

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

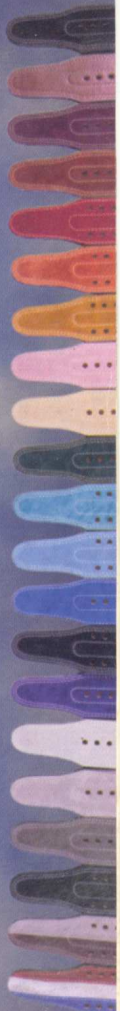
- 13mm lever belt - \$68
- 13mm buckle belt - \$70
- 10mm buckle or lever belt - \$58
- Tapered buckle or lever belt - \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRAIDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER
 WE MAKE POWER GEAR A SCIENCE
 1-800-222-6897



POWERLIFTING USA

VOL.21 NO.7
 FEB/98 \$3.50
 \$4.50 in Canada

WABDL WORLDS



The Most Important Development in Powerlifting Apparel Since the Introduction of the "Squat Suit"

The DEADLIFT™ SUPERLIFT®



By Marathon Power Apparel

... "The first suit, exclusively designed and specifically made for increasing the amount of weight you can Deadlift. Without question this is the most significant development in powerlifting apparel in over 20 years!"

It's been said that the "meet doesn't start until the weight is on the floor" — well, maybe that's not quite true, but as every lifter knows that because the Deadlift is the last lift of the meet, it is the deciding factor in most competitions - So you must give yourself every legal advantage you can in increasing your deadlift.

The key to greater deadlift poundages is increased vertical lift and the Deadlift SUPERLIFT does just that.

This suit was specifically designed and engineered for the purpose of deadlifting. When you start to pull on the bar, get ready to hang on, because the bars gonna move! Countless lifters from champions to novices, male or female, conventional style, or Sumo style deadlifters have all significantly increased their deadlift poundages when using Marathon's Deadlift SUPERLIFT.

Conventional Style Deadlifters will experience the greatest vertical lift-off ever! The power at the start of your deadlift and through the entire range of the lift will increase dramatically and so will the poundages that you'll be handling. Sumo Style Deadlifters will also experience greater vertical lift-off and increased power from the start of the lift. They will be able to keep their backs more erect and their legs in the lift longer for increased deadlift poundages.

The key to the Deadlift SUPERLIFT is its fabric and the special way we've utilized it specifically for the deadlift to give you the most pulling power. The Deadlift SUPERLIFT is constructed of the strongest material ever developed for powerlifting — Marathon's exclusive POWER KNIT FABRIC. This fabric literally warps you in power. You'll feel the difference the first time you wear it and it's only available from Marathon Power Apparel. This suit is legal for all competitions.

©COPYRIGHT JUNE 1992 MARATHON DIST. CO. REPRODUCTION OR UTILIZATION OF THIS AD OR ITS CONTENTS IS PROHIBITED UNDER THE COPYRIGHT LAWS OF THE UNITED STATES.

Marathon®

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

The 10% Solution! - Don't just take our word for it, look at the results these powerlifters have achieved.



David Ricks

CURRENT WORLD CHAMPION and many times National Champion, since using the Deadlift SUPERLIFT has exceeded his own record deadlift a number of times over the past year.

This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight.

David states... "The Deadlift SUPERLIFT is one of the most important advances in powerlifting apparel ever, and by its proper use, you can increase your deadlift poundages significantly."



Tamara Rainwater-Grimwood

THE WORLD'S STRONGEST WOMAN raves about the Deadlift SUPERLIFT.

Make no mistake about it, Tamara was tremendously strong and a champion

before lifting in the Deadlift SUPERLIFT, but in her own words... "The Deadlift SUPERLIFT has added at least 10% to my dead-lift! Without question, I would recommend it to anyone who wants to increase their poundages in the deadlift."



James Drake

TEENAGE POWERLIFTING CHAMPION and record holder. At age 15, James used the Deadlift SUPERLIFT for the first time and in his first training session increased his best at 315 lbs. from 9 reps to 15 reps! But it didn't stop

there. In his first contest using the Deadlift SUPERLIFT, and weighing 135 lbs., James increased his deadlift from 401 lbs. to 441 lbs. A huge 10% increase. Since that competition James has exceeded his record a number of times. In his own words... "The Deadlift SUPERLIFT is one of my greatest assets in my young lifting career."

These are just the few of the testimonials from the many lifters that have used the Deadlift Supersuit over the past year during its final development. Now it's here and we guarantee that whatever you're deadlifting now — whether you're a world champion, a novice lifter or even a record-holder — that you will increase your deadlift poundages, or you'll get your money back, including shipping.

Look for this label to guarantee that you have

The Original Deadlift SUPERLIFT!



Just call us at our convenient toll-free number

1-800-321-5064

(Local Number 310-519-7111)

And we'll rush you your Deadlift SUPERLIFT by 2nd Day Air Delivery at NO EXTRA CHARGE!

If you wish to mail your order in, use our convenient order form and receive the same 2nd Day Air delivery at NO EXTRA CHARGE!

Marathon Distributing Company

1229 VIA LANDETA, PALMS VERDES ESTATES, CA 90274

PLEASE RUSH ME THE FOLLOWING:

Marathon's Deadlift SUPERLIFT \$44.95

The New Standard of Lifting Excellence!

BLACK NAVY BLUE ROYAL BLUE SCARLET RED

COLOR: INDICATE 1ST, 2ND AND 3RD CHOICE BY NUMBERING THE BOXES. ON ALL ORDERS PLEASE INDICATE YOUR PREFERRED COLOR. IF YOU WANT TO ORDER MORE THAN ONE COLOR, PLEASE INDICATE THE COLOR YOU WANT IN THE ORDER FORM. THE COLOR CHOICE WILL BE MADE BY THE FACTORY. COLOR AVAILABLE UPON REQUEST. ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

ITEM	SIZE	QTY.	PRICE	TOTAL
California Sales Tax (if applicable)				
Shipping				\$6.00
TOTAL				

OVERSEAS ORDERS ADD \$16.00 SURFACE FREIGHT OR \$16.00 AIR FREIGHT. CALIFORNIA RESIDENTS ADD 7.1% SALES TAX - L.A. COUNTY RESIDENTS ADD 8.1% SALES TAX. CDS#S AVAILABLE UPON REQUEST.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

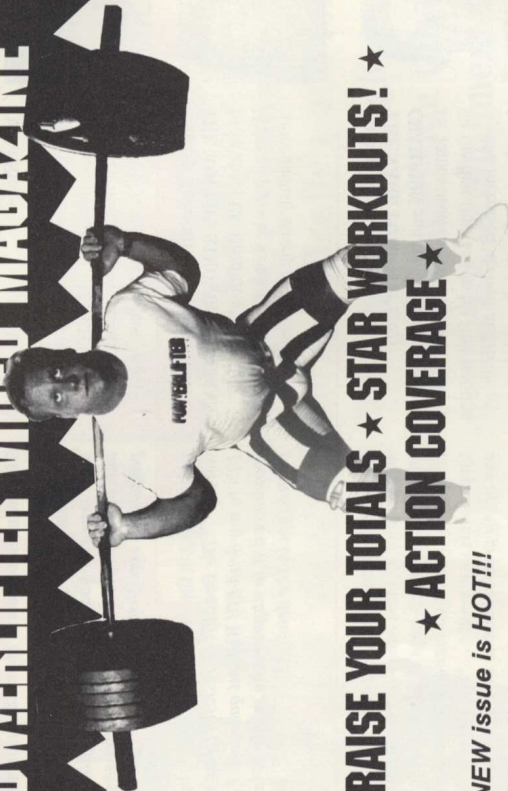
CHECK MONEY ORDER AMERICAN EXPRESS

VISA MASTER CARD DISCOVER

ACCOUNT # _____ EXP. DATE _____

SIGNATURE _____ PHONE (____) _____

LIFT THIS INTO YOUR VCR!! POWERLIFTER VIDEO MAGAZINE



★ **RAISE YOUR TOTALS** ★ **STAR WORKOUTS!** ★
★ **ACTION COVERAGE** ★

Our NEW issue is HOT!!!

- ★ the APF Senior Nationals
- ★ The Grimwoods on Benching & Squatting
- ★ Chris Lydon

PLUS

**Contest Action,
Supplementation
and much more!**

Available Now! Subscribe Today!



Yes, I want to Lift Big! Sign me up for POWERLIFTER Video Magazine. Detach and mail this form with your check made payable to POW!ERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

Mail to: **POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213**

POWERLIFTER SPECIAL SUBSCRIPTION OFFER	
First payment	\$19.95
Shipping + handling	\$ 2.95
Sub-Total	\$22.90*
Sales tax (CA residents only)	
Total Enclosed	\$ _____

*Canadian residents add \$3.50 per issue

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

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

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr.....\$54.00
Outside USA, surface mail...\$42.00
US Outside USA, air mail...\$84.00 US

Telephone Orders
Subscription Problems
800-448-7693/805-482-2378
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 21, Number 7 - February 1998 -

WABDL WORLD CHAMPIONSHIPS.....Gus Rethwisch.....6	IPF WORLD BENCH PRESS.....Peter Thorne.....10
ERNIE HACKETT.....Mark Kodya.....13	IPA SENIORNATIONALS.....Justin Gilbert.....14
WORLD'S STRONGEST MAN.....David Webster O.B.E.....17	ASIAN CHAMPIONSHIPS.....Paul Kelso.....18
BOB DEMSEY REMEMBRANCE.....Saul Shocket.....21	MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....22
BUCK HARRIS PROFILE.....Judd Biasiotto Ph.D.....23	SPEED STRENGTH.....Louie Simmons.....25
BENCH PRESS PRIMER PT. 1.....Doug Daniels.....26	MIKE OVERDEER INTERVIEW.....Fred Rice.....32
WORKOUT OF THE MONTH.....Mike Danforth.....35	POWER SCENE.....Ned Low.....36
ADPPA'S TOP 25 WOMEN.....Herb Glosbrenner.....37	LARRY KYE INTERVIEW.....Pat Cuntrera.....41
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....44	WDEPF PRESIDENT'S MESSAGE.....Andrew Cominos.....45
WPC WORLDS.....Herb Glosbrenner.....46	COMING EVENTS.....Mike Lambert.....85
TOP 100 220s.....Mike Lambert.....102	UNCLASSIFIED ADVERTISEMENTS.....103

ON THE COVER.. George Nelson at the WABDL Worlds (Allured) and James Henderson at the IPF BP Worlds (Isagawa)

Copyright 1998 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with P.L. USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

\$31.95 for 12 monthly issues. \$58.95 for 2 years (USA address rates)

Payable to: Powerlifting USA
Box 467, Camarillo, CA 93011

Name _____

Address _____

City _____

State _____

Zip _____

VITAMIN DISCOUNTERS

1-800-548-1556

P.O. Box 21802 • Chattanooga, TN. 37424

Where Knowledge IS Power !!!

A. S. T. RESEARCH

Androplex 700 120 cps \$30
 D.H.E.A. 100 mg. 60 cps \$18.99
 EPH 833 100 caps \$16.99
 Glutamine 300 grams \$27.99
 Glutamine 600 grams \$50
 N-Acetyl-Cysteine 100 cps \$18.99
 Vyo Pro Whey Protein 2lbs (Choc., Straw., Nat., & Van.) \$24

MET-RX

MET-Rx 60 packs \$115*
 MET-Rx 120 packs \$198*
 (Choc. & Van.)

NATURE'S BEST

CREATINE 500 gms \$25
 CREATINE 1210 gms \$55
 Perfect Creatine STS 3 lbs \$23.99
 PYRUVATE Complex \$45
 1100 mg. 100 tabs.

NEXT NUTRITION

2-Gro 2000 4.55 lbs \$24*
 (Choc. or Van.)
 Designer PROTEIN 2 lb \$24
 (Choc., Nat., or Van.)
 ISO Cubed 2.38 lbs \$25.00
 Ultimate Orange 1 lb \$18

(Twinlab Continued)

Herbal Phen Fuel 60 cps \$15
 HMB Fuel 120 cps \$28
 HMB Fuel 240 cps \$46
 Mega HMB Fuel 60 cps \$35
 Male Fuel 120 cps \$25.99
 Pyruvate Fuel 750 mg \$26
 Ripped Fuel 200 cps \$30
 Super Vanadyl Fuel 120 cps \$21.00
 Tribulus Fuel 100 cps \$15
 Yohimbe Fuel 100 cps \$17
 XTRA Fuel 120 cps \$22

Miscellaneous

Andromax 90 tbs \$26
 Balance Bars 15-box \$17.00
 Cayenne 100,000hu 90cps \$10
 DHEA 50mg 60tbs Sub. \$12
 DMSO 8 oz. \$12.99
 Ginger Root 550mg 180cps \$10
 Glucosamine 500mg 120cps \$24.99
 Glucosamine 500mg 180cps \$35
 L-Tyrosine 500mg 100cps \$11
 M. S. M. 1000mg 250cp \$20
 Saw Palmetto 320 mg 30cps \$15
 St. John's Wort 300mg 120cps \$17.99
 Vanadyl 50 mg 120 cps \$10

MEN'S OSMO

ANDRODIOL \$55
 100mg 60 caps
 ANDROSTENE \$30
 100mg 60 caps
 Or Get BOTH For \$75

LPC 300mg 90caps \$14
 Tribulus Formula 90tbs \$30
 MUSCLE KIT \$125
 6 Week Cycle
 (Containing: 1 Bottle Each - Andriodiol, Androstene, & LPC, 2 Bottles - Tribulus Formula)

New Deal ON CREATINE !!!

500 grams • \$25
 1210 grams • \$55

SPORTPHARMA USA

Thermadrene 60 cps \$9.99
 Vanadyl ph 180 tbs \$20.99

TWINLAB

Mega Creatine Fuel 120 cps \$30.00
 Daily One 90 cps \$16.99
 Daily One 180 cps \$27.99
 Daily Two 90 cps \$19.99
 Daily Two 180 cps \$33.99

Ask About Our Phone Specials and

Closeout Deals !!!
 We Almost Always Have Something for a STEAL !!!

WWW.VITAMIN-DISC.COM

Check out our website for our brand new Bi-Weekly News Report on supplements for Athletes.

Look for a New Monthly Report on Training in the Future!!!

We Accept Visa, Mastercard, American Express, Discover, and Moneyorders! * - Signifies Bulk Shipping Charges! SURELY NO FREE CATALOGS!!!

THE GAS MAN COMETH!...



Try America's Most Powerful Energy Booster Absolutely FREE!

Yes! There really is an energy product named "UP YOUR GAS" and it's quickly becoming the rage with bodybuilders across America. Once you try it for yourself, you too will know what all the fuss is about.

In fact, we want to give you your first round for FREE!

The GAS MAN is so sure that UP YOUR GAS will give you the extra energy you are looking for that he's asked us to send you a week's supply absolutely FREE! We thought it was a great idea so we agreed. So here's the deal. Just write the word "Gas" on a piece of paper, along with your name and address and one dollar to cover postage and send it to National Health Products, 731 Kirkman Road Dept. B, Orlando, FL 32811. We'll have a free UP YOUR GAS sample off to you in 24 hours.

And if you just can't wait to try UP YOUR GAS, you can pick up a bottle at GNC, Nature Food Centers, Vitamin World, Payless, Thrifty, Rite Aid, Smith's Food & Drugs, OSCO, Savon, Albertson's, Drug Emporium and many other pharmacies and health food stores nationwide. If not available in your area, call 1-800-537-7671 for information on how to order UP YOUR GAS directly from us. The GAS MAN.



WABDL WORLD BP/DL as told to Powerlifting USA by Gus Rethwisch

record holder. Sateel English of Canada won the 220 with a 600.75 and Joel Thiessen of Canada won the 275 with a 600.75. Joaquin Diaz de Leon won the Supers with a 622.75. The outstanding lifter was Andrew Dexter of Canada with a 617.5 at 198. In the Submasters, Vilmar Oliveira of Brazil did 440.75 at 165 for the win. Joe Costa of Oregon did 611.75 at 198. Aghan Adalsteinson of Iceland did 622 at 242 and his brother Axel did 705.75 at 275 for the win. John Bellin of Oregon did 556 at 308 for the win. Outstanding lifter was Axel Adalsteinson of Iceland. In the Teen men deadlift the outstanding lifter was Barry Kunkel with a 440.75 at 132, age group (18-19). Joe Luther of Washington did a 501 at 165, age (18-19). Willard Crossen III did a line 374.75 at 148 age group (16-17). In the Masters division (40-44) Andrew Hoags of Los Angeles did a 501.5 at 181. Leamon Woodley did a fabulous 650 at 181 and Gary Ferstler of Hawaii did a 705 at 198. Bruce Greig of Canada did a 837.5 at 308 for the outstanding deadlifter masters (40-44) and the outstanding deadlifter of the meet. In the masters division (45-49) Larry Muth of Oregon did a 435 at 132. Gordon Olson of Seaside, Oregon did a 633.75 at 181. Odd Haugen of Norway did 705 at 308. In the Masters division (50-54) Bob Benzler of California did a 429.75 at 165. Gordon Santee of California did a 540 at 181. Dave Cheek did a 501 at 220 and Onnie Jordan of Louisiana did 578 for the win. At 220 Gary Miller of Oregon did a 591.5 at 242 for the win. Joe Kross did a 578 at 275 and Donald James did a 512.5 at super. In the Masters (65-69) Jimmy Young out duelled Ken Tuten 540, 534.5. Skip Sandberg of Washington won the 220 with a 573 and Robert O. Smith of Canada won the 308 with a 551. In the (60-64) Wilbert Kaimika of Hawaii set a World record win of 462.75 at 220 and Charles Lehman of Washington did a 429.75 at 275. In the (65-69) Dan Frosland Sr. did a 374.75 at 181 lbs. In the (70-74) Bob Woods did a 407.75 at 220 for a World record and Colin Davis of Washington did 385.75 at 275. In the Open division Jody Cranston of Canada did 574.75 at 148. Richard House of Oregon did 562 at 165



Leamon Woodley with an excellent 650 @ 181

Bruce Greig of Canada won the 307 with a 837 and Dean Munsey won the Supers with a 710.75. In the Teen Women deadlift, Anan Paeck of Canada was the outstanding lifter at 479 at 181 but was turned down for foot movement so Mike Saito ended Hawaii did a 468 for the win. In the 2120 Submaster women, Hazel Greene of Ireland did a 314 at 132 to win Best Lifter. In the Women's Open, Judith Sverchek of Idaho did a 429.75 at 148 for Outstanding lifter. Wendy Greig of Canada did 363 at 132. In the Masters Women, Wendy Greig of Canada did 363 at 132 (40-44). Leslie Miller of Canada did 330.5 at 198+. Pat Thomas of Canada did 253.5 (60-64) in the 148s. Claire Ashok Heckathorn did 314 at 181 (45-49). Jo Walker of Portland did 303.5 at (60-54) in the 132s. For the more outstanding lifters in the Masters division with Wendy Greig

and Jo Walker being the top two lifters in Master Women co-efficient wise. Janey May did 225.75 at 132 (45-49). BENCH PRESS: In Submaster bench Steve Ward of California did a 402 on a 4th and 391 on a 3rd to win at 165 bw. Atun Sharma of India was 2nd with 358. Bill Box won at 181 with 336. Darrin Pligee of Washington won at 198 with a 435. Craig Palmer of Montana was 2nd with a 424. At 242 Carroll Moon blew everybody away with a 512.5. At 275 Bill Gillespie, the strength coach for the Republic of Washington did a 562 and a 578.5 for the win and a World record. Arturo Ramsey of California did a line 490 at 308 for the win. In the Law Enforcement Open, David Young of Maryland did a 308 at 148. Jason Smith beat Scott Jones 282-281, in the 165s. Smith came back on a 4th for a 297. Randy Cardwell won the 181s with a 374.75. Ed Sim of Oregon won the 198 with a 473 over Craig Palmer of Montana who did 424. In the 220s, Greg Anrell of Hawaii did 534 to Matt Lemarone's of California 429. Frank Wakakuwa of Hawaii did 611.75 at 242. William Minor of Maryland did 573 to beat Lonny Haywood's 490.5. In Law Enforcement Masters, Jeff Holway did 341.5 at 198. Guy Black of Maryland did 457 but was beaten by Duane Flores of Canada who did 468. Steve Roscoe of California took the 220s with a 413. Paul Goodwin of California won the 308s with 380. In the regular Masters division (40-44), Freddie Evangelista won the 132s with 297.5. Clyde Higa of Hawaii won the 148s with a 347. Robert Avery won the 165s with a 303. Byron Beebe locked out the foot movement so Mike Saito ended Hawaii did a 468 for the win. In the 2120 Submaster women, Hazel Greene of Ireland did a 314 at 132 to win Best Lifter. In the Women's Open, Judith Sverchek of Idaho did a 429.75 at 148 for Outstanding lifter. Wendy Greig of Canada did 363 at 132. In the Masters Women, Wendy Greig of Canada did 363 at 132 (40-44). Leslie Miller of Canada did 330.5 at 198+. Pat Thomas of Canada did 253.5 (60-64) in the 148s. Claire Ashok Heckathorn did 314 at 181 (45-49). Jo Walker of Portland did 303.5 at (60-54) in the 132s. For the more outstanding lifters in the Masters division with Wendy Greig

Dooley did 451.75 for the win and Mike Magruder of the famous Magruder brothers did 473 at 275. At 308, Odd Haugen of Norway did 490. In (60-54), Bob Benzler of California did 341.5 for the win. Terry Camp did 369 at 198 for the title. At 220, Bill Sekermestrovich continues to improve with a 440.75. At 242, George Nelson did 534.5 two days after turning 53. Donald James was a much improved 457 at Super. In Masters (65-69), Wayne Paolo took the gold at 330.5 at 198. Jim Brim did 360 with a World record of McCaffrey did 380 at 220 and Dennis Cane did 374.75 at 275. At 308 Fred Kaiser of Oregon came back after a three year lay off and did 435. Robert Smith of Canada was 2nd with 413. In Masters (60-64), Donald Barden of California did 303 at 181 for the win. William Chadwell did an unbelievable 391 at 242 for a World record and the win. Curt Nichols did 369.75 at 275. Sidney Gendin of Michigan did 214.75 at 220 and John Green did 270 for the win. JP Krachunis did 352.5 at 308 for the win. In Masters (65-69), Don Frosland Sr. did 275.5 at 181 for the win. In Masters (70-74) Sonny Ronolo did 319.5 at age 74 at 165 for a World record! He was the best bench of the entire meet. Bryan Christenson did 278 at 181 for the win and a World record. Ed Hashim did 286.5 at 198. Bob Woods did a World record of 274.5 at 220. Dude Rice did 159.5 at 242 and Harrison Benner of California did 192.75 at (75-79) 148 for a World record. The outstanding Master bench at (40-45) was George Nelson with 314 at 165. Keneke Ward of Hawaii won Junior division, Richard Larsen did a huge 413 at 220 for a World



Frank Wakakuwa rammimg up 611 @ 242 lbs.

won the 114s with a World record 292. Kerwin Unten of Hawaii won 123s with a World record 369. Freddie Evangelista of Oregon won the 132s with a World Record 297.5. Lance Slaughter of Los Angeles won the 148s with a World record of 391. Michale Hara of Folsom, California won the 165s with a World record 424. Mike Saito of Hawaii won the 181s with a World record of 473. Lee Rorte of North Carolina won the 198s with a World record of 551. Greg Arrell of Hawaii won the 220s with a World record of 534. Frank Wakakuwa of Hawaii won the 242s with a World record of 611.75. Bill Gillespie of Washington won the 275s with a World record of 578.5 William Minor of Maryland won the 308s with a World record of 573 and Mark Ned of Louisiana won the supers with a 600.75. Frank Wakakuwa was the Outstanding Open lifter with a World record of 600.75. Kiu Tutia was the guest lifter and did 701. In the Teen division (16-17), John McKenna was a 114 with 206.5. Willard Crossen III (75-79) 148 for a World record. The outstanding Master bench at (40-45) was George Nelson with 314 at 165. Keneke Ward of Hawaii won Junior division, Richard Rodriguez did a huge 413 at 220 for a World

Hung Pham was the Outstanding bench of the division with 292 at 114. Lee Luther won at 165 with a 308. Enrique Ramos won at a crowded 198 - 5 lifters with 418.75. Matthew Lamarque won at 220 with a 429 and a World record. Ryan Kennedy did a 507 at 242 for the win and a World record. Joel Thiessen of Canada won at 275 with a 402 and a World record. Joe Chouinard won at 308 with a 501.5 and a World record. In the Open division, Hung Pham of Los Angeles



Ray Dohaniuk put up a new WABDL World Record.

record. In Teen men (18-19), Joe Luther did 407 at 165 for a World record. He also came in second in the Open division. Joe Bruno did 391 at 181 for a World record. Barry Kunkel did 275.5 at 132 for a World record. Adam Gruver did 325 at 242. Chris Erhardt won and set a World record at 275 with a 440.75. Earl Heth did 473 at 275 for a World record. Joe Luther was the outstanding teen benchlifter. In Teen women, the outstanding lifter was Stephanie Guffile with 132 at 148 in the (18-19) age group. Lynelle Brode did a World record with 93.5 at 105 lbs. (14-15). In Special Olympics, David Anderson was the best of 8 lifters with 220 at 181. In Women Master Patti Ehrhage of Canada did 209 at 148 for Outstanding lifter. She is 45. Leslie Miller did 242.5 in the unlimited in the 148s with a World record of 159.75 at 148 (45-49). In Submaster Women the Outstanding lifter was Ellen Shanley with 225 at 165 for a World record. Amy Johnston did 220 at 198. In the Women's Open, Christine Moorman did 170 at 105 for a World record. At 114 Tonya Whitlock won with 121 at 123 for a World record. At 123 Shelley Redcliffe won with 170 for a World record. Amy Hughes won with 214 at 132 and a World record. Carla Tupou won with 192.75 at 148 and a World record. Jeannette Isaacson won with 231 at 181 and a World record and Sabrina Paolo won with 192.75 at 198 and a World record. Amy Hughes was the Outstanding female lifter of the meet. Lovina Reiman did 99 lbs. At age 62 in the 165s and Gloria Tomlin did 82.5 at 148 at age 74. I want to thank the judges: Vic Elliott of Huntington Beach, CA, Gordon Santee of Los Angeles, Jeff Magruder of Redmond, WA, Terry Luels of Oregon, Rick



Greg Arrell of Hawaii (all bench photos by Allured)

American Bodybuilding Products, Bob Hill of Loproz Gym, Mike Lambert of Powerlifting USA, John Buckley of Elite Sales, Myron, Ty Nelson's Nautilus, Rick Jones of Optimum Health Technologies, George Nelson of Nel-Log, Dr. Randall M. West, Jim Cunningham and the Brewer Brothers of Brewer Construction, Sergeant Barn of the US Marines, Donavan Cardo Olympic Gym, and Steve Beauvain of Gold's Gym. Outstanding Male Benchers: 1. Sonny Ronolo, 2. Frank Wakakuwa, 3. Lee Rorte, 4. George Nelson, 5. Kerwin Unten. Outstanding Female Benchers: 1. Amy Hughes, 2. Christine Moorman, Outstanding Male Deadlifters: 1. Bruce Greig, 2. Gary Ferstler, 3. Gordon Olson, 4. Leamon Woodley. Outstanding Female Deadlifters: 1. Jeff Magruder, 2. Wendy Greig. (WABDL World results on p. 99)



73 year old Bob Woods @ 220

The 1st Annual WABDL World Bench Press & Deadlift Championships drew a total of 598 lifters. 437 had signed up but Thanksgiving week and visa problems took their toll. However, we had 27 lifters from Canada, 5 from India, 3 from Brazil, one from Germany, one from Japan, one from Ireland, one from Norway, two from Iceland, one from Italy, one from Tonga, one from Sweden and one from the Republic of Georgia, for a total of 13 nations. We had a three day attendance of 3,027. On to the lifting: DEADLIFT World's first. There were 7 Special Olympians from Spokane and they were handled by Patrick Gray. Arnold Schwarzenegger was considering coming to pass out trophies because that is his favorite charity. His publicist called and said his schedule was full. The outstanding lifter was David Anderson who deadlifted 391 at 181. Junior Mens deadlifters featured a real close battle between Steve Manley of Sheridan, Oregon and Nicholas Lee of San Rafael, California. Nicholas Lee won 356, 551, however upon looking at the tape replay a majority of the judges thought that Manley's 573 was good so they both share the World Championship with Manley the current

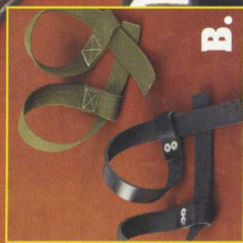


Gary Ferstler pulled 705 (all deadlift photos are by Brian Baerlein)

Handcrafted. American Made.

