Bulgaria and Russia, I was fortunate to spend time with many of the leading sport researchers and coaches in the East Bloc. In Varna, a small town on the Black Sea of Bulgaria, I spent many hours with Dr. Christo Slavov, team physician for the Bulgarian Olympic weightlifting team. What he shared with me about the mineral orotates, and what I've learned about them since, you should know about.

Now, I would have shared this important news with you sooner, but mineral orotates were not available in the USA until just a few months ago. The use of mineral orotates by elite strength athletes from the East Bloc is great, and the research which I uncovered to support such use is extensive.

Mineral orotates are composed of a mineral, often magnesium, potassium, calcium, or zinc, which is bound to a compound called orotic acid. While the minerals themselves are of benefit to all strength athletes, it is the orotic acid which packs the anabolic kick.

Orotic acid is found in cows milk at a level of one gram in two gallons. It is also manufactured in the body from ammonia, carbon dioxide and aspartic acid. Orotic acid is a precursor of nucleic acid with the ability to increase muscle protein synthesis. To understand how muscle is made, you'll need a short primer on the anabolic process of building muscle proteins from individual amino acids.

The first step in the anabolic process is what is called the neuro-hormonal response to stress. During training, your goal is to create a stress which causes the optimal release of anabolic hormones like growth hormone (GH), testosterone, and IGF-1. There are two types of nucleic acid in muscle cells, ribonucleic acid (RNA) and deoxyribonucleic acid (DNA). Once

Building Strength and Power with Mineral Orotates by Rick Brunner, Atletika

Mineral Orotates contain orotic acid which directly stimulates the synthesis of DNA and RNA by supplying pyrimidines which are key components of both nucleic acids.

DNA (in cell nucleus)
Contains the genetic blueprint for building muscle proteins

Phosphate
+
Deoxyribose
+
Adenine or Cytosine
or Guanine or Thymine

RNA (in cell cytoplasm)
Joins amino acids together to make muscle proteins.

Phosphate
+
Ribose
+
Adenine or Cytosine
or Guanine or Uracil

testosterone has been increased, the hormone enters the nucleus of a muscle cell where it causes the DNA (which contains the cell's genetic code) to create a blueprint of how to build a muscle cell. The DNA then passes this information on to an RNA which takes it into the cell cytoplasm. In the cell cytoplasm the GH and IGF-1 stimulate the assembly of amino acids into muscle protein chains.

DNA and RNA, in tandem, are responsible for building muscle within the cells. DNA is the chemical basis of heredity, and is organized into genes within the cell nucleus. DNA directs the synthesis of RNA. RNA, the second type of nucleic acid, relays instructions from the genes to guide each cell's assembly of amino acids into proteins. Each is made up of similar compounds connected together by bonds. In each case, the unit contains a five carbon sugar, ribose in RNA and 2'-deoxyribose in DNA. The connection between successive units in nucleic acids is through a phosphate residue gained from adenosine triphosphate (ATP).

Because DNA is responsible for building RNA, and RNA is responsible for building muscle proteins, it seems mighty important that any serious bodybuilder should know about these muscle building basics in order to maximize gains in muscle mass, strength and power. It is the orotic acid in the form of mineral orotates which plays a key role in building both DNA and RNA because it is a direct link to compounds called pyrimidines. By feeding mineral orotates to the body, the pyrimidines are increased, which causes a further increase in DNA

difference for any level powerlifter. In addition to increasing muscle protein synthesis, the mineral orotates also have an extra benefit of being the best transporter of useful minerals directly into the cells where the minerals are needed most. They get into the cell more than ten times greater than commonly used minerals. Orotic acid has the ability to form a strong bond with potassium, calcium and magnesium and to take them to the body parts which need them the most. Since aging often causes a loss in absorption of nutrients, older lifters will also benefit from the ability of mineral orotates to be absorbed and used better than any other known compound.

Humans consuming as much as six grams of orotic acid daily have not shown adverse effects. Magnesium orotate contains about 8% elemental magnesium bound to orotic acid, calcium orotate contains 11% calcium, and potassium orotate contains 8% potassium. If you are currently taking these minerals you will need to back off on the dosage as the orotates are more efficient. I have taken a very high dose of 2,500mg orotic acid from magnesium and potassium orotates for ten days with no adverse effects. I recommend you start by taking one gram of orotic acid a day. This works out to be at most three capsules of mineral orotates, taken as one capsule with a meal for three times daily. After a week you can double the dosage. By adding 2,000mg of orotic acid from potassium and magnesium orotate to my supplement program, I was able to increase my total by 8.5% in just over a month, and that's a big jump for me. I also have more energy when I lift.

Do not expect instant results from mineral orotates. Because the orotic acid stimulates pyrimidine production and ultimately DNA, RNA, and protein synthesis, the compound must be given a chance, over long-term training. Within 30 days you should see an improvement in your lifts with an increase in your max, a higher energy level, and faster recovery. Some of the research I've read suggests that the pyrimidines should be increased just as the pyrimidines have with orotic acid. I am now trying a new supplement developed in Hungary called Xentroph which is designed to further increase DNA, RNA, and muscle protein synthesis via purine, pyrimidine and S-adenosylmethionine pathways.

For more information on mineral orotates and how to train with them properly, contact Atletika Sport International at 800-621-2602.

