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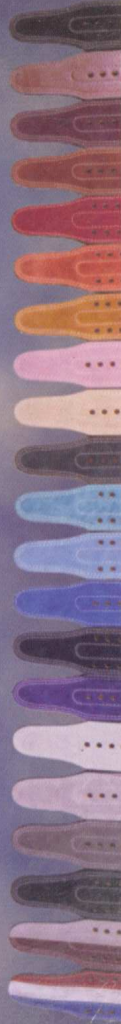
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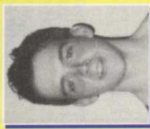
This includes a personal high at the most recent IPF World Championships of 675 lbs. at middle-weight.

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



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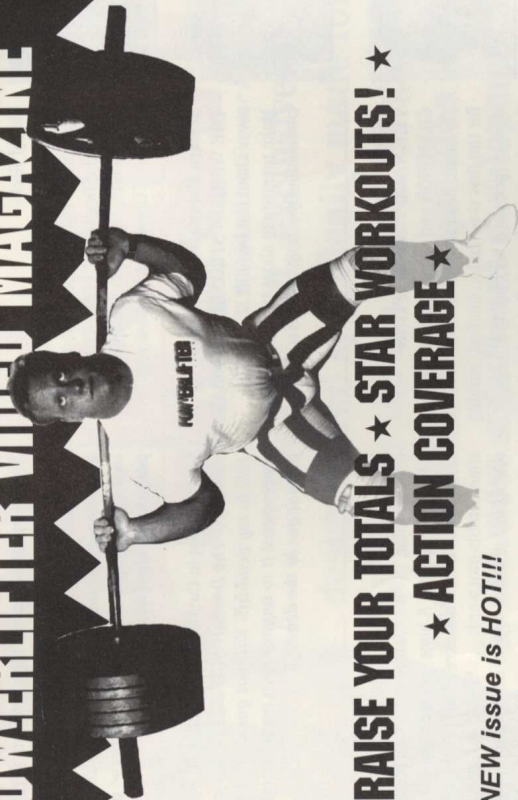
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**Powerlifting USA**  
Post Office Box 467  
Camarillo, CA 93011

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

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

## PRINTED IN THE USA

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

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ON THE COVER.. Jim Morton took the USAPL Lifetime Drug Free title at 220 in St. Louis, where he won the ADFPA Men's title in 1996, and Bull Stewart has plenty to talk about this issue

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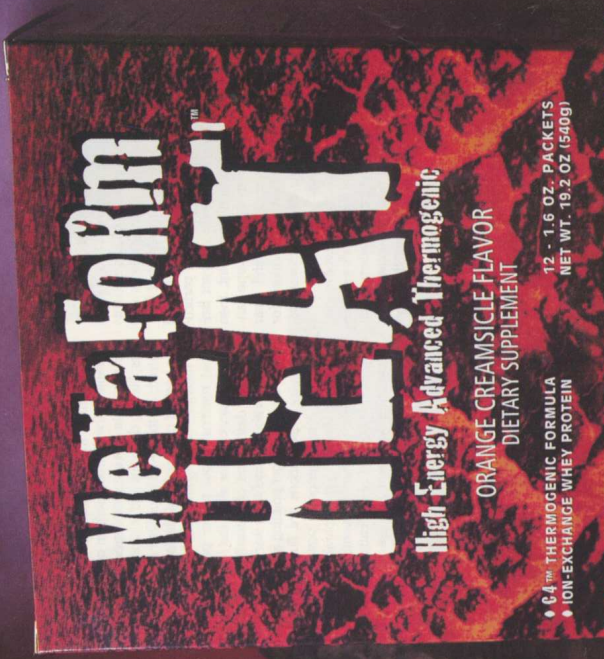
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## WHAT'S RIGHT ABOUT POWERLIFTING

### We hear a lot about why powerlifting sucks - but is it all bad? ..... as told to PL USA by Marty Gallagher

If you were to devise a game plan designed to purposefully kill a sport, you would be hard put to come up with a more effective mode of self-destruction than the gunstrot of world-to-the-head powerlifting has administered to itself. In a flight of fantasy, suppose you had the ability and the inclination to wipe powerlifting right out of existence. How would you go about it? What would be the plan? First off, sow dissonance in the ranks. Infiltrate, infect and destroy the small sport's central governing body. This would give rise to innumerable smaller, more ineffectual federations. Once the effective, monolithic, centralized governing organizational body had been destroyed, it could be replaced with many pale imitators all working at cross-purposes. It would be an easy thing to persuade the new, smaller organizations to make rule changes and equipment changes which would further divide an already divided sport. A rule change here, an equipment change there, what's the big deal?

If we change enough rules in enough different organizations at some point powerlifting mutates into something other than powerlifting. If everyone changes their equipment and performance rules, the yardstick by which we compare lifts, results and totals, is destroyed.

could not understand each other and architectural paralysis set in. That tower never got built.

Similarly, no one can understand each other in powerlifting. We are seemingly speaking different languages and functional, factional paralysis has set in as a result. We have invented our own powerlifting version of the Tower of Babel. Everyone talks - but no one hears. The result? A sport so splintered as to be metaphorically comparable to the Bosnian-Serbian crisis, complete with allegorical atrocities, literary drive-bys and factional hatred. All the ill-will is justified on the basis of mere political ideology or meaningless party affiliation. So what remains of our power parades? How would we effect the full and final destruction of powerlifting? How about launching a war of words whereby finger pointing and accusatory declarations are flung about on a wide range of power topics; the idea being to irreparably poison the atmosphere, preventing any further hope of re-unification. Powerlifters apparently refuse to adhere to that most basic of civilized behavioral tenants: "Let us agree to

disagree agreeably". Instead we generate harsh feelings over matters of no consequence. Great men fighting over pyrite - fool's gold. At this point, all that would remain was for the pathetic sport to roll over and die. What more hurt could be done?

And yet powerlifting will not die. No matter how much destruction we abuse we self-inflict, no matter how many power-hungry organizations fight and scramble over the fool's gold that goes to the winner, no matter what crazy suicide we attempt, powerlifting, like Arnold in *The Terminator*, will not die. Powerlifting cannot be killed, despite the best efforts of the ill-planned, mini-hustlers and assorted dwarfs that populate the sport's periphery. Why is this? How does powerlifting survive, despite taking all these direct hits? Why doesn't the damn sport just capsize and sink beneath the surface? The reason is simple; the heart, soul and guts of powerlifting is not the soap opera of politics but the training that takes place in the gym. People must remember that the sport of powerlifting and the politics connected to the sport of powerlifting is separate and distinct from the training that precedes it. Power politics are eternally screwed up forever. The training is sacred and goes on forever. The training is

what provides powerlifting its stability, longevity and ensures that powerlifting will always exist; at least until someone comes along and invents a better method for getting strong.

The reason powerlifting survives, and will always survive, is the effectiveness of the training. Powerlifting, as a system for producing strength, power, muscle and size, is without peer. This gives powerlifting intrinsic value. Serious strength training will always provide a return for your investment. Have you ever come across anyone that did not get stronger as a result of a serious dose of hardcore powerlifting, correctly administered? Why does every succeeding generation pick up the powerlifting banner and advance it forward into the fray? Because powerlifting works: it is the best weight training system ever devised for infusing the human body with strength, power and size. For this reason powerlifting training will never die. Athletes, for their own selfish purposes, will make any type of training that makes them bigger and stronger than their competitors. Powerlifting is the ultimate strength system and this ensures a lot of athletic advocates, though not all of them compete in powerlift meets.

Powerlifting not only talks the talk; it walks the walk. Athletes from all different disciplines are adopting the cutting-edge strength training tactics espoused in powerlifting. Powerlifters are monstrously strong, the kind of strong that carries over into any athletic endeavor and power training has the most athletic applicability of any from discipline. Compound, multi-joint exercise movements - squats, bench presses and deadlifts - provide usable athletic strength, the kind you can take onto the ball field, court, mat or track. Powerlifters require whole groups of muscles to work in a syncoordinated muscle-ballet that builds coordinated strength of the first order. A premium is placed on this type of strength, the type that improves athletic performance. This accounts for powerlifting's never ending popularity amongst serious athletes. I find it is extremely interesting that the world's top bodybuilders are now using powerlifting-type tactics and training programs to build their gargantuan size. Many use power strategies to build the slabs of muscle necessary to win top titles. The secret that we possess is that with strength comes muscle.

Powerlifting replenishes itself with each succeeding generation. The interest in powerlifting on the part of the latest is as avid and rabid as each previous one. You don't have to sell powerlifting. Powerlift-

ing sells itself. Powerlifting transforms people's physiques and changes their lives in doing so. Assuming you are man enough (or woman enough) to take the pain and that accompanies a seat at the big boy table, the place where the gains lie. Powerlifting, properly performed, is not for sissies and this is why it has not caught on with the general public and probably never will. It is difficult, dangerous and, if done properly, excruciatingly painful at times. But that very pain is what forces the muscle and strength gains and separates us from the pencil-necks of the world. Complacently going through the motions never built anything. Serious people interested in advancing past mediocrity are always attracted to the hardcore ideas that can get them where there ambitions reside. This is why powerlifting is practiced as

good thing and power tribes have emerged; complete with strength elders who pass on their accumulated power knowledge to each successive generation - who in turn will add their own refinements, thereby improving and evolving the art and strengthening the lineage. This is why, at its core, powerlifting is strong. Whether or not the sport of powerlifting continues to exist, or will impale itself further, twisting every which way in its gruesome public agony, remains of secondary consequence. The art and science of powerlifting as it relates to the training will continue to grow, evolve and improve. Whether the adherents can compete in a civilized fashion remains to be seen. Whether or not powerlifting as a philosophy and art form continues to grow and thrive is without question.

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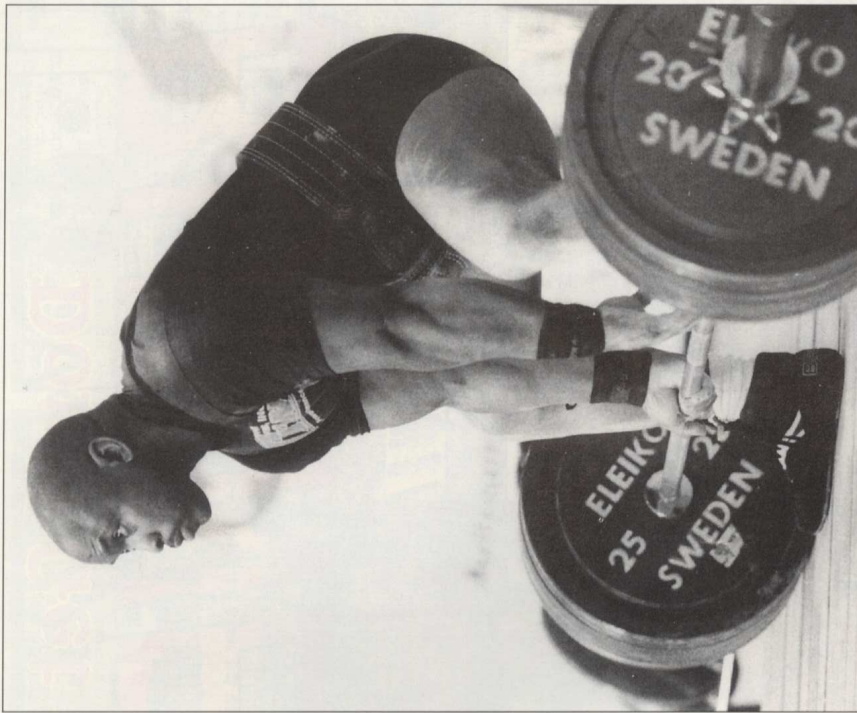
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The Joy of Powerlifting Achievement, despite all the political problems we still face, is hard to match.

Powerlifting transmits its own form of power to its participants. It changes their lives in doing so. Assuming you are man enough (or woman enough) to take the pain and that accompanies a seat at the big boy table, the place where the gains lie. Powerlifting, properly performed, is not for sissies and this is why it has not caught on with the general public and probably never will. It is difficult, dangerous and, if done properly, excruciatingly painful at times. But that very pain is what forces the muscle and strength gains and separates us from the pencil-necks of the world. Complacently going through the motions never built anything. Serious people interested in advancing past mediocrity are always attracted to the hardcore ideas that can get them where there ambitions reside. This is why powerlifting is practiced as

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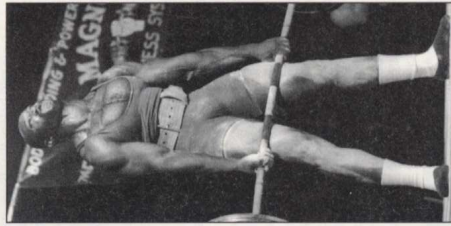


Will Powerlifting Disintegrate into the broken shards of an organized entity, only to continue on in weight rooms as a super training system?

# INTERVIEW

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

## Bull Stewart as he was interviewed by Mike Trupiano



**Interviewer:** Why don't you introduce yourself and tell us about some of your accomplishments.

**Bull:** My name is Bull Stewart. I've been with the ADFPA/USAPL since 1985. I did my first nationals in 1986 totaling 1848 lbs in the 242 lb. weight class. I'm an eleven time national champion, of which three are lifetime drug free championships. Also, I'm an eight time WDFPF champion. I hold the national total record of 2098 and American total record of 2149 in the 242 lb. weight class. I set my best total of 2177 in the 275 lb. weight class last December.

**Interviewer:** Bull, there were rumors that the test from the meet in December came back positive.

**Bull:** Before I address that, let me explain the situation that led up to the meet in Colorado. Martin Benner and myself decided to do a meet to feel out our new weight classes. We picked Andrea Sortwell's meet held last December. One of my goals was to break John Kuc's 2167 total American Record. I told this to Mike Lambert, Andrea, and my sponsor. Andrea had to go out of her way to bring in the national judges for any American records. My supplement sponsor called me and told me he had a new product he wanted me to try out. Then he told me to use it on the days I lift heavy. I trusted in my sponsor not to send me a product that was banned or would cause a positive on the test, and that product was androstenedione. So, after going through all this, it makes no sense for me, KNOWING I would get tested, to knowingly and intentionally take a banned substance? Okay, so I flew to Colorado and after breaking the record with a 2177 total I was tested as expected. I flew back to Seattle Sunday night, and Monday morning my supplement supplier called me and asked how I did. I said pretty good, and that I broke John Kuc's record. Then he asked if I had taken the androstenedione he sent me the day of the competition. I said, "Yeah, you told me to take it on heavy day. I considered that a heavy day." Then he informed me if I took it on the day of the meet I can actually have a positive reading on the drug test. I then said, "You mean to tell me this

this incident it's brought up serious concerns to myself.

This has been lingering since December. I've taken multiple tests to help the USAPL educate themselves on this substance. What solution they come up with, I don't know. Will I compete at Nationals this year, I don't know. A lot of this I feel is political because no one wants to be first out there with a decision about this. They are waiting for the IOC to act on this first. The federation can do a much better job of informing the lifters of all banned substances. I'm a drug free lifter. I don't study this stuff. If they don't inform the lifters of this there's no way we'll know about it. Then you have companies sending this out to everybody. I think the USAPL should take some responsibility for the lack of information that's sent to the lifters. Should a lifter be banned for three years when the USAPL and the drug testing affiliation themselves don't know much about this product. If a banned substance list was available to the lifters that would help, but I have only seen ONE banned substance list in twelve years. What do I pay dues for?

**Interviewer:** Is there anything else you would like to say?

**Bull:** I take full responsibility for taking it, but I had no ill intention. If I didn't know, how can any individual be persecuted if the authorities are ignorant to the facts of this over the counter substance approved by the FDA. They need to make a decision that's fair to all the lifters. I will personally do all I can to assist the USAPL to educate others about being aware of the products they're putting into their system.

I'd like to thank the USAPL and the executive committee for their efforts in coming to a expedient solution. I hope they will make a decision based on what's good for the federation and all the lifters, not just Bull Stewart. I look forward to being able to compete at nationals in July, and to all drug free lifters Bull Stewart says, "Stay clean and stay strong and I will see you at the top."

Any comments or concerns they can call me directly, toll free at 1-888-239-9426.

tive readings on the drug test and can increase your testosterone/epitest ratio to exceed 6:1 but after 1-3 hours it returns to normal or a negative test results. This supplement is called a "food" by the FDA and is legal over the counter. I was instructed by the USAPL to have another drug test on December 13th. That was just six days later and the test came back negative. The December 7th test, from the Colorado meet was positive for androstenedione and gave a false positive reading for nandrolone. If I really had nandrolone in my system - an injectable or oral steroid - I was told it would be in my system for at least six to twelve months. There's no way six days later my test would be negative. Not only was I tested six days later I was tested again January 25, 1998 and it was negative again.

**Interviewer:** Prior to this incident, what had been your track record for drug testing?

**Bull:** I've been tested thirty times in my powerlifting career. I've had eight tests at World Championships, eleven at nationals, and two IOC tests in 1995. I've had nine out of meet random tests. Also, three tests in the last two months. Does that look like the track record of someone that isn't clean? I've been tested more than any lifter in the history of the sport. In my case I've competed in the 242 lb. class for twelve years and my total went from 1848 lbs. in '86 to 2149 lbs. in '97. That's less than 30 pounds a year. That increase in strength gain over 11 years is low compared to other top USAPL lifters.

**Interviewer:** How do you feel about the USAPL and how they've handled this situation?

**Bull:** I've been a proud supporter of the USAPL from the first day I started lifting. I never jumped founder) got me into my first meet in Slidell, Louisiana. Since that time I've had no reason to compete anywhere else. I live the drug-free lifestyle proudly. Since

**Bull Stewart,** shown here lifting at the 1986 ADFPA Nationals with a busy upcoming schedule will have an exhibition at Mike Mooney's USAPL Oregon State meet, competing in the Emerald Cup Bodybuilding Championships on March 28th, and he has just announced he will compete in the AAU Nationals in Colorado on April 4th & 5th, and he will follow that up with anti-drug presentations at a couple of high schools

product can cause a positive on the drug test? Why the hell did you send this to me knowing my status as a drug free lifter? Until that call I had no knowledge this was on the banned substance list or could cause a positive on the drug test. I was pissed and called Andrea Sortwell immediately to explain the situation. Then I called Dennis Brady, the IOC, and the USAPL drug hotline. Then I called around to learn more about this banned substance. Understand, they didn't call me. It was the day after the meet when I called them. After researching this, I found androstenedione is a banned substance that can cause false posi-

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# TRAINING

## Foundational Training as told to POWERLIFTING USA by Louie Simmons

When I was a little boy, I remember building a club house. I worked very hard on the foundation and was ready to start the frame when my dog started barking and poking my wife with his nose to get my attention. I realized he was trying to tell me I had built the foundation on my neighbor's property (he was a smart dog). Sure enough, my neighbor was looking out her window laughing at me. Needless to say, I hated that girl, but she and my dog were right—all that foundation work was wasted.

Years later, after talking to hundreds of lifters, I have discovered that many of them build their foundation in the wrong place as well, but here I am talking about lifting.

### THE BENCH

These lifters read too many bodybuilding magazines and build their foundation for a big bench by doing countless chest exercises and biceps work. Just like me, they built their foundation in the wrong area. By doing so much chest work, the body will automatically let the bench turn out prematurely in the arms press, thus placing all the stress on the pecs and taking the lats, which act as stabilizers, out of the bench press. This will cause soft tissue damage to the pec tie-in. Sound familiar?

I have heard so-called experts say that the lats don't aid in the bench press. It is apparent that these so-called well-read experts are not expert at bench pressing. One only has to look to see that the

push up the weight as well as the number of reps. You can do side delt raises with dumbbells standing or with a cable device and rear delt work while standing with a lat machine; merely pull a lat bar to the face or chest or to the top of the head. Dumbbell power cleans and inverted fly's work great. Remember to switch to a different delt exercise for a particular delt angle, either front, side, or rear, and switch again when it stops working.

This is the correct base, or foundation, work that is needed for a huge bench. One final note: when your triceps become very strong, you should try to stretch the bar apart when pressing a weight. That's what happens when a reverse grip are really put into action.

### THE SQUAT/DEADLIFT

Almost every time a squat article is written, it concludes with assistance work for the legs such as leg press, leg extensions, and leg curls. With the exception of non-machine leg curls, the foundation work is all wrong. When you miss a squat, it is due to the lower back giving out. This was brought to my attention by Bill Starr in an article in Milo.

If you overdevelop the quads, you are very likely to go forward when squatting. This can cause two problems: (1) knee pain from over stretching the patella tendon; (2) difficulty breaking parallel. If you go forward, hypothetically your knees would touch the floor and your hip joint would still be above parallel.

