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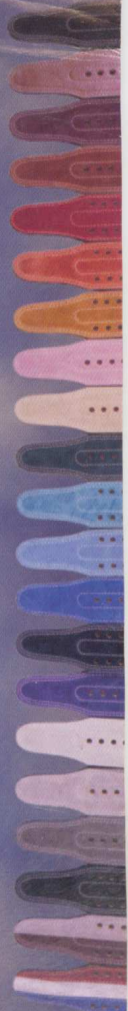
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## Mark Philippi INTERVIEW



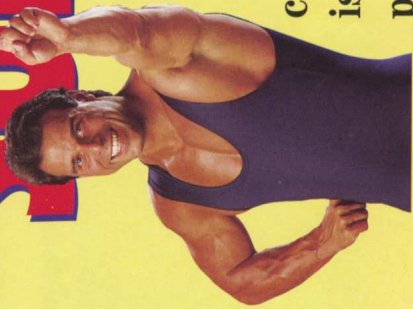
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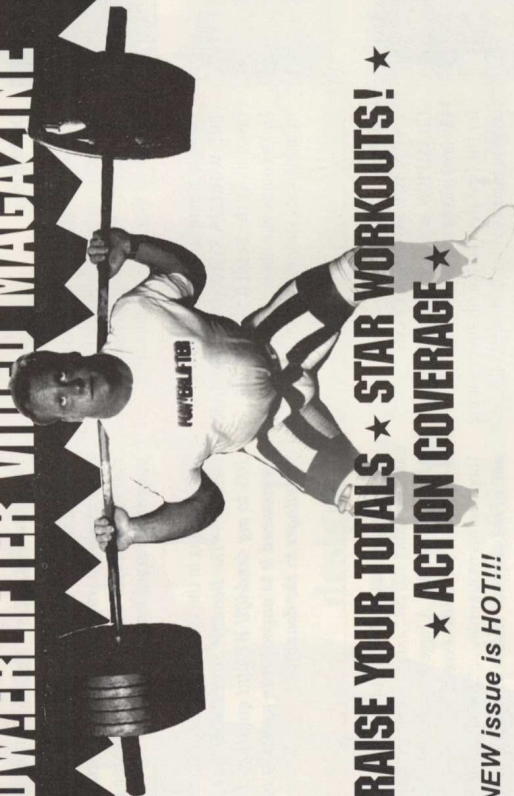
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**ON THE COVER.. Mark Philippi deadlifting at the 1997 Worlds Strongest Man Competition held in Primm, Nevada (Lambert)**

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# INTERVIEW

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

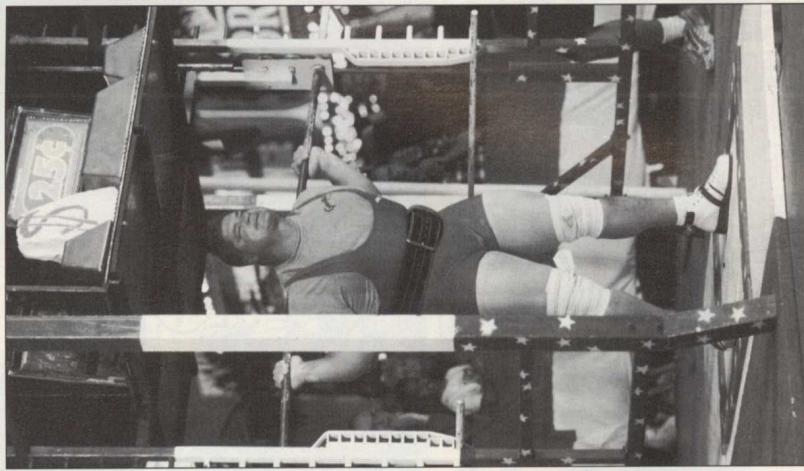
## Mark Philippi interviewed for Powerlifting USA by Fred Rice

Most readers of Powerlifting USA have probably seen Mark Philippi on ESPN recently. He was the winner of the USA World's Strongest Man qualifier, and took seventh in the international contest, although he was only a few points behind the third place finisher. Here is some detailed, behind the scenes information on this contest from Mark himself. Mark represented powerlifting well, winning among other events, the squat and the deadlift. Knowing that Mark is a great deadlifter, having seen him compete in person a couple of times at the ADFPA Nationals and the WDFPF Worlds, I was especially confident that he would win the deadlift, which he did, making 800 look easy.

**SUBJECT:** Mark Philippi.  
**AGE:** 32. **MARTIAL STATUS:** Married to Tracey, with a four-year old son and another child on the way. **HOMETOWN:** Henderson, Nevada; grew up in Menomonee Falls, WI; attended college at Montana Tech. in Butte, Montana. **JOB:** Head Strength Coach at UNLV (University of Nevada at Las Vegas). **INTERESTS:** Besides lifting, hunting and fishing, although there has been little time for this in recent years. **HEIGHT:** 6 feet. **WEIGHT CLASS:** 319 lbs. **TRAINING WEIGHT:** Approximately 300 lbs. **EQUIPMENT USED IN TRAINING:** tries not to use equipment, even a belt, unless fatigued, or above 85-90% of max.

**FR: HOW DO YOU PREPARE FOR THE WORLD'S STRONGEST MAN CONTEST?**

**MP:** I train 5 or 6 days per week, approximately 1 and 1/2 hours per day. I take very little rest between sets. Between the light sets I take 1-2 minutes, and a little more time between the heavy sets, but not a lot. I continue to train the powerlifts, they are the basis for my strongest man training. However, I alternate the powerlifts with other movements from one week to the next. On a 5 day program, the first week I do squats on Monday, I start with heavy back squats, then I drop back and do a lot of reps, because of the stamina demanded in these contests. Some of the events last 60-90 seconds, during which time there is a tremendous build-up of lactic acid. This past week I went up to 600 for 2 doubles with no equipment whatsoever, not even



Mark Philippi at the '97 World's Strongest Man contest in Las Vegas.

a belt. Then I did a set of 15 with 450 lbs., again with no equipment. After that I did a set of 10 front squats, which I followed with 2 sets of 10 Zercher squats. Then I did 3 sets of 15 good mornings, glute-ham raises, and leg curls. I do abs almost every day. Tuesday's and Thursday's I reserve for specific event related activities, and I pick 3 or 4 of these from a list of about 15

half the reason you lift, because you want to feel sore! If I feel good I feel like something's wrong - I must not be working hard enough.

**FR: DO YOU PLAN TO CONTINUE WITH BOTH TYPES OF COMPETITION?**

**MP:** Right now I'm focusing on the strongman competitions. I plan to enter some more of these contests in the spring. There are definitely areas I need to work on, and I need to gain more experience. But I haven't ruled out going to the USA Powerlifting Nationals.

**FR: HOW LONG HAVE YOU BEEN STRENGTH COACH AT UNLV, AND HOW DID YOU QUALIFY FOR THAT POSITION?**

**MP:** I came to UNLV in 1991 to work under Dan Austin. Before that I had trained with Eddie Coan for a couple of years while I was living near Chicago. Through a period of time I moved up pretty fast here. One of the assistants went to the Supersonas, and I took his spot. Then Dan left to go to Mississippi State (he's now at Oklahoma State), and I took his spot.

**FR: TELL US SOMETHING ABOUT YOUR STRENGTH TRAINING PROGRAM AT UNLV.**

**MP:** I oversee the strength training for all 15 sports that we have, and I handle football and basketball other people that help me - two part-time and two full-time, one of whom is USA Powerlifting superstar John Binkowski, who has been with me here since 1993. We have a new 10,000 square foot facility. I stress strength because I believe that everything follows that. You start getting people stronger and they become faster and more explosive. We have a comprehensive program, in which we emphasize the squat, the bench, power cleans and snatches. But I believe in a wide variety of things - whatever it takes to make someone stronger. If I would summarize my philosophy, it's a free weight philosophy, including Olympic and power movements. But we do use machines also. We run a pretty disciplined, organized program, and attempt to periodize each segment of training for each sport. But, realistically, these are college kids who are young and are frequently carousing around, and we just have to try to focus them and use the time that we have with them effectively.

**FR: WHAT IS YOUR EDUCATIONAL BACKGROUND WHICH PREPARED YOU FOR THIS?**

**MP:** My college degree is in mechanical engineering. I was always good at math and science, and I figured that engineering was a good place to start if you were going to get a degree. Engineering is a good degree to have - it teaches you how to think. I picked up all the strength training knowledge on my own through training and reading, and acquired CSCS certification. After coming to UNLV I picked up more from Dan Austin.

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

**MP:** I started lifting for football in high school, doing sport-related movements. I started powerlifting while playing football in college. One of the guys turned me on to a bench press meet. Then I lifted in the Montana state meet. These were USPF meets. **FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?**

**MP:** When I moved back to Chicago I came into contact with the ADFPA through the Brady's and others, and lifted in the Viking Open several times. Since about 1991 I have just lifted in USA Powerlifting/ADFFA. I won the Men's Nationals and the WDFPF Worlds in 1996. Prior to that I was knocking on the door but couldn't get in. In 1995 in Scranton I had a PR total at the Nationals, but Beau Moore won and I ended up sixth in a really tight competition.



Mark with his 4 year old son, at the '97 US Strongest Man Contest

**TESTING?**

**MP:** I think the more testing the better. It just needs to be done right. I think the only people who have any reason to complain are people who may be breaking the rules. Drug testing is the only way you're going to level the playing field. There is a strongman contest in Australia which I'm planning to go to which is supposed to be IOC drug tested, which I haven't heard of before. This may be standardized procedure for future contests.

**FR: HOW DO YOU FEEL ABOUT THE RECENT AFFILIATION OF USA POWERLIFTING WITH THE IPP?**

**MP:** I think it's good. The strong people around the world, whether they compete in strongman contests or whatever, recognize the IPP as being something, whereas the other fringe things are laughed at.

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

**MP:** I'm tied into Pro Lab stuff. They sponsor the strongman contests. I keep my supplementation pretty basic. I take Pro Lab creatine, whey protein, Enhance (a carbohydrate & protein mix), and some Glutamine. We use these products with our athletes at UNLV. I stay away from DHEA and some other products that can cause you to fail drug tests. I'm not into pseudo-steroids. If I took like a steroid, smells like one, and tastes like one, you might as well take one. I don't always eat right;

I tend to eat too much late at night, and not enough solid food during the day. But I do drink a lot of protein and carb shakes during the day. I'm conscious of not eating too much fat, but I don't track all the grams every day.

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

**MP:** Squat: 810; Bench Press: 540; Deadlift: 821; Total: 2165.

These were done in competition.

**FR: WHAT ARE YOUR GOALS IN POWERLIFTING AND/OR IN STRONGMAN COMPETITIONS?**

**MP:** As far as the strongman competitions are concerned I'm hoping to improve upon my placing in the finals from last year, and I think that's going to come with experience. Hopefully I can defend my American title. I imagine that the competition here will be quite a bit stiffer in the future. In powerlifting I don't have clear cut goals at the moment, but I might want to go for an IPP World Championship at some point. If I do go for that, I'm going to go at it 100%, but that's not on my plate right now.

**FR: WHAT IS YOUR TRAINING PROGRAM FOR POWERLIFTING?**

**MP:** For powerlifting I train at a faster pace than most people. I used to train 4 days per week when preparing for a meet. In the off-season I would lift up to 6 days per week, doing more of a bodybuilding type workout. If I went back to specific powerlifting training I think I would include more variety in it. I think that I am somewhat stronger in the variety of exercises which I have been doing. I'm not going to sit here and pop off a bunch of numbers that I'm doing, because that's all hypothetical in the gym anyway. But I think that the more you attack your body in different ways, the stronger it's going to get. Now you have to have a fundamental basis before doing this.

**FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?**

**MP:** I'd like to thank a few people. First I'd like to thank my wife Tracey. You've always got to have support, and she gives me a lot. I also want to thank my training partner Bink (John Binkowski), Ed Coan, who helped me in a lot of areas, UNLV, Jamie "the Champ" Reeves, and Jack Reeves. Jamie put me up for a week in England and gave me a crash course in strongman events. And tell Ray Benemerito to stop sending me junk in my E-mail!

# POWER PROFILE

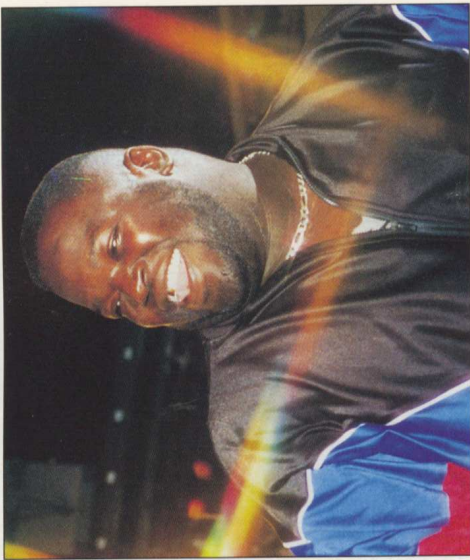
a detailed PL USA look at some of the best lifters in the world

## James Henderson as told to PL USA by Vada Crosby

When Shawanna Henderson brags to her Florida schoolmates that her daddy is stronger than their fathers are, she's not kidding. There aren't too many dads in the country who pack nearly 400 pounds of bodyweight and can bench press 700 pounds with the ease of hoisting a bag of groceries out of a shopping cart.

Her pop is James Henderson... the man they call "Hollywood"... the master blazer on the bench press... the shirtless sheriff. The same dude who rocked the IPF World Bench Press Championships in December when he set a not-soon-to-be-broken bench press record of 705 pounds, and took the best lifter award at the Edmonton, Alberta event. The record was indeed impressive, particularly since the lifter who took second place in the super-heavyweight class, Ed Brost of Canada, benched only 518 pounds.

This winter, Henderson will be back in Alberta again, but not to re-establish his title, but to lift up his faith as a member of the Power Team, a group of strength athletes who spread the word of Jesus Christ to throughout North America.



James Henderson at one of his Powerlifting exhibitions (Shelia Henderson photo)

Team. He's known in the group as Big James and about once a month, to a standing room only packed into church sanctuary, gymnasium or some other site of assembly, he dazzles the crowd with a word of testimony and an illustration of the power of God with his jaw-dropping 700 pound bench. He's popular with the kids who attend the outings. They eagerly seek his auto-

graph or a picture with him, and in keeping with their hero's style, bark and hoist their arms up and down in the air - mimicking someone bench pressing - when Henderson takes center stage.

"He's a kid at heart," said the lifter's former college football teammate, Nathaniel Street, an assistant football coach at Albany State University.

Henderson is the big man on the block, and all the neighborhood kids want to know him. At a Power Team breakfast held in Tucker, GA, one fall Sunday morning, he was the person everyone wanted to meet.

"Let me feel your arms," says a little boy about 8 years old speaking to Henderson, who bends down and lets the youngster squeeze his 23 inch guns.

"Wow," said the youngster as he presses one of the thick bicep. Other youngsters, seeing the display, quickly gather to test the massive arm.

"Geez!" Says another young future athlete.

"What do you think of those pipes?" Asks Henderson with a

toothy grin. When Henderson benches, non-believers quickly become believers after seeing a man, clad only in a T-shirt, warm-up pants and sneakers,



James Henderson breaks a stack of bricks (Shelia Henderson photo)

more ministry, more testimony, more lifting, more praise, and more of the glory of God. In between there are the frequent interviews for television shows and magazines and newspaper reporters. The Miami Herald, Henderson's hometown paper, is also working on a story about him for its sports section.

Catching up with Henderson is tantamount to grasping wind. A popular motivational speaker, he's always in the demand, and frequently re-checks and reviews his schedule to make sure he doesn't overlap engagements. Recently, he formed a company, No Limits Inc., to extend his ministerial efforts, and The Power Team.

But Henderson's quick to point out that what he does, he doesn't do alone. He credits his support team, which include his wife, Shelia, his daughter, Shawanna, and a host of others, including his brother, William, his mother, Mary Campbell, and friends Andre Brunson, a strength coach at Tuskegee University, and Chuck Brunson, a 148 lb. lifter and former training partner.

He gives a lot of credit to powerful-lifting maven Judd Blassiotto, lifter and

blessed - talking to youngsters in the nation's schools, telling them the importance of making the right choices in life.

It's another hot, summer day in central Georgia. It's one of those hazy, humid days in which your perspiration-soaked clothes hang on your body like a second skin.

Henderson, sweat pouring down his face, is in the locker room of Meadowcreek High School talking to about 40 Mustangs, members of the school's football team. In the humidity drenched weight room at the school, Henderson, at 6-foot-3-1/2 and sporting a 64-inch chest, is the focus of attention and bigger than life. All eyes are riveted on his as he spins his tale about his record setting bench in Finland a few years ago. He has a matter-of-fact and fun-loving style that makes you feel like you're chatting with your best friend, your pastor, your dad, and your brother all rolled into one person. It's the Power Team time, and Henderson, sporting his team warm-up suit, is here with an important message: "I'm here to tell you that being a man isn't what they say it is - money, power, sex, - he says. "Being a man is setting your goals and going after your goals."

"Working hard and staying with it." He adds, "these are the keys to success."

Henderson grabs a half-inch steel bar that he's brought with him, and picks out two youngsters, both weighing about 140 lbs., from the crowd. After advising the kids to hold on to the end of the bar, no

matter what, he braces himself and then lifts the bar above his head, with the two football players dancing from the ends. The football players are stunned by the display.

With God, Henderson later says, all things are possible. And he proves it with his ministry and his lifting. At a January crusade in Spokane, Washington, he again dazzled the crowd when he benched 700 pounds for two reps.

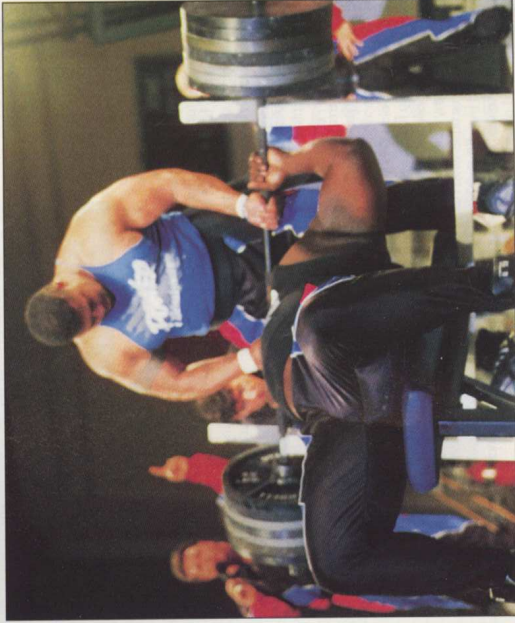
The monthly super-lifts with the Power Team has made benching an easier task. At the IPF Worlds held in Edmonton, Alberta, Canada, he began his quest for a new world record with an opening lift of 650, which he took off the bench himself and smoked. Easy stuff.

Next, with the weight up to 694, he climbed under the bench and showed everyone how easy it was. Now it was time for the moment of truth. After consulting with Pieter Thorne, he knew what he had to do - 705.

He squeezed beneath the bench, took a hand off and POW - back up it shot. He went for a fourth attempt of 722, but his strength had waned and he couldn't pull it off.

Hollywood is truly a show stopper - he in the states or out of the country. He's doing it on the powerlifting platform and on stage for the Power Team. And, he says, he owes it all to God.

James Henderson is available for seminars and motivational speeches. He can be reached by leaving a detailed message for him at 1-888-362-0281.



James Henderson takes a hand-off from a teammate at an exhibition. (V. Crosby photo)

# INTERVIEW

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

## George Nelson interviewed for Powerlifting USA by A. Francis Hatch

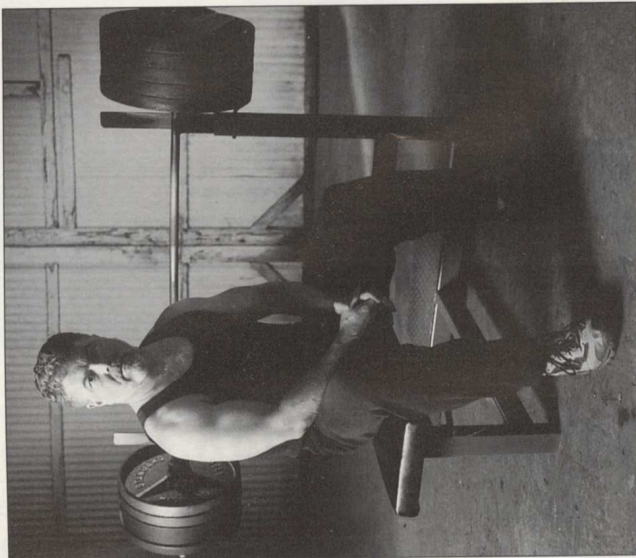
"The thing I dislike about instant gratification is that it takes too long." So says Master lifter George G. Nelson, who has shown little patience in climbing to the top of the World Master's bench press mountain. The world record setting fifty-three year old, 6'1" 242 lbs. bench press specialist, didn't lift a weight until 1987. "His first competition would not be until 1993 at age forty-nine.

Born November 27, 1944, in Angola, Indiana, Nelson moved to Los Angeles where he remained until age twelve. From there, his family made their way north to Seaside, Oregon, where he resided until he had reached his "working years." A two-sport athlete in high school, Nelson excelled in football and track. Known as "King George I," he was an All State halfback and set state high school track and field records in the low hurdles event. Later, while serving in the National Guard (1963-1970), Nelson competed with the 6th Army Track Team.

A logger by occupation, Nelson started his own logging company at age twenty-four. A successful entrepreneur, he still runs the business today from the pristine foothills of the North-Santam cascade mountain range in Lyons, Oregon. When asked how (or why) a 6'1" 240+ lbs. logger gets involved with weight training at age forty-three, he responds candidly by saying, "It was the only thing you could do in a treatment center that was any fun."

With a three-year addiction to cocaine and alcohol, George had checked himself into the Betty Ford Clinic in Palm Springs, California (his third such treatment center) and there encountered, not a great weight training facility, but "...about a nineteen year old ...kid in there, and I was... in my forties, and I'm a logger and supposed to be strong. And this little guy named Abin... benched like three times what I did, and it just ticked me off!" So began Nelson's ascent toward sobriety and a series of world records.

Having "traded one addiction



George Nelson, Master at the bench press (Photo courtesy by Ernie Stoddard)

for another." Nelson began a progressive weight training regimen. "Actually," he admits, "the bench was one of my weakest lifts. I mean, starting out not knowing what a lift was really, and not having done any weights... I could keep up with a lot of guys with other movements, but with bench press I was just a weakling." That didn't last long.

In 1993, Nelson entered his first sanctioned meet in Auburn, WA, placing third. Since then, he's made remarkable progress and enjoyed enormous success. Nelson credits coach and seasoned powerlifting judge Terry Luehrs, with whom he has collaborated in developing his training regimen, for much of his success.

"He and I," Nelson says, "put

niques into a comprehensive training regimen.

"The bulk of it," Nelson explains, "is two days a week for quite a few hours. When I get into the middle of [a training cycle]... go into three days. Tuesdays, from 6:30 to 8:30, is primarily bench work and accessories; arms, back, and so forth; Wednesday, in mid-cycle, I do legs. Nothing serious. Just a good overall leg workout. Saturday is a heavy day and I get into singles and go for form and technique. I'll start 'shirting' about five weeks out on that day [of the routine]. Never shirt on a Tuesday.

"In addition," says Nelson, "it's a lot of negative work and it gets pretty grueling at times, but it teaches you that you can always push a little bit more. You have to do [the negatives]. It's the only way you're going to get stronger."

A typical competition preparation, Tuesday workout begins with an empty bar. "I always do the bar for about twenty-lifts. Then 135 for two sets. That's kind of the pre-warm-up. I used to go to 225 lbs. and do another ten or so. Now he's [Luehrs] got me doing about 250. It's a pretty good jump but it doesn't hurt anything, and I do a set of six there. Then up to about 350ish for five. Then up to 405 for three.

"Then," he says smiling, "we'll do what we call 'Death Sets.' We'll go up to, say, 475 and do two sets of five. I only go for what I can get, none of this 'go till you stick.' But I always [maintain] a certain amount of bar speed. And that's 'light night.' It's really kind of heavy, and the only reason we call it light night is because we don't do any singles or anything like that."

"I only do this," he continues, "for about three weeks; about five weeks out. The last two or three weeks... I back off a little bit. Now, when I'm in the thick of things, on Saturdays, when we end up with singles, when we're really building strength, we'll go to the rack. We'll put on some terrible weights, like 780 lbs., and do lock-outs. Then

drop a plate off each side and bring the pins down two holes. When you have that kind of weight [on the bar], it's intimidating. But it takes away intimidation from lower weights. Once you've felt what really hurts, what you then have to lift doesn't feel that bad."

A typical competition warmup routine consists of: Empty bar-25x1, 135x10x2, 225x6, 315x3, 375x2, 415x1, 470x1.

Nelson's competition strategy is generally driven by personal goals, and he doesn't pay a lot of attention to what other competitors are doing. If he is going to attempt a record, he goes for it on his third attempt. In addition, he tries not to take more than about a thirty-pound jumps after a comfortable opener, which he considers an extension of the warmup.

As for diet, Nelson supplements his with "Longevity" vitamins and minerals as well as creatine mixed with "Pinnacle" products. DHEA he takes only in therapeutic dosages, 50 mg. a day. As a rule, nothing in large amounts except food! "And he believes supportive equipment 'can be the saving grace of the sport.'"

He explains, "As I see it, masters are the mainstay of the sport. They have the time and wherewithal to pursue this sport, travel to

meets, etc. It's the only thing that's going to keep us together [physically]."

"I'm a bench presser. I think it's beneficial in that it's going to save shoulders and protect from injuries down the road to where masters can lift into their sixties and seventies. That's a great thing, and I believe it's just going to add to the popularity of the sport. I think bench pressing can grow, and masters are a big part of that. There's a reason that masters are coming out to play now, it's because they've got supportive equipment. Nobody wants to wreck themselves."

When George Nelson, described by his friends as "straight as an arrow" and "the nicest man you'll ever meet," comes out to play, it isn't always in the gym. He

"keeps a speedboat on the river," and with twelve state, seven national, and seven world bench press records in his wake in just the last four, George Nelson is going nowhere but up.