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NASA National High School

Event	Score	Winner
Men's 90	327.5	C. Perez
Men's 110	375.0	T. Robinson
Men's 125	422.5	S. Haskins
Men's 150	487.5	B. Noll
Men's 175	562.5	T. Meyers
Men's 200	637.5	J. Alford
Men's 225	712.5	T. Williams
Men's 250	787.5	H. Akers
Men's 275	862.5	T. Standley
Men's 300	937.5	P. Pratt
Men's 315	1012.5	B. Mann
Men's 330	1087.5	B. Wandra
Men's 345	1162.5	S. Robertson
Men's 360	1237.5	C. Gornall
Men's 375	1312.5	T. Phillips
Men's 390	1387.5	A. Hernandez
Men's 405	1462.5	D. Capps
Men's 420	1537.5	C. Hillon
Men's 435	1612.5	C. Gornall
Men's 450	1687.5	T. Phillips
Men's 465	1762.5	A. Hernandez
Men's 480	1837.5	D. Capps
Men's 495	1912.5	C. Hillon
Men's 510	1987.5	T. Phillips
Men's 525	2062.5	A. Hernandez
Men's 540	2137.5	D. Capps
Men's 555	2212.5	C. Hillon
Men's 570	2287.5	T. Phillips
Men's 585	2362.5	A. Hernandez
Men's 600	2437.5	D. Capps
Men's 615	2512.5	C. Hillon
Men's 630	2587.5	T. Phillips
Men's 645	2662.5	A. Hernandez
Men's 660	2737.5	D. Capps
Men's 675	2812.5	C. Hillon
Men's 690	2887.5	T. Phillips
Men's 705	2962.5	A. Hernandez
Men's 720	3037.5	D. Capps
Men's 735	3112.5	C. Hillon
Men's 750	3187.5	T. Phillips
Men's 765	3262.5	A. Hernandez
Men's 780	3337.5	D. Capps
Men's 795	3412.5	C. Hillon
Men's 810	3487.5	T. Phillips
Men's 825	3562.5	A. Hernandez
Men's 840	3637.5	D. Capps
Men's 855	3712.5	C. Hillon
Men's 870	3787.5	T. Phillips
Men's 885	3862.5	A. Hernandez
Men's 900	3937.5	D. Capps
Men's 915	4012.5	C. Hillon
Men's 930	4087.5	T. Phillips
Men's 945	4162.5	A. Hernandez
Men's 960	4237.5	D. Capps
Men's 975	4312.5	C. Hillon
Men's 990	4387.5	T. Phillips
Men's 1005	4462.5	A. Hernandez
Men's 1020	4537.5	D. Capps
Men's 1035	4612.5	C. Hillon
Men's 1050	4687.5	T. Phillips
Men's 1065	4762.5	A. Hernandez
Men's 1080	4837.5	D. Capps
Men's 1095	4912.5	C. Hillon
Men's 1110	4987.5	T. Phillips
Men's 1125	5062.5	A. Hernandez
Men's 1140	5137.5	D. Capps
Men's 1155	5212.5	C. Hillon
Men's 1170	5287.5	T. Phillips
Men's 1185	5362.5	A. Hernandez
Men's 1200	5437.5	D. Capps
Men's 1215	5512.5	C. Hillon
Men's 1230	5587.5	T. Phillips
Men's 1245	5662.5	A. Hernandez
Men's 1260	5737.5	D. Capps
Men's 1275	5812.5	C. Hillon
Men's 1290	5887.5	T. Phillips
Men's 1305	5962.5	A. Hernandez
Men's 1320	6037.5	D. Capps
Men's 1335	6112.5	C. Hillon
Men's 1350	6187.5	T. Phillips
Men's 1365	6262.5	A. Hernandez
Men's 1380	6337.5	D. Capps
Men's 1395	6412.5	C. Hillon
Men's 1410	6487.5	T. Phillips
Men's 1425	6562.5	A. Hernandez
Men's 1440	6637.5	D. Capps
Men's 1455	6712.5	C. Hillon
Men's 1470	6787.5	T. Phillips
Men's 1485	6862.5	A. Hernandez
Men's 1500	6937.5	D. Capps
Men's 1515	7012.5	C. Hillon
Men's 1530	7087.5	T. Phillips
Men's 1545	7162.5	A. Hernandez
Men's 1560	7237.5	D. Capps
Men's 1575	7312.5	C. Hillon
Men's 1590	7387.5	T. Phillips
Men's 1605	7462.5	A. Hernandez
Men's 1620	7537.5	D. Capps
Men's 1635	7612.5	C. Hillon
Men's 1650	7687.5	T. Phillips
Men's 1665	7762.5	A. Hernandez
Men's 1680	7837.5	D. Capps
Men's 1695	7912.5	C. Hillon
Men's 1710	7987.5	T. Phillips
Men's 1725	8062.5	A. Hernandez
Men's 1740	8137.5	D. Capps
Men's 1755	8212.5	C. Hillon
Men's 1770	8287.5	T. Phillips
Men's 1785	8362.5	A. Hernandez
Men's 1800	8437.5	D. Capps
Men's 1815	8512.5	C. Hillon
Men's 1830	8587.5	T. Phillips
Men's 1845	8662.5	A. Hernandez
Men's 1860	8737.5	D. Capps
Men's 1875	8812.5	C. Hillon
Men's 1890	8887.5	T. Phillips
Men's 1905	8962.5	A. Hernandez
Men's 1920	9037.5	D. Capps
Men's 1935	9112.5	C. Hillon
Men's 1950	9187.5	T. Phillips
Men's 1965	9262.5	A. Hernandez
Men's 1980	9337.5	D. Capps
Men's 1995	9412.5	C. Hillon
Men's 2010	9487.5	T. Phillips
Men's 2025	9562.5	A. Hernandez
Men's 2040	9637.5	D. Capps
Men's 2055	9712.5	C. Hillon
Men's 2070	9787.5	T. Phillips
Men's 2085	9862.5	A. Hernandez
Men's 2100	9937.5	D. Capps
Men's 2115	10012.5	C. Hillon
Men's 2130	10087.5	T. Phillips
Men's 2145	10162.5	A. Hernandez
Men's 2160	10237.5	D. Capps
Men's 2175	10312.5	C. Hillon
Men's 2190	10387.5	T. Phillips
Men's 2205	10462.5	A. Hernandez
Men's 2220	10537.5	D. Capps
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Men's 2280	10837.5	D. Capps
Men's 2295	10912.5	C. Hillon
Men's 2310	10987.5	T. Phillips
Men's 2325	11062.5	A. Hernandez
Men's 2340	11137.5	D. Capps
Men's 2355	11212.5	C. Hillon
Men's 2370	11287.5	T. Phillips
Men's 2385	11362.5	A. Hernandez
Men's 2400	11437.5	D. Capps
Men's 2415	11512.5	C. Hillon
Men's 2430	11587.5	T. Phillips
Men's 2445	11662.5	A. Hernandez
Men's 2460	11737.5	D. Capps
Men's 2475	11812.5	C. Hillon
Men's 2490	11887.5	T. Phillips
Men's 2505	11962.5	A. Hernandez
Men's 2520	12037.5	D. Capps
Men's 2535	12112.5	C. Hillon
Men's 2550	12187.5	T. Phillips