As far as leg curls are concerned, they are adequate but not nearly as effective as glute/ham raises. A leg curl will activate the lower insertion that sits in behind the knee and then the attachment that ties into the glute. Because squatting is a multi joint activity, the hamstring contracts and stretches while ascending and descending, respectively, at both the hip and knee. That is why the glute/ham raise was developed. It is beneficial for both squatting and pulling.

Kenny Pattinson recently pulled a 650 deadlift, a 65 pound PR. It took only about 12 weeks of concentrated work on

the glute/ham raise. The Soviets used it for sprinting, and Fred Hatfield said it contributed to his 1000 pound squat. Matt Dimeled used glute/ham raises, as well, for his 1010 squat.

So what is the correct foundation work for squatting? Hamstring work plays a large role, as stated above. We do as many different types of good mornings as possible. All work the hamstrings very hard, with the exception of the seated variety. Of course, a good morning is a compound exercise that also works the spinal erectors and glutes, to a greater degree than squatting.

Here are three of our favorite exercises for the hamstrings. The Reverse Hyper machine is tremendous for the hamstrings. It outperforms the Romanian deadlift almost 2 to 1 on an EMG machine. Glute/ham raises are great. Someone at Westside is always doing them. You have to be fairly strong to do one. Pull through's are effective, where you use a low pulley machine with a single crossover handle, face away from the machine, grasp the handle between the legs, and walk out a few feet; let the machine pull the handle between your legs and squat up and down. It will blow up your hamstrings. All three exercises work the glutes as well.

For the back: back raises, good mornings, reverse hyperextensions, and a variety of special squats (Safety Squat bar, Mania Ray, front squat) will greatly increase back strength. Many of these squats as well as good mornings can be done with chains, bands, or Weight Release devices. Using a Mania Ray, Safety Squat bar, or front squat harness changes the length between the lower back and the center of the bar, lengthening it, thus forcing the spinal erectors to be worked harder than ever.

Because most of the muscles that squat, also deadlift, our max effort day for squatting and deadlifting is the same day. Thus, we always add lat work on this day. Lat work and shrugs are done next to last. For lat pull-downs, we switch bars and grips quite often, always hitting the lats from different angles. Rowing should be done as well. We do chest-supported rows most often, one-arm rows occasionally, and barbell rows sparingly. Barbell and dumbbell shrugs are done; these also assist the bench press.

We do a lot of dragging of sleds. This will build tremendous hip and glute strength. We drag 200 feet at a time, which constitutes a set. Do 6 sets with weight that does not cause you to lean forward too much. If possible, do them the day after

Zarcher squats work the abs. Hold the bar in the crook of your arms with your hands against your chest, while forcing out and expanding your abs.

If you are always worried about your waistline, you are in the wrong sport. A strong waistline is big and powerful, like any other muscle group. Remember, after a core exercise, such as a squat, bench, dead-

squat and deadlift day; this is active rest, which works as restoration and also raises work capacity. Kneeling squats also build the hips very well.

When it comes to squatting and deadlifting, the abs play a tremendous role. Some at Westside work their abs every day. I don't recommend crunches; they are mostly a waste. When you are squatting or deadlifting, your abs work while you are straightening your legs. That is why you should do lots of leg raises. Start with your legs bent and gradually work into straight-leg raises. Also do a lot of side bends; your obliques do most of the work because of how they attach to the hip and back. Static ab work is important too. Learn how to push out and hold the abs against the belt for the duration of a lift. For situps and leg raises, we often use chains and bands.

Muscle groups such as the pecs, quads, biceps, and all other "show" muscles develop easily. It's the hips, lower back, hamstrings, and glutes that no one seems to look at that do all the work. Pay most of the attention to the functional muscles and not the showy ones.

If you want to build a tremendous future, you have to build a solid foundation.

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Hnanenko, from the Ukraine, is a Silver medalist in the 242s, shown here squatting at the 1997 World Championships.

24,25 Jan 98 - Seattle, WA

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44 Kg	102.5	52.5	115	270
Grater/Solan	47.5	47.5	112.5	255
Maszyk	122.5	87.5	147.5	337.5
Compton/K.	95	90	107.5	232.5
Chung	152.5	90	187.5	430
Davik/V.	137.5	80	177.5	405
Yre/V.	137.5	80	177.5	405
Austin/S.	92.5	70	142.5	265
Brown/S.	110	55	140	305
56 Kg	107.5	150	372.5	
Mohley/S.	137.5	85	145	367.5
Smith/J.	100	60	130	310
Keesh/C.	117.5	62.5	130	310
Hick/C.	115	62.5	130	307.5
Bo/Fiber/J.	142.5	85	165	392.5
Thomas-Stew.	130	67.5	175	372.5
67.5 Kg	177.5	92.5	175	442.5
Birmingham	152.5	60	175	407.5
Covington/D.	152.5	67.5	115	395
Gratz/C.	130	70	165	365
Chow/S.	145	77.5	160	382.5
Compt.	132.5	65	152.5	350
82.5 Kg	200	127.5	187.5	515
Ojanen/B.	152.5	92.5	175	432.5
90 Kg	185	85	197.5	467.5
Moore/K.	215	127.5	209	548.5
Saly/D.	177.5	102.5	175	455
Leiferman-Mor.	210	102.5	165	482.5
Magno/R.	162.5	85	182.5	435
Hallen/S.	152.5	97.5	137.5	397.5
Junot/S.	132.5	75	137.5	345
44 Kg	62.5	32.5	85	180
Balmain/M.	110	52.5	122.5	285
Hudson/A.	77.5	35	107.5	220
Bimbo/M.	75	35	95	135
Warner/J.	115	57.5	125	297.5
Willis/R.	67.5	32.5	100	200
Bimbo/K.	70	37.5	42.5	150
Tolkson/I.	137.5	85	145	367.5
Herman-Doille	137.5	67.5	140	345
Bone/C.	107.5	52.5	127.5	287.5
Roboz/R.	140	70	165	375
Newman/C.	120	82.5	142.5	345
75 Kg	142.5	70	145	357.5
82.5 Kg	142.5	77.5	155	375
Tapper/J.	125	70	137.5	332.5
Scott/M.	165	82.5	145	392.5
Masters I (40-49) 85 Kg	85	65	120	270
Ewing/P.	110	55	140	305
56 Kg	115	62.5	130	307.5
Hick/B.	85	50	148.5	283.5
Bryant/P.	130	72.5	162.5	365
Stohle	117.5	62.5	130	310
Keesh/C.	130	72.5	162.5	365
Benner/C.	75	50	115	240
Bryant/K.	152.5	80	175	407.5
Gratz/C.	130	70	165	365
Brady/S.	140	70	147.5	357.5
McCarthy/S.	125	67.5	137.5	330
Hussey/P.	85	60	127.5	312.5
Russell/D.	85	50	102.5	237.5
75 Kg	105	60	135	300
Gill/S.	210	102.5	165	477.5
Morgan-Leifer.	152.5	97.5	137.5	382.5
Hallen/S.	102.5	57.5	140	300
Masters II (50+) 60 Kg	95	47.5	125	267.5
McLendon/R.	95	47.5	125	267.5
Hackman/K.	40	32.5	82.5	165
Makruman/K.	40	32.5	82.5	165

# USAPL Women's Nationals as told to Powerlifting USA by Peter Thorne



**Yueh-Chun Chang was awarded Champion of Champions (H): Laura Lee Grizzle, Kay Craig of High Cascade (makers of Emu Oil), Yueh-Chun Chang, Grahame Fong, and Bull Stewart. (Peter Thorne)**

Congress in Prague voted in the USAPL as their new affiliate member in America. There was little time to get things together for the Women's Championships in Seattle. The women's national was held in a short time because of the rush they did not have the luxury of considering the cost. Bull said "we just had to get the job done." Seattle is a great city and it was a pleasure to be in the city. The event was held in the same hotel as the previous year. In addition to the work putting together a National championship short notice, the USAPL had to begin the changes required to operate a contest. USAPL President, Grahame Fong, and IFF President, Grahame Fong, were over there to welcome the IFF President, Grahame Fong.



**Paula Kovalchik took 1st place in the 48 Kgs. division (Peter Thorne photo)**

to Seattle and to the USAPL Women's National Championships. President Fong was on his way home from the IFF World Championships in Moscow to Seattle to catch the action of the Women's World Championship in Mo I Rana, Norway where USAPL will compete in its first IFF championship. I am sure that President Fong



**Ellen Stein, 60 kg/132 lb bwt, pulls a 360 lb. American Master record at the USAPL 1998 Women's Nationals. (Beth Grater)**

enly putting together the team that will compete in Norway for the IFF Women's Worlds. This event will be held in May in Norway. The women's national was held in a short time because of the rush they did not have the luxury of considering the cost. Bull said "we just had to get the job done." Seattle is a great city and it was a pleasure to be in the city. The event was held in the same hotel as the previous year. In addition to the work putting together a National championship short notice, the USAPL had to begin the changes required to operate a contest. USAPL President, Grahame Fong, and IFF President, Grahame Fong, were over there to welcome the IFF President, Grahame Fong.



**Beth Grater took 1st place, and Cathy Solan 2nd place in the 44 Kgs. division. (Beth Grater photo)**

Bull Stewart - bodybuilder? That's what the big powerlifting champ is going for. March 28 is the Emerald Cup, a big regional bodybuilding show, and Bull is training very hard for it. At 6 feet tall, he's looking to come down in weight from his current 260 to a rock hard 245, and he wants to win a pro card. This will be Bull's first bodybuilding show, and if it goes well, he wants to do more.



**Bull Stewart, training hard for the Emerald Cup.**

But don't think that's the end of his powerlifting career. Hey, it's not even going to interrupt his powerlifting, 'cause Bull is also aiming at the USAPL Nationals in Denver this July. Last December Bull posted a 2177 total in competition, weighing 250, and he says that 2300 "will be shattered" this summer. He'll be going for a 900 squat, 550 bench, and an 850 deadlift. His PRs are 865, 537, and 826, at 242, so let's see what happens - he's already a real close.

In January Bull helped Martin Beavers put on the USAPL Women's Nationals in Seattle, and he wanted to say thanks to his sponsor, Inzer Advance Designs, for all their help. Inzer contributed money, gear (50-60 shirts), and a booth to the show, and gave away free knee wraps to the teen-age and Junior lifters.

# POWER SCENE



**Vicky Hembree aiming at the summer AAU meet.**

athletes for ACM (Athlete Career Management), working with a lot of pro football players, and he and his wife are raising his five sons, including two sets of twins!

Down in Texas Anthony Clark and his Powerhouse Gym are up and running, wishing to have pictures and more info in the next issue. Anthony just signed a two-year, six figure deal with Advanced Genetics, a Pennsylvania based supplement company, and their nationwide advertising campaign is supposed to be getting underway real soon.

The big guy is scheduled to come out to California in



**Gary Hogan of Hogan & Black Cycles in La Habra.**

other full slate of meets scheduled. The next two are April 18 - the APF Iron Island Bench Blast, and June 13 - the APF Iron Island Deadlift Classic. Telephone: 516-594-9014 for more info, and remember, they put on great meets and they always have a good time with a lot of support and encouragement for all lifters.

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Rich Myers, the AAU Colorado State Chair, is hosting the AAU Men's and Women's Senior Nationals, and it's coming up real soon, April 4th and 5th, in Anvada, Colorado. We just received his letter, and if you want more info on this, call him quickly at 330-424-9773.

Finally, our thanks to Gary Hogan and Mike Black, and Hogan and Black Motorsports, who let us shoot the intro's for Powerlifter issue 20, our current one, in their shop in La Habra. They do some really cool customization work on Harley's, and Gary is competitive powerlifter. You can get hold of them at 562-694-2001.

That is it for now, and we will see you all on the back here next month. Or both! Good Bye.



1977: The year that World Powerlifting Championships first moved into the Southern Hemisphere. The venue: Perth, Western Australia.

Date: November 3/4/75. The Championships not only proved to be an outstanding success; but they also proved to be the turning point which, over the intervening years, made powerlifting the world's greatest strength sport.

To commemorate the event, Paul Jordan and Frank Lamp teamed up to organize a "20th Anniversary Reunion" of the lifters, referees, and officials who combined to make the championships a success. Originally it was intended to make the event an international get-together, but this proved to be a little too ambitious, and the idea was subsequently scaled down to a function which would embrace state, and possibly, interstate former lifters and officials. To broaden the concept, Paul and Frank decided to incorporate the 25th Anniversary of the Inaugural Australian Powerlifting Championships held at the Carousel Shopping Center, November 15/16, 1972.

November 30, 1997, was chosen as the date for the Celebration and Recliff Hall as the venue. Griners Buffet Catering was hired to provide a feast for this auspicious occasion. An open invitation was

## '77 World's Anniversary Reunion as told by Paul Jordan & Frank Lamp, Organizers



3 former World Champs (l-r): Linda Miller, Paul & Sue Jordan.

then extended to all powerlifters, referees, and officials, past and present, who could be located, including overseas and interstate. The following extended an apology for non attendance: President - International Powerlifting Federation - Mr. Graham Fong, President - Powerlifting Australia - Mr. Bob Orr, National Executive Director - Powerlifting Australia - Mr. Robert Willis, Executive Board Member - Power-

Also in attendance, 1984, Junior World Bronze Medalist Warren Lamp and Lori Lamp, the first woman to be elevated to IPF Category 1 Referee status (1980), and Alan Sherenti, President of the WA Powerlifting Association.

Choice of date? Choice of Venue? Choice of catering? Either one or all three may have deterred many former members from attending, particularly as the event was in close proximity of Christmas. However, those who did attend were almost unanimous that the concept was excellent and consideration should be given for the continuation of these get-togethers. Accordingly, it is envisaged that about mid-March, a further get-together will be organized specifically for the purpose of establishing a small steering committee to determine future events. If you have any ideas or suggestions on future formats, venues, etc., please forward them to us.

Thanks to all who attended on November 30, 1997, as it was a great function and it is hoped that you all will be available for the next one. Although a little late, all the very best for 1998, may it be a great year for all.

Paul Jordan & Frank Lamp, Organizers, (Box 92, Cannington, WA 6107, Australia).

lifting Australia - Mr. Glenn Hogue, 1977 Australian Team Coach - Mr. Yoris Sterns, Former Vice President - AAPLF - Mr. Bill Keir, Foundation Member of Australian Powerlifting - Mr. Terry Gibbs, Member of 1977 Australian Team - Mr. Tony Zappia, Wife of late John Wright, Member of 1977 Australian Team, Mrs. Margaret Wright. There were also numerous other apologies received per telephone from local invitees.

The event attracted over 30 persons, and a good time was had by all. Many brought memorabilia and photographs of the 1977 World Championships and other major Powerlifting events. Thanks to Channel 9 of Perth, who provided a video of the 1977 World Championships. Special thanks to Rod Marchesi, of Doug & Barry, Cannington, for supplying the large screen TV, to view the video of the 1977 World Championships and other important Powerlifting events.

One of the highlights of the function was the presence of three former World Champions: 1976 World Champion Paul Jordan, 1980-81, 82 World Champion Susan Jordan, 1983 World Champion Linda Miller.

# APF Top 10 All-time Women's Senior Nationals

by Herb Glossbrenner, PL USA Historian/Statistician

SQ	BP	DL	TOT
97	114	138	350
96	110	135	345
95	105	130	335
94	100	125	325
93	95	120	315
92	90	115	305
91	85	110	295
90	80	105	285
89	75	100	275
88	70	95	265
87	65	90	255
86	60	85	245
85	55	80	235
84	50	75	225
83	45	70	215
82	40	65	205
81	35	60	195
80	30	55	185
79	25	50	175
78	20	45	165
77	15	40	155
76	10	35	145
75	5	30	135
74	0	25	125
73	0	20	115
72	0	15	105
71	0	10	95
70	0	5	85
69	0	0	75
68	0	0	65
67	0	0	55
66	0	0	45
65	0	0	35
64	0	0	25
63	0	0	15
62	0	0	5
61	0	0	0
60	0	0	0
59	0	0	0
58	0	0	0
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11	0	0	0
10	0	0	0
9	0	0	0
8	0	0	0
7	0	0	0
6	0	0	0
5	0	0	0
4	0	0	0
3	0	0	0
2	0	0	0
1	0	0	0



Doris Simmons, wife of Louie, SQs @ 105.



Dawn Sharon arches for a bench attempt.



Susie Benford at the 1987 APF/WPC Worlds

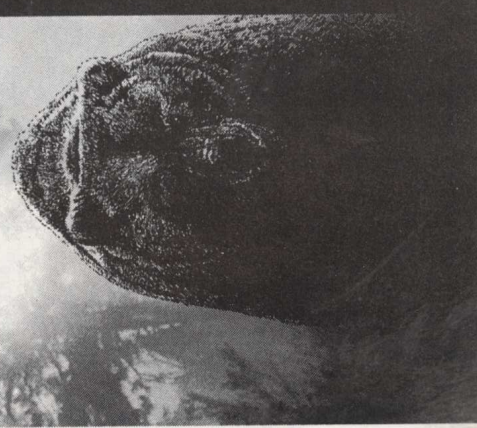
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# BEAUTY & THE BEAST

## World Strongman Challenge

HONOLULU: Powerlifter and strongman Mark Philippi (32) of Henderson, Nevada, was the clear-cut winner of "The 24 Hour Fitness Beauty & the Beast World Strongman Challenge" that took place in Honolulu, Hawaii, January 31. Magnus ver Magnusson of Iceland, four times World's Strongest Man Champion and European Powerlifting Champion, experienced serious problems with a leg cramp, and finished in fifth place overall. Strongman Joe Onosai of Western Samoa, and resident of Hawaii, finished in second place, and bodybuilder Curtis Leffler of Los Angeles, California, took third place. European professional strongman Regin Vagadahl of



Veteran Pler Odd Haugen (48) can still carry heavy loads. The Norwegian finished 2nd in the Farmer's Walk (Morten Stokkan) the Faroe Islands was fourth, and powerlifting veteran Odd Haugen (48), of Norway and Hawaii, finished in sixth place overall. Thirteen strong men and powerlifters took part in the World Strongman Challenge that was followed by a bikini fitness contest, won by Angies Teves of Honolulu. 700 spectators turned up for the first ever World Strongman Challenge in the outdoor arena Waikiki Shell. "We hope to make this an annual event here in Honolulu," says 24 Hour Fitness area director Odd Haugen. "Next year it will probably be bigger,

in that time they could make as many attempts as they wanted to. Iceland's Magnusson ended up in fourth place, lifting 339 pounds. Making an attempt at 350 pounds, he dropped the log, because of a cramp in his right leg - a

cramp that could have resulted in serious injury, if he had continued.

**Pro Lab Farmer's Walk...** Carrying a five foot long gas cylinder, filled with sand, in each hand, the competitors had to walk as far as they were able to. Each cylinder weighed 260 pounds. No distances were measured. Mark Philippi won this final event of the competition, beating Norwegian veteran powerlifter Odd Haugen by approximately ten feet - and Haugen again beating strongman Regin Vagadahl by 20 feet.



Beauty & the Beast: Strongman Mark Philippi with fitness beauty contest winner Angel Teves. (Stokkan)

**Results:** 1. Mark Philippi (NV), 2. Joe Onosai (W. Samoa), 3. Curtis Leffler (CA), 4. Regin Vagadahl (Faroe Islands), 5. Magnus Magnusson (Iceland), 6. Odd Haugen (Norway), 7. Malcolm Lutu (HI), 8. Bill Duarte (HI), 9. Tony Leato (Am. Samoa), 10. Anthony Harris (HI), 11. Grant Higa (OR), 12. Scott Major (PA), and 13. Bruce Greig (Canada).

