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# POWERLIFTING USA

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# INTERVIEW

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

## Mark Henry with Terry Todd interviewed for PL USA by Dr. Larry Miller



**Terry:** Mark is 26, and he's a professional wrestler, although for a year he wasn't able to train for wrestling because he broke his leg in November of 1996. It was a serious break and he's been rehabing ever since that time. He broke the fibula. He was completely off his leg, altogether for six months after November, so he trained for the 1997 Nationals for about six weeks. He was not quite up to his World Record level of 1995, but obviously still quite strong. He's 40 pounds lighter than he was because he's been doing a lot of cardiovascular training. He plans, now, to concentrate on his work in professional wrestling, but the contract that he has with the World Wrestling Federation allows him to have 3 to 4 months off every year with pay to concentrate on his lifting and do nothing but train for lifting. So, he plans to lift in several more National and World competitions within the next two years. And he still has hopes for the 2,000 Olympic Games to make his 3rd Olympic team. His best lifts in the squat, bench press and deadlift, added to his best in the snatch and clean and jerk, are the best in history. No one has ever officially done 1,000 lbs as he has with Mark. He has done, and he's lifted in the ADFPA because that federation is historically the one that has shown itself to be the most serious about drug testing and Mark has always made quite a thing about being drug-free, and trying to show kids that you can lift big weights without drugs. That's why he gave his "custom" to that particular federation.

**Larry:** How old is he, and what about his general lifting background?  
**Terry:** He's 26. He lives in Austin, Texas, is not married and his hobbies are music, movies, video games, and he's a good cook and likes to eat! He competed at the last Olympic Games, and the previous year he was a National and World Champion in powerlifting. He's been 5-times U.S. Weightlifting Champion, and he's been on the last two Olympic teams.

**Larry:** When did he get started in powerlifting and Weightlifting?  
**Terry:** Well, he was 3-times Texas State high school powerlifting champion. On his last one, that's when I met him. My wife Jan, and I were previously National powerlifting champions ourselves. We're professors at the University of Texas in Austin, and when he asked us for help, we decided to help him realize his potential and to capitalize on his awesome gift of strength.

**Larry:** Marcus, I'll ask you some ques-

**Mark Henry** at the 1997 USAPL Nationals where he won the SHWs next Olympics and right now I'm just... wrestling is the main thing.  
**Larry:** What are some of the records you hold in powerlifting and Olympic lifting?  
**Mark:** In powerlifting, I hold the World Record Squat in the drug-free bench is 954 lbs. My best official bench is 518 lbs. and my unofficial bench is 545. I hold a World Record in the deadlift at 903. My best official snatch is 376 lbs. and my best clean and jerk is 485 lbs. In practice, I made 409 and 507. I've still got a lot of room to grow in that sport and people will get to see that in the next few years.

**Larry:** What would you consider your greatest accomplishment in the sport?  
**Mark:** My greatest accomplishment is having some kids that I know say that they've become better athletes because they've seen me compete. That's what I consider my greatest accomplishment - rather than if I was going to say one individual lift that defines me. If I was going to say one lift that defines me, I would think it hooked me up with Emiliano Iankou, a Bulgarian, and, pretty much, the rest is history.

**Larry:** Are you going to continue with the Olympic lifting for the next Olympics?  
**Mark:** Yeah, I'm going to go to the

**Larry:** In powerlifting - because I can beat the guys that take drugs, anyway. But in weightlifting, it's a little bit different. You have to have a little bit more technique and that's good for that sport, but those guys aren't, naturally, that strong. You can have one or the other. That's been my experience with Olympic weightlifting. If they didn't take drugs, they wouldn't blow them out by a substantial amount. But since they are strong because they take drugs and they have the physical and athletic ability to do the Olympic weightlifting, it's hard for me to stay in the top 10 for the rest of my career - which I'm satisfied with because I'm competing against some guys who are cheating. But in powerlifting, you have some of the guys who take drugs and use equipment to enhance their performance, like super suits and this, that and the other. Well, I've thought about gearing myself up, but just don't want to use equipment and stuff like that. Also, I'll take the drug test any day for the rest of my life as long as somebody else is paying for it! And I continue to do it that way until it stops working for me.  
**Larry:** How many days a week do you train when you are preparing?  
**Mark:** I train six days a week. I take Sundays off for religious purposes, and recreational purposes. But I don't they take the drugs, I respect the fact that they say, "Okay, I'm dirty, and I'm not going to compete against people that I know are clean."  
**Larry:** What's the difference between a top powerlifter and a top Olympic lifter? What makes a good powerlifter?  
**Mark:** Usually, what makes a good powerlifter is a slow gear, just raw strength. Most of the people are genetically inclined. They physically have more to work with. In weightlifting, it's kind of like gymnastics with a strength sport combined. You tend to learn the apparatus and learn the technique first. Then, you start to get strong to help your weightlifting, and it's the other way around with powerlifting. I think that weightlifters are better athletes, overall, and powerlifters are stronger and powerlifters are tougher, too - usually the tougher of the two kinds of athletes.  
**Larry:** You said you've been training for a long time. What kind of training program do you go through as far as your wrestling schedule. How often do you work out?  
**Mark:** I'm coming off of a broken leg and a torn ligament in my ankle, so I usually start off about 12 weeks out doing sets of 10,

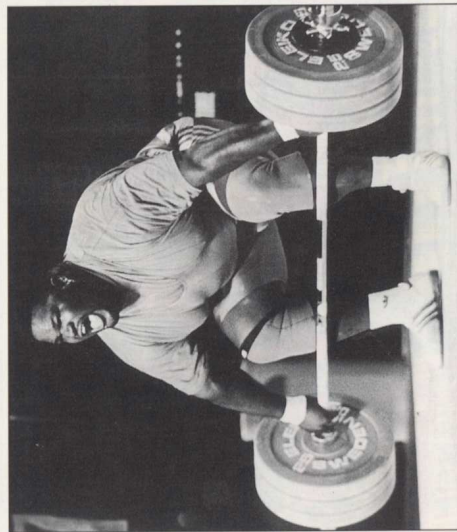
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working my way down to 5s, then down to triples, doubles and singles in the same period. That has always worked for me, and I'm going to continue to do it that way until it stops working for me.  
**Larry:** Do you do a lot of assistance exercises?  
**Mark:** I do now. I've never done them before, but I do now.  
**Larry:** What are some of your more favorite assistance exercises you do?  
**Mark:** Triceps, curls, overhead presses, tricep extensions, sit-ups, hyperextensions.  
**Larry:** You really don't use any supportive equipment. Do you think that the best thing that could happen to the sport would be to go "raw"?  
**Mark:** I think it would. Then you could have more head-to-head competition and kids without much money could compete. People wouldn't look so freaky.  
**Larry:** Do you think that would affect injuries in people?  
**Mark:** I think you would get injured less without gear, as far as the squat is concerned. Of course, you wouldn't be handling the same weight. I think you would have less injuries without it.  
**Larry:** One of the things some people will say is that the pole vaulters use - you know, they went from fiberglass to what ball pads are better for absorbing, and why shouldn't powerlifters be allowed to enhance their performance?  
**Mark:** I don't have that decision, so what I say doesn't matter anyway. But if I were the President of the International and National power-

lifting federations, I would ban super suits and bench shirts, so they better hope I never decide to run!  
**Larry:** Are there any athletes in your career that you really admire or respect?  
**Mark:** In powerlifting? Gene Bell, Don Austin, Bull Stewart and there's other guys who aren't great lifters, but who I respect as men, and as people that are competitors. Being that I've been out of powerlifting for a while, I don't have a lot of friends that are powerlifters, but Judy Gedney and her husband, Roger, are real good people in the sport. As far as weightlifting is concerned, Mario Martinez is, by far, the person in weightlifting that I like more than anybody. I have to put Vasily Alexeev right up there because watching him is what made me want to lift weights, even though I dragged he later about all of the drugs he took.

**Larry:** Which do you enjoy more? Powerlifting or Olympic lifting?  
**Mark:** I think I like them both equally. If I had to pick one or the other, I wouldn't.  
**Larry:** What do you think your future is going to be in wrestling? How long do you see yourself in wrestling and what would you want to do after that?  
**Mark:** I think I'll be a wrestler for quite a few years. It's just a matter of me being able to work and get involved and show some people what I can do - show them that I can work the crowd just as good as they can, and mainly it's more of a toughening thing. A lot of the guys are tough guys and you have to make them respect you. You can't just... they don't care about you for lifting. They don't care about what I've lifted. They only care about if I can handle myself in the ring. That's what I've proved.  
**Larry:** And how are your injuries? Are you 100%?  
**Mark:** I'm 100%. I took some easy lifts in 1997 at the Nationals and only missed one lift, a 525 lb. bench, which is the most that I ever attempted in a meet before, but everything else I did was easy at Nationals. I knew I would go 6' for 6 in the squat and deadlift. Lately, I've been able to get in some workouts mixed in between all my wrestling and training. I've been concentrating on squatting and even though I'm quite a bit lighter - about 370 instead of 410 - I got five, good reps with 805 with no gear at all. Nothing. I also power cleaned 405 the other day without a hook grip and pressed it for three reps. I wish I could concentrate on lifting, but I like wrestling, too, and wrestling pays the bills. And I've got big bills!

**Larry:** Any additional comments? **Mark:** That's about it, besides me getting ready to eat here!



Mark Henry - the Olympic Lifter - snatching 396 lbs. (Bruce Klemens photo)

put upper body and lower body workouts together. I'll do squats on one day, bench, then deadlifts, then squats, and all the auxiliary body parts on certain days.  
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**Larry:** Any additional comments? **Mark:** That's about it, besides me getting ready to eat here!



A Prodigy - Mark at the 1990 USPF Senior Nationals with his IFF Junior World Record Deadlift of 745 lbs. He then improved beyond that weight by over 150 pounds.

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most take care of himself. I do not want to give you the impression that no one helps each other back there, but you must be aware that the ultimate responsibility of safety rests totally on yourself. You can contribute significantly to safety in the warm-up room by making sure you have no lifting gear, etc., in the way where lifters are warming-up or walking. Be considerate and help spot (safely) fellow lifters in the room. In turn, they will spot you. When walking around the warm-up room, be aware of things going on around you like lifters warming-up or wrapping, since a collision could be disastrous. If you are not lifting or warming-up, you can really help things by staying out of the warm-up room and watching from the audience.

With the amount of attention in the last few years given to infectious viruses, etc., it is important to have good hygiene and to wash your hands regularly. Bring some band-aids and antiseptic for your own use in case you cut yourself or rip calluses. It's just common sense.

I did not mean to frighten anyone about the safety at lifting contests. For the most part they are safe, but accidents do occur. Safety is common sense, plain and simple. Just be aware of unsafe conditions in case you cut yourself or rip calluses. It's just common sense.

