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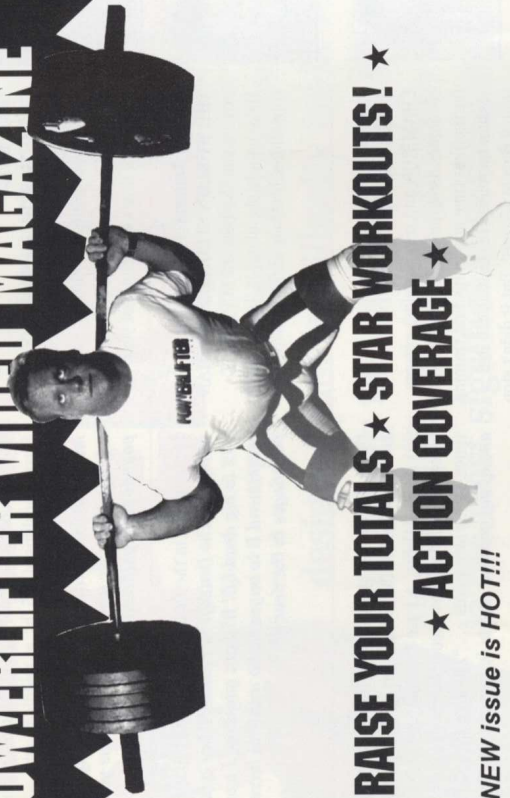


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Editor-In-Chief Mike Lambert  
International Editor Andy Kerr  
Feature Editor Dr. Ken Leistner  
Controller In Joo Lambert  
Statistician Herb Glossbrenner  
Publisher Mike Lambert

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

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ON THE COVER.... competition in the "Showgirl Lift" at the United States Strongest Man competition, to be televised on ESPN 2 in 6 half hour program segments, later this year. It was held at the Prima Donna resort south of Las Vegas, Nevada and the contest featured several top powerlifters among the field of eight strength athletes, who contested 12 different events.

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Iron Bear fought hard to finish the Farmers Carry

duction crew somehow 'kluged' the apparatus to the required height of well over 20 feet. From the 'dry lake site (it had been flooded by recent unseasonable rains) of the barrel toss, the crew raced off to set up the cameras by the pool at Whiskey Pete's for the Flinstone Deadlift - with the 'plates' on the bar being rough-hewn concrete 'stones' from the Fred and Barney era. Those with a powerlift background dominated this event with Mitchell (bothered by a biceps strain from the beginning) and Vorontin making 700, as Brown (a state record holder in the deadlift) and Collins tied at 750, and Phillip and Collins tied for all for first place. Same site for the bar bend, where everybody aced the 1/2 and 9/16" steel bars, after receiving advice from Bill Kazmaier, who knows (the hard way, having torn his pec and losing 110 lbs. of his world record bench press) what NOT to do in this event. At 5/8" thickness, 3 competitors could not get the ends of the bar bent to within 6 inches, and nobody could complete the 11/16" bars (which had been machined down from 3/4" and thus looked suspiciously like stainless steel), and only 1/2" of relative bar bend separated the top 5 competitors. Jim Vorontin put that 26" neck of his and his incredibly dense upper body musculature to full use to win the event. The 3rd day of competition was expected to be very strenuous for the contenders, starting out with the Farmer's Carry - two 250 lb. water-filled welding gas cylinders, carried for time across a course, or distance if they couldn't make the whole length of the course. A powerlifter from the earliest days, Lou Paul, and an ambulance were both on hand to get the athletes some oxygen if they needed it following the cardiovascular challenges that some of these events presented. Big Hands Tom

hand by the athletes over the now familiar red, white and blue course. Those big hands of Tom Ingalsbe proved once again to be a major asset, as forearm and biceps burned with pain (lower-overton in the morning heat with the incredible effort involved in this feat of physical achievement. The final event was the Sumo challenge, conducted by Dave Keagy, a long time aficionado of the classic Japanese sport, with each man wrapped in the traditional garb. With a winners and losers bracket, some men had to battle several times to get those last few points to determine the overall \$10,000 prize winner. Tempers began to flare and Kaz and Connor McCollough briefed each other on what to do if they had to break up a real "fight" in the Sumo ring. The man who was the most sheepish about wearing the traditional sumo outfit on national television, was the man who won the event - Tom Ingalsbe.

In deference to the TV people, who expect to have this event on ESPN 2 in 6 1/2 hour shows around the end of this year, we will not spoil the surprise and tell you the overall winner of the competition, but we will tell you that it was not the "run-away" victory that has sometimes characterized the WSM event in the past. Powerlifters did well in this show, and this and other possibly related matters seem to indicate a sea change in the policy that has kept powerlifting off network television for far too many years. Bill Kazmaier was brought in to provide the color commentary for this event, and he brought his entire great personality to the job, demonstrating events coaching competitors, interviewing everybody, coming up with some really intriguing ideas for future events, and generally doing everything that could conceivably have been asked of him in a very personable and enthusiastic way. He still looks like he should be in this event, instead of just reporting on it.

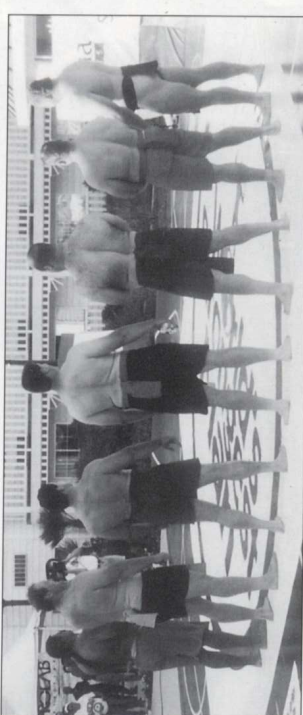
The top two finishers in the USSM contest are qualified for the Worlds Strongest Man Contest, which will be an annual televised event, perhaps even at the Nevada site once again, and the World's Strongest Man competition will continue to be held in the USA, at least more often than every 15 years. To help any of these possibilities become realities, the best thing all POWERLIFTING USA readers can do is make sure that they, and everyone they know, watches the ESPN 2 shows and let everyone in the industry know how much they appreciated the effort and how hopeful they are that this type of competition will continue in the future.



Director of Events Hal Connolly is interviewed by Bill Kazmaier.

held at this same venue 2 weeks later, and in the meantime the European qualifying event will be held, but that will require only 4 events per athlete rather than the 12 that the Americans went through. With several different events from this contest, the Worlds Strongest Man finals will be a whole new balmage for the Americans, who will face the wealth of overseas strongman competition experience. (Editor's Note: we have heard that the likes of 4 time WSM winner Magnus Ver Magnusson of Iceland, Gerrit Badenhorst of South Africa, and Riku Kiri of Finland - did NOT make it through the qualifying round!)

Hopefully, this United States Strongest Man contest can become an annual televised event, perhaps even at the Nevada site once again, and the World's Strongest Man competition will continue to be held in the USA, at least more often than every 15 years. To help any of these possibilities become realities, the best thing all POWERLIFTING USA readers can do is make sure that they, and everyone they know, watches the ESPN 2 shows and let everyone in the industry know how much they appreciated the effort and how hopeful they are that this type of competition will continue in the future.



The Sumo Challenge: (l-r) Collins, Martin, Brown, Ingalsbe, Vorontin, Phillip, and Toth. (Mitchell - in)

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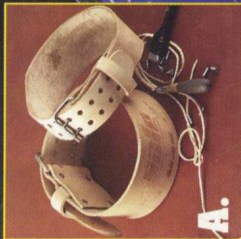
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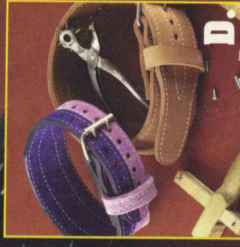
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## Diabetes, Powerlifting and Life by Rick Brunner, Atletika Sport International

If you yourself are diabetic or you know someone who is diabetic, you should read and save this article. Please pass it on to others who are diabetic. Normally I wouldn't stray from my usual path of writing about compounds which enhance the anabolic activity within muscle cells, but, over the past year I've discovered some useful nutrition research related to the control of high blood sugar in diabetics. I've also had some positive experiences working with diabetic athletes and non-athletes to control high blood sugar levels. Since there are about sixteen million diabetics in the U.S. alone, it stands to reason that several hundred readers of *Powerlifting USA* may also be diabetics, not to mention family members and friends who also have the disease.

Diabetes contributes to almost 250,000 deaths a year, not to mention a huge loss in physical performance and health. It can cause blindness (19% of diabetics) and kidney disease (15%), increase the risk of having a limb amputated (17%), and raise the risk of heart disease by 300%.

Optimal management of high blood sugar levels is of the utmost importance to the health of the diabetic powerlifter, and non-athlete alike. In fact, it may even be life-saving.

Diabetes is a disorder in which the body cannot convert foods properly into energy, especially a reduction in the body's ability to handle blood sugar normally. When a per-

son eats sugars and starches, the body changes them rapidly into a sugar called glucose, which then circulates in the blood for immediate use, or it is converted into glycogen and stored in muscles and the liver for later use. In diabetics, the mechanism that controls the amount of glucose in the blood breaks down.

The blood glucose level rises to a dangerously high level, causing symptoms and damage to the body. Insulin and the target tissues it influences play a leading role in diabetes. Insulin acts as a key to unlock the lock on the cells so that blood sugar can be deposited in the cell. High blood sugar levels can be related to not enough keys (insulin), or an inefficient lock (cell entry point), or both.

There are two types of diabetes, insulin-dependent diabetes (IDDM), AKA Type One diabetes, and Non-insulin-dependent diabetes (NIDDM), AKA Type Two or adult onset diabetes. In Type One diabetes, the pancreas doesn't produce insulin. This condition usually begins in childhood. People with this kind of diabetes must take daily insulin injections (the keys) to survive. There are about one million Type One diabetics in the U.S. In Type Two diabetes, the pancreas produces insulin, but the body's tissues don't respond to the insulin and won't let the glucose into the cell. In other words, "Type Two

When my mom returned home to California, I sent with her a multivitamin I make called Sportvite, a powerful antioxidant called Amplify, and some extra vitamin C. The way I figured, at the least, this nutrient cocktail would help to protect her from the ravages of diabetes I mentioned earlier. After about two months of use, my mom began to experience a radical improve-

ment in her blood sugar levels. Upon the advice of her physician, mom dropped the insulin and one of her tablets. Today she is beginning to taper down the final anti-diabetes tablet.

Now one success does not a program make, but, at the least, the very efficient and trace elements, and is activity within cells. One reason diabetics show improvement on this supplement may be because it strengthens the general metabolism of the cells making them more responsive to insulin. This can be of benefit to all diabetics because it may reduce the chance of circulatory disorders and heart disease. The antioxidant supplement I designed is called Amplify. It contains a high dose of vitamin C along with n-acetylcysteine and specific polyphenols and flavonoids which are all very powerful antioxidants. One benefit of Amplify may be a reduction in the oxidation of fats in the body. The free radicals produced from fatty acid oxidation in cells have been linked to diabetes and cardiovascular disease.

There are a few key nutrients which can benefit the diabetic more than others. Still, I would not take them separately, as a complex of nutrients working together seems to be more synergistic and effective. Listed below are some of the major nutrients being investigated for their blood glucose lowering effects.

The mineral vanadium in the form of vanadyl sulfate was a big seller in sport nutrition a few years ago, mainly due to its insulin mimicking effects. But, there was little scientific proof that the mineral increased the anabolic activity in muscle cells as was claimed in the supplement ads. In the case of Type Two diabetics though, research has shown that vanadyl sulfate and other forms of vanadium can prove useful. A large amount of research has shown vanadium compounds to mimic the actions of insulin. Vanadyl sulfate studies have shown no adverse effects from the compound. In fact, it is shown to prevent tissue damage to the liver in diabetic animals. Vanadyl sulfate is shown to cause some intestinal discomfort and is poorly absorbed. A new organic form of vanadium with the long name of Bis (maltolato) oxovanadium (IV) or BMOV has been shown to be two to three times as potent than vanadyl sulfate when used orally. This means a much lower dose of BMOV can be used. A daily dosage of 50mg of vanadyl sulfate, or 20mg of BMOV may be useful at lowering blood sugar levels.

Chromium compounds are also useful to diabetics. Chromium functions in the body as a key component of the "glucose tolerance factor." It works with insulin to facilitate the uptake of glucose into cells.

Trace elements such as zinc can play a significant role in controlling diabetes and protecting cells. Zinc is often 20% lower in diabetics, suggesting poor absorption. Additional zinc can improve insulin sensitivity.

Increased physical activity, the use of low glycemic index foods, reduced intake of sodium, an increase in proteins and fiber, and the addition of high quality multivitamin and mineral supplements which contain magnesium and potassium, GTF-chromium, organic vanadium, and antioxidants are what it takes to build a solid anti-diabetes program. For more information on this topic, and necessary research information to share with your physician or other diabetics, please call Atletika at 1-800-621-2602, ask for a free "In Control" packet. I hope it helps.

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It is estimated that 90% of American's diets are deficient in this trace mineral. The two most popular forms are chromium picolinate and nicin bound chromium. A daily dose of from 200 micrograms (mcg) to 400mcg seems to be helpful at maintaining better blood glucose levels.

Antioxidants can play a key role in both protecting the body from the stress caused by diabetes, as well as creating a more favorable environment for optimal insulin receptor interactions. Common antioxidants such as vitamins E, C, and beta carotene can be helpful. Other antioxidants such as n-acetylcysteine, lycopene from tomatoes, and polyphenols and flavonoids from milk thistle, green tea, and grape seed are also useful.

Diabetics are especially prone to low vitamin C levels, about 30% less than non-diabetics. In addition, vitamin C is shown to help control diabetes by stimulating the actions of insulin. A daily dose of 2,000mg to 4,000mg of vitamin C in 500mg amounts taken throughout the day can be very helpful at helping to drive blood sugar into cells.

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New found miracle compounds. They are the supplements I often recommend to athletes training with high intensity. The Sportvite contains over twenty different vitamins, minerals and trace elements, and is very efficient at improving enzyme activity within cells. One reason diabetics show improvement on this supplement may be because it strengthens the general metabolism of the cells making them more responsive to insulin. This can be of benefit to all diabetics because it may reduce the chance of circulatory disorders and heart disease. The antioxidant supplement I designed is called Amplify. It contains a high dose of vitamin C along with n-acetylcysteine and specific polyphenols and flavonoids which are all very powerful antioxidants. One benefit of Amplify may be a reduction in the oxidation of fats in the body. The free radicals produced from fatty acid oxidation in cells have been linked to diabetes and cardiovascular disease.

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Trace elements such as zinc can play a significant role in controlling diabetes and protecting cells. Zinc is often 20% lower in diabetics, suggesting poor absorption. Additional zinc can improve insulin sensitivity.

Increased physical activity, the use of low glycemic index foods, reduced intake of sodium, an increase in proteins and fiber, and the addition of high quality multivitamin and mineral supplements which contain magnesium and potassium, GTF-chromium, organic vanadium, and antioxidants are what it takes to build a solid anti-diabetes program. For more information on this topic, and necessary research information to share with your physician or other diabetics, please call Atletika at 1-800-621-2602, ask for a free "In Control" packet. I hope it helps.

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SPORT INTERNATIONAL

Thanksgiving coming up? Already? Time to start thinking about that Christmas shopping. Your lifting buddies could probably use a subscription to *Powerlifting USA* - how's that for a subtle hint?



**Monster Factory Grand Opening.** (l-r) Bob Cappazolo, Michelle & Jamie Harris, Dan Kovacs, and the Mayor of West Elizabeth, PA

That way they won't have to borrow yours.

Or you could think about giving supplements - good for Powerlifters, bodybuilders, and all other athletes, even weekend or armchair athletes. Bench press titan Jamie "The King" Harris has signed on with a big new supplement house, ATF - that stands for Achieve Total Fitness. They're located in Oakmont, PA and carry a very full line of supplements at some very low prices. They've also got their own line, PSI FIT, which Jamie is using and promoting. Some of their major products are creatine, 100% whey protein, Creaload, and Glutamine.

For more information, call Jamie at ATF at 800-499-MASS. Gym owners are eligible for wholesale discounts, and Jamie is scheduling exhibitions and bench press seminars around the country as part of his promotional efforts. Check it out.

Jamie's also been very busy with training for his Monster Bench Press meet, and we should have the results of that next month. Will he break the 800 lb. bench press mark? And if not, will he try for it at the IPA Nationals? Stay tuned.

In the meantime, Jamie's also got his gym, Harris' Monster Factory, up and running - Jamie is one busy guy. We got a picture of the gym's grand opening, where the town's mayor came out to cut the ribbon. For gym hours, location,



**Inside of Harris' Monster Factory**

etc., call them at 412-384-1874.

As for Anthony Clark, he's been busy, too, traveling out to Long Beach, CA for the Mr. Olympia weekend and Powerhouse Gym's annual convention. Big AC did not try any bench pressing at the convention, but was still there to see fans and conduct business. Anthony is in negotiations to open up a Powerhouse Gym in Texas - we wish him good luck with that.

Oklahoma's Rickey Crain is taking some time off from heavy squatting to recover from injuring himself at last year's IPA Nationals. Rickey has been going real light, and doing some box squatting to stay in shape. *POWERLIFTER Video* hostess Vicky Hembree is also recovering

# POWER SCENE

wearing progressively tighter ones as the meet gets closer. That's a lot of suits, but she sure gets a lot of World records and titles.

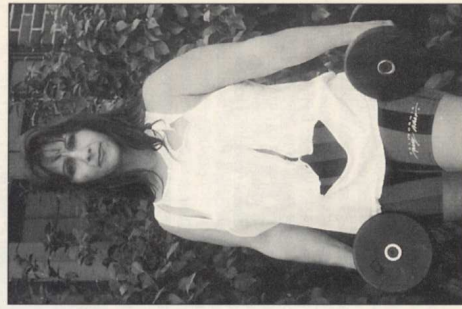
Another lifter who recently



**Inside the WESTSIDE BARBELL CLUB...** pressing on a 'stability ball'.

hooked up with Inzer equipment is the Powerlifting guru himself, Louie Simmons. We've got some great training footage of Louie and The Westside Barbell Club in our latest *POWERLIFTER Video*, and whenever Louie's in it, our sales skyrocket. You can check it out by calling 1-800-BARBELL.

Well, that's it 'til next time. Enjoy that turkey, and don't worry about weight classes, at least not on Thanksgiving Day. Gobble Gobble. See you on video. **NED LOW**



**Vicky Hembree**, has begun basic training for the 2000 Olympics. (Ned Low photograph)

from an injury, and has been undergoing acupuncture and electrical nerve stimulation for her left knee. Not only has the injury been keeping her from serious squat training, it's also cut into her efforts at Olympic training. Vicky has been thinking about going for the 2000 Olympics, and had started basic training with an Olympic lifting coach.

And congratulations to another star woman lifter, Carrie Boudreau, who won her class at this summer's IPF Women's World Championships in Capetown, South Africa, and was named Champion of Champions, and followed that by scoring the highest point total in women's lifting at the World Games in Lahti, Finland.

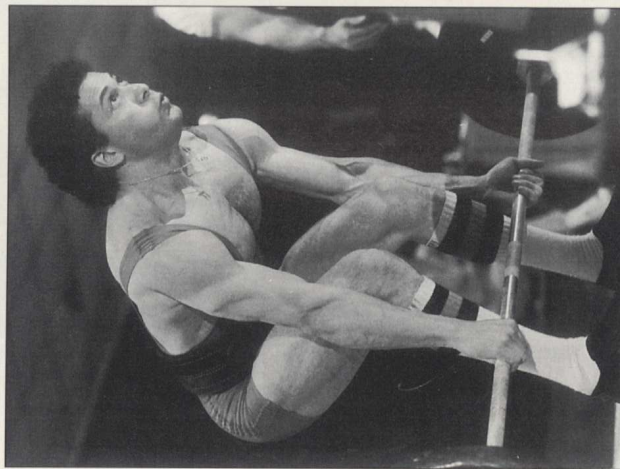
At 123 lbs, Carrie's World records are 422 SQ, 259 BP, 490 DL, and a total of 1151. Wow! Carrie is a big booster of the Inzer Advance Designs Z-suit, which was recently awarded its second patent by the United States Patent Office. Her training tip is to wear the Inzer Z-suit in training for six weeks before a contest, and she'll go through five different suits in her pre-contest training, starting with a looser one at the beginning and

the beginning and

# TRAINING

## YOU GOTTA TRAIN HEAVY The Maximum Effort Method

as told to POWERLIFTING USA by Louie Simmons



Working Out Hard is a key factor to getting results on the platform.

I hear all the time, those guys at Westside don't do that stuff. There's no way doing 8 sets of 3 reps in the bench press with 55 or 60% will achieve those big benches. And, of course, how do you squat 800 when your top training weight is 480? Well, here's how 16 Westsiders have squatted over 800.

We know best of all you have to train heavy - very heavy - and often. With the traditional style of training a lifter will do heavy weights only 3 or 4 weeks away from meet time. It is true that we lift light, or as we like to say, explosively, one day a week for the bench press, squat, and deadlift. But a devoted workout, 72 hours later, is devoted to extremely heavy weights, over 100%, always trying for a record. These max weights are performed not in the regular bench, squat, or deadlift, but rather in a special exercise that works a portion of the lift.

You don't have to try a max bench press to build one, as long as you keep your muscles under maximum tension for a time period that is equal to the time it takes to do a max bench press.

Also, you are always limited by the amount of weight you can get off your chest. But if you do floor presses for a max single for 2 or 3 weeks, always trying for a new max, you will build the bottom portion of the bench press. Then try doing a board press with 2 or 3 boards (2 x 6 ft) on your chest. This will build the mid portion of your bench. Rack lock-outs will take care of the top portion of the bench. What about a complete range of motion movement? A steep incline can supply that.

Maxing with any barbell exercise will work as long as the time element is approximately the same as a regular bench press. By training like this once a week, you can feel a maximum weight throughout the year. With conventional training heavy weights are implemented only a few weeks before a contest, but with this system, known as the conjugate method, a record can be broken every week up to a meet and immediately afterward.

Remember what I said about muscle tension? Dumbbells can also supply this important element of training. Again try for a record, but this time for reps. Most lifters at Westside will do 3 sets with a prescribed dumbbell weight. Keep track of a single set record, as well as a 3-set record. You may use an incline, decline, flat bench, or floor press. We do a lot of presses on a stability ball after Charles Poliquin suggested it to Dave Tate and me.

When going to failure, it is important to do just that. This is known as the repetition method, or repetition

barbell exercises. We recommend using a grip that is no wider than with your little finger on the power ring. Except for the ultrawide grip bench press for a max 6 reps, a max here means one set at a top weight. If 315 for 6 reps is your best, then you must hit at least 320. Then, of course, follow a core exercise with work for the delts, tris, pecs, lats, and upper back.

For the squat and deadlift, the same procedure is used. It is best to do a bending exercise for a week or two, trying for a max. For deadlifting work, do only max singles; there is no eccentric work done in a deadlift, so reps are a waste. If you must do more than one rep, release your grip after the first rep, stand up without the bar, after 3-5 seconds grasp the bar again, and perform an additional lift.

We max out on the deadlift in the rack with the plates 2.4 inches off the floor. We sometimes use a conventional stance and sometimes a sumo stance. In this way, we have four records to break. The same holds true for pulling while standing on a platform. We stand on a platform that is 2 or 4 inches high, using two stances, conventional and sumo, so we have 4 more records to shoot for. That's eight deadlift records you can test. We refer to deadlifting as a bending exercise.

We do a wide variety of good mornings in a bent over fashion. Men who weigh up to 200 pounds should do a 1-3 rep max effort. For men over 200 pounds 3-6 reps work best when attempting a rep record. This was observed by Roman of the former Soviet Union. This also holds true for most special barbell exercises. The reason is that with the added bulk of larger men or squats will not sufficiently work all the muscles intended. A good friend, Brandon Green, pointed this out to me in a phone conversation. We overcome this by doing many different types of good mornings and squats to hit every part of the spinal erectors, glutes, hips, and hamstrings.

A safety squat bar will work differently than a Manta Ray or a front squat because each device will change the length from the lumbers to the center of the bar, thus working the specific squatting or deadlifting muscles in an entirely different way. This is precisely why a walking lunge works differently than a one-legged squat.

As a rule, if one is weak while using, for example, a safety squat bar, then that is exactly what he or she should concentrate on. That device is definitely working muscles that are overlooked by other exercises. This is why so many exercises

necessity you must start over again with light weights and slowly work up. Why do we do so many exercises? If three lifters did dumbbell presses, it is unlikely that all three would wear out the same muscle group first. One's pecs may wear out first, and the second's triceps may give out, while the third's delts and one-legged squats and deadlifts work best for you and how to rotate them to coincide with a contest. Along with a core exercise you will also learn to supplement your workout with exercises for the hamstrings and glutes, such as pull-throughs, glute/ham raises, reverse hypers, and one-legged squats and deadlifts. Work one exercise as long and as hard as possible and then switch. This is usually 2-4 weeks. Lat and ab exercises should be switched as well. The body will adjust to progress. Again, this is why you must switch exercises regularly. Everything works, but nothing works forever.