Genuine Leathers. Genuine Quality.

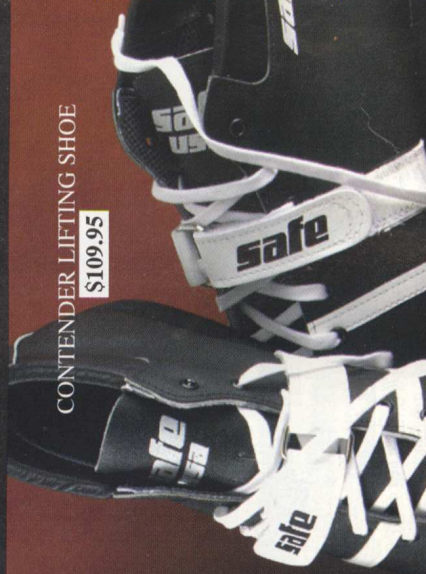
SAFE USA Lat Straps...
Heavy Duty Cloth \$9.95
Leather \$11.95



B.

COMPETITION BELT
\$70.00
Stainless Steel Seamless Roller Buckle

CONTENDER LIFTING SHOE
\$109.95



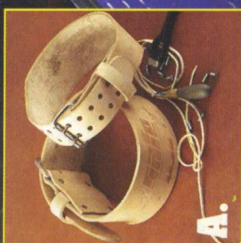
Stretch Singlette \$25.00
Victor Suit \$36.00
Centurion \$60.00



C.

Red Devil Knee Wrap \$15.95
Signature Series Knee \$19.95
Red Devil Wrist Sid \$19.95
Signature Series Wrist \$12.50
Red Devil Wrist Pad \$16.00 \$11.95
Signature Series Wrist Pad \$13.50
Addidas Deadlift Shoe \$49.95

SAFE USA Training Belts...
Tapered \$22.50
4" \$25.00



A.

SST LIFTING SHOE
\$139.95



EMBROIDERY
Add \$25.00

#53
STUMP

LEVER BELT
\$70.00
Pat #4541152

ULTRA BELT
\$90.00

Stainless Steel Seamless Roller Buckle



safe USA

visit us at www.coachhelp.com/safeusa • Email safeusa@rconnect.com

32047 65th Avenue Way Highway 52 Cannon Falls, Minnesota - 55009.

Powerlifting Specialists Since 1987

please add \$6.00 shipping & handling



**SAFE USA... GIVING YOU THAT EXTRA EDGE.
TO COMPETE AT A HIGHER LEVEL.**

SAFE USA 1-800-344-4071

IPF BENCH PRESS WORLDS as told to Powerlifting USA by Peter Thorne

The 1997 IPF World Bench Press Championships were held in Leduc, Canada, December 5, 6, and 7th. The Northern Canada event promised to be a cold one, however, the weather stayed mild for the area and time of the year. There was just a dusting of snow to let you know that we were in Canada. Everyone that had anything to do with the contest provided a warm and friendly welcome. Terry Shanun and Terry Shanun, the meet director and his hard-working wife, were especially accommodating. To meet both Terry Shanuns solved the dilemma for many as to who distinctly different voices answered to the name "Terry" on the telephone. The contest was held in the Composite High School gym in Leduc. Mr. Heiner Kobenich was there with his computer. The ever traveling Mr. Kobenich had just 16 hours rest from the European Women's Championship in Norway to running the table the first day in Leduc.

The first day was for disabled lifting. There were seven women and twenty two men in this category. This event is no longer held under IPF rules. The disabled lifting now is under IPC rules. There was concern expressed as to the fact that there were not IPC qualified referees for this portion of the event.

On Saturday, the Open Bench Press began with the women lifters. The 44 kgs. class began with a win

record lift of 107.5 kgs in the 52 kgs. class. The it was the gold for the third time in four classes as Chen Ya-chun won the 56 kgs. class. Marion Hamming of Luxembourg eked out a 2.5 kgs win over America's only female lifter, Bettina Altizer. Bettina missed 110 kgs. on her second try, but came back to get it and a silver medal on her third attempt. Bettina came as USA Powerlifting's representative to their first IPF competition. Her work really just began after the bench press as she then functioned as USA men's gym coach. The Russians had not been able to field a full team this time and the first Russian lifter, Tatiana Puzanova got the gold in the 67.5 kgs. class with her opener of 117.7 kgs. Germany's Elizabeth Singer went for a 135 kgs. bench on her third attempt. Her second attempt lift of 127.5 was good enough for

for Chang/Len J, the first of five golds for the Taipei women. Danish lifter Hanna Savhn took the 48 kgs. class. Then it was Lin Li-Min of Chinese Taipei with a world

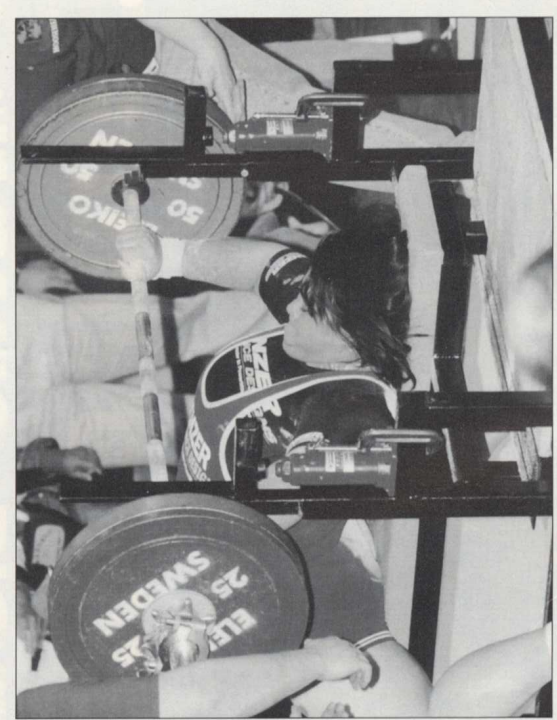
record 176 kgs. bench. This was the heaviest women's bench press in IPF history. On her second attempt she attempted 190 kgs. She



Anna Oroszova, from Slovakia, came in first at 48 kgs. disabled class (Hiro Isagawa photo)

Chang/Len J, the first of five golds for the Taipei women. Danish lifter Hanna Savhn took the 48 kgs. class. Then it was Lin Li-Min of Chinese Taipei with a world

record 176 kgs. bench. This was the heaviest women's bench press in IPF history. On her second attempt she attempted 190 kgs. She



Chao Chen Yeh, 90+ kgs., of Chinese Taipei with an IPF All-time Best of 387 (175 kgs.) (Isagawa photo)

did not get the lift and settled for the world record opener. It was a tremendous display of bench pressing for the women of Chinese Taipei. Chen-Yi was the best female lifter by formula. Lin-Li Min was second by formula and Luxembourg's Marion Hamming was third best lifter on points.

The men's lifting started right off with a world record for Andzej Stanaszek in the 52 kgs. class with



Leonard McCormick from the USA, at 181 lbs. (82.5 kgs.) won the Gold medal with a World record 222.5 BP (Photos by Hiro Isagawa)

IPF World Bench Press (kgs.)
57 Dec 97 - Leduc, Canada

Women	Men
<p>DISABLED Wyo/F/1st 120 Wyo/F/2nd 115 Conrad/M/4un 82.5 40 Kgs. 44 Kgs. 48 Kgs. 52 Kgs. 56 Kgs. 60 Kgs. 64 Kgs. 68 Kgs. 72 Kgs. 76 Kgs. 80 Kgs. 84 Kgs. 88 Kgs. 92 Kgs. 96 Kgs. 100 Kgs. 104 Kgs. 108 Kgs. 112 Kgs. 116 Kgs. 120 Kgs. 124 Kgs. 128 Kgs. 132 Kgs. 136 Kgs. 140 Kgs. 144 Kgs. 148 Kgs. 152 Kgs. 156 Kgs. 160 Kgs. 164 Kgs. 168 Kgs. 172 Kgs. 176 Kgs. 180 Kgs. 184 Kgs. 188 Kgs. 192 Kgs. 196 Kgs. 200 Kgs. 204 Kgs. 208 Kgs. 212 Kgs. 216 Kgs. 220 Kgs. 224 Kgs. 228 Kgs. 232 Kgs. 236 Kgs. 240 Kgs. 244 Kgs. 248 Kgs. 252 Kgs. 256 Kgs. 260 Kgs. 264 Kgs. 268 Kgs. 272 Kgs. 276 Kgs. 280 Kgs. 284 Kgs. 288 Kgs. 292 Kgs. 296 Kgs. 300 Kgs. 304 Kgs. 308 Kgs. 312 Kgs. 316 Kgs. 320 Kgs. 324 Kgs. 328 Kgs. 332 Kgs. 336 Kgs. 340 Kgs. 344 Kgs. 348 Kgs. 352 Kgs. 356 Kgs. 360 Kgs. 364 Kgs. 368 Kgs. 372 Kgs. 376 Kgs. 380 Kgs. 384 Kgs. 388 Kgs. 392 Kgs. 396 Kgs. 400 Kgs.</p>	<p> 44 Kgs. 57.5 48 Kgs. 60 52 Kgs. 65 56 Kgs. 70 60 Kgs. 75 64 Kgs. 80 68 Kgs. 85 72 Kgs. 90 76 Kgs. 95 80 Kgs. 100 84 Kgs. 105 88 Kgs. 110 92 Kgs. 115 96 Kgs. 120 100 Kgs. 125 104 Kgs. 130 108 Kgs. 135 112 Kgs. 140 116 Kgs. 145 120 Kgs. 150 124 Kgs. 155 128 Kgs. 160 132 Kgs. 165 136 Kgs. 170 140 Kgs. 175 144 Kgs. 180 148 Kgs. 185 152 Kgs. 190 156 Kgs. 195 160 Kgs. 200 164 Kgs. 205 168 Kgs. 210 172 Kgs. 215 176 Kgs. 220 180 Kgs. 225 184 Kgs. 230 188 Kgs. 235 192 Kgs. 240 196 Kgs. 245 200 Kgs. 250 204 Kgs. 255 208 Kgs. 260 212 Kgs. 265 216 Kgs. 270 220 Kgs. 275 224 Kgs. 280 228 Kgs. 285 232 Kgs. 290 236 Kgs. 295 240 Kgs. 300 244 Kgs. 305 248 Kgs. 310 252 Kgs. 315 256 Kgs. 320 260 Kgs. 325 264 Kgs. 330 268 Kgs. 335 272 Kgs. 340 276 Kgs. 345 280 Kgs. 350 284 Kgs. 355 288 Kgs. 360 292 Kgs. 365 296 Kgs. 370 300 Kgs. 375 304 Kgs. 380 308 Kgs. 385 312 Kgs. 390 316 Kgs. 395 320 Kgs. 400 324 Kgs. 405 328 Kgs. 410 332 Kgs. 415 336 Kgs. 420 340 Kgs. 425 344 Kgs. 430 348 Kgs. 435 352 Kgs. 440 356 Kgs. 445 360 Kgs. 450 364 Kgs. 455 368 Kgs. 460 372 Kgs. 465 376 Kgs. 470 380 Kgs. 475 384 Kgs. 480 388 Kgs. 485 392 Kgs. 490 396 Kgs. 495 400 Kgs. 500 404 Kgs. 505 408 Kgs. 510 412 Kgs. 515 416 Kgs. 520 420 Kgs. 525 424 Kgs. 530 428 Kgs. 535 432 Kgs. 540 436 Kgs. 545 440 Kgs. 550 444 Kgs. 555 448 Kgs. 560 452 Kgs. 565 456 Kgs. 570 460 Kgs. 575 464 Kgs. 580 468 Kgs. 585 472 Kgs. 590 476 Kgs. 595 480 Kgs. 600 484 Kgs. 605 488 Kgs. 610 492 Kgs. 615 496 Kgs. 620 500 Kgs. 625 504 Kgs. 630 508 Kgs. 635 512 Kgs. 640 516 Kgs. 645 520 Kgs. 650 524 Kgs. 655 528 Kgs. 660 532 Kgs. 665 536 Kgs. 670 540 Kgs. 675 544 Kgs. 680 548 Kgs. 685 552 Kgs. 690 556 Kgs. 695 560 Kgs. 700 564 Kgs. 705 568 Kgs. 710 572 Kgs. 715 576 Kgs. 720 580 Kgs. 725 584 Kgs. 730 588 Kgs. 735 592 Kgs. 740 596 Kgs. 745 600 Kgs. 750 604 Kgs. 755 608 Kgs. 760 612 Kgs. 765 616 Kgs. 770 620 Kgs. 775 624 Kgs. 780 628 Kgs. 785 632 Kgs. 790 636 Kgs. 795 640 Kgs. 800 644 Kgs. 805 648 Kgs. 810 652 Kgs. 815 656 Kgs. 820 660 Kgs. 825 664 Kgs. 830 668 Kgs. 835 672 Kgs. 840 676 Kgs. 845 680 Kgs. 850 684 Kgs. 855 688 Kgs. 860 692 Kgs. 865 696 Kgs. 870 700 Kgs. 875 704 Kgs. 880 708 Kgs. 885 712 Kgs. 890 716 Kgs. 895 720 Kgs. 900 724 Kgs. 905 728 Kgs. 910 732 Kgs. 915 736 Kgs. 920 740 Kgs. 925 744 Kgs. 930 748 Kgs. 935 752 Kgs. 940 756 Kgs. 945 760 Kgs. 950 764 Kgs. 955 768 Kgs. 960 772 Kgs. 965 776 Kgs. 970 780 Kgs. 975 784 Kgs. 980 788 Kgs. 985 792 Kgs. 990 796 Kgs. 995 800 Kgs. 1000 804 Kgs. 1005 808 Kgs. 1010 812 Kgs. 1015 816 Kgs. 1020 820 Kgs. 1025 824 Kgs. 1030 828 Kgs. 1035 832 Kgs. 1040 836 Kgs. 1045 840 Kgs. 1050 844 Kgs. 1055 848 Kgs. 1060 852 Kgs. 1065 856 Kgs. 1070 860 Kgs. 1075 864 Kgs. 1080 868 Kgs. 1085 872 Kgs. 1090 876 Kgs. 1095 880 Kgs. 1100 884 Kgs. 1105 888 Kgs. 1110 892 Kgs. 1115 896 Kgs. 1120 900 Kgs. 1125 904 Kgs. 1130 908 Kgs. 1135 912 Kgs. 1140 916 Kgs. 1145 920 Kgs. 1150 924 Kgs. 1155 928 Kgs. 1160 932 Kgs. 1165 936 Kgs. 1170 940 Kgs. 1175 944 Kgs. 1180 948 Kgs. 1185 952 Kgs. 1190 956 Kgs. 1195 960 Kgs. 1200 964 Kgs. 1205 968 Kgs. 1210 972 Kgs. 1215 976 Kgs. 1220 980 Kgs. 1225 984 Kgs. 1230 988 Kgs. 1235 992 Kgs. 1240 996 Kgs. 1245 1000 Kgs. 1250 1004 Kgs. 1255 1008 Kgs. 1260 1012 Kgs. 1265 1016 Kgs. 1270 1020 Kgs. 1275 1024 Kgs. 1280 1028 Kgs. 1285 1032 Kgs. 1290 1036 Kgs. 1295 1040 Kgs. 1300 1044 Kgs. 1305 1048 Kgs. 1310 1052 Kgs. 1315 1056 Kgs. 1320 1060 Kgs. 1325 1064 Kgs. 1330 1068 Kgs. 1335 1072 Kgs. 1340 1076 Kgs. 1345 1080 Kgs. 1350 1084 Kgs. 1355 1088 Kgs. 1360 1092 Kgs. 1365 1096 Kgs. 1370 1100 Kgs. 1375 1104 Kgs. 1380 1108 Kgs. 1385 1112 Kgs. 1390 1116 Kgs. 1395 1120 Kgs. 1400 1124 Kgs. 1405 1128 Kgs. 1410 1132 Kgs. 1415 1136 Kgs. 1420 1140 Kgs. 1425 1144 Kgs. 1430 1148 Kgs. 1435 1152 Kgs. 1440 1156 Kgs. 1445 1160 Kgs. 1450 1164 Kgs. 1455 1168 Kgs. 1460 1172 Kgs. 1465 1176 Kgs. 1470 1180 Kgs. 1475 1184 Kgs. 1480 1188 Kgs. 1485 1192 Kgs. 1490 1196 Kgs. 1495 1200 Kgs. 1500 1204 Kgs. 1505 1208 Kgs. 1510 1212 Kgs. 1515 1216 Kgs. 1520 1220 Kgs. 1525 1224 Kgs. 1530 1228 Kgs. 1535 1232 Kgs. 1540 1236 Kgs. 1545 1240 Kgs. 1550 1244 Kgs. 1555 1248 Kgs. 1560 1252 Kgs. 1565 1256 Kgs. 1570 1260 Kgs. 1575 1264 Kgs. 1580 1268 Kgs. 1585 1272 Kgs. 1590 1276 Kgs. 1595 1280 Kgs. 1600 1284 Kgs. 1605 1288 Kgs. 1610 1292 Kgs. 1615 1296 Kgs. 1620 1300 Kgs. 1625 1304 Kgs. 1630 1308 Kgs. 1635 1312 Kgs. 1640 1316 Kgs. 1645 1320 Kgs. 1650 1324 Kgs. 1655 1328 Kgs. 1660 1332 Kgs. 1665 1336 Kgs. 1670 1340 Kgs. 1675 1344 Kgs. 1680 1348 Kgs. 1685 1352 Kgs. 1690 1356 Kgs. 1695 1360 Kgs. 1700 1364 Kgs. 1705 1368 Kgs. 1710 1372 Kgs. 1715 1376 Kgs. 1720 1380 Kgs. 1725 1384 Kgs. 1730 1388 Kgs. 1735 1392 Kgs. 1740 1396 Kgs. 1745 1400 Kgs. 1750 1404 Kgs. 1755 1408 Kgs. 1760 1412 Kgs. 1765 1416 Kgs. 1770 1420 Kgs. 1775 1424 Kgs. 1780 1428 Kgs. 1785 1432 Kgs. 1790 1436 Kgs. 1795 1440 Kgs. 1800 1444 Kgs. 1805 1448 Kgs. 1810 1452 Kgs. 1815 1456 Kgs. 1820 1460 Kgs. 1825 1464 Kgs. 1830 1468 Kgs. 1835 1472 Kgs. 1840 1476 Kgs. 1845 1480 Kgs. 1850 1484 Kgs. 1855 1488 Kgs. 1860 1492 Kgs. 1865 1496 Kgs. 1870 1500 Kgs. 1875 1504 Kgs. 1880 1508 Kgs. 1885 1512 Kgs. 1890 1516 Kgs. 1895 1520 Kgs. 1900 1524 Kgs. 1905 1528 Kgs. 1910 1532 Kgs. 1915 1536 Kgs. 1920 1540 Kgs. 1925 1544 Kgs. 1930 1548 Kgs. 1935 1552 Kgs. 1940 1556 Kgs. 1945 1560 Kgs. 1950 1564 Kgs. 1955 1568 Kgs. 1960 1572 Kgs. 1965 1576 Kgs. 1970 1580 Kgs. 1975 1584 Kgs. 1980 1588 Kgs. 1985 1592 Kgs. 1990 1596 Kgs. 1995 1600 Kgs. 2000 1604 Kgs. 2005 1608 Kgs. 2010 1612 Kgs. 2015 1616 Kgs. 2020 1620 Kgs. 2025 1624 Kgs. 2030 1628 Kgs. 2035 1632 Kgs. 2040 1636 Kgs. 2045 1640 Kgs. 2050 1644 Kgs. 2055 1648 Kgs. 2060 1652 Kgs. 2065 1656 Kgs. 2070 1660 Kgs. 2075 1664 Kgs. 2080 1668 Kgs. 2085 1672 Kgs. 2090 1676 Kgs. 2095 1680 Kgs. 2100 1684 Kgs. 2105 1688 Kgs. 2110 1692 Kgs. 2115 1696 Kgs. 2120 1700 Kgs. 2125 1704 Kgs. 2130 1708 Kgs. 2135 1712 Kgs. 2140 1716 Kgs. 2145 1720 Kgs. 2150 1724 Kgs. 2155 1728 Kgs. 2160 1732 Kgs. 2165 1736 Kgs. 2170 1740 Kgs. 2175 1744 Kgs. 2180 1748 Kgs. 2185 1752 Kgs. 2190 1756 Kgs. 2195 1760 Kgs. 2200 1764 Kgs. 2205 1768 Kgs. 2210 1772 Kgs. 2215 1776 Kgs. 2220 1780 Kgs. 2225 1784 Kgs. 2230 1788 Kgs. 2235 1792 Kgs. 2240 1796 Kgs. 2245 1800 Kgs. 2250 1804 Kgs. 2255 1808 Kgs. 2260 1812 Kgs. 2265 1816 Kgs. 2270 1820 Kgs. 2275 1824 Kgs. 2280 1828 Kgs. 2285 1832 Kgs. 2290 1836 Kgs. 2295 1840 Kgs. 2300 1844 Kgs. 2305 1848 Kgs. 2310 1852 Kgs. 2315 1856 Kgs. 2320 1860 Kgs. 2325 1864 Kgs. 2330 1868 Kgs. 2335 1872 Kgs. 2340 1876 Kgs. 2345 1880 Kgs. 2350 1884 Kgs. 2355 1888 Kgs. 2360 1892 Kgs. 2365 1896 Kgs. 2370 1900 Kgs. 2375 1904 Kgs. 2380 1908 Kgs. 2385 1912 Kgs. 2390 1916 Kgs. 2395 1920 Kgs. 2400 1924 Kgs. 2405 1928 Kgs. 2410 1932 Kgs. 2415 1936 Kgs. 2420 1940 Kgs. 2425 1944 Kgs. 2430 1948 Kgs. 2435 1952 Kgs. 2440 1956 Kgs. 2445 1960 Kgs. 2450 1964 Kgs. 2455 1968 Kgs. 2460 1972 Kgs. 2465 1976 Kgs. 2470 1980 Kgs. 2475 1984 Kgs. 2480 1988 Kgs. 2485 1992 Kgs. 2490 1996 Kgs. 2495 2000 Kgs. 2500 2004 Kgs. 2505 2008 Kgs. 2510 2012 Kgs. 2515 2016 Kgs. 2520 2020 Kgs. 2525 2024 Kgs. 2530 2028 Kgs. 2535 2032 Kgs. 2540 2036 Kgs. 2545 2040 Kgs. 2550 2044 Kgs. 2555 2048 Kgs. 2560 2052 Kgs. 2565 2056 Kgs. 2570 2060 Kgs. 2575 2064 Kgs. 2580 2068 Kgs. 2585 2072 Kgs. 2590 2076 Kgs. 2595 2080 Kgs. 2600 2084 Kgs. 2605 2088 Kgs. 2610 2092 Kgs. 2615 2096 Kgs. 2620 2100 Kgs. 2625 2104 Kgs. 2630 2108 Kgs. 2635 2112 Kgs. 2640 2116 Kgs. 2645 2120 Kgs. 2650 2124 Kgs. 2655 2128 Kgs. 2660 2132 Kgs. 2665 2136 Kgs. 2670 2140 Kgs. 2675 2144 Kgs. 2680 2148 Kgs. 2685 2152 Kgs. 2690 2156 Kgs. 2695 2160 Kgs. 2700 2164 Kgs. 2705 2168 Kgs. 2710 2172 Kgs. 2715 2176 Kgs. 2720 2180 Kgs. 2725 2184 Kgs. 2730 2188 Kgs. 2735 2192 Kgs. 2740 2196 Kgs. 2745 2200 Kgs. 2750 2204 Kgs. 2755 2208 Kgs. 2760 2212 Kgs. 2765 2216 Kgs. 2770 2220 Kgs. 2775 2224 Kgs. 2780 2228 Kgs. 2785 2232 Kgs. 2790 2236 Kgs. 2795 2240 Kgs. 2800 2244 Kgs. 2805 2248 Kgs. 2810 2252 Kgs. 2815 2256 Kgs. 2820 2260 Kgs. 2825 2264 Kgs. 2830 2268 Kgs. 2835 2272 Kgs. 2840 2276 Kgs. 2845 2280 Kgs. 2850 2284 Kgs. 2855 2288 Kgs. 2860 2292 Kgs. 2865 2296 Kgs. 2870 2300 Kgs. 2875 2304 Kgs. 2880 2308 Kgs. 2885 2312 Kgs. 2890 2316 Kgs. 2895 2320 Kgs. 2900 2324 Kgs. 2905 2328 Kgs. 2910 2332 Kgs. 2915 2336 Kgs. 2920 2340 Kgs. 2925 2344 Kgs. 2930 2348 Kgs. 2935 2352 Kgs. 2940 2356 Kgs. 2945 2360 Kgs. 2950 2364 Kgs. 2955 2368 Kgs. 2960 2372 Kgs. 2965 2376 Kgs. 2970 2380 Kgs. 2975 2384 Kgs. 2980 2388 Kgs. 2985 2392 Kgs. 2990 2396 Kgs. 2995 2400 Kgs. 3000 2404 Kgs. 3005 2408 Kgs. 3010 2412 Kgs. 3015 2416 Kgs. 3020 2420 Kgs. 3025 2424 Kgs. 3030 2428 Kgs. 3035 2432 Kgs. 3040 2436 Kgs. 3045 2440 Kgs. 3050 2444 Kgs. 3055 2448 Kgs. 3060 2452 Kgs. 3065 2456 Kgs. 3070 2460 Kgs. 3075 2464 Kgs. 3080 2468 Kgs. 3085 2472 Kgs. 3090 2476 Kgs. 3095 2480 Kgs. 3100 2484 Kgs. 3105 2488 Kgs. 3110 2492 Kgs. 3115 2496 Kgs. 3120 2500 Kgs. 3125 2504 Kgs. 3130 2508 Kgs. 3135 2512 Kgs. 3140 2516 Kgs. 3145 2520 Kgs. 3150 2524 Kgs. 3155 2528 Kgs. 3160 2532 Kgs. 3165 2536 Kgs. 3170 2540 Kgs. 3175 2544 Kgs. 3180 2548 Kgs. 3185 2552 Kgs. 3190 2556 Kgs. 3195 2560 Kgs. 3200 2564 Kgs. 3205 2568 Kgs. 3210 2572 Kgs. 3215 2576 Kgs. 3220 2580 Kgs. 3225 2584 Kgs. 3230 2588 Kgs. 3235 2592 Kgs. 3240 2596 Kgs. 3245 2600 Kgs. 3250 2604 Kgs. 3255 2608 Kgs. 3260 2612 Kgs. 3265 2616 Kgs. 3270 2620 Kgs. 3275 2624 Kgs. 3280 2628 Kgs. 3285 2632 Kgs. 3290 2636 Kgs. 3295 2640 Kgs. 3300 2644 Kgs. 3305 2648 Kgs. 3310 2652 Kgs. 3315 2656 Kgs. 3320 2660 Kgs. 3325 2664 Kgs. 3330 2668 Kgs. 3335 2672 Kgs. 3340 2676 Kgs. 3345 2680 Kgs. 3350 2684 Kgs. 3355 2688 Kgs. 3360 2692 Kgs. 3365 2696 Kgs. 3370 2700 Kgs. 3375 2704 Kgs. 3380 2708 Kgs. 3385 2712 Kgs. 3390 2716 Kgs. 3395 2720 Kgs. 3400 2724 Kgs. 3405 2728 Kgs. 3410 2732 Kgs. 3415 2736 Kgs. 3420 2740 Kgs. 3425 2744 Kgs. 3430 2748 Kgs. 3435 2752 Kgs. 3440 2756 Kgs. 3445 2760 Kgs. 3450 2764 Kgs. 3455 2768 Kgs. 3460 2772 Kgs. 3465 2776 Kgs. 3470 2780 Kgs. 3475 2784 Kgs. 3480 2788 Kgs. 3485 2792 Kgs. 3490 2796 Kgs. 3495 2800 Kgs. 3500 2804 Kgs. 3505 2808 Kgs. 3510 2812 Kgs. 3515 2816 Kgs. 3520 2820 Kgs. 3525 2824 Kgs. 3530 2828 Kgs. 3535 2832 Kgs. 3540 2836 Kgs. 3545 2840 Kgs. 3550 2844 Kgs. 3555 2848 Kgs. 3560 2852 Kgs. 3565 2856 Kgs. 3570 2860 Kgs. 3575 2864 Kgs. 3580 2868 Kgs. 3585 2872 Kgs. 3590 2876 Kgs. 3595 2880 Kgs. 3600 2884 Kgs. 3605 2888 Kgs. 3610 2892 Kgs. 3615 2896 Kgs. 3620 2900 Kgs. 3625 2904 Kgs. 3630 2908 Kgs. 3635 2912 Kgs. 3640 2916 Kgs. 3645 2920 Kgs. 3650 2924 Kgs. 3655 2928 Kgs. 3660 2932 Kgs. 3665 2936 Kgs. 3670 2940 Kgs. 3675 2944 Kgs. 3680 2948 Kgs. 3685 2952 Kgs. 3690 2956 Kgs. 3695 2960 Kgs. 3700 2964 Kgs. 3705 2968 Kgs. 3710 2972 Kgs. 3715 2976 Kgs. 3720 2980 Kgs. 3725 2984 Kgs. 3730 2988 Kgs. 3735 2992 Kgs. 3740 2996 Kgs. 3745 </p>



TOTAL ELITE FITNESS, INC. PRESENTS

BADDEST BENCH III

\$8000.00 CASH GIVEAWAY !!