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# STARTIN' OUT

A special section dedicated to the beginning lifter

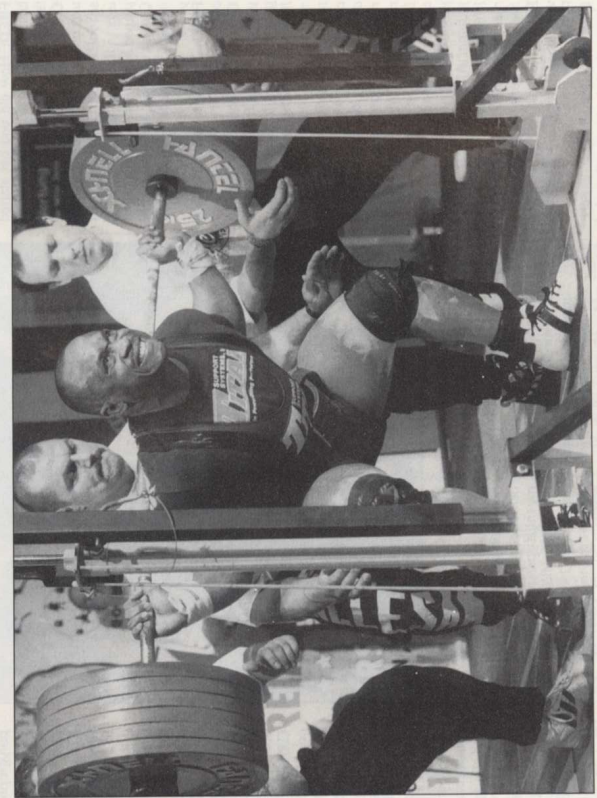
## Meet Safety

as told to Powerlifting USA by Doug Daniels

Industry spends hundreds of millions of dollars or more each year to improve the safety of the workplace, yet did we as lifters ever stop to think about the issue of safety at a powerlifting meet? Granted, we are not confronted with explosive gases, molten steel or kilowatts of electricity, but there are safety issues involved in lifting competitions. The question is how can each lifter prepare to insure that his competitive experience is a safe one?

The meet director has the responsibility to provide each lifter at his meet the safest possible conditions, yet there are no real standards that have to be met by any organization. For example, spotters carry no 'accreditation'. They are usually local 'gym rats', many of whom have never even seen a lifter squatting 700 pounds or more. Sometimes in a pinch, spotters are volunteers from the crowd. The meet director should also provide properly working equipment, which should include locking collars, sturdy squat racks, and non-slippery platforms. As many of you veteran lifters know, this varies greatly from meet to meet. Too many meets are equipped with unsafe equipment and inexperienced spotters and loaders.

Taking that into consideration, each lifter must basically look out for themselves. I would suggest working together with your buddies who accompany you to the contest. Before each attempt one of you should check to make sure the bar is loaded symmetrically on each side. Sometimes one loader will not load the bar correctly and the bar will be heavy or light on his side. This can prove to be dangerous to the lifter as well as the spotters as this greatly increases a chance of the lifter missing the lift due to loss of balance. Also, make sure the collars are put on securely and the plates are tight together from the inside collar to the outside collar. Loose plates can also compromise control during execution of the lift. Another good check is to make sure the platform is dry and uncluttered. Spotters may get lazy and not put on the loose plates back



A Great Effort... like this squat by Gene Bell at the '96 Worlds, requires the support of safety conscious spotters.

Web Page: MEMBERS.AOL.COM/DDABU12345.DEFAULT.HTM

# INTERVIEW

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

## Craig Safran

interviewed for Powerlifting USA by Fred Rice



Craig Safran at the Men's ADFFA National Championships in 1996.

**PROFILE:** Craig Safran. **AGE:** 34. **MARITAL STATUS:** Married to Lisa, who has been competing in bodybuilding and powerlifting for 12 years; in bodybuilding Lisa won the ANPPC North Americans, the NI ANBC, the NGA pro qualifier, and was a pro bodybuilder for two years; in powerlifting she won the ADFFA NY States and was third at the women's nationals one year. **HOMETOWN:** originally from Flushing, Queens, NY; now lives in Randolph, NJ. **EDUCATION:** bachelor's degree in physical education; MBA from St. Johns University. **JOB:** district sales manager for Purdue Frederick Pharmaceutical. **INTERESTS:** Hiking and watching sports, in addition to many powerlifting activities. **HEIGHT:** 5 ft. 11 inches. **WEIGHT CLASS:** 198 lbs. **TRAINING WEIGHT:** 205 lbs. **EQUIPMENT USED IN COMPETITION:** Suit: Inzer Z Shirt; Inzer. **EQUIPMENT USED IN TRAINING:** trains without any equipment at all the majority of the time, only introducing supportive gear about one month, prior to a meet.

**FRED:** How did you get started lifting, and how old were you at the time?  
**CRAIG:** I started lifting when I was about 17. I was playing high school baseball at the time, and it was sport-specific training. I played baseball and basketball at Queens College, and used weight lifting for both throughout those years.

**FRED:** How long have you been competing?  
**CRAIG:** I got out of college 12 years ago, and that's when I began competing in powerlifting. I had been working in a gym, and I saw a notice announcing a contest. A couple of my buddies encouraged me to give it a try, so I did, and fell in love with the sport. I was new to the sport, I could see that things were not being done properly as far as organization or judging. After that first meet I lifted in another non-ADFFA meet, and could tell that most of the lifters were using drugs.

**FRED:** How did you get involved with USA Powerlifting (The ADFFA)?  
**CRAIG:** After the two experiences which I just mentioned, I

meets which you held. How did you start promoting meets, and which ones have you promoted?

**CRAIG:** In addition to the meets that I competed in, I began attending many other contests in order to help friends that I had made in the sport. While at these meets I began helping out at the scorer's table, and subsequently became a referee. For six years I held the East Coast Championships in New York. This was a two-day meet held in either December or February, and was in the midst of a big storm most years! Nevertheless, we had huge turnouts, with over 100 lifters each time. It was really a national caliber meet, with many big name lifters competing.

**FRED:** What offices do you hold?  
**CRAIG:** I have been a national referee for 3 or 4 years, and have been on the USAPL executive committee for 3 years.

**FRED:** What are your views on drug usage and drug testing?  
**CRAIG:** I am in favor of strict drug testing. I am glad that the USAPL has done away with the polygraph, which is not a legitimate means of testing.

**FRED:** Do you use any supplements or follow any special diet?

**CRAIG:** For strength I take creatine and woadly when I get close to a meet. For general health and energy I take a lot of vitamins and Chinese herbs, which I get in New York's Chinatown.

**FRED:** What are your best lifts?  
**CRAIG:** Squat 610 lb., bench press 352 lb., deadlift 683 lb., and total 1640 lb.

**FRED:** What are your goals in powerlifting?  
**CRAIG:** One of my short-term goals is to deadlift 700 lbs. Beyond that, my goal is to keep competing as well as I can all the way through the master years. What's nice about the sport is that if you better yourself each year it doesn't matter if you come in last place, as long as you keep improving. So I want to keep competing as long as possible, and stay involved with USA Powerlifting in whatever manner possible, whether that's being on the executive committee or holding meets or coaching younger lifters, or whatever, just so I can give back to the sport. I don't feel

enough people give back to the

sport. There are many lifters out there who could be doing more. There are a lot of people who complain about the way things are instead of doing something about it.

**FRED:** What is your training program?  
**CRAIG:** I have adjusted my program since starting to train at Pro Fitness a few weeks ago, but in the past Monday was my bench day, and I did speed work, for example, 225 for 9 triples with varied grips. Then I did heavy assistance work, consisting of incline dumbbells, decline dumbbells, dips, etc. Tuesday was my deadlift day, and I used 35 lb. plates for the most part rather than 45 lb. plates, which is similar to deadlifting off blocks, making it harder to pull off the floor. I would use 3 different stances - really wide sumo, regular sumo, and conventional, taking 30 seconds rest between sets, for 9-10 triples, again concentrating on speed. But before my deadlifts I did a leg movement to pre-exhaust my legs and simulate a contest situation, where your legs are somewhat fatigued from squatting when you begin to deadlift. I would do a wide sumo leg presser, hack squats or box squats with a wide sumo stance, again

working for speed with lighter weights. Then I would do hamstring and upper back work. Wednesday was an off day. On Thursday I would do shoulders and triceps - 12-14 sets for both body parts, 6-10 reps, per set, moving quickly for about 1 1/4 hours. I used a combination of free weights and machines on this day. Also, on Monday and Thursday I did 20-30 minutes of cardio work. Friday was squat day. In the off season I did 6-8 reps, and then closer to a meet I would drop to 3-5 reps and alternate light and heavy weeks. This was followed by leg presses or leg extensions, hamstring exercises, and weighted hyperextensions. I tried to follow each of the above workouts with some abdominal work. Usually on Saturday I would do some biceps work.

**FRED:** If you're training light with the emphasis on speed, how do you determine how much you will be able to do in a meet? How did you know that you could deadlift 683 lb. at the Nationals?  
**CRAIG:** After concentrating on the speed work, my last workout is a couple of heavy triples, and I can determine from how fast I am moving the weight what I am capable of. Prior to the nationals where I did the 683, I did a couple

of triples with 550, and moved them very quickly.

**FRED:** What are some of the titles you have won?  
**CRAIG:** In 1992 I won the Tri-State Meet in New York. In 1996 I won the Delaware state meet and was best lifter, and placed second in the ADFFA Men's Nationals that same year. My main object in competition is to better myself each meet.

**FRED:** How do you feel about unification of the sport, and do you think it will happen?  
**CRAIG:** I consider USA Powerlifting to be the only legitimate natural powerlifting organization. I also believe that we have the best leadership in the sport, with Mike Oberdeier as our president. We've always had good presidents, but Mike has taken the USAPL to the next level. He's a man with a vision, and deserves a lot of credit for his determination to make us the biggest and the best, and to attain IPF affiliation. Andrea Sortuelli has also worked very well with Mike. If you look at the other sports, track and field, etc., they only have one organization with one set of records, which gives the athletes and their accomplishments credibility. I would rather take last place in a true national championship than to

have a bogus title. Also, the drug testing is more legitimate when there's only one organization. A person who fails, fails. He can't go to another drug-free federation and compete. Although only 1 or 2% of the lifters will compete at the IPF level, the affiliation is still good for the average lifter because it adds credibility and respect to what he or she is doing. Unification, IPF affiliation, and Olympic participation will bring many more people into the sport. Selfish goals of power and money on the part of many leaders are hindering unification.

**FRED:** Are there any other comments you would like to add?  
**CRAIG:** I went to thank my wife for her support. In twelve years she has only missed one contest and I bombed in that one. I also want to thank my former training partners Mark Dingee and Greg Field for all their encouragement and help. Now that I am training in the great atmosphere at Pro Fitness, I think my lifting will go to the next level. When I was younger I was always involved in team sports, and my dream has always been to be part of a powerlifting team like Pro Fitness. I see how you guys support each other at meets, and I'm looking forward to that participation.