**Scoring in Each Event Was as Follows:** 1st Place = 12 Pts; 2nd Pl. = 9 Pts; 3rd Pl. = 8 Pts; 4th Pl. = 7 Pts; 5th Pl. = 6 Pts; 6th Pl. = 5 Pts; 7th Pl. = 4 Pts; 8th Pl. = 3 Pts; 9th Pl. = 2 Pts; and 10th Pl. = 1 Pt. Prizes & Awards: 1st Place Overall: Championship Belt & \$5,700 in Cash & Prizes. 2nd Place Overall: \$4,200 in Cash & Prizes. 3rd Place Overall: \$1,650 in Cash & Prizes. 4th Pl. Overall: \$575 in Cash & Prizes. 5th Pl. Overall: \$575 in Cash & Prizes. (Thank you to Morten Stokkan for providing results, report and photographs)

**24 Hour Fitness Log Lift...** The third event, the log lift, started at 240 pounds - the weight of the log by itself. Mark Philippi and Curtis Leffler both lifted 361 pounds, but Leffler won the event, by fewer attempts. The competitors had 90 seconds to do each lift, and

The 24 Hour Fitness Beauty & the Beast World Strongman Challenge  
31 Jan 98 - Honolulu, HI

AFTI Brewing Keg Lift		Outrigger Lava Rocks		24 Hr. Fitness Log Lift		Pro Lab Farmer's Walk	
#Lifts	Place	Time	Place	MaxLift	Place	Points	Points
9	1	5:66	27:47	3	8	17:66	12
9	1	5:66	32:44	5	6	28:66	38:66
5	6	5:52	35:10	6	15:66	7	29:66
5	5	5:52	38:37	1	12	22	22
7	6	5:56	25:78	7	12	22	22
6	3	5:56	25:78	2	15.5	306	28.5
6	3	5:56	33:27	6	5	20.5	28.5
8	4	7	31.5	4	7	25.6	25.6
5	6	3.5	51:03	11	0	14.5	23.6
5	6	3.5	45:97	10	1	16.5	23.6
2	10	1	58:55	13	0	7.5	12.5
1	11	0	39:03	8	3	6	10
0	12	0	45:62	9	2	4	6
0	12	0	58:35	12	0	2	3
N/A	13	0		0	0	0	0
				N/A	0	0	13

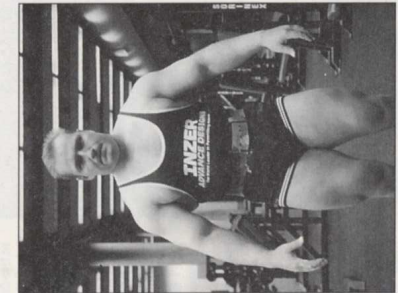
# INTERVIEW

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

## Mike Vinson

### Interviewed for Powerlifting USA by Pat Cuntreza

PC: What are your thoughts on RAW lifting?  
MV: If my ego can get over it, I will LOVE it. My squat went from 730 to 600. My bench went from 450 to 415. RAW means have to be the future of our sport. We've gone too far with supportive equipment. I always joke with Zach, my Olympic Lifting buddy about making him a snatch shirt to hold his arms above his head. PC: What are some of your interesting outside of this sport?  
MV: I love the Iron Sports, Bodybuilding, Olympic Lifting, Highlander Games and Word's Strongest Man contests. I have all but 19 of the PL USAs. I've started my son in powerlifting. He has deadlifted 115 lb. He is six years old. I'd rather read Glossolmer



Mike Vinson in the Ole Miss Weight Room.

reps. I try to open at a meet with my heaviest triple. For the best meet I ever had, I did all the little things: massage twice a week whirlpool, sauna, ice, heat, stretching, visualization, and plenty of sleep. For me, lifting really big weights has to be nothing less than an obsession. I'm a better person when I'm not training heavy. PC: Do you have any advice for the beginning lifter with regards to training, diet and supplements?  
MV: Don't let your bodyweight go over 3.5% above your weight class year round. I have experimented with everything natural I could think of to try to get stronger. For the best supplement info call Chris Williams with Performance Nutriceuticals at 1-800-743-2541. He had me taking creatine since the early 1990's.

PC: Is there anything you would like to change about this sport?  
MV: We have taken a great sport and have screwed it up with fraudulent. Go back through your PL USA's and look at the Seniors 15 years ago. We don't have as many quality lifters today. We are going to take a beating at the Worlds in the next decade. Watch it happen.

PC: Could you tell the readers a little about your training methods?  
MV: Here is what my training routine looks like:  
Monday: Squats, stiff leg dead-lifts, leg curls, calves and abs.  
Tuesday: Off  
Wednesday: Bench, close grip bench and bench lockouts.  
Thursday: Deadlift, light squats, upper back, abs and grip work.  
Friday: Off  
Saturday: Light bench, shoulder and triceps.  
Sunday: Off.

PC: How do you consider to be your greatest accomplishment in this sport?  
MV: As a lifter, my greatest accomplishment was being part of the IPF Junior World Team to the Ivory Coast, Africa. That team was awesome.

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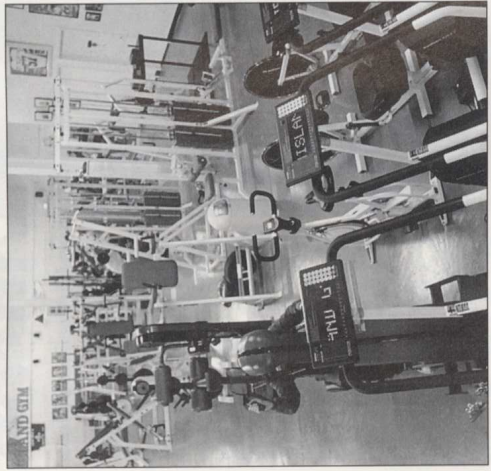
than Grisham or Milo then Michener any day.  
PC: What is your ultimate goal in Powerlifting?  
MV: I have done a 690 squat, 424 bench and 633 deadlift for a 1731 lb, total in the 198 lb. class; 730 squat, 450 bench and 650 deadlift for a 1830 lb. total in the 220 lb. class. I think I can total about mid 1700's RAW. If I ever sat up again, I would like to total 1900 in the 220 lb. class. I've been blasting my grip to hang on to the bar. That's my biggest nemesis at meets.

PC: Would you like to make any closing comments?  
MV: I'd like to thank Daddy (my biggest fan), Larry Kye for thinking about me, the AAUPC for seeing the light and my boss Coach Pierce for letting me bend his bars. I would also like to thank Powerlifting USA magazine, Mike Lambert and Pat Cuntreza for giving me this interview. If you have any question about my training, my number is 601-281-8483.

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## More From Ken Leistner



Some of the equipment inside the Iron Island Gym (Kathy Leistner)

Many who enter the Iron Island Gym, including experienced trainees, are sometimes intimidated by the array of equipment on the gym floor. While this is understandable to an encounter when dealing with an inexperienced trainee or someone who has not before trained in a commercial gym, it is still seen often enough to draw my comment. Some believe that the lifter should spend a lot of their training time doing the three lifts, but can augment them with other movements that either enhance the strength of a weaker part, compensate for previous injury, or develop a specific muscle group or area to alter body leverage or in some other way assist the performance of the three most lifts. Distant further are the beliefs that any assistance work should be performed with a bar only as this is what is used in competition. From there, others believe that assistance work may encompass only those movements that very closely mimic the competitive lifts. Others believe that a great deal of training time especially in the "off season" should be spent on movements that do not perform the three lifts but develop the involved musculature used with the three lifts.

Others believe that the lifter should develop all major muscular structures using whatever tools are available including bars and dumbbells but machines too, and then take the developed strength and apply it to the powerlifts through periods of specific skill training. Everyone who has a screwdriver has two screwdrivers, both a Phillips head and a slot or "regular" screwdriver. Everyone over the age of ten knows that when a screwdriver is needed, one first has to check the screw head to determine the type of tool to be used to either tighten or loosen it. The gym floor is my tool box, albeit, a very large one. We have specific tools to provide muscle stimulation to different muscle groups. Some machines or pieces of equipment are used to direct the work to a specific muscle or muscle group. Some work multiple muscle groups in conjunction during the performance of the movement. When viewed as a "tool box," the gym floor becomes less intimidating because it is easily understood that a particular tool or piece of equipment is unsuitable for the task due to the trainee's previous history of injury or bodily leverage, for example, than there is another tool or tools that can be used to provide safe and effective stimulation to the muscle or muscle group in question.

Every powerlifter understands that in order to compete successfully, they have to "powerlift," that is, they have to perform the three competitive lifts as part of their training. There are specific adaptations that the body has to make in order to successfully utilize whatever strength

one chooses to become strong in the involved musculature is often a function of attitude, choice, equipment options, time constraints, and/or training history. I do know that I have become strong, based upon squat and deadlift performances as well as "on the field performance" both playing football and doing security work, using nothing other than a truck axle and pairs of sand and cement, and at other times, using a fully equipped facility that housed only Nautilus equipment. In fact, while working in Lake Helen, Florida, at the Nautilus facility, I utilized only two or three prototypes for a few months, and without having done any of the conventional lifts, found that I could overhead press, squat and deadlift as much or more than I had ever done in my life, and more than I had done at a significantly heavier body weight.

I have also been as strong as circumstances would allow using nothing but a standard barbell and plates, using the branches of two trees as a squat rack. We have fellows who came into the gym and who then correctly state that it is one of the most completely equipped facilities they have ever seen. "Wow, benches you can get partials on. Monolift and other kinds of adjustable, dumbbells to 200 pounds, all of these Hammer machines, oh man! They notice our very consistent and enthusiastic group of competitive lifters and can't wait to get in and begin their lifting. Within three months, they have gone nowhere. No progress, no increase in the lifts, no positive steps taken towards the stated goals. The equipment provided goes with usable tools so that one can train for their task. The tools should certainly be well made and safe. The equipment should not be compromised in a way that causes injury. However, the answer is not in the equipment! The answer is in using the equipment so that every training session is productive and meaningful, so that it takes the trainee closer to the achievement of the specific goals they have set. The equipment helps, it can provide variety and enthusiasm and it can promote confidence. However, the equipment cannot train hard and consistently; the equipment cannot push for ever increasing gains; the equipment cannot motivate an individual to attack their training every single session. We thank Hammer and Nautilus for their continuing support and understand that biomedically correct equipment that is relatively safe and easy to use is a great asset to one's training. It has certainly helped our lifters and gym members. I am also smart enough to understand that any success our lifters enjoy comes as a result of their willingness to push themselves further on a consistent basis.

One needs to become brutally strong and then learn how to squat, bench press, and deadlift as efficiently as their bodily structure allows. How

## WORKOUT of the Month

The following is a 17 week squat program including two individual 8 week cycles with a week's rest in between. The average lifter can expect to gain between 15-30 pounds on their squat. During the first 8 weeks you will perform your "competition squats" at the end of the workout. A competition squat being the same foot spacing and bar placement as you normally use in competition. In the **first 8 week cycle** you will perform the following exercises in this order:

1st - Narrow SQ (feet shoulder width apart) bar high on traps. 2nd - Leg extensions. 3rd - Leg press. 4th - Competition SQ.

All percentages are based on your current 1RM in full gear. For this workout I have used 450 as the 1RM. Also, Leg extensions and leg press should both be done for 3x10 for the first 2 weeks, then 3x8 for next 2 weeks, and then 3x6 for the next 3 weeks during both 8 week cycles. You will drop them both on the 8th week of both cycles. I will not list specific weights for the leg extension and leg press, but be sure and use enough weight so that you can barely complete the last set each week.

**Week 1:** Nar SQ 3x10w/195 lbs; Leg ext; Leg press; Comp SQ 3x3w/270. **Week 2:** Nar SQ 3x10w/205 lbs; Leg ext; Leg press; Comp SQ 3x3w/290. **Week 3:** Nar SQ 3x8w/215 lbs; Leg ext; Leg press; Comp SQ 2x3w/315. **Week 4:** Nar SQ 3x8w/225 lbs; Leg ext; Leg press; Comp SQ 2x3w/335. **Week 5:** Nar SQ 3x6w/245 lbs; Leg ext; Leg press; Comp SQ 3x2w/350. **Week 6:** Nar SQ 3x6w/255 lbs; Leg ext; Leg press; Comp SQ 3x2w/365. **Week 7:** Nar SQ 3x3w/280 lbs; Leg ext; Leg press; Comp SQ 2x1w/380. **Week 8:** Nar SQ 3x3w/290 lbs; Comp SQ 2x1w/405.

When doing the narrow stance squats try to go the first four weeks with no equipment and then add only a belt on week five. In your competition squats start this routine with no equipment and then add a belt in week three and knee wraps in week five. After this cycle rest

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

## ROBERT WOOD Squat Routine

tempts at the meet should be: 1st attempt 435, 2nd 460, 3rd 475+.

Your last squat workout should be a minimum of 8 days out from the competition. Remember this program is only a guideline. If you are unable to complete the workout two weeks in a row then back off on the poundages. If the weights feel too light you can increase the weights accordingly. Also, if you are one of those few people who are built perfectly for the squat and your competition

style squat is a narrow stance high bar squat then do wide stance squats in place of the narrow stance squats.

As far as equipment goes I love the Titan Centurion squat suit as well as Titan's Red Devil knee wraps. Your belt should be the maximum legal thickness and width. It should also be the same width all the way around to provide support to the front of your abdomen and your back. Shoes are also important in the squat. Be sure you squat in a shoe with a solid heel and adequate ankle support so your feet will not roll.

I can not end this article without thanking all those who have helped me over the years. First, I must thank my family for always being supportive of me.



Robert Wood, who has represented the U.S.A. at the I.P.F. Junior World's, is shown squatting at the 1997 U.S.P.F. Senior Nationals. (Lambert)

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## Dr. JUDD

**PAVEL TSATSOUKINE-The Evil Russian, Part II**  
**"I don't care how flexible you are, I'll tie your ankles to two jeeps, floor 'em and you are history," as told to Powerlifting USA by Judd Biasiotto Ph.D.**



A kickboxer who had practiced standard PNF consistently for years came to me as the last resort. He was only three inches off the ground in the side split, yet never got any deeper. "Experts" told him it was not meant to be, he was not built for splits, male, and too old. With shutdown threshold isometrics I put him in a full Chinese split in ten minutes, screams notwithstanding.

**Dr. Judd:** Can you learn the method without personal instruction?

**Pavel:** Yes, it is explained in great detail in my book "Beyond Stretching."

**Dr. Judd:** What type of stretches should powerlifters do before training or competition?

**Pavel:** You'd be better off doing isometrics. If you ever watched international track-and-field meets, you may have noticed that while western athletes are wasting their time with slow static stretches, Russians are bouncing around.

**Dr. Judd:** There is more to the stretch reflex than its contribution to muscle 'spring' into your movement. A muscle that has been sharply stretched generates much more force than a static muscle. An evil judge who gives you a 1-0-n-g pause on the bench will make you appreciate the stretch reflex.

**Dr. Judd:** Remind us why the pause cuts into our poundages.

**Pavel:** Two reasons. First, a larger number of motor units is recruited and fired at higher frequencies reflexively than voluntarily. And second, tendons are elastic and tend to return to their resting length after they have been stretched. To insure that extra boost, the transition from stretch to shortening, or loading, must be quick, otherwise the stored elastic energy dissipates as heat.

**Pavel:** Dr. Squat recommended intentionally throwing your elbows back a reactive ability. It is developed with

Pavel Tsatsouline is a former Soviet Special Operations Forces physical training instructor. He has a degree from the Physical Culture Institute in the former Soviet Union and was a nationally ranked kettlebell lifter, an ethnic Russian strength sport. He is a speaker and consultant on Russian methods of sports conditioning. He is the author of "Beyond Stretching: Russian Flexibility Breakthroughs" video and book, as well as articles in magazines such as Muscle Mag International and Men's Exercise. His book "Beyond Stretching" is the definitive text on the subject of flexibility. Tsatsouline is considered by many experts as the foremost authority, critic and author in the field of flexibility. What follows is the second part of an exclusive Powerlifting USA interview with this amazing man.

**Dr. Judd:** Why do so many American athletes fail to develop flexibility optimal for their sport, even if they stretch diligently? What are we doing wrong?

**Pavel:** Everything.

**Dr. Judd:** Can you be more specific?

**Pavel:** Judd, hockers have a saying, "garbage in, garbage out." If the premise is false, the conclusions will be wrong. The American approach to flexibility has failed because it assumed that muscles and connective tissues needed to be physically stretched. Other myths snouballed from there. Your muscles have plenty of length to allow you to do splits, for instance. As long as you have healthy joints, only tension prevents you from going all the way down.

**Dr. Judd:** I don't know, I have a hard time buying that.

**Pavel:** Try this test. Can you raise one leg to the side to the top of a waist high table? You can use your arms, if necessary.

**Dr. Judd:** Doesn't seem too difficult.

**Pavel:** Your leg that is up on the table is now in the position for a side split. Now, Judd, remember your anatomy. Are there any muscles or ligaments which connect both legs?

**Judd:** No.

**Pavel:** That means you should be able to bring the other leg out at the same angle and do a split without stretching a thing.

**Dr. Judd:** OK, so why can't I?

**Pavel:** Your body feels funny about having your legs at an angle they have never been at before. You have to reeducate your nervous system into believing that it is safe. Only then will it allow your muscles to relax into a new position.

**Dr. Judd:** So stretching is not the best way to develop flexibility?

**Pavel:** No. Trying to change the mechanical properties of your muscles, tendons and ligaments is a desperate way to become flexible and works well only in children. Fortunately, a muscle with pre-depression connective tissues and more stress than a prize fighter is still long

plyometrics, a Russian discovery, naturally, although, the name was invented by an American.

**Dr. Judd:** Plyometrics are various jumps?

**Pavel:** Yes, and other exercises that condition you to make the quickest 'touch-and-go.' Bouncing stretches are a form of plyometrics.

**Dr. Judd:** It seems that our Mom and apple pie relaxed stretching is counterproductive.

**Pavel:** Correct. It 'flattens' your stretch reflex and compromises your explosiveness. Besides, like a rubber band, tissues stretched beyond their point of restitution remain permanently overstretched and lose some of their elasticity. A rag doll cannot act like a spring. Plyometrics, on the other hand, improve your tissues viscoelasticity.

**Dr. Judd:** You also mentioned the increased contractility of the muscles.

**Pavel:** Yes, it is another benefit of plyometrics in general, and plyometric stretching specifically. Your nervous system is very efficient and recruits only as much muscle as it takes to get the job done. Curiously, a given level of neurological activity will be maintained for some time after the demand has been imposed. The involuntary raising of your arms after you push against the doorway is an example of this phenomenon. A reflexive muscular contraction uses more muscle than a voluntary one.

**Dr. Judd:** What type of reflex has been employed your body maintains the ability to contract the target muscle harder than usual even at will.

**Dr. Judd:** So Fred Hatfield was on a mark when he jumped before his squats?

**Pavel:** Right on. Besides, jumping makes your heart pump faster stimulating the adrenal response you need to lift the big weight.

**Dr. Judd:** What exercises do you recommend to sharpen the stretch reflex for the Big Three?

**Pavel:** Dr. Hatfield pioneered PL specific drills. He preceded his squat attempts with either vertical jumps, or depth jumps.

**Dr. Judd:** What are the 'depth jumps'?

**Pavel:** An advanced form of plyometrics. Step off a 30-40" elevation and drop straight down. The moment you hit the ground, forcefully rebound straight up, spending as little time as possible in transition. A useful image is jumping on a hot stove. Land on the balls of your feet, followed by the whole feet. Don't bend your legs more than necessary. Use a resilient surface, such as a gymnastic mat, or grass, pommelifts?

