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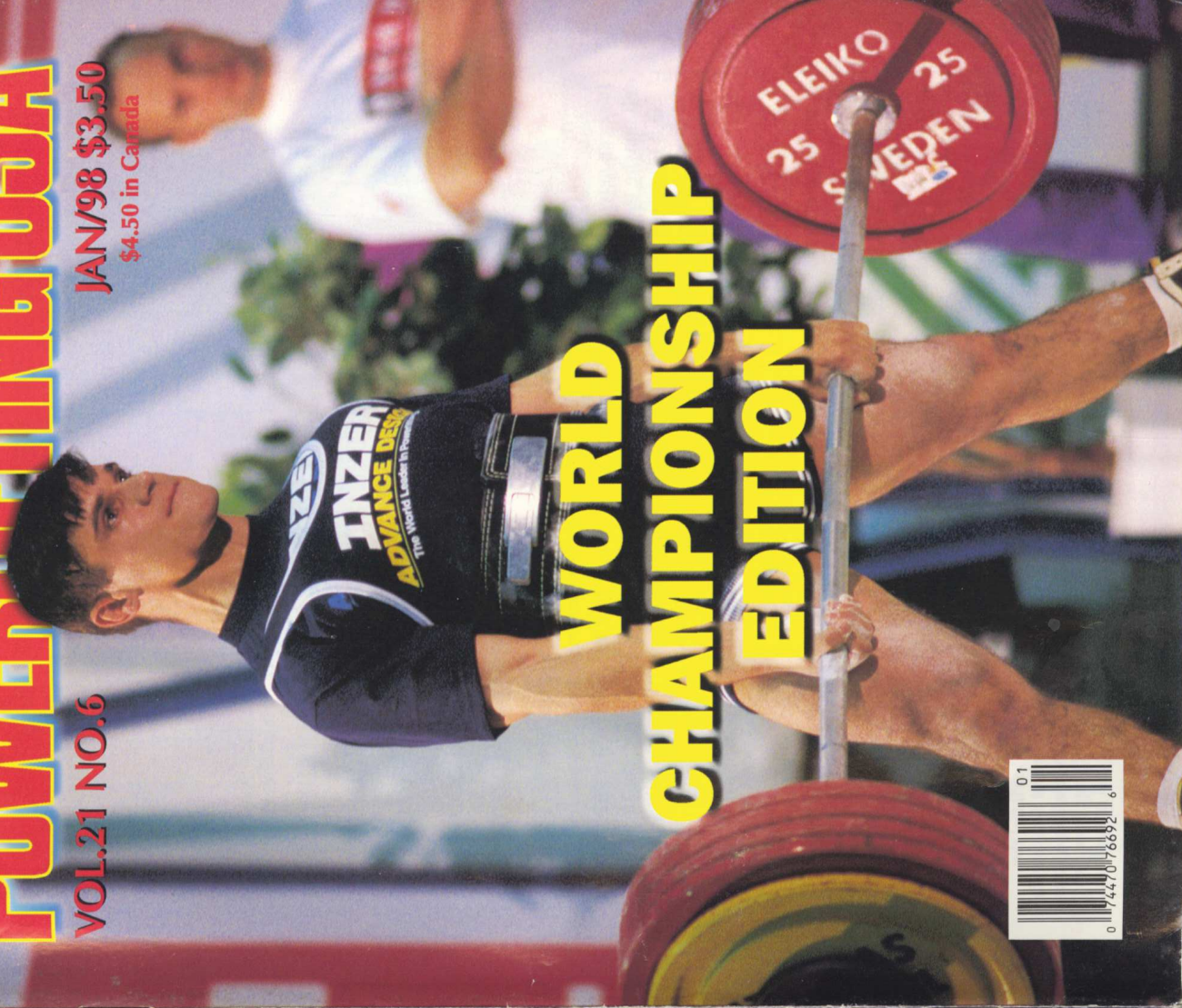
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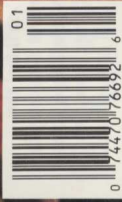
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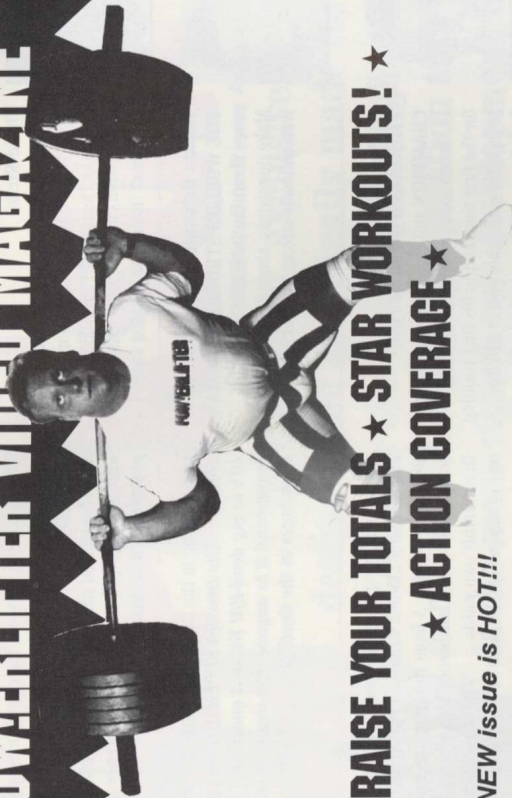
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IPF Men's Worlds

as told to Powerlifting USA by Mike Lambert

Chinese Taipei was not available, and - astonishingly - Mr. Lin, chief of the Taipei delegation took the key third attempt misses held him in the bronze position, with a 10 kilo cushion beyond the foremost of the Battling Brits - Gary Simms, who was out-shouted but not out-lifted by Phil Richard. Gerard Tromp of Holland, once a world champion himself, could not seem to understand why his bench presses weren't passed. Actually, a new system to the Men's Worlds, administered by the Technical Committee Chair, John Stephenson, was designed to help both lifters and fans to understand the decisions of the referees. When a lift was turned down, the referees made the negative decision held the infraction - which seemed to assuage the sometimes rancorous reactions occasionally seen at major meets in Europe.

It was expected - one on one confrontation at lightweight. Wade Hooper had been 'the Man', and seemed fully capable of bumping the IPF World Squat Record up again. Sivokov of Kazakhstan had ridden out a drug suspension (still sympathetically referred to as the "Sivokov affair" in IPF inner circles - the explanation was that he had taken a popular protein powder, whose composition was unregulated with an illegal substance) and returned in a blaze of glory at the World Games. This rivalry at the REAL Sivokov viciously spanked his own thighs after missing an attempt to break the squat record. Wade had just set at 667, and Wade after their face-off without bursting into expletives. Even though they benched the same, Wade seemed to have a bit more in reserve, but in the deadlift, the "Hoop" man struggled, while Alexev was nowhere around his limit. USA Team Coach Sean Scully wondered why the Kazakh didn't just go for the world record directly on his last attempt. A sub-contest within the division emerged between the two Polish lifters with Olech showing "terrible" power, most notably on his final attempt squat and deadlift, where he put it into a gear that former world champ Wilczynski did not have available. Wilczynski did not "Back" from his supporters, another former world champion, Gerry McNamara of Ireland, but only thicker at this bodyweight, but much made attempts enough to keep another Kazakh - Kouzhakmetov,

after his dangerous dalliance with 507 in the squat, but he is a stunning deadlifter and did not need to extend himself to his 600 plus limit to clearly out-distance Russia's youthful Alexei Sidorov. The USA's Tim Taylor knew that this could well have been his day of days, but key third attempt misses held him in the bronze position, with a 10 kilo cushion beyond the foremost of the Battling Brits - Gary Simms, who was out-shouted but not out-lifted by Phil Richard. Gerard Tromp of Holland, once a world champion himself, could not seem to understand why his bench presses weren't passed. Actually, a new system to the Men's Worlds, administered by the Technical Committee Chair, John Stephenson, was designed to help both lifters and fans to understand the decisions of the referees. When a lift was turned down, the referees made the negative decision held the infraction - which seemed to assuage the sometimes rancorous reactions occasionally seen at major meets in Europe.

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Competitors and friends... Sidorov (RUS) with Lee (TAI) on the victory podium. (Lambert)



Inaba, Stanaszek, and Zhuravlev (H): 114 lb. IPF medal winners.

For the first time, the IPF Men's World Powerlifting Championships were held behind what once was known in the Western World as the Iron Curtain. In what is now perhaps the most capitalistic of the former Eastern Bloc nations, the Czech Republic, the City of Prague proved to be a blend of ancient and modern themes, with many basic goods priced well below uncontrolled inflation in contrast to the uncontrolled mercenaries of the taxi service. The competition was organized by the Czech Powerlifting Federation together with the M. Vars company of Prague, and the meet director was Vlastislav Precek and technical director was the ever smiling Jiri Hofreik. The Venue was the Sportovní Hala (Sport Hall) in the Pankrac section of Prague, about 20 minutes by shuttle bus from the official Hotel Duo, a modern and well-appointed facility with very reasonable room rates of around \$40 US a night.

Preceded by a long and eventful IPF Congress in which the USPF was replaced as the United States member in the IPF by the USAPL (see discussion elsewhere), the initial day had its share of start-up glitches before 4 weight classes were underway, which resulted in the competition actually being re-started after the first few attempts. Once rolling, the 114 lb. contest created a momentum that carried through to the heavier divisions. The defending champion and prolific record holder in this class, Andrzej Stanaszek of Poland, was the obvious favorite, but he has pushed his own records so high that they are no longer a stretch for him to break. A miss at world record 612 squat left him with only one good attempt, and he managed only 4 more to the good in the other disciplines. While not exactly opening the door for Inaba, he certainly didn't close it,

out of 5th, Hypolite of Great Britain would have been a factor if he had emerged for any deadlift attempts. Bazezev of the Ukraine is your friendly "mechanic" of powerlifting, a master of technical skill and efficiency. After making all three squats, and one of the heaviest benches of the weight class, his known deadlifting ability put him confidently in front. Still, there was a threat - in the 156 lb. form of Russian Victor Baranov. He performs stiffly, almost robotically, and seems to be stricken with pain after each attempt, but after missing the winning deadlift of 699, he was truly hurting, physically and mentally. Almost freakishly strong is Yi-Ching Hsieh of Chinese Taipei, but he stopped at only 699 in the squat, and then missed a 25 kilogram jump in the deadlift, in his quest for victory. Rugged Jan Wegstra of Poland was in 2nd place at the making the negative decision held the infraction - which seemed to assuage the sometimes rancorous reactions occasionally seen at major meets in Europe.

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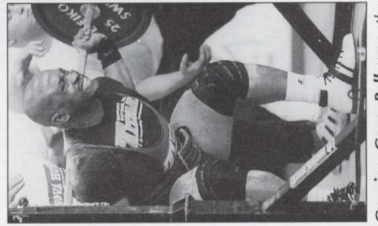


Sergey Mor (RUS) won the 181s

win the gold medal - this year - for a variety of reasons - the question had become would the Americans win a gold medal in ANY weight class? Other nations seem to be producing an abundance of young hungry, and ever more capable lifters, while in the USA - despite a potential of thousands - the tap seems to be closing. We maintain a heavy dependence on the veterans, veterans - who year by year quietly slip into retirement, but some still remain. We should all be thankful for the one known as Gene Bell. In a competition where things were not going well for USA lifters, Gene gave us a fight with a technical miss on his first squat and bench, and then turning those misses into made lifts. Tall and rugged Norwegian squat phenom Erik Siktsteiad kept Gene honest, but his final try at a 760 deadlift was not realistic physically or mathematically, as he was heavier than 1.1 kilos. With his wife and young children cheering him to the bronze medal, France's Freddie Buttigieg smiled with inspiration as he marched through everything but his 3rd attempts. Stumpwood is notoriously hard and strong, and that's why a stump of a man like Antis Foldi is so proficient at powerlifting. 4th in the IPF Worlds is an achievement to be proud of for the Hungarian, who had enough in the altogether to head off American Tony Succarotto, who was in awe of being at the World Championships, but not so stunned that he forgot to pick up the gold medal in the bench press. Another 1 kilo of bodyweight separated Tony from another Frenchman, the magnificently sculpted Dominique Desachie. A "what if" that must be considered in the 198 lb. class, is Sergey Romanenko of the Ukraine. He opened high and squatted high with

Fong knows that sensation as well. There was really no competition for Derek, although the Ukrainians - bearded Vladimir Ivanenko and long-haired Mikhail Starov - who looks like he could be well-cast as a villain from a James Bond flick, both moved some mighty iron. Clive Fieny was inflated all the way up to 109.2 kilos, and earned a squat medal for his efforts, ahead of former medalist Ralph Celio of Canada. Alan Ferguson of South Africa, a Masters II lifter, blitzed his own PRs and went 9 for 9 in a remarkable performance of his own.

In the next class, another Pomana - Derek's younger brother Wayne, ended up 5th, edged by another Canadian, the tall Ed Brost, who managed to follow a do or from 3 attempts, following a do or die 501 bench press. Grim-faced



Gene Bell won the USA's only gold medal in Prague.

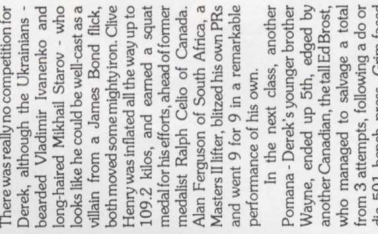
749, but if he had started lower and made a squat, the names on the medal set for this class may well have been different.

Might have been also complicated the 220 lb. class, as when Vladimir Markovskiy of Russia opened up and closed out of the USA's fading hopes for a shot at the team title were extinguished when the bench bomb bugaboo bumped Anthony Harris into the "did not finish" category.

At the other end of the spectrum, Alexei Soloviev, who bears not only the same last name and nationality as middleweight silver medalist Dimitry Soloviev - but a remarkable physical resemblance as well, was well in command after a strong squat and big bench. The pride of the Bahamas - Kevin Woodside - almost swallowed the bench bomb bug too - but was so excellent in both the squat and deadlift that he was able to secure the silver medal over the best squatter of the class - Sam Watt of Great Britain, who in turn took advantage of the opportunity presented to him by the multiple muscles of the initially confident Christofferson of Norway.

Imagine how it must feel - to go 9 for 9 at the World Championships, and win the gold medal in each individual lift - squat, bench, and deadlift - as well as the biggest medal for the winning total. Derek Pomana of New Zealand is very familiar with the sensation, because he did it in the 242 lb. class at this year's IPF Worlds. Imagine how his coach must feel, and how he also contain his pride because he is also the President of the International Powerlifting Federation and should maintain a degree of equanimity when it comes to which nation's lifters win the top honors. Graham Fong knows that sensation as well. There was really no competition for Derek, although the Ukrainians - bearded Vladimir Ivanenko and long-haired Mikhail Starov - who looks like he could be well-cast as a villain from a James Bond flick, both moved some mighty iron. Clive Fieny was inflated all the way up to 109.2 kilos, and earned a squat medal for his efforts, ahead of former medalist Ralph Celio of Canada. Alan Ferguson of South Africa, a Masters II lifter, blitzed his own PRs and went 9 for 9 in a remarkable performance of his own.

In the next class, another Pomana - Derek's younger brother Wayne, ended up 5th, edged by another Canadian, the tall Ed Brost, who managed to follow a do or from 3 attempts, following a do or die 501 bench press. Grim-faced



(article continued on page 98)

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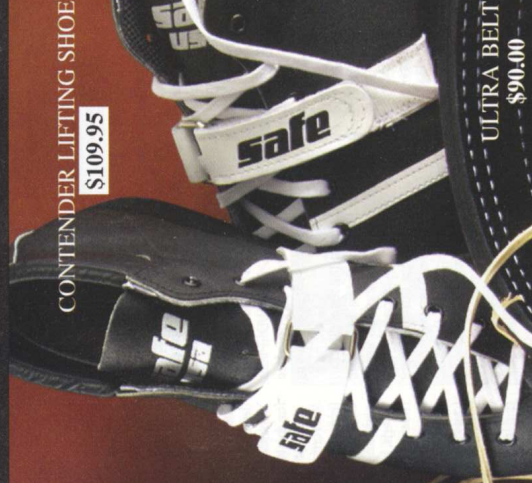
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A.

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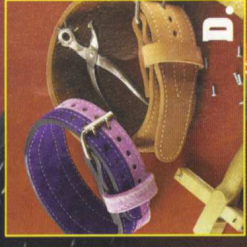
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C.

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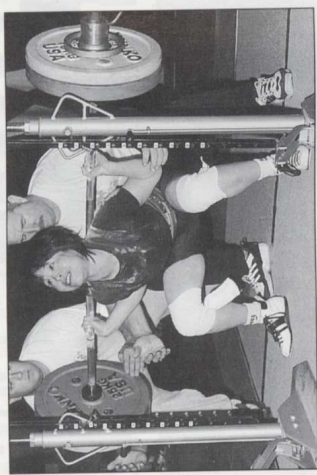
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WDPFF World Senior Championships as told to Powerlifting USA by Peter Thorne



Betty Lee-USA exhiberant 53 kg. Best Female Lifter (courtesy Thorne)

Reading, England was the site of the 1997 WDPFF World Senior Championships. The WDPFF organization is expanding under the stewardship of WDPFF President Andrew Cominos. President Cominos presided over the WDPFF World Congress which was held on October 10th a day prior to the competitions. Al Siegel, Joe Pyra and Bill DePorter of the AAU were on hand as America's AAU was voted in as the new WDPFF affiliate. President Cominos was especially pleased to announce that New Zealand and Morocco had become WDPFF members and Brazil, Germany and Egypt were in the membership process. Membership in the WDPFF is hard won. To comply with membership each country must provide extensive proof of no-notice out of competition drug testing. When the testing procedures are fulfilled a nation is awarded a Certificate in Good Standing. This must occur before any nation or lifter can compete in a WDPFF event.

Mark Lane is the BDFPA's Drug Control Secretary and Dr. Shahid

Message from the WDPFF President: (5 November 1997) This year's World Open Powerlifting Championships in Reading marked a turning point in the fortunes of the WDPFF, following the disappointing international showing at Chicago last year. Bearing in mind that the event did not involve Junior or Masters lifters (who had their own championships in Canada in August) the final tally of 54 lifters from 11 countries, though hardly impressive, was a significant improvement. This number would have been much higher, but for the difficulties experienced by the French, Russian and Moroccan drug-free affiliates, all of whom were expected to field large teams on this occasion. Morocco was unrepresented altogether due to the usual obstacles to their lifters obtaining visas. We will continue to work towards easing this problem.

I was greatly encouraged by the presence at this year's of the WDPFF Executive Committee to remove the former ADFFPA on account of its application for IPF membership, there was the possibility that the U.S.A. was going to be unrepresented at this year's championship. The participation of the AAU team was a great boost to morale, and confirmation that the WDPFF is once again on the march.

In addition to renewing acquaintances with many valued international colleagues (including Peter Thorne from the U.S.A.), I had the pleasure of meeting Al Siegel, Joe Pyra and Bill DePorter of the AAU for the first time at our Congress on the Friday, along with Haliz Imran Butt from Lahore (representing the Pakistan Powerlifting Federation - one of our newest affiliates). Also present was Edward Kessey who made the trip from Krasnodar in Russia with that country's sole competitor, Laura Hodjamkulova.

The Congress itself was an orderly affair, given the significance of the issues discussed. For constitutional reasons, the voting is to take place by postal ballot, so that issues such as the bench shirt, raw lifting and androstenedione and many others have yet to be decided. Whatever the outcome of all these propositions I am confident that there is a spirit of commitment in the WDPFF which has not been seen for a long time.

At the time of writing, BRAZIL has become the latest country to apply for affiliation to the WDPFF. The establishment of Associao Brasileira de Levantamento de Potencia Natural is expected to be ratified shortly. Negotiations are also under way with South Africa, and readers will be kept informed of progress in all these matters. Andrew Cominos, WDPFF President.

ing on time. The AAU contingent was made up of thirteen lifters. Al Siegel noted how this WDPFF contest was a true world championship with more than 75% of the lifters coming from countries other than the United States. The competition was fine with the Americans who received the Best Male lifter and Best Female lifter honors.

America's Eric Kupperstein was USA's only veteran of world competition. Eric won the 1992 WDPFF Worlds in Derby, England as well as taking the 1997 gold in the 67.5 class. Eric, an attorney, provides the AAU legal assistance and did some of his studies in England.

The women's lifting opened up with a first place for USA's Lynn Frankmann beating Joan Carter of England for the 50.5 kg. title. The turnout for women's lifting was light. In the 53 kg. class USA's energetic Betty Lee had the crowd with her as she took first place and the Best Women Lifter of the meet award.

Susan Elwyn of the USA got first in the 55.5 kg class and USA's Yolanda Jackson totaled 405 kgs for the win at 70 kgs.

At 80 kgs USA's Paulette Marrama was uncontested and took first place for the 4th win for the USA. Russia's Laura Hodjamkulova posted a 487.5 kg. total for the over 90 kgs. Laura a native of Tadzhikistan recently immigrated to Russia and now lifts for her new homeland.

In the men's lifting Brian Forbes, founder of Irish drug free powerlifting, took the 52 kg. class beating Cor Mathijssons of Belgium. Cor had suffered serious injury to his hand a week before the meet and was not expected to be able to lift.

56 kg. class: Jay Southerland was uncontested for the win posting a 487.5 total for the USA.

60 kg. class was another uncontested win for USA Hennis Washington who posted a 565 kg. total.

67.5 kg. Class: Eric Kupperstein

90 kg. class: USA's Michael Mastrean took first place and Best Lifter of the meet award with a 805 kg. total.

Mike made just one squat and one bench but he lifted 50 kgs more than England's all rounder Les is. Les is a former gymnast and former double back flips.

100 kg. winner was England's Matt Saunders. Belgium Frank Mombert was 2nd. Joe Bell of the USA pulled a 300 kg. deadlift to take third place over England's Paul Utley.

110 kg. Class: It was England again with England's Leslie Harriott totaling 865 kgs for 1st place. Jean Luc Collard of Belgium with 2nd place. John West of Ireland 54 year old former discus thrower had several surgeries on his arm and elbow. He still managed the 3rd place slot over Canada's Darryl Hrinath.

125 kgs class was all USA's Randy Radziwon who posted an 840 kg. total and beat 2nd place Neil Coventry and 3rd place Ian Tudor both from England.

145 kgs first place went to England's Audley Baker who was uncontested and posted a 900 kg. total. Audley, a showman, had fun with the crowd. Audley only recently became interested in competing in powerlifting. He wanted a drug free forum before he would compete.



100 Kilogram Class Award Winners: left to right, John Feehan (IRE) - 5th, Shadi Javed (PAK) 6th, Joe Bell (USA) - 3rd, Matt Saunders (GB) - 1st place with a 760 kg total, Frank Mombert (BEL) - 2nd, Paul Utley (GB) - 4th. Mombert pulled an European record deadlift of 706 on a 4th attempt. (photo courtesy of Frans Utley).

member nation. Third place went to Matthew Rowe of England. Brad Schell of the USA failed to get in a squat and was eliminated.



USA Veteran Eric Kupperstein with another WDPFF world title.



Some WDPFF Representatives... front row, left to right: Judy Cedney (WDPFF General Secretary), Derek Ambler (BPA - England), Brian Forbes (IDFFA - Ireland), Wayne Cormier (CDFPA - Canada), Haliz Imran Butt (PPF - Pakistan), Maurice Lambert (AFCMFF - France); middle row: Peter Thorne (USA), Al Siegel (USA), Wim Baekelant (BDFF - Belgium); back row: Roger Murray (Australia) and Edward Keasey (Russia).

Audley is the first member of the British Association to post a 900 kg. total. Fabrice DeChamps of Belgium was the lone competitor in the 145+ kgs. class.

The weather was wonderful the days before and the day after the contest. It did rain during the contest in order to keep everyone in the venue during the lifting and remind everybody they were in England. The Rivermeade Leisure Centre on the banks of the Thames River provided an excellent venue for the contest. The rain was no inconvenience as hot meals and all manner of snacks were available at the venue. The general feeling of friendship and camaraderie was present throughout the contest. I am sure everyone there looks forward to next year's championships.