MEET DIRECTORS
Total Elite Fitness, Inc.
3501 Fayetteville Road
Lumberton, NC 28358
(910) 671-9373

DATE
March 14, 1998

TIME
Lifting Starts at 11:00 am

PLACE
Holiday Inn - Lumberton

JUDGE REQUIREMENTS
Bench Shirts Can Be Used
One Piece Suits Can Be Used
Pause Rule Will Be In Effect
No Layering of Clothing
Under Suits

Can Use Wraps On Wrist
NOTE: Swartz Formula will determine Mens Open and Mens Masters Separately

ENTRY FEE
\$75.00 Advance
\$10.00 (crossover fee)
\$85.00 Day of Meet

ACCOMMODATIONS

OPEN	
1st	\$3500.00
2nd	\$1500.00
3rd	\$500.00
MASTERS	
1st	\$1000.00
2nd	\$500.00
WOMEN	
1st	\$400.00
2nd	\$200.00
TEENAGE	
1st	\$300.00
2nd	\$100.00

Weight Classes Get Trophies
designed by Lyn Adams

Any Questions
About the Contest ??
(910) 671-9373

Official Entry Form

Name _____ Birth Date _____
Address _____ Telephone _____
City & State _____ Zip _____
Age _____

In consideration of this entry, I hereby forfeit all rights to any claims against Total Elite Fitness, Holiday Inn of Lumberton, and the meet personnel for any damages, losses or injuries suffered by me indirectly in training, traveling to and from, competing in or attending the above meet.

Signature _____
Completed form should be sent to: Total Elite Fitness, 3501 Fayetteville Road, Lumberton, NC 28358

As a high school senior, I was chosen as NBC's SportsWorld telecast of the 1979 Senior Nationals, highlighting the drought in the 275 pound class between Ernie Hackett and Larry Kidney. Hackett got a world record 887 squat, but lost to Kidney by 11 pounds in the total. This was truly a world record as there was not one Senior, one World, one set of records, and one sanctioning body - unlike today. About three years later, Ernie competed in the 1982 Worlds Strongest Man contest, also shown on NBC's SportsWorld. He appeared to be bigger and stronger than before and had won the Seniors and Worlds in the interim, setting several world records in the squat and total along the way. Ernie seemed to disappear after this contest, at least from the powerlifting world.

Imagine my surprise a couple months ago when I heard he'd be giving a seminar at the Hercules Gym, where most of the hard-core lifters in the area train and located within an hour's drive from my home. I wondered why he'd just quit so suddenly. It was still active in the physical therapy field, which I remembered he'd majored in during his college years, he could provide valuable insight on injury prevention / rehabilitation. I didn't expect him to be the 300 pounder he'd been 15 years ago, but hoped he wasn't an emaciated shadow of his former self either. As I waited for the seminar to start, I noticed a bearded athletic looking man who looked to be around 40 milling about who didn't appear to know anyone else there. As soon as I saw his face I realized it was Ernie Hackett. His seminar was informative and well received, but let's back up a bit.

Ernie was a Teenage National Champion in both powerlifting and weightlifting, and attended Northeastern on a track scholarship (shot put). Ernie weighed about 300 pounds at graduation and was strong enough to record lifts of 700 x 3 squat, 500 x 1 bench, 650 plus in the deadlift, and power clean 380 x 5. These lifts were achieved while majoring in physical therapy at a major university, where high academic standards were maintained. In 1979, he went to his first Seniors and had his epic battle with Larry Kidney. After bombing out in 1980, Ernie returned with a vengeance in 1981. This time he had beaten Kidney by the narrowest of margins when the chalk dust settled and was rewarded with a trip to the Worlds in Calcutta, India. This was the first year the 275 pound class was contested internationally and Ernie became the first ever world champion

Ernie Hackett: Alive and Well in Syracuse, New York by Mark Kodya



Ernie squatting at the 1979 Seniors in Bay St. Louis, Mississippi, USA

In that division. After that meet, Ernie retired from lifting with official PR's of 912 - 530 - 804 - 2215 in the powerlifts and 275 - 369 - 644 in weightlifting. Later, he would do 575 in a bench meet. Not only is this the purpose of weighing the plates and bar, it's in the rulebook. What is not clear is if the same plates were used for the other two lifts or not. So, Ernie actually totaled at least 2240 that day and possibly as much as 2300, but that is pure conjecture unfortunately due to mismanagement by the officials of the situation that day. I should mention Ernie has never mentioned this (he has too much class) but it was clearly documented in the pages of PL USA at the time. Mentioning it now does no good except to bear further witness to the man's character and great strength.

That strength was at an all time high going into the 1982 WSM, as he'd squatted 900 x 5 and done a two man squat of 1500 lbs. with his brother Frank and he was over 300 pounds bodyweight. Other competitors besides himself and Kazmaier, included powerlifting greats Waddington, Gamble, Magee, and Dunn, three NFL linemen, and Geoff Capes, a future WSM winner. Ernie got off to a good start with a 345 pound log lift, a fourth place in the 56 lb. weight throw for height and he was one of only six competitors to complete the truck pull - the event he regarded as the most difficult of the entire contest. Consider this - two 800 pound squatters (Gamble and Magee) were unable

to complete the course. Ernie did poorly on the second day and was in seventh overall going into the final day. Ernie started day 3 with second place in the battery lift, but it was the next two events where he would shine and realize a goal he'd set two years prior. The block lift was basically a squat in a specially designed apparatus. Ernie tied for first with Waddington and Magee at over 900 pounds. In the silver dollar deadlift, there is a glass scale filled with silver dollars attached to either side of the bar. Ernie went lift for lift with Bill Kazmaier to well over 1000 pounds, both men missing only as the weight approached 1100 pounds. Officially it was a draw, but Ernie was nearly 30 pounds lighter. He placed fifth overall, but might have cracked the top 3 had he done better on the second day.

Ernie retired at his peak before injuries or diminished health became a factor. He dropped to a bodyweight of 230-240 and began concentrating on more aerobic activities, like weight training done with very light weights in circuit fashion. After being active in the physical therapy field for nearly 20 years, he began attending New York Chiropractic College in Seneca Falls, NY in 1993. He's in his final year now and will be going into private practice after graduation. He combines clinical experience in physical therapy and the Chiropractic with a thorough understanding of the sport of powerlifting and many of the local lifters have made use of his services. He has helped out at meets as a coach and referee, even the day after returning from vacation. Ernie set world records and won a world championship when those terms meant something. His willingness to help others is matched by few. He demonstrates a bedside manner others would do well to emulate. Ernie is a rare man and a successful one.



Ernie shown here as he is today.

IPA Senior Nationals



Big Man - Big Total... Dan Kovacs just missed this 850 pull, but still ended up with a 2415 total at Superheavyweight. (R. Hunt photograph)

IPA Senior Nationals		21-23 Nov 97 - Washington, DC	
SPECIAL OLYMPIANS	Master Dk.		
BENCH ONLY DIVISION			
132 lbs. (open)	430		
165 lbs. (teen)	125		
200 lbs. (open)	150		
BENCH ONLY DIVISION			
123 lbs. (teen)	610		
165 lbs. (teen)	165		
200 lbs. (master)	575		
242 lbs. (master)	75		
AMATEUR MEN'S DIVISION			
198 lbs.	460		
220 lbs.			
242 lbs.			
D. Noy			
T. Huffer			
SPECIAL OLYMPIANS			
Women's Division			
198 lbs.	165	100	240
220 lbs.			
242 lbs.			
T. Huffer			
Women's Division			
198 lbs.	165	100	240
220 lbs.			
242 lbs.			
T. Huffer			
SPECIAL OLYMPIANS			
Women's Division			
198 lbs.	165	100	240
220 lbs.			
242 lbs.			
T. Huffer			

IPA Senior Nationals		21-23 Nov 97 - Washington, DC	
SPECIAL OLYMPIANS	Master Dk.		
BENCH ONLY DIVISION			
132 lbs. (open)	430		
165 lbs. (teen)	125		
200 lbs. (open)	150		
BENCH ONLY DIVISION			
123 lbs. (teen)	610		
165 lbs. (teen)	165		
200 lbs. (master)	575		
242 lbs. (master)	75		
AMATEUR MEN'S DIVISION			
198 lbs.	460		
220 lbs.			
242 lbs.			
D. Noy			
T. Huffer			
SPECIAL OLYMPIANS			
Women's Division			
198 lbs.	165	100	240
220 lbs.			
242 lbs.			
T. Huffer			
Women's Division			
198 lbs.	165	100	240
220 lbs.			
242 lbs.			
T. Huffer			



Special Olympian Raul Hernandez is elated after breaking the 123 lb. bench press record at the IPA Seniors (Dudley Brooks)

80	145	225	
148 lbs.			
198 lbs.			
C. Young			
80	145	225	
148 lbs.			
198 lbs.			
C. Young			

220 lbs.	400	225	420	1045
JUNIOR DIVISION				
181 lbs.				
J. Scanlon				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				
J. Borchette				
165 lbs.				
AMATEUR MEN'S DIVISION				
198 lbs.	400	260	370	1030
220 lbs.				
242 lbs.				

World's Strongest Man Contest as told to Powerlifting USA by Dave Webster, O.B.E.

Keg Loading has provided four very well matched heats, thanks to the pairing system, which is in the reverse order of results in the previous event. Six kegs, each 231 lbs. had to be carried approximately 25 feet and loaded on a platform. It was a timing test. The winners were Bergman (46.05 seconds), Ahola, Rasmussen and Samuelsson. A clear pattern was now emerging. Rasmussen (Denmark) was in the overall lead with 49 points, Ahola (Finland) had 45, Bergman (Latvia) 27.5 and Samuelsson (Sweden) 40. There was then a big gap before Olafsson and Ollesch.



Phillippi reps out in the Log Lift.

Mark Phillippi and Iron Bear were in their element on the squat machine, taking 1st and 2nd places. They had been disappointed in their previous showing, but now they came into sharp, positive focus. Mark was always in control going to 830 lbs. in four lifts. Rasmussen tried 836 for his 5th, and final attempt. He missed as did Iron Bear with 852 lbs, but he did enough to beat the Dane for 2nd place. Mark won with a lift to spare, a much appreciated, tactically sound performance. This event, however, was marred by the surfacing of some injuries. Karlson, who was 3rd overall before this lift, hurt himself during warmup and later only made token performances. Iron Bear hurt his leg and Ahola had a lower leg injury. Bergmanis was nursing a sore shoulder, and so it went on.

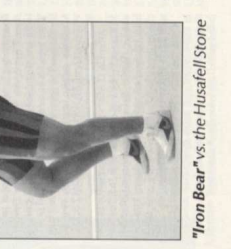


Jouko Ahola pulls the truck along.

Repetition lifting of a log from ground to overhead was the next test and this was a very close contest; Iron Bear, Collins, Ahola and Rasmussen all doing 12 reps to fill the main places. Phillippi and Ollesch were next in line.

Next was car rolling, for two complete revolutions. It took Magnus Samuelsson only 16.22 seconds to do it. Karlson was 2nd, Ollesch 3rd with 16.75.

Rasmussen demonstrated Viking power by carrying a replica of the Husafell Stone further than their opponents. The stone weighed 358 lbs. and it was held close to the chest during the walk. Samuelsson was just inches short of 300 feet when he dropped the stone.



"Iron Bear" vs. the Husafell Stone

There was a lot of excitement in the air in Nevada as the ten finalists lined up for the Truck Pull. With the elimination of the old guard in the heats the competitors knew that there was a chance of undying fame as the winner of strength athletic's greatest title, the World's Strongest Man. In the heats Karlson of Norway had been a very impressive winner beating greats like Rasmussen, Onosch, Olafsson, etc. Rasmussen too had shown winning form. Bergmanis, Ollesch and the Americans were being praised, and more than a few experts were pointing to the great improvement of Samuelsson and the hidden depth of talent evident in Ahola's efforts. I played safe and just said I felt sure Scandinavians would be up there with the best.

The Truck Pull with harness and rope came first. The vehicle was a magnificent 23 ton American truck, the most spectacularly colorful 'prop' of all our competitions. It had to be pulled over 81 feet, the last part slightly uphill. Rasmussen was a good winner in 47.84 sec, but he was 2nd, with 49.05, while Samuelsson gave of his best with 49.40 seconds and it took Karlson 52.56 seconds to gain 3rd place.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.



Dan Noy in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Overall, it was a great meet. Ellen Chaillet kept getting into trouble with the lifting and going on with a 1485 pound total. In the Teenage Division, 165-800 squat was easy, and so was 915, but the 1275 was pulled at great 45% going him a 2150 total.

Ellen Chaillet in the Teen Division.

SUPPLEMENTS AT WHOLESAL PRICES!!

Call The Athlete's Nutrition Center at (800) 326-3811 for details!

Creatine Monohydrate

99.9% Pure Pharmaceutical Grade HPLC Lab Tested

- 500 g - \$18.95** (sold by the case, 12 bottles/case)
 - 1000 g - \$34.95** (sold by the case, 12 bottles/case)
 - 500 g - \$22.95 (6 bottle purchase)**
 - 500 g - \$24.95 (3 bottle purchase)**
 - 1000 g - \$36.95 (6 bottle purchase)**
 - 1000 g - \$39.95 (2 bottle purchase)**
 - 1000 g - \$42.95 (1 bottle purchase)**
- (above prices are per bottle)

The Athlete's Nutrition Center purchases its Creatine Monohydrate directly from the largest manufacturer of Creatine Monohydrate in the world. The same manufacturer that all of the other big names purchase from. The only difference is TANC doesn't grossly mark up the prices. You can be guaranteed you are getting the highest quality Creatine Monohydrate with The Athlete's Nutrition Center label on it. Stop paying for a name, and start paying for Pure 99.9% Pharmaceutical Grade HPLC tested Creatine Monohydrate.

ANDROSTENEDIONE 100 mg caps - 60 caps \$24.95

Buy 3 get 1 FREE! That's \$18.71 per bottle!!!

PYRUVATE - 700 mg caps - 100 caps \$24.95

Buy 5 get 1 FREE! That's \$20.79 per bottle!!!

MET-Rx 120 packets - \$184.95 (4 case purchase)
 \$184.95/case (4 case purchase), \$189.95/case (3 case purchase) \$194.95/case (2 case purchase), \$199.95/case (1 case purchase)

Call The Athletes Nutrition Center at (800) 326-3811
 H-5 Shirley Lane, Lawrenceville, NJ 08648

A Remembrance by Saul Shocket



Bob Dempsey at the 1996 AAU Men's Nationals in Santa Rosa, California, showing his first place medal.

Bob Dempsey was a powerlifter. In a sport rife with unique personalities, Dempsey was unique. In a sport comprised of the most powerful athletes in the world, Dempsey was always one of the most powerful, and in a sport where humor abounds, Dempsey was the funniest. In fact, Bob Dempsey was bigger than life to his many powerlifting friends, although I doubt that he ever sought fame or celebrity. Powerlifting was not only a very personal quest to Dempsey, it was who he was. Bob Dempsey was a powerlifter.

After finishing with football, track, and skiing (he didn't totally abandon skiing as some of his later downhill exploits became legendary), Dempsey began his powerlifting career in 1976, at 18 years of age. He was very successful early on, winning or placing highly in local, regional, and national competitions. Remember, this was back in the days when there was but one powerlifting organization. The 275 lb. class was extremely competitive back then, with the likes of Gamble, Waddington, Dempsey, and Shaw. It's ever increasing totals indicated that one day he was destined to win the Seniors.

But then, in 1985, something happened that would test his commitment and alter some of his views and methods. While training one day, he lightly bumped against a pole on his left pectoral causing it to bleed. His concern led him to a doctor who performed a biopsy, and shortly thereafter a diagnosis of malignant melanoma (a virulent form of cancer) was confirmed. Dempsey had surgery to remove the tumor and nearby lymph nodes. Upon waking from surgery, he again began making plans to train for the upcoming 1985 Seniors... drug-free.

Bob has always been respected for his honesty as well as his great strength, and he's never denied his past use of steroids. After the surgery, he made a commitment to never again use steroids. He never did, and I've always felt that this was where Dempsey's real lifting began.

Three days after being released from the hospital, Dempsey walked into Stones Gym, ten lbs. lighter but very determined. I was there and I'll never forget the sight of him squatting while a tube and sack (for draining & collecting fluids) still hung from his side, sweating, back and forth with each rep. He lifted in the Seniors that year and, under the circumstances, did very well. Although he had only twelve weeks to train and recover, he totaled a very respectable 1901 while thoroughly relishing the opportunity to do what he loved so much and did so well.

came that Wednesday to pay their respects.

This has understandably been an extremely hard time for Bob's family and friends. The local powerlifting community has come together in support of the Dempsey family. In particular, Bob's wife Chris who is raising Stefan (4 years), Erik (9 months), with one-on-the-way, Miss AAU State Chair Larry Larsen along with AAU lifter Randy Sequera have established a fund which will go entirely to Chris.

Saturday Mornings are going to be tough for a while. We've had sort of a tradition in these parts for some time. Saturday has always been a "squad day," and Dempsey has always been a part of that ritual. "Hi guys, I'm here," he'd say with a big smile and a slightly self-mocking attitude as he first entered the gym.

Unique, powerful, courageous, slightly demented (but only in the most positive way), and always hungry. This was our buddy, Dempsey, we really miss you. God Bless You. On December 6, 1987, Bob Dempsey passed away on the squat platform. He was in full battle gear, belt, suit and wraps. He was in between meet attempts and preparing to do what he loved to do. The State Office of the Chief Medical Examiner in Bourne confirmed that Dempsey died of acute coronary artery thrombosis and hypertensive heart disease.

Champion. Incidentally, I believe there were over 2000 people who

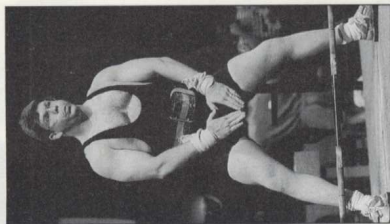
The Dempsey Fund "No Man with friends is without hope". On December 7th we lost a Dear Friend in Bob Dempsey. Today there is a special living memorial for him... The Dempsey Fund. Set up by friends like you, The Dempsey Fund will provide financial support to his wife Christine and two children Stefan and Erik from whom he was taken so abruptly. As we ask you to join in our goal to provide the necessary help to assist the Dempsey household in the coming year please stop for a moment and consider how an unforeseen tragedy such as this might affect your family or those you love. Maybe you were touched by Bob in your life or maybe you were inspired by his accomplishments. Now is your chance to stand in his place and lend a helping hand to his beloved family. Please send what you can. Every penny goes directly to Bob's wife Christine, daughter Stefan, son Erik and a new baby due to arrive in March. Your contribution will help one family move on to dignity and thankfulness.

Please accept my offer as an Underwriter.
 Enclosed is my \$600.00 Underwriter donation in full.
 I will make 12 \$50.00 Underwriter donations, one each on the first of each month in 1998.
 I cannot Underwrite, but please accept my donations of \$_____ to the fund.
 Please also keep me informed of upcoming events that will benefit the Dempsey family.

Please provide us with the following information:
 Name: _____
 Address: _____
 City: _____ zip: _____
 State: _____

Please make Checks Payable to:
 The Dempsey Fund, c/o Rockland Trust Company, 32 Long Pond Rd., Plymouth, MA 02360

More From Ken Leistner



John in National Competition

I enjoy powerlifting. I like the history of the sport, the current controversies as they affect the average lifter, the training variables and ideas that come from so many different lifters, and the fact that the competition between men and women on the platform has a very nice non-commercial aspect that is appealing for its raw fury. One of my favorite lifters and favorite people both in and out of powerlifting, is John Bott.

Few others enjoy the various aspects of powerlifting as much as John. As I write this, his beautiful wife Maria is pregnant, but she publicly blamed me for quite some time that she wasn't pregnant. I often give John video and written materials related to training, competition, and the personalities of the sport, much of it extending back decades. As a very astute, analytical, and intelligent person, John does not merely peruse the material. He dissects it, mulls it over, does comparisons, and finally identifies it to its constituent components so that it becomes useful for his purposes. The time this takes, I was told, sometimes interfered with Maria's romantic plans!

Like everything John has attempted, powerlifting has proven to be one more area that he has achieved excellence in. He began his athletic career as a high school wrestler. At North Bergen (New Jersey) High School, he was that school's first and only state champion and was named to the high school All America team in 1983. In college, he excelled in the classroom as a math major and finished a stellar career as East Coast Conference Champion and earned a position in the NCAA Division I tournament as a 167 pounder. In short, he was obviously a great high school and collegiate wrestler, much of that occurring due to an inordinate desire to succeed, coupled with the willingness to work hard enough to make it happen.

After college, John began his career as a math teacher. He also began to powerlift. Combining a family life with teaching and coaching duties was difficult as he pursued a Masters degree, but John had also committed to the sport of powerlifting and like everything else

him to deal with meet emergencies and controversies with wisdom and an evenhandedness that is admired by those who have witnessed him in the chair.

As a judge, few are as good as John Bott. He knows what he's looking at, and he certainly knows the rules better than almost anyone else, having helped to write the rule book for a number of organizations. I was charged with the responsibility of revising the rule book for more than one organization and did extensive research into the past in order to do it as fairly and efficiently as possible. When John became involved with a similar project for another organization, he literally pumped my head dry in order to make sure that his rules interpretation was as accurate and as fair as could be. In short, he went well beyond the "extra yard" in order to do things correctly. And, yes, this is so typical of him.

From a personal vantage point, I consider John a good friend. He is a rare individual, scrupulously honest and fair, understanding and kind, and in short, dependable and reliable. That he has chosen to dedicate himself to powerlifting is such a bonus for all of us. John usually serves as our head judge in our meets and our lifters know that they are privileged to have him in the chair. They are privileged to have him in the gym, assisting, giving advice when asked, and using his very critical eye to note things others just don't see. A yes, he's also a heck of a lifter.

One of the things that's easy to forget is that John Bott can lift. He has won a Junior National championship and placed in the top five in a number of others in two different WPC Worlds. He has posted elite totals in the 220, 242, and 275 pound weight classes. He squats over 800 pounds with as much "style" as anyone else capable of using that kind of monstrous weight. John's programs evolve as he does. He has tried almost everything, the result of an inquiring mind and a great deal of intelligence. He made great intensity training in a brief, high intensity manner under my direction. He has made excellent progress using the ideas of Lou Simmons. He has done well taking advice from Ralph and on his own, has come up with many unique "twists" that have allowed the usual training partners Lou Giraldi and Russ Smith to go forward. More than anything else however, is John's willingness and ability to inspire and motivate others to do their best. He is a great lifter, a great coach, a great loyalist and a great friend not only to us, but to the sport of powerlifting.

In 1938 Buck Harris constructed his first set of barbells using the grates from the family furnace and wiring them to a pipe five feet in length. He was a man-child of 15 at the time. "I don't think my dad was too pleased about my resourcefulness," recalls Harris. At the time, he didn't know what a barbell was, and I'm sure he didn't care to know. In all frankness, I think he liked the furnace a lot better than my weights.

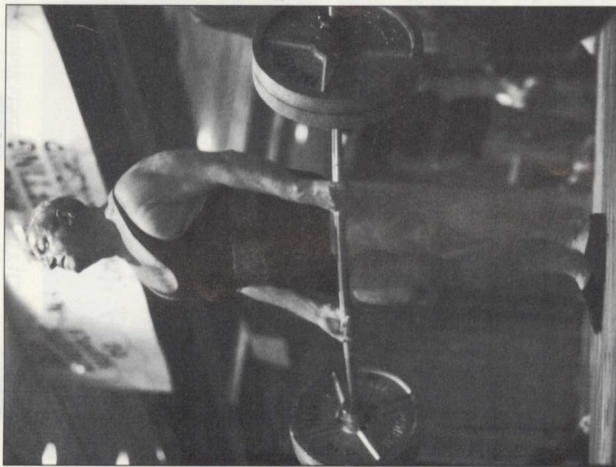
I know he got a lot hotter than that furnace ever did. The old furnace has long since stopped pumping out hot air, but Buck Harris is still pumping up heavy iron. At the ripe old age of 74 Harris is still one of the premier master lifters in America. The powerfully built senior has won National titles in both Olympic lifting and Powerlifting - nine such titles in the latter sport. He also won a World strength title in a ten event contest that is similar to the World Strongest Man competition that is televised by ESPN. Perhaps most impressive though is the fact that he once defeated the legendary Paul Anderson. Actually, Anderson "bombed", but it is still a tour de force that Harris relishes. "Anderson was the greatest strength athlete who ever walked the face of the earth," states Harris. "I have seen a lot of great lifters in my time, but none of them, not Alexeyev, not Kazmaier, not Coan or anyone else, can compare to Anderson. He was in a category that is out of this world. Think about it, in his prime, Paul stood 5'9", weighed around 380 pounds, had a 24" neck, 24.5" biceps, 58" chest, and massive 36" thighs. And, of course, he could lift anything you put in front of him. The lifts that Anderson was making in the Fifties would still be very competitive today. He squatted 1200 pounds without a suit, belt or wraps. If he had all the equipment we have today I'm sure he could have done close to 1400 pounds and I'm sure he would have benched over 700 and deadlifted over 900. In other words he probably could have totaled close to 3000 pounds. He was just as good an Olympic lifter too. I once saw him take 580 pounds out of a rack and press it over head with ease... and it was nothing for him to do 5 to 8 reps in warm-ups with the weight that his competitors were finishing with on the platform. Actually, when Anderson warmed-up everyone would be watching him; they wouldn't even pay attention to the competition. I said I competed against Anderson, but really no one could compete against him. He was in a class by himself. He was that great. It was an honor for me just to have competed with him," states Harris. "If it weren't for Anderson, I would have

Powerlifting," states Harris. "It's relatively safe, and it will enhance your health and life. The sport has grown tremendously over the last two or three decades. When I first started lifting, there were only a handful of guys competing. Today, there are literally thousands of lifters who are actively involved in the sport. I believe it will get even bigger and better in the years to come, but there are some major problems that the sport needs to address. Otherwise, Powerlifting could go the way of Olympic lifting and die. I guess it goes without saying, "Harris continues, "that all of the division in the sport is not good. There are so many National and World champions in the sport that you can't keep track of them. It's crazy. It's ruining the credibility of the sport. Of course, it doesn't take Einstein to figure that out, but no one is doing anything about it. Also, the judging at some meets is appalling. Lifters are being awarded lifts that are not even close to being legal. We know this is wrong, but again, no one does anything about it. In short, I would like to see the unification of all these organizations, less equipment, and better officiating. Once we clean up all of that, the sport can only get better."