**Pavel:** Dr. Squat recommended intentionally throwing your elbows back a reactive ability. It is developed with

(article continued on page 78)

# Westside Elite Invitational

## by Herb Glossbrenner, Statistician/Historian

over 800. How does that grab you? ...  
Barford gained fame by staging the most successful Open P/L competition of that era. The YMCA Nationals became a gathering of the greatest P/L talent in the country. Never before they missed the fit of the completely "young, know-it-all" segment, "make, you're a champion" ...  
Dana admitted that being the weight took a lot of discipline. It was especially tough to endure those Burger King commercials on T.V. He plans to stage a few more from this ...  
Westside women champs made a cameo appearance. ...  
WPC World Champ and Vanessa Schwenk were on hand, but chose not to lift. ...  
The men's lifting was a star-studded affair. ...  
123 HEIL HEIL! Phil's jovial jollity and a well established star in our sport. He captured the 123 men's group unopposed. He was given a strong moral support and seconded by his tall, bonafide She is standing tall and proud at 450-425 SQ, ...  
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Johlynn Arvin, 217 bwt., the 2nd woman in P/L history to Bench 400 lbs. (Glossbrenner photo)

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Dave Barno, 275s, after a torn pec, easily pulls an 820 DL. (Glossbrenner photo)

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chain. Not so today. His same-style technique, not only looked vastly improved, but he ripped instead of iron. An opener 575 gave him 1800. He followed it with a P/R 625, just as solid as 1850. ...  
1865 TOT, 9-9, 27 whites. It was the 4th highest 165 TOT in World History. Summary: a perfect day! It was great satisfaction to break your personal best. SQ: 515/2 BP by 7-1/2, but the DL, formerly the weak link, by whipping 18 lbs. ...  
winning 18 lbs. ...  
think of the high level of already attained, this was simply spectacular. A magnificent performance, highly light and unimpaired. The work is finished. Now you are the strongest of the World - because I say so! Now, you still need to continue to improve. ...  
NJ powerhouse came to help his former best friend. ...  
He's was on the mend from back surgery last year and will be losing his hat in the arena before long. In the loss of his arena SQ, Pascal Lencagne earned the Female outstanding Lifter Award for SQ and TOT. ...  
The men's lifting was a star-studded affair. ...  
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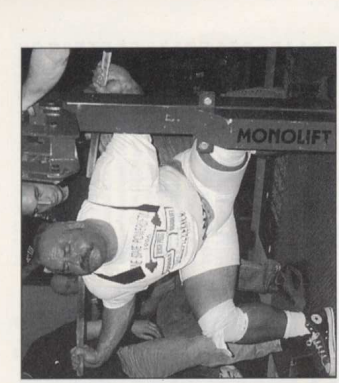


Angelo Berardinelli with his Best Squat Award with Coach Louie Simmons (Glossbrenner photo)

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Russ Barlow, 308+ bwt., with his comeback photo) rb. squat for a 2105 total. (Glossbrenner photo)

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1850. ...  
1865 TOT, 9-9, 27 whites. ...  
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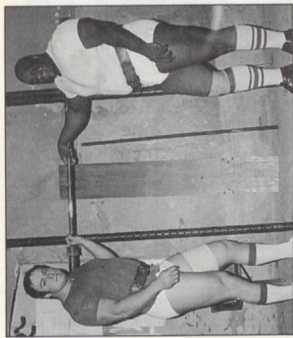
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Keammerer (785). DL: Welch, the leader, started at 525. Next, he took 550-stop-start-completed. 2R: His third, slow and hard. I thought it was good enough. Referees thought it stopped, so they denied it. Welch got robbed - finishing at a 1365 TOT. Shaw - 560 - got it, two lifts left, and had 1370 - in front of Welch. Keammerer, 560, a piece of cake and now he waited. Shaw supported 575 on thighs, backed it up, but it was no lift on both tries. Jack Keammerer - 590, second attempt - to win, last and easy. Keammerer was the victor! He wanted the American Record next - 605 - I had predicted Keammerer would win before the contest. He did just that!



**John Kuc** and mentor/coach **Jim Williams**, both SHW's, were the powerhouses from Pennsylvania in 1973 (above), but John got a record squint and in 1975 (below) at the Worlds. (Refer photos)



the uprights on a 400 Bench press - unsuaved he went up and did 410. Then 420. Weak in the squat, he finished strongly - 570 and 605 Deadlift's, before missing 620 - 1500 TOT - fifth position. The squator Dier Smith hauled in a big 640 to tie the Rich- and hit 1505 for fourth spot. Avail, bespeckled, long limbed, lean, long limbed, corner had advantages in disadvantages in the bench press and squat; nevertheless he BPed 320, and SQed 520 deep. His deadlift was humpback - raw back power - with 670 to open up. Then to 705 - too heavy - scratched on his last lift - 1510 for the bronze medal. Runner-up was Vince Peterson of Rochester, New York, the Junior National Champ. He bench pressed 370 EZ and fast, but hit the uprights 375 nullifying the lift. A jump to 380 was good, but he failed with 390. His 540 SQ was a miss, then he made 570. DLs were 550, 590, 605 - 1545 TOT for a silver medal. The eventual World Champ was Vince Anello of Middleburg Hls., OH. BP - 350, 360 - both strong - 1R at 370, SQ - 500, 520m and 540 - 1R A.S.T. time Vince trailed in third with 900. Fiero was in second with 910 and vaulted to top spot easily. His structure was low sloping shoulders and long arms made him ideal for pulling. He clinched the title with a 660 opener (1560). He followed up with 710, then 735 - a new A/R - TOT 1635. Anello was jubilant with his victory and bounded off the platform shouting with joy. And who was the victor? After all, he was Champion of the World.

**198 lbs. Class: Vanilla Gorilla** - J.J.'s Heyday! The final three classes ran concurrently beginning November 11 at 1 p.m. The 198s was a class loaded with talent: US Junior National champ Paul Woods of Jacksonville, NC; Jack Barnes - the current 181 Seniors and last years 181 World Champion had moved up with a broken American record SQ with 735-1/2, but the two favorites were: Anthony Fratto of Butler, PA, and Jerry Jones - the reigning Senior National Champ England had two in the lineup: John Pegler and Barry O'Brien. Frank Matthews of Wilkes Barre, PA, wearing his Rigert canvas T-shirt, BP'd 375 - slow - missed 400 twice. Smugly wrapped, he SQ'd 575, but stuck with 630 twice. DL - 650 opener, no more - 1600 TOT - eighth. Tom Farchione of Rochester, NY, BP - 390, SQ - 575, 600 - star - stop shallow - 640 DL - 2R, third - too shallow. 640 DL - all back; nipped Matthews for seventh (1605 TOT). He tried 700 - miss,

skipped the third. The Brit's battled to determine fifth and sixth position, in an even match-up. Barry O'Brien, black with big arms, BP - 360 - 370 - 380 - trembling on all. Teenmate Pegler - years 198 winner: Larry Pacifico of Sydney, Ohio, had beeted up. He looked like the proverbial thick brick house and stood out like a sore thumb! Defending World Champion Carlton Smith of Oakdale, CT, was absent. Larry's chief adversary would be the switch flipper and a hulk from Minnesota named Hennessy. Douglas Edmonds of South Africa, was eliminated with a 380 BP. He nearly dropped his futile final try on his head. Billy Horwitz of Teaneck, NJ, then got a opened with hard 480 BP, New Jersey's 500, a new WORLD CHAMP - ONSHIPMET RECORD - and raised butt 510. In the squat, he zeroed out 570, too high, and out of meet. Jim Taylor of Chattanooga, Tennessee, BPed 355 - repeating after missed opener. He tried 365, but stopped halfway. SQ: 600 and 625 were both passable. His 640 not quite. DL: 655 slow, didn't stop, passed last 2 - 1645 TOT for seventh place. Respected 380, 380 was smooth and perfect, but his 395 stopped - 3R, SQ: opener 620, then 635 - 2W borderline. At 650, he did a 1/4 SQ, and replaced the bar in the rack. The best Dler in the class pulled 715 easily, then called it a day with 1735 for sixth. Tom Scott of NY, a big bencher before a torn pec, was super cautious: 380 - like an empty bar, 400 fast and effortless. 415 stopped - no lift SQ: 635 opener. 665 also approved. 680 deep and a great lift DL: 670 - fast start, slow finish all back! Hump jump to 735, made him the last man to pull. Hoisted to complete - small nudge - 2R. Another peccadilly decision that provoked the crowd: Barry budgeted his third - 1750 TOT for fifth place. Lyle Schwartz, a NWU of Illinois professor who invented the formula, BP'd 415, 440, and 455 - 3W. Very happy - SQ 645 nice lift, failed 670 twice! DL - 600, conservative, waited until 670 - big increase. A hard slow finish - passing his third - to end up fourth with a 1770 TOT. Nigal Pincibly reminded someone of a 1-1-2 year old Jersey Bull. BP 455 - no sweat. He followed with 480 - a strong British record 500 - stalled after a good hard lift. 3W: His 700 third was much too high, but got 2R. He Dled 600, then 630 - another PR lift - passed World TOT - 1810 - third place. Two true powerhouses looked horns to decide the championship. Pacifico's challenger was indeed a formidable foe. This was the first meet for massive Mel Hennessy since he'd bombed at the 1971 US Seniors and injured his back there.

The BP duel between these two titans was of astronomical proportions. In the 26 years of IPF World Championship competition there has never been anything to match it! Alter Horwitz failed 510, the bar took a huge in-

AAU World Championships 10-11 Nov 72 - Harrisburg, PA

123 lbs. BP	325	340	355	1190
135 lbs. BP	335	345	355	1100
150 lbs. BP	325	345	355	1100
165 lbs. BP	325	345	355	1085
180 lbs. BP	325	345	355	1070
195 lbs. BP	325	345	355	1070
210 lbs. BP	325	345	355	1070
225 lbs. BP	325	345	355	1070
240 lbs. BP	325	345	355	1070
255 lbs. BP	325	345	355	1070
270 lbs. BP	325	345	355	1070
285 lbs. BP	325	345	355	1070
300 lbs. BP	325	345	355	1070
315 lbs. BP	325	345	355	1070
330 lbs. BP	325	345	355	1070
345 lbs. BP	325	345	355	1070
360 lbs. BP	325	345	355	1070
375 lbs. BP	325	345	355	1070
390 lbs. BP	325	345	355	1070
405 lbs. BP	325	345	355	1070
420 lbs. BP	325	345	355	1070
435 lbs. BP	325	345	355	1070
450 lbs. BP	325	345	355	1070
465 lbs. BP	325	345	355	1070
480 lbs. BP	325	345	355	1070
495 lbs. BP	325	345	355	1070
510 lbs. BP	325	345	355	1070
525 lbs. BP	325	345	355	1070
540 lbs. BP	325	345	355	1070
555 lbs. BP	325	345	355	1070
570 lbs. BP	325	345	355	1070
585 lbs. BP	325	345	355	1070
600 lbs. BP	325	345	355	1070
615 lbs. BP	325	345	355	1070
630 lbs. BP	325	345	355	1070
645 lbs. BP	325	345	355	1070
660 lbs. BP	325	345	355	1070
675 lbs. BP	325	345	355	1070
690 lbs. BP	325	345	355	1070
705 lbs. BP	325	345	355	1070
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to swee-e-e!

**242 lbs. Class: Bull to Larry's - A Head Trip... Mel Furry to Larry's Deadlift!** Another winner: Larry Pacifico of Sydney, Ohio, had beeted up. He looked like the proverbial thick brick house and stood out like a sore thumb! Defending World Champion Carlton Smith of Oakdale, CT, was absent. Larry's chief adversary would be the switch flipper and a hulk from Minnesota named Hennessy. Douglas Edmonds of South Africa, was eliminated with a 380 BP. He nearly dropped his futile final try on his head. Billy Horwitz of Teaneck, NJ, then got a opened with hard 480 BP, New Jersey's 500, a new WORLD CHAMP - ONSHIPMET RECORD - and raised butt 510. In the squat, he zeroed out 570, too high, and out of meet. Jim Taylor of Chattanooga, Tennessee, BPed 355 - repeating after missed opener. He tried 365, but stopped halfway. SQ: 600 and 625 were both passable. His 640 not quite. DL: 655 slow, didn't stop, passed last 2 - 1645 TOT for seventh place. Respected 380, 380 was smooth and perfect, but his 395 stopped - 3R, SQ: opener 620, then 635 - 2W borderline. At 650, he did a 1/4 SQ, and replaced the bar in the rack. The best Dler in the class pulled 715 easily, then called it a day with 1735 for sixth. Tom Scott of NY, a big bencher before a torn pec, was super cautious: 380 - like an empty bar, 400 fast and effortless. 415 stopped - no lift SQ: 635 opener. 665 also approved. 680 deep and a great lift DL: 6







# STARTIN' OUT

A special section dedicated to the beginning lifter

Some days you have it, some days you don't. Even the best have it rough sometimes. During those championship years, the Chicago Bulls got blown out on occasion. Brett Favre has had games where he's thrown more interceptions than touchdowns and Tony Gwynn has gone 0 for 5. Anyone that has trained with weights has had days like that too. You know the kind, when a 135 warm-up feels like it's going to crush you. You just don't have the groove in any of your lifts. The question is, what is your best course of action on days like these and how can we reduce the chance of days like this happening.

Notice I said reduce; there is no way we can completely eliminate days like these. Let's examine steps we can take both at a meet and at the gym.

First, if you're having a bad day at the gym you have four basic choices: 1) Proceed as planned, 2) Pack it up and do some 12 ounce curls, 3) Cut back on your weights and sets arbitrarily, 4) Lower the weights, but keep the same set/rep scheme as planned.

The first option is the most obvious. Just keep training as planned and hope you snap out of it. However, if this does not happen, we run the risk of lowering our confidence level with a bad workout. This can be devastating close to a contest. The worst outcome would be an injury, which has a way of making a bad day even worse.

The second option is too easy. We want to at least get some positive work in.

The third option is a little better, but how do we adjust our workout?

The fourth option yields the most promise. If your goal was to do a top set of 8's with 300, cut the weight back 75% to about 225. You should be able to get the target 8 reps in which is in step with your training cycle. The weight was light enough for you to get the reps safely and still heavy enough to at least work the muscles a little until you can recuperate for the next time.

The lower your reps that were planned for that day, makes it more critical to adjust the weight back. If you planned on a heavy triple or double, a slight mistake caused by your weakened condition can quickly result in an injury. Low rep, heavy sets leave little or no room for error. Remember no one workout can have as much positive effect as it can a while. If you are experiencing any pain or hurt yourself during a workout, quit immediately. You risk inflicting serious harm to yourself if

## Some Days You Have It as told to Powerlifting USA by Doug Daniels



Vladimir Markovsky, of Russia, had a bad day at the 1997 World Championships in Prague Czech Republic as he bombed-out with an 815 lb. squat at 220 lb. bwt. In fact he will be ready for the 1998 I.P.F. Worlds in Cherkasy, Ukraine.

Let's go back to option 2 for a minute. If you are experiencing any pain or hurt yourself during a workout, quit immediately. You risk inflicting serious harm to yourself if

you continue to work or train through the pain'. As I have written in several previous articles, the NO PAIN, NO GAIN' saying is the most abused slogan in all of sports. The creator of this slogan intended this to mean pushing yourself past your previous limits, to get that last rep when you would normally quit. It did not mean pain is necessary or as Michael Douglas' character in the movie Wall Street would say 'pain is good'. Pain is your body's way of telling you something is wrong. Listen!

Having a bad day at a contest is another story. There really is no tomorrow, so to speak. The best alternative is to reduce your openers to weights you can make easily, like a triple weight. This will allow you to get a lift in so you can proceed through the meet. If things go well, you can increase the subsequent attempts, but you can not take less than your opener. Many times it is better to only get a few mediocre lifts in than to bomb out on risk injury. There will be other meets, but not if you blow a disk or pop a pec.

The final issue is why did you have a bad day? There could be many reasons; some just causing a one-day downer, others could mean that more bad days are in store. Job or personal stress could cause one-day blips.

Staying up late or partying the night before can really sap your strength. If one bad day turns into bad weeks, you should quickly examine your situation. Have you been over-training for an extended period of time? In that case, take a week to ten days off from the weights and start back fresh. Extended bad workouts can also signal a health problem worth seeing your doctor about. These extended down periods are prime times for serious injuries that can end your favorite hobby forever. Listen to your body, it will tell you when you are on the wrong track.

Everyone has good days as well as bad days. What separates successful people from the rest is their ability to increase the frequency of good days and reduce the bad ones. There is no way to totally eliminate bad days, but correctly can help you cut your losses short and insure that good days are the norm.

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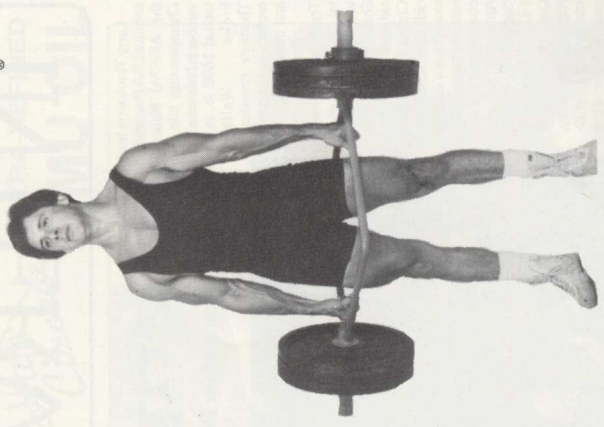
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# INTERVIEW

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

Larry Traub won his fourth consecutive USA Powerlifting (formerly the ADFPA) National Masters Championship title this past November in Nebraska. In doing so, he totaled 1698 lb. in the 1980s and broke Walter Thomas's American records in the squat and the deadlift.

**Profile:** Larry Traub, Age: 44, Marital Status: Married with four children: Shannon, a 21 year old college student; Christine, a 17 year old high school senior who is a teenage national powerlifting champion with 3 American records; Gesi, 15; and Drew, 14. Hometown: Georgetown, IN. Job: Algebra, geometry, and strength and fitness teacher at a large, all male Catholic high school in Louisville, KY. Interests: Coaching wrestling and powerlifting; his powerlifting team at the high school has won the Teenage Nationals team title twice; with other time pressures he is not currently coaching, but rather working with his own children, attending their athletic events, etc.

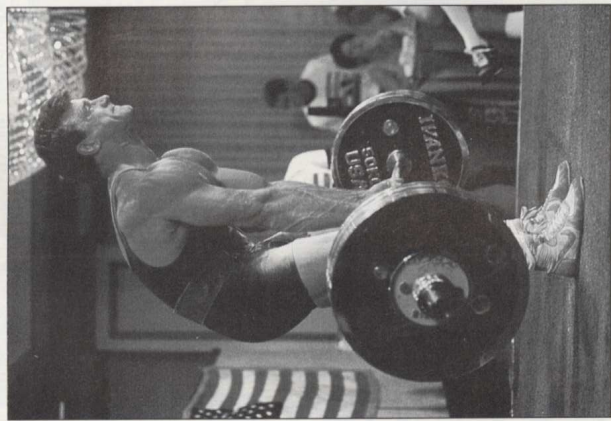
**Height:** 5 ft., 9 in.  
**Weight/Class:** 198, Training Weight: approximately 215.  
**Equipment Used in Competition:** Suit: Inzer Z suit; Belt: buckle style; Knee wraps: Gold Line. Shoes: High tops for squat; slippers for deadlift.

**FR:** What kind of equipment do you use in training?  
**LT:** I train without any support-equipment at all, except for a small Olympic style belt up until about 7 or 8 weeks before a contest. Then I start with a loose suit and gradually work into my tightest suit, and I will put the bench shirt on a couple of times before the meet. Actually, I think that supportive gear is an embarrassment to the sport. I would take away anything that spring loads the lady, which would be the suit, the shirt, and the knee wraps.

## Larry Traub interviewed for Powerlifting USA by Fred Rice

got to go home after it was over!  
**FR:** How did you get involved with USA Powerlifting (The ADFPA)?  
**LT:** After teaching for a while I opened River City Gym in '79 in New Albany, IN. We formed a powerlifting team and had some success at the state level, defeating The Pit a couple of times. I encouraged all our lifters to be drug free, and when the ADFPA formed it was natural for us to become affiliated with it. I haven't competed in anything except USA Powerlifting/ADFPAs since then. I closed my gym in 1985. During this period, in 1982, I was also Mr. Kentucky, beating pro wrestler "Macho Man" Savage.

**FR:** What are your views on drug usage and drug testing?  
**LT:** I'm a lifetime drug free lifter, and I just think that it's a good choice. At 44 years of age I'm doing the best lifting of my life, and I'm pretty much injury and pain free, and I'm having more fun than I've ever had. I feel that we are contributing to my good health instead of putting it at risk. As far as drug testing is concerned, I lifters did a demonstration in which he deadlifted 600 lbs. I was real impressed, and as soon as wrestling season was over I started squatting and deadlifting, neither of which I had ever done before. I lifted at my first meet in spring of '76 at Leavenworth Penitentiary. I was one of a few that



Larry Traub, husband, father, teacher, coach, and champion.

little bit of a trade off. It will make our championships more prestigious, which will also mean that there may be more who enter who are trying to beat the system. And there are people who do beat the system.

**FR:** Do you use any supplements or follow any special diet?  
**LT:** I take the cheapest generic multiple vitamin I can, some ginger, and an aspirin every morning, and I've been taking creatine for a little over a year. It's the only supplement I've ever taken that I'm absolutely convinced has made a difference in my lifts. I reduce my fat intake when I'm trying to get my weight down for a meet, but I don't follow a special diet, although I try to eat well.

**FR:** What are your best lifts in competition?  
**LT:** In the old days at 220, I squatted 666, benched 390, and deadlifted 710. At this last nationals I squatted 645, benched 370, and deadlifted 685 at 198. The squat and deadlift were American records.

**FR:** What are your goals in powerlifting?  
**LT:** I just want to keep lifting, keep having fun and I'd like to win as many of the national meets as I can.

**FR:** Since you train at about 215 lbs. most of the time, how do you make weight for the 198 class?  
**LT:** Prior to the meet I take off about 1 lb. a week until I get down to 208. Then I dehydrate the other 10 lb. before the contest. If I'm going to lift on Saturday, I'll dehydrate Wednesday through Friday, taking in probably less than 30 ounces of liquid during that period. The only thing I had a cramping problem at one of the Nationals. I'm real careful to rehydrate using Pedialyte and Gatorade. I have some real strong feelings about wrestlers dehydrating and not being very smart, but once a year for powerlifting competition, with adequate time to rehydrate, it works pretty well. And I'm only dehydrating 5% of my body weight, not 15 or 20%.