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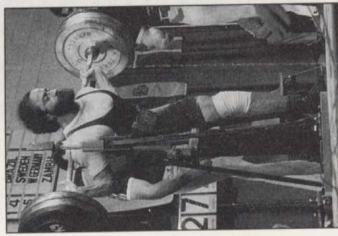
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# Ask the Doctor

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

**Dear Mauro:** I have a question about HMB. You had mentioned that it was a good supplement to use while decreasing bodyweight. I will be hitting a meet soon and will be cutting down from 188-190 area to get into the 82.5 class. Any recommendation you could give on when to start using it (as soon as I start to drop weight?) and the amount to use. My weight cutting process is pretty easy - moderate dieting and then a restriction on water the last few days before the meet. The diet approach centers mostly on maintaining processed carbs while maintaining fat and protein. Any other info on this would be appreciated. Thanks, **Rob.**

**Dear Rob:** HMB is really useful for retaining lean body mass when dieting down to a weight class and would be useful for powerlifters, Olympic lifters, wrestlers, boxers and any other athlete who wants to maximize their strength/weight ratio. I could tell you a lot about HMB



Doctor DiPasquale at the Worlds

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There are many things about strength that I don't understand. One, in particular, is how the heck did the father in The Courtship of Eddie's Father turn into the Incredible Hulk? Even Vladimir Zatsiorsky, Lazar Baroga, and Alexsei Medvedev could not help me with this. However, these men have taught me many things, most of all - to think.

At Westside, we do not specialize in the bench press, yet we have 7 men who have officially done over 600. Our fifth strongest bench is Jerry Obradovic, with 644.

On March 7, at the Arnold Classic, George Halbert benched a world record 657 (298 kg.) weighing 220. George dropped to 220 on October 18, 1997, and made a 600 pound bench. In 5 months he made 657 by doing special work with bands and chains.

On speed day, which is Sunday for us, George does his benches with 335 for 8 sets of 3 reps. This is slightly over 50%. The reps are very explosive, the 3 reps are completed within the same time frame that his max single requires.

Chains or bands are used to accommodate resistance (40-60 pounds of chains, 100-160 pounds of resistance with bands). If one does the power or Olympic lifts with only a barbell, his or her potential to create additional speed or force is limited by the one-dimensional weight on the bar. If one is to do speed work, he or she should use no more than 60% (based on a no-bench-shirt record or 55% or your best meet bench with a shirt) for the 8-10 sets of 3 reps. This is for explosiveness, strength, and acceleration. This is exactly why you must use bands or chains to accommodate resistance or chains to accommodate moderate resistance. Without them, the bar moves too fast at the top. My data come from not one or two lifters, but 14 men that can bench at least 551 at Westside.

George knows his minimax, or sticking point, is about 2-3 inches from the top, so after speed work, George hits the triceps first, then delts and lats. George also will do a small amount of lat and triceps work on Monday and Friday.

On max effort day, Wednesday, George has a favorite exercise. He will use a bar with a 3 inch camber. He places two 2 x 6's on his chest. By doing this, the bar descends only 1-1/2 inches below his chest, not the full 5 inches, which would be too stressful for our lifters. He will use Flex bands, which add 160 pounds of tension to the bar. He will either work up to a max single or do 3 sets of 3 reps. His best is 475 for 3 triples. With the Flex bands, it is 635 at the top.

Please note that we never use a

# TRAINING

## RESEARCHING RESISTANCE as told to POWERLIFTING USA by Louie Simmons



George Halbert at the 1995 "Greatest Bench Press in America" meet.

At our speed day or our max effort day.

The Flex bands provided added eccentric overload, which not only builds muscle size but also increases because of the additional muscle soreness.

George also likes to do floor press with chains. Because the bar rack is so close to the floor, the chains are dropped over the sleeve of the bar. George will warm up with the bar and then add chains until he has 200 pounds of chain. Then weight is added, and he works up to a max single. His best is 445 plus 200 pounds of chain. George will always go for a new max, and many times he misses. As the chains come off the floor and the weight accumulates at the top, he sometimes falls at his minimax, or sticking point. He will push as hard and as long as possible at this point, about 3 inches from lockout. By doing this, he is working at his weak point and devoting valuable time to

At the Arnold Classic when he 298 kg. hit his sticking point, he blew past it to lockout. How? First, by developing a tremendous start speed on speed day.

On max effort day, the chains develop and teach acceleration merely through trying to outun the chains. Also, when George misses at his minimax, he is performing functional isometrics in the best possible way. As the chains add to the weight of the bar, we can determine the precise point at which George fails; now we know where his weak point is with a particular weight. Conventional isometrics - that joint-jarring pressing against immovable bars - is unnecessary.

The bands work in the same way, but with added eccentric work, from the bands pulling you down. This additional eccentric work also builds muscle mass.

After each workout George will try to increase his triceps work, in volume and weight. The triceps are worked first after the main exercise,

the delts second, and the lats and upper back third. Remember, this is done after the dynamic day work on Sunday and after the max effort day work on Wednesday.

You must bring up your weaknesses through special work as well as developing special strength such as starting, accelerating, eccentric, and concentric strength. We do primarily slow work on the stability ball.

Always try to cover everything.

Let's talk about Mickey Tate. At 41, Mickey did a strong 650 at a body weight of 285. He also concentrates on speed work and works the muscles in the same sequence as George, but on max effort day, he does more minicycles of incline press than, let's say, floor press. You will have to find what exercise works best for you, and you should use it closest to the competition.

Jerry Obradovic also does a lot of incline work.

J.M. Blakely likes to do the same max effort work as George but also does a lot of J.M. presses. Kenny Patterson, our biggest benchman with 728, does board presses off a 3 inch board the first week, then off a 2 inch board the second week, then floor presses without chains. Every fifth and sixth week, we suggest high-rap work with dumbbells or with a barbell using an ultra-wide grip.

Rob Fusner was our sixth 600 pound benchman. He likes to use extra-wide benches for a max 6 reps. This particular exercise took Billy Masters bench from 523, where he was stuck for over a year, to 584, which he smoked at the 1997 AIF National.

At 50 years old, I benched 600 on February 15, 1998. I like to do 3 sets of heavy (155's or 125's) dumbbells to failure on a stability ball. This is commonly known as the repetition method.

We will throw in Weight Releases on speed day or max effort day and get a good response for a few weeks and then switch to something else.

Using chains, bands, or Weight Releases is known as the contrast method, where the weight is different at different points of the lift. Remember, you must work at all angles of a lift.

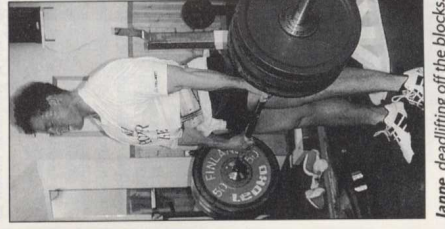
Good equipment is important. This is 1998; don't get left behind. Learn how to use a shirt. In the immortal words of the Road Warriors, "If you are going to a knife fight, take your guns." That is precisely what we do. Don't let resistance stop you in your tracks; use it to your advantage.

For chains, call Topper's Supply at 614-444-1187; ask for Louie. For Flex bands, call Jump-Stretch at 1-800-344-3539.

# WORKOUT of the Month

Janne Toivanen is one of all-time best deadlifters in Finland and in the whole world. Not only once, but twice, he has deadlifted straight to the hearts of the powerlifting fans by taking the world championship in his last deadlift. At the '95 World's at Port, Finland, many doubted his capacity when he called for 350 kilos on his attempt to take the gold in the 198s. They were wrong. When the bar left the floor, the legendary Gene Bell was dropped to second place. At the '96 IPF World's he had to make TEN good attempts to take the gold. The mis-loaded 362.5 kilos looked tough, but it was only a cautious lift. The tenth lift, a winning 365, was the same kind of lift, careful and under control all the time. Having deadlifted 385 in his last training session, he had something to spare!

Some background: at the '91 Finnish Nationals, Janne was at 242s and got fifth with an 810 kilo total. That didn't satisfy him at all. "You can't flex fat," says the old Finnish power wisdom and Janne decided to drop his weight down to 198. After six months of dieting, he still totaled 770. At the next year's Nationals he was expected to win, but away in Canada on a job assignment. In the summer of '93 he came to visit his friends on summer holiday and showed his real potential in a national competition. The



Janne deadlifting off the blocks.

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## Janne Toivanen's Deadlift Secrets as told to Powerlifting USA Magazine by Sakari Seikanaho

**Week 9:** 6x280, 4x310. **Week 10:** 5x290, 4x320. **Week 11:** 5x300, 3x330. **Week 12:** 5x260, 3x340. **Week 13:** 5x240, 1x350. **Week 14:** 5x220, 1x365. **Week 15:** 5x200, 1x300. **Week 16:** 5x160, Showtime!

Janne thinks that to be a good deadlifter you must deadlift a lot. A careful 16-20 week plan which is followed 100% is the key to all Janne's personal success and he thinks it's the same for everybody.

He started to do box squats in the IPF Worlds. They also helped him to create even more lockout power in the deadlift. Like many great dead lifters, his back is strong, usually the hardest part of the lift.

Many think that he was born to deadlift. Having known him as a youngster and seen him lift rather modest weights at the beginning of his career, I really must say that he has made himself into the great deadlifter the whole powerlifting world now knows.

I entitled this article as "Janne Toivanen's Deadlift Secrets". Well, by now you have noticed that there aren't any. It's just pure hard work. This system rewarded him two IPF gold medals. If you have good body structure for the deadlift and a determined attitude, it can be helpful to you also.



Determination is an important part of the equation. (photo-graph provided courtesy Sakari)

aerobic work in the morning to keep his bodyweight down. Here's the cycle he used to get the 198 lb. class gold medal at the '95 World's with a 771 pound deadlift (Wednesdays = stiff legged DL, Saturdays = sumo style DL): **Week 1:** 8x220, 6x240. **Week 2:** 8x220, 6x250. **Week 3:** 8x220, 6x260. **Week 4:** 6x230, 6x270. **Week 5:** 6x240, 6x280. **Week 6:** 6x250, 6x290. **Week 7:** 6x260, 6x300. **Week 8:** 6x270, 4x300.



Really Stretching Out the Lats... Janne does some heaving pulling.

810 kg. total at 198 was only the beginning. Since that day, his career has been a great success. The weekly schedule, Janne trains six times a week, and each lift is trained twice a week. Monday is heavy squat day, heavy bench comes on Tuesday. Wednesday is his "light" deadlift day and light squat is on Thursday. On Fridays he benches with a narrow grip, and heavy deadlift is on Saturday. On Sundays he rests.

Sounds like a tough routine? Well, if you do 30-40 minutes of aerobic work in the mornings, also six times a week, it begins to sound like one hell of a program. That's what Janne usually does. And he worked full time while preparing for the '95 World's at Port. When training for the '96 World's, he was serving in the Army most of the time.