Men's 2565	12262.5	A. Hernandez
Men's 2580	12337.5	D. Capps
Men's 2595	12412.5	C. Hillon
Men's 2610	12487.5	T. Phillips
Men's 2625	12562.5	A. Hernandez
Men's 2640	12637.5	D. Capps
Men's 2655	12712.5	C. Hillon
Men's 2670	12787.5	T. Phillips
Men's 2685	12862.5	A. Hernandez
Men's 2700	12937.5	D. Capps
Men's 2715	13012.5	C. Hillon
Men's 2730	13087.5	T. Phillips
Men's 2745	13162.5	A. Hernandez
Men's 2760	13237.5	D. Capps
Men's 2775	13312.5	C. Hillon
Men's 2790	13387.5	T. Phillips
Men's 2805	13462.5	A. Hernandez
Men's 2820	13537.5	D. Capps
Men's 2835	13612.5	C. Hillon
Men's 2850	13687.5	T. Phillips
Men's 2865	13762.5	A. Hernandez
Men's 2880	13837.5	D. Capps
Men's 2895	13912.5	C. Hillon
Men's 2910	13987.5	T. Phillips
Men's 2925	14062.5	A. Hernandez
Men's 2940	14137.5	D. Capps
Men's 2955	14212.5	C. Hillon
Men's 2970	14287.5	T. Phillips
Men's 2985	14362.5	A. Hernandez
Men's 3000	14437.5	D. Capps
Men's 3015	14512.5	C. Hillon
Men's 3030	14587.5	T. Phillips
Men's 3045	14662.5	A. Hernandez
Men's 3060	14737.5	D. Capps
Men's 3075	14812.5	C. Hillon
Men's 3090	14887.5	T. Phillips
Men's 3105	14962.5	A. Hernandez
Men's 3120	15037.5	D. Capps
Men's 3135	15112.5	C. Hillon
Men's 3150	15187.5	T. Phillips
Men's 3165	15262.5	A. Hernandez
Men's 3180	15337.5	D. Capps
Men's 3195	15412.5	C. Hillon
Men's 3210	15487.5	T. Phillips
Men's 3225	15562.5	A. Hernandez
Men's 3240	15637.5	D. Capps
Men's 3255	15712.5	C. Hillon
Men's 3270	15787.5	T. Phillips
Men's 3285	15862.5	A. Hernandez
Men's 3300	15937.5	D. Capps
Men's 3315	16012.5	C. Hillon
Men's 3330	16087.5	T. Phillips
Men's 3345	16162.5	A. Hernandez
Men's 3360	16237.5	D. Capps
Men's 3375	16312.5	C. Hillon
Men's 3390	16387.5	T. Phillips
Men's 3405	16462.5	A. Hernandez
Men's 3420	16537.5	D. Capps
Men's 3435	16612.5	C. Hillon
Men's 3450	16687.5	T. Phillips
Men's 3465	16762.5	A. Hernandez
Men's 3480	16837.5	D. Capps
Men's 3495	16912.5	C. Hillon
Men's 3510	16987.5	T. Phillips
Men's 3525	17062.5	A. Hernandez
Men's 3540	17137.5	D. Capps
Men's 3555	17212.5	C. Hillon
Men's 3570	17287.5	T. Phillips
Men's 3585	17362.5	A. Hernandez
Men's 3600	17437.5	D. Capps
Men's 3615	17512.5	C. Hillon
Men's 3630	17587.5	T. Phillips
Men's 3645	17662.5	A. Hernandez
Men's 3660	17737.5	D. Capps
Men's 3675	17812.5	C. Hillon
Men's 3690	17887.5	T. Phillips
Men's 3705	17962.5	A. Hernandez
Men's 3720	18037.5	D. Capps
Men's 3735	18112.5	C. Hillon
Men's 3750	18187.5	T. Phillips
Men's 3765	18262.5	A. Hernandez
Men's 3780	18337.5	D. Capps
Men's 3795	18412.5	C. Hillon
Men's 3810	18487.5	T. Phillips
Men's 3825	18562.5	A. Hernandez
Men's 3840	18637.5	D. Capps
Men's 3855	18712.5	C. Hillon
Men's 3870	18787.5	T. Phillips
Men's 3885	18862.5	A. Hernandez
Men's 3900	18937.5	D. Capps
Men's 3915	19012.5	C. Hillon
Men's 3930	19087.5	T. Phillips
Men's 3945	19162.5	A. Hernandez
Men's 3960	19237.5	D. Capps
Men's 3975	19312.5	C. Hillon
Men's 3990	19387.5	T. Phillips
Men's 4005	19462.5	A. Hernandez
Men's 4020	19537.5	D. Capps
Men's 4035	19612.5	C. Hillon
Men's 4050	19687.5	T. Phillips
Men's 4065	19762.5	A. Hernandez
Men's 4080	19837.5	D. Capps
Men's 4095	19912.5	C. Hillon
Men's 4110	19987.5	T. Phillips
Men's 4125	20062.5	A. Hernandez
Men's 4140	20137.5	D. Capps
Men's 4155	20212.5	C. Hillon
Men's 4170	20287.5	T. Phillips
Men's 4185	20362.5	A. Hernandez
Men's 4200	20437.5	D. Capps
Men's 4215	20512.5	C. Hillon
Men's 4230	20587.5	T. Phillips
Men's 4245	20662.5	A. Hernandez
Men's 4260	20737.5	D. Capps
Men's 4275	20812.5	C. Hillon
Men's 4290	20887.5	T. Phillips
Men's 4305	20962.5	A. Hernandez
Men's 4320	21037.5	D. Capps
Men's 4335	21112.5	C. Hillon
Men's 4350	21187.5	T. Phillips
Men's 4365	21262.5	A. Hernandez
Men's 4380	21337.5	D. Capps
Men's 4395	21412.5	C. Hillon
Men's 4410	21487.5	T. Phillips
Men's 4425	21562.5	A. Hernandez
Men's 4440	21637.5	D. Capps
Men's 4455	21712.5	C. Hillon
Men's 4470	21787.5	T. Phillips
Men's 4485	21862.5	A. Hernandez
Men's 4500	21937.5	D. Capps
Men's 4515	22012.5	C. Hillon
Men's 4530	22087.5	T. Phillips
Men's 4545	22162.5	A. Hernandez
Men's 4560	22237.5	D. Capps
Men's 4575	22312.5	C. Hillon
Men's 4590	22387.5	T. Phillips
Men's 4605	22462.5	A. Hernandez
Men's 4620	22537.5	D. Capps
Men's 4635	22612.5	C. Hillon
Men's 4650	22687.5	T. Phillips
Men's 4665	22762.5	A. Hernandez
Men's 4680	22837.5	D. Capps
Men's 4695	22912.5	C. Hillon
Men's 4710	22987.5	T. Phillips
Men's 4725	23062.5	A. Hernandez
Men's 4740	23137.5	D. Capps
Men's 4755	23212.5	C. Hillon
Men's 4770	23287.5	T. Phillips
Men's 4785	23362.5	A. Hernandez
Men's 4800	23437.5	D. Capps
Men's 4815	23512.5	C. Hillon
Men's 4830	23587.5	T. Phillips
Men's 4845	23662.5	A. Hernandez
Men's 4860	23737.5	D. Capps
Men's 4875	23812.5	C. Hillon
Men's 4890	23887.5	T. Phillips

