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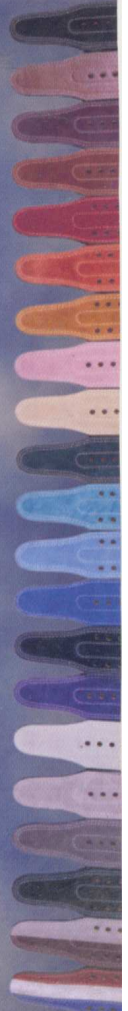
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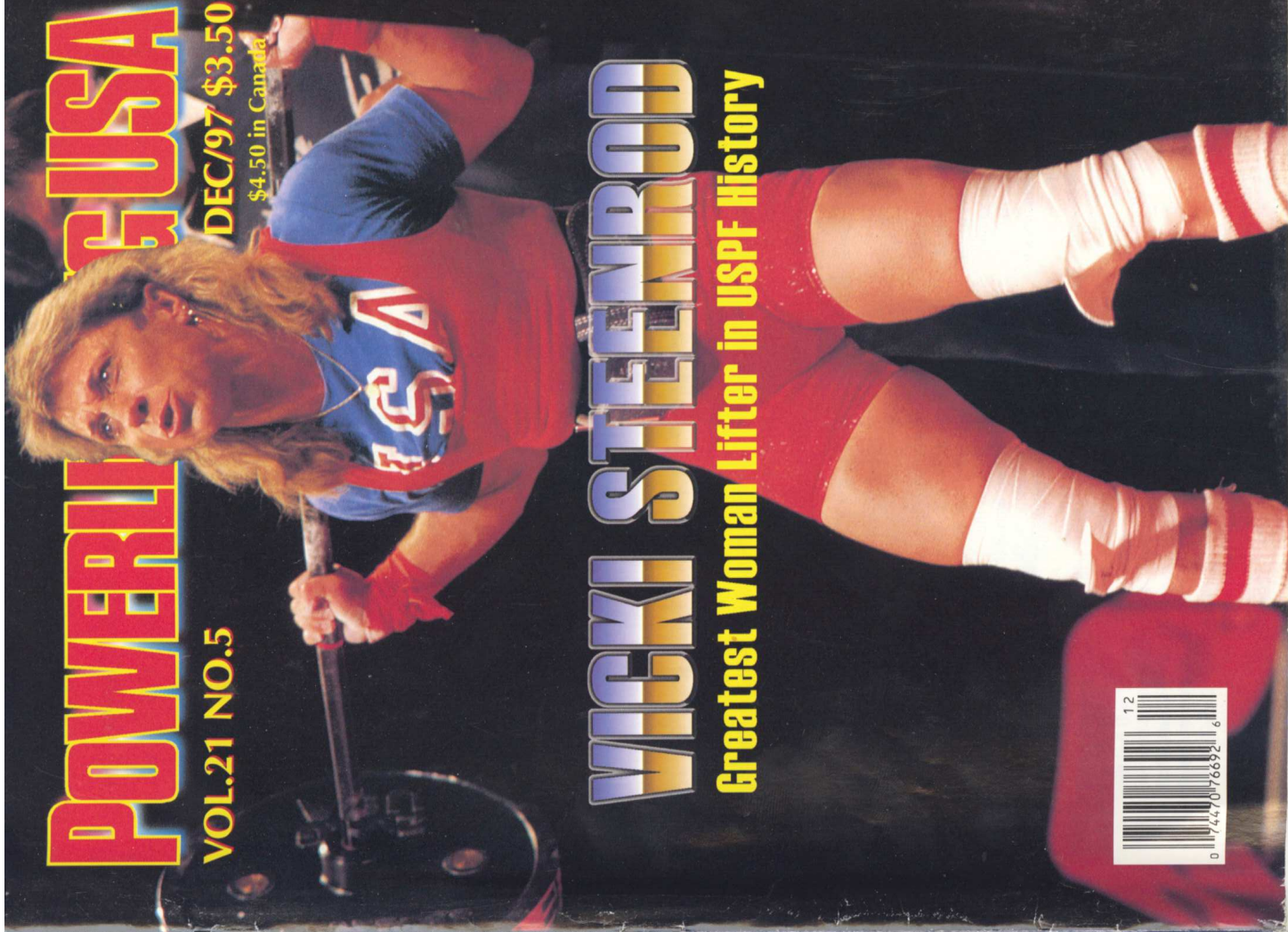
# POWERLIFTING USA

VOL.21 NO.5

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# VICKI STEENROD

Greatest Woman Lifter in USPF History

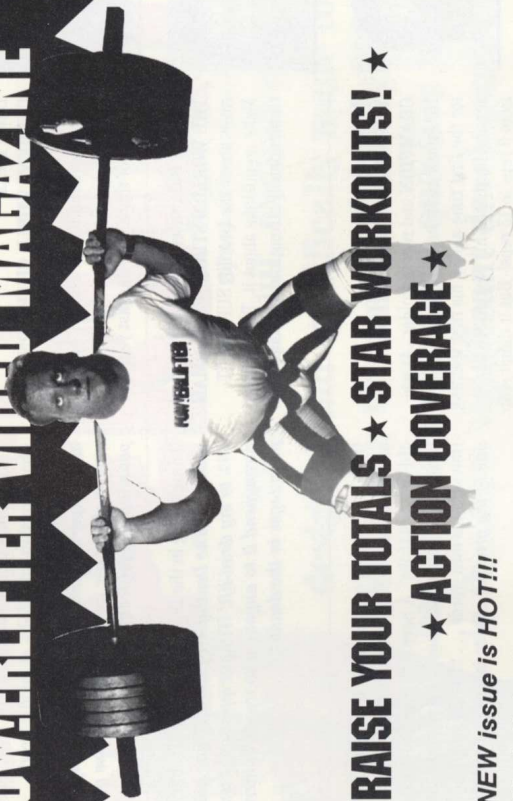








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## MUSCLE MENU

- Volume 21, Number 5 - December 1997 -

VICKI STEENROD.....Marty Gallagher.....6  
FUNCTIONAL PROTEIN POWDERS.....Rick Brunner.....13  
WILLIE CRONER INTERVIEW.....Dr. Larry Miller.....15  
POWERSERIES.....Ned Low.....16  
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....17  
THE SQUAT WORKOUT.....Louie Simmons.....18  
WORKOUT OF THE MONTH.....Walt Austen.....21  
USPF'S ALL TIME BEST WOMEN.....Herb Glossbrenner.....22  
ANDRZEJ STANASZEK INTERVIEW.....Stephan Korke.....33  
JACKIE SIMONSEN INTERVIEW.....Pat Cuntrera.....35  
STARTIN' OUT.....Doug Daniels.....37  
DR. JUDD.....Judd Biasiotto Ph.D.....38  
DEIDRE JOHNSON-CANE INTERVIEW.....Fred Rice.....39  
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....40  
FROM DAN WAGMAN/MIKE OVERDEER.....41  
AAU UPDATE FALL 1997.....Joe Pyra.....48  
USAPL NATIONAL MEET QUALIFYING TOTALS.....66  
COMING EVENTS.....Mike Lambert.....85  
FOR REVIEW.....Mike Lambert.....95  
TOP 100 LIGHTHEAVYWEIGHTS.....Mike Lambert.....102  
UNCLASSIFIED ADVERTISEMENTS.....103

ON THE COVER... Vicki Steenrod, who leads Herb Glossbrenner's ranking of the TOP USPF Women of all time.

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# POWER PROFILE

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

## VICKI STEENROD

as told to POWERLIFTING USA by **Marty Gallagher**



Vicki's double bodyweight bench press of 248 lbs. at 123 lbs. bwt. in 1982, in Dayton, Ohio (Photographs courtesy of Mike Lambert)

For years, Vicki Steenrod has been like the Energizer Bunny... she has just kept going, and going, and going. Eleven open national titles, 30 world titles, and she didn't get started until she was 30! Vicki took up powerlifting at an age when most competitive athletes ponder hanging it up. She is proof positive that a powerlifter can be competitive on the international level well into middle-age, and moreover, continue to improve. Up to the age of 46, Vicki showed no signs of slowing down. In fact, in June of 1996, she once again proved that she had what it takes to win the open world title at the championships held in Canada, and won with possibly the most polished and glorious lifting of her entire long career. Way to go, Vicki.

No women, and only a couple of men, have matched Vicki's remarkable list of powerlifting achievements.

NATIONALS	1981	1982	1983	1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
114#	231	165	363	782	352	859	318	418	220	424	1064	418	248	440	1107
114#	253	187	352	859	318	418	248	440	1107	424	1064	418	248	440	1107
123#	318	220	424	1064	418	248	440	1107	424	1064	418	248	440	1107	424
123#	418	248	440	1107	424	1064	418	248	440	1107	424	1064	418	248	440
132#	402	209	424	1036	385	931	385	931	385	931	385	931	385	931	385
132#	402	209	424	1036	385	931	385	931	385	931	385	931	385	931	385
148#	402	259	451	1113	402	259	451	1113	402	259	451	1113	402	259	451
148#	451	253	418	1124	451	253	418	1124	451	253	418	1124	451	253	418
148#	440	281	429	1151	440	281	429	1151	440	281	429	1151	440	281	429
148#	440	281	429	1151	440	281	429	1151	440	281	429	1151	440	281	429
165#	457	286	462	1206	457	286	462	1206	457	286	462	1206	457	286	462
165#	451	303	468	1223	451	303	468	1223	451	303	468	1223	451	303	468

### MASTERS NATIONALS

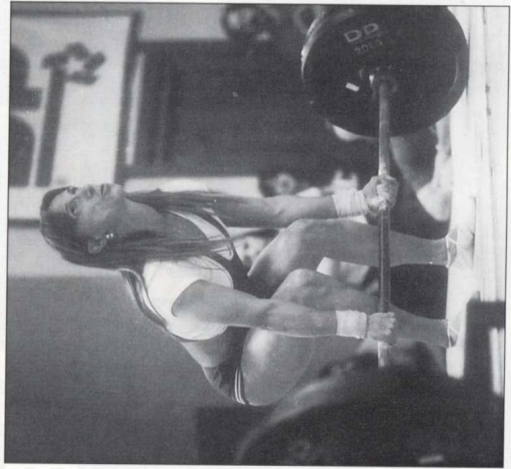
1993	165#	446	286	446	1179	1st
1982	114#	286	165	352	804	2nd
1983	114#	407	220	418	1047	1st
1984	123#	429	231	446	1107	1st
1985	132#	407	209	446	1074	1st
1987	132#	429	209	446	1074	1st
1988	132#	385	253	440	1080	1st
1989	148#	446	292	468	1207	2nd
1995	165#	479	314	485	1278	1st
1996	165#	440	303	418	1162	1st

There is much to be proud of throughout these statistics. However, the accomplishment that perhaps gives Vicki Steenrod some of the greatest satisfaction in her career is that she is the only woman in the world to have won the USPF President's award, then the USPF President's award, then the USPF President's award. It is a unique honor that she has achieved, and it is a testament to her strength and dedication. In January, was called the "Women's Nationals", and that the

since her training had gone so good (330 in the gym). You're not an eleven time national champion without a great reserve of tenacity and determination. She looked for the next IPF drug tested meet, and settled for the Huntsman Games in St. George, Utah - some three months and 800 miles away. In late October of 1995 Vicki Steenrod successfully made the 319 open world record bench press. I will stand corrected, if need be, but I believe that no one, with the possible exception of the incomparable Hitaki Inaba of Japan, had previously broken an open IPF world record while also having broken the age of 46. To actually compare such rare and vintage lifters is a tribute each should be proud of.

Like fine wine, Vicki improves with age. Vicki was absent from only three of the first ten women's world championships (1980-1989), and was very productive during this period, winning four world titles and forging new standards with many new records. Her 1107 world record total at 132 from the 1985 World Championships in Vienna, Austria, stood for over a decade.

The first five world championships of the 90's went by with Steenrod not in attendance. She had qualified for each of them, but simply could not afford to make the trips to Sweden, India, Belgium, Sweden, and New Zealand respectively. To many she was perhaps considered finished internationally, as most of the original stalwarts of women's powerlifting had indeed lost their inclinations. A new generation of powerlifters had emerged from the international scene from many different corners of the world, but Steenrod was not finished, far from it. The intrigue of Japan (she had always wanted to visit there) called, and for this world championship she answered. Vicki had never competed against lifters from the former Soviet Union. In Japan she came against them head on. Elena Zhiguleva came to the worlds with the highest pre-meet total, followed by the strong Norwegian, Arne Stikstead, and then Vicki. The world title was basically to be contested between these three, even though Russian's strength level seemed to have been well plumbed by her choice of attempts, making a 462 squat and a 308 bench and a 473 deadlift for a 1245 total. Stikstead also very accurately assessed her power and made 518 242 and 462, totaling 1223. Steenrod lifted like she had programmed herself into power cruise. She made all of her squats, with her characteristic start low and jump big policy, going 418, 451, and 479. Benches went



In 1982 Vicki pulled a 363 @ 114 bwt. at the Nat's in Auburn, AL

Steenrod had never pulled, but was ready to try... and try she certainly did. The weight was up... the "down" signal given... the wait for the lights... two reds and one white. With dignified disappointment Steenrod congratulated the Russian while already determining that she could, and would, be open world champion again. The Energizer Bunny in her was still banging it's drum.

The 1996 Women's World Championships were held just north of the U.S. border in Kitchener, Ontario, Canada. For just over 12 months Vicki Steenrod trained diligently and consistently. She had tasted another world title in Japan; this time she wanted to chew it and enjoy it, regardless of her age, and therefore the odds, being traditionally against her.

Again a strong Russian team was entered, with a new name in the 165 lb. class, Marina Zhiguleva. Zhiguleva came to the worlds with the highest pre-meet total, followed by the strong Norwegian, Arne Stikstead, and then Vicki. The world title was basically to be contested between these three, even though Russian's strength level seemed to have been well plumbed by her choice of attempts, making a 462 squat and a 308 bench and a 473 deadlift for a 1245 total. Stikstead also very accurately assessed her power and made 518 242 and 462, totaling 1223. Steenrod lifted like she had programmed herself into power cruise. She made all of her squats, with her characteristic start low and jump big policy, going 418, 451, and 479. Benches went



At the 1987 Nationals in San Francisco, Vicki does a 402 @ 132 bwt.



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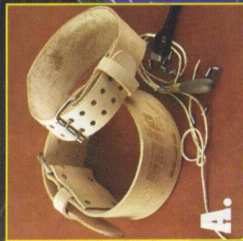
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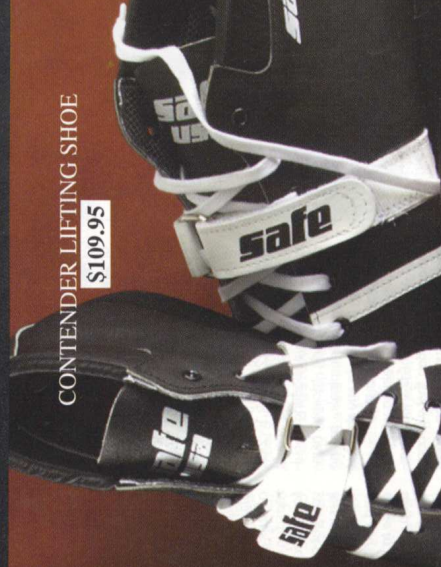
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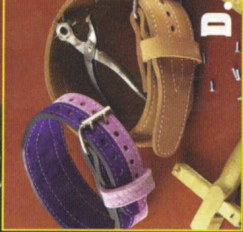
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Vicki pulled a 462 @ 165 bwt. at the 1994 Nationals in Houston, TX

his weight. Watching Ron train and talking with him taught me a lot. This knowledge became especially relevant as I continued lifting into my forties."

From the outset of her career

Vicki liked to train hard. By her own admission her routines were somewhat unstructured at first, but she picked up ideas, learned more about the sport, and applied this to her training. Influences on her training brought her in line with training philosophies akin to the unlikely counterparts of Bill Kazmaier and Ed Coan, with whom she also liked to think she shared the drive to be unique. Kazmaier and Coan were influences she certainly respected and enjoyed meeting on many occasions. The approach is perhaps the most common in powerlifting today. Structure a cycle beginning with sets of high repetitions (8's at the most), progressing through sets of 5's, 3's, and ending with doubles or singles. Work each lift on this regimen once per week with additional and appropriate bodybuilding. The main sets during such a cycle would reasonably be: Week 12-3x8, Week 11-3x8, Week 10-2x8, Week 9-3x5, Week 8-3x5, Week 7-2x5, Week 6-3x3, Week 5-3x3, Week 4-2x3, Week 3-2x2, Week 2-2x2, Week 1-2x1. Appropriate bodybuilding would especially involve working shoulders, upper back, triceps, hamstrings, and abdominals, paying particular attention to any area that was considered 'under par'.

Ten years of training with this kind of regimen builds a solid foundation, a foundation that will compensate you as your lifting career continues to advance. Tony Fitton, Vicki's longtime coach, related the scenario once Vicki had worked out with Ron Collins.

"They worked out together in 1984. Both were squatting. Ron

did 135x6, 225x3, 315x1, 405x1, 495x1, 585x1, 675x1, 725x1, 750x1... packed his bag. The routine Vicki was following had her doing 135x10, 185x5, 225x5, 275x5, 315x5, 350x5/5/5, 225x10, leg extensions and leg curls, abdominals... pack her bag. I never heard the last about this workout. "Like Ron's routine more than mine", Vicki whined. "Ron's close to 50, you're only 34", I reasoned, hoping this simple rationale would be the end of it, but of course it wasn't. "We did the same number of sets, but Ron's were mostly singles, I had to do all those reps", Vicki's logic continued. "He's been training 22 years, you've only been training six", continued my logic. To which Vicki spat back, "So? The frustrated answer to which was, "So? So, when you're 50 you'll be doing mostly singles". I knew it would fall on deaf ears, as it should, because it was not a totally honest answer. "Let me explain", I continued. "Ron did lots of reps for many years. All those reps for all those years builds a foundation you can call upon as you get older. So now he can do less work and still get to where he wants to go. "It made sense to me, and quite surprisingly, made sense to Vicki, who let the subject drop, and continued to do reps in her workouts without too much complaining, that is until she was about 12 years into her lifting career and about to turn 40".

Vicki feels that both years in age and years in the sport have relevance to how training should be approached. With 12 years of train-

ing and having reached 40 years of age, she adopted new training philosophies, with results that she believes to have been most valuable to her continued progress.

For the past several years, Vicki has adapted her training. A la Ron Collins, Vicki has cut back on training frequency, volume and intensity. She now trains twice or three times a week employing unburied workouts that take no more than an hour and a half at the most, squatting and bench pressing once per week, and deadlifting once every two weeks. Warm up sets have increased, i.e., smaller increases, but with fewer reps; work sets decreased, i.e., fewer sets and less reps. On the squat and bench press, a cycle would commence with 5 repetitions, down to 3 reps, and a more lengthy phase with doubles and/or singles. 3 repetitions are the most ever done on the deadlift, with doubles and/or singles taking up the majority of a contest cycle. A contest cycle would also be a couple of weeks shorter; Week 10-3 sets by 5 reps for the squat and bench 3x5 and 3x3; Week 8-3x3 and 3x3; Week 7-2x3 and 2x2; Week 6-3x2 and 2x2; Week 5-2x2 and 2x1; Week 4-2x2 and 2x1; Week 3-2x1 and 2x1; Week 2-2x1 and 1x1. Assistance work on bench work days, leg curls with squats, and a couple of sets of hyperextensions when the deadlift is worked every other week.

A couple of weeks are taken off after a contest. Workouts prior to, or in between, contest cycles are structured the same as the first three weeks of a contest cycle and repeated, often substituting high bar/narrow stance squats for competition style.

This may not seem like a lot of work, and it isn't. Overtraining is probably the major mistake powerlifters make. With such a work load, full physical recovery is assured as is a positive mental attitude. Rests and recuperation play a big part in Steenrod's preparation. 4-5 hours training per week also integrates powerlifting nicely into a full and complete lifestyle - including work, domestic responsibilities and family, even though her two 'children' are now 27 and 22, her dog still needs walking! Vicki feels that this approach has been responsible for some of the best lifting of her long career. She feels that her 1996 strength peak was equal to any of her previous ones when doing triple the work. At 40+ it's time to enjoy the dividends of all the work that's gone before.