Harris sits back in his chair and sighs. It's obvious that he is deep in thought. "I believe that we have to make Powerlifting more appealing to the general public. The way it is now, Powerlifting is not a spectator sport. In fact, very few people outside of the sport actually know what's going on. We have to educate people about what we are doing. It might even be a good idea to eliminate one of the lifts to shorten the meets... the squat would be my choice. It's the hardest lift to judge and it's the most time consuming. I know that sounds drastic, but I honestly believe it would enhance the popularity of the sport. I also believe we need to publicize Powerlifting more. The way it is now the only publicity the sport gets is through Powerlifting USA magazine. It might be a good idea to look at what other sports, like basketball, baseball, or even bodybuilding, have done to increase their popularity and then follow their lead. You can't expect kids to gravitate to a sport they haven't even heard of, or adults to support something they know absolutely nothing about. We have a lot of great athletes and role models in Powerlifting, but we don't publicize them." Harris looks perplexed. "I love this sport. I honestly believe it can reach great heights if we all work together to promote it. We need to clean up what's wrong with it internally and then take it to the public."

Dr. JUDD

Buck Harris - Iron Master as told to Powerlifting USA by Judd Biasiotto Ph.D.

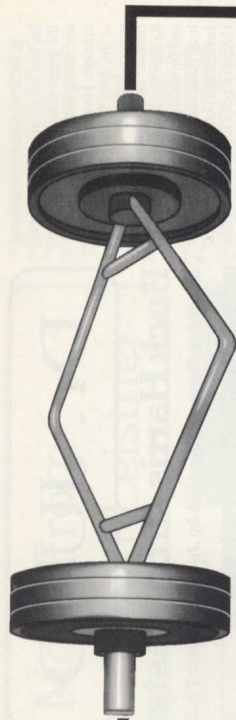


Buck Harris on the National Masters Championship platform in 1988

better nutrition or the more advanced training methods, it's probably all of these things, but the lifters today are much better than we were. Of course, because of the advancements in the sport I really don't think you can compare athletes from one era to another." Harris grins broadly, "Anderson was the exception."

Over the years Harris has seen weightlifting grow from its embryonic stage to adulthood. From presses without a bench to squats without racks (the weight had to be cleaned then squatted) to the Monolift. He has seen the staggering increase in drug usage, the upgrade of lifting equipment, and the proliferation of lifting organizations. He has literally seen it all. It is encouraging to note that he is somewhat optimistic about the we could compete with the lifters of today," states Harris. "I don't know if it's the drugs, the equipment, the

won a lot more championships, but I would have missed out on a lot of great moments. I would rather have the moments than the championships." Anderson is not the only great lifter that Harris has competed against. Names like Schemanski, Venable, Shandor, Gurasky, Abernathy, Davies, and Masten come easily to his mind. Men who were not only proficient Olympic lifting but Powerlifting as well. "There were some great lifters during my time, real iron men. We didn't specialize in any particular thing, squats, snatches, high pulls... it didn't matter. If there was something there to be lifted, we would lift it. The lifters of yesterday were good, real good, but I don't think we could compete with the lifters of today," states Harris. "I don't know if it's the drugs, the equipment, the



Is It a Genuine Gerard Trap Bar®?

You've already read about the many benefits of the Trap Bar® in the pages of *PLUSA*, *HardGainer* and *IronMan* magazines, and in *Shawn Robertson's* and *Paul Kelso's* books. But did you know the Trap Bar® was invented and patented (#317,641) by *Al P. Gerard*? That the name Trap Bar® is itself protected by Trademark #1455503? You should also know Middle Coast Publishing, Inc., is the sole and exclusive licensee for the Trap Bar®. Period.

Our genuine Trap Bars® are handcrafted right here in the United States to *Al Gerard's* demanding specifications. Both Olympic and Exercise plate models are available for \$165 delivered. We ship within 24 hours. So when fitness experts write or speak the name Trap Bar®, or whenever you deadlift or shug with a Trap Bar®, be sure it's the genuine article, a Gerard Trap Bar®.

Middle Coast Publishing, Inc., Dept. PLUSA, PO Box 2522, Iowa City, IA 52244.
For more info: (888) 339-1877 Toll Free or 800-205-8254 (24-hour orders only desk)
On the web at: <http://www.avalon.net/~middlecoast>

Ultimate Performance

CREATINE MONOHYDRATE	
300 GRAM BOTTLE	\$13.00
500 GRAM BOTTLE	\$23.00
1000 GRAM BOTTLE	\$40.00
VANADYL SULFATE	
10 MG (100 CAPS)	\$5.00
Bioengineered Ion-Exchange Whey Protein Chocolate or Vanilla 2 lbs.	\$12.00
Bioengineered Ion-Exchange Whey Protein Natural 2 lbs.	\$10.00
Androstenedione Stack - 60 Tabs	\$14.00
100 MG 60 Tabs	\$12.00

Phone: (800) 596-6395 • Fax: (712) 566-2155
OR WRITE
Ultimate Performance
23156 282nd Street • Underwood, IA 51576

Why are short rest periods between sets recommended? The nervous system remains responsive to the explosive efforts if the rest time is minimal.

Explosive strength and acceleration are at least 50% of our success at Westside. By now you know that we train our squat between 50 and 60% of our contest best. We do box squatting below parallel in training, and we use supportive gear at the meet.

When using weights over 90% in the classical lifts (bench, squat, deadlift, snatch, clean & jerk), troubles often occur in neuromuscular coordination. However, knowing what your box record is will provide some interesting information.

Dr. Tamas Ajan and Prof. Lazar Baroga advise doing speed training between 65 and 80% to accommodate the relationship between force and velocity. Todd Brock's best record box record is 730. His training weights with just the bar weight range from 455 to 565. This represents 62.5-77.5%, slightly under their recommendations. However, Todd does wear groove belts. If less weight than 455 is used, the bar speed is too great to produce adequate force. If more than 565 is used, the bar speed decreases, and thus, the force is decreased.

The force that is developed during the lift is proportional to the weight of the barbell and the speed of execution (force = mass x acceleration). That's why you can stand on thin ice, but you can't jump on it. It is known that by using only 154 pounds, as much as 264 pounds can be generated by increasing velocity.

How do we increase acceleration? We use three methods. The first is stripping weight off the bar during a lift. We use Kowalczyk's Weight Release device to do this. This is the simplest and safest way we have found. On dynamic squat day, with the weights at 50 and 60%, Todd will use 10-20% more than his normal squat weight. This is 50-100 extra pounds on the 60% week (480 in the eccentric phase of the lift). When the weight releases on the floor, he then raises up the original 480. Because this is such a contrast, he will explode upward without that additional 100 pounds. This is known as the contrast method. With the additional weight in the eccentric phase, muscle mass is easily gained.

After 5 weeks, the Weight Releases are dropped and chains are introduced for 6-10 weeks or until their training result is diminished.

Dave Tate and Joe Amato like chains very much, because the chains raised their squat from about 800 to 870 and 865, respectively.

TRAINING

SPEED STRENGTH as told to POWERLIFTING USA by Louie Simmons



Chris Baxter does board presses with the flex bands (Courtesy Sims)

His training weights ranged from 52.5 to 62.5% of 870. These percentages are based on the regular bar weight plus the amount of chain weight that remains on the bar while sitting on the below-parallel box. With Dave's and Joe's strength level, they use 160 pounds of chain, 80 pounds of which remains on the bar after deloading. The weights are 375 plus 80 pounds of chain, roughly 53.5%, or 455, for 10 sets of 2 reps, waved up to 62.5% (465 bar weight plus 80 pounds of chain, or 545).

Let's look at the function of the chains. When standing up with 375, the full 160 pounds of chain are in effect, equaling 535. While lowering onto the below-parallel box, the weight is reduced to 455, or roughly 52.5% of 870. The deloading process occurs eccentrically. After sitting on the box statically, the concentric phase begins and the re-loading proceeds, until the full weight of the chains plus the original bar weight is once again 535.

At 62.5% the bar weight is 465 plus 160 pounds of chain, equaling 625, at the top, and in the yielding phase it is reduced to 545. The percent is measured while sitting on the box. By using this method, we are accommodating resistance per-

been reported on multiple-joint exercises.

However, by using chains and bands, I believe we can match the strength curve and accommodate resistance very effectively. The lower the box, the less weight can be used, and the higher the box, the more weight can be used. Chairs and bands can deload and reload the weight during the squat movement to maintain resistance at all positions.

Two things can be accomplished with the rubber bands: (1) more actual bar weight can be used while sitting on the box; (2) if lowering, or yielding, contributes to raising, then with the addition of bands that literally pull you down, the stretch-relax system is greatly stimulated and kinetic energy is transferred into the muscles. This kinetic energy is released in the eccentric portion of the lift. Greater muscular force occurs as a result of the bands.

Again, place the Flex Bands around the bottom of your power rack or monolith and loop the other end around the bar, one on each side. When an 800+ squatter is using the bands, the tension should equal 150 pounds at the top and 80 pounds while sitting on the box. As you will note, the loading and deloading process in pounds is very close to chains. The main difference and an advantage is that the bands pull you down in both the eccentric and concentric phases.

It is advisable to use a combination of chains and weight release devices, bands and weight release devices, or chains and bands. The last combination works well for the bench press as well. A platform is available for the Flex Bands. It is perfect for pulling, both for deloading and clean and snatch pulls.

It has been said that when you get old, you slow down. But you can also slow down when you are young, by training too heavy or slow. Neither the young nor old need to slow down if you keep acceleration in mind. Remember that the speed of movement is controlled by external resistance. So concentrate on explosive strength and learn to accelerate with chains and bands. Then and only then will you recognize your true potential.

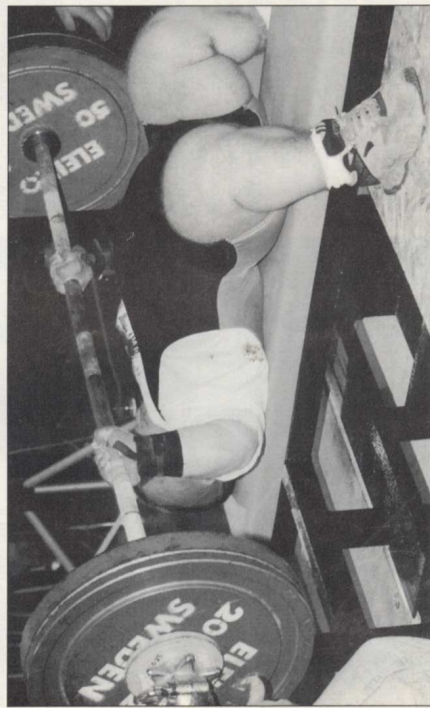
Remember that short rests between sets work best (45 seconds for squatting and 60 seconds for benching). Why? The central nervous system remains responsive to the explosive effort if the rest interval is minimal and, of course, if your general physical preparedness is high. One must maintain a high work capacity, i.e., sports fitness, something we all must have.

To order the Flex Bands, call Jump Stretch, Inc., at (330) 629-2511.

To progress in any endeavor, the basics of the discipline are an invaluable base to build from. For many lifters, however, their knowledge of the basics may be a little weak. Some start with good intentions and then their practices degenerate. Others start off on the wrong foot. This adds up to less than desired results and frustration. Many articles on powerlifting assume a certain degree of knowledge of the sport. This represents a large percentage of our readership, but many readers are novices, looking for basic information they can use to get up to speed. Ask a large group of lifters which lift they would most like to excel in and the answer would be the bench press, by far. Many lifters specialize in the bench press and don't even train the other 2 lifts hard at all. In this article I'll discuss the basics of the bench press and hopefully provide sound, basic information that novices can use as well as more experienced lifters who feel they can benefit from a little regrouping.

The prime muscle groups used in the bench are the chest, anterior or frontal shoulder and triceps. The lats and biceps are involved to a lesser extent as they act as stabilizers during the movement. Also heavily involved in proper benching are the legs and hips. Yes, the bench press, performed at optimal technique, is really a whole body movement. I'll explore that later, so don't think lifting your butt one foot off the bench is okay. That's the type of lifting that is good only for red lights at a meet. You can assume that lifters guilty of this are meets train like that in the gym. The opposite also applies; your training style carries over to your competi-

tion. Next time we will look at the other techniques you can use to get better results. We'll also examine lifting gear that can improve results. Lastly, we'll examine more specific training routines to increase your bench press. We'll then get into some competitive rules and, as usual, everything will be with the novice lifter in mind. Until then, train hard, train smart.



1997 IPF World Bench Press Champion Andrzej Stanaszek of Poland uses blocks to stabilize his feet.

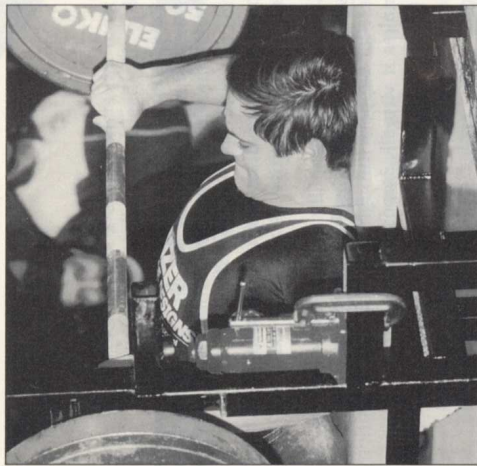
x 8, 155 x 5, 165 to 80%, 145 to 80% and so on.

On the light day, concentrate on really popping or exploding on the bar. Push it up hard, although go easy on the first two warm-up sets. Real power is a function of speed as well as weight. Explode on the heavy day too, although with the heavier weights, the bar won't move as fast, but your muscles won't know the difference. Dr. Fred Hatfield popularized this method of training called compensatory acceleration. Control the bar on the way down. Lower it smoothly and without crashing it on your chest. There is no reason to rest at the chest at this time. Touch and go is fine but crash and go isn't. Take about two to five minutes rest between each set. A faster pace will result in fewer reps on the last few sets. Don't worry about pump while on this routine as a pump doesn't always mean growth. As each week progresses, the number of reps you get will drop. That's okay. Changing rep schemes over a period will not allow your body to grow accustomed to any one rep progression. If you feel yourself getting burned out later in this program, drop the light day entirely. More and more Powerlifters are training their bench just once a week. This routine is just a sample. You can substitute your own program, revolving around 2 workouts per week. If you insist on benching more than twice weekly, don't blame me for your lack of progress.

An important side note is to always use competent and alert spotters. Since you're going to fail anyway, you'll need help to get the bar safely in the rack after the set. Use tight, secure collars on the bar. Make certain the bars is loaded properly on both sides before each set. Safety is important in training with weights. Don't bench alone. The one assistance exercise to include is close grip benches. Grip these about at shoulder width. Some lifters think with close grips that their hands should be almost touching in the center of the bar. Not so. That narrow of a grip only increases wrist strain and the danger of losing control of the bar while decreasing the amount of weight you can use. A shoulder width grip will adequately work the triceps which are the target muscle group of this exercise.

Perform two sets of close grips after your benches, the first with 20 pounds less than your last bench set. Take off another 10 pounds for the second and last set. Go to failure on a heavy day and again to 80% on a light day. Here's the heavy day of Week 1: Close grips, 145 to failure, 135 to failure.

For those of you who are using



Alexei Sivokon won both the '97 IPF Bench Press and PL World titles

done in a heavy/light fashion and your bench will flourish like never before. No need for flares, dips, laterals, inclines, French presses, kickbacks and the like. I know that many of you out there who do a heck of a lot more, but you will gain with less actual work provided you work hard and regularly. Keep it simple and remember it's quality that counts, not quantity.

Earlier I mentioned the legs and hips were involved in the bench press. They are the foundation of your pushing power. Try this as an example. Bench with your feet on the floor and you'll see what I mean. You have no stability and it's hard to control the weight and controlling



Hiro Isagawa (who is responsible for these line photographs) is literally a "master" of the classically efficient wide grip bench pressing style, which brought him another IPF World title in Lecluc, Canada.

the weight is half the battle. Positioning is the key here. Many novice lifters lay flat on the bench with their feet out in line with the bench with little, if any, weight on them. On hard reps you can see their feet sliding away as they think this will help get the weight up. Far from it, this creates position of poor leverage and increases potential for injury.

Assuming some degree of arch on the bench is important to getting a bigger bench. If you have a back problem, consult your doctor. Arching will get your chest higher off the bench and will not only reduce the distance the bar will travel but will add the back, hip and leg muscles to the press. To arch, get your chin into your chest and your hips into your chest from the other direction. This will result in getting the small of your back off the bench. Flexibility is the limiting factor here, but try for some degree of arching. In addition, get your feet more nearly "under" your body. This adds a great degree of stability to the lift. Keep your feet flat. Flexibility again helps here. With your feet under you and a good solid arch, your butt will not come off the bench when you put weight off your feet and drive the weight off your chest. There should be no actual movement of your butt, as it is illegal in official competition. The bar should come in contact at the chest at nipple level. Most newer lifters hit their chest too close to the neck. By hitting the chest at nipple level and arching the bar is at its highest point and travels the least distance to lock out. You can lift more a shorter distance than a longer. Sounds like common sense; it is. Re-read that sentence and put it into action.

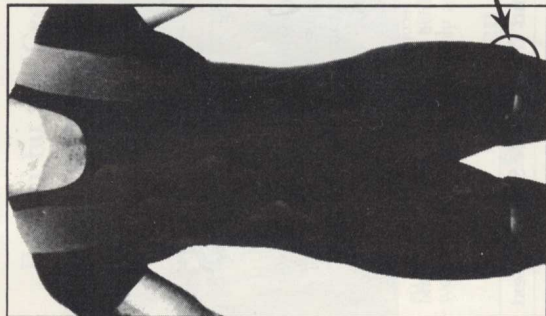
There's a lot more to the bench press. Next time we will look at the

CREATINE MONOHYDRATE C.P.[®]
100% CHEMICALLY PURE 99.9%
250 GRAMS - \$13.99 !!
1 KILO - \$49.99 !!
 CALL ABOUT OUR BULK WHOLESALE PRICES UP TO 50 KG DRUMS AT THE LOWEST PRICES ANYWHERE !!
"OUR CREATINE MONOHYDRATE C.P." IS OF THE HIGHEST QUALITY. THE MANUFACTURER OPERATES A GMP PLANT THAT MANUFACTURES UNDER PHARMACEUTICAL CONDITIONS !
OUR U.S. MADE PRODUCT CONTAINS NO ANIMAL BYPRODUCTS
SPORTS, EXERCISE & BODYBUILDING, INC.
1-800-364-7352
(DIRECT INQUIRIES TO CURT MATHES, MS.CSCS USWF CLUB COACH)

INZER ADVANCE DESIGNS
 We Make Power Gear A Science
 1-800-222-6897
 IMMEDIATE SHIPPING

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

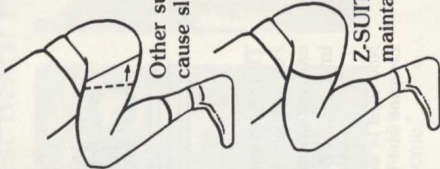


Z-SUIT

Worn By:



Other suits slip and cause slack in hip area.
 Z-SUIT stays maintaining tightness. 2531 TOTAL/1031 SQUAT



Z-Lock (anti-slip mechanism)

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness
INZER IRON WRAPS - Style B - Powerful rubber strand construction. For those who like that super squeeze feel.
 Iron Wraps A or B - 1 pair \$22, 2 pair \$40

- Anthony Clark**
2531 TOTAL/1031 SQUAT
- John Inzer**
744 SQUAT at 165 b.w.
- O.D. Wilson**
1003 SQUAT
- Jesse Jackson**
711 SQUAT at 148 b.w.
- Matt Dimel**
1010 SQUAT

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Covernan

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Covernan

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

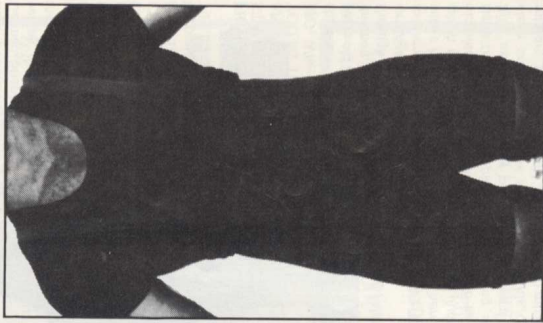
Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!



CHAMPION SUIT

6 Month Guarantee Against Blow-outs on Both CHAMPION SUIT and Z-SUIT

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

MC VISA COD Check Money Order
 Please indicate size or include measurements of:
 Height _____
 Weight _____
 Upper Thigh _____
 Buttocks _____

CHAMPION SUIT and Z-SUIT colors:
 Black Navy Blue Red Royal Blue

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
			SHIPPING	\$5.50
			TOTAL	

Overseas orders add 10% surcharge or 20% air mail.
 Texas residents, please add 8.25% sales tax

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____

\$38 or 2 for \$66

INZER ADVANCE DESIGNS
 We Make Power Gear A Science
 P.O. Box 2981
 Longview, TX 75606

1-800-222-6897
903-236-4012

INTERVIEW

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

MIKE OVERDEER interviewed for Powerlifting USA by FRED RICE

SUBJECT: Mike Overdeer, AGE: 40, **MARITAL STATUS:** Married to Angie for four years, with three daughters from a previous marriage—Jessica, Jamie, and Allison. **HOMETOWN:** Columbia City, IN. **JOB:** Runs a print shop which has been in his family since 1932. **INTERESTS:** Besides powerlifting, raises German Shepherds, develops dogs' temperament, intelligence, and working ability, which are then tested in trials on tracking, obedience, and protection. **HEIGHT:** 5 ft. 10 in.. **WEIGHT CLASS:** has competed from 181 through 242, but prefers to compete at 198



Andrea Sortwell, John Mathieu, Bettina Altizer, Mike Overdeer, Angie Overdeer, Mike Hardie.

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

MO: When I was about thirteen or fourteen years old I was a football lineman. I was inspired through Bob Hoffman's writings to begin lifting

to strengthen myself, and started with a homemade wooden bench which my father made, and I did old plastic covered weights. I initially trained the Olympic style lifts, working primarily on the clean and jerk and the seated military press. I thought I was pretty strong when at the age of fourteen I could clean and jerk my whole 165 lb. set. I became acquainted with some lifters from Judd's Basement, a team that dominated Indiana weightlifting in the late 60s and early 70s. Dick Judd has been a world master's weightlifting champion, and also has done powerlifting. Membership in Judd's Basement back in the old days was by invitation only, and after a tryout I was accepted into the club.

FR: HOW LONG HAVE YOU BEEN COMPETING?

MO: Judd's Basement ran some AAU powerlifting meets, and in 1978 or 1979 I began competing in these. I competed regularly until becoming president of the ADFFA.

FR: HOW DID YOU GET INVOLVED WITH USA POWER-

LIFTING (THE ADFFA)?

MO: There were some guys who joined Judd's Basement after I stood and went past me like I was doing well, because of their drug use. Due to discouragement with this, and other responsibilities in my life at the same time, I dropped out for a couple of years, after which I started my own gym in 1982 and became involved in drug-free powerlifting. I had taken over the family print shop in 1981 and started the gym on the third floor of the print shop building. Columbia City is a small town of about five thousand people, so it's not a profit making thing; we have a small "key" membership. We gratitated toward Pat Malone's leadership and what was to become the ADFFA.

FR: YOUR WIFE IS STILL COMPETING. TELL US SOMETHING ABOUT HER ACCOMPLISHMENTS.

MO: Angie won the USA Powerlifting Women's Nationals and the Lifetime Nationals in 1997. She competes in the 139 class. When in good shape she totals between 900 and 1000 lbs. Be-

cause of the pressures of becoming affiliated with the IPF her training has been limited in recent months, and she will probably not be ready for the Women's Nationals which are early in 1998.

FR: WHAT ARE YOUR BEST LIFTS?

MO: Approximately 565 squat, 340 bench, and 525 deadlift. I competed at the state and local level.

FR: HOW LONG HAVE YOU BEEN PRESIDENT OF USA POWERLIFTING, AND WHAT WAS YOUR INVOLVEMENT PRIOR TO THAT?

MO: First I became a state referee, then I was Indiana state chairman from 1989 until I became president in 1995.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

MO: Since becoming president of USA Powerlifting I have not been able to train regularly or compete. As a lifter I want to have enough time to train and to become a national level competitor in the masters division. I want to be able to just enjoy the sport for what really drew me to it in

their competitors during the competition. I feel that the sport is a good thing for me and contributes to the quality of my life. I love to expound the benefits of it, not only strengthwise, but what it does for people mentally, and how it provides lessons on life, for example, that you work a little every day to get where you're going to be somewhere down the road. I also enjoy coaching, judging, and just helping at meets. In order to further these objectives, I will probably give up the presidency at the end of my current term, which runs until the year 2000.

FR: TELL US SOMETHING ABOUT THE HISTORIC EVENTS WHICH LED TO USA POWERLIFTING BECOMING THE IPF AFFILIATE, AND WHICH WERE FINALIZED IN THE CZECH REPUBLIC.

MO: Probably the most difficult aspect of the entire process was to just keep presenting the positives in the best interests of diplomacy, while there was so much negativism being hurled at us. If you can't stand on your own mer-

its, you don't deserve to be standing in the first place. I firmly believe that we are the leading organization, and we have built in accountability into our system. We've got good leaders, we follow the democratic process, and we just ought to be where we are. Going into the meeting in the Czech Republic it was painful to see that we were distrusted as Americans. I think that we made a great deal of progress in creating a new image for powerlifting in the United States, by showing that there are Americans with integrity and ethics who want to be team players. We had some real allies at the meeting, among others Canada, Denmark, Norway, England, and Japan.

With their help and our strong group that went to represent USA Powerlifting - Bettina Altizer, Angie Overdeer, Andrea Sortwell, Mike Hardie, John Mathieu, and myself - we were able to accomplish the new affiliation. While there we used every means at our disposal to plead our case. We had meetings everywhere, pigeon-holing delegates in all locations, and we even had overhead projectors in our rooms in order to give presentations.

FR: HOW DO YOU FEEL ABOUT FURTHER EFFORTS AT UNIFI-

CATION OF THE SPORT?
MO: I would like to be optimistic. Certainly there will always be potential for unification with other drug tested not-for-profit organizations.
FR: HOW DO YOU FEEL ABOUT THE ATTITUDE OF SOME THAT HURT AVERAGE LIFTERS?
MO: I don't see how the effort to get into the Olympics could hurt the average lifter. It will help the average lifter by raising the public perception of the sport and adding respect for it and understanding of it. It's a great sport that answers a timeless desire within people to test and show their raw strength. We are this century's strength event, which internationally has gone way beyond weightlifting in number of participants.
FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?
MO: I hope that everyone keeps their vision of what they want this sport to be in making it strong and moving it forward. This sport needs to become more than it is, and I look at some of the sports that are now in the Olympics, and I think that powerlifting, as a large and growing sport, deserves to be there.