P.S.C.P.A. State High School Meet

Table listing results for the P.S.C.P.A. State High School Meet, including names and scores for various events.



114 lb. Champion-Maurice Bond

Steve Green with a 705 squat

Table listing results for the Steve Green with a 705 squat event, including names and scores.

along the way went on to win many titles. Rich set new records. He recorded 1339 at 148 lb.

members of this year's squad were committed to making their marks on the historic tradition of Glen Mills. The Glen Mills Schools was the site of the Pennsylvania State High School Powerlifting Championships. This was a four (4) Platform Meet that was held at the Glen Mills High School.



Aimaud McDonald to Syracuse! (Hill photos)

Ulenegan narrowly defeated his teammate Jeff Germani for the third spot. Perhaps the most exciting competition of all was the battle between the two top contenders, Steve Green and Aimaud McDonald.

APA Florida Cup Open Bench Press & APA Sunshine State Open Deadlift

Table listing results for the APA Florida Cup Open Bench Press and APA Sunshine State Open Deadlift events.

Noble Carr, 65, won the 65-69 Florida Cup Bench Press and the Sunshine State Deadlift - a Two for Two Day!

Table listing results for the Florida Cup Bench Press and Sunshine State Deadlift events, highlighting Noble Carr's performance.

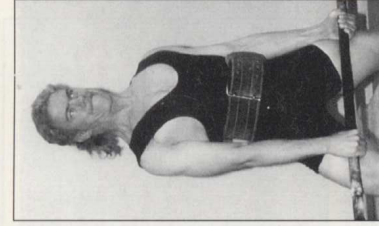
Table listing results for the APA Sunshine State Open Deadlift event.

Table listing results for the Florida Cup Bench Press event.

Advertisement for MAC Barbell Equipment, featuring images of barbells and text: 'Gimmicks don't make you stronger. Get back to basics with MAC!' and 'Official Supplier to the Texas High School Power Lifting Association.'

SPRING-BREAK BP/DL CLASSIC
26 APR 97 - Jimmy, IL

BENCH PRESS	275*
Women	105
Linda Middleton	120
Jana Gudi	85
4th	285*
Women	150*
195*	220
Aron Balance	350*
4th	220
Master	335
275	405*
181	460*
Lave Clark	335
James Ewing	505
370*	520
4th	505



PRL - Aron Balance pulls 350 at 148 in Son Light Gym's Spring Break BP/DL Classic (photo provided courtesy Dr. Darrell Latch)

...the best of all thanks to my wife, Melissa, for putting up with me throughout all of this. (Thanks to Meet Director Brad Klingler for the meet results).

Southern States Bench Press
19 APR 97 - Griffin, GA

Open Men	520
L. Smith	440
L. Murphy	230
C. Brown	340
G. Bradley	440
165	385
181	385
195	385
210	385
225	385
240	385
255	385
270	385
285	385
300	385
315	385
330	385
345	385
360	385
375	385
390	385
405	385
420	385
435	385
450	385
465	385
480	385
495	385
510	385
525	385
540	385
555	385
570	385
585	385
600	385
615	385
630	385
645	385
660	385
675	385
690	385
705	385
720	385
735	385
750	385
765	385
780	385
795	385
810	385
825	385
840	385
855	385
870	385
885	385
900	385
915	385
930	385
945	385
960	385
975	385
990	385
1005	385
1020	385
1035	385
1050	385
1065	385
1080	385
1095	385
1110	385
1125	385
1140	385
1155	385
1170	385
1185	385
1200	385
1215	385
1230	385
1245	385
1260	385
1275	385
1290	385
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1950	385
1965	385
1980	385
1995	385
2010	385
2025	385
2040	385
2055	385
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2100	385
2115	385
2130	385
2145	385
2160	385
2175	385
2190	385
2205	385
2220	385
2235	385
2250	385
2265	385
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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 organizations going! If you have suggestions for future articles or would like to send information, contact Craig Satrian, PO Box 4065, BaySide, NY 11360.

TO: National Governing Body USA Powerlifting From: Ray Benemerito, Captain Pro-Team Powerlifting • 1995 and 1996 TEAM CHAMPIONS • Team Members: Doan Nguyen, Andy Lee, Dave Weiss, Brad Olson, Anthony Conyers, James Benemerito, Martin Beavers, Ray Benemerito, Joe MacAuliffe, Jim Morton, Bull Stewart, Nick Best, Tony Ledato, Mark Phillip, Beau Moore, John Binkowski, Sponsors: Pro Fitness, Titan Support Systems, Safe USA, Sport Pharma, Inzer Advanced Design.

"Dear NGB, We applaud your efforts and our President Mike Overider for your relentless pursuit of unification and IFF affiliation. We know things did not turn out as well in South Africa but we are all willing to wait the decision come November (Prague, Czechoslovakia) WE ARE BEHIND YOU AND PRESIDENT MIKE OVERDEER 100%. Which ever way it goes we will always be representa-tives of USA Powerlifting. Always Faithful To Our Cause, Ray Benemerito."

The USA Powerlifting Logo Contest was won by Jim Ross of Twinsburg, Ohio. Over 90 entries were submitted and the Executive Committee then had the tough task of judging. The design will be used for all USA Powerlifting material.



A MESSAGE FROM THE USAPL DRUG TESTING CHAIRMAN

When I was first asked to take over the drug testing duties for the USAPL, I wasn't really quite sure what I was getting into. I have always been concerned about the effectiveness of our testing and the behind the back remarks I have heard about so many of our lifters. I have no out of contesting com-plaint scattered me; that I might be greatly disappointed with the failure of one or more of our long time top lifters. However, now almost a year later, our top lifters are not what concerns me, but rather the general population of the USAPL.

As of June 30th, we have done approximately 40 out of contest tests, testing almost all of last year's national winners, as well as other top lifters, such as Brad Cillingham, James Benemerito and Larry Miller and there has not been a single problem. All of the lifters placed in this program returned all of the necessary information needed so that we would be able to test them without notice. The only exception to this was one lifter who is now retired. Most of these lifters were tested with only 12-24 hours of notice.



Quest Diagnostics National Account Executive Buddie DuVal, a former competitive shooter, who himself gave a clinic on testing at the '97 ADPPA Men's Nationals and indicated in his discussion that his firm finds positive drug tests in about 6-8% of the samples they test, in both sports-related and substance abuse samples.