Veteran judge Terry Luehrs (l), watches George Nelson bench a load. (E. Stoddard)



Veteran judge Terry Luehrs (l), watches George Nelson bench a load. (E. Stoddard)

Clean and sober for twelve years, and with twelve state, seven national, and seven world bench press records in his wake in just the last four, George Nelson is going nowhere but up.

A. Francis Hatch

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# INTERVIEW

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## Martin Beavers & James Benemerito interviewed for Powerlifting USA by Larry Miller

**LM:** Martin, why don't you start out and give us a little bit of background age, family, occupation.

**MB:** I'm 34 years old. I'm an industrial engineer project manager for the Boeing Company. I have one kid - Cory, 9 years old - and I've been lifting for 16 years now, mostly with the ADFPA.

**LM:** Okay, James?  
**JB:** I'm 28 years old and I'm originally from West Orange, New Jersey. I've been competing for 13 years - mostly ADFPA and USPF, but now it's strictly USA Powerlifting.

**LM:** Was there anything that motivated you to start powerlifting?  
**MB:** Initially got a football scholarship to the University of Puget Sound - a small, private school in Tacoma, Washington - and when I graduated from high school, I was 5'7", and about 155 lbs. When I was going into college, even though I had the speed and the quickness and had very good power, I didn't lift much weight. I felt like I needed to bulk up to 170-175 lbs., in order to compete at the collegiate level. So, I started lifting, and it was kind of like a match made in Heaven. My lifts just seemed to go up every week.

**LM:** After lifting for just a couple of months, preparing for football, some people from the University saw me lifting and asked me if I had ever tried powerlifting. I said I hadn't, and they encouraged me to compete. I decided to enter a local meet and did real well. Ever since then, I've been hooked on powerlifting. I did powerlifting all the way through college and once I graduated, I knew the NFL wasn't looking for a 5'7", 170 lb. defensive back, so I figured I would devote my time to powerlifting.

**JB:** Well, I got started in it 2 years after my brother. I was wrestling at the time and was only about 114 lbs. and needed to get strength for wrestling. I entered my first contest at 114 lbs. Ever since, I've been in love with the sport.

**LM:** What are some of the records you hold, Martin?  
**MB:** I hold the 165 lb. American Total record, 1,765; and I hold the WDFPF squat record, 667; and the bench press record at 418 lb.; and the total record at 1,681. My best lifts, ever, in the 165 lbs. class are: Squat, 667; Benchpress,

425; Deadlift, 675; and Total, 1,765.

**LM:** And you, James?  
**JB:** Right now, I don't have any national or American records, but I'm working on it! We'll see next year!

**LM:** Martin, why don't you start out with your National victories.  
**NM:** I've won 8 National ADFPA titles, and 6 WDFPF world titles. In my early career, I picked up several state, regional and West Coast titles.

**LM:** And you, James?  
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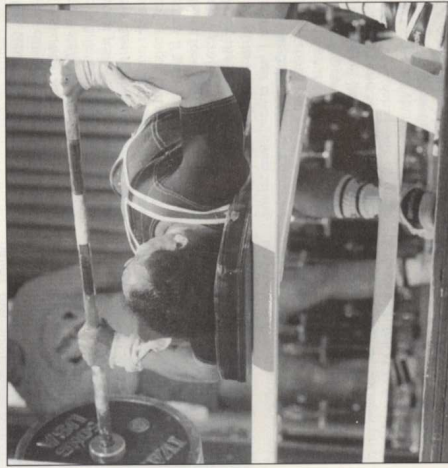
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Martin Beavers bench pressing at the 1989 ADFPA Men's Nationals



James Benemerito bench pressing at the '96 ADFPA Men's Nationals.

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as just taking it away, totally, to go raw, I think myself and a lot of the other lifters wouldn't be for it. LM: What equipment do you guys use for your lifts?

JB: Both Martin and I use Titan for everything, except I've been using the Inzer bench shirt. That's it. Pete Aloniz from Titan has supported me a lot since I was coming up as a teenager and I know where I would be. Thanks to everyone at Titan and Safe USA for what they contribute to powerlifting.

LM: Are there any training "secrets" that you guys wish to pass along? MB: Well, people are always looking for a training standpoint at what is it that makes you strong. There's the physical, natural-born genetics that make a person strong. However, I do see a lot of people overtraining, doing max lifts in the gym. I see people having the "old school" mentality... if I can't do it in the gym, I can't do it in the meet.

JB: I used to think that way. MB: If you do it in the gym, you're going to leave it there and you can't do it at the meet. To me, it's better to under-train a little bit than to over-train. That's the key, but it's not easy getting that point across to people! JB: It's a mind game, because most people need to "feel" past their rep in the gym. I see it all the time. These guys are like, "I've got to 600 in the squat today."

JB: Yeah, I'm personally all for keeping all the supportive gear in there because that's the way it's always been, ever since I've been competing and therefore, that is powerlifting as far as I know it. JB: Plus, I think it does help you train around injuries, especially if you are injured towards the contest. It does help you, because I've gotten tweaked and, without a suit sometimes, it's hard. It does help you as far as injuries go. MB: Yeah, I think without the good totals at National meets, you are going to definitely find a lot more people getting hurt. There's people who train year-round with equipment, and that I don't recommend. I think you should definitely train without equipment, because that's how you get stronger, and then when it comes time to get ready to go heavy, then put some equipment on. Especially when you start getting ready for a meet. As long as you don't train year around with it, I think you're okay. As far

heavy back workout on deadlift day. Friday is what we call our "bodybuilding day." That's our light upper body day. Getting ready for a contest, I used to do 12-week cycles when I first started, and I find now, as experience comes along, that I'm better off doing 6-week cycles with 1 week rests, and it's been working good as long as you don't kill my back. In the off-season, I do change things around. I do training geared toward my martial arts and stick fighting, so I just stay with higher reps and keep doing the three basic lifts. LM: What are your views on supportive equipment, and what equipment do you use for your lifts, since a lot of people are talking about raw meets? MB: Well, obviously, James and myself have been lifting a number of years and we've been using the supportive equipment. To be honest with you, I think it would be tough... I think we can do it... JB: It could be done, but it would take a lot away from the sport for awhile, until the numbers go back up. Right now, every year, National numbers are going up. When it goes to raw, it's going to be a shock to everybody. Especially in the bench, you know, with the bench shirts. I think, if anything, maybe bench shirts are getting out of hand. If you are going to take anything out, I think maybe the bench shirts, because you see all these bench shirts for like, \$230.00 now. It's crazy! I think everything else should stay, but it's not easy getting that point across to people!

JB: Most people learn that as they go along in the sport. MB: Another key point is that I see a lot of people being impatient. Before you walk you have to walk. There are people out there who want to just jump up to that elite level overnight! They push, push, push, push, push, and start getting injuries, or they get frustrated because they are not up to that elite level in a year, and then they quit. Just go along at a steady pace - if you're squatting 350, set a realistic goal of 370-380 for your next meet. If you have more than that come meet time, your body will tell you. Why do you have to go from 350 to 450? The key is just making

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Martin Beavers squatting at the '87 Men's Nationals

Boeing and I tied up real good. Friday is what we call our "bodybuilding day." That's our light upper body day. Getting ready for a contest, I used to do 12-week cycles when I first started, and I find now, as experience comes along, that I'm better off doing 6-week cycles with 1 week rests, and it's been working good as long as you don't kill my back. In the off-season, I do change things around. I do training geared toward my martial arts and stick fighting, so I just stay with higher reps and keep doing the three basic lifts. LM: What are your views on supportive equipment, and what equipment do you use for your lifts, since a lot of people are talking about raw meets? MB: Well, obviously, James and myself have been lifting a number of years and we've been using the supportive equipment. To be honest with you, I think it would be tough... I think we can do it... JB: It could be done, but it would take a lot away from the sport for awhile, until the numbers go back up. Right now, every year, National numbers are going up. When it goes to raw, it's going to be a shock to everybody. Especially in the bench, you know, with the bench shirts. I think, if anything, maybe bench shirts are getting out of hand. If you are going to take anything out, I think maybe the bench shirts, because you see all these bench shirts for like, \$230.00 now. It's crazy! I think everything else should stay, but it's not easy getting that point across to people!

JB: Yeah, I'm personally all for keeping all the supportive gear in there because that's the way it's always been, ever since I've been competing and therefore, that is powerlifting as far as I know it. JB: Plus, I think it does help you train around injuries, especially if you are injured towards the contest. It does help you, because I've gotten tweaked and, without a suit sometimes, it's hard. It does help you as far as injuries go. MB: Yeah, I think without the good totals at National meets, you are going to definitely find a lot more people getting hurt. There's people who train year-round with equipment, and that I don't recommend. I think you should definitely train without equipment, because that's how you get stronger, and then when it comes time to get ready to go heavy, then put some equipment on. Especially when you start getting ready for a meet. As long as you don't train year around with it, I think you're okay. As far

JB: I do a split workout. Monday, Tuesday, Thursday, Friday, Monday is squat day, and I do heavy legs and hit the lower back, just do light hypes. Tuesday is our bench day and for assistance, we do chest, shoulders, biceps, triceps. Thursday is deadlift and also, we do our light legs, and also, we do our

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does. Honestly, I think I'm a little harsher in my views. I think if you're going to do drugs, like Martin said, don't come into our federation and do it, because we have a drug-free life-style. That's pretty much based on honor code. Most of the guys take it for granted that, hey, he's clean, and that's it. If a cheater comes along, until that cheater gets caught, he's fooling everybody and it makes everybody look bad. If cheaters get nailed, they ought to get banned and I think it should be publicized because they're fooling everyone in the sport and they have no place there. I think it should be a lot stricter on the banning policy as far as catching someone. Everyone should know who fails a drug test. The top guys should be tested at least 3 times a year because everyone questions your strength. Do everyone. It's very important because they're setting an example for the whole federation.

LM: What remaining goals do you have? JB: Well, personally, I want to be the very, very best that I can be. Personally, I'm focused on a total. I did 1,765 at 165, and now that I've moved up a weight class, I have an additional 16 or 17 pounds on me. I know my lifts are going to go way up, so now I've got some new goals in the new weight class - new challenges. You can't help it if you are a top-notch lifter, obviously one of the things you look at is what's the record in your weight class? I know the current record at 181 is an excellent record at 1,906 - talking about Raymond Benemerito - and that's a goal that I have. Ray's a very, very good friend of mine, but that's friendly competition and that's a goal that I have in mind. That's a goal that I feel that I can attain and that's what's driving me. If I do total 1915, 1920 or whatever, I'm happy with the progress that I'm making. If it so happens that I'm in a meet and I take second, I could care less about that be-

cause I'm making improvements. If I continue moving up - 1,950 or whatever - to me, place is irrelevant. My main goal in this sport is to continuously improve. On the way, if I can break some records, that's great, but I want to be the very, very best that I can be. So as long as I continue to have fun, continue to make an upward swing up the ladder, to talk-wise, I'll be happy and I'll continue lifting.

JB: What Martin says is pretty much the same for me, but I have to compete against myself. I want to be able to total 10 times bodyweight. I've done it at 132, done it at 148, and at 165 I'm working on it. I'm a slow starter, compared to my brother, and because I live under his name, I set myself to what he does because I think he's an excellent lifter. I always look up to him and if I could get anywhere near him, that's great for me because I think he's one of the best in the sport. He keeps me going so I just set my pace toward him, and eventually I will get up to him. I'm not one to give up grams - what days do you lift on, what kinds of exercises you do? MB: Myself, off-season, I work upper body - triceps, bench, shoulders - I hit everything on the upper body on Mondays. As far as Tuesdays go, I hit the squats - heavy squat - then the leg press, Smith machine. I do a little bit of Olympic lifting on that day as well. I do a lot of abductor exercises, as well - inner, outer and my glutes. I try to balance out my

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James Benemerito squatting at the '96 Nationals.

when they get started and you see them grow and lifting, getting stronger and wanting weight classes. One other thing I'd like to mention about Bull at the 1986 Nationals was that he had no idea how to warm up. There was 500 lbs. on the bar. He asked someone, "What is that?" He then did the 500 for one rep and that was his warm-up. He then opened up at 749 and then proceeded to take a huge 6 lb. increase to his second attempt of 755, which he missed.

LM: How about your views on supplements and diet? MB: I've tried protein, amino acids, vitamins, but to be honest with you, for a meet and I've tried training for a meet and I've tried it without them, and actually, I've had my best totals training with no supplements at all. The one and only supplement I have to admit that I've had some good results on, and this is just recently - I've been taking it over the last 1 to 1-1/2 years - is creatine. I'm up to 181 now, but at 165 it was very tough for me to use it, because it does put some additional size on you and I had a tough enough time making weight. Now that I'm at 181, I'm taking creatine freely.

LM: Okay, James? JB: When I was lighter, in the 132s, I used to believe heavily in supplementation and I still do. I think it's extremely important, especially when you're losing weight and getting ready for a contest.

JB: I didn't know about creatine at the time. I've only been using that for the last 3 years and I think that if you diet down to get into a weight class, you need to supplement your body with the right amount of protein, and high-quality protein. For the last few years, I've been using Sportpharma products such as Promax, Muscle Maxx, Creatine Monohydrate, Multi-Guard and Pro-Max Bars, just to name a few of the supplements they have to offer. I have used a lot of different supplements from different companies and I'm very happy with all their products. I've seen results and it has made a huge difference in my training and my performance in competition.

LM: What do you guys think about dropping weight to get into a weight class? Or moving up in weight classes, since you've both recently moved up weight classes and I know sometimes it's nice to let your body go up and not have to fight it. Do you think you are as strong after moving up?

JB: I feel the same way Martin

LM: How about your views on supplements and diet? MB: I've tried protein, amino acids, vitamins, but to be honest with you, for a meet and I've tried training for a meet and I've tried it without them, and actually, I've had my best totals training with no supplements at all. The one and only supplement I have to admit that I've had some good results on, and this is just recently - I've been taking it over the last 1 to 1-1/2 years - is creatine. I'm up to 181 now, but at 165 it was very tough for me to use it, because it does put some additional size on you and I had a tough enough time making weight. Now that I'm at 181, I'm taking creatine freely.

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Martin Beavers deadlifts at the 1996 Nationals

ing improvements, even if it's just a 50 lb. improvement to your total each meet. If you can be patient, you will be around a lot longer and your lifts will go up at each meet, and you will be a lot happier because you'll be making the major goals for that is one of the major goals for every lifter.

**LM:** You both mentioned Bull Stewart and your brother as people you admire. Are there other lifters whom you've really been fans of over the years?

**JB:** Martin Beavers. Everyone at the top level. You always look at the numbers. Everyone in your weight class. Yourself, always going after that big bench! Any one who's there, year after year, going at it. That's what impresses me. It's the guys who show up and are always there willing to fight - not running away. That's who impresses me. As long as they're trying, then I have to say to myself, hey, I can do it too.

**MB:** Yeah, I personally admire all the drug-free lifters who are there, competing at the drug-free Nationals and all drug-free meets. That's a big statement. There's a lot of people using drugs, so you have to take your hat off to any drug-free lifter who's doing it the right way. In addition, I've met a lot of great people throughout the years. James Benemerito is one of them, Willie Austin, Ray Bull Stewart - these are people that I met through powerlifting, but we also became real good friends, and I really enjoy talking to these people, not only about powerlifting, but about day to-

day life. The relationship is more than just powerlifting. It's a friendship, and I really enjoy that. Like I said, I was in Bull Stewart's wedding, and I was in Ray's wedding a couple of years ago. I admire these athletes not only because they are great lifters, but because they are also great people. I enjoy their company when we go to National meets, or if we talk on the phone here and there throughout the year. Tony Conyers is another lifter I have read about over the years, but never met until two years ago, and I must say, he's not only a great lifter, but also a real humble down-to-earth person.

**JB:** You can see a big difference between our federation and I won't say... another federation (USPF), I've been to both Nationals just recently, and it's a big difference. Everyone's friends here and when you go over to the other side, it's totally different.

**LM:** Are there any other additional comments you would like to make, thanking people, or just in general?

**MB:** I'd like to thank Larry Miller for conducting the interview. Appreciate that. Mike Lambert from Powerlifting USA. He puts in an enormous amount of work to help bring the sport out. I would also like to thank Pete Alamiz from Titan for all of his support and sponsorship throughout the years; Willie Austin, for all of his countless hours of help, advice and my current training partner, Bull Stewart and past training partners, Doug Farris, Andy Roberts and Roger Sliwa.

**JB:** If it wasn't for him (Mike Lambert), we wouldn't know what powerlifting was.

**MB:** So I want to thank Mike for everything he's done. All the meet directors.

**JB:** Everyone in the organization, because right now, they're doing a good job. I hear a lot of negative comments, but I always back you guys up. A lot of people are not looking toward the big

picture, and they're thinking that the Executive Committee is trying to sell out and it's not. I know that the top guys, including myself and Martin, are looking forward to what's going to happen this following year.

**JB:** (Pete Alamiz) He believes in there and he's giving you support. Year after year, he's always there.

**MB:** And, like I say, I want to thank everyone affiliated with the ADFPA - USA Powerlifting - the Executive Committee...

**JB:** Mike Overdeer is doing a great job.

**MB:** All the state chairmen - because you know, the thing about it is that this is a volunteer sport and sometimes people forget that. **JB:** They don't understand that. Because we run meets, we know what's involved.

**MB:** Yeah, I've put on meets before. I'm also a little league baseball coach for 3 years now for my son's team, and I've put a lot of time into all this. Whether it's powerlifting, whether it's meet directing, whether it's coaching a little league - it is all volunteer work.

**JB:** You do it because you love the sport.

**MB:** Sometimes people forget that. That's why I want to make sure I thank everyone affiliated with this federation, from Mike Overdeer all the way down, because they're doing it because they love the sport. They aren't getting paid a million dollars a year to do this! I commend them for stepping forward because it's not easy to take a big organization like this and move it forward.

**JB:** No, it's not.

**MB:** I want to thank people such as Dennis and Sandy Brady, Mike Cassell, Bob and Geri Gaynor and Andrea Sorriuel because I think a lot of times they don't get enough "thank you's." I'm also talking about the Executive Committee, the meet directors, everyone who has volunteered their time towards the sport. I want to thank all those people.

**JB:** Yes, I also want to thank everyone on the USAPL Executive Committee and everyone involved with the unification of our sport. I also need to thank my family and my friends who have given me so much support and encouragement - not only in powerlifting, but in life, as well. If it weren't for my brother and all he has done for me, I don't know if I would even be involved in powerlifting. Thanks, Ray. I owe a great deal of thanks to Pete Alamiz of Titan Support Systems, Scott Safe of Safe USA, everyone at Sportpharma USA, and Joe Morreale of Pro-Fitness, Rockaway, NJ, home of Pro-Fitness Powerlifting. And, finally, I want to thank all my teammates and training partners from the past and present: Bill Clayton, Fred Rice, Jerry Daly, Eric Grosbeck, Gaspar Orlando, Bill Scully, Anthony and John Ritano, Thompson, Al Didonato, Joe DeMatteo, Ron Falcone, Jules Pellegrino, John Dalesio, Arturo Rodriguez, Mike Kenny, John Corsello, Ray-Ray, Jeff Walker, Ken Brunkill, Charlie Neal, Dave Abramson, Rob Enler, Mike Thumser, Jon Yenesel, Christy Bauer. There's a big group of us at Pro, so if I left anyone out, you aren't forgotten. These are the people who give me the motivation to keep going and that I admire both as powerlifters and as people. Without their support and encouragement, I don't know what I would do. Thanks for everything. Thank you, Larry, and Powerlifting USA for this interview.



James Benemerito deadlifts at the '94 Nationals

to strength? Does it play a role in becoming stronger or raising work capacity? The answer is yes.

The brain and spinal cord react to training much like your memory. If you haven't been to grandma's in a long time, you may not remember how to get there. Well, maybe you should visit more often.

The same holds true for strength training. If you don't handle heavy weights on a regular basis, then your body will lose the ability to produce an increase in absolute strength.

On the other hand, if you don't train extensively, you become slower and produce less force.

What if you stop doing special exercises for a particular muscle group? First, you will become smaller, and in 2 weeks you will lose approximately 10% of your strength. Who can afford that? Not me.

That is why a progressive overload system, where a greater weight is lifted each week, will fail. A system of multiple sets starting with 52.5-57.5% of a 1-rep max in the bench press for 8-10 sets of 3 reps. Your volume with the barbell will stay the same. With 33 men benching over 500, we have found a model that is very accurate. The volume on this day will vary only through special exercises. This easily maintains or increases muscle mass.

Three days later a max effort day is done. Again we modified it by doing 100%+ for 1 rep, instead of 85-95% for 3-5 reps. Sometimes two weights over 100% are accomplished. Normally a weight close to 90% of your record in a heavy core exercise is the last warm up. The total volume is raised in a 5- or 6-week minimum cycle with exercises that work individual muscles, such as reverse hyperextensions, back hyperextensions, lat work, triceps

extensions, glute/ham raises, leg raises, ab work, and delt raises. Billy Masters said, "If I want to raise the amount of reverse hypers and ab work." This alone will make the squat and deadlift go up automatically for us as well. Extra triceps and lat work will do the same for the bench press, but after a period of 4-6 weeks you will undoubtedly have to change exercises and you won't be as good at a new series of special exercises. This explains why you must reduce your training loads with the special work; however, it will pick up very quickly for another 4- or 5-week minimum cycle. Then of course you change exercises again.

We have managed to work speed and build absolute strength continuously year in and year out. But as importantly, we build muscle mass as well. These three processes must continue at a slow but steady pace. Overseas, this is commonly known as the Olympic cycle. You can work on your weak-



Jeff "Gritter" Adams squats with rubber bands for explosive strength. (photo provided by D. Black)

# TRAINING

## TIME

as told to  
POWERLIFTING USA  
by Louie Simmons

nesses as well as your strengths with this process.

One important aspect in training is raising work capacity. A proven method is to shorten the rest periods. Will this affect your performance in a negative way? Not if you are in good shape. The optimal rest periods between sets are 45 seconds for the squat and 60 seconds for the bench. By doing this, the central nervous system will remember more easily the task to be performed.

Let's think about this. Say you and I are going to shoot free throws. You take 4-5 minutes between throws and I will shoot every 30-45 seconds. Who do you think will make a higher percentage? It is much easier to perform the same task correctly with the shorter rest intervals. The same holds true with weights, when motor skills are involved.

So time has again played an important role for strength and raising work capacity. This is why the progressive overload system falls more times than not. In the beginning you will forget what heavy weights feel like, and in the end you will forget how to accelerate. In addition, when you drop special exercises for a particular muscle group, you will become smaller.

A closing thought about the man who may have invented the progressive overload system, Milo, a Greek athlete: as Milo would pick up a calf each day, his strength would grow proportionally to the size of the calf, until it grew into a full-sized bull. But long before that, Milo would have to start over with a small calf, placing it on his shoulders until the calf's weight outweighs his strength increase. It is painfully clear why Milo failed over and over, but not to Milo. So don't let the obvious stare you in the face. Rather, look at time, be it between training special exercises or between sets, to revamp your training.

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## Diplomacy, Drama, and Drugs a rare insight into the politics of Asian Powerlifting following the report by Paul Kelso on the Asian Championships in the Feb/98 POWERLIFTING USA

Rumors flew and alarms sounded throughout the five days of the 1997 Asian Men and Women Championships. The upcoming IPF Congress in Prague was much on many minds. The future of Hong Kong and China in Powerlifting, and thus Taiwan, set off a shouting match. Drug use reared its ugly head.

Grahame Fong, IPF president, moved through the Hallouven weekend proceedings and took his turn as judge and jury member. He made no predictions about the outcome of the looming vote whether to replace the USPF with the AD-FPA-AAU group now known as USAPL. He did make a few controversial statements, such as that several nations wished to drop the IPF United States entirely out of the IPF until such time as their act is gotten together. Why, they ask, with 80 countries in the IPF, did they need the nonsense in America?

More than one Asian official observed that the Asia Powerlifting Federation will soon encompass more countries than most "world" powerlifting groups. Another believes that Asian Regional contests have more representation and credibility than many such "world" championships. No one at this Asian affair had ever heard of an Asian Regional staged by a rival organization. Am I being unkind to ask non-IPF "world" groups where their Asian members are?

I assumed Fong came to Taiwan to lend fences and proselytize for votes for the looming IPF Congress in Prague, but an international IPF official needs no specific reason to attend an IPF regional. Former Prez. Vierthaler came in the Asian Bench Press championships last year.

Fong's status at the congress of the Asian Federation of Powerlifting was questioned. He expected to take part in the proceedings, and sit at the head table, but some - notably India - insisted he be only an observer, as was Heiner in '96. There is a deep, lingering aversion among many in Asia towards anything smacking of paternalism or leftover colonial attitudes from European sources. That includes a "European" IPF, in the thinking of some.

Fong is hardly European. He was schooled in China and lives in New Zealand. I heard him speaking Chinese. He spoke to me in English with a "Kiwi" accent and had strong opinions, among them that many lifting rules are "bloody ridiculous" and must be changed, although no rule changes can go into effect until the year 2000.

He stated that the now infa-

ing menace, the WL official applied to the WDPFF for recognition. According to Rashid, his IPF group now has 300 members and the opposition has officials from weightlifting and two, maybe three, Powerlifters."

Other "new" countries present in Taiwan were Malaysia - in truth a group from a club in Melaka - and Uzbekistan. This was the first international meet for the Malays and the first meet ever for one of the men. The three year old Uzbek program claims one hundred registered lifters and they had been to two international meets previously. Some of their lifters never made it to Taiwan - they and the entire entry from Kyrgyzstan caught the visa virus and couldn't get off the ground.

Rumors have it that Singapore and Thailand will join the Asian Federation soon and that talks are on with Brunei. If the Sultan of Brunei gets behind the sport, money problems may be over. How about an international meet on the beach at Phuket? Hell, I'll promote it!

The unanimity caused by a shared upbeat outlook for the future came apart quickly when political considerations arose. Hong Kong has long been a member of the Asian Powerlifting Federation. The IPF follows the lead of the International Olympic Committee in matters of recognition and jurisdiction. As China proper is in the IOC, and Hong Kong is reverting to mainland control, the India delegation led by Rajesh Tiwari proposed to the Asian Congress that recognition be stripped from Hong Kong and awarded to Beijing. Never mind that China has no known Powerlifters.