The Deadlifts: On Wednesdays Janne does stiff legged deadlifts off the four inch block. He cycles it so that heaviest weights are lifted three weeks before the meet. He usually starts with sets of eight's with 484 pounds and goes as heavy as 5x661 DL. This requires a strong lower back. Janne bends his knees more than most lifters to prevent injuries and develop the required hamstring strength for those big deadlifts.

After that he hits the upper back: lat work, sealed rows, chest supported rows or dumbbell rows. He picks three exercises and cycles them also. He starts with 3-4 sets of eights. As the meet get closer he moves to pyramids like 8-7-6-5 or 7-6-5-4 at the heaviest.

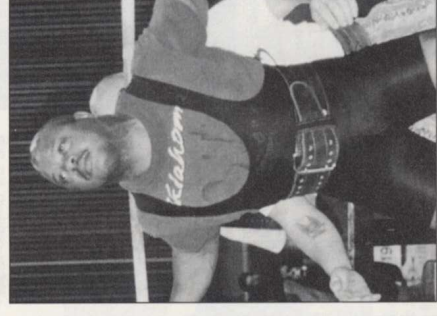
On Saturday's it's the heavy cycle long. He uses the sumo style all reps and does only singles in the last three weeks. He adds the weight very cautiously at the beginning of the cycle, but when he's on triples and singles, he goes really heavy. He stops assistance work three to four weeks before the contest.

The Saturday's deadlift is followed by side bends, back extensions, plus lat and upper back work. He does abs almost on every training session and also when doing the

# INTERVIEW

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

## VICTOR HILL Interviewed for Powerlifting USA by Pat Cuntrera



I will have the venue set up the night before and have all staff in place at starting time. Although we try to address all questions or concerns during the rules briefing, immediate conflict resolution will become essential to the success of a meet. If appropriate, everyone present shall be informed of any controversial issues and their resolution. Everyone will be treated with the respect they deserve.

**PC:** The AAUPC is involved in a continuous process of innovation with concepts such as raw lifting, wildcard meets, and modified conventional systems. Will you be utilizing any of these ideas at your meet?

**VH:** I will be running a conventional meet, which will include the raw division. I plan to keep with the tradition that has worked so well for Martin Drake's meets. Consistency makes for a smoother running meet. I will, however, make subtle changes in order to enhance competitiveness and entertainment aspects of the meet.

**PC:** Do you have any advice for a lifter entering his or her first meet?

**VH:** As a lifter, I would like to congratulate and welcome all new lifters to a sport that I guarantee they will enjoy. My advice to them is to come to all meets as if they are another workout. In other words, fight off nervousness and approach the meet as if you were going to do your normal pre-meet routine. As a meet director, I would advise all lifters to learn as much as possible from other lifters. No matter how often one completes, he or she can always learn from other people's success and failures. "Failures" are relative, as there are no true failures at powerlifting meets. Even if you

**PC:** Could you begin by telling the reader a little about yourself?

**VH:** My name is Victor Hill and I grew up in the inner city of Los Angeles. I started my athletic career at age nine with indoor flag football at the Watts Willoughby Boys and Girls Club, where I am now a senior member. While in junior high school, I enjoyed intramural sports such as track and basketball. I also played football in the Pop Warner and Sheriff Leagues. While attending Verbum Dei High School, a private catholic school, I enjoyed careers in both football and track. I received several honors in both. Included among them are the Scholar-Athlete award, the All City Compton and All Central City, CA, California Lutheran University. I played outside linebacker for the football team and ran track. I have been a serious weightlifter throughout my athletic career. I began lifting weights in the tenth grade. As a competitive powerlifter, I have won several titles. Among them are the 1995 WNPFF USA Submaster Championships. The 1995 NASSA Regional Championships, the 1997 AAUPC North American Championships and a 2nd place in the 1997 AAUPC-Submaster National.

**PC:** Could you tell the reader a little about your training?

**VH:** I attribute my success to a lot of time in the gym (3-1/2 hours per week), I rarely miss a workout and train pretty hard when I am in the gym. I have managed to put a program that works for me. My body does not require a lot of sets and reps in order to make strength gains. I also space my competitions out enough for the body to totally recover from the stress of competing. I try to allow 8-10 weeks in between competitions.

**PC:** Why have you chosen to give your time to the AAUPC?

**VH:** I compete and affiliate myself with the AAUPC because of its "zero tolerance" drug policy. This is not to say that other sanctioning bodies do not drug test. I also compete in NASAA and USPF meets. As a meet director, I believe one needs to support and promote one another's meets, regardless of affiliation, so long as it is a

bomb out, you walk away with a lesson learned and a commitment that it will not happen again.

**PC:** Are there any changes you would like to see in this sport?

**VH:** I would like to see more audience involvement, from the standpoint that most spectators do not know who are direct competitors and how much has already been lifted. A visual aid, such as a projection device, would greatly improve the competitiveness during the meet and help keep the crowd involved in the meet.

**PC:** How would we contact you for information on future meets?

**VH:** I can be reached at the following address: 5221 W. 102nd Street, Suite 118L, Los Angeles, CA 90045. Phone: 310-608-1216 or 800-756-1216.

**PC:** Do you have any closing remarks?

**VH:** I just want to thank Mike Lambert of PL USA magazine and Pat Cuntrera for taking the time to give me this interview.



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# Raija Koskinen

## "Outstanding Female Athlete of 1997" as told to Powerlifting USA by Peter Thorne

Raija Koskinen was named Finland's Outstanding Female Athlete of 1997. Koskinen beat out the top skiers, skaters and cyclists as well as all the other female athletes in her country for this prestigious title. There was more to come for Finland's petite and powerful powerlifting athlete.



Raija and some of her awards, (courtesy P. Thorne)

powerlifting offered classes for her to compete with lifters her own size. That was the chance she had been waiting for and she dropped karate and started her training for powerlifting.

Jari Tahminen, her husband and coach, is a former IPF world powerlifting champion and former IPF world bench press champion. He belongs to a small select group of powerlifters that won an IPF world championship in powerlifting and an IPF world championship in the bench press. On this short list, in addition to Mr. Tahminen, are Karl Saliger of Austria, Kysesti Vilmi of Finland, Andrzej Staszek of Poland, and Alexi Stokov of Kazakhstan (1997). These are the men who have managed to achieve 100 pounds in weight and 4'11" in height, and the world's best competition and could not find a class to compete in. Raija discovered that

that change in her deadlifting her overall lifting fell into place. Dr. Koskinen started her athletic career with Karate as her sport. Yet, at 100 pounds in weight and 4'11" in height, she was too small for competition and could not find a class to compete in. Raija discovered that

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competition. Raija Koskinen won her first IPF World Championship gold medal in 1995 in Chiba, Japan after lifting only about six years. Raija now has been lifting over eight years and has set more than 20 IPF World Records while competing in the 48 kg. class.

In 1997 her accomplishments included a gold medal at the Finnish Championships where she posted an IPF World record 407.5 kg total. Competing at the World Games Raija took the silver medal and on the way she set the IPF world record in the squat (171 kg) and the IPF World record total by posting 410 kg for the day. Her next contest was the Scandinavian Championships and Doctor Koskinen posted another IPF world record total with 412.5 kg for the day.

In 1998 Raija started after more IPF World Championships. She entered the Finnish Championships on February 28, 1998. This time Raija dropped weight and was competing in the 44 kg. class. Raija's second squat was an IPF world record 157.5 kg. lift. On her third squat she had a good squat of 162.5 kg and another world record. Raija stumbled a bit in the bench press missing 75.5 kg. twice and posting a good opener with a 72.5 kg. lift. In the deadlift her third lift was good and a European record of 162.5 kg. Then Raija missed a fourth attempt try at 166 kg for the IPF deadlift world record in her new class. Even with the challenges in the bench press the 397.5 kg. total she posted for the day's lifting brought her another IPF world record. As a medical doctor Koskinen appreciates the protection provided by the powerlifting gear available to all athletes today.

As a powerlifter, Dr. Koskinen enjoys the way the equipment feels as she gets ready to lift. The stability of the gear becomes apparent as the lifter readies for the big lifts, lifts that impresses the powerlifting audience and the sports media that vored her "The Best Female Athlete of 1997".

This Finnish doctor has become Finland's number one female athlete. The honor was bestowed on her by the voting of the sports writers in Finland. The competitors in this competition were the great female athletes of Finland and Dr. Koskinen came out number one. Dr. Koskinen has demonstrated the knack of meeting and beating tough competition. Raija Koskinen wishes to thank Aki Hiltunen her "number one" knee wrapper, Jari Tahminen, husband and coach as well as Inzer Advance Designs, for providing the best powerlifting gear in the world.

(Dr. Koskinen has agreed to an in depth interview about her training and lifting. Look for it in a future issue of Powerlifting USA)

It may be almost Summer, and here in California it's almost always Summer, but yes, that's snow, and lots of it, around powerlifting champion Harold Collins, Big Chief Iron Bear - that's Harold - is shown surrounded by Scandinavian television crews at this March's Snowman Strongman Games in Finland.

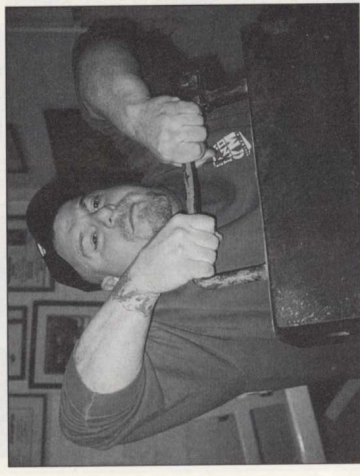
Harold is pictured getting ready for the tug of war contest; the tug took place on either side of a big hole in the ice, and the losers were treated to a freezing dip. The Chief stayed dry.



Harold "Big Chief Iron Bear" Collins, prepares for the Tug of War contest at the Snowman Strongman Games in Finland, the losers fell in ice water. (Photos courtesy of Ned Lowe)

### GYM.

One gym we do have pictures of is that palace of powerlifting, that shrine to strength, that mecca of muscle, New York's one and only Iron Island Gym. Dr. Ken Leistner recently hosted the America's Strongest Man in America contest and in the World's Strongest Man contest, where he got great footage, never before



Frankie DeMarco, Iron Island Gym Manager, showing the utilization of unusual equipment, such as this 150 lb. block, doing many reps.

# POWER SCENE

shown Training Secrets of the Iron Island Gym, for our new issue. You can check it out by calling 1-800-BARBELL.

Also in New York we found Ellen Kvinta, busy doing her Squat training. 27 year old Ellen weighs 120 lbs, and has squatted 250, deadlifted 250, and benched 130.



Dr. Ken Leistner hosted POWERLIFTER Video's Training Secrets of the Iron Island Gym\* video.

We'll be back next month with more on the Iron Island Gym and their training techniques, plus we'll report on our visit to one of the epicenters of L.A. Powerlifting. Bernie Gagne's Powerhouse, and as always, we'll have more on the world's strongest sport, as Power Scene spans the globe to keep you informed. Well, at least we try. See you on video.



Ellen Kvinta, a 120 bwt. powerlifter age 27, is also a long-distance runner and a Veterinary Tech Intern; she can squat and deadlift double her bwt.