WDPFF Men/Women Worlds			
10 Oct 97 - Reading, England			
WOMEN	SQ	BP	DL
J. Frankmann-USA	112.5	67.5	142.5
L. Carter-ENG	85	37.5	92.5
55.5 kg. USA	110	60	172.5
S. Elwyn-USA	125	63	125
70 kg. Y. Jackson-USA	142.5	95	167.5
80 kg. P. Hrinath-USA	192.5	92.5	202.5
M. Javed-PAK	170.5	97.5	192.5
85 kg. R. Radziwon-USA	170.5	97.5	192.5
90 kg. S. Elwyn-USA	182.5	112.5	192.5
100 kg. J. West-Ireland	217.5	125	222.5
110 kg. I. Tudor-Canada	200	120	260
K. Mastrean-USA	200	120	260
R. Radziwon-USA	202.5	85	202.5
R. Hrinath-USA	202.5	85	202.5
R. Mombert-BEL	170	100	207.5
V. Javed-PAK	172.5	107.5	215
75 kg. J. Bell-USA	205	145	345
M. Saunders-USA	245	147.5	220
R. Hrinath-USA	225	120	225
M. Lambert-France	232.5	137.5	207.5
J. Kupperstein-USA	232.5	137.5	207.5
L. Collard-BEL	165	97.5	172.5
82.5 kg. M. Farquhar-USA	250	160	270
60 kg. M. Javed-PAK	250	160	270
M. Javed-PAK	262.5	140	272.5
T. Hardy-Canada	250	165	215
J. McWay-SCO	210	120	245
R. O'Brien-USA	185	112.5	222.5
K. Collins-Ireland	190	110	225
B. Schell-USA	190	110	225
90 kg. M. Javed-PAK	312.5	195	292.5
L. Pilling-ENG	285	155	305
F. Forbes-Ireland	270	185	270
M. Lambert-France	240	145	272.5
M. Lambert-France	240	145	272.5
M. Lambert-France	230	135	230
100 kg. M. Saunders-USA	270	190	300
J. Bell-USA	270	190	300
J. Bell-USA	262.5	180	272.5
P. Utley-ENG	245	150	265
J. Frehan-Ireland	285	185	230
110 kg. M. Lambert-France	205	155	240
L. Harriott-ENG	200	320	865
J. Collard-BEL	287.5	170	245
D. Lambert-France	125	265	655
D. Lambert-France	240	145	272.5
H. Baekelant-BEL	217.5	127.5	245
125 kg. N. Radziwon-USA	335	205	300
R. Radziwon-USA	335	205	300
L. Tudor-Canada	275	190	290
145 kg. A. Siegel-USA	362.5	215	322.5
E. Keasey-Russia	270	150	270



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I offer this account of this tragic event, not to sensationalize the accident, but rather to give an accurate account. All too often, when events such as this occur, much misinformation if not outright lies abound. Rather than let that happen, I prefer to pen as accurate an account of the event as I may.

On Dec. 6th at Larry Larson's AAU New England Open Power Meet, the great Bob Dempsey passed on. He weighed in earlier that day at 290 and appeared to be in excellent condition and a jovial mood. He expressed a desire to quality for the upcoming nationals after about a year's layoff. Later that day Bob lifted on 'A' platform, to my left. He had opened with an easy 750 squat. He told Randy Sequera that it was the easiest opener he ever made. Several lifters heard him comment that his leg was numbing, however, he decided to take his second attempt at 825.

I had just noted to myself that with luck, we'd start benching about one, then as a lifter returned the bar to the rack around 12:35-1:45, I noticed a lifter lying on the floor at the edge of 'A' platform. This had happened without warning, and immediately I realized that it was Bob. Help immediately flooded towards him as helping hands lowered his straps, removed wraps, etc. Evidently, while on the way to the platform, tragedy struck the giant. One lifter having caught this

The Passing of A Giant

on VCR thought better and erased it. Another noted that Bob's eyes dozen were eagerly offered by the caring audience. Finally, the declaration was made to remove Bob on a stretcher. Moving him down three flights of steep narrow stairs was out of the question.

It was decided to take him out through freight doors, down to the roof, and onto a fork lift. About three dozen lifters responded, clearing a new path, void of weights, etc., tearing down a plastic barrier and opening the locked freight door. Seven or eight lifters gently carried their friend to others who lowered him four feet to another dozen lifters on the roof. They received him and carried Bob to the parapet where two lifters waited seated on fork lift blades. Risking their own lives, they held onto the stretcher while one raised the lift support unit with one arm. There was a real concern that the roof could not hold the weight, so the transfers were done gently but quickly. The fork lift backed off about four feet on uneven ground while another group of lifters waited below to receive the stretcher and transfer it to the waiting ambulance.

This done, all returned to the meet site. After discussing the situation, Larry decided that the best course of action was to cancel the event. When a request for cell phones was

meet. Dennis Bremnick made the announcement and called for a prayer. Lead by an unknown but kind voice, we said a prayer for Bob. Later that night after we returned to New Jersey, Larry called and confirmed that Bob Dempsey had passed away. An autopsy would most likely be performed to establish cause.

There were many heroes that day, some of whom I did not know, many I did not name, but they all worked together to save a fallen friend, a brother of the bar. I'm sure that Bob's wife and Larry and all his friends wish to thank all of you for what help you gave, your patience, understanding and finally your prayers. Bob was 39 and would have been a Master in about a month. He is survived by his wife Chris, son Eric - age one, and daughter Stephanie - four. His wife is Stephanie - four. His wife is Stephanie - four. His wife is Stephanie - four. His wife is Stephanie - four.

Larry Larsen and Saul Shocket are setting up a fund for Bob's Family. Larry will donate the entire proceeds from the meet. Local donations may be made directly to Saul (617-878-7062). I ask that powerlifters, regardless of affiliation, say a prayer for Bob and, if able, to make a donation. Please send it to Dempsey fund c/o Larry Larsen, 15 Bell St., Quincy, MA 02169. Thank you. Train well, Bob, 'til we meet again. Jumpin' Jersey Joe Pfyrr.



The Recently Departed Bob Dempsey was the 1981 National Collegiate Champion at 275, as seen in this photograph by Ted Kurlowicz

IPF Men's & Women's Masters as told to Powerlifting USA by Peter Thorne



The First Gold Medal for American Samoa - was won by Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. (courtesy Thorne)

The IPF World Master's Championships were first held in 1982 in Greensboro, N.C. There were a total of 39 lifters representing 9 nations. The first competition was in 1982 in Greensboro, N.C. The first competition was in 1982 in Greensboro, N.C. The first competition was in 1982 in Greensboro, N.C.

The large number of lifters created challenges for the busy Hungarian meet director and his crew. The contest was moved from Budapest, Hungary to Szekesfehervar, about 50 miles from Budapest. It was necessary to use hotels in surrounding towns and provide buses to transport everyone to and from the venues. Due to scheduling conflicts Saturday at the original venue, powerlifting had to move. Moving began at the conclusion of the lifting Friday night, almost midnight. Lifting opened at the new venue Saturday morning with the meet director and his crew still holding up after a busy night.

The Technical meeting held Wednesday evening October 15 was proceeded by a 45 minute total of young men and women in traditional dress performing energetic and traditional Hungarian folk music, foot stomping, shrieks and wine being served, the technical meeting started.

Thursday, October 16 the lifting for master's women began. There were challenges for the women lifters. There was a problem with the scales and the bar being used on the platform was not an official IPF bar. Records could not be set. The women were grouped in three categories (under 52 kg., under 67.5 kg., and over 67.5 kg.), and the winners were decided on points. There were two Hungarian lifters, Rita and her husband Hugh St. Louis were both in the under 67.5 kg class. Hugh became team statistician and Rita assisted with lifting from early morning to the last lift of the night. A gold medal performance from both of them.

The overall winners of the Masters (40-49 years) were: 1. Toni Hollis, Great

Britain, Under 52 kgs. 2. Lucienne Damas, France, Under 67.5 kgs. 3. Maret Sponck, Netherlands, Over 67.5 kgs. in the 50+ category. 1. Adina Hlykova, Czech Republic, Under 52 kgs. 2. Anna Dirl, Hungary, Under 67.5 kgs. 3. Rosemarie Beer, Austria, Over 67.5 kgs.

Friday, October 16: With a new scale and approved bar the men began lifting. In the Masters class 1, 52 kg. (40-49) the winning lifter, Masaaki Kagawa from Japan had to take his opening squat three times to get into the contest. Then 6 for 6 over his two rivals from India. 52 kg Masters II (50+): Alex Galanti, America's former World Champion, had the winning lift with 500 kg, each and both lifters were by bodyweight in favor of the Russian lifter.

75 kgs. Masters I (40-49): Again the battle was between the Russian Leonid Lobkov and USA's Allan Cayer. This time it was for the gold medal. The Russian finished the squat with a 10 kg advantage. Alan tossed up a 165 kg bench for a 7.5 kg lead going into the deadlift. The Russian pulled 235 kgs. and Alan, going for the silver, missed a 280 kg pull and had to settle for the silver medal after an exciting battle.

75 kgs. Masters II (50+): Great Britain got its second gold medal in a row with John and Valerie Tyree, Mike Licciardirow 3-Sam Aduenda, Darryl Johnson, and USPF President Dave Jeffrey.



At the Opening Ceremonies: representing TEAM USA were (left to right, front row) Dr. John, Anval Bridges, Alex Galanti, Sasha Meslikov, and Freddie Higgins; row 2 - Budd Rogers, Gary Ferstler, Rita St. Louis, John and Valerie Tyree, Mike Licciardirow 3 - Sam Aduenda, Darryl Johnson, and USPF President Dave Jeffrey. (photo courtesy A. Galant)

medals were won by Ir Faamuusali, Nicolai Babenko, and Ir Faamuusali. Ir Faamuusali was the first to lift over 500 kg. Ir Faamuusali was the first to lift over 500 kg.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

many sessions over the four days. The Hungarian crowd was excited with their first gold medal. USA's John Dumont had a shot at the bronze medal but a torn biceps muscle stopped him in the deadlift and had to settle for 4th place.

125 kg. Masters I (40-49): Junior Faamuusali with the biggest total of the meet, 870 kgs. received the gold medal. Ir Faamuusali was the first to lift over 500 kg. Ir Faamuusali was the first to lift over 500 kg.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

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Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.



Odd Haugen... competing for Norway, via Hawaii. (courtesy Thorne)

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

the way to the gold medal. Russian lifter Yuri Bepalov was second. Odd Haugen, who was lifting for Norway and placed third, 125+ kgs. Masters II (50+): It was Peter Kochetov of Russia with the gold and Vasilii Bogomoluk of Ukraine with the silver. During his lifting was the first time Dr. George Bostrom of Sweden was seen with his big cigar. He placed 5th in this class.

23 lifters were disqualified and approximately 3500 lifts performed at the meet. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar. Ir Faamuusali, flanked by Bengt Friedel and Gyula V'ar.

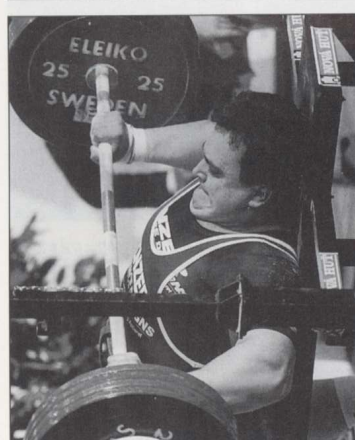
13th IJF World Junior Champs

WOMEN	SQ	BP	DL	TOT
1-Chang/CHN	135	70	152.5	357.5
2-Ponchery/MEX	113	57.5	172.5	343
3-Martin/VFR	110	47.5	172.5	330
4-Cabrera/CUB	120	40	115	275
5-Kozeki/JPN	60	45	172.5	277.5
6-Kozeki/JPN	60	45	172.5	277.5
7-Kozeki/JPN	60	45	172.5	277.5
8-Kozeki/JPN	60	45	172.5	277.5
9-Kozeki/JPN	60	45	172.5	277.5
10-Kozeki/JPN	60	45	172.5	277.5
11-Kozeki/JPN	60	45	172.5	277.5
12-Kozeki/JPN	60	45	172.5	277.5
13-Kozeki/JPN	60	45	172.5	277.5
14-Kozeki/JPN	60	45	172.5	277.5
15-Kozeki/JPN	60	45	172.5	277.5
16-Kozeki/JPN	60	45	172.5	277.5
17-Kozeki/JPN	60	45	172.5	277.5
18-Kozeki/JPN	60	45	172.5	277.5
19-Kozeki/JPN	60	45	172.5	277.5
20-Kozeki/JPN	60	45	172.5	277.5

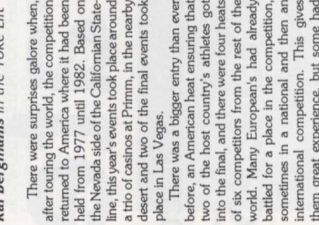
21-Kozeki/JPN	60	45	172.5	277.5
22-Kozeki/JPN	60	45	172.5	277.5
23-Kozeki/JPN	60	45	172.5	277.5
24-Kozeki/JPN	60	45	172.5	277.5
25-Kozeki/JPN	60	45	172.5	277.5
26-Kozeki/JPN	60	45	172.5	277.5
27-Kozeki/JPN	60	45	172.5	277.5
28-Kozeki/JPN	60	45	172.5	277.5
29-Kozeki/JPN	60	45	172.5	277.5
30-Kozeki/JPN	60	45	172.5	277.5
31-Kozeki/JPN	60	45	172.5	277.5
32-Kozeki/JPN	60	45	172.5	277.5
33-Kozeki/JPN	60	45	172.5	277.5
34-Kozeki/JPN	60	45	172.5	277.5
35-Kozeki/JPN	60	45	172.5	277.5
36-Kozeki/JPN	60	45	172.5	277.5
37-Kozeki/JPN	60	45	172.5	277.5
38-Kozeki/JPN	60	45	172.5	277.5
39-Kozeki/JPN	60	45	172.5	277.5
40-Kozeki/JPN	60	45	172.5	277.5

41-Kozeki/JPN	60	45	172.5	277.5
42-Kozeki/JPN	60	45	172.5	277.5
43-Kozeki/JPN	60	45	172.5	277.5
44-Kozeki/JPN	60	45	172.5	277.5
45-Kozeki/JPN	60	45	172.5	277.5
46-Kozeki/JPN	60	45	172.5	277.5
47-Kozeki/JPN	60	45	172.5	277.5
48-Kozeki/JPN	60	45	172.5	277.5
49-Kozeki/JPN	60	45	172.5	277.5
50-Kozeki/JPN	60	45	172.5	277.5
51-Kozeki/JPN	60	45	172.5	277.5
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65-Kozeki/JPN	60	45	172.5	277.5
66-Kozeki/JPN	60	45	172.5	277.5
67-Kozeki/JPN	60	45	172.5	277.5
68-Kozeki/JPN	60	45	172.5	277.5
69-Kozeki/JPN	60	45	172.5	277.5
70-Kozeki/JPN	60	45	172.5	277.5
71-Kozeki/JPN	60	45	172.5	277.5
72-Kozeki/JPN	60	45	172.5	277.5
73-Kozeki/JPN	60	45	172.5	277.5
74-Kozeki/JPN	60	45	172.5	277.5
75-Kozeki/JPN	60	45	172.5	277.5
76-Kozeki/JPN	60	45	172.5	277.5
77-Kozeki/JPN	60	45	172.5	277.5
78-Kozeki/JPN	60	45	172.5	277.5
79-Kozeki/JPN	60	45	172.5	277.5
80-Kozeki/JPN	60	45	172.5	277.5



Junior AND Senior IJF World Championships for 1997 were Curivanov (upper left), Hu (lower left) and Soloviev (above)



Rai Bergmanis in the Yoke Lift



Jouko Ahola... in the Car Carry

World's Strongest Man Qualifiers

as told to Powerlifting USA by Dave Webster, O.B.E.

men trying the event informally found they could not lift the tyre even once. Vagdel was 3rd.

The overall result of this heat was Karlens 21, Oksanen 16, Magnusson 15, Vagdel 13.5, Onnela 11, Bell 7.5 points. Since only the first two went through to the final the defending champion was out of the contest!

Riku Kiri (Finland) was the favorite to win Group 2 but in the Super Yoke, where two truck engine blocks weighing 704 lb, had to be carried over 80 feet, he came in 4th, beaten by Russ Bradley of England, who showed remarkable strength in covering the distance in 17.54, Karer Boyer (Fiji) 18.47, Bergmanis (Latvia) 26.25 seconds.

Riku was 1st equal with Boyer in Dead Lift reps with the back and of a car on a frame. They each did 26 reps. Bradley was third. Many expected Egny Popov to be the great Bulgarian powerlifter to do well in this event, but his placing of 4th equal indicates the standard in the event.

The Log Lift was won by Bergmanis's 352 lb. In spite of an injured shoulder he looked good for more. Boyer was second, Kiri 3rd and Popov, who had also been an Bulgarian weightlifting champion, was 4th.

Riku Kiri was still in good position going into the final event as he is world record holder in the Farmers Walk. This time 264 lbs. was carried in each hand over 162 feet. Surprisingly Riku was beaten by Bergmanis who carried the 528 lbs. the full distance in 21.69 seconds. Kiri 22.88, Bradley 26.66.

It was a very tight finish with Bergmanis 18.5, Boyer and Kiri 17.5. Boyer went through a count back along with the winner. Again a favorite was out.

Group 3 featured South African Gerrit Badenhorst and it was thought by many that he was a sure finalist. Dupuis, a professional French Canadian strong man, was the only new contender and he was impressive. The Swedish arm wrestler Magnus Samuelsson won the arm over arm pull with three stretch linouines, with soft tires and carrying weights to make it harder. As if that was not enough the 81. feet plus course was

attempted to make the best stretch a slightly uphill pull. The big Swede pulled the vehicles over the full course in just 46.59 seconds. Heinz Ollesch was 2nd but Badenhorst's supporters were disappointed with his 5th place. Dupuis of Canada was 3rd.

In the Cask Circle a pivoting metal pole had to be carried in the crooks of two enormous barrels on the inside of the athlete and a weight on the outside. The weight required was 660 lbs. The pivoting action ensured that the competitors walked in a predetermined circle and the aim was to carry the load as far as possible. Again Samuelsson came out on top, urged on by his lovely wife, who is a faner by trade. Bernd Venberg, the densely muscled Dutchman, came into the picture in 2nd place and Gerrit Badenhorst was 3rd. Heinz Ollesch was still very much in contention as 4th.

Next was an overhead lift using the Flinstone weights. A word of explanation about this. In Olympic style overhead lifting, with a smoothly turning bar and well balanced weights, technique plays an important role. To substitute a bulky, awkward log or a rusty old iron primitive rough becomes a dominant factor. These weights are of genuine flinstone, ask Jamie Reeves, who had finished second, for the details. The time element separated the superman, placing Ahola in 17.18 seconds, while Bill Lyndon took 29.85 seconds.

The Hercules Hold was done with four slot machines, two at each side. Ahola, a terrific new star in these contests was 1st. Bob Weir (England) World Championship contender in discus and competent shot putter, made an impressive debut placing 2nd. Spinks Rolle 3rd. He had won this event when the WSM was held in the Bahamas, his homeland. The throw for height came next, a lengthy event pushing competitors to great heights. Lyndon, Weir, and Rasmussen took the honors in that order.

The final event of the heats saw the Atlas Stones being placed on platforms at various heights. Rasmussen and Ahola lifted all five stones, the former in 37.78 seconds, and the latter in 47.66 seconds. Ahola lifted and carried the stones with ease but (like Gary Taylor in the past) because of his height, he had difficulty with the highest platform. Future designers MUST remember this. Wear came third in the Stones and in the overall heat. This was a superb placing when one considers the final result. It ran as seen that in Group 4 there were no surprises for keen followers of the sport, Rasmussen 1st, overall with 20 points and Ahola 2nd with 18.

The heats over, those going through to the final were Soren Karlsen (Norway), Torri Olsson (Iceland), Raimonds Bergmanis (Latvia), Derek Boyer (Fiji), Magnus Samuelsson (Sweden), Heinz Ollesch (Germany), Fleming Rasmussen (Denmark), Jouko Ahola (Finland), plus our American friends Mark Phillips and Iron Bear Collins.

The final would be the most open and interesting in many years. Read all about it in the next issue.

Group 4 had the most varied nationalities with two of the elite Scandinavian competitors, a Middle-Eastern from Asia, an Aussie, one from the Caribbean and an Englishman.

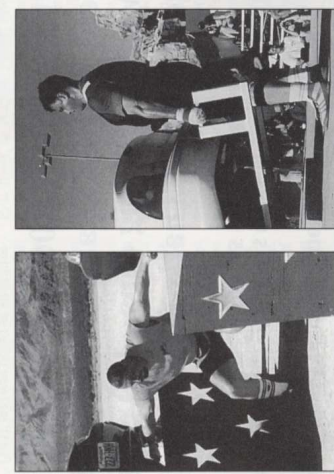
The Car Walk is a great, and tough, event. The car weighing well over 800 lb. has to be carried at a 81 feet plus course. Only one touch was allowed resulting in three competitors being judged on distance rather than time. It can be seen that it is a true test of strength. Of the others Fleming Rasmussen of Denmark, the most experienced competitor, was 1st with a time of 14.50 seconds! The time element separated the superman, placing Ahola in 17.18 seconds, while Bill Lyndon took 29.85 seconds.

The Hercules Hold was done with four slot machines, two at each side. Ahola, a terrific new star in these contests was 1st. Bob Weir (England) World Championship contender in discus and competent shot putter, made an impressive debut placing 2nd. Spinks Rolle 3rd. He had won this event when the WSM was held in the Bahamas, his homeland. The throw for height came next, a lengthy event pushing competitors to great heights. Lyndon, Weir, and Rasmussen took the honors in that order.

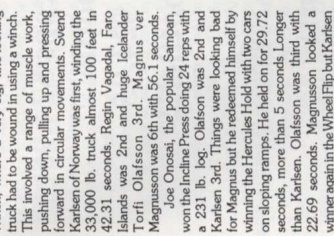
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Egny Popov deadlifting a car!



Ver Magnusson holds the cars.

Joe Olsson, the popular Samoan, won the Incline Press doing 24 reps with a 231 lb. log. Olsson was 2nd and Karlsen 3rd. Things were looking bad for Magnus but he improved by doing 16 reps for the 2nd place, winning the Hercules Hold with two cars on sloping ramps. He held on for 29.72 seconds, more than 5 seconds longer than Karlsen. Olsson was third with 22.69 seconds. Magnusson looked a winner again in the Wheel Flip but Karlsen was in great form and overtook the course nearly 2 seconds faster (47.44). Strong

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The first Women's Worlds was held in Lowell, MA (USA) back in 1980. To date, 18 of these prestigious championships have taken place. Some, even from the earliest days have returned again and again in relentless pursuit. These familiar faces have blazed the trails for others. Some remained, others finally left, replaced by the younger and stronger. Many became multiple winners, etching their names and lifts in history's ledger of the Elite. The old cliché "IF AT FIRST YOU DON'T SUCCEED, TRY, TRY AGAIN" became the rule rather than the exception for all. Their prevalent goals were fueled by dogged determination. The payoff: the coveted gold medal that said it all - "WORLD CHAMPION!" Here for your powerlifting history review are the 25 GREATEST IPF WOMEN'S CHAMPS! Their multiplicity of awards don't begin to justify their true GREATNESS!



Anna Prinkkala... Finnish pride.

(1) ANNA PRINKKALA of Finland, DOB 1955, (400 pts.) The "Perseverant Peke" was a member of the first Finnish team to appear at the Worlds. At age 28, this pretty blond bombshell finished fourth with a 644 TOT, missing two DLs trying to secure the silver. She finished fourth also in 1985, 33 out of third. In all her other 12 appearances, Anna Prinkkala harvested a plentiful crop of medals: two bronze, six silvers and four golds! Her two bronzes came in 1984 (only 5 lb. back of second), and in 1995 where she missed a 341 DL trying for silver. Six times Anna was a bridesmaid: to Gadeny (USA) in 1986; Yoshida (JPN) in 1988; Wolsey (GBR) in 1991; Janot (FRA) in 1993; and to Tesleva (RUS) in 1996-97! Prinkkala was four times a World Champion in her 97 lb. division. Her 325 DL in 1987 catapulted her from third to champ (5 lb. above Yoshida, JPN). In 1989 she topped teammate Vilasanti by

IPF 25 All-Time Best The Greatest Women Champions

by Herb Glossbrenner, PL USA Historian/Statistician

27 for victory. She retained her World title in 1990 coasting home via her superior SQ (22 better than Walsey, GBR). Again in 1994 her big SQ (314) carried her to a win (799-793) over Janot (FRA). Anna's only absence over the years was in 1992 when she wasn't on the team. Now age 42, Anna Prinkkala has established herself the greatest women's champion of the IPF. With dignity and diligence, endurance and patience she is bestowed the highest honors! BEST LIFTS at 97: SQ 319, BP 148, DL 352, TOT 804.



Heidi Wittesch out of Australia.

(2) SISI DOLMAN of Holland, DOB 1946, (340 pts.) Holland's Sisi Dolman launched her IPF career in 1984. She finished third at 114 lbs. with an 804 TOT. Going 5-9 she had the highest SQ (347), and was noted as an impressive newcomer at age 38. The following year she became a World Record holder with a 926 TOT. The IPF doping results DQed the winner and her silver medal was transformed into gold. In 1986, not only did Sisi repeat as the 114's World Champ, she was the meet's "Champion of Champions." She beat Jenny Hunter (GBR) to secure both honors. In 1987, much to her chagrin, Sisi DIDN'T WIN. She was runner-up to Jeffrey (USA) who was back on the scene (926-903). Dolman tried a 418 DL for victory, came up, but stalled to incomplete! Shattered dreams! With Jeffrey in a class in the 123's in '88, Dolman missed a W/R SQ try, but won big over her 10 opponents (903). In

World title came in 1988, this time at 165 lbs. and she set a W/R 466 DL, and TOT 1151. Runner-up Geldhof (BEL) 88 behind, salvaged some satisfaction taking her DL record away with 468. Her last appearance at the IPF Worlds was in 1989. There Heidi, at 181 lbs., won by 143 lbs. with 1146 TOT. In her nine World's appearances in four different categories, Wittesch accumulated three medals. Along with her three silvers and two bronzes she was four times World Champ in three different classes: 148 lbs. (1986), at 165 (1985 and '88) and at 181 lbs. (1989). MIGHTY HEIDI! BEST LIFTS at 165: SQ 429, BP 259, DL 466, TOT 1151.