Taiwan, or Chinese Taipei - a name they use in international sports circles to mollify China's insistence that Taiwan is not independent - took umbrage at the proposal. What happens to their five programs should this precedent be set?

The following comes from those "un-named highly placed sources" journalists love to quote. Ms. Frances Yuh Fang Lee had worked through-out the contest as announcer and interpreter, helping to expedite the competition. The contests are conducted in English and the language of the host country and she had both down. When she mounted at sprinted defense of Taiwan's opposition to India's proposal, Mr. Tiwari, according to sources, objected to an "interpreter" being allowed to speak. Mr. Lin Say Chang, General Secretary of the Taiwan group, began shouting angrily at Tiwari, who hooted a chair and walked out. (India filed a complaint against Tiwari about this behavior at the IPF Congress in Prague).

India boycotted the tour to the Taiwan Folk Village after the contest and the Federation dinner at the opulent Hsiao Yueh Hotel, where Mr. Fong made an impassioned speech praising Lin's leadership. The last thing Tiwari said to me on departure day was that "We will never return to Chinese Taipei."

Ms. Lee identified herself to me as the Chief of International Programs for the Taiwan Olympic Committee, and that she came to the contest as an observer for that group. It is possible that Mr. Tiwari didn't know that? Or was this whole affair just another mutual chain-yanking?

The two groups have been backing for years over perceived slights: from poor accommodations, to tilts over the presidency, to missing buses and changes for supposedly free lunch boxes and taxis. Accusations of deliberate mis-loads on record weights have been hurled with lifters called out for two hundred fifty kg. lifts when they asked for two hundred fifteenkg, etc..

I have witnessed bizarre happenings at these contests, and have even heard rumors that one country tried to protect a lifter by attempting to bribe another country's lifter to change classes. There were complaints about the Japanese when they were dominant in the early 90's, as you might expect - given S. E. Asian history, but they and most countries in the Asian Federation now appear to get along. Only Taiwan and India seem to get cross-wise.

Tiwari is a TV announcer of

cricket, soccer and field hockey events in India, and has an executive position with Daewoo Motors in New Delhi. My impression is that he does not take kindly to what he perceives as patronization and is fiercely protective of his rights and those of his people. Nevertheless, the Asian Powerlifting Federation voted to follow the IOC lead and continue recognition of Hong Kong. Back to the first paragraph, yes, there was evidence of drug usage at the Asian Championships. On the night of November 2, Coach Ramon DeBlaque of the Philippines informed me that his lifters had seen syringes and vials in the trash can behind the warmup area. The next morning I saw the items and informed Sumuru Yoshida of Japan. He and wife Hisako are responsible for drug tests for these events. We went back and photographed the can's contents before digging out syringes made in the USA and Singapore and vials from the Kortan company in India that had contained Sandor brand calcium gluconate.

There is no evidence as yet as to who might have been using this stuff. Widely distributed for the treatment of calcium deficiency and low blood pressure, this compound is believed to prevent cramps and is known to increase the ability of a muscle to contract and to raise blood pressure. It also can cause cellular side effects and cardiac arrest. If those reading this - who seek the perfect booster - try this junk, then they are dumber than I thought.

Mr. Fong commented, "This is



**Ampules and Syringes in the trash at the 1997 Asian Championships**

the kind of thing we are trying to control. Unfortunately, no PL organization is free of this sort of thing." I'd add that the Asian Powerlifting

**FROM THE INDIAN POWERLIFTING FEDERATION:** ... On various issues raised by you by response to the disrespect issues is as under:

1. The disrespect was shown to the Vice-President, Asian Powerlifting Federation, by the host country when for raising a point of order I was shouted upon. The point of order was directed towards the Lady interpreter when she started making statements without consulting Officials of Chinese Taipei, who only formed part of the Asian Powerlifting Federation. I objected to her making statements as she was not part of the Asian Powerlifting Federation and reminded her that she can only represent the voice of Chinese Taipei officials, not hers. The lady appreciated the position, unfortunately, the Officials of the Host Country failed to see the point.

2. Also, the attitude of the International Powerlifting Federation's President was most appalling as he failed to see the house order despite being present, as how in the world the Vice President of the Asian Powerlifting Federation can be shouted upon for raising a point of order? This being a principal stand I had no option but to quit the meeting. The issue which brought differences was for the entry of China to the powerlifting fold. India wants China to be approached through Hong Kong and accordingly wanted Hong Kong to be out of Powerlifting thereby making China enter the scene through their effective lobbying, as it was not possible for Hong Kong to do so being a part of China. This you will appreciate would have gone a long way in the promotion of Powerlifting in the world. But some countries due to their own interests are against this and to the scope of powerlifting promotion.

Accordingly, India did not want to be seen as one country which is after perks and posts and did not see any reason for projecting itself like many others as a sycophant to the ideas of their masters, instead we showed that we are very much interested in the development of Powerlifting and have a voice of our own. Rajesh Tiwari, President, Indian Powerlifting Federation

**From Paul Kelso,** who also requested a statement from Chinese Taipei officials - to which there has been no response at this point in time, also states "The issue here is not the annual bickering between India & CIPA; it is the huge impact on the future of PL that the participation of Red China could have in terms of Olympic recognition, platform dominance, politics, and controlling drug use. Tiwari believes China's inclusion is good for the future; the CIPA sees a threat.

Note that Tiwari's response differs in several particulars from the version related to me, specifically Mr. Fong's role and that India wished Hong Kong to both step aside and act as go-between to bring Red China into the Asian tent."



**Mohammad Rashid, who lifts in the 90 kgs. division, shows wide DL grip used by most Pakistan lifters - all former W/Lers. (Kelso photo)**

picked up for drug dealing." Fong claimed that WDPFF groups in those two countries - as well as Pakistan - have few members, no trained referees and no testing programs. Neither do they have government recognition.

It would be interesting to hear Mr. Cominos' response to those statements, but I also spoke to Mohammad Rashid of the Pakistan IPF affiliate about the matter. Mr. Rashid is an official with the Federal Water and Power department of Pakistan, and served as one of two high officials in the sports body controlling weightlifting. He first saw powerlifting in Hong Kong while he was studying at a University in Beijing. Rashid began trying to organize powerlifting in Pakistan in 1991, but got little support from the weightlifting people. He agreed to break away to form a PL group within the IPF and that the other gentlemen would continue as top WL officer.

The nan-bread hit the fan when the Powerlifters announced their first national championship. The national WL meet was held on the same day. The weightlifters snomed up in droves at the PL contest, embarrassing the WL meet. In order to gain control of the powerlift-

der to gain control of the powerlift-

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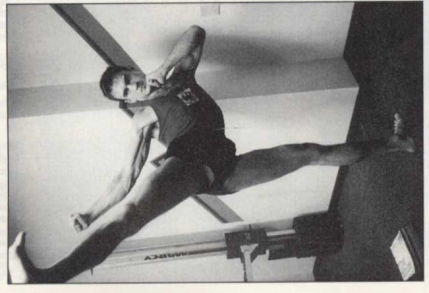
Despite the fact that there is a prolific amount of research which clearly indicates that flexibility will not only decrease injuries but enhance athlete performance, very few athletes engage in flexibility training. It's been estimated that less than 20% of the competitive athletes in America are engaged in such training. Even more discouraging is the fact that most athletes who do stretch are not doing it properly.

Shocked into awareness many coaches have undertaken the chore of establish a "science of flexibility" - a consistent, systematic methodology that would enable an athlete to increase his suppleness and muscular power - a labor which has not reaped conspicuous dividends, but there is a light in all the darkness. The foremost authority, critic, and writer in this emerging body of knowledge is a Russian physiologist, Pavel Tsatsouline. His recent book "Beyond Stretching: Russian Flexibility Breakthroughs" is without question the definitive text on the subject. It is **MUST READING** for every athlete. For a powerlifter it could mean the difference between being good or great. I'm serious; the information in the text is that extremely esoteric. YOU HAVE TO GET A COPY OF IT! You must Get Pavelized!

Tsatsouline's natural aptitude springs partly from personal experience. Raised in Latvia of Russian parentage, Pavel got interested in flexibility training when he took up kickboxing. His parents were very encouraging. Pavel's father, Vladimir, is a retired Soviet Army officer and a passionate athlete. Swimming, boxing, judo, skiing, running, fencing, you name it, he's done it. Pavel's mother Ella is a former professional ballerina. When she was a kid studying at a ballet school, she was the most feared street fighter in the neighborhood. Ella would deal out quick justice to the local punks with rapid fire kicks in the face, years before karate was introduced to Europe and America. Pavel Tsatsouline studied English at the Institute of Foreign Language in Minsk, Belarus (in what used to be the USSR) before receiving a degree in coaching and sports physiology from the Physical Culture Institute (IFK). He served as physical training instructor for close to two years in Spetsnaz, with the Soviet Special Operation Forces. In Spetsnaz, he did his time near Moscow and in the Arctic, in the diversionary reconnaissance detachment of the Red Banner Northern Fleet. Having to fight three to four men with your hands tied behind your back as a part of hand to hand

## Dr. Judd

**PAVEL TSATSOULINE-The Evil Russian**  
 "When I am done with you, you will have the flexibility of a mutant. Or else."  
**as told to Powerlifting USA by Judd Biasotto Ph.D.**



Pavel demonstrates his flexibility (Miller)

combat training encouraged good flexibility. Pavel's training regimen does to do splits in three to six months - whether they wanted to or not," quips Tsatsouline. "Now, that I have turned into a capitalist running dog, I can teach Americans how to stretch too. When I'm done with you, you will have the flexibility of a mutant. Or else." Yes! He is extremely humorous, but he is also eminently confident. Talking with him it is evident that he is a man who believes in himself and what he is doing.

Tsatsouline is not exactly a slouch as an athlete either. He started lifting weights to get stronger for fighting, but got the iron bug and eventually earned a National ranking of Master of Sports in kettlebelllifting, an ethnic Russian strength sport where you lift these big metal balls with handles for reps. I've witnessed such competition - it takes a MAN!

Still it is his brain, not his brawn, that is most impressive. In my opinion it won't be long before he revolutionizes the field of flexibility. "Most Western flexibility experts," Tsatsouline states, "do not know enough physiology to have sex. You are far better off not stretching

true in Powerlifting. You do not get extra points for squatting ass to the floor."  
**Dr. Judd:** What if a lifter can't squat deep enough?

**Pavel:** I designed a special stretch for that. After I showed it to 900 pound squatter, Dr. Fred Clary, many lifters from the Twin Cities Gym in St. Paul, Minnesota, picked up on it. Hold a light barbell, 95 to 135 pounds, over your head in the position for the press behind the neck lockout. Inhale as deep as possible and tighten up every muscle in your body. Squat as deep as you can, making sure the bar stays behind your neck, your weight is on your heels, and your knees do not buckle in. Hold your breath and tension for a few seconds, then suddenly exhale, letting all the tension go with that breath of relief. Your hips will sink an inch or two. Make a point of maintaining the alignment described earlier. Inhale and tighten-up again and repeat the drill. Do the stretch inside a power rack with the pins set high, so you do not fall on your butt, but rather hang on the bar if you lose balance and fall.

**Dr. Judd:** Why not hold the bar on your back?

**Pavel:** It's too easy to cheat by bending over and rounding your back. When the bar is overhead, you are forced to keep the arch and stay upright.

**Dr. Judd:** Why the unusual breathing pattern?

**Pavel:** There is a relationship between muscular tension and your breathing patterns. The pneumatic-muscular reflex. Lifters take advantage of it unknowingly. They increase their muscular tension by inhaling to the hilt before the attempt. In stretches we use the reflex to relax the muscles beyond what could be achieved by just ordering them to relax.

**Dr. Judd:** Would excessive flexibility negatively affect the other two power lifts?

**Pavel:** You bet. In the bench you will not be able to effectively store the elastic energy from the descent for the ascent. You might as well power rack a dead stop in the power rack! Also, you might get red-lighted. For the same reason - the inability to keep the tension - the bar is likely to sink into your chest during the pause.

**Dr. Judd:** And the deadlift?

**Pavel:** If you are too flexible, you will lack tension at the start of the pull. That will limit your momentum. That will limit your mind. That will limit your flexibility. If you get injured, if your flexibility is right on the money, you should be able to assume the optimal

(article continued on page 78)

# WORKOUT of the Month

This program is designed to improve your deadlift 25-30 pounds within a ten week period. It is designed for a powerlifter with a previous competition best of 700 pounds.

The program consists of two phases. Phase I is the strength phase, concentrating on rack pulls for four consecutive weeks. Phase II is the speed phase, concentrating on bar acceleration. This phase is a five week period that concentrates on single reps with 30 second rest periods.

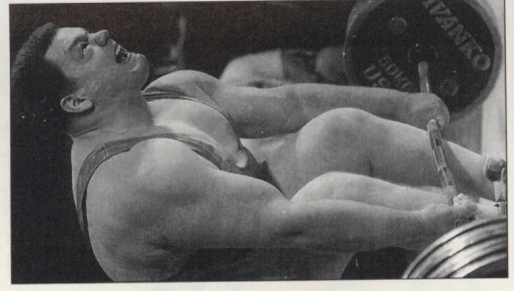
**Phase I:** This phase works on rack pulls. With the use of a power rack, select four pin heights that allow you to get the weight closer to the floor. The weight (plates) on the bar should range from 15-18 lbs on pin 4 and 5-7 inches for pin 1 from the floor. All power racks vary so use your own judgement. This phase may only last three weeks because of pin placement. A raised platform can always assist in adjusting the length of the weight to the floor. I feel this phase teaches you how to strain, it teaches you how to finish the big deadlift which is a very important element. When your pulling very hard and the weight has passed your knees and approaching lock-out you must know how to finish the lift. This phase helps you do that.

**Phase II:** This phase concentrates on bar speed. The phase is five weeks long with handling weights ranging 65%-85% of your best competition deadlift. This program was taken from Louie Simmons and has led to great success. The reps will be singles with 30 second rest periods. The singles range from 15 singles in the first week to 6 singles in the last. As you will see when you experience this phase, it is very, very intense. EXERCISE WITH THE WEIGHT: THE BAR MUST ACCELERATE.

Assistance Exercises: These exercises are very, very important to the program and should not be changed. There are only three, but they are tough.

Olympic Squats are first and are performed with the bar high on the back, feet close and no belt used. The second is deadlifts off a hurried pond plate with no belt for reps. Heavy bent over rows are last.

Another important assistance movement are good mornings done without a belt. This exercise is done on squat days. The exercise is performed with heavy weights and 3-5 reps. Good mornings have changed my deadlift dramatically. The use of Iron Mind Enterprises Buffalo Bar has helped keep the bar from rolling up my neck. This bar is the best piece of training equipment for



Culnan at the 1996 USPF Seniors Meet

The length of the bar takes stress off of your elbows and shoulders while squatting, which could effect bench pressing. The curve keeps the bar securely on your back while doing good mornings and exercise and not on whether the bar is going to move on your back.

The good mornings simulate your back movement throughout the deadlift. The more you strengthen the movement, the more you strengthen the deadlift.

**Workout - Phase I: Week 1:** Rack pulls (4th pin) weights 15-18 inches from floor - MAX; Olympic

Squats 325x5; DL off plate 465x5; Heavy Bent over rows. **Week 2:** Rack pulls (3rd pin) - MAX; Olympic Squats 360x5; DL off plate 490x5; Heavy Bent over rows.

**Week 3:** Rack pulls (2nd pin) - MAX; Olympic Squats 385x5; DL off plate 505x5; Heavy Bent over rows. **Week 4:** Rack pulls (1st pin) weight 5-7 inches from floor - MAX; Olympic Squats 420x5; DL off plate 545x3x2; Heavy Bent over rows. \*Keep record at each pin height to improve during next cycle.

**Phase II: Week 5:** Deadlifts 455x1x15 (30 seconds rest); Olympic Squats 425x5; DL off plate 570x3; Heavy bent over rows. **Week 6:** Deadlifts 490x1x15 (30 seconds rest); Olympic Squats 445x5; DL off plate 515x5; Heavy bent over rows. **Week 7:** Deadlifts 525x1x10 (30 seconds rest); Olympic Squats 465x5; DL off plate 530x5; Heavy bent over rows. **Week 8:** Deadlifts 560x1x6 (30 seconds rest); Olympic Squats 480x3; DL off plate 545x5; Heavy bent over rows. **Week 9:** Deadlifts 595x1x6 (30 seconds rest); Olympic Squats 500x3; DL off plate 565x5; Heavy Bent over rows. **Week 10:** Rest. **Meet Day:** 1st attempt - 665 lbs; 2nd attempt - 705 lbs; 3rd attempt - 725-730 lbs.

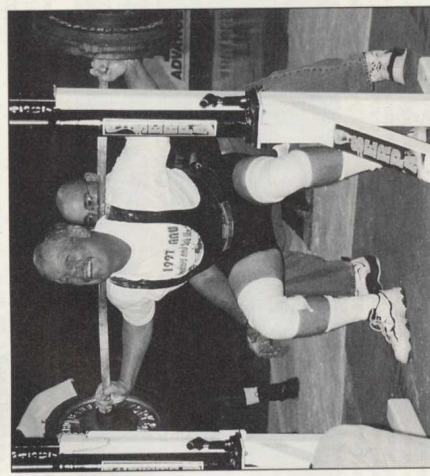
It is very important that there is a "meet day". I feel meet surroundings enhance performance. Besides if you want to find out if you can lift weights, go to a contest. Showing up to the gym and performing each exercise is only half the battle. Here are some other elements I feel contribute to a big deadlift:

**DISCIPLINE:** Whatever your goal may be in life, without discipline and dedication your goal cannot be reached. In relation to powerlifting, if your goal is to lift personal records or to be a champion, your mind must be focused on that

# INTERVIEW

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

## Martin Drake Interviewed for Powerlifting USA by Pat Cuntrera



Martin Drake winning the 97 AAU National Masters Championships

PC: Martin, you have been in athletic competition for a long time. Please tell the readers a little about your athletic career?

MD: In High School I played football, wrestled and ran track. In college my primary athletic focus was wrestling. Since the 70's I have focused on competitive bodybuilding and powerlifting. My Bodybuilding titles have included The A.B.A. Natural U.S.A. Masters Championship, The Natural World Cup Mixed Pairs Championship The A.B.A. Natural Universe Runner-up. In powerlifting I have won the A.A.U. National Masters Championships (1995 and 1997), the A.A.U. North American Bench Press Championships (1996 and 1997), the A.A.U. North American Powerlifting Championships (1997), the N.A.S.A. National Bench Press Championships (1997) and the A.A.U. National Bench Press Championships (1995).

PC: What do you think your greatest athletic accomplishments have been?

MD: There are three that come to mind. The first was being able to walk again after being paralyzed from the waist down in 1980. The second was winning a National title in both bodybuilding and powerlifting in a period of four weeks. Most important is my role in developing many National and North American Champions such as Victor Hill, Mike East Greenbush, NY. He has provided an atmosphere for powerlifting and showed great support.

PC: You are also an accomplished horse trainer and breeder as well. Tell us about some of your other interests?

MD: Prior to 1996, there were few if any options for the drug-free lifters in Southern California. John Ford recognized this and asked me to help remedy the situation. Victor Elliot (the current USPF State Chair) was the first in our area to offer tested divisions in his meets. His meets were and still are first class events! I simply took it one step further. My goal was to provide the drug-free lifters large world class events at the same time each year.

PC: Martin, your meets are gaining attention not only in the U.S., but abroad as well. Please tell us about some of these?

MD: To me, a meet should always be first and foremost, fun for the lifters, officials and spectators alike. If your events are well run, fun and they will grow not only in numbers, but also in the quality of the competitors. In 1996, we began the A.A.U. North American Bench Press

Championships (held in April) and the North American Powerlifting and South West Bench Press Championships (August). Despite turning back forty late entries, each event drew over 160 entries in 1997. For 1998, we added the United States Bench Press Open Championships in May, and have combined the two North Americans into one giant event in August. We are seeking approval to sanction the event as W.D.F.P.F. International event. In addition we will be hosting the 1998 A.A.U. National Bench Press Championships, September 25th and 26th. PC: What do you have planned for these meets?

MD: This can be divided into two areas. First, each of the meets in and of themselves is an opportunity for the lifter to capture a major powerlifting title. If the 1996 and 1997 results are any indication, then literally hundreds of north American and United States meet records will be shattered along with scores of American Records. Additionally we expect the W.D.F.P.F. World record book to be rewritten at the North American Championships. Also, each of the events is held within a short driving distance of such major attractions as Disneyland, Sea

World, Universal Studios and Palm Springs. Southern California is also home to the Lakers, Kings, Mighty Ducks, Angels and Dodgers. Many of the lifters and their families will be planning their vacations around our events.

PC: The AAUPC is involved in a continuous process to improve meets. We have heard about row and wild card competition and changes such as modified conventional system. What will you be doing?

MD: Our major events will draw between 200 to 300 lifters across a two-day period. It is nice to know that we have many options to make the meets more time effective. However, this year we will only be testing the effectiveness of the wild card and modified conventional system at our smaller qualifiers. Relative to Row, we will offer July Row Open, Row Masters, Row Submasters and Row Novice at all of our events.

PC: From a meet director's perspective, what advice do you have for new lifters entering a meet?

MD: Know the rules and select easy openers. The only thing worse than a first-timer bombing is when a veteran does the same thing. In addition, I always recommend that a lifter choose a single lift to focus their first lift. This allows them to focus on a smaller number of factors.

PC: Changes are important to the future of our sport. What would you like to see?

MD: Three things; Kids, No Drugs and Fun. Kids; anything that brings in the kids! Go visit school and churches. No Drugs; each meet director can have an effect here. Don't test on pure random basis (lottery), and don't test those you know to be clean. Focus your efforts on those in which you are in doubt. Every lifter will bring you ten clean lifters! Fun: Well organized, efficiently run meets are fun for all involved. A meet with no audience or communication is no fun! It is imperative that both the promoters and lifters work at garnering publicity for the events and the competitors.

PC: How would we contact you to get information about future meets?

MD: I can be reached by calling (310) 416-3566 or (909) 928-4PWR. You may also write to: Natural Power Productions, P.O. Box 108, Nuevo, CA 92567. A self-addressed stamped envelope is appreciated. I would like to thank Mike Lambert, Powerlifter/USA Magazine, Pat Cuntrera and Bill DePorter for this interview.

# Ask the Doctor

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

**Dear Mauro:** Hello, I wanted to write and ask a couple of questions. I should probably tell you first that I can't afford the \$15 fee you requested. I apologize for wasting your time if you decide not to answer my question. The reason I'm not able to afford your \$15 is because I'm incarcerated. Money is not one of the easiest things to get a hold of here. Anyway, I know there are lots of fake steroids out there. I'm considering to try to get a hold of a product called Anabol Max through a company called Dexter Sports Supplements. They are 500 mg, and contain Plafia Panticulata. What is it and should I trust buying a product like this via mail order? **Scott**

**Dear Scott:** Anabol Max is not an anabolic steroid but a mixture containing plant products. There are no anabolic steroids in this product. Plafia paniculata is a plant whose roots are used in the manufacturing of ginseng capsules and also included in many plant and herbal preparations. Don't waste your money. All the best in your training. Sincerely, **Mauro Di Pasquale, M.D.**

**Dear Mauro:** I was wondering if you could help me with a problem I've encountered on the "Anabolic Diet." I will start off by telling you that it has worked wonders for me. I started the diet four months ago because I was frustrated with the progress I had achieved on a conventional diet. Two weeks after starting I knew there was something different about this diet. My muscle mass and strength increased at an astounding pace. I was even gaining faster than I was on my A-50/EQ cycle. I had done two months prior. But now I have run into a problem. Every time I eat a meal with a large amount of fat I get sick. It feels like it doesn't want to stay down. Even a small amount of protein and fat seems to sit in my stomach for over four

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## 1st World Championships

by PL USA historian/statistician Herb Glossbrenner

were all USA lifters, with five Seniors winners among them. ENG's Mike Shaw was entered, but was overweight and lifted at 148.

Byron Swain (34), from NC got off to a bad start. He averted elimination with a final 250 BP. Swain Squad 305, then 320, and was pinned with 335, and finished with three DLs, 430 his last (TOT:1000). Terence Mulroy, from Parkside, PA, was one notch higher. He pressed 260, but 270 wouldn't go. He be-



Part of the 1971 World's lineup (l-r): Don Cundy (SHW), John Kuc (SHW), Jim Williams (SHW), Hugh Cassidy (SHW), Carlton Smitkin (242s), John Kanter (198s), and Vince Anello (198s). (Frank Pelfer photo)

and had made all three. McKenzie, on his second with 430, arose halfway, then dumped it in front. A brief intermission, then he got stuck again. A small pedestal was provided for Moyer so his shoulders could reach the bar. He got 2W on both 435 and 455. In hopes to beat his A/R (456-1/4 in 1965) Dave tried 470. He got up. Nel! It had insufficient depth. S.T.'s McKenzie (685), Moyer (675), Redding (620), Glass (455). Now the D/Ls. The moment of truth: Redding made 400 easily, followed by Glass at 405. Moyer's 420 opener was difficult. Redding's second at 425, OKI Glass, weak in the first two disciplines, was equivalent to his peers when it came to pulling. His 440 was a strong haul! Redding finished the day with 450 (1070 TOT) and had the bronze platter. Moyer couldn't budge 450 on two tries. He had 1115, the runner-up spot, and the apex of his career. The reasonable McKenzie opened at 460, for a TOT of 1145. With that he became P/L's first World Champion. He made a new BER next - 485, and passed on his third. Glass couldn't budge his final 470, and came in at 4th place (895).