Vicki trained much of the time using only a belt as a form of supportive equipment. "I try to get as



1995 @ 148 bwt., Vicki pushed 303 at the Nat's in Baton Rouge, LA

strong as possible without equipment between contest cycles and the first couple of weeks into one. When I add knee wraps and then the suit, lifts start to get seriously stronger. Knee wraps I start to use about 8 weeks out from a contest, and suit and bench shirt about 6 weeks out. "This approach echoes the same sentiments as Ed Coan and Kirk Karowski (and many, many other top lifters) who believe that time and attention should be spent on increasing base strength. Steenrod, however, does believe in a substantial part of her contest cycle. "Learning to do the lifts in a technically perfect contest fashion in conjunction with the equipment is very important. Wearing

in 1996, for the first time in 10 years, Vicki Steenrod did not lift in the USPF Nationals, a decision arising from various emotions that seemed a possible indication for the future. Winning the World Championships the end of June 1996 was

extremely gratifying. The USPF Nationals were held just one month later. Such brief preparation time, while by no means perfect, could have been accepted if the enthusiasm had been there, but it wasn't. Vicki found powerlifting's politics prior to the Nationals to be an insult to the sport and a dampener on any desire to be a part of it. For the time being, Vicki has decided to cherish all that has been positive, and when, or if, the sport returns to the way it was, then so may she.

In closing, there is one aspect I learned about Vicki's career that I find totally fascinating... off the wall... not sure what to make of it... fit to close with and ponder over. Never, and it was an emphatic NEVER that was recounted to me, has Vicki Steenrod ever missed a squat because it was too heavy! Never (ever) in training. Never (ever) in a competition! She has had plenty of competition squats red-lighted, and therefore 'missed' them, and she has lost her balance with a couple, but never has she had the experience, as I am sure we all have lost count of for ourselves, of not coming up out of a squat because we didn't have enough strength. What does this mean? Hell, I don't know, but I would like to know how much, iron, it really would take to keep her down. I think there'd be a new world squat record or two and a few more Russian moose bent if in some way we could come close to finding out. For now, the Energizer Bunny is resting and thinking...

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During the 1994 Nationals, Vicki squats 457 lbs. at 165 bwt., in Houston, TX (Mike Lambert photo)

Canada. Vicki was no longer close to contesting this award - she does allow for some concession to age and bodyweight, but she had twice been Champion of Champions, 1985 in Austria, and 1987 in Australia. In other respects, at the 1996 Women's World Championships Vicki Steenrod was definitely the Best of the Best.

So what pearls of wisdom can we extract from Vicki? What has she learned in her 15 year career that can help us in our lifting?

As stated previously, Vicki didn't start competing nationally until she was 30. She was 28 when she started working out with weights. Coincidentally this was the same age that Ron Collins started training. For those who don't remember Ron Collins, he was one of powerlifting's most phenomenal competitors in the 70's and very early 80's, Brian's national champion unpeeped times and six time world champion in an era dominated by American lifters. Vicki met Ron when he visited Albuquerque for a week in 1984, and the two worked out together. "Ron was in his mid-forties when I had the good fortune to meet him. Despite his pec and shoulder injuries he was still in peak condition and still one of the world's best as



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Powerlifters are aware of the importance of protein in their diets. Proteins consumed in the diet are digested into small peptides and free amino acids which can be used as the building blocks for new muscle in cells. But, just which protein powders are best? When should you consume protein powders? How much protein is needed? These are just some of the questions that most Powerlifters ask. The answers are in both the practical (applied) use of proteins in sport, and the scientific (experimental) research conducted in the laboratory.

Strength athletes training under "real world" conditions have recognized for many years that their needs for proteins were greater than that for non-athletes. In contrast, for most of the 20th century, scientists have believed that the protein needs are not altered by physical exercise. Since the 1970's an increasing number of studies published in scientific journals indicate that dietary protein needs are elevated by over 200% in strength trained athletes, to about 0.8 grams (800mg) per pound of body weight, per day. Powerlifters, due to heavy-load training, may at times require even more protein for muscle recovery, repair, and growth. Jay Schroeder, researcher, coach and elite level powerlifter from Ultrafit International in Mesa, Arizona puts his well-trained lifters on diets containing as much as 48% protein. Says Jay, "We train for high speed, high load and high volume. The daily protein requirement is as much as 2.5 grams per pound of body weight."

Obviously, most Powerlifters aren't getting anywhere near the 2.5 gram amount of protein. Schroeder adds that this amount of protein is reserved for only the most intense of training cycles, which usually last only two weeks. "After this 'protein loading' period, the protein consumption drops by about 30%," says Schroeder.

It would seem that the intensity of training, a combination of speed, weight and volume, would be the main predictors of supplemental protein requirements. The greater these three are, the greater the need for proteins, some of which could come from protein powders.

For the average powerlifter, the daily protein requirement will probably fall between 1.2 grams and 1.75 grams of protein, per pound of body weight. For a 200 pound lifter training within an average load of 85% of a single repetition maximum, the daily protein needs would fall between 240-350 grams. As the load and volume increase, the need for extra will likely also increase.

## Functional Protein Powders as told to PL USA, by Rick Brunner, Atletika



The Protein Needs of top Powerlifters may be exceptionally intense.

After you've selected a target quantity of proteins from the diet, some of this protein may come from a supplemental source such as a high quality protein powder. But, what about this quality?

Protein powder options are great today. Protein can come from vegetable sources such as soy proteins, or animal sources such as beef, poultry, fish, egg and dairy. Most sport nutrition powders available today are composed of egg, dairy (whey and/or casein), and soy proteins. The composition can vary greatly from powder to powder, so I'd like to discuss each of the three in greater detail.

All protein powders are composed of amino acids joined together by bonds. Whole protein powders contain long chains of amino acids. Powders listed as containing "protein hydrolysates" or "peptides" contain smaller protein chains composed of from just two or three amino acids, to many amino acids. Peptide hydrolysates are usually made by adding digestive enzymes or acids (just like those found in your gut) to the proteins which then eat the bonds to make smaller protein units. Some protein

have been isolated by one of the above listed methods.

Whey protein is an excellent source of amino acids, especially the branched chain amino acids (BCAA) which are very useful in muscle building. The protein is very soluble and digests easily. In addition, whey proteins contain a number of compounds which stimulate the immune, antioxidant and neurohormonal systems which are important to a Powerlifter's force output and recovery. In the future you may see new advances in whey proteins as the fractions involved with immune stimulation and neurotropic factors are isolated in greater quantity. You should select a whey protein which is "non-denatured" as this protein will be processed in a way which will maintain the integrity and biological activity of the proteins.

Casein is another protein from milk which is often found in protein powders. Casein has a higher glutamine and tyrosine amino acid content than soy, whey or egg. This makes it an excellent choice for Powerlifters. Good casein proteins are usually a bargain when compared to their more expensive whey protein partners.

Egg white protein powder has been consumed by Powerlifters for many years. While not as "hot" today as whey proteins, egg protein powders still have a place in sport nutrition as they have an excellent amino acid profile. Their price generally falls between casein and undenatured ultrafiltered whey proteins.

The last protein I want to mention is soy protein. Proteins from soy beans have enjoyed a lesser position among strength athletes because they are vegetable proteins. Recent research has indicated

that soy proteins may contain factors which stimulate the production of thyroid hormones which may raise the metabolic rate. What this means to athletes remains to be determined. Soy proteins also contain phytoestrogens like daidzein which are shown to inhibit the aromatase enzyme. It is aromatase which converts testosterone into estrogens. The addition of daidzein to the diet may prevent this conversion and thus raise the testosterone levels. Again, this is only seen in animal studies and has yet to be shown in studies with strength-trained athletes. I think the jury is still out in regard to soy proteins, no matter what the sport nutrition ads proclaim. I'm just not convinced yet that soy plays a key role in sport nutrition for Powerlifters.

So, what protein powders should you use? The choices are almost endless, but I recommend whey as



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a first choice, followed by casein, and then egg. Some protein powders will not doubt be blends, and that's OK. In general, I wouldn't pay a lot extra for additives like extra vitamins and minerals, stabilizers, or flavors. The key is to get "protein"; not a bunch of additives.

Now that you know how much and what type of protein to take, the next step is to determine when to take it. Yes, timing is everything when it comes to muscle protein synthesis. Remember, all you're doing is consuming protein powders which are absorbed, and broken down in the gut into amino acids which are transported into muscle cells for growth. But, you need to get it into the cells at the right time.

According to sport researchers like Dr. Mark Tamopoulos M.D., Ph.D., from Canada, muscle protein synthesis is increased by 50% at 4 hours following heavy weight training, and more than double by 24 hours. In other words, you have some time to introduce proteins for growth. When protein hydrolysates and free amino acids like glutamine and taurine may play a pivotal role just following a workout, and for a few hours later in short-term recovery. Whole proteins as found in whey, casein, and egg powders will play a greater role later in recovery,

up to 36 hours post-workout. As much as 30% (i.e. 70 grams) of your dietary proteins could come from protein powders. Additional amino acids should come from a variety of proteins found in your base diet. In conclusion, the amount of protein you should consume depends on your level of exercise intensity and volume. High intensity and high volume demands more protein, perhaps as much as 2 grams per pound of body weight each day. The best powder protein supplements come from whey, casein and egg. So protein fractions may prove more useful in the future thanks to an increase in research into plant based proteins and health. The timing of protein powders may be quite important. Protein hydrolysates and amino acids like glutamine and taurine should be consumed right after training and up to four hours in short-term recovery. Whole undenatured proteins (from whey, casein and egg) should be consumed every few hours throughout the 24 hours following the workout. As much as 70 grams of powder proteins can be consumed along with your base diet.

For more information and research reviews regarding protein use in Powerlifting plus new methods of protein loading, call 1-800-621-2602 for a free guide.

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# INTERVIEW

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

**Larry:** Why don't you give us some information about yourself - age, profession, family.

**Willie:** Okay. My name is Willie Croner. I'm 33 years old. I've been powerlifting since 1986. I work at Glen Mills Schools in Concordville, PA, where I'm a teacher/counselor. I'm also going into my fifth year coaching Glen Mills' powerlifting team.

**Larry:** When I first started off, I started training at The Training Center in Wilmington, Delaware. When I started working for Glen Mills, I started training with Sean Cosgrove. Sean Harris and a couple other guys who have been training me pretty well. I'm just really enjoying powerlifting right now - I'm growing very well.

**Larry:** Do you have any records to speak of, other than what you just won here at the USAPL Men's Nationals?

**Willie:** I don't think I've broken any records, but I won the Pennsylvania State Championship last year. Also, I went up to the New Jersey Open and took first place over there, not as a resident of New Jersey, but you know, they have an out of state class.

**Larry:** Would you consider the 1997 National Championship as your greatest accomplishment in this sport?

**Willie:** Definitely. It was a well-run meet. The ADFPA runs a strict organization - very clean and everything - and everything ran very smoothly. It was my biggest accomplishment, ever, in powerlifting.

**Larry:** What are your future goals for the sport?

**Willie:** Definitely, to get better! So hopefully, I can improve and help add something to the ADFPA (USAPL).

**Larry:** Do you have a goal for a total?

**Willie:** Yes, I would like to break 2000. Unfortunately, I didn't get it at this meet, but definitely at my next meet, I'll be looking to break into the 2000 range.

**Larry:** What are your views on supplements and dieting?

**Willie:** Well, the only thing I've been doing (as far as a supple-

trying to progress each meet - that's an accomplishment.

**Larry:** What are your views on supportive equipment and what type of equipment do you like to use?

**Willie:** Squat with an Inzer squat suit. I've found that's the best. I like Marathon Double Gold Line Knee Wraps. I haven't tried a deadlifting suit - I want to try a Marathon deadlifting suit.

I haven't tried it, but I want to start incorporating that into my cycle of training.

**Larry:** Okay. What about benching? What do you use?

**Willie:** Inzer bench shirt. I just find the shirt is more durable. I can't speak against anybody else because I haven't tried them, but Inzer is a very durable bench shirt and gives you a lot of "push" where you need it at the bottom.

**Larry:** What do you think about the "raw" meets?

**Willie:** I like it. The guys really come out and give it a good effort, you know, for not training with equipment, so I kind of applaud that.

**Larry:** Are there any people in this sport who have influenced you? Who do you admire?

**Willie:** Oh yeah! I think Jim Morton has really inspired me because we both came out of the same gym, The Training Center in Newcastle, Delaware. He has really excelled. I use him as a focus - to chase him, even though we're in two different weight classes, because he's really excellent. He's a real sportsman, and Jim Morton is the one who has really inspired me, and I use him as a role model to kind of chase him.

**Larry:** Any additional comments you'd like to make for the readers?

**Willie:** I just want to definitely thank the ADFPA (USAPL) for running an excellent meet, and Powerlifting USA for really giving us insights. I buy the magazine and I read it and try to find out what's going on, where meets are being held, who's doing what inside powerlifting, stuff like that. So, my hat's off to the magazine. It does a very good job.



Out of a Field of 15... Willie emerged victorious at this year's USAPL Nationals

the ADFPA (USAPL) sets a good example that other powerlifting federations should really take a look at.

**Larry:** What type of training program do you have - as far as days and exercises?

**Willie:** I was doing a partial/Louis Simmons routine, but I workout Mondays - bench, chest and shoulders; Tuesday, I squat - do arched back, pull off the floor; rest Wednesday; come back Thursday - do close-grip or do speed-grip, speed-bench; and then I come out Friday and pull out of the rocks.

**Larry:** Do you have any training secrets that have worked well for you?

**Willie:** I wish I had one! I think guys every year are getting stronger and not suffering a lot injuries and stuff like that. So, I think

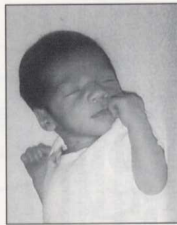
ment) is taking creatine. I don't diet. I kind of watch what I eat, but I don't really diet. Supplements are good for those who need it, but if you really don't need it, there's no use overloading yourself with them.

**Larry:** What are your views regarding drug testing, and some lifters who take steroids in some of the organizations?

**Willie:** I know I love the drug testing in the ADFPA (USAPL) because you know you're competing against guys on an equal level, and if you lose, you lose because the guys are stronger. As far as the other guys, I think they could learn a big lesson if they just observe the ADFPA (USAPL), how guys every year are getting stronger and not suffering a lot injuries and stuff like that. So, I think



Congratulations to Chris and Diane Confessore, who are now the proud parents of their first child, Christopher James Confessore, born September 26th. The little one is already benching 30 lbs. Just kidding.



**Their Pride and Joy** - Christopher James... the brand new son of Chris and Diane Confessore.

And speaking of big kids, Jamie Harris got a 720 bench at his Monster Bench Meet, but it was a no go at 771, so there was no attempt at 800. Next year, perhaps?

Anyway, since Christmas is coming soon, and even powerlifters - especially powerlifters - can sometimes be hard to shop for, POWER SCENE presents its first ever Christmas Shopping Guide for the Powerlifter.

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For the gift that keeps giving, every month, a year's subscription to the world's leading powerlifting magazine - **POWERLIFTING USA** -- will provide loads of training rou-

tines, lifting tips, meet results, upcoming events, and much more. And it's only \$31.95 a year (to U.S. addresses.)

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If you'd rather wear your present, how about a muscle jacket from House of Pain - what a name! - for \$37, or, to carry your lifting gear, how about a House of Pain gym bag? Medium size is \$33; large is \$36, and there are lots of colors to choose from. Call them at 888-HOF-PAIN.

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**Brenda (L) and Joanne (R) at Gold's**

Finally, Rickiey and Kim Crain have a product line that can cover you for all the twelve days of Christmas. As you all know, **CRAIN'S MUSCLE WORLD**, celebrating its twentieth year - Wow! - has a plethora of powerlifting products. Wish everyone out there in Readerland a Merry Christmas, and happy other holidays too, and we'll see you on video. **NED LOW**



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**The HOUSE OF PAIN Gym Bag**  
Maybe you'd rather eat or drink your present. If so, then supplements may be what you'd like. We

## More From Ken Leistner

ers that have the least flattering things to say about their fellow lifters, Ralph, John Bott, and I were shown an article in a bodybuilding publication that featured a former champion. (Ted Arcidi) ripping Anthony Clark, Chris Confessore and others. I understand that for justly some of us "type" related to

business. However, I can't recall two good or great deadlifters or squatters going at it in this matter. When Coan or Kirk makes a big squat, all I hear from other truly great lifters are things like, "this guy is amazing," or, "can you believe this, I've got some work to do."

Some will point out poor or inconsistent judging to take something away from a big squat and at times, that's justified, at least with it's often done as an observation, not a personal affront. Anyone reading Arcidi's article could clearly see the very personal edge in the comments, business aside. To me, this is typical of those whose egos are wrapped up in their one lift performance. Everyone has an opinion. I may think that Bill Kazmaier is the personification of the World's Strongest Man and the best to win that contest, ever. Some will feel that Sigmarsson was better and others Ver Magnuson. I've heard Kaz make his case as the rightful owner of the title and he did so enthusiastically, but I don't recall him publicly running Sigmarsson down "like a dog." The only ones, through the years who seem to get caught up in this type of thing are the bench press

contest. We had two days ago, on October 25th, was the most pleasant meet we have ever had. Michele Raiola, Ralph's wife said it best, "this was the nicest, most supportive crowd we've ever had." She was careful to include the lifters and the audience. The lifters were extremely cooperative in the warmup area and very supportive of each other's lifting. There was great lifting, but little overblown ego in evidence. Very often, we have excellent benchers in the audience and rather than get cranked up on great performances, they seek the negative.

The crowd was great. Local lifter Chris Taylor, who trains at Iron Island and is one of the best young bench pressers in the country, had a great battle with New Jersey's Joel Toranzo. Both went for 600 on their third attempt, winner take all. Everyone cheered for every lifter. Everyone appreciated the effort of these two lifters and all the lifters. In short, the atmosphere was fantastic and all it should be in a meet.

Ralph should be given credit for bringing the original proposal for an amateur division to the APF. In our meet, over 83% of the entrants were in the amateur division. We can say without equivocation that in our area, the APF Amateur movement is very well accepted and, again, I believe Ralph's inspiration and original vision should be given full credit.

**Dr. Ken Leistner**



**"Strongest Man In History"** Bill Kazmaier pressing a 173 lb. Inch Dumbbell replica in Perth, Australia. The idea was to deadlift this thick-gripped monster, but Bill was able to hoist it overhead. ( Bill Kazmaier)



# TRAINING

## THE SQUAT WORKOUT as told to POWERLIFTING USA by Louie Simmons



The Late Matt Dimel is among the great squatters produced by Westside Barbell

-wraps, straps, and a big peachie. There should be two maxes: a contest max and a training max. The contest max requires a large increase of adrenaline, thus causing psychological regression of the central nervous system. This is, of course, why on max effort day we switch a core exercise such as dead mornings or a special squat or good lift every 2 weeks. This enables us to max 52 weeks a year.

It is easy to keep track of your current squat max without maxing out in gear. Bob Young has gone from a 570 to a 720 squat in 10 months without doing a regular squat in training. Here's how. Bob made a 500 box-squat record. At a meet, he did 590. He later recorded a 540 box PR and at a meet did 670. For his third meet in training Bob hit 585. At the meet 720 was strong. When Bob does, let's say, 610 off a parallel box, we are confident that his meet squat will be up at least 25 pounds, just as his box squat indicates. Some lifters will get a large carry-over and some a small carry-over, but it should stay consistent with the individual.

Now let's get to the workout. On Friday we do the speed work. For example, for a 600 pound squatter, start with 50% for 12 sets of 2 reps with 45 seconds rest between sets. Stay with 12 sets of 2's for 3 weeks, jumping 2.5% each week. At 57.5% and 60%, drop the sets to 10; 60% of 600 is 360; 360 X 10 sets of 2 reps = 720 pounds. This is equal to the total volume of 12 sets of 2 reps with 50%, or 300 X 24 = 7200 pounds.

We follow a modification of Y. Verkhoshansky's method of reaching total volume. As you can see, our bar volume stays the same, but as we wave up every week 2.5%, we greatly raise the volume of special exercises until it is highest at the 60% week. Then it dramatically drops down and is raised gradually as the wave is again increased from 50 to 60% over the next 5 weeks.

The assistance work is glute/ham raises, reverse hyps, pull-throughs, back raises, and a large dose of ab work as well as pulling a weighted sled.

With this system an 800 pound squatter can keep his strength where he wants. How? If that 800 pound squatter trains with weight ranging

level without the aid of contest gear after tearing off both knees; all his training was on boxes. Why does this box style of squatting teach one to squat properly? Because after squatting back so far and releasing the hip and lower oblique muscles, you must first raise the head to raise out of a deep squat. If while descending into a squat, the glutes go back first, then the head must move last. Right? The opposite of this eccentric phase is an concentric contraction, or raising. It only stands to reason that the head must raise first, and the glutes will follow.

We see many lifters get bowed over coming up from a squat because they push with their feet first, instead of their head. We are trying to raise the bar, so why not push against the bar first?

Static work overcome by dynamic work

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Static work overcome by dynamic work

from 375 to 450 (50-60%), he will maintain a 750 pound squat. Then he can push it up in one wave, or about 5 weeks, to a new max.

We think the two most important elements of squat training are the separation of the box - explosive strength - and accelerating strength - and accelerating capacity through special exercises. Remember to try a new box PR every 8-12 weeks. If you fail, ask yourself why. It must be a particular weak muscle group, so increase the work for that muscle group.