Bev Francis at the 1984 Worlds

(4) BEVERLY FRANCIS of Melbourne, Australia, DOB 1955, (300 pts.) BEVERLY (THE LOSER) A 95" Physical Education teacher and a track and field star, Beverly Francis turned to P/L and set the World on its ear. At age 21 she entered the first Worlds in May 1980 in Lowell, MA and missed to her first title at 165 lbs., topping USA's Stefanie Woody (1014-953). Francis met her toughest challenger in 1981. There in Honolulu at 181 lbs., she battled USA's champion Vicki Gagne. Bev, via her unbelievable 330 BP and 1267 TOT set a W/R which was the highest ever for a woman at any bodyweight. Gagne, 33, back in second (1234), out-riggered the "Awesome Aussie," and became the first woman to hit 500 (501). For her third consecutive title in England, in 1982, Bev bettered Promei (USA) at 165 lbs. by 66 on the TOT. On home turf in 1983 in Adelaide, Francis made it four in a

479, 310, 485, 1278. At 181: 468, 292, 468, 1207.



Cathy Millen of New Zealand

(6) CATHY MILLEN OF NEW Zealand, DOB 1967, (280 pts.) At her first Worlds in 1983, Cathy Millen finished second at 132, which made her the runner-up to Ruthi Shafer (USA), as a 16 year old schoolgirl, with an 870 TOT. Back in 1985 and still at 132 lbs., she finished only fifth, having the misfortune of being struck by a car in Hawaii en route to these championships, but she lit it anyway. New Zealand didn't send a team again until 1990. Being absent for six years, she returned at age 23, and bore no resemblance to what we remembered. An amazing transformation. Now at 181 lbs., she romped over veteran Judith Oakes, 32, (GBR) 1240-1140 to win by 99. This was her first World title in 1991. She reduced to the 165 lb. class. She traded W/R SQ's with the host nation's Sumita Laha, 26, (IND). It continued on fourths Millen made a 518 SQ. Laha 519! From then on, it was NO CONTEST. Millen did a 286 BP, then set a World Record 529 DL, TOT 1328 - a W/R also. She won Best Lifter over Grafham, USA. In 1992 she won another World Title, this time at 198. Now she'd won three consecutive championships in three different categories! Here Cathy SQed 529, then set three W/R's: 292BP, 551DL, and a 1372TOT. In 1993 at (SWE) she weighed a mere 183.4, yet set five W/R's at 198: 562 SQ, BP's: 314, 330, 347 and a DL of 534 followed by close misses with a 562 W/R try (ore hand). Her TOT 1444 was also a W/R winning by 182 over Ludmilla Gaidutchenko (UKR). Again she won the title CHAMPION OF CHAMPIONS! Millen, in capturing her fifth straight World title, put on a show to be long remembered in 1994.

Lifting before a hometown crowd in Rotterdam (NL) at 198 lbs., she made a clean sweep of all W/R's: 573 SQ, 358 BP, 573 DL, 1504 TOT. Coached by the current IPF President, Grahame Fong, she won outstanding lifter once again. It was a marvelous showcase preceding her retirement. A rare talent. You might say she's ONE (WON) IN A MILLION! BEST LIFTS AT 198: 573, 358, 573, 1504.

(7) CARRIE GRAFFAM - BOURDEAU OF THE USA, DOB 1967, (275 pts.) Now age 29, Carrie Grafham was suddenly thrust into the international limelight six years ago. With no previous National or International experience, her 975TOT at 123 lbs. outstripped Andahl (NOR) for the IPF World title and gold. Burt (CAN) crushed her 1992 hopes with a W/R DL second 992TOT, but she got silver. Then, enormously improved and married, Carrie Bourdeau set two W/R DL's, 463 and a fourth 464, to win in 1993. Marx (BEL) was 121 behind her. Back in 1995 she won title number three at 123 lbs. Carrie blew away the Russian lifter Orehkova by 198, and set World Records of 486 DL and 1140TOT. Fabulous! Poplavskaya (UKR) felt Carrie's power in 1996, a winning margin 104. Winning her fifth World title in May of 1997, Bourdeau broke the W/R BP 254. Her 1091 TOT at 123 made her CHAMPION OF CHAMPIONS. If Carrie isn't wooded into OL, she should move into the second place All-Time among IPF women in 1998. BEST LIFTS AT 123: SQ 421, BP 254, DL 490, TOT 1151.



Vuokko Vitasaari from Finland

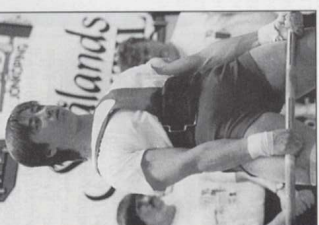
(8) VUOKKO VITASAARI OF Finland, DOB 1954, (255 pts.) Vitasaari is another Finnish "pixie" who's as tenacious as her famous teammate Prinkkaala.

Vuokko's degree of success is high. She's earned two World Titles, three silvers and an overabundance of bronze medals - 5! Her first title came in 1987 at 105. She had a perfect 9 for 9 day. A final 330 DL eclipsed Ruler (HOU) 777-771 and she won SH with W/R's 529 DL and 1388TOT, which gave her the win by 126. Also a bronze medal in 1992, but she lost the silver to heavier Corson (USA). Coming out of retirement, she took runner-up in 1996. She pulled the winning DL, but judges disallowed it. BEST LIFTS AT SHW: SQ 518, BP 341, DL 529, TOT 1388.

(9) MARY JEFFREY OF THE USA, DOB 1960, (250 pts.) A West Virginia resident, Mary Ryan-Jeffrey is a PRETTY FACE that MANY'VE FACED! She always emerged a winner. Officially Mary was five times Champion of the World. Her dominance at home (8 Seniors titles) projected internationally. Everyone loved her (except Sissy). Mary was a tigress on the platform. Seasoned by husband Dave Jeffrey, currently the USPTF President, her skills became tuned to razor sharpness. In 1987 Mary's 926TOT topped the 114 field. In 1988 she beat out rival Dolman (NDL) for best lifter and won at 123 over Burt (CAN) by 44 970TOT. In 1989 Mary, again pressed by the Canadian, survived Joy's W/R DL tries - title number three (981-970). A cakewalk in 1990, where Mary bounced Akerwall (SWE) at 123 lbs. (986-854) for number four. Back down to 114 lbs. in 1992, Jeffrey won by 99, topping Jurkko (FIN) 959-859 for her fifth gold! BEST LIFTS AT 114: 407, 237, 407, 1052. At 123: 440, 275, 413.

(10) ULRICH HERCH-ENHEIN OF Germany, DOB 1962, (250 pts.) No SMALL TIME FRAULEIN! She's a mighty big Mama, married with children and now age 35. Despite her massive musculature, Ulrike is friendly and warm hearted with a good sense of humor. When lifting, it's all business with intense determination! She married her husband Jorg in 1973, at age 21. Ulrike was a rare talent. She excelled academically and musically. She was skilled in track and field skiing, and mountain climbing. At first she participated in bodybuilding, then started P/L in 1985. She took her first World P/L title in 1989 in Canada (1223 TOT). One week later, she finished fifth in the World W/L Championships doing 176 SN and

220 Cj at 211 bwt. She won three more in P/L - 1990 at 198 (1173 TOT), by a huge 319 margin. In 1993 she got her third title pulling W/R 518 DL for a 1344 TOT and bodyweight win over Trujillo (USA). Then a fourth W/R 524! In 1994 she won SH with W/R's 529 DL and 1388TOT, which gave her the win by 126. Also a bronze medal in 1992, but she lost the silver to heavier Corson (USA). Coming out of retirement, she took runner-up in 1996. She pulled the winning DL, but judges disallowed it. BEST LIFTS AT SHW: SQ 518, BP 341, DL 529, TOT 1388.



Ekaterin Tanakova (Rus) in 1993

(11) EKATERIN TANAKOVA OF Russia, DOB 1964, (250 pts.) At age 27, Ekaterin made a lasting impression by becoming the first Russian woman to win an overall W.C. at 148 lbs. In 1991 she bettered her (FRG) adversary by 77, taking an unsurmountable lead with her 440 SQ! She retained her 148 lb. title in 1992 (1096), outstripping her (GER) runner-up by 66 (1030)! The heavily muscled Tanakova faced tough competition in 1993 from Elena Samonuk (UKR). She won 1179-1157. Elena pulled a W/R 496 and tied a 518 to win. A fourth straight win in 1994 (1179-1135). An up and coming Shostrand (SWE), challenged her with teammate Majula, third. Tanakova took silver in both 1995 and 1996 to Sjostrand (11 stv in 95, and 104 back as runner-up in 1996). In six appearances she got four golds and two silvers. A trail LI BEST LIFTS AT 148: SQ 490, BP 248, DL 485, TOT 1179.

(12) NATALIA RUM- YANTSEVA OF Russia, DOB 1971, (250 pts.) Natalia burst upon the scene at age 22, when in Jonkoping, SWE in 1993, she went 9-9 pulling away from USA's Sara Robertson setting JWR's: 485 DL, 1173TOT at 181 lbs. Rummyantseva

1980. Sue won her 105 class World Title, convincingly, with a 727TOT. In 1981 and up to 114 lbs., in Hawaii she easily ousted Elwyn (USA) by 71 with a TOT 815! She married Paul Jordan and went on to win at 114 bodyweight, a squaker over USA's (legend in the making) Vicki Steenrod (804). Jordan was runner-up to (CAN) Kati Bogias in 1983 (859-843). Sue's winning try (369 DL) wouldn't yield. She was small consolation. She stayed in the hunt number two in 1985 McElroy won on her first DL, and went on to finish with a 440 DL, and on a 1162 TOT. This outdistanced Hakkaala, her Scandinavian rival, by 99. In 1986 Annie's strongest opponent was USA teammate Cindy Reagan. She easily won her fourth World title 1162-1074. BEST LIFTS AT SHW: 507 SQ, 231 BP, 463 DL, 1201 TOT.



Lisa Sjostrand... Swedish Power.

(17) LISA SJOSTRAND OF Sweden, DOB 1966, (190 pts.) Lisa got her feet wet in 1992 finishing seventh at 148 lbs with a 947 TOT. She won a bronze in 1993. Losing ground in the SQ, she roared back with a 468 DL, and an 1113 TOT for an bronze medal! Lisa moved up to runner-up spot in 1994 against now four time W.C. Tanakova (RUS) 1173-1162. In 1996 she became the World's premier 148'er. She won big over quadruple champ Ekaterin Tanakova with an 104 lb. margin, and sent Ekaterin into retirement. Her second 474 SQ returned down 2-1. Sjostrand camp appealed to the jury which overturned the referee's decision and gave it to her. She made a 1256 W/R TOT in 1997. With three golds, and a silver and bronze each, she's climbing the ladder again higher. BEST LIFTS: 485 SQ, 253 BP, 518 DL, 1256 TOT.

(18) RUTHI SHAFER OF THE USA, DOB 1959, (175 pts.) Her reputation preceded her. In ENGLAND in 1982, she sailed through an effortless 9-9 day, with an 992 TOT and shell shocked (HOU) Tina Woodley (865) at 132

(16) ANNIE McELROY OF the USA, DOB 1960, (200 pts.) Dependable would be the word best to describe the USA's big Annie McElroy. Four times Annie was a USA World's team member and four times she delivered a gold medal. In 1982, in ENGLAND at 257.8 bodyweight, she overcame the 16 lb. S.T. lead of Marshall (CAN) with three DL's ending with 462. She won by 66 (1107-1041). In 1984, uncontested in California, she posted a 1069 sum for title number two in 1985 McElroy won on her first DL, and went on to finish with a 440 DL, and on a 1162 TOT. This outdistanced Hakkaala, her Scandinavian rival, by 99. In 1986 Annie's strongest opponent was USA teammate Cindy Reagan. She easily won her fourth World title 1162-1074. BEST LIFTS AT SHW: 507 SQ, 231 BP, 463 DL, 1201 TOT.



Judith Oakes... a very Great Brit

(15) JUDITH OAKES OF Great Britain, DOB 1958, (200 pts.) Judith won Great Britain's first ever World's P/L gold medal for women in 1981, at age 23. She outlasted Matthews (AUS) 1019-997 for the win at 165 lbs. She bypassed her chance to beat an injured Bev Francis at 165 and went to the 181 class at only 171.25 and blew away the others with her 1107TOT, for a second time. She tried to make 165 lbs. in 1983 but couldn't! At 169.4, she settled for runner up to awesome Aussie, Bev Francis. She TOT 1118 at 154, behind her. For the third title for Oakes in 1988, she returned to BEL following a 5 year Worlds absence. There Judith defeated Bjaland of the USA (1196-1151)! Now age 32, Oakes won a silver to go along with three golds in 1990. She was buried by Millen (NZL) (1240-1140) at 181 lbs. A true champion bearing out proof positive that "from little acorns do indeed grow MIGHTY OAKES," this multi talent also excelled in W/L at the Women's European at 176 bodyweight. BEST LIFTS AT 181: SQ 474, BP 259, DL 463, TOT 196.

(14) SUE JORDAN-ROBERTS OF Australia, DOB 1966, (215 pts.) In the final Worlds of

Sue Roberts... emotional Aussie

More From Ken Leistner

Like many PL USA readers, I have been simultaneously curious about and repulsed by what seems like the never ending saga of the USPF vs. the IPF vs. the USAPL. A soap opera is fun for a while, but in time, I look at the charges, counter-charges, and other outlandishness and wonder why some of the space couldn't have been used for more training information. However, I'm interested in what affects the sport because I want to see the sport prosper so I try to sort through all of the information to see where things are heading.

In the meantime, I'd like to tell our readership about a wonderful meet we just attended last weekend and bring the politics of the entire sport into better focus. Years ago, Ralph and I ran a super USPF meet. We chose that organization because they were the only official sanctioning body in the sport. When we opened the Iron Island Gym and began to direct meets again, we opted for the APF. We were not as much involved in the global or national politics of the organization and our concern was merely to run good, fair meets for the lifters and those in the area.

We were very fortunate that a large group of lifters from Pennsylvania had an interest in attending and competing in our meets. At a point in time, they wanted to host their own meets and understood that the only way to have successful meets was to have the most honest, strict, and impartial judging as possible. A number of visits were made to the gym and I held what could be termed "judging seminars" although Ralph, my wife Kathy, and others added much useful information and at times, we held more than a five hour round table discussion with demonstrable discussion with the APF and WPC rule books at that time, and had advised one leading organization on the implementation of many of rules, with long experience in various powerlifting organizations going back to the AAU, and with Ralph's vast experience, I believed that we gave out a great deal of good information.

In time, this was borne out as the meet held in Pennsylvania were excellent and were punctuated by superb judging. Yes, there were disagreements with some calls, but at each and every meet the comments always reflected impartial and

consistent refereeing. Due to some disagreements with the parent organization, en masse, the Pennsylvania groups, the Iron Island group, and lifters from New England who often attended both our meets and those in Pennsylvania, joined the IPF, a new organization. In time, and again, as a group, the various factions became dissatisfied with the number of things related to the IPF and a group of lifters were left but primarily, dissatisfied with the judging procedures.

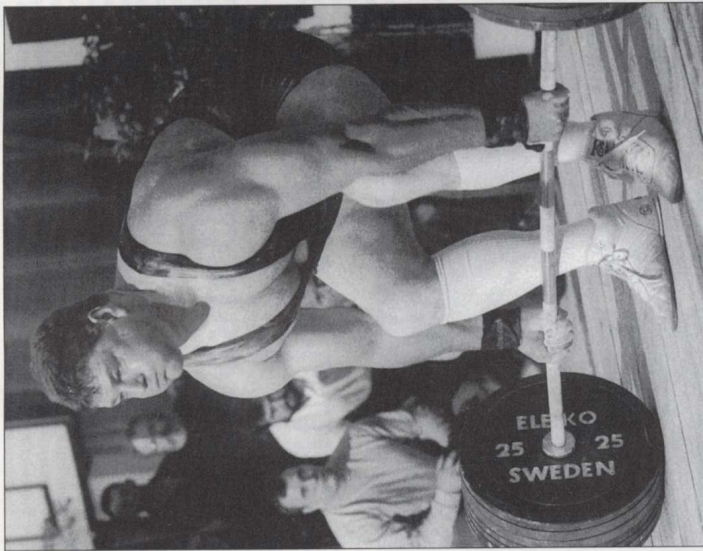
Let me immediately add that the individuals involved with the IPF, both then and now, are very nice. Both Lynn and John Schaeffer and Ellen and Mark Chaillet had very positive dealings with us, and me in often attended both our meets and those in Pennsylvania, joined the IPF, a new organization. In time, and again, as a group, the various factions became dissatisfied with the number of things related to the IPF and a group of lifters were left but primarily, dissatisfied with the judging procedures.

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Battling the Iron while the organizations battled it out for the IPF slot, Brad Gillingham realized that winning the USAPL Men's Nationals in 1997 would not get him to a World Championship (since the USAPL relationship to the WDFPF had ended) so he went to the USPF Sr. Nationals and won a slot on the team that traveled to the Czech Republic for the IPF Worlds, where the USAPL won IPF recognition for future IPF events. Brad, with USAPL officers Dr. Mike Hartle and Mike Overeider supporting him, as well as his NEI AllPro father Gale came away with the I.P.F. Silver Medal at SHW and had the winning deadlift in his hands.

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and still at 181 lbs., Juanita topped the 181's, contingent with a 220 lead going into DL. She got a big win with 1184 - 898, WOW! She had her second gold in 1992, coming out of a six year "retirement." It was a romp for Trujillo - 1234 at SHW to 1085 for Germany's Munch. Juanita saw her third gold trans- fer suddenly into silver in 1993. Herchenhein (GER) came from behind with a 518 DL and tied Juanita, and she was lighter. Tough break for the ex-track and field star! The former two times W.C. found out the rest of the World had caught up in 1997 - 1300 TOT - fifth.

(24) TERRY DILLARD of the USA, DOB 1953, (150 pts.) At age 27 in 1980, this Iowa farm girl became the very first 114 lb. Women's World P/L Champion. There she outdistanced Gingras (CAN) by 122 lbs. In 1981 Terry won again, this time at 105 lbs. Her W/R/SQ 308 gave her an un-catchable lead. Nonchalantly she mowed down her two CAN opponents. Dillard captured her third consecutive World's gold in 1982 at 105. Her 325 DL put her 71 better than Stab (BEL) with a 766 winning TOT. Her controlled power, deep concentration and strong dedication, which made her USA's PAPERWEIGHT PRINCESS OF POWER! BEST LIFTS at 105: SQ 314, BP 126, DL 336, TOT 777.

(25) CHERYL JONES of the USA, DOB 1951, (150 pts.) Cheryl Jones captured three consecutive World titles. She was dominant in the FLEA WEIGHT Category (97 lbs). She was known in FL bodybuilding circles, but made a bigger impression in Women's P/L. Her first World title was in AUS in 1983. Jones set W/R/SQ with a 282 SQ (4th) and a 699 TOT. She won by 49 over her Japan and AUS opponents. In 1984 she set a W/R barrier breaking 303 SQ plus a W/R TOT 766, 61 more than Vassart of Belgium and 66 better than Prinkala of Finland. A third gold medal in 1985: She dominated with a 771 TOT. Small in stature, big in heart. BEST LIFTS at 97: SQ 303, BP 165, DL 314, TOT 771.

Note: Ranking determination, when one or more is tied on TOTAL POINTS, is the winning of first World Title at an earlier date. A special salute to all these spirited ladies. These are the 25 Greatest IPF Women's Champions!

Points:	50	40	30	20	10	5th	TOT
1-PRINKALA, A	55	FIN	4	6	2	1	400
2-DOLMAN, S	46	HOL	6	1	1	1	340
3-WITTESCH, H	59	AUS	4	3	2	1	300
4-FRANCIS, B	55	AUS	6	2	1	1	300
5-TERNROD, V	49	USA	5	2	1	1	280
6-MILLEN, C	67	USA	2	1	1	1	275
7-BOUDREAU, C	67	USA	2	1	1	1	255
8-VITASAARI, V	54	FIN	2	3	5	1	250
9-JEFFERY, M	60	USA	5	1	1	1	250
10-HERCHENHEIN	62	GER	4	2	1	1	250
11-TANAKOVA, E	64	RUS	4	2	1	1	250
12-KOUSHUNOVA	71	RUS	4	1	1	1	240
13-COGNAC, C	55	FRA	4	1	1	1	215
14-JORDAN-ROB.	66	USA	3	2	1	1	200
15-OAKES, J	66	USA	4	2	1	1	200
16-MGELROY, A	66	USA	4	1	1	1	190
17-SJOSTRAND, I	66	SWE	3	1	1	1	175
18-SHAFFER, R	59	USA	3	1	1	1	175
19-BURT, J	56	CAN	2	1	1	1	175
20-YAMSKICH, E	74	RUS	3	1	1	1	175
21-KORSHUNOVA	68	RUS	3	2	1	1	165
22-COKSON, S	67	USA	1	1	1	1	155
23-RUIJLLO, J	53	USA	2	1	2	1	150
24-DILLARD, T	53	USA	3	1	1	1	150
25-JONES, C	51	USA	3	1	1	1	150

other bronze going to the SHW division. Her 501 SQ and 314 BP put her 44 ahead in second. Then, suddenly Pavlova (RUS) DL-ed 490, pushing her to third (bronze) 1262-1256! Dropping back to 181 lbs. in 1996, she was tied with Rumyantseva going into the dreaded DL (Shelby's Achilles heel lift). She got her best pull (446) but was a bridesmaid for the third time when Natalya's 490 pull dented her the silver. Three silvers, two bronzes, and 1 gold. Way to go Shelby! BEST LIFTS at 181: 518, 281, 446, 1218. At 198: 540, 297, 446, 1284.

(23) JUANITA TRUJILLO of the USA, DOB 1964, (155 pts.) At age 20 in 1985, Juanita was second at 181 lbs. to the women's P/L legend, Francis. After a 501 SQ, she led Bev by 27 but was overtaken, 1245 to 1190. In 1986

die" third attempt 518 DL, she came out on top of a three way tie (1218 TOT). In 1996, Korshunova captured the fifth gold medal for team Russia. She was 16 behind Jesse Ferrere (FRANCE). Time for her favorite weapon: a big DL! 529 gave her title number two and gave Russia the team championship (69-61) over the USA! Now age 29, in 1997 she won huge (by 122) over the Chinese Taipei's Ku (1295-1173). Ku's enormous 374 was the biggest press by any woman at the IPF Worlds. Then, Korshunova pulled 534 and blew her away! More to come, as she's just really getting started. BEST LIFTS at 198: SQ 490, BP 270, DL 534, TOT 1295.

(22) SHELBY CORSON of the USA, DOB 1967, (165 pts.) Shelby made seven trips to the Worlds. In 1990 the 23 year old

an absolute W/R for the LIGHT

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WORKOUT of the Month

When it's time to train, I think I'm a little different than most strength athletes. I like to head for the squat rack first, not the bench. In my opinion, you should train all lifts with equal intensity. I've been lucky enough to have two training partners, Ed Coan and Mark Philipp, who have instilled that work ethic in me the past six years. Ed is always willing to lend a hand when I need it, and Mark is the most intense hardworking lifter I've ever been around. These two have helped form my training philosophies that have developed a 876 lb. squat and 2176 lb. total, not to brag.

Now, I do not claim to have all the answers; but, I hope my program can help you. As a Strength Coach, I always look for ways to increase my athlete's and my own strength. Obviously, no two people will get the same results; but you should gain about 30 to 40 lbs. on your squat max. I have used this program with other lifters and those who stuck with it made the aforementioned gains and then some.

The total workout plan covers 24 weeks and then the meet week. There are five phases: Phase I, II, Phase III are all Conditioning Phases, Phase IV is the Strength Development Phase, and Phase V is the Peak Phase.

PHASE I: Leg and Low Back - a general conditioning phase to get your body into training shape and help with workout recovery. Keep the weight light, between 50% and 60% of your 1RM. You can estimate your assistance exercise 1RM. Increase the weights slightly each week. Rest between sets is 1 minute. Rest between circuits is 3 minutes.

WEEKS 1-4: Leg Press 50-60% x 10 reps x 4 sets, Leg Curl 50-60% x 10 x 4, Hyperextension - no weight x 10 x 4, DB Walking Lunge 50-60% x 10 x 4, Good Morning 50-60% x 10 x 4, Leg Extension 50-60% x 10 x 4, Stiff Leg DL 50-60% x 10 x 4, Calf Raise 50-60% x 20 x 4.

Work down through the exercises, 1 set each, going through 4 times. Do any warm-up sets before you start the circuit. You can change or add exercises as you like for variety. However, DO NOT SQUAT!

PHASE II: This is where you start to lay the foundation for a big squat. You will still circuit your assistance work as in Phase I.

WEEKS 5-8: Pause Squat (75% of Squat 1RM), Week 5: 55% x 5 reps x 5 sets, Week 6: 58% x 5 x 5, Week 7: 61% x 5 x 4, Week 8: 64% x 5 x 4.