DOOR TO DOOR SERVICE

Basic Research Labs

Basic Research Labs is committed to providing the hard training athlete the highest quality nutritional supplements at a better than fair price. We have no paid endusers, no large overhead or extravagant marketing. We are the great products at substantial savings!

24 hrs / day • 7 days / week

Creatine Monohydrate
1000 g\$39.95
454g + 100 free\$39.95
300g + 100 free\$26.95

Androstene
100mg/60caps\$17.95

Vanadyl Sulfate
7mg/100caps\$9.95

DHEA 50mg/60caps\$8.95

BCAA's
Burners 120caps\$18.95

BCAA's
500mg/120caps\$11.95

Amino Acids
1000mg/250caps\$13.95



1-800-577-7068

IronMind

IronMind Enterprises, Inc. offers about 100 products, all designed for serious strength athletes: weightlifters, strongmen, Highland Games athletes, arm wrestlers, powerlifters. We publish a magazine that will knock your socks off, and some books that are bound to boost your size and strength. Our equipment ranges from basic benches to specialized squatting equipment to handfulls of grip training tools, including the world's toughest grippers.



We also offer a few honest food supplements and some videos that feature the strongest men on the planet. And we try to give you the helpful, personal service we all like. We're not for everybody, but if you like strength, you'll probably love our products. Call, fax or write for a free catalog.

IronMind Enterprises, Inc.

P.O. Box 1228, Nevada City, California 95959 U.S.A.
Tel: 916.265.6725 Fax: 916.265.4876

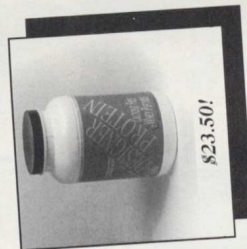
FREE SUPPLEMENTS!

with any order over \$100

* See below for details



\$24.00!



\$23.50!



Call for Low Price!

We GUARANTEE the LOWEST prices on the **HOTTEST** supplements in the industry!!

40-60% EVERYDAY SAVINGS. THE BEST CUSTOMER SERVICE. SUPER FAST SHIPPING. WHY WOULD YOU SHOP ANYWHERE ELSE?

***SPECIAL OFFER FOR NEW CUSTOMERS**

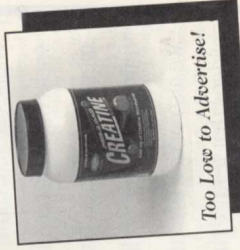
Here's how it works, spend \$100 on your FIRST order with us and then choose ONE of the following FREE supplements!

- VANADYL SULFATE
- MELATONIN
- DEAD LIFT STRAPS
- CHROMIUM PICOLINATE
- MESH LIFTING GLOVES
- MULTI VITAMIN

IT'S THAT EASY!!!



\$27.95!



Too Low to Advertise!

1-800-362-3306

CALL FOR FREE CATALOG

Visit Our Store At: 999 E. Chicago Ave., Naperville, IL. 60540
INTERNATIONAL INQUIRIES CALL (630) 637-8981 • FAX ORDER LINE (630) 637-9834

Nutrition DISCOUNTERS Inc.
SPORTS NUTRITION. POWERFUL DISCOUNTS.

*Above offer valid with mention of this ad only.

WORKOUT of the Month

This workout is based on a 400 lb. maximum bench press with a single ply shirt. You should expect a 10-20 lb. gain if you have been seriously training before the start of the cycle and you are injury free. Use strict form in training and pause the last rep of every set including close grips. I use a 10 week cycle, benching once a week. My workouts are short, but intense - remember recovery is very important. Following are the weight and rep scheme for both the bench press and close grips, which should be done with the index finger on the smooth part of the bar.

The rest of my assistance exercises on bench day includes

- Week 1:** bench press 270 x 5 x 3 (5 reps, 3 sets), close grips 220 x 5
- Week 2:** bench press 280 x 5 x 3, close grips 230 x 5
- Week 3:** bench press 290 x 5 x 3, close grips 240 x 5
- Week 4:** bench press 300 x 3 x 3, close grips 250 x 5
- Week 5:** bench press 315 x 3 x 2, close grips 260 x 5
- Week 6:** bench press 330 x 3 x 2, close grips 270 x 5
- Week 7:** bench press 345 x 2 x 2, close grips 280 x 5
- Week 8:** bench press 365 x 3 x 1 (add shirt), close grips 290 x 3
- Week 9:** bench press 380 x 2 x 1, close grips 300 x 3
- Week 10:** bench press 395 x 1 x 2, close grips 315 x 3

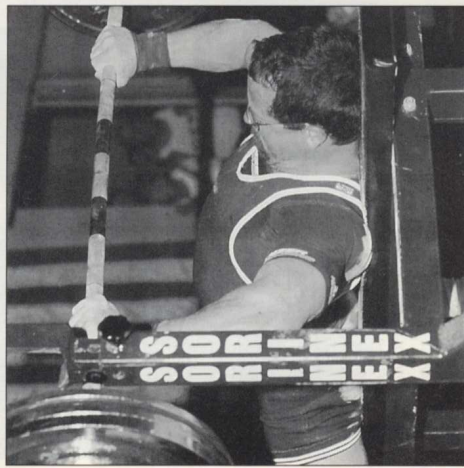
Mike Danforth Bench Press

This workout has enabled me to go from a USPF Junior National & American record of 352 @ 165 in my second meet to a 440 @ 181 at the 1997 USPF Seniors. If you are interested in a personalized routine, send your maximum bench press and a copy of the workout that you used to achieve that result along with a \$10 check to: Mike Danforth, 176 Lake Road, Wilton, ME 04294. Remember Consistency, Dedication, and Hard Work yields the best results.

This workout has enabled me to go from a USPF Junior National & American record of 352 @ 165 in my second meet to a 440 @ 181 at the 1997 USPF Seniors. If you are interested in a personalized routine, send your maximum bench press and a copy of the workout that you used to achieve that result along with a \$10 check to: Mike Danforth, 176 Lake Road, Wilton, ME 04294. Remember Consistency, Dedication, and Hard Work yields the best results.

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

should be 10 days out from the meet. On meet day keep your warm-ups brief and it's better to put your shirt on a little early than too late. Attempts should be as follows: 1st 374, 2nd 402, 3rd 413-418.



Mike Danforth used this bench press workout to enable him to go from a USPF Junior National and American record of 352 at 165 lbs. in his second meet, to a 440 at 181 lbs. at the 1997 USPF Seniors.

weighted push-ups with my feet on a 12" box - have a training partner place a 100 lb. plate on your back and do 3 sets until failure, varying your hand placement from close to wide and add weight when your reps get to be over 12. The next exercise is incline dumbbell front raises, use a 45 degree bench with your thumbs facing up and a slight bend in your elbows. Do 3 sets of 5-8 reps.

That's about it for bench day, except that before each bench and shoulder workout I do rotator cuff exercises with dumbbells, working both internal and external rotation. I bench on Wednesday and do my shoulder work on Sundays, which includes: seated press, side laterals, hand stand push-ups, and 1 more triceps exercise which varies from push-

WE HAVE WHAT YOU NEED:

<input checked="" type="checkbox"/> Safety Power Squat Bar	425.00*	<input checked="" type="checkbox"/> Monolift	2495.00
<input checked="" type="checkbox"/> T-Shirts	18.00*	<input checked="" type="checkbox"/> Weight Release	72.00*
<input checked="" type="checkbox"/> Belt Squat Belt	88.00*	<input checked="" type="checkbox"/> Training Secrets Videos	Bench, Squat, or Deadlift 33.00*
<input checked="" type="checkbox"/> Manta Ray	43.00*		

614-276-0923
WESTSIDE BARBELL
1417 Demorest Road
Columbus OH 43228
*Shipping included. Send check or money order

POWER SCENE

Now that 1998 is underway, it's time to start thinking about which meets are the ones for you to compete in this year. Well, we found a meet with some prize money for the winning powerlifters - how's that sound?

Money? In Powerlifting? Really? American dollars? Yes, yes, yes, and yes. Trevor Kracker and his partner Chris Parker operate a 15,000 square foot health club down in North Carolina, and through Total Elite Fitness, they're staging their third annual Baddest Bench, on March 14.

Two years ago they began, giving away \$500 and drawing 15 lifters. Last year they gave away \$2500, and they drew 45 lifters. This year it'll be \$8000, and they're hoping for 300 lifters. (If they get 300, the meet might have to run into Sunday March 15th).

First prize in the Open category is \$3500, and there is prize money in three other categories - masters, women, and teenage. Weight classes range from 118 to Superheavyweight, and the entry fee is \$75 in advance, \$85 on meet day. Nearby residents, and benchers, Harold Collins and Lee Rorie may be competing, as well as Greg Warr. Local media - TV and newspaper - should be out to cover the event.

For more info, call 910-671-9373

Out there on the West Coast, big-time meet director Martin Drake is swinging into action with his '98 schedule. Martin puts on top-notch



Kari Schmidt... from Tae Kwon Do to the rigors of Power Training.

can Powerlifting and Bench press turnouts. This year he's got these three upcoming meets, all of them in California and all of them with A.A.U. sanctions:

May 1-2 The United States Bench Press Championships, in Moreno Valley.

August 29-30 The North American Powerlifting Championships, in Pennsylvania's Mike Mastrean



Mike Mastrean easily squatting his way to a WDPFF World Championship 198 lb. title in England in 1997

has been doing some heavy lifting, winning the 1997 A.A.U. 198 lb. class in the nationals, and capturing a Best Lifter award. Mike also took the 198 lb. class and Best Lifter awards at the WDPFF World Championships in London, England last year. POWERLIFTER VIDEO caught up with Mike for a Star Workout in the squat, tape at Jamie Harris' Monster Factory Gym in Elizabeth, PA.

Jamie's gym has become a mecca for Pennsylvania powerlifters, and we'll be bringing you more of the lifting action from there in the coming months.

Up in New York, Kari Schmidt has just started lifting. Kari's a legal secretary and college student at John Jay College, with a background in Tae Kwon Do. At 133 lbs., she's hit gym lifts so far of 235 in the squat and 225 in the deadlift. After college, she's thinking about becoming a parole officer - that power training could come in handy.



Mike Blake with the awards he earned at the AAU Lifetime Drug Free Nationals in Little Rock, AR

Mike Blake sent us this photo of him and the trophy he picked up in Little Rock, AR for winning a Lifetime Drug Free National title in the 319 lb. class, where he set records in the squat, bench, and total. Right now it's time-out for Mike, as he takes care of a three year old lifting injury that he says hurts "big time".

We wish Mike good luck on the comeback trail, as well as sending good luck comeback wishes to two other lifters we've chronicled in the past in POWER SCENE. New York's Ellen Stein and Pennsylvania's Rob Cappozzello.

Hope you're all surviving the winter, and pounding that iron. See you on video. NED LOW

ADFFPA'S 25 All-Time Best

by Herb Glossbrenner, PL USA Historian/Statistician

226 lbs., more than her closest rival. She topped her A/R BP to 248, highlighting her win. In 1993, she became Betsy Ojanen. She's a Fire-fighter, as is her new hubby. She coasted to her eighth straight with a new TOT record of 1129. Still unbeaten with nine in a row. Her toughest rival yet was Belisto (1102-1085). Her best lifting: 468 SQ, 286 BP, 429 DL, 1173 TOT, in 1996. Ten consecutive wins at 176.



NUMBER ONE... Betsy Ojanen's consistent success has prevailed.

1997: A tough fought victory over Linda Belisto. Both SQ ed 424. Betsy's 55 lb. BP advantage (270-225) gave her a narrow win (1113-1102) her eleventh! Also seven WDPFF World titles, six in a row, missing only in 1995. Back in 1996 she made it number seven. Ojanen is poised, confident and rarely makes mistakes. She's the best lady of All-Time for ADFFPA/WDPFF. Best Lifts at 176: SQ 468, BP 286, DL 435, TOT 1179.

2. **JUDITH GEDNEY:** DOB September 26, 1940 in Macomb, IL (665 pts.). Judy Gedney is not too heavy! At 97 lbs. she owns this category. With 13 National titles in 1991, when she beat Noble again (by 66). With number 6, TOT was

1997: A tough fought victory over Linda Belisto. Both SQ ed 424. Betsy's 55 lb. BP advantage (270-225) gave her a narrow win (1113-1102) her eleventh! Also seven WDPFF World titles, six in a row, missing only in 1995. Back in 1996 she made it number seven. Ojanen is poised, confident and rarely makes mistakes. She's the best lady of All-Time for ADFFPA/WDPFF. Best Lifts at 176: SQ 468, BP 286, DL 435, TOT 1179.

This month I'm showcasing the ADFFPA's 25 All-Time Best Greatest Women's Champions. The final score is a combined result of points earned by placing among the top 5 in the ADFFPA Nationals coupled with those earned at the WDPFF World Championships. I've allocated points as follows: for the Nationals 20 pts. for 1st, 10 for 2nd, 5 for 3rd, and 1 point for 5th. In the Worlds: The championship title earns 50 points, 2nd is 25, 3rd is 15, 4th is 10 and 5th is 5 pts. The combined point tally gives the overall picture of these drug free ratings!



CYNTHIA REGAN... SHW Star

in 1988 also, but pulled only 374 which gave her third place in 1989 the DL. Jinx prevailed. She was again in front on ST, then failed all DLs - zero! Like a rubber ball, Cindy bounced back in 1990, defeating two time SHW champ Waters with big lifts: 435 SQ, 303 BP, 402 DL, 1129 TOT. Quite an improvement. Her finest day came in 1991 with a 319 BP and TOT 1190, which outstripped Schulz and Clark who deadlocked at 1129. Seniors who number six was in 1992 with a 424 DL, where she won by a 214 lb. edge! Regan surprised everyone including herself in 1993 with a bomb in the BP! In 1994 the "Master" took runner-up. Her seventh Seniors gold came easily in 1995, along with three silver and a bronze, 11 medals total. She racked up five World titles from 1990-96, being absent only in 1993. As USA's Drug Education Chairman she gives seminars presenting these ideals.



Bettina Altizer is good in all the lifts, but exceptional in the bench 97: SQ 270, BP 159, DL 314, Best lifts at SHW: SQ 468, BP 325, DL 424, TOT 1190.

3. **CINDY REGAN:** DOB May 9, 1948 in Watkins Glen, NY (425 pts.). Beginning in 1984 at age 36, Cindy dominated the unlimited division three years in succession. In 1987 she relinquished a big lead with a low DL, and was runner-up by 49 behind Carol Waters. She led

4. **BETTINA ALTIZER:** DOB October 26, 1962 in Roanoke, VA (840 pts.). Bettina's preamble to ADFFPA greatness came at the 1990 Seniors. It was a dream match up between this 27 year old Virginia lawyer and Felicia Almy-Johnson - a woman's Powerlifting legend. At

INTERVIEW

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

LARRY KYE

Interviewed for Powerlifting USA by Pat Cuntrera



Larry Kye, the AAU 1997 Life Time Drug Free Lifter, shown here pushing one of his record squats. Larry is also the AAU State Records Chairman for Arkansas.

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

LK: My name is Larry Kye. I am 45 years old and live in Jacksonville, Arkansas. I am married with 4 sons. I have worked for GTE for the past 27 years.

My wife supports me by judging, working the score tables and whatever it takes to help me. I have an interest in the Central Arkansas Barbell Club, which promotes AAU Powerlifting and USAW weightlifting.

PC: How did you get started refereeing powerlifting meets?

LK: I entered my first powerlifting meet when I was 37. I drove from Little Rock, Arkansas to Dallas, Texas for the USPF Summer Nationals. I bombed out on the bench press! At that moment, I decided I really could be a better lifter if I knew the rules. The following year, my wife and I took the USPF state referee's test at a powerlifting meet in Conway, Arkansas.

PC: Could you name some of the contests you have judged?

LK: I have been a meet director for the past 5 years in Arkansas, putting on at least 2 meets yearly, which includes the state meets. I have put on USWF weightlifting meets. I have judged at the NASA Natural Nationals, the NASA State and Regional meets and the AAUJC Arkansas State Championships. I spotted at the USPF Seniors. I have also judged numerous local high school meets.

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

LK: On a personal note, I have increased my total from 1220 to 1660 pounds. My greatest thrill was squatting 705 pounds this past January 14th at the USPF Arkansas State Championships. I have won the Open (220 lb. Class) in 1990, the NASA World Cup Masters in 1995 and the 1995 NASA Arkansas State Championships in the 242 lb. Class. My best Olympic lifts have been a 198 lb. Snatch and a 275 lb. Clean & Jerk. As Walter

the real heroes of the Iron game. I train three days a week. Squat and Bench on Mondays and Fridays. I Deadlift on Wednesdays. I do assistance work after the core lifts. I believe in recovery time with a good protein drink cycle with creatine and multivitamin/mineral supplements.

PC: If you could change one thing by the IPF President, I like the

about the sport of Powerlifting to improve competition, what would it be?

LK: I would have only two organizations, one professional and one amateur, with the professional competing at the Olympic level.

PC: What are some of your interests outside Powerlifting?

LK: I love music. I am caught in a time capsule with the Beatles (Rubber Soul and Sgt. Pepper's Lonely Hearts Club Band). I love the Razorbacks, as any good Arkie. I like booting with my wife.

PC: What is your opinion of the new concepts such as RAW Division, Wildcard Meets, and modified conventional system, which the AAUJC is implementing.

LK: I like RAW Division. It has developed a lot of interest with kids because they don't have \$150 to invest in power gear. The AAUJC RAW Division also has a lot of seasoned lifters getting involved again. I haven't done a RAW meet yet, but I plan to in the future. The AAUJC is on the right track with the Wild Card meets. The lifter gets two attempts in each lift and one extra attempt in the lift of his choice. This could shorten meet time and certainly avoid dropping a lift such as the Squat.

PC: What is your ultimate goal in this sport?

LK: My goals are to promote the AAUJC by hosting no less than two meets a year in Arkansas. I enjoy watching first time lifters winning and developing self-esteem and character through this sport.

PC: Would you like to make any final comments?

LK: I would like to thank My Lord and Savior Jesus Christ for blessing me with a healthy, strong body. I would like to thank my wife Linda for loving a guy who lifts heavy objects. I would also like to thank my peers Greg, Milton, Mike and Robert. Thanks also to Mike Lambert and Pat Cuntrera for giving me this interview. KEEP ON SQUATTING - REAL MEN SQUAT!

PC: I think the Bench Press is equally dangerous when training and the Deadlift is no more than an assistance exercise for the Clean. I think all three lifts should remain.

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

LK: Beginning lifters should always use proper form. This is especially important for young kids. Strength will come using proper training techniques. I like to read about how old timers such as Paul Anderson and Doug Hepburn train. Those guys are the real heroes of the Iron game. I train three days a week. Squat and Bench on Mondays and Fridays. I Deadlift on Wednesdays. I do assistance work after the core lifts. I believe in recovery time with a good protein drink cycle with creatine and multivitamin/mineral supplements.

PC: If you could change one thing by the IPF President, I like the



Felicia Johnson-Almy IPF-champ

187, DL 352, TOT 914.

DOB unknown, in Tempe, AZ (90 pis.). With a background in Gymnastics, Linda Haugland became the 1984 Arizona State diving champion. Under the watchful eye of Bill Wong she turned to P/L. Linda won her first Nationals in 1987 on her home turf. Urged by her fans and friends, Haugland held on strong to ward off a strong showing by JNs Dee Ellison. Dee missed the winning try. Linda won by 22 (744-722). In 1988 she defended her title at 111. A 44 S.T. advantage gave her an 11 lb. win. Ellison again tried to beat her, but the 341 do or die DL fell short. Linda won her only World title that year on a re-weigh with teammate Prince after they deadlocked and weighed the same. How close can it get? Best Lifts at 111: SQ 303, BP 148, DL 303, TOT 744.

25. KRISTAL HENRY: DOB September 20, 1963 in Salem, OR (90 pis.). Kristal Henry captured 2 National titles in 1991-92. At her first outing in Chicago she was sitting 38 back in fourth place at S.T. time. Kristal roared back to pull 352 at 111 to tie Kelly Moore at 111 (777) won being lighter. In 1992, she was cooking having an 8-9 day, she made up the 22 lb. deficit by pulling an A/R 369 DL at 116 (821 TOT) - a 44 lb. margin way out front. Henry dieted for 3 months to make the 111 limit. She went to the Worlds in AUS in 1991, won and set a World Record 171 BP; Personal Record 374 DL and 281, BP 171, DL 374, TOT 826.

Now I've paid tribute to the Greatest Champions, both men and women for the USPF/IPF as well as in the ADPPA (now USAPI) and WDPFF. Still to come I'll cover the best for the men and women for the APF & WPC. Look for it to uncover issues: I will profile the most versatile and successfully strong athletes. You'll meet the woman whom I have proclaimed is USA's undisputed SUPERWOMAN OF THE CENTURY! Don't miss it!

first Nationals. Overtaken in the DL, she relinquished the bronze 11 behind Rator at 116. In 1994 Donna led by 33 until Davis lifted 363 DL to surpass her and win (854-848). Absent in 1995 Donna returned in 1996 at 111 where she TOT 837 and won easily, 88 ahead of the closest challenger. Going only 3-8, McKinney repeated her win in 1997 at 111. At the Worlds, she had and uncontested victory in 1996. Best lifts at 111: SQ 91, BP 200, DL 330, TOT 854.

22. FELICIA JOHNSON-ALMY: DOB December 24, 1958 in Aurora, IL (100 pis.). Felicia made waves in the USPF and was an IPF Champ before she lifted an the ADPPA platform. Johnson-Almy is married with three kids and lives in Aurora, IL. She is employed as an Insurance Company Claims Adjuster. She reigned at 129 for two years. Winning in 1989 she was the runner-up away champ (by 61) in 1990 she pulled a 330 DL to beat Altizer by 11 (953-942) On a fourth attempt, she hoisted a 391 DL for a new American Record. In 1991 Felicia lost her title to Bettina Altizer. Forty four behind, she missed the 391 winning DL attempt. Debuting at the WDPFF Worlds in 1989, she collapsed under her 336 SQ opener, and got injured! She bounced back in 1990 to get her World title. She easily made a clean sweep of World Records: 341 SQ, 187 BP, 391 DL, 920 TOT. Best Lifts at 129: SQ 380, BP 214, DL 391, TOT 953.

23. TERRY WALTER: DOB unknown (96 pis.). Terry Walter was a popular doctor as well as a top squatter. She won fifth place at 139 in 1985. In 1986 she got the bronze. At the 1987 Nationals Terry's 380 SQ got her the jump on others at 139, it carried her through to a win over Tammy Thompson (903-898) in 1988 Terry was nearly flawless. After a 374 SQ, she missed a third at 396. Undaunted, she made a World Record on a fourth attempt. Sherrold to victory lane, 8-9. Her 914 TOT was 22 more than her closest challenger. At the first Drug Free Worlds in Reading, ENG she won by a mile (837-644). Best Lifts at 139: SQ 404.5, BP

She's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.

20. BETH GRATER: DOB January 25, 1958 in Brooklyn, NY (106 pis.). In 1990 she beat

shoulders. Getz won at 132 by 33 with 810 TOT and also set American Records in BP 176 in 1985 reduced to 116, and won by 27. In 1986 she was runner-up to Nancy Belliveau. Both had 815 TOT, but Melanie was heavier in bw. Getz set an American Record 181 BP and broke it again on a 4th in 1987 she won overwhinnigly at 116. Best Lifter award in 1988 she got her fourth Nationals gold, pulling a 358 DL for a 876 TOT - again she meets OUTSTANDING LIFTER. Melanie also won a World Title in 1988 at 122 (821 TOT). She dropped out of P/L, took up O/L, and made her mark there also. Motivated and dedicated describes her to a T. Best Lifts at 116: SQ 303, BP 193, DL 358, TOT 854.

19. LEA ANN ADAMS: DOB September 1, 1962 in Rosamond, CA (140 pis.). Lea Ann is a likeable school teacher in Rosamond, CA

Talmaide for bronze in her Seniors debut. In 1992-93 she finished third to Talmaide who picked her pocket was very tough, fifth. Four times she has been runner-up. A bridesmaid to Gedney in 1991-1995 1996 and 1997. Judy didn't go to the 1995 Worlds, so Beth capitalized on her golden opportunity and won unchallenged. Could it be a National title looms in her future? To complete her duty she needs to beat Judy! Best lifts at 97: SQ 286, BP 143, DL 253, TOT 683.

21. DONNA MCKINNEY: DOB October 3, 1956 in Coral Springs, FL (103 pis.). At age 36 McKinney finished fourth in her

Best Lifts at 139: SQ 404.5, BP

she went up to 111, and now had 3 wins! At her Worlds debut in 1988 Naomi finished second at 111. She tied with Linda Haugland (705 TOT) as both weighed identically. The final decision necessitated a re-weigh. Naomi was 6 oz heavier, so she got the silver! In 1989 she went 9-9 to top Deboss of France (766-733). After a long absence Prince returned in 1994 to Nationals and got bronze at 104. Best Lifts at 104: SQ 281, BP 154, DL 330, TOT 760.

18. MELANIE GETZ: DOB February 7, 1958 in St. Louis, MO (140 pis.). This school teacher is a four time ADPPA National champ in three different categories. Melanie jumped on the bandwagon in 1984. There in Indianapolis, she sported bodybuilder arms and

she's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.

she's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.

she's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.

she's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.

she's married to happy-go-lucky Guy Adams who's a heavy equipment operator at Edwards AFB. They train horses as a hobby. Lea is a two time Nationals champ (1992-93) and also twice a World WDPFF champ. In 1992 she topped a French duo in Derby, ENG setting World Records of 347 SQ and 380 DL, and an 876 TOT at 122. In CAN in 1993, she came out winning by an enormous 220 lb. margin. At 122 she set World Records of 352 SQ, 418 DL, and 926 TOT. Lea Ann started lifting in 1987 with husband Guy as her coach. Best lifts at 122: SQ 352, BP 154, DL 418, TOT 926.



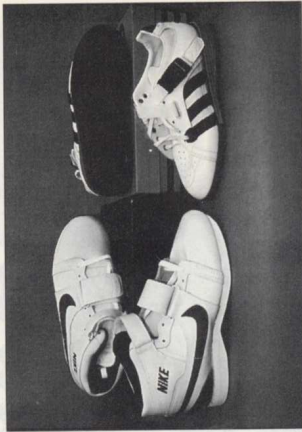
Beth Grater... out of New York

adidas Low Cut Lifting Shoes—new adiStar model

- Wooded platform constructed midsole for ultimate stability
 - Solid rubber outsole with ribbed design for maximum grip
 - Cross Strap buckle system for individual midfoot reinforcement
 - Internal heel counter for superior heel stability
 - Advanced lacing design for personal adjustment for maximum stability
 - Functional 3 stripe design with reinforcement ghillys and straps for maximum stability
 - Carbon layer for heel stability and to prevent sole compression
- white/black sizes 6-13 \$129.00

Nike High Cut Lifting Shoes—Features include:

- Steel shank support — External Heel Stabilizer Collar — External Heel Stabilizer Collar — Heel Counter and Box Toe Reinforcement — EVA Foam Midsole/Heel Block — Non Slip Rubber Outsole — Tuck Board Reinforced Innersole — Dual Density, Anatomical, Molded Sockliner — 5/8" Foam, Ankle Cushioning — Hook & Loop Closure, Stability Straps — Foam Lined, Jersey Knit Quarterlining — Nylon Reinforced Vamp/Tip — Performance Leather, Full Grain Upper
- white/blue sizes 10-12-13 only.....\$79.00



Bench & Deadlift Suits—Reversible, 2 suits in 1 (red with white trim or blue with white trim)→Give height and weight. *xsmall-xxlarge.....\$19.00 3xl-5xl.....\$24.00*

Deadlift Shoes—As pictured both models have padded ankle & tongue for increased support and comfort. Non-skid sole especially designed for increased traction, flexibility, and feel. The adidas model has a unique split level design that allows maximum flexibility and support. Both models are available in black & white as pictured.