**132 LB. CLASS - CREAM OF THE CROP - MILTON TOPP!**  
- With nine entrants, this was the heaviest populated class, and they

**123 LB. CLASS: AUDA-CIOUS PRECIOUS:** Four Americans lined up to contest Bristol ENG's Precious McKenzie. Precious was an Olympian with W/L Champ, the Commonwealth W/L Champ, and an Olympian to be. He was very adept in P/L and was top seed. The challengers were Dave Moyer (36), a three time U.S. champ from Reading PA; John Redding (26), Beverly, MA; Frederick Glass; Allen town, PA and Ron Sappenfield (28), Michigan City, IN. Sappenfield, stepped from making weight, twice failed to BP 250. He has the ability

on his honor of being the first man ever to bomb in a P/L W/C. Glass was outlasted! He was first man out and first man done: BP 170, 180, miss 185. Redding opened at 200, then failed 210, twice. Moyer, due to his small stat-

A great deal of credit should be given to the late Bob Hoffman for making the first World P/L Championships a reality. Powerlifting's popularity was growing. Powerlifting's Championships had taken place. There was interest abroad. Pre-publicity was sparse for this event, due to the busy Weightlifting schedule. The championships weren't finalized till mid-summer, hence the entry list was modest. It was decided to hold the event on the closest Saturday to Daddy Bob's birthday, November 9th, so the date was November 6th. The competition was held under the auspices of the U.S.

amateur sports governing body, the AAU. Hoffman and the famous York Barbell Club staged the event and played host. A conglomeration of 32 USA stars was joined by a four man British team and a single Jamaican. Powerlifting's first World Championships commenced at 10:05 AM, Saturday morning. No-

men pumped 300 BP openers. Milt elevated 315, but Hernandez stalled went to 325 and stopped halfway. Both men were good Squares: Hernandez entered at 405. Milt went up to 425. Hernandez managed his second attempt of 435, while the Toledoan fought the same through for his third. Hernandez advanced to 460 for his final try and got it! Enrique had a 10lb. S.T edge 760-750. Nitty gritty time: Hernandez completed 455, then 480, both good lifts. He had a 1240 TOT. McKinney began with 485, still five behind. Up to 500: Enrique no lift. The Toledo Torpedo acted

it! McKinney was World Champ with a new AR TOT (1250). He finished off the day rying 520, and almost had it, but couldn't quite lock out.

**148 LB. CLASS - THE BRITISH ARE COMING - SHAW'S ISH ARE COMING - SHAW'S APPLAUSE!** The British duo: Michael Shaw, Cranbrook, and Michael McHugh from London

yeld, 1165 and fifth.

ain Burgess (23), from College Park, MD, engaged Leroy Mable, from Buffalo, NY, to decide the overall third. Burgess was warned by judges to keep his feet away from the bench legs. He was too conservative - 265, 280, then 285, leaving room for more. Mable entered 265, then 285. He completed 300 un-

evenly, so no lift. Leroy topped a 360 squat. Burgess was shallow on 380 and his repeat was good. Locky went for 400 and got pinned. Jeremy to go in front. He got up - backing - elected 410. He got up. The was judged not low enough. The two best DLers battled for the

manhandled 510, his second. Burgess, inspired, elevated 525, and was now ten ahead. Lain's last lift of 540 stayed grounded. Mable went straight to 545. It came up with out a hitch, 1215 TOT (3rd). Burgess had fourth (1190).

The main event was for the milt. The gold awaited either Milt McKinney (32), the current 132 US champ and AR holder at Enrique Hernandez (26), a USAF or Enrique Hernandez (26), a USAF man from St. Maria, CA. Hernandez had won the Seniors at 123 in 1966.

It was a savage skirmish. Both men pumped 300 BP openers. Milt elevated 315, but Hernandez stalled went to 325 and stopped halfway. Both men were good Squares: Hernandez entered at 405. Milt went up to 425. Hernandez managed his second attempt of 435, while the Toledoan fought the same through for his third. Hernandez advanced to 460 for his final try and got it! Enrique had a 10lb. S.T edge 760-750. Nitty gritty time: Hernandez completed 455, then 480, both good lifts. He had a 1240 TOT. McKinney began with 485, still five behind. Up to 500: Enrique no lift. The Toledo Torpedo acted

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know, will we. Cassidy was not champion and Williams was not Jim didn't even know it yet. The meet continued. Cindy opened with 800, and humped it knee high, with arms up. She missed 720, which came up effortlessly, then stood abruptly. Nevertheless, she had a 2160 TOT which looked like a sure winner. The others who chased him needed enormous pulls. Williams, who retired to the showers, was pulled it right up, and had a 2105 TOT. Kuc wasn't through, and decided to try to win it all. The bar was loaded to a staggering 875. The crowd went nuts (including me). When he approached the bar, it became dead silent. The enormous weight broke the grasp of gravity and inched upwards. Everyone held their breath. At knee height it hesitated, wavered, and crashed back to the platform. The crowd erupted into tumultuous roar. What a climax! It was the first Worlds, an event to be long remembered. It was the milestone for the popular Worldwide sport we know today as POWERLIFTING! Three of the officials in this historic event still survive: Herb Gowing, Peter Miller and Murray Levin. And yes, Morris Weissbrodt, the announcer, still lives and breathes. Those officials who have passed to their eternal reward: James Messer, Karo Whitfield, Charles Geschwind, Frank Bates, Ed Zercher and P/L's first big promoter: Bob Hoffman.

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Kanter and Pacifico engaged in a titanic struggle. Kanter led off: 460 BP, however, Kanter was a bit raise - nixed! His repeat went, but 475 was too heavy. The Mighty "P" put on a BP seminar: in turn - 480, 500, then 515 - were no sweat! Larry was credited with a 625 SQ opener that looked shallow. He

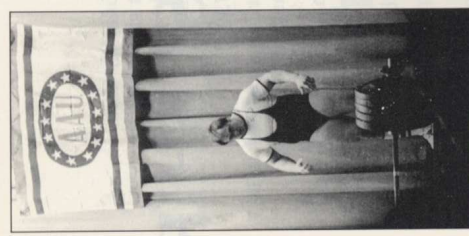
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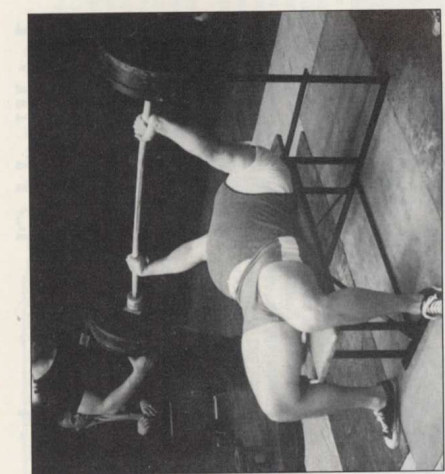
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Back view of dog appears on back of shirt



**John Kuc gets ready for an incredible deadlift attempt.** (Peifer)



**Barrel Chested... Hugh Cassidy benched 570 at SHW** (Peifer photo)

his ability. He started his SQs with 520. His first try was shallow. He stayed down with the other two and was thereafter out of action. DLs: Herold and Welch began with 510. Bruce ordered up 530 and got stuck. Welch made that same weight a snap. Shaw hoisted 540 and retook the lead. Welch played it smart. He decided on 550 for his final lift. He was finished good for 1365 TOT and looked good for more. Shaw went to 555. He supported the weight on his thighs and drug it up. Only one red - a call which hurt Welch. With this controversial judgement, Shaw had 1375 and was World Champion. Keammerer blew up 570 to commence his pulling attempts, and Shaw missed the same. Herold had stopped after 510, falling 530, and then bypassing his third. Keammerer had tied Bruce's lift. As lighter man, he captured third place. Jack went straight to a huge 615. This lift would be Welch's TOT (1365) and would force John to third with a lighter bodyweight tie. With a tremendous out back pull, he finally locked it out without nudging. The officials thought it hesitated, and denied it (2-1). Last try: Keammerer was spent and barely budged it.

**165 LB. CLASS - NO BLUNDERS TONIGHT! IT'S THUNDER THINGS!** - Only three were on hand to vie for the World Middleweight title. It would be a battle of titans as Romley, ENG's Ron Collins would square off against George Crawford (27). Tony couldn't handle 350, and passed his last try. Clark commenced

680. His 1920 TOT would mean fourth. Williams elevated 675, then 700, with the greatest of ease. He inexplicably missed 720, which came up effortlessly, then stood abruptly. Nevertheless, she had a 2160 TOT which looked like a sure winner. The others who chased him needed enormous pulls. Williams, who retired to the showers, was pulled it right up, and had a 2105 TOT. Kuc wasn't through, and decided to try to win it all. The bar was loaded to a staggering 875. The crowd went nuts (including me). When he approached the bar, it became dead silent. The enormous weight broke the grasp of gravity and inched upwards. Everyone held their breath. At knee height it hesitated, wavered, and crashed back to the platform. The crowd erupted into tumultuous roar. What a climax! It was the first Worlds, an event to be long remembered. It was the milestone for the popular Worldwide sport we know today as POWERLIFTING! Three of the officials in this historic event still survive: Herb Gowing, Peter Miller and Murray Levin. And yes, Morris Weissbrodt, the announcer, still lives and breathes. Those officials who have passed to their eternal reward: James Messer, Karo Whitfield, Charles Geschwind, Frank Bates, Ed Zercher and P/L's first big promoter: Bob Hoffman.

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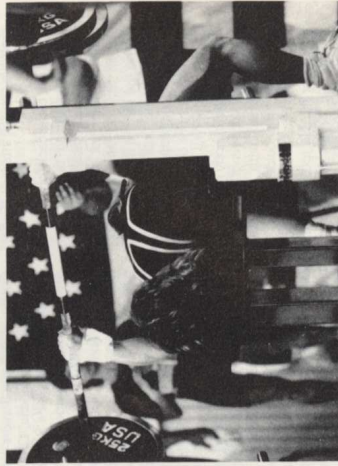


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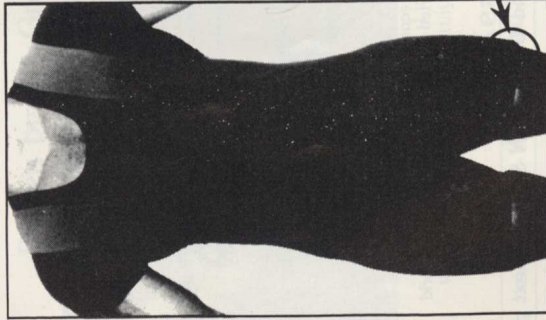
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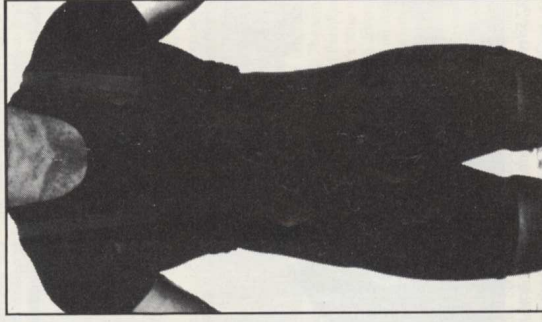
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# STARTIN' OUT

A special section dedicated to the beginning lifter

## Bench Press Primer, Part II

as told to Powerlifting USA by DOUG DANIELS

In the last issue I covered various aspects of the bench press from the muscle groups used to body positioning and I outlined an 8 week off season routine that could be followed to build some muscle size and build a base of power to be used in the contest phase. With this article I wish to expand on the bench press further by getting into some competitive aspects.

In the off season routine, the reps tended to be in the 5-10 range, which are preferable for overall gains. Now we'll turn to lower rep schemes as we aim to increase our max single in the bench press. Con-



97 Silver Medalist Wade Hooper shows how a good high arch reduces the distance necessary to press the weight to a complete lock out.

erally, as a powerlifter enters this stage of his training, he will drop his total reps down to allow recuperation, which will be taxed because of the heavier, more intense weights being used. Not only are these maximal weights taxing on the body, they also tax the mind as greater concentration and focus are required to get these low rep sets. Here there is less room for error. On a set of 8-10 reps, some reps may not go as well as we'd like, but because the two makes little difference. When the weights are high and the reps are at three or less, it can make all the difference in the world. At worst, you could injure yourself.

Some experts feel that no great amount of strength is actually built using such low rep schemes, while others feel low reps are the only way to max size and strength. I'm not smart enough to know the per-

fect amount of reps to deliver max gains for every lifter, so to cover all the bases, I believe that max size and strength can best be gained by using all types of set/rep schemes over time. This causes the body to never be complacent to any one type of stimulus. It's kept off balance and must grow and adapt to survive.

As with any weight exercise, especially with the bench press, always keep safety tops on the list. Don't bench alone. There's a story in the papers every year about a lifter who gets stuck at the bottom of the bench while training alone and chokes to death. Always use a spotter and make sure the spotter is alert. I've seen spotters totally ignore the plates slipping off one end of the bar and they crash to the ground which causes the bar to fly out of control, creating a potentially serious situation. Use collars and

triceps, the lats are heavily involved in the bench. They act as stabilizers and launching pads for the bench. Most big benchers possess wide, thick lats and this is no accident. They do specific work to develop this showy, yet functional muscle. There are two functions of the lats. One is to pull the arms down, as in the pull-down or chin and second, to pull the arms back, as in rowing. Beginners are advised not to do both types of exercises at once. The best alternative is to train the lats twice a week, once doing pull-downs

make sure they're in good shape and secured on the bar properly. Also make sure each side of the bar is loaded correctly and evenly. It's best to use a power bar for your benches and don't forget to use a sturdy, well constructed bench that will bear your weight as well as the weight of the bar and plates.

As you can see, the last three weeks (6-8) we do more sets. This is because we are only benching once per week at this time so a little extra work is possible on the heavy day and some extra warm-up sets are needed. Take 2-10 minutes rest between all sets. We're aiming at power/size here, so extra rest will help insure we have the energy and strength to get these heavy, low rep sets.

On the light days in weeks 1-5, use 80% of the weights used on the heavy day and put out a 80% effort. As I explained last time, we are interested in recuperation. Most powerlifters follow a heavy/light approach similar to this. This light workout is not meant to be taxing, but we can get results by exercising our best form on these lighter weights. On both days, finish with two sets of close (shoulder width) bench presses. On the first set, use 20 pounds less than what you used on your last regular bench set. Drop 10 more pounds on the second and

the contest and 3-5 weeks prior to the contest in the final stage of training. They're a must for competition. There are no extra points given for not wearing a shirt, unless you choose to lift at one of those 'raw' meets where little if any supportive gear is allowed.

Before we get into an actual routine, let's look into some of the rules of competition. Lay on the bench with your feet flat on the floor. Your buttocks must remain in a contact with the bench once you start the press. The spotters will help you get the bar out of the rack and you then lower the bar to the chest and hold it motionless there until the referee gives you the 'press' command which can take anywhere from an instant to two seconds. You must press it upward and lock out both arms evenly. The bar can stop on its way up, but if it goes down after the press up, the referees may signal a bad lift. Then, at the referee's 'rack' signal, you put the bar back in the racks, again with the spotter's help. If you don't wait for either the press or rack signal, you will get red lights from the referees. There are three referees for each lift, one in front and one on each side. They commonly use a red light to signal a bad lift and a white to signal a good lift. Two or more refs mean no lift, two or more whites mean good lift. You may use a grip no wider than 81 centimeters or about 32 inches, measured between the forefingers. Most bars have a ring marking on the knurling at this point. There are more rules but these are the major ones. All meets have a briefing prior to them to go over rules. It's a good idea to attend and listen as rules may vary with all the new organizations popping up. (Editor's Note: IPF style competition requires a pause at

the chest with the bar, but no signal from the referee to press)

Now let's outline a sample 8 week routine that will end in a max single. We'll use a lifter who presently makes out for one rep at 250 pounds. You can use percentages to make it fit your own strength level. For the first five weeks we'll bench twice a week. On weeks 6-8 we'll bench only once. We'll aim at adding 10 pounds to this lifter's max which is realistic. Remember, at this pace you would add 65 pounds in one year which is too much to ask, but 10 pounds is a good goal for this time around. Your gains will fluctuate over time. During weeks 1-5 we'll have a heavy day and a light day. The heavy day follows. The first two sets each week will be 135 x 8, 185 x 5. **Week 1:** 200 x failure, 185 x failure, 175 x failure. **Week 2:** 210 x failure, 195 x failure, 185 x failure. **Week 3:** 200 x 3, 220 x failure, 205 x failure, 195 x failure. **Week 4:** 205 x 3, 225 x failure, 210 x failure, 195 x failure. **Week 5:** 205 x 3, 230 x failure, 215 x failure, 200 x failure. **Week 6:** 205 x 2, 225 x 1, 250 x 1, 250 x 1, 225 x failure, 200 x failure. **Week 7:** 210 x 2, 230 x 1, 255 x 1, 245 x failure, 225 x failure, 205 x failure. **Week 8:** 215 x 2, 235 x 1, 260 x 1, 255 x 1, 240 x failure, 215 x failure.

last set of close grips. This is all that is necessary for your chest and triceps. Include 2-4 sets of barbell presses, 6-12 reps on the heavy day, for shoulder work. That's it. Drop the presses after week 6.

If the last week is easy, take one more week and up the max single 5-10 pounds. If that's easy, go another week or two until your max single levels off or decreases. After that, take one week entirely off with your weights and start a new cycle with your poundage adjusted for your new, and hopefully, higher max bench. If your max didn't go up or, at worst, went down, examine other factors like your lifestyle, nutrition and state of mind for that period. Of all the lifts, the bench is the most affected by any change in bodyweight. I bench about 5-10 pounds more when my weight goes up only 1-3 pounds, vice versa, if I lose weight.

Earlier I stated that the rules require a lifter to hold the bar motionless at the chest until the referee gives the 'press' signal. That doesn't mean the bar just rests on your chest, crushing you. As you lower the weight for a 'paused' rep as it's called, think of your arms and chest as a coil spring. Lower the bar under control and relatively slowly, or as the lifters say, 'get tight.' When the bar meets the chest at the nipple area, the chest should only bear about 30% of the weight. The arms and chest should support the other 70%. That way, when it's time to press up, you will get extra drive as you 'uncoil.' Practice this on light reps, starting on week 5. On weeks 6-8, pause at single rep sets for 1-2 seconds on the chest. If you use a bench shirt, start using one on week 6 after the third set. The shirt will add substantial lightness and spring to the bottom. Have your training partners give you the oral 'press' and 'rack' signals. This will get you accustomed to waiting and responding to these verbal cues (when appropriate).

I hope I have given you some useful info on the bench press that you might not have come across before. It also helps to go over the basics from time to time to re-establish your current practices. This may be especially helpful while your lifting is in a slump. For more experience, I also suggest attending a power meet near you to see some of the things I described. The bench press is by far the most popular exercise, so make sure you leave no stone unturned to achieve your goals by getting as much information as possible on how to perform the bench efficiently. (author Doug Daniels WEB page address is members.aol.com/ddani12345/def/ault.htm)



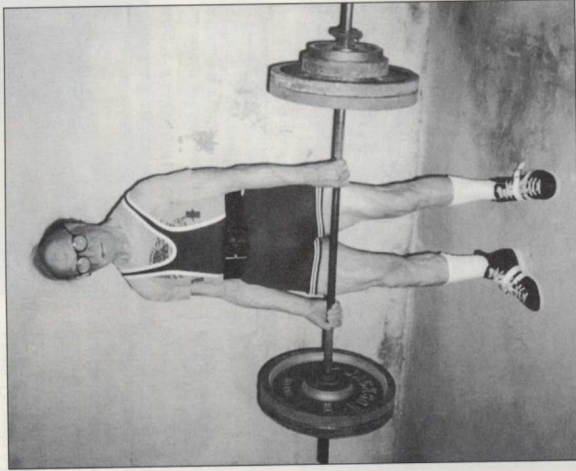
Tony Harris bombed in the bench at the '97 IPF Worlds in the Czech Republic

not cover any portion of your hand where you grip the bar. Another piece of equipment is a lifting belt. I feel they are not beneficial or needed for the bench press. They are designed to support the trunk of your body, which is not stressed in the bench like it is in the squat and deadlift. Next time an Olympic weightlifting event is on TV, witness that most of the eastern European lifters no longer wear any type of belt for their overhead lifts. Also, wearing a belt will restrict the back arch you can take which is important to getting a big bench. If you must wear one, wear a thin one and keep it relatively loose. They're really nothing more than a crutch for the bench press. Make a real effort to throw away this security blanket.

The newest piece of gear is the bench press shirt. These appeared over ten years ago. They're made of tough stretch material and fit extremely tight on a lifter. Much of the support is across the upper chest and shoulders. Sometimes it can actually be difficult and painful to get the bar down to the chest because the shirt tightens as the bar comes down. As the bar rises, the shirt actually uncurls like a spring and adds momentum to the press upwards. They are difficult to get on and you need a helper to help you get it on and off. If you've ever seen a lifter with a bench shirt on, you will notice it actually gives the lifter a 'disfigured' look, but it can add anywhere from five to 50 pounds on a max bench, especially if your weakness is the start of the bench. If you don't compete, there is no reason to use one, as they don't build strength. If you compete or plan to look into getting one, there are ads for them in Powerlifting USA magazine. Their use should be limited to

# POWER PROFILE

## JOHN GORTON "Johnny Come Lately" by Herb Glossbrenner



John Gorton, age 90+ at 147 bwt, DL's 301 lbs. (Nancy Rose photo)

The World's most famous clock is Big Ben. It is located at the House of Parliament in London, ENG. In it's tower is a bell whose chime tolls loud and clear and can be heard over a great distance. On August 6, 1907 it's familiar ring might have been interpreted as a announcement. A newborn baby cry marked the entrance into this world of John Gorton. Growing up, lil' Johnny suffered a childhood accident which left him blind in his right eye. His family relocated to Canada, in St. John, New Brunswick - a province in the SE region - east of Maine. His eye injury prompted the necessity to wear eyeglasses with strong corrective lenses. This transfiguration prompted ridicule from his youthful peers. Popularity with the opposite sex would take a drastic nose dive. In those days you were called "a sissy", today the term would be "geek" or "nerd". When John turned 14, he borrowed a copy of "Strength" magazine from an older chum. One look at the athletic looking physical specimens that graced the pages set the wheels in motion. The idea of improving his physical appearance, with enhanced strength and rippling muscles, was most appealing. He bought a 100 lbs. "Milo" barbell set. It came complete with a 12 exercise routines, endorsed by the "Mr. Physical Culture" of that era, Alan Calvert. John set up training quarters in the kitchen of the family home and plunged right in. In 1921, weight training was widely discouraged. The proponents of its beneficial use were overwhelmingly outnumbered. In this era the movement's opposition claimed weights slowed reflexes, restricted flexibility, hampered growth, curtailed flexibility; and the most absurd allegation of all: it was "downright dangerous" to practice.

The majority of people then were easily brainwashed by public opinion - and shunned weight training - swayed by the mountain of misinformation. John Gorton dismissed these widespread opinions as narrow-mindedness. He noted the changes in his own physique as his regime continued. He progressed steadily and noted an increase in his vitality. Strength levels soared and by 1926 he was 20 and had grown into a man. Not just a man, but a strong man. It was at this time he came to the USA on a permanent resident visa. The Great Depression had

come and times were not so rosy. As a migrant he joined the Merchant Marine. When Gorton took to sea he lugged along a pair of 100 lbs dumbbells with him. He worked out whenever the waters were calm, as the ship would roll and pitch when the sea was turbulent. During these times John "tuffed it", but loved it! When his service duty ended he settled in New York City. There he found a job as manager of an off-Broadway hotel. He kept his weights in the basement and went through his training routine in the evenings. He established his own short range goals. When he'd achieve them, he would set his sights a bit higher and work toward that goal. Gorton kept a ledger for self evaluation, improvement or regression. When he hit a sticking point, he made modifications and noted improvement again. He was already a thinking man in what was rapidly becoming a thinking man's world.

On shore leave, while fulfilling his Service obligations, he trained at two well known establishments for "muscle heads". Adolph Rhein's Gym and Sigmund Klein's Studio of Physical Culture, both in New York City. Destiny brought him to the French Sporting Club located at 849 W. 48th St. It was there he met Henri Souderes. A friendship was formed that would span over half a century. Souderes, a year and one day (exactly) older than John, was the sparkplug of the club. Henri organized, hosted and ran lifting competitions there, and Gorton liked the atmosphere and became close friends with Henri. Souderes showed Gorton a variety of lifts that were contested in those days, and John learned and practiced them. Gorton did lift in a few inter-club contests in 1938, but never in what open competitions. He was what you would have called a "wallflower" or a "shrinking violet", that is, a bit

It's performance was difficult, requiring great trunk flexibility and shoulder power and stamina. It went something like this: the barbell was brought to the shoulder (clean) with two hands and balanced in the middle - holding it resting at the shoulder with one arm. Then you'd lean away from the weight, bending the trunk to the side into a position almost horizontal with the floor. At the same time the free arm could rest upon the leg for stability, while the arm would be pushed as you leaned until the elbow was locked and the barbell was overhead. Now came the hard part - holding the bar locked overhead while the torso was straightened and once again the body was in a complete upright position. I'd like to see some of today's P/L stars try this one. Then they'd really appreciate the ability of some of the "old timers" and their "odd-lits"! Anyway, John did a right hand bent press of 166 lbs. and 156 lbs. using the left arm. To see the lift executed properly would make you appreciate the degree of difficulty! At this time John did a deadlift of 400 lbs. at 146 bwt. and age 33.

If you hadn't guessed by now, the deadlift was to become John's "pet lift". It played such an important part in his rehabilitation progress that he decided to specialize on it. In 1949 when Gorton had matured to the ripe old age of 42, he decided to set himself a goal of 500 lbs. He worked at it diligently for six years and his personal best was broken many times. He finally reached his best ever poundage. In 1954 he did a full squat with 412, BP ed 210 and deadlifted 588 1/2 lbs. at 190 bwt. John trimmed down to 165 and hoisted 514. He achieved over three times his bodyweight and derived great personal satisfaction from this. The fact that he'd passed his 47th birthday made his feats even more notable!