Assistance: Leg Press 8 reps x 4 sets, Leg Curl 8 x 4, Good Morning 8 x 4, DB Step Ups 8 x 4,

ening your legs and back without equipment means extra pounds when you add the equipment. No more circuit training; however, keep the rest periods under 3 minutes between all sets during the workout. **WEEKS 9-12:** Squat (80% of 1RM Squat), Pause Squat (75% of 1RM Squat).

Week 9: Squat - 75% x 3 reps x 1 set, Pause Squat - 57% x 4 reps x 4 sets.

Week 10: Squat - 78% x 3 x 1, Pause Squat - 60% x 4 x 4.

Week 11: Squat - 81% x 2 x 1, Pause Squat - 63% x 3 x 4.

Week 12: Squat - 84% x 2 x 1, Pause Squat - 66% x 3 x 4.

Phase III Assistance: Good Mornings, Leg Extension, Leg Curl, Calf Raise.

Squat should be calculated with 80% of 1RM with equipment max. Squat = 600, no equipment max. 480. Assistance should be 3 sets of 8 reps (16 for calf raise). Weeks 9 & 10 at 65% and Weeks 11 & 12 at 70%.

PHASE IV: Strength Development Phase. Meet success is most correlated to this phase. This is a 6 week phase working from



John Binkowski impressed the crowd with his successful squat of 876 lbs. at the USAPL Men's Nationals.

Leg Extension 8 x 4, Calf Raise 16 x 4. Pause Squat max will be 75% of your Squat 1RM, i.e., Squat 1RM = 600, your Pause Squat Max = 450. Thus, figure out 75% and then calculate your %. To effectively Pause Squat, take a control descent, going well below parallel. Staying light in the bottom, hold for a 2 second pause, then explode by driving your hips forward and chest up.

The assistance will be the same % as Phase Squats. Remember, 1 minute between sets and 3 minutes between circuits.

PHASE III: This phase leads into the Strength Development Phase. You will be well conditioned from the circuit training. You will begin Squatting in this phase. No equipment is to be used. Strength-

Wraps, Suit Up).

Week 14: Squat - 370 x 3 x 6, Assist - 65% x 8 x 3.

Week 15: Squat - 390 x 3 x 5, Assist - 70% x 8 x 3.

Week 16: Squat - 410 x 3 x 5, Assist - 70% x 8 x 3.

Week 17: Squat - 425 x 3 x 4, Assist - 75% x 6 x 3.

Week 18: Squat - 445 x 3 x 4, Assist - 75% x 6 x 3.

Phase IV Assistance: Good Mornings, Leg Extension, Leg Curl, Calf Raise. Rest between Squat sets should be 3 minutes. You may need to increase that as workouts get heavier. Also, re-estimate your assistance 1RM's as they should be increasing by now.

PHASE V: Peaking Phase. Assistance Volume will taper. Add equipment on squat as instructed. Workout will range from 75% to 93% based on 600 lb. equipment 1RM. **WEEKS 19-24:** Squat (Reps x Sets).

Week 19: 470 x 3 x 1 (Belt, Wraps), 390 x 3 x 2 (Belt).

Week 20: 485 x 3 x 1 (Belt, Wraps), 410 x 3 x 2 (Belt).

Week 21: 505 x 4 x 1 (Belt, Wraps, Suit Down), 425 x 3 x 2 (Belt).

Week 22: 520 x 2 x 1 (Belt, Wraps, Suit Down), 445 x 2 x 2 (Belt).

Week 23: 540 x 2 x 1 (Belt,

an important role here. You can ease the strain on your upper body joints by working your upper body flexibility. Do not rush into a squat. Take your time and set up solid. Once in position, suck in as much air as possible before descending.

Once you've hit the hole, explode up. I see too many lifters just try to reverse directions. Use a little compensatory acceleration. You will be amazed how easy the weight feels.

One final off-season hint, try a little stance-width variation. "Shock Treatment" can be highly effective to those muscles not heavily used in your stance.

3. Mental Focus: The mental training is just as important as the physical to me. You must be 100% positive that you will succeed before you set under that bar. Doubt equals Failure. Make sure you are around positive people. Positive energy is a powerful force when harnessed and put in the right direction. Finally, on the mental aspect, don't waste energy before attempts. I see guys head-butting walls or bars, slapping or punching each other, etc. and what a waste of energy. Try harnessing and then unleashing your "Inner Beast" on an attempt. It's amazing how much more energy you put into lifting that bar when it comes from within yourself.

4. Supplements/Recovery:

Wraps, Suit Up).

Meet Week: 390 x 2 x 1 (Belt), **PHASE V Assistance:** Good Mornings, Leg Extension, Leg Curl, Calf Raise. Assistance %: Week 19-20: 75% x 8 x 3; Week 21-22: 80% x 6 x 3; Week 23-24: 70% x 8 x 2. Rest between squat work sets as needed. Assistance will taper to allow for recovery for meet.

The program is a major part of your plan but there are other intangibles that go into a successful squat. I am legal in your federation. Believe that your opponents are using every advantage they can get, so level the playing field. My equipment preference is the Inzer Z-Suit. I wear the suit as tight as I can on the bottom with very loose, non-restricting straps. Tight straps tend to pull you out of your groove. I use Marathon Double Goldline Wraps, I have someone wrap my knees as tight as possible. I save my energy for the attempt. Finally, find a belt that fits your lifting needs. I choose the Safe Ultra Belt. It is thick and supportive enough for even the biggest guys.

2. Setting Up: Find a set-up that most effectively uses your body's leverages. Get a comfortable grip on the bar. Shoulder flexibility plays

Being a drug free lifter, I am very concerned with my supplementation and recovery. The body needs to get proper nutrients shortly after a workout in order to maximize strength and size gains. I use Pro-Lab Creatine Monohydrate, N-Large, and Whey Protein to meet my body's needs. As far as recovery, sleep is big on my list. Always get enough sleep before a big workout. Also, try to stay off your feet the day before a squat workout. I highly recommend a post-workout whirlpool to relax your muscles. I also recommend finding a quality chiropractor or deep tissue massage therapist. My chiropractor, Dr. John Moehrle, put me back together for 1997 USAPL Nationals on many occasions. Thanks, Doc.

Finally, a few "thank you's" to friends and supporters: Ed Coan and Mark Philipp for the guidance and advice; Jim Cotta and Joe Dentice for the spots and judging; Mom, Dad and the Family for the support and love; my UNLV athletes for the inspiration and drive; and Quads Gym ... behind every great lift is a great gym.

I hope this program helps you make the gains I have. If I can be of assistance, write me: John Binkowski, Asst. Strength Coach, UNLV, 4505 Maryland Parkway, Las Vegas, NV 89154-0027.

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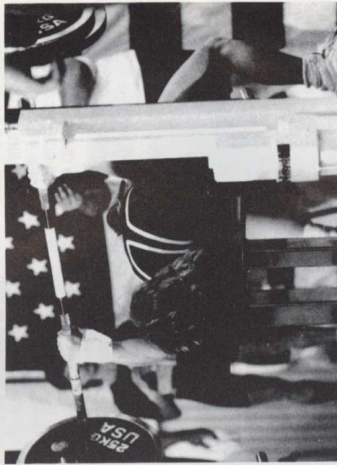
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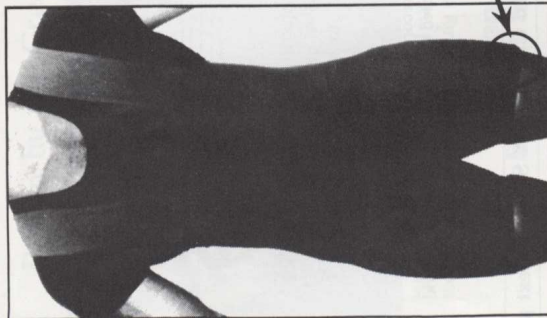
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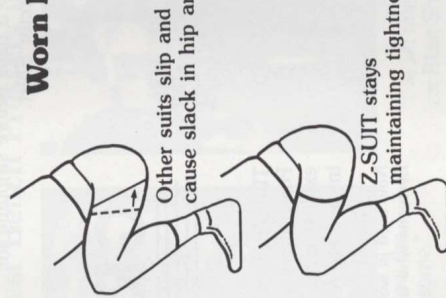
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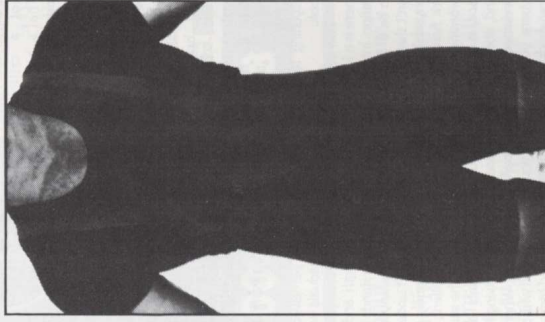
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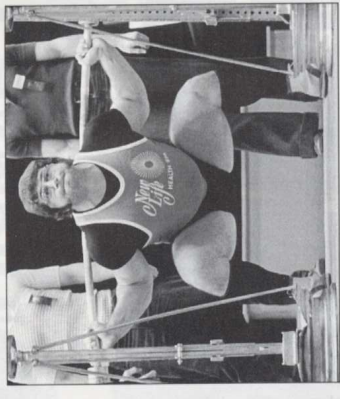
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Dr. JUDD

The Psyching Game

as told to Powerlifting USA by Judd Biasiotto Ph.D.



Larry Pacifico - an early master of the "Psyching Game"

It's been said that Mike Tyson's career has been based principally on intimidation... that his persona of rage and brutality is more mythological than essential quality... that Tyson is more a marketing phenomenon than a boxing great. Although that contention may be considerably overstated, there is some truth to its content. It is no secret that Tyson coasted through a fair part of his career by simply scaring fighters into submission. In fact, I think it is safe to say in the field of sports Tyson is the Psyche Master. No athlete has won so much by doing so little. That's not a criticism. That's a compliment. Tyson was great not only because he was a good fighter, but because he used the power of intimidation. Intimidation works. It can make you and it can break you.

That's why its important to understand the nuts and bolts of this extremely important psyching technique. Let's take a look.

The Look of Power. Actually, there is a look of power and intimidation. Interestingly, you don't have to be 6'5" and built like Ken Lain. Isn't that good news. Some of the physical signs that suggest power are fierce eyebrows, steady eyes, prominent cheek bones, a large face, a thrusting, powerful nose, and, above all, a solid presence. A presence that indicates you belong where you are even if you're in somebody else's bed, with his wife. Although we cannot alter our genetic make-up without cosmetic surgery, there are things we can do to project confidence and power. By learning how to control our body language and our facial reactions we can eliminate overt signs of nervousness and weakness and at the same time exhibit strength. Here are a few tips:

Shave your face. If you have a beard or a mustache you might want to consider shaving it. Beards tend to suggest that you may be trying to hide something, and mustaches project an image of uncertainty. A one or two day growth can indicate toughness, but in general a clean-shaven face is best for giving the impression of being confident and in control.

Don't talk a lot and don't move around a lot. Fidgeting and "running off at the mouth" are usu-

ally perceived as signs of weakness. Individuals who are impassive and silent acquire a reputation for strength and power. Mike Tyson understands the "power game" as well as anyone. Well, he probably doesn't understand it, but he plays it extremely well. He generally remains silent, impassive, and alert, but at the same time highly visible. He plants his feet firmly on the floor, giving himself an aura of solid power. Where he does speak, it's in hushed whispers so that the people around him are challenged to listen closely. He looks straight at you, never seems to blink and never flinches. This type of rock-like immobility gives him the impression that he alone is in control of himself and the environment he inhabits. You can develop the same type of dominance with practice. Don't shift your eyes or blink a lot, remain visible, and most important, be silent.

Be tough. Fear is the kind of power that most people understand best. You can destroy an athlete's game just by scaring the hell out of him. And, in fact, to a limited extent it is possible to control people through fear. Tyson is a master at this game, too. To a large extent his whole career has been based principally on intimidation. Watch Tyson closely. He is an emotional predator whose image suggests suppressed rage, exasperation and the

threat of savage brutality. He always seems to be on the verge of losing his temper. Which makes everyone around him wonder if he might not attack them suddenly and furiously. And when he spares them, he leaves them thinking, "thank God he didn't lose it." Best yet, he looks and acts as if he owns the world and is about to evict the entire population. He completely ignores the complexities of territorialism. He will invade the personal space of others at will. The only space that is important is his space. It's his world; you just live in it. His demeanor reminds one of carnage and destruction - fear.

For the athletes who use this tactic, pugacity, verbal abuse of their opponents and simple rudeness are the hallmarks. These guys refuse to exhibit even the slightest sign of weakness. They are the ultimate bullies, pushing people around by threats and abuse. Of course, this strategy can backfire big time. Once you make a threat you better be able to back it up. If you write a check with your mouth that out in his two fights with Holyfield. In those two fights his reputation went from being a flame-throwing ass-kicker to just an ordinary guy. The rest of his career will require a lot more than sheer mythology. In short, if you do the ass-kicking predator number, you had better be an ass-kicking predator, at least in reference to the competition you're facing. Being tough can go a long way in the psyching game. Let's be honest - how many Holyfields are out there. And if you do run into a Holyfield type, you can still stand tall and act tough, just don't get too close and don't push the issue. It's not just being tough, it's being smart too.

Try not to show emotion. All things being equal, an athlete who has acquired the reputation for being hysterical, thin-skinned and over-

sensitive is usually considered weak. Powerful people, truly powerful people, show little emotion. When things go bad, don't show outward signs of concern or nervousness. Suck it up and stay "cool". No matter how terrible the situation, act like you are still in control. Bad news should always be accepted calmly as if you already knew about it and didn't much care. Joe Montana, the quarterback of the San Francisco 49ers, was legendary when it came to keeping his composure in times of difficulty. No matter how hopeless a situation looked, Montana never changed his demeanor. He always exhibited a look of confidence and control. It was as if nothing could "rattle" him. He may have been scared to death at times, but no one would ever have guessed it. He never showed emotion. Consequently no one ever questioned Montana's confidence or courage. He was considered unshakable.

If you show signs of trepidation and weakness you are setting yourself up to be attacked. It's like with a dog, when he senses that you're frightened he is going to attack. If you hold your ground and show no sign of fear, there is a good chance the animal will move on. Human beings are very similar in this respect. If you think you're weak, they will go right for your jugular. If they are not sure, though, they will most likely move on. No one likes confrontation when the outcome is uncertain, not even the biggest of bullies. With that in mind try never to show any sign of weakness and/or emotion. When you have to, fake it. If you act confident, people will respond to you as a confident person, which in turn helps you feel the power they assume you have.

Take responsibility for your mistakes. No one is perfect. Don't be afraid to make mistakes. Take the responsibility of taking chances and being wrong. And don't waste your time justifying your mistakes. A powerful man is able to survive failure and defeat and to draw some deeper wisdom from it. Good athletes cope with the demands of life, and do not panic at every real or imaginary threat. A sure sign of weakness is when people cast the blame on others to cover up their own failures and mistakes. When you get beat take responsibility for the loss. Do you remember what Evander Holyfield said after he lost the Heavyweight Championship of the world? Wearing sunglasses to hide his battered face at the post-fight conference, Holyfield said "I had a great time in the game of boxing. I'm thankful God gave me the strength to do what I did. This fight I did my very best. I don't feel

going to be." Isn't that great? Blondi wasn't focused on defeat, he was focused on the positive aspect of the situation. That is why he is Blondi. In sports, you seldom see an athlete take responsibility for his performance. When an athlete loses today, he's usually looking around to point a finger at someone else to blame. They don't want to own up to their own shortcomings. That is a mistake of significant magnitude, because failing to own up to your imperfections is generally perceived as a sign of weakness. Only the weak find fault in others. Strong powerful people they stand tall regardless of the situation.

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I have to bring a man down to be good. I tip my hat to Riddick Bowe because he won when I did my best. Regardless of the decision, I feel good. I won on the inside because I fought my best fight. I love you all. Thank you all for your support."

In defeat Holyfield came across as not only a great champion, but a powerful human being. He not only had the courage to compete, but the courage to take responsibility for his performance. Matt Blondi is also one of those special human beings. As you probably remember, Blondi was heavily favored to win the 1988 freestyle in unorthodoxly, for Blondi, it didn't work out that way. Although he swam a magnificent race, he finished one hundredth of a second behind fellow swimmer Robert Swan. Do you know what one hundredth of a second is? It's like nothing, like a breath of air. Still, before Blondi could even get out of the water, reporters ran to the side of the pool and pushed microphones into his face. "What happened?" they demanded. "You got beat... what are you thinking now?" Blondi responded with uncharacteristic enthusiasm. "Robert Swan, great. I'm really happy for him." Without a moment of hesitation, Blondi added, "Just think how fast our relay team is

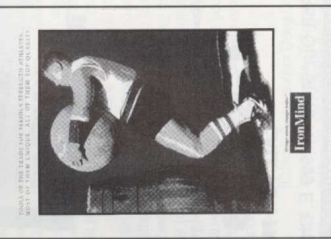
going to be." Isn't that great? Blondi wasn't focused on defeat, he was focused on the positive aspect of the situation. That is why he is Blondi. In sports, you seldom see an athlete take responsibility for his performance. When an athlete loses today, he's usually looking around to point a finger at someone else to blame. They don't want to own up to their own shortcomings. That is a mistake of significant magnitude, because failing to own up to your imperfections is generally perceived as a sign of weakness. Only the weak find fault in others. Strong powerful people they stand tall regardless of the situation.

Don't indulge in jubilant celebration when you win. Take every victory in stride, as if you knew you were going to win all the time. People who exhibit power imply that anything they can't do is unimportant and everything they can do is not only important, but effortless for them to accomplish. When you behave like you just hit the winning home run in the final game of the World Series, after you make a lift or win a title, it implies that success is something you are not familiar with, as if you have never experienced it before. You would be better off acting like "I've been there, done that, no big deal. I know I'm good - so what!"

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To compete or not to compete, that is the question. Besides 'how do I increase my bench 100 pounds in one month?' this is the question I get asked most often through correspondence from lifters looking for advice. Many lifters feel they must achieve a certain level of strength before they can think about lifting in a meet. A lifter worked out with for a while told me he would not compete until he was guaranteed to win the state title. That could be a long wait. There can never be a guarantee of victory at a contest unless you exclude everyone from the meet but yourself. A lifter could be totally confident of victory only to find a national level lifter competing in his class to register a total to qualify for a national event. Other lifters are not as unrealistic, but many just do not believe they are 'good enough' to compete. The definition of 'good enough' is yet to be determined. Hundreds, even thousands of runners compete in 5K races, with only a few having thoughts of winning. Most are there for the event and to compete against themselves and their previous bests.

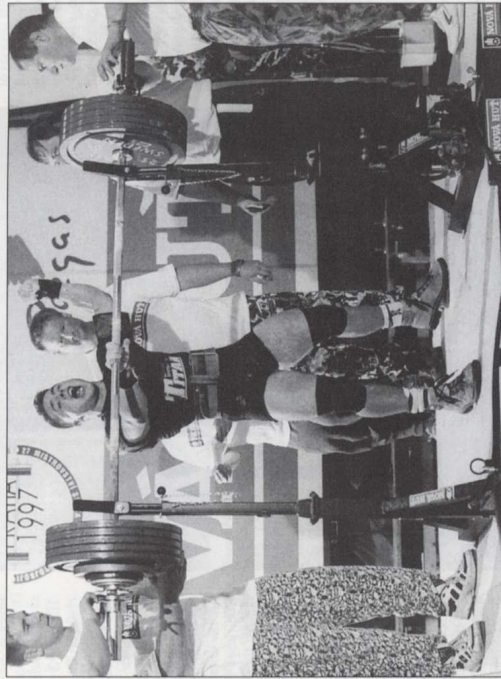
Powerlifting is unlike other sports like baseball and football. For the most part, there are no teams to make or qualifying totals to post before you can compete. National meets are generally the only contests where a lifter must first register a qualifying total to be allowed to compete. Team competition in powerlifting is just a side event for rival gyms and lifting clubs. An aspiring lifter need just pay the entry fee and possibly join the sanctioning organization or take the drug test to be able to lift.

The next point to cover is what type of meet should be your first? First look at the upcoming meet section of *PL USA* for a huge listing of meets around the country. Find a meet close to you. It would be even better if the meet offered a novice category. Novice categories are generally for lifters who have not competed or won contests before. This will put you in a competition with less seasoned lifters who are

lifting rules, that is, no bouncing off the chest in the bench, squatting high or not locking out your deadlifts. As I said earlier, rules may vary across organizations, but these I just mentioned are almost standard. You must measure your training lifts in terms of the powerlifting protocol you will be judged against. Now that you're all ready to send that entry blank in, I would caution you as to the number of contests that you should lift in per year. Too many meets can lead to too little progress. Lifters need time between meets, referred to as the off season, to build strength and improve weaknesses and to recover from rigorous training cycles. Lifters who always are competing are probably not improving. Compete in about 3-5 meets yearly. This will provide the motivation to continue to train hard and still allow steady improvement and prevent injury. Do not go overboard.

I hope I have provided many of our readers who have not yet made the decision to compete a few ideas to think about. There are no guarantees in life, except death and taxes. The only rival you should worry about is your toughest one; yourself. If you work hard and smart, and exceed your previous limits for a long enough period of time, trophies and victories will follow. When you come down to it, trophies and victories do not always translate into success and satisfaction anyway. Keep setting goals and compete against yourself and you can accomplish more than you think. Competition need not be so serious as to make you think only in terms of victories and titles, they are rewarded for a few. Competition should be fun and challenging, not life or death. Compete because you love powerlifting. To compete or not to compete; yes.

To Compete or Not to Compete as told to Powerlifting USA by DOUG DANIELS



Nobody Starts Out as an IPF World Champ... it takes years of steady progress to even earn the opportunity to compete for a world title, just ask Wade Hooper, who hard-worked his way through the national collegiate ranks before winning Senior National and IPF world titles. Here he is in Prague, just after setting a new IPF World Record in the squat, in his quest for another IPF championship.

If there are multiple platforms, move around to watch how each one runs. Check out the warm-up room to get an idea how they operate. Some can be really wild. If you go with an experienced lifter, he can give you a little insight as to what's going on. Don't be afraid to talk to lifters or spectators.

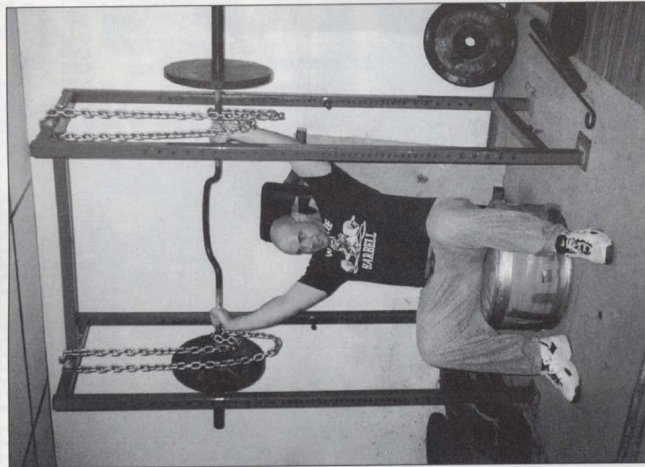
When you do go to your first meet, go with an experienced lifter to help you through the contest. You will need a helper anyway to keep track of things for you and give you motivation. You, in turn, will be valuable if your friends are lifting also. While powerlifting is an individual sport, it requires some support for the best results. A critical thing to keep in mind is to make sure you execute your lifts in training according to the

editor's Note: author Doug Daniels has a new web site. You may take a look at MEMBERS.AOL.COM/DDAN12345/DEFAULT.HTM

TRAINING

BOB BENCHES BIG: 365 lbs. + 365 days = 500 lbs.

as told to POWERLIFTING USA by Louie Simmons



Bob does behind the neck press with a bar suspended by chains on speed day, at Westside Barbell (Photograph provided by D. Black)

Bob Young came to Westside in August of 1996. His bench press was 363. With our help, he knew his bench would go sky high. After 8 weeks of training, he pushed his bench up to a staggering 365 at the Ohio State power meet. Yes, a 2 pound increase, not quite what we expected.

After the meet, Bob asked me what I thought he needed. I looked at him and said, "everything." His triceps and delts were underdeveloped. His lock-out was very weak. His speed work at 55% would even slow down at the top, where the bar speed should be optimal.

We suggested that Bob use chains on speed day. To his 55% bar weight he added 40 pounds of 3 chains for 3 sets, 60 pounds for 3 sets, and 80 pounds for 2 sets. This helped greatly. Bob's bench improved to 450 in May of 1997. However, he could not lock out 470, just missing it at the top. Back to the gym he went.

This time we wanted to pay more attention to the top 6 inches. That's where Bob dies. We brought out the rubber bands. At the very top of his lock-out, the bands added an additional 90 pounds. By using the bands we were addressing the entire force curve with respect to Bob's bench. At the chest, Bob was using 265 pounds of barbell weight, just under 60%. The last 2 sets were done with 80 pounds of chains, 40 pounds of which were at the lock-out position, raising the top end weight to 305. With the use of the bands, an extra 90 pounds was added to 395, or slightly above 85%.

This is how we accommodate resistance. Without chains and bands this is impossible. This method of training is known as the contrast method. The eccentric (unloading), followed by concentric (loading), is accomplished with the use of chains and bands. The strong rubber bands also contribute to an increase in reversal strength.