By putting the muscles, such as the spinal erectors, glutes, hamstrings, hips, abs, or any muscle that helps squat or deadlift, under tension for the length of time that it takes to do a maximum squat or deadlift, you will become stronger without doing a regular squat or deadlift. When you do too many heavy lifts over 90%, your form will deteriorate considerably after 5 or 6 weeks. That is why I believe progressive overload training evolved. With that system once you reach heavy weights, it becomes impossible to continue upward, so by

to sit on a box only 6 inches above the floor, you may only be able to use 500 pounds for a single. If you sit on a box 4 inches above parallel, you should be able to get up with 900 pounds. In both cases you have overloaded the body completely, and isn't that what you want?

Isometrics can produce great absolute strength, but only at the angles you push or pull from. However, recent research suggests that strength can be developed to some degree other than at the point of exertion, possibly up to 15% above/below the push or pull position. Remember to first learn the skill of squatting, benching, or deadlifting. It is learned best with submaximal weights. Second, do explosive and accelerating work. Third, 72 hours later, use a wide variety of special barbell exercises for a 1-3 rep max for as many weeks as possible, usually 2 or 3, then switch. Fourth, after a bar exercise do 3-5 special exercises to build strength in the spinal erectors, glutes, hamstrings, and hips as well as abs for the squat and deadlift, and exercises for the triceps, delts, pecs, lats, and upper back for the bench press. Using several exercises will perfect form and coordination.

The maximum effort method is the most basic way to increase ab-

solute strength, which is essential for powerlifters. Try using several exercises with barbells to establish maxes with. Switch exercises every 2 or 3 weeks, and use more specialized exercises to increase particular muscle groups. Train very explosively one day a week and then extremely heavy, which will force you to move the bar slowly through-out the range of movement.

Let's clarify. Maximum effort method means a max effort in a barbell movement for 1 or 2 reps, for example, with good mornings, special squats or deadlifts, and floor press, followed by training a muscle group maximally, for example, triceps, lats, erectors, glutes, hamstrings, and pecs. These muscle groups are trained with higher reps to produce a 2-fold advantage: building maximum strength and building muscle mass.

Remember, one day train explosively with a movement and try to increase acceleration. Then train muscles with max effort work and for muscle hypertrophy.

On another day, do singles on special exercises followed again by max effort work on the muscle group that pertains to the lift you are training.

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# ENOUGH ALREADY

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

"Somebody help . . . PLEASE!" That's the cry going out from bodybuilders around the world who are trying to make some sense of the sports supplements market today. Perhaps you're one of the exasperated.

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

A pioneer of PL's early days, Ralph Seaso teamed up with Hank Magiera, and held the 21st Seniors July 6-7, '82 at the Rosemont Holiday Inn. Nice n' sunny, mild breezes outside. Indoors, **GUTSY WINS** blew away former records like so many dry leaves on "Windy City" streets.

**114 LB. CLASS - NO QUIT!** SCHMIDT - HIT WITH FANS! (NO QUIP) JOE SCHMIDT'S THE MAN! - Jrs. champ from El Dorado, AR (1980) Joe Schmidt proved patience is indeed a virtue. Dynamo Dwarf Dunbar was absent. Maybe others thought he'd be there and were scared away? Two military men opened "friendly fire" on each other. William Jackson (a superior D/Ler) had 61 to make up after his 154 BP! Todd Antinoro leapfrogged him into 2nd on a 363 pull. Bill's 396 was class highest, but he was still 3rd. At a mere 108 lbs. he attempted 413 for silver. Too much fall short. TOT: Todd - 909, Bill - 881 - final tally. SCHMIDT WAS SLIPPERY (PICKED UP THE VICTORY) 358 SQ, 203 BP, 391 DL, 953 TOT. No doubt about it. JOE SCHMIDT'S IT

**123 LB. CLASS - STORMIN' MORGAN!** - If everything clicked right any of 4 men could've won. On the rise 5 weeks prior Joe Morgan won the Juniors (1168!). Three at body alignment (2) well balanced lifts (3) smart weight selections! Others in the hunt: Russ Steinhouser (NE), Mark Ferrara (FL), Ernesto Milan (former Srs. champ), Monte Mason and Mitch Echevarria (brother Mike didn't participate). Morgan clearly led after a clutch 429 3rd squat. Steinhouser upstaged Milan, jumping to 440 (good lift) following his 402 opener. Caught Ermie off guard. Milan made 429 - found 451 too heavy - twice! The others trailed. All Ferrera! The BP was his "bread n' butter" lift! His huge 341 springboarded him to within 5 of Morgan. Joe'd got 3/3 - 2811 ST time; Morgan (760), Ferrara (755), Steinhouser (711), Milan (694). Morgan continued (precise as a Swiss watch), ticking right through the DL - flawlessly. His best (473) amassed 1234! Ernie and Russ chased him. Milan yanked a 501 opener. Russ, the same on his 2nd. Steinhouser shot the works - 529 (to wit!) Nope, too heavy! One shot (in a million) for Milan - 545. Not this day! Final results; Steinhouser - 1212 (2nd), Milan - 1196 (3rd) Ferrara - 1179 (4th). The champ - **STORMIN' MORGAN!**

**132 LB. CLASS - THE AN-SWER HANDSORS!** Lamar Gant was a protected sure winner. The judging was PARTICULARLY PERSNICAKETY! He wigged a toe BPing.

## THE TWENTYFIRST SENIORS

by PL USA Historian/Statistician Herb Glossbrenner



Joe Schmidt - 114 winner (Mitzel)

507 gambled on 540 - missed twice! On a 2/9 outing - 1353! Lawson fought, Handsor nip n' tuck in the DL, but was too far behind to catch him. He made 3 mighty tugs. His final of 578 eclipsed Kea (a gutsy lift) - 1361! Handsor's 567 2nd DL soared his TOT to 1438 (4/9 attempts). **HES FINLAND BOUND (HOPES TO WIN THE CROWN!)**

**148 LB. CLASS - ANOTHER PRODIGIOUS BRIDGES!** - Bob Bridges golden famous brother Mike's retired footstep. It made USPF History with two brothers having claimed Senior titles, a feat matched by the Benvenuto Bros. in the ADPPA and duplicated by Bob and Mike there also (1988)! It was a super lineup @ 148 - determined with again was defending champion Austin, joined by Jim Finch (OH) - 2nd in '82 & 3rd the past 2 years. Four men were close when DL time arrived. 1984 runner-up to Austin was Ausby Alexander. He got hassled, came unraveled - no SQs pack arsenal. Ralph Caputo had been a Srs. champ @ 123 - in tough company here! He catapulted himself into 4th via his 534 3rd DL (1284). In line behind were Scott Alford (1262) and Smith (1129).

Lawson & Kea were evenly matched in the SQ - both did 501. Lawson, lighter, was in front. Handsor put up 534 to start off. Lawson - 3 BP's - 281. Handsor strong, but struggling; missed 336 - made it - then, failed 352. Kea powered up 347, a class leading effort. He honed in on a huge 369 - couldn't get it. Kea and Handsor with only one good lift in the SQ & BP led the pack by a big margin. SUBS: Hansor (870), Kea (848), Alford (793), Lawson (782) Caputo (749) Pell (via a big 507 SQ - 738). In last Smith (677). Final round: Kea, struggling all day, got

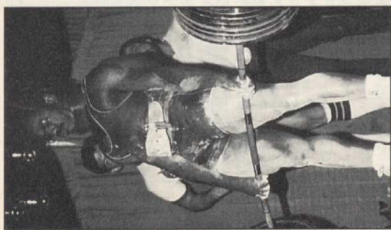


The Second Bridges on the SRs all time list - Bob. (Deb Mitzel photo)

wanted! Bob Bridges wasn't expected to make waves till DL time. Only a ripple so far, but he looked sharp: 567 SQ, and made all BP's - 909 ST! He was now ready to engage his 3rd stage rocket booster! Bob's 600 locked up a 3rd. Now he relaxed, waiting for winning number. Austin & Finch tore at each other - fit for fat. Finch had Danny on the ropes - a 644 lb. blow - 1587! Austin, seeking a lighter man tie to move in front, took 650. No! Too heavy! With no hesitation Bridges came right out - 683 - and his winning lotto number popped right up! Bob was champ.

**165 LB. CLASS - WRITTEN IN HISTORY... BELL'S VICTORY!** - FIVE SURVIVED after two top guns fired blanks. John Inzer, TX, had trouble setting up, as well as getting up. Rickey Crain rode his 650 SQ's round trip. The judges begrudged them. Jim Bolin (IL) despite partisan fans - only 1 SQ held his tally low - 1543. Stocky Gary Alor (MI) was equivalent to defending champ Gene Bell in BP, 440! DL lagged - 1648 - 4th! Rosciglione (MO) & John (I'm not really as short as I look in Pacifico's ad) Topsoegol tried to cut off Bell at the pass. John dunked a beastly (666) following. Bell managed his 683 3rd easily. A miss. John picked a wrong number (688 too heavy). Rosciglione showed why he's such a great squatter - 694. It was approved, and he had the lead. In the BP: Bell did well - a big 440 2nd attempt. Topsoegol got 391. Rosciglione's 380 put him in 2nd with a 1074 ST. John: 1058. Bell led them both with 1124. Rosciglione made 633 - no more - 1708. He had bronze. Gene's triple sk quelled his wants. 1791 put him well in front! With a class high 688 DL. Topsoegol hung on like epoxy glue for his consolation prize - runner-up!

**181 LB. CLASS - FOR DANNY GAY - A DANDY DAY!** - The return of Superstar Rick Gaugler had everyone on pins and needles. The former Seniors, Worlds champ & record holder had been sidelined with injuries for 4 years. Now, supposedly back on track, his predicted big win evaporated when his 760 SQ's were rejected. Tom Eisenman, who can DL. darn near anything, lost his SQ's also. FL's Rick Weil unraveled a 534 BP and led everyone after that. His 606 DL tries stayed grounded - a bronze medal denied him. Peterson & Richardson were 1631 ties. Tom Maupin, a top 148 WLer in the '70s, had turned to power. He fought with Haynes, but lost (1719 to 1725) - what a shame! Mike Phillips - the FORCE from NEW YORK - hammered through a 490 BP - claimed bronze overall. Daniel Gay's tussle with Bruce Takaba



**Danny Gay pulled out the victory at 181** (Deb Mitzel photograph)

had all the earmarks of a Mexican stand-off. Gay'd been a bronze medalist two years running. Takala had been runner-up in '84, and wanted the top position. Both men dodged fatal SQ bullets - Takala - 705. Gay - 688. BP - both did 451. ST's - Takala (1157) Gay (1140). Full-time: Gay 683 - error! Increase to 694. got hit! Takala matched it - had 1851. Gay SEVEN TEN... TO WIN (as lighter man!!) UP IT COMES. LOOKS GOOD - HE'S WON! Talk about TX. jubilation. **HE'D WON THE BIG ONE!**

**198 LB. CLASS - COAN - A THOUSAND KILOS - Ed Coan** it never in the history of the sport did we dream that anyone would ascend to the plateau of greatness so quickly. The record breaking blood he'd set off 4 months earlier in Hawaii had shellshocked everyone. There he'd blasted Hatfield's 826 SQ mark to oblivion... twice - 832, 848! He surpassed Anello's 815 DL record not once, but twice also - 826 & 854! He'd hit 2204 and planned to do it again! We waited - agog - but first came the underdogs! Three soon were gone - Parigian, Shepard, Sanger - all disappointed! Dyer had desire - 1752 - then retired. Pat Pointer, John Bassi and John Black scrambled for silver & bronze! Black practically had a place sewed up. 733 spelled silver - but he got greedy - took 755 - one chance - flubbed it - 1868-4th. Bassi's 2 SQ failures left the door open for Pointer. Pat cranked up 716, a last ditch effort. It overcame Bassi - 1868 for 2nd. It was speculated that Eddie brought in a 4 grand worth of gate revenue. His 837 squat was hard, and he missed 859, but roared back and got it! Retiring his injured pec, he still got 485! His opener 832 blew the DL

and TOT (2177) WRs to kingdom come. Next: 859 for his 4th and 5th WRs - TOT 2204! This is a feat unequalled to this very day, and he'd done it twice.

**220 LB. CLASS - ONLY TONY! PHARR OUT!** - No hall following the storm. Another class that kept the crowd pumped! The bombout virus swept thru like the flu! Big names bobbed and toppled! Borden and Potts missed their squats. Three biggies, hoping for victories were ousted! Larry Pacifico (a legend) had made a heroic comeback in '84 - got 2nd. Again this year Larry challenged, but all three were high-bye-bye! Cash & Ladnier were also bashed - oh dear! Five gone, seven still in it. Mistic DLed 650, missed 705 - 1885. John Roberts, Buddy Duke, Ernie Frantz, Frank Silva all went for the bronze! Silva, a BP specialist, had a big surprise - out-SQ'ed everyone - 777! Frantz in 2nd Following a 402 BP, Frantz pulled a 771 DL. His grip didn't quit - 1945! He tried 810, more than he needed for 3rd - glued to the floor! He was 6th. Roberts' 677 left him 6th. 1951. John's missed 699 could've also spelled 3rd place! Silva and Duke went at it. Francis erupted like an active volcano. He punched an enormous 556 BP. After a big league S.T. - 1333 - his DL (633) gave him 1962 - great result. Duke's 733 tied Silva in TOT (no medal - he's heavier). Buddy had 2 lifts and would save them for later. The top 2 were Rick Tullis & Tony Pharr. Pharr looked at



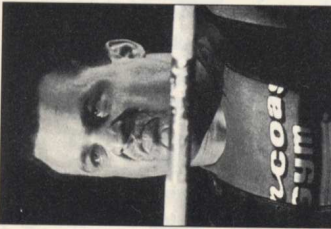
**Dave Jacoby took that beautiful Olympic Trophy Co. 242 lb. award.**

though he'd been carved from ebony granite. Tullis SQ'ed 749, Pharr stonoped @ 744. Tullis pumped 523, Pharr did 540 for the lead - 1284 to them for later. The top 2 were Rick Tullis & Tony Pharr. Pharr looked at

**242 LB. CLASS - JACOBY - TOTALLY!** - This was a jam packed class (14). All were cautious and smart - no zeros! After 4 of 9, Aterholt had 1846 - good lifting in tough company! Paul Immekus - 1923, Dimiduk got 1945, and couldn't pull around Gil Thompson (1951). Bill Davis a pair of 755 tugs - not there - kept him from going over 2000 (1984). Denied his 854 SQ - FL's big SQ'er Chrosniak never caught up - 2011. Mark Welch delivered biggest BP - 556. He missed two attempts to beat Seno's SNMR (567) with 573. Steve Wilson gave it a go also - no dice. Wilson scored 2022, tied Welch, and ranked ahead as lighter man. It was massive Steve's 9th Srs. Previously, he had earned two donuts (79 & 84), 3 silvers, 2 bronzes and in 1983 he was 1st! This year, with such fierce competition - 7th. Injury plagued Dennis Reed, 46, returned (looked superb!) The silver-haired best of 848 SQ opener was 2nd best of class. His 744 hoist gave him 6th - 2028. Jerry Wood was very good in his 1st go in Srs. competition - 2050 - 5th. Bell claimed 4th - the only man to get all 3 SQs. His 766 DL pulled him around Wood - twice he tried 810 - too heavy! Bill Nichols, for Ernie's



**Tony Pharr put his muscle to maximum use (Deb Mitzel photograph)**



**Distilled Determination - Furnas**

team, yanked up a 755 - 2083 - 3rd place!

It all boiled down to a 2 man shootout. Only one could be the winner. In '84, Jacoby with a surprise pull (799) slaughtered a prize bull (Ladnier). This year Dave battled Fred (anything you can SQ, I can SQ better) Hatfield. Facing elimination, Dave sunk his 837 last and roared up. It was effortless. The crowd loved Hatfield - SQ 832, then 887 - unanimous approval. He retore a healing leg, and smartly passed his 3rd. A premier BP day for Dr. Dunk - 523! Jacoby - 540! ST's: Hatfield - 1411, Dave had 1377. Now, the lift Fred dreads. Dr. "Smart" opened at 738 - smoked it! Try again - barely head - good! Next: 760 (again up easy, again popped loose), TOT - 2149. Jacoby - 766, and within 5. His 788, the winning lift - 2166. Tried 804, but there was nothing

riding on it. Along with Bell (165) Jacoby was the only champ from 84 to repeat!

**275 LB. CLASS - A FENDER-BENDER WON - HENDERSON!** - First timer Joe Morell had the gate slammed in his face - no SQs. In his unprecedented 13th consecutive Srs. Srs. donny choked down his 5th Srs. donny in all these years. Along the way he ruled this division (champ 80-81) twice also earned a bronze & 2 silvers. He's not the only Larry who's legendary! Sailing on his 1st Seniors voyage Bob Dempsey stayed below deck - 1901. Tim Martin, OH, also made an auspicious debut - 2nd best SQ (854) in class - 2028. Scott Warman, was 3rd in '84 @ 242. He had a rocky start - but pulled a great 788, reserving 2 rain checks for times later to nab a medal. Mark "SUPER BACK" Chaillet duelled Dave "SUPER TRAPS" Parks for DL supremacy. Challenging both was STORMIN' WARMAN. Dave boosted up a monster 2nd - 832. This put him in 4th (2094). Chaillet did 804 - missed record! He joined an elite group of 6 men who've done the "big Siker" in Srs. competition. Both sporting monstrous SIZED THIGHS were Tom Henderson and Doug Furnas (TN). Furnas had unexpected SQ problems (got 843-887 disallowed). Tom, on sheer will, gutted up 870 to lead. Tom knew his limits stopped after 518 2nd. Furnas postponed up all 3-

545! Tied with 1388 S.T., Doug was lighter (267 to 273). Both men were good DLers and had the others pushing them. Furnas' start - 749 (2138). Henderson roared ahead - 782 (2170). Doug matched it - same weight; tied again. Furnas now led Henderson's 2nd - 810 - strapped him up to 2199. Last attempt, Furnas made the same 810 - another lie; Doug now on top again. The final lift: Henderson needed 815. He ripped it up for 2204.

**SUPERHEAVYWEIGHT - YES SIR - HECHTER!** - A new monster on the Midway - 353 lb. George Hechter - posted a HUGE 2369 TOT 4 mos. earlier in Flawai. George looked unbeatable. Waddington back up @ SHW, executed a 903 opener - not passed. He'd torn a hamstring and couldn't continue. Gas Rethwisch (341) managed 2110 - 4th place. He gutted out his 876 and saw RED; and couldn't finish his 848 DL tries. ADFFPA champ Mike Hall, a humble "gentle giant" (6'5", 360), had SQ difficulties. He's 573 BP brought him to a tie with Doyle Kennedy, the OREGON LUMB. BEER/JACK, participating in his 11th Seniors. Doyle had to re-do his SQ (865) to get it on his 3rd. A flawless day benching - 540. Doyle was close enough for a shot to win. Hall got all but his final 804 DL try - 2171 - 3rd place!

Hechter was stalking records. 1st - 903 deep. Up to 986 (twice too heavy). He out BP'ed everyone - 584. He conservatively picked his DL's - got all 3; 810 final TOT 2298. Kennedy pulled 821 (2226) and locked up 2nd. His 2nd (859) boosted him to 2265. With one try to do it, a WR 892 was loaded. It came up hallway

21st SENIOR NATIONALS		6-7 JULY 85 - Chicago, IL	
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# Dr. JUDD

**Cassidy's Right, So is Pacifico and Gallagher -- Ban the Squat as told to Powerlifting USA by Judd Biasiotto Ph.D.**



Dr. Judd was a great squatter in his own right - now he says we should ban the lift!

In the 1984 May issue of PL USA, Hugh Cassidy presented a compelling and thought-provoking article on why powerlifting should ban the squat. The major premise of Cassidy's argument was that the squat had lost its credibility because of all the mechanical aids, i.e. suits, wraps, shirts, and belts that lifters were using to perform the lift. According to Cassidy, it was nearly impossible to ascertain if it was the lifter or the equipment that was responsible for lifting the weight. Asked Cassidy, "Where does the lift begin and the wraps end? How faithful are we to the sport itself, if we allow (even if it is "legal" by the IPF rules) mechanical aids to increase our poundages? Cassidy concludes either eliminate the equipment from the squat or eliminate the squat from the sport. Interestingly, a very same argument could be used to ban not only the squat, but the bench press and deadlift, too. In fact, this very subject was addressed in an extremely well-written article by Marty Gallagher in the 1996 August issue of PL USA entitled, "Ban All Equipment". Gallagher, in his very special way, says it all:

"Powerlifting and loose judging threaten powerlifting's existence and should be eliminated. No suits, no shirts, no groove/briefs, no hal/suits, no wraps, maybe a belt. Maybe not. Judges need to be strict. Standards revised and re-established. A Jihad is a religious holy war. In powerlifting, we need a Jihad, a holy war against equipment and slack refereeing, lest it devour us, corrupt us and turn us against each other as we either impugn or defend the integrity of lifts. This Jihad would require us as athletes, to face each other fairly, evenly and on a level playing field as it once was. Either ban the equipment from the sport and tighten up the judging or watch as the sport perishes."

No powerlifter who has a sense of fair play could argue with either Cassidy or Gallagher. Be honest. Powerlifting in America is a travesty. Let the Jihad begin. And when it's over and powerlifting is restored to the fundamental purity that it has lost, BAN THE SQUAT! I'm serious, BAN THE SQUAT! Although I personally love the squat, I hon-

difficult of the three powerlifts to judge. No one seems to know what constitutes breaking parallel, and no one seems to care. From what I've observed, parallel is about two inches higher than it was in 1990, and about six inches higher than it was in 1985. The way things are evolving in the sport, by the year 2000 all you'll have to do to get a squat passed is to get it out of the rack. Of course, I'm being vicious, but let's be honest. Because of poor judging, the squat has lost all of its credibility. Certainly, it is impossible to compare a squat performed in one competition to one that was performed in another. Believe me, there could be as much as a six-inch difference in depth from one meet to another. And don't insult the lifters of yesterday by comparing their squats with the ones being made today because there is no comparison. I know this is hard to believe, but there was actually a time in powerlifting when you were "red lighted" if you didn't break parallel. Again, Gallagher says it best:

"Loose judging is the dirty secret of the sport. We have mile high squats being passed with brazen impunity. Lifts that would have been laughed off the platform ten years ago are now being held up as all-time strength feats. It mocks the strength gods and will surely bring the sport to its knees."

Even assuming that Gallagher is wrong, which he's not, you would still have to admit that even for international referees the squat is the most difficult lift to judge. Anyone with the basic understanding of the rules could judge the bench press and deadlift with extreme accuracy. Thus, by eliminating the squat you will increase the credibility of the sport. Note also that the squat and deadlift measure basically the same muscle groups. In fact, that's been well documented by electromyograph studies. Consequently, there is no reason to use both lifts in competition. In strength terms, it's redundant.

In short, by eliminating the squat, you're going to save significant time and energy, increase spectator interest and, most importantly, increase the validity of the sport. The strength gods will love you for it.

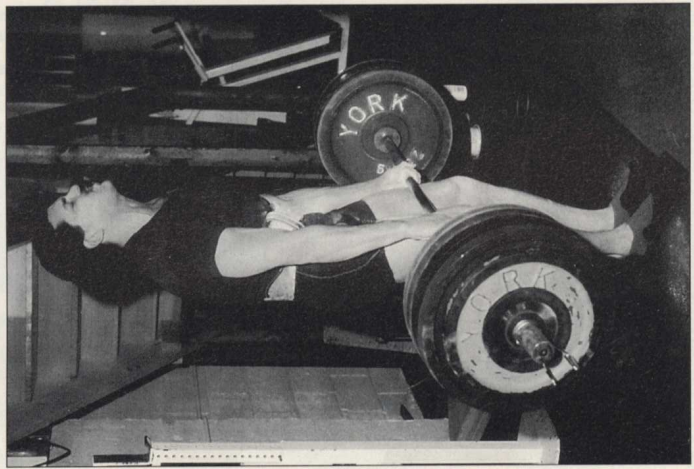
Just as important, the spectators who have to sit through those long, grueling meets would benefit. Believe me, most spectators don't enjoy watching squats. They think they're boring and too time consuming. Don't take my word for it, though; ask them. I guarantee you'll find that they would much rather watch the bench press and deadlift than the squat. Hell, most spectators don't even understand the basic mechanics and rules of the squat, and neither do a lot of the referees. And that brings up my next point. The squat is by far the most

judges. Just as important, the spectators who have to sit through those long, grueling meets would benefit. Believe me, most spectators don't enjoy watching squats. They think they're boring and too time consuming. Don't take my word for it, though; ask them. I guarantee you'll find that they would much rather watch the bench press and deadlift than the squat. Hell, most spectators don't even understand the basic mechanics and rules of the squat, and neither do a lot of the referees. And that brings up my next point. The squat is by far the most

# INTERVIEW

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

## GREG ZWEIG M.D., aka "Doctor Deadlift" as interviewed for PL USA by Mike Lambert



**ML:** Give us some personal information about yourself.

**GZ:** I am 38 years old and work full time as a diagnostic radiologist/neuro-radiologist at Central DuPage Hospital in suburban Chicago. A large part of my practice deals with the imaging of sports related injuries, as well as diseases related to inactivity. I have been married to my wife, Margie, for 12 years. We adopt stray cats and we own a 165 pound Vietnamese pot-bellied pig, Floyd.