And that's just the start - there are chains, with 51 lb. links, train wheels at 701 lbs each, and bombs - more on those than we can open in 1992, and has expanded to its current size of 11,000 square feet. In addition to so many top powerlifters, Iron Island also trains NFL football players and other top athletes, such as 1996 Olympic Gold Medalist in the 400 meter

high hurdles Derrick Adkins. Most importantly, though, is the great attitude that permeates the gym. It's one of strong support and encouragement for lifters of all levels, and if you're in the New York area, you've got to at least visit it once. The Iron Island is in Oceanside (that's Long Island) at 3465 Lawson Blvd.; you can call them at 516-594-9014.

Also in New York we found Ellen Kvinta, busy doing her Squat training. 27 year old Ellen weighs 120 lbs, and has squatted 250, deadlifted 250, and benched 130.

and that's not all. She's also a long-distance runner, and has done the marathon in 3 hours, 10 minutes. When she's not running or weight training, Ellen is busy using her AAS degree in Veterinary Technology as an intern in New York's Central Park Zoo.

We'll be back next month with more on the Iron Island Gym and their training techniques, plus we'll report on our visit to one of the epicenters of L.A. Powerlifting. Bernie Gagne's Powerhouse, and as always, we'll have more on the world's strongest sport, as Power Scene spans the globe to keep you informed. Well, at least we try. See you on video.

# POWER PROFILE

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

Like all athletes, powerlifters are concerned with their general state of health, conditioning, and injury treatment and prevention. Someone who shares those concerns, as both competitive powerlifter and practicing health care professional, is Dr. Mark S. Webber, much of whose practice is devoted to the sport of powerlifting and its participants.

Practicing from his hometown of Kirkland, Washington, the thirty-one year old Doctor of Chiropractic's interest in powerlifting began while a pre-med undergraduate at the University of San Diego. As a starting middle linebacker for the university football team, Mark had more than a nodding acquaintance with the weight room as a means of enhancing his performance on the gridiron. His desire to compete in the sport of powerlifting, however, would have to wait until he had completed his training in chiropractic medicine.

Chiropractic looks at the mobility and function of the joints, and is

## MARK S. WEBBER, D.C.: "The Bone Crusher" in Powerlifting Circles... as told to Powerlifting US by A. Francis Hatch



Mark recalls. Having wanted to compete, this was the perfect scenario for Mark, who says candidly, "I know of no better coach... in powerlifting... than Jeff Magruder."

Dr. Webber was now working out with lifters who were competing at up to and including the international level. On a tight four day a week training regimen, he spent two years training up to competition condition, then competed for the next two years at the state and regional levels where he won most of his competitions in the 220 pound Men's Open.

At his first meet, a bench presser was injured on the lifting platform. "It



Mark S. Webber, D.C., is also a competitor

athletes tend to use the treatments better. The benefits are more quickly realized with the athletes who, because of their interest in rehabilitating themselves, go the extra mile with stretching and strengthening exercises, and are typically more in tune with their bodies.

"With the athletes," Dr. Webber points out, "you're really working with fine-tuning their bodies so they can perform at a higher level than they might otherwise. It also helps to take their minds off their [physical problems] so they can concentrate on their training or competition."

After he graduated from Western States Chiropractic College in Portland, Oregon, Mark, as he had told himself, started training to compete. "That's when I met up with Jeff Magruder, who was a patient of mine at the time, and he [got me] training with him,"

Mark S. Webber, D.C. (far right)... U.S. Team Doctor. (A. Francis Hatch photographs)

most noted for working with the spine and neck, even though treatment of the shoulders, hips, knees, and so forth is common.

"When it comes to the spine and neck," Dr. Webber explains, "if the vertebrae have misaligned so that [the spine is] not moving like it should, it can... cause nerve irritation as the nerves come off the spinal cord and come through those holes in the vertebrae called foramen. It can create an irritation [by pinching... and can cause pain, numbness or tingling, or a hot or cold sensation - all signs of nerve irritation]."

"If it's a sensory nerve that's being irritated, you'll feel pain. If it's a motor nerve you'll have muscle spasm or weakness. If it's an autonomic nerve being irritated, like the sixth thoracic nerve that goes to the stomach, some people will experience indigestion or nervous stomach. By adjusting the area to help free up the foramen and take the irritation out of the nerve, often the indigestion will go away - if that's what is causing the problem."

Though the general public benefits from chiropractic in the same ways as do athletes such as powerlifters, in Dr. Webber's experience

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looked." Mark remembers, "from the way he came down he had his pec. But when I [examined him] I quickly realized he had separated his shoulder." Dr. Webber tended to the injured lifter and several others during the course of the competition. Then, when he was called to the platform for his own attempt, "The announcer introduced me as Mark Webber, a KY-RO-PRAC-TER. After a pause of silence, he yelled into the microphone, 'The Bone Crusher!'" This was a nickname that would stick for some time.

"Afterward, people would come up to me [at meets] and say, 'It's really good to see a chiropractor here... oh, you're The Bone Crusher,' or, 'You're Dr. Crusher!' So nobody knew my name. It was Dr. Crusher or The Bone Crusher. That's the way it was for a long time. It was pretty funny.

When the USPF held its Masters Nationals [1995] in Everett, Washington near Dr. Webber's hometown of Kirkland, he decided to set up a booth in the concession area and perhaps pick up some new clientele. "I never once," Mark grins, "had a chance to go back to that booth, because I kept being

called up to the front for various things; dehydration, a torn hamstring, strained muscles. Then there were lifters with headaches, mid-back stiffness. So I was doing a lot of adjusting and checking athletes who were having troubles. And if I wasn't doing that, I was helping wrap, put on bench shirts, and so forth. It was... funny because I never

had the chance to go back to that booth - but I had a great time."

It was at this competition that USPF president Peter Thorne had introduced himself to Dr. Webber, asking if he would be interested in assisting with drug testing for the meet. Having a background in drug testing, Mark agreed. Afterward, Mark was again approached by Peter Thorne. "He came up to me and said, 'You've been very helpful. I would re-

ally like it if you would represent the USPF and do our international competitions as well.'" Dr. Webber quickly agreed.

Since then, Mark has traveled with various U.S. teams to Denmark, Austria, and India (where he even did adjustments at the Taj Mahal) as team doctor and chiropractor, performing literally thousands of adjustments for, not just the U.S. team members, but also members of every team (and many of their family members) represented at these competitions. In addition, he currently serves as the IFP Doping Control Officer, providing drug testing at the national and international levels, where anabolic steroids remain the most frequently abused substance.

Can powerlifters without specific complaints benefit from regular chiropractic care? "Definitely," says Dr. Webber, "because it also helps with range of mo-



Mark S. Webber... as Good Will Ambassador. (A. F. Hatch photographs)

tion, flexibility, mobility, and general well being as well as function; everything's functioning the way... it should be. You're more [resistant to injury and the nervous system is not wasting as much energy on the areas that are being irritated. It is the nervous system - the nerve that goes to that muscle, that causes it to contract. If you have interference to that nerve, that muscle may not be working as efficiently as it could be."

Whether you call him The Bone Crusher, Dr. Webber, or just plain Mark, he is a health care professional with a strong commitment to educating, training, and motivating his patients to help themselves. Sensitive and empathetic to individual needs, Dr. Webber is helping keep lifters healthy, the sport clean, and is one of U.S. powerlifting's good will ambassadors abroad.

Dr. Webber is available for seminars on a variety of topics including spinal health care, stretching, posture, and exercise, and metabolism. He can be contacted at:

Mark S. Webber, D.C.  
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**SAMSON**  
POWERLIFTING SUPPLY

There are many powerlifters who have excelled at other sports and then entered powerlifting as their "second sport". In my own case, I was seeking a competitive outlet after college football and having enjoyed a few power meets, continued to train and compete. My wife Kathy completed her track, rugby, crew, and field hockey career at Purdue University and then became a competitive powerlifter. October 1997 PL USA coverman Brad Gillingham and March 1998 coverman Mark Philipp were stand-outs in track and field and football before taking their tremendous strength and ability and applying it to powerlifting. Rarely does a powerlifter, especially one at the Elite level who has established themselves as a record holder, either leave the sport or involvement in another demanding athletic arena. I'm not talking about a competitive powerlifter who runs around with the local rugby club part of the year, or someone like Roger Estep who, in addition to being a national powerlifting champion and bodybuilding competitor, was an excellent softball player.

## More From Ken Leistner



Krista Ford (left), standing beside her Olympic Women's Bobsled Team members in Utah, preparing for the 2002 Olympic Games. (K. Ford photo)

in effect, gone from powerlifting to the Olympics in another sport. To make an Olympic team is beyond the conception of almost anyone who has not either done it or attempted to do it.

Immediately after any Olympic Games, every armchair athlete or those involved in recreational sports, if they're still under forty years of age, envision themselves dedicating some training time for the next few years so that "next time, I'll be up there getting a medal". This is as realistic as a 148 pound powerlifter telling me that he will be playing pro football "because I'm strong enough", having never played football before in his life, in the last Olympic Games. Two of my sprinter/hurdler long time "Leistner trainees" - Tanika Francis and Derrick Adkins, and one middle distance runner went to the Olympic Trials. The girls did not make the team, Derrick did and then went on to

Krista at her "first sport" powerlifting. (K. Ford)

Incredibly, she has not only excelled, she has made the national team and if the sport is accepted into Olympic competition, she has,

actually win the Olympic Gold medal in the 400 meters high hurdles. I know what it took for all three athletes to even get to the Olympic trials and I know what it took to make the team. To win a Gold medal is incredible no matter what the sport. To perform at this level with minimal experience is almost as hard as being a brakeman (or brake person if that is more accurate) on the bobsled team.

I recall seeing Krista lift at an APF Seniors in Pittsburgh. She was physically impressive and her lifts were excellent. I noted that she took coaching well that day and was very focused - definitely a lifter to watch for the future. She began her powerlifting career after a number of years of bodybuilding. The bodybuilding was obvious as she was stacked with muscle. It was also obvious that she moved like a well coordinated athlete. Over the next few years, Krista established herself as one of the top female lifters in the world. She has been both National and World Champion, the latter twice in a very tough and competitive class.

One would think that four appearances on the World platform, two World championships, and a gold medal at the Goodwill Games in Russia might satisfy any competitor. However, Krista was taken with a chance remark by a speed skater that she might want to con-

sider using her strength and speed as a bobsledder. Once she was made aware what a bobsled was and what the requirements for the job were, she decided to pursue this relatively obscure event. While a major sport elsewhere, bobsledding is something that is taken out and dusted off every four years in the U.S. for most of the public.

Krista, however, saw an excellent outlet for her competitive desire and her physical skills. As is often said, "the rest is history". This remarkable athlete has parlayed her great strength and explosive power with the dedication to learn all of the specific skills of her new sport and become not only a member of the eight woman United States team, but one of the best in the world.