We know through science that as a barbell is lowered quickly, its velocity aids in the development of kinetic energy, which is transformed into elastic energy during the reversal phase.

It is your job to first, stop the bar from falling by stopping its eccentric motion, then immediately thrusting it upward concentrically. This will develop maximum dynamic force. Using strong Jump Stretch bands greatly aids in raising kinetic energy by pulling the barbell eccentrically very forcefully and then reversing the motion. The bands help accommodate resistance particularly at the very top of the lift. This has made Bob very explosive.

Bob trains with 55% of his contest best for 8 sets of 3 reps with the aid of chains and bands on Sunday.

training tape, I saw him doing a standing press with the barbell suspended from a tree with chains so he could do a press or a partial press. This intrigued me. So we suspended dumbbells in our power rack with nylon straps. Lying on the stability ball, we press the dumbbells for sets of 8-15 reps. This method will enable one to progress on to heavier dumbbells.

Here is a step-by-step method to raise your bench press to undreamed of heights. We never dreamed Bob could bench 500, but he succeeded, by doing a 500 pound bench on October 18, 1997, at the Ohio State Bench Press Championships.

Let's look back. On Sunday, Bob uses 265 for 8-10 sets of 3 reps with 80 pounds of chain on the bar. Remember, only 40 pounds of chain are being locked out. In addition to the chains, Bob uses Jump Stretch bands, which add 90 pounds to the top 4-5 inches. By doing this, Bob is accommodating resistance to the fullest. While the weight is 265 pounds on his chest (roughly 52.5%), as Bob raises the bar and hence the chains, the weight will increase to 305 and at the very top 395 with the aid of the bands.

After the triples, Bob works his triceps first, with extensions with dumbbells or a straight bar or by doing J.M. presses. He then does front, side, and rear delt raises, then lat work for 4-6 sets and some hammer curls. After the workout, which lasts about an hour, he eats. On Wednesday, maximum effort day, Bob does one of several minicycles, consisting of floor presses, rack lock-outs, or board presses for two or three 2 x 6's. Every fifth and sixth week, Bob incorporates heavy dumbbells on the stability ball or illegal wide grip benches for a 6 rep max. About 6 out of 10 workouts Bob will add the suspended dumbbell lock-outs.

Of course, incline and decline barbell presses can be used on Wednesday for singles. Basically, do anything you like, but remember weeks and move on to a different exercise. Again, do triceps, delts, upper back, and lats last.

Bob is quite smart and trains very hard, but if he can do it, so can you.

If you are interested in the Jump Stretch bands, and you should be, call 1-800-344-3539. I guarantee their work, and I will be exploring their value in later articles.

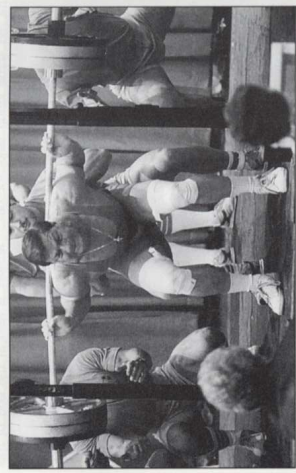
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INTERVIEW

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

KNUD HANSEN Interviewed for Powerlifting USA by Fred Rice



Knud Hansen squatting at the '88 National Masters in Salt Lake City

PROFILE: Knud Hansen. AGE: 56. MARITAL STATUS: Married with three children, ages 32, 30, and 21. HOMETOWN: Brookhaven, PA. JOB: Superintendent and associate vice-president for Frank W. Hake, Inc., a rigger and machinery mover. INTERESTS: Powerlifting and working in garden. HEIGHT: 5 feet 11 inches. WEIGHT CLASS: 220 for the last 10 years. TRAINING WEIGHT: no more than 225 lb. EQUIPMENT USED IN COMPETITION: Suit; Inzer Z suit for squat; Marathon for deadlift. Belt: 2 catch wraps. Shoes: New Inzer wraps. Shoes: Safe. EQUIPMENT USED IN TRAINING: Belt only until 5 weeks out from a meet.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?
KH: I had an athletic background of track in high school, where I ran the 100 and the 220, so I had the explosive speed/strength necessary for lifting, but in those days lifting was discouraged by coaches. I was actually 36 years old when I started lifting. I was at my brother's house one day. He lifted weights and had a bench. He said to me, "Come on over and bench press." I said, "I don't bench. I don't do that stuff." He whispered something in my young daughter's ear, she in turn pulled on my pant leg. When I bent over, she said, "Uncle Curt says you're afraid of him." That was it. I went over to the bench and pressed a set of weights, and have been lifting ever since. Since there were very few gyms around at that time, which was 20 years ago, I developed some bad habits training by myself. I had to do a lot of learning things the hard way.

FR: HOW LONG HAVE YOU BEEN COMPETING?
KH: I was working in Ambridge, PA, which is in the Pittsburgh area. There is a weightlifting club there, where Tony Pharr trained, and I started lifting there. They told me about a meet which was to be held in Conshohocken, PA, and encouraged me to enter. That was sometime in the early 80s.

FR: I REMEMBER YOU FROM FRED GLASS' ADFFA MATTERS NATIONALS IN ALLENTOWN, PA. IN 1990. WHEN DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFFA)?

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?
KH: I just reached them! I got my 1600 total! My bench press is still moving up a little, and I'm going to attempt a 440 lb. bench soon. I would also like to get a 600 deadlift. Although I don't see myself improving much more at this age, you never know. A while back I went through a six month period where all my lifts went down, and I was quite frustrated, but then this past year my total came up 50 lb.

FR: WHAT IS YOUR TRAINING PROGRAM?
KH: Since I train all year long, I don't feel that I need a long cycle, so I take a week off, and then I only do a five week heavy cycle going into a meet. I train Monday, Tuesday, Thursday, and Friday. On chest and triceps, Tuesday and Thursday, and Friday, deadlift assistance, and back and biceps again.

FR: WHAT ARE YOUR BEST LIFTS?
KH: My best squat in a meet is 606. That was done at the meet in Allentown which you mentioned. My best competition bench is 415, and my best competition deadlift is 580. My best total is 1600, which I just did this year.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?
KH: I take a good multi-vitamin/mineral every day, and when training heavy I use creatine. I really believe it works. As far as diet is concerned I normally eat what I want to eat. My wife is a good cook and makes sure we eat a balanced meal every night. I have quite a sweet tooth and have a tendency to eat junk, but she will not keep junk food in the house and I started lifting there. They told me about a meet which was to be held in Conshohocken, PA, and encouraged me to enter. That was sometime in the early 80s.

FR: I REMEMBER YOU FROM FRED GLASS' ADFFA MATTERS NATIONALS IN ALLENTOWN, PA. IN 1990. WHEN DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFFA)?

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?
KH: I just reached them! I got my 1600 total! My bench press is still moving up a little, and I'm going to attempt a 440 lb. bench soon. I would also like to get a 600 deadlift. Although I don't see myself improving much more at this age, you never know. A while back I went through a six month period where all my lifts went down, and I was quite frustrated, but then this past year my total came up 50 lb.

FR: WHAT IS YOUR TRAINING PROGRAM?
KH: Since I train all year long, I don't feel that I need a long cycle, so I take a week off, and then I only do a five week heavy cycle going into a meet. I train Monday, Tuesday, Thursday, and Friday. On chest and triceps, Tuesday and Thursday, and Friday, deadlift assistance, and back and biceps again.

In the summer we do very intense conditioning, using no equipment other than a belt, and doing high reps. This is the time when we build up our strength. Getting ready for a meet I do a five week cycle just to get used to the heavy weights. In this cycle I'll do about three weeks of fitness and two weeks of two and three's. Something that has really helped my bench press is the board press, where you put a block of wood on your chest, as is advocated by Louie Simmons. Using this, my bench went from 385 to 415.

FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?
KH: I've been ADFFA/USA Powerlifting National Masters champion three times. I hold a number of state records and currently hold the national meet bench press record for the 50-54 age category.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?
KH: I think that the acceptance of USA Powerlifting by the IPF is one of the best things that has ever happened. I think it's fantastic. It's a shame that we have so many different organizations and national and world titles, which hurts the credibility of the sport.



Knud deadlifts at the 88 USPF National Masters

POWER

Happy Holidays and Merry Powerlifting! As the year comes to its end, it's time to look back at 1997 and our favorite sport. Seems to me there was way too much political fighting and meandering, name calling and letter writing, and so on. Guess what, all you federation leaders and officials - powerlifters are sick of it.

Before getting into the fun stuff, what lifters are doing. I guess we should inform all you out there that the USPF got kicked out of the IPF, and that the USAPL (formerly the ADFFPA) is now in the IPF. At least until the next round of political bickering and fighting.

I suspect that I could probably write a similar opening paragraph next year, and the year after, and so on, the way things are going. OK, enough of that, at least 'til next year.

A couple of weeks ago I headed over to World Gym in Venice to

check out George Olesen of Nor-ronMan Magazine in May 1997, and, with his wife Michelle, per- Jay Leno last August. What does he did some lifting feats for our upcoming POWERLIFTER Video issue.

On The Tonight Show George and Michelle did a two person deadlift with 2000 lbs. (one ton), for their record. For POWERLIFTER Video they decided to try to break it, by going for 2001. They warmed up, they took a few lighter attempts, all of which they hoisted up, and then they went for the big one. Unfortu-



Michelle Sorenson (above, left) and George Olesen (above, right) hoisting a big barrel of Carlsberg Beer and (below) they switch positions to get ready for a big Deadlift attempt. (Low photographs)



Arenberg, Jon is the subject of an upcoming profile in Powerlifting USA, and we shot one of his deadlift workouts for POWERLIFTER Video. Jon has traveled the world, representing the USA in powerlifting competition, and is a USPF Senior National Champion.

Out in the middle of the country is Oklahoma, home to Crain's Muscle World, and we want to wish Rickie Crain a big congratulations on his 20th year in business.

Rickie started out with a very small ad and just a few products, like t-shirts, bumper stickers, shirts, power bars and plates. As you can see from their current ads, by now Crain's has a huge selection of powerlifting products, including lifting suits, wraps, and all sorts of books and videos, plus all the original products.

Rickie's lifting career is even older, dating back to 1963, when he was just 10 years old. So give Rickie a call to wish him congratulations, and see what products you might want to pick up from Crain's. Their number is 405-275-3689.

And, yes, George and Michelle did successfully lift those 2001 lbs. Best Wishes to everyone for a great '98. Lift big, be strong and healthy, and we'll see you on video.

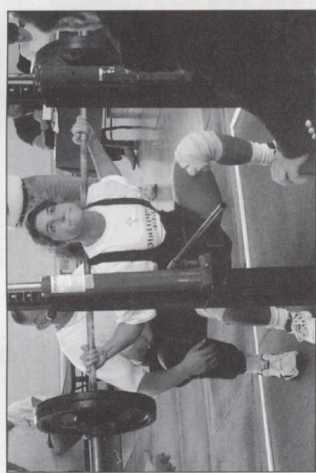


John Arenberg (left) with Kurt Elder at the Gold's Gym in Venice, CA.

INTERVIEW

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

CHRISTINE ALONGI interviewed for Powerlifting USA by Pat Cuntrera



Christine Alongi... a fast rising competitor from the state of Arkansas

PC: Could you please tell a little about yourself?

CA: My name is Christine Alongi. I am twenty years old and a junior at the University of Central Arkansas in Conway. I have a double major in Dietetics and Kinesiology with plans of becoming a strength and conditioning coach at a major university (Division I). I am an aerobics instructor at the local gym and I teach a one hour credit aerobics class at the university. I am a certified lifeguard and the pool manager at a country club. I also teach swimming lessons to children and to some of my classmates at school. I played basketball and soccer in high school. I hope to be successful in powerlifting and gain some size. Then I would like to compete in bodybuilding and then slim down and do a fitness competition.

PC: How did you get involved in powerlifting?

CA: After high school I lifted in a local gym for two years. I saw a flyer for a powerlifting competition and people at the gym told me I should enter it. I called the meet director, Larry Kye, now my coach, and asked him about the meet. I had never even heard of powerlifting before and had no idea what it involved. I met Larry the next week at his gym and did a few lifts. He said I had potential so he trained me for the next four weeks. I competed and won. The four weeks of training was tough but fun. I had to get my body ready by doing lifts and weight I never thought of doing. I had to learn everything about the sport and the competition process. Larry gave me all kinds of film to watch and reading material to prepare me. I was nineteen at the time.

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

CA: It would have to be breaking AAU American Records in my first meet. I only trained for four weeks and was so new to the sport that it was overwhelming. I also made it through my first meet without any red lights, getting nine for nine. I squatted 260 lb., benched 145 lb., and deadlifted 270 lb. I also qualified for the National Collegiate in Olympic lifting in my first contest.

PC: Could you tell us a little about

not understand why I am so dedicated and how I can push and motivate myself. It comes easy to me. I look forward to working out each day and my day is not complete until I have lifted. I get bummed out and overtrained sometimes, but then I just do what I feel like and "play" in the weight room until I am ready to get back on my program. Usually these lay-offs help me instead of being detrimental. I have been blessed with natural strength and talent in this sport. It is hard, but success has come easier for me than for most. I have to make sacrifices to have time to train, but it is worth it. Training keeps me in good health and focused. When training for a competition I do my schoolwork, train, eat right and get plenty of rest. That is all I have time for, but it all pays off in the end. Competing is also providing connections for jobs or a graduate assistant position in the future.

you take away wraps, knee damage will be more likely to occur when you get under extremely heavy weight. The belt secures the back when you have a heavy load. I do not think the lower back muscles are strong enough to secure the weight without figuring and possibly causing injury.

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

CA: I am interested in fitness. I enjoy running whether it be sprints, bleachers or distance. I enjoy playing soccer. I also play almost every intramural sport offered: flag football, volleyball, bowling, table tennis, cross country, and swimming. I enjoy hiking, camping, water skiing, wakeboarding, and snow skiing.

PC: What is your ultimate goal in Powerlifting?

CA: My ultimate goal is to make it to the international competition or set World Records. First I have to win the Nationals.

PC: Would you like to make any closing remarks?

CA: To start off, I would like to thank Mike Lambert, Pat Cuntrera and Powerlifting USA magazine for giving me this interview. As Larry says, I have been "bitten by the iron bug." Lifting is my passion, my stress reliever and my life. It is not a temporary hobby; it is a part of my life that I will do forever. Many people do

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Ask the Doctor

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

DEAR MAURO: I took a few months off and came back and tried a stiff-legged deadlift when I felt a sharp pain in my lower back. I saw a doctor about it in Nov. '93, and he took X-rays and an MRI. The X-ray showed that it might be spondylolysis, but it was not positive. The MRI showed nothing abnormal. I tried two trunk stabilization programs for over 6 months, but nothing happened. It is only my lower back that's affected. Sitting really affects it. My adductor and hamstring injury, which includes the glutes a little and is bilateral, happened about 8 months ago while riding the stationary bicycle fast for 25-30 minutes and doing bridges. I would get a muscle spasm after I'd ride. My doctor checked it out and said I don't have a tear, but my back may be making the hamstrings worse. The physical therapist gave me stretching exercises, but it's not going anywhere. It's ridiculous that getting a strain from riding would injure me for this long. If I was squatting a lot of weight and tore it, I could understand it, but a little strain that refuses to go away for 8 months is something that I can't understand. I'm doing 5 reps of squats (no weight). If I feel it, it'll be my adductor, not hamstrings. When I sit, it pulls on my adductor, unless I push my leg over so there'll be no muscle tension on it. The bottom line is I seem to get injured easily and I can't seem to get over them. I also had a hemiparal 19 tears and a complete blood count (CBC), etc., to see if anything else was going on. Everything was normal. What do you think is wrong with me? Can I build other muscles to compensate for uninjured areas? Can I strengthen my legs some, then try stretching them when they're stronger? With my back, I injured it a few years before, coming back to deadlifts, and felt the exact same pain, so I thought because I took a year off from deadlifting the first time, I'd do that again, but it didn't work. What's wrong with my back now as compared to the first time I injured it? People get serious injuries, like Louis Simmonds who fractured

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THE IPF CONGRESS...

...death with lots of routine matters and several exceptionally important issues. Perhaps foremost among them was a motion to remove the USPF as a member of the IPF. Motions from Canada, East Germany and Denmark to remove the USPF and/or accept it as a member of the IPF were presented. The motion to remove the USPF was supported by 11 votes. He read a list of the speakers during the historical address between the USPF and the IPF and he concluded his list by asking Dave Jeffrey "Have you ever been implicated or convicted of a drug related offense?" After some discussion concerning the appropriateness of the question, Dave responded that he had not been. He did later state that he had once had a problem with the importation of a Vitamin B12 derivative. In 1988, a document was produced indicating that Dave had placed quality to a charge of "Adding and Subtracting Receipt of Merchandise Imported Contrary to Law". Other individuals were also associated with this case, which involved various quantities (ranging from 6 vials of testosterone propionate to 62,300 tablets labeled as Anavar) and at least one of them spent time in jail as a result of IPF President Grahame Fong then provided the opportunity for a number of representatives to speak and respond to the issues that followed, and during this period Dave Jeffrey offered to resign his Presidency without reservation if the Congress would support the USPF. A letter was read from Lamar Gant - indicating that he would return to Powerlifting if the USPF is accepted into the IPF. A letter from Wade Hooper regarding his disgust with the USPF was also read. Comments from Richard Peters regarding his relationship with the USPF were noted. A wide variety of subjects were touched on by the many speakers. Rob Keller spoke, but was later asked to leave the meeting and completed "glorily". USAPL representatives President Mike Overdeer and Secretary/Treasurer were ready to ratify the proposal and the situation, but they hardly had to crack open their

one foot thick briefcase of documents...

...the USPF didn't get very far in the generally phobic, following the somewhat avoidant, who filed a formal, handwritten resignation of the USPF President, without condition, prior to the vote of the Congress and the motion. In more to be the elected president of the USPF and USAPL representatives from both legal and political angles of the decision of the Congress as they left the room to allow the vote to take place.

It was moved and accepted that the vote on the issue be via secret ballot. 32 nations were present at voting time. In a policy that IPF President Grahame Fong takes credit for, voting to remove a member is a serious matter requiring a 2/3 vote for passage, which meant that if the USPF received only 11 votes, the motion for removal would not pass, and Dave Jeffrey had definitely lobbied some votes to his side prior to the Congress. The final tally was 24 for removal and 8 against, with the motion passing. USAPL representatives made a brief presentation regarding their organization and were unanimously accepted as the new member of the IPF.

There was also a painful issue regarding Arnold Bostrom with some long time IPF officials asking for his removal from office. Arnold admitted some mistakes yet defended himself quite bravely, and eventually the motion asking for his resignation was defeated 24 to 4. In a stunning demonstration of good will, the would-be opponents quickly set down and made commitments to work together in the future. This matter and the way in which the USPF removal issue was dealt with is a tribute to the civilized manner in which the IPF conducts its affairs. President Fong led the Congress along the line line that separates a lack of control leading to shouting matches and the democratic tradition

of routine matters and several exceptionally important issues. Perhaps foremost among them was a motion to remove the USPF as a member of the IPF. Motions from Canada, East Germany and Denmark to remove the USPF and/or accept it as a member of the IPF were presented. The motion to remove the USPF was supported by 11 votes. He read a list of the speakers during the historical address between the USPF and the IPF and he concluded his list by asking Dave Jeffrey "Have you ever been implicated or convicted of a drug related offense?" After some discussion concerning the appropriateness of the question, Dave responded that he had not been. He did later state that he had once had a problem with the importation of a Vitamin B12 derivative. In 1988, a document was produced indicating that Dave had placed quality to a charge of "Adding and Subtracting Receipt of Merchandise Imported Contrary to Law". Other individuals were also associated with this case, which involved various quantities (ranging from 6 vials of testosterone propionate to 62,300 tablets labeled as Anavar) and at least one of them spent time in jail as a result of IPF President Grahame Fong then provided the opportunity for a number of representatives to speak and respond to the issues that followed, and during this period Dave Jeffrey offered to resign his Presidency without reservation if the Congress would support the USPF. A letter was read from Lamar Gant - indicating that he would return to Powerlifting if the USPF is accepted into the IPF. A letter from Wade Hooper regarding his disgust with the USPF was also read. Comments from Richard Peters regarding his relationship with the USPF were noted. A wide variety of subjects were touched on by the many speakers. Rob Keller spoke, but was later asked to leave the meeting and completed "glorily". USAPL representatives President Mike Overdeer and Secretary/Treasurer were ready to ratify the proposal and the situation, but they hardly had to crack open their



Dave Jeffrey shown speaking at the Congress that people must have their fair say in a public forum.

The Congress was by no means all arguments - there were significant decisions made that will lead to future IPF World Championships being held in such intriguing locations as Italy, Japan, Denmark, South Africa, Finland, Buenos Aires, etc., and Mr. Bogachev of the Russian delegation stated that he had more in mind at this moment, but no one can deny that this represents progress.

USPF NEWS....

...we understand that, following the IPF action to remove the USPF as its member organization for the United States, then acting USPF President Jan Shendow presented a motion to the USPF Executive Committee for the USPF to dissolve, which was voted down. The USPF Executive also took action which re-installed Dave Jeffrey as President of the organization. Dick Henrick MD has informed us that he will be resigning his position as President of the USPF's Sports Medicine Committee effective Dec. 31st, 1997 because "It is felt that because of my affiliation with the International Powerlifting Federation as the Chairman of the Medical Committee, there may be a conflict of interest". His son John will also be resigning his position as Doping Control Coordinator for the USPF. A letter from USPF Secretary Jan Shendow to Dan Wagman (dated 8 Oct 97) indicated that Dan's letter of complaint against Dave Jeffrey (dated 11 Aug 97) had been referred to the Chairman of the Disciplinary Committee, Buddy Duke, who found that 6 members of the committee found insufficient merit for a full hearing before the full committee, with one indicating a preference for a hearing and with Buddy Duke himself abstaining. Jan advised Dan that his next course of action would be to submit this letter to the USPF Executive Committee. A letter to Dan Wagman from USPF Secretary/Treasurer Jan Shendow dated 8 Nov 97 stated that none of his correspondence regarding complaints against Dave Jeffrey or Dan's removal from the Executive Committee has been submitted within the parameters of the By-Laws, and from this point on, I will not act, and I will advise the President and Executive Committee not to act on any further correspondence unless you comply." For Dan's part, he has stated "I know that after I and another lifter got cheated out of going to the IPF worlds two years in a row due to the USPF's leadership being unable to act on their doping control procedures, it was time for a change. I swore to myself that I would do everything I could to change this level of corruption. At some level though, I find it sickening that USPF members must now go to another organization to enjoy top notch international competition. It didn't have to be that way." Regarding his relationship with the USPF "I lived up to my responsibilities as an EC member and am proud to have been involved. Since my removal from the USPF EC was illegal and therefore nonbinding, I resigned as of November 20, 1997 and will no longer associate myself with this organization at any level." Rob Keller has indicated that he will issue a retraction of the letter he wrote to PL USA regarding Don Haley, etc., and he did pose in an arranged photograph shaking hands with IPF President Grahame Fong at the Worlds in Prague, but he has since asked that the photo not be published and has indicated he feels that his USPF Senior Nationals should still be considered the "qualifier" meet for the next IPF Men's Worlds.



Some of the participants in the process that led to I.P.F. acceptance of the USAPL as its representative from the U.S. include (H): Bettina Altizer, John Mathieu, Mr. Alaniz, Angie Overdeer, Mike Overdeer, Pete Alaniz, Andrea Sortwell, Dan Wagman, and Mike Hartle.