The years rolled by. John was married and still practiced his lifting. He'd not yet showcased his talents in official competition. On August 6, 1987 he was feeling "frisky"! He went down his basement and deadlifted no less than 406 lbs! John still shied away from exhibiting his ability publicly. His lifetime friend Henri Souderes, age 83, was still around having won numerous Masters titles, establishing a multitude of National and World Records in the 80 and over bracket. Henri had overcame a child hood disease known as "rickets" causing bow-leggedness, and like John had continued to toss the iron for better than half a century. Now located in California they'd kept in touch over the years. When Henri

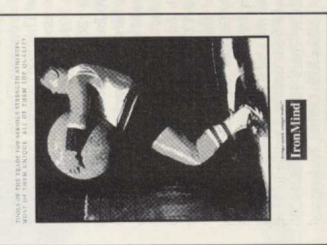
heard about John's latest feat he came to visit him. Souderes tried to give John the medals he'd earned were the best on the Eastern seaboard. Among the most famous was Lloyd Weinstein, a prolific National caliber competitor among the ADFFA ranks, who was more excited to see Gorton in action than he was with his own performance. It was a good-sized crowd. John was a bit skittish at first. He'd never used an Olympic style barbell. He'd practiced only with exercise bars & plates for the past half century. Every time he mounted the platform the audience went wild. John was a bit taken back by this spontaneous response, but responded admirably. Fueled by the cheers, he did exceptionally well. He competed against five other Masters (over 40) men. Two aged 41 - lifted the most, as was expected. A couple of seagoanians, Gienenthal, 60, and Alan Chasnov, 68, were also in contention. The best lifter in the masters group would be determined by formula, a method for comparing those of differing bodyweights and ages. Gorton came in at 166 lbs and subdued the resistant barbell achieving a 250 SQ, 130 BP and a spectacular DL of 370, for a TOT of 750. He'd enjoyed lifting competitively for the first time, then sat back and enjoyed watching the rest of the meet. Then came the

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awards ceremony. When his name was called and the crowd erupted into a belated cheer, he didn't know what was going on. "You, it's you, John," Lucille Jarred him back to reality. "...they're cheering you." John Gorton was in a bit of a daze when he was presented three trophies. The smaller was perhaps 18" high, a larger one stood three feet and a gigantic one well over six feet high. John was a bit shell-shocked having been named the Outstanding Master lifter. He had expected maybe a medal, but nothing like what he received. Continuing to amaze the P/L brotherhood with his strength, John went to New York in the Summer of '91. A grand total of 282 lifters came there to compete in the ADFPA Decalift Nationals. At 84 John was the oldest competitor. He captured the 60+ age division Masters title in his 165 lb. class. Gorton easily hoisted a 352 DL. Next he pulled 380 all the way up, but lost his balance at the last instant, stepping backwards. For the 11 hrs. of lifting on the Saturday that John competed, over 1000 people bore witness to his remarkable resiliency. At the 1993 ADFPA DL Nationals, this time in White Plains, NY, John again wowed the crowd hoisting 352 in the 165 class. Just this past year at the annual push-pull competition at the Stamford YMCA, John Gorton prepared to make P/L history. The event was held November 23rd. John Gorton, now 90, became the oldest competing Powerlifter ever! At 147-1/2 lbs. wt. he easily rattled off three perfect deadlifts: 300, 320 and finally 330 lbs.!

Absolutely no question about it - John Gorton is unique. You will never see John's name listed in the Guinness Book of records, but it doesn't matter because John ranks alone as the elder statesman of this great sport of Powerlifting. He not only has a special place in all of our hearts, but his name is boldly etched in the Glessner Book of Records, certainly a more prestigious honor. I can almost envision Henri Soulieres looking down from his celestial platform and bragging about the enduring achievements of his pal.

John still practices regularly in his basement. He's found that repetitions have become a bit too exhausting, so he works on singles in the powerlifts. His only training partners are a couple of "horses" for safety purpose. They're saw horses, of course! They don't whiny, but they keep him winning. His last three lift competition was in 1994 at age 87. He did a 250 SQ, 115 BP, 360 DL and 725 TOT. John has a 1000 lbs. of York & Jackson exercise plates, bars, bench rack, squat rack and a "Schmidt" machine. He works out every other day doing one lift at a time. Even though John Gorton might be dubbed a JOHNNY COME LATELY, he finally came out of the woods and RESPONDED Greatly! So, John just keeps heaving away, heading for the new Millennium. Wouldn't surprise me a bit if I do a follow up piece a decade from now and entitle it: THE WONDER THAT'S REACHED A HUNDREDD! I salute John Gorton, live long and prosper! Herb Glessbrenner

## POWERLIFTERS Go For Reps In GERMANY

Since Michael Bruegger's appearances at the FIBO show, German powerlifters have been seeking additional ways to make powerlifting more popular with the general public. The three powerlifts and their variations can create crowd-stunning occasions. John Inzer's contests have made that point quite clear. On October 25, 1997 a remarkable demonstration of strength took place at the fall gathering of the traditional rifle clubs in Germany in North-Rhine/Westphalia.

Germany's highest populated state. Stephan Korte, 27 years old and former Junior European Powerlifting Champion and World Championship silver medalist was preparing for a spectacular squat demonstration. Stephan had recently overcome a bout with cancer. Now he was about to attempt as many reps as possible with 100 kgs. (220 pounds) in the squat. Stephan began with almost hydraulically, rhythmic squats; all very deep in IFF legal style. As he completed rep number 40 his legs started to "burn". With the support of the screaming crowd he fought up more gut busting reps. After 3 minutes and 21 seconds the count reached seventy consecutive reps. That is 7000 kgs or 70 metric tons lifted in just one set. According to Stephan, he had no cardiovascular problem, his thighs just said "NO!" It was an amazing performance. His recovery from cancer and his tremendous lifts were achieved with balanced nutrition, first class medical support, a solid training system and last but not least, POWERLIFTING! Stephan's training cycle for his record attempt lasted 12 weeks with three work-outs in seven days. In the first six weeks he did 2-4 sets with 30-70 reps. This means a workload of 30-45 tons per week.

Example: Monday - 3x50 with 70 kgs. Wednesday - 2x80 with 90 kgs. Friday - 4x70 with 80 kgs.

After squatting, 1 set of 5 reps of the following exercises: Bench press or incline press, military or behind the neck press, seated rowing or lat pull down, curls, triceps extension.

In the last 6 weeks the volume was drastically reduced and the intensity increased. Now he was doing 1-2 sets with 50-130 reps. A very interesting fact is that he followed a strict high fat diet, ala Dr. Mauro Di Pasquale. He consumed around 4500 calories with 60% coming from fats and the remaining split from Inzer Advance Designs for Champion suit from Inzer.

His lifting. It has just been confirmed that Stephan



**Stephan Korte, age 27 of Ansbach, Germany, does 70 consecutive squat reps with 225 lbs. at the Fall Gathering in North Rhine, Germany, and after overcoming a bout with cancer (Klose photo)**

Korte's strength show will be part of this year's FIBO Powerlifting demonstration in April of 1998. There he will squat in front of several thousand enthusiastic people. 100 reps will go for sure in this great atmosphere. "Good luck Stephan."

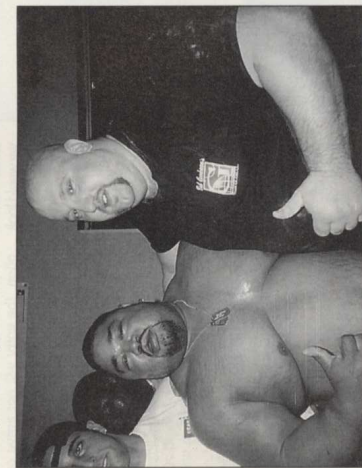
In addition to Stephan Korte's squatting, Mr. Karl-Heinz Otto, a 43 year old silver medalist in the German championships for both bench press and the shot put, attempted a one arm bench press record. Karl tried to push 50 kgs. (110 pounds) as many times as possible within one minute. He laid down on the bench, was handed the dumbbell, and started with his incredible combination of speed and strength. He was obviously a bit too nervous and the record attempt did not go. He made only 43 reps. Still it was a world class performance, but Karl Heinz was not satisfied as he was getting 50-52 reps in his last five training sessions. His body was walking in overtraining territory. The appreciation and applause of the audience of more than 650 people gave him a smile and overcame some of the disappointment. Mr. Otto's preparation took three months. He trained 4 times per week. His basic routine was: regular benching, dumbbell benching - single handed - power lockouts and close grip pull downs. His one handed benching work out was twice per week of 3-5 sets with 20 to 60 reps. Karl Heinz stated that he moved 20 000 kgs. (20 tons) per week with his right arm only. In the spring he will try again. His goal is to do 50 reps with 50 kgs. and one rep with 100 kgs., both with one arm.

An extra attraction was "the strongest person in the audience." A 25 kgs. (50 pounds) dumbbell had to be pushed up for maximum reps in the seated one arm shoulder press. Surprisingly the winner got it up 17 times. He never lifted from before but he was experienced in hoisting heavy beer mugs regularly.

Thomas Klose

The world's top two bench pressers training at the same gym? Training together? Yes, and yes, Anthony Clark and Jamie Harris are doing just that. Anthony's been in Pennsylvania, working with Advanced Genetics and he's been doing his training at big Jamie's gym, Harris' Monster Factory, in Elizabeth.

Jamie's buddies have been spotting and loading for Anthony as he gears up for his next big planned bench press attempt at the Arnold



**Anthony Clark & Jamie Harris, top lifters train together (Ned Low)**

Classic weekend in Columbus, Ohio. Powerlifters frequently talk about the camaraderie of lifters being one of the best things about the world's strongest sport, and this is sure a strong illustration of that.

Jamie was also planning on going for a big bench at the Arnold Classic but a minor pec injury cost him too much training time. He's now aiming at the APF Iron Island Bench Blast on April 18th. Anthony's lifting should be March 7th at the Arnold.

All of you powerlifters who won't be competing at the Arnold Classic might consider going for the green at the Backstreet Bench III in Lumberton, North Carolina, on March 14th. How's \$8000 in prize money sound? Total Elite Fitness is putting that up, give them a call at (910) 671-9373 for entry info or for anything else you may want to know



**Krista Ford, gearing up for APF Seniors (photos courtesy Ned Low)**

meets should be it for her this year. Krista used to do four or five a year, but now she's on the U.S. Women's Bobsted Team, and they're aiming for the 2002 Olympics.

Krista says that bobsted training requires a lot of plyometrics for fast twitch muscle fibers, and a lot of weight training, which she's already used to. The team trains in Lake Placid, New York, and at a newly built bobsted track in Utah, Canada, and Europe.

In addition to powerlifting and

# POWER SCENE

about the meet. Further down South, outside Atlanta, two-time WPC world champion Krista Ford is one busy athlete. Krista's gearing up for this summer's APF Seniors in Chicago in July, and then the WPC's in Austria, but two

bobstedding, Krista also used to be a competitive bodybuilder, and that's how she got started lifting weights. Krista's best meet lifts at 181 are a 485 SQ, 303

BP, and a 485 DL. This year's goals are 500 in the squat and the deadlift. Krista does her training at The Main Event in Doornville, Georgia, and it's got a separate room for powerlifting, with three platforms-let's hear it for that!

As she's now a full-time athlete, Krista's support comes from a lot of sponsors, and any sponsors of powerlifters deserve recognition, so here goes: Thanks to Richard

down in Texas years ago. Thea got up toward 300 in the bench but never did set foot on a meet platform.

While I was at Gold's, powerlifting coach (and actor/wrestler) Jack Armstrong was working out on some neck strengthening exercises, and this one I couldn't resist photographing. Jack was known as "Wildman" back in his WWF wrestling days, and you can see why.

Vicky Hembree has recovered from her knee injury and she's back in the training with her Dad, renowned coach Bernie Gagne. Last year was Vicky's return after 16 years off, and 1998 could see some personal bests.

And finally, congratulations to Brooklyn's Ellen Stein, who pulled an America masters record at the recent USAPL Nationals, with a 360 deadlift. And that's just three months after surgery. Ellen's looking toward competing at the next Iron Island meet, where she may be joined by a returning Linda Jo Bekato.

Well, March is the official beginning of Spring, but that's no excuse to spend less time in the gym, pumping that iron. All those big Summer meets are coming up, so it's no time for a let down. Stay psyched, and we'll see you on video.

Ned Low

ucts, Bob McGregory, and John Inzer.

Another strong southerner, Thea Bennington of Louisville, Kentucky, was out here at Gold's for some workouts, and we caught up with her. Thea, the name is Greek for goddess, competed as a bodybuilder for many years and did her powerlifting only in the gym, where she trained with Ken Linn



**Vicky Hembree with her dad Bernie Gagne at Bernie's Powerhouse, training together (Low)**

gym, Adler, Herb Weinstein, Golden Rule Insurance, Franklin Power Prod-

gym, but never set foot on a meet platform

Jack Armstrong doing neck strengthening exercises (photos courtesy Ned Low)

Jack Armstrong doing neck strengthening exercises (photos courtesy Ned Low)

Jack Armstrong doing neck strengthening exercises (photos courtesy Ned Low)

Ned Low

## More From Ken Leistner

It is more usual for me to write my columns after one of our meets rather than before. However, there is no doubt that the upcoming A.P.F. sanctioned N.Y. and Tri-State Championships will be an all time difficult contest which has made me consider many things that might help other meet directors. Every time we run a meet, I learn something. There are two ways to look at this; for as long as Ralph and I have been running meets, we should know better and conversely, we're not yet dead and always open to learning new things. The original intent was to host the New York State Powerlifting Championships, something we have done consecutively since 1992. Last year, due to many requests, we also combined it with an open bench press contest. I hated this format and we agreed not to do this ever again. With no disrespect intended to those who bench press only, or who chose to compete only at that meet, the state championship is just that in powerlifting and that's where the focus should be, on the lifts that comprise the sport. Even with the myriad organizations, the state championship, for many, will and should be the highest level meet they will lift in. Yes, the many organizations that all run state championships have diluted the importance and prestige of lifting in a state meet, but I'm old fashioned. So few should be able to qualify for the Senior Nationals, a meet that should be reserved for the elite lifters, that the state meet for anyone, in any state, should be one of the highlights of their lifting career. A good outing could launch them to the Seniors and this is how it used to be. One lifted at the states, then the Junior Nationals, and finally, the Seniors. Even as it now is, I wanted the state meet we had, although diluted by the participation of lifters all over the state with the AAU, USAPL, WNPFL, USPF, and who knows who else, to be a highlight for them.



Sol Leistner, Dr. Ken's Leistner's son, shown here lifting at an Iron Island Meet (Leistner photograph)

We have a reputation for running our meets quickly and efficiently, but no one is happy with a fifteen hour repeat of squats, bench press, and deadlifts. As it now looks, ten days prior to the contest, we're going to be bigger than we would like. Some tips for others.

**1. Limit participation.** There are two ways to view this. One is to take as many lifters as possible for the two positive reasons that you make more money and because it gives more lifters an opportunity to participate. These are good and legitimate reasons for jamming in as many lifters as the venue will accommodate. The negative is that it makes for a very long day and, possibly, evening and it's tough on the lifters, their families, and the spotters, loaders, and other meet personnel. Do it too often and try to recruit help that both cares about the job and knows what they're doing.

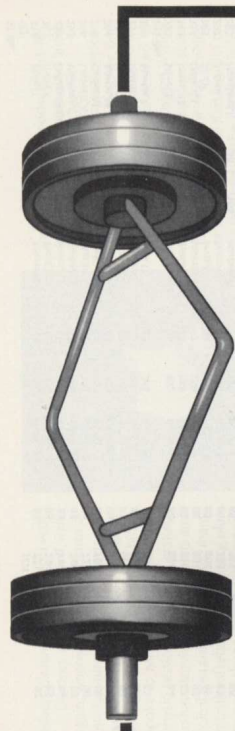
**2. Make it crystal clear** on the application that you will or will not accept late entries and what the additional cost of entering late will

sary in then buying more trophies the following week and then shipping them to the winners will quickly negate any advantage of having a late fee. We've been the victims of this a number of times.

**3. Be nice but be firm.** Everyone has a legitimate reason to lift in your meet. They trained hard and long, took supplements, took time off from work, etc. However, many will not be confident or diligent enough to actually send their entry in until literally the last moment and often, the entry will not arrive on time. If you do not accept late entries, whether they need this meet to qualify for the Nationals or not, you have to stand on your decision. Once you say "yes" to one lifter, it's no longer fair to say "no" to any others who wish to lift as a late entry and believe me, the spurned lifters will, as it is with anything else in our sport, find out that favoritism was granted.

**4. Insist upon the lifters' cooperation.** Most lifters want a fair and well run meet. Some are jerks, but they're jerks at anything they do and they will seek any advantage possible. They could not care less about any of the other lifters. We try to insure that the lifters understand that the rules will be fairly, but very definitely executed without exception. We insure that the proper number of lifters are drug tested and that they understand that taking some over the counter supplement will, or may, make them test positive for anabolic drugs with the appropriate penalties. The lifters must understand that when they are called to lift, they must be ready to lift, and again, no exceptions for the "big guys" or big names. If this isn't done, tack on a lot of unnecessary time to the meet. There is no reason with the rounds system that a lifter should not be prepared to lift when called, other than meet inexperience or copying an attitude. A few red lights across the board for legitimately taking too much time to get the starting signal usually wakes everyone up that you are running the meet by the clock, but this shouldn't ever, not ever, be necessary. My column after last year's state meet, one that fully documented these very events, proved effective in eliminating late to the bar lifters in all of our meets since and may be required reading for some.

We all want to lift well and demonstrate our abilities. This can only be done if the meet runs well so that everyone is at their best when coming to the bar. This can only be accomplished with a complete understanding by the lifters and with their cooperation. I'll let everyone know how it went.



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# Women's USPF Senior Nationals

## Top 10 All-Time Performances

by Herb Glossbrenner  
PL USA Historian/Statistician

97 Bq.	Palk, D.	303	Loft, C.	363	92	Jeffery, M.	314	Loft, C.	363
85	Palk, D.	297	Loft, C.	359	91	Loft, C.	362	Loft, C.	362
86	DeCastillo, M.	297	Loft, C.	358	90	Burns, S.	361	Loft, C.	361
89	Vandeweghe, C.	297	Loft, C.	358	89	Burns, S.	360	Loft, C.	360
91	Loft, C.	297	Loft, C.	358	88	Loft, C.	359	Loft, C.	359
94	Loft, C.	297	Loft, C.	358	87	Loft, C.	358	Loft, C.	358
98	Loft, C.	297	Loft, C.	358	86	Loft, C.	357	Loft, C.	357
105	Loft, C.	297	Loft, C.	358	85	Loft, C.	356	Loft, C.	356
119	Loft, C.	297	Loft, C.	358	84	Loft, C.	355	Loft, C.	355
131	Loft, C.	297	Loft, C.	358	83	Loft, C.	354	Loft, C.	354
137	Loft, C.	297	Loft, C.	358	82	Loft, C.	353	Loft, C.	353
192	Loft, C.	297	Loft, C.	358	81	Loft, C.	352	Loft, C.	352
244	Loft, C.	297	Loft, C.	358	80	Loft, C.	351	Loft, C.	351
325	Loft, C.	297	Loft, C.	358	79	Loft, C.	350	Loft, C.	350
359	Loft, C.	297	Loft, C.	358	78	Loft, C.	349	Loft, C.	349
380	Loft, C.	297	Loft, C.	358	77	Loft, C.	348	Loft, C.	348
380	Loft, C.	297	Loft, C.	358	76	Loft, C.	347	Loft, C.	347
369	Loft, C.	297	Loft, C.	358	75	Loft, C.	346	Loft, C.	346
369	Loft, C.	297	Loft, C.	358	74	Loft, C.	345	Loft, C.	345
363	Loft, C.	297	Loft, C.	358	73	Loft, C.	344	Loft, C.	344
358	Loft, C.	297	Loft, C.	358	72	Loft, C.	343	Loft, C.	343
358	Loft, C.	297	Loft, C.	358	71	Loft, C.	342	Loft, C.	342
352	Loft, C.	297	Loft, C.	358	70	Loft, C.	341	Loft, C.	341
352	Loft, C.	297	Loft, C.	358	69	Loft, C.	340	Loft, C.	340
352	Loft, C.	297	Loft, C.	358	68	Loft, C.	339	Loft, C.	339
352	Loft, C.	297	Loft, C.	358	67	Loft, C.	338	Loft, C.	338
352	Loft, C.	297	Loft, C.	358	66	Loft, C.	337	Loft, C.	337
352	Loft, C.	297	Loft, C.	358	65	Loft, C.	336	Loft, C.	336
352	Loft, C.	297	Loft, C.	358	64	Loft, C.	335	Loft, C.	335
352	Loft, C.	297	Loft, C.	358	63	Loft, C.	334	Loft, C.	334
352	Loft, C.	297	Loft, C.	358	62	Loft, C.	333	Loft, C.	333
352	Loft, C.	297	Loft, C.	358	61	Loft, C.	332	Loft, C.	332
352	Loft, C.	297	Loft, C.	358	60	Loft, C.	331	Loft, C.	331
352	Loft, C.	297	Loft, C.	358	59	Loft, C.	330	Loft, C.	330
352	Loft, C.	297	Loft, C.	358	58	Loft, C.	329	Loft, C.	329
352	Loft, C.	297	Loft, C.	358	57	Loft, C.	328	Loft, C.	328
352	Loft, C.	297	Loft, C.	358	56	Loft, C.	327	Loft, C.	327
352	Loft, C.	297	Loft, C.	358	55	Loft, C.	326	Loft, C.	326
352	Loft, C.	297	Loft, C.	358	54	Loft, C.	325	Loft, C.	325
352	Loft, C.	297	Loft, C.	358	53	Loft, C.	324	Loft, C.	324
352	Loft, C.	297	Loft, C.	358	52	Loft, C.	323	Loft, C.	323
352	Loft, C.	297	Loft, C.	358	51	Loft, C.	322	Loft, C.	322
352	Loft, C.	297	Loft, C.	358	50	Loft, C.	321	Loft, C.	321
352	Loft, C.	297	Loft, C.	358	49	Loft, C.	320	Loft, C.	320
352	Loft, C.	297	Loft, C.	358	48	Loft, C.	319	Loft, C.	319
352	Loft, C.	297	Loft, C.	358	47	Loft, C.	318	Loft, C.	318
352	Loft, C.	297	Loft, C.	358	46	Loft, C.	317	Loft, C.	317
352	Loft, C.	297	Loft, C.	358	45	Loft, C.	316	Loft, C.	316
352	Loft, C.	297	Loft, C.	358	44	Loft, C.	315	Loft, C.	315
352	Loft, C.	297	Loft, C.	358	43	Loft, C.	314	Loft, C.	314
352	Loft, C.	297	Loft, C.	358	42	Loft, C.	313	Loft, C.	313
352	Loft, C.	297	Loft, C.	358	41	Loft, C.	312	Loft, C.	312
352	Loft, C.	297	Loft, C.	358	40	Loft, C.	311	Loft, C.	311
352	Loft, C.	297	Loft, C.	358	39	Loft, C.	310	Loft, C.	310
352	Loft, C.	297	Loft, C.	358	38	Loft, C.	309	Loft, C.	309
352	Loft, C.	297	Loft, C.	358	37	Loft, C.	308	Loft, C.	308
352	Loft, C.	297	Loft, C.	358	36	Loft, C.	307	Loft, C.	307
352	Loft, C.	297	Loft, C.	358	35	Loft, C.	306	Loft, C.	306
352	Loft, C.	297	Loft, C.	358	34	Loft, C.	305	Loft, C.	305
352	Loft, C.	297	Loft, C.	358	33	Loft, C.	304	Loft, C.	304
352	Loft, C.	297	Loft, C.	358	32	Loft, C.	303	Loft, C.	303
352	Loft, C.	297	Loft, C.	358	31	Loft, C.	302	Loft, C.	302
352	Loft, C.	297	Loft, C.	358	30	Loft, C.	301	Loft, C.	301
352	Loft, C.	297	Loft, C.	358	29	Loft, C.	300	Loft, C.	300
352	Loft, C.	297	Loft, C.	358	28	Loft, C.	299	Loft, C.	299
352	Loft, C.	297	Loft, C.	358	27	Loft, C.	298	Loft, C.	298
352	Loft, C.	297	Loft, C.	358	26	Loft, C.	297	Loft, C.	297
352	Loft, C.	297	Loft, C.	358	25	Loft, C.	296	Loft, C.	296
352	Loft, C.	297	Loft, C.	358	24	Loft, C.	295	Loft, C.	295
352	Loft, C.	297	Loft, C.	358	23	Loft, C.	294	Loft, C.	294
352	Loft, C.	297	Loft, C.	358	22	Loft, C.	293	Loft, C.	293
352	Loft, C.	297	Loft, C.	358	21	Loft, C.	292	Loft, C.	292
352	Loft, C.	297	Loft, C.	358	20	Loft, C.	291	Loft, C.	291
352	Loft, C.	297	Loft, C.	358	19	Loft, C.	290	Loft, C.	290
352	Loft, C.	297	Loft, C.	358	18	Loft, C.	289	Loft, C.	289
352	Loft, C.	297	Loft, C.	358	17	Loft, C.	288	Loft, C.	288
352	Loft, C.	297	Loft, C.	358	16	Loft, C.	287	Loft, C.	287
352	Loft, C.	297	Loft, C.	358	15	Loft, C.	286	Loft, C.	286
352	Loft, C.	297	Loft, C.	358	14	Loft, C.	285	Loft, C.	285
352	Loft, C.	297	Loft, C.	358	13	Loft, C.	284	Loft, C.	284
352	Loft, C.	297	Loft, C.	358	12	Loft, C.	283	Loft, C.	283
352	Loft, C.	297	Loft, C.	358	11	Loft, C.	282	Loft, C.	282
352	Loft, C.	297	Loft, C.	358	10	Loft, C.	281	Loft, C.	281
352	Loft, C.	297	Loft, C.	358	9	Loft, C.	280	Loft, C.	280
352	Loft, C.	297	Loft, C.	358	8	Loft, C.	279	Loft, C.	279
352	Loft, C.	297	Loft, C.	358	7	Loft, C.	278	Loft, C.	278
352	Loft, C.	297	Loft, C.	358	6	Loft, C.	277	Loft, C.	277
352	Loft, C.	297	Loft, C.	358	5	Loft, C.	276	Loft, C.	276
352	Loft, C.	297	Loft, C.	358	4	Loft, C.	275	Loft, C.	275
352	Loft, C.	297	Loft, C.	358	3	Loft, C.	274	Loft, C.	274
352	Loft, C.	297	Loft, C.	358	2	Loft, C.	273	Loft, C.	273
352	Loft, C.	297	Loft, C.	358	1	Loft, C.	272	Loft, C.	272

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84	Shaler, R.	1245	84	Shaler, R.	1245
85	Baker, K.	1175	85	Baker, K.	1175
86	Baker, K.	1175	86	Baker, K.	1175
87	Baker, K.	1175	87	Baker, K.	1175
88	Baker, K.	1175	88	Baker, K.	1175
89	Baker, K.	1175	89	Baker, K.	1175
90	Baker, K.	1175	90	Baker, K.	1175
91	Baker, K.	1175	91	Baker, K.	1175
92	Baker, K.	1175	92	Baker, K.	1175
93	Baker, K.	1175	93	Baker, K.	1175
94	Baker, K.	1175	94	Baker, K.	1175
95	Baker, K.	1175	95	Baker, K.	1175
96	Baker, K.	1175	96	Baker, K.	1175
97	Baker, K.	1175	97	Baker, K.	1175
98	Baker, K.	1175	98	Baker, K.	1175
99	Baker, K.	1175	99	Baker, K.	1175
100	Baker, K.	1175	100	Baker, K.	1175
101	Baker, K.	1175	101	Baker, K.	1175
102	Baker, K.	1175	102	Baker, K.	1175
103	Baker, K.	1175	103	Baker, K.	1175
104	Baker, K.	1175	104	Baker, K.	1175
105	Baker, K.	1175	105	Baker, K.	1175
106	Baker, K.	1175	106	Baker, K.	1175
107	Baker, K.	1175	107	Baker, K.	1175
108	Baker, K.	1175	108	Baker, K.	1175
109	Baker, K.	1175	109	Baker, K.	1175
110	Baker, K.	1175	110	Baker, K.	1175
111	Baker, K.	1175	111	Baker, K.	1175
112	Baker, K.	1175	112	Baker, K.	1175
113	Baker, K.	1175	113	Baker, K.	1175
114	Baker, K.	1175	114	Baker, K.	1175
115	Baker, K.	1175	115	Baker, K.	1175
116	Baker, K.	1175	116	Baker, K.	1175
117	Baker, K.	1175	117	Baker, K.	1175
118	Baker, K.	1175	118	Baker, K.	1175
119	Baker, K.	1175	119	Baker, K.	1175
120	Baker, K.	1175	120	Baker, K.	1175
121	Baker, K.	1175	121	Baker, K.	1175
122	Baker, K.	1175	122	Baker, K.	1175
123	Baker, K.	1175	123	Baker, K.	1175
124	Baker, K.	1175	124	Baker, K.	1175
125	Baker, K.	1175	125	Baker, K.	1175
126	Baker, K.	1175	126	Baker, K.	1175
127	Baker, K.	1175	127	Baker, K.	1175
128	Baker, K.	1175	128	Baker, K.	1175
129	Baker, K.	1175	129		

# WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 1987. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 487, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.