**FR:** Where do you train, and what is your training program?  
**LT:** Right now I do all my training at home. I have a weight room I've framed up in my garage, and have built all my own equipment. On school days I train from 5 am to 6 am. I work out 8 out of every

10 days. I emphasize high intensity and low volume in my workouts. I do not cycle - I work as heavy as I can for 7 or 8 months. After a contest I take 2-3 weeks off and then sort in gradually for the first few workouts until I get back up to where I was before. I employ a couple of Fred Hatfield's principles which he gives in his book "Power, a Scientific Approach". The first of these is ballistic movement, which has actually helped me get rid of tendinitis which I've had in my shoulder for a number of years. I use this once out of 10 days for a particular movement. So, Day 1 is my ballistic lower body day, and I do 3 sets of 5 in the squat and in the deadlift. In the squat I go to about 6 inches above parallel, and then I drop and bounce, which we've been told not to do for years, but has actually helped me. I also use this bouncing motion in the deadlift. I rest 5 to 10 minutes between sets. I do no assistance work on this. Day 2 is my upper body ballistic day and I do 4 sets of 5 on the bench, bouncing the bar off my chest, after lowering it to about 3 inches above my chest. Then I do some curls and lateral raises. Day 3 I use another Hatfield principle - compensatory acceleration. This is a lower

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# Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Workworth, 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:** From the age of 25-27 I did three cycles of Anavar, Dianabol, and Anadrol. At the end of my last cycle I started getting heart palpitations, shortness of breath, chest pains, and dizziness. I quit use and never used again. The symptoms still remained. I went to my doctor, and he performed every heart test possible. All tests, including a complete blood test, were normal. He said it was simply panic/anxiety attacks. I have been dealing with this problem for 5 years. It has ruined my life. I am off steroids for good! I regret ever taking them! Are there any other tests I should take? Have you ever heard of a problem like this due to steroid use? I would like to live a normal life again. Thank you so very, very, **Dan.**

**Dear Dan:** Heart palpitations are not a common adverse effect of anabolic steroid use. Neither are panic/anxiety attacks. If any problems like this occur they usually go away after the anabolic steroids are discontinued. I see palpitations and panic/anxiety attacks more commonly with the use of adrenergic compounds such as clenbuterol and ephedrine and even with caffeine. If you are using any of these compounds try stopping them and see if the attacks lessen. I wouldn't torture yourself with the idea that you've permanently injured yourself with your use of anabolic steroids. I can tell you with my 30 years experience and research that it just isn't so. It's possible that their use may have brought on your symptoms sooner than they would otherwise have appeared, but even this is unlikely. My advice is to put all that behind you and try to get back into a healthy training and nutritional program. Taking good care of yourself and feeling good about what you're accomplishing is the surest way to beat your symptoms. All the best. **Mauro Di Pasquale, M.D.**

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**Dear Mauro:** I have tried your anabolic diet. It is great and works better than I hoped. I have dropped about 3% bodyfat in two months. I was wondering if you had a longer and more diverse low carb list. I am getting tired of eating meat and cheese. Which brings me to my last question of how I can start packing on some more mass. I was wondering if there was some high calorie, low carb, high fat foods that I could eat a lot of without getting tired of them? Any help you could give would be greatly appreciated. **Darrin.**

**Dear Darrin:** Variety is important if you want to eat enough to pack weight on. The key to weight gain is the weekends. Keep your calories between 3500 and 4000 calories during the week, but jump it up to over 5000 calories for Saturday and Sunday. Leo Costa, in his bulking up phase, takes in up to 12,000 calories daily on weekends. Your best bet is to buy one of those booklets that give you the number of grams of carbs in various foods. I'm working on a companion book that will outline foods, diet plans and dozens of anabolic and tasty low carb recipes. In any case let me know how you're getting along. Touch base with me in a few months and I can let you know how the companion book is coming along. **Mauro Di Pasquale, M.D.**

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

From the USAPL President: (2/18/98) "Dear Executive Committee Members:

Please find the enclosed report submitted by Victor Uriarte of Quest Diagnostics, Inc., via Buddy Davalli, our Sports Testing Representative. Mr. Uriarte is widely respected in the field of urinalysis sports testing.

This report verifies the horrific trend we have seen in urinary steroid profiles developing over the past year. In the last few months, the compounds discussed in this report have been pushed relentlessly through many forms of adulteration media to our general athlete population. Most of us on the Executive Committee are in possession of post-card offers for free bottles of steroids, if we purchase another product offered by the supplier. Such business practice, with foreknowledge, is patently insidious. If neither the FDA or certain Supplement Companies will police themselves with respect to these products, then we must do it for them. I applaud those nutritional companies who refuse to carry these products, even though they know there are dollars to be made from a largely unapprised athlete market population.

It is a terrible thing to acknowledge that we must educate our athletes to prevent their damage from "legal" enterprise. Never before in this country have we had to worry about the sources for banned athletic agents in powerlifting, as typically the sources were either illegal, or provided through an illegal practice. Now it has literally become possible to send a child to the local nutritional store to purchase over the counter steroids. Actions must be taken. As a first line of defense, I recommend the article written by Executive Committee member Michael Mooney

ers: androstenedione and 19-norandrostenedione. Their use also

Pharmacologically, these three substances are potent anabolic steroids and their use as nutritional supplements should be unacceptable in sports and in society in general. Their unrestricted availability is misleading and contributes to confusion over the definition of banned substances. Currently in the United States, all illegal drugs are among those listed as controlled substances. Many potentially dangerous designer drugs or potent endogenous compounds are not listed because it is not possible to account specifically for all possible chemical variations. These substances remain legal until they are specifically identified and controlled, though they may be as potent as listed controlled substances. None of the three anabolic discussed here is listed as a controlled substance, making them available at this time.

However, by the International Olympic Committee doping means ban on the entire pharmacological class of compounds, IOC gives only a list of examples at each banned class with no definition of related substances. This definition has an advantage of automatic banning all designer drugs and possible endogenous compounds as well. Thus androstenedione, androstenediol, and 19-norandrostenedione are banned doping compounds according to the IOC and at this time are legal dietary supplements in the United States.

Oral administration of androstenedione and/or androstenediol has a devastating effect on the entire urinary steroid profile, immediately increasing concentrations of testosterone, androstenedione, etiocholanolone and other

endogenous steroids by 100 times. Concentration of testosterone rises faster than that of epitestosterone, which causes T/E ratio to exceed cutoff 6. At the same time rising epitestosterone concentration frequently exceeded upper cutoff limit of 200 ng/mL, which was historically set at this level in order to prevent manipulations with epitestosterone, as a balance for masking testosterone doping. This makes such samples positive in routine athletic drug testing.

Even if these parameters (T/E ratio and epitestosterone concentration) do not exceed cutoff values in urine sample, total steroid profile after ingestion of these drugs is characteristic and recognizable by unusually high concentrations of common urinary steroids and specific hydroxylated metabolites of androstenedione and diol. This impact is strong, but it lasts for a short time, compared to regular anabolic steroid. In about 12 hours or less urinary steroids return to their normal concentrations. In order to maintain elevated testosterone to the sharp shift of testosterone concentrations from orally administered androstenedione and diol, regular injectable testosterone esters (illegal) provide constant concentration of active free testosterone in blood, which is safer and more efficient. In addition, the oral route of administration deactivates most of the steroid, converting it into useless ultimate urinary metabolites and unnecessary impacting liver. We do not know at this time how damaging it may be for chronic users.

19-Norandrostenedione is another foreign compound to a human body. It is easily detectable in urine in form of regular androstenedione metabolites, 19-Norandrostenedione and 19-norandrostenediol. 19-Norandrostenedione is equal in its effect and ultimate metabolism to androstenedione, anabolic steroid with especially notorious reputation and most frequently detectable in anabolic steroid drug tests. This oral form creates the same problem in regards to concentration variations in the body, as two previous steroids, 19-Norandrostenedione metabolites are detectable in urine for up to 10 days after administration of a single dose of 50 mg, and they are indistinguishable from regular androstenedione metabolites.

In our routine athletic drug testing we observe more and more frequently steroid profiles, which have never been observed before introduction of these three over-the-counter anabolic steroids. Abuse of these drugs is reaching epidemic proportions and they must be made illegal, just like testosterone and other anabolic steroids.

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

for your further consideration. His thesis weighs the aspects of Roman law as opposed to English law with respect to paraphrase, currently we practice the "English law" approach to banned substances, which is that we consider all things to be "legal", except for those things which are banned. The "Roman law" approach is to consider all things first as banned or illegal, except for those things which have been accepted or approved as "legal". The IOC has made substantial progress with this practice by publishing lists of "accepted" medications - those that do not contain any banned substances. It may be that the time has come to embrace this line of thinking in our policy, considering the increasing pressure applied to sport

podding legal steroids to our athletes. It may become necessary to officially approve nutritional offerings, providing a "safe list" of supplements which our athletes may consult prior to purchase and consumption for their strength training without fear of ingesting a banned substance.

Please add these considerations to your thoughts on this issue. Sincerely yours, Michael W. Overdier, USA Powerlifting President."

The following is the report by Victor Uriarte, referred to (above) by Mike Overdier: The recent appearance of the dietary supplement, androstenedione, caused confusion and numerous questions among athletes and sports officials. Being heavily advertised androstenedione quickly became popular among a wide range of athletes, because of its apparent anabolic effect. Use often resulted in positive drug tests. Later, two other related substances became available as muscle growth enhanc-

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Fig. 1

\*Effects of whey proteins, their oligopeptide hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats, published in the Journal of Parenteral and Enteral Nutrition, 1989; Vol. 13, No. 4, pages 382-388.

You already know that all proteins are not created equal. This simple fact was revealed in the landmark study which was published in the JOURNAL OF PARENTERAL AND ENTERAL NUTRITION by Marie-Guenevieve Poulain, PH.D. The study showed that HD Hydrolysates (high-degree Hydrolysates) promotes significantly higher nitrogen retention than both whole proteins and free amino acids. Pretty amazing stuff. That's why so many companies are making product claims based on information from the Poulain study in their advertising. Sometimes you can't believe everything you read, that's why we sent the top selling protein supplements, including Proton™, to an independent lab to determine how much hydrolyzed protein they contained. We were amazed at the results. Check out the graphs on the below and you'll be amazed too. The studies show that Proton™ has the highest level of Protein Hydrolysate of the three commercial products tested.



Fig. 3

fact... The molecular weight profile of Designer Protein closely resembles the molecular weight profile of intact (non-hydrolyzed) whole protein (see figure 5). Next Nutrition, Inc. references the Poulain study in their advertising for Designer Protein. The analytical data from an independent laboratory revealed that the protein used in the Designer Protein product is not the same as the whey protein hydrolysate used in the Poulain study (fig. 2)

they said... Next Nutrition, Inc. (manufacturer of VyoPro) references the Poulain study and states, "No other protein in America contains Designer Protein's WPHo-Whey Peptides, which clinical research shows give muscles more nitrogen than regular whey or free form amino acids."



Fig. 4

fact... VyoPro had significantly less hydrolyzed protein than the Poulain hydrolysate and less hydrolyzed protein than Proton™. The analytical data revealed that the protein used in VyoPro is not the same as the whey protein hydrolysate used in the Poulain study (see figure 2).

they said... AST Research, Inc. (manufacturer of VyoPro) references the Poulain study in their advertising and states, "The study set out to compare the effects of pure whey protein, whey protein oligopeptides (the same kind used in VyoPro's Whey Protein),"

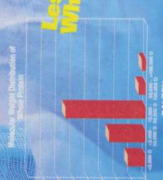


Fig. 5

It's easy to see the similarities between the profiles of Designer Protein, VyoPro and the Less Effective Whole Protein shown above (fig. 3).

The bottom line is this: To get the results based on clinical research, you need to use a product that most resembles the profile of the Ideal Protein Hydrolysate (figure 2).

When you look at the Fig. 2 graph and compare it to Designer Protein, VyoPro and VyoPro, Fig. 4, you observe that they are not what they claim to be.

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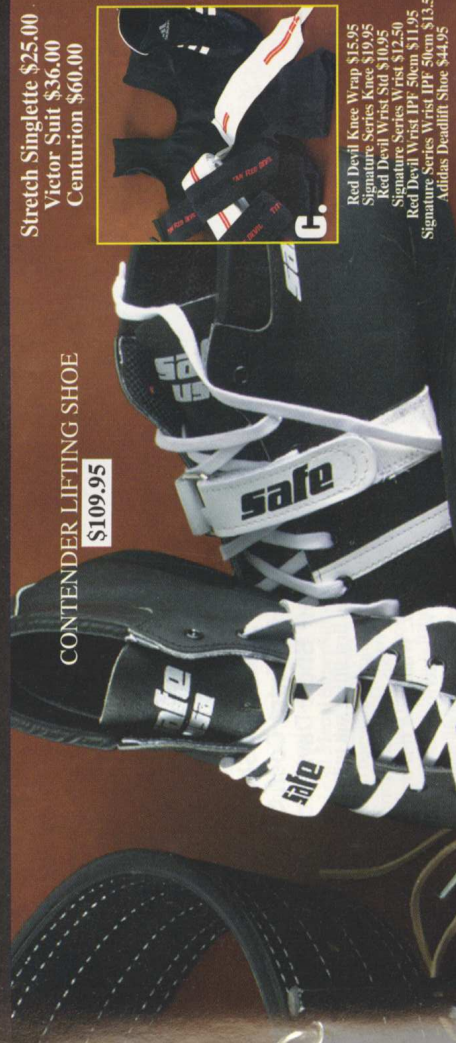


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- 3-5 APR, USAPL, California State PL (Napa Valley College) **Christy Kling**, Napa Valley College - Physical Education, 2277 Napa Valley Blvd., Napa, CA 94959
- 5 APR, USA High School National, 1111 Hart Hwy, Box 82264, Lincoln, NE 68501, 402-470-3672
- 5 APR, USA High School National, 3001 America's 3rd Central New York Branch (men, women, women, teen) Howard Brenton, 176 Whitesboro St., Yorkville, NY 13495, 315-736-4369
- 4 APR, WA State H.S. Qualifier, Shelton HS, Rick Unterschuer, 360-426-4471 (S), 7911 (H)
- 4 APR, 17th Big Sky Open, Jim Ramsey, 3424 5th Ave. S., Great Falls, MT 59405, 406-453-4213 or Willy Weaver 771-1851
- 4 APR, Capital City Push-Pull Classic (Lansing Comm. College, Lansing, MI) Jeff Buchin, 317-483-1227 (H), 669-9368 (S)
- 4 APR, Maine PL/BBP Championships, John Mathias, Box 325, Oakland, ME 04963, 207-465-7102
- 4 APR, Midwest Bench Press, The Weight Room, 615 St. Joe, Rapid City, SD 57701, 605-348-5070
- 4 APR (2nd new date), USPF Alabama State (Gunter AFB) Steve Grubbs, Box 3973, Montgomery, AL 36109, 334-277-2333
- 4 APR, USAPL Missouri State/Ozark Open PL/BBP (open, novice, teen, master - men & women) Mike Cissell, 151 Lakewood Dr., Lake St. Louis, MO 63367, 314-561-1292 (H-10pm)
- 4 APR, 4th Polkston YMCA BP & DL (open, novice, teen, master, women, teen, master, (low & fire team) Poststown, YMCA, Adams & Jackson St., Poststown, PA 19464, 610-323-7300 or Gary Heim 610-798-0117
- 4 APR, Effingham Open BP/DL Classic (Effingham, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 4 APR, ANPPC Drug Free Hoosier BP (teen, women, men, master, team - Shelbyville, IN) ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 4 APR, WNPF Alabama State (Bessemer, AL - Natl. qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 4 APR, East of the Sun BP & DL (open, novice, teen, master, women) Wayne Hammes, Box 433, Okaloosa, IA 520577, 515-673-5240, hammes@okstate.net
- 4 APR, 5th "Strong Arm of the Law" Bench Press Classic in memory of Officer Thomas H. Lafferty, (law enforcement only, limited to 120 lbs) Insp. Bryan W. McMahon, IBPO Local 382, PO Box 345, Lowell, MA 01852
- 4 APR, MDSA King & Queen of the BP (Rochester, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 4 APR, Dungenoo Powerworks Drug Free Bench Press (open, novice, teen, master, women) Sham or Dooditt, Mark Millinger, 49042, 616-435-7582, Constantine, MI 48610
- 4 APR, AAAPD T-shirted Maine State (4th) & APF Maine State Open (5th) (men, women, teen, open, master) Russ Barlow, RR#2, Box 126, Turner, ME 04282, 207-225-5070
- 4 APR, AAU Men's & Women's Senior Nationals, Rich Myers, 10075

## Coming Events

- (19th), Kieran Kiddle, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-2398-3527
- 18 APR, NAPA High School National (Dallas, TX), NASA, Box 735, Noble, OK 73068, 405-872-9684
- 18 APR, Power Elite BP/DL Open (Antioch, IL) Derrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 18 APR, Deser Power Lift-Off BP/PL/BBP (Mesa, AZ) Steve Grubbs, 3973 Lakewood Blvd., 22, Napa Valley College, 2277 Napa Valley Blvd., Napa, CA 94959
- 11 APR, NAPA, Box 735, Noble, OK 73068, 405-872-9684
- 19 APR, NAPA, Box 735, Noble, OK 73068, 405-872-9684
- 11 APR, USA "RAW" Bench Press Federation Spring Nationals, Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 11 APR, ANPPC Drug Free Prairie State BP (teen, women, men, master, team - Vernon TBA) ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 11 APR, NAPA Wisconsin State (Medison, WI), NAPA, Box 735, Noble, OK 73068, 405-872-9684
- 11-12 APR, USPF New Hampshire State (Dover, NH) Steve Grubbs, 3973 Lakewood Blvd., 22, Napa Valley College, 2277 Napa Valley Blvd., Napa, CA 94959
- 11-12 APR, USPF Region (NY, CT, RI, MA, VT, NH, ME) PL/BBP Dave Follanese, 170 Ladd Hill Rd., Belmont, NH 03220, 603-528-2812
- 18 APR, National Invitational Bench Press (open, novice, master, teen, women - theater setting - unique awards) George Herring, 3925 Creekwater Ct., Lawrenceville, GA 30244, 770-564-2872
- 18 APR, 5th, Anglaise-Mercer YMCA BP, Ruth Knous, 7590 SR 703, Collins, OH 45822, 419-586-9622
- 18 APR, AAUFL State Drug Free Bench Press, All American Gym, 118 S. Kentucky, Lakeland, FL 33801, 941-687-6268
- 18 APR, Southeast Missouri BP/DL (Poplar Bluff, MO) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 18 APR, ANPPC Drug Free Volunteer State BP (Jackson, TN) ANPPC, Box 1484, Mt. Vernon, IL 62864, 800-559-6772
- 18 APR, WNPF S. Carolina State (Greenville, SC - Natl. qualifier) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 18 APR, MDSA N. Dakota State & Open (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 18 APR, AAU Drug Free Tennessee State PL (open, men & women, master, teen, women, teen, master, women) Williams, Box 800, N. Peach Rd., Henderson, TN 38340, 901-989-0198, hammons@okstate.net
- 18 APR, APF Iron Island Bench Blvd. on Island Gym, 3465 Lawson Blvd., Oceanaside, NY 11572, 516-594-9014
- 18 APR, APA Peach State Open BP & DL (Macon, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 18 APR (new date), WABDL National Deadlift/Budweiser World Record Breakers Bench Press Championships (top 3 in both BP & DL quality for WABDL Worlds) & APF/AAPF Regionals (national qualifier) (Double Iron Inn, Pasco, WA) Gus Rothensch, Box 5292, Bend, OR 97708, 503-581-3583-0600
- 18 APR, NAPA Spring Nationals/Regional (Napa Valley, CA) NAPA, Box 735, Noble, OK 73068
- 18 APR, AAPF Drug Tasted Florida State (18th) and APF Florida State Open