**ML:** What are some of your accomplishments in the sport of Powerlifting?

**GZ:** At 5'11", I am one of the taller lifters in the 165 and 181 pound classes. I have competed since 1985 in the ADFFA and NASA. I have won 9 NASA National titles and hold numerous NASA World and American records. I have won 7 ADFFA Illinois state titles and have won the prestigious Viking Open 7 times and set numerous state records. Most of my records have been in the deadlift and total. My best lifts at 165 are squat - 546 lbs.; bench - 336 lbs.; deadlift - 653 lbs.; total - 1,573 lbs. I have never taken anabolic steroids, growth hormone or any other strength-enhancing drugs in my life, and can prove it. Since age 18, I have weighed 175-185 pounds, and have slowly gained strength through hard work and good nutrition. I haven't 'grouned' through several weight classes as is typical of lifters using drugs.

**ML:** What drew you to the sport initially?

**GZ:** I started weight training when I was 13 to help defend myself against neighborhood bullies. Like most lifters, I made fast gains through my teenage years and liked all the benefits of lifting. I competed in a few AAU state collegiate meets in the late 1970's, and was turned off by the prevalence of steroid abuse. Toward the end of medical school (1984), drug-free lifting started to become popular. I had some time to train seriously and started competing regularly in early 1985. Competitive lifting motivated me to keep training hard ever since.

**ML:** What organization(s) do you compete in and why?

**GZ:** ADFFA and NASA, simply

my training logbooks, which I believe every lifter should keep. Dennis and Sandi Brady have given me valuable input over the years. I lift only 2 days a week; bench press and deadlift on Saturday, squats on Tuesday. I concentrate on the main lifts with deadlifts off the block, close stance lying hack squats and close grip bench presses as assistance work. I do high rep weighted crunches 5 days/week and stretch daily. I keep the reps in the 5-10 range with one week of 3's before a meet. I feel too many weeks of low rep work leads to injury and overtraining.

In the off-season, reps are in the 8-12 range with minimal supportive equipment. I do a lot of running and bicycle sprinting and play tennis in the off-season. My career typically involves 60 hours/week and hence the two day a week routine works best.

**ML:** What supplements do you recommend?

**GZ:** Creatine monohydrate has helped me to recover slightly more quickly between sets, but has not really improved my overall strength. A good balanced diet with 1.5 gram/kg, bodyweight of

5' 11" Doctor Zweig makes efficient use of his 165 pounds of bodyweight.

high quality protein (chicken, fish, turkey and skim milk), 30% fat (mainly vegetable fats) and the remainder in complex carbohydrates works best for me.

**ML:** What lifting equipment do you use?

**GZ:** Squat - the Centurion dual-quad suit by Titan works best for me; they are custom fit and give

where I currently train. They are all excellent, extremely dedicated lifters who are always available to lend a helping hand. Thank you for this interview opportunity.

the best support at the bottom and throughout the lift. Bench Press - Inzer blast shirt works best. Hauling long arms, mysticking point is toward the top and the bench shirt only gives me another 10 pounds. Deadlift - The Marathon deadlift Super suit gives me a little help off the floor, my weak point.

**ML:** Is there anything you would like to add?

**GZ:** I would like to thank Dennis and Sandi Brady of B&W Gym and Rich Peters for their exhaustive efforts in promoting drug-free lifting. I would like to thank every lifter who has given me a helping hand in the gym or at a meet. My hat goes off to every lifter who has stayed drug-free despite temptations to do otherwise. These people make the sport great. I would also like to thank Terry and Nancy Dangeloff and the whole crew at Olympic Fitness in St. Charles, Illinois, where I currently train. They are all excellent, extremely dedicated lifters who are always available to lend a helping hand. Thank you for this interview opportunity.

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have to also to compete." If you look at the winning totals in national and international meets over the last several years, many of the so-called "drug-free champs" are lifting the same (if not more than) champions of non-drug tested meets. These people know who they are, and are living a lie. They give the sport of powerlifting a bad name. Unfortunately, these lifters and those who excel with the use of drugs get more recognition and more media attention than genuine lifetime drug-free lifters, simply because they claim that they don't use drugs or they pass a couple of cheap, ineffective drug tests. This is yet another example of society punishing people for achieving.

Effective drug testing would be quite costly. Out of context analysis of hair samples, blood and urine samples using start-of-the-art lab equipment would help. Stricter penalties for those who are caught would also be helpful.

Too many organizations, inconsistent judging and equipment rules have also tarnished the image of the sport. I believe equipment should be limited to a belt, knee wraps and wrist wraps. Federations with "raw" competitions allowing only a belt have the right idea. I disagree with their not allowing knee wraps. The knees and the lumbar spine are vulnerable to injury during the squat. Hence, I recommend the use of knee wraps and a good belt for safety purposes. Supportive lifting suits are not necessary for safety and some designs are simply ridiculous.

**ML:** What are the strong points of powerlifting?

**GZ:** It is a great activity for building overall body strength, improving performance in other sports, and improving overall health and physical appearance. Most competitors I have met are hard working and dedicated. They exhibit good sportsmanship and are always there to help. The strong points of the sport outweigh the weak points.

**ML:** Whose training advice have you found to be the most productive?

**GZ:** I have devised my own routine based on my 24 years of lifting experience and analysis of

**Doctor of Deadlift...** Greg Zweig M.D. has impressive credentials.

because I have never, nor will I ever, take strength-enhancing drugs. No organization does optimal drug-testing, but these two steroid abuse. If someone wants to use steroids and lift in a drug-free meet, they will probably get away with it. I have heard of several "drug-free national champions" who brag about how they beat the drug test. We all know there are books written on how to do so. Many such lifters feel this is okay, stating that "everyone else at the top is doing drugs; I

training with the use of drugs.

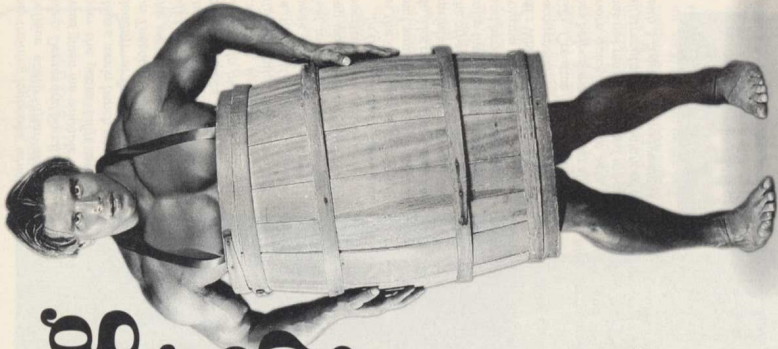
like many natural lifters, know how hard it is to train and make gains without ever taking drugs. This is much harder than maintaining lifts achieved by years of

training with the use of drugs.

else at the top is doing drugs; I

training with the use of drugs.

# 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.

But now there's some good news! You don't have to hock your car, your home and your mate just to afford your supplements. Now there is one SUPER SUPPLEMENT that combines just about everything you will ever need to build muscle size and strength into one product. It's called HOT STUFF and it is far and away the best dollar value on the market. Here's why.

HOT STUFF contains over 55 powerful anabolic and lipotropic potentiators. You name it and you'll find it in HOT STUFF. Things like Creatine, Vanadyl Sulfate, Yohimbe, Chromium Picolinate, Smilax, Amino Acids, Colostrum, Carnitine, Transferulic Acid, Ginseng, Oriental Herbs. Just check out the label. The list is endless. In fact, each glass of HOT STUFF is the equivalent of taking over 55 separate pills.

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

GOOD NEWS! HOT STUFF uses

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

So what does Hot Stuff cost? Are you ready for this? It's just \$29.95 for a 650 gram (1.43 lbs.) container. That will give you 10 servings at \$2.95 per serving. And if you want to save even more money, you can buy the large size which contains 1300 grams (2.87 lbs.) for \$49.95. That drops your cost per serving down to \$2.50.

To buy a comparable amount of supplements individually as you get in the regular size HOT STUFF, you'd have to pay over \$150. The ingredients in the large size, if bought individually would cost you over \$300. It's easy to see then, why, dollar-for-dollar, HOT STUFF is the very best value on the market.

So what's our secret? Why are we able to bring you such a great product at such a great value? There really is no mystery. First of all, we have made a conscious decision at our company to seek only a fair profit for our products. You would be surprised how much over production cost some companies mark up their products. Some products that cost only \$5 to manufacture, are being sold for \$79 or more. We would never do that.

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. Rather than pocket this extra money saved from high volume purchasing, 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

"Light days" is a popular term and training practice mentioned often in PL USA. It seems to me what is lacking is a clear explanation of what a light day is, what its purpose is, and how the average PL USA reader can apply it to his/her workout. Basically, light days are workouts where the intensity and/or load of a lifter's routine is somewhat below hard or intense training conditions.

The simple reason light days are needed is to increase the recuperative abilities of a lifter. We all know that, in order to progress, a lifter must train hard, but by the same token, a lifter cannot progress for long under the stress of an extended period of intense training, even with the use of anabolic or current state of the art supplements. Recuperation is a must.

To enable the lifter to train more often, light days are included in many lifter's schedules. For many, benching and squatting hard multiple times per week is too much for their body to recuperate from. Lifting too hard, too often, could result in negative progress or increased chance of injury. In some activities like learning to play a musical instrument or synchronized swimming, more practice in most cases, is preferable. With weights, this is not so. It's the "more is better" mode of thinking that is the number one reason why lifters don't progress as they expect and why many injuries occur, some of them career ending. When a lack of progress occurs, too many lifters respond with more training, which, in turn, stalls progress further. The snowball effect rolls on and even more training may be added and the frustration builds even more.

Light training is not only beneficial to powerlifting, it has its advantages in other sports also. A study done at Indiana University followed 12 swim

team members through three weeks of training. Their normal workouts consisted of 3 miles per day, the heavy workouts were 5 miles, and the light training was 1 mile. At the end of each phase the swimmers were tested for speed and strength. The swimmers actually lost ground during their heavy sessions, but after cutting back their workouts, their swimming power gained 5%. For unknown reasons, alternating heavy workouts with light workouts increased their performance. Lighter workouts also made the athletes happier because they were able to enjoy exercise and their sport more.

Light days can also be used to include exercises in your routine other than the big three. To save wear and tear on the back, yet still work the quads, a lifter could per-

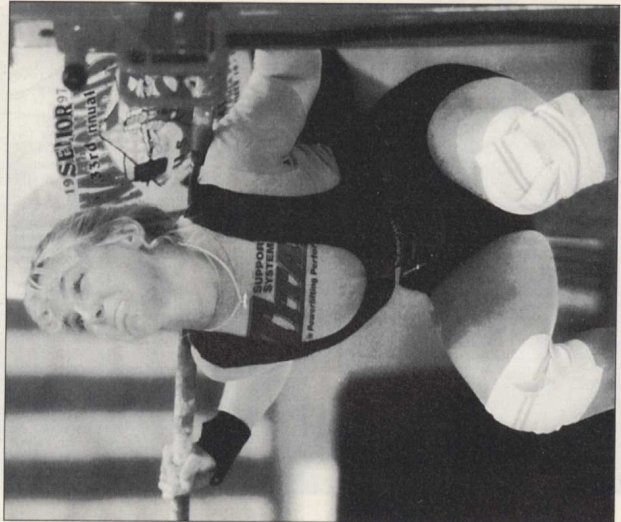
form leg presses. Instead of regular benches, try feet off the floor benches, close grips, dumbbells, or some pec deck machine. This can inject variety in a routine and also enable a lifter to target a weak area of the lift with an assistance move. Bodybuilding type workouts can be done on light days as long as the workout is indeed light, otherwise the purpose of the light day is defeated. Here you could work the lats, triceps, traps, etc.

Since light days, by definition, are light and not intense, do they really do any good? Are we basically wasting our time with light days? To some extent, yes. I believe that a lifter can gain on one workout per week per lift. Mega-bencher, Chris Contessore, is a classic example of this. Chris benches once per week, the other day he does assistance work for the bench. Witness his long list of world records and triple bodyweight benches. Many lifters just feel a need to train each lift multiple times per week. When results don't come, they work out more. Very seldom does a lifter dare to explore the opposite end of the spectrum, that is, workout less. Let's look at the deadline for a moment. If most lifters train deadlifts only once per week and gain sufficiently, why can't the same strategy be used for the bench and squat? Maybe we're on to something here!

I suggest dropping the light days altogether the last 2-3 weeks prior to a meet. Recuperation and injury avoidance are prime concerns. The maximal, low rep sets being done during this time place maximum stress on the body and mind. Little can be gained the last couple of weeks, but a lot can be lost.

For lifters who don't include light days in their routines and are not progressing as they feel they should, try some of my suggestions. If you are using light days and still are not progressing up to your expectations, try lowering the weights you are using or eliminate light days all together. For younger lifters, recuperation is not as big a concern. For older lifters and particularly drug-free lifters, recuperation is a bigger concern. The concept of light days is in widespread use in powerlifting and in most other sports. Try some of my suggestions in your routine if you're not gaining as well as you would like before adding more training. Also, don't let a more is better mentality complex stop you from exploring a method that can help you reap more results with less work. Less can be more.

## Light Training Days as told to Powerlifting USA by DOUG DANIELS



Most experienced lifters incorporate light days in their programs. Above, Susie Hartwig

Science proved what we already knew.

Let's look at an example of a light training session. If your heavy day top set is 300x10, your light day could be 70-80% of that or 225x10. You could do the same amount of reps as heavy day with a lighter weight or use a lighter weight with perhaps more reps. That could look like this: heavy day, 350x5; light day, 250x10. The scenarios are endless.

Aside from assisting recuperation, lifters can use the light day to develop technique while using lighter weights. A lifter could include single

rep attempts with 80% (sub-maximal) or so of max to get into the groove of the lift. This improved technique could carry over when heavy weights are used. If a lifter is trying to change his/her technique, like a wider grip in the bench, or change their squat stance, the light day can provide an excellent opportunity to get invaluable practice time in and not stress their recuperative ability.

Light days can also be used to include exercises in your routine other than the big three. To save wear and tear on the back, yet still work the quads, a lifter could per-

form leg presses. Instead of regular benches, try feet off the floor benches, close grips, dumbbells, or some pec deck machine. This can inject variety in a routine and also enable a lifter to target a weak area of the lift with an assistance move. Bodybuilding type workouts can be done on light days as long as the workout is indeed light, otherwise the purpose of the light day is defeated. Here you could work the lats, triceps, traps, etc.

# INTERVIEW

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

## JUDY GEDNEY as interviewed for PL USA by Fred Rice

**PROFILE:** SUBJECT: Judy Gedney. AGE: 57. MARITAL STATUS: Married to Roger Gedney for 35 years. Roger is known as "The Great One" by the Athletes for Christ Team which he coaches at the Salvation Army Gym in Macomb, IL. He has been retired from the P.E. Department for 4 years, but still goes in to help out in the weight training classes.

**HOMETOWN:** Macomb, IL. **JOB:** Employed by the Physical Education Department at Western Illinois University, teaching kinesiology, principles and methods of strength enhancement, gymnastics, weight training, and riflery. **INTERESTS:** Besides lifting, Judy is involved in Bible studies and missionary work in Haiti, to which she and Roger travel a couple of times a year, and they ship approximately 300 lbs. of clothing and other items each month. Many people they have met through powerlifting provide Haitian orphans with clothing and school tuition. This has been an added blessing not only to the Gedneys, but also to the people living in the poorest country in the Western Hemisphere. **HEIGHT:** 5 feet. **WEIGHT CLASS:** 97 lb. for open national and international; usually 104 for smaller meets and masters, because this does not involve cutting weight. **TRAINING WEIGHT:** 100-102 lbs. **EQUIPMENT USED IN COMPETITION:** Suit: Inzer Z or Dynamo (made by Pat Malone's mother) Bench: Shirt: Pat Malone's mother made Belt: Pat Malone's Kneese urage: Double gold line. **EQUIPMENT USED IN TRAINING:** Trains without equipment when doing higher reps on squats; puts suit and belt on for 5s, but leaves straps down; does not use suit for deadlift except in contest; does not use belt for deadlift until going fewer than 5 reps.

**FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?**  
**JG:** At age 39, I was in my 12th year of coaching the WLU women's gymnastics team when I first saw powerlifting. Friends Howie and Becky Sokol visited that I saw what she was doing in her training. I realized that this might be just the activity my gymnasts

still be training and competing; amazingly the body continues to hold up.  
**FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?**

**JG:** I won the ADFPA Open Women's Nationals and Master's Nationals this past April. Since the origin of the ADFPA I have missed one of the open championships and placed second once; other than that I have taken first place each year. There are women who are stronger than I am; success has often times been a matter of good coaching strategy. I've been the 97 lb. WDPFF Open World Champion all but 2 years since the inception of that organization in 1988. I was the 1986 IPF Women's World Champion in the 97 lb. division. As far as records are concerned, I hold all the current WDPFF open world records except for the deadlift, and at one time had several IPF world bench press records and the deadlift record.

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

**JG:** I was chairperson of the Women's Committee of the USPF in the early 80s. Most of our women at that time wanted drug testing, and we voted to drug test the Women's Nationals. This concept was not favorably received by all within the USPF, and as a result of disagreements about this our USPF Women's Committee was dismissed. I then approached Brother Bennet about the ADFPA at the suggestion of Ernie Frantz and others, and became involved with the ADFPA near its origin.

**FR: WHAT LEADERSHIP POSITIONS HAVE YOU HELD IN THE USAP/ADFFA AND THE WDPFF?**

**JG:** Within the ADFPA I have been chair of the Referee's Committee and a member of the Executive Committee for many years. I was one of the committee members that started the international negotiations in order to form the WDPFF. I attended all the WDPFF Congresses as a voting representative, and have been Secretary General for ap-



Judy Gedney is good at all the powerlifts, but exceptional in the deadlift.

needed to develop leg power. Roger made up a training program for 2 of my gymnasts and a graduate student. I joined the training sessions as a means of learning firsthand what the gymnasts were going through. 6 weeks into training 2 of us entered a meet; during this competition we found out to my surprise that I was within 5 lbs. of the IPF bench press World Record in the 97 lb. division. Returning to the role of an athlete seemed inviting so I

proximately the last four years. Roger and I continue to travel quite a bit to assist various meet directors in running powerlifting events.

**FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?**

**JG:** My definition of unification is unification of all drug-tested groups. If others wish to have non-drug-tested organizations, that's fine. I believe that the ADFPA has been the only credible name in U.S. drug free powerlifting. I would love to have the drug-free people unified under the ADFPA title.

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

**JG:** For me to keep my weight down is a major, major problem! I'm one who would love to exist on judge, homemade cookies, candy, and coffee. My diet is very strange. I'm on a really low fat diet, which Roger helps with, as he's kind of a "fatophobic," due to some physical problems he's had and his research on the subject of cancer and heart disease. We eat lots of vegetables and other carbohydrates. I have rice quite often. We have some fruit trees, and I have lots of fruit. My diet is

pretty boring, and I doubt if very many people could stand to eat as I do. My fruit food is popcorn without butter or oil. I may add a little sugar to it occasionally to give it a little more flavor. Supplement-wise I take vitamin C, calcium, and the antioxidants (E, B, A, and selenium).

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

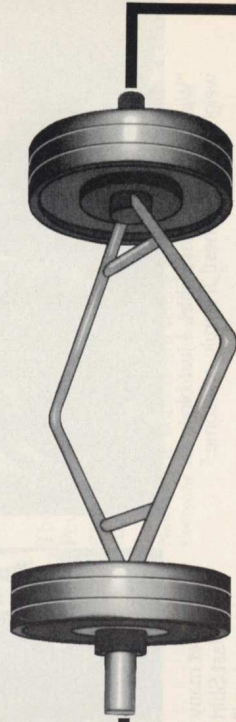
**JG:** My best deadlift is 328 lbs. at about 100 lbs. bodyweight. I did this at a meet in Indiana, and then the next week in Reading, England I did 319 for a world record. My best bench is 172, and my best squat 295, weighing about 99 lbs.

**FR: WHAT IS YOUR TRAINING PROGRAM NOW, AND DOES IT DIFFER ANY FROM WHEN YOU WERE YOUNGER?**

**JG:** I used to train each lift twice per week. In my hypertrophy phase at that time I would warm up and then do 5 sets of 10. In my 40s I dropped down to 4 sets of 10. When I turned 50, I went to 3 sets of 10, but now I only squat once per week, deadlift once per week, and bench twice per week. All of my deadlifting is done off a 4 inch box. I only deadlift off the floor at a meet. In the hypertrophy phase my training is done at a 10 rep max (training to failure

TO ADD?

**JG:** I have been blessed by the encouragement of many dear friends and training partners throughout the years. My strength has been a gift from God, no doubt about it. I see that my lifting is a platform that He can work through. It's heart-breaking to me when my behavior is not pleasing to God. It is my hope that anything people would see in me would be pleasing to Him and a reflection of Jesus Christ. It is my hope that some of this might encourage other women (especially) to train with weights. We need to make clear to people that the benefits from resistance training are far more important than simply enhancing one's self to compete. Research clearly verifies that stressing the spine vertically (as in squats and deadlifts) increases bone density along with the muscular strength. Improvement we see taking place. People who train with weights are going to be healthier, more mobile, less prone to injury and less concerned about the aging process. As we consider the bodies of the master lifters we see that they remain not only strong looking, but that they also appear younger than others who do not train.



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# INTERVIEW

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

## KARL-HEINZ OTTO The World's FASTEST Bench Presser as interviewed for PL USA by Stephan Korte

**Introduction** - I can still remember the day I met Karl-Heinz Otto for the first time. It was a freezing cold afternoon in December. I was working out in our local gym when he walked in. To me, a novice with just a few weeks of training under my belt, he looked like a giant. Standing 6'2" and 240 lbs. heavy, with a beard like a 'Mountain Man' and his friends called him 'Grizzly' and he was as strong as he looked. My buddy Albert and I were really impressed to see him warming up for the bench press with 225 lbs., a weight that Al and I were using for our heavy sets at that time. That day he went up to 500 lbs. without an unbelievable feat of strength at that time, especially in our small town gym. But most impressive was his cool-down set with 225 lbs. which he fired up for 40 reps.

I am sure that some of you think that's not much weight and that there might be lifters who can bench

**SK:** How did you get started with weight training?

**KH:** I started lifting weights at age 18. At that time I did it to improve my performance in shooting. My philosophy was: The stronger I get, the better I will be in the sport. In retrospect, this wasn't correct because technique is more important for success in track and field than raw strength. But anyway, I got caught by the iron virus. I worked out 4 hours a day, 6 days a week. Technique training in the morning and weightlifting later in the afternoon. I mainly did cleans, pulls, squats, bench pressing and some exercises for the abdominals and the lower back. Lifting weights really helped me in the sport. I finally got second at the German Nationals in 1975 and my state record hasn't been broken yet.