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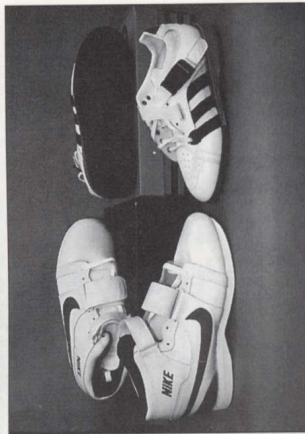
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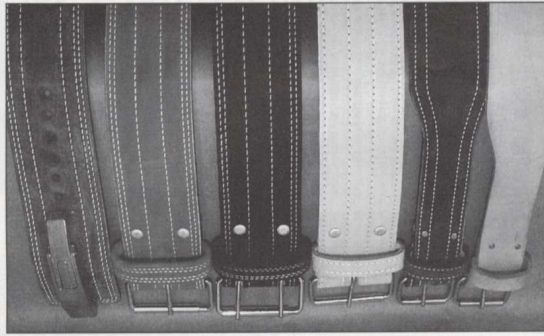
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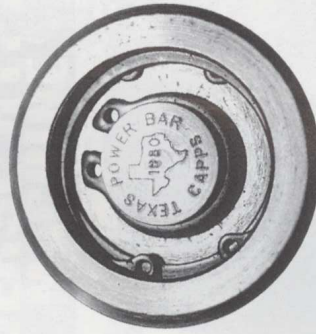
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Brandon Burke is 115 at the Central Illinois Open in Decatur. (Photograph by Dr. Darrell Latch)

Central Illinois Open BP/DL Classic
24 Aug 97 - Decatur, IL
BENCH PRESS R. Charvat 185
165 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

The Central Illinois Open Bench Press Deadlift Classic was held at the Henry Ford Hotel. Lack of combined with the arrangement of local lifters who did not support this competition (after requesting this particular event) made this very disappointing. While, with most leaving with new personal records for their efforts. In the bench press competition 13 year old Robert Charvat opens with 75 for the win. WETUNE same, but went on to press 115 on his fourth, for a new personal record. Dad, Bill Burke had a great day benching hitting a 290 second and 300 third day benching. Lane Clark came down from LaCrosse, Wisconsin to post a new personal record of 365 for his fourth attempt. All four of Lane's attempts were successful. Lane Clark had a great day benching with a personal best of 200 on his fourth attempt. Brandon Burke took the 165's with another per-

small best of 215, after a few problems with his form. With a lift well pulling over his form this lifters year old will be pulling over 300. Bill Burke finished up with 515, missing 560 for his third attempt. WETUNE same, but went on to press 115 on his fourth, for a new personal record. Dad, Bill Burke had a great day benching hitting a 290 second and 300 third day benching. Lane Clark came down from LaCrosse, Wisconsin to post a new personal record of 365 for his fourth attempt. All four of Lane's attempts were successful. Lane Clark had a great day benching with a personal best of 200 on his fourth attempt. Brandon Burke took the 165's with another per-

WNPF North Americans
13 Jul 97 - Dayton, OH
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

WNPF North Americans
13 Jul 97 - Dayton, OH
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

WNPF North Americans
13 Jul 97 - Dayton, OH
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

NORTH AMERICAN BP/DL
21 Sep 97 - York, PA
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

NORTH AMERICAN BP/DL
21 Sep 97 - York, PA
BENCH PRESS 350
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181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
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90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360



Julie Havelka with her 270 at the Oregon Outlaw Meet. (Beatrix)

Oregon Outlaw Bench Press
6 Sep 97 - Oregon City, OR
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

Oregon Outlaw Bench Press
6 Sep 97 - Oregon City, OR
BENCH PRESS 350
181 B. Burke 4th 200*
181 B. Burke 4th 215*
90 B. Burke 4th 215*
4th 365* Lane Clark 360
4th 365* Lane Clark 360

From the WNPF - In 1998 the WNPF will make a few changes in its rules such as we are allowing two ply shirts back into our league beginning January 1, 1998. We also have brand new weight classes for the men and women. We changed our weight classes to create more competition among our lifters. In the past some weight classes were never entered or some lifters went unopposed most of the time, but with the new weight classes there should be plenty of competition. We will have all new records due to the new weight classes, all of the old records will be frozen. We have several meets lined up for the 1998 season all over the east coast and in Canada. In May the Bench Nationals will be held in Atlantic City, N.J., in Memorial Day weekend, the WNPF will be in Virginia Beach, VA, for the Teen and Masters Nationals. You can come for a vacation and lift at the same time. And in November the 7th World Cup Championships will take place in Lancaster, PA, on Nov. 5-8 and we are holding our annual World Bodybuilding Championship along with this championship. We will also have seminars and other events going on at this meet. We have commitments from USA, Puerto Rico, Bahamas, Canada, Belgium, England, Guatemala, China, Ecuador and at least three other South American countries. This will be an event to remember, but lifters you must qualify first. Look in the coming events and see where you can qualify for the WNPF Worlds. Sincerely, Troy Ford.

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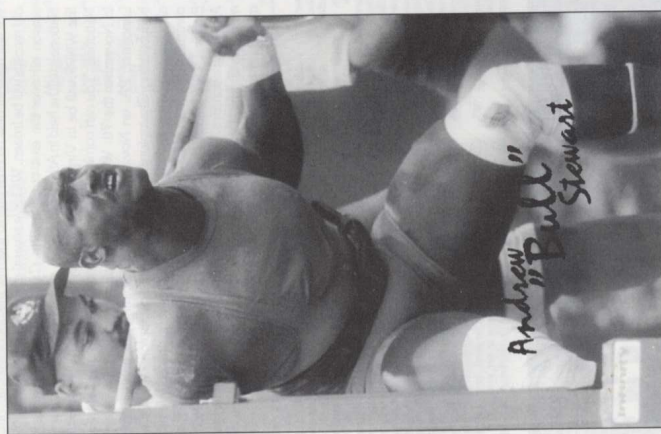
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119 lbs.	H. Hansen	92.5	55	100	247.5
127 lbs.	B. Shifflett	155			
154.3 lbs.	S. Long	110	54.3	112.5	255
170.8 lbs.	C. Bousset	95	47.5	112.5	255
170.8 lbs.	Master 1				
205 lbs.	V. Babb	90	52.5	117.5	260
250 lbs.	S. Wilcox	165			

USAPL MI Hall Fame Meet & BP
20 Sep 97 - Grand Junction, MI
WOMEN
Master 1, 129 lbs.
Open, 139 lbs.
J. Templin
Open, 154 lbs.
Master 2, 176 lbs.
J. Cater
Master 6, 198 lbs.
Master 7, 220 lbs.
Teenage
148 lbs.
H. Leavelle, 19
2535
TOT

182.5	S. Paulina	182.5			
187 lbs.	D. Tremmel	130			
227 lbs.	Submaster 1	155			
205 lbs.	R. Haworth	190	180	145*	275
110	L. Branley	200			105
162.5	Submaster 2	180	135	185	500
202.2	Submaster 3	202.2			
145	K. Bender	155		100*	300
250 lbs.	S. Felton	2535			260
CK	BP	DL			

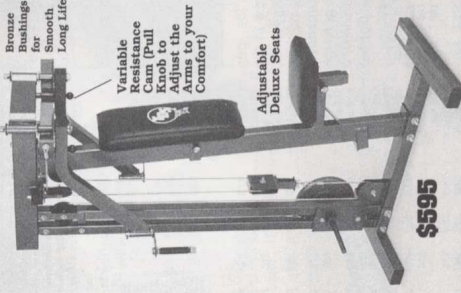
132.5	—	—	—	—	—
115	—	—	—	—	—
105	—	—	—	—	—
170	—	—	—	—	—
132.5	—	—	—	—	—
182.5	—	—	—	—	—
170	—	—	—	—	—
85	—	—	—	—	—
67.5	—	—	—	—	—
50	105	197.5	325.5		
55	132.5	215	407.5		
67.5	160	237.5	465		
20	42.5	65	127.5		
35	60	135	220		
92.5	55	100	247.5		
190	95	185	470		
200	75	212.5	487.5		
275	162.5	255	692.5		
267.5	150	277.5	695		
177.5	162.5	222.5	562.5		
275	162.5	255	692.5		
310	197.5	387.5	795		
185	185	307.5	677.5		
310	210	387.5	807.5		
310	197.5	387.5	795		
227.5	170	242.5	640		
185	185	307.5	677.5		
200	152.5	217.5	570		
272.5	185	262.5	720		
272.5	187.5	240	700		
200	147.5	190	537.5		
240	154.0	235	155		

1 Kilogram = 2.2046 Pounds
For a quick approximation: Take the amount in kg and double it, then add 10% of the doubled amount. Example: To convert 115 lbs, double the amount (230) and add 10% of that (23) for a total of 253 pounds, which is the conversion of 115 kilograms to 253 pounds.

*Also in the BP competition. (Result by USAPL)

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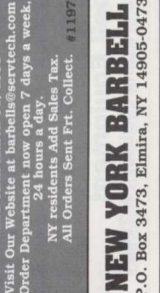
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| Juanita Trujillo | Jim Morton |
| Paul Springer | Nick Best |
| Hank Hill | Beau Moore |
| | Kirk Karwoski |
| | Sean Culnan |

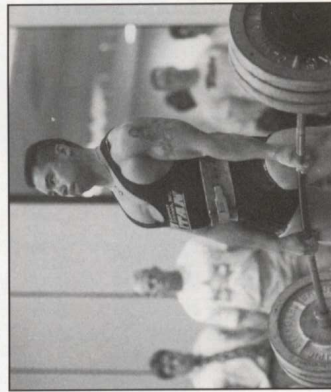
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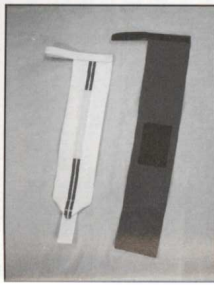
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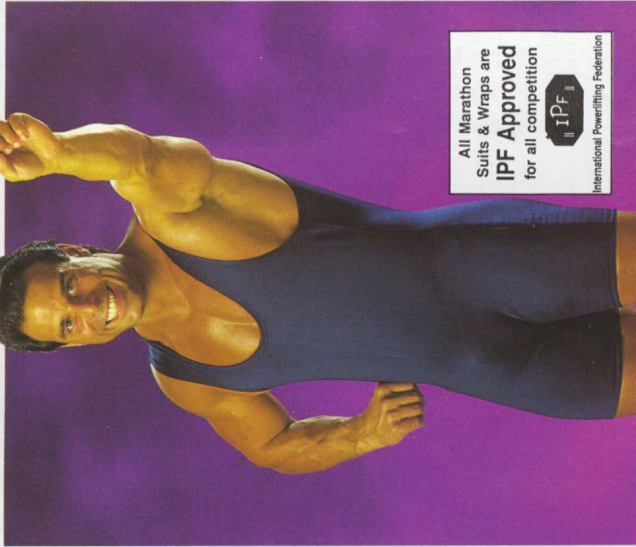
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They Threw Away Their Favorite Kneewraps And Switched To Marathon's New Kneewraps—Just Before The Competition!

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

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

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

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

What Makes This Kneewrap So Special?

- Here's why Marathon's new **DOUBLE GOLDLINE™ SUPERWRAP® 10** is so powerful.
- THE BEST PERFORMING KNEEWRAP EVER!** Marathon Distributing Company has developed a special manufacturing technology that not only provides the most outward tension, but also the greatest "comeback™" of any wrap on the market! This exclusive "comeback™" quality gives the **DOUBLE GOLDLINE® 10** kneewrap its superior performance and is the key to greater squatting.
- LONG LASTING, HIGH-QUALITY!** The high quality materials used in the **DOUBLE GOLDLINE™** kneewrap will provide consistently higher performance—better than any other kneewrap available!
- UNEQUALLED COMFORT!** An added plus is that the **DOUBLE GOLDLINE™** kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

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

Marathon®
Distributing Company



All Marathon Suits & Wraps are IPF Approved for all competition

International Powerlifting Federation

The **DOUBLE GOLDLINE™ SUPERWRAP® 10**: The best-selling kneewrap in the world since the day Marathon introduced it. Look for the Marathon trademarks!

Don't accept substitutes!

DOUBLE GOLDLINE™ Superwrap® 10

A product of Marathon Distributing Company

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

1 pair \$17.95 2 pair \$31.95

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

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High Performance Kneewrap Superwrap® 10 Goldline™

A product of Marathon Distributing Company

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

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

Superwrap® 10

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

1 pair \$13.95 3 pair \$34.95

HEAVY-DUTY HIGH PERFORMANCE WristWrap™

A product of Marathon Distributing Company

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

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

HEAVY-DUTY HIGH PERFORMANCE WRISTWRAP

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



Convenient thumb loop makes wrapping easy!

The Blast Shirt

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

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

The Blast Shirt \$38.00

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

Please rush me the following:

The Blast Shirt \$38.00 Black Royal Blue
Indicate size _____ or reduced measurements of
shoulder _____ chest _____ arm _____

MC VISA Card No. _____ Exp. Date _____

Signature _____ Phone (_____) _____

City _____ State _____ Zip _____
Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 40% for local air freight rate, whichever is greatest. California residents add 7.4% sales tax, L.A. County 8.4%. Add \$5.00 Shipping and Handling

C.O.D.

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DISTRIBUTING COMPANY INCORPORATED

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

All Prices Subject to Change Without Notice

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS
presents:

The Inzer HEAVY DUTY Series Blast Shirts

- High Performance Heavy Duty
- * extended power support range
 - * new arm lock design
 - * extra tricep support
 - * extra reinforced construction
 - * guaranteed more results than any other shirt
 - * recommended for experienced powerlifters only

- Extra High Performance Heavy Duty
- * extra extended power support range
 - * new arm lock design
 - * more tricep support
 - * extra reinforced construction
 - * guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty

- * tight tough fit
- * strong support off chest
- * extra comfort built in
- * great immediate results

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722 and very close attempt at 751, USPF and All Time World Records. "I loved to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Name _____
 Address _____
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 Qty. _____
 _____ Heavy Duty Blast Shirt \$58
 _____ High Performance Heavy Duty \$77
 _____ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
 chest _____ arm _____
 colors - Black, Red, Navy Blue, Royal Blue
 MC VISA DVR COD CHECK add \$5.50 S&H
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 S, M, L, XL, XXL, XXXL, XXXXL \$8.00

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Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
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Wrestling Singlets with full 2 color Inzer Advance Designs logo \$29.00

Wrist Wraps — full length with velcro and thumb loop \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop \$17.00

COMPETITION BELTS

Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching \$68.00

10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
 • single or double prong • any color • made in USA • lifetime guarantee \$70.00

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00

1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

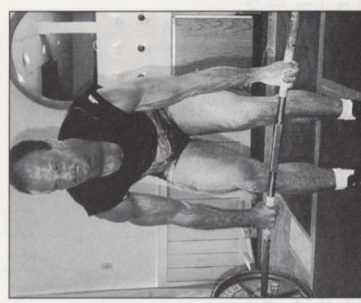
All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00



Jim Galyotti, 165 lb. winner with invitational katie at the N. Illinois Open (Photo Dr. Darrell Latch)

Table with 3 columns: Name, Weight, and Division. Lists winners and runners-up for the 1st Potstowntown Power Challenge 11 Oct 1997.

the women putting up some impressive... Falconio was her usual spooky stiff... 140s, Rhonda Carroll came up with...



Jim McDowell pulls 665 lbs. at 197 bwt. at the Potstowntown Invitational (by Cary Heim)

Table with 3 columns: Name, Weight, and Division. Lists winners and runners-up for the 1st Potstowntown Power Challenge 12-14 Sep '97.

included in all three meets. Secondly, American Single-As Lift Records were being kept... Single-As Lift Records were being kept for all three lifts, versus just National meet lifts...



Greg Jurkowski pulls 645 DL at 242 for American and National records at the AAUCP Nationals in Disney (Photo by Joseph Pyra)

Smith made 520 to win. At 220 the master himself, 67 year old master Bill Remley pulled 490 to win... SISTER 198 Open had four lifters starting...

Ken Snell pushes a 405 squat at 123 (Photograph by Joseph Pyra)
The RAW Open, Keith Tom Trevorah, his lovely wife Ellen, both international referees, their son Cal a National referee...

Northern Illinois Open II BP/DL 28 Sep 97 - Dixon, IL
BENCH PRESS 220 Ron Washli 540
Brian Nielsen 100 Sakam Harris 420
Steve Egli 335 Tina Lopez 330

NASA OH Reg. PU/BP/PS Champs 27-28 Sep 97 (Kg)
High School 205 lbs. R. Campbell 112.5
250.2 lbs. Master 5 -97 B. Maupin 112.5

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allowances so that you will arrive on time. After this...

Berna and Suzette Tancil performed a very profes- sional...

...to have this great sport- smen around and he took it...

...with great sports- men around and he took it...

...and made precisely at the time advised...

...showed up late for weights and were not...

...showing up on time, not the starting time of...

...stress enough to the lifters, that you should read...

...would have been easy for Jennifer Taylor, age 16, set Teenage World records...

...the APA Nationals. (Photograph by Scott Taylor)

...event while he was waiting to perform his lifts...

...BEGMAN, MEN'S OPEN DIVISIONS, Tim Weesky...

...METS DRUG FREE DIVISIONS: Michael Stanley...

...SHEET DIRECTORS: DAVID BARNIO/JOEL...

...SQUAD POWER TEAM, TEAM AWARDS BENCH...

...TEAM, BIG APE POWER TEAM, BEST LIFTERS...

...DIVISIONS, DANNY McMillan, WOMEN'S DRUG...

...TESTED DIVISIONS, Jennifer Taylor, BEST...

...LIFTERS (DEADLIFT): MEN'S OPEN DIVISIONS...

INTERNATIONAL POWERLIFTING ASSOCIATION APPLICATION FOR REGISTRATION

Welcome to the International Powerlifting Association. This organization is established as a "Lifters for Lifters" organization with three divisions: Professional, Elite Amateur, and Amateur.

Pro Division: Anyone who totals Professional (Pro) is entered into this division. Standard lifting rules apply...

Elite Amateur: Anyone who totals Professional can be entered in this drug-free division. The Elite Amateur Division is open to any lifter who has totaled Pro or above and who is willing to subject themselves to drug testing...

Amateur Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be tested...

IPA PROFESSIONAL, ELITE AMATEUR, AND AMATEUR CLASSIFICATION TOTALS

Table with columns: Men's, Elite Amateur, Amateur, Women's, Elite Amateur, Amateur. Rows: 1990, 1989, 1988, 1987, 1986, 1985, 1984, 1983, 1982, 1981.

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Registration form with fields: Last Name, First, Initial, City, State or Province, Zip Code, Age, Sex, Date of Birth, Telephone, Country, IPA # for Renewal, Elite Am.

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

Registration Fee: Adult \$70, High School and Special Olympics \$10. Payment is accepted in the form of cash or money order only.

Payment can be mailed to: IPA, c/o Mark Chaitler, 3688 Old Silver Hill Rd., Suitland, MD 20746.

...to have this great sport- smen around and he took it...

...with great sports- men around and he took it...

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APA NATIONALS/AMERICAN CUP 6 SEPT 97 - FLORENCE, SC

Table of results for APA Nationals/American Cup in Florence, SC, 6 Sept 97. Columns include event names and scores.

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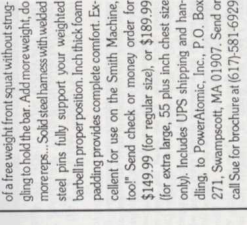
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Advertisements for 'FRANKS MUSCLE WORK' books and videos, including 'TO SQUAT OR NOT TO SQUAT' and 'NOT TO SQUAT'.

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Advertisements for 'FRANKS MUSCLE WORK' books and videos, including 'TO SQUAT OR NOT TO SQUAT' and 'NOT TO SQUAT'.

Advertisements for 'FRANKS MUSCLE WORK' books and videos, including 'TO SQUAT OR NOT TO SQUAT' and 'NOT TO SQUAT'.

AND MORE BOOKS! BODYBUILDING AND FITNESS

Text describing the variety of books and fitness equipment available.

Detailed list of books and their prices, such as 'Anabolic Muscle Mass' and 'Workout Log'.

Text describing 'Iron Mind Training' and 'Sports Medicine'.

Text describing 'Steroids / Steroid Alternatives' and 'Muscle Building'.

Text describing 'Muscle Building' and 'Nutrition'.

Text describing 'Nutrition' and 'Strength Training'.

Text describing 'Strength Training' and 'Muscle Building'.

Text describing 'Muscle Building' and 'Anabolic Steroids'.

Text describing 'Anabolic Steroids' and 'Muscle Building'.



David Hughes locks out 520 at the Midwest USA Bench Press / Deadlift. (Photo by Darrell Latch)

the 300 lb. barrier. T.L. Gonzalez, 203 137 237 578 473 314 485 1273 120 lbs. P. 253 99 292 424 600 485 584 1670 154 lbs. P. 352 187 386 688 578 358 529 1466 352 187 386 688 578 358 529 1466 go over 300 T.L's workout routine. T. 270 137 237 578 473 314 485 1273 but with the potential for 200 20 more pounds if he just continues to improve with a strong 370 missing only one rep. T. 352 187 386 688 578 358 529 1466 Masters 148 lbs. 352 187 386 688 578 358 529 1466 but with the potential for 200 20 more pounds if he just continues to improve with a strong 370 missing only one rep. T. 352 187 386 688 578 358 529 1466 Masters 148 lbs. 352 187 386 688 578 358 529 1466 but with the potential for 200 20 more pounds if he just continues to improve with a strong 370 missing only one rep. T. 352 187 386 688 578 358 529 1466 Masters 148 lbs. 352 187 386 688 578 358 529 1466

running a 5K race that morning. Simply amazing!
Thanks to Dr. Darell Latch for providing results!

USA PL Washington State
13 Sep 97 - Seattle, WA
Women Masters (94-99)
Mackey, D. 260 260 260 260 260 260 260 260 260 260
Hayes, S. 260 260 260 260 260 260 260 260 260 260
Bennett, G. 260 260 260 260 260 260 260 260 260 260

MIDWEST USA BP/DL CLASSIC
20 Sept 97 - Effingham, IL
BENCH/PRESS
D. Hughes 570 570 570 570 570 570 570 570 570 570
Master Men 1 370 370 370 370 370 370 370 370 370 370
Mackey, D. 260 260 260 260 260 260 260 260 260 260
Jim Reburn 200 200 200 200 200 200 200 200 200 200
D. Hughes 280 280 280 280 280 280 280 280 280 280
J. Lowing 380 380 380 380 380 380 380 380 380 380
Wrestling Men 1 530 530 530 530 530 530 530 530 530 530
D. Kamp 280 280 280 280 280 280 280 280 280 280
The Midwest USA BP/DL Classic was held at the Village Square Mall. Paul Westling, age 60, once again won the 260 lb. class with a 520 lb. deadlift. It's class. Paul Bred 230 to win the 165's while also pulling a strong 380 for the win at Master 2. Paul has pulled 410, which is great for any lifter of any age. Another great grandmaster lifter is benchbar T.L. Smith, C. Mackey who at age seventy-one continues to chase

Conzales, S. 203 137 237 578 473 314 485 1273
Graham, S. 600 402 501 1504
Tripliano, M. 578 358 529 1466
Teenageer 611 490 584 1686
Chapman, M. 385 154 385 925
Enyelle, K. *611 374 600 *1587
Moore, C. 462 297 534 1295
*-New State records. *These records were converted from kilograms. (Thank you to USAFL for results)
Tri State Fall Classic V
19 Oct 97 - Winfield, OH
BENCH/PRESS
Teen (13-16) 220 200 480 420
165 lbs. S. Hawk 220 200 480 420
181 lb. K. Holsinger 445
Open 165 lb. DEADLIFT
K. Kopczynski 435 435 435 435 435 435
A. Pappas 435 435 435 435 435 435
Open 435 435 435 435 435 435
W. Tracey 465 *468 1399
K. Holsinger 415 415 415 415 415 415
Teen (17-19) 415 415 415 415 415 415
J. Haer 350 350 350 350 350 350
R. Hater 350 350 350 350 350 350
Open 350 350 350 350 350 350
S. Shwik 430
R. Harper 465
M. Hartson 465
Teen (20-29) 465 465 465 465 465 465
K. Dorrath 420 420 420 420 420 420
S. C. Young 420 420 420 420 420 420
Grandmaster 325 325 325 325 325 325
F. Gallagher 325 325 325 325 325 325
C. Young 325 325 325 325 325 325
I think these people for helping make this meet
242 120 260 700 700
D. Bencich, Chuck Darrah, Sr., Phyllis
Barrosch, Eric Smith, Wilhell, Charles
Fish, Bob Merriman, (Courtesy Kerry DiDomenico)

USPF Florida State Bench Press Championships
Front row (L-R): Lisa Gay, Tony Conyers, Antonette Conyers, Middle row (L-R): Alex Edmonds, Jimmy May, Chip Favetta, Bob Joiner, Rick Lawrence, Larry Dacey, Joe Warpeha, Jim McDaniel, Kris Bentley, Michael Beam, Back row (L-R): Greg Arnold, Beau Moore, Lee Stevens, Jerre Norton, Miguel Hernandez, Brian Hall. (Photograph provided by Dean Whitney)

Y. Myers 197 185 140 270 595
Men Masters 188 lbs.
D. Hatch 310 460 1245
B. Briggs 208 400 455 1285
K. Pagnon 425 300 455
S. Gimenez 425 300 455 1175
C. Ferre 425 265 460 1150
Teen 425 265 460 1150
D. Heyerdahl 620 455 600 1675
M. Hays 545 530 545 1440
J. T. Ryan 515 350 530 1395
K. S. Bell 640 400 475 1820
L. J. Lash 700 470 615 1785
S. J. Johnson 19 650 400 450 1500
A. Edlestein 620 485 680 1735
R. Pochmiller 610 400 450 1380
M. Schaeider 615 340 600 1555
R. Burnmeister 565 400 575 1540
D. Delcorno 430 320 475 1245

USPF Florida State Bench Press Championships
Middle row (L-R): Alex Edmonds, Jimmy May, Chip Favetta, Bob Joiner, Rick Lawrence, Larry Dacey, Joe Warpeha, Jim McDaniel, Kris Bentley, Michael Beam, Back row (L-R): Greg Arnold, Beau Moore, Lee Stevens, Jerre Norton, Miguel Hernandez, Brian Hall. (Photograph provided by Dean Whitney)

USAPL Dragerton Championships
11 Oct 97 - E. Carlson, UT
WOMEN SQ BP DL TOT
Open 220* 115 200 535
198 lbs. S. Sanchez 300* 170* 270* 740*
A. Martinez
122 lbs. M. Novak 19 200* 130* 195* 525*
120 lbs. J. Sanchez 15 300* 125* 200* 525*
198 lbs. J. Sanchez 15 300* 125* 200* 525*
Master 280* 160* 250* 690*

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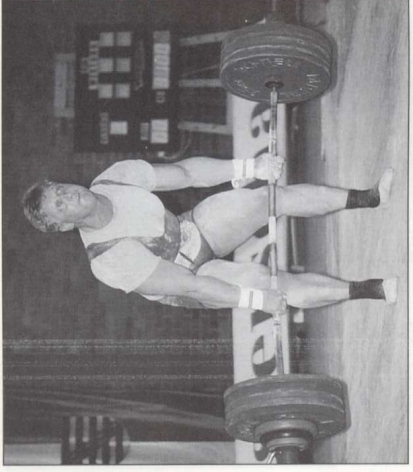
10 JAN. USAPL Closed Qualifier, Birmingham, Box 20042, Baltimore, MD 21284, 410-265-8264.
10 JAN. USAPL Women's Nationals, (IIF Qualifier-masters), 206-536-9600 (Seattle, WA) 206-536-9600
14 JAN. AFA Southern States BP/7 FEB, MDS Minnesota State/Open, 207-204, El. Johnson, FL, 33927, 941-697-7962.
14 JAN. AFA Tennessee State/Open, 7 FEB, NTA Tennessee State (Oakridge, TN, Nasa, Box 735, Noble, OK 73068, 405-872-9684).
14 JAN. AFA Kansas State/Open, Chris McQuay, 1811 Heritage Rd., Pittsburgh, PA 15262, 316-235-0962.
14 JAN. AFA Georgia Open BP & DL (Macdon, GA) AFA, Box 27204, El. Johnson, FL 33927, 941-697-7962.
11 JAN. AAU Great Lakes Open Race (BP, DL, PU) Brian Duncan, 85 Oak Pl., White Lake, MI 48883, 248-698-1671.
11 JAN. USPF Texas State BP, Bob Garza 281-820-5923, C. Turco 281-890-5373, T. Meeker 281-540-7662, S. Rosenberg 281-873-6510.
17 JAN. Mid Virginia BP, John Shiffert, Box 941, Stamardsville, VA 22973, 804-985-3932.
17 JAN. Ultimate Bench Blast IV, Jamie Pruzanski, NJ, Nasa, Box 735, Garza 281-820-5923, C. Turco 281-890-5373, T. Meeker 281-540-7662, S. Rosenberg 281-873-6510.
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17 JAN. AAU Great Lakes Open Race (BP, DL, PU) Brian Duncan, 85 Oak Pl., White Lake, MI 48883, 248-698-1671.