If you use Weight Releases, this is the day. We suggest adding 10-20% to the bar weight for the eccentric work. Rubber bands or chains can be added as well, or possibly both devices.

When using chains, when you are standing up, about 3 links of the chain should be touching the floor, so that when you are seated on the below-parallel box about half the chain is unloaded (lying on the floor). Your top weight with chains while sitting on the box will be approximately 62.5%.

Joe Amato and Dave Tate made squats of 865 and 870, respectively, by using a top weight of 465 plus 160 pounds of chain. When sitting on the box, half of the chain weight (80 pounds) adds to the 465 bar weight, equaling 545 at the

### special deadlifts

One needs to use a wide variety of core barbell exercises to identify weaknesses. Special exercises are like football plays or different punches in boxing; one finds one that will crack the defense of your opponent. Then, of course, that play or punch will cease to work and a new play or punch will need to be found. Eventually you can come back to the original play or punch with new found success.

On Monday, maximum effort day, you must max out on a core barbell exercise, followed by 3-5 special exercises similar to the ones done on Friday, the dynamic day.

There are two types of maxes: one in a movement (squat, bench, deadlift, snatch, clean and jerk) and one on a muscle. Harnstrings can be maxed with glute/ham raises, pull-throughs, stiff-legged deadlifts, or arched back good mornings. Spinal erectors can be maxed with back raises or reverse hyps, and traps by shrugs or high pulls. Of course, no muscle can be completely isolated, but you can come as close as possible. These exercises are done for 6-12 reps, or sometimes to failure (the repetition method). Each lifter must determine the number of sets for his or her physical preparedness. These exercises must be rotated when

they cease to work, that is, when there is no pump or strength gain. All muscle groups must be worked in this manner, known as the conjugate method. This method has proven effective not only for strength gains but also as a means of restoration.

Close to an important contest, 10-14 days out, we lower the core exercise top weights, but maintain and sometimes increase the special exercises work. Remember, it is the hamstrings, lower back, hips, and abs that do the squatting, not the quads. It is important to know what squats to increase a squat.

Note: don't think of heavy and light workouts, think fast and slow. Fast will develop explosive strength and acceleration. Slow, with super max weight (over 100%), will develop max force. They must be trained in two different workouts. Always train the barbell exercise first, then special exercises in a priority system; what needs the most work train first; what needs the least work train last. It is best to divide the workout into two sessions, separated by at least an hour break.

If you follow this approach to training, you may be 'on deck' while we're squatting.

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## From the Heroic...



Meghan Van Wageningen (25 pounds), four-time winner of "World's Strongest Man," holds the No. 5 McCluskey Stone (398 pounds). Photo by Randall J. Swenson, Ph.D.

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Bandy Swenson (210 pounds), middle-aged MILIO editor, hosts the Inner Stone (265 pounds). Photo by Elizabeth M. Hammond.

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# WORKOUT of the Month

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

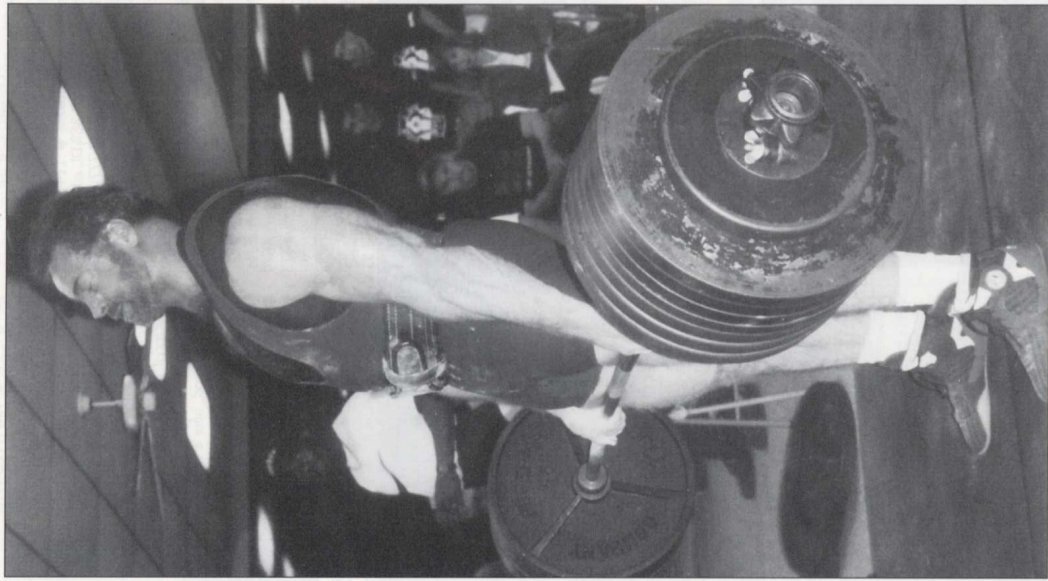
## Walt Austen Deadlift Routine

Hello, my name is Walt Austen, and I have been specializing in the deadlift for just over a year now, since FIBO '96 to be exact. My routine is quite unorthodox from anything you have probably read. I have developed this program mainly through trial and error. My philosophy is that most lifters overtrain and worry too much about the weight they are lifting instead of how they are lifting it. For my routine all deadlift repetitions must come to a complete stop at the bottom of the lift, count to three, lift the bar past your knees as fast as possible and ease into the locked-out position. Too many lifters train by bouncing the bar off the floor and therefore develop momentum not power.

For this program pause your squats at the bottom for a count of three (no bouncing please) then explode up as quickly as possible. This will help develop your explosion off the platform during the deadlift. Train your squat using a stance identical to your deadlift stance, whether you deadlift conventional or sumo style.

The purpose of the heavy short-range rack pulls is to develop torso strength for holding your maximum load. You will have to use straps on your heaviest sets here, but do not use straps in any other area of your training or you will not develop the proper grip strength. My program is based on a maximum deadlift of 700 pounds at Week 1 and 725 pounds by week 14. If you wear a suit use it only on Weeks 1, 7 and 14.

If you have any questions or comments concerning my program feel free to contact me at my GNC franchise in Apex, North Carolina at (919) 467-5045.



Walt Austen has cracked the 800 lb. deadlift barrier in the 242 lb. class (Scott Taylor)

**Week 1** (1st max): Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, 585 x 3, 660 x 1, 700 x 1. No assistance work today!

**Week 2:** Leg Press: 15 hyperextensions; high-rep workout; sets of 15 hyperextensions.

**Week 3:** Barbell Shrugs: Light workout. Squats: Warm up then work up to 3 sets of 5.

**Week 4:** Rack Pulls: Heavy workout (all singles). Leg Press: Heavy, work up to 3 sets of 5.

**Week 5:** Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, Squats: Warm up then work up to 1 set of 5.

**Week 6:** Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, 585 x 1, 615 x 1

**Week 7:** (2nd max): Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 10, 495 x 3, 585 x 1, 675 x 1, 715 x 1; Quit here! No assistance work today.

**Week 8:** Leg Press: High rep workout (4 sets of 15), Hyperextensions.

**Week 9:** Barbell Shrugs: Light workout, Squats: 3 sets of 5.

**Week 10:** Rack Pull: Use a short range of motion for heavy rack pulls. All lifts will be singles today. Work up to a weight equal to your deadlift max plus a minimum of 100 pounds.

**Week 11:** Squats: Warm up then work up to 1 set of 5, Shrugs: Light workout

**Week 12:** Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, Leg Press: Heavy workout; work up to 3 sets of 5

**Week 13:** Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, 585 x 1, 625 x 1

**Week 14:** Deadlift: 135 x 10, 225 x 10, 315 x 10, 405 x 5, 495 x 5, 585 x 1, 625 x 1, 725 x 1



# USPF'S 25 All-Time Best

## The Greatest Women Champions

by Herb Glossbrenner, PL USA Historian/Statistician

There is an old saying: WHAT'S GOOD FOR THE GOOSE IS GOOD FOR THE GANDER! You've already GOT A GANDER at the TOP GANDERS (USPF/IPF MEN)! Now it's time to list the 25 All-Time Best for the ladies. I'd promised it. I hope this PLEASES all the GEESES. For the sake of brevity, I've combined the 25 best Women and the point tally in the USPF Seniors and incorporated it with the combined point tally at the IPF Worlds. It's two lists in one and all the USA greats in History get their due recognition.

As in my past comparisons I've allocated points for placing in the USPF Senior Nationals, placing in the top 5, 20 pts for 1st, 10 - 2nd, 5 - 3rd, 3 - 4th, and 1 pt. for 5th, in the Worlds; the championship title earns 50 pts., 2nd - 25, 3rd - 15, 4th - 10, and 5th - 5 pts. The combined point tally gives an overall picture of the All Time Rankings. Without further delay here are the USPF'S 25 All-Time Best - THE GREATEST WOMEN'S CHAMPIONS.

**1. STEENROD, VICKI, D.O.B. SEP 16, 1949, Albuquerque, NM.** There is no doubt about it. Vicki Steenrod rates as the

greatest USPF Women's lifter of all time. Her Seniors debut in 1981 was inauspicious (zero in SQ)! From that point on she dominated like none other. In her 13 Seniors appearances, Vicki won 11 Championships titles in 5 different categories! Now that's amazing! Absent only in 1986 (injury) Vicki won 2 gold medals @ 114 in 1982-83, Her W/R 363 DL edged out Carol Patterson (792-777) for the 1982 flyweight crown. In 1983 she topped Patterson by 11 to retain her title. Up to 123 in 1984 where she won by 137, setting W/R's 418 SQ, 424 DL and 1063 TOT. In Boston (1985) she won No. 4 @ 132 - by 60, with W/R 248 BP & 1107 TOT! Absent in 1986 (injury) Steenrod returned in 1987 won her No. 5, regaining the 132 title in an 8/9 day (1036 TOT) missing only a 473 DL W/R try! Margin of victory - 171! In 1988 Vicki made it 6 straight wins in a row. In 1989-90 she



Mary Ryan...greatsquatting form.

474, 1201, @ 165-479, 314, 485, 1278. @ 181: 468, 292, 468, 1207.

**2. JEFFREY, MARY, D.O.B. AUG 12, 1960, Parkersburg, WV.** Not just a pretty face, Mary Ryan made her Seniors debut in 1983 in Chicago, tied for bronze, was heavier, 4th! She tried 3rds aiming for gold. She posted a W/R 210 1/2 BP @ 114, finishing 2nd of 8 consecutive Senior National titles in a row. In 1985 Mary went

8/9, established an A/R/BP @ 114 - 226! She took the 114 title by a 115 lb. margin (936)! In 1986 she was now Mary Jeffrey and won the Sr's. again @ 114 - threepeated in '87. In 1989-90 she moved up to dominate the 123 class. In 1988 set 3 W/R - 407 SQ, 253 BP, 1069 TOT. Her 1989 victory repeating @ 123 saw her eclipse Steenrod's W/R SQ of 418 with 420. Reducing to 114 in 1990 she claimed her 6th title; setting IPF drug tested W/Rs: 220 BP, 947 TOT. Seniors championship No. 7 in 1991 @ 114. This time 5 W/R: 385 SQ, 221-226-231 BP, 997 TOT. Her 8th title overall (6th one @ 114) came in NC - 1992. There she set A/R TOT - 1008! Mary was just as dominant on the IPF World platform: 5 times World Champ! Mary Jeffrey, had it all: charisma, charm, tenacity. She's loved and respected by everyone. BEST LIFTS: @ 114: SQ 407, BP 236, DL 407, TOT 1052. @ 123 SQ 440, BP 275, DL 413, TOT 1102.

**3. BOUDREAU, CARRIE, D.O.B. FEB 9, 1967, Cape Elizabeth, ME.** Coached by Ernie Gilbert of Waterville, ME, she came out of the woodwork. An untested super talent, Carrie got the opportunity of a lifetime, being named to World's team to IND in JUN 1991, a last minute replacement. In only her 3rd meet, she became the 123 World Champ (975 TOT). Can you believe it? Only 1 month later followed this up with her 1st Seniors title. Again Seniors champ in 1992.

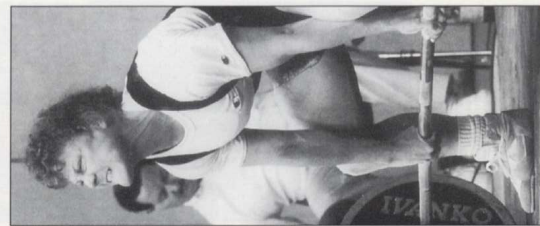


Six of the All Time USPF Best Women Lifters were on the '83 Team for the Women's Worlds in Australia: (left to right) Maris Sternberg, Rubi Shafer, Jennifer Weyland, Cheryl Jones, Lou Ann Smith, Diana Rowell, Debbie Poston, Julie Thomas, Wanda Sander, and Vicki Steenrod.

SR.	USPF SR. NATIONALS					IPF WORLDS					COMB. PTS.
	1st	2nd	3rd	4th	5th	1st	2nd	3rd	4th	5th	
1-STEENROD, V	1	11	2	3	1	50	25	15	10	5	300
2-JEFFREY, M	3	8	1	1	1	240	5	2	-	-	540
3-BOUDREAU, C	6	7	-	-	-	173	5	-	-	-	426
4-CORSON, S	5	6	3	-	-	140	5	1	-	-	250
5-TRUJILLO, J	4	7	1	-	-	150	1	3	2	1	415
6-MCELROY, A	8	4	2	1	-	156	2	2	-	1	311
7-SHAFFER, R	13	4	-	-	-	105	4	-	-	-	200
8-DILLARD, T	7	5	-	1	-	83	3	1	-	-	258
9-LEVERETT, A	2	9	1	-	-	105	3	-	-	-	150
10-COSTANZO, L	11	4	1	-	-	193	-	-	2	2	255
11-JONES, C	15	3	2	-	-	90	3	-	-	1	248
12-DIANDA, T	14	4	-	-	-	80	3	-	-	-	150
13-REID-WYLAND, J	21	3	1	-	-	81	1	2	-	-	211
14-ROBERTSON, S	8	3	4	-	-	70	2	1	-	-	195
15-PIERCE, J	24	3	-	-	-	100	1	-	-	-	175
16-MATHIAS, R	10	4	1	-	-	93	1	1	-	-	170
17-MCELROY-PAT., D	-	3	-	-	-	60	2	-	-	-	168
18-ELWYN, S	-	2	1	1	-	58	2	-	-	-	160
19-SANDER, W	-	2	1	1	-	58	2	-	-	-	158
20-ROHAL-BYL, T	22	3	1	-	-	70	1	-	-	-	145
21-THOMAS, J	-	2	-	-	-	40	2	-	-	-	140
22-RAMIREZ-BIE, G	9	4	-	-	-	99	-	-	1	-	134
23-CROCKER, B	12	3	2	1	-	85	-	-	2	-	130
24-JONES, M	-	2	1	-	-	50	1	1	-	-	125
25-GEDNEY, J	15	1	4	2	-	73	1	-	-	-	123

Seniors win with 4 more W/Rs: DL's 473 and 4th attempt 485; TOT'S 1107 and 1124. Her 5th win in 1995; Carrie broke Jeffrey's P/L champ; Shelby Corson in her Maiden. Seniors out-hustled Lisa Noble; became bridesmaid @ 181 to Terri Bjaland. She played 2nd fiddle in 1989 to top string instrument Terri McKenzie, same category. She took her first 181 Seniors title in 1990, TOT 964! No one to challenge her! In TX, 1991 finished 2nd to Dawn Young, new wife of unbeaten streak at home Carrie has also claimed five IPF World titles along with a silver. She also possesses the ability to excel in overhead lifting. Denis Reno testifies that she's Olympic Games material. BEST LIFTS: @ 123: SQ 421, BP 254, DL 490, TOT 1151.

**4. CORSON, SHELBY, D.O.B. APR 16, 1967, Waterville, ME.** Maine kayaking champ, as well as a former Teenage P/L champ; Shelby Corson in her Maiden. Seniors out-hustled Lisa Noble; became bridesmaid @ 181 to Terri Bjaland. She played 2nd fiddle in 1989 to top string instrument Terri McKenzie, same category. She took her first 181 Seniors title in 1990, TOT 964! No one to challenge her! In TX, 1991 finished 2nd to Dawn Young, new wife of unbeaten streak at home Carrie has also claimed five IPF World titles along with a silver. She also possesses the ability to excel in overhead lifting. Denis Reno testifies that she's Olympic Games material. BEST LIFTS: @ 123: SQ 421, BP 254, DL 490, TOT 1151.



Carrie Boudreau super deadlifter

A big win (121 margin), 1058. Carrie Grafam became Carrie Boudreau before the 1993 Seniors. She nabbed her 3rd straight championship, 9/9, setting 4 W/R: 429 & 458 DL's, and her 1074 and 1102 TOT's broke Mary Jeffrey's former record (1069)! At 1994 Seniors, Carrie embellished her 4th



Shelby Corson... one of the most dependable USA point winners.



ping back to 181 in 1995, she copped her 5th Seniors victory, made it No. 6 in 1996. On the IPF platform Shelby became World Champion in 1991. She also collected 3 silver medals and two bronzes. Not too shabby, I'd say! BEST LIFTS: @ 181: SQ 518, BP 281, DL 446, TOT 1212. @ 198: SQ 540, BP 297, DL 446, TOT 1284.

**5. TRUJILLO, JUANITA, Grand Junction, CO.** - Juanita was an All-American Track and Field athlete. Her tremendous raw power made her a natural candidate for the Mucci/Cagne CA Women's P/L team. They recruited her and P/L developed her into a superstar in time. She was 4th @ 181 in her first Seniors back in 1983 (876). Juanita



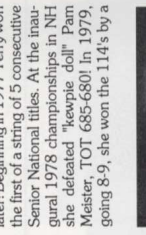
Juanita Trujillo reached the highest heights the sport has to offer.

improved to a whopping 1058 aggregate (still 181), but the competition had escalated, 4th place again. Trujillo was disappointed as she'd exceeded 500 in the SQ earlier that year, but missed big attempts here! In 1985, now 20, she won her first 181. Seniors title handily with 473 A/R, SQ and 1140 TOT! A repeat win 1986 in UT. In 1987 went up to 198. To challenge Lorraine Costanzo. An inner ear infection affected her balance, and she came in 2nd - 66 back! She was absent for 3 years, returned to scene at Dallas 1991. Now a SHW and stronger than ever, apparently scared her competition away. She won unopposed with 1256, and again @ SHW in 1992 (1311). JUANITA THREE-PEATED her Seniors SHW crown in 1993. No one dared to face her, so she went on a record breaking tear: a 579 SQ broke Costanzo's long standing record. Her 600 3rd barbell topped 4 - 3 inches below parallel, popped up like a jack-in-the-box! World Next she erased Myrtle Amussen's 303 BP record (304) and missed a 1355 TOT! Juanita's 7th Seniors gold came in 1994. With no one daring to test her, made a shamble of the

ing! She won @ 132 by a 171 lb. margin! En route she hit an 1146 TOT - a MEN'S Masters rating! She almost finished a 501 DL to boot! Moving up to 148 in 1984, she outdistanced her competition by 1234. @ 198: 501, 242, 440, 1184. @ SHW: 611, 314, 485, 1410

**6. McELROY, ANNIE, D.O.B. 1960, CA.** - I saw ANNIE make her Seniors debut in IN back in 1981. She finished 3rd @ SHW, still 82 lbs. better than anyone else. 1982 she beat defending champ and her teammate Wanda Sander to win. Wanda had a bad day, so it was quite an upset. Would you believe it? ANNIE actually felt guilty about it! In 1983 coming in @ 252 plus McElroy took 2nd to Wanda. Their 1-2 finish put Mucci's CA team on top. In 1984 ANNIE tipped the Fairbanks at a robust 266! She went 8/9 (1096) to win in 1985 she was defeated by Maris Sternberg, 2nd place. She scored her biggest TOT (1201) at her biggest win (281) in 1986. Her 4th Seniors title came in 1987. ANNIE'S

**8. DILLARD, TERRY, D.O.B. 1953, Spencer, IA.** - A farm girl, she grew up in Iowa. Terry Dillard (5'2" @ 100 lbs) tossed bales of hay right alongside the men. A graduate of SDU with BA & MA degrees, Terry became a public school speech therapist. Started lifting in 1977, 1st contest a month later! Beginning in 1977 Terry won the first of a string of 5 consecutive Senior National titles. At the inaugural 1978 championships in NH she defeated "kumpie doll" Pam Meister, TOT 685-680! In 1979, going 8-9, she won the 114's by a



Ann Leverett... consistently great

seeded Vicky Steermrod had won 1986 on. She won every outing except for 1989 when she finished 2nd to NV's Del Castillo. In 11 Seniors 9 golds, a silver and a 4th. Terrific! On the World platform she got two bronzes @ 97 (87 & 88). She also got 4th in 1986, same place in 1996 and a 5th in 1992. Talk about hanging in there tough! Only one way to describe this lady is tenacious dedication! BEST LIFTS: @ 97: 297, 171, 325, 793. @ 105: 305, 170, 325, 800.