**SK:** How did you get involved with powerlifting?

**KH:** During my career as a

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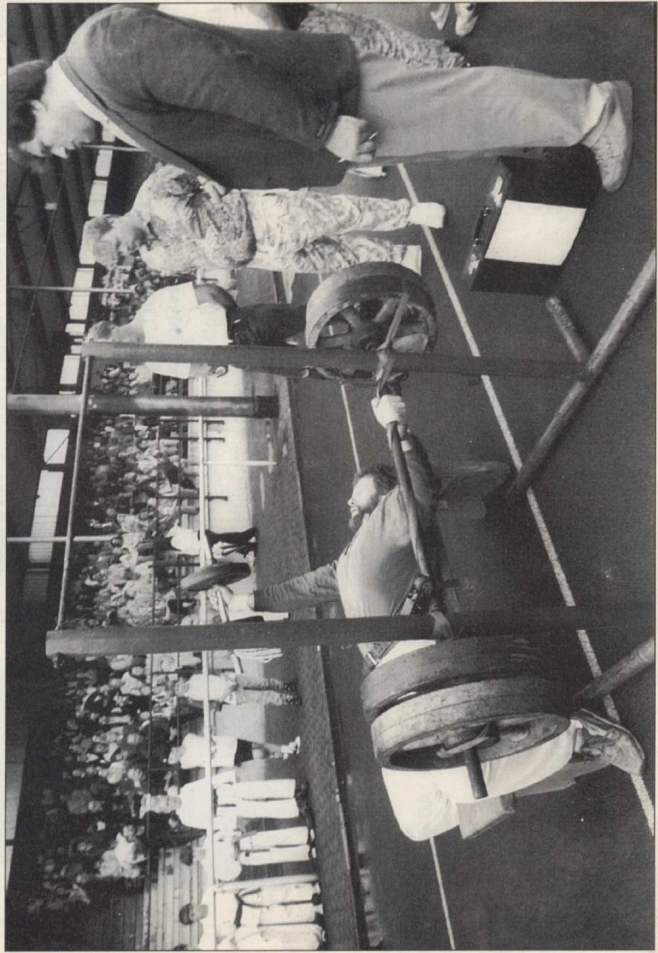
**KH:** I started lifting weights at age 18. At that time I did it to improve my performance in shooting. My philosophy was: The stronger I get, the better I will be in the sport. In retrospect, this wasn't correct because technique is more important for success in track and field than raw strength. But anyway, I got caught by the iron virus. I worked out 4 hours a day, 6 days a week. Technique training in the morning and weightlifting later in the afternoon. I mainly did cleans, pulls, squats, bench pressing and some exercises for the abdominals and the lower back. Lifting weights really helped me in the sport. I finally got second at the German Nationals in 1975 and my state record hasn't been broken yet.

**SK:** How did you get involved with powerlifting?

**KH:** During my career as a

more for even more reps, but I bet that none of them will be able to do it faster than Karl-Heinz. The weight was almost flying up and down when he finished the 40 reps in less than 30 seconds (no, he is not one of these short arm lifters where the bar travels only three inches from chest to lockout).

He improved his performance over the next two years and finally set a new Guinness Book World Record in 1988. They even put a photo of him in the Guinness Book. His record: 225 lbs. for 50 reps in 38.7 seconds and 325 lbs. for 10 reps in 7.1 seconds. I'm convinced that I am right to call him the world's fastest bench. Interestingly I work for a US company called Honeywell as an accountant.



World Record Attempt... Karl-Heinz Otto in Jun '94 where he did 43 reps with a 110 lb. dumbbell in 36 seconds. Head judge was Rudi Kuster



This photo of Mr. Otto appeared on the cover of a German national newspaper

sho putter I did a lot of bench pressing and it became my favorite exercise. When I stopped competing and training for the shotput in 1980 I continued lifting weights because I loved it. I specialized on the bench press and competed in some local gym competitions. In 1986 I read in a bodybuilding magazine about the German Powerlifting Nationals. I hadn't heard about powerlifting until that day but I thought it would be worth a try. When I looked through the meet results I found out that a former shotputter, Klaus Liedtke, had competed. I called him the next day and met him in his gym a week later. This was the first time I ever tried to deadlift and I did 595 lbs. for 6 reps. Klaus was impressed and invited me to compete at the state championships four weeks later. That's how I came to powerlifting.

**SK:** How did you perform in powerlifting? Did you perform as well as you did in shotputting?

**KH:** No. Unfortunately not. I did a big mistake. I was constantly overtrained. As a shotputter, I was used to working out every day. I did the same approach in powerlifting. I did every powerlift twice a week and I also did some assistance work. I always lifted to failure. One training session 4 sets of 4 reps, the next training session 4 sets of 8 reps. My lower back was killing me, but I didn't stop. In my first competition, I deadlifted only 617 lbs. Considering that I had done almost 600 lbs. for 6 reps, I obviously made a big mistake. Then I made an even bigger mistake. I used the same routine for the next two training cycles. I trained as hard as possible but I didn't get any stronger. I got even weaker. I had a constant pain in my lower back and developed arthritis in my right knee. The injuries and the fact that I hate the tight powerlifting equipment led to the decision to quit.

**SK:** You stopped powerlifting, but not bench pressing?

**KH:** That's right. I continued to train heavy on the bench press. Like I said before, it was my favorite exercise and compared to the squat and deadlift it is much easier to train. I had no more pain in my lower back.

**SK:** Tell us about your best lifts in training and competition and the titles you have won so far.

**KH:** My best competition lifts in powerlifting are: squat 551, bench 446, deadlift 655 lbs. all at 220

the neck. I used the same approach for the assistance work, either 4 sets of 4 reps, or 4 sets of 8 reps. Barbell curls and seated rows were done once a week, each exercise with 3 sets of 12-15 reps.

**SK:** Karl-Heinz, what are your future goals in powerlifting? Do you plan any world record attempts?

**KH:** Oh yes, I still want that world record in the one arm dumbbell press, 50 reps with 110 lbs. in less than one minute. I've just started a heavy training cycle and I can already do 38 reps. It's just a question of time when it will happen. Right now, I am looking for a competition where I can do that exhibition, hopefully by the end of this year.

**SK:** Are there any final comments you would like to make?

**KH:** I would like to thank my parents for all their support they have given to me. I hope they can see me from up there and be proud of me. I really love them. Thanks to Powerlifting USA for publishing this interview. And last, but not least, I would like to send out a question to all the American powerlifters: Hey, is there anybody out there who can break my records? Do it. I need someone to keep me motivated!

attempts?

**KH:** I wouldn't call it a special routine, but I changed a few things in my regular routine. I have always had a high level of speed in my upper body muscles, especially in my arms. This comes from thousands of the shotput attempts over the last 20 years. This was a great advantage. That's why I had not to improve my speed, just my muscular endurance. I worked out three to four times a week. I benched every time either with a barbell or with dumbbells. I always warmed up properly, followed by four heavy sets. In the first workout, I did 4 sets of 4 reps. If I could do 5 reps in my first set, I would increase the weight by 10 lbs. for the next set. One rep was always 10 pounds. If I did only 3 reps, I decreased the weight by 10 lbs. In my next workout, I followed the same approach, but this time with 4 sets of 8 reps. Every training session was finished by a cool-down set with 225 lbs. for as many reps as possible. I also did a maximum attempt every two weeks. Some bench press sessions were followed by dumbbell incline presses or press behind

bodyweight. I don't count the gym lifts. My personal record on the bench press is a 545 lbs., but in 'touch and go' style. In competition I have done 468 lbs. Besides several state and regional titles, I consider the second place at the German bench press nationals in 1991 as my greatest success during my powerlifting career.

**SK:** But you haven't only competed in powerlifting and bench press meets? I've heard about some unbelievable feats of strength you performed outside of the sport of powerlifting. Please tell us about that.

**KH:** Sure, in 1988 I set a world record for the Guinness Book of World Records. I benched 225 lbs. 50 times in only 38.7 seconds. On the same day I benched 325 lbs. for 10 reps in 7.1 seconds. Both are world records and the entry was in the Guinness Book for 3 years. No one has ever broken these records. One year later, in 1989, I pulled a bus with 60 people, all in all 30 tons heavy, over a distance of 50 meters. I applied for a Guinness Book entry, but this time they didn't take it. In 1994, I tried to set another world record for the Guinness Book: A one arm dumbbell press with 110 lbs. for 50 reps in less than one minute. This was part of a show program at a strongman competition in Germany. Unfortunately, I lost the groove on the dumbbell press and got only 43 reps, but in 36 seconds. Later in the afternoon, I placed second in the strongman competition. That's it so far.

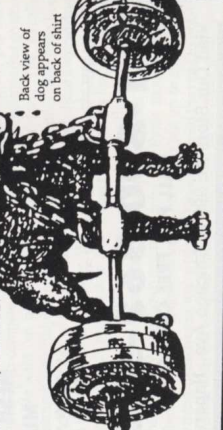
**SK:** Did you follow a special bench press routine for your world record

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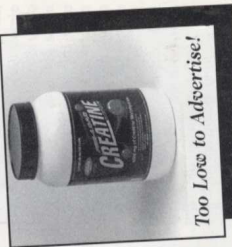
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Ralph and I always look forward to putting on the meets we host at the Iron Island Gym, even though it presents us with a lot of extra work. What many lifters don't understand is that the disruption in the normal business operation alone, makes meet direction a losing proposition. We don't do it for the money, but have been directing contests together since 1983 because we want to give our lifters, and those in our area, an opportunity to experience the fun we enjoyed when we competed as young men.

The additional work for our already very hard working staff is not welcomed by them either, although they do enjoy the contest excitement and like to see our "home grown" athletes do well. It is also terrific to see athletes from other parts of the country visit and demonstrate their abilities. We have been fortunate to have hosted, through the years Mike Bridges, Dave Schneider, Laura Dodd, Marsh Liggett, Dom Sardo, Larry Blum, Steve Brodsky, Jay Rosciglione, J.M. Blakley, and so many other fine lifters. All of us have not only enjoyed watching them, but we have also learned so much while watching.

Ralph and I take every aspect of meet preparation seriously. We want each lifter to feel as if they have competed under fair and comfortable circumstances. We provide highly qualified officials, each holding a National, and almost always, an international level card. We may not always agree with their calls, but they are qualified. Through our many meets, great lifters like Tamara Rainwater-Orinwood have both lifted and officiated. Lifters who are also superb judges give a unique perspective to both the competing lifter and the audience. John Boit usually serves as head judge for us, again, an example of a great lifter doing a great job as an official. We are careful about trying to project the course of the meet to that we can insure that both the lifters and spotters are at their best at the most critical times. Sometimes we don't get it right, but we try.

One of the most enjoyable aspects of the entire meet "package", for me, is the meet poster. This again, relates back to past personal experience and the effort early meets had upon me. In "the old days", I worked security for many groups and tours. This was far beyond the "bouncing" we often did and was on a much more sophisticated level. As I used to tell people, "You can burn the venue down and we won't care.

have even used Ralph's hand drawn art work for a very effective image.

For our October 1997 Bench Press Classic, a meet that for the past six years has been held in December, I chose a dramatic photo of Pat Casey. This black and white photo with stark contrast shows the first man to officially bench press 600, and who subsequently did more than that prior to the days of sophisticated shirts, suits, drugs, and awfully quick "pauses", pressing a pair of 210 pound dumbbells on the 45 degree incline press. One can't help but see the power and feel the emotional impact of the photo. Blown up to poster size, it is eye catching and effective. By far, this was my favorite meet poster and almost everyone else agreed. We had had one lifter who was totally stumped. "Why", he inquired, "would Ralph and I want to use the some 'old guy' on the poster when there are so many modern day guys who lift so much weight?" Why indeed? What possessed us to take an image of the man who is arguably the greatest bench presser of all time! A man who could, in fact, bench press 600 almost every week for months at a time without a Bulgarian inspired drug cycle, a perfectly balanced bar, and milled to exact poundage weights. A man who was the standard literally for a decade or more, and who, it should not be forgotten, also squatted in excess of 800 pounds and dead-lifted reasonably well for his body type and previous injuries. Oh, yes, and a man, who for the entire time he trained and competed and set record after record in both the bench press and squat, maintained a family life and a full time job, serving honorably as a police officer. Did I forget to mention that he owned a gym and developed numerous lifters of recognition, including Tom Overholzer? After closing his gym, he kept many local youths involved in lifting by giving his time and energy to the sport. Yes, what the heck were Ralph and I thinking, giving this virtual icon a place on our poster? Ralph stated, to this young lifter and others, "when you have earned the right to be considered a 'real champion', you will be afforded the privileges that go along with the territory. The so-called 'records and titles' that have been earned through those watered down associations do not warrant the respect that you ask for... I was lucky enough to see the great champions compete and this is what I really miss. To those modern day warriors I say 'put up or shut up'. You haven't earned the right to breathe the same air as these great lifters. Stop polluting the air for the rest of us".

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 Ken Leistner

**IRON ISLAND GYM'S BENCH PRESS CLASSIC**

"APF Sanctioned 1997 Bench Press Classic"

You won't see  
 1966 World Record Holder PAT CASEY  
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We get the performers and the equipment from the airport to the hotel, from the hotel to the venue, from the venue to the hotel, and then back to the airport. You don't touch the equipment or our people. Past that, it's not our problem". My buddy Joe Tutts has three American tours and we often worked together and the deal was the same. While the work was grueling, the pay was good and it was always a thrill to see the great posters done around the country, especially those done by Bill Graham's people in the late 1960s. Seeing those concert posters, which really reflected a lot of their thing, in each case, we've tried to provide both the essential information about the meet and a visual image of what was to come. We and those we went to just to hear the groups and watch the lunacy that accompanied the concerts of that particular time period. When I saw announcements for early Powerlifting contests or weightlifting meets, I would get charged up, either pumped up to compete or just observe. We want our posters to do the same. Kathy, Ralph, and I often spend a great deal of time deciding who should be on each poster. We have had bench press meets that showed someone deadlifting. We've had large photos and small photos on the posters. We've shown groups of lifters or a collage of lifters doing their thing. In each case, we've tried to provide both the essential information about the meet and a visual image of what was to come. We

# INTERVIEW

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

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

**TT:** My name is Tom Trevorah, I was born in Tamaqua, Pennsylvania on March 11, 1934. I moved to Florida in 1966. I have been involved in the weight game for as long as I can remember. I have been married to my wife, Ellen, since 1954. We have two sons, Carl and Kent, and four grandchildren. I am employed by the Association of Retarded Children of Putnam.

**PC:** How did you get started referring powerlifting meets?

**TT:** My wife and I first started holding powerlifting meets about 15 years ago with a small local meet of about 35 lifters. The reason being was to give something back to the sport I love.

**PC:** Could you name some of the other contests you have participated in?

**TT:** I have held several other

## TOM TREVORAH as interviewed for PL USA by Pat Cuntrera

meets including the Georgia State meets and Regional Championships. Two national meets I have held were the 1991 & 1994 National Masters Championships that each hosted over 200 lifters. Every year, I hold our State Championships hosting 70-85 lifters.

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

**TT:** The meets I have won and the records I have set are great accomplishments, but I think the best I have gotten from the sport is the way I look and feel, and from the people I have met. I feel that this sport has given me the best friends anybody can ask for.

**PC:** Why did you choose to give your time to the AAUPL?

**TT:** I came back to the AAUPL

only about winning.  
**PC:** If you would change one thing about powerlifting to improve conditions, what would it be?  
**TT:** If I could change one thing to



Tom Trevorah and his wife Ellen.

improve competitions, it would be to get the lifters more involved. I would like to see more lifters learn the rules and help out at powerlifting meets.

**PC:** What are some of your interests outside of this sport?

**TT:** Outside of the sport of Powerlifting, I enjoy my work, fishing, boating, and my family.

**PC:** What is your ultimate goal in this sport?

**TT:** There is no ultimate goal for me in this sport, just the never-ending goal of adding five more pounds on each lift. I would also like to everybody to stay drug-free.

**PC:** Would you like to make any final comments?

**TT:** I would like to thank for Mike Lambert, Pat Cuntrera, and Powerlifting USA magazine for this interview and their continued support of drug-free lifting. Stay drug free, stay healthy, and lift forever. See you on the platform.

# POWER PROFILE

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

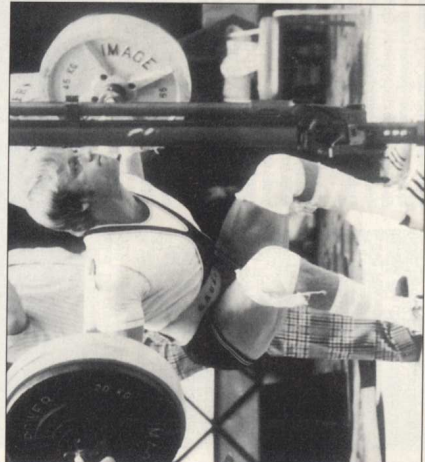
His career in P/L is comparable to a roller coaster: a steady ascent to the top; a brief moment of exhilarating joy when everything in the universe is in perfect harmony; then the sudden plunge to the bottom where your heart is in your throat, followed by the slow ascent back to the top. This ride on Texas may very well be the best P/Ler the great Lone Star State has ever produced. This is merely one man's opinion; especially with the likes of great pioneers like Ronnie Ray, Allen Clark and Gene Devers, and more recent favorites - Doug Young and Scott Warman.

At the '95 APF Seminars in Dallas, I made mention of RICK GAUGLER to meet director Jim "Radar" Capehart (masters champ, and former national). "Rick who?" He stammered. "I never heard of him!" To say I was shocked would be an understatement. I've long since forgotten Barbar for thinking my P/L. History rest! However, it's high time to educate our Johnny come-lately's and pay due homage to an UNHERALDED SUPERSTAR!

Few deserve the honor of being mentioned in the same league with such PL legends as: Gant, Crain, Bridges or Coan. This premier powerman has earned that rare distinction. How, you say? Well, how about this: 20 official & unofficial World Records - just for a start! He went tooth and nail against some of the greatest names in the game. En route he won 4 USPF, Sr. National titles (also 2 runner-ups) in 7 outings. He was also as well as APF champ in their 1st Srs. Nats. Only the intervention of fate prevented him from adding 3 more World titles to his trophy case. He shattered records held by superstars Ricky Crain and Mike Bridges. How does that grab you? Crippled by debilitating injuries (one right after another), he struggled back to top form for one last supreme effort to leave an everlasting mark in the record book.

He was honing in on the SQ & TOT marks @ 198 established by today's eminent one: ED COAHN! He figured he was ready to break them. At 57 - 205 lbs., he pressed 19-1/2 inch up- per arms (cold). His training lifts indicated he was up to the task. Quit was simply not a word in his vocabulary. He'd recuperated from trauma and rebuilt his foundation. He was now more powerful than ever. An ordinary man would've thrown in the towel long ago. Rick Gaugler was not an ordinary man. His training lifts indicated he was up to the mighty task: 825x2 SQ, 550 BP and 800 DL (bare bands - no

## RICK GAUGLER as profiled for PL USA by Herb Glossbrenner



Rick Gaugler squatting at the '78 Seniors. (Gary Watanabe photo)

knowing the risk. He was amidst the heavy jumbled pile when it toppled. He couldn't escape. It was a cascade of jumbled, crushing iron that came tumbling down. As an instinctive protective reflex, he threw up his left arm and turned his head to the right. His hand - hit with bludgeoning force - was knocked behind him. Simultaneously his left rotator cuff was ruptured. The humerus bone's attachment in the shoulder socket was ripped out! A neck vertebrae was broken - resulting in damaged nerves. He was seriously injured! It could have been much worse. Thankfully he was still alive. His forearm rushed him to the hospital.

It was the end of his career, a fate unbefitting a superstar the caliber of Rick Gaugler. The severe extent of damage necessitated corrective surgery! His doctor in Austin tried injections at first. Then came the shoulder operation (in Feb. 1992). The humerus bone was shaved at it's insertion into the rotator socket. At the same time his rotator cuff was also surgically repaired. His neurologist/neurosurgeon did not want to risk neck surgery yet, which might cause paralysis. Three different rehabilitation measures were used; including traction, a remedial measure to relieve the trauma caused by compression of neck verte-

brae which had been jammed together at the junction of impact. His therapeutic injections included anti-inflammatories (Naprosyn and Anasid) and a muscle relaxant (Skelaxin). Deep tissue massage followed in 1993.

During his recuperation period, Gaugler's thighs remained 25-1/2" in circumference, his chest stayed at 48". His arm's never went below 17-1/2". A specialist from Houston advised not to chance a neck operation. It was extremely delicate and could end up worsening his condition!

Before we see how Rick is doing today, following this tragic occurrence, let's turn back the clock and reveal his life story: He was christened Rick Anthony Gaugler, born June 1, 1954 in Corpus Christi, TX. His parents divorced at age 5. His father had played baseball and was a wholesale grocery salesman. He lost a leg serving in WWII, and following that was always in bad health. His mother was a nurse for 35 yrs. Rick grew up to play high school baseball at age 15. The next season he went to one practice and dropped out. He'd admired the physique of a scroonmate so started lifting weights in a friends garage. The purpose? A buff bod attracts girls, that's why! He kept it up, doing upper body building movements. He didn't work the lower extremities. Consequently by age 19, he'd developed a powerful looking upper torso with: (quote him) "twenty bird" legs. In the middle of August '73 he met Rob Haley and Paul Barbee, top powerlifters looking for new talent. When they saw him BP 275 in strict form @ 145 lbs., they got him training for a PL competition, only 6 weeks away. He'd never done SQ's or DL's - but started a crash course. His first meet - Oct. 6, 1973 - was impressive for a pure novice: 365 SQ (miss @ 390, no wraps), 320 BP and 450 DL - TOT 1135 @ 151 lbs. Rick had already convinced himself he'd become a World Champ!

This qualified Gaugler to participate in the 1974 Senior Nationals being held in nearby Ft. Worth on Labor Day weekend. He knuckled down and trained hard the next ten months. At meet time the favorite was Jack Koammer, PA (the surprise 72 World Champ @ 148). He won, as expected, but Gaugler's debut was most impressive. He beat two fellow Texans - Pete McIntosh and Larry Cozart - easily. Sans the knee wraps that everyone else wore - Rick had to repeat his 410 thrice to stay alive. He BPed 310 - missed 320. A 500 DL bumped McIntosh into 3rd. Cozart finished 4th @ 1075. Rick jumped big - to 585

(seeing 1305) and the temporary lead. He gave it a go...but it almost popped loose. Final effort - not as close. After Gaugler's futile try, Keammerer pulled 600 6599-1/2 SNMR to win. Rick had 1220 & 2nd place @ 148! His national exposure gave him even more incentive to work harder. At a meet in NOV he upped his personal bests to 325 BP 1250 TOT.

When May 1975 rolled around he was ready for his first giant step towards stardom. At the TX State meet in Austin he smashed the state records @ 148 for DL (560) & TOT (1360) plus a 470 SQ & 330 BP, and defeated National Contender Gary Grooms (1310). He became the 6th man in TX in Jan 76 Rick increased his bests: 475 SQ, 340 BP, 565 DL, 1380 TOT. He missed the '75 Senior Nats in York - sidelined by injury - but was back on track for the 1976 Senior Nats, in Arlington, TX. Looking back, Gaugler considers this meet his first of true notoriety!

Two young TX steers locked horns to decide the 148 title. From Arlington: Ricky Dale Crain, against the Corpus Christi MYSTERY - Rick Gaugler! It proved to be a spellbinding race, right down to the wire. Gaugler sat way low - got 490, missed 510. Crain, a precise technician, hit a huge AR & WR Crain finished @ 325 BP. From there Gaugler took over! An explosion of 370, topped the 358 SNMR head by the '75 Srs. winner - Welch!

830. Gaugler, gaining momentum, pulled up 590. Crain finished w/605 for a whopping new AR, WR 1495! The 2nd set Rick with a big 1450 TOT. He pulled out all the stops, went for the start @ 148 - 50 SQ - smooth and easy. He went to 567 1/2 to bust Ricky Dale's IPF WR. Needed more rest to recuperate - missed 2nd - took contest, and the first major cobblestone leading up the path to stardom. Phreaks awaited both the two "Ricks" -

Going into 1977 both young stars



Disaster in Finland... Rick dumps his opener, again! (Tony Fitton)

ascended to higher plateaus! In Jan. 1977 Gaugler exploded. He was the first 148'er to surpass 1500 (535, 370, 610, 1515)! Crain responded spectacularly as an extra lifter at the Ohio Championships. He posted (unofficially) an utterly astonishing result @ 148: 600 SQ, 350 BP, 641 DL, 1591 TOT. The SQ, DL & TOT blew the previous records to kingdom come! The maximum effort took a toll (strained back ligaments). Crain didn't let up. He spent too much time in the sauna, and he abstained from eating. Not only did it sap his strength, it made him sick as well. Fluids were replenished but damage was done. Electrolytes unbalanced, his muscles protested by cramping painfully. Gaugler got very little warm up in the SQ (couldn't). A detrimental. His strongest opponent proved to be the Canadian Jim Moir. Gaugler SQ ed 529 - squaring, his muscles in spasms. The others got a jump on him. Ron Wilton, AUS, with home court advantage secured 545 along with Kerton GBR. Moir walked through all 3 - 534. Gaugler tried 545, but his muscles wouldn't cooperate. After the first lift, USA's finest was in 4th place. The Aussie and Brit, weak benchers, drifted behind. Gaugler, unable to warm up, found Moir and himself evenly matched. Jim got 363. Rick countered w/369. Both men failed final tries, and both were tied at S.T. (898). Gaugler DL found everyone pockeeking for position. Wilton, the host Nation's hopeful, upset the British apple cart. Ron forced a tie and snagged the bronze being lighter of the two. Moir, hoping for a surprise upset, pulled 551. Rick's painful opener was 573. He had 1471 and hoped it was enough. Jim forced the issue, tried 584, miss. Gaugler towed in 589, which virtually locked it up - 1488! Moir failed his final. Gaugler had bagged his 1st World title (misses 606, but happy to have won) and survived the ordeal. LIGHTWEIGHT was not his RIGHT WEIGHT. Vowing to never again subject himself to such distress, he decided then and there to

go up to 165. Returning home, Rick got married to Nancy Savoy in December. Nancy was a gal he'd met on a blind date. She and her parents were avid supporters of his P/L commitments. His own folks had, from Day One, adamantly given him their whole-hearted backing also. Coupled with the encouragement of training partners and friends, his enthusiasm soared. It was the ideal situation. An atmosphere conducive to excellence surrounded him. Being now a World Champion, he vowed he wouldn't disappoint them or himself. He kicked his training intensity to a new level. In the back of his mind he'd set goals that would stagger the imagination!