Sarah Robertson is in the TOP TEN in each category of the Women's 165 lb. class rankings.

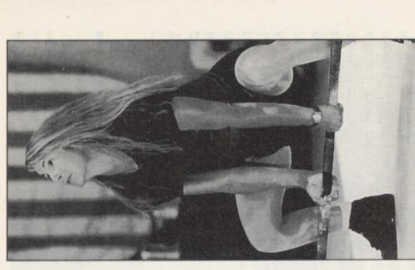
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97 lb. SQUAT	259 Leveritt, A., 7/11/87 258 Gattner, R., 3/13/87 245 Stallard, L., 12/13/87 148 Gattner, R., 3/13/87 148 Gattner, R., 3/13/87 133 McCullum, L., 2/22/87 133 McCullum, L., 2/22/87 130 Gattner, R., 3/13/87 126 Baker, M., 3/15/87 121 Cohen, N., 3/15/87	97 lb. BENCH PRESS	181 Paik, D., 2/22/87 181 Paik, D., 2/22/87 181 Paik, D., 2/22/87 148 Gattner, R., 3/13/87 148 Gattner, R., 3/13/87 133 McCullum, L., 2/22/87 133 McCullum, L., 2/22/87 130 Gattner, R., 3/13/87 126 Baker, M., 3/15/87 121 Cohen, N., 3/15/87	97 lb. DEADLIFT	259 Leveritt, A., 7/11/87 258 Gattner, R., 3/13/87 245 Stallard, L., 12/13/87 148 Gattner, R., 3/13/87 148 Gattner, R., 3/13/87 133 McCullum, L., 2/22/87 133 McCullum, L., 2/22/87 130 Gattner, R., 3/13/87 126 Baker, M., 3/15/87 121 Cohen, N., 3/15/87	97 lb. TOTAL	766 Leveritt, A., 7/11/87 766 Leveritt, A., 7/11/87 665 Ufford, C., 3/22/87 665 Ufford, C., 3/22/87 623 Baker, M., 3/15/87 623 Baker, M., 3/15/87 623 Baker, M., 3/15/87 615 McCullum, L., 2/22/87 615 McCullum, L., 2/22/87 600 Parra, A., 3/15/87 594 Sautter, S., 4/26/87 594 Sautter, S., 4/26/87	148 lb. SQUAT	358 Blomquist, R., 6/27/87 330 Jackson, J., 2/22/87 330 Jackson, J., 2/22/87 330 Overlander, A., 6/27/87 314 Koy, H., 3/13/87 314 Koy, H., 3/13/87 310 Heizerl, M., 4/27/87 209 Holcomb, M., 6/21/87 215 Coburn, M., 3/15/87 215 Coburn, M., 3/15/87 215 Mammik, L., 3/15/87	148 lb. BENCH PRESS	286 Ufford, C., 3/22/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87	148 lb. DEADLIFT	358 Blomquist, R., 6/27/87 330 Jackson, J., 2/22/87 330 Jackson, J., 2/22/87 330 Overlander, A., 6/27/87 314 Koy, H., 3/13/87 314 Koy, H., 3/13/87 310 Heizerl, M., 4/27/87 209 Holcomb, M., 6/21/87 215 Coburn, M., 3/15/87 215 Coburn, M., 3/15/87 215 Mammik, L., 3/15/87	148 lb. TOTAL	1224 Liggett, M., 6/21/87 1224 Liggett, M., 6/21/87 1030 Scagnetti, L., 11/21/87 1014 Trooper, C., 4/27/87 970 Powerlifting USA, 3/15/87 970 Powerlifting USA, 3/15/87 940 Wash, A., 9/28/87 940 Wash, A., 9/28/87 935 Pike, S., 3/22/87 935 Pike, S., 3/22/87
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97 lb. SQUAT	518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87 518 Leveritt, A., 7/11/87	97 lb. BENCH PRESS	286 Ufford, C., 3/22/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87	97 lb. DEADLIFT	358 Blomquist, R., 6/27/87 330 Jackson, J., 2/22/87 330 Jackson, J., 2/22/87 330 Overlander, A., 6/27/87 314 Koy, H., 3/13/87 314 Koy, H., 3/13/87 310 Heizerl, M., 4/27/87 209 Holcomb, M., 6/21/87 215 Coburn, M., 3/15/87 215 Coburn, M., 3/15/87 215 Mammik, L., 3/15/87	97 lb. TOTAL	766 Leveritt, A., 7/11/87 766 Leveritt, A., 7/11/87 665 Ufford, C., 3/22/87 665 Ufford, C., 3/22/87 623 Baker, M., 3/15/87 623 Baker, M., 3/15/87 623 Baker, M., 3/15/87 615 McCullum, L., 2/22/87 615 McCullum, L., 2/22/87 600 Parra, A., 3/15/87 594 Sautter, S., 4/26/87 594 Sautter, S., 4/26/87
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148 lb. SQUAT	358 Blomquist, R., 6/27/87 330 Jackson, J., 2/22/87 330 Jackson, J., 2/22/87 330 Overlander, A., 6/27/87 314 Koy, H., 3/13/87 314 Koy, H., 3/13/87 310 Heizerl, M., 4/27/87 209 Holcomb, M., 6/21/87 215 Coburn, M., 3/15/87 215 Coburn, M., 3/15/87 215 Mammik, L., 3/15/87	148 lb. BENCH PRESS	286 Ufford, C., 3/22/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87 240 Allizer, B., 10/10/87	148 lb. DEADLIFT	358 Blomquist, R., 6/27/87 330 Jackson, J., 2/22/87 330 Jackson, J., 2/22/87 330 Overlander, A., 6/27/87 314 Koy, H., 3/13/87 314 Koy, H., 3/13/87 310 Heizerl, M., 4/27/87 209 Holcomb, M., 6/21/87 215 Coburn, M., 3/15/87 215 Coburn, M., 3/15/87 215 Mammik, L., 3/15/87	148 lb. TOTAL	1224 Liggett, M., 6/21/87 1224 Liggett, M., 6/21/87 1030 Scagnetti, L., 11/21/87 1014 Trooper, C., 4/27/87 970 Powerlifting USA, 3/15/87 970 Powerlifting USA, 3/15/87 940 Wash, A., 9/28/87 940 Wash, A., 9/28/87 935 Pike, S., 3/22/87 935 Pike, S., 3/22/87
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Karen Becerra made the TOP 20 105 lb. rankings with her 270 deadlift at the USPF-Sr. Nationals.



Jackie Davis remains one of the most frequent competitors in women's powerlifting, along with her good friend (below) Deidre Johnson-Cane (Scarpulla photo).



DON'T TRAIN ALONE - ALWAYS USE SPOTTERS - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR



Trey Cunningham is another of those very accomplished Louisiana high school competitors, and he went on to compete at the USPF Senior Nationals for 1997.



Shawn Geernaert was the best deadlifter and overall totaler in the Middleweights for 1997 and he, too, took his teenage talents to the national platform at the 1997 USAPL Men's Nationals

**Corrections...** Fred Rice should have been credited with a 640 deadlift on the TOP 100 list of the 198 lb. class. In the results of the Albon State Correction Facility meet, Lyons did a 400 bench and 565 squat in the 198s, and in the 220s. Terreforte did a 440 bench. In the results of the USPF Texas Cup (Nov. 8, 1997) Paul Springer's lifts were left off the results of the Open Men's Division: namely squat 137, bench 137, and deadlift 804, in the 275 lb. division. In the results of the Battle of the Bench & Deadlift (2 Nov 97 - P. 83, Feb/98 PL USA) Tim Richards was listed for a bench press of 45 lbs., when he actually made a 415 lb. effort

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POWERLIFTING USA presents the **TEENAGE TOP 20**

These are the TOP 20 Teenage powerlifters in the United States for the year 1997. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, of course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.

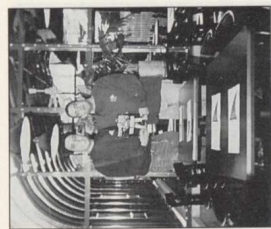
**Marcus Wynn** did some very remarkable lifting in the 123 and 132 lb. weight lift classes, and used his strength to win the USAPL 1997 Men's Open National title.

**Yes, You Can... order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform.** The Certificates are printed in Red and Gold ink, embossed with the original gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, beautifully to display the documentation of your strength in world success. The certificate and plaque together are \$60.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011. (CA residents add 7 1/4% sales tax)









**Fins Cafe** (L-R): Joseph Bianchi, Head Chef and David Paley, Club Owner. (Mario Rocca/photof). **New Fitness Cafe** Definers: Power Packed Cuisine. A new fitness cafe is promising the delicious food with a power punch. Located within the Dolphin Fitness Club in Brooklyn, New York, **Fins Cafe** will offer members and non-members a menu that is chock-full of specially prepared, low fat, high carbohydrate entrees. In addition, the cafe includes low-fat sandwiches, homemade soups, salads, freshly squeezed juices and a variety of protein and energy shakes. Although made to cater to the weightlifting community, **Fins Cafe** will be open to all. As the former Powerhouse Gym Fitness Center, owned and operated by Jeff Atamanuk, Steven Lerman, and David Paley, the new cafe will be the first of its kind among the ten Dolphin Fitness Centers in the New York tri-state area. The team bought the fitness center in the spring of '97 and have now decided to expand their club to include a kitchen and dining area. The cafe plays part of a much larger weightlifting environment. The center includes two floors of exercise equipment. The first floor consists of weight machines, stationary bikes and treadmills, as well as the cafe. For the more seasoned lifter, the lower level has an abundance

of barbells, dumbbells, benches, power and squat racks, and thousands of pounds of plates. Staff is on hand to assist in spotting and other strength and muscle building efforts. "Members as well as non-members can come in for a workout, shower, change, and then recoup from their workout with a nutritious, high protein, high carb meal all under one roof, or skip the shower and go right for the food," says Jeff Atamanuk, one of the three owners of Dolphin Fitness Center. For more information, call Dolphin Fitness Club at (718) 256-9191 or Fins Cafe at (718) 621-0606.

**Noradrostene Alert to Drug Free Athletes:**

Recently the AAU/C has written several articles on banned products whose usage would in drug test failures. These were basically on Androstenedione and similar products that may also have serious health hazards. Now another new product is available, Noradrostene or 19 Noradrostene which is legal to buy but not legal for any drug free lifter or any athlete subject to testing. Indeed, you have no right to claim being a drug free lifter if you use these products. The product converts to the anabolic steroid "Nandrolone" which is also called Deca, as it forms the base for Deca Durabolin.

This product is easily detected and has resulted in an alarming increase in test failures in several organizations. Remember, even if the input product is not banned, Nandrolone is. It doesn't matter how it arrived in your urine, you fail the test, period. Don't even think of claiming ignorance of the fact that you thought the product was safe because it was legal to buy or that you didn't know about Dec. Deca is banned and it is banned. We hope that the serious drug free athlete will be warned by this notice and stay away from both products which are both detectable in urine testing along

**Tee "Skinny Man" Meyers**  
710 lb. Squat & 760  
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FOR ALL LEVELS OF TRAINING

**All You Need... NO Musing!**

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...Weighlifting Program

**W.N.P.F. TOP 10 Superheavyweight Class**  
November 1996 - November 1997  
Those who appear on the W.N.P.F. top 10 list are eligible to receive P.I. USA Achievement Awards. For details and ordering information see this issue's top 100 listing.

SQUAT	BENCH	DEADLIFT	TOTAL
1. NEAL	805	550	1. NEAL
2. CAGLE	740	520	2. WRIGHT
3. KNOWLES	720	510	3. KNOWLES
4. WRIGHT	720	470	4. KNOWLES
5. BRADEN	700	460	5. BRADEN
6. WRIGHT	670	460	6. WRIGHT
7. MURRELL	650	455	7. MURRELL
8. HOWARD	635	450	8. HOWARD
9. KUZORA	605	450	9. KUZORA
			10. BERGAN

with the Deca. We don't want immature lifters to fall into this product trap. All athletes who are subject to testing, including high school and college level should avoid all the products named in this warning as they are banned and easily detected. Do not assume that if you stop before competition, that you'll pass the urine tests. Your retention value varies greatly from individual to individual and will be further affected by OTHER supplements that you may also be taking. These include other legal and safe products. To top that off, your epitestosterone and testosterone levels may be elevated and beyond the normally accepted range. These products can cause drug test failures in more than one way.

There are claims that 19 Noradrostene is so new that it has not been tested for side effects. Anabolic steroids as a group have a wholesens of health problems with cholesterol levels, liver failure, and CANCER. Therefore, when the studies are done, don't be surprised that the aforementioned problems are noted as serious side effects. Along with the side effects ruining your health, your career may be over and you'll have an interesting time convincing people that you didn't break the law by using illegal drugs when they found Deca in your urine.

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These products are pushed because all too many athletes are looking for an edge, a tighter suit, double ply, secret training routines, super supplements. Truth is the only "edge" that works without negative side effects is HARD WORK! Learn how to train, not overtrain. Learn to compete. Increase your load intensity not just your total load. Learn to do RACK work properly. Train only 2-3 times a week, give your body a chance to rest/heel. Follow the 20 set rule that

**NEW PRODUCTS**



**The Cable/Bar System (CBS)** is a simple inexpensive attachment that can be used with any Olympic barbell set. The CBS is a concept that is a little different although it was developed from a lot of familiar training principles. The purpose of a CBS is to allow a person to lift the heaviest weights possible alone and in complete safety. Exercises like heavy bench presses, incline presses, overhead supports, and squats can be done on a CBS to maximum without ever needing spotters. Also, segmented versions of most of these exercises can be done very effectively with this device. The CBS is an ideal tool for all Powerlifters.

The concept for the CBS came from me tossing an idea around with a weightlifter friend of mine. What we were trying to accomplish was to hold a very heavy weight overhead without having to use a power rack. One thing led to another and it was decided that what would work best would be to have a set of cables hanging from a barbell attached to weights sitting on the floor.

Now, my initial thoughts upon the inception of Cable/Bar told me that someone else had to have tried this idea before. I was not so naive to think, on a planet with over 5 billion people, that someone else had not tried something similar. In fact some old timers in the iron game might think, at first glance, that the Cable/Bar System is a copy of the old Haney machine.

The CBS is NOT a copy of a Haney machine, an exercise device introduced in the 1940's. In fact, a CBS is not a machine at all. When lifting on this device you are still lifting free weights. The movement of the bar when performing your lifts will still be in its natural groove or pattern.

Now originally my intention was to just write a single magazine article about the CBS. However while developing the CBS I accumulated a substantial amount of documentation. So this resulted in the writing and copyrighting of a small book.

Also I filed provisional patent application with the U.S. Patent and Trademark office. I did this only because in my 35 years around the iron game I had never seen anything quite like a Cable/Bar System. Although others have had similar ideas to the CBS, I believe that I am the first to rectify the main flaw in this concept, namely the uncontrolled swinging of the weights once they are lifted from the floor.

It is NOT my intention to selfishly hold onto this idea and prevent others from using it. In fact, I encourage any and all iron game enthusiasts to build one of these attachments for yourself. I feel, that even though the CBS in its present form is very efficient, other iron game enthusiasts will improve upon it and make it even better.

Now when the CBS was in its developmental stage I was greatly influenced and inspired by America's premier power lifter, Paul Anderson. Over the years I had collected several pieces of Paul Anderson memorabilia which included films, magazine articles, as well as Paul's autobiography. From reviewing this information, I concluded that there was a reason Paul succeeded where others had



**The Squat Sling** 1. Was developed to save the squatter from collapsing. 2. The sling easily spots a squatter with just one person. 3. As a squatter you will develop the confidence to take heavier loads and do more sets. 4. Your spotter will no longer be afraid to spot you without lift Squat Sling for a short while, you will not squat without lift Squat Sling instructions: 1. Descend with squatter or hold sling below the lowest squat position. 2. Keep sling close to hamstring where the hamstrings insert into the glutes. 3. During the spot, pull the sling against the hamstrings, but only pull enough to get the squatter past his sticking point then release pressure. Assisting beyond the sticking point could pull squatter off balance. 4. Sling may not work on squatters that lean excessively forward. For more information, contact Sam Alduenda, four U.S. National Titles, Triple Body Weight Squatter, I.P.F. World Competitor, Post Office Box 3063, Palos Verdes Peninsula, California, 90274, 213-583-9021.

I believe that it was Paul's tenacity, in trying to move immovable objects from a DEAD WEIGHT position that was the secret to his success. For example, applying his strength to a bar and weights hung from a tree to do press lockouts. My goal was to try and consolidate all of this crude equipment into a single apparatus, and the final result is the Cable/Bar System. You could say that the CBS has brought many of the great Paul Anderson training principles from the 1950's to the 90's.

A Cable/Bar System is very portable. Most of the parts will fit in an average size gym bag. Along with this is a portable platform that you can carry to any workout facility that has Olympic weights.

The book, "The Cable/Bar System, The Ultimate Power Trainer" has over 40 pictures illustrating a lot of the different exercises that you can do with it. Also in the book is a complete drawing and instructions on how to build your own CBS.

This book sells for \$15.00 plus \$3.00 shipping and handling in the U.S. and Canada. Overseas \$18 is \$6.00. For a copy write: J.V. Askem, P.O. Box 3023, Sequim, WA 98382.

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# POWER PROFILE

## Brad Gillingham Backstage-1997 World Championships as told to PL USA by Marty Gallagher

Brad Gillingham chalked his hands carefully as United States powerlifting coach Sean Scully leaned forward and whispered in Brad's ear. "This is it Brad! The superheavyweight championship of the world is yours if you pull this weight!" Gillingham, all 6'4" and 310 lbs. of him, wheeled to face the 837 lbs. barbell.

The auditorium, stuffed to the rafters with rabid European powerlifting fans, began to rock and reverberate with syn-copated hand clapping. Slowly at first, the clapping spread rapidly, with increased intensity and fervor, until within a short moment the entire house rocked. Later he recalled his reaction. "The crowd was great. They really got me fired up for my third lift. I was plenty jacked-up anyway, but to have a house full of European powerlift fans get going with that clapping and those crazy noise-makers raised the hair on the back of my neck... Know what I mean?" European sports fans serve their good favor clapping for their favorite lifters and booing whistling. They are not shy to whistle those they don't like, for whatever reason. For Brad Gillingham they clapped in stead of whistled. "Hey!" He thought as the Prague auditorium began to positively rock. "They want me to win!"

If Gillingham stood erect with his third and final deadlift, with 837 pounds he would push the Ukrainian lifter Nalekin into second place and the Russian lifter Ukrainsev into third. There was no love loss between the Czech people and their former USSR masters. Yes indeed as far as this crowd was concerned, it would love to see the young-ish looking Minnesota giant whip both their behinds. "Showtime!" Some one yelled in English from the first row. "C'mon, Brad, World Championship. Brad! Pull the world, Brad!" His brother's voice cut through the din like someone starting a lawn mower ten feet from your head as you lay snoozing on your lawn chair on a quiet summer day. The crowd stood as Brad strode to the platform. The clapping, screaming and



The Gillingham Gang... (left to right) Karl, Wade, Brad, and Cale at the Worlds in Prague

exhortations reached a fever pitch as Gillingham bent and wrapped his huge hands round the 1.25 inch diameter of the bar. Coach Scully roared through cupped hands, "Tight back, HEAD UP!" Gillingham ripped the bar from the floor, it flew up his shins, but slowed perceptibly as he lifted the bar over his knees. He threw his hips forward as the weight stalled. Four scant inches from lock-out, the bar stopped and crashed to the platform. Nalekin was the new World Champion and the Ukrainian nation was the new World Team Champion. Jubilation amongst the Ukrainians, despondency amongst the Russians, and a silver medal for Gillingham. In a superb rookie debut, Brad made eight straight lifts before missing his final deadlift.

Brad Gillingham is philosophical and reflective now that the adventure is over. "The whole trip was an emotional roller coaster. The highs, the lows, the frantic pace alternated with long stretches of boredom. Fear, joy, anger, pain, pleasure, jet lag... you name it, I underwent it."

Gillingham became a central figure in an epic battle for the World team title. Doubly ironic is that the United States team was not one of the contending combatant teams. Since powerlifting's inception in 1971, the mighty Team USA has dominated international powerlifting totally and completely, having lost the team title only twice in 26 years.

The 1997 version of Team USA was totally out of the running, battling with Chinese Taipei for third. A triple drama unfolded during the Superheavyweight competition in the Prague IFF Worlds: Gillingham's personal saga, the cutthroat battle for the team title, and the dramatic demise of Team USA (what happened?).

I walked into the weight-in room. The stench of body odor was overpowering. A lot of the Eastern European lifters do not use deodorant. I don't think they have any, and the aroma had the IPF weigh-in official gasping and demanding windows be opened immediately or he would break them open with a chair to get some circulation." Another mild blower was the speed of them. The pace was unbelievably fast. We started with eleven lifters in my flight, a couple of them bombed out, leaving nine. It seemed as soon as the squats were over, they were calling my name to bench. The deadlifts were over quick, real quick. It zapped me. I was totally exhausted and spent on my final pull.

My class was over in less than two hours." Brad had problems in the squat. The base supports that hold the uprights in place on the squat rack were long.

"Take the racks in to accommodate my collar-to-collar grip. I had to take eight little steps backward before I cleared the base supports and could set-up for my squats. Try taking an eight step walk-out, see what it does to your squat. It messed with me, bad, and led to us picking some ultra-conservative weights."

Brad made all three squats ending with 788. "If I could have squatted 804 on my third, I would have only needed an 821 on my third attempt deadlift for the win." This would have made a difference. Another ponderable: Nalekin barely made his final squat with 881. Had he missed, he would have totaled 2171. Gillingham, at 2166 would have needed an 815 third attempt deadlift for the win. Mike Lambert dramatically called the 44 year old Nalekin's 3rd squat.

Victor literally made a miracle happen. (On 881) Quivering with effort, he descended deep, then deeper. He began an ascent that seemingly could not be successful. At the instant before failure was certain, Victor found something more in himself that no one had ever seen before - a rigidity, an energy, a defiance of both age and gravity... US Coach Sean Scully related that it was time for Power-

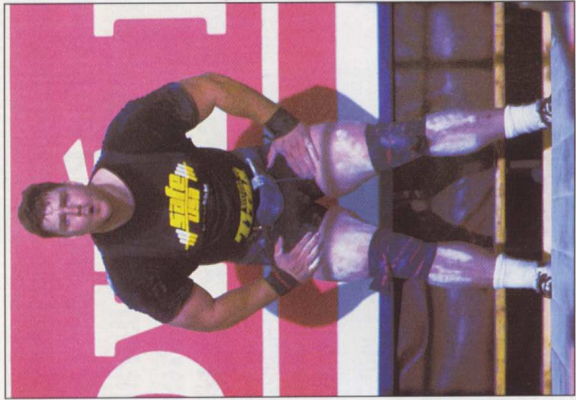
lifting was tolerated, at best, until the Berlin Wall fell. As the Soviet Union splintered, powerlifting flourished. With resurgence in powerlifting popularity behind the Iron Curtain, an odd phenomenon occurred.

In the 1990s the combined scores of the former Soviet republics began to exceed that of Team USA. In other words, had the newly independent republics of the former Soviet Union formed a powerlifting team, the Invincible Team USA would be defeated. Long time US head coach Sean Scully first noted this disturbing trend half a decade ago. Still, the day seemed far off that any one of the independent republics would be able to unseat the USA powerlifting team on its own.

That day came on November 16, 1997 on the final day of the World Championships. Two things were immediately clear as the day's lifting began. First, the United States would not be the team champions at day's end. Second, Russia and the Ukraine were locked in a titanic death struggle for the team title. It's pursuit would have more thrills and spills than Space Mountain at Disney World.