The same discipline necessary to train for top level championships while working full time was applied to her new sport. As she progressed and made her mark, it became obvious that to compete at the world level in a sport that is, worldwide, extremely competitive, she would have to train for bobsledding, literally full time. She has been fortunate to be able to do so of late. Krista has been able to train full time for powerlifting competition and bobsledding due to the sponsorship of a few key companies and individuals: RICHARD ADER, HERB WEINSTEIN, GOLDEN RULE INSURANCE CO., and FRANKLIN POWER PRODUCTS who have come forward to support her training needs and requirements. A special thanks goes to JOHN INZER who has been extremely supportive of Krista, as he has to so many other lifters, often behind the scenes. Needless to say, as a full time athlete in two sports, Krista is appreciative of any contribution towards her training and travel expenses. Women, believe it or not, were actually banned from bobsled competition in the United States, in the 1940's. That looks very likely that they will compete in the 2002 Olympic Games in Park City, Utah is a true landmark event. That one of powerlifting's "own" will be there to represent the United States is a real milestone and one that all of us should be supportive of. Krista Ford is one of the few athletes who has been and continues to be A POWERLIFTER. She has taken her powerlifting abilities and parlayed them into an Olympic berth in another sport. This is exactly the opposite of what has always been the case, making her a ground breaker. I would like to see all powerlifters stand behind Krista who truly is now our representative.

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# Ernie Milian

## The Proven Cuban

by Herb Glossbrenner, PL USA Historian/Statistician



Ernesto took a bronze at the 1981 IFF World's in India for Team USA.

Sometime back in his column Dr. Judd Blasiotto introduced you to a new PL prodigy: Michael Soong. Mike compiled his All-Time Historical W/Ls - had then published in PL USA - knew Judd - Bingo! Instant notoriety! Soong, a nice guy, sometimes lets his unbridled enthusiasm get carried away, and he's the lead-in for this month's featured P/L great.

Our story begins in the Fall of 1988. Mike was in his 2nd year attending the University of Florida in Gainesville. His chance meeting with P/L original, Ernie Milian was an epic encounter. Michael had made the acquaintance of Milian's oldest daughter Nalin (Nay-loem) who was a Freshman at UNF. He had chatted with her several times but didn't know her last name. Michael had no idea that her father was one of P/L's all time greats. Thus, what next transpired was a total surprise.

Ernie came to visit her and walked in the front door of the college bookstore. He was wearing the official meet T-shirt of the 1988 Olympic Weightlifting Trials, Mike, never known for being shy, was quick to engage in chit-chat. "Oh! Are you into Olympic Lifting?" Mike asked. "No," Ernie responded in his strong Latin accent, "I'm into powerlifting." "No, you gotta be kidding," Mike rambled on. "So am I. Did you ever compete? I'd fill you out 1'6". Mike continued his query. Five feet seven and one quarter inch, and thin as a rail. "Yes, Nalin here is my daughter, I'm Ernie Milian." He answered, "I've been competing for over 20 years." "Really..." Mike was amazed. "What class are you in." There was no stopping Soong now, he had already stuck his foot deeper into his own mouth. "I'm 123, a two time World Champion," Milian replied rather matter of factly. "Wow!" Mike erupted. It was an uncontrollable display of great excitement. "You're the first world champ I've ever met - this is incredible!" He began jumping up and down (no kidding) in jubilation. This created quite a scene, and Ernie flushed with embarrassment. If there'd been a hole he'd surely crawled into it. It was quite a scene as mesmerized Mike continued his tirade: "Holy smoke, this is fantastic, etc."

For those of you out there who haven't heard of this famous P/L individual that inspired these enthusiastic outbursts from the P/L Prodigy, I'll enlighten you. To understand his ability and obtain the proper perspective we will start at the very beginning:

Ernesto Milian (pronounced Milton) a healthy 6 lb. male was born November 7, 1947, in Cuba. He

Snatch 135, C&J 175! So at age 19 he won his first ever competition by 10 lbs. on total. He was off and running. He liked overhead lifting, except for the press (disadvantageous levels). He wanted to get his feet wet in P/L. He incorporated them in his training for a year. He entered the Junior Nationals Aug. 5, 1967 in Paterson, NJ. At 123 he came in 3rd place, behind winner Roman Mielec, 21, from Patterson, NJ (1000) and Allen Clark, 16, Dallas, TX (900). Ernie's lifts were: 145 BP, 285 SQ, 375 DL, 805 TOT. Not bad for a 20 year old in his first ever Power Meet!

Ernie attended 2 yrs. of Jr. College, and at age 19 had enrolled in University of Miami. His equipment for training at the Y consisted of old O/L bars, but they had a platform and SQ racks. In 1968 Milian did 3-4 meets, both W/L & P/L. He seemed to like P/L more. He was now embarked on a path of destiny. In Feb. 1969, he went into the Army. He'd just started college & was inducted. He did a 2 yr. stint, stationed at Ft. Jackson in South Carolina. He eventually attained the rank of SP4, Specialist Corporal (one rank below Sergeant) and learned how to shoot. Ernie didn't exercise much and admits he wasn't in very good shape while serving Uncle Sam. He skips the breakfasts were good, and the other meals lousy. Therefore he tried to scarf down enough chow in the morning to sustain him all day long.

He lifted in 2 meets while in the Army, both at 123. At the All Carolina's Championships, he recalls meeting Mike Cross & Jim Taylor, two of TN's finest. He won one of the competitions, but admits that he got beat in the other by some "short guy"! In 1969 Milian met the love of his life. He married a lady named Zoe (pronounced Zoey). They had their first child - Nalin (Ernie's daughter whom Michael Soong knew) in 1970. Note that her name spelled backwards is Milian! Clever, huh? Upon his discharge in January 1971 Ernie was once again a civilian. He'd obtained his degree in Business Administration at U.M. in 69, and resumed his studies there. In 1971 he obtained his Masters Degree in Business Accounting. In 1972 the Milian's had their 2nd child, Zoe (Margarina) another girl. He was doing P/L exclusively now and had allowed his bodyweight to climb to 148. He got 2nd in one contest in Chattanooga, TN, and later won a meet in Atlanta, GA, doing: 225 BP, 455 SQ, 520 DL, 1201 TOT. In 1973-74, still at 148, he lifted in but one contest each year, the FL State Championships, and won them both. By the time 1975 had rolled

around Ernie was getting pudgy. He lifted in a Feb. meet at 165 and did: 260 BP, 500 SQ, 520 DL, 1270 TOT. His wife was a good cook, so he kept plugging out, actually getting as heavy as 180. (To this day in my wildest imagination I cannot picture Ernie weighing his much! One day he surveyed his reflection in a full length mirror, and didn't like what he saw - a pudgy paunch! Is this what he wanted? No, this was the last straw he thought to himself. He wanted to lift at the Jr. Nationals that summer. He made a radical drastic decision. I think I could win the 114s, he told himself. His mind was made up. For 99% of the population this would be nothing more than a fantasy. Nothing could dissuade him from "crazy" idea. He had 4 months and 10 days to get down to 114. A coveted big title awaited him. He embarked on a suicide crash diet. He figured to lose that much weight (66 lbs.) he'd have to starve himself. So he did. He displayed incredible self-discipline. He went on a strict protein diet (steaks) with zero carbohydrates. He managed to lose one half pound per day, sweated, spit in a jar, ran hot baths, dured it. You name it - Ernie did them all. The final week, he abstained from food altogether. Could he last his fast? He felt like death warmed over. On July 26, 1975 at the Jr. Nationals in All-

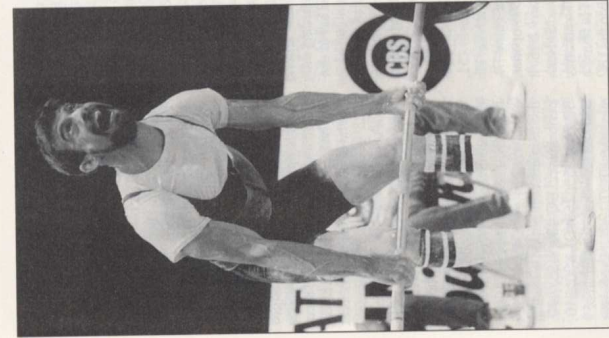
ance, NE, he stepped on the weigh-in scales. He felt emaciated (skin & bones), weak, delicious from hunger. He exhaled, froze motionless, and watched the scales balance right in the middle 114.1/2! He'd actually done the impossible. Ernie won his Jr. National. This that day, it had been well worth the sacrifice! 305 SQ, 190 BP, 390 DL, 885 TOT. Afterwards, his appetite was ravenous. To reward himself he chow'd down with a passion. Three days after his win he'd gained 24 lbs. (138). Milian did a local meet at 132, soon after this & hit close to 1000 TOT in winning!

In 1976 Milian decided to jump head first into the "Big One"! He entered his first Senior Nationals, August 14, 1976 in Arlington, TX. Now almost 29, the competition at 123 was tough! Lamar Cant, days earlier turned 19. He won his 2nd straight Bantam title with a 1130 TOT. Bob Lech and Julio Nunez fought it out. Nunez DLed 465, but Bob didn't like what he saw - a pudgy man. Milian the Mighty Miami schoolteacher gave a good account of himself: his 355 SQ and 450 DL stayed with the others. His comparatively low (225) BP kept him out of medal contention, so his 1030 total gave him 4th. Ernie had plenty of surprises in store for the future. 1977 became the turning point in his P/L career. He hit one old rival Bob Lech, Bob wanted to get down to 114. A coveted big title awaited him. He embarked on a suicide crash diet. He figured to lose that much weight (66 lbs.) he'd have to starve himself. So he did. He displayed incredible self-discipline. He went on a strict protein diet (steaks) with zero carbohydrates. He managed to lose one half pound per day, sweated, spit in a jar, ran hot baths, dured it. You name it - Ernie did them all. The final week, he abstained from food altogether. Could he last his fast? He felt like death warmed over. On July 26, 1975 at the Jr. Nationals in All-

fall of 1976. A fellow Cuban defector was Rafael Guerrero, a top W/L official while living in Cuba. (He's one of the Top Administrators in the Pan American W/L Federation, even today). Rafael took Ernesto under his wing. At last! A real coach. Guerrero showed Milian proper training methods. Ernie had been doing too many sets. Now he began using training weights based on percentages. He was introduced to a cycling routine. It paid off big! From this day forward... they were friends for life!

In 1978 Ernie was yearning to win the big one! He decided to reduce to 114 again. He only had a few lbs. to shed this time and believe it worked once before. Good idea, right? Wrong! It was a bad choice as it turned out. He probably would have won at 123 (1091) was the Bantams winning total by Nunez who lifted for the title solo with Gant up to 132). Milian ran headlong into two quite great flyweights: John Redding, a 2 time Srs. champ, came out the winner with a 10 x bodyweight 1118 TOT. Right behind him in 2nd was 4'6" Chucky Dunbar (1096). Milian found those few lbs. had been tough to lose and weakened him. Unhearted he still turned in a fine result: 374 SQ, 220 BP, 424 DL, 1019 TOT for 3rd place. To recall an old proverb: The best laid plans of mice & men sometimes goes astray." The luck of the draw, that's the way it was. Ernie hit one more meet that year doing 1160 TOT at 123, good improvement!