The 14th Seniors (1978) was in CA for the second consecutive year. Gaugler prepared for a rematch with his rival Crain. Focusing on their own private warfare the two "Ricks" overlooked a dangerous opponent. Joe Srs. champ (1970 & 73), was the current WORLD CHAMPION in their category. With all 3 men in the same class, some hefty lifts were expected. Crain blew up a 611 opener. Gaugler got a 617 - his final lift. Rhodes hung back, but still made a PR (562). Rick's 644 was not approved. Crain BP'd 358. Rhodes drew even with him with a PR 402 (970 ST). GAUGLER with HOTTER. He blasted a 424, 2nd then locked out a WR 435 (turned down for uneven extension) (Gaugler's 1041 S.T. never let up, made all 3 DL/5 - 650! He never let up, made all 3 DL/5 - 650! Collins' (GBR) '73 WR TOT (1655)! He'd won (1692), and figured it to make sure of 2nd place. Now he tilted badly (missed). The weight Crain had missed was actually 727! Rhodes snuck in and took the same 688 (loaded correctly this time) and gutted it up for a WR! He'd leaptfrogged Crain into 2nd place, his 1658 TOT also exceeding discommodated, tried 689 - warning to own the WR. He missed. Final tally: 1. Gaugler (1692) 2. Rhodes (1658) 3. Crain (1614).

Gaugler was next on his way to Turku, FIN, expected to claim his 2nd World Title. This was the biggest class (16). At 165 he opened at 589, his balance and dumped it twice, and he was not close on the other. Big disappointment. It proved to him that nothing is certain in life except death and taxes. He vowed never again to cast his dice to the four winds. He wished he'd had a personal coach there.

1979 was not a good year for him, although it started out well enough! Gaugler set his sights on a WR BP & TOT at the TX State Open. Feb. 10, in Ft. Worth, instead, he set one in the DL SQ - 600, 2nd - 617 - lost balance. Made 622 3rd - called on depth. BP - 418 start. Lost his arch (due to chalk)

on slippery upholstery on a WR 435 try that stopped near completion. 3rd, not as close, also not completed. DL: taken opener (584), then he jumped to 677. He made it...then discovered had been mislabeled (only 661). With it loaded correctly, he made it easily. Now had a 1697 WR TOT beating his own WR aggregate from the Seniors He took 694 for a 3rd, and made it with power to spare (705 would've gone for 4th) - a DL WR and another WR TOT - 1714!

Rick had picked something up, and twisted his back at work. The Seniors were drawing near. Common sense told him to stay home! His heart over-ruled his head. He refused to forfeit his title without a fight. Ignoring his injured back, he went to Bay St. Louis, MS. His big obstacle was not Crain, but the newest - MIKE BRIDGES. He'd debilitated the 148 Records with a 622 SQ, 402 BP, 1609 TOT and had become World Champ in FIN. Now Mike was a full 165'er, and set to go against them.

With three lifters of this caliber pitted against each other there was no telling what to expect. Bridges romped on an easy victory with 705 SQ, 402 BP, and 3 TOT - 1758, 1796, 1807! Crain also looked sharp. Set a insufficient depth! Gaugler responded admirably! He came in with a 730x2 training SQ under his belt, and opened at 705! His powerful back provided up effortlessly - good! He jumped straight to 727 (to beat Bridges's mark) a WR! The rest period was too brief. He got it up! Oh, Oh! Two reads! Head side scrutineers didn't Rick's lean over style makes judging difficult. Rick thought he got short changed, being leaving one official should have gotten up from the chair for a more advantageous viewing position!

Next he blasted 3 BP's - 451 was perfect! Commencing w/644 in the deadlift gave him 1802 - a win - right off the bat! He blew up 683. His TOT Bridges W/RT! A final lift 705 was a WR frothing or his cake. He hauled it up (703). GOOD LIFT! It kicked his WR total even higher - 1862!! (Stupen-dous!) Named to the World Team for Calcutta/IND. He waived the opportunity, claiming personal reasons. The truth be known, he didn't want to risk catching a communicable disease in a third world country. Wohleber, the US 242 representative, contracted malaria over there! Rick's crystal ball was "right on!"

Instead, he set his sights on the Greater Texas Classic - a big meet in Arlington on Dec. 5, 1981. "Top officials came in (John Pettitt, Tom Kachner, Doug Patterson) to judge a renowned physical man, Dr. Kerr, the lifts of the world's greatest Middleweight. He immediately attended to Rick and gave him an injection of drew high. Gaugler found himself a tad over the limit (75.8 kg./167 lb.) designated weight-in man was sym-

phetic: "Close enough," he said, "no body need know!" - FORGET IT! Rick retorted! "I DON'T KNOW!" So, only 800 grams over, Gaugler went ahead and possessed one of his greatest performances! A 705 SQ opener was followed by great misses w/727 & 744. A 457 BP set him up for a high result. We'd never expected this much. He put the works to 727. MADE IT! TOT 1890!! The DL and TOT far surpassed his Middleweight W/RT!

He planned to get them off, officially, and headed on to the MAGNUM CLASSIC. It was Saturday, March 13, 1982, in Hacienda Heights, CA. Bill Harman and the late Tom Edridge were Co-Meet Directors. Everything was proper for his record assault. International card holders Jack Hughes and Bob Packer were "eagle-eyed" scrutineers. Gaugler not only wanted to break the records, but set them so high they'd last for a long time. He made his 165 lbw. this time - no sweat! He positioned himself wrong under his 711 squat opener, and had difficulty setting up. He cramped, and dumped it. On a repeat, he made the lift with great difficulty. He wisely passed his temp BP - missed 462. Rick decided to open with a W/R 716 deadlift. It would also break his TOT record - 1879! What happened next will never be known, he waived the opportunity, claiming personal reasons. The truth be known, he didn't want to risk catching a communicable disease in a third world country. Wohleber, the US 242 representative, contracted malaria over there! Rick's crystal ball was "right on!"

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home. The following Tuesday, he underwent the corrective surgery procedure. Recuperating, he wore a cast for 6 weeks. After its removal, followed another month of physical therapy to regain lost flexibility of his arm. The surgeon who re-attached the biceps tendon attributed it to severe dehydration. It was frayed like a rotten shoelace. Squeezing himself bone dry to make weight had taken a heavy toll. During the rehab what upset Rick as much as anything else was the fact that his right bicep had atrophied to a mere 16 inches. It took 7 more weeks to get it back to its "normal" size - 18 inches! He didn't rush the recovery and missed the '82 Seniors but was there to watch Crain and Welch. Welch, a former World Champ, had experience, and was rejuvenated - back after 7 years! Crain finally became successful to Gaugler's vacated crown, but only after a furious tussle (1719-1714)!

In 1983 Gaugler - now 181 - was training for the Seniors. In heavy preparation, he fought to finish the 3rd rep erector in his back. It was deep in the belly of the muscle. An injury of this sort takes a long time healing. He'd had the props knocked out from under him - again!

Altogether Gaugler had been away from the competition platform for 21 long months. He was back in action (finally) @ the Greater Texas Classic (11/7/84) in Irving, TX. A most impressive return it was: 749 SQ, 474 BP, 755 DL - 1989 TOT. This earned Best Lifter that first day (Sat.), Rick's performance topped the year's best, ranking ahead of surging superstar Ed Coan.

Rick's return to the USPF Seniors after a 4 year hiatus was a big disappointment. On the 4th of July, week in and Chicago his freecrack failed to explode. His 760 SQ attempt @ 181 weren't passed. Determined to be back in the limelight Rick wanted to make an impression. He did just that in the Texas P/L Classic on Dec. 14, 1985. It was the last big meet of the year. It was held in the city of Arlington, where 5 years earlier he stood atop the highest pedestal as World Champion. The chance for redemption was fulfilled and how! He came in with pulled hamstrings after doing a huge SQ double w/810. Nevertheless, he stood strongly - GOOD LIFT! His 501 opener BP flew right up. Up to an enormous 523 - but it stalled half way up! Gaugler had hoisted in his bare hands (never used straps) an 800 DL in training and was ready to pull something big. His opening pull - 733 - was a toy. He had 2017 @ 181. This sum today still remains the 4th highest Lighthouse weight total in history. Rick called for 804.13 lbs. - more than Coan's 791 '84 Seniors WR. Gunning for 2088, up it came to knee height, then stalled out.

Rick was destined to return to stand

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Instead, he set his sights on the Greater Texas Classic - a big meet in Arlington on Dec. 5, 1981. "Top officials came in (John Pettitt, Tom Kachner, Doug Patterson) to judge a renowned physical man, Dr. Kerr, the lifts of the world's greatest Middleweight. He immediately attended to Rick and gave him an injection of drew high. Gaugler found himself a tad over the limit (75.8 kg./167 lb.) designated weight-in man was sym-

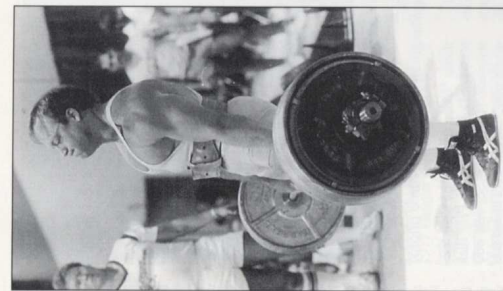
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Setting Up to Bench - Rick Gaugler at the 77 Seniors in Santa Monica



At the 1986 APF Senior Nationals in Ohio

on the highest step of the winner's podium as a SENIOR NATIONAL CHAMP one last time. It was in a Federation of a NEW WORLD ORDER! At the Inaugural APF Sr. Nationals 28-29 July at Dayton, OH he relived one last moment of glory. His physical transformation from a 148 to 181 was a gradual metamorphosis into thick muscle. He looked capable of lifting anything. He didn't have a spectacular day, but nevertheless blew Danny Goy, a burly fellow from SQ-735, missed 752 twice. BP 478, 501, but 518 wouldn't yield to his powerful stroke. With a 1234 ST, he pulled 733-1967 TOT. Goy duplicated Rick's lift two tries to hoist 766 - Goy tried to win - couldn't. Once again champion - Rick Gaugler! Having won that meet he earned a trip to Maui, HI. He had his travel and room expenses paid by Ernie Franz. The meet was Nov. 15-16, the first APF World PL Championships. Once again on world platform, Gaugler (at 181) opened at 760 SQ - approved! His challenger Goy made 710, missed 760 twice. Goy got a 450 BP, but missed posthoes @ 470 & 480. Gaugler negotiated 475 to start, missed 490, passed 3rd. Rick had the upper hand (1235 - 1160 totals). On his way to another World Title, late intervened Pulling up 730 (his 1st DL). Gaugler tore calluses off both hands. The wounds were severe enough that the pain registered maximum output. He missed all 3 - the dreaded double! Goy lifted 740 on his 2nd lift - 1900 - and had the win.

Rick gave the USFP Srs. another 181, he couldn't get his 705 SQ ties on the scoreboard. Then, at the TX Cup Oct. 4 that year, due to nagging injury he had a lagging BP. He posted 755 SQ, 468 BP, 755 DL for 1978 - an impressive sum in any arena. His final curtain call came at the 1988 USFP Srs. in Las Vegas. At 198 he posted a 722 SQ, 468 BP. Next came the DL. He tossed his dice: 733 (NO), 771 (NO), finally, 771 last shot (NO). WINNING (NO)! Not on the score-board. It was the end of an era for Superior Rick Gaugler. He'd vowed to win, felt he'd failed himself and his backers. Not so!

Tendinitis in his hips coupled with a host of other injuries derailed a continuously would have crippled any train. Even the most powerful locomotive needs tracks to complete a journey. Rick had for all practical purposes been derailed! Gaugler kept training, purely for his own satisfaction and piece of mind. This was during the next 3 years 89, '90, '91. He observed Coan's stupendous 2403 TOT in Dallas in '91, knowing he was viewing a mirror image of himself - regarding the determination, the desire for unbelievable strength, and will to achieve. Coan was the 'real deal' - perfect form, unbelievable strength and unlike himself - no flaws. POWER PERFECTION PERSONIFIED. It was an inspiration that spurred him into thinking for one last battle with the iron. Then came the accident, and those dreams evaporated forever.

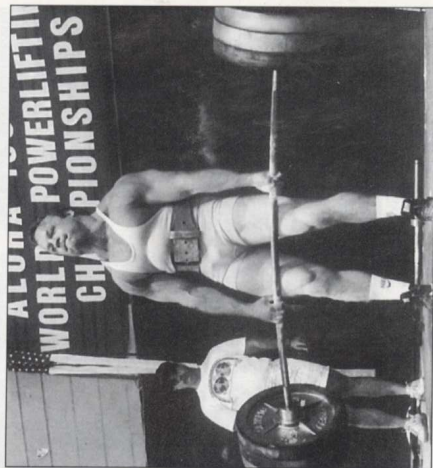
To encapsulate... Rick Anthony Gaugler was a 'give it your all - or nothing' sort of guy. He was simply hard and played himself too hard too much of the time. Training in a garage day, and unhealed with little attention directed towards preventing injuries (stretching, sledging off, etc.) may have been a contributing factor to his many injuries. He's learned, like so many others, that cutting too much weight can be harmful to the body. Rick wishes he'd been lucky enough to have had the pre-meet 24 hr. weight-in. He feels he would have hit 195! At 165 and 2132 @ 181 and still be a record holder. An extrapolator? True, but probably correct.

Some of his feats in the power assistance exercises were incredible! For instance: at 175 bodyweight, he military pressed 315x5 seated! Never trying a limit, he pressed 275x5 behind the neck. At 30 degrees, he incline bench pressed in excess of 400 lbs. Rick, like Bridges, never had the inclination to enter the Junior Nationals. The term Junior he felt was demeaning. Gaugler was proud of his PL heritage and once took Larry Kidney to his gym to show all the bodybuilders what a real powerhouse stud looked

like. He considers that Bridges and Crain were his two most worthy adversaries over the years. He developed a kinship with Crain. It's a camaraderie they've kept alive over the years. He'd liked to have developed a friendly relationship with Bridges also, but he feels the feud he had with Pacifico negated those chances. Some of his enormous training feats indicated he never reached his true potential on the platform. He admits he left his best in the gym. If I'm redundant forgive me. SQ 810x2 @ 189, 825x2 @ 205. BP - 515 @ 188, 550 @ 205. DL (no straps) 800 @ 188 - 750x3 @ 205.

Gaugler attributes much of his own success to the tremendous backing he got from: family, friends, training partners and teammates! The people surrounding him have been a tremendous boost to his confidence and morale. He mostly remembers his father as his greatest inspiration. He figures he probably wouldn't have even lifted to begin with let alone accomplish what he did without Dad's example, what he did without Dad's three weeks before the meet where he made a big total, his dad was hospitalized with a heart attack, and he made Rick promise to deliver some big numbers. He did just that. Shortly afterwards, Rick's father passed away. Others to whom he owes a debt of gratitude include his mother, his in-laws Mr. & Mrs. Ed Savoy, the mother of the late great Chip McCain - Betty Bobber (who helped sponsor Rick to Perth where he got his 1st World Title), also Paul Barbee and Rob Haley - who got him into P/L, Doug Young (another big Texas legend), training partners and lifting buddies Dave Contreras, Rene Garza Paul Aston, Tony Johnson, Frank

He's dissociated himself from the sport, disillusioned with the course it's taken today. He and Nancy have no kid himself and enough for her to put up with. They have 2 cats, Rick being an animal lover. There you have it. I've named Rick to one of P/L's greatest trainers, Rick Gaugler - "The Texas Tornado" - has now been duly and truly heralded! We thank you, Rick for the whole-hearted effort you put in your PL endeavors and the precursor-legacy you've left for our fond remembrance.



At the 1986 APF World Championships in Maui, HI. (Ed Douglas)

# Chronology of Champions

## AAU/USPF Men's Senior National Champions, Part II

by Herb Glossbrenner, PL USA Historian/Statistician

198	TOT	52	89	270	88-Kidney, L	2155	859	556	738
65-Seno, B	1515	500	430	570	82-Gamble, E	2182	865	529	788
66-West, B	1555	500	365	625	82-Gamble, J	2270	866	523	804
68-Kay, R	1670	560	480	630	84-Gamble, J	2232	881	545	804
70-Pennino, J	1690	580	450	650	85-Henderson, T	2204	870	518	815
72-Pacifico, L	1695	625	510	670	85-Moore, E	2061	832	512	716
72-Jones, J	1800	600	380	620	87-Smith, CB	2088	832	473	782
74-Woodes, P	1720	685	385	650	90-Smith, CB	2149	843	485	821
74-Anderson, J	1725	550	450	725	91-Karwowski, K	2182	942	512	727
76-Pacifico, L	1900	650	512	635	92-Karwowski, K	2218	944	529	755
77-Pacifico, L	1906	694	507	705	93-Karwowski, K	2238	976	562	777
78-Anderson, J	1879	633	446	799	94-Smith, S	2050	810	529	710
78-Estep, R	1890	727	497	755	95-Karwowski, K	2303	1003	556	744
80-Anderson, J	1923	683	451	788	96-Karwowski, K	2309	970	562	777
82-Thomas, W	2000	716	475	755	97-Anderson, M	2179	766	440	672
83-Duke, B	1940	710	462	766	65-Todd, T	1890	675	475	740
84-Wright, D	1934	793	479	661	66-Weaver, B	1940	790	500	650
85-Coan, E	2204	859	485	859	67-Cumby, D	1870	600	490	780
87-Anderson, S	1968	723	418	677	68-Cumby, D	1935	700	480	755
88-Bell, G	1956	749	468	738	70-Cumby, D	2045	755	500	780
89-Herring, G	1873	733	440	699	71-Casidy, H	2060	745	560	755
90-Bell, G	1989	788	473	727	72-Cole, J	2255	865	570	820
92-Anderson, S	1807	625	425	716	73-White, J	1990	800	480	710
93-Bell, G	1978	777	479	721	74-Anderson, D	2200	830	590	780
94-Bell, G	1918	744	490	683	75-Anderson, D	2200	830	590	780
95-Bell, G	1890	722	485	683	76-Anderson, D	2295	885	555	860
96-Bell, G	1862	716	473	672	77-Waddington, D	1978	799	529	650
97-McCormick, T	1918	722	490	705	78-Kennedy, D	2287	881	562	843
73-Seno, B	1805	625	520	660	79-Wrenn, P	2149	950	570	837
74-Phillips, M	1770	670	456	635	81-Wrenn, P	2240	975	544	852
75-Pacifico, L	2000	711	465	733	83-Karwowski, W	2298	909	551	837
76-Phillips, M	1820	620	440	800	84-Moran, L	2270	1003	617	650
77-Anderson, S	1884	649	448	776	85-Hall, M	2226	903	584	810
78-Keed, D	1929	749	424	755	86-Hall, M	2210	903	562	744
79-Pacifico, L	2017	766	529	732	87-Hall, M	2210	903	562	744
80-Dimitov, M	1967	755	473	728	88-Watson, OD	2226	909	462	854
82-Cash, J	2028	82	468	777	89-Hall, M	2232	903	573	755
83-Ladner, J	2110	837	523	749	91-Collins, H	2116	925	591	688
84-Cash, J	2072	760	473	737	92-Collins, H	2176	804	617	755
85-Pharr, T	2028	744	540	744	93-Harman, S	2143	942	507	694
86-Cash, J	1929	710	440	777	94-Clark, A	2237	881	683	672
87-Pharr, T	2028	744	540	744	95-Harman, S	2248	964	551	733
88-Coan, E	2204	903	501	796	96-Harman, S	2248	964	551	733
89-Coan, E	2276	931	512	832	97-Cillingham, B	2161	777	575	820
90-Coan, E	2314	931	512	870					
91-Coan, E	2403	959	545	858					
91-Cole, J	2403	959	545	858					
92-Cole, J	2347	935	529	749					
94-Coan, E	2210	903	556	780					
95-Coan, E	2066	848	556	661					
96-Harris, A	1923	744	451	727					
97-Bell, G	1989	749	512	727					
67-Frem, G	1815	705	460	710					
68-Cole, J	1890	705	465	720					
69-Kanter, J	1905	700	525	680					
70-Cole, J	2060	760	520	780					
71-Scott, T	1915	700	500	715					
72-Scott, T	1860	675	445	740					
73-Scott, T	1860	675	445	740					
74-Kuc, J	1990	700	475	618					
75-Young, D	1929	705	534	685					
75-Young, D	2000	710	555	735					
76-Young, D	2000	710	555	735					
77-Young, D	2072	760	507	808					
78-McCormick, T	2072	760	507	808					
79-Kuc, J	2083	766	507	810					
80-Kuc, J	2116	804	501	810					
81-Wholshuber, D	2072	870	380	824					
82-Wholshuber, D	2072	870	380	824					
83-Wholshuber, D	2143	781	547	804					
84-Wholshuber, D	2143	781	547	804					
85-Jacoby, D	2166	865	501	798					
86-Jacoby, D	2166	865	501	798					
87-Jacoby, D	2083	815	496	771					
88-Jacoby, D	2072	855	473	788					
89-Jacoby, D	2072	855	473	788					
90-Bell, W	2059	815	462	760					
91-Jacoby, D	2059	766	485	804					
92-Jacoby, D	2105	848	468	788					
93-Jacoby, D	2077	826	473	777					
94-Jacoby, D	2171	870	496	804					
94-Kuggins, K	2105	810	547	727					
95-Coan, E	2303	936	511	850					
96-Coan, E	2303	936	511	850					
97-Mills, M	1994	710	523	760					
98-McCormick, T	2121	782	534	804					
99-McCormick, T	2140	831	582	749					

Senior National Meet Sites  
 04 SEP 1.65-Vork, PA  
 03 SEP 1.65-Vork, PA  
 1.65-Vork, PA  
 13-14 SEP 6.70-New Orleans, LA  
 29-30 AUG 27-Dallas, TX  
 10-12 SEP 10.744-Worth, TX  
 16-18 SEP 11.75-Vork, PA  
 30-31 AUG 12.76-Affington, TX  
 14-15 AUG 13.72-Santa Monica, CA  
 20-21 AUG 15.79-Ray St Louis, MS  
 18-19 AUG 16.80-Madison, WI  
 12-13 JUL 17.81-Corpus Christi, TX  
 11-12 JUL 18.82-Dayton, OH  
 10-11 JUL 19.84-Dallas, TX  
 07-08 JUL 20.84-Dallas, TX  
 06-07 JUL 21.85-Chicago, IL  
 05-06 JUL 22.86-Chicago, IL  
 11-12 JUL 23.87-Chicago, IL  
 14-19 JUL 25.89-Las Vegas, NV  
 17-19 JUL 26.90-Las Vegas, NV  
 07-08 JUL 26.90-Hollywood, FL  
 26-28 JUL 27.91-Dallas, TX  
 26-28 JUL 28.92-Raleigh, NC  
 18-20 JUN 29.93-Greenville, NC  
 31 JUL 01-02 AUG 31.95-Raton, NM  
 21-22 JUL 31.95-Philadelphia, PA  
 09-13 JUL 32.96-Philadelphia, PA  
 26-29 JUL 33.97-Philadelphia, PA  
 21-22 JUL 34.98-Philadelphia, PA  
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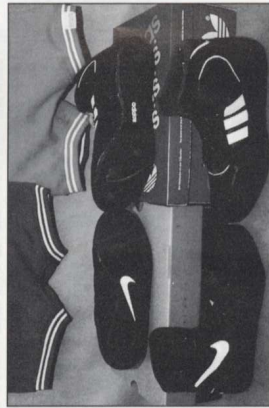
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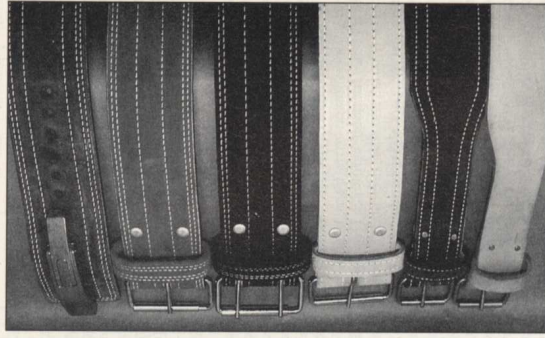
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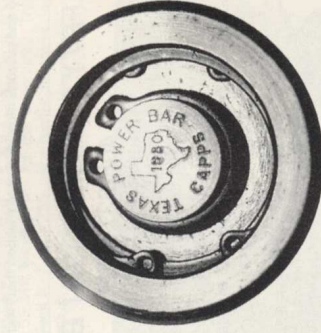
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# USPF Commentaries



**Message From The President:** I would like to begin this letter by apologizing to the readers of the *Powerlifting USA* Magazine for being subjected to so much negativity and misinformation surrounding the USPF unification, and personal attacks generated by even more misinformation. I originally believed that by responding to such ludicrous claims by certain individuals that I would only be dignifying their words, but I now feel pressured by peers and my conscience to not only respond, but to refute most of these outrageous reports.