This type of testing is now mandated for all open Men's and Women's National Champions. Other lifters can be placed into this pool by state chairman, national and intentional refer-ees, and members of the national governing body. If you feel a Lifter should be placed in this group, you can notify the drug testing chairman who will then send the necessary information to that lifter. We will attempt to do these tests with no notice as possible.

Lifters who are placed into this program should see this as a badge of honor. It is done much more with the intention of protecting your reputation than in persecuting you. If a lifter is tested three to four times per year with one or two of these being done with notice, who could accuse or slander this lifter?

TESTOSTERONE ENHANCERS
There are now products available that claim to raise your testosterone level and may, possibly, put you at risk for failing a drug test. The USAPL recognizes that a test with over a 6 to 1 TE Ratio should be designated as a failure. You as a lifter are responsible for what goes into your body and how it affects your being tested. Do not put yourself at risk by using supplements that are claiming to raise your testosterone level.

FROM QUEST DIAGNOSTICS INCORPORATED (7470 Mission Valley Road, San Diego, CA 92108, 619-686-3000) to Mr. Michael Overider, President, USA Powerlifting (July 9, 1997)

U.S.A. P.L. Corner

U.S.A. P.L. Corner

"Dear Mike: Pursuant to Andrea Sorwell's request, enclosed is a listing of the number of steroid tests analyzed for USA Powerlifting by Quest Diagnostics for the period of January, 1996 through June 1997. The report that I have generated for your organization reflects the number of monthly requisitions (tests) processed and the corresponding amount of revenue. The number of requisitions (tests) processed for USA Powerlifting in 1996 totals 703. For the first half of 1997 (January thru June) our laboratory processed 519 tests for USA Powerlifting. This represents a 43% increase in testing over the first half of 1996. It is apparent by the number of tests conducted by USA Powerlifting that your organization is committed to being drug free. So many other organizations just want to give the appearance of being drug free by saying that they test. I commend USA Powerlifting for its drug testing efforts and commitment to drug free powerlifting. Sincerely, Budd DuVal, National Sports Testing Account Executive."

RE: USAPL DRUG TESTING/ DOPING CONTROL PROGRAM OVERVIEW "USA Powerlifting adopted USOC/Doping Control Guidelines at its June, 1996 NGB Meeting. Formerly known as the ADPPA, USA Powerlifting pioneered doping control in the sport of powerlifting in the USA - beginning in 1981. Many of the drug testing standards now utilized by other powerlifting organizations originated within the programs of the ADPPA, Inc.

Directors to drug test a minimum of 10% of the competitors participating in every sanctioned event. This is a literal requirement - eg: with 51 competitors, 6 tests must be done. All open American Records must be tested. All World Records must be tested. All returning Open National Champions must be out-of-competition tested with little or no advance notice prior to defending their title. Chain of Custody documents and Drug Testing Monies must be sent to the USAPL National Office within 10 days following a competition. These are directly referenced with the lab reports received by the President and Chairman of the Drug Testing Committee. Failure to comply with these schedule requirements results in the loss of USA Powerlifting's ongoing Drug Control/Drug Testing Programs. Respectfully submitted, Mike W. Overider, USAPL President"

USA Powerlifting testing more than the required minimum of 10% continue to be awarded up to 20% reimbursement for their Drug Testing costs, as an incentive to go beyond the minimum requirements.

USA Powerlifting funds all Drug Testing at that facility. The USA Powerlifting (formerly ADPPA) Gym and Coaches Directory was created in order to provide individuals with a listing of the USA Powerlifting (formerly ADPPA) affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, coach or lifter who trains at that facility.

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

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

USA PL DOPING CONTROL REPORT

July 1996 through June 1997
Urinalysis Testing by Month

ICT - In Competition Tests Conducted
OCT - Out of Competition Tests Conducted

USOC/IOC Standard Guidelines

Month & Year	Sanctioned Meets	ICT - Meet Dir. Funded	ICT - USAPL Funded	OCT - USAPL Funded	Total Tests/Mo.
July 1996	11	32	14	1	47
Aug. 1996	6	33	0	1	34
Sept. 1996	6	29	0	3	32
Oct. 1996	11	53	0	5	58
Nov. 1996	23	48	14	0	88
Dec. 1996	14	20	0	0	20
Jan. 1997	6	20	0	2	80
Feb. 1997	15	71	7	6	165
March 1997	27	126	33	10	206
April 1997	15	64	10	7	81
May 1997	18	82	13	3	85
June 1997	16	57	13	4	74
YR. TOTALS	168	689	91	33	813

"ICT Meet Director Funded with reimbursement of 15-20% of Lab Costs by USAPL. OCT Testing is generally conducted with no advance notice to the athlete. A small percentage of these tests were conducted with 12-24 hrs. notice. All tests are reported here by collection date. Verification of these test numbers by Quest Diagnostics, Inc. will vary slightly as their reporting is generated from processing dates. Polygraph testing is not represented here, as it's use as a form of testing has been discontinued following the March 1, 1997 special NGB Meeting. This document is presented as evidence of the ongoing Drug Testing/Doping Control Programs of USA Powerlifting. We would be pleased to submit to an independent, professional audit of these statistics, if required. Other Powerlifting Federations are encouraged to report on the progress of their DT/DC Programs in this manner.

Testing at the 3-lift National Championships such as Men's Open, Women's Open, Teenage, Collegiate, Master's etc.

Out of Competition Testing (OCT) funded by USA Powerlifting includes the control group of all open National Champions Committee referrals, and profiling of athletes whose results fall under OCT-Protocols for profiling. Out of Competition Testing is conducted with no advance notice, or with as little notice as logistically possible.

A positive test results in immediate suspension. The athlete may request the "B" portion of their sample to be tested within 21 days following notification of their test results, at their own expense. If the "B" portion test results are negative, the athlete will be reinstated. The period of suspension follows USOC/IOC Guidelines for positive tests with banned substances, with the exception that USA Powerlifting enforces a 3 year suspension for a first time offense for the use of anabolic agents, rather than the 2 year suspension found in the USOC/IOC Guidelines.

The following report is offered as evidence of USA Powerlifting's ongoing Drug Control/Drug Testing Programs. Respectfully submitted, Mike W. Overider, USAPL President"

USAPL Powerlifting (formerly ADPPA) GYM DIRECTORY
RD 1, Box 642, Morgantown, PA 19543, (610) 286-7698, Owner: Pat

coach.