Preparing for the 79 Srs. Milian pulled a practice DL of 523 weighing 132. The big meet was August 18 in sweetening Bay St. Louis, MS. He brought his dogged tenacity and faced his old rival Bob Lech. Bob wanted his first title and eventually got it. The feisty Floridian had the same idea. His appearance deceiving, Milian pulled his guts out hoisting the same 523 he'd done in practice weighing contest. Ernie's 512 lift gave him 1245 TOT. Ernie had



Ernie winning the 1981 Sr. National title in TX.

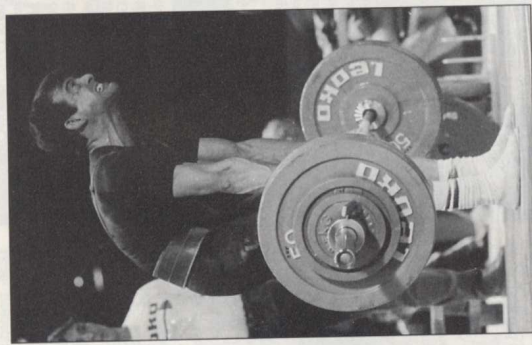
1234, needed 540 to win, and he tried, but in vain! For this time Lech was best. In 1980 for his 5th Seniors outing, Milian traveled to Madison, WI, the 2nd week in July. It was a "hot-box" sequel starring both high humidity and high humidity once again. Gant's return to 123 virtually assured a win. This is exactly what happened. Ernie said "I'd like to beat the pants off of Gant... but I can't." He couldn't challenge Lech on this occasion (as he'd previously done) either! Things started out bad. Ernie had a rough time getting his 418 SQ by the judges. He finally got credit (last try). He gave his examiners a flare of his foot Latin place! 1981 proved to be his year he'd long awaited! It was his 6th time trying for the USPF Srs. title. The luck of the draw this time tipped in his favor.

Gant was back up to 132. Lech didn't show. Ernesto Milian had his own way, took a solo flight and landed with the title. There was no one else in his class to push him. He missed only 3rd attempts: 457 SQ & 534 DL, TOT 1218. Earning the throne was Ernie (all alone). Sr. National Champ at last! Take it away, you can get it!

Now a CPA, studying to get a law degree and follow in his father's footsteps, Ernie had earned his golden opportunity. Winning the



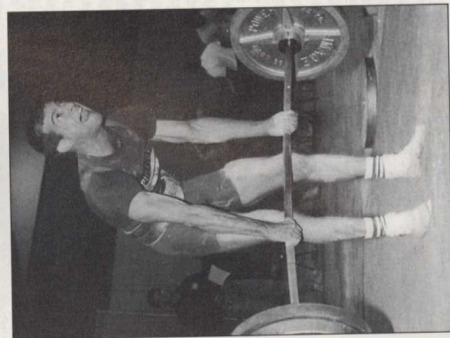
Ernie at the 83 USPF Sr. Nationals in Austin, TX.



Ernie was able to represent Puerto Rico at the 1985 I.P.F. World's in Espoo, Finland. (Lambert)

Seniors he was on the USA team and had a shot at the P/L World title! Fall '81 in India, Bhairo (GBR) emerged the winner at 123, since the great Precious McKenzie had retired. Milan, age 33, was warming up to lift. The bar was mis-loaded. Unknowingly, he took his last warm-up with more weight than his starting wt. on the platform. This unfortunate mistake not only surprised him, but he'd strained enough to produce a hernia. He gutted through the meet, TOT 1151, enough for the bronze medal. Ernie, he had been ruptured gamely tried to pull a 545 to gain silver as lighter zone. No dice! The next day his "vital zone" was hurting, a lot! A Dr.'s exam revealed the damage. He got surgically repaired a month later! Four months following his operation he did a meet (March 1982) and got 2nd place at 132 with 210, 240, 420, tying at 480 DL. Ernie didn't feel he was fit enough to lift in the Seniors. He took a year off, working back gradually to top form. Backed in action in March 1983, he recorded an impressive 1315 TOT at 132. He decided to stay in that class for the BIG ONE. The 19th Seniors rolled around. It took place July 23 in Austin, TX. If he'd gone 123, most likely Ernie would've captured his 2nd title. The lone entry, Caputo, won that class with 1151. Milan saw defending 132 champ Claude Hansson, MI, start too high & eliminate himself. He faced the unbeatable one Lamar Gant. Ernie did well and got the jump on Gant, out-squatting him 501 to 485. At haltime he trailed by 11. Ernie recalls the "rounds system" was not in use. He found himself matched in the SQ's, and had to wrap & go in less than 5 minutes. In the DL's, Milan hoisted 534 on an opener and had 1311. Gant popped 540 and had 1328. Milan courageously battled him, and did a difficult 556 for 1333. Milan, his energy expended, next missed 562. Lamar pulled 584 like a toy, as I recall, and won, passing his 1st. Still, runner-up is not half bad, es-

pecially when you consider the guy who beat you had just chalked up Sr's. title #8! This was also the year that Ernie's third child was born. This time it was a boy, Jomathani! The 84 Srs. staged in Dayton, OH, by nine times World Champ Larry Pacifico has been called the best organized Seniors of all time. Ernie also staged a comeback, pulling out a surprise runner-up finishing at 220 with a terrific 2028 TOT. It was Milan's 8th Seniors outing. He was in top shape. This year Ernie gave Gant a competitive run for the money. Milan gave it all he had, and owned a 33 lead going into the DL. Gant's 2nd attempt pull was tough. Still it beat Ernie 1267-1262. Milan recalls the meet as one of bad officiating. There were 26 zeros in the meet, 4 in his class alone. It was the year the women staged a P/L revolution, lifting head to head with the men. Vicki Stearnod drew attention when she actually BPPed more than Gant (248-242). The two greatest (male & female) P/Lers in US History in the same category. Same place, same time! Now that's one for the History Books! This was also the year Milan met the late great Larry Mintz, a Seniors winner (double Elite) in both W/L & P/L - a rare occurrence. He recalls what a warm friendly guy he was. Later this same year Ernie obtained his law degree, and Zoe presented him with a special present, their 4th child, Gloria. That's enough Ernie decided, 3 girls



Ernesto Milian competing at the '87 APF World Championships in Dayton, OH. (Lambert photos)

so became the bronze medal recipient! Hey baby... Take it any way you can get it! In '86, the 22nd USA Senior Nationals boiled down to a one on one showdown. The top 6 all scored 1102 TOT or better. The others drifted behind the two leaders. Ernie Milian vs. Military Man Dave Pattaway. Milan out SQed every one with 451, added a 248 BP and led by 38. The DL would decide the outcome. Pattaway missed 479, but decided to take more. Milan, sensing victory, came out all charged up. He ripped up the same. Maybe overcome by a false sense of security he took 501. It was close twice, but no cigar. Pattaway risked it all at 523. A courageous effort, miraculously made, and he was champ. He'd eclipsed Milan 1184-1179 to win his first Srs. Silver for Ernie once again. Milan was disgruntled, especially with the judging, and vacated the USPF for good. He participated in the APF Worlds at 123, Nov. 15, 1986, in Maui, HI. It was a showcase of stars. Ernie seized the moment and put on a sterling performance: SQ 430, 455, 470 BP 245, 255, 265 DL 490, 510, 530 - an unbroken daisy chain of 9 successes - TOT 1265. Now he was an APF World Champ with a 10 times but, performance as icing on his cake.

Ernest Milian, representing Puerto Rico, won his 2nd back to back APF World title in Dayton, Ohio, Nov. 21, 1987. He was undefeated this time, but despite it turned in another quality performance: SQ 424, 465, then missed 473. Made all 3 BPs: 248, 259, 270. A 501 DL crunched his title. Up to 534, for a big increase & a miss. Then, converging all efforts into a last ditch try, he got his A successful lift for 1267 TOT at age 40 (almost 41).

The '88 WPC Worlds were staged 26-27 Nov. in Johannesburg, South Africa. Milan hated training, especially long trips. He could've won, but he skipped it. Instead he went to the APF World Open, Nov. 12th, closer to home. He was in Victoria, B.C. Canada. Representing team USA at 123, he fared well, unpressed: 475

SQ, which was a WPC & APF Master's W/R, as was his 275 BP. A success with 2nd attempt 440 DL gave him 1190 TOT, yet another title. He set World Open Records of 451 SQ, 490 DL, along with a 253 BP for 1196 TOT. In 1994, the APF Masters Nat's May 21 in Nashville, TN, was directed by Troy Hicks, a former IFF W/R deaderliner holder. Ernie captured 1st place (no surprise) and lifted in the Men's 45-49 age bracket at 132-SQ 440 BP 260 DL 480 TOT 1180. This qualified him for the WPC Worlds held on November 3-6 in Columbus, OH (USA). Ernie won his Masters Div. 132 class World Title there making lifts of 441, 264, 485, 1190. The 1995 APF Masters were held 3-4 JUN in Rosemont, IL. Meet Director was Ernie Franz. At age 47 Milan won yet another APF National Masters Title: 460, 264 BP, & a W/R 501 DL, TOT 1234, yet another 10 times but, performer on the platform. By now Ernesto Milian was well known. He'd become somewhat of a legend in P/L. Held just celebrated his 44th birthday with 27 yrs. of competitive experience under his belt. 129th. Despite his shiny tendons he lost a lot of ground. The short explosive, strokes of his midge opponent (David Buterbaugh) left him by a nose. He was in the SQ, long ago was never to judge a book by its cover. He was in the BP (540-463) in the SQ, Buterbaugh's short arms put him further ahead in the BP (369-259). Ernie found himself attempting to overcome what seemed to be unsurmountable odds. Milan had strained his sacro lumbar region attempting to make 485 SQ. By the time the bar went to the floor, it was bothering him, a lot! Dave's weak DL (303) gave Ernie a fighting chance. He pulled a 441 DL which aggravated his strain even more. He hobbled off the platform. Two shots left to win. Milan took the necessary 485 he needed for victory. Up it came. He was shaking all over like a blender turned on high. He almost had it. Unfortunately close only counts in horseshoes and hand grenades! He had to be helped off stage. He came back, tried, but aborted his final lift. Just two painful to "put out"! I saw Ernie limping around afterwards. He thought his DL should have passed. With a pinched static nerve and pain going down the leg into his foot, he thought his back was so badly hurt that he was finished. He talked of retirement in an interesting little story involv-

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Ernesto gets help from his friend Orlando Muniz-Zacca at the 'Madness in Mad City' Seniors of 1980.