In reference to Dan Wagman's letter - most recently in the one printed in the October 1997 issue - I will try to be brief. Dan's letter and accusatory stance is a pitiful attempt to aid the ADFPA in their attempts to replace the USPF affiliation to the IPF with their own organization. Dan has not supported the USPF in any way that I am aware of. If he was truly acting with good intention when he claims I violated a USPF by-law then why didn't he point it out at the time and help remedy the situation, instead feeling it his duty to report this as an illicit activity. With respect to the meeting at the Master's National meet in Philadelphia I felt the lifters spoke their minds - I enjoyed their comments and felt their feedback was invaluable. Dan objected to the entire meeting by writing a letter to me stating that the issues were too complex for the lifters to understand. Just what, exactly does he mean by that???

I would like to comment about Dan making ignorant statements regarding USPF membership figures. I made it quite clear that the USPF was unable, at that time, to give exact figures. For example, until the Senior Nationals this year the US did not require High School lifters to purchase a membership card - instead the H.S. lifters club could pay a \$25.00 club fee. In WV alone, we have over 150 USPF H.S. lifters that do not have a USPF card, but belong to USPF clubs. If a small state like WV has such a number of unaccountable members, the membership of the USPF is obviously more than Dan wants to acknowledge.

The tremendous amount of misrepresented information regarding the unification process deserves a comment or two. I would like to say that I have records of letters sent to Michael Overdeer, ADFPA President, attempting to get him to set out and discuss an equitable process for unification. His return letters give thought that I'd like to work things out, but then finishes with voluminous reasons why we can't. His latest letter of miscommunication accuses me of threatening the IPF and it's President - but of course he

take over another federations affiliation. Why did it suddenly become so important for this group, who left the USPF/IPF because they didn't like the rules, drug testing program etc., to create so much confusion and defamation in our sport?

Finally, I would like to thank the members of the USPF who have taken a strong stance during a very trying time. Your involvement in everything. Wish us luck in Prague. Respectfully, David Jeffrey.

**9/21/97 To: Michael Overdeer From: David Jeffrey RE: Response to letter dated 9/8/97:**

"Dear Michael: I received your letter and I am appalled by your continued miscommunication. I will respond by paragraph.

Your first paragraph states that you have not received any communication from me since July 23. Our executive committee agreed to approve Sam Pardue after he volunteered to communicate with you on the subject of unification. It appears that he became frustrated at your lack of cooperation. In addition, Sean Scully, was given the go to try his skills, again it appears he gave in to a lack of cooperation.

Regarding our doping control program it is my understanding that you already have that information through Dr. Herrick and Buddy Duval. If this statement is incorrect, please let me know.

With respect to your statement on my verbal commitment to the IPF delegates, let me remind you that you agreed to provide a platform for me to speak. I told you and made arrangements for myself and Robert Keller to come to your Men's Nationals. You failed to let me know that you provided a platform for me at that time. Sending a mailing list hardly constitutes you providing a platform for me to speak.

Paragraph 3 of your 9/8/97 letter states that I made legal threats against the IPF and its President via attorney Phulker. Let me again set you straight. At no time have I made legal threats against the IPF or its president. However, you may be bordering on committing libel by making such threatening statements and should stick only to the facts that you can prove.

The disciplinary charges brought against me by Dan Wagman are a complete farce. It appears from my point of view that he has made a feeble attempt to give the ADFPA something to tell the IPF that we're not working together. That may be true as the USPF has had no support from Dan. I can't believe that you would lower yourself to his level by acknowledging such ridiculous claims. I'm assuming they teach

math in Indiana the same way as in West Virginia. You were in Chicago and again I assume you are able to count to 5 acknowledging the 5 Executive members that were present thus giving us a quorum and therefore making his claims null and void.

Your letters as reviewed by myself and other executive committee members appear to be virtually all the same. You begin them with how you want to unify and how important it is and then you end your letters with all the reasons we can't. I try to keep my letters short and I realize this one does not meet and I criteria but I am not convinced of your sincerity. However I will ask you again to make every effort to cooperate toward unification. Since you have refused to provide me a platform I will include with this letter a less complicated start toward unification. I believe that if you are committed we can meet in October and have this matter resolved. My proposal to you is the following:

STEP 1 - You and I resign from our positions. Both executive committees appoint five members to form a new executive committee excluding the presidents. These ten members appoint either Jan Shendow or Andrea Sotwell as secretary/treasurer. It seems the easiest process would be for Andrea to be appointed secretary/treasurer and appoint Jan as President. This would form a 12 person executive board.

STEP 2 - The 12 executive members would select 25 State chairpersons from each organization. It is a State has 2 people that have provided good service they should be appointed co-chairman until an election could be held. This election would be monitored by the executive committee.

STEP 3 - Since National championships have been awarded in both organizations, a plea to get the directors to run them together would be made. I secured the bids for the High School Nationals and the Women's Nationals for 1998 and would be willing to give up one or the other or work with your director in running both. In the event that a meet director would not be willing to cooperate, an IPF qualifier would be held consisting of the top five places from each federation championships. The winner from this qualifier would represent the US in the IPF World meet.

STEP 4 - At a date sometime in 1998 or 1999 an election would be held for all executive positions. I would recommend it to be held in the following fashion: President - 4 years, Vice President - 2 years, Secretary/Treasurer - 3 years, 8 Executive Committee Positions - 2

years. The executive committee positions should be elected and double as regional chairpersons. This would serve two purposes. If a Region Chair is working hard for the organization he/she should be reimbursed financially (A method by which this could be formulated by the Executive Committee). In addition it would give all parts of the US a voice and equal representation. Also included in this meeting would be the awarding of bids for future National Championships.

STEP 5 - Your commitment to resign and to make sure that 6 executive committee members meet in October to work out the remainder of the details. You and I could remain ex-officio members. I am willing to resign immediately to make this happen - How sincere are you? David Jeffrey, USPF President.

**In response to Dr. Dan Wagman's letter to Jan Shendow dated August 11, 1997:**

"Let me begin by reminding the members that our organization, without the work of our current president, David Jeffrey, was on the verge of extinction. The ADFPA, USA Powerlifting, was in an attempt of a hostile takeover of the USPF. As a member of the executive committee, Dr. Wagman should be thankful that Mr. Jeffrey accepted the nomination to the office of president to lead us in our most vulnerable time.

These allegations Dr. Wagman has brought forth against Mr. Jeffrey hold no validity. Lynda Shendow addressed each point in her September 20th letter to Buddy Duke and I personally agree with her that there is no cause of action against David Jeffrey.

Over the past several years our organization, USPF, has been through a tremendous amount of turmoil and change. We are just now beginning to turn things around and become a larger organization which will better serve our most important factor, the powerlifter. However, I and many others throughout the USPF, are discouraged to see "one of our own" trying to turn our good fortune into another brick wall, thus attempting to stop the success of the USPF.

Dr. Wagman, as a member of the executive committee should be attempting to do everything possible to help the USPF during this time, not working against it. One can only perceive from his actions that Dr. Wagman's hidden agenda is to further the efforts of the ADFPA, USA Powerlifting, in their attempts to dissolve the USPF. This is completely unacceptable!

I have been an active member of the USPF since 1992 and hope to have many more years of involvement with this Powerlifting organization. As a team effort we can turn our adversity into triumph, but in order to do this we must rid ourselves of any persons who may work against us.

I am calling for Dr. Wagman to resign his position of executive committee member effective immediately, and for this position to be filled by someone who will take an active step in helping the USPF to move forward." Ed Horton

It's a sad situation when people like Dan Wagman, who was elected on the executive committee of the USPF, have to stoop to a pathetic letter in the *PL USA* to help ADFPA in their errant quest to oust the best Powerlifting organization in the USA. To add further insult he makes a pathetic attempt to misinform the lifters of the facts about someone who has given over 20 years of service to the USPF and the IPF. Shame on you Dan.

To inform correctly the lifters of the USPF, we are one of the founding organizations of the IPF. This shows that USPF has always and will continue to abide by the constitution and rules the IPF has set. It has only been recently that the ADFPA in their fight to obtain the IPF recognition that they started to follow rules.

In conclusion I would like to let it be known my platform in regards to the unification. I will vote for only one way of unification. The ADFPA will cease and desist of doing business and apply for membership into the USPF. This I feel is what the majority of our constituents, the NGB wants.

Respectfully submitted, David Kyle, USPF Executive Member and Technical Chairman. cc: David Jeffrey via fax, Jan Shendow via fax.

I was present at the Master Nationals in Philadelphia and served as head referee in charge. I attended the meeting that Dan accused the president of not running properly. It was my observation that the president gave everyone that attended the meeting a chance to speak and become informed of the current USPF position. In my opinion Dan's behavior and his allegiance to the USPF was less than honorable. Dan claims to be a National Referee but refused the lifters his services by refusing to officiate at both the Masters and Seniors. Not only did he object to the way he objected to the meeting period, Mr. Jeffrey showed a letter, written and signed by Dan Wagman stating that he felt the lifters would not be able to understand the issues because they were too complex. What was he saying? That we are a bunch of dumb powerlifters too stupid to make a decision on whether we wanted to be forced to join the ADFPA. I can recall looking around the meeting room consisting of the tremendous amount of elite master lifters who have been loyal to the USPF and lifting itself and I saw no one there not capable of understanding the "complex issues".

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member countries can shaft a Drug Testing Lab by not paying a bill of \$1,800.00. That's right, your WDPFF member country Poland had a bill of \$1,800.00 that was recently written off as uncollectable. I was told that you were informed of the matter and that you declined to assist. I'm sure that an honorable man like yourself brought Poland up on Disciplinary charges. Didn't you?

I was also curious as to how such a great organization such as yours can be part of such a poorly run meet as the Masters/Junior/Team Worlds recently held in Taber, Canada. After speaking with lifters and officials from the AAU and USA PL, I was told at best, they meet on Saturday went from 9:00am until 11:00pm. Spring collars were used on at least one occasion because the meet director had the large 25 kg bumper plates. I was told that there was a nice workout following the meet by those gracious individuals hosting the meet, but I don't remember reading about cookouts in your By-Laws.

Many of our top lifters were fed up with the WDPFF, their actions, their politics and their lack of foresight. We are not so arrogant as to place ourselves on a pedestal where no one can reach. If the IPF has problems, we will work in a democratic manner to recommend positive changes if we replace the USPF as the IPF member Nation".

Dr. Larry Miller.

WDPFF Target Testing is so poorly written that it offers little direction. Our guidelines cover sections on Authority, Definitions, Ban of the use of Prohibited Substances, Athletes subject to testing, Selection of athletes for testing, Notice of athletes selected to be tested, Administration of random testing, Sanctions for failure to appear for testing, Sanctions for use of a prohibited substance, Appeals, and Amendments. Maybe I should send a copy to Mr. Cominos.

In regards to our drug testing program, we tested all but 1 or 2 of our 1996 Men's and Women's National Championships. These tests were true out-of-meet no notice test. At this past Nationals in Chicago, Dennis Brady tested the first 3 place finishers in each weight class. If Mr. Cominos wishes, I would be happy to have our Drug Testing Lab send Documentation to Powerlifting USA regarding exactly how many tests we are running and who we have tested. Maybe he could have the labs of the WDPFF send similar documentation as well as documentation of their Out-of-Competition testing.

Mr. Cominos also states that "These genuinely drug free organizations around the world with whom it has been my privilege to associate, all look the necessary drug control measures speedily and energetically in order to turn drug free goals into reality." Maybe Mr. Cominos can explain how such a wonderful organization with honorable

waiting to join in and therefore elected to throw us out. It is my understanding that the WDPFF will or already has changed it's By-Laws to avoid this issue ever occurring again as stated in one of his letters to us. The problem is that the By-Law change will go into effect after our departure.

Mr. Cominos stated that "the former ADFFA had a drug control which failed to inspire any confidence in the remainder of the WDPFF". He also comments on how few Out-of-Meet tests we ran. First of all, I would say that according to the By-Laws of the WDPFF, there is little criteria regarding Out-of-Meet testing. Their By-Laws state "Target Testing: The WDPFF through its Officials reserve the right to select a candidate for drug testing from any Member Nation. Any member who suspects that a lifter from another country is abusing drugs may notify the President who will notify the Executive Committee. The General Secretary will notify the national body concerned who may be required to organize a drug test on the suspect, if it is felt by the Executive Committee that the complaint is reasonable."

This so called policy fails with short notice. Our program is modeled after the USOC Track and Field's and addresses issues that Mr. Cominos could never imagine. How can Mr. Cominos complain about our program when the

**A Response to WDPFF President Andrew Cominos** "Mr. Cominos recently published an article in Powerlifting USA in which he attacked myself, USA Powerlifting (the former ADFFA) and the IPF.

Most of Mr. Cominos' comments are indicative of his arrogance and ignorance on the subject on which he wrote. Let me start by stating that as a past member nation of the WDPFF, we were subject to paying a fee of \$0.50/ADFFA member. For us to drop out of the WDPFF was a big hit in the wallet of the WDPFF. I can't blame Mr. Cominos for being upset over losing almost \$3,000.00 in income, but I can blame him for being so arrogant and closed minded as to not attend the meeting in Salzburg. His reasons for not attending were nothing more than childish. Had he gone to Salzburg, he could have made observations, asked questions and then made comments based on first hand information.

It did not take the WDPFF long to welcome the AAU aboard. The almighty dollar shows it's ugly head again. The WDPFF By-Laws are modeled after our own and whether or not our dues were paid up, the Executive Committee of the ADFFA felt that we were operating within the by-laws of the WDPFF. We thought the worse case scenario would bring us before a Disciplinary Committee whereby we could argue our case. Unfortunately, the dictatorial Mr. Cominos had the AAU on the side

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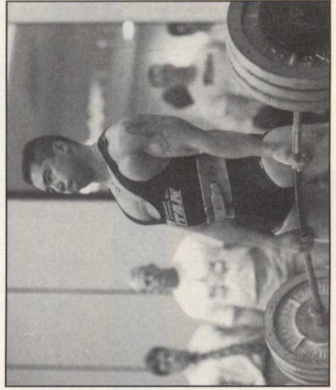
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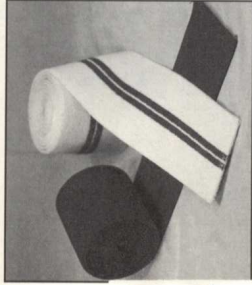
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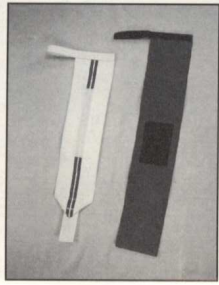
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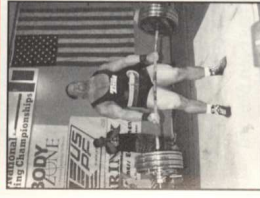
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**All Suits Shipped 2nd Day Air!** Order Today And We'll Ship Your Gold Medal™ SuperSuit® By Second Day Air At No Extra Cost, So You'll Be Squatting Even More Weight Just A Few Short Days From Now!

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

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

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

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

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

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

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

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

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

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

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

Let us show you why. . . .

### The First Fabric With "Memory"

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

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

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**Marathon®**

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

And what makes it so special is that it has memory. It will return to its original tight fit rep after rep, workout after workout, to give you the high performance squatting ability that you need for powerlifting. Other lifting suit fabrics *don't*. In fact, once they stretch, you lose any tightness you had.

Furthermore, our power-knit™ fabric is put together with the most advanced sewing techniques and equipment and the strongest possible seams. There's simply nothing else like it!

### An Unheard-Of TRIPLE GUARANTEE

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

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

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

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

### Order Yours Today!

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

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

**1-800-321-5064**

Clip Order Form and Mail Today!  
Marathon Distributing Company  
1229 Via Landeta  
Palos Verdes Estates, CA 90274  
1-310-519-7111



All Marathon Suits & Wraps are IPF Approved for all competition



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

Please rush me the following:

GOLD MEDAL™ SUPER SUIT™

Color: Indicate 1st, 2nd and 3rd choice by numbering the boxes.

On all orders please include height, weight, chest, waist, and thigh measurements so we can fit you properly if you're certain of your size (indicate in appropriate column of order form) sizes available are from 24-52 in even sizes.

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

Male  Female Height \_\_\_\_\_ Weight \_\_\_\_\_ Chest \_\_\_\_\_ Waist \_\_\_\_\_ Thigh \_\_\_\_\_

Black  Navy Blue  Royal Blue  Scarlet Red

Shipping \$5.00

TOTAL

Add California Sales Tax if Applicable

Checks, Money Order, C.O.D.

All Prices Subject to Change Without Notice

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Discover Card  VISA Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

VISA  MasterCard

Check here if new address

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 8% for air freight. Insurance is available for an additional charge. California residents add 7.14% sales tax, L.A. County residents 8.14% sales tax. Add \$5.00 Shipping, C.O.D. Accepted.









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

The USA Powerlifting (formerly ADFFA) Corner brings you up-to-date news, important information and articles of interest every month. Our 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 ADFFA) and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Siferian, PO Box 4065, Bayside, NY 11360.

### We Want You ... To Be A Meet Director

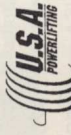
Calling all you ambitious powerlifters. Those who are passionate about our sport and want the thrill of running his or her own meet. Here's your chance to experience it all - and give something back to your federation.

If you're already a competitive lifter, you know how the quality of a meet can either make or break your day. But what many people forget, is that a great meet can only happen when a truly dedicated meet director runs it.

Never run a meet before? Don't sweat it. We have a meet director's package that will help you with every step of the way - from the drug testing procedure to the membership application to how to set up your platform. A well-run meet can even be financially profitable. That's totally up to you and how much creativity you have. Just think of all the potential sponsors in your hometown!

If a full meet is a little intimidating at first, then why not get your feet wet with a single lift meet such as a bench press or deadlift meet.

The more meets our federation puts on - and we mean quality meets - the stronger our sports grows.



224 W. Vandenberg St., Columbia City, IN 46725 • (219) 246-4889

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

U.S.A. REGISTERED CLUB REPRESENTED: \_\_\_\_\_ U.S. CITIZEN: YES / NO

IN REGISTRATION FEES EFFECTIVE... 1/1/97

REGISTRATION INCLUDES: INQUIRY PATCH, NAMEBOOK, SUBSCRIPTION TO MEMBER, MEMBERSHIP CARD & OTHER PRIVILEGES CURRENTLY AVAILABLE THROUGH MEMBERSHIP IN USA POWERLIFTING.

ALL USA PL MEMBERSHIPS EXPIRE 12/31

PRIOR REG. # \_\_\_\_\_

PHONE: \_\_\_\_\_

Additional Tax-Debit/Check/Online Donation

Account No. \_\_\_\_\_  Discover  Card  Master Card  Visa

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## USA PL National Meet Qualifying Totals

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

Women's 97 104 111 116 122 129 139 154 176 198 198+

Nationals-open & life 496 535 562 617 639 694 739 766 777 876 876

Collegiate's 365 385 410 420 435 455 485 520 575 640 640

Junior 360 380 405 420 435 455 485 525 585 655 655

Masters 39-44 347 369 391 402 419 441 468 507 562 628 628

Teen 14-15 335 355 380 390 405 425 455 490 545 610 610

High School \_\_\_\_\_

A total in a Sanctioned Meet \_\_\_\_\_

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past year undergone the monumental tasks of changing its name, its doping control policies, its By-laws and its international affiliation - all to honor the original goals established between our two federations in 1996. This has become a matter of great importance, for the 5,000+ member organization, formerly known as the ADFFA could move so swiftly and decisively to enact the goals of unification. The above-mentioned matters bear onerous import to the unification of Powerlifting.

I look forward to your timely response to these pressing issues. Sincerely, Michael W. Overdear, USAPL President.

**USA Powerlifting's National Meeting** - The Masters Committee of USA Powerlifting would like to announce that it's National Masters Committee Meeting will be held Friday Nov 7th, 5:00pm at the Ramada Hotel and Conference Center in Lincoln, NE. Please send all agenda items to Dennis Green, PO Box 147, New Market, MN 55054 before Nov 1st. The 1997 Master Lifter of the year will also be presented at this meeting. Dennis Green

**USAPL Powerlifting (formerly ADFFA) GYM DIRECTORY**

**Kennedy's Gym**, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 15043, (610) 286-7698, Owner: Pat Kennedy

**Muscles and Fitness**, 2509 E. Wash-

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

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

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

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

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

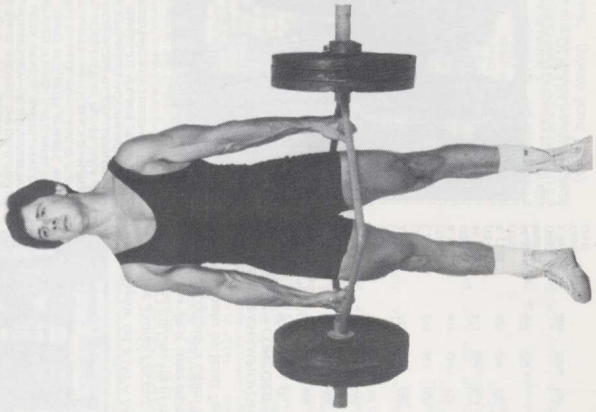
any binding agreement with the USPF when the legitimacy of the Prohibition, as well as other Executive positions are in question.

The concerns/issues mentioned in this letter, while serious, are simply in need of action and/or resolution. While I have appreciated the contact and efforts of Mr. Sam Pardue and Mr. Sean Scully, their hands are tied along with ours until you move on these issues.

My attention has been directed to surfacing claims made to IPF Officials that I, as President of USAPL, have not kept up my end in communications with you. I would be pleased to forward copies to anyone of the eleven letters addressing you, as well as the two unification proposals, the requested USAPL Women's and Teeny Jr. meet results, the requested USAPL lifter names & addresses for USPF World Team nominations, and the numerous statistical & organizational reports I have forwarded to you, for your perusal, however, that our records show that other than Rich Peters's list of the APU structure, you have sent solely a scant 4-5 hand-written notes to this office since March 1, 1997. I believe it would edify your position historically to have these typed communications converted to type, then presented together to confirm content.

USA Powerlifting has within the

## Grow Bigger, Stronger, Faster with a Genuine Gerard Trap Bar!



**Bigger!**  
A genuine Gerard Trap Bar™ is diamond shaped. You stand inside of it. Its design shifts weight and center of gravity aft, closer to your center line. This relocation improves balance and reduces the effort required to lift. Suddenly you're managing greater poundage with less effort. That translates into higher intensity workouts accomplished in shorter time, in less space and a greater margin of safety.

### Faster!

The genuine Gerard Trap Bar works its magic on deadlifts, deadlifts on blocks, stiff-legged deadlifts, upright rows, bent over shrugs, and overhead presses. When snagging, a Trap Bar eliminates contact between the upper thighs and the lower front torso. Wider range of motion pays dividends in greater muscular development. Because you can stand more upright during deadlifts, the Trap Bar minimizes strain on knees, lower back muscles and the spine.

### Stronger!

Since you're no longer fighting an imbalanced, straight bar (that hasn't evolved a whit since the days of Hercules and Samson), you're immediately capable of lifting heavier weight. Because you reduce the risk of injury, time otherwise lost to recuperation is spent growing bigger and stronger. It's common sense. The sooner you commit to working out with a genuine Gerard Trap Bar, the sooner you'll see big results.

### Where Can You Get One?

Genuine Gerard Trap Bars™ are US made, and are available to fit both Olympic and Exercise style bars. Cost for either model is just \$165 delivered (lower 48 states). Credit card and money orders ship the same day. Call toll free (888) 339-1877 for more information.