**10. COSTANZO, LORRAINE, D.O.B. 1954, Valencia, CA.** - Lorraine was a T & F star in H.S. Her endeavors got her a college scholarship in Arizona. There she was coached by Ritchie Meg was first FEM Strength Coach for both MALE & FEM in History of College athletics. At Christmas time 1984 Costanzo qualified for Senior Nationals. Later she met Bernie Gagne and moved to CA after graduating with a B.S. in Business Administration. Her T & F accomplishments included All American honors in the shot/put! At the Seniors: in 1984 2nd @ 198,

105 SQ, 314, BP 126, DL 336, TOT 777.

**9. LEVERETT, ANN, D.O.B. JAN 29, 1954, Savannah, GA.** - She's a dedicated wife, mother and secretary for a law firm. Hubby Earl, a P/L'er, at Cohen's Gym started her. She joined him training. Her P/L career kicked off in MAR 1983. Her 1st Seniors 1985 was 4th @ 97. She missed only 1 Seniors after that (1990). Only top-



Lorraine Costanzo... the first woman lifter to squat with 600 pounds.

then 4 straight years was champ (1985-88 @ 98). On Nov. 15, 1987 in San Jose, CA she gained everlasting fame. She became the first woman to SQ 600! 1 Week later won the APF Women's Worlds in Dayton with 606, then a 4th attempt 628 SQ! Lorraine won 3 IPF World titles along with her 4 golds and Silver in USPF Women's Seniors. Quite a haul of loot! BEST LIFTS: @ 198: 551, 286, 501, 1339. @ SHW: 628, 314, 479, 1421.

**11. JONES, CHERYL, D.O.B. 1951, Tampa, FL.** - A tiny cute mother of twins, Cheryl Jones was also a female bodybuilder from Tampa, FL. In 1981 Cheryl was 2nd to Donna Wicker (611-628) @ 97. She skipped 1982, back in 1983 where Jones won her first of 3 Senior championships. Her 699 TOT beat runner-up Joan Fruth by 44. In 1984 Cheryl retained her title topping Judy Gedeney by 88 - 672! In 1985 came her 2nd silver medal. She lost 749-744 when Nancy Belliveau pulled a W/352 DL @ 97. In 1986 came her 3rd Seniors title, topping Gendney (760-716) by 44. Cheryl was also 3 times W/C @ 97 (1983-84-85)! BEST LIFTS: 303 SQ, 165 BP, 314 DL, 771 TOT.

**12. DIANDA, TAMMY, D.O.B. DEC 31, 1961, Reno, NV.** - Fifth in her first Seniors @ 148, Tammy Lee Dianda a Dr. Moving up to 165 she won the title in 1989 (1003) and again in 1990 (1052). Both times she defeated Brenda Yancy by 44. A quantum leap in 1991 for Tammy. She had a spectacular day: 9.9 topping off her 1223 TOT with a big 501 DL!

**13. REID-WEYLAND, JENNIFER, D.O.B. 1956, Acton, MA.** - Jennifer was a "mover and shaker". A backpacker, climber and outdoorswoman she obtained a BA degree in art. Check out the OCT 1981 issue of PL USA for her cover drawings of "KAZ!" Seniors debut: 1980. Reid took on US Women's overhead lifting champ Judy Glenney and trounced her 881-771 TOT! She went on to win her first World title that year with 892 TOT, won by a 66 lb. margin! Her incessant appetite for more "strength" brought about a dramatic change at the 1981 Seniors in IN. She defeated 20 year old Annette Jackson, a tough challenger. At the 1981 Worlds she won her 2nd championship of the World. She set a W/R, 231 BP and 1030 TOT, beat Connolly (CAN) by a stupendous 303 lb. margin. In 1982 Jennifer was derailed at the Seniors finishing 2nd there to Alabama's Terry Pomey. Jen pulled 418 to TOT 1080 @ 165, and seemingly had the win assured, seemingly then hoisted a W/R 457 DL to tie and win on lighter but Jennifer turned the tables on Pomey in 83, @ 158 1/4 she outdistanced her 1091-1041. At the Worlds, now married and Jennifer Weyland (since 1982), she finished 2nd to Australian Matthews (1074 - 1069) eclipsed by Pam's 457 DL. BEST LIFTS: @ 148-374, 231, 424, 1030. @ 165: 396, 275, 418, 1091.

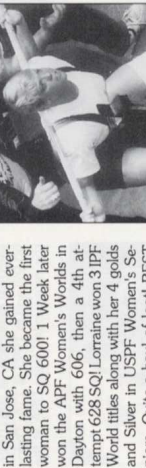
**14. ROBERTSON, SARAH, D.O.B. OCT 15, 1966, Portland, OR.** - From Oregon, Sarah pursued her studies in France, and lived there while still an American citizen. She gathered 5 Seniors slivers making that long commute. In Dianda's absence she easily won

liverpool and track, married an Air Force man in 1984, and had some kids. Jackie won 3 USPF Seniors title @ 148 and a runner-up in 1986. Jackie also was twice IPF World champ @ 148 (1988 and 1990). She'd have ranked much higher if she'd put all her eggs into



Lorraine Costanzo... the first woman lifter to squat with 600 pounds.

then 4 straight years was champ (1985-88 @ 98). On Nov. 15, 1987 in San Jose, CA she gained everlasting fame. She became the first woman to SQ 600! 1 Week later won the APF Women's Worlds in Dayton with 606, then a 4th attempt 628 SQ! Lorraine won 3 IPF World titles along with her 4 golds and Silver in USPF Women's Seniors. Quite a haul of loot! BEST LIFTS: @ 198: 551, 286, 501, 1339. @ SHW: 628, 314, 479, 1421.



Tammy Dianda at the '89 Worlds.

Absent in 1992, she returned to defeat the defending Seniors and World Champ @ 165, Sarah Robertson. Both ladies were tied on ST (722) going into DL. Tammy won on 1st attempt; went on to win by 83! Chalk her up for 4 Seniors titles! At the Worlds: in 1989 Dianda was runner-up to Otkendaal HOL with 1041 TOT, 5 up on Nellis BEL (3rd). In 1990, Tammy finished 3rd (1074). Same placing (bronze) @ 165 in 1991, despite a 99 lb. improvement (1173). Tammy returned in 1993 to realize her dream at long last: 9/9 day topped Magula (RUS) to win gold (1190 - 1118 @ 165). Tammy's best World's performance came in 1994, returning for the 5th and final time: she set a W/R 315 BP and TOT 1223, good enough for runner-up to powerful Suchonik UKR (1273). BEST LIFTS: @ 165: 446, 315, 501, 1223.

**15. PIERCE, JACKIE, D.O.B. JAN 20, 1964, Mississippi, MS.** - This great black lady is originally from ID. She aspired as a child to become a model. She became a HS cheerleader; excelled in

volleyball and track, married an Air Force man in 1984, and had some kids. Jackie won 3 USPF Seniors title @ 148 and a runner-up in 1986. Jackie also was twice IPF World champ @ 148 (1988 and 1990). She'd have ranked much higher if she'd put all her eggs into

winning it all! Jackie Pierce won both the Seniors and core-sponding world championships for three different associations.

the Seniors title in 1992 (1118) @ 165. In 1996, she had 2 French coaches backing her. She made the long trip home and won huge (by 187) going 6/9 - TOT 1173. Sarah's slivers came in 1991 and 1993 to Dianda, and 1995 and 1996 to Steernrod. In 1997 she got her 5th runner-up, defeated by new superstar Jill Brown who pulled a 501 DL to win the 165's (1168 - 1162). In her 2 Worlds appearances Sarah in 1992 became World Champ @ 165 by 143 margin (1135) defeating 10 others. In 1993 took 2nd @ 181 (1107) to Rummyantseva (RUS). BEST LIFTS: @ 181: 440, 303, 429, 1173. @ 165: 451, 292, 435, 1168.

**15. PIERCE, JACKIE, D.O.B. JAN 20, 1964, Mississippi, MS.** - This great black lady is originally from ID. She aspired as a child to become a model. She became a HS cheerleader; excelled in

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Winning it All! Jackie Pierce won both the Seniors and core-sponding world championships for three different associations.

winning it all! Jackie Pierce won both the Seniors and core-sponding world championships for three different associations.

Sarah Robertson always a fighter

Sarah Robertson always a fighter



justonebasket (USPF). Jackie holds the noble distinction of having won both the Seniors and Worlds in 3 different organizations (USPF/AD-FPA/APF). A sextuple crown, unprecedented! Today she resides in MS and is married to P/L superstar Dan Austin. NOW THERE ARE TWO AWESOME AUSTINS! BEST LIFTS: @ 148: 451, 231, 496, 1179.

**16. MATHIAS, RACHEL, D.O.B. MAR 25, 1960, Indianapolis, IN** - Born in Buffalo, NY, she was a strong, athletic child, and



**Rachel Mathias, great at 2 sports!** versatile! She took up bodybuilding, married in 1985, moved to CA, and took up P/L. Her 4th meet was the 1989 Seniors, and she was 4th @ 132 there. Rachel was runner-up in 1990, but became the 132 World team replacement, and defeated 14 competitors in SWE. Down 5, she pulled the winning DL, TOT 1019! She won her first Nationals title in 1991, breaking the W/R BP thrice, 2381. Rachel won the Seniors also (4 times) in 1991-92-93 @ 132 and 1996 @ 148. Her husband Greg

was 1992 USA Team manager to 1992 Worlds. There Rachel finished 2nd @ 132 10 kg. back of winner Hammang (LUX). She now lives in IN! BEST LIFTS: @ 132: 380, 259, 418, 1058.

**17. McELROY-PATTON, DEBBIE, D.O.B. 1958, Carson, CA** - This former sprint star represented the Olympic Health Club (CA) team. She won her 1st Seniors in TX 1984 @ 165 edging out Barreira with 1025 TOT. She won again @ 165 in '86 with 1003. Her third Seniors win came in 1987, where she dropped to 148, TOT 1008. Debbie was twice World Champ: both @ 165, in 1984 her 1047 TOT @ 165 won by a 176 lb. margin over Erikson (NOR). She also won in SWE in 1986 @ 165, 1019 TOT. BEST LIFTS @ 148: 407, 237, 435, 1080. @ 165: 402, 198, 446, 1047.

**18. ELWYN, SUSAN, D.O.B. 1948, Acton, MA** - A studious looking postal employee from MA, Susan is one of our lady pioneers of P/L. She started lifting in 1975. A participant in the first Seniors in 1978, she finished 4th @ 114. In 1979 Sue was runner-up to Dillard. In 1980 she TOT 744 @



**Sue Elwyn... one of PL's originals** 123 to beat newcomer Missy Orth on bwt. Elwyn followed this up with win No. 2 in 1981, an easy victory @ 114 with 727 TOT. She captured two back to back IPF World Titles: in 1980 @ 123 and 1981 @ 114. In 1982, she earned Seniors bronze (114) to go with her two golds and 1 silver. She rounded out her career with a 6th place finish @ 114 in 1983 at the Women's Seniors in Chicago. BEST LIFTS: @ 114: 248, 159, 319, 727.

**19. SANDER, WANDA, D.O.B. 1961, CA** - This CA girl was a true Amazon, wild frizzy hair and all, one of Bernie Gagne's stable of natural women talent. She debuted in 1979 Seniors: got 3rd @ SHW, and was 4th same class in 1980. First Seniors title for Wanda in 1981. It was there she defeated Todd on lighter bwt. (1129 TOT) with 463 DL. Wanda was injured and was runner-up (1041) to Annie McElroy, her bigger teammate, in 1982. She followed this up by regaining her title at Chicago in 1983 (1262 TOT)! Wanda was twice World Champion 1981 and 1983. BEST LIFTS: @ SHW: 474, 286, 501, 1262.

**20. ROHAL-BYLAND, TERRY, D.O.B. 1960, Kent, OH** - A H.S. standout in discus, jumping and sprints landed her a 4 year track scholarship at Kent State

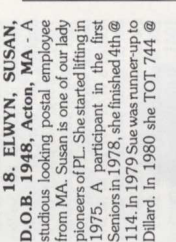
by 253 lbs., 1240 TOT. At 1988 Worlds - TOT 1151 @ 181 - runner-up to Oakes (GBR). BEST LIFTS: @ 165: 534, 270, 553, 1355. @ 181: 551, 281, 518, 1350.

**21. THOMAS, JULIE, D.O.B. JUL 17, 1960, Oklahoma City, OK** - Her books were deceiving with her glasses and pig-tails, but Julie Thomas captured two Women's Seniors along with 2 IPF World Titles in 1982 and 1983. She won her first Seniors in 1982 in AL (892) and repeated in 1983 with big improvement (1019). Her 804 TOT made her 1982 World Champion in England by a 93 lb. TOT margin. In 1983 she won by 159 (970) in AUS. Julie was married to Men's Seniors and World champ P/L legend Walter Thomas. Who says inspiration doesn't rub off? BEST LIFTS: @ 123: 369, 237, 413, 1019.

**22. BIERRA-RAMIREZ, GLYNIS, D.O.B. FEB 26, 1963, Anchorage, AK** - Glynis rates 9th ranked All-Time among USPF Women. She won 4 Seniors titles to earn that distinction: @ 105 (1989-90-92) and in 1993 @ 114. Thrice she represented team USA at the

Women's IPF Worlds. In 1989 she was runner-up @ 105 to Cognac (FRA) (777 TOT) on heavier bwt. A real heartbreaker. That was as close as she ever came. In 1990 finished 4th @ 105, and third in 1994 @ 114. BEST LIFTS: @ 105: 300, 180, 320, 800. @ 114: 303, 176, 330, 810.

**23. CROCKER, BARBARA, D.O.B. DEC 18, 1961, Salem, OR** - Barbara won 6 medals in all 6 of her appearances at the USPF Women's Senior Nationals: Bronze in 1987, silver (86-88), and 3 National titles (gold), all @ 198 (1989-



**Terry Byland-Rohal... Ohio Great** University in Kent, OH. Got into P/L in 1983 after graduation. Entered 1984 Seniors took 3rd @ 148, 909 TOT. The following year she went up to 165 and added 400+ lbs. to her TOT, making the APR 1985 cover of P/L USA. BINGO! Suddenly proclaimed World's Strongest Woman, weighing 163-1/2, she did 534 SQ, 270 BP, 551 (553) DL, 1355 TOT. She sat out 1986, back in 1987, won her second Seniors - 1146 TOT @ 165 and her first World Title @ 165, a modest 1052. In 1988, she capped her third Seniors title going 181 - won

**Glynis Ramirez - Bierre of Alaska** Women's IPF Worlds. In 1989 she was runner-up @ 105 to Cognac (FRA) (777 TOT) on heavier bwt. A real heartbreaker. That was as close as she ever came. In 1990 finished 4th @ 105, and third in 1994 @ 114. BEST LIFTS: @ 105: 300, 180, 320, 800. @ 114: 303, 176, 330, 810.

**Barb Crocker, Barbara, D.O.B. DEC 18, 1961, Salem, OR** - Barbara won 6 medals in all 6 of her appearances at the USPF Women's Senior Nationals: Bronze in 1987, silver (86-88), and 3 National titles (gold), all @ 198 (1989-

**24. JONES, MAJIK, D.O.B. 1953, Baltimore, MD** - This 5 foot tall diminutive black lady was a former MD track star. She started lifting in 1976 at age 23. Took up P/L only 4 months before 1983 Women's Seniors, qualified and entered! She was second to Diana Rowell (610 - 799) trading W/R against heavier odds finished third. BEST LIFTS: @ 105: 319, 132, 402, 859. @ 114: 319, 159, 402, 881.

**25. GEDNEY, JUDITH, D.O.B. SEP 26, 1940, Macomb, IL** - This exuberant IL gymnastics teacher is living proof of the adage "persistence pays." Judith was in 10 USPF Seniors - all in the 97 lb. category. She finished 6th in 1981-83, 4th in 1982. Gedney accumulated 4 runner-up silver medals (1984-86-87-88). She finished 3rd (bronze) in 1985 and 1989. Her only Seniors win came in OK, 1990, uncontested. She finished only 6th that year at the Worlds. She won the covered World title in 1986 topping 9 other opponents, convincingly! These days active and competing in her favorite environment, USAPL (formerly ADFPA). BEST LIFTS: @ 97: 259, 159, 314, 733.

**Majik Jones... broke many WRs.** riors @ 105 (319 SQ, 402 DL, 854 TOT). She repeated her Seniors title in 1985 (837), 126 ahead of runner-up. Two Seniors gold and a silver. Majik became 1984 W/C @ 105 by a 99 lb. margin (854 TOT). She barely missed a W/R 407 to better her own mark. In 1985 she missed making her 105 weight, and against heavier odds finished third. BEST LIFTS: @ 105: 319, 132, 402, 859. @ 114: 319, 159, 402, 881.

**Barb Crocker... of Kenady's Gym** 90-91). Crocker was also 3 times a US Worlds team member. She finished 4th @ SHW (88) and won silver (1989 @ 198) to Buch, FRG. BEST LIFTS: @ 198: 440, 242, 457.

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# INTERVIEW

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

## ANDRZEJ STANASZEK The GIANT of Polish Powerlifting as interviewed for PL USA by Stephan Korte

**Introduction:** I first met Andrzej Stanaszek at the Junior European Championships in Budapest, Hungary in 1992. He was already dominating the light divisions in the junior categories at that time. I have to admit that I was really impressed to see him lifting such monstrous poundages. Over the last five years Andrzej has become one of the strongest powerlifters in the world, pound for pound. He has collected a prolific number of world and national titles, not to mention numerous world records. This interview was conducted at the German powerlifting finals.

**SK:** Before we get to the more detailed questions, let's get some of the specifics down, and your age, occupation, and any facts that you think are important.

**AS:** I was born in Bielsko Biata, Poland on September 25th, 1971. I am 4 feet tall and 110 pounds. At present, powerlifting is my job. I've been married to my wonderful wife Matgorzata for 2 years now.

**SK:** Being only 4 feet tall, you are a dwarf. Is anybody else in your family a dwarf?

**AS:** No, all of my family members and relatives are of average height. Sure, they are not 6 feet tall, but they are not dwarfs.

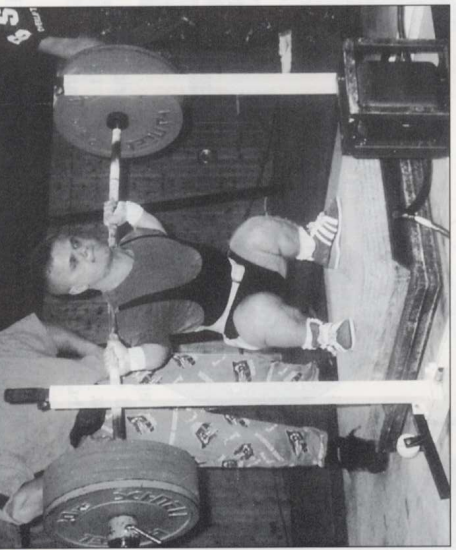
**SK:** Did you suffer from being a dwarf during your youth?

**AS:** To be honest with you, yes, I guess in Poland it is like everywhere in the world; if you look different than the average person, the others think you are strange. That's what I experienced. The kids at school treated me really bad. They were teasing me all the time. Now I get along with it, but I want to mention one thing: I am not into powerlifting to show the people who were treating me bad in the past that I'm stronger than they are. I like to compete and that's why I am into powerlifting.

**SK:** How did you get started and how many years have you been training and competing?

**AS:** I got involved in powerlifting by accident. I met a powerlifting coach at the train station in Bielsko Biata. This was in May of

I do technique training. I always squat first, followed by bench press and deadlift. I go by feeling. Sometimes I train heavy with low reps; sometimes I use lighter weights and go for more reps. The regular training session lasts about 3 hours. On Tuesday, I have my special deadlift day. The deadlift is my weakest lift, that's why I need to do some additional exercises to improve it. I do a lot of good mornings for my lower back and several exercises to strengthen my grip. Thursday is my assistance day for the bench press. I do partial reps using blocks, also train by feel, sometimes heavy, sometimes light. Every workout is completed by 15 minutes of stretching. This helps me to stay injury free. I do not train my shoulders because I believe I don't need to do it. For me, training biceps is no fun at all, that's why I don't waste any time with it.



Andrzej squatting 585 at the '96 German Team Finals. (photo by Stephan Korte)

1989. He asked me to meet him in the gym to try to lift weights. We met each other the next day and that's how everything started. My first competition was the IJF World Bench Press Championship in Rüsselsheim, Germany. I finished 319 and a 1300 total, which posted at the IJF World's in South Africa. The squat, bench and total were all world records at 114.

**SK:** What are the titles you have won so far?

**AS:** The titles and championships I have won are as follows: 4 time IJF Junior World Champion, 4 time EPF Junior European Champion, 7 time IJF Bench Press World Champion, 4 time EPF Senior European Champion and 4 time IJF Senior World Champion.