- FL 33611, 813-839-0188
- 25 APR, IPA National High School Championship, Dave Bradehaw, McDonough High School, 7155 Marshall's Corner Rd., Pomfret, MD 20675, 301-934-2944
- 25 APR, (new date) 19th AAU RAW Powerlifting BP & DL (individual contests, open, women, teen, senior, submaster, master) (Bigler, PA) Al Siegel, 304 Dazy St., Clearfield, PA 16830, 814-765-3214
- 25 APR, Python Gym Spring Classic PL/BBP/DL, Python Gym, 2255 Lumpkin Rd., Augusta, GA 30906, 706-790-3806
- 25 APR, (new date) NAPA Nebraska State (Lincoln, NE) NAPA, Nebraska 496-4521
- 25 APR, 1st Lakeshore Classic USAPL Bench Press, Craig Peutz, Manitowish/Two Rivers YMCA, 205 Maritime Dr., Manitowish, WI 54220, 920-682-0341
- 25 APR, USAPL, Zumbro Valley Open (open, master, novice, women) Steve Johnson, 1107 7th St. NW, Kasson, MN 55944, 507-634-4730
- 25 APR, APA Tennessee Open BP/DL (separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 25 APR, APA NHCI Bench Press (outsiders lifters welcome - 2 wks. advance notice - men, juvs., submaster, master) Fred Jatis, 1201 Main St., Fitchburg, MA 01460, 435-5300
- 25 APR, ANPPC Drug Free Lone Star State BP (Compton, TX) ANPPC, Box 148, Mt. Vernon, IL 62864, 800-559-6772
- 25 APR, Judgement Day Push/Pull (BP & DL) (S. Mary's, PA) 717-354-7299
- 25 APR, NAPA Texas State (Dallas, TX), NAPA, Box 735, Noble, OK 73068, 405-872-9684
- 25 APR, USPF Virginia State (Chincoteague, VA) Gayle Schroeder, 2297 Estuary Ct., Virginia Beach, VA 23462, 757-463-1111

## COMING USAPL EVENTS AT PRO FITNESS

— 1998 USAPL Heavy Metal Classic, 16,17 May 1998  
(Location To Be Announced)  
— 1998 USAPL New Jersey State

Powerlifting Championship.  
October 24, 25, 1998  
(Location To Be Announced)



HOME OF THE 1996 LIFETIME NATIONAL AND ADPPA NATIONAL TEAM CHAMPIONS-ALWAYS GREAT AND UNUSUAL AWARDS  
SPECIAL GUEST LIFTERS TO BE ANNOUNCED

CALL FOR INFO AND ENTRY FORMS: PRO FITNESS, 350 RT. 46, ROCKAWAY, NJ 07866, ATTN: JOE MORREALE, 973-627-9156

# Iron Island Meets:

## Special Squat & Bench Press Bar, & the Monolith

### NEW SCHEDULE - NOW IS THE TIME TO PREPARE!

**Apr. 18, 1998 - APF Iron Island Bench Blast**  
**Jun. 13, 1998 - APF Iron Island Deadlift Classic**  
**Oct. 31, 1998 - APF Halloween Bench Classic**

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

NY, 12205, 518-453-9205.  
 25 MAY, AAU New England High School & Under, Dale Caporaso, 11 Adelaide Ave., Smithfield, RI 02917, 402-232-3320.  
 26 APR, The Ohio Valley Judo Press, Powersville, 794 Old 74, 615-763-5585.  
 26 APR, USAPL Stamford YMCA Meet, Robert Fisher, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000.  
 26 APR, AAU Spring Fling BP & DL, Lamont X, 1519 3rd Ave., Seattle, WA 98101, 206-682-3966.  
 26 APR, (new date), 2nd Tri State Spring Classic BP & DL, (open, novice, teen, submaster, master, women - no formal), Kerry DiDomenico, 234 Alfred Dr., Whitesville, OH 43953, 614-264-4805.  
 26 APR, CAPL Canadian Championships PL/BP, Marcel St. Laurent, 457-7thme Avenue, Ile St-J, 514-346-9466.  
 26 APR, Chesapeake Open BP/DL Classic (Leaning Tree YMCA) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.  
 26 APR, USAPL All American Bench Press, Joe Moczyunas, 405 Main St., Taylor, PA 18517, 717-341-3373.  
 26 APR, APF No Gear State Championships (open, novice, master, women) Bill Holland, 300 W. Northern St., Seguin, TX 76759, 817-877-6082.  
 1,2 MAY, AAU U.S. Bench, military/law enforcement, special olympics, (open, physically challenged) Ray & Maureen (Singer) Drakos, 702/262 in all divs.) Martin Drakos, Box 7262, Moreno Valley, CA, 92552, 310-416-3566.  
 1-3 MAY, Junior Masters, Submasters, Teenage, Junior Nationals, Kieran Kiddler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527.  
 2 MAY, AAU Regionals, UALR Athletic Dept., 2801 University Ave., Little Rock, AR 72204, Coach Van Compton, 501-569-6947 or Larry Kye 501-592-6688/4843-4831.  
 2 MAY, (new date), Great Plains Club Invitational BP/DL, Tim Phelan, WLU, 309-298-1781.  
 2 MAY, USAPL Powerfest '98 Bench Press, Deadlift and Wheelchair Bench Press, Ned Norton, Box 5427, Albany, NY 12205, 518-453-9205.

DL/WL, Tim Piper, WLU Brophy Hall, 221C, Macomb, IL 61455, 309-298-7878.  
 3 MAY, Wisconsin State Bench Press, Muscles & Fitness, 509 16th Street, Brighton WI 53570, 608-289-2000.  
 4 MAY, APF, (new date), APF Iron Island Bench Blast, (open, novice, teen, submaster, master, women) Weightlifting Federation of GA, 150 Statebnah Rd., Stockbridge, GA 30281, 770-474-2633.  
 9 MAY, APF Ohio State Sr. & Jr., Dave Ogan, 298 N. High St., Chillicothe, OH 45522, 419-772-5446.  
 9 MAY, CBPL Northwest Indiana Bench Press (novice, men, women, master, teen drug tested/open) Shawn Rowton, 755 Baltimore Rd., Valparaiso, IN 46383, 219-789-1322.  
 9 MAY, Lifetime Natural PL/BP Championships Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.  
 9 MAY, (tentative) Virginia Teenage Championships, Ruth Gasta, 5112 Salem Cl., Colonial Hts., VA 23834, 804-520-5646 or Spots Tshontskids 804-656-8679.  
 9 MAY, NASSA Missouri State (Lee's Summit), NASSA, Box 735, Noble, OK 73068, 405-872-9684.  
 9-10 MAY, AAU Raw Virginia State Teenage & Teenage Record Breakers, Sperto Tshontskids, HMA, 2004-432-2481 (d).  
 15 MAY, APF California YMCA PL/BP (Pismo RICA, Jay McVeigh) Bob Ficker, 209-439-4934, AAUPC Georgia Meet, (open, novice, teen, submaster, master) Pete Bouchard, Box 581, Okatoosa, GA 30566, 770-538-3508.  
 16 MAY, AAU Ocean County "RAW" BP/DL, Waretown Health & Fitness,

DL/WL, Tim Piper, WLU Brophy Hall, 221C, Macomb, IL 61455, 309-298-7878.  
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 16 MAY, AAU Ocean County "RAW" BP/DL, Waretown Health & Fitness,

**USAPL POWERFEST '98 Bench Press, Deadlift, and Wheelchair Bench Saturday, May 2nd at the Empire State Plaza Convention Center in Albany, NY**

Contact NED NORTON, Box 5427, Albany, NY 12205 518-453-9205

SPECIAL GUEST: Mark Philipp

25-26 APR (new date) NASSA West Masters, Greg Van Hoose, Box 58, Millwood, NY 25262, 304-273-2283.  
 26 APR, The Ohio Valley Judo Press, Powersville, 794 Old 74, 615-763-5585.  
 26 APR, USAPL Stamford YMCA Meet, Robert Fisher, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000.  
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 26 APR, APF No Gear State Championships (open, novice, master, women) Bill Holland, 300 W. Northern St., Seguin, TX 76759, 817-877-6082.  
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 16 MAY, AAU Ocean County "RAW" BP/DL, Waretown Health & Fitness,

**Come to beautiful Austin Texas for the 1998 USPF MASTERS NATIONALS**

May 22, 23, 24  
 Austin, Texas Hilton Hotel Ballroom  
 Beautiful Sculpture Awards  
 Men & Women  
 Submasters (35-39)  
 Masters (40-44, 45-49, 50-54, 55-59, 60+)  
 IOC/USOC Guidelines for Urinalysis Drug-Testing  
 Strength Seminar by Ed Coan & Kirk Karwoski  
 Seguin Fitness  
 1415 E. Court, Seguin, TX 78155

stom, OH 44515, 330-792-6670.  
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 16 MAY, AAU Ocean County "RAW" BP/DL, Waretown Health & Fitness,

USAPL POWERFEST '98 Bench Press, Deadlift, and Wheelchair Bench Saturday, May 2nd at the Empire State Plaza Convention Center in Albany, NY

Contact NED NORTON, Box 5427, Albany, NY 12205 518-453-9205

SPECIAL GUEST: Mark Philipp

304 RT. 9, Waretown, NJ 08758, Phil or Matt 609-660-9770.  
 16 MAY, USAPL California DL/Venice Beach/Kevin Meakue, 818-899-7555.  
 16 MAY, AAU Lancaster BP/DL (Lancaster, PA) 717-354-7299.  
 16 MAY, Joliet Park District Annual BP/DL, Crystal Shetter, 3000 W. Jefferson, Joliet, IL 60438, 815-741-7296.  
 16 MAY, APF East Coast Championships (open, novice, teen, submaster, master, women) 123 W. Main St., Friesland, MD 21826, 410-742-9201.  
 16 MAY, Beddest of the Bad 2nd Bayhealth Bench Press Open, Mike Farmer, Bayhealth Medical Center, Box 302-424-5632.  
 16 MAY, AAU Yachin Spring BP/DL, Steve Lundy, Box 1266, Yedkiville, NC 27055, 910-679-8660.  
 16 MAY, Blue Ridge BP Classic, Virginia Shufflett, Box 941, Stanardsville, VA 22973, 804-985-3932.  
 16 MAY, Cross Country BP/DL, Bill McNeil, 1000 N. D Street, York, PA 17406, 717-226-5429.  
 16 MAY, NASSA Southeastern States Nationals (Madison, AL) NASSA, Box 734, Noble, OK 73068.  
 17 MAY, 2nd Ohio Cup BP and/or DL (open, novice, teen, submaster, master, women) Kerry DiDomenico, 234 Alfred Dr., Whitesville, OH 43953, 614-264-4805.  
 17 MAY, WNPFF Mass State (Woodbury) Wilkins, 31 Yale Dr., Richboro, PA 18954, 215-996-9902.  
 16 MAY, 16th Annual Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.  
 16 MAY, MDSA S. Dakota State & Open (Milbank, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 16 MAY, APA Florida Cup Open BP & DL (Palm Bay, FL) APA, Box 27204, St. Petersburg, FL 33707, 941-697-7962.  
 16 MAY, NASSA NC State (Hickory, NC) NASSA, Box 735, Noble, OK 73068, 405-872-9684.

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SPECIAL GUEST: Mark Philipp

# SUMMER BENCH FEST

## Denver, Colorado

### June 14, 1998

MEET SPECIAL: FREE T-SHIRT FOR ALL PARTICIPANTS! "THE Bench Press Competition in the Region this Summer! Quality Meet Conditions by an Experienced Meet Director. Men's Open, Open, Teen/Jr., Master, Andrea Sortwell, Teen, Junior, Submaster, Master; Women's Open, Teen/Jr., Master, Andrea Sortwell, 11380 W. 84th Pl., Arvada, CO 80005 7270

WHERE THE BIG BENCHERS COME PREPARED!

16-17 MAY, USAPL Pro Fitness Heavy Metal Classic, Joe Moreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.  
 16-17 MAY, NASSA Southeastern States Nationals (Madison, AL) NASSA, Box 734, Noble, OK 73068.  
 17 MAY, 2nd Ohio Cup BP and/or DL (open, novice, teen, submaster, master, women) Kerry DiDomenico, 234 Alfred Dr., Whitesville, OH 43953, 614-264-4805.  
 17 MAY, WNPFF Mass State (Woodbury) Wilkins, 31 Yale Dr., Richboro, PA 18954, 215-996-9902.  
 16 MAY, 16th Annual Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.  
 16 MAY, MDSA S. Dakota State & Open (Milbank, SD) Darwin Jacobson, Box 1031, Willmar, MN 56201.  
 16 MAY, APA Florida Cup Open BP & DL (Palm Bay, FL) APA, Box 27204, St. Petersburg, FL 33707, 941-697-7962.  
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23-24 MAY (new date), AAPF Nationals (Aurora, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.  
 23-24 MAY, NASSA Teenage Intermediate Nationals (Cincinnati, OH), NASSA, Box 735, Noble, OK 73068, 405-872-9684.  
 24 MAY, Sun Fernando Valley Open BP, Kevin Meakue, 818-899-7555.  
 24 MAY, AAUPC Pennsylvania State BP (new & assisted; men, women, teen, F., submaster, master) Bob Vermer, 514-422-9201, Pittsburgh, PA 15217, 412-422-9201.  
 24 MAY, APF Pine Tree State Open BP & DL (separate contests - Lewisville, ME) APA, Box 27204, St. Petersburg, FL 33707.  
 30 MAY, Best of Southeast BP/DL Raw, Steve/Bodyforum, 122 College Dr., McMurray, PA 15317, 724-941-7270.  
 30 MAY, Double Masters Power Meet (Wilmington, NC) (separate contests) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.  
 30 MAY, Washington State High School Championships (Shelton, HS) Rick Unensther, 360-426-4471/7911.  
 30 MAY, Canadian Championships (Calgary, Alberta, Canada) Bruce Aberg, 17 Bloor Street West, Toronto, Canada T0L1T3, 403-938-3067.  
 30 MAY, Hard Body Gym BP, Open, Ryan Prince, 3692 Hwy 111, Ponchartraine, LA 70064, 504-831-8714.  
 30 MAY, NASSA Colorado State (Denver, CO) NASSA, Box 735, Noble, OK 73068, 405-872-9684.  
 30-31 MAY (new date), WNPFF Battle of the Countries (USA, Bahamas, Ecuador) and/or SQ/DL Nationals (Daytona Beach, FL - Natl. qualifier) WNPFF, Box 142347, Fayetteville, GA

USAPL POWERFEST '98 Bench Press, Deadlift, and Wheelchair Bench Saturday, May 2nd at the Empire State Plaza Convention Center in Albany, NY

Contact NED NORTON, Box 5427, Albany, NY 12205 518-453-9205

SPECIAL GUEST: Mark Philipp

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SPECIAL GUEST: Mark Philipp

# The Strongest Man Alive Contest

(North American Strongman Society Contest)

Contest Director: Chris Mavromatis  
 Date: August 1st, 1998  
 Contest Site: St. Louis Park, MN  
 Weight-lifts: Friday, July 31st, 1998 9am to 7:30pm, at Powerhouse Gym in St. Peters, MO Tel# 314-97-0575  
 Rules Meeting: Saturday August 2nd, 1998 9am for Qualifying Heats.  
 Contest Begins: Sunday August 1st, 1998 9am for Finals Heats  
 Event Judges: Bill Kozmaier, World's Strongest Man  
 Strength Shows: John Brockfield, author of "Mastery of Hand Strength"  
 Divisions: Open divisions only  
 Weight Classes: 210 lbs. and over  
 Entry Fees: \$50.00 for one division \$80.00 for both divisions (210lbs. and over will not go down)  
 \$12.00 Spectator Fee

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Contact NED NORTON, Box 5427, Albany, NY 12205 518-453-9205

SPECIAL GUEST: Mark Philipp

16-17 MAY, USAPL Pro Fitness Heavy Metal Classic, Joe Moreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.  
 16-17 MAY, NASSA Southeastern States Nationals (Madison, AL) NASSA, Box 734, Noble, OK 73068.  
 17 MAY, 2nd Ohio Cup BP and/or DL (open, novice, teen, submaster, master, women) Kerry DiDomenico, 234 Alfred Dr., Whitesville, OH 43953, 614-264-4805.  
 17 MAY, WNPFF Mass State (Woodbury) Wilkins, 31 Yale Dr., Richboro, PA 18954, 215-996-9902.  
 16 MAY, 16th Annual Viking Open, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-5

# COUNTDOWN TO LIFTOFF.



1 National Championships

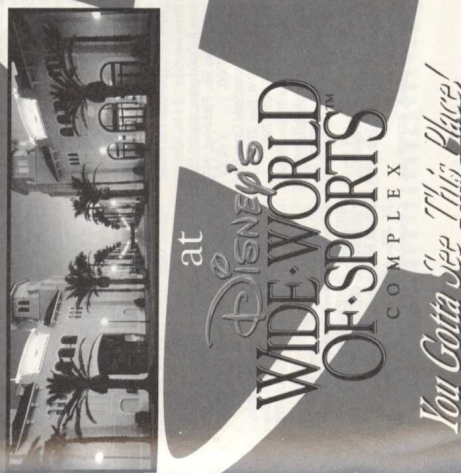
Amateur Athletic Union



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



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<http://www.aausports.org>  
 Be part of the action on and off the platform.  
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## 1998 AAPF National Powerlifting & Bench Press Championships

May 23 & 24, 1998

Aurora Community Center, Aurora, Illinois  
 men & women's: teenage, junior, submaster, master, police & fire, open  
 APF sanctioned/strict cut power testing  
 1-5 placings in all wt. classes  
 for info. call 217-253-5429

- 20 JUN, USA Central Region Open BP/DL (Mattson, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 20 JUN, USPF South Texas Power Championships BP/PL (open, women, teen men/women, master, submaster, class I) Seguin Fitness, 1415 E. Court, Seguin, TX 77875, 830-372-3396
- 6 JUN, MDSA Scout to the Looft North American Games (Coquet, MN - new site) Darwin Jacobson, Box 1031, Willmar, MN 56201
- 6 JUN, APF/AAPF "Buddist Bench in the Sun" (8am) Rock Solid Pro-Bodybuilding, 3009 G. Ashby #6, Austin, TX 78705, 512-708-9800
- 6 JUN, APA Southern States BP & DL (Anniston, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 5-7 JUN, AAU California Championships (youth, teen, high school, Open, Raw Master, Novice, Submaster, Master, Raw Master, Military/Law Enforcement) Victor Hill, 5221 W. 102nd St. Suite 118L, LA, CA 90045, 800-756-1216
- 6-7 JUN, WABDL Regional BP/DL (top 3 in BP & DL qualify for WABDL Worlds, Double Tree Hotel, Springfield/Eugene, OR) 97108, 541-389-0600
- 7 JUN, Midwest Bench, Box 5292, Bend, Or 97708, 541-389-0600
- 7 JUN, Hill Top Men's Meet (Men's Contest) Hill Top Men's Meet, 4000 Old Iron/Men/Woman total - open, women, teen, master, submaster) Den DeFalco, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6pm.
- 7 JUN, Winersville Open BP and/or DL (open, novice, teen, submaster, master, grandmaster, women) Kerry DiDomenico, 234 Alfred Dr., Winersville, OH 43953, 740-264-4805
- 7 JUN, USAPL New England States Open PL/BP (men, submaster, master, teen, Jr., special olympian, women's open, teen, Jr., special olympian)
- 20 JUN, USA National Region Open BP/DL (Mattson, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 20 JUN, WNPFF International Cup BP/DL (Windoor, Ontario, Canada) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 20 JUN, AAU 15th No. Boys Allowed RAW (open & PA State only; submaster, master) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714, 8-10pm.
- 13 JUN, WPC Open International Meet (Jervenvaara, Finland) Sukari Selkainaho, Riihtakatu 5, 43100 Saarijärvi, FINLAND (cash prizes 1st-5th by Reasel formula). Bench Press/Deadlift: Ron Demaris, 6531 W. Virginia, OH 44515, 330-792-6670
- 13 JUN, USAPL United States Open Bench Press (open, master, teen, police/fire, female, submaster, male/female, full time college, full time military) Stansawville, VA, John 804-985-3922 or Will 804-985-6858.
- 13 JUN, Louisiana State Troopers Assn. Charity Bench Press (men, women, master, teen, spec. olympic, police/fire) Trooper Art C. Hansell, Troop B, 2101 I-10 Service Rd., Kermer, LA 70065, 504-471-2775
- 13 JUN, USA Illinois Grand Springs Invitational (open, women, teen, submaster) NASA, Box 735, Noble, OK 75068, 405-872-9684
- 13 JUN, APF/Island Deadlift Classic (open, women, teen, submaster) Iron Island Gym, 3465 Lawson Blvd, Oceanside, NY 11572, 516-594-9014
- 13-14 JUN, (new date), AAU Teen/Dr. Nationals (Boston, MA) Larry Larsen, 617-479-7761, 15 Ball St., Quincy, MA 02269.
- 14 JUN, APF Bench Bash for Cash, Kieran Kilder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
- 14 JUN, USAPL Summer Benchfest (Denver) Andrea Sorntwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-0904
- 20 JUN (new date), USAPL Southern California Bench Press Championships, California State University, 8005 S. Strickland, Fontana, CA 92335, 909-852-4848
- 20 JUN, USAPL Scorer State Games (Boca Raton, Adhore OK) Cheryl Auld, 1719 N. Tulsa Ave., OKC, OK 73107, 405-949-0361.
- 27 JUN, USA "RAW" Bench Press Federation Summer Nails, (Indiana) Derrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
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## 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**

- 30214, 770-996-3418.
- 31 MAY, USAPL Wayne Dealing Memorial BP & BP/DL (open, Jr., master), Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264.
- MAY, 1st USPF Men's/Women's American Bench Press Championships (Sheraton - Valley Forge, PA - no qualifying totals, open, teen, Jr., submaster, master, drug tested, no formula) Rob Keller, Box 829, Amber, PA 17209, 717-215-542-4941.
- 5-7 JUN, AAUFC Florida State Championships (open, women, teen, submaster) Mike Kilpatrick, Box 10,000, Lake Buena Vista, FL 32830, 407-934-7200.
- 5-7 JUN, NASSA Masters/Submasters Nationals (Cincinnati, OH), NASSA, BOX 735, Noble, OK 73068, 405-872-9684.
- 6 JUN, Walker's Gym Bench Classic (teenage, open, women, master) Walker's Gym, 220 E. Broadway, Hopewell, VA 23860, 804-468-7918.
- 6 JUN, 3rd annual Capital City Push/Pull Classic (Overton Athletic Club) Push Hoops, MT 59638, 406-227-7371 (teen).
- 6 JUN, ANPPC All Natural Texas Open BP Hector Garman, Texas Gym, 4212 Decker Dr., Baytown, TX 77520, 281-424-4667.
- 6 JUN, YWCA-El Donado Bench Press Classic (men/women - open, teen, submaster, master) Jan Victoria, 410 E. Elm St., El Donado, AR 71730, 870-862-5442.
- 6 JUN, 1998 USAPL Midsummer Classic (open, teen, women, PBF, submaster, master) Steve Conum, 1614 S. Green St., Henderson, KY 42620, 502-826-8354.
- 6 JUN, Indiana Open II BP/DL Classic



**XXXII AAU Junior Olympic Games**  
Hampton Roads, Virginia

# POWERLIFTING CHAMPIONSHIPS

**WHEN**  
Check in: July 30  
Lift: July 31 & Aug. 1

**WHO**  
Male & Female Competitors  
All Weight Classes

**CONTACT**  
For meet applications call:  
AAU National Headquarters  
Meet Director: Jay Siegel  
814-768-9400

**Raw or Assisted for Each Weight Class**  
Olympic style medals awarded in each weight/age group  
Largest annual multi-sport event for youth in the nation!