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, 6 Stonerick 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

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

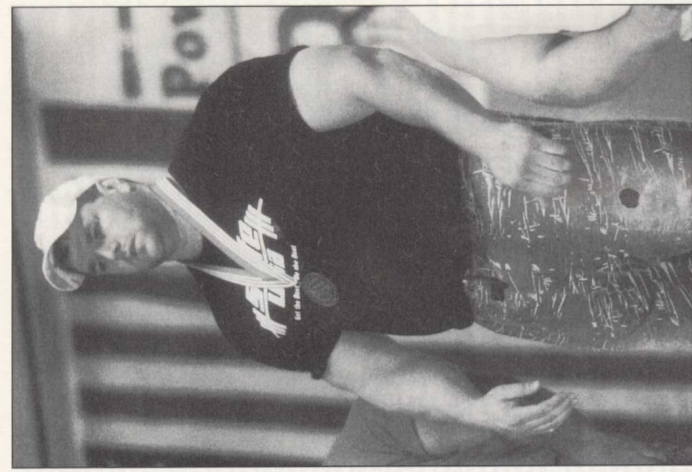
The Power Gym, Inc., 405 Main Street, Taylor, PA 18517, (717) 546-7867, Coaches/Owners: Joe Moczyanus, Bob Granko Sr., (PA USA Powerlifting State Chair), Bob Granko Jr., Jamie Granko

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 Palcinella

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

U.S.A. P.L. Corner



A Very Big Man... Brad Gillingham becomes the USA's hope at SHW in '98, but the National Masters will help out extensively behind the scenes. She is retiring from PL to pursue a career.

USPF President's Message ... David Jeffrey. This is my first USPF President's Message and I must explain to you a positive message toward powerlifting. First I must explain to you that I have asked for a moratorium on all the negativity being printed in PL USA from our executive committee. The mass amount of misinformation has hurt our sport. On the positive side, the USPF just completed our men's and women's national nationals. Robert Keller directed the meet in outstanding fashion. The meet demonstrated an increase in competitors and the cost of drug testing was paid for by the USPF. This is the first time that the USPF has been able to pay for world records in several years. Our financial condition at this time is in the black due to a large increase in membership and meet sanctions. Our executive committee has pledged to work hard to expand our sport in an effort to provide and increase our services. I look forward to seeing our sport grow and our athletes getting recognition for their accomplishments. As you read this message, the USPF will be preparing to send a strong contingent to the IPF Junior World Championships, in Bratislava, Slovakia. If you have any questions regarding the USPF and its future business plans, feel free to contact me at PO Box 231 Parkersburg, WV, 26102. David Jeffrey, USPF President.

distinctions went, as well, to Carrie, and Gene Bell. Rob Keller was very well prepared for the meet - when a squat rack motor failed, he had a replacement ready; when a light bulb went out on the judge's light stand, a new one was quickly screwed in. Bill Slush was a tremendous asset to the proceedings - it is hard to imagine a more engaging announcer. Rob also noted that he had a USPF referee stationed at all times in the warmup area, during the competition - to check equipment and keep a general eye on things, as he and Dave Jeffrey had seen done at the IWF Jr. Worlds in South Africa and we saw Jim exceed the IPF 3 lift competition bench press record in this contest last year, but this year he was in much greater shape. His opening bench of 683 was a top-699 for the official IPF record was snapped up very quickly and very strongly. 710 was called for, and he took that weight and obliterated it as well. All the lifts were amazingly easy and extremely quick. He took a 4th attempt, but the tank was empty, if he had taken the 722 on his 3rd attempt, it very likely would have gone. James, in fact, feels that he has around a 740 in him right now. After his remarkable achievement, he took the microphone - not to boast - but to have the spectators think about his fallen friend - Phil Farmer. It's no wonder James has been asked to become a member of Christian television's famous "Power Team" - his character is as big as his body, and his spirit transcends the power of every muscle fiber on his massive frame. He turned the meet into the memory of a lifetime for those who attended, all on his own. Best lifter of the competition was Wade Hooper and for the women it was Carrie Boudreau. The USPF had a new award as well: Powerlifter of the Year, and those

(article continued from page 12)

USPF Senior Nationals - 11-13 Jul 97 - Philadelphia, PA. Table with columns for event (S, Q, S, Q, S, Q), weight class, and names with their respective scores.

USPF Junior Nationals - 11-13 Jul 97 - Philadelphia, PA. Table with columns for event (S, Q, S, Q, S, Q), weight class, and names with their respective scores.

PERSONALIZED Powerlifting Training. Courses Designed by PL USA writer Doug Daniels and WDFPF World Bench Champ Jim Vinick. We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference.

MASS MUSCLE AND SPORTS SCIENCE. What the others don't want you to know. 1-800-ASK-MASS. FREE CATALOGS at: ask.mass@ix.netcom.com

DRUG-FREE POWERLIFTER. All you need! NO Anesthetics! T-Shirts \$-L \$10.95, XL & Up \$12.95 call for colors! Deadlift training video or squat training video by Tee "Skinny Man" Meyers, World "Drug-Free" Powerlifting Champion. \$20 each or both for \$35. Add \$5 for S/H each order - Visa, MC, AMEX, Discover, checks & MO to Pythian Gym, 2250 Lumpkin Rd, Augusta, GA 30906. 1-706-790-3806 Call for... free nutritional information tapes (no s/h).

Application for Registration UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600. Form with fields for Name, Address, City, State, Country, and checkboxes for membership status and drug testing consent.

Registration Fee \$25.00. Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 880 Roy, Utah 84067. I understand I have to pay this fee.

It's Time to Start Training for the 1997 IPA Senior National Powerlifting Championships

Round up your training partners and pull on your suits because it's almost time for the IPA's biggest annual event, the 1997 IPA Senior National Powerlifting Championships. The meet is scheduled to be held just outside of our Nation's Capital on Friday, Saturday, and Sunday, November 21-23, 1997. The Ramada Conference and Exhibition Center in New Carrollton, Maryland will host the Senior National event.

The IPA Nationals was a smash hit in 1996 as it attracted over 200 competitors to the three-day competition. IPA Senior Nationals meet directors Mark and Ellen Chaillet anticipate signing up about 250 competitors this year. The Chaillets are especially excited to be working in partnership with Special Olympics of Maryland in welcoming Special Olympians powerlifters to the IPA Senior Nationals. Special Olympians from across the country will compete on Friday, November 21 in the first IPA National Special Olympian competition.