Middle Coast Publishing, Inc., PO Box 2522, Iowa City, IA 52244  
On the web at: <http://www.avation.net/~middlecoast>

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









Stray Hall Gym, Keansburg, NJ (l-r) Dennis O'Keefe, Mike Cusaneli, Craig Lacy, Joe Lackman, Jay Fomino, & Frank Medwar won 15 trophies at the Ironman contest in Indiana, PA (photo J. Spellan)

**IRONMAN CONTEST**  
22 Jun 97 - INDIANA, PA

132	OPEN JUNIOR	320	350	670
133	OPEN JUNIOR	225	485	710
134	OPEN JUNIOR	245	400	645
135	OPEN JUNIOR	265	500	765
136	OPEN JUNIOR	265	500	765
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200	OPEN JUNIOR	265	500	765

198	GUERRA	465	305	420	1270
199	BRIAN	465	305	420	1270
200	RICHARDSON	375	300	425	1100
201	WEBSTER	550	340	690	1580
202	JAMES	550	340	690	1580
203	BROWN	465	270	530	1265
204	SUBMASTERS	(13-39)			
205	W. AMPHREY	435	265	365	1065
206	FLANGHORST	475	305	480	1260
207	PAUL LEWIS	345	225	395	965
208	BRYAN SCARLETT	640	375	630	1645
209	ELLIOTT TURNER	485	305	485	1275
210	TINY MEERER	335	250	500	1185
211	DJENKINS	735	415	630	1880
212	ALFREDO LOPEZ	625	480	595	1700
213	JAMES SKEENS	710	380	570	1660
214	W. HARRISON	740	385	625	1750
215	W. HARRISON	740	385	625	1750
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**Texas State USA PL CHAMPIONSHIP**  
17 May 97 - Brooks AFB, TX

OPEN WOMEN	SC	BP	DL	TOT
JOHN MILLER	210	75	250	535
TONI KEMPER	345	160	350	855
LYNNE SMITH	220	125	320	665
D. COVINGTON	325	160	380	865
KIM BUCKWITH	315	170	350	835
S. PERRON	20			

















AAUPC LAW & FIRE NATIONALS  
9 AUG 97 - HOPATCONG, NJ

Table with columns for event name, location, and time. Includes events like ASSISTED BP, Bob Cuts, RAW BENCH, etc.



Bill Schmidt, 17 years old, 275 lb class at the AAUPC 1st Annual Law & Fire National Championships (photograph by Jumpin' Jersey Joe)

easy lifts of 40-500-505. The heaviest bench was 300 lbs and the deadlift with 350 in the 115.20 Class. I was with a 300 bench and 900 and 115.20 Class. I was with a 300 bench and 900 and 115.20 Class. I was with a 300 bench and 900 and 115.20 Class.

AAU MEMBERSHIP APPLICATION FORM  
THIS IS NOT A VALID CARD

AAU MEMBERSHIP APPLICATION FORM. Includes fields for name, address, date of birth, sex, membership category, and signature.

Table with columns for name, 245, 200\*, 315, 760\*. Lists names like N. Norby, 139 Cillingham, A. Doby, etc.

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RETURN WITH THESE TO:  
AMATEUR ATHLETIC UNION  
The Walt Disney Resort  
P.O. Box 10,000  
Lake Buena Vista, FL 32830-1000

Form for returning application with photos and insurance information. Includes fields for photo size, insurance type, and signature.

MEET DIRECTORS... a listing here is a FREE service to publicize your contest to thousands of potential entrants.

1 NOV, USAPL, USAPL Delaware State, 415-246-5660. 1 NOV, USAPL, USAPL Delaware State, 415-246-5660. 1 NOV, USAPL, USAPL Delaware State, 415-246-5660.

1 NOV, USAPL, USAPL Delaware State, 415-246-5660. 1 NOV, USAPL, USAPL Delaware State, 415-246-5660. 1 NOV, USAPL, USAPL Delaware State, 415-246-5660.

Coming Events

11-16 NOV 97 IPF Men's Worlds (Prague, Czech Republic). 14, 15 NOV, AAU Thanksgiving Record Breakers (teen only) Sperry Thantokids, HMA, 28 Military Dr., Chatham, VA 24531, 804-432-2481.

COMING ADFPA EVENTS AT PRO FITNESS - Police & Firefighter National Powerlifting Championship. November 15 and 16, 1997 at the Four Points Sheraton, 15 Howard Boulevard, Mount Arlington, NJ (201) 770-2000. Includes ADFPA logo and contact information.

# NASA- Natural Athlete Strength Assoc.

*Sponsoring Drug Free*  
**Powerlifting**  
(equipment allowed)  
**Full Meet (Squat, Bench Press & DL)**  
**Single Lift Bench Press**

**20 DEC**, Ardmore Invitational (Bosco's Gym, Ardmore, OK) Cheryl Auld, 11120 Stratford Dr. Unit 229, OKC, OK 73120, 405-749-7134 or 800-484-9119 (PIN 3782)

**20 DEC**, AFA Christmas BP/DI Classic (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

**18 JAN**, Tri-State Winter Classic VI BP &/or DL (13-16, 17-19, novice, open, women, master, 234 no formula), Kerry diDomencico, 234 Alfred Dr., Winterville, OH 43953, 614-264-4805

**18 JAN**, APF Cowtown Deadlift Challenge (open, novice, master, women) Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-738-4900

**23 JAN**, USAPL Women's Nationals, Lehigh Valley, PA

**23 JAN**, USAPL Women's Nationals, Lehigh Valley, PA

**24 JAN**, NASA, Kansas City Open (IL, IA, MO) NASA, Box 734, Noble, OK 73068

**24 JAN**, NASA, Illinois State (Elmhurst, IL) NASA, BOX 735, Noble, OK 73068

**24 JAN**, IPA Ohio State BP Open (women, masters (age groups), teen, nov) Drew Lindley, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272

**24 JAN**, NASA Big 3 (OH, KY, IN - men, women, PL/BP - Springfield, OH) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368 or Chris Lewis M.F. 7am-9pm 937-327-9420, Sat/Sun 937-568-9116

**31 JAN**, NASA Michigan Open (Bottle Creek, MI) NASA, Box 734, Noble, OK 73068

**31 JAN**, NASA Arkansas Open (Jacksonville, AR) NASA, Box 734, Noble, OK 73068

**17 JAN**, AAU Kansas State Open, Chris McQuay, 1811 Heritage Rd., Pittsburgh, PA 15228, 412-235-0962

**7 FEB**, USAPL Badger Open, Bruce Sullivan, 15454 1/2 Mile Rd., Racine, WI 53402, 414-639-3210

**7 FEB**, NASA Greater Houston Open (Houston, TX) NASA, Box 734, Noble, OK 73068

**7 FEB**, APF Granite State Open (men, women, Jr., submaster, master, deadline 12/4/98) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**7 FEB**, NASA Tennessee State (Oakridge, TN) NASA, BOX 735, Noble, OK 73068, 405-872-9684

**7 FEB**, NASA Minnesota State (Open, Davenport, IA) NASA, Box 1031, William, MN 56201

**7 FEB**, APA Yellowhammer BP & DL (Annisson, IA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

**8 FEB** (new date), USAPL Battle of the Great Lakes (Cleveland, OH) BP &/or DL, FRISO, JRGR, JR, Inc., 8444 Pl. Avards, CO 80005, 303-439-5316

**8 FEB**, USAP Top Gun BP, Joe

**8 FEB**, USAP Top Gun BP, Joe

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# Iron Island Meets:

**Special Squat & Bench Press Bar, & the Monolith NEW SCHEDULE - NOW IS THE TIME TO PREPARE!**

**Feb. 14, 1998 - APF Tri-State (NY, CT, NJ) PL & Open**

**Apr. 18, 1998 - APF Iron Island Bench Blast**

**Jun. 13, 1998 - APF Iron Island Deadlift Classic**

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

**22-23 NOV**, NASA Arizona Regional PL, BP, PS, National Qualifier (Scottsdale, AZ) NASA, BOX 735, Noble, OK 73068, 405-872-9684

**22-23 NOV**, USAPL Mass State Open PL/BP (men, submaster, master, open, teen, master) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714, 8-10 pm

**22-23 NOV**, APF Pine Tree State PL, Russ Barlow, RR#2, Box 126, Turner, ME, 04282, 207-225-5070

**15-16 NOV**, ADFFA Police & Fire Nationals, Joe Morreale, 350 Rue 46, Rockaway, NJ 07866, 201-627-9156

**16 NOV**, (new date) APF Atlantic Coast Bench Press Championships, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-257-0527

**16 NOV**, ADFFA Ohio State Open BP (women, masters (age groups), teen, open, RAW open by formula) Ed King, 24775 Aurora Rd., Bedford Hills, NY 44146, 216-439-5464

**16 NOV**, AAU Maryland State BP (MD residents & open) & IronMAN (BP/DL - open men & women, master) Baltimore, MD 21284, 410-265-8264 6:30-8PM EST

**21-23 NOV**, IPA Nationals, Chaillet's Gym, 3688 Old Silver Hill Rd., Suidland, MD 20746, 301-423-8888

**22 NOV**, USAPL SE Alaska Championships, Ira Rosen, 4414 Mint Way Juneau, AK 99801, 907-789-1491

**22 NOV**, Baddest Bench in Texas (non-sanctioned open, women, teen, master) Ken Linn, 330 S. 14th #45, Abilene, TX 79605, 915-691-0273

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**22 NOV**, APF Pine Tree State BP Russ Barlow, RR#2, Box 126, Turner, ME 04282, Shane McKenna 207-442-0180

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**22 NOV**, 6th Eastern Ohio BP and/or DL (open, novice, 13-16, 17-19, submaster, master, grandmaster, women, no formulas) Kerry diDomencico, 234 Alfred Dr., Winterville, OH 43952, 614-264-4805

**23 NOV**, 3rd Push-Pull Meet, Robert Fisher, Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000 ext 898

**23 NOV**, Big Daddy's Open, Santa Rosa, CA, John Ford, 707-543-5970

**23-30 NOV**, NASA Virginia Regional PL, BP, PS, National Qualifier (Charlottesville, VA) NASA, BOX 735, Noble, OK 73068, 405-872-9684

**23 NOV**, WABDL World Bench Press & Deadlift Championships (Holiday Inn Airport, Portland, OR - open, teen, Jr., submaster, master, law enforcement, men, disabled) Gus Reithuisch, Box 5292, Bend, OR 97708, 541-389-0600

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# BATH, MAINE

**APF PINE TREE STATE**

**OPEN & BENCH PRESS**

**November 22nd & 23rd**

**Meet Directors**

**Russ Barlow Shane McKenna**

**207-225-5070 207-442-0180**

**22-23 NOV**, NASA Arizona Regional PL, BP, PS, National Qualifier (Scottsdale, AZ) NASA, BOX 735, Noble, OK 73068, 405-872-9684

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# United Strength Alliance - U.S.A. - UPCOMING MEETS!

**NOVEMBER 22 & 23, 1997 - U.S.A. U.S.A.**

**National Meet Director: Tamara Rainwater-Grimwood (717) 354-7299 Harrisburg, PA.**

**DECEMBER 13, 1997 - U.S.A. 1st Annual U.S.A. Jingle Bench Classic/BP, Meet Directors: Ross Althouse/Ashley Boyce (717) 354-7299 New Holland, PA**

**MONOLIFT-SUTHERLAND SQUAT BAR-ELITE DEADLIFT BAR**

**22973, 804-985-3932**

**13 DEC**, LOVIC High School Invitational BP/DL Challenge, Dr. Durrell Lath, 126 W. Sale, Tusculo, IL 61953, 217-253-3429

**13 DEC**, (new date) WPC World Bench Press Championships (sanction 5533, Chicago, IL) Terry Danglerfield, 224 N 4th St., St. Charles, IL 60174, 630-377-7527

**14 DEC**, (new date) EPC/WPC International Austrian Prk (full meet - Graz, Austria) Carl Smith, Schonaugasse 22/7, A-8010 Graz, Austria, tel/FAX +43-316-817683

**13 DEC**, NASA Georgia Regionals (Carrollton, GA) NASA, BOX 735, Noble, OK 73068

**13 DEC**, 2nd USPPF Palmetto Classic PL/BP (mens junior, class 2 & below, submaster, master, open, womens open) Dan Lark, 601 Hayward Ave., Honea Path, SC 29654, 864-369-9304

**13 DEC**, APF National Qualifier (Lake Region High School - Naples, Maine) Beau Boyce, Box 972, Raymond, ME 04871, 207-655-7612 or Matt 207-773-7134

30 MAY, NACA Colorado State (Denver, CO), NACA BOX 735, Noble, OK 73068, 405-872-9684.  
 31 MAY, AAU High School/Teen-age BP & BP/DL, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264.  
 MAY, AAU Teen/Jr. Nationals (Boston, MA) Larry Larsen 617-479-7761.  
 5-7 JUN, AAUPC Florida State/Cit-rus State Open PL/BP/DL (open/ra-w, male/female, open, teen, jr., sub-master, master) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200.  
 5-7 JUN, NACA Masters/Sub-masters Nationals (Cincinnati, OH), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 6 JUN, MDSA Scout to the Loo-t North American Games (Esko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 6 JUN, APF/AAPF "Buddist" Bench in Texas" (no gear division) Rock Solid Production, 3004 Guadalupe #6, Aus-tin, TX 78705, 512-708-9800.  
 6 JUN, AAPA, Southern States BP & DL (Amston, AL) APA, Box 27204, Elkhorn, NE 68927, 941-697-7962.  
 7 JUN, USAPL New England States Open PL/BP (men, submaster, mas-ter, teen, jr., special olympian, women's, teen, master) Greg Keates, Box 483, Whitman, MA 02382, 617-447-6714, 810-810-0000.  
 13 JUN, NACA, Indiana Grand Na-tionals (Tentative) - Bloomington, IN) NACA, Box 734, Noble, OK 73068.  
 13 JUN, NACA, Arkansas Regionals (Jacksonville, AK), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 13 JUN, APF Iron Island Deadlift Classic/Ironland Gym, 31665 Lawson Blvd., Oceanside, NY 11755, 516-594-9014.  
 14 JUN (tentative) 4th Annual Free-dom Hill Tony Mengio Memorial Outdoor BP/DL Classic (separate contest & IronMan/Woman total - open, women, teen, master, sub-master) Dan DeFellece, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6pm.  
 20-21 JUN, NACA Arizona State (Scottsdale, AZ), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 20 JUN, AAU 15th No Boys Allowed PL (Bigler, PA) Al Siegel, 814-765-3214.  
 20 JUN, MDSA Willmarfest Tourna-ment of Champions (Willmar, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 20 JUN, APA Iron Warrior PL/BP/ DL (open, SC) APA, Box 27204, Elkhorn, NE 68927, 941-697-7962.  
 27 JUN, International Bavaria Cup Deadlift (women, men, jr., mas-ter) Karl Greiner, Flurst. 25, 840352 Landshut, Germany 0871-717575.  
 27 JUN, MDSA Mega-Meet (Roseville, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 27 JUN, 3rd Northern Michigan Baddist BP/Deadlift DL on the Beach, Kane Kelly, 1190 Lake St., Tawas City, MI 48763, 517-362-0464.

3 MAY, NACA Missouri State (Lee's Summit), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 16 MAY, 16th annual Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.  
 16 MAY, MDSA S. Dakota State & Open (Milbank, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 16 MAY, APA Florida Cup Open BP & DL (Palm Bay, FL) APA, Box 27204, Elkhorn, NE 68927, 941-697-7962.  
 16-17 MAY, NACA Southeastern States Nationals (tentative) - Hunts-ville AL) NACA, Box 734, Noble, OK 73068.  
 16-17 MAY, NACA North Carolina State (Burlington, NC) NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 21-23 MAY, USFP National Mas-ters/Submasters (Austin, TX - PL & BP) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 830-372-3396.  
 23-24 MAY, NACA Teenage In-ternational Nationals (Cincinnati, OH), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 30 MAY, Hard Body Gym BP Open, Ryan Prince, 3692 Hwy 111, Pon-teon Beach, IL 62040, 618-931-8714.

3 MAY, AAUPC Drug Tested 14th New Jersey Open (open, raw, male/female, open, teen, jr., over 30, sub-master, master, law & fire, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824 before 9pm EST.  
 3 MAY, NACA Missouri State (Lee's Summit), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 16 MAY, 16th annual Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.  
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 30 MAY, Hard Body Gym BP Open, Ryan Prince, 3692 Hwy 111, Pon-teon Beach, IL 62040, 618-931-8714.

14 MAR, NACA New Mexico State (Rio Rancho, NM), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 21-22 MAR, USAPL National Col-legiate (Ft. Hood, TX) Johnny Getham, 1706 Shovelaker Dr., Killbuck, TX 76543, 254-287-3352 (6), 526-0779 (6).  
 21-22 MAR, AAUPC Drug Free/International Invitational PL/BP/ DL (open, raw - male/female - open, teen, jr., submaster, mas-ter) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200.  
 28 MAR, NACA Las Vegas Invita-tional (tentative - Las Vegas, NV) NACA, Box 734, Noble, OK 73068.  
 28 MAR, NACA Indiana State (Bloomington, IN), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 28 MAR, 3rd AAU Budweiser Open BP (men, women, submaster, jr., mas-ter) Bob Moore, 4 Indian Rd., Norton, MA 02766, 508-285-6759.  
 28 MAR, APF/AAPF Deadlift Cham-pionships of Texas, Rock Solid Pro-duction, 3004 Guadalupe #6, Aus-tin, TX 78705, 512-708-9800.  
 28-29 MAR, WPA World PL/BP/ DL (Florence, SC) APA, Box 941-697-7962.  
 19 APR, USAPL Open Ohio State (master, women, teen, men) Ed or Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.  
 19 APR, AAUPC Drug Tested 4th Northern New Jersey High School (open/ra-w, male/female, New Jersey and Out of State divisions) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824 before 9pm EST.  
 25-26 APR, AAU North Ameri-can BP Champs & West Coast Champs (youth, teen, high school, novice, open, submas-ter, masters (5 year groups), raw enforcement, spec. Olympians, physi-cally challenged, men/women) Moreno Valley, CA, 92552, 310-416-3566.  
 25 APR, NACA Texas State (Dallas, TX), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 26 APR, USAPL All American Bench Press, Joe Maccounas, 405 Main St., Taylor, PA 18317, 717-341-3373.  
 26 APR, APF No Gear State Cham-pionship (open, jr., submaster, master) Bill Holland, 1300 W. North-ern St., Saginaw, TX 76179, 817-738-4900.  
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 4.5 APR, ADFFA High School Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.  
 4.5 APR, NACA High School Na-tionals (Dallas, TX), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 4 APR, Dungen Powerworks Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Conestantine, MI 49042, 616-435-7386.  
 4 APR, AAU Men's & Women Senior Nationals (Arvada) Myers, 308-424-9773.  
 4 APR, MDSA King & Queen of the BP (Florence, SC) APA, Box 941-697-7962.  
 4 APR, Dungen Powerworks Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Conestantine, MI 49042, 616-435-7386.  
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14 MAR, Rock Read Memorial Push/Pull, Ed Ellis, Box 7461, Winston, Salem, NC 27109, 910-758-5629.  
 14 MAR, AAU Closed Iron Country (PA) Championships, Joe Oreglia, 4468 W. 26th St., Erie PA 16506, 814-833-3727.  
 14-15 MAR, USAPL Oregon State, Mike Ashley, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570.  
 14-15 MAR, NACA Iowa State (Des Moines, IA), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 14-15 MAR, USAPL Massachusetts State Open High School (boys/girls) H. Waldron, Warmor Weight Room, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680.  
 14-15 MAR, AAU National Col-legiates, Annapolis, MD, Wright, MA 01201, 413-499-1217.  
 14-15 MAR, Power Games (SO/ BP/DL - men, women, teen, master) Curt Eckroth, 3087 W. Beersville Rd., Bath, PA 18014, 610-837-1150.  
 15 MAR, AAU Great Lakes BP, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.  
 15 MAR, NACA Eastern States Nationals (tentative - Pittsburgh, PA) NACA, Box 734, Noble, OK 73068.  
 21 MAR, AAU East Coast BP/DL Championships (open/ra-w, male/female) Tony Carrel/jr. PAL PO Box 1081, Mays Landing, NJ 08030.  
 21 MAR, Miami County Champion-ship (high school men/women, open men/women) Greg Barnett, 11 S. Sten Island, NY 10312, 718-966-5999.  
 APR (early) AAU Men's & Women Senior Nationals (Arvada) Myers, 308-424-9773.  
 4 APR, MDSA King & Queen of the BP (Florence, SC) APA, Box 941-697-7962.  
 4 APR, Dungen Powerworks Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherstone Rd., Conestantine, MI 49042, 616-435-7386.  
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17-18-19, 20-23 - all wt. classes/ no formulas/IPF rules/ drug tested, Robert Keller, Reg. II Chairman, Box 829, Ambler, PA 19002, 215-542-4942, FAX 947-5729.  
 RHKBELLATLANTIC.NET  
 28 FEB/1 MAR, New York State Championships (Baddison Corring Ho-tel) John Comereski, Box 401, Bressport, NY 14816, 607-739-7322  
 7 MAR, NACA Georgia State (Carrollton, GA) NACA, Box 734, Noble, OK 73068  
 7 MAR, NACA Arkansas State (Jack-sonville, AR), NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 7 MAR, USFP Texas State (Austin, TX) NACA, BOX 735, Noble, OK 73068, 405-872-9684.  
 7 MAR, 5th Ed Jubilee Memorial Bench Press (all div/wt. classes) Berk-shire Nautilus, 205 West 121st, MA 01201, 413-499-1217.  
 7 MAR, Larry Frederick Jr. Memorial Bench Press, 608 N. Main St., Lansdale, PA 19446, 215-368-1601.  
 7 MAR, APA Tachew Open BP & DL (Raleigh, NC) APA, Box 27204, Elkhorn, NE 68927, 941-697-7962.  
 8 MAR (tentative) 8th Upper Ohio Valley BP & DL (open, novice, teen, submaster, master, women, no formulas) Henry DiDonato, 234 Alfred Dr., Wintersville, OH 43953, 614-964-4805.  
 14 MAR, 13th Mike Giardina's Big-geat Bench Press (teen, women, men, master, submaster) 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 after 9pm.  
 14 MAR, 34th USFP Teen/Jr. Nationals (Philadelphia) Official qualifier for IPF Jr. Worlds in

**45th annual Iron Man/Woman Gold's Gym - Fresno, CA**  
 50% Lifting/50% Physique plus  
**Mr. Iron Man/Iron Woman over 40**  
 6 Dec 97  
**Bob Packer**  
**6751 N. Blackstone #105**  
**Fresno, California 93710**  
**209-439-4394**

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**NASA - Natural Athlete Strength Assoc.**  
 P. O. Box 735, Noble, OK. 73068  
 Phone 1-405-872-9684  
 Rich Peters E-Mail REPMLP1@aol.com

**1997**

Oct. 18 Texas Regional Dallas, TX  
 Oct. 25 Wisconsin Regional Marshfield, WI  
 Nov. 1 & 2 North Carolina Regional Burlington, NC  
 Nov. 8 & 9 Kentucky Regional Henderson, KY  
 Nov. 22 & 23 Arizona Regional Scottsdale (Phoenix), AZ  
 Nov. 29 & 30 Virginia Regional Charlottesville, VA  
 Dec. 6 & 7 Novice Nationals Powerlifting, Bench Press & Power Sports Nationals, Dallas, TX No Qualifying.  
 Dec. 13 Oklahoma Regional Noble, OK  
 Dec. 20 Georgia Regional Carrollton, GA

Jan. 17 Kentucky State Henderson, KY  
 Jan. 24 Kansas City Open Lee's Summit, MO  
 Jan. 24 Illinois State Effingham, IL  
 Jan. 31 Michigan State Battle Creek, MI  
 Jan. 31 Arkansas Open Jacksonville, AR  
 Feb. 7 Tennessee State Oak Ridge (Knoxville), TN  
 Feb. 14 Bench Press Nationals Okla. City  
 Feb. 15 2nd Annual All Natural Nationals (Power Sports Nationals) Strict Curt, Squat, Bench & Deadlift  
 Enter oil or any single event (no equipment)  
 Feb. 21 Louisiana State Alexandria, LA  
 Feb. 27- March 1 Natural Nationals Powerlifting Championships and National Awards Banquet  
 March 7 Arkansas State Jacksonville, AR  
 March 7 Georgia State Carrollton, GA  
 March 14 & 15 Iowa State Des Moines, IA  
 March 28 Indiana State Bloomington, IN

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 March 28 Indiana State Bloomington, IN

Enter oil or any single event (no equipment)  
 Feb. 21 Louisiana State Alexandria, LA  
 Feb. 27- March 1 Natural Nationals Powerlifting Championships and National Awards Banquet  
 March 7 Arkansas State Jacksonville, AR  
 March 7 Georgia State Carrollton, GA  
 March 14 & 15 Iowa State Des Moines, IA  
 March 28 Indiana State Bloomington, IN

Enter oil or any single event (no equipment)  
 Feb. 21 Louisiana State Alexandria, LA  
 Feb. 27- March 1 Natural Nationals Powerlifting Championships and National Awards Banquet  
 March 7 Arkansas State Jacksonville, AR  
 March 7 Georgia State Carrollton, GA  
 March 14 & 15 Iowa State Des Moines, IA  
 March 28 Indiana State Bloomington, IN

Enter oil or any single event (no equipment)  
 Feb. 21 Louisiana

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(Henderson, KY), NASA, Box 735, Noble, OK 73068, 405-872-9684  
**NOV (late), AAU Masters/Submasters Nationals (Little Rock, AR)**  
**Larry Kye 501-982-7660**  
 14.15 NOV, NASA, Arizona Regionals (Scottsdale, AZ), NASA, Box 735, Noble, OK 73068, 405-872-9684  
**15 NOV, AAU MD State BP (closed/out of state) & Iron Man (BP/DL - raw & open, men, women, submaster, master, junior, teen) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264**  
**21-22 NOV, NASA, Virginia Regionals (Charlottesville, VA), NASA, Box 735, Noble, OK 73068, 405-872-9684**

**5 DEC, APA Masters BP Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**5 DEC, Eastern USA Bench Press (location: Iowa) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**5.6 DEC, Notice Nationals/West Coast BP Nationals (Las Vegas, NV) NASA Box 735, Noble, OK 73068**  
**6 DEC, AAU 7th Col County BP/DL (Bigler, PA) Al Siegel, 814-765-3214**  
**12 DEC, NASA Georgia Regional (Carrollton, GA) NASA, Box 734, Noble, OK 73068**  
**27.28 FEB, USAPL Women's Nationals, James Hart, Lincoln, NE**  
**FEB, USAPL Lifetime Nationals, Dennis & Sandi Brady, Chicago, IL**  
**27.28 MAR, USAPL Collegiate Nationals, Mike & Montie Harfite, Ft. Wayne, IN**  
**12.13 JUN, USAPL Teen/Jr. Nationals, James Hart, Lincoln, NE**  
**25-27 JUL, USAPL Men's Nationals, Mike & Steve Chassel, St. Louis, MO**  
**4.5 AUG, USAPL Deadlift Nationals, L. Miller, E. & F. King, Bedford Hts., OH**  
**SEP, USAPL Bench Press Nationals, Dennis & Sandi Brady, Chicago, IL**

**P.S.** when writing always include a Stamped, Self-Addressed Envelope for the meet director to return an entry to you. (necessary for USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.  
**P.P.S.** - Italicized entries are new meets or updates to previous entries on our list.