**SK:** Andrzej, what are your future goals in powerlifting?

**AS:** Actually, I don't have any goals. I have already reached more than I have imagined when I started lifting some years ago. I even beat Eddy Coan by relative points at the IJF World's in Finland. I just want to continue lifting, win the IJF World's a few more times and stay healthy. A 660 squat at 110 might be a goal to shoot for. I know I can do it.

**SK:** Tell us about your training program, both in and out of season.

**AS:** I make no difference between training in and out of season. I always work out 5 times a week, Monday through Friday. I train with my coach, who is my wife. She really motivates me. On Monday, Wednesday, and Friday



Opening with 341 at 114 lbs. bodyweight - without benefit of a bench press shirt!

every night and a 2 hour nap during the day are the most important aspects to lift heavy. I have no special mental preparation when I lift. I concentrate on the weight and the lift. Power comes from inside and I am a quiet lifter. Screaming, yelling and head-banging are not necessary for heavy lifting.

**SK:** Who are your heroes, or those you admire in powerlifting?

**AS:** Hideaki Inaba, Eddy Coan and Kirk Karowski. They were my idols when I started lifting and I still look up to them because they are strictly world class athletes. They always give 110 percent when they lift.

**SK:** What keeps you motivated to continue lifting heavy?

**AS:** Powerlifting is my job and my philosophy is to give 100 percent every time I work out. I am sponsored by the Polish Powerlifting Federation for placing in the top three at the IJF World's. I need the money and that keeps me motivated, too.

**SK:** Do you use any special supplement program or follow any special diet?

**AS:** I do not use any supplements at all. I've once tried a vitamin B supplement and got a bad allergy. That's why I decided to stay away from any kind of supplements. As far as nutrition goes, I eat a lot of rice, chicken, vegetables, fruits and salad. I have 3 meals a day and a few little snacks in between.

**SK:** Are there any other aspects besides training and nutrition which you consider to be important for successful lifting? Do you use any mental training techniques like visualization or hypnosis?

**AS:** I believe that good nutrition and enough sleep if get 8 hours

only \$200 a month, but the prices are the same as in the western countries. Powerlifting is not supported by the Polish government, but by the Polish Powerlifting Federation. I get \$1000 for an IJF or EPF title.

**SK:** Which are your next competitions? Do you plan anything spectacular in the near future?

**AS:** This year I will compete at the European Championships in May, the European Bench Press Championships in August, the IJF World's in November and the IJF Bench Press World's in December. I don't plan anything spectacular - just to win.

**SK:** How do you like the German powerlifting Bundesliga?

**AS:** It's always a pleasure for me to compete in the Bundesliga. The competitions are very well organized, the comradeship is great and lifting is a lot of fun.

**SK:** What are your interests outside of powerlifting?

**AS:** I don't really have any hobbies. I like to be around my family and spend most of the time with my wife.

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

**AS:** Yes, I would like to thank Mike Lambert for his interest about me and for publishing this interview. Thanks to the powerlifting team of Bavaria Landshut for inviting me to the Bundesliga. I would also like to thank my wife who has given me love and support during the last five years. Last, but not least, greetings to all the readers of Powerlifting USA. Follow your dream and it will come true.

wasn't in top shape either, but I beat him anyway.

**SK:** Some lifters say that dwarfs, because of their levers, have an unfair advantage for powerlifting. What do you think about that?

**AS:** I invite these lifters to get off all their equipment and lift against me - raw! I promise, there will be no chance for anyone of them to beat me.

**SK:** After years of communism, how is the situation in Poland nowadays?

**AS:** It's pretty good now. Getting good food is no problem anymore. The only problem is the financial situation. As a powerlifter, I make



Andrzej and his wife Matgorzata enjoy a copy of POWERLIFTING USA magazine



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# INTERVIEW

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

**PC:** Can you give the reader a little background information on yourself?

**JS:** My name is Jackie Simonsen. I am 35 years old and have been involved in the strength game for 23 years. I'm a strength coach and exercise physiologist at the Collins Perley Sports Center in St. Albans, Vermont. I have a Bachelors of Physical Education from the University of Toronto, Canada. I'm a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association, a senior level coach for Olympic-style weightlifting with the United States Weightlifting Federation, and a state chairperson and referee for the AAUPC. I've been running contests for ten years with many different federations. I'm involved with all-round, Olympic-style lifting and powerlifting.

**PC:** How did you get your start refereeing powerlifting meets?

**JS:** I got involved in refereeing powerlifting when I retired from national and international competitions and several lifters in the gym wanted to powerlift.

**PC:** Could you name some of the contests you have refereed?

**JS:** I have only refereed on a state and New England level, though I have goals to referee higher levels of competitions.

**PC:** What are some of the titles and competitions you have won?

**JS:** I have four world titles, setting 26 world records in all-round and Olympic-style lifting. My heaviest all-round lifts were a 1400 lb. hip lift, a 910 lb. hand and thigh, and a 405 lb. neck lift. I have been named strongest woman three years in a row for all-round lifting.

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

**JS:** My greatest accomplishment in the strength game is obviously in all-round lifting, not powerlifting. I would have to say it was being named strongest woman in three world championships.

**PC:** Why did you choose to invest

## JACKIE SIMONSEN interviewed for Powerlifting USA by Pat Cuntrera



Strong All Around... Jackie Simonsen (Poole)

**JS:** The best advice I can give a beginning lifter is to seek out a knowledgeable and experienced coach. Find out about their credentials and education. Once they find a coach, listen and be patient. Excellence takes time in any sport.

**PC:** If you could change one thing about this sport, what would it be?

**JS:** If I could change one thing about the sport of powerlifting, I would say to find ways to make it more spectator appealing. Maybe through sponsorships, make it more glamorous. Consistent equipment rules from one association to another would help. There can be endless changes here, but when we have more spectators, we get more lifters and better competitions.

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

**JS:** Since retiring from competitive lifting, I've developed an interest in triathlons and duathlons. I now enjoy running, cycling, canoeing, and various other activities. I still do strength training, but no heavy lifting.

**PC:** What is your opinion on new concepts such as RAW lifting?

**JS:** My opinion of RAW lifting is that I find it exciting, knowing what an athlete can really do, just the lifter and the iron. There is a real future in this. As for the Wild Card and Modified Conventional System, I have not yet had enough personal experience in either area. I'd like to see how well it works. It is always a great thing to make changes and use what works.

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

**JS:** My ultimate goal in this sport is to run a large national and international event. I would also like to produce some quality lifters. By this I mean athletes who can perform to their potential and achieve their personal goals.

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

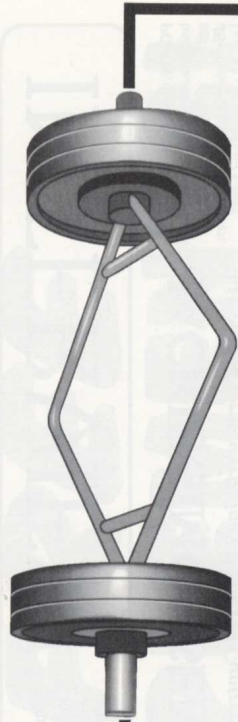
**JS:** First of all, I would like to thank Mike Lamberg, Pat Cuntrera, and Powerlifting USA magazine for granting me this interview. My final comment is in regards to female lifters. Being a female myself, I have gone through a lot in order to compete at the level I knew I could compete at. Besides the AAUPC, I have noticed many federations do not even keep a list of records for women. I find this shocking. Not only would I like to encourage more women to lift, but to get involved even if they can't lift. The IOC has just instated female Olympic-style weightlifting for the Olympic Games in the year 2000. Now is the time to get on the bandwagon and see what we can do. Maybe Powerlifting is not for anyone, male or female. Not only do you look and feel better, but you can build up your self esteem and confidence for other areas in life, so get involved.

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Everyone is always looking for the best value or the most 'bang' for the 'buck'. This is not only limited to purchasing goods and services, but should apply to power training as well. When a lifter trains, he should be working out in the most effective manner he can. Every facet of training should be constantly evaluated from exercise selection and performance, to nutrition, and the sets and reps. One facet I think deserves a bit more consideration is your choice of set and rep schemes. I believe a vast majority of the set/rep schemes used by many lifters are not efficiently and logically designed to produce the highest level of gains. You may not be getting back as much from your training as you desire.

To illustrate my point, I'd like to analyze a few of the most popular set/rep schemes. For instance, 5 sets of 5 reps and the 'add weight/cut reps' each set method and propose ways that these schemes can be made more efficient and hopefully, more result producing.

Let's start with the '5 x 5' scheme. The 2 most typical ways of doing a '5 x 5' routine is to use the same weight for all sets: 200 x 5, 200 x 5, 200 x 5, 200 x 5, 200 x 5. Or to increase the weight on each succeeding set, peaking out on the final or fifth set: 185 x 5, 225 x 5, 250 x 5, 275 x 5, 300 x 5.

I'll be the first to agree that if you work hard and increase the weights used when you are able, you will progress. So what's wrong with that? I say by logically analyzing these two progressions, we can easily increase results.

In the first example, if you were capable of getting that fifth set with 200 pounds, what good were the first four? Likewise, in the second example, the last set was the most intense and most beneficial. The four previous sets only succeeded in tiring you out and resulted in your being able to use less weight for the fifth set, wasting time and energy. There's not much value in either scenario.

A better way of doing a '5 x 5' scheme that would result in a much

x 3, 265 x 5. As you can see, not only does this result in a substantially higher amount of weight being used during the workout, but it also provides adequate warm-up. The down sets in this example, as in my '5 x 5' scheme, allow the lifter to garner additional intensity as his strength and concentration level decreases over about the same number of sets as the old inefficient scheme. In addition, the lifter would now be capable of a 2-5% higher top set. That may not sound like much, but over the long term, total volume is much greater. Dropping the weight 5% on each succeeding set after the top set is a good rule of thumb to start with. This may require some adjustment for each individual.

Another benefit is potentially better exercise performance. Usually, as a lifter becomes fatigued, exercise form suffers. Using maximum weights while fatigued increases the chances for injury. By performing the heavier sets sooner and then decreasing the weights as you fatigue, intensity is kept high and proper exercise and performance can be better maintained.

There are occasions when lower intensity workouts may be desirable, such as in the case of injury rehabilitation and at times where high intensity weight training may be detrimental, such as on light days.

This principle applies toward other similar set/rep schemes like the 3 x 10, 4 x 8, 6 x 6, etc.

The weights you can use on this system may not be exactly in proportion to my examples, but I feel very confident that if you compare your current practices to my suggestions, you can immediately make all your workouts more efficient and intense, result producing and safe without requiring any changes to the selection of exercises or other methods you currently employ. This is really such a simple principle; you may wonder why you have not tried this before. As I said earlier, your choice of set/rep schemes are critical to your progress. Be more analytical. Make each set and rep count and you will get the most 'bang' for your training 'buck'.

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Getting the Most "Bang" for Your Training "Buck" as told to Powerlifting USA by DOUG DANIELS



"Big Bang" Training produced this 625 pound squat by Bruce Greig at the WPC Can-AM meet.

higher level of intensity would look like this: 195 x 5, 225 x 5, 255 x 5, 240 x 5, 225 x 5. With this more efficient scheme, you would peak out on the third set with 255 pounds and then, as you tire and your strength wanes, drop the weight a bit on each of the following sets while sustaining a high level of intensity. The new 5 set workout now becomes a very intense, result-producing workout. A great value in time spent!

Proper warm-up is still important and my examples provide adequate warm-up for most weight trainees without expending valuable energy and time. Of course, some lifters, may require an additional set or two, but don't waste time and energy performing too many low intensity, marginally effective sets; warm-up - then lift your heaviest weights. These are the sets that result in gains.

Now let's look at a typical add weight/cut rep each set scheme: 185 x 12, 205 x 10, 225 x 8, 245 x 6, 265 x 3, 285 x 2, 305 x 1. Here, the same basic principle applies. Too many light warm-up and intermediate sets and reps result in your being able to lift less on the critical top set.

A better add weight/cut rep scheme for the same lifter would look like this: 185 x 12, 215 x 8, 255 x 2, 285 x 1, 310-320 x 1, 295



**16** It came about, oh around the fourth century B.A. (before Apollo). This was before E.S.P.N. before Soul Train even. Hercules the primogenitor of Larry Pacifico, and the god of strength, went up to Mount Olympus where he fasted and prayed for forty minutes. It was there that Zeus, the king of heaven and the lord of the thunderbolt, appeared to Hercules in the form of a burning bush. Now Zeus said to Hercules, "Cut out for yourself two stone tablets and I will write on the tablets - if you help me with the spelling - the Seven Commandments of Powerlifting. Yes! Seven Commandments because he couldn't think of ten. And he wrote on the tablets the Seven Commandments." Then he told Hercules "take these commandments and give them to the Powerlifters of the World."

**17** Thou shalt not lift until thou has developed perfect form. Before you even think about doing a single repetition, make sure you know how the exercise should be performed in order to get the greatest bio-mechanical efficiency possible. And don't you dare add an ounce of weight until you have developed commensurate form. This isn't your mother talking hear, so pay attention. Proper form is one of the most critical aspects of lifting heavy weight. Heck, it's one of The Seven Commandments. Busting proper form will not only be able to cut down on injuries but you will also be able to significantly enhance your performance. The more efficient your "lifting groove" the more weight you will be able to move.

**Thou shalt not neglect hard work.** Even a "doubting Aphrodites" knows that in order to be good at something you have to work at it. As Pacifico, the god of the "total," once said "hard work is everything." If you are not willing to struggle a little, sacrifice a little, and work a lot, you will never make it in the sport of Powerlifting. If you are going to get anything from your training, you have to work up a little sweat. And that means a little discomfort ... OK, a little pain too. Did you ever hear of the overload principle? It states that in order to get a training effect you have

# Dr. JUDD

## THE TEN-SEVEN COMMANDMENTS OF POWERLIFTING as told to Powerlifting USA by Judd Biasiotto Ph.D.

muscle will become weaker, rather than stronger. Continued use of a fatigued muscle is especially injurious if the muscles exhaust their supply of glycogen and utilize the protein of their own cells for energy. In short, train too much will not only decrease your performance but can also lead to serious injury. Note, that Powerlifting should be a life long activity, not a life threatening one.

**Thou shalt stretch out.** An individual who does not have adequate flexibility cannot move with ease through movements requiring extreme ranges of motion at the joints. He also significantly increases his chance of injury especially in movements requiring a full range of movement. In fact, research has shown that maintenance of an adequate range of motion prevents and/or helps relieve muscle spasms and tears. Besides increasing movement capabilities and reducing the possibility of injuries, flexibility can also enhance lifting performance. According to research, proper flexibility will enable you to exert more muscular force in extreme ranges of movement. For example coming out of a deep squat requires that you exert maximal force from a position of extreme muscular stretch. Fred Hatfield, the god of squat, said that by improving hip and shoulder flexibility, the ability to perform explosive movements improves with the essential by-product of reducing the chances of injury to joints and muscles from over-stretching. So stretch for god's sake.

**Thou shalt not stay up all night chasing women.** ... OK, OK, you can chase women, but just don't stay up all night doing it. If you want to be great, you have to get your sleep. As you might expect, sleep deprivation not only affects mental preparedness, but



Dr. Judd Biasiotto lays down the 7 Laws of PL

to tax your muscles beyond what they are normally accustomed to. That means you have to push yourself if you want to make gains. The old cliché, "no pain, no gain" is true. (There are limits to this however - see Commandment 3). Interestingly, John Lauderer, a renowned motor learning expert has said that in order to reach an elite level in athletics you have to train approximately 10,000 hours. That's 10,000 quality hours of hard training, not just 10,000 hours spent in the gym. Like Pacifico said, "hard work is everything." Remember too, that what ever a man sweats that shall be also what he reaps.

also physical performance. There are several studies which have revealed that as little as one hour of sleep deprivation for a period of one week can cause a significant decrement in strength, speed, and coordination. Physiologists, also believe that rest is just as essential to muscle growth as nutrition and proper exercise. In short, an adequate amount of sleep is necessary if you are going to reach your full potential as a lifter. So get plenty of sack time. Naps are good too, but skip the cookies and milk.

**Thou shalt not feast on ambrosia (the food of the gods).** You know like ice cream, cake, or any other food that tastes too good to be good. Although at present there is no way to ascertain an individual's precise nutritional requirements for optimum health and/or performance there are some general rules you can follow. First of all most experts in the field of nutrition recommend that serious athletes consume approximately 60 to 75% carbohydrates, 15 to 25% protein, and 5 to 10% fat in addition to limiting fat (the average American consumes approximately 40% fat) the experts suggest you eliminate salts, stimulants, sugar, flour, hot spices, alcohol, charcoal-broiled foods and foods that contain additives and preservatives. Don't panic! It sounds like everything, but it really isn't. On the other hand, try to increase the consumption of fresh fruits, vegetables, and whole-grain cereals. A multi-vitamin supplement might also be taken as determined by your age and sex. Remember, you are what you eat. You don't want to be a twinkie do you?

**Thou shalt not drink spirituous beverages.** Research has consistently revealed that even moderate use of alcohol can cause myositis (an inflammation of muscle tissue), a condition that can significantly decrease an individual's strength and endurance. Strength decrements as high as six percent have been found in some subjects the day after they consumed as little as two ounces of alcohol. There is also a prolific amount of research which shows that moderate consumption of alcohol can decrease the production of testosterone (you know the hormone that makes men ... well, bigger and better men, and women almost men), which will also predispose an individual to decrements in strength.

**18** And that's the way it was written in the book of Powerlifting(USA), Biasiotto, chapters 16-18.

# INTERVIEW

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

## Deidre Johnson-Cane interviewed for Powerlifting USA by Fred Rice



Deidre Johnson-Cane is one of the most active competitors in PL

him and Jackie until the summer of 1995. **FR:** IT SEEMS THAT EVERY TIME I GO TO A MEET ON THE EAST COAST, I SEE YOU, JOHN GENGO AND JACKIE DAVIS TRAINING OUTSIDE OF THE MEETS THAT WE DO ON SATURDAYS, BUT I DO GRIP BENCH PASSES FOR 8 TO 10 REPS, 3 SETS OF LAT PULL DOWNS, 3 SETS OF CABLE ROWS, AND SHRUGS. THIS WORKOUT TAKES ABOUT AN HOUR, WITH 2-3 MINUTES REST BETWEEN SETS. THIS IS MY ONLY POWERLIFTING TRAINING OUTSIDE OF THE MEETS THAT WE DO ON SATURDAYS, BUT I DO

**FR:** WHAT IS YOUR INVOLVEMENT WITH USA POWERLIFTING (THE ADPPA)? **DJC:** Although we only lift in the more comfortable and competing, the better I did. We've sometimes done meets back to back on successive weekends. We normally compete once or twice a month. **FR:** IN ORDER TO TRAIN AROUND COMPETING THAT FREQUENTLY, WHAT IS YOUR TRAINING SCHEDULE? **DJC:** We don't think in terms of training for a particular meet. I train hard and lift clean to have to lift against lifters that are dirty. I do not use any equipment at all in these sessions. On Tuesday I squat and deadlift. This workout takes about two hours. I squat 185 lb. for 3 sets of 6 to 8 reps after 2 warm-up sets. Then I deadlift 225 lb. for 3 sets of 6 reps after 2 warm-up sets. After this I do assistance work. On Wednesday I do chest and upper back work. After warming up I see how many reps I can get in the bench press with 135 for 3 sets. Then I do 3 sets of flat dumbbell presses for 5 to 6 reps, 3 sets of declines for 8 to 10 reps, 3 sets of close

**FR:** WHAT ARE YOUR BEST LIFTS? **DJC:** My best lifts are a 330 squat, 187.5 bench press, 370 deadlift, and 859 total. **FR:** WHAT ARE SOME OF THE AREAS OF MY LIFE.

**DJC:** I love Powerlifting for what it's taught me about other areas of my life. It's sharpened my ability to focus on things, and it's enabled me to see the forest instead of just the trees. I've always been the type of person who's chased after a goal and not enjoyed the process of reaching the goal. I love the competition of Powerlifting, but I love the training too. And it's my fear. I've been able to apply these things to other areas of my life.

**FR:** HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN? **DJC:** I think that if we ever have dreams of going into the Olympics it would have to happen, but I don't think it will. It's ridiculous that you can have so many different "World champions" in one weight class. I think too many people just want these titles, and that there is too much politics going on for unification to take place. I don't think everybody wants it, unfortunately.

**FR:** ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD? **DJC:** I love Powerlifting for what it's taught me about other areas of my life. It's sharpened my ability to focus on things, and it's enabled me to see the forest instead of just the trees. I've always been the type of person who's chased after a goal and not enjoyed the process of reaching the goal. I love the competition of Powerlifting, but I love the training too. And it's my fear. I've been able to apply these things to other areas of my life.