But never fear, no marathon lifting is allowed at the IPA Senior Nationals. This year, lifting will take place on two raised platforms, and lifting will be arranged in flights taking place in separate morning and afternoon sessions. Five Monofilament squat racks will be available, three in the warm-up area and one on each lifting platform. Platform bench press benches and lift specific bars (Sutherland Bar, York bench bar and a Ricky Dale Crain deadlift bar) will be available on platforms.

Approximately 2,000 spectators are expected to attend to catch a glimpse of powerlifting's great Anthony Clark (first man to ever bench press 800 lbs.), and Clark's close competition, 760 lb. bench presser Jamie Harris who will try to break Anthony's bench record. Powerlifting's legend of legends, Don Reinhardt, may make his lifting comeback at the IPA Senior Nationals. Super heavyweight Dan Kovacs hopes to break Anthony Clark's total record,

shire, Delaware and Pennsylvania gave a new meaning to athletic fortitude, drive and sheer heart.

The meet included three divisions based on each athlete's physical ability: a full power division, a bench/deadlift division and a bench only division. Athletes ranged in age from 14 years to 48 years. The meet was head by Fred Vanderveen who is no stranger to powerlifting and strength training. Vanderveen opened Youth Exercises (Y.E.S.) two years ago and dedicated himself and his exercise facility to Special Olympians, teens and senior citizens.

Patricia Krebs, Ph.D., President/CEO of Maryland Special Olympics, made the drive from Columbia, Maryland to provide some moral support to the athletes at the East Coast Powerlifting Championships. She has a special interest in powerlifting as a Special Olympian sport and was excited to learn from Chaillet that the IPA will include a Special Olympian Division at the 1997 IPA Senior National Powerlifting Championships November 21-23, 1997 in New Carrollton, Maryland. The Special Olympian Division will be held on Friday, November 21.

After some discussion between Pat, the Chaillets, and Vanderveen, arrangements are that Special Olympics is interested in the IPA offering a Special Olympian Division at the 1998 IPA World Cup Powerlifting Championships which is tentatively scheduled for May 1998 in Fredericksburg, Virginia. With Special Olympics' promotion of the 1998 World Cup, Chaillet hoped for a large turnout of Special Olympian athletes.

Records Smashed at First IPA

A relatively small but top quality group of master lifters made the trek to Delaware for

the first IPA Pro/Am Masters' Nationals held May 24 & 25, 1997. Meet directors Chet and Karen Donato (IPA Delaware State Chairs) organized a first rate meet at the Ramada Hotel in New Castle, Delaware. The equipment was excellent. Lifters used Monofilaments in both the warm-up room and on the platform, and a Sutherland bar on the platform squat rack. A platform bench and a Crain Deadlift Bar rounded out the selection of quality platform equipment.

The IPA's master lifters continue to defy age; some setting records hand sough after by youngsters! Winning best Amateur female lifter was 105 lb. Connie Newman (50-55 yrs) who set IPA women's master records across the board with a 200 lb. squat, a 120 lb. bench, and a fourth attempt record deadlift of 235 lbs. for a record total of 655 lbs. Winning best lifter in the Amateur Men's Division was 198 pounder Burt Rosenfield (65-69 yrs). Rosenfield made his trip from Longboat Key, Florida worthwhile setting four IPA records squalling 450 lbs., benching 330 lbs., deadlifting 480 lbs. and totaling 1260 lbs.

In Pro Division, big Steve Wilson is back, and he's setting records all over the place. Wilson won the best lifter in the Pro Division at a bodyweight of 275 lbs. (40-44 yrs). Proving his lifting prowess, Wilson squatted 750 lbs. and set IPA records in his division with a 515 lb. bench, and a massive 810 lb. deadlift, totaling an IPA record 2075 lbs. Four hundred pound plus monster Steve Brodsky lifted as a guest lifter and saved the audience with a powerful 910 lb. squat, a 515 lb. bench and a 725 lb. deadlift, totaling 2150 lbs. Special Olympian, Darrell Barnes (220 lbs., 40-44 yrs) set the records straight with a 540 lb. squat, a 290 lb. bench, a 520 lb. deadlift, and a 1350 lb. total.

Weighting in the 165 lb. weight class, Paul Sacco (40-44 yrs) powered up an incredible 605 lb. record squat, and a 375 lb. record bench press. Weighing in at 148 lbs., Paul Griffith (50-54 yrs) squatted an IPA record 470 lbs., WCHWT Equally impressive was Jim Corstio, who squatted an IPA record 650 lbs. in the 181 lb. weight class (40-44 yrs). Knud Hansen, (220 lbs., 55-59 yrs) had a great day setting four IPA records with a 600 lb. squat, a great 420 lb. bench, a 580 lb. deadlift finishing the day with a 1600 lb. total. John Varone, Jr. must be pleased with his 570 lb. IPA record breaking squat set in the 181 lb. weight class (50-54 yrs).

The excellent quality of the meet draws even greater success at the 1998 IPA Pro/Am Masters' Nationals.

IPA Information Hotline: Interested in more information about the IPA? Do you need to know who your state chairman is? Interested in the IPA's Calendar of Events? We would love to hear from you! Feel free to contact IPA President Mark Chaillet or Ellen Chaillet with any questions, comments or suggestions at (301) 423-8888. Fax: (301) 423-5831; or write to Chaillet's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746.

FORUM

Two 60 foot video screens will be featured to enhance visibility for the spectators. Additionally, vendors will be on hand selling the newest athletic apparel, sports supplements, sport drinks and foods, and lifting paraphernalia.

Sponsorship and advertising opportunities are still available to companies interested in reaching this target market. If you are interested in further information about becoming a sponsor or advertising in the Senior Nationals Program Book, please call Ellen Chaillet at (301) 423-8888.

Feel free to call for a meet entry, or to ask any questions. Simply call (301) 423-8888 and ask for Mark or Ellen. Hope to see you in November!

IPA Welcome Special Olympians
IPA President Mark Chaillet, Chaillet's Gym, is proud to announce the induction of Special Olympian powerlifting athletes to the IPA. The IPA sanctioned his first Special Olympian Powerlifting meet, the Youth Exercise Services' East Coast Powerlifting Championships, on May 10, 1997 in Salisbury, Maryland. Twenty five dedicated powerlifters from Maryland, New Hamp-

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for Renewal
Street Address	City	Country	
State or Province	Zip Code	Age	Sex
Telephone	Dur/Per Birth	Age	Sex
		Elite/Am	Ann
			Date

Sign if above answers are correct. Parents sign if under 18 years.