Athletes would turn in performances that would give their coaches grey hair and massive panic attacks as the day wore on. The previous day had ended with a battle in the 181 pound class that epitomized this clash of the new titans. Two young lifters, one from the Ukraine and one from Russia, battled it out in the absence of a powerlifting immortal, apparently retired. Soloviev from Ukraine and Mor from Russia fought a hand to hand, trench warfare battle for first place. Seven time world champion Virvanen of Finland would have cleaned both their clocks, but had apparently (and unexpectedly) retired, abandoning the 181 pound class throne.

Tied at the sub-total, Mor had to pull 5 pounds more than the lighter Soloviev. The Ukrainian opened with 617. Mor pulled 622. Soloviev pulled 639 on his second. Mor countered with 644. Soloviev pulled a clutch 644 third attempt and Mor coolly pulled 650 to capture the world title. This little mis-



Brad prepares to squat all three attempts at the IPF Worlds

epic summed up the drama to that point and set the stage for the final day's take no prisoner battle. The final day began with Gene Bell, the 41 year old power dinosaur, capturing Team USA's only gold medal of the 1997 Worlds. Gene the Machine destroyed the field after Ukrainian Sergey Romanenko started with 749 in the squat (Gene ended with an excellent 716) and could not get a lift passed. Zero points for the Ukrainians - who had counted on a 1st or 2nd in this class. It appeared that this massive miscue would end the Ukrainian bid for the world team title. Then, as if a Hollywood screen writer, had the scripting the meet, the Russian coach Bogachev, made a monumental mistake and allowed pre-

meet favorite Vladimir Markovsky to open with 815 in the squat. He bombed out. Why did the Bogachev allow him to open with 44 pounds more than anyone else in the class? Why, in the 198 class, had the Ukrainian coach allowed Romanenko to open with 33 pounds more than anyone? A coach's first responsibility is to avoid bomb-outs and there was an obvious double faux pas on the part of both competing coaches. Their mutual mistakes had canceled each other out and the stakes grew larger.

In the 242 pound class, two Ukrainian lifters, Isanenko and Starov took 2nd and 3rd, while in the 275 pound class the Russian Gurbanov went 9 for 9 to take out a close win. The Ukrainian Antipenko took third. Now the stage was set for the Supers with all the chips pushed to the center of the table for the last hand, the final pot, the showdown at the Okay Corral. The Russian coaches, in near hysterics, protested Gillingham's 804 second attempt deadlift, which tied their man Ukrainsev. Mike Lambert reports, "Mr. Bogachev of the Russian contingent began one of the longest and most animated protests to the jury that I have ever witnessed. The issue seemingly would not die."

But die it did. Gillingham's lift stood and with it Russia's quest for the team title evaporated into thin air. When the dust settled, Ukraine was the new team champions with 62 pounds more than the champion of Finland with 49 tied with the Taipei 3rd with 49 tied with the USA, also 49. Brad Gillingham summed it up. "It wasn't a trip I'll soon forget. "Insofar as the American team? The American practitioner guards is gone: Dan Austin, Ed Coan, Kirk Karowski, Dave Karowski, etc. - these giants no longer lift. Until more lifters of Brad Gillingham's caliber arise from the ranks of the new USA Federation, it shall be a long, harsh, winter for Team USA.

Big Brad became an unwitting player in an international power drama. It revolved around the ferocious battle to determine which country would be the new IPF world team champion, successor to the mighty United States juggernaut. The 1997 IPF World Championships marked the end of the American era. Since its inception in 1971, the United States has won every World Championships with two exceptions: the 'carnas shorts' World Championships in the 1970s and again in 1985 when post-meet drug suspensions caused the United States to forfeit the team title. Other than those two occasions, Team USA has captured the world team title with astonishing ease, sometimes rolling up the title on the first day of competition. Against this background, 1997 can be identified as the exact point in time when the sun set on American powerlifting. Things changed with the dissolution of the Iron Curtain. Under the old Communist regime, powerlifting was actively discouraged. And why not? The Soviet Union and her sister totalitarian regimes had a death-lock on Olympic lifting. Their athletes dominated 0-lifting so why encourage, allow or sanction an upstart lifting sport, particularly one that the capitalist Americans were proficient in? No thank you. Power-

lifting was tolerated, at best, until the Berlin Wall fell. As the Soviet Union splintered, powerlifting flourished. With resurgence in powerlifting popularity behind the Iron Curtain, an odd phenomenon occurred.

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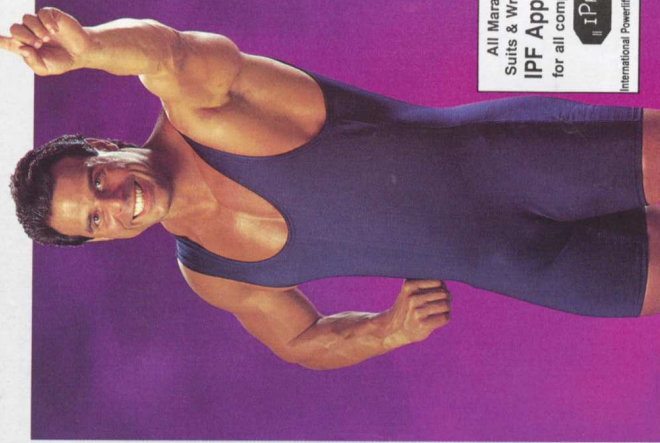
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- 7 MAR, Iron 4x4x6 AFF Blue, White, Bench, Back/DL, Arm Wrestling, Kines, Kicker, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
- 7 MAR, WA, State H.S. Qualifier, Auburn/Riverside HS, Mike Merrill, 253-804-5154 (S)
- 7 MAR, USAFL, Southeastern US (open, male), Iron, high school, BP Mike Rezek, Box 685-3404, Moncks Corner, SC 29461, 803-761-7642
- 7 MAR, IFA, Dedication Meet to Larry Pacifico, Tyson Lake, OH) Brian DeChant, 440-9590
- 7 MAR, AFF, Maryland State Open, 217-493-8127
- 7 MAR, AFF, Oregon State, Mike Moore, 1170 N. Valley View Rd., Ashland, OR 97103, 541-381-2570
- 14-15 MAR, USAFL, USAFL Championships, State Open High School (boys/girls) H. Walker, Warrior Weight Room, Coyle & Casady H.S., 21 Hamilton St., Taunton, MA 02780, 508-823-6154 ext 680
- 14-15 MAR, Power Games (SQ/BP/DL - men, women, team, master) Carleton, 397 W. Wendell Rd., Bain, PA 18114, 610-837-1150
- 15 MAR, USAFL Longmont YMCA BP, Nadine Medicine Archules, Longmont YMCA, 950 Leahly, Longmont, CO 80501, 303-776-0370
- 15 MAR, AAU Great Lakes BP, Joe Cheng, 3500 W. 26th St., Erie, PA 16506, 814-853-3727
- 21 MAR, USAFL Minnesota State Bench Press (Apple Valley, MN - Open, master, Jr) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007 or 612-461-3007
- 21 MAR, NASSA Florida State (In Palm Beach) NASSA, Box 735, Nobles, OK 73068
- 21 MAR, AAU New York State RAW, Chris Lunz, 66 Stuchler Ave., Staten Island, NY 10312, 718-966-5999
- 21 MAR, 7th NISA Open/Master/Submaster, 7th NISA Open/Master, 245 Fulton, 906-495-2282 ext 4395, Tinseltown Ram 39M (Homer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 21 MAR, AAU New York RAW Championship (open, master, Jr, women), 3150 17th St, Staten Island, NY 10310, 718-966-5999
- 21 MAR, WNPF NYC BP/DL Challenge/RAW BP/DL Nationals (NYC, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-9418
- 21 MAR, NISA New Mexico State (Callup, BP, Son Light, 126 W. Sage, Tucuman, 61953, 217-253-5429
- 21 MAR, AAU East Coast BP/DL Champs (open/raw), Tony Genetti, 30 Central Ave., Jacksonville, FL 32209, 904-869-6664
- 21 MAR, Miami County Open (open, high school men/women), open men/women Greg Barnett, 11 S. Pearl, Pook, KS 66071, 913-294-5720/3197
- 21-22 MAR, 2nd Frank Koojoo Memorial/AU Southeastern, All American Gym, 118 S. Country Ave., Lakeland, FL 33801, 941-667-6968
- 21-22 MAR, USAFL National Collegiate (FL, Hood, TX) Johnny Graham, 1706 Shoemaker Dr., Killean, TX 78543, 254-287-3332 (h), 526-0779 (h)
- 22 MAR, USAFL (new date), 5th Upper Ohio Valley (open, master, women - no Ironmulls) Keny Didomenico, 234 Allred Dr., Winterville, OH 43993, 614-264-4805
- 22 MAR, Sportlike Spring Spectacular BP/DL (Fiesta, MO) Durrell Latch, 126 W. Sage, Davenport, IA 52802, 319-353-5423
- 22 MAR, USAFL State Open (open, women, youth) Dale Leon, Powerbase Gym, 1462 Alkermont Ave., Schenectady, NY 12303, 518-335-0023
- 27-29 MAR, AAU PC Drug Free International Invitational PL/BP/DL (open/raw - male/female - open, teen, Jr., submaster,

# Coming Events

- 1990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 after 5pm
- 14 MAR, Rock Read Memorial Push/Pull, Ed Wood, 1200 North St., Winston, Salem, NC 27109, 910-758-5699
- 14 MAR, AAU Closed Elite Contest (PAI) Championships, Joe O'Connell, 4468 W. 26th St., Erie PA 16506, 814-833-3727
- 14-15 MAR, Peoria Bench Press (high school, open) Missouri Gym, 7530 W. Peoria Ave., Peoria, IL 61615, 312-692-7781
- 14-15 MAR, AFF Oklahoma State, Eddie Vaughn, 5632-C Woodbarber Dr., Oklahoma City, OK 73122, 405-871-0001
- 14-15 MAR, USAFL Oregon State, Mike Moore, 1170 N. Valley View Rd., Ashland, OR 97103, 541-381-2570
- 14-15 MAR, USAFL Championships, State Open High School (boys/girls) H. Walker, Warrior Weight Room, Coyle & Casady H.S., 21 Hamilton St., Taunton, MA 02780, 508-823-6154 ext 680
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- 28 MAR, Virginia Open BP/DL, Chester (Tree House) INI Dornell Latch, 126 W. Sage, Tucuman, IL 61953, 217-253-5429
- 28 MAR, NASSA Indiana State (Bloomington, IN), NASSA, Box 735, Nobles, OK 73068, 405-872-9684
- 28 MAR, 3rd AAU Buckwheat Open BP (teen, women, men, master, team - Ohio) AAU, Indian Rd., Norton, MA 02766, 508-288-6759
- 28 MAR, AFF/AAPF Deadlift Championships of Texas, Rock Solid Production, 3004 Guadalupe #6, Austin, TX 78705, 512-708-2929
- 28 MAR, AAPF Drug Tested New Hampshire State (28th) & AFF New Hampshire State, Open, Louie Lombard, 337 Robouby St., Keene, NH 03431, 603-352-8590 or Kieran Kicker 904-238-3527
- 28 MAR, AAU New York State, Matt Anderson, 217-493-8127
- 28 MAR, AFF/AAPF Deadlift Championships of Texas, Rock Solid Production, 3004 Guadalupe #6, Austin, TX 78705, 512-708-2929
- 28 MAR, USAFL Massachusetts State PL/BP, 0212, 612-394-9144, Boston, MA 02114, 617-828-9144
- 28 MAR, 2nd Indiana County BP and DL (Best Western - Indiana, PA - open, notice, trophies) Joe Spillane, R1, Box 180, Fairbury, PA 15725, 412-639-9601
- 28 MAR, USAFL (open, women, submaster, master, sculptured) Andrea Sorok, 113630, 84th Pl., Praha, CO 80005, 303-425-0904
- 28 MAR, USFF Rhode Island PL/BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-946-1665
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- 28 MAR, USAFL (open, women, submaster, master, sculptured) Andrea Sorok, 113630, 84th Pl., Praha, CO 80005, 303-425-0904
- 28 MAR, USFF Rhode Island PL/BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-946-1665
- 28 MAR, AFF/AAPF Drug Free Buckeye State BP (teen, women, men, master, team - Dayton, OH) ANPPC, Box 1494, Mt. Vernon, IL 62964, 618-897-6976
- 28 MAR, AFF/AAPF Drug Free Buckeye State BP (teen, women, men, master, team - Dayton, OH) ANPPC, Box 1494, Mt. Vernon, IL 62964, 618-897-6976



# ERNIE FRANTZ PRESENTS

## AAPF/AWPC

### 1ST WORLD CHAMPIONSHIPS

SEPTEMBER 18-20, 1998

SHOWBOAT HOTEL & CASINO, LAS VEGAS, NV

QUALIFICATIONS ARE 1ST PLACE WINNERS FROM THE 1997 & 1998 AAPF NATIONALS STRICT TESTING WILL APPLY

DIVISIONS INCLUDE: MEN, WOMEN, TEENAGE, JUNIOR, MASTER, SUB MASTER, FIRE & POLICE, WORLD BENCH PRESS CHAMPIONSHIPS ALL DIVISIONS

18 MONTHS CLEAN, NO DISCLOSURE, NO SECOND CHANCES.

QUALIFY AT THE AAPF NATIONALS (ALL DIVISIONS) MAY 23 & 24TH, 1998.

FORMER ADPPA AND USPF NATIONAL CHAMPIONS ARE WELCOME!

FOR FURTHER INFO, CONTACT

ERNIE FRANTZ

62 SOUTH BROADWAY  
AURORA, IL 60505

(630) 897-2582 OR (630) 892-1491.



CO 80005, 303-425-0904  
16 JUN, World Gym Summer BP/DL Classic (Lake St., Texas City, TX 75763, 517-362-0464)  
17 JUN, Prairie State Games, Beach Press (Lake St., Texas City, TX 75763, 517-362-0464)  
18 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
19 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
20 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
21 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
22 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
23 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
24 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
25 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
26 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
27 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
28 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
29 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
30 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
31 JUN, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)

## BE A PART OF HISTORY

What are you doing this 4th of July?

**USA POWERLIFTING**  
(formerly known as ADPPA)

# 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 Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, (303)-425-0904. a.sortwell@worldnet.att.net

Qualifying Totals:  
114 123 132 148 165 181 198 220 242 275 UNL  
845 955 1070 1275 1400 1500 1575 1625 1665 1700 1760

- Qualifying totals must have been done in a USAU/ADPPA meet in 1997 or 1998. USPF totals from 1997 (but not 1998) will only be allowed if lifters notify meet director & purchase a USAU current membership by April 3, 1998 postmark date.

- NOTE: The entry deadline will be very early. May 18th! Qualifying totals can be set after that date, but all entries w/ a current USAU membership must be postmarked by May 18th. This will allow for pre-meet out-of-competition testing and improved publicity.

Other Upcoming Colorado Meets promoted by Andrea Sortwell include the USAU Colorado Classic on March 29th and the USAU Summer Bench Fest on June 14th.

# PENNSYLVANIA

## 1998 NASA Pennsylvania State Open Power Sports Championships

May 16<sup>th</sup>  
Phila., Pa.

Which includes the following events:  
Pennsylvania State Power Sports Championships (bench press, strict curl, deadlift)  
Pennsylvania State Strict Curl Championships  
Pennsylvania State Bench Press Championships  
Pennsylvania State Deadlift Championships

Great Awards 1<sup>st</sup> thru 5<sup>th</sup> place in all divisions (pure, novice, masters, teenage, high-school) Best Lifter Award in each Event

Out of state lifters are welcome. A NASA membership is optional for Power Sports competitions! Supportive gear may not be used in NASA Power Sports.

Contact: Edwin Wilkins, 31 Yale Dr., Richboro, Pa. 18954  
(215) 396-9902 24HRS  
WWW.POWER-SPORTS.ORG  
WWW.NASA-SPORTS.COM

16 MAY, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
17 MAY, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)  
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31 MAY, USA National Championships (Lake St., Texas City, TX 75763, 517-362-0464)

## ADVANCE NOTICE TO APF/AAPF COMPETITORS

### APF SENIOR NATIONALS WILL BE JULY 4th AND 5th, 1998 IN NORTHBROOK, IL

### APF/AAPF BENCH NATIONALS WILL BE AUGUST 2, 1998 IN AURORA, IL

YOU MUST PLACE 1st OR 2nd IN THE BENCH PRESS NATIONALS TO QUALIFY FOR THE WORLDS.

FOR INFORMATION & ENTRIES CALL  
**JIM JOHNSTON (630) 264-1571**



**12 JUL**, WNFPP New England States (Stratford, CT) WNFPP, Box 142347, Fayetteville, GA 30214, 770-996-3418.

**18 JUL**, Lake Festival Bench Press, Mike Wolfe or Kim, 7729 SP 127 N., Collins, OH 43082, 419-963-9422.

**18 JUL**, USAPF Midwest, USA BPD/L Champions (Terre Haute, IN) Dr. Darrell Latch, 126 W. Sole, Tuscumbia, IL 61953, 217-253-5429.

**23-24 JUL**, USA Record Breakers Classic BPD/L (Florence, SC) APA, Box 27204, El Jobean, VA 22973, 405-872-9684.

**18 JUL**, USA NSCF Summer Full Power (outside lifters welcome) (New Jersey) USA, Box 27204, El Jobean, VA 22973, 405-872-9684.

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**New Hampshire Lifters!**  
Nutrition 101 presents the:  
**1998 USPF New Hampshire State Powerlifting & Bench Press Championships**  
and the  
**1998 USPF Region I (NY, CT, RI, MA, VT, NH, ME) Powerlifting & Bench Press Championships**  
Tara Wayfarer Inn - Bedford, NH  
Date: April 11/12, 1998  
for info contact: Dave Follansbee, c/o Nutrition 101, 170 Ladd Hill Rd., Belmont, NH 03220, or call 603-528-2812  
These will be 2 of the biggest meets in New England in 1998!  
Don't get left out!

25-26 JUL, Can Am World Cup (Calgary, Alberta, Canada) Bruce Craig, 1733, 403-538-3067.  
26 JUL, WNFPP New England States (Stratford, CT) WNFPP, Box 142347, Fayetteville, GA 30214, 770-996-3418.  
26 JUL, WNFPP Police, Fire, Military & Strength Coach Nationals (Cherry Hill, NJ) WNFPP, Box 142347, Fayetteville, GA 30214, 770-996-3418.  
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**Powerlifting Promotions**  
**Daytona Beach, FL & Keene, NH**  
**AAPF & APF Upcoming Events**  
**7 Mar, APF Bike Week Bench Bash/BPD/L Arm Wrestling**  
**28-29 Mar, AAPF Drug Tested New Hampshire State & APF New Hampshire Open**  
**18-19 Apr, AAPF Drug Tested Florida State & APF Florida State Open**  
**1-3 May, APF Masters, Submasters, Teenage, Junior Nationals**  
**11, 12 Jun, APF Bench Bash For Cash Nationals & APF Florida Push/Pull**  
**18-20 Sep, AWPC Amateur Worlds and WPC World Bench Press Championships**  
**21, 22 Nov, AAPF/APF Southern States**  
For information contact **KIERAN KIDDER**, 116 W. Ocean Dunes Rd. Daytona Beach, Florida 32118, phone 904-238-3527

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**World Natural Powerlifting Federation - Upcoming Events**  
April 18, 1998  
South Carolina State Powerlifting Championships  
Greenville, S.C.  
May 2, 1998  
Bench Press Nationals, Atlantic City, N.J.  
May 17, 1998  
Mass. State Powerlifting Championships  
May 23, 1998  
Teen, Junior, Subs and Masters Nationals  
Va. State Championships  
Virginia Beach, Va.  
May 31, 1998  
Battle of the Countries- USA, Bahamas and Ecuador  
Daytona Beach, FL  
All divisions available and first thru tenth place in all divisions/weight classes  
For more information - WNFPP, P.O.Box 142347, Fayetteville, Ga. 30214

**USPF**  
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**April 18 & 19, 1998**  
**Parkersburg, W. Virginia**  
1st-5th place in all wt. classes & grade divisions  
For info call: 304-489-2428  
or send self-addressed stamped envelope  
to: Bio Muscle, P.O. Box 231, Parkersburg, W.V. 26102

**USPF**  
**High School National Championships**  
**April 18 & 19, 1998**  
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*Fanny Stroten (210 pounds), middle-aged MILIO author, hoists the 200 lb. McGladstone Stone by Ian Zlatoff at Highland.*

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Brett A. 440 B.P. Teen  
Pat C. "This Works!"  
Sabine S. 205 B.P. at 115 lbs.

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K. Venuti-40/79	345	300	435	1100
Grandmaster (Schwarz/Age)	650*	1450		
B. McMillan-40	350	650		
Matchless/52/26	465	300	1325	
Manfield-51/197	450	260	480	1190
Donabedian-218	225	235	400	860
W. Slocum-51/197	345	350	460	860
P. Slocum-54/160	325	295	340	860
R. Gordon-52/200	360	210	400	970
L. Jounis-56/141	260			
R. Scrima	415	285	420	1120
I. 148 lbs.				
E. Kupperstein	505*	310	385*	1400*
T. Kornisen	235	355*	963	
Y. S. Kim	335	550		
M. Achari	625	310	645	1580
J. Duly	420	305	430	1155
G. Souza	480	320	405	1065
C. Rodgers	430	320	360	1065
T. Sperranz	300	310	340	950
P. Makris	505	345	Pass	
I. 181 lbs.				
J. Achari	525	410	570	1585
J. Slocum	500	325	570	1395
R. Dunn	500	325	500	1325
C. Souza	480	320	400	1300
B. Slocum	330	300	350	1000
C. Peters	315	330	405	1070
M. D'Angelo	315	385*	145	645
D. Picard	530			
I. 180 lbs.				
R. Roy	450	275	455	1160
J. Gardner	405	305	450	1160
J. Dearborn	380	290	430	1100
J. 220 lbs.				
J. Whelan	675	440	665	1780
R. Vitton	640	443	620	1705
G. Souza	575	420	575	1505
J. Slocum	575	420	550	1425
J. Speaks	525	425	500	1450
R. Litchfield	500	350	550	1400
J. Slocum	425	305	500	1220
C. Burkard				
L. Rodriguez	675	385	640	1700
J. Gardner	640	443	620	1705
R. Slocum	550	320	525	1305
S. Garcia	550	395	465	1350
M. Berntsen	500	330	470	1300
M. Alway	500	400	555	1455
A. Stroud	475	325	550	1450
S. Morse	475	300	510	1285

**INTERNATIONAL POWERLIFTING ASSOCIATION APPLICATION FOR REGISTRATION**  
Welcome to the International Powerlifting Association. This organization is established as a "Lifter for Lifters" organization with three divisions: Professional, Elite Amateur, and Amateur.

**Pro Division:** Anyone who holds Professional (Pro) is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There will be drug testing in this division. The Pro Division has its own world records. Records will be kept in the Men's and Women's Open, Submaster, and Master Divisions only. There is not a Teenage or Junior Division in the Pro Division.

**Elite Amateur:** Anyone who totals Professional or above and who is willing to submit themselves to drug testing every time they compete. Lifters who opt for drug-free division must apply for inclusion on the "Open Testing List". If a lifter chooses to lift in the Elite Amateur Division, it is important that the lifter understand that he/she is financially responsible for his/her own drug test at every meet in which he/she lifts. NOTE: A Elite Amateur lifter will be drug test at every meet in which he/she competes.

**Amateur Division:** This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a random drug test done at the lifter's expense (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will reimburse the lifter for the expense. If the test is positive, all of the lifter's records and accomplishments will be disqualified and the lifter will be banned from I.P.A. as a Professional in the next meet he/she competes in. The Amateur Division has its own elite and world records. Amateur records will be kept in the Men's and Women's Teen (14-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Police and Master Divisions.

**IPA PROFESSIONAL, ELITE AMATEUR, AND AMATEUR CLASSIFICATION TOTALS**

Men's WL Classes	Pro Elite Amateur	Women's WL Classes	Pro Elite Amateur	Elite Amateur	Amateur
114	1080	975	950	845	671
123	1130	1060	1050	985	718
148	1480	1330	1350	1200	1123
165	1610	1450	1480	1320	1232
181	1800	1510	1550	1380	1348
199	1970	1660	1700	1530	1468
220	2170	1810	1860	1680	1600
242	2420	2060	2110	1930	1770
275	2750	2310	2360	2180	1980
308*	3080	2560	2610	2430	2120
		2810	2860	2680	2410
		3060	3110	2930	2620

\*Master

**International Powerlifting Association "Lifting for Lifters" Application for Registration**

First Name: \_\_\_\_\_ Initial: \_\_\_\_\_ IPA # for Renewal: \_\_\_\_\_  
Last Name: \_\_\_\_\_ City: \_\_\_\_\_  
Street Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_  
State or Province: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Pro: \_\_\_\_\_ Elite: \_\_\_\_\_ Am: \_\_\_\_\_

Sign if above answers are correct. Parents sign if under 18 years. Date: \_\_\_\_\_  
Registration Fee: Adult \$20 - High School and Special Olympics \$10  
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.  
Payment can be mailed to: IPA, c/o Mark Chaillet, 3688 Old Silver Hill Rd., Suitland, MD 20746

**1 Kilogram = 2.2046 Pounds**  
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of 230, which is 23. The total is 253, which is the conversion of 115 kilograms to 253 pounds.

and was 39 years old at the time of his death. He was a competitive in the ADPPA during his 10-12 year career. He was a member of the 275 lbs. Super Heavyweight Division, but also a World Title in the WDPFA. Bob lives with a wife Christine, who is a professional body builder. He has three daughters, the youngest of whom is a 10-year-old girl. His wife and daughter are members of the ADPPA. He lives in Quincy, MA (02169), c/o Larry Laven, 15 Bell Street, Quincy, MA 02169. If you are looking for the many, double the amount and add 10 percent to the amount. This will help out in their time of need. No contribution is too small and will be most appreciated by the family. If you would like to help out, please contact Gregory M. Kostas for providing content results) to Gregory M. Kostas for providing content results)

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

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

**Are you qualified?** Now is the time to start picking meet to qualify for the vast assortment of the upcoming USA Powerlifting (formerly ADPPA) National meets. You, too, can qualify at any sanctioned USA Powerlifting (formerly ADPPA) meet. To find a meet near you, see the coming events section in this magazine or call the USA Powerlifting (formerly ADPPA) National office at (219) 248-4889.