- Nike—sizes 5-15.....\$39.50
- adidas—sizes 6-13.....\$44.50
- Chalk—1 pound (8 x 2 ounce blocks) \$12.00
- Ammonia Capsules—10 in a box ... \$5.00



MUSASHI

Kuan (yellow)—used to promote muscle growth, combat stress, and for general health
66gm ... \$20.00; 150gm ... \$38.00; 300gm ... \$68.00

Ni (grey)—pure branched chain amino acids to aid in repair of muscle tissue after exercise and for recovery from injury
66gm ... \$22.00; 150gm ... \$42.00; 300 gm ... \$76.00

Huan (red) Aids in weight loss and utilization of fats as an energy source, assists with liver function and the elimination of toxins
66 gm ... \$19.00; 150gm ... \$35.00

Growing Dog—instant energy, contains ATP, Creatine, & Inosine
66gm ... \$27.00; 150gm ... \$49.00

Elite Sales Inc., Box 345; Accord, Ma. 02018

Call Toll Free 1-800-433-0324 in Mass. Call 1-617-749-4389

Master Card and Visa Accepted

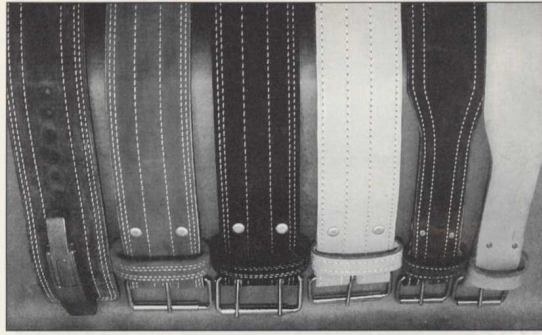
ELITE LEVER ACTION BELT—available with one or three color combinations—tightens or releases in seconds—10cm wide by 11-13mm thick—six rows of heavy duty stitching—can be tightened tighter than conventional belts—US patent #4541152..... \$69.00

ELITE COMPETITION BELT—features seamless roller buckle—available with one, two, or three color combinations—six rows of heavy duty stitching—available with single or double buckle—10cm wide by 11-13mm thick \$69.00

ELITE TRAINING BELT—four rows of heavy duty stitching—available with single or double buckle—available in beautiful natural leather color only—sueded on inside to prevent slipping—10cm wide by 10-13mm thick \$49.00

ELITE DELUXE BODYBUILDING BELT—available with single buckle or lever action buckle—available in any of colors listed below—buckle belt has four rows of stitching, lever belt two rows of stitching—10cm wide tapering to 6cm in front—suede on inside and outside of belt \$49.00

ELITE BODYBUILDING BELT—single thickness natural leather finish belt—great for training \$19.00



Lever, competition, and deluxe bodybuilding belts are available in the following colors —Black, Royal Blue, Navy, Red, Sand, Gray, Green, Teal, White, and Purple. Be sure and give your waist size, style belt, and color (if necessary) when ordering!!

Texas Power Bar—This is the Texas Power Bar that has been used at most National Championship meets since 1980. What about the other company that claims to have the original? Yes, they used to sell the original now they just make their own cheap imitation. The shaft is made from black pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. This bar has held up to 1000 pound squats on dozens of occasions without bending.....\$195.00

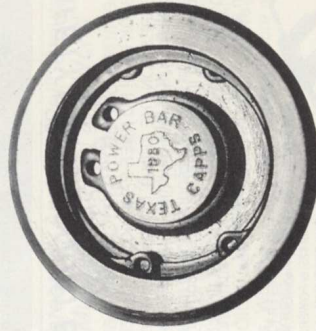
Elite Deadlift Bar—The original & still best deadlift bar invented back in 1981 by Jim Speedy\$245.00

Elite Squat Bar (Bar weighs 22kg or 50pounds over 30mm thick!!).....\$245.00

Elite Super Squat Bar (Bar weighs 25kg or 55pounds over 31mm thick!!)\$330.00

Chalk—1 pound (8 x 2 ounce blocks).....\$12.00

Ammonia Capsules—10 in a box\$5.00
Sorry no C.O.D.'s or credit cards accepted on bar orders. Shipped via UPS—call for charges.



Elite Sales Inc., Box 345; Accord, Ma. 02018
Call Toll Free 1-800-433-0324 in Mass. Call 1-617-749-4389
Shipping is \$5.00 on orders within the Continental US (except for bars). Overseas orders add 25% for surface freight or 40% for local air freight.
Master Card and Visa accepted.

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., Warwick, 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'm a 45 year old powerlifter, and have been lifting for over 20 years. I haven't taken many supplements. The ones I did take I didn't get any results from using them. Maybe I didn't take it correctly or long enough. Recently I took creatine and ORG for a month and couldn't tell or even felt any stronger. Even earlier I ordered a month's supply of creatine that only lasted 2 1/2 weeks. I received another order or creatine about 10 days after my creatine had run out. I didn't get any results from this either.

I know you are the authority on supplements. Like I said earlier, I'm 45 years old. I am 5'9" and weight 160 lbs. I can gain a few pounds and still lift in the 165's. I want you to tell me the top 2 or 3 supplements you suggest. You have written books on the subject, but I don't want to order your book right now. I just want a reply to my questions. **Carl B.**

DEAR CARL: Sorry to be so long in writing but I wanted to send you a section of an article I was writing. We've still got a long way to go before we know all the variables for the most effective use of nutritional supplements. For example, some recent work on creatine monohydrate shows that it doesn't work all that well if used by those who aren't a regular intake - that is - those who drink coffee and/or cola drinks on a regular basis.

The recommendations I make in the article are not perfect, but with the present level of knowledge and using my own and the experience of many others, it's the best I can do.

If you decide to use the supplements or any variation let me know

SAFETY POWER SQUAT BAR

CALL 408-637-0797

NO BACK PAIN! NO KNEE PAIN! NO SHOULDER PAIN!
NO STRESS ON THE SPINAL COLUMN! LIFT 50-250
lbs. MORE ON YOUR FIRST LIFT... in total comfort!

Unsurpassed in performance, safety, comfort & economy by any device or machine at any cost!
Train alone safely with no spotters!



FOR INFORMATION REFER TO: "POWER: A SCIENTIFIC APPROACH" by Frederick C. Hatfield, Ph.D. (available for \$25) or POWERLIFTING USA APR 94 THE DEADLIFT by Louise Simmons (8 weeks, 50-100 lbs. gain)

call/fax 408-637-0797

1500# olympic commercial \$425 - 700# olympic \$380 -
1000# standard \$445 - 500# standard \$295 - LESS 15%
CREPINSEK 130 Barnheisel Road, Hollister, CA 95023 USA
free rack handle set! EXTENDED 15% DISCOUNT -
1500# for \$361.25 including UPS delivery!

MESSAGE FROM THE WDPFF PRESIDENT
1997 has been a crazy year for the sport in general, with the WDPFF being affected as profoundly as most other organizations. The last twelve months have witnessed an unprecedented re-alignment of powerlifting bodies, both in individual nations and internationally. It has been a time of acrimonious correspondence, claim and counter-claim, political maneuvering, and character assassination on a grand scale. It looks as if 1998 will bring more of the same. Yet amidst all this posturing, the sport goes on - meets get organized, lifters compete, records are broken. This all goes to show that in the final analysis powerlifting is about more than disgruntled officials sounding off! It is first and foremost a physical sport, much loved by its devotees, but currently in a state of chaos hitherto unknown. The arguments are important, and have to be settled, but one wonders just how much of the current upheaval is the result, not of any genuine attempts to improve the sport for everyone, but the pursuit by certain individuals, of their own agendas.

As far as the WDPFF was concerned, the undoubted landmark of 1997 was the removal of the former ADFFA as our US affiliate, and the replacement of that organization with the AAJPC. Whilst this is all history, the ramifications continue to be felt in the USA, with many supporters of drug-free powerlifting uncertain as to where their loyalties lie. There are lessons to be drawn from this unhappy episode - the foremost being that the WDPFF will only grow and flourish if those subscribing to it can be counted on for total loyalty to this international body and commitment to the drug-free ethos.

The year also saw the affiliation to the WDPFF of NEW ZEALAND, IRELAND, BRAZIL, PAKISTAN and MOROCCO as newly registered national governing bodies, along with replacement organizations in FRANCE and POLAND. Along with our existing group of member nationals our total strength has improved significantly, with numerous other nations also expressing an interest. SPAIN and UKRAINE both applied to join us, but failed to gain affiliation due to their unwillingness to comply with our drug testing/control requirements. We hope to continue the process of recruitment of new national body affiliates in 1998.

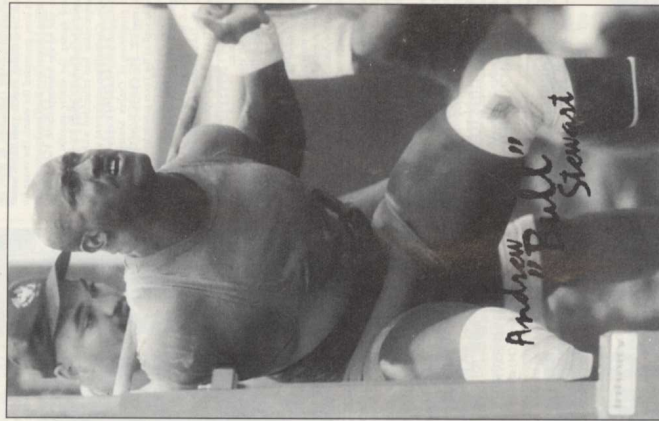
It is vital that we never lose sight of what we are here for. The WDPFF is not just another powerlifting organization. It offers an alternative platform for those who look for international competition against like-minded lifters from around the world who subscribe to the drug-free principle. Those lifters are from bodies who gain membership to the WDPFF by virtue of their drug control policies. In other words, they are required to put the line words and sentiments into practice. We should never forget why those demands are made of our members - not just to keep the WDPFF Executive happy, not just to qualify for membership of the WDPFF, but to protect the integrity of their own national organizations against the possibility of being joined by drug users who see them as an 'easy' option. Effective drug testing is each organization's insurance policy against cheats.

WDPFF CONGRESS - some very important issues were voted on by postal ballot following the 1997 Congress. The most important of these were: 'RAW' category of lifting - failed. BENCH SHIRT - failed. LIFE BANS TO BE IMPOSED BY MEMBER NATIONS - passed. The voting figures made it clear that despite the outcome, there was considerable support both for 'RAW' lifting as an additional category, and for the Bench Shirt. Therefore neither issue should be considered a 'dead duck', and it remains open to advocates of both principles to campaign for a change at the next congress. The affiliation of new nations to the WDPFF may play a major role in this. The adoption of the mandatory life ban for anabolic positives or refusals - to be imposed by our affiliates on their own members, is merely the formalization of an already widespread fact. The existence of this rule puts us in a different league from other so-called 'drug-free' organizations. Finally, the Congress confirmed that the use of ANDROSTENEDIONE or related substances will not be considered a valid excuse for abnormal T/E ratios in a test. The message to all WDPFF lifters is quite clear: These substances are prohibited - do not use them.

Finally, I would like to begin the new year with a call to all genuine supporters of drug-free powerlifting - let 1998 be the year when the WDPFF graduates into a major force for change - and for good - in this sport. If drug-free lifting is what you want - then the WDPFF and its affiliates is where you will find it. Join now. Make the dream a reality.

Andrew Cominos

100% PURE
ULTRA-REFINED
EMU OIL



endorsed by Andrew "Bull" Stewart,
Multiple National and World
Champion Drug-Free Powerlifter.

A pure and natural product, EMU OIL aids in the prevention of and reduces pain and inflammation associated with injuries, sprains, strains, bursitis and tendonitis of hard working muscles and joints. EMU OIL is used by NFL and NBA players, Weight Lifters, Wrestlers, and other Athletes before and after training and sporting events.

Premier Enterprises, LTD.
8585 Hwy. 140
Eagle Point, OR 97524
800-814-EMUS (3687)
FAX: 541-826-7088

BULL POWER Creatine also available through High Cascade
EmuMail: sales@highcascademus.com

PUBLICATIONS BY MAURO G. DI PASQUALE B.S.C. M.D., MRO. MFS. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS - THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications, how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 727-7737 or in Florida or outside North America call (407) 994-0535.

FROM OPTIMUM TRAINING SYSTEMS - THE ANABOLIC DIET - The best diet to follow to pack on muscle while keeping bodyfat at a minimum. The Anabolic Diet maximizes the production and utilization of the Big 3 growth producers - testosterone, growth hormone and insulin - and does it naturally. To order the book and video call (800) 582-2083 or (209) 732-5317. FAX (209) 732-5537.

THE BODYBUILDING SUPPLEMENT REVIEW - This comprehensive review was written to give you an objective, unbiased analysis of nutritional supplements. It will discuss what works, what doesn't and what supplements or substances look promising for the future. To order call (800) 582-2083 or (209) 732-5317. FAX (209) 732-5537.

FROM MGD PRESS, THE BOOKS ETC. BELOW ARE AVAILABLE FROM MGD PRESS, 23 MAIN STREET, WARKWORTH, ONTARIO, CANADA, K0K 3K0. FAX 1-905-372-3514.

NEWSLETTERS - DRUGS IN SPORTS - 10 issues from 1991 to 1995 and the ANABOLIC RESEARCH REVIEW - 7 issues from 1995 to 1997. Individual Price is \$10.00 US or \$13.50 Canadian an issue plus \$1 P&H.

All 17 issues for \$99.00 US or \$135.00 Canadian plus \$5 P&H. BEYOND ANABOLIC STEROIDS - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

ANABOLIC STEROID SIDE EFFECTS - FACT, FICTION AND TREATMENT - Price \$15.00 (U.S. funds) or \$20.00 Can plus \$1.00 P&H. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynaecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

DRUG USE AND DETECTION IN AMATEUR SPORTS Plus All Five Updates, plus 10 issues of DRUGS IN SPORTS - last issue March, 1995. Special Price \$90.00 (U.S. funds) or \$120.00 Can plus \$10.00 P&H. My book, updates, and newsletters are excellent sources for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. Buy all the MGD Press publications (Beyond Anabolic Steroids, Anabolic Steroid Side Effects, Drug Use and Detection in Amateur Sports plus all five updates, plus 10 issues of DRUGS IN SPORTS) for \$99.00 US Funds or \$135.00 Can. plus \$10.00 P&H. *** PLEASE DOUBLE THE P&H FOR OVERSEAS ORDERS.

how it works for you. All the best. Sincerely, Mauro Di Pasquale M.D.

DEAR MAURO: I have received your books with gratitude. They are most informative and will definitely help me to make the correct choices. I have had blood samples and I intend commencing your diet shortly. May I have 500 ml. full cream milk per day? In the January 1996 issue of POWERLIFTING USA you mention the development of supplements by yourself. Are they available yet and what are the prices? Will the only other supplements necessary be Creatine or perhaps BCAAs? **Dave L.**

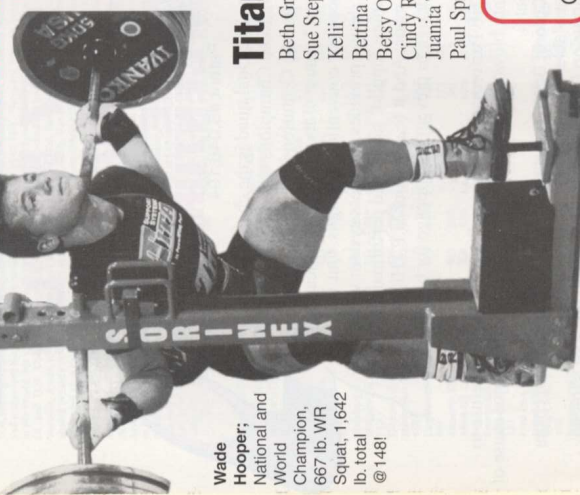
DEAR DAVE: Sorry to be so long in writing, but I waited until I had written up the enclosed high tech supplement stack. If you can't get these products in the dosages listed, then do the best you can. I hope that will carry you with an international supplement manufacturer that will carry my supplement line. However, this may take a little more time.

Yes, as part of my recommended diet, you can have 500 cc of full cream per day as long as you included the small amount of carbs in the cream in your daily carb allowance.

Sincerely, Mauro Di Pasquale M.D.



SUPPORT SYSTEMS, INC.
TITAN
 #1 in Powerlifting Performance
 www.titansupport.com



Team Nat'l Champions, 22 Golds!

All suits feature our H.P. (hi-performance) leg design to prevent leg slippage for bigger squats.

- Titan is the choice of champions!**
- | | | |
|------------------|----------------|-----------------|
| Beth Grater | Ray Benemerito | Scott Siegel |
| Sue Stephens | Joe McAuliffe | Dan Austin |
| Kelli | Brandon Green | Gene Bell |
| Bettina Altizer | Nick Best | Rob Wagner |
| Betsy Ojanen | Beau Moore | Jeff Douglas |
| Cindy Regan | Jon Arenberg | Kirk Karwowski |
| Juanita Trujillo | Tim Taylor | Brad Gillingham |
| Paul Springer | Wade Hooper | Jason Wisner |

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

CUSTOM TAILORED SUIT

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

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

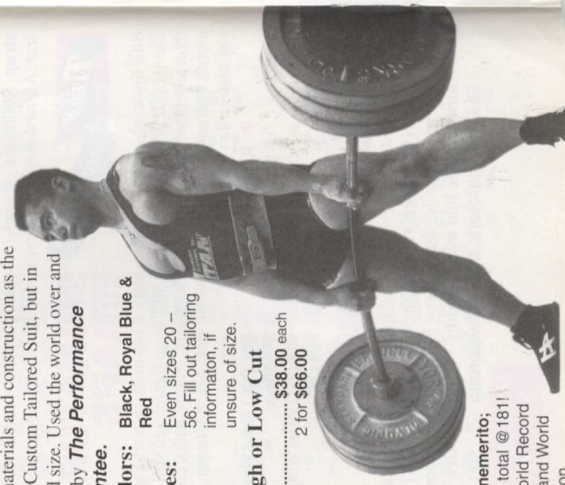
- ▶ **Fits:** Regular - snug fit for new lifters or for passive support
 Meet - tight, supportive fit for training and competing
 Competition - lightest fit, not recommended for new customers
- ▶ **Styles:** Sideseam A - strongest commercial side seam \$42.50 each
 2 for \$77.00
 Sideseam B - our original handmade 3 cm side seam \$44.50 each
 2 for \$81.00
- ▶ **Custom Deadlift Suits: Style A or B**



THE VICTOR

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

- ▶ **Colors:** Black, Royal Blue & Red
- ▶ **Sizes:** Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
- ▶ **High or Low Cut**
 \$38.00 each
 2 for \$66.00



Ray Benemerito:
 1906 lb. total @ 181!
 Multi World Record Holder and World Champion



RED DEVILS

KNEE WRAPS -
 One of the most supportive, tightest wraps ever! **\$15.95/pr.**

WRIST WRAPS -
 6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).



Standard length **\$10.95 (pr.)**
 IPF 50cm **11.95**
 Mid Length 24" **12.95**
 Full Length 36" **14.95**

SAFE'S SQUAT SHOES

CONTENDER:
Designed & manufactured exclusively for powerlifting.

Features: (1) split grain leather with Cambrelle linings; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; (6) lateral strap (7) Avg. width & standard heel **\$109.95**



SINGLET'S

TITAN POWER SINGLET'S
 NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting.



(Kirk Karwowski, 771 lb. deadlift)



BELTS

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

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

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

▶ **Black, Royal Blue, Red**
\$70.00



SUPPLEMENTS

Dymatize Products - used by more than 150 pro & College teams.

- Creatine** - 100% pure, 180 micron fine! 500 gm **\$34.50**
- Whey Protein** - 51 gm per serving, very high BCAA levels **\$23.95**
- Vanadyl Sulfate** 180 caps, 10 mg **\$15.75**
- Pyruvate** - 120 caps, 500-mg **\$22.95**



OTHER PRODUCTS

- CHALK:** 1 lb. **\$8.00**
- AMMONIA CAPS:** Box of 10 **\$4.00**
- RADICAL RED:** Knee Wraps **\$14.00**
- Wrist Wraps** **\$8.00**
- SPEED COLLARS:** **\$36.00**
- DIP BELT:** **\$21.00**
- TRAINING BELTS:** 4 x 2 1/2" 4 x 4" **\$25.50**



- TEXAS POWER BAR:** Lifetime guarantee. frt add'l **\$199.00**
- SUIT SLIP ON'S:** get into suits easier! give weight **19.00**
- BRIEFS:** Titan quality and performance **15.50**
- DUAL QUAD BRIEFS:** Patented Harness Design **25.00**
- DEADLIFT SLIPPERS:** Low profile, rubber soled **5.00**
- GRRIP:** Silica compound grip enhancer! **8.95**
- LIFTING STRAPS:** 1.5", 2", heavy duty & leather **8.75**
- Titan T'S AND TANK TOPS:** 3 color logo **44.95**
- ADIDAS DEADLIFT SHOES:** Gummed rubber soled **44.95**
- TRICEP ROPE:** Great for cable work **19.50**
- DEADLIFT HELPER:** Xtra Heavy duty. frt add'l **95.00**
- SERPA P/L EQUIPMENT:** Call or write for filer **Call**

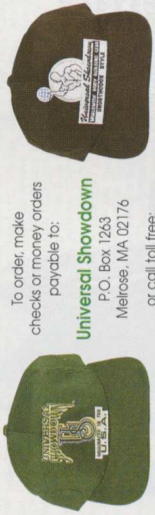


ORDER FORM

ITEM	Color	Size	Quantity	Price
Hi or Low Cut				\$5.50
CUSTOM SUIT	<input type="checkbox"/> Res. <input type="checkbox"/> Meet <input type="checkbox"/> Comp.			Overseas add 30%, Air
Male <input type="checkbox"/> Female <input type="checkbox"/>	<input type="checkbox"/> Style A <input type="checkbox"/> Style B <input type="checkbox"/> Dual Quad			Tx. Res. add 7.75% Tax
Height	Weight	Leg (Largest part)	Total	
Hips (Buttocks)		Overall (TDF OF TRAP TO 6" BELOW CROTCH)		

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

UNLEASH YOUR POTENTIAL WITH OUR "NEW" HEADGEAR



To order, make
checks or money orders
payable to:

Universal Showdown
P.O. Box 1263
Melrose, MA 02176

or call toll free:

1-888-393-7809

Major credit cards accepted (sorry no cod's)
Please allow 7 to 10 days for delivery
no refunds

US LOGO	qty	x	\$21.00	Total
ATLAS LOGO	qty	x	\$21.00	Total
Shipping / Handling:			\$4.50	
Canadians, please add:			\$6.50	
For each additional item add:			\$1.00 extra	Total

ALL UNIVERSAL SHOWDOWN™ HEADGEAR IS MADE FROM THE FINEST
MATERIALS AND HIGHEST QUALITY EMBROIDERED LOGOS.

THE POWER STORE

We Are Sports Nutrition!

Price, Service, Selection, Stability. You want the best and we'll give you the best! We have been for 6 years. Our everyday prices are probably lower than our competitor's sale price but if not, beating their price is easy. Just call us with this issue in-hand and tell us who has the "deal" you want beat. If it's legit and we carry the identical product the price is beaten. Simple!

We ship all U.S. orders the same day when you order by 2:00pm central time. First 50 orders will be shipped by UPS ground in the 48 states at a FREE \$4.99. All orders with final destinations in the 48 contiguous United States are delivered in 3 business days or less guaranteed. We offer a 100% satisfaction guarantee with every order too. Now that's service!

Our FREE full color 64 page catalog lists the ingredients of every product we sell, sorts all products by brand name and product classification.

**1011 N. Galena Ave.,
Dixon, IL 61021**

800-382-9611
815-288-7432 • FAX 815-288-7433

THE ROPE

Used by World, National and State Champions

Mark P. 495 B.P. High School
Kit P. 765 Sq. 54 years of age
Joe R. "Wish I had it sooner"
Brett A. 440 B.P. Teen
Pat C. "This Works!"
Sabine S. "Great Results!"

GET THE ROPE ADVANTAGE

Poster, Manual and Apparatus
Only \$49.95

THE SHIRT

Padded where the bar sits for more comfortable workouts

Only \$29.95.

Please include shirt size with order

Send check or money order to:

The Body Hobby Shop
2205 Wilson St. San Angelo TX 76901
915-947-2818

And check out our web site at:
www.mlpweb.com/body/hobby/him

MASS

MUSCLE AND SPORTS SCIENCE

Real RESULTS Start Here!

1-800-ASK-MASS

E-Mail: ahmass@web.com • INTL. FAX: 706-613-8688
FREE CATALOG • www.MuscleMass.com

WSEPOF the "FIRST" 5 lift Federation! James McCarty and Rocky Tilson, proudly announce the beginning of the NEWEST strength federation, WSEPOF (World Super Elite Powerlifting Olympic Federation). This federation will finally determine the TRUE Super Elite strength athlete by combining the Powerlifts (squat - bench - deadlift) with the Olympic lifts (snatch & clean and jerk). NO equipment or supportive wear shall be allowed except for standard weightlifting belt or the 4" (inch) powerlifting belt, and knee wraps (no bench shirts, squat suits, briefs, etc.). By combining these two sports, we will be testing the athletes' strength, flexibility, speed, technique, and coordination. Herb Glossovener will be our international statistician in charge of calculating by formula, the strongest male and female lifters in their respective weight classes. All participants will receive (for a small fee) OFFICIAL certification of rank upon request. WSEPOF's first meet is March 28th, 1998, in Terre Haute, Indiana. This will be an OPEN meet and a national qualifier (nationals to be held later in the year). For more information call (317) 767-9378 or write to: WSEPOF, 3622 Sadlier Dr., Indianapolis, IN 46226.

NEW PRODUCT



(Orlando, Florida) - Up Your Gas has introduced a new version of America's most popular energy supplement for those who still need an extra boost of energy but prefer to not use the Chinese herb Ma Huang. Now there are two versions of Up Your Gas. One version contains the original formula with Ma Huang and the newest version of Up Your Gas is reformulated without Ma Huang. Up Your Gas has also introduced a new look to the label. The familiar "Up Your Gas" logo continues to appear on the bottles, but the word "Energy" appears on the Ma Huang-free version. Additionally, the bottle color has been changed from black to white. According to Tom Ciola, President of National Health Products and maker of Up Your Gas, "The Ma Huang-free formula is as effective as the original formula of Up Your Gas and it gives our customers another choice."

The Ma Huang-free version of (Up Your Gas) is being highlighted in a promotional campaign that includes appearances by the Superhero "Gas Man" at various sporting events around the country. Gas Man is the subject of a new series of advertisements that appear in nationally distributed publications. In the ads, Gas Man responds to those in need of an extra energy boost by giving them a dose of the energy product Up Your Gas with the advice, "When you're out of gas, UP YOUR GAS!" A Gas Man character has been distributing Up Your Gas samples at a variety of sporting events including marathons, triathlons, bicycling races and other competitive events. For more information on the Ma Huang-free version of Up Your Gas or promotional appearances by the Gas Man, please call 1-800-537-7671.