**TITLES YOU HAVE WON AND RECORDS YOU HOLD?** **DJC:** I've won the USA Powerlifting/ADPPA nationals twice (1996 and 1997). I've won the New York State Championships the last three years, and I've won the USAPL Lifetime Nationals twice. As far as records I have all the New York State USAPL records for my weight class and hold the Lifetime National records for the deadlift and the total. **FR:** WHAT ARE YOUR GOALS IN POWERLIFTING?

**DJC:** The last couple of years I was putting a lot of pressure on myself, thinking, "I have to place first in this meet." Then I started to lose my enjoyment in the competition. Now I try to think of every meet as though it's the first one. In your first meet nothing knows you and you have nothing to lose. This year I've decided that I just want to have fun. I do this because I enjoy going to these meets with John and Jackie and Jonathan, and meeting the great people that are involved in the sport. I don't get paid to do this, so it should be fun.

**FR:** HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN? **DJC:** I think that if we ever have dreams of going into the Olympics it would have to happen, but I don't think it will. It's ridiculous that you can have so many different "World champions" in one weight class. I think too many people just want these titles, and that there is too much politics going on for unification to take place. I don't think everybody wants it, unfortunately.

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# Ask the Doctor

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

**DEAR MAURO:** Since I was 17, I have had knee problems. When I was 20, I had a medial meniscectomy, and for years afterward had a lot of fluid in the knee. I was told I had osteoarthritis. My surgeon used a lot of Cortisone as an anti-inflammatory while the knee was being aspirated. This was before I became a powerlifter. Since 1981 to 1990 I went on several short anabolic steroid cycles - they were legal then and the bulk of them received from my local MD (an early Sports Medicine Specialist). I would rarely if ever experience any knee problems except for post-meal and post-workout stiffness. I continued to compete and specialized in the deadlift. I still squatted fairly heavy and still was able to do 573 @ 165 on a very minimal amount of steroids. I quit doing steroids in 1992, and I feel great, except for my knee. About a year ago, I moved to take up a new job and the weather here is wet and rainy for the most part. I went to a local orthoped who X-rayed my knee and told me that I needed a knee replacement. He also stated that he saw a piece of loose debris in the X-ray. He gave me a script for Lodine (an oral anti-inflammatory), which does seem to help temporarily. My quads and hips are still very strong, however, I cannot do leg extensions of any sort with my left knee. I cannot run or even climb stairs properly. I can no longer perform deadlifts. When I assume the stance and bend over to grasp the bar, I cannot put any pressure on the knee to initiate the lift.

My questions are: (1) If I do get a knee replacement, will I EVER be able to squat and deadlift again? (2) Is there any other elective surgery SHORT of a knee replacement that could help? (3) Is there any medication of ANY sort that would help? (4) Have you ever heard of any lifter that "made a comeback" after joint replacement? **Russ T.**

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**FROM DAN WAGMAN** (in response to the actions of the USPF Executive removed him from his position on the U.S.P.F. Executive Committee) "My letter seeking disciplinary action against Dave Jeffrey clearly indicated that the by-laws governing such a complaint should be followed. Indeed, Section 6.A.1.C. outlines this process quite clearly with no room for interpretation. However, the leadership of the USPF chose not to follow these simple procedures and as a consequence has placed the federation in further jeopardy. There was no hearing. I was not given an opportunity to produce evidence to my contentions, though I specifically indicated that I would do so at the time of the hearing, nor was Regional Chairs may have been polled regarding their opinion about my complaints. Naturally, without the benefit of weighing the evidence their opinions are inconsequential. Hence, my charges still stand. In failing to address the disciplinary charges in a manner consistent with our by-laws and failing to review the evidence, this administration has once again proven their complete and utter disregard and lack of respect for the law. In doing so, my claims have been proven to be true. Clearly, the USPF is in a way running amok, is operating in anarchy, and the membership is not served by any stretch of the imagination. As explained before, it's my duty, as it is yours, to address wrong-doing within the USPF. Not only is this mandated by regulations from our incorporating State, but is also provided for by Article 6.A. of our by-laws. Therefore, interpreting my actions as being detrimental to the USPF and as cause for removal from office is illogical, absurd, and invalid. On the other hand, not adhering to the law, withholding information, lying to the membership, compromising our nonprofit status, near expulsion from the IPF, etc. would constitute cause for removal. Since none of the above applies to me, yet does to the majority of the E.C., this should be regarded as proof to the membership, powerlifters in general, the IPF, and State and Federal authorities that the USPF is corrupt to the core. Further, the motion to remove me from office was brought about by an illegally appointed E.C. member (David Kyle) and voted on by two other individuals on the E.C. (Dave Jeffrey, Buddy Duke) that are holding their positions by virtue of yet another illegal election.

Based on the above, it follows that a) there is no cause to remove me from office and b) the vote is invalid. I therefore reject the decision and subsequent vote removing me from office. Consequently, you have no right to exclude me from USPF business. Any attempt to do so will be interpreted as further by-law violations and an additional obstruction of the democratic process. I have had lengthy discussions with the Attorney General's Office of our incorporating State regarding the persistent violations of the law. Steps as to how to proceed have been conceptualized and simply need to be put in motion. Moreover, as the majority of you have demonstrated complete ignorance as to how the law applies to the conduct of business, I see no alternative as to involve the Federal government as well. State level discussions have clearly revealed that contravention of the law will not be tolerated and can result in an audit, sanctions, and penalties from both State and Federal authorities. As most of you have demonstrated the highest level of incompetence in holding an executive position within the USPF, a last resort to show some sense of responsibility and ethical conduct would be to resign your positions. Though doing so will not remove you from liability, it does indicate that you are willing to keep the USPF from incurring further damage from subsequent illegal actions on your part. You have until November 1, 1997 to send me your resignation. On the first business day thereafter I will put the wheels in motion to have the USPF investigated by the authorities. Do not be mistaken, nonadherence to the by-laws is an extremely serious offense. However, you have been given ample opportunity to correct that which is wrong. Instead, you have chosen to essentially bring the USPF to the brink of existence. This inability to properly govern is as vile as it gets and must and will come to an end. The USPF membership and powerlifting deserve a lot better."

**FROM MIKE OVERDEER** (in response to USPF President Dave Jeffrey's plan for unification published in the November 1997 edition of POWERLIFTING USA, pages 46/47) "Thank you for your response to my letter. I will follow your example and respond by point. It is apparent that you have defamed to Sam Pardue and Sean Scully in regards to communication with me. To that end, both men have been receiving copies of my communications to you. Both have my utmost respect, and I am

## DEAR RUSS:

You've got some serious knee problems. Meniscectomies have been shown to increase arthritis. As well, the cortisone shots increased the arthritis to the point where you have a knee that should be replaced. Unfortunately joint replacements aren't the answer for your age group and aspirations. If you got your knee replaced you wouldn't be able to squat or deadlift since this strain shortens the life of the artificial joint. If you want to continue lifting, some sort of osteotomy may be of some use. I'd ask your orthopedic specialist about whether you're a candidate for a tibial osteotomy. Even with your severe knee problems it should be possible, especially in light of your ability to squat. I would also suggest the possibility of corrective orthotics. It's possible that by changing the alignment of your ankle and knee that you'll be able to lift with some force. Another thing you could try is using knee wraps in various configurations. For example, a short wrap applied just below the knee so to compress the tops of the tibia and fibula might just allow you to generate more force from the floor. Another suggestion is to use four or five inches of stiff rubber material (so you can get a good bounce) under each end of the bar. Get two buddies to help you lift the weight into the full standing position and then "bounce" two or more deadlift reps. After a while you can decrease the height of the rubber under the plates until you're able to do your reps off the floor. **Mauro Di Pasquale, M.D.**

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You are correct in noting that I have received data on the USPF Doping Control Program through Dr. Richard and John Herrick. As you're aware, this information is available as public record, and is now published on the internet. It would have been preferable if you had provided first-hand information, more detailed statistics, similar to those I personally provided you. I am reminded of your personal commitment to the IPF delegates in June that the solution to unification was in your hands. You have only now submitted your plan, over three months later, and just month away from Congress. I have forwarded it to those on your Executive Committee who have not yet seen it. We believed that by providing you early on with the updated mailing list of our entire NGB, you would have the best possible forum. Unless I am mistaken, you chose not to take advantage of this opportunity to speak personally to each and every one of our National Governing Body members. As to you concerns that I am bordering on libel with respect to your threats against the IPF, I shall source USPF public record - Transcription of Recorded 5/25/97 USPF Special NGB Meeting, Philadelphia, PA - David Jeffrey speech - "... bullshit about lawyers and this and that unless it's about a takeover, and if Grahamme Fong I'm going to win, I'll fight for you guys. Now I'm not going to guarantee you I'm going to fight, but I will fight. I'll go there and I'll kick his ass and I'll go to Europe if I have to, in England I've got contacts and I've got contacts in Germany and I'll do it there for you..." Following is an excerpt from USPF Attorney Louis B. Priliker letter of May 23, 1997, addressed to the International Powerlifting Federation, ATTN: Grahamme Fong, President - RE: United States Powerlifting Federation v. International Powerlifting Federation - "... please accepting this as formal notice that should the USPF's status be compromised in any way as the result of your or your organization's activities, we shall not hesitate to institute legal action for, inter alia, Sherman Act anti-trust violations, tortious interference with business, tortious interference with prospective economic advantage and intentional and negligent infliction or emotional distress on the various USPF officials. ... It is not difficult for us to perceive bona fide threats herein, especially of litigation against the IPF. I assure you that by March 1, 1997, I had learned to count as high as five USPF Executive Members, as well as the three who were not included in the meeting where you were elected President. These three members of your Executive had been duly notified of the March 1, 1997 USPF conference call meeting, and were left anxiously waiting by the phone. It appears that the USPF Vice-President and at least one new Executive Committee member have also been elected by such obfuscated meetings. The related disciplinary charges brought against you by fellow Executive member Dr. Dan Wagman have clouded the entire issue of the legal standing of the USPF's Executive. I am honored if I have "lowered myself to Dr. Wagman's level", as I share with him a passion for the democratic process. In searching for some reason or understanding for your inaction on these matters, we have learned that USPF Secretary-Treasurer Jan Shendow may possess a long held misinterpretation regarding his obligation to notify all Executive Committee members of the intent to carry out a meeting. We have receipt of a 1/6/92 letter from Dr. Richard Herrick to Lucian Gillis, both USPF Executive Committee members at the time, challenging then President Jan Shendow over the same by-law issue. Dr. Herrick received no notice of an important Dec., 1991 Executive Meeting he wished to participate in; and as a result Dr. Herrick was involuntarily sequestered from the business conducted at that meeting. It would seem that this issue is both current and historical. The perplexing search to find the logic in your plan is altogether irrelevant. The last minute timing of your letter, the issue of Dan Wagman's charges, the dark cloud that surrounds threats of litigation against the IPF, and the USPF/NASA marriage all force us to respectfully decline your proposal, and leave us no choice but to await the IPF Congress decision in Prague." (7 Oct 97)

more than happy to speak with them; but I believe it is more fitting for you complete what you have begun. We have made it clear that in no uncertain terms, a number of factors must be resolved before any further unification discussions could even be contemplated. The specter of legal action by the USPF, the grave charges made against the USPF Executive body by one of it's own, Dan Wagman, and the potential or actual amalgamation of the USPF, a not-for-profit tax entity with NASA, a for-profit entity - all must be addressed and resolved. As the few days until the IPF Congress in Prague dwindle, my organization grows less and less optimistic that the USPF will find solutions in time.

You are correct in noting that I have received data on the USPF Doping Control Program through Dr. Richard and John Herrick. As you're aware, this information is available as public record, and is now published on the internet. It would have been preferable if you had provided first-hand information, more detailed statistics, similar to those I personally provided you. I am reminded of your personal commitment to the IPF delegates in June that the solution to unification was in your hands. You have only now submitted your plan, over three months later, and just month away from Congress. I have forwarded it to those on your Executive Committee who have not yet seen it. We believed that by providing you early on with the updated mailing list of our entire NGB, you would have the best possible forum. Unless I am mistaken, you chose not to take advantage of this opportunity to speak personally to each and every one of our National Governing Body members. As to you concerns that I am bordering on libel with respect to your threats against the IPF, I shall source USPF public record - Transcription of Recorded 5/25/97 USPF Special NGB Meeting, Philadelphia, PA - David Jeffrey speech - "... bullshit about lawyers and this and that unless it's about a takeover, and if Grahamme Fong I'm going to win, I'll fight for you guys. Now I'm not going to guarantee you I'm going to fight, but I will fight. I'll go there and I'll kick his ass and I'll go to Europe if I have to, in England I've got contacts and I've got contacts in Germany and I'll do it there for you..." Following is an excerpt from USPF Attorney Louis B. Priliker letter of May 23, 1997, addressed to the International Powerlifting Federation, ATTN: Grahamme Fong, President - RE: United States Powerlifting Federation v. International Powerlifting Federation - "... please accepting this as formal notice that should the USPF's status be compromised in any way as the result of your or your organization's activities, we shall not hesitate to institute legal action for, inter alia, Sherman Act anti-trust violations, tortious interference with business, tortious interference with prospective economic advantage and intentional and negligent infliction or emotional distress on the various USPF officials. ... It is not difficult for us to perceive bona fide threats herein, especially of litigation against the IPF. I assure you that by March 1, 1997, I had learned to count as high as five USPF Executive Members, as well as the three who were not included in the meeting where you were elected President. These three members of your Executive had been duly notified of the March 1, 1997 USPF conference call meeting, and were left anxiously waiting by the phone. It appears that the USPF Vice-President and at least one new Executive Committee member have also been elected by such obfuscated meetings. The related disciplinary charges brought against you by fellow Executive member Dr. Dan Wagman have clouded the entire issue of the legal standing of the USPF's Executive. I am honored if I have "lowered myself to Dr. Wagman's level", as I share with him a passion for the democratic process. In searching for some reason or understanding for your inaction on these matters, we have learned that USPF Secretary-Treasurer Jan Shendow may possess a long held misinterpretation regarding his obligation to notify all Executive Committee members of the intent to carry out a meeting. We have receipt of a 1/6/92 letter from Dr. Richard Herrick to Lucian Gillis, both USPF Executive Committee members at the time, challenging then President Jan Shendow over the same by-law issue. Dr. Herrick received no notice of an important Dec., 1991 Executive Meeting he wished to participate in; and as a result Dr. Herrick was involuntarily sequestered from the business conducted at that meeting. It would seem that this issue is both current and historical. The perplexing search to find the logic in your plan is altogether irrelevant. The last minute timing of your letter, the issue of Dan Wagman's charges, the dark cloud that surrounds threats of litigation against the IPF, and the USPF/NASA marriage all force us to respectfully decline your proposal, and leave us no choice but to await the IPF Congress decision in Prague." (7 Oct 97)



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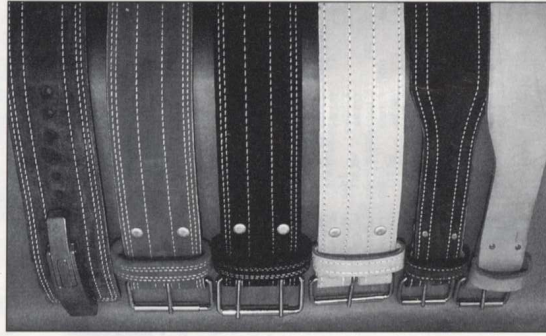
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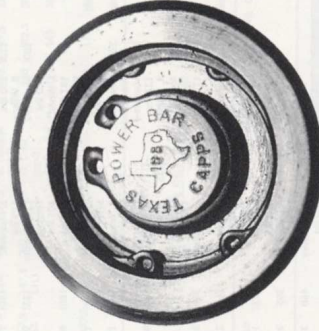
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mp-2	154 lbs	154	154	154	154	235	135	240	610
mp-3	170 lbs	170	170	170	170	260	152.5	232.5	645
mp-4	170 lbs	170	170	170	170	200	163.5	210	573.5
mp-5	170 lbs	170	170	170	170	200	112.5	227.5	540
mp-6	170 lbs	170	170	170	170	230	177.5	267.5	675
mp-7	170 lbs	170	170	170	170	222.5	165	242.5	1,630
mp-8	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-9	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-10	170 lbs	170	170	170	170	280	82.5	305	737.5
mp-11	170 lbs	170	170	170	170	275	167.5	260	702.5
mp-12	170 lbs	170	170	170	170	192.5	127.5	210	530
mp-13	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-14	170 lbs	170	170	170	170	-240	142.5	245	0
mp-15	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-16	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-17	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-18	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-19	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-20	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-21	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-22	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-23	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-24	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-25	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-26	170 lbs	170	170	170	170	-240	142.5	245	0
mp-27	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-28	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-29	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-30	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-31	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-32	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-33	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-34	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-35	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-36	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-37	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-38	170 lbs	170	170	170	170	-240	142.5	245	0
mp-39	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-40	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-41	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-42	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-43	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-44	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-45	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-46	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-47	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-48	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-49	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-50	170 lbs	170	170	170	170	-240	142.5	245	0
mp-51	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-52	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-53	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-54	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-55	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-56	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-57	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-58	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-59	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-60	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-61	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-62	170 lbs	170	170	170	170	-240	142.5	245	0
mp-63	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-64	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-65	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-66	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-67	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-68	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-69	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-70	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-71	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-72	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-73	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-74	170 lbs	170	170	170	170	-240	142.5	245	0
mp-75	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-76	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-77	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-78	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-79	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-80	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-81	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-82	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-83	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-84	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-85	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-86	170 lbs	170	170	170	170	-240	142.5	245	0
mp-87	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-88	170 lbs	170	170	170	170	217.5	160	247.5	625
mp-89	170 lbs	170	170	170	170	185	155	207.5	547.5
mp-90	170 lbs	170	170	170	170	260	-137.5	0	122.5
mp-91	170 lbs	170	170	170	170	290	177.5	275	742.5
mp-92	170 lbs	170	170	170	170	232.5	150	227.5	610
mp-93	170 lbs	170	170	170	170	162.5	102.5	162.5	427.5
mp-94	170 lbs	170	170	170	170	222.5	165	242.5	630
mp-95	170 lbs	170	170	170	170	227.5	150	227.5	605
mp-96	170 lbs	170	170	170	170	192.5	132.5	207.5	532.5
mp-97	170 lbs	170	170	170	170	232.5	112.5	182.5	327.5
mp-98	170 lbs	170	170	170	170	-240	142.5	245	0
mp-99	170 lbs	170	170	170	170	227.5	167.5	287.5	727.5
mp-100	170 lbs	170	170	170	170	217.5	160	247.5	625

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Back view of dog appears on back of shirt



**Kim Steele, Women's Division winner at the APA Summer Championships (Joe Steele photograph)**

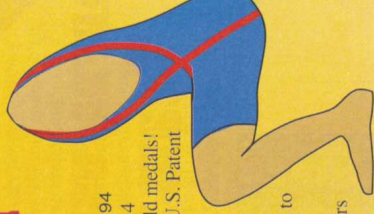
**APA Summer Championships**  
 20 Jul 97 - New Haven, CT

Bench Press	115
Men's 97 lbs	80
Men's 115 lbs	80
Men's 135 lbs	80
Men's 155 lbs	80
Men's 180 lbs	80
Men's 205 lbs	80
Men's 230 lbs	80
Men's 255 lbs	80
Men's 280 lbs	80
Men's 305 lbs	80
Men's 330 lbs	80
Men's 355 lbs	80
Men's 380 lbs	80
Men's 405 lbs	80
Men's 430 lbs	80
Men's 455 lbs	80
Men's 480 lbs	80
Men's 505 lbs	80
Men's 530 lbs	80
Men's 555 lbs	80
Men's 580 lbs	80
Men's 605 lbs	80
Men's 630 lbs	80
Men's 655 lbs	80
Men's 680 lbs	80
Men's 705 lbs	80
Men's 730 lbs	80
Men's 755 lbs	80
Men's 780 lbs	80
Men's 805 lbs	80
Men's 830 lbs	80
Men's 855 lbs	80
Men's 880 lbs	80
Men's 905 lbs	80
Men's 930 lbs	80
Men's 955 lbs	80
Men's 980 lbs	80
Men's 1005 lbs	80
Men's 1030 lbs	80
Men's 1055 lbs	80
Men's 1080 lbs	80
Men's 1105 lbs	80
Men's 1130 lbs	80
Men's 1155 lbs	80
Men's 1180 lbs	80
Men's 1205 lbs	80
Men's 1230 lbs	80
Men's 1255 lbs	80
Men's 1280 lbs	80
Men's 1305 lbs	80
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Men's 1830 lbs	80
Men's 1855 lbs	80
Men's 1880 lbs	80
Men's 1905 lbs	80
Men's 1930 lbs	80
Men's 1955 lbs	80
Men's 1980 lbs	80
Men's 2005 lbs	80
Men's 2030 lbs	80
Men's 2055 lbs	80
Men's 2080 lbs	80
Men's 2105 lbs	80
Men's 2130 lbs	80
Men's 2155 lbs	80
Men's 2180 lbs	80
Men's 2205 lbs	80
Men's 2230 lbs	80
Men's 2255 lbs	80
Men's 2280 lbs	80
Men's 2305 lbs	80
Men's 2330 lbs	80
Men's 2355 lbs	80
Men's 2380 lbs	80
Men's 2405 lbs	80
Men's 2430 lbs	80
Men's 2455 lbs	80
Men's 2480 lbs	80
Men's 2505 lbs</	



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

## THE CENTURION



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

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



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

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

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- ▶ 1 pr. \$19.95 ea. ▶ IPF 50cm \$13.50 ▶ Full (36") \$16.50
- ▶ 2 pr. \$18.45 ea.