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

**USA Powerlifting (formerly ADPPA) GYM DIRECTORY**  
**Kennedy's Gym**, Clerk Tower Plaza, Rm 11 Box 642, Mecklenburg, PA 15064, (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 1st Street, Medina, OH 44256, (330) 722-7250, Mark Copeland

**The Strength Training Center**, c/o National Technologies, 5 Stonercroft Drive, Easton, PA 18045-2812, (610) 258-1894, Coach: Nick Theodorou  
**Warrior Weight Room**, Coyle-Cassidy High School, 2 Hamilton St., Trenton, MA 02780, (508) 823-6164, Ed: 680, Coach: H. Waldron  
**Mahab's Fitness Center**, 4260 Fairfield Street, PO Box 325, Oakland, NE 04963, (207) 465-7102, Coach: John Mathelin  
**The Power Gym, Inc.**, 405 Main Street, Taylor, PA 18117, (717) 9462-7867, Coaches/Owners: Joe Moccugnas, Bob Granko Sr., (PA USA Iron Pill Gym Fitness Center, 122 E. Miller Dr., Bloomington, IN 47401, (812) 339-1679.

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

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

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

**USA Powerlifting (formerly ADPPA) MEMBERSHIP APPLICATION**  
 Registration includes magazine, handbook, subscription to newsletter, membership card & all other privileges currently available through membership in USA POWERLIFTING.  
**ALL USA PL MEMBERSHIPS EXPIRE 12/31**

NAME: \_\_\_\_\_ PRIORITY REG. # \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 CITY/STATE/ZIP: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
 U.S. CITIZEN: YES / NO \_\_\_\_\_  
 U.S. POWERLIFTER: YES / NO \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_ DATE: \_\_\_\_\_  
 (UNDER 21 YRS., HAVE PARENT INITIAL)

**REGISTRATION FEES EFFECTIVE - 11/1/97**  
**\$30.00** (ALL MEMBERSHIPS \$30.00 UNLESS OTHERWISE MARKED)  
 HIGH SCHOOL \$15.00  
 SPECIAL OLYMPIAN \$10.00  
 FULL TIME COLLEGE \_\_\_\_\_  
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 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
Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760	1760
Lifetime's	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305	1325	1325
Teen 14-15	585	680	730	825	875	925	950	975	1020	1045	1070	1070
Teen 16-17	630	730	800	925	995	1035	1070	1135	1150	1190	1215	1215
Teen 18-19	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315	1315
Junior	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450	1450
Master's												
A Total in a Sanctioned Meet												(1999)
A Total in a Sanctioned Meet	97	105	114	123	132	148	165	181	198	198	198	198+
Women's	Drive	540	595	650	710	760	793	832	876	876	876	898
Nationals-Open & Life	365	391	418	440	462	507	545	589	640	640	655	655
Collegiate's	335	358	385	407	435	479	518	562	610	610	625	625
Teen (14-19)	360	385	413	440	462	455	512	551	600	655	672	672
Junior												
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"

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process of renewal, and the bone dies. When a person is on a course of corticosteroids, consumption of more calcium and Vitamin D is prudent. According to guidelines recently published by the American College of Rheumatology, people on corticosteroid therapy should consume at least 1,500 mg of calcium and 800 IU of Vitamin D every day, either through diet or supplements, to offset the likelihood of bone deterioration. (NY Times, 1/29/97 at B10)

The above information is important for all athletes. We have many athletes that come into our clinic that have had or are thinking about corticosteroid/corticosteroid therapy for an athletic injury. After digesting the above information and realizing that the use of corticosteroids is against USOC regulations and policy\* (see above note), they usually decide to go a different route. Other routes to take to help reduce inflammation, swelling and chronic injuries are: 1) The use of proteolytic enzymes (natural anti-inflammatories), such as bromelain, papain, etc.; 2) The use of NSAIDs, such as ibuprofen, etc., however, cautious use of these must be exercised as they can have various bad side effects if taken/overused; 3) Use of ice and later heat/heat combination; 4) Stretching - this will take the tension off the muscle and functioning joint and allow it to function properly; 5) Strengthening - to make the injured tendons surrounding the injured area stronger to take the stress off of it; 6) Chiropractic/manipulative treatment to restore proper joint mechanics and remove any neuromusculoskeletal involvement that could help prolong the injury/inflammation; 7) Use of various therapeutic Release Technique, myofascial release, massage, interferential, ultrasound, transverse friction massage, etc. There are many other treatment options besides the use of corticosteroids that are just as or more effective without the bad side effects.

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

side effects and multiple injuries occurred. High dosages of corticosteroids can quit producing natural cortisol. Some of the conditions corticosteroids are used to treat are asthma, arthritis, head injuries and even cancer. However, lately it has been discovered that corticosteroids also has a nasty side effect: it causes bones to die, damaging hips, shoulders and arms. For example, in Canada alone, 5,000 hip replacements per year could be due to corticosteroids. Here in the United States, it is estimated that 25 percent of the 500,000 hip replacement surgeries performed annually are a result of prescriptive corticosteroid use. Some other estimates are that it accounts for 10% of all joint replacement surgeries. It usually attacks the weight-bearing joints such as the hip, but it can also destroy the wrists, shoulders, and ankles. What seems to happen is that near the end of the bone, the blood supply gets cut off, causing it to degenerate and crumble and eventually die. This is commonly called avascular necrosis (AVN). How it does this is still currently a mystery. Topical creams and inhalers that contain corticosteroids seem to be less of a risk to damaging bones when used.

A paper in the Journal of Bone and Joint Surgery (November 1995) showed that the standard treatment of injecting corticosteroid medications into injured tendons and ligaments delays healing and tends to weaken tissue. Medical Doctors often treat these musculoskeletal chronic injuries by injecting them with corticosteroid-type drugs because they can reduce swelling and lessen pain, but several recent studies show that corticosteroid injections weaken tendons for more than 84 days and that exercisers can get more serious injuries if they exercise their injured part vigorously within a couple of months after being injected with corticosteroid-type drugs. (from the Mirkin Report)

The results of a recent study that looked at epidural corticosteroid injections (corticosteroid injections in the back) and the effects of the injections on sciatica due to a herniated nucleus pulposus (the inside of a disc that has herniated out) were recently in the New England Journal of Medicine (1997;336:1634-40). The authors concluded: "Although epidural injections of methylprednisolone (a form of corticosteroid) may afford short-term improvement in leg pain and sensory deficits in patients with sciatica due to the herniated nucleus pulposus, this treatment of deterioration to overtake the

ment offers no significant functional benefit." An attorney from La Jolla, California, Linda Robinson, who is co-counsel in a number of corticosteroid-induced AVN cases around the country, stated, "We're known for our long-term steroid use can cause osteoporosis and other bone diseases. But there are two new areas of concern: reported medical research shows that even short-term, low-dose steroid use can cause AVN. In addition, combining a prescription for steroids with one for antibiotics - a very common practice - is known to potentially double the strength of the steroid." Antibiotics increase the potency of steroids by slowing their rate of elimination from the body. According to Paul Watkins, director of the General Clinical Research Center at the University of Michigan, steroids and antibiotics compete for an enzyme that helps metabolize them. "The result of this competition, which is known as a drug/drug interaction, is ... the drug remains in the body longer and at greater levels than normal," said Watkins. The increased exposure increases the risk of adverse effects.

There are two ways steroids attack a person's bones: 1) Steroids combine with calcium in food, making it difficult for blood to absorb calcium. The body corrects its blood calcium deficiency by drawing calcium from bones, leaving them fragile; 2) Steroids also inhibit the growth of new bone cells. Like everything else alive, bone is not inert substance. Cells are constantly dying and being replaced by others. Inhibiting new cell growth allows the process of deterioration to overtake the

process of renewal, and the bone dies. When a person is on a course of corticosteroids, consumption of more calcium and Vitamin D is prudent. According to guidelines recently published by the American College of Rheumatology, people on corticosteroid therapy should consume at least 1,500 mg of calcium and 800 IU of Vitamin D every day, either through diet or supplements, to offset the likelihood of bone deterioration. (NY Times, 1/29/97 at B10)

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Dr. Mike Hartle in national competition

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

**Power People**



**Duke is Loose - in the Gym:** World-class bench presser J.M. Blakley was hired as the model for the new "Duke Niekem" action figure toy which was released Christmas 1997. Blakley, one of a handful of men in history who have been crushed 700+ lbs. in sanctioned competition, lives in Columbus, OH, the home of Resaurus Toys Inc. (the company licensed to distribute the Duke Niekem toy worldwide). Resaurus felt Blakley fit the persona of Duke Niekem and signed him on to pose in character for photos that were sent to a sculptor in NY from which the toy was fashioned. (For those who arent familiar, Duke Niekem 3D is a popular computer game in which Duke is pitted against aliens or directly against another player on the net. Its a futuristic shooting game in which the player, as Duke, wanders around blasting the landscape and aliens to kingdom come). If the toy sells well, Resaurus has mentioned using Blakley to promote the toy at major world trade shows, dressing him in full costume (including a blazer dye-job on the crew cut). Blakley feels its a great way to boost the image of strength sports to the public. He is actively trying to portray a more positive view of powerlifters. "This is the sport I love and there are plenty of superior athletes participating in it. Im tired of hearing negative remarks about powerlifters. I want to show people a positive and interesting side of powerlifting as a sport & that the athletes arent at all just barbarians and thugs." Powerlifters should have fun too!

other side. If necessary, add another tsp. oil to the skillet in order to cook the other side. 4. Place meat in another pan & place in the oven to finish cooking. (The meat is done when it reaches these internal temperatures: 145 degrees for beef, pork, lamb, chicken and turkey; 160 degrees for chicken, turkey, veal, pork, and salmon; 165 degrees for fish and shellfish.) Wash 185F. Or you can make a cast in the middle of the juniper berries. 6. Add the wine and stock, the meat to check its color, as you do beef. 3 oz of stringer to bring up the cooked juices and bits from the bottom of the pan. The cooked juices are about 5 minutes. 7. Strain, add 1 pinch of salt, butter and strains and 3/4 cup. calcium.) (Courtesy G. O'Shea)

**Southeastern Cup**

6 Dec 97 - Adel, GA (kg)	
Master 1	
S. Sager-242	330
M. Williams-242	330
E. Leveaux-181	165
M. Williams-181	217.5
M. Williams-181	105
D. Williams-148	200
A. Byers-275	232.5
R. Byers-180	170
R. Byers-181	170
Novice 148 lbs.	175
K. Hill	107.5
T. Merritt	160
T. Merritt	165
N. Lewis	215
R. Lewis	215
M. Hamner	185
G. Adams	205
J. Richardson	160
R. Warren	185
M. Hobbs	185
M. Hobbs	205
M. Bynon	215
B. Sturdivant	215
G. LeV, Jr.	210
D. Buchanan	202.5
J. Byers	215
J. Byers	215
242 lbs.	245
J. Haddad	245
S. Garland	210
S. Besant	210
O'Chaghoshy	215
C. Simpson	215
C. James	215
M. Simms	262.5
H. Garcia	195
H. Garcia	195
132 lbs.	222.5
C. Washington	0
165 lbs.	242.5
K. Davis	242.5
C. Jefferson	235
O. Resseau	160
T. Ponton	0
T. Ponton	222.5
R. Bennett	240
V. Diaz	247.5
P. Wisniewaker	247.5
P. Harvey	305
B. Anderson	277.5
G. Adams	237.5
R. Baker	245

**Power Food**

**Ostrich Roast**

Ostrich is lower in calories, fat & cholesterol than chicken. Although a fowl, it is more like beef in its flavor and texture. This makes it a perfect meat for those wishing to bulk up, yet keep their fat calories low. Wash, trim, and cut the ostrich into 2-3 inch steaks. 1 1/2 inch low fat chicken or beef stock - 3 cup. red wine - 1 cup. low fat chicken or beef stock - 3 cup. juniper berries, crushed - salt & pepper - dash nutmeg - 1 small onion, fine chop - 1 garlic clove.

1. Oven 300F. 2. Rinse the ostrich & pat dry with paper towel. Salt & pepper the meat. 3. Heat a skillet over medium high heat until hot, then add the juniper berries, crushed, salt & pepper. Fry for 3-4 minutes before filling it from the bottom of the pan.

**Power People**

**Dave Hampton** at his gym, Dave's Gym & Barbell Club. He set his PR in the bench press of 450 at 261 lbs. "It might not be much of an accomplishment, but it is a hard-gainer and somebody who is life-time drug free, I'm proud of the lift." (Dave Hampton photo)

**1998 USA Powerlifting National Masters and Masters Committee Meeting:** The 1998 USAPL National Masters Championships will be held May 2 and 3 at the Holiday/Days Inn of Charlottesville, VA. Your meet directors will be Will Morris and John Shifflett. Competition will be conducted on a single platform with split sessions each day. This national championship will continue to utilize the traditional 5 year age grouping increments.

Lifters should be aware that IPF personal costume rules and rules of performance will be followed. Some of the major differences are: denim bench shirts and retractor shirts not allowed, the thumbless grip and reverse grip bench press will not be allowed, bench press commands will be "start" after the bar has been removed from the racks at arms length (you will not get a "press" signal, but when the bar is held motionless on the chest the lifter will press it to arms length on their own accord) and the "rack" signal will be given.

The 1998 National Masters Committee meeting will be held at the Holiday/Days Inn on Friday May 1 at 6:00 p.m. Please send all age group items and/or bids for the 1999 National Masters to Dennis Green, PO Box 147, New Market, MN 55054 before April 27, 1998. This is also the year that the Masters Committee is elected with 4 committee members and a committee chair being chosen. If you are over 40, male or female and feel you would like to contribute to this committee please send your name and a brief resume to Dennis Green to the above address. - Dennis Green, Chair, USA Powerlifting Masters Committee.

**Power People**

**Bob Haifer Championship (totals)**  
18 Oct 97 - New Orleans, LA

Open	275 lbs.	415
A. Clark	1070	500
D. Dawson	695	485
M. Marcante	1120	340
M. Tusa	1180	660
P. Pope	1115	525
R. Ramirez	900	540
J. Hixson	740	325
R. Hixson	220 lbs.	445
J. Blake	410	445

**Big Luke's Outdoor Bench Press**  
10 Aug 97 - New Martinsville, WV

Women Open	185 lbs.	465
T. Woodruff	125	715
K. Faulner	136	420
Y. Yalick	170	480
A. Bodler	165	480
M. Blos	100	480
M. Colter	295	480
T. Pason	245	385
B. Rabinovich	335	435
B. Rabinovich	220 lbs.	400
J. Luffe	235	385
R. Riker	245	385
B. Coen	340	385

**WDFFF European Championships**  
10 Nov 97 - Knokke, Belgium (kg)

Women SQ	250	665
Women DL	250	665
Women TOT	250	665
Masters 1	215	602.5
Masters 2	170	482.5
Masters 3	150	420
Masters 4	130	362.5
Masters 5	110	305
Masters 6	90	247.5
Masters 7	75	187.5
Masters 8	60	142.5
Masters 9	45	107.5
Masters 10	30	72.5

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**POWERLIFTING USA BACK ISSUES**

Jun/92... Baddest BP in America, ADFFPA Women's, Heisey Meet, Love' by Dr. Judd, TOP 100 220s, ADFFPA TOP 20 132s  
 May/93... NASA Natural National, Squatting With Equipment, Positives from Negatives, Powerlifter's First Aid Kit, TOP 100 220s, ADFFPA TOP 20 132s  
 Aug/93... USPF Seniors, USPF Masters, NASA Masters, Leg-Breakers, Rack Training, TOP 100 SHWs, ADFFPA TOP 20 181s  
 Sep/93... ADFFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K., Craig Tokarski Seminar, TOP 100 114s, ADFFPA TOP 20 198s  
 Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFFPA TOP 20 220s  
 Nov/93... Ed Coan Interview, Anthony Clark Interview, Reverse Grip Bench, TOP 100 132s, ADFFPA TOP 20 242s  
 Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview, Hip Hysteria, Interview, Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFFPA TOP 20 275s  
 Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFFPA TOP 20 SHWs  
 Feb/94... Drug Test Methods, ADFFPA National Masters, Malibu Workout, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFFPA TOP 114s  
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFFPA TOP 123s  
 Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFFPA TOP 20 132s  
 May/94... USPF/ADFFPA Collegates, USPF/Nats, IPF World, Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFFPA TOP 20 148s  
 Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFPA TOP 165s  
 Jul/94... USPF National Masters, Ripley-Grain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFFPA TOP 20 181s  
 Aug/94... APF 5Rs, Paul Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s,

ADFFPA TOP 20 198s  
 Sep/94... WPC Worlds, IPF Worlds, IPF World Masters, Henderson, USPF Jr's, Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
 Jun/95... Antonio Krastev, USPF Collegates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
 Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pic Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 181s  
 Sep/95... TRIPLE SENIORS ISSUE ADFFPA/AF/USPF, How to Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Club-600lb Benchers, Casey Cup, TOP 100 132s  
 Nov/95... WDFPF Worlds, Ed Coan/Kirk Karowski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the pathic Testosterone, All Time Records, TOP 100 SHW  
 Dec/95... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Tribouch Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s  
 Jan/96... IPF World Masters, Reactions by Louie Simmons, Strongest Man, Hank Hill Interview, TOP 100 198s  
 Mar/96... ADFFPA Men's, APF Sr. Rest Pause Revisited, Specializing in the DL by Louie Simmons, Deadlift Workout, TOP 100 181s  
 Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Outcomes, WPC Men's Worlds, Apr/96... Big Bench Press News,

Women by Louie Simmons, APF Teen/Jr/Masters, IPA World Cup, TOP 100 220s  
 Oct/96... WDFPF Worlds, Ed Coan/Kirk Karowski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the pathic Testosterone, All Time Records, TOP 100 SHW  
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 Jan/97... ADFFPA Men's, APF Sr. Rest Pause Revisited, Specializing in the DL by Louie Simmons, Deadlift Workout, TOP 100 181s  
 Feb/97... Power of Compelling Outcomes, WPC Men's Worlds,

IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
 Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo  
 Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA/PL Decline, John Ford Pt. 2, TOP 100 242s  
 Jun/97... Dream Team Pt. 1, KickStart Your Squat, Ken Ford 800lb, Deadlift Workout, Yru-Deadlift, The Art of Winning, Deadlift Primer, TOP 100 275s  
 Jul/97... I.M. Blakely Profile, Dream Team Pt. 2, ADFFPA National Championship Chronology, IPF TOP 25 Good Morning, Scott Smith BP Workout, TOP SHW  
 Aug/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Championship Chronology, EPF Europeans, The War-mup Room, TOP 100 114s  
 Sep/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFFPA TOP 25 All Time APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
 Oct/97... USA PL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mimeral Creatates, Progressive Overload, TOP 100 132s  
 Nov/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Ernich Profile, Power Biceps Training, Larry Miller Interview, TOP 100 LTWs  
 Dec/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetics & PL, TOP 100 165s  
 Jan/98... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
 Feb/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Qualifiers, World's Strongest Man, WPC Worlds, Best IPF Women, TOP 198s  
 Mar/98... WABDL Worlds, IPF Feb/98... World's Strongest Man, WPC Worlds, Ashians, Primer Pt. 1, IPF Seniors, Ashians, Speed Strength, TOP 100 220s  
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David Lee & John Flynn - 1st and 2nd West-ern New England Open. (LaPorte)

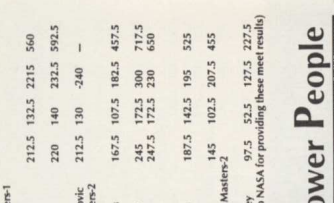
2nd Western New England Open 18 Oct 97 - Keene, NH. Men 275 lbs. Submaster (33-39) 550. Master (40-49) 510.

USAPL New York State 4,5 Oct 97 - Plainville, NY. Women 114 lbs. Teen (14-15) 114 lbs.

Demon Deacon Push/Pull 6 Dec 97 - Winston-Salem, NC. Bench Press 385, 360, 325, 300, 280.

NASA Georgia Regional 20 Dec 97 - Carrollton, GA. Pure 115, 170, 187.5, 177.5, 172.5, 170.

Sub Masters-1 187, B. Boyd, 212.5, 132.5, 221.5, 560.

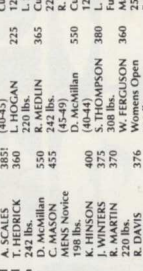


Power People

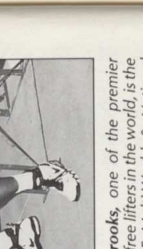
APA Georgia Open BP/DL Teage 132 lbs. 165, N. Horne 16, 242 lbs.

meant when this man is on the platform. He didn't disappoint us. Usually by the time doublet roll...

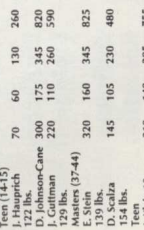
Best Lifters pose with their 6 foot trophies, at the 1998 APA Georgia Open Bench Press & Deadlift Competitions...



Ed Brooks, one of the premier drug free lifters in the world, is the WNPFL Multi-World & National Powerlifting and Bench Press Champion...

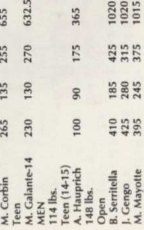


Ed Brooks, one of the premier drug free lifters in the world...



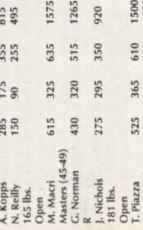
Kevin and Melissa Nasky - a husband and wife that powerlift together - Powerlifting makes our marriage stronger...

Women's Masters-2 115, 138.8, 160, 117.5. (Thanks to NASAA for providing these meet results)



when this lift was performed! (photograph by Scott Taylor)

Teenage 181 lbs. 235, J. Colquitt 18, 375, 181 lbs. 355, S. Taylor 18, 375.



when this lift was performed! (photograph by Scott Taylor)

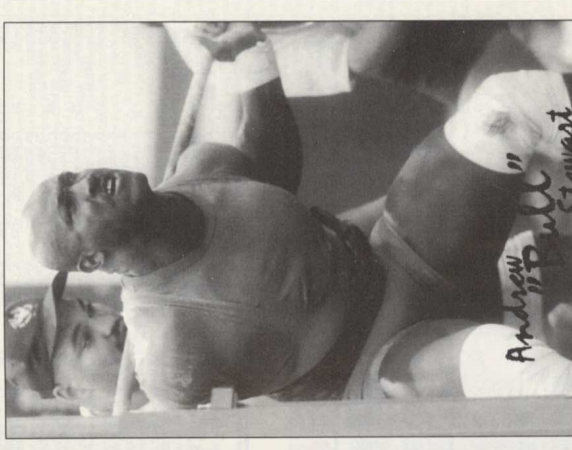
when this lift was performed! (photograph by Scott Taylor)

when this lift was performed! (photograph by Scott Taylor)

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Dr. Paul Ward  
Bio-mechanics & Sports  
Performance Scientist

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

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

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

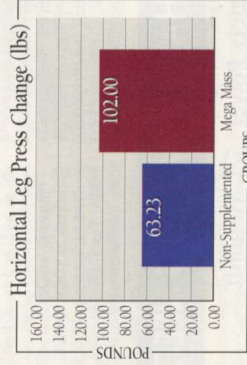
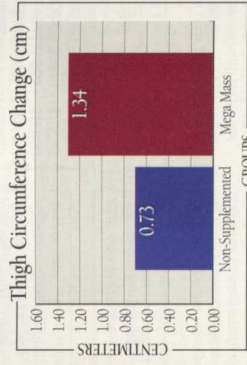
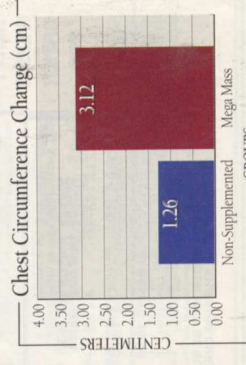
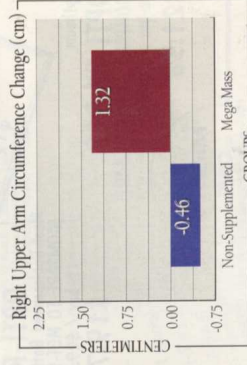
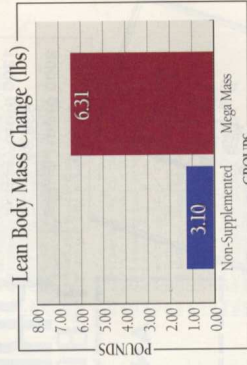
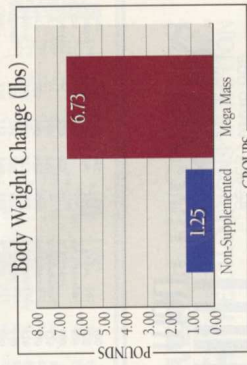
The supervised weight training program lasted for eight weeks with training sessions occurring four days each week. The exercise program involved free weights and machines and consisted of performing four sets of eight repetitions at 70% maximum strength (4 x 8 x 70% 1RM) for each exercise not including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

### UNIVERSITY STUDY: RESULTS & CONCLUSIONS

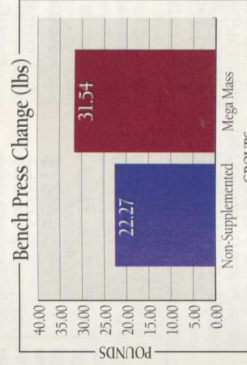
- The data indicated that a diet supplemented with 2000 calories per day of the Mega Mass weight gaining supplement, clearly increases body weight and muscle mass when combined with a well-designed total-body weight training program. **The Mega Mass group literally gained more than twice the amount of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

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The weekend will begin with a two-day I.P.A. sanctioned 3-lit power meet (June 26th and 27th). Several lifting greats will be officially inducted into the Powerlifting Hall of Fame. Here's your chance to meet Bill Kazmaier, Don Reinhoudt,

### Organize your teams now for the team tug-of-war.

This is a single elimination contest, with each team limited to 2,000 lbs. The entry fee is \$50.00 per team with a trophy going to the winning team.

All winners of the above events will be listed in the "Strength Spectacular" Hall of Fame at the York Barbell Museum and Weightlifting Hall of Fame.

Entries accepted on a space-

### available basis for the strongman contest and the team tug-of-war.

There will be impromptu chinning, cutting and broad-jump contests throughout the day, open to all, as well as lots of food and entertainment for all ages.

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