Challenge (open, notice, master, women) Bill Holland, 300 W North-ern St., Sognina, TX 76179, 817-837-6082.
24 JAN. USAPL Women's Nationals, (IIF Qualifier-masters), 206-536-9600 (Seattle, WA) 206-536-9600
24 JAN. AFA Southern States BP/7 FEB, MDS Minnesota State/Open, 207-204, El. Johnson, FL, 33927, 941-697-7962.
24 JAN. AFA Tennessee State/Open, 7 FEB, NTA Tennessee State (Oakridge, TN, Nasa, Box 735, Noble, OK 73068, 405-872-9684).
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3-Hellcliff/L. 145 77.5 150 375
4-Carabocher/L. 140 75 147.5 365
5-Grochowitter/L. 180 Dsq.
1-Clew/S. 170 105 185 460
82.5 kg. 135 82.5 150 367.5
1-Schmacker/D. 170 117.5 175 462.5
Club Results: WOMEN: 15V Wubing 12 Pic. 2-11
15V Williams/W. LW. Landstam 12 Pic. 4-4
12 Pic. 5-5 ASC. 12 Pic. 7-FV Zahna 12 Pic. 8-V
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Ulrich Rambow, winner of the 110 kg. class with an 845 Total at the German Championships in Riesa (Photograph provided by H. Korte)

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German Championships 11 Oct '97 - Riesa (kg)

Men	192.5	130	185	507.5
1-Klein/C.	65	50	100	215
2-Felber/C.	50	50	100	215
3-Klein/C.	132.5	110	157.5	400
4-Huch/M.	190	125	180	495
5-Felber/C.	167.5	115	162.5	445
6-Huch/M.	245	160	232.5	637.5
7-Klein/C.	200	142.5	197.5	542.5
8-Huch/M.	185	110	205	500
9-Huch/M.	185	125	180	490
10-Huch/M.	170	122.5	185	477.5
11-Huch/M.	170	125	180	475
12-Huch/M.	240	162.5	230	632.5
13-Huch/M.	225	142.5	265	632.5
14-Huch/M.	205	180	270	655
15-Huch/M.	205	145	215	565
16-Huch/M.	205	145	215	565
17-Huch/M.	275	192.5	290	777.5
18-Huch/M.	245	162.5	257.5	665
19-Huch/M.	235	160	260	655
20-Huch/M.	240	172.5	235	652.5
21-Huch/M.	235	152.5	255	642.5
22-Huch/M.	217.5	120	262.5	600
23-Huch/M.	215	145	230	590
24-Huch/M.	200	150	230	580
25-Huch/M.	240	170	200	610
26-Huch/M.	240	170	200	610
27-Huch/M.	300	180	300	780
28-Huch/M.	245	172.5	240	657.5
29-Huch/M.	240	150	247.5	637.5
30-Huch/M.	220	150	225	625
31-Huch/M.	240	120	225	585
32-Huch/M.	240	150	210	560
33-Huch/M.	195	135	225	555
34-Huch/M.	195	135	225	555
35-Huch/M.	325	200	300	925
36-Huch/M.	300	212.5	300	912.5
37-Huch/M.	280	225	290	895
38-Huch/M.	300	197.5	295	792.5
39-Huch/M.	300	197.5	285	692.5
40-Huch/M.	240	170	260	670
41-Huch/M.	265	150	250	665
42-Huch/M.	225	157.5	260	642.5
43-Huch/M.	220	145	245	610
44-Huch/M.	345	200	310	860
45-Huch/M.	300	190	310	800
46-Huch/M.	290	195	300	785
47-Huch/M.	190	160	282.5	732.5

with some impressive DLing, finishing on 270, but Mike Nikolajitz took the lifts, backing up the 2 lifts to stay 5 kg ahead of Thomas Worobler, 67.5 kg.
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4th Princess City Deadlift Classic

14 Sep '97 - Mishawaka, IN	250 lbs	580
15 Sep '97 - Mishawaka, IN	250 lbs	580
16 Sep '97 - Mishawaka, IN	250 lbs	580
17 Sep '97 - Mishawaka, IN	250 lbs	580
18 Sep '97 - Mishawaka, IN	250 lbs	580
19 Sep '97 - Mishawaka, IN	250 lbs	580
20 Sep '97 - Mishawaka, IN	250 lbs	580
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27 Sep '97 - Mishawaka, IN	250 lbs	580
28 Sep '97 - Mishawaka, IN	250 lbs	580
29 Sep '97 - Mishawaka, IN	250 lbs	580
30 Sep '97 - Mishawaka, IN	250 lbs	580
31 Sep '97 - Mishawaka, IN	250 lbs	580
1 Oct '97 - Mishawaka, IN	250 lbs	580
2 Oct '97 - Mishawaka, IN	250 lbs	580
3 Oct '97 - Mishawaka, IN	250 lbs	580
4 Oct '97 - Mishawaka, IN	250 lbs	580
5 Oct '97 - Mishawaka, IN	250 lbs	580
6 Oct '97 - Mishawaka, IN	250 lbs	580
7 Oct '97 - Mishawaka, IN	250 lbs	580
8 Oct '97 - Mishawaka, IN	250 lbs	580
9 Oct '97 - Mishawaka, IN	250 lbs	580
10 Oct '97 - Mishawaka, IN	250 lbs	580
11 Oct '97 - Mishawaka, IN	250 lbs	580
12 Oct '97 - Mishawaka, IN	250 lbs	580
13 Oct '97 - Mishawaka, IN	250 lbs	580
14 Oct '97 - Mishawaka, IN	250 lbs	580
15 Oct '97 - Mishawaka, IN	250 lbs	580
16 Oct '97 - Mishawaka, IN	250 lbs	580
17 Oct '97 - Mishawaka, IN	250 lbs	580
18 Oct '97 - Mishawaka, IN	250 lbs	580
19 Oct '97 - Mishawaka, IN	250 lbs	580
20 Oct '97 - Mishawaka, IN	250 lbs	580
21 Oct '97 - Mishawaka, IN	250 lbs	580
22 Oct '97 - Mishawaka, IN	250 lbs	580
23 Oct '97 - Mishawaka, IN	250 lbs	580
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28 Oct '97 - Mishawaka, IN	250 lbs	580
29 Oct '97 - Mishawaka, IN	250 lbs	580
30 Oct '97 - Mishawaka, IN	250 lbs	580
31 Oct '97 - Mishawaka, IN	250 lbs	580

with some impressive DLing, finishing on 270, but Mike Nikolajitz took the lifts, backing up the 2 lifts to stay 5 kg ahead of Thomas Worobler, 67.5 kg.
3-Hellcliff/L. 145 77.5 150 375
4-Carabocher/L. 140 75 147.5 365
5-Grochowitter/L. 180 Dsq.
1-Clew/S. 170 105 185 460
82.5 kg. 135 82.5 150 367.5
1-Schmacker/D. 170 117.5 175 462.5
Club Results: WOMEN: 15V Wubing 12 Pic. 2-11
15V Williams/W. LW. Landstam 12 Pic. 4-4
12 Pic. 5-5 ASC. 12 Pic. 7-FV Zahna 12 Pic. 8-V
12 Pic. 10-V 12 Pic. 11-V 12 Pic. 12-V
Kempin, 9 Pic. 9-GFC Artern, 9 Pic. 10-ACSI
Amberg, 9 Pic. 11-SC For. Eban, 9 Pic. 12-VB
12 Pic. 13-V 12 Pic. 14-V 12 Pic. 15-V
12 Pic. 16-V 12 Pic. 17-V 12 Pic. 18-V
12 Pic. 19-V 12 Pic. 20-V 12 Pic. 21-V
12 Pic. 22-V 12 Pic. 23-V 12 Pic. 24-V
12 Pic. 25-V 12 Pic. 26-V 12 Pic. 27-V
12 Pic. 28-V 12 Pic. 29-V 12 Pic. 30-V
12 Pic. 31-V 12 Pic. 32-V 12 Pic. 33-V
12 Pic. 34-V 12 Pic. 35-V 12 Pic. 36-V
12 Pic. 37-V 12 Pic. 38-V 12 Pic. 39-V
12 Pic. 40-V 12 Pic. 41-V 12 Pic. 42-V
12 Pic. 43-V 12 Pic. 44-V 12 Pic. 45-V
12 Pic. 46-V 12 Pic. 47-V 12 Pic. 48-V
12 Pic. 49-V 12 Pic. 50-V 12 Pic. 51-V
12 Pic. 52-V 12 Pic. 53-V 12 Pic. 5

COUNTDOWN TO LIFTOFF.



1 2 3 4 5 6 7 8 9 10
National Championships

AAU Amateur Athletic Union



Iron Island Meets:

Special Squat & Bench Press Bar, & the Monolith NEW SCHEDULE - NOW IS THE TIME TO PREPARE!
Feb. 14, 1998 - APFTri-State (NY, CT, NJ) PL & Open
Apr. 18, 1998 - APF Iron Island Bench Blast
Jun. 13, 1998 - APF Iron Island Deadlift Classic
Call Ralph at 516-594-9014 for information on these APF sanctioned meets.

WV 26103, 304-428-8749
28 FEB USAPL Indiana State Open BP, Mike Overdier, 124 W. Unah, St. Charles, IL 60142, 46725, 219-244-7575
28 FEB (new date) YMCA Snake River Powerlifting, Mike Higgins, 48N 3167 E, Idaho Falls, ID 83402, 208-528-0494
28 FEB USAPL Military Nationals (FL, Hood, TX) Johnny A. Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, FAX 254-287-3337
28 FEB (2nd new date), USAPL Battle of the Great Lakes (Cleveland, PL & for SQ, BP, DL, FR/SO, JR/SR, JR, Int., submaster, masters, open, women, police/fire/military) Gary Kanoga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-6567
28 FEB AAU Arkansas State Meet (Little Rock AFB Fitness Center) Don Skeels, 314 SVS/SVMP, LRAFB, AR 72099, 501-988-3283
28 FEB (new date) West 501-982-7668
28 FEB Southern Illinois BP/DL (Effingham, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
28 FEB USAPL Tennessee State (Cleveland, TN - Nall qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
28 FEB Eagle Gym BP/DL Classic (St. Louis, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
28 FEB (new date) NASLA State (Mesa, AZ) NASLA Box 735, Noble, OK 73068, 405-872-9684
28 FEB AAU Allegheny Mountain Open, men & women, 225 Dynamic Fitness Center, 225 W. Myrtle St., Butler, PA 16001, 412-282-1403
28 FEB (SA) Sunshine State Open BP & DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
28 FEB APF Amateur Northeastern Regional PL (drug tested by urinalysis) (open, women, teen, jr., submaster, master) Dan DeFelice, 1964-11 Volland, Roseville, MI 48066, 810-294-7055 after 6pm
21-22 FEB NASLA Ohio High School State (boys/girls PL, BP, grades 9-12), combined with National High School Team Championships (boys/girls, 9-12th grades) Diu, Jill and IV-VI, Gary Scholl, 37 Wildwood Dr., So. Charleston, OH, 45368, 937-568-9116
22 FEB AAU Powerlifting Test 10th East Coast Classic (open/new, male/female, open, teen, jr., 30+, submaster, master, law/fire, novice) Joe Piva, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824 before 9pm EST
27 FEB 1 MAR NASLA National Nationals (Oklahoma City, OK) NASLA Box 735, Noble, OK 73068, 405-872-9684
28 FEB (new date) CBPL 8th Winter BP Classic (all divs, incl. inv. novice) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
28 FEB (new date), USPF West Virginia Hillbilly BP/DL, Marion Virginia Hillbilly BP/DL, Marion Tennant, Box 3412, Parkersburg, WV 26103, 304-428-8749

DL separate contests (Rutland, VT) APA, Box 27204, El Jobean, FL, 33927, 941-697-7962
14 MAR, APF/AAFP Illinois State BP/DL (Joliet, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
14 MAR, 9th Cabin Fever Deadlift (all divs., including beginner) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
14 MAR, USA PL State & Open (Pittsburgh, PA) 717-354-7999
14 MAR, 13th Mike Giardina's Biggest Bench Press (teen, women, master, submaster) 990 Hudson Acres Dr., Phie City, NY 14871, 607-739-4419 after 5pm
14 MAR, Rock/Reed Memorial Push/Pull, Ed. Ellis, Box 7461, Wheaton, NC 27109, 910-758-5629
14 MAR, AAU Closed Erie County (PA) Championships, Joe Orenge, 4468 W. 26th St., Erie PA 16506, 814-833-3727
14-15 MAR, APF Oklahoma State, Eddie Vaughn, 5632-C Woodbriar Dr., Oklahoma City, OK 73122, 405-787-0001
14-15 MAR, USAPL Oregon State, Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570
14-15 MAR, USAPL Massachusetts State Open High School (boys/girls) H. Waldron, Warrior Weight Room, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680
14-15 MAR, Power Games (SQ/ BP/DL - men, women, teen, master) Curt Eckroth, 3087 W. Beersville Rd., Bath, PA 18014, 610-837-1150
15 MAR, USAPL Longmont YMCA BP, Nadine Medina-Archuleta, Longmont YMCA, 950 Lashley, Longmont, CO 80501, 303-776-0370
15 MAR, AAU Great Lakes BP, Joe Orenge, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
21 MAR, AAU New York RAW Championships, Dolphin Gym, 2071 C. Jose Rd., Staten Island, NY 10304, 718-966-3995
21 MAR, WNPF NY/DL Nationals (Challenging RAW BP/DL) Nationals (NYC, NY) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418

or 885-3404.
7 MAR, ANPPC Drug Free High School Nationals (girls - 1 age group, boys - 2 age groups) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775
7 MAR, NASLA Georgia State (Carrollton, GA) NASLA, Box 734, Noble, OK 73068
7 MAR, NASLA Arkansas State (Jacksonville, AK) NASLA Box 735, Noble, OK 73068, 405-872-9684
7 MAR, 5th Ed. Subinville Memorial Bench Press (all divs/vt. classes) Berkshire Press, 205 West St., Pittsfield, MA 01201, 413-499-1217
7 MAR, 1st Frederick Jr. Memorial Bench Press, (\$100 prize to Best Lifter) Julie Kinnel, N. Penn. YMCA, 608 N. N. St., Annsdale, PA 19446, 215-368-1601
7 MAR, APA Tarheel Open BP & DL (Raleigh, NC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
7 MAR, USAPL Shenandoah Open (Woodstock, VA) Tom Giordani, 54 Phillips Way, Sharon, PA 16146
8 MAR, APF Bike Week Bench Busy DL/Arm Wrestling, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-257-0527
14 MAR, NASLA Iowa State (Iowa - Ft. Dodge), NASLA, Box 735, Noble, OK 73068, 405-872-9684
14 MAR, Old Dominion BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
14 MAR, APF Louisiana PL/BP, Gary Frank, 10125 Molybdenum Dr., Baton Rouge, LA 70815, 504-926-7473
14 MAR, APF Florida Pro/Am PL/BP & Teen State Bench Press (open, teen, jr., women, master) Les Cramer, 850-916-1886/0306
14 MAR, Raddest Bench III, Total Elite Fitness, 3501 Fayetteville Rd., Lumberton, NC 28358, 910-671-9373
14 MAR, USAPL 3rd IronMan BP/DL & Recruit/Breakers, Joe Horreale, 350 Rte. 46, Rockaway, NJ 07866, 201-627-9156
14 MAR, USPF Ohio State PL/BP (open, class II, women, master, teen - 14), USAPL March Madness IV Buddy Rogers 330-257-7520 (e)
14 MAR, APA Twin State Open BP/

1998 AAUPC INTERNATIONAL MARCH 27-29
 GALA POWERLIFTING CONTESTS
 AAUPC FLORIDA STATE POWERLIFTING CHAMPIONSHIPS JUNE 6-7
 WITH CITRUS DATE ASSISTED POWERLIFTING
 1998 AAUPC LAW, FIRE, AND MILITARY AUGUST 21-23
 NATIONAL DRUG-FREE POWERLIFTING CHAMPIONSHIPS



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NASA - Natural Athlete Strength Association

P.O. Box 735, Noble, OK 73068

Phone 1-405-872-9684

NASA Office E-Mail address: sqbpd@aol.com

Rich Peters E-Mail: REPMLP1@aol.com

1998

- Jan. 10 **Alabama State** - Madison, AL
- Jan. 17 **Kentucky State** - Henderson, KY
- Jan. 17 **Greater Dallas Open** - Garland, TX
- Jan. 24 **Illinois State** - Effingham, IL
- Jan. 24 **Kansas City Open** - Lee's Summit, MO
- Jan. 24 **Big 3 PL & BP Championships** - Springfield, OH
- Jan. 31 **Arkansas Open** - Jacksonville, AR
- Feb. 7 **Michigan State** - Benton Harbor, MI
- Feb. 7 **Tennessee State** - Okridge, TN (Knoxville)
- Feb. 7 **Greater Houston Open** - Houston, TX
- Feb. 14 **Bench Press Nationals** - Oklahoma City, OK
- Feb. 15 **2nd Annual All Natural Nationals** - Oklahoma City, OK
- Feb. 21 **Louisiana State** - Alexandria, LA
- Feb. 21-22 **Ohio High School State PL & BP Championships**
- Feb. 27 - Mar. 1 **Natural Nationals Powerlifting Championships & National Awards Banquet**
- Mar. 7 **Arkansas State** - Jacksonville, AR

- Mar. 7 **Georgia State** - Carrollton, GA
- Mar. 7 **KS-MO High School State Champs** - Kansas City, MO
- Mar. 14 **Iowa State** - Fort Dodge, IA
- Mar. 21 **New Mexico State** - Gallup, NM
- Mar. 28 **Indiana State** - Bloomington, IN
- Apr. 4-5 **High School Nationals** - Dallas, TX
- Apr. 11 **Wisconsin State** - Madison, WI
- Apr. 11 **Pennsylvania State** - Carlisle, PA
- Apr. 18-19 **Ohio State** - Cincinnati, OH
- Apr. 25 **Nebraska State** - Omaha, NE
- Apr. 25 **Texas State** - Garland, TX (Dallas)
- Apr. 25 **Virginia State** - Millwood, WV
- May 2 **Sooner State Championships** - Noble, OK
- May 9 **Missouri State** - Lee's Summit, MO
- May 16-17 **N Carolina State** - Hickory, NC
- May 23-24 **Virginia State** - Charlottesville, VA
- May 23-24 **Teenage, Junior, Intermediate National Championships** - Cincinnati, OH
- May 30 **Colorado State** - Denver, CO
- June 5-7 **Masters, Submasters National Champs** - Cincinnati, OH
- June 13 **Arkansas Regionals** - Jacksonville, AR
- June 20-21 **Arizona State** - Scottsdale, AZ
- June 27-28 **Grand Nationals** - Dallas, TX

National Meeting Qualifying

If NASA has not been conducted any meet within 200 miles of your residence, you are exempt from qualifying.
Most NASA meets provide Full Powerlifting, Single Lift Bench Press and Power Sports (strict curl, squat, b.p. & deadlift) competitions. 20 styles of Awards, Sculptured Trophies, Giant Plaques, Column Trophies and Medals for Lifters choice. Out of State Lifters always welcome.

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PL American Records, Power Sports American Records, Bench Press American Records, Special Discounts, Entry Specials, T-Shirts, Championships Rings, Certificates, Equipment and Supplement Discounts, and MORE!!!

The Annual Bench Press and Powerlifting Conference is Back!

No strength seminar or video contains as much raw strength knowledge as the 3rd Annual Bench Press and Powerlifting Conference. If you missed the first two you won't want to miss this one, featuring the most powerful lineup of speakers ever to meet at one location for a two day event.

- **Eddy Coan** - the #1 powerlifter in the world for over a decade!
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- **Louie Simmons-A.K.A.** the guru, the greatest strength coach of all time.
- **James Henderson** - the natural wonder, 715# bench, no shirt, no bull.
- **Tee "Skinny Man" Myers** - Showtime! The greatest performer and deadlifter today.
- **Dr. Mario DePasquale** - doctor, author, and powerlifting champion.
- **Scott Warman** - National and World Champion in the 242# and 275# class.

Also, this year's guest of honor, the legendary bench, **Mike MacDonald**.

Where: the Wyndham Garden Hotel in Romulus, MI right by Detroit Metro Airport.
When: Saturday and Sunday, February 7th and 8th, 1998

No other seminar, videotape, or conference can match the raw power of this awesome lineup. Learn from the masters of the art of powerlifting at this exclusive conference.

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Seating is limited.