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**WHO**  
Male & Female Competitors  
All Weight Classes

**CONTACT**  
For meet applications call:  
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Meet Director: Jay Siegel  
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- 17 OCT (new date), NASSA Colorado Regionals (Denver, CO), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 17 OCT, NASSA Illinois Regionals (Springfield), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 18 OCT, Fall BP/DL Classic (Lynchburg, VA), Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 17 OCT, NASSA Colorado Regionals (Denver), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 16-18 OCT, WDPFPP (open, teen, jr., submaster, tentative), master-open/raw) AAU c/o Walt Disney World, Box 10,000, Lake Buena Vista, FL 32830 or Joe Vana, FL 691-0824
- 17 OCT, Missouri State BP/DL Classic (St. Louis), MO, Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 24 OCT, NASSA Mississippi Regionals (Hattiesburg), NASSA, Box 735, Noble, OK 73068.
- 24 OCT, NASSA Wisconsin Regionals (Madison, WI), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 24 OCT, Tennessee Showdown Curl/BP/DL, Tim Piper, WIU, Brophy Hall 2210, Macon, IL 61495, 309-298-1781.
- 24 OCT, Terra Haute Regional BP/DL Classic (Terre Haute, IN) Derrill Latch,

- 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- Open BP/DL (Amherst, MA), Box 27204, El Jobean, FL 33927, 941-697-7962
- 24 OCT, APA NHCI Push/Pull (outside lifters welcome - 2 wks advance notice - men, jr., submaster) Fred Lubas, 1201 Main St., Fitchburg, MA, 01420, 978-343-6550.
- 24.25 OCT, USAPL New Jersey State, Joe Morales, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.
- 24.25 OCT, AAU RAW 16th Central PA Open (1st 60/day - open, women, class 100 lb), Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 25 OCT (new date), CPA Quebec Championships PL/BP, Marcel St. Laurent, 457 7ème Avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466.
- 25 OCT, ChicagoLand Open II BP/DL Classic (Niles, IL) Dr. Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 30 OCT-1 NOV, IPA Senior Nationals/foldover/jun Amvets Lil Challier's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888.
- 31 OCT (new date), NASSA Virginia Regionals (Charlottesville, VA), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 31 OCT, Halloween Bench Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanville, NY 11157, 516-894-9014.
- 31 OCT, MDSA Halloween Bench Classic (New York), Box 1031, White Mt, NY 56201.
- 31 OCT-1 NOV, ANPPC Nationals (Tuscola, IL) Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 31 OCT-1 NOV, NASSA North Carolina Regionals (Burlington, NC), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 31 OCT, APF Ohio State BP, Chris Baxter, 2734 Morris Ln., Lucasville, OH 43068, 614-820-2717.
- 5-8 NOV (new date), WNPFF Worlds (Lancaster, PA) WNPFF, Box 142347, Sayreville, GA 30214, 770-996-7962.
- 7 NOV, NASSA Cym Classic (Lafayette, LA) NASSA, Box 735, Noble, OK 73068.
- 7 NOV (tentative) USAPL Division Powernovks Fall Push-Pull Classic (3 Box Elkhart, IN 46516, 219-674-6683).
- 7 NOV, 2nd Meadville YMAA AAU Bench Press (open men, top 3 raw, women, master-teen/hy/rl) Dr. Chris Knapp, 1559 Conneaut Lake Rd. #4, Meadville, PA 16335, 814-337-5800.
- 7 NOV, USPF Texas Cup PL/BP (Austin - open, women, teen men/women, master, submaster, class II) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 830-372-3596.
- 7 NOV (tentative) USAPL Colorado State Meet (E-40, 400-446-0569).
- 7 NOV, World Gym Boulder, Nicole Adams, 1212 Boulder, CO 80303, 303-446-0569.
- 7 NOV, Villavista BP/DL Champ's onships (Elfingham, IL) Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 7 NOV, APA Fall Classic BP/DL Strict

- 26-29 NOV, Men's & Women's World Championships (Philadelphia, PA - no qualifying total - open, teen, jr., submaster, master, drug tested - no formula), Robert Keller, Box 839, Ambler, PA 19002, 215-542-4941, FAX 28 NOV, APF (new date) West Coast Raw Nov/Dec (San Jose, CA), Box 27204, El Jobean, FL 33927, 941-697-7962.
- 29 NOV, CPA Championnat Canadien (Soulève de terre, Marcel St. Laurent, 457 7ème Ave, Nord #1, Sherbrooke, Quebec, Canada J1E 2A2, 819-346-9466, 569-8623 FAX).
- 5 DEC, 15th Southwestern Cup (men & women, open & class II, master, police & fire, teen) Buddy Duke, 201 N. Burnell Ave., Adel, GA 31620, 912-876-3988(d), 5807(f).
- 5 DEC, AAU North Carolina State Bench Press, Box 729, 9176, Gracchi, NC 27939, 919-453-6176.
- 5 DEC, APF/AAPF National Inv. Man-Iron Woman PL/Physique, Bob Packer, 209-439-4394.
- 5 DEC, 1998 Kentucky State/Bluegrass Open PL/BP (open, teen, women, P&F, submaster, master) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 502-826-8354.
- 5 DEC, APF Cadillac Classic Open BP/DL (open, women, teen, jr., submaster, master) Tom Skiver, 412 S. Highland, Dallas, TX 75201, 616-389-0292.
- 5 DEC, 5th AAU Christmas Bench Press Classic, Anon Pats, 1231 Cuyaga Ave., San Francisco, CA 94112, 415-585-7795.
- 5 DEC, Son Light Winter Classic BP/DL (Tuscola, IL) Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 5 DEC, APA Masters BP Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 5 DEC, Eastern USA Bench Press location (88) APA, Box 27204, El Jobean, FL 33927, 941-697-7962
- 5,6 DEC, (new date) West Coast Masters/ Submaster (San Jose, CA) Rock, AR) Larry Kye, 501-982-7660.
- 5,6 DEC, Notice Nationale/West Coast BP Nationals (Las Vegas, NV) NASSA Box 735, Noble, OK 73068
- 6 DEC, AAU 2nd Georgia Mountain Classic PL/BP/DL (open/raw, male/female, open, teen, jr., submaster, master) Pete Bouchard, Box 581, Oakwood, GA 30056, 770-538-3508.
- 6 DEC, USAPL Colorado State Open (Denver) Andrea Sorwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-0904
- 11-13 DEC, IPF World Bench Press (Munich, Germany)
- 12 DEC, 11th IBCB/Ellkhardt Bench Press (Stokes, NC) Jim Gwynne, John Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
- 12 DEC, Christmas BP Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932.
- 12 DEC, APA East Coast Open BP/DL (Raleigh, NC - separate contests) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
- 12 DEC, NASSA Georgia Regional (Carrollton, GA) NASSA, Box 734, Noble, OK 73068
- 13 DEC, (new date) AAU RAW 7th Coal County BP/DL (individual events - open, women, teen, junior, submaster - master) Al Siegel, 304 Dassy St., Clearfield,

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- 14.15 NOV, NASSA West Virginia Regional (Gass, VA) Hoos, 25362 Millwood, WV 25262, 304-273-2283.
- 14.15 NOV, NASSA East Coast Power Sports (part, hp, di - all divs total & individual) www.power-sports.org, Edwin Wilkins, 31 Yaker Dr., Richboro, PA 18954, 215-396-9902
- 21 NOV, USA "RAW" Bench Press Federation Grand Nationals (Tuscola, IL) Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 21 NOV, APA Southern Cup BP/DL (Shiloh, LA - separate contests) CPA, Box 27204, El Jobean, FL 33927, 941-697-7962.
- 21 NOV, NASSA Alabama Regional (Meadville, PA) NASSA, Box 735, Noble, OK 73068
- 21.22 NOV, AAU Drug Tested Southem States (all age) and APF Southern States (2nd) (Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527).
- 21.22 NOV (new date), NASSA Arizona Regionale (Scottsdale, AZ), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
- 21.22 NOV, Unified Strength Alliance National Championships (Harrisburg, PA) 717-354-7299.
- 22 NOV, Ozark Open II BP/DL Classic (Friedrichstein, MO) Dr. Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- Curl (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
- 10-15 NOV, IPF Men's Worlds (Tuscola, IL) Derrill Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.
- 13-15 NOV, WABD, World BP/DL Championships (Portland, OR) OR Bench Press, Box 5292, Bend, OR 97708, 541-389-0600.
- 14 NOV, 14th Eastern American Bench Press (open, master, women, novice, teen) Weightlifting Equipment of GA, 150 Saggemush Rd., Stockbridge, GA 30281, 770-474-2633.
- 14 NOV (new date), USAPL IronMan/Regional BP (open, jr., master) & IronMan/IronWoman (BP & DL - open, BWI Holiday Inn) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264.
- 14 NOV, MDSA Jike & Jenny's Gym Classic, Danvon Jacobson, Box 1031, Elkhart, IN 46501.
- 14 NOV, AAU New Jersey State BP/DL (new schedule) Jim Gwynne, Richard Stebbins, Chicago, Atlanta, Dr. Jimmie Leeds Rd., Pomona, NJ 08240, 609-652-4217.

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Open 350 Lb.	202.5*	220	110	245
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 Jan/92... Baddie BP in America AD  
 Feb/92... Heisey Deadlifts 925  
 DASH Hawaii Meet Love by Dr. Judd  
 TOP 100 220s, ADFFA TOP 20 132s  
 May/93... NASA Natural Nationals  
 Squatting With Equipment, Positives  
 from Negatives, Powerlifters First Aid  
 Kit, TOP 100 220s, ADFFA TOP 20  
 132s  
 Aug/93... USPF Seniors, USPF Mas-  
 ters, NASA Masters, Legends of PL  
 DASH World Record Breakers, Rack  
 Training, TOP 100 SHWs, ADFFA TOP  
 20 181s  
 Sep/93... ADFFA Men's Nationals,  
 NASA Grand Nationals, Female Con-  
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 inar, TOP 100 114s, ADFFA TOP 20  
 198s  
 Oct/93... APF Seniors, NASA World  
 Cup, Crant Pits Profile, ADFFA DL  
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 TOP 100 132s, ADFFA TOP 20 220s  
 Nov/93... Ed C. Interview, Anthony  
 Clark Bench 735, Doug Ortiz Bench  
 Workout Report, Interview, TOP  
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 Clark Profile Ed Coan Interview, Pt II,  
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 BNP Jr. Nats., IPF World Benchers,  
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 Feb/94... Drug Test Methods, ADFFA  
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 Greg Warr BP, ADFFA TOP 20 181s  
 Greg Warr BP 181s, ADFFA TOP 114s,  
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 Oct/94... APF SKS, Paul Suzuki Inter-  
 Teen Training, Tamara Rainwater-Grim-  
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 Apr/94... Silvia Tests, Coan Deadlift  
 Video, Bob Dempsey Profile, Psychology  
 of the 275, Interview, WDPFF Worlds,  
 May/94... USPF Jr. Nats., IPF World  
 Bench Press, BNP Jr. Nats., IPF World  
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 148s  
 Jan/94... NASA Natural Nationals, WPA  
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 Nichols Profile, Sticking Points in the  
 Squat, TOP 100 275s, ADFFA TOP  
 165s, ADFFA TOP 20 SHWs,  
 Feb/94... Drug Test Methods, ADFFA  
 National Masters, Malibu Classic VI,  
 Greg Warr BP, ADFFA TOP 20 181s  
 Greg Warr BP 181s, ADFFA TOP 114s,  
 Mar/94... Women's TOP 20 Drug  
 SHWs, ADFFA TOP 20 181s  
 Oct/94... APF SKS, Paul Suzuki Inter-

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**THIS IS NOT A VALID CARD**

FOR INFORMATION IN YOUR AREA CALL 1-800-AAU-4USA

Adult (20 and Over) \$25.00  
 Youth (19 and Under) \$10.00  
 If Yes, please write in your former membership number

Ablete  
 Youth Program  
 Coach  
 Adult Program  
 Volunteer/Administrative

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 MEMBERSHIP CATEGORY \_\_\_\_\_  
 CLUB # \_\_\_\_\_ CLUB NAME \_\_\_\_\_  
 FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ LAST NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Is this membership renewed?  Yes  No  
 If yes, please write in your former membership number \_\_\_\_\_

Check One:  Ablete  Youth Program  Coach  Adult Program  Volunteer/Administrative  
 Check One: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_  
 \*Youth Fee \$10.00 \*Adult Fee \$25.00 \*Coach Fee \$12.00  
 Accepted By: \_\_\_\_\_ Date: \_\_\_\_\_

view, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFFA TOP 20 198s  
 Sep/94... ADFFA Men's, USPF Men/  
 Women's Sr. Nationals, Relieve Pain  
 With Aloe Box Squats, Physiochemicals,  
 TOP 100 123s, ADFFA TOP 20 220s,  
 Oct/94... Paul Anderson Tribute, IPF Jr.  
 Worlds, Safety Squat Bar, Carrie Boud-  
 reau Interview, The ACEFACTOR, TOP  
 100 132s, ADFFA TOP 20 242s  
 Nov/94... WDPFF Worlds, Goodwill  
 Games, Is PL a Mockery of Strength?  
 Craig Tokarski Interview, Isometrics,  
 TOP 100 148s, ADFFA TOP 20 275s,  
 Dec/94... Jon Cole Profile, Asian Cham-  
 pionships, Conjugate Training, USPF  
 Bench Nationals, European Jrs/  
 Women's, United We Stand, TOP 100  
 165s

Jan/95... WPC Worlds, IPF Worlds, IPF  
 World Masters, Greatest All Time Squat-  
 ting, Karl Saliger of Austria, Meet Perfor-  
 mance Review, TOP 100 181s  
 Feb/95... World's Strongest Man, Con-  
 test, Jesse Kellum Squat Workout, Wil-  
 lie Williams 705 Bench Press, Video/  
 Computer Technology, TOP 100 198  
 lbs.  
 Mar/95... Women's TOP 20, Don  
 Reinhardt, Ethics of Ergogenics, Kar-  
 wowski Squats, Tamara Rainwater-Grim-  
 wood Bench Routine, TOP 100 220s  
 Apr/95... NASA Natural Nationals,  
 Deadlifting without Deadlifting, Rais-  
 ing Work Capacity, Bruce Wilhelm Pro-  
 file, L.M.W. Compounds, TOP 100  
 242s

May/95... Mike Bridges, Jamie Harris'  
 740 Bench, James Henderson, USPF  
 Jrs., Changing Weight Classes, Job  
 275s  
 Jul/95... Antonio Krause, USPF Colle-  
 gates' National, Overtraining  
 (or Adaptation), Greg Warr Interview,  
 Curt Leslie BP Workout, TOP 100 SHW  
 Jul/95... IPF Women's Worlds, Nick  
 Nighmare, Deadlift Workout, Pec Tear  
 Nightmare, Aloe Vera for Training, Off  
 Season Hints, TOP 100 Flyweights  
 Sep/95... TRIPLE SENIORS ISSUE AD-

500 Easy by Louie Simmons, ADFFA  
 TOP 25 All Time, APF Seniors Chronol-  
 ogy, Mark Pasillo Profile, TOP 100  
 123s  
 Sep/97... USAU/USPF/APF Triple Se-  
 niors Issue, IPF Women's Worlds, Ed Coan/  
 Kirk Karwowski Interview, Anthony Clark  
 Orates, Progressive Overload, TOP  
 100 132s,  
 Oct/97... Brad Cillingham Profile, Re-  
 sistance Training by Louie Simmons,  
 Ken Emrich Profile, Power Biceps Train-  
 ing, Larry Miller Interview, TOP 100 Lt  
 Wts.  
 Nov/97... U.S. Strongest Man Contest,

World's FASTEST Bench Presser, Rick  
 Gaugler Profile, Light Training Days,  
 Diabetes & PL, TOP 100 165s.  
 Oct/97... Vicki Steenrod, Functional  
 Protein Powders, Louie Simmons Squat  
 Workout, USPF's Best Women, Walt  
 Austin DL, TOP 100 181s  
 Jan/98... IPF Men-Master Jr. Worlds,  
 WDPFF Men-Teen Jr.-Master Worlds,  
 World's Strongest Man Qualifiers, Best  
 of Women, TOP 198s  
 Feb/98... WABDL Worlds, IPF BP  
 Worlds, World's Strongest Man, WPC  
 Worlds, Bench Primer Pt. 1, IPF Se-  
 niors, Asians, Speed Strength, TOP 100  
 NIA, 93011-U.S.A.