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

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### AAUPC UPDATE FALL 1997

I would like to start this update on a local note. Last year we had the MONSTER MEET in February, with a 176 lifters and many more turned away. With the help of many good friends, we pulled off a well-run three platform meet. The size of the meet took everyone by surprise, including yours truly. I vowed that, in the interest of the lifters, I would not let this happen again. In 1998, both the February and May meets will only be POWERLIFTING meets, both ASSISTED and RAW. This will keep the number of lifters to a reasonable level. However, the Bench & Deadlifts meets will still be available. With our new State Chairman, Steve Caldwell, we have several new meet directors who will pick up the bench & deadlift meets. The East Coast Classic will be held in March by Steve, and in July, Chris Lambert will hold the AAU War at the Shore BP/DL Championships. The New Jersey Bench Press & Deadlift Championships will most likely be held in November by Steve. These changes will offer several advantages to our lifters.

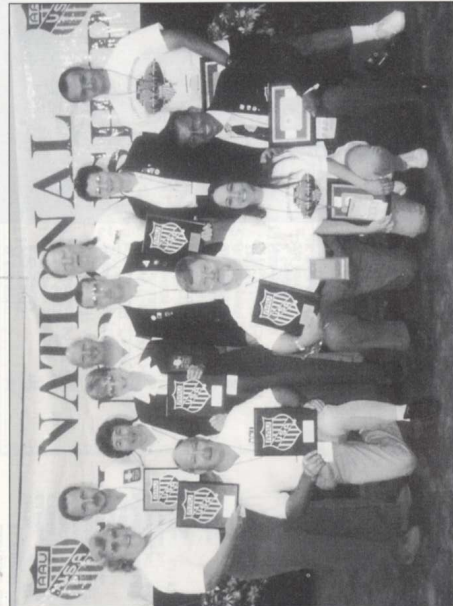
1. The meets will be kept to a reasonable size.
2. The same meets will still be available to our lifters, along with some new meets.
3. There will be better distribution of meets across New Jersey, providing greater access to lifters in South Jersey, Pennsylvania, and Maryland. This with several new meet directors on Staten Island and the White Plains area will provide a much broader meet selection.

We in the AAUPC want to provide the best meets for our lifters, Making money off them by having huge meets is NOT our #1 Priority. Included is a photo that I hope Mike will publish of several referees at the AAUPC Single Lift National Championships held at Disney. These referees have received service awards to acknowledge their efforts at attending key AAUPC meets at Disney and the Junior Olympics. About twenty-four awards in all were given out. We believe that in order to provide the best judges possible for our lifters, we must recruit and financially help these referees. We realize that going to several national meets a year becomes a financial burden, therefore we provide room and board and - when possible - travel aid to assist National and International Referees at the Disney and Junior Olympic meets. This also acts as an incentive for State Referees to advance. In this manner we can assure the lifters of high quality judging. We also provide limited compensation to our spotter/loaders to insure quality.

With this in mind, I invite AAUPC-referees to again submit their names for the 1998 season:  
March 27-29: International Gala Open Powerlifting Championships at Disney World Sports Complex.  
June 5-7: Florida State Powerlifting Championships, Citrus State Open Powerlifting meet and Open Bench & Deadlift meet. Disney World Sports Complex.  
August: XXXII Junior Olympics, Powerlifting Championships, ASSISTED and RAW Virginia Beach, VA.  
August 21-23: Law, Fire and Military National Powerlifting Championships at Disney World Sports Complex.  
Oct. 16-18: WDDFFP WORLD POWERLIFTING CHAMPIONSHIP, Open Teen, Junior, Sub Master (tentative) and MASTER at Disney World Sports Complex.

PLEASE NOTE CHANGE OF LOCATION FOR JUNIOR OLYMPICS!  
We require about fifteen referees per event. Bids should be sent to Joe Pura, 25 Louis Drive, Budd Lake, NJ 07828. Please send full name, address phone number, referee status, and meets you'll be available for. Anyone in Florida wishing to help out at Disney: Scorekeepers, spotters/loaders, announcers, expeditors should contact Tom Trevorah (904) 328-4804. For the Junior Olympics, same positions, please contact Jay Siegel, (814) 768-9400. Referees chosen will receive room and meals and, if funds allow, some travel expense.

New things, several changes have taken place, and are described in the new AAUPC rule book. All State Chairman and EX COM members will receive a copy by January. I strongly recommend that all referees obtain and read a copy. I will not take away Bill DePorter's thunder, but the will be writing an article before year's end on our new collegiate program which will have a direct influence on high school powerlifting when the program



AAU OFFICIALS HONORED.... kneeling - Tom Trevorah, Jersey Joe Pura, Lisa Cuy & Mario Torres; second row - Ellen Trevorah, Elaine Bolster, Dorothy Garcia, Rudy Garcia, Brenda Siegel, Eric Mickliff; standing in back row - Carl Trevorah, Bob Boster, and Al Siegel (Pura) gets fully underway. Bill will be Chairman of that committee.

Annapolis will host the 1998 Collegiate Nationals under the leadership of Mike Wright. Through Mike's efforts, it is expected that each academy will also greatly enhance our collegiate program. Our premium event for 1998 will be the WDDFFP WORLD POWERLIFTING CHAMPIONSHIPS in Disney. Advertising for that meet has already begun. The AAU and Disney will be making announcements soon about changes in their programs to encourage more athletes of all sports to take advantage of the AAU Disney experience.

With that in mind, we invite lifters and powerlifting leaders from all nations, affiliations, international and national to come to the March AAUPC International Invitational Gala Championships. We first mentioned this meet and its purpose about two years ago. We would like all powerlifting federations to come and discuss the future of our sport in a NEUTRAL venue. The AAU recognizes the importance of this event and has removed a prior requirement that foreign lifters purchase AAU Cards. Instead the AAU will purchase a separate insurance policy for that event to cover the lifters. However, American lifters will still be required to purchase AAU cards for insurance purposes. We will invite representatives to compete and well as their leaders to discuss powerlifting. We intend to hold one session after competition for the lifters to voice THEIR concerns about the sports and possible solidification. A second session after competition will be for the leaders of all the Powerlifting Federation/Associations, both National and International to speak.

By the time this makes press, invitations will be sent out by the AAU to the following: WDDFFP, IPF, WPF, WPA, USPF, NASA, WNP, ANNPC, APA, ADFFPA and others. The requirements for lifting are simple. All lifters must be 42 months drug free and agree to compete under AAUPC rules. (American lifters must be AAUPC members). The requirements for the leaders is even simpler, come with an open mind & heart and be willing to discuss in a neutral environment the future of the sport.

Over the past two years, much has been said about unification, solidification (PL USA MAY 95), the Olympics, etc. Now we will provide the best neutral environment in the world to discuss all issues. That will be the time to stand and be heard as a sincere member of the international powerlifting community, either as a lifter or as a leader. We encourage all lifters to attend, and we encourage all lifters to speak to their leaders about attending. If powerlifting is not only to survive, but to grow and prosper, we must - for at least these few days - put our differences aside and speak our minds openly about powerlifting's future and what needs to be done to insure powerlifting's survival and growth. We will provide the opportunity to do this, but you must be there to make it happen. J. Jurnpin, Jersey Joe, A PROUD member of the AAU USA!











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

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

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

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

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

**Are you qualified?** Now is the time to start picking meets to qualify for the vast assortment of the upcoming USA Powerlifting (formerly ADPFA) National meets. You, too, can qualify at any sanctioned USA Powerlifting (formerly ADPFA) meet. To find a meet near you, see the coming events section in this magazine or call the USA Powerlifting (formerly ADPFA) National office at (212) 248-4889.

**USA Powerlifting (formerly ADPFA) ON THE W.W.W.** The USA Powerlifting (formerly ADPFA) Web site is now up and running at HTTP://WWW.adpfa.com Check it out! There's always new information to see!

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

**Kennedy's Gym**, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 15453, (610) 286-7698; Owner: Pat Kennedy  
**Muscles and Fitness**, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227; Owner: Ford Sheridan  
**Powerhouse Gym**, 913 N. Court, Medina, OH 44256, (330) 722-7250; Mark Copeland

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

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

**The Strength Training Center, c/o** Nutritional Technologies, 5 Stoneroff Drive, Easton, PA 18045-2812, (610) 258-1894; Coach: Nick Theodorou  
**Warrior Weight Room**, Coyle-Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, (401) 640-640; Coach: H. Waldron  
**Mathieu's Fitness Center**, 4260 Fairfield Street, PO Box 325, Oakland, ME 04963, (207) 465-7102; Coach: John Mathieu  
**The Power Gym, Inc.**, 405 Main Street, Taylor, PA 18517, (717) 5462-7867; Coaches/Owners: Joe Moceyunas, Bob Granko Sr., (PA USA Powerlifting (formerly ADPFA) National Technologies, 5 Stoneroff Drive, Easton, PA 18045-2812, (610) 258-1894; Coach: Nick Theodorou  
**Andrews Power Gym, Inc.**, 133 Ash Street, Nashua, NH 03060, (603) 882-9117; Owner: Wayne Andrews  
**Iron Sport Gym Inc.**, 133-B Chester Pike, Norwood, PA 19074, (610) 237-6770; Coach: Steve Palcinella  
**Gym On The Hill**, 1209-13th St., Boulder, CO 80302; Lisa & David Buchanan  
**Sheridan Recreation Center**, 3325 Gm and Coaches Directory was created in order to provide individuals with a listing of the USA Powerlifting (formerly ADPFA) affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, coach or lifter who trains at that facility.

**New guidelines for membership in the USA Powerlifting (formerly ADPFA) Gym and Coaches Directory!** Gyms must be affiliated with USA Powerlifting (formerly ADPFA) through team membership or membership of the owner/coach. The USA Powerlifting (formerly ADPFA) Gym and Coaches Directory was created in order to provide individuals with a listing of the USA Powerlifting (formerly ADPFA) affiliated training facilities and coaches. This listing will furnish the following information: the gym's address, phone number and contact individual. The contact individual should either be the gym's owner, coach or lifter who trains at that facility.

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

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

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

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

Recently read Mr. Chuck North's letter in the October 1997 issue of *Powerlifting USA* regarding DHEA. As a doctor and a Board Certified Clinical Nutritionist, I am going to respectfully respond to his comments.

In 1994 the U.S. Dietary Supplement Health and Education Act made it possible for DHEA to be sold directly to consumers. Before this it was available by prescription. DHEA is a steroid hormone that is produced primarily by the adrenal glands. Very minute quantities are produced by the gonads. It is formed from cholesterol. An interesting fact is that 95% of the DHEA in the human body is in the sulfated form, DHEAS. This form increases the water solubility of the hormone. Consequently, this also decreases its biological activity and increases its excretion. Because of this, a small fraction of DHEA is needed or used for regulation while the remainder is degraded. This sulfated form may serve as a transport form for DHEA since the latter's function is that of a precursor for other steroid hormones: androgens or estrogens. Most of the DHEA studies out there are based on rodent studies, certainly not conclusive or applicable to humans since mice and rats do not produce DHEA, humans do.

As most people know, our levels of DHEA/DHEAS decrease as we age. One thing researchers haven't found out yet is if the decline in humans is due to a deprivation of an essential hormone or if it is a natural and normal consequence of aging. They have found that at all ages the individual variability is high and the normal range of serum DHEAS is very wide. For example, Asian men have lower levels than American men and men have levels 10 to 30% higher than women.

One item to consider when thinking about taking DHEA for immune system dysfunction is that during illness (especially those conditions in which the adrenal glands are highly stressed), mental depression, or other stress factors, there is a dissociation between DHEAS and cortisol (another adrenal steroid hormone) levels. DHEAS is decreased during stress situations and cortisol is increased. One question I always ask is: is it better to take a hormone that could further disrupt endocrine (hormone) equilibrium or is it better to support the health and function of the gland as well as remove or eliminate the stresses to allow the adrenal glands a chance to repair hormone balance?

A hormone is described as a

chemical messenger that has SPECIFIC regulatory effects on physiological processes. A dietary nutrient it is not. One has to realize that trying to manipulate a hormone or its levels in the human body is tricky and could be dangerous. The human body has what is called a "natural feedback mechanism" that enables the body to determine when it needs to produce more of a certain hormone or decides not to produce any at that given time because there is enough of it already in the body. The potentially dangerous and tricky thing about taking hormones is that the gland producing that particular hormone is signaled that there are adequate or excess hormone levels in the circulation at that time and there is no need to produce/secrete any amount of this hormone. If this continues over time, the particular gland will eventually cease any hormone production and a dependency for the outside (limitation) hormone develops. One must also realize that the human body and all of its parts do not work independently, especially the endocrine system. When one alters one area, it may affect many other areas. DHEA is known to be involved in a wide variety of functions. Data not available yet is what multiplicity of adverse and long-term effects taking the hormone will have.

Most DHEA supplements are synthetic steroid hormones. Sometimes they are sold as an extract of wild yam labeled as "natural DHEA" or "DHEA precursor complexes." However there is NO DHEA in wild yam and it cannot be converted to DHEA outside of a laboratory (i.e. in the human body). It is also not known if commercial DHEA pills, whether synthetic or chemically-altered wild yam can be naturally sulphated and thus safely neutralized in the body.

The various claims of increased life span, fountain of youth, decreased heart disease, inhibiting atherosclerosis (hardening of the arteries), immune system enhancement, increased libido, increased body fat, prevention of osteoporosis, helping Alzheimer's patients - to name a few - have yet to be proven by good, large randomized placebo-controlled clinical trials that involve humans, not rodents. In some cases, some studies have actually found opposite results than those claimed above. In one experiment, 14 out of 16 rats given DHEA developed cancer. This does not necessarily mean the results are applicable to humans. It is interesting that if this were an experimental drug, it would be banned by the FDA on this basis.

As in any pill/drug, DHEA first must be broken down in the liver. This is normal detoxification for any

## POWERLIFTING BASICS: TEXAS STYLE -

The *Adventures of Lope Delk* - by Paul Kelso. Follow Lope Delk, Preacher Harley and LaVonda Sue as they and the Wampus Cats struggle to form a powerlifting club (and live to tell about it). Learn the *Seven Deadly Sins* of weight training. *Kelso's Laws* and the truth about the *Stretchmarks* Machine in the book *Mike Lambert*, Publisher, PL USA, has called "... the ultimate blend of hilarity and common sense in strength training... it's great!" You'll be rolling on the floor while bopping up Paul's *Twenty Sets Or Less* theory and the dozens of specific courses and meet preparation tips. The ongoing story walks with the neophyte all the way to his or her first meet opening attempt - and coaches and veterans everywhere will recognize Paul's battle to straighten out the Club *Mike Lambert*, true *Iron Classic* - Steve Holman, editor, *IRON MAN*. ... (Kelso) *knows what works... and tells a great story... I recommend this one.* says Dr. Ken Leistner, Iron Island Gym, and Joe Pyra, AAJPC, agrees: "... buy this book." "Aren't you the guy who wrote those stories?" asked Randall Strossen, of Iron Mind Enterprises. Yes, Paul Kelso has written these wild tales and a hundred other articles during his forty-plus years in the iron-game, including *The Kelso Shrug System* and dozens of reports from across Asia. Now he has gathered the *Texas-Style* stories, "mostly 95% true", challenging insights and his overview of the game into a "training novel" unlike any book on the market. Everyone who trains in greenhorn to oldtimer - will get a kick out of the situations and solutions in this unique work.

CANADA (\$10.00 all others) to MIDDLE COAST PUBLISHING, PO BOX 2522, Iowa City, Iowa, 52244, 888-339-1877, http://avalon.net/~middlecoast

because it is a STEROID. Steroids are illegal for athletes in USOC and IOC sports and USAPL (ADPFA). Since USAPL (ADPFA) follows USOC guidelines for banned substances, we also ban DHEA. It was not a separate decision. As one person said to me, "Why fool around with what was given to you?" [Regarding the amounts of natural hormones in our bodies]. Article references are on file at my office. Next month I will be discussing cortisone and the effects of that drug on the human body.

Please send your questions for the USAPL Sports Medicine Committee to Dr. Michael Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN, 46804. If you would like a personal response, please send a SASE with \$2.00 to cover additional postage and other expenses. I also welcome your comments on the committee/your comments. You can contact me at (219)432-7339 / FAX (219)745-1098 / E-mail at pwrdoc@mail.fwi.com. Michael A. Hartle, D.C., D.A.C.B.N., C.C.S.P., C.S.C.S., E.M.T.

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

When DHEA became available over the counter, it was suddenly in the hands of the public. The USOC and the IOC have banned DHEA























**USAPL Conhusker State Games**  
19, 20 July 97 - Lincoln, NE

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100+	550	450	925	2000
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160+	790	690	1405	2900
170+	830	730	1485	3050
180+	870	770	1565	3200
190+	910	810	1645	3350
200+	950	850	1725	3500
210+	990	890	1805	3650
220+	1030	930	1885	3800
230+	1070	970	1965	3950
240+	1110	1010	2045	4100
250+	1150	1050	2125	4250
260+	1190	1090	2205	4400
270+	1230	1130	2285	4550
280+	1270	1170	2365	4700
290+	1310	1210	2445	4850
300+	1350	1250	2525	5000
310+	1390	1290	2605	5150
320+	1430	1330	2685	5300
330+	1470	1370	2765	5450
340+	1510	1410	2845	5600
350+	1550	1450	2925	5750
360+	1590	1490	3005	5900
370+	1630	1530	3085	6050
380+	1670	1570	3165	6200
390+	1710	1610	3245	6350
400+	1750	1650	3325	6500
410+	1790	1690	3405	6650
420+	1830	1730	3485	6800
430+	1870	1770	3565	6950
440+	1910	1810	3645	7100
450+	1950	1850	3725	7250
460+	1990	1890	3805	7400
470+	2030	1930	3885	7550
480+	2070	1970	3965	7700
490+	2110	2010	4045	7850
500+	2150	2050	4125	8000
510+	2190	2090	4205	8150
520+	2230	2130	4285	8300
530+	2270	2170	4365	8450
540+	2310	2210	4445	8600
550+	2350	2250	4525	8750
560+	2390	2290	4605	8900
570+	2430	2330	4685	9050
580+	2470	2370	4765	9200
590+	2510	2410	4845	9350
600+	2550	2450	4925	9500
610+	2590	2490	5005	9650
620+	2630	2530	5085	9800
630+	2670	2570	5165	9950
640+	2710	2610	5245	10100
650+	2750	2650	5325	10250
660+	2790	2690	5405	10400
670+	2830	2730	5485	10550
680+	2870	2770	5565	10700
690+	2910	2810	5645	10850
700+	2950	2850	5725	11000
710+	2990	2890	5805	11150
720+	3030	2930	5885	11300
730+	3070	2970	5965	11450
740+	3110	3010	6045	11600
750+	3150	3050	6125	11750
760+	3190	3090	6205	11900
770+	3230	3130	6285	12050
780+	3270	3170	6365	12200
790+	3310	3210	6445	12350
800+	3350	3250	6525	12500
810+	3390	3290	6605	12650
820+	3430	3330	6685	12800
830+	3470	3370	6765	12950
840+	3510	3410	6845	13100
850+	3550	3450	6925	13250
860+	3590	3490	7005	13400
870+	3630	3530	7085	13550
880+	3670	3570	7165	13700
890+	3710	3610	7245	13850
900+	3750	3650	7325	14000
910+	3790	3690	7405	14150
920+	3830	3730	7485	14300
930+	3870	3770	7565	14450
940+	3910	3810	7645	14600
950+	3950	3850	7725	14750
960+	3990	3890	7805	14900
970+	4030	3930	7885	15050
980+	4070	3970	7965	15200
990+	4110	4010	8045	15350
1000+	4150	4050	8125	15500
1010+	4190	4090	8205	15650
1020+	4230	4130	8285	15800
1030+	4270	4170	8365	15950
1040+	4310	4210	8445	16100
1050+	4350	4250	8525	16250
1060+	4390	4290	8605	16400
1070+	4430	4330	8685	16550
1080+	4470	4370	8765	16700
1090+	4510	4410	8845	16850
1100+	4550	4450	8925	17000
1110+	4590	4490	9005	17150
1120+	4630	4530	9085	17300
1130+	4670	4570	9165	17450
1140+	4710	4610	9245	17600
1150+	4750	4650	9325	17750
1160+	4790	4690	9405	17900
1170+	4830	4730	9485	18050
1180+	4870	4770	9565	18200
1190+	4910	4810	9645	18350
1200+	4950	4850	9725	18500
1210+	4990	4890	9805	18650
1220+	5030	4930	9885	18800
1230+	5070	4970	9965	18950
1240+	5110	5010	10045	19100
1250+	5150	5050	10125	19250

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180+	870	770	1565	3200
190+	910	810	1645	3350



DONT TRAIN ALONE - ALWAYS USE SPOTTERS. - DONT TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

few entries were sent out as the event was by... on the fact that other lifting activity was... on the same day in another town of W...