I wanted to let you know about the untimely passing of my father, Roger Follansbee. He was 56 years old. He died of a heart attack. He went to all of my meets and watched me win both the ADPPA and USPF Jr. Nationals. I think I would have had him doing his first meet in spring, as he started working out this year. He is one of the only people I knew who could sit through a twelve hour meet, clicking away picture after picture, and making new friends at every meet. It's funny, sometimes it seemed like he hung out more with the other lifters families at the big meets than he did with us. But he always let people now how proud of me he was. His nephew is USPF Collegiate National Champ Brian Farmer, and he always bragged about Brian, too. I remember when Brian won the nationals, it came down to the last deadlift and my dad was part of our team and we used him as the "spy" to find out what the other guys was pulling so that we could have a lift heavier. He was also our coach, always letting us know, "Geez, that last squat looked heavy, or, Come on, You can do it." But in the end whether we won or lost, it didn't matter, he always let us know how proud he was by telling us "You did good, bud", and always bragged to people at his machine shop about us. He had pictures of us lifting in all of his church strong Christian man and bragged about us at all of his church gatherings. Anyway, I just wanted to let everybody know about my dad. He was a man who would help anybody about powerlifting. He didn't care what organization you lifted in, he will be missed. He is leaving behind myself, two daughters (Kathy and Julie), five grandchildren, many nieces and nephews (including Brian), and my stepmom, Jen. I am going to be dedicating my lifting performance at the 1998 USPF Jr. Nationals to the memory of my dad. I love him so much, and I miss him already. Sincerely, Dave Follansbee.

Supplier of States of the art
• Fixed Pro Style Dumbbells
• Precision Olympic Bars
• Olympic Plates
• Rubber Encased Weights



IANKO
USA

Supplier of States of the art
• Fixed Pro Style Dumbbells
• Precision Olympic Bars
• Olympic Plates
• Rubber Encased Weights

IANKO
Barbell Company
Anaheim, CA

Commercial & Retail Sales
inside California
(510) 253-0323
Outside California
(800) 759-6399

Visit our web site at www.Ivanko.com

Competition Ready Set!
Includes:
• Precision Calibrated "Bumper" & Steel Plates
• Precision Competition Olympic Bar
• Precision Competition Collars

Call for Price Quote.

callation, and includes an informative sample of Dave's Power Store News. This catalog will provide you with over 60 sports nutrition manufacturers and hundreds and hundreds of products to choose from. Now that's selection!

<http://thepowerstore.com>

Visit our web page and check out our entire catalog on-line plus click your way through newsletter articles and new hot monthly specials! Email us at djpower@essex1.com for questions or special requests.



NUTRITION INC.

Are the supplements you're taking pure? Is there any real science behind the supplements you take every month? If you don't know, then you haven't been buying ISP Nutrition™ Inc. brand sports nutrition products. Every order is accompanied with a complimentary lab assay assuring specific batch purity explaining everything you wanted to know and more about the product. If you're tired of guessing and being second guessed and want only the best sports supplements like **Creatine Monohydrate, Vanadyl Chromium, Whey Protein and Thermogenics** at super competitive prices, with support like you've never seen then call today and end the mystery surrounding your supplementation. **ISP is Integrity, Service & Performance Nutrition.** Sold exclusively at The Power Store.

CREATINE MONOHYDRATE
\$17.99 for 350 grams • \$32.99 for 650 grams
\$59.99 for 1300 grams
(99% pure creatine monohydrate powder)



Vitamin B6

HONEST WHENY
Is the Only Way



Vitamin B12

Honest Wheny™ (Natural) \$34.95 for 5 pounds
(Micro-Ultra filtered whey protein concentrate)

VANADYL
with Chromium

Type II Vanadyl with Chromium
\$11.95 for 120 caps
(15 mg of vanadyl and 150 mcg of Chromium (Picobolates per capsule))

THE STACK

The Stack™ \$8.95 for 75 capsules
(Compare to Thermadren. 25% more capsules!)

U.S.A. P.L. Corner

The USA Powerlifting (formerly ADFFA) Corner brings you up-to-date news, important information and articles of interest every month. Our goal is to keep lifters and coaches informed, involved and excited about drug free powerlifting competition. We thank all who have supported the USA Powerlifting (formerly ADFFA) and drug free powerlifting. Your work keeps the organization going! If you have suggestions for future articles or would like to send information, contact Craig Safran, PO Box 4065, Bayside, NY 11360.

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

USA Powerlifting (formerly ADFFA) ON THE WWW: The USA Powerlifting (formerly ADFFA)'s Web site is now up and running at <http://WWW.usapl.com>. Check it out! There's always new information to see!

USAPL Powerlifting (formerly ADFFA) GYM DIRECTORY

Kennedy's Gym, Clock Tower Plaza, RD 1, Box 642, Morgantown, PA 15043, (610) 286-7698, Owner: Pat Kennedy
Muscles and Fitness, 2509 E. Washington Ave., Madison, WI 53704, (608) 249-4227, Owner: Ford Sheridan
Powerhouse Gym, 913 N. Court, Medina, OH 44256, (930) 722-7250, Mark Copeland

The Strength Training Center, c/o Nutritional Technologies, 5 Stoneroff Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou
Warrior Weight Room, Coyler-Cassidy High School, 2 Hamilton St., Taunton, MA 02780, (508) 823-6164, AD 680, Coach: H. Waldron
Mathieu's Fitness Center, 4260 Fairfield Street, PO Box 325, Oakland, ME 04963, (207) 465-7102, Coach: John Mathieu
The Power Gym, Inc., 405 Main Street, Taylor, PA 18517, (717) 5462-7867, Coaches/Owners: Joe Moczyganas, Bob Grantho Sr., (PA USA Powerlifting State Chair), Bob Grantho Jr., Jamie Pinko
Andrews Power Gym, Inc., 133 Ash Street, Nashua, NH 03060, (603) 882-9117, Owner: Wayne Andrews
Iron Sport Gym Inc., 133-B Chester Pike, Norwood, PA 19074, (610) 237-6770, Coach: Steve Pulcinella
Gym On The Hill, 1209-13th St., Boulder, CO 80302, Lisa & David Buchanan
Sheridan Recreation Center, 3325 W. Oxford Ave., Denver, CO 80236, (303) 761-2241, Contact: Eddie Kanoza.

USA POWERLIFTING (formerly ADFFA) MEMBERSHIP APPLICATION
 (This form is valid only for USA Powerlifting membership cards & all other privileges currently available through membership in USA POWERLIFTING.)
 ALL USAPL MEMBERSHIPS EXPIRE 12/31

NAME: _____ PRIOR REG.# _____
 ADDRESS: _____ PHONE: _____
 CITY/STATE/ZIP: _____
 DATE OF BIRTH: _____ AGE: _____ SEX: _____
 U.S. CITIZEN: YES / NO _____

USAPL REGISTERED CLUB REPRESENTED: _____
 IN RECOGNIZING THE NEED FOR DRUG USAGE DETECTION, I AGREE TO SUBMIT TO ANY TESTING PROCEDURES DEEMED APPROPRIATE BY THE USAPL, OR ITS AGENTS AND SHALL ACCEPT THE RESULTS AND CONSEQUENCES OF SUCH TEST. I AGREE THAT MY NAME WILL APPEAR ON A PUBLISHED LIST IF I AM SUSPENDED FROM MEMBERSHIP.
 SIGNATURE: _____ DATE: _____
 (IF UNDER 21 YRS., HAVE PARENT INITIAL)

REGISTRATION FEES EFFECTIVE 11/24/97
\$30.00 (ALL MEMBERSHIPS \$30.00 UNLESS OTHERWISE MARKED)
 HIGH SCHOOL - \$15.00
 SPECIAL OLYMPIAN - \$10.00
 FULL TIME COLLEGE
 POLICE & FIRE
 MILITARY
 Account No. _____
 Discover® Card Master Card Visa
 Credit Card Expiration Date _____
 Credit Cardholder Signature _____
 Make check payable to USA Powerlifting (check no.) _____ Amount _____

USA PL National Meet Qualifying Totals

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

(1999)

Women's	97	105	114	123	132	148	165	181	198	198+	198+
Nationals-Open & Life	496	540	595	650	710	760	793	832	876	876	898
Collegiate's	365	391	418	440	462	507	545	589	640	640	655
Teen (14-19)	335	358	385	407	435	479	518	562	610	610	625
Junior	360	385	413	440	462	455	512	551	600	655	672
Master (40+)											
A Total in a USA PL Sanctioned Meet (special USPF considerations)											
A total in a USA PL Sanctioned Meet (special USPF considerations)											

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

U.S.A. P.L. Corner

(the following are all recent motions passed by the USAPL Executive):
USPF REFEREE GRAND-FA-THIERING
 MOTION: Recognize or "Grandfather" the Referee Status of individual USPF Referees through the calendar year 1998 based upon the following:

- The purchase of USA Powerlifting Membership card.
- Verification of USPF Referee Status (Our National Office has a Master List)
- Attending a clinic presented by a USA Powerlifting National Referee or state Chair on our Drug Testing/Doping Control Processes and Program, including the review of differences in technical rules and policies that Referees should be aware of. Clinic attendance will be verified by the official presenting the Clinic to the National Office, and by the official's signature in the attending referee's service book.

WOMEN'S RECORDS
 MOTION: Establish the new women's weight class records, effective January 1, 1998, by taking the old weight class records for the 104s to the 176s and slot these up to the next new weight class. i.e., the 104 becomes the 105 record; the 111

becomes the 114 record, the better of the 116 and 122 becomes the 123 record; the 139 becomes the 148 record; the 154 becomes the 165 record; and the 176 becomes the 191 record. This would apply to all American, National and state records. A copy of the year-end 1997 Women's American, National and State records to be kept as a retired set for historical purposes.

TECHNICAL RULES
 MOTION: IFF Technical rules for performance of the lifts be optional, but encouraged, at all meets below world qualifying level (world qualifying meets will use all IFF technical and equipment rules) during the calendar year 1998, at the discretion of the Meet Director who must advise the same on his or her meet entry form. Beginning January 1, 1999 IFF Technical rules for performance of the lifts will be the regulation for all USA Powerlifting Competition.

QUALIFYING STANDARDS
 MOTION: Any sanctioned meet run by an IFF member federation under IFF rules can be used as a USA Powerlifting National Qualifier, as long as it meets the qualifying standards as it meets the qualifying standards. All lifters choosing this option must state their intention to compete at a particular nationals in writing, together with a purchase of a USA Powerlifting card, 3 months prior, acknowledging that they will be available for Out of Competition testing.

CLASSIFICATION CHARTS
 MOTION: Adopt the current IFF Classification Charts as our own (see chart above).

I.P.F. LIFTER CLASSIFICATION STANDARDS

MEN'S COMPETITION		60	67.5	75	82.5	90	100	110	125
Wt. Class	52	56	62.5	70	77.5	85	95	105	120
MASTER	445	485	520	560	600	640	685	735	805
CLASS I	400	435	465	500	535	570	615	660	715
CLASS II	352.5	380	410	442.5	475	510	540	570	620
CLASS III	305	325	357.5	390	422.5	455	490	525	575
CLASS IV	267.5	290	312.5	350	380	410	432.5	455	487.5
Wt. Class		44	48	52	56	60	67.5	75	82.5
EDITE	290	310	332.5	355	375	412.5	445	477.5	512.5
MASTER	262.5	282.5	302.5	322.5	340	375	405	435	465
CLASS I	235	255	272.5	290	305	337.5	365	392.5	417.5
CLASS II	210	225	242.5	257.5	272.5	300	325	347.5	372.5
CLASS III	182.5	197.5	212.5	227.5	242.5	265	290	312.5	337.5
CLASS IV	157.5	170	182.5	192.5	205	225	242.5	260	280

NON-CITIZENS AT NATION-

ALS
 MOTION: Persons who are non-citizens who are currently residing in the U.S., may compete as guest lifters at our national championships, as long as they meet all other USA Powerlifting qualifying standards.

QUALIFYING STANDARDS
 MOTION: Any sanctioned meet run by an IFF member federation under IFF rules can be used as a USA Powerlifting National Qualifier, as long as it meets the qualifying standards as it meets the qualifying standards. All lifters choosing this option must state their intention to compete at a particular nationals in writing, together with a purchase of a USA Powerlifting card, 3 months prior, acknowledging that they will be available for Out of Competition testing.

CLASSIFICATION CHARTS
 MOTION: Adopt the current IFF Classification Charts as our own (see chart above).

KILOSPORTS

- 100% Pure Creatine • 2.2lbs. Only \$49.95
- Buy 1 get 2nd at half price
- 100% Pure Creatine • 500g Only \$26.95
- 100% Pure Creatine • 25kg - Drums Only\$650.00
- 100% Pure Androstene • 50g Only \$49.95
- 100% Pure Androstene • 100g Only \$89.95
- 100% Pure Glutamine • 2.2lbs. Only \$89.95
- Glucosamine • 2.2lbs. Only \$9.95
- Glucose Polymers • 3lbs. Only \$29.95
- St. John's Wort • 500ct., 250mg Caps Only \$39.95
- Mac-Huang • 1000ct., 300mg Only \$49.95
- Tribulus Terrestris • 250g Only \$19.95
- Iron Exchange Whey • 2lbs Instantized
- Chocolate, Vanilla or Strawberry Flavored
- Buy 3 get the 4th Free! Any Flavor

CALL FOR LARGER QUANTITIES
 PHARMACEUTICAL GRADE
100% GUARANTEED



All Products are HPLC Tested



CALL 800.278.8181
 2028 E. MAIN ST. SUITE 101
 BAYSIDENY, NY 11360
 Check out our website @ www.kilosports.com

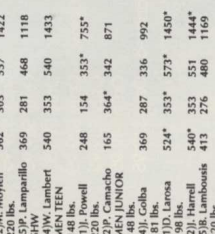


Larry Weyman, 1146 Lifetime at the USAPL NJ States (Rice photo)

USAPL New Jersey States
25-26 Oct 97 - Rockaway, NJ
129 lbs. OPEN 87 31 DL TOT

USAPL Virginia Regionals
15-16 Nov 97 - Ravenswood, VA
157 lbs. BENCH PRESS

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)



Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

181 lbs.
(4H) Binder 502 270 540 1312
(50-54) (Gen) 468* 209 508* 1245*

157 lbs. BENCH PRESS
(2)E. Lambert 364 281 485 1130
(3)W. Lambert 540 353 540 1433

129 lbs. OPEN 87 31 DL TOT
(3)F. Caine 431 502 474 1407
(4)S. Weis 320 187 402 9091

181 lbs.
(4)H. Binder 502 270 540 1312
(50-54) (Gen) 468* 209 508* 1245*

157 lbs. BENCH PRESS
(2)E. Lambert 364 281 485 1130
(3)W. Lambert 540 353 540 1433

129 lbs. OPEN 87 31 DL TOT
(3)F. Caine 431 502 474 1407
(4)S. Weis 320 187 402 9091

220, going 530. Having some problems with his shirt, and having lost 50 pounds, Ron missed his last two attempts of 520. Second at 220 was Robert...

USAPL Muscle Beach Push-Pull
9 Aug 97 - Venice, CA (kg)
Bench Press 220 lbs. 198 lbs.

USAPL Alaska State Fair Meet
23 Aug 97 - Wasilla, AK
MEAS. OPEN SQ BP DL TOT

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

198 lbs.
R. Hanson 425 285 500 1210
242 lbs. 500 315* 570 1385

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

USAPL NJ States (Rice photo)
Adam Divine, in 181cs Open at the USAPL NJ States (Rice photo)

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 vowed 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 _____
 phone _____
 Qty. _____ Color _____
 _____ 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
 INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,
 Texas 75606, 1-800-222-6897, 903-236-4012

More Items Available from

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

800-222-6897

903-236-4012

Inzer Advance Designs T-shirts — 2 color logo
 Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
 S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo \$8.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
 S, M, L, XL, XXL \$19.00

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



Ron Walsh gets ready for his assault on a 590 lb. Ron finished with 570 for first at 2:20 & BL at the Village Square Champs (Darrell Latch photo)

VILLAGE SQUARE BP/DL CHAMPS 26 Oct 97 - Effingham, IL BENCH PRESS 165 lbs. M. Engel 275* N. Engel 275* T. McDowell 200* 181 lbs. S. Webb 433* 4th 440* 365 198 lbs. R. Horrihgs 365 M. Luster 450* 570i 265* S. Gragert 450* 355 M. Luster 610 610 -*Personal Best. -Best Lifter: Team: Venom Iron of Springfield, IL. Members include: Leo Welch, N. Engel, S. Gragert, S. Webb, E. Shubert, Ron Walsh, and Stephen Webb. This meet was held at the Village Square Mall. The mall once again provided an excellent room for the event and an enthusiastic crowd of fans. Stephen Webb won his second consecutive title. Ron Walsh won his second consecutive title. Stephen Webb captured the second place with 210 weighing in at 141 lbs. David's first competition. Leo Welch captured the

Welch, a 208 lb. sub master lifter went up against the 190 lb. Horrihgs, who weighed 192 and lifted in the 190s. Horrihgs won the match. The match was their final attempt at 630 (both personal record attempts) but Leo came out on top 615 to 610. This was a great small meet with some of the best lifters in the area. The meet was well run and the lifters were awarded in the men's and women's division. Thank you to everyone who helped out, especially my youngest son Joey. (Thanks to Dr. Darrell Latch for providing these contest results).

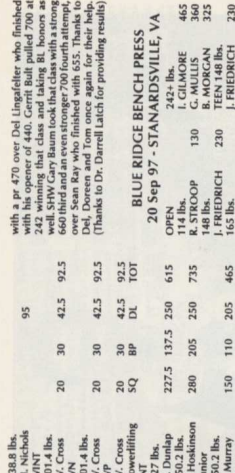
Bayou Bash III BP Challenge 8 Nov 97 - Slidell, LA

Women	130	320
Junior 132 lbs.	180*	440i
C. Welch	242 lbs.	375
R. Evans	242 lbs.	375
Open 148 lbs.	100	275
M. O'Connell	225 lbs.	375
114 lbs.	120	350
P. Hall	140	345
H. Gibson	148 lbs.	380
R. Ferguson	90	230
Submasters	310*	420
UNI	123 lbs.	310*
M. Popik	165 lbs.	340
Men 114 lbs.	95	210
T. Smith	181 lbs.	315
J. D. Jones	198 lbs.	315
148 lbs.	225	350
K. Wright	350	442 lbs.
C. Glorckner	405	453
169 lbs.	255	360
C. Hall	200	265 lbs.
J. Damsby	181 lbs.	370
D. Dodge	370	460
C. C. Ross	280	350
H. L. Jones	360	420
R. K. Ross	400	450
198 lbs.	275	360
E. Shubert	275	360
242 lbs.	365	420
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	365
R. K. Ross	265	365
198 lbs.	265	365
E. Shubert	265	365
242 lbs.	265	365
H. Hendrickson	265	365
165 lbs.	265	365
S. Gonzales	265	365
J. Robinson	265	365
181 lbs.	265	365
M. Popik	265	365
C. C. Ross	265	365
H. L. Jones	265	



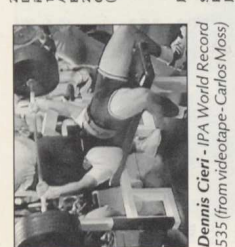
Waltham, MA Police Dept., 1st Place Team at the "DARE To Be Strong" Bench Press Challenge (Photo by Insp. Bryan W. McMahon)

Table with 5 columns: Name, Weight, and other details. Includes 'DARE To Be Strong' BP Challenge results for various teams and individuals.



Terry Mansfield-BL with Dr. Latch (l/r) at the Illinois Open (Photograph by Dr. D. Latch)

Table with 5 columns: Name, Weight, and other details. Includes 'USAPL Longmont YMCA Meet' results for various teams and individuals.



Dennis Cleri-IPA World Record 535 (from videotape-Carlos Moss)

Table with 5 columns: Name, Weight, and other details. Includes 'NASSA NM Regional Champs' results for various teams and individuals.



Bill Homecoming locks out 585 at the Harvest Homecoming BP/DL (Dr. Latch photo)

Table with 5 columns: Name, Weight, and other details. Includes 'USAPL Mile High Push N Pull' results for various teams and individuals.

Table with 5 columns: Name, Weight, and other details. Includes 'NASSA IN Region PL/BP/PS Champs' results for various teams and individuals.

Table with 5 columns: Name, Weight, and other details. Includes 'NASSA NM Regional Champs' results for various teams and individuals.

Table with 5 columns: Name, Weight, and other details. Includes 'HARVEST HOMECOMING BP/DL' results for various teams and individuals.

Table with 5 columns: Name, Weight, and other details. Includes 'USAPL Mile High Push N Pull' results for various teams and individuals.

USPF Texas Cup Championships

8 Nov 97 - Austin, TX

BENCH PRESS

Table with columns: MEN, 165, 180, 210, 240, 275 lbs. and names of lifters.

USPF Texas Cup (H) - Katie Ford, Lee Demmon, Susan Rinn, Leigh Smith, Valerie Tyree, Erin Snouffer, Yvonne Jimenez (Cary Pendergrass)

Table with columns: WOMEN, 105, 125, 145, 165, 185, 205 lbs. and names of lifters.

Table with columns: SHW, 105, 125, 145, 165, 185, 205 lbs. and names of lifters.

World Natural Powerlifting Federation

Membership Registration

Registration form with fields: LAST NAME, FIRST NAME, INT., STREET ADDRESS, CITY, STATE, ZIP, AREA CODE, TELEPHONE, AGE, SEX, CHECK ONE: LIFETIME DRUGFREE, 3 YRS. MIN., REGISTRATION FEE \$10.00, SPECIAL OLYMPICS \$15.00, HIGH SCHOOL \$25.00 ADULTS.

Includes UNDER 18... I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not... I agree to give up my rights to the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.



Table with columns: SHW, 105, 125, 145, 165, 185, 205 lbs. and names of lifters.

Table with columns: SHW, 105, 125, 145, 165, 185, 205 lbs. and names of lifters.

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to potential entrants. Send details to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

- 31 JAN, AAU Central Arkansas Bench Press Open, Fayetteville, AR, 501-982-7668. 31 JAN, AFF West Coast Push Pull Pro, 4394-4394. 31 JAN, AAU Open BP/DL Classic, 4394-4394.

Coming Events

- 14 FEB, ANPPC Drug Free Southeastern PL/BP (men, women, master, teen), 810-294-7055 after 6pm. 21-22 FEB, NASSA Ohio High School State (boys/girls/PL/BP, grades 9-12), combined 1-1300-653, 954-972-6656.

181 lbs. A. Boyd 105 140 240 575 222.5 137.5 51.75 198 lbs. J. Fabola 182.5 137.5 227.5 547.5 189.5 117.5 190.75 310 242 lbs. M. Kocurek 227.5 150 200 627.5 181 lbs. H. Thomson 115 75 137.5 327.5 137.5 77.5 177.5 392.5 142.5 85 160 387.5 132 lbs. L. Demmon 132.5 75 172.5 380 165 lbs. W. Tyree 110 62.5 127.5 305 165 lbs. S. Rinn 75 37.5 92.5 205 132 lbs. B. Colley 132.5 75 172.5 380 114 lbs. K. Kähler 75 42 90 207.5 114 lbs. Y. Jimenez 105 47.5 105 257.5 114 lbs. K. Ford 137.5 72.5 132.5 342.5

15 FEB, ANPPC Drug Free Southeastern PL/BP (men, women, master, teen), 810-294-7055 after 6pm. 21-22 FEB, NASSA Ohio High School State (boys/girls/PL/BP, grades 9-12), combined 1-1300-653, 954-972-6656. 14 FEB, AAU River Walk Fall Classic, DL, 4394-4394. 14 FEB, Walker's Gym Bench Classic (open, master, women) Walkers Gym, 226 E. Broad- 15 FEB, USAPL, Great West Invitational, 4394-4394.

COMING USAPL EVENTS AT PRO FITNESS - 1998 USAPL 3rd Annual Iron Man Bench Press/Deadlift & Record Breakers, March 14, 1998 at Pro Fitness, Rockaway, NJ. 1998 USAPL Heavy Metal Classic, 16, 17 May 1998 (Location To Be Announced). 1998 USAPL New Jersey State Powerlifting Championship, October 24, 25, 1998 (Location To Be Announced).



HOME OF THE 1996 LIFETIME NATIONAL AND ADPPA NATIONAL TEAM CHAMPIONS - ALWAYS GREAT AND UNUSUAL AWARDS SPECIAL GUEST LIFTERS TO BE ANNOUNCED. CALL FOR INFO AND ENTRY FORMS: PRO FITNESS, 350 RT. 46, ROCKAWAY, NJ 07866, ATTN: JOE MORREALE, 973-627-9156

DRUG FREE POWERLIFTERS

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

CELEBRATE 1997-98 AAUFCP NATIONAL CHAMPIONSHIPS WILL GO TO THE WOFFF WORLD CHAMPIONSHIPS OCTOBER 16-18, 1998 AT DISNEY'S WIDE WORLD OF SPORTS.

WORLD CHAMPIONSHIPS TO INCLUDE OPEN, JUNIOR, & MASTERS DIVISIONS. THIS WILL INCLUDE ALL AGE & WEIGHT CLASSES

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

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

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

MEMBERSHIP YEAR STARTS SEPTEMBER 1ST, 1997



26 JUL, ANPPCC World Cup PL/BP, Championships, Darrall Latch, 126 W. Sale, Tuscola, IL 61953, 217-353-5429.

30 JUL, AAV (Virginia Beach), AAU Jr. Olympia (Virginia Beach), VA - open/race, male/female, 11 & 18 yrs., 19 Mike Jackson, Box 10,000, Lake Buena Vista FL 32830, 407-934-7200.

JUL, WPC/AAFP Canada-American World Cup, Bob Pecker, 209-439-4594.

4994 JUL, AAU USFP Men's Senior Nationals (Stonestoneman, Va) - open, PA - no qualifying tests - IFF (rules/doping tested) Robert Keller, Amber, PA 19002, 215-542-4994, FAX 947-3729, Email 1.AAU.USFP@AOL.COM

1.AAU.USFP@AOL.COM (BPP) (open, women, men, women/men, women, 1415 E. Court, Seguin, TX 78155, 830-372-3396

1.AUG, MDSA Paul Ellering Fitness Performance Series, Darrall Latch, Jacksonville, Box 1031, Willmar, MN 56201.

1.AUG, USAF Great Plains Open BP, Tim Piper, WIJ, Brophy Hall 2210, Mooms, IL 61455, 309-298-7881.

1.AUG, USAF Duetzels National, John Hart, Box 82654, Lincoln, NE 68501, 402-470-8672

1.2 AUG, NAA West Coast State Nationals (Scottsdale, AZ) NAA, Box 735, Noble, OK 73068, 405-872-9684

1.2 AUG, NAA Junior National Nationals (Scottsdale, AZ) NAA, Box 734, Noble, OK 73068, 405-872-9684

18 JUL, NASS (new date), WNPF Sr., National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Jr., National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Open, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Masters, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Women, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Youth, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF All-Ages, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Veterans, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Senior, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

18 JUL, NASS (new date), WNPF Grand Masters, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

1988 New Jersey AAU Schedule More Quality Meets Than Anyone Else!!

February 22 AAU 10th Annual East Coast Powermeet, Assisted & Raw, Hopatcong, NJ, 1/19, 25 Louis Drive, Budd Lake, NJ 07828, 973-691-0824, Please call before 8 PM.

March 21 AAU East Coast Classic BP/DL Championship Assisted & Raw, Tony Garreffo, 40 Central Ave., Mays Landing, NJ 08340, 609-645-6107, Sponsored by Dynamic Fitness.

April 19 AAU 4th Annual Northern New Jersey High School Powerlifting Championship, Assisted & Raw, Hopatcong, NJ Joe Pyla.

May 3 AAU 14th Annual New Jersey State Powerlifting Meet, Assisted & Raw, Hopatcong, NJ Joe Pyla.

July 4 AAU War at the Shores BP/DL Championship Assisted & Raw, Chris Lambert, Ultimate Fitness Gym, 1100 Bayshore Rd., Villas, NJ 08231, 609-279-2050, Sponsored by Dynamic Fitness.

September 27 AAU 16th Annual Drug Free New Jersey State PL Championship and BP/DL Meet, Assisted & Raw, Hopatcong, NJ Joe Pyla.

November 14 AAU New Jersey State BP/DL Championship Assisted & Raw, Jim Gwathmey, Richard Stockton College, Athletic Dept., Jimmie Leeds Rd., Pomona, NJ 609-652-4217, Sponsored by Dynamic Fitness.