Mar/98... Mark Phillip Interview, TOP  
 20 Women, Teen, Master Rankings,  
 James Henderson, George Nelson, 1st  
 Worlds, Cillingham backstage  
**LIST THE BACK ISSUES YOU WANT  
 (AND YOUR ALTERNATE CHOICES)  
 INCLUDING MONTH AND YEAR,  
 MAKE OUT A CHECK (\$5 PER ISSUE)  
 TO POWERLIFTING USA FOR THE  
 PROPER AMOUNT, PUT IN AN EN-  
 VELOPE AND SEND IN TODAY TO:  
 POWERLIFTING USA, BI DEPT., P.O.  
 BOX 3238, CAMARILLO, CALIFOR-  
 NIA, 93011-U.S.A.**

Feb/97... Power of Compelling Out-  
 comes, WPC Men's Worlds, IPA Na-  
 tionals, 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 Powerlift-  
 ing Crisis, World's Strongest Man, USA  
 PL Decline, John Ford Pt. 2, TOP 100  
 242s.  
 May/97... Dream Team Pt. 1, Kick Start  
 Your Squat, Ken Ufford 800lb. Deadlift  
 Workout, Pyruvate, the Art of Winning,  
 Deadlift Primer, TOP 100 275s.  
 Jun/97... J.M. Blackley Profile, Dream  
 Team Pt. 2, ADFFA National Champi-  
 onship Chronology, IPF TOP 25: Good  
 Mornings, Scott Smith BP Workout,  
 TOP 97 SHW  
 Jul/97... Shane Hamman Profile, Doug  
 Heath Squat Workout Pt. 1, WDPFF  
 Champ. Chronology, EPF Europeans,  
 The Warmup Room, TOP 100 114s,  
 Aug/97... Power of Color, How to BP

World's FASTEST Bench Presser, Rick  
 Gaugler Profile, Light Training Days,  
 Diabetes & PL, TOP 100 165s.  
 Oct/97... Vicki Steenrod, Functional  
 Protein Powders, Louie Simmons Squat  
 Workout, USPF's Best Women, Walt  
 Austin DL, TOP 100 181s  
 Jan/98... IPF Men-Master Jr. Worlds,  
 WDPFF Men-Teen Jr.-Master Worlds,  
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 NIA, 93011-U.S.A.**

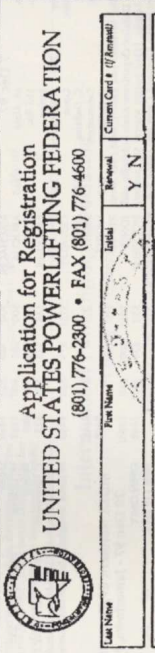
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 BOX 3238, CAMARILLO, CALIFOR-  
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**NEW A.P.F./A.M.P.F. Membership Application**  
**AMERICAN POWERLIFTING FEDERATION**  
**AMERICAN MASTER POWERLIFTING FEDERATION**  
 PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_  
 STREET ADDRESS \_\_\_\_\_ DATE OF APPL. \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
 AREA CODE \_\_\_\_\_ TELEPHONE NO. \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 IF UNDER 18 HAVE PARENT INITIAL \_\_\_\_\_ MASTERS YES \_\_\_\_\_ NO \_\_\_\_\_  
 REGISTRATION FEE \$ 25.00 CLUB MEMBER \_\_\_\_\_ NAME OF CLUB YOU REPRESENT \_\_\_\_\_  
 IF UNDER 18 HAVE PARENT INITIAL \_\_\_\_\_ MASTERS YES \_\_\_\_\_ NO \_\_\_\_\_  
 ARE YOU A PREVIOUS MEMBER? YES \_\_\_\_\_ NO \_\_\_\_\_

**ATHLETES**, fill out card completely and mail with fee to: ARE YOU A PREVIOUS MEMBER? YES \_\_\_\_\_ NO \_\_\_\_\_  
**60 S. BROADWAY**  
**AURORA, IL 60505**  
**MAKE CHECK PAYABLE TO: A.P.F./M.P.F.**  
 I CERTIFY THAT THE ABOVE ANSWERS ARE ACCORDANCE WITH THE RULES OF THE A.P.F./M.P.F. SIGNATURE \_\_\_\_\_

World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
 Oct/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s  
 Jan/98... IPF Men-Master Jr. Worlds, WDPFF Men-Teen Jr.-Master Worlds, World's Strongest Man Qualifiers, Best of Women, TOP 198s  
 Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 NIA, 93011-U.S.A.



**Application for Registration**  
**UNITED STATES POWERLIFTING FEDERATION**  
 (801) 776-2300 • FAX (801) 776-4600

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_ Renewal \_\_\_\_\_ Current Card # (if Renewal) \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Club Name \_\_\_\_\_  
 Current USPF Classification \_\_\_\_\_ Reference Status \_\_\_\_\_  
 Elite Member I II III IV IFF Cat. I Cat. 2 Cat. 3 Cat. 4 Club \_\_\_\_\_ State \_\_\_\_\_ Year \_\_\_\_\_ Y N Y N Y N Y N  
 Current USPF Classification \_\_\_\_\_ Reference Status \_\_\_\_\_  
 Elite Member I II III IV IFF Cat. I Cat. 2 Cat. 3 Cat. 4 Club \_\_\_\_\_ State \_\_\_\_\_ Year \_\_\_\_\_ Y N Y N Y N Y N  
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 Current USPF Classification \_\_\_\_\_ Reference Status \_\_\_\_\_  
 Elite Member I II III IV IFF Cat. I Cat. 2 Cat. 3 Cat. 4 Club \_\_\_\_\_ State \_\_\_\_\_ Year \_\_\_\_\_ Y N Y N Y N Y N

Registration Fee \$25.00  
 Make checks payable to and Mail to:  
**UNITED STATES POWERLIFTING FEDERATION**  
**NATIONAL HEADQUARTERS**  
 P.O. Box 860  
 Roy, Utah 84087  
 In recognizing the need for drug usage detection, I agree to submit to any drug testing requested by the USPF. My signature and photo will be used for identification and shall accept the results and consequences of such tests.  
 Signature \_\_\_\_\_





**J.M. Blakely, 110 kgs. bwt. division, with his 562 lb. opener, but he missed his 617's at the Finnish Record Breakers. (Sakari Selkainaho)**

**Finnish Bench Press Record Breakers**

pushed up 600 pounds in his 562 lb. division, but he missed his 617's at the Finnish Record Breakers. (Sakari Selkainaho)

**90 4 Oct 97 - Helsinki, Finland**  
**100 4 Oct 97 - Helsinki, Finland**  
**110 4 Oct 97 - Helsinki, Finland**  
**120 4 Oct 97 - Helsinki, Finland**  
**130 4 Oct 97 - Helsinki, Finland**  
**140 4 Oct 97 - Helsinki, Finland**  
**150 4 Oct 97 - Helsinki, Finland**  
**160 4 Oct 97 - Helsinki, Finland**  
**170 4 Oct 97 - Helsinki, Finland**  
**180 4 Oct 97 - Helsinki, Finland**  
**190 4 Oct 97 - Helsinki, Finland**  
**200 4 Oct 97 - Helsinki, Finland**  
**210 4 Oct 97 - Helsinki, Finland**  
**220 4 Oct 97 - Helsinki, Finland**  
**230 4 Oct 97 - Helsinki, Finland**  
**240 4 Oct 97 - Helsinki, Finland**  
**250 4 Oct 97 - Helsinki, Finland**  
**260 4 Oct 97 - Helsinki, Finland**  
**270 4 Oct 97 - Helsinki, Finland**  
**280 4 Oct 97 - Helsinki, Finland**  
**290 4 Oct 97 - Helsinki, Finland**  
**300 4 Oct 97 - Helsinki, Finland**  
**310 4 Oct 97 - Helsinki, Finland**  
**320 4 Oct 97 - Helsinki, Finland**  
**330 4 Oct 97 - Helsinki, Finland**  
**340 4 Oct 97 - Helsinki, Finland**  
**350 4 Oct 97 - Helsinki, Finland**  
**360 4 Oct 97 - Helsinki, Finland**  
**370 4 Oct 97 - Helsinki, Finland**  
**380 4 Oct 97 - Helsinki, Finland**  
**390 4 Oct 97 - Helsinki, Finland**  
**400 4 Oct 97 - Helsinki, Finland**  
**410 4 Oct 97 - Helsinki, Finland**  
**420 4 Oct 97 - Helsinki, Finland**  
**430 4 Oct 97 - Helsinki, Finland**  
**440 4 Oct 97 - Helsinki, Finland**  
**450 4 Oct 97 - Helsinki, Finland**  
**460 4 Oct 97 - Helsinki, Finland**  
**470 4 Oct 97 - Helsinki, Finland**  
**480 4 Oct 97 - Helsinki, Finland**  
**490 4 Oct 97 - Helsinki, Finland**  
**500 4 Oct 97 - Helsinki, Finland**  
**510 4 Oct 97 - Helsinki, Finland**  
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**530 4 Oct 97 - Helsinki, Finland**  
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**590 4 Oct 97 - Helsinki, Finland**  
**600 4 Oct 97 - Helsinki, Finland**  
**610 4 Oct 97 - Helsinki, Finland**  
**620 4 Oct 97 - Helsinki, Finland**  
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**680 4 Oct 97 - Helsinki, Finland**  
**690 4 Oct 97 - Helsinki, Finland**  
**700 4 Oct 97 - Helsinki, Finland**  
**710 4 Oct 97 - Helsinki, Finland**  
**720 4 Oct 97 - Helsinki, Finland**  
**730 4 Oct 97 - Helsinki, Finland**  
**740 4 Oct 97 - Helsinki, Finland**  
**750 4 Oct 97 - Helsinki, Finland**  
**760 4 Oct 97 - Helsinki, Finland**  
**770 4 Oct 97 - Helsinki, Finland**  
**780 4 Oct 97 - Helsinki, Finland**  
**790 4 Oct 97 - Helsinki, Finland**  
**800 4 Oct 97 - Helsinki, Finland**  
**810 4 Oct 97 - Helsinki, Finland**  
**820 4 Oct 97 - Helsinki, Finland**  
**830 4 Oct 97 - Helsinki, Finland**  
**840 4 Oct 97 - Helsinki, Finland**  
**850 4 Oct 97 - Helsinki, Finland**  
**860 4 Oct 97 - Helsinki, Finland**  
**870 4 Oct 97 - Helsinki, Finland**  
**880 4 Oct 97 - Helsinki, Finland**  
**890 4 Oct 97 - Helsinki, Finland**  
**900 4 Oct 97 - Helsinki, Finland**  
**910 4 Oct 97 - Helsinki, Finland**  
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**940 4 Oct 97 - Helsinki, Finland**  
**950 4 Oct 97 - Helsinki, Finland**  
**960 4 Oct 97 - Helsinki, Finland**  
**970 4 Oct 97 - Helsinki, Finland**  
**980 4 Oct 97 - Helsinki, Finland**  
**990 4 Oct 97 - Helsinki, Finland**  
**1000 4 Oct 97 - Helsinki, Finland**

165 lbs.	155	110	260	525
180 lbs.	140	130	320	660
200 lbs.	375	225	375	975
220 lbs.	450	250	455	1155
240 lbs.	575	370	460	1405
260 lbs.	135	155	325	615
280 lbs.	600	385	525	1510
300 lbs.	480	270	500	1250
320 lbs.	450	285	450	1185
340 lbs.	450	250	420	1135
360 lbs.	450	250	420	1135
380 lbs.	450	250	420	1135
400 lbs.	450	250	420	1135
420 lbs.	450	250	420	1135
440 lbs.	450	250	420	1135
460 lbs.	450	250	420	1135
480 lbs.	450	250	420	1135
500 lbs.	450	250	420	1135
520 lbs.	450	250	420	1135
540 lbs.	450	250	420	1135
560 lbs.	450	250	420	1135
580 lbs.	450	250	420	1135
600 lbs.	450	250	420	1135
620 lbs.	450	250	420	1135
640 lbs.	450	250	420	1135
660 lbs.	450	250	420	1135
680 lbs.	450	250	420	1135
700 lbs.	450	250	420	1135
720 lbs.	450	250	420	1135
740 lbs.	450	250	420	1135
760 lbs.	450	250	420	1135
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**Power People**

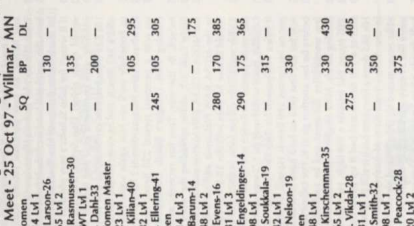


**James Hall, 165 bwt. is one of the best drug-free no-posit benches in the U.S. Since 1995, James has won titles in the WDPF-5th, AN-PPC-1st, NANA-1st, and the AD-PPA-3rd BP Championships (Hall)**

**Ted Jennings was born with cerebral palsy, but it didn't deter him from powerlifting. Ted began lifting weights to help his balance, then began competing. He's competed in the ADPPA, NANA, AU, and WPC since 1989, and has won Jr. Nationals, Grand Nationals, Deadlift Nationals and the World Cup titles. (Lisa-Isa, Pennphoto)**

132 lbs.	185	140	320	520
140 lbs.	180	140	320	520
150 lbs.	265	140	320	520
160 lbs.	180	140	320	520
170 lbs.	135	155	325	615
180 lbs.	600	385	525	1510
190 lbs.	480	270	500	1250
200 lbs.	450	285	450	1185
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280 lbs.	450	250	420	1135
290 lbs.	450	250	420	1135
300 lbs.	450	250	420	1135
310 lbs.	450	250	420	1135
320 lbs.	450	250	420	1135
330 lbs.	450	250	420	1135
340 lbs.	450	250	420	1135
350 lbs.	450	250	420	1135
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490 lbs.	450	250	420	1135
500 lbs.	450	250	420	1135
510 lbs.	450	250	420	1135
520 lbs.	450	250	420	1135
530 lbs.	450	250	420	1135
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880 lbs.	450	250	420	1135
890 lbs.	450	250	420	1135
900 lbs.	450	250	420	1135
910 lbs.	450	250	420	1135
920 lbs.	450	250	420	1135
930 lbs.	450	250	420	1135
940 lbs.	450	250	420	1135
950 lbs.	450	250	420	1135
960 lbs.	450	250	420	1135
970 lbs.	450	250	420	1135
980 lbs.	450	250	420	1135
990 lbs.	450	250	420	1135
1000 lbs.	450	250	420	1135

**Power People**



**Ashley Boyce, 132 lbs. bwt., does a 265 lbs. BP as a Guest Lifter, at the 1st Jungle Bench Classic in New Holland, PA. (photo courtesy Boyce)**

**James Hall, 165 bwt. is one of the best drug-free no-posit benches in the U.S. Since 1995, James has won titles in the WDPF-5th, AN-PPC-1st, NANA-1st, and the AD-PPA-3rd BP Championships (Hall)**

132 lbs.	185	140	320	520
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250 lbs.	450	250	420	1135
260 lbs.	450	250	420	1135
270 lbs.	450	250	420	1135
280 lbs.	450	250	420	1135
290 lbs.	450	250	420	1135
300 lbs.	450	250	420	1135
310 lbs.	450	250	420	1135
320 lbs.	450	250	420	1135
330 lbs.	450	250	420	1135
340 lbs.	450	250	420	1135
350 lbs.	450	250	420	1135
360 lbs.	450	250	420	1135
370 lbs.	450	250	420	1135
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470 lbs.	450	250	420	1135
480 lbs.	450	250	420	1135
490 lbs.	450	250	420	1135
500 lbs.	450	250	420	1135
510 lbs.	450	250	420	1135
520 lbs.	450	250	420	1135
530 lbs.	450	250	420	1135
540 lbs.	450	250	420	1135
550 lbs.	450	250	420	1135
560 lbs.	450	250	420	1135
570 lbs.	450	250	420	1135
580 lbs.	450	250	420	1135
590 lbs.	450	250	420	1135
600 lbs.	450	250	420	1135
610 lbs.	450	250	420	1135
620 lbs.	450	250	420	1135
630 lbs.	450	250	420	1135
640 lbs.	450	250	420	1135
650 lbs.	450	250	420	1135
660 lbs.	450	250	420	1135
670 lbs.	450	250	420	1135
680 lbs.	450	250	420	1135
690 lbs.	450	250	420	1135
700 lbs.	450	250	420	1135
710 lbs.	450	250	420	1135
720 lbs.	450	250	420	1135
730 lbs.	450	250	420	1135
740 lbs.	450	250	420	1135
750 lbs.	450	250	420	1135
760 lbs.	450	250	420	1135
770 lbs.	450	250	420	1135
780 lbs.	450	250	420	1135
790 lbs.	450	250	420	1135
800 lbs.	450	250	420	1135
810 lbs.	450	250	420	1135
820 lbs.</				















## AAUPC UPDATE:

The new lifting season has taken off with a flying start. This year we began recording RAW American Records. Within the last two weeks, about 450 RAW lifters have completed to set these records across the nation. In Virginia, Rudy Garcia ran a meet with 104 RAW lifters entered and Larry Kye in Arkansas had a RAW high school meet with about 100 lifters entered. The 10th Annual East Coast Classic had 118 lifters entered with about 70 of them RAW. This is a great start for RAW. On the down side, Al Siegel is now swamped with reviewing all the records. Unfortunately, some lifters who thought they had the record, may have been out-lifted by another lifter on the same date in a different meet.

What kind of guy is Al, or rather Team Siegel. On Friday the 21st, they left for Butler, PA, to help a new meet director set up. They judged all day, left at 6 pm and then drove across PA to get to New Jersey so they would be there early to help me out. Yes, I know Al makes money selling trophies, but the effort that Al, Brenda, Jay and Angel put into the sport goes far beyond the price of a trophy. How much does Al get paid by the AAU for being National Chairman? Al makes the same salary as I and the other Executive Committee members make - ZERO. WE CARE, that makes the difference.

Every year I give the same notice, and I hope that the athletes hear it. Some organizations have PRO divisions where cash is awarded. This has long been the practice as long as the athletes realize that by accepting money for a prize or in place of a prize they may be losing their amateur status. They should check with their organization, school, college and coaches. By accepting money you may become ineligible to play other sports, perhaps including college football. Check first and be safe, rather than later and be sorry.

The AAUPC is starting a new practice, to put a notice on each directors to put a notice on each entry/forms warning of the dangers of certain supplements and the fact that they are not legal for use. These include, but are not limited to: Androstenedione, 50 Androstenedione, Norandrostene, 19 Norandrostene and related products. These may be legal to buy but are not legal to use. There may also be significant health hazards involved.

Recently, I spoke with an outstanding lady bench presser, who revealed that at a meet of a for profit PL organization, that claims to do drug testing, the meet director told

We are having good success with our Modified Conventional System. Some lifters do find it a bit confusing at first, but by the second meet, they usually have it figured out. We are on a learning curve, but please remember that it took five years to work the bugs out of the round system. When that system first was made mandatory, most lifters asked the same questions that they now ask, how do I train for it? How do I warm up for it. Actually, most lifters train in a progression manner that resembles Modified Conventional System. If you approach it from that point of view, it becomes easy to follow.

The National AAU has revised its drug testing policy and issued it to its many sports. We are pleased to say that the AAUPC was a major contributor to this policy. Buddy Du Vall of Quest Labs was also prominent in developing this policy. Along these lines, we wish to announce that Nick Theodorou of Nutritional Technologies, 610-258-1894, has agreed to Chair our Drug Testing Committee. Nick has an extensive background in nutrition and with his degree in chemistry, has an excellent understanding of drug abuse. Nick was one of the original founders of the ADFPA, therefore he has extensive knowledge and experience as a drug free powerlifter. We feel free to powerlift with him aboard.

Larry Larsen, 617-479-7761, is getting a great deal of interest in the Teenage / Junior Nationals to be held June 13-14, in Boston. It appears that many young lifters plan a double lift. The Teenage and Junior Olympians in Virginia Beach, VA July 31 - August 1. Entries may be obtained from Mike Janssen for the JO Games, 407-934-7200. Entries for the Disney meets are now available from Sheldon Walker at the same number. Plans by Martin Drake, California State Chairman, 909-928-4797 are proceeding for the RAW Nationals in July and for the First RAW International Powerlifting Championships. We have many exciting meets planned for this year, be a part of powerlifting history.

We ask that all state chairman review the

procedures in the AAUPC rule book for giving referee tests. Candidates must read the 1998 rule book and take a 1998 test at all levels.

If any member is not receiving their copy of the AAUPC Newsletter, now 12 pages, please call Sheldon Walker and tell him when and from whom you bought your card. This year everyone should be using X Cards at their meets. The last copy should be given to the member and that will be their card. Therefore there will be no waiting for a card to arrive. The cards run from September 1st to August 31st, which follows the start of the school year. Youths are \$10.00 and adults are still only \$25.00. Youths may compete in most of the other AAU sports with the purchase of that one card. With each card comes a secondary \$5,000,000 liability insurance policy. ALL AAUPC sanctioned meets have this same coverage! Nowhere else is such a high coverage available.

The new AAUPC rule books are available for \$10.00 from Sheldon. The cover says it ALL and is definitely what powerlifting is all about. Train well, train smart, train drug free, complete AAUPC.

Jumpin', Jersey Joe.

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# TOP 100

For standard 242 lb./110 kg. USA lifting in results received from January 1997 through January 1998.

## PL USA Top 100 Achievement Awards



SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 853 Wessels, W. 4/6/97	665 Wessels, W. 4/6/97	900 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
2 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
3 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
4 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
5 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
6 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
7 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
8 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
9 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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11 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
12 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
13 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
14 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
15 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
16 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
17 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
18 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
19 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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23 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
24 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
25 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
26 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
27 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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62 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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64 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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67 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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72 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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76 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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81 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
82 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
83 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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94 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
95 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
96 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
97 860 Lovelace, M. 11/25/97	665 Wessels, W. 4/6/97	895 Austen, W. 2/8/97	2402 Wessels, W. 4/6/97
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