Contact C.J. Batten at:
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28884 Highland Rd, Romulus MI, 48174
E-Mail: cjbatten@battencorp.com

- 31 MAR**, NASA New Mexico State (Gallup, NM), NASA, BOX 735, Noble, OK 73068, 405-872-9684.
- 21 MAR**, ANPPC Drug Free Buckeye State BP (teen, women, men, mixer, western PL/BP, Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429)
- 21 MAR**, AAU East Coast BP/DL Champs (open/raw), Tony Garreffo, 30 Central Ave, Mays Landing, NJ 08330, 609-625-6407
- 21 MAR**, Miami County Championships (high school new/women, open men), Greg Barnett, 11 S. Pennsylvania, P.O. Box 66071, 913-294-5720/3197
- 21 MAR**, AAU (new date) AAU National Collegiate (five divisions), Spero Isonikitsidis, HMA, 200 Military Dr., Chatham, VA 24551, 804-432-2481 (d)
- 21-22 MAR**, APF Collegiate Nationals, Kieran Kidder, 116 W. Ocean Beach, Ft. 2218, Daytona Beach, FL 32118, 904-257-0527
- 21-22 MAR**, AAU South East Me-mortals/AAU Southeastern, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268
- 21-22 MAR**, USAPL National Collegiate (Ft. Hood, TX) Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-287-3352 (d), 526-0779 (n)
- 21-22 MAR**, Northwestern PL/BP, Nautilus Plus, 321 Changer St., Revere, MA, 617-286-0232 or Russ Barlow, 207-225-5070
- 22 MAR (new date)**, 8th Upper Ohio Valley BP & DL (open, women, teen, submaster, master, women - no formulas), Kerry Dildomenico, 24 Alfred Dr., Wilmsdenville, OH 43063, 614-264-4805
- 22 MAR**, Spontex Spring Spectacular BP/DL (Festus, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 27-29 MAR**, AAUPC Drug Free International Invitational PL/BP (open/raw male/female) (new date), Mike Kilpack, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200
- 28 MAR**, AAPF New Hampshire State (drug tested) Louie LaPointe, 337 Roxbury St., Keene, NH 03431, 603-352-8590 or Kieran Kidder 904-257-0527
- 28 MAR**, APF California State Nucleus PL/BP (Fresno, YMCA) Bob Packer, 209-439-4394
- 28 MAR**, USPF UB Open (drug tested BP & DL) Diane Sasso, Suite 350, Student Union, SUNY @ Buffalo, Buffalo, NY 14260, 716-645-2950 or 875-0778
- 28 MAR**, WNPF Strongest Bench in the South/WNPF High School National BP (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 28 MAR**, Judgement Day Pennsylvania State/Open BP/DL, Joe Luciano, Paula Scatolich, Greater Scranton, YMCA, 706 N. Blakely St., Dumore, PA 18512, 717-342-8115
- 28 MAR**, 23rd USPF West Virginia State (NW Rehab. Ctr. Institute, WV) John Messenger, 398 Forest
- 735**, Noble, OK 73068, 405-872-9684.
- 9 APR**, Power Elite BP/DL Open (Antioch, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 11 APR**, NASA Pennsylvania State (Cortipolis) NASA, Box 735, Noble, OK 73068
- 11 APR**, USA "RAW" Bench Press Federation Spring Nationals, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 11 APR**, ANPPC Drug Free Prairie State BP (teen, women, men, mixer, location TEAN) ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 11 APR**, NASA Wisconsin State (Madison, WI), NASA, BOX 735, Noble, OK 73068, 405-872-9684
- 18 APR**, Southeast Missouri BP/DL (Poplar Bluff, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 18 APR**, ANPPC Drug Free Volunteer State BP (Jackson, TN) ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 18 APR**, WNPF S. Carolina State (Greenville, SC - Nat. qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 18 APR**, MDSA N. Dakota State & Open (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 18 APR**, AAU Drug Free Tennessee State PL (open men & women, master, teen and RAW - limit 60 lifters) At Williamson, 800 N. Pisgah Rd., Henderson, TN 38340, 901-989-0198
- 18 APR**, APF Iron Island Bench Blast, Iron Island Gym, 3465 Lanyon Blvd, Oceanville, NY 11572, 516-594-9014
- 18 APR**, APA Peach State Open BP & DL (Macon, GA) APA, Box 27204, El Jehovah, MN 55927, 941-697-7962
- 18 APR**, Virginia Adult State Championships, Ruby Garcia, 5112 Salem Ct, Colonial Hts., VA 23834, 804-570-5646
- 18-19 APR**, NASA Ohio State (Cincinnati, OH), NASA, BOX 735, Noble, OK 73068, 405-872-9684
- 19 APR**, AAPF Drug Tested Florida State Open, Kieran Kidder, 116 W. Ocean Beach, Daytona Beach, FL 32118, 904-257-0527
- 19 APR**, USAPL Open Ohio State (master, women, teen, men) Ed or Frank King, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-5464
- 19 APR**, AAUPC Drug Tested 4th Northern New Jersey High School (open/raw, male/female, New Jersey and Out of State divisions) Joe Pura, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824 before 9pm EST
- 25 APR (new date)** NASA Nebraska State, (Omaha, NE) Paris Mason, 402-496-4521
- 25 APR**, 1st Lakeshore Classic USAPL Bench Press, Craig Paulz, Manitowoc/Two Rivers YMCA, 205 Maritime Dr., Manitowoc, WI 54220, 920-682-0341
- 25 APR**, USAPL Zumbro Valley Open (open, master, notice, women)
- 21 MAR**, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
- 4 APR**, Midwest Bench Press, The Weight Room, 615 St. Joe, Rapid City, SD 57701, 605-348-5070
- 4 APR (2nd new date)**, USPF Alabama State (Gunter AFB) Stevie Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2353
- 4 APR**, USAPL Missouri State Ozark Open, PL/BP (open, women, teen, master, teen & women) Mike Cressell, 15764 Midway Dr., Lake St. Louis, MO 63367, 914-561-1242 (8-10pm)
- 4 APR**, 4th Potawatomi YMCA BP & DL Challenge (men, women, teen, submaster, master, juv. & fire, teams) Potawatomi YMCA, Adams & Jackson St., Potawatomi, PA 19464, 610-798-3213/3000 or Gary Heim 610-798-0117
- 4 APR**, Effingham Open BP/DL Classic (Effingham, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 4 APR**, ANPPC Drug Free Hoosier BP (teen, women, men, master, team) - Shelbyville, IN ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 4 APR**, WNPF Alabama State (Bessemer, AL - Nat. qualifier) WNPF, Box 142347, Fayetteville, GA, 30214, 770-996-3418
- 4 APR**, Beast of the Northeast BP & DL (Bradford, PA) 717-354-7299
- 4 APR**, Iowa/Midwest Open BP or DL (open, junior, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net
- 4 APR**, 5th "Strong Arm of the Law" Bench Press Classic in memory of Officer Thomas H. Lafferty, (law enforcement only, limited to 120 lifters) Insp Bryan McMahon, IBPO Local 382, PO Box 345, Lowell, MA 01852
- 4 APR**, MDSA King & Queen of the South (Rochester, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 4 APR**, Durgason Powerworks Drug Free Bench Slam or Deadlift, Mark Mellinger, 15681 Featherston, Rd., Constantine, MI 49042, 616-435-7586
- 4-5 APR**, AAU Men's & Women's Senior Nationals, Rich Myers, 10075 W. 81st Ave., Arvada, CO 80005, 303-424-9773
- 4-5 APR**, NASA High School Nationals (Dallas, TX), NASA, BOX 735, Noble, OK 73068, 405-872-9684
- World Natural Powerlifting Federation Proudly Presents**
(Drug Free Powerlifting Events)
WNPF United States Powerlifting Championships
Feb. 1, 1998 - Baltimore, Maryland
WNPF Tennessee State Powerlifting Championships
Feb. 21, 1998 - Cleveland, Tennessee
(National Qualifier) PL, BP, DL, SQ
WNPF N.Y.C. Bench/Deadlift Challenge
Feb. 21, 1998 - New York (World Qualifier)
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USAPL Lifetime Nationals

Feb. 14-15, 1998
Renaissance Hotel
St. Louis, MO
Open Divisions: Men & Women
Awards: 1st - 5th Place
For Information & Entry Contact:
Mike Cissell
15 Lakeside Dr.
Lake St. Louis, MO 63367
314-561-1242 (Evenings 8-10)

941-697-7962
23.24 MAY, NASSA Teenage International Nationals (Cincinnati, OH), NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
30 MAY, Canadian Championships (Calgary, Alberta, Canada) Bruce Gedgoy, #17 Elizabeth St. Okotoks, Alberta, Canada T0L 1T3 403-938-3067
30 MAY, Hand Body Gym BP Open, Ryan Prince, 3622 Hwy. 111, Brentwood Heights, 60040, 618-931-8714
30 MAY, NASSA Colorado State Open, Ver. COI, NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
30.31 MAY (new date), WNPF Battle of the Countries (USA, Bahamas, Ecuador) and SQ/DL Nationals (Daytona Beach, FL) - qualifier WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
31 MAY, USAFL Wayne Delling Memorial BP & BP/DL (open, Jr., master), Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8284.
MAY, AAU Teen/Jr. Nationals (Boston, MA) Larry Larsen 617-479-7761.
5-7 JUN, AAUPC Florida State/Chit-Nu State Open PL/BP/DL (open, Jr., submaster, master, women) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
20 JUN, MDSA Williamsfield Tournament of Champions, Box 1031, Willmar, MN 56201.
20 JUN, APU Iron Warrior PL/BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
20.21 JUN, NASSA Arizona State (Scottsdale, AZ), NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
20 JUN, World Gym Summer BP/DL Classic (Idolier, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
27 JUN, APU St. Petersburg Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
27 JUN, International Bavaria Cup (Karlsruhe, Germany) 0871-77575.
27 JUN, MDSA Mega-Meet (Roseville, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201.
27 JUN, 3rd Northeast Michigan Badset BP/DL on the Beach, Kane Kelly, 1190 Lake St., Cur-Eckroth, 30877 W. Beersville, Bath, PA 18014, 610-837-1150.
18.19 JUN, NASSA Grand National (Lancaster, PA - World qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
13 JUN, (tentative) USAPL Invitational, Bradlett BP/DL, Lehigh Valley Invitational, Beach, Kane Kelly, 1190 Lake St., Cur-Eckroth, 30877 W. Beersville, Bath, PA 18014, 610-837-1150.
27.28 JUN, NASSA Grand National (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 118L, LA, CA 90045, 800-756-1216.
13 JUN, USA "RAW" Bench Press Federation Summer Nats. (Indianapolis) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
13 JUN, NASSA Arkansas Grand Prix (Jacksonville, AK), NASSA, BOX 735,

2nd Annual BP Contest, Lloyd Pierson, 2200 N. Powhatan St., Arlington, VA 22207, 703-241-9488.
4 JUL, AAU War on the Shore (On the Beach - Wildwood) BP/DL Fitness Gym, 1100 Bushmore Rd., Villas, NJ 08251, 609-729-2050.
4.5 JUL, ADPPA Men's Nationals (IPEF Qualifier) Andrea Cortesi, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075.
11 JUL, Independence BP Classic, John Shifflett, Box 941, Starnardsville, VA 22973, 804-985-3932.
11 JUL, Planet Fitness II BP/DL Classic (Burlington, IA) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
11 JUL, USA Southern States Open BP/DL (Palm Bay, FL) 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.
12 JUL, WPCF New England States (Stratford, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
18 JUL, APA/WFA Record Breakers Classic BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
18 JUL, APU NCHI Summer Full Power (outside links welcome - 2 wks, advance notice - men, jr., submaster, master) Fred Laess, 1201 Main St., Fitchburg, 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 Felt Women's Novice, Teen, Master, Spec. Olympia/Jr. Mike Hartie, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.
(tentative - Pittsburgh, PA) NASSA, Box 734, Noble, OK 73068.
18.19 JUL (new date), WNPF Sr. Nationals (Atlanta, GA - World qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
18.19 JUL, Lehigh Valley Invitational, Bradlett BP/DL, Lehigh Valley Invitational, Beach, Kane Kelly, 1190 Lake St., Cur-Eckroth, 30877 W. Beersville, Bath, PA 18014, 610-837-1150.
18.19 JUL, USAPL Corrected Dates (USAPL Teenage Nationals (IPEF) men, women, Junior Worlds men, women, Junior Worlds qualifier) Dennis & Sundi Brady, B&W Gym, 5920 N. Ridge, Chikago, IL 60660, 773-561-9692.
18.19 JUL, ADFA Conhusher State Games (PL, BP, DL) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.
19 JUL, AAUPC Drug Tested 3rd Annual Suburban North YMCA BP/DL (Cincinnati, OH) Scott Neez, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9584 or Nick Theodorou at 610-258-1894.

19 JUL, Power Elite II BP/DL Open (Antioch, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
19 JUL, APU Old Line State Open BP/DL (Maryland - separate contests) Champs, Chris Lambert, Ultimate Fitness Gym, 1100 Bushmore Rd., Villas, NJ 08251, 609-729-2050.
25.25 JUL, AAU PA State Assisted (25th RAW/Delish) (Bliger, PA) Joy Siegel, 304 Daisy St., Clearfield, PA 16830, 814-768-9400 days.
25.26 JUL, Can Am World Cup (Calgary, Alberta, Canada) Brock Greig, #17 Elizabeth St. Okotoks, Alberta, Canada T0L 1T3, 403-938-3067.
26 JUL, WNPF Police, Fire, Military & Strength Coach Nationals (Cherry Hill, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
26 JUL, ANPPC World Cup PL/BP/Batch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
30.31 JUL - 1 AUG (new date), AAU Jr. Olympics (Virginia Beach, VA - open/raw, male/female, 11 & under, 12-13, 14-15, 16-17, 18-19) Mike Janssen, Box 10000, Lake Buena Vista FL 32830, 407-934-7200.
JUL, WPCF/CANABA-America World Cup, Box 27204, El Jobean, FL 33927, 941-697-7962.
29 AUG, NASSA New Mexico Regionals (Gallup, NM), NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
29 AUG, AAU North American PL & BP (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, PO Box 7262, Moreno Valley, CA 92558, 951-416-3566 or 909-928-4pw.
AUG (late) AAU RAW Nationals (Missouri or Kansas) 5 SEP, Northern Illinois Open III BP/DL Championships (Joliet, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
5 SEP, NASSA Indiana Regionals (Bloomington, IN) NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
5.6 SEP, AFA Nationals plus Submasters/Masters Nationals (Pittsburgh, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.
6 SEP, DuQuoin State Fair BP/DL Championships (DuQuoin, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
12 SEP (new date), AAU Dead-End Nationals (Assisted / RAW - open, teen, junior, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
12 SEP, Indiana Open BP/DL Classic (Terre Haute, IN) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
12.13 SEP, NASSA Tennessee Regionals (Oakridge, TN), NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
13 SEP, (tentative) USAPL Mile High Push & Pull (Denver) Andrea Cortesi, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-9094.
15 AUG, APF National Push/Pull (Freemont, Y.M.C.A. McVeagh) Bob Packer 209-439-4394.
15 AUG, AAU No Drugs Allowed Raw BP/DL Joe Omega, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
15.16 AUG, NASSA Louisiana Regionals (Alexandria, LA) NASSA, Box

19 SEP. USAPL Nevada State PL/ BP (Spec. Olympians) of State Sale, Tuscola, IL 61953, 217-253-5429

17 OCT. Fall BP/DL Classic (Mattreton, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

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

16-18 OCT. WDPFF World Championships (open, teen, jr., submaster, tentative), master-open/ raw) AAU c/o Walt Disney World, Box 10,000, Lake Buena Vista, FL 32830 or Joe Pyra 201-691-0824

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

18 OCT. Missouri State BP/DL Championships (Festus, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18 NOV. NASA Kentucky Regionals (Henderson, KY) NASA, Box 735, Noble, OK 73068, 405-872-9684

8 NOV. 2nd Annual "Big Boys" BP/DL Classic (Antioch, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

8 NOV. CPA Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466

14, 15 NOV. NASA West Virginia Regional, Greg Van Hoese, Box 38, Millwood, WV 25652, 304-273-2283

14, 15 NOV. NASA East Coast Power Sports (curt, bp, dl - all divs/total & individual) www.power-sports.org, Edwin Wilkins, 31 Yale Dr., Richboro, PA 18954, 215-396-9902

14, 15 NOV. NASA Arizona Regionals (Scottsdale, AZ) NASA, Box 735, Noble, OK 73068, 405-872-9684

24, 25 OCT. NASA Wisconsin Regionals (Madison, WI) NASA, Box 735, Noble, OK 73068, 405-872-9684

24, 25 OCT. AAU RAW 16th Central FA Open (1st 60day - open, women, class I, teen, jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

31 OCT-1 NOV. ANPPC Nationals (Tuscola, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

31 OCT-1 NOV. NASA North Carolina Regionals (Burlington, NC) NASA, Box 735, Noble, OK 73068, 405-872-9684

OCT. USAPL Bench Press Nationals, (IPF world qualifier) L. Miller, E.F. King, Bedford Hills, OH

7 NOV. (tentative) USAPL Colorado State Open BP, World Gym Boulder, Nicole Mains, 5640 Arapahoe Ave #412, Boulder, CO 80303, 303-546-0517

7 NOV. Village Square BP/DL Championships (Elmhurst, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

7 NOV. APA Fall Classic BP/DL Strict Cut (Jebeson, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

19 SEP. USAPL Nevada State PL/ BP (Spec. Olympians) of State Sale, Tuscola, IL 61953, 217-253-5429

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

16-18 OCT. WDPFF World Championships (open, teen, jr., submaster, tentative), master-open/ raw) AAU c/o Walt Disney World, Box 10,000, Lake Buena Vista, FL 32830 or Joe Pyra 201-691-0824

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18 OCT. Missouri State BP/DL Championships (Festus, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

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7 NOV. APA Fall Classic BP/DL Strict Cut (Jebeson, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

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5 DEC. Eastern USA Bench Press (location tba) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

5, 6 DEC. Novice Nationals (West Coast BP Nationals (Las Vegas, NV) NASA, Box 735, Noble, OK 73068

6 DEC. USAPL Colorado State Open (Denver) Andrea Sorruelli, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-0904

6 DEC. AAU RAW 7th Coal County BP/DL (Individual events - open, women, teen, junior, submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

12 DEC. Christmas BP Classic, John Shifflet, Box 941, Stanardsville, VA 22973, 804-985-9932

12 DEC. APA East Coast Open BP/DL (Raleigh, NC - separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962

12 DEC. NASA Georgia Regional (Carrollton, GA) NASA, Box 734, Noble, OK 73068

13 DEC. Christmas For The Kids BP/DL Classic (Mattoon, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

19 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 Harde, Ft. Wayne, IN

12, 13 JUN. USAPL Teen/Jr. Nationals, James Hart, Lincoln, NE

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

4, 5 AUG. USAPL Deadlift Nationals, L. Miller, E. F. King, Bedford Hills, OH

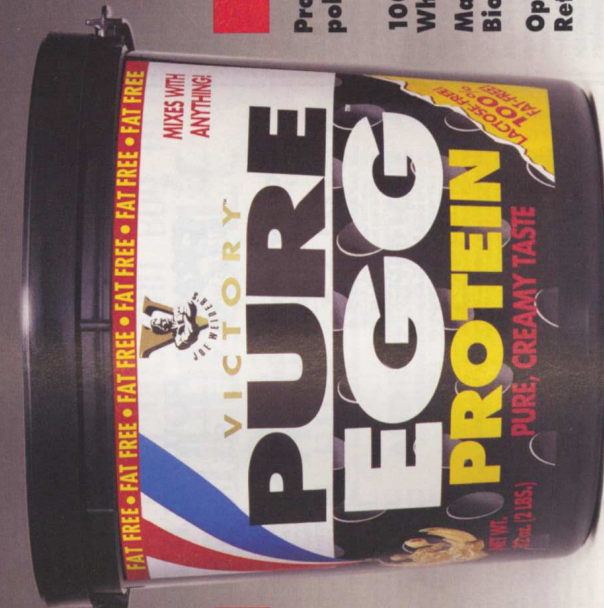
SEP. USAPL Bench Press Nationals, Dennis & Sandi Brady, Chicago, IL

P.S. when writing always include a Stamp, Self-Addressed Envelope for the meet director to return an entry to you. (necessary for USA membership 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.

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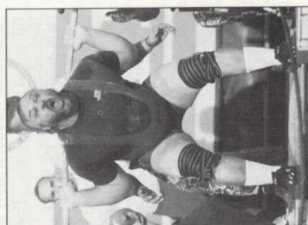
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stalled twice. He timed out on his initial try at a 760 pull, before missing it outright to put himself in the 4th. Countmyman Ukrainev had a few unappreciated misses in the squat and bench, and even though he's only 20 years old, he's got the pull to make up for early mistakes, but a gigantic 832 snapped out of his hands to his dismay.

It came down to one final lift for the title, but the real difference came in the squat. Brad Gillingham was very concerned about IPF judging standards in the squat, and did a masterful job of going 3 for 3 in his first IPF World Championships. Coach Sean Scully loved working with him and his family (Dad Gale and sons ran an excellent interference when it was time to secure a warmup platform) and feels that if it wasn't for all Brad's knee operations he would be squating 50 lbs. more now. Brad had his act together in the bench press as well, winning the gold medal on bodyweight over Gadiev, and he positioned himself magnificently in the deadlift, making sure of the silver, and giving himself a shot at the gold.

837 is a huge poundage, but Brad was confident - he had made this poundage in training. It stared up, but he lost the groove and it came down with a clang. As he noted later, he now has a "base" of the World Championships and he plans to be back for the main course.

The reason Brad didn't win the gold is in the form of a grizzled veteran - Victor Nalekin of the Ukraine, born in 1953, and weighing just under 288 lbs. While Brad did his job well in the squat, Victor literally made a miracle happen. His opener at 837 was not easy, and his second at 859 seemed quite awkward and difficult. I wondered what he would jump to on a third, if anything. Another 10 kilos seemed an unlikely possibility. Quivering with effort, he descended deep, and then deeper. He began an ascent that seemingly could not be successful. At the instant before failure was certain, Victor found something more in himself that he had ever seen before - a rigidity, an energy, a defiance of both age and gravity. He would not let 400 kilos beat him, and it did not. USA Coach Sean Scully related that this was an attempt that he personally would never forget. It made the difference. As well as Brad had squatted, Victor had gone him nearly 100 lbs. better. Despite a falter on his final bench, the Ukrainian would leave no opening, making each deadlift



Nalekin's incredible 881 squat with the 1998 Men's Worlds to be held in Cherkassy.

Shokron won Champion of Champions, followed by Staszek and Ftu. Nobody in the heavier classes was going to catch any of them. Guess what, those lucky guys on the "continent" have already been able to view a one hour telecast of these championships on EuroSport (how come you can't do the same, ESPN?)

MESSAGE FROM THE IPF PRESIDENT

It is now history that, as a result of an IPF Congress decision in Prague, the USPF is no longer a member of the IPF and that the USA's IPF member nation is now USA Powerlifting. Readers of Powerlifting USA will be well aware that the battle between the USPF and USAPL was intense and bitter. When the president Dave Jeffrey who has resigned from that position, it is now time to put the past behind us and work together for the future of powerlifting, particularly powerlifting in the USA. We must not let the events of recent times cloud over judgement on what we must do to assure the future of American powerlifting.

To disenchant USPF members I offer my apologies and an explanation. As I have previously stated I took an unprecedented interest in USA affairs because I was concerned at the number of "world" organisations. Competition is healthy, but not when it dilutes the quality of the product - in this case, the sport of powerlifting. I did not set out to destroy the USPF and nor did I. That dubious "honour" goes to certain individuals within the USPF and from reports of the IPF Congress you can form your own judgement on this. What I did set out to do was broker a union between the USPF and USAPL and that ultimately will probably be the result of the IPF decision as it is most likely that many USPF members will now migrate to USAPL. The irony is that the same result could have been achieved a lot earlier and certainly with a lot less posturing, grandstanding and bloodshed. The democratic process can sometimes work in perverse ways.

I welcome USAPL to the IPF. It is an excellent organisation with a leadership which is professional and which has unimpeachable integrity. It will bring strength to the IPF which can only benefit our sport internationally, and for the first time in many years, the IPF can look forward to promoting powerlifting without the distraction of USPF politics. To the many who supported me during the past year, and this includes the IPF Congress delegates, I extend my sincere appreciation. To those who did not support me, or who actively opposed me, I extend my genuine friendship and ask you to share my commitment to the sport of powerlifting. In unity there is strength and I assure you that my optimism in the future of the IPF and powerlifting is well founded. CRAHAME FONG.

IPF Men's World Championships 13-16 Nov 97 - Prague, Czech Republic

Table with columns for country, athlete name, weight class, and performance metrics. Countries listed include USA, UKR, RUS, etc. Athletes include names like Staszek, Ftu, Nalekin, etc.

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



Dr. Paul Ward
Bio-mechanics & Sports
Performance Scientist

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

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

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

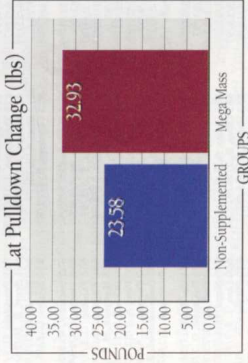
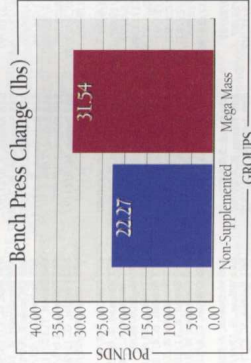
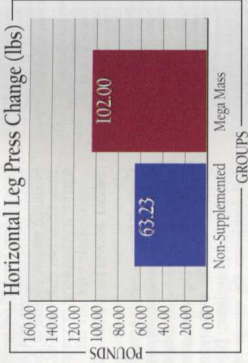
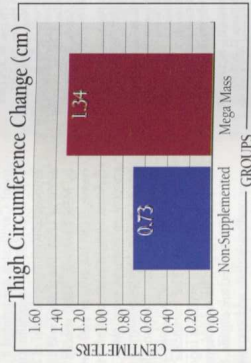
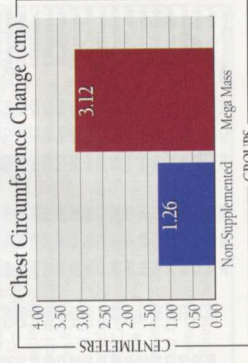
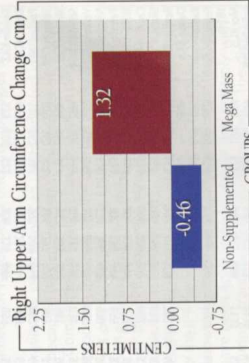
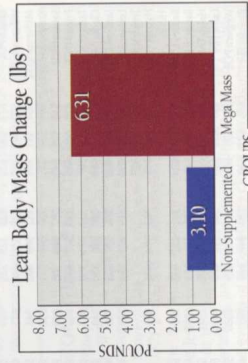
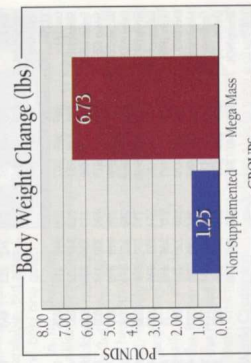
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including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

UNIVERSITY STUDY: RESULTS & CONCLUSIONS

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

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Style C Double thickness smooth leather. Available in single or double prong. \$65.00

Style D Single thickness, heavy leather. Double prong recommended. \$29.00

Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$65.00

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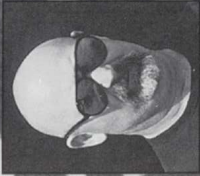
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