(teen) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264  
**19 SEP (tentative), NASA Colorado Regionals (Denver, CO), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**19 SEP, AAU Squat Nationals (California) John Ford 707-543-5970**  
**19 SEP, APA Old Dominion BP & Virginia Beach, VA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**26.27 SEP, AAU National BP Champs (youth, teen, high school, junior, novice, open, submaster, masters (5 year groups), raw, open, raw masters (5 year groups), military, law enforcement, spec. Olympics, physically challenged, meryl women) Martin Drake, PO Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4949**  
**26.27 SEP, NASA Ohio Regionals (Cincinnati, OH), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**27 SEP, AAUPC Drug Free 16th New Jersey State PL/BP/DL (open/PL Champs & SW BP (youth, teen, male/female, open, teen, jr., over 30, submaster, masters, law & fire, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824 before 9pm EST**  
**3.4 OCT, NASA Kansas Missouri Regionals (location: Iowa), NASA, Box 735, Noble, OK 73068, 405-872-9684**

**6.7 OCT, USAPL Bench Press Nationals, L. Miller, E. & F. King, Bedford Hts., OH**  
**10.11 OCT, NASA Iowa Regionals (Des Moines, IA), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**16-18 OCT, WDFPF World Championships (open, teen, jr., submaster (tentative), master/open/ raw) AAU c/o Walt Disney World, Box 10 000, Lake Buena Vista, FL 32830, 407-934-7200**  
**AUG (late) AAU RAW Nationals (Missouri or Kansas) 0824**  
**17 OCT, NASA Texas Regionals (Dallas, TX), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**24.25 OCT, NASA Wisconsin Regionals (Madison, WI), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**24.25 OCT, AAU 16th Central PA Open (Bigler, PA) Al Siegel, 814-765-3214**  
**31 OCT-1 NOV, NASA North Carolina Regionals (Burlington, NC), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**7 NOV, APA BP & DL Nationals (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**7.8 NOV, NASA Kentucky Regionals**

**15.16 AUG, NASA Louisiana Regional (Alexandria, LA) NASA, Box 734, Noble, OK 73068**  
**22 AUG, NASA Michigan Regional (Battle Creek, MI) NASA, Box 734, Noble, OK 73068**  
**29.30 AUG, AAU North American PL Champs & SW BP (youth, teen, high school, junior, novice, open, submaster, masters (5 year groups), raw open, raw masters (5 year groups), military, law enforcement, spec. Olympics, physically challenged, women) Martin Drake, PO Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4949**  
**29 AUG, NASA New Mexico Regionals (Rio Rancho, NM), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**AUG, AAU Jr. Olympics (Virginia Beach VA - open/raw, male/female 11 & under, 12-13, 14-15, 16-17, 18-19) Mike Mc-Jannet, Box 10 000, Lake Buena Vista FL 32830, 407-934-7200**  
**AUG (late) AAU RAW Nationals (Missouri or Kansas) 0824**  
**5 SEP, NASA Indiana Regionals (Bloomington, IN), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**5.6 SEP, APA Nationals (location: Iowa) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**5-12 SEP, AAU Deadlift Nationals (Pennsylvania) Al Siegel, 814-765-3214**  
**5-12 SEP, AAU Bench Press Nationals, (California) Martin Drake, 909-928-4797**  
**12.13 SEP, NASA Tennessee Regionals (Oakridge, TN), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**13 SEP, AAU Lawrence Garro Memorial BP & BP/DL (Raw & Open: men, women, submaster, master, jr.,**

**27.28 JUN, NASA Grand Nationals (Dallas, TX), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**JUN/98, Texas Police Games Powerlifting, Texas Police Athletic Federation, Box 0400, Abilene, TX 79604, 800-624-9752**  
**JUN, Potomac Valley Assn., AAU 2nd Annual BP/Contest, Lloyd Pierson, 2200 N. Powhatan St., Arlington, VA 22207, 703-541-9488**  
**4 JUL, AAU War at the Shore (On the Beach - Wildwood) BP/DL Champs, Chris Lambert, Ultimate Fitness Gym, 1100 Bayshore Rd., Villas, NJ, 08251**  
**4.5 JUL, ADFFA Men's Nationals, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075**  
**11 JUL, NASA Georgia Grand Nationals (Carrollton, GA) NASA, Box 734, Noble, OK 73068**  
**11 JUL (?) MDSA Bigges BP/DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201**  
**18 JUL, NASA Pennsylvania State (tentative - Pittsburgh, PA) NASA, Box 734, Noble, OK 73068**  
**18 JUL, USAPL Three Rivers Festival Bench Press Classic (open, men & women, novice, teen, master, spec. olympian) Dr. Mike Harfite, Box 12223, Ft. Wayne, IN 46807, 219-456-8485**  
**18-19 JUL, Lehigh Valley Invitational, Curt Eckroth, 3087 W. Boersville, Bath, PA 18014, 610-837-1150**  
**18.19 JUL 97, (corrected date) USAPL Teenage Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692**  
**18.19 JUL, ADFFA Conhusker State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672**  
**18.19 JUL, USPF Men's Senior National (official qualifier for IPF Men's Worlds in Cherkasy, Ukraine) (BP rules/ drug tested) Robert Keller, Reg. II Chairman, Box 829, Amber, PA 19002, 215-542-4941, FAX 947-5729, Email RPK@BELLATLANTIC.NET**  
**1 AUG, ADFFA Deadlift Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672**  
**1.2 AUG, NASA Junior Natural Nationals (Burlington, NC) NASA, Box 734, Noble, OK 73068**  
**8-9 AUG, NASA World Cup (Oklahoma City, OK), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**8 AUG, APA/CFA CanAm Intl. BP & DL (Hamden, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**14-16 AUG, AAUPC Law/Fire/Military Nationals PL/BP/DL (open/raw, male/female, open, teen, jr., submaster, master, retired) Mike Kilpatrick, Box 10 000, Lake Buena Vista, FL 32830, 407-934-7200**  
**15 AUG, AAU "No Drugs Allowed" Raw BP/DL Joe Ornduff, 4468 W. 26th St., Erie, PA 16506, 814-833-3727**

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**15.16 AUG, NASA Louisiana Regional (Alexandria, LA) NASA, Box 734, Noble, OK 73068**  
**22 AUG, NASA Michigan Regional (Battle Creek, MI) NASA, Box 734, Noble, OK 73068**  
**29.30 AUG, AAU North American PL Champs & SW BP (youth, teen, high school, junior, novice, open, submaster, masters (5 year groups), raw open, raw masters (5 year groups), military, law enforcement, spec. Olympics, physically challenged, women) Martin Drake, PO Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4949**  
**29 AUG, NASA New Mexico Regionals (Rio Rancho, NM), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**AUG, AAU Jr. Olympics (Virginia Beach VA - open/raw, male/female 11 & under, 12-13, 14-15, 16-17, 18-19) Mike Mc-Jannet, Box 10 000, Lake Buena Vista FL 32830, 407-934-7200**  
**AUG (late) AAU RAW Nationals (Missouri or Kansas) 0824**  
**5 SEP, NASA Indiana Regionals (Bloomington, IN), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**5.6 SEP, APA Nationals (location: Iowa) APA, Box 27204, El Jobean, FL 33927, 941-697-7962**  
**5-12 SEP, AAU Deadlift Nationals (Pennsylvania) Al Siegel, 814-765-3214**  
**5-12 SEP, AAU Bench Press Nationals, (California) Martin Drake, 909-928-4797**  
**12.13 SEP, NASA Tennessee Regionals (Oakridge, TN), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
**13 SEP, AAU Lawrence Garro Memorial BP & BP/DL (Raw & Open: men, women, submaster, master, jr.,**

**27.28 JUN, NASA Grand Nationals (Dallas, TX), NASA, Box 735, Noble, OK 73068, 405-872-9684**  
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Texas Police Games  
10,11 Jun 97 - Plano, TX

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like TX, OK, MO, KS, etc., and their performance in different events.

break down of the site and he loaded and spotted all day. Report by John Hurd. (Thanks to USAPL (formerly the ADPFA) for providing these results)

MDSA "Go For The Gold" Nationals  
19 Apr 97 - Redwood Falls, MN

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like MN, WI, IA, IL, etc., and their performance in different events.

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like TX, OK, MO, KS, etc., and their performance in different events.

they were stubborn - you'll get it Gary! Shawn Friday hit a personal record 595 deadlift at 181 - he was looking like the little boat at 181 - he was called on 1500 at 165. Dave Lawrence was figured the weight was heavy enough as he had a 615 Deadlift to break his total record - he is strong 52 year old! Billy Norton lifted the 435 Deadlift once again but it did not. Donovan Sullivan hit a 305 at 245 in the MDSA. 18 year old Shawn Peters made his lifting debut and pushed up 215 weighing only 136.75 - he attempted 230 on his 165 Open bench - he looks like a 180. Shane Hazrin has watched her four meet and this time decided to enter - the result was 2 new teen record in Minnesota. Cory Stephens finally lifted 1000 on his 165 bench - he looks like a 165 Squat - his father was best for this meet and Mark Breen had the same record while his brother did not on this day. He erased Jim Kaufman's All-time record in the 45-49 group - watch for Mark in the next few years with a 49 year old record. Ron Zondeman hit his best ever and at 49 years of age - the 300 lb bench was a 200 lb bench - he looks like a 200. Ron has his sights on Park level 2 mark - this look like a very good match up in the next several years. Jim Doring broke his front squat record which is a 485 - he missed the 181 class by only 5 pounds - he would like to lift 500 - he would like to lift 500 ahead of him. I would like to thank all of the people involved with this meet. (results courtesy MDSA)

ADPFA Louisville Open  
12 Apr 97 - Louisville, KY

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like KY, TN, VA, etc., and their performance in different events.

ADPFA Louisville Open 12 Apr 97 - Louisville, KY. Results for various weight classes and positions.

ADPFA Louisville Open  
12 Apr 97 - Louisville, KY

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like KY, TN, VA, etc., and their performance in different events.

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ADPFA Louisville Open 12 Apr 97 - Louisville, KY. Results for various weight classes and positions.

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ADPFA Louisville Open  
12 Apr 97 - Louisville, KY

Table with 4 columns: Name, Weight, Position, and Result. Lists athletes from various states like TX, OK, MO, KS, etc., and their performance in different events.

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Advertisement for Crans Muscle Workshop. Includes the text 'POWERLIFTING VIDEOS SEE THE CHAMPIONS IN ACTION' and 'Call for Complete List of Meets Available'. Features an image of a person lifting weights.







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Dr. Paul Ward  
Bio-mechanics & Sports  
Performance Scientist

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

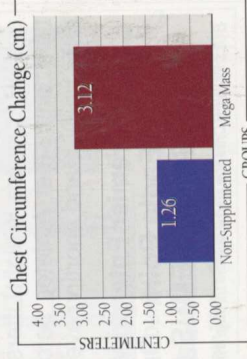
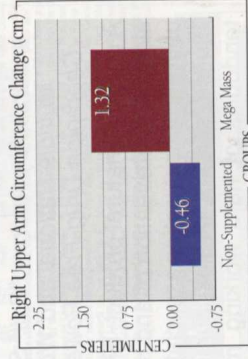
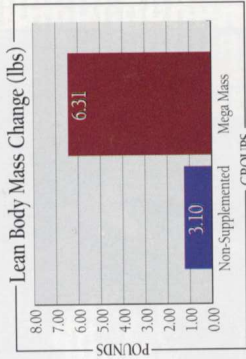
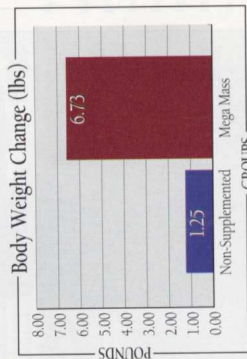
**MEASUREMENTS:** Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

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

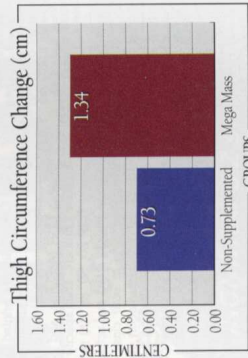
### UNIVERSITY STUDY: RESULTS & CONCLUSIONS

1. 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.**
2. The Mega Mass group produced significant changes in upper arm, chest, forearm and thigh circumferences.
3. The Mega Mass supplemented group increased strength in all the exercises analyzed including the leg press, bench press and lat pull-down.
4. **Weight training without nutritional supplementation with Mega Mass produced much smaller gains in body weight, lean body mass and strength.**
5. 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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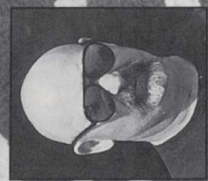


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Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual number ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

**NEXT MONTH... TOP 181s**

**Corrections.....** Kevin Kucpczyk's name was misspelled and is not placed correctly (as 2nd, rather than 1st in the open division, in weight class results that combined in the results of several divisions) in the Press of the New Jersey Bench Press/Deadlift Championships held on May 3rd. We apologize for this mistake and any other errors we make with results and in compiling our ranking lists. Some of the errors on the various lists are due to incorrect information on meet results, and there are some competition results that are not provided to us by the meet directors, who - of course - lifts at those meets are not available for our consideration in producing a ranking list. The physical compilation of any ranking list involves many names and numbers and we do make errors in our production work. On average, it takes a number of weeks for meet directors to provide us with contest results, however, if you don't see your meet results in POWERLIFTING USA, within a reasonable amount of time, contact the meet director or let us know what lifts you or your friends have achieved and, possibly, we'll try to confirm them with the meet director, who is the ultimate source of our information. Send any corrections to "ERRORS", Box 467, Camarillo, CA 93011.

**TOP 100** For standard 165 lb./75 kg. USA lifting in results received from September 1996 through August 1997.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 890 Cohn, B. 11/23/96	672 Austin, D. 11/15/96	1890 Cohn, B. 11/23/96	1890 Cohn, B. 11/23/96
2 1818 Bernhardt, A. 6/21/97	472 Ito, D. 2/22/97	665 Garrido, R. 10/5/96	1818 Bernhardt, A. 6/21/97
3 700 Almond, G. 3/15/97	462 Meredith, A. 5/12/97	665 Kiser, J. 1/18/97	1750 Austin, D. 11/15/96
4 694 Cortinas, M. 2/1/97	462 Meredith, A. 5/12/97	655 Connor, M. 2/1/97	1750 Austin, D. 11/15/96
5 650 Wood, J. 11/23/96	440 Brindley, H. 8/1/97	655 Connor, M. 2/1/97	1675 Cortinas, M. 2/1/97
6 653 Wood, J. 11/23/96	430 Cain, R. 11/23/96	650 Priest, J. 1/15/97	1653 Wood, J. 6/21/97
7 635 Lavalle, T. 11/23/96	430 Cain, R. 11/23/96	635 Schiller, L. S. 9/28/96	1598 Wood, J. 6/21/97
8 611 Bonamater, R. 7/26/97	430 Frazzetta, D. 11/23/96	635 Schiller, L. S. 9/28/96	1565 Lavalle, T. 5/17/97
9 611 Bonamater, R. 7/26/97	429 Dahlstein, J. 11/23/96	630 Thomas, E. 2/15/97	1565 Lavalle, T. 5/17/97
10 611 Bonamater, R. 7/26/97	424 Mather, J. 10/12/96	630 Thompson, R. 3/23/97	1560 Conyers, T. 6/14/97
11 606 Vaughn, E. 2/21/97	424 McCarty, R. 11/16/96	625 Loney, J. 3/15/97	1543 Bonamater, R. 7/26/97
12 606 Vaughn, E. 2/21/97	424 McCarty, R. 11/16/96	620 Wipfler, R. 1/19/97	1543 Bonamater, R. 7/26/97
13 605 Miller, P. 4/24/97	418 Cortinas, M. 2/1/97	617 Geismar, S. 6/14/97	1537 Mather, J. 10/12/96
14 602 Siroker, J. 5/10/97	418 Cortinas, M. 2/1/97	617 Geismar, S. 6/14/97	1532 Woodley, L. 3/8/97
15 600 Schreppe, B. 10/19/96	410 Wood, J. 6/21/97	611 Waldron, M. 2/9/97	1532 Woodley, L. 3/8/97
16 600 Schreppe, B. 10/19/96	410 Wood, J. 6/21/97	611 Waldron, M. 2/9/97	1535 Johns, C. 2/15/97
17 600 Schreppe, B. 10/19/96	410 Zuck, D. 3/8/97	611 Bonamater, R. 7/26/97	1515 Johns, C. 2/15/97
18 600 Schreppe, B. 10/19/96	410 Zuck, D. 3/8/97	610 Rutledge, J. 10/19/96	1515 Johns, C. 2/15/97
19 600 Schreppe, B. 10/19/96	410 Zuck, D. 3/8/97	610 Rutledge, J. 10/19/96	1515 Johns, C. 2/15/97
20 595 Rothman, E. 8/5/97	410 Zuck, D. 3/8/97	610 Rutledge, J. 10/19/96	1515 Johns, C. 2/15/97
21 595 Rothman, E. 8/5/97	408 Compers, T. 6/14/97	610 Compers, T. 6/14/97	1515 Compers, T. 6/14/97
22 595 Rothman, E. 8/5/97	408 Compers, T. 6/14/97	610 Compers, T. 6/14/97	1515 Compers, T. 6/14/97
23 589 Roy, M. 10/12/96	405 West, C. 4/26/97	605 Motchka, 3/23/97	1510 Wright, M. 2/22/97
24 585 Gendro, R. 10/5/96	405 West, C. 4/26/97	605 Motchka, 3/23/97	1510 Wright, M. 2/22/97
25 585 Gendro, R. 10/5/96	405 West, C. 4/26/97	605 Motchka, 3/23/97	1510 Wright, M. 2/22/97
26 585 Gendro, R. 10/5/96	405 West, C. 4/26/97	605 Motchka, 3/23/97	1510 Wright, M. 2/22/97
27 584 Parr, C. 7/26/97	402 Graham, C. 11/24/96	600 Nicastro, 11/5/96	1504 McCarty, R. 4/12/97
28 578 Johns, C. 2/15/97	402 Graham, C. 11/24/96	600 Nicastro, 11/5/96	1500 Frazzetta, D. 2/6/97
29 578 Johns, C. 2/15/97	402 Graham, C. 11/24/96	600 Nicastro, 11/5/96	1500 Frazzetta, D. 2/6/97
30 573 McCarty, R. 11/16/96	400 Pollock, B. 5/17/97	595 Decker, J. 6/14/97	1492 Geismar, S. 6/14/97
31 573 McCarty, R. 11/16/96	400 Pollock, B. 5/17/97	595 Decker, J. 6/14/97	1485 Roy, M. 10/12/96
32 573 McCarty, R. 11/16/96	400 Pollock, B. 5/17/97	595 Decker, J. 6/14/97	1485 Roy, M. 10/12/96
33 570 Lewis, G. 2/1/97	400 Crown, B. 8/23/97	585 Legard, J. 4/5/97	1476 White, J. 12/7/96
34 562 Kluep, J. 10/12/96	391 Schuler, M. 12/7/96	580 Scholomon, 11/9/96	1470 Black, G. 12/7/96
35 562 Kluep, J. 10/12/96	391 Schuler, M. 12/7/96	580 Scholomon, 11/9/96	1470 Black, G. 12/7/96
36 562 Kluep, J. 10/12/96	391 Schuler, M. 12/7/96	580 Scholomon, 11/9/96	1470 Black, G. 12/7/96
37 562 Kluep, J. 10/12/96	391 Schuler, M. 12/7/96	580 Scholomon, 11/9/96	1470 Black, G. 12/7/96
38 562 Kluep, J. 10/12/96	391 Schuler, M. 12/7/96	580 Scholomon, 11/9/96	1470 Black, G. 12/7/96
39 560 Chalket, M. 4/13/97	390 Ernoy, D. 11/9/97	580 Ernoy, D. 11/9/97	1465 Stutz, C. 2/4/97
40 560 Chalket, M. 4/13/97	390 Ernoy, D. 11/9/97	580 Ernoy, D. 11/9/97	1465 Stutz, C. 2/4/97
41 556 Perkins, B. 9/21/96	390 Overcash, M. 5/31/97	578 Sime, D. 6/21/97	1454 Bruce, J. 10/12/96
42 551 Whitaker, G. 3/15/97	388 Colner, C. 9/7/96	575 Dargin, C. 2/22/97	1454 Bruce, J. 10/12/96
43 551 Whitaker, G. 3/15/97	388 Colner, C. 9/7/96	575 Dargin, C. 2/22/97	1454 Bruce, J. 10/12/96
44 550 Blake, G. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
45 550 Blake, G. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
46 550 Blake, G. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
47 550 Blake, G. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
48 545 White, J. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
49 545 White, J. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
50 545 White, J. 12/7/96	385 Novak, J. 10/19/96	567 Scholomon, M. 5/17/97	1454 Bruce, J. 10/12/96
51 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
52 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
53 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
54 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
55 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
56 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
57 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
58 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
59 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
60 540 Poney, R. 11/9/96	385 Hiler, G. 4/12/97	551 Menden, J. 4/5/97	1445 Minibella, B. 5/17/97
61 530 Stashy, M. 5/17/97	380 Hickman, M. 5/19/97	545 Gohman, B. 6/28/97	1394 Peckham, T. 9/21/96
62 530 Stashy, M. 5/17/97	380 Hickman, M. 5/19/97	545 Gohman, B. 6/28/97	1394 Peckham, T. 9/21/96
63 530 Stashy, M. 5/17/97	380 Hickman, M. 5/19/97	545 Gohman, B. 6/28/97	1394 Peckham, T. 9/21/96
64 530 Stashy, M. 5/17/97	380 Hickman, M. 5/19/97	545 Gohman, B. 6/28/97	1394 Peckham, T. 9/21/96
65 530 Stashy, M. 5/17/97	380 Hickman, M. 5/19/97	545 Gohman, B. 6/28/97	1394 Peckham, T. 9/21/96
66 525 Rodgers, S. 11/23/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
67 525 Rodgers, S. 11/23/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
68 525 Rodgers, S. 11/23/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
69 525 Rodgers, S. 11/23/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
70 525 Rodgers, S. 11/23/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
71 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
72 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
73 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
74 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
75 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
76 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
77 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
78 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
79 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
80 518 Routledge, R. 11/9/96	380 Hiddendor, R. 7/19/97	540 Boy, M. 10/12/96	1391 Wolman, C. 2/21/97
81 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
82 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
83 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
84 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
85 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
86 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
87 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
88 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
89 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
90 515 Lepoldt, S. 3/15/97	375 Corbett, 5/31/97	540 Tarkenton, B. 6/21/97	1372 Somme, D. 6/21/97
91 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
92 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
93 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
94 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
95 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
96 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
97 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
98 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
99 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97
100 507 Miller, M. 7/26/97	370 Potete, V. 12/1/96	534 Zbornik, B. 7/12/97	1355 Motchka, 3/23/97