Registration Fee: Adult \$20 High School and Special Olympics \$10
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 3688 Old Silver Hill Rd., Suitland, MD 20746

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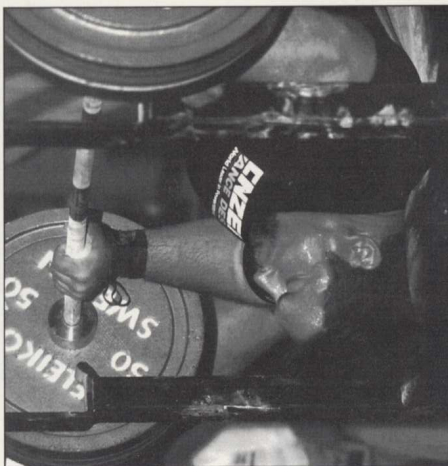
USAPL Mens Nationals - 26, 27 Jul 97 - Chicago IL

Table with 10 columns: Name, SQT, SQ2, SQ3, BP1, BP2, BP3, 5LB, DL1, DL2, DL3, Total. Lists names like H. Gainer, R. Thompson, A. Ostrom, etc., and their respective scores.



Wrestler? Powerlifter? Weightlifter?... Mark Henry can do it all

Three-peat... Now Complete! In a year laden with controversy, Titan faced its most difficult decision - which Nationals to attend. After many long distance phone calls we chose to go to USA Powerlifting. It was the right thing to do, to support our federation. Even though there is no world championships, the contest still drew 107 lifters from 37 states. The drug testing was by far the strictest it's ever been: USOC standard urinalysis or expensive out of meet testing that the returning national champions underwent, so don't believe the hype when people say USA Powerlifting has slacked off.



Beau Moore... will be the final 319 lb. champ for the USAPL?

After all the decision making we had to come down to the lifting. With half of the team taking time off, the other half had to carry the burden. That was not an easy task especially when everyone moved up in weight. To find out 6 other teams competing for the title was a big surprise. It shows the depth of the national caliber lifters our federation has. State teams showed up in full force (Minnesota, Indiana, Colorado, Ohio); also, the military was represented by Menlo-War and to everyone's surprise, the WWF sent a team captained by Mark Henry. We were all wondering whether we would see Doink the Clown or Bam Bam on the platform. All in all it was a great competition and one that made our third national title special.

class, but some of them got sorted out early. USAPL legend Bull Stewart weighed in at 118.7 kilos and ominously posted a huge 848 lb. opener in the squat. It never happened. Bull, sponsored at the meet by a company that produces Emu oil, Emu Jerky, etc., was called to lift but never showed, and Martin Beavers delivered the message to Sandi Brady that Bull was injured and would not continue. Misi Inoke would also have been a factor, but he tore a triceps while setting up for his first squat. Nick Best took up his quest with gusto, particularly pleased that his best workout switch to conventional style in the deadlift produced a PR in the lift and another win. Marcus Babo had a nice day as well, and held off Colin "Poo Bear" Rhodes of the WWF team for 2nd. Karl Gillingham of the Powerlifting Gillinghams used his pulling power to take 4th away from an incredibly heavily tattooed Caryl Calahan, Jonathan Byers barely avoided the bomb bug in the squat, and then got only his opener in the bench and finished just ahead of



No... Nick Best is not trying to imitate Bullwinkle J. Moose... he's just happy he pulled a PR deadlift in his new conventional DL style.

Hayes, Wisconsin's 28 year old Scott Lade, and Chicago's own Bill Sheridan, who looks good for a 500 lb in the near future. Veteran Mitch Edelman of Minnesota followed that pack, as did CLEAN POWER editor Phil Andrews, who drove all night with his family to the meet site after a huge clean up project at his soon-to-be sold farm took longer than expected. Another pack formed at 1665 with Pat Anderson - brother of USPF Sr. National 275 lb. champ Mike Anderson, leading the way over red-headed Larry Thompson, who bloomed in the deadlift, while new USAPL VP Mike Hardie almost did he was able to hunker down to business and make one.



Willie Earl Croner... shows what Glen Mills Powerlifting is all about.

Gain up to 50% More Lean Body Mass

A study conducted by four Southern California exercise scientists demonstrated what top bodybuilders can do.

You wanted proof? Now you've got it. A team of scientists conducted a study of 62 people who followed an eight week bodybuilding workout program. One group supplemented their diets with Giant Mega Mass 4000 — the other did not. The following results were reported by one of the principle investigators, Dr. Paul Ward.



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.

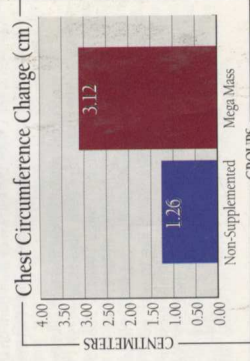
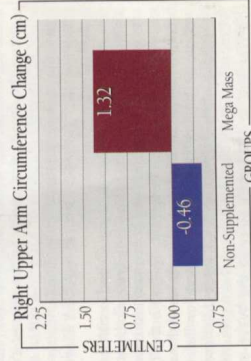
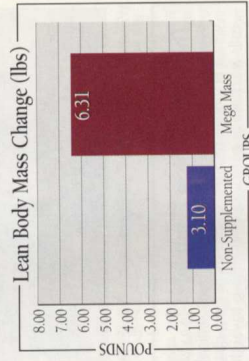
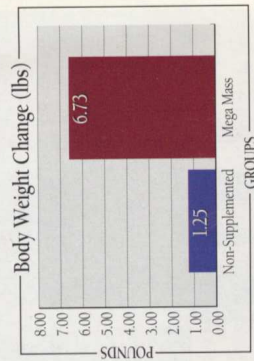
MEASUREMENTS: Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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.

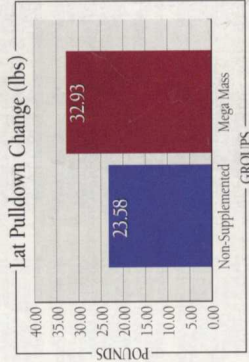
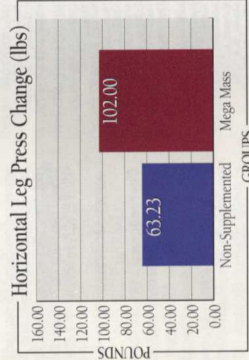
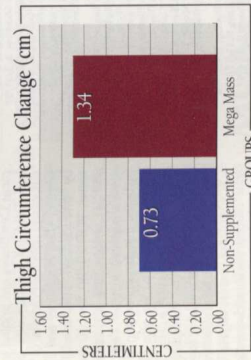
UNIVERSITY STUDY: RESULTS & CONCLUSIONS

- 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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