819-346-9466, 819-346-9466, 569-8623 FAX, Independence BP Classic, John Shifflett, Box 941, Stanardsville, VA 22974, 804-986-3418

11 JUL, NASS (new date), WNPF Sr., National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Jr., National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Open, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Masters, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Women, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Youth, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF All-Ages, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Veterans, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

11 JUL, NASS (new date), WNPF Senior, National (Atlanta, GA), World qualifier) NPP, Fayetteville, CA 30214, 770-996-3418

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

14 JUN, USAF Summer Benchfest (Denver) Andre Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, 303-425-0904

BE A PART OF HISTORY Mile High Mayhem! MEN'S NATIONAL POWERLIFTING CHAMPIONSHIP DENVER, CO - July 3, 4, & 5 Official Qualifier for the 1998 IPF Men's World Championships in Ukraine. Meet Director: Andrea Sorwell, 11360 W. 84th Pl., Anvada, CO 80005, (303)-425-0904, a.sorwell@worldnet.att.net

APF Southwest USA Meet
25-26 Oct 97 - Dallas, TX

BRONCO PRESS	125	150	170	190	210	230	250	270	290	310	330	350	370	390	410	430	450	470	490	510	530	550	570	590	610	630	650	670	690	710	730	750	770	790	810	830	850	870	890	910	930	950	970	990	1010	1030	1050	1070	1090	1110	1130	1150	1170	1190	1210	1230	1250	1270	1290	1310	1330	1350	1370	1390	1410	1430	1450	1470	1490	1510	1530	1550	1570	1590	1610	1630	1650	1670	1690	1710	1730	1750	1770	1790	1810	1830	1850	1870	1890	1910	1930	1950	1970	1990	2010	2030	2050	2070	2090	2110	2130	2150	2170	2190	2210	2230	2250	2270	2290	2310	2330	2350	2370	2390	2410	2430	2450	2470	2490	2510	2530	2550	2570	2590	2610	2630	2650	2670	2690	2710	2730	2750	2770	2790	2810	2830	2850	2870	2890	2910	2930	2950	2970	2990	3010	3030	3050	3070	3090	3110	3130	3150	3170	3190	3210	3230	3250	3270	3290	3310	3330	3350	3370	3390	3410	3430	3450	3470	3490	3510	3530	3550	3570	3590	3610	3630	3650	3670	3690	3710	3730	3750	3770	3790	3810	3830	3850	3870	3890	3910	3930	3950	3970	3990	4010	4030	4050	4070	4090	4110	4130	4150	4170	4190	4210	4230	4250	4270	4290	4310	4330	4350	4370	4390	4410	4430	4450	4470	4490	4510	4530	4550	4570	4590	4610	4630	4650	4670	4690	4710	4730	4750	4770	4790	4810	4830	4850	4870	4890	4910	4930	4950	4970	4990	5010	5030	5050	5070	5090	5110	5130	5150	5170	5190	5210	5230	5250	5270	5290	5310	5330	5350	5370	5390	5410	5430	5450	5470	5490	5510	5530	5550	5570	5590	5610	5630	5650	5670	5690	5710	5730	5750	5770	5790	5810	5830	5850	5870	5890	5910	5930	5950	5970	5990	6010	6030	6050	6070	6090	6110	6130	6150	6170	6190	6210	6230	6250	6270	6290	6310	6330	6350	6370	6390	6410	6430	6450	6470	6490	6510	6530	6550	6570	6590	6610	6630	6650	6670	6690	6710	6730	6750	6770	6790	6810	6830	6850	6870	6890	6910	6930	6950	6970	6990	7010	7030	7050	7070	7090	7110	7130	7150	7170	7190	7210	7230	7250	7270	7290	7310	7330	7350	7370	7390	7410	7430	7450	7470	7490	7510	7530	7550	7570	7590	7610	7630	7650	7670	7690	7710	7730	7750	7770	7790	7810	7830	7850	7870	7890	7910	7930	7950	7970	7990	8010	8030	8050	8070	8090	8110	8130	8150	8170	8190	8210	8230	8250	8270	8290	8310	8330	8350	8370	8390	8410	8430	8450	8470	8490	8510	8530	8550	8570	8590	8610	8630	8650	8670	8690	8710	8730	8750	8770	8790	8810	8830	8850	8870	8890	8910	8930	8950	8970	8990	9010	9030	9050	9070	9090	9110	9130	9150	9170	9190	9210	9230	9250	9270	9290	9310	9330	9350	9370	9390	9410	9430	9450	9470	9490	9510	9530	9550	9570	9590	9610	9630	9650	9670	9690	9710	9730	9750	9770	9790	9810	9830	9850	9870	9890	9910	9930	9950	9970	9990	10010	10030	10050	10070	10090	10110	10130	10150	10170	10190	10210	10230	10250	10270	10290	10310	10330	10350	10370	10390	10410	10430	10450	10470	10490	10510	10530	10550	10570	10590	10610	10630	10650	10670	10690	10710	10730	10750	10770	10790	10810	10830	10850	10870	10890	10910	10930	10950	10970	10990	11010	11030	11050	11070	11090	11110	11130	11150	11170	11190	11210	11230	11250	11270	11290	11310	11330	11350	11370	11390	11410	11430	11450	11470	11490	11510	11530	11550	11570	11590	11610	11630	11650	11670	11690	11710	11730	11750	11770	11790	11810	11830	11850	11870	11890	11910	11930	11950	11970	11990	12010	12030	12050	12070	12090	12110	12130	12150	12170	12190	12210	12230	12250	12270	12290	12310	12330	12350	12370	12390	12410	12430	12450	12470	12490	12510	12530	12550	12570	12590	12610	12630	12650	12670	12690	12710	12730	12750	12770	12790	12810	12830	12850	12870	12890	12910	12930	12950	12970	12990	13010	13030	13050	13070	13090	13110	13130	13150	13170	13190	13210	13230	13250	13270	13290	13310	13330	13350	13370	13390	13410	13430	13450	13470	13490	13510	13530	13550	13570	13590	13610	13630	13650	13670	13690	13710	13730	13750	13770	13790	13810	13830	13850	13870	13890	13910	13930	13950	13970	13990	14010	14030	14050	14070	14090	14110	14130	14150	14170	14190	14210	14230	14250	14270	14290	14310	14330	14350	14370	14390	14410	14430	14450	14470	14490	14510	14530	14550	14570	14590	14610	14630	14650	14670	14690	14710	14730	14750	14770	14790	14810	14830	14850	14870	14890	14910	14930	14950	14970	14990	15010	15030	15050	15070	15090	15110	15130	15150	15170	15190	15210	15230	15250	15270	15290	15310	15330	15350	15370	15390	15410	15430	15450	15470	15490	15510	15530	15550	15570	15590	15610	15630	15650	15670	15690	15710	15730	15750	15770	15790	15810	15830	15850	15870	15890	15910	15930	15950	15970	15990	16010	16030	16050	16070	16090	16110	16130	16150	16170	16190	16210	16230	16250	16270	16290	16310	16330	16350	16370	16390	16410	16430	16450	16470	16490	16510	16530	16550	16570	16590	16610	16630	16650	16670	16690	16710	16730	16750	16770	16790	16810	16830	16850	16870	16890	16910	16930	16950	16970	16990	17010	17030	17050	17070	17090	17110	17130	17150	17170	17190	17210	17230	17250	17270	17290	17310	17330	17350	17370	17390	17410	17430	17450	17470	17490	17510	17530	17550	17570	17590	17610	17630	17650	17670	17690	17710	17730	17750	17770	17790	17810	17830	17850	17870	17890	17910	17930	17950	17970	17990	18010	18030	18050	18070	18090	18110	18130	18150	18170	18190	18210	18230	18250	18270	18290	18310	18330	18350	18370	18390	18410	18430	18450	18470	18490	18510	18530	18550	18570	18590	18610	18630	18650	18670	18690	18710	18730	18750	18770	18790	18810	18830	18850	18870	18890	18910	18930	18950	18970	18990	19010	19030	19050	19070	19090	19110	19130	19150	19170	19190	19210	19230	19250	19270	19290	19310	19330	19350	19370	19390	19410	19430	19450	19470	19490	19510	19530	19550	19570	19590	19610	19630	19650	19670	19690	19710	19730	19750	19770	19790	19810	19830	19850	19870	19890	19910	19930	19950	19970	19990	20010	20030	20050	20070	20090	20110	20130	20150	20170	20190	20210	20230	20250	20270	20290	20310	20330	20350	20370	20390	20410	20430	20450	20470	20490	20510	20530	20550	20570	20590	20610	20630	20650	20670	20690	20710	20730	20750	20770	20790	20810	20830	20850	20870	20890	20910	20930	20950	20970	20990	21010	21030	21050	21070	21090	21110	21130	21150	21170	21190	21210	21230	21250	21270	21290	21310	21330	21350	21370	21390	21410	21430	21450	21470	21490	21510	21530	21550	21570	21590	21610	21630	21650	21670	21690	21710	21730	21750	21770	21790	21810	21830	21850	21870	21890	21910	21930	21950	21970	21990	22010	22030	22050	22070	22090	22110	22130	22150	22170	22190	22210	22230	22250	22270	22290	22310	22330	22350	22370	22390	22410	22430	22450	22470	22490	22510	22530	22550	22570	22590	22610	22630	22650	22670	22690	22710	22730	22750	22770	22790	22810	22830	22850	22870	22890	22910	22930	22950	22970	22990	23010	23030	23050	23070	23090	23110	23130	23150	23170	23190	23210	23230	23250	23270	23290	23310	23330	23350	23370	23390	23410
--------------	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

Gain up to 50% More Lean Body Mass

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

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



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 weighings), torso and limb measurements, lung function tests, strength measurements, diet analysis and full body photographs were administered before and after training.

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

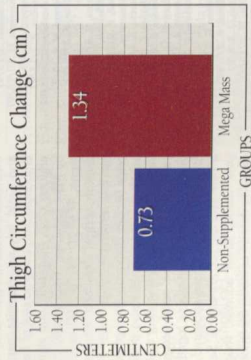
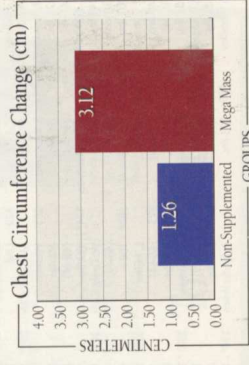
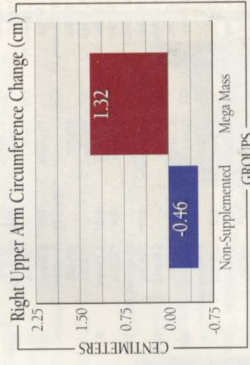
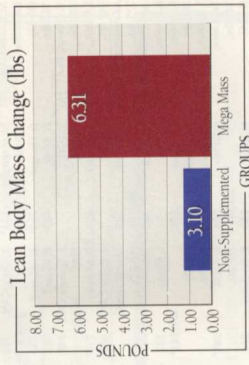
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including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

UNIVERSITY STUDY: RESULTS & CONCLUSIONS

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

Mass with Giant Mega Mass 4000

Four Southern California Exercise Scientists demonstrated what top bodybuilders can do.



You've seen the amazing Before and After photographs of top professionals who use Giant Mega Mass 4000.

Now you've read the hard science on the results gained by "regular" people who workout.

If you pick up weights, you should pick up Giant Mega Mass 4000 first.



VICTORY™
It's Not Like The Stuff The Pros Use.
It IS The Stuff The Pros Use.

CALL TOLL-FREE
1-800-1-FLEX-IT (435-3948)

Also available at **GNC** and Fine Health Food Stores.
For Canada or Worldwide, contact: Weider Institute,
2873 Bates Road, Montreal, Quebec, H3S 1B7, Tel: 514-731-3783.



TOP 100

For standard 220 lb./100 kg. USA lifting in results received from December 1996 through November 1997.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 936 Uchick, P. 5/18/97	760 Mitt, T. 6/29/97	1680 Uchick, P. 5/18/97	4180 Uchick, P. 5/18/97
2 600 Williams, G. 11/1/97	600 Cuzco, N. 11/1/97	2121 Williams, G. 11/1/97	4180 Williams, G. 11/1/97
3 600 McKay, G. 3/7/97	600 McKay, G. 3/7/97	2090 McKay, G. 3/7/97	4080 McKay, G. 3/7/97
4 744 Lander, P. 1/13/97	600 Beane, R. 10/4/97	2000 Uchick, P. 5/18/97	4070 Uchick, P. 5/18/97
5 755 Black, A. 11/23/97	600 Beane, R. 10/4/97	2000 Uchick, P. 5/18/97	4070 Uchick, P. 5/18/97
6 720 Bonello, J. 7/13/97	575 Capozzolino, 10/4/97	1989 Mitt, T. 6/29/97	4060 Mitt, T. 6/29/97
7 800 Speranzini, 3/23/97	575 Capozzolino, 10/4/97	1989 Mitt, T. 6/29/97	4060 Mitt, T. 6/29/97
8 780 Speranzini, 3/23/97	546 Marafioti, 4/13/97	1956 Barham, L. 2/22/97	4052 Barham, L. 2/22/97
9 780 Speranzini, 3/23/97	546 Marafioti, 4/13/97	1956 Barham, L. 2/22/97	4052 Barham, L. 2/22/97
10 771 Pitt, G. 6/22/97	565 McCormick, J. 3/97	1727 Bell, G. 7/13/97	4048 Pitt, G. 6/22/97
11 760 Matus, L. 12/8/96	560 Ferrara, M. 3/28/97	1951 Bailey, A. 7/13/97	4048 Matus, L. 12/8/96
12 760 Maxwell, C. 11/19/97	560 Ferrara, M. 3/28/97	1951 Bailey, A. 7/13/97	4048 Matus, L. 12/8/96
13 755 Grever, P. 4/6/97	560 Bennett, C. 2/11/97	1929 Bezdek, A. 6/22/97	4048 Matus, L. 12/8/96
14 755 Grever, P. 4/6/97	560 Bennett, C. 2/11/97	1929 Bezdek, A. 6/22/97	4048 Matus, L. 12/8/96
15 744 Lander, P. 1/13/97	515 Vogelbein, C. 6/23/97	1915 Benti, B. 4/5/97	4048 Matus, L. 12/8/96
16 755 Black, A. 11/23/97	540 Dawson, D. 4/12/97	1895 Dunham, H. 10/26/97	4048 Matus, L. 12/8/96
17 755 Black, A. 11/23/97	540 Dawson, D. 4/12/97	1895 Dunham, H. 10/26/97	4048 Matus, L. 12/8/96
18 755 Black, A. 11/23/97	540 Dawson, D. 4/12/97	1895 Dunham, H. 10/26/97	4048 Matus, L. 12/8/96
19 755 Black, A. 11/23/97	540 Dawson, D. 4/12/97	1895 Dunham, H. 10/26/97	4048 Matus, L. 12/8/96
20 755 Black, A. 11/23/97	540 Dawson, D. 4/12/97	1895 Dunham, H. 10/26/97	4048 Matus, L. 12/8/96
21 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
22 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
23 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
24 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
25 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
26 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
27 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
28 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
29 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
30 749 Geras, J. 5/18/97	535 Shiner, F. 2/23/97	1862 Potts, R. 3/22/97	4048 Matus, L. 12/8/96
31 720 Schrank, L. 3/27/96	515 Greves, A. 5/97	1810 Better, R. 2/2/97	4048 Matus, L. 12/8/96
32 720 Schrank, L. 3/27/96	515 Greves, A. 5/97	1810 Better, R. 2/2/97	4048 Matus, L. 12/8/96
33 720 Schrank, L. 3/27/96	515 Greves, A. 5/97	1810 Better, R. 2/2/97	4048 Matus, L. 12/8/96
34 720 Schrank, L. 3/27/96	515 Greves, A. 5/97	1810 Better, R. 2/2/97	4048 Matus, L. 12/8/96
35 720 Schrank, L. 3/27/96	515 Greves, A. 5/97	1810 Better, R. 2/2/97	4048 Matus, L. 12/8/96
36 710 Schindler, K. 3/19/97	510 Lawrence, R. 4/26/97	1785 Cate, S. 7/27/97	4048 Matus, L. 12/8/96
37 710 Schindler, K. 3/19/97	510 Lawrence, R. 4/26/97	1785 Cate, S. 7/27/97	4048 Matus, L. 12/8/96
38 710 Schindler, K. 3/19/97	510 Lawrence, R. 4/26/97	1785 Cate, S. 7/27/97	4048 Matus, L. 12/8/96
39 710 Schindler, K. 3/19/97	510 Lawrence, R. 4/26/97	1785 Cate, S. 7/27/97	4048 Matus, L. 12/8/96
40 710 Schindler, K. 3/19/97	510 Lawrence, R. 4/26/97	1785 Cate, S. 7/27/97	4048 Matus, L. 12/8/96
41 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
42 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
43 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
44 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
45 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
46 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
47 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
48 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
49 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
50 705 Sampke, L. 4/5/97	510 Chaffin, M. 9/16/97	1770 Gould, J. 4/14/97	4048 Matus, L. 12/8/96
51 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
52 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
53 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
54 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
55 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
56 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
57 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
58 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
59 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
60 699 Hendler, B. 4/12/97	500 Bawdwin, S. 11/20/97	1774 Smith, S. 11/22/97	4048 Matus, L. 12/8/96
61 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
62 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
63 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
64 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
65 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
66 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
67 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
68 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
69 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
70 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
71 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
72 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
73 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
74 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
75 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
76 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
77 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
78 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
79 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
80 680 Hill, M. 3/97	500 Young, R. 4/13/97	1740 Bell, J. 4/14/97	4048 Matus, L. 12/8/96
81 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
82 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
83 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
84 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
85 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
86 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
87 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
88 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
89 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
90 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
91 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
92 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
93 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
94 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
95 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
96 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
97 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
98 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
99 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96
100 666 Cote, S. 11/22/97	485 Ballant, R. 4/13/97	1703 Stokes, J. 4/20/97	4048 Matus, L. 12/8/96

lected and presents his breakthrough new cassette VHS master tapes "Night, Muscles, and Miracles" in the method he discovered to develop quickly a level of natural strength equal to, or surpassing, all presently known methods used in order now - these tapes are limited. Only \$40.00 shipped free.

WANTED-POWERLIFTING USA
May/79, Scott Frostbaum, PO Box 340484, Brooklyny, NY 11234.
Please contact ASAP

Sports Fitness company seeks individuals to help expand U.S., Pacific Rim, & Europe. Serious Inquiries Only! Call 1-800-497-6657 or write: GKI/Attn. Z. Brown PO Box 329, APC, MD 21005

Attention Powerlifters. Now you can have the same training advantage Russian weightlifters have used for years. Magnetic Relaxer products can accelerate your training progress plus the opportunity of being the first to introduce these products to your area, can result in unbelievable financial rewards. For products or opportunity info please call 1-800-482-8842

NORTH AMERICAN STRONGMAN
SOCIETY is looking for strong men and women to compete in strongman contests throughout North America. If interested in competing or promoting such an event contact: NORTH AMERICAN STRONGMAN SOCIETY, 300 W. NORTHERN STREET, SAGINAW, TEXAS, 76179, 817-847-6082

ATTENTION POWERLIFTERS, find out how to consolidate a power rack into a piece of equipment that fits in your gym bag. All this and more in a new book, "The Cable/Bar System", \$15.00 plus \$3.00 S.H.U.S./Canada, \$6.00 abroad. J.V. Askem, P.O. Box 3023, Sequim, WA. 98382 Ohio 45805 (419) 229-5346 SASE.

BLOW AWAY YOUR BEST BENCH EVER
Guaranteed!
This program has worked for over 1,000 lifters
This program has produced:
2 World Bench Champs
3 Olympic Gold Medals
Call 1-888-818-0464 for a free recorded message

Strength coaches, lifters, get the info you need to improve your bench. Send 10.00 to Bobs Underground Gym, Box 365, Fayetteville, Oh 45118. Home of 11 W. Rec Holders Add 2 to your arms fast, with the best arm workout ever. Send \$20 to Erik Egan, 1614 5th St., Lincoln, CA 95648

WEIGHTLIFTER'S WAREHOUSE
OLYMPIC PLATES & BARS
CUMBERLAND, OH
800/621-9550

UNCLASSIFIED ADS
\$2.00 per line per insertion
Figure 34 letters & spaces per line

IRON MAN MAGAZINE, honest coverage of the Iron Game, \$29.95 for 1 year, (2 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

MACHINED STEEL FRACTIONAL PLATES 1 oz thru 1.75 lb & metric for 1, 1.1, 1.1* & Olympic bars in stainless steel, plain steel, black paint, zinc & nickel plating \$10.85/pr & up delivered, plain vanilla, customized or personalized much more. Catalog \$2.50 - mention PUSA for a free Sandow postcard. Write: PDA, 104 Bangor St., Mauldin, SC 29662

Used Selectorized Machines, As Is or Completely Reconditioned. Up to 30 Different Manufacturers. Call Fitness Equipment International, 800-462-0473

WESTSIDE BARBELL
School of Champions
Come train with the Champs and learn their secrets
Two-day seminar, \$150/person (limit 6) Contact Louie Simmons 1469 Demorest Rd., Columbus, OH 43228, 614-276-0923

Did You Ever Notice the equipment used at most U.S.P.F. National and Jr. National meets, or photos when World Records are set by our sports greatest lifters? They have done it on Novice 242s at the USA PA State Meisters 4th place was Wayne Desardo's 1400. At the same meet, Pat Tessaro's actual lifts were 640 400 615 1655 at 198. Hal Hudson indicates that IPF World Masters Meets actually started in 1980, rather than 1982. Mark Caniff's actual SHW lifts for the last TOP 100 were 733 473 672 1878. Joe Erb should have been credited with a 1250 total in the results of the AAU NI State meet of Sept. 27th. We understand that Dave Waterman was not credited on the TOP 100 for 1984. At the USPF National Deadlift meet, Andrew Jacobson's final deadlift was actually loaded to 694 rather than 672. We apologize for any errors in our lists. Some of the errors are due to incorrect information on meet results, and some results that are not provided to us, and we do make errors in our own work. If you don't see your USA results in **POWERLIFTING USA**, within a reasonable amount of time, contact the meet director or let us know what lifts you have achieved and, if possible, we'll try to confirm them with the meet director. Send 1665 Suppln. P. 12/17/96 to "ERRORS," c/o P80111, Camarillo, CA 93011.

PL USA Top 100 Achievement Awards

1996 Uchick, P. 5/18/97
1997 Williams, G. 11/1/97
1998 McKay, G. 3/7/97
1999 Beane, R. 10/4/97
2000 Uchick, P. 5/18/97
2001 Bailey, A. 7/13/97
2002 Bailey, A. 7/13/97
2003 Bailey, A. 7/13/97
2004 Bailey, A. 7/13/97
2005 Bailey, A. 7/13/97
2006 Bailey, A. 7/13/97
2007 Bailey, A. 7/13/97
2008 Bailey, A. 7/13/97
2009 Bailey, A. 7/13/97
2010 Bailey, A. 7/13/97
2011 Bailey, A. 7/13/97
2012 Bailey, A. 7/13/97
2013 Bailey, A. 7/13/97
2014 Bailey, A. 7/13/97
2015 Bailey, A. 7/13/97
2016 Bailey, A. 7/13/97
2017 Bailey, A. 7/13/97
2018 Bailey, A. 7/13/97
2019 Bailey, A. 7/13/97
2020 Bailey, A. 7/13/97
2021 Bailey, A. 7/13/97
2022 Bailey, A. 7/13/97
2023 Bailey, A. 7/13/97
2024 Bailey, A. 7/13/97
2025 Bailey, A. 7/13/97
2026 Bailey, A. 7/13/97
2027 Bailey, A. 7/13/97
2028 Bailey, A. 7/13/97
2029 Bailey, A. 7/13/97
2030 Bailey, A. 7/13/97
2031 Bailey, A. 7/13/97
2032 Bailey, A. 7/13/97
2033 Bailey, A. 7/13/97
2034 Bailey, A. 7/13/97
2035 Bailey, A. 7/13/97
2036 Bailey, A. 7/13/97
2037 Bailey, A. 7/13/97
2038 Bailey, A. 7/13/97
2039 Bailey, A. 7/13/97
2040 Bailey, A. 7/13/97
2041 Bailey, A. 7/13/97
2042 Bailey, A. 7/13/97
2043 Bailey, A. 7/13/97
2044 Bailey, A. 7/13/97
2045 Bailey, A. 7/13/97
2046 Bailey, A. 7/13/97
2047 Bailey, A. 7/13/97
2048 Bailey, A. 7/13/97
2049 Bailey, A. 7/13/97
2050 Bailey, A. 7/13/97
2051 Bailey, A. 7/13/97
2052 Bailey, A. 7/13/97
2053 Bailey, A. 7/13/97
2054 Bailey, A. 7/13/97
2055 Bailey, A. 7/13/97
2056 Bailey, A. 7/13/97
2057 Bailey, A. 7/13/97
2058 Bailey, A. 7/13/97
2059 Bailey, A. 7/13/97
2060 Bailey, A. 7/13/97
2061 Bailey, A. 7/13/97
2062 Bailey, A. 7/13/97
2063 Bailey, A. 7/13/97
2064 Bailey, A. 7/13/97
2065 Bailey, A. 7/13/97
2066 Bailey, A. 7/13/97
206

Preferred Stock!



Style B \$65.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon[®] brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

- Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:
- Made from the world's finest leathers, for total and safe support
 - Made to legal thicknesses
 - Smooth-operating roller buckles for easy on and off
 - The ultimate fit because holes are grouped closer together
 - Highest quality stitching for durability and style
 - Available in 18 colors and combinations
 - 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$65.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two-, or three-tone. \$65.00

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

Three-Tone Belt Any two colors. Style A & B only. \$65.00

Two-Tone Belt Any two colors. Style A & B only. \$65.00

Style A \$65.00

Style B \$65.00

Style C \$65.00

Style D \$65.00

Style E \$55.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$55.00

Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$55.00

Mark III Double thickness smooth leather inside and outside. Available in single or double prong. \$55.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Prices Subject to Change Without Notice

- Silver
- Black
- Pearl White
- Grey
- Kelly Green
- Forest Green
- Brown
- Rust
- Sand
- Gold
- Pink
- Red
- Orange
- Maroon
- Purple
- Navy
- Light Blue
- Royal Blue



Style A Three-Tone \$65.00



Style A \$65.00



Style E \$65.00



Mark I \$55.00

INZER ADVANCE DESIGNS

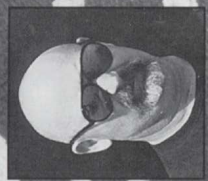
NEW AND AMAZING!

IRONWRAPS

enable you to lift more than ever before. A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap. VERY, VERY POWERFUL!



"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

Lottie Simmons



"Ironwraps are the best I've ever used."

Bull Stewart

IRONWRAPS Z (actual size)

IRONWRAPS A (actual size)

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

You owe it to yourself to use the greatest knee wraps of all!

All Inzer Power Gear is backed by the Inzer Performance Guarantee. Guaranteed to out perform any other brand.

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
Shipping					\$5.00
TOTAL					

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____

Signature _____

VISA MC Card No. _____

Exp. Date _____

Shipping and Handling _____

Marathon Distributing Co. Mail Today!

1229 Via Landeta • Palos Verdes Estates CA 90274

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders add 25% for surface freight, 40% or local air freight rate, whichever is greatest. California residents add 7% sales tax, L.A. County 9%.

Add \$5.00 Shipping and Handling

Clip Order Form

1229 Via Landeta • Palos Verdes Estates CA 90274

Marathon

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

For Fastest Service ORDER TOLL FREE 1(800)321-5064 In California 1(800)231-4070

Overseas orders add 20% surface or 30% air. Texas residents add 8.25% sales tax. INZER ADVANCE DESIGNS P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 1-800-222-6897