Summer Spectacular Bench Press

Table with 2 columns: Name, Weight. Lists names like M. Barbell, J. Taylor, L. Allen, etc. and their bench press weights.

West Virginia BP Invitational

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press shirt! This may not sound like much to some... individuals did put up on that up and leave the shirt... at home! Donald captured not only first place at...

allowed. The lifters seemed appreciative of this... as no one received any advantage associated with... the liftable Annie Bailey lifting was declared...

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25 APR, ANPPC Drug Free Lone Star State BP (Conroe, TX) AN-6286. 800-559-6772.

25 APR, Judgement Day Push/Pull (BP & DL) (St. Mary's, PA) 717-354-7299.

25 APR, NASSA Texas State (Dallas, TX) NASSA, BOX 735, Noble, TX 73068, 405-872-9684.

26 APR, USAPL All American Bench Press, Joe Bolognino, 405 Main St., Taylor, PA 15157, 717-341-3573.

26 APR, APF No Gear State Championships (open, novice, master, women) Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-738-4900.

28 APR, NASSA Nebraska State, Dave Kennedy, 300 High St., Lancaster, KS 66041, 913-874-4401.

APR, USPF High School Nationals (boys & girls) David Jeffrey, Box 231, Parkersburg, WV 26012.

1-2 MAY, AAU U.S. Bench Press Open (youth, teen, jr., novice, military/law enforcement, special olympians, physically challenged, Raw & Open in all groups), men/women in all divisions, Martin Drake, Box 7262, Moreno Valley, CA 92552, 310-416-3566.

2 MAY, APA Pennsylvania State BP/DL (separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

2 MAY, WNPB Bench Press Nationals (Atlantic City, NJ - Nat'l. qualifier) WNPB, Box 142347, Fayetteville, GA 30214, 770-996-3418.

2 MAY, NASSA Rose Rock (Noble, OK) NASSA, Box 735, Noble, OK 73068, 405-872-9684.

2 MAY, MDSA G-73 (Noble, OK) NASSA, Box 735, Noble, OK 73068, 405-872-9684.

2 MAY, 19th Powerday BP/DL (Bigler, PA) Al Siegel, 814-765-3214.

2 MAY, APA Southeastern US BP & DL (Greensboro, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

2 MAY (tentative) NASSA West Virginia, Greg Van Hoese, Box 58, Millwood, WV 25622, 304-273-2283.

2-3 MAY, NASSA Virginia State (Charlottesville, VA) NASSA, Box 734, Noble, OK 73068.

2-3 MAY, USA Powerlifting MI State/IL (Lawrence, IL) 717-5 South Blvd., Motown Open PL, BP & DL, Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48068, 248-813-9866.

2-3 MAY, (tentative) NASSA West Virginia 2.3 MAY, USAPL National Masters (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932.

3 MAY, APA Maryland State BP/DL (separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

DRUG FREE POWERLIFTERS:

WHERE DO YOU GO AFTER YOUR NEXT NATIONAL CHAMPIONSHIPS? BACK TO THE HOTEL? OUT TO EAT? TO THE AIRPORT? HOME?

Certain 1997-98 AAUPE National Champions will go to the WDPFF World Championships October 16-18, 1998 at Disney's Wine World of Sports.

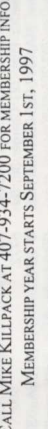
World Championships to include OPEN, TEEN, JUNIOR, & MASTERS DIVISIONS. THIS WILL INCLUDE ALL AGE & WEIGHT CLASSES INCLUDING OPEN & RAW COMPETITION.

After the competition, you can go to the Disney theme parks and really have fun!

Look in PLUS for upcoming National Championships and Qualifiers or receive the AAUPE Power News for listings of upcoming events.

CALL MIKE KILLPACK AT 407-934-7200 FOR MEMBERSHIP INFO.

MEMBERSHIP YEAR STARTS SEPTEMBER 1ST, 1997



New Jersey, Open (open/raw, male/female, open, teen, jr., sub-master, master, bp & fire, novice), Joe Pyles, 2510 Dr. Budd Lake NJ 07828, 201-691-0824 before 9pm EST.

9 MAY, (tentative) Virginia Teenage Championships, Rudy Garcia, 5112 Salem Ct., Colonial Hills, VA 23834, 804-520-5646 or Sperto Tshontikids 804-656-8679.

9 MAY, NASSA Missouri State (Summit, MO) NASSA, Box 735, Noble, OK 73068, 405-872-9684.

16 MAY, NASSA Pennsylvania Power Sports (Carl, pa, di - all disqual) Edwin Wilkins, 31 Yale Dr., Richboro, PA 18954, 215-396-9902.

16 MAY, WNPB SQ/DL Nationals (Lake City, FL - Nat'l. qualifier) WNPB, Box 142347, Fayetteville, GA 30214, 770-996-3418.

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, El Jobean, FL 33927, 941-697-7962.

16-17 MAY, NASSA Southeastern States Nationals (Madison, AL) NASSA, Box 734, Noble, OK 73068.

16-17 MAY, NASSA North Carolina State (Birmingham, NC) NASSA, Box 735, Noble, OK 73068, 405-872-9684.

21-23 MAY, USPF National Masters/Submasters (Austin, TX - FL & CT) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 850-372-3396.

23 MAY, AAU/GBC Barbell 5th "No Drugs" BP (equipment allowed) Bob Verner, 514 Loreto Rd., Pittsburgh, PA 15217, 412-422-9204.

Canada TOL ITS, 403-938-3067.

30 MAY, Hard Body Gym BP Open, Ryan Prince, 3692 Hwy 111, Pontoon Beach, IL 62404, 618-931-8714.

30 MAY, NASSA Colorado State (Denver, CO) NASSA, BOX 735, Noble, OK 73068, 405-872-9684.

31 MAY, AAU High School/Teenage 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, AAU Florida State (Citrus State Open, PL/BP/DL, open/raw, male/female, open/teen, jr. submaster, master) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200.

5-7 JUN, NASSA Masters/Submasters Nationals (Chattanooga, OH) NASSA, BOX 735, Noble, OK 73068, 405-872-9684.

6 JUN, MDSA Scout to the Loo! North American Games (Elko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.

6 JUN, APF/AAPF "Baddiest Bench in Texas" (no gear division) Rock Solid Production, 3004 Guadalupe #6, Austin, TX 78705, 512-708-9800.

6 JUN, APA Southern States BP & DL (El Jobean, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

7-8 JUN, USAPL New England States Open PL/BP (men, sub-master, master, teen, jr., special olympian, women's open, teen, master) Greg Kostas, Box 483, Willmar, MA 02382, 617-447-6714, 8-10pm.

13 JUN, NASSA (tentative) Nationals (Bloomington, IN) NASSA, Box 734, Noble, OK 73068.

13 JUN, NASSA Arkansas Regionals (Jacksonville, AK) NASSA, BOX 735, Noble, OK 73068, 405-872-9684.

13 JUN, APF Iron Island Deadlift Classic (Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.

14 JUN, (tentative) 4th Annual Freedom Hill Iron Mangiro Memorial Outdoor BP/DL Classic (separate contest & IronVano/Woman total - open, women, teen, master, submaster) Dan DePalce, 19641, Roseville, MI 48066, 810-294-7053 after 6pm.

18 JUN, WNPB International Cup BP/DL (Windoor, Ontario, Canada) WNPB, Box 142347, Fayetteville, GA 30214, 770-996-3418.

20 JUN, AAU 15th No Boys Allowed PL (Bigler, PA) Al Siegel, 814-765-3214.

20 JUN, MDSA Willmarfest Tournament of Champions (Willmar, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.

20 JUN, APA Iron Warrior PL/BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

Noble, OK 73068, 405-872-9684.

27 JUN, APA St. Petersburg Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

27 JUN, International Bavaria Cup Deadlift (women, men, jr., master) Karl Greiner, Flursch, 25, 84032 Landsheim, Germany 0871-77575.

27 JUN, MDSA Mega-Meet (Roseville, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.

27 JUN, 3rd Northern Michigan Baddiest BP/Deadlift DL on the Beach, Kane Kelly, 1190 Lake St., Tawas City, MI 48763, 517-362-0464.

27-28 JUN, NASSA Grand Nationals (Dallas, TX) NASSA, BOX 735, Noble, OK 73068, 405-872-9684.

JUN, AAU California Championships (youth, teen, high school, Open, Raw Open, Novice, Submaster, Master, Raw Master, Military/Law Enforcement) Victor Hill, 5221 W. 102nd St., Suite 5118, LA, CA 90045, 800-755-1216.

JUN, Texas Police Games Powelllifting, Texas Police Athletic Federation, Box 2040, Abilene, TX 79604, 800-624-9752.

JUN, WNPB Teen, Jr. Submaster, Master/North American (Lancaster, PA - World qualifier) WNPB, Box 142347, Fayetteville, GA 30214, 770-996-3418.

JUN, Potomac Valley Assn., AAU 2nd Annual BP Contest, Lloyd Pierson, 2500 N. Potomac St., Arlington, VA 22207, 703-241-5488.

4 JUL, AAU War at the Shore (On the Beach - Wildwood) BP/DL Champs, Chris Lambert, Ultimate Fitness Gym, 1100 Bagnoshore Rd., Villas, NJ, 08251.

4-5 JUL, ADFFA Men's Nationals, Andrea Sorvello, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075.

11 JUL, APA Southern States Open BP/DL (Albion, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

11 JUL, NASSA Georgia Grand Nationals (Carrollton, GA) NASSA, Box 734, Noble, OK 73068.

11 JUL (7), MDSA Biggest BP/DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.

18 JUL, APAM/WPA Record Breakers Classic BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

18 JUL, WNPB NC Summer Full Power (outside lifters welcome - 2 weeks, outside notice - men, jr. sub-master, master) Fred Libbits, 1201 Main St., Flushing, MA, 01420, 978-343-6550.

18 JUL, APA Keystone State Open BP/DL (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

18 JUL, USAPL Three Rivers First-Val Bench Press Classic (open, men & women, novice, teen, master, special olympian) Dr. Mike Hartle, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.

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18 JUL, NASSA Pennsylvania State (tentative - Pittsburgh, PA) NASSA, Box 734, Noble, OK 73068.

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 Sapl, Sandi Brady, B&W Gym, Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.

19 JUL, APA Old Line State Open BP/DL (Maryland - separate contest) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.

25-26 JUL, Can Am World Cup (Calgary, Alberta, Canada) Bruce Greig, #17 Elizabeth St., Okotoks, Alberta, Canada TOL ITS, 403-938-3067.

JUL, WNPB Sr. Nationals (Atlanta, GA - World qualifier) WNPB, Box 142347, Fayetteville, GA 30214, 770-996-3418.

14-16 AUG, AAUPC Law/Fire/Military Nationals PL/BP/DL (open/raw, male/female, open/teen, jr., submaster, master, re-tired) Mike Killpack, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200.

15 AUG, AAU "No Druggies Allowed" Raw BP/DL (Joe Oranga, 4468 W. 26th St., Erie, PA 16506, 814-833-3727).

15-16 AUG, NASSA Louisiana Regionals (Alexandria, LA) NASSA, Box 734, Noble, OK 73068.

22 AUG, APA Pelican State BP/BP (Noble, OK 73068, 405-872-9684).

22 AUG, AAU North American PL & BP (youth, teen, jr., special olympians, physically challenged, Raw & Open in all open, submaster, masters (5 year groups), men/women in all divisions) Martin Drake, PO Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4949.



National Bench Press, (youth, teen, Jr., novice, military/law enforcement), special olympians, physically challenged, Raw & Open in open, submaster, masters (5 year groups), men/women in all divs.) Martin Drake, Box 7262, Moreno Valley, CA 92552, 909-928-4797

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, men/women) Martin Drake, PO Box 7262, Moreno Valley, CA 92552, 310-416-3566 or 909-928-4797.

26.27 SEP. NANA Ohio Regionals (Cincinnati, OH), NANA, BOX 735, Noble, OK 73068, 405-872-9684.

27 SEP. AAUPC Drug Free 16th New Jersey State PL/BP/DL (open/raw 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.

30 OCT. APA Bay State Open BP/DL (separate contests) El Jobean, FL APA, Box 27204, El Jobean, FL 33927, 941-697-7962

3.4 OCT. NANA Kansas Missouri Regionals (location tba) NANA, BOX 735, Noble, OK 73068, 405-872-9684.

4 OCT. APA Maine State BP/DL (separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

6.7 OCT. USAPL Bench Press Nationals, L. Miller, E. & F. King, Bedford Hills, OH

10.11 OCT. NANA Iowa Regionals (Des Moines, IA), NANA, BOX 735, Noble, OK 73068, 405-872-9684.

17 OCT. NANA Colorado Regional (Denver) NANA, Box 735, Noble, OK 73068.

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 or Joe Pyra 201-691-0824

17 OCT. NANA Texas Regionals (Dallas, TX), NANA, BOX 735, Noble, OK 73068, 405-872-9684.

24 OCT. APA Alabama Cup Open BP/DL (Armsstrong, AL - separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

24 OCT. APA NHCI Push/Pull (out-notice-men, Jr., submaster, master) Fred Litoris, 1201 Main St., Fitchburg, MA, 01420, 978-343-6850

24.25 OCT. NANA Wisconsin Regionals (Madison, WI), NANA, 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. NANA North Carolina Regionals (Burlington, NC), NANA, BOX 735, Noble, OK 73068, 405-872-9684.

6-8 NOV. WNPF Worlds

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Coast BP Nationals (Las Vegas, NV) NANA Box 735, Noble, OK 73068

6 DEC. AAU 7th Coal Country BP/DL (Bigler, PA) Al Siegel, 814-765-3214

4.5 AUG. USAPL Deadlift Nationals, L. Miller, E. & F. King, Bedford Hills, 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.

12.13 JUN. USAPL Teen/Jr. Nationals, James Hart, Lincoln, NE

25-27 JUL. USAPL Men's Nationals, Mike & Steve Cassell, St. Louis, MO

12 DEC. APA Southeastern States BP/DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

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 & Monique Hartle, Ft. Wayne, IN

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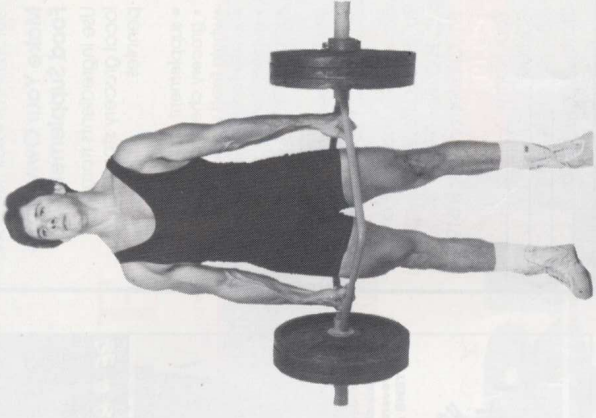
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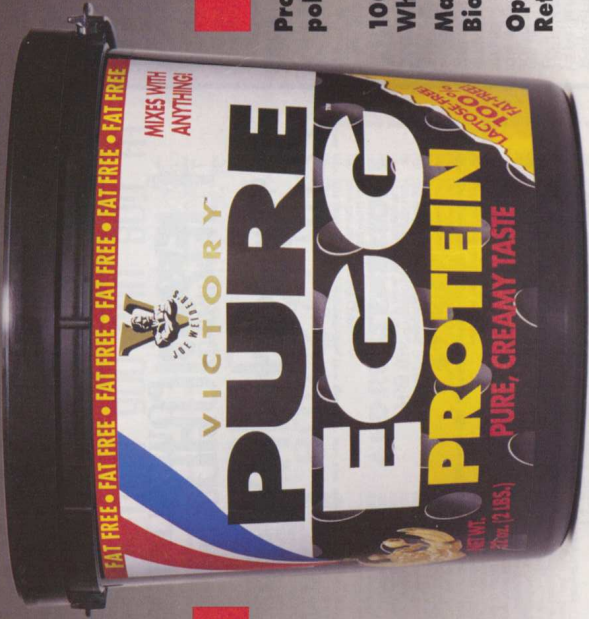
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Dr. Paul Ward  
Bio-mechanics & Sports  
Performance Scientist

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

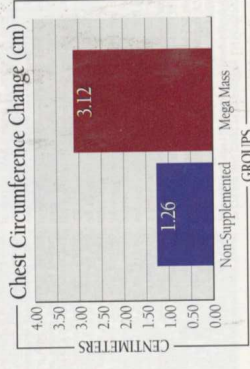
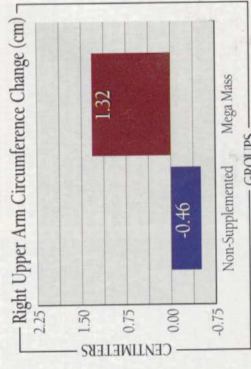
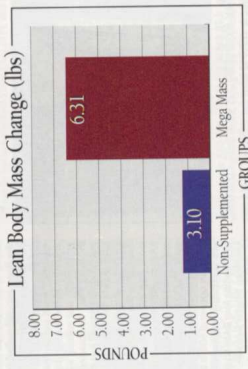
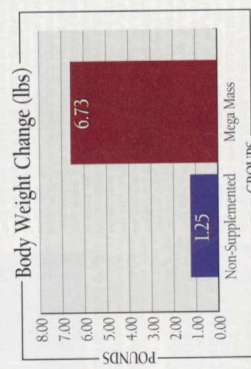
**MEASUREMENTS:** Body composition measurements (underwater weighing), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

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

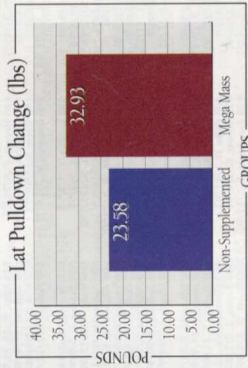
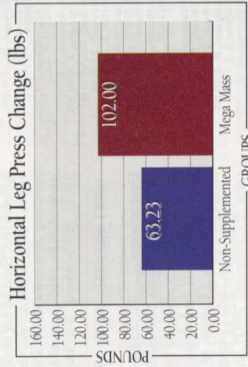
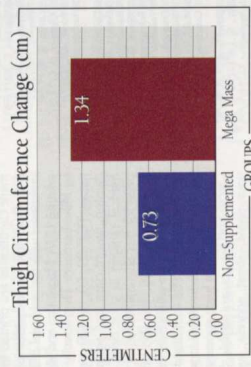
### UNIVERSITY STUDY: RESULTS & CONCLUSIONS

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



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# TOP 100

For standard 181 lb./82.5 kg. USA lifting in results received from October 1996 through September 1997.

## SQUAT

1	771	Rowlands, R.	4/6/97
2	738	Scarlino, T.	11/23/96
3	700	Smith, S.	3/15/97
4	655	Beavers, M.	8/28/97
5	655	Beavers, M.	8/28/97
6	600	Becker, B.	3/17/97
7	600	Becker, B.	3/17/97
8	600	Becker, B.	3/17/97
9	600	Becker, B.	3/17/97
10	600	Becker, B.	3/17/97

## BENCH PRESS

600	Waterman, D.	3/17/97
510	Courney, B.	11/23/96
510	South, S.	3/15/97
500	McComick, L.	11/19/96
500	McComick, L.	11/19/96
485	Hayashi, B.	11/17/96
485	Hayashi, B.	11/17/96
485	Hayashi, B.	11/17/96
485	Hayashi, B.	11/17/96
485	Hayashi, B.	11/17/96

## DEADLIFT

716	Turner, C.	8/20/97
675	Smith, S.	3/15/97
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96
1775	Burns, M.	11/23/96

## PL USA Top 100 Achievement Awards



## TOTAL

1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97
1862	Rowlands, R.	4/6/97

## MONOLIFT

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 numerical 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 plaque mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

## NEXT MONTH... TOP 198s

**Corrections:** Joe Scalzo was not credited with his 520 squat and 410 bench press achieved during his record-setting performance in the Summertime Divisions of the USPF New York State Championships (22 February 1997) on the TOP 100 rankings for the 148 lb. class. We apologize for any 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 competitors who are not provided to us by the meet directors, and - 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 friends we have achieved and, possible, we'll try to confirm them with the meet director, who is the ultimate source of our information. Send any corrections to our ranking lists or results to "ERRORS", Box 467, Camarillo, CA 93011.

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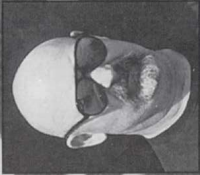
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