I advised him to purchase one of Louie Simmons's Reverse Hyper machines. It would rehab his back. Ernie was desperate so he bought one Smart move! He came back good as new after 6 months. Milan was back in action at the 1996 APF Masters held by the Les Cramer in Pensacola, FL. On June 30, he won the 45-49 age bracket at 132: 468, 264, 529, 1262 TOT. Ernie recalls that the warmup bars felt odd and the bench presses seemed weird. At the IFA Sr. Nationals Nov 23-24, 1996, in New Carrollton, MD, Ernie took first place in the Men's Open Professional Div. He weighed 123 (exactly) did 480, 260, 505, 1245 TOT at age 49. He thought most of the officiating was probably the worst he'd ever seen. As for Ernesto Milian today. He now lives in H.S. He is 5'11" at 125 lbs. (a chip off the old block), but doesn't lift at all (doesn't want to). Youngest daughter Gloria is 13, and still in school. On the lighter side, I'll now relate an interesting little story involv-

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ing Ernie. Being a generous and good hearted fellow, he once donated his OVL bar for use at a power meet in Tampa. The judging was poor and the meet was not running too smoothly. Milan complained about it. Evidently the fellow didn't know that it was Ernie's bar that they were using, and told him to sit down and hush. Well, Milan's Cuban temper hit the boiling point. The bar had been loaded to about 700 and the contest was still in progress. Milan walked up to the platform stripped the 45's off one end, upended it, dumping the plates off the other end. He took his bar & left. The contest came to a screeching halt. They had to call a gym and transport another bar for the contest to continue. If there is any moral to be in this story it would be: "Never bite the hand that feeds you."

Zoe comes to every contest and helps her husband with his lifts. She has always been very supportive of his lifting. After all these years Ernie still trains by himself. Sometimes on a Saturday he works out with Dick Miller, 70, who has written the Master's record book in P/L was a Senior National 1965 champ in W/L way back in 1955. When I interviewed Milan for this article he talked of one goal he wanted to achieve. That was to become the only lifter other than Hideo Inaba to TOT ten times his bodyweight after age 50.

Ernie returned to the IFA Sr. Nationals, Nov. 23, 1997. He was now age 50 years and 16 days old. It was at this competition competing in the Open Pro Division that his life's dream came true. He improved all his own IFA World Records in every lift and total and set the first IFA records in the Masters 50-54 division. His lifts at 120.5 but, was historic! There were SQ 485, BP 265, DL 520, for a TOTAL of 1270! Thus he became the first American and only the 2nd person ever in the World to make that 10 x but, total at over 500! This is a tremendous achievement at any age. What does the future hold for the irrepressible Ernesto Milian? Well, I haven't asked him to see it but I wouldn't surprise me to see him back on the platform once again this year doing what he does best - making gravity take a vacation!

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# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

You train hard and heavy, you sweat and strain. You eat the right foods and you read everything you can get your hands on to give you the competitive edge for maximum **muscle building power**... but no matter what you do you still face the same age-old bodybuilding problems: plateaus in muscle growth and development and injuries caused by overtraining in an attempt to overcome those dreaded plateaus. Like the other, with you caught in the middle. You are about to learn a training technique that will virtually eliminate this vicious cycle and for all as well as provide you with a scientific and medically

proven method of controlling your sport performance and during competitions. The results of this technique are not based on theories, conjecture or tests on small rodents, but on solid, predictable, known physiological and biomedical facts about thermodynamics within the human body. It took the vast resources of the former Soviet Union to take these basic medical facts about the human body and apply them to sport performance. The U.S.S.R spared no expense to assure themselves of physical sport superiority. No aspect of the athlete's training or performance was

overlooked. Doctors and scientists devoted their lives, work, and research to meet this goal and to the national credo: "Winning isn't everything, it's the only thing." The rest of the world could do nothing but stand back and watch in awe at our crushing athletic victories. **Knowledge is power** ..... read on to get yours.

It was fifteen years ago when professional and Olympic Athletes in the United States were introduced to a new training and recovery technique called "cycle training". This concept had its origins in Russia where it has been used successfully since the early '70's. This technique allows the athletes body to adapt to ever increasing physical loads at a very rapid rate, without overtraining. The principle behind this method is to divide the athletes training into periods called "cycles". There are three cycles, macro, meso, and micro. For this article we will focus on the two cycles most athletes will be using to enhance their sport performance. Meso-cycle refers mainly to competitive athletes getting ready for any upcoming sport competition, such as Olympic trials, World Championship competitions, and sporting events. Their training program is broken down into the general preparatory, specialized preparatory, early competitive, and main competitive periods to assure maximum athletic performance is achieved at the time of their competition.

## THE POWER

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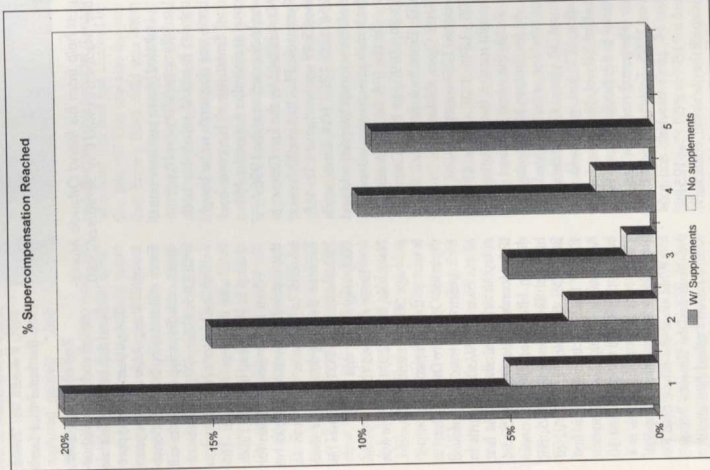


Figure 1: Graph shows a five day training period with and without proper sport nutrition supplements and a comparison of the percent of supercompensation an athlete can expect to attain.

improve specific areas they are weak in, and eliminates the problem of plateaus in an athletes training program for consistent steady gains. The core of the cycle training concept is that intensity of the workout in absolute load or absolute volume increased the most important factor in sport performance. Athletes are able to use their maximal intensity training days completely for incredible gains because they are able to fully recover on their easy training days.

The cycle training philosophy is to use the "right time" rule for intense exercise, full restoration, meal and sports supplements within the athlete's individual micro-cycle. The "right time" rule states simply that during every athlete's day there are natural body highs and lows and using these highs and lows increases dramatically the benefits an athlete receives from the training program. An example of these highs is during intense exercise, GH or growth hormone, which is the body's proanabolic hormone and Cortisol which is the body's first time defense against stress, appears in the body. Another high is seen during food intake of GH and insulin which is necessary for food and nutrients to be absorbed and fully utilized by the body. (see Figure 1) By using the "right time" rule the athlete can obtain the cumulative effect from all the highs induced by meals, nutrition supplements, and exercise during the restoration or super compensation stage.

## RIGHT TIME

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## STRESS TOLERANCE

This method helps increase stress tolerance and reduce competitive related injuries and allows the athlete to have a predictable outcome in his athletic performance during competition. Micro-cycle refers to an athlete's weekly and daily training program, this cycle fits within the meso-cycle and the focus is not on preparing for a future competition, but on continual and progressive long term gains in athletic performance. This method reduces injury, allows an athlete to

This method is called **Stacking** which is any combination of training, food, nutrition supplements, and exercise used concurrently. This combination of cycle-training causes the athlete's body to adapt and improve its function and physical workout capacity. The cycle-training principle is that both exercise and restoration are equally important for an athlete to achieve peak sport performance. The reason cycle training is so effective is that its based on the scientific fact that the intensity and the amount of daily workouts determine the athlete's output of energy, proteins, and ni-

## CATABOLIC

Exercise is a **catabolic** process, for quick production and use of energy and muscles. While an athlete exercises, protein and muscles are broken down, which causes a waste of the athlete's nitrogen, as protein contains nitrogen. The harder the workout, the more damage done to the body. The athlete's body also loses many other important body substances, as well as vitamins and minerals. After exercise, the athlete's body naturally begins an anabolic rebound which rebuilds the damage done to the muscles by the workout and tries to replace the lost body substances.

## SUPER COMPENSATION

If an athlete replaces lost body substances with the right sport nutrition supplements, an athlete can reach "super compensation" which allows the body to use completely and effectively the anabolic or restorative after exercise period for unequalled muscle and strength gains. (see Figure 2) This technique works - no great mystery, no miracle, no luck needed - just the natural physiology of the human body doing what it is meant to do when it is fully utilized properly.

Unfortunately, most bodybuilders do not have a team of top notch doctors and scientists, specially trained and experienced, and available 24 hours a day to help them achieve the **perfect physique**. However, by using the Cycle Training Technique you will achieve the same results as those who do.

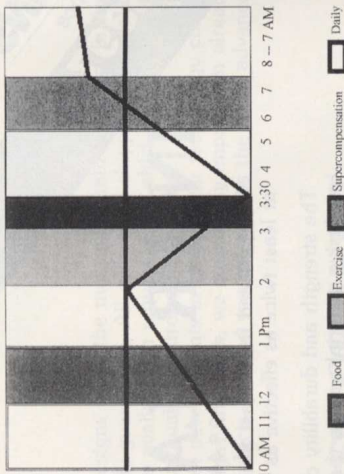
## RESULTS

You will enhance and increase your muscle growth steadily and continuously to levels you have never reached before. You will be able to prevent training injuries, and assure yourself of maximum **peak athletic performance** during competitions, as well as increase your stress tolerance. Every Olympic, serious or fitness athlete can use this highly effective training program to reach their sport or physical goals. You now have the **POWER** to harness and unleash your body's own natural ability to go further than you ever have. **USE IT.**

If you need further information on cycle-training or on supplements designed to activate the post-exercise restorative process, call:

Silber Sport Med. Elite Technologies, Inc.  
208-883-3481

Figure 2: This graph shows a typical daily training schedule with the use of proper sport supplements. It illustrates the highs and lows of the metabolic and hormonal changes in the body. 100% MMR line stands for Maximum Metabolic Rate and represents your body's metabolic daily best. supercompensation is clearly reached and anabolic / restoration completely and effectively used by the body, maximum muscle and strength gains achieved.



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# INTERVIEW

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

## Steve Cardillo

interviewed for Powerlifting USA by Drew Hickey

**DH:** Steve, can you give me a little background information about yourself for the readers?  
**SC:** My name is Steve Cardillo and I reside in Everett, Massachusetts. I am the president of Cardillo weight belts and Reebok weight belts. I am a former physical education teacher for the Everett Public Schools and I am now devoting all my time to the promotion of my weightlifting back support belts.

**DH:** How did you get started in powerlifting?  
**SC:** I was an all scholastic hockey player in high school and began weight training to help my hockey career. I attended Salem State College on a hockey scholarship and all the things I intended to do in my freshman year. I met a guy in the gym who was into powerlifting and he suggested I give it a try and I started training in the school weight room. I gave up hockey and focused all my energy on training. Soon after, Salem State hired me to direct and manage the weight room. I then met up with Howie Hoffman, Teenage and Junior National champion, and he pointed me in the right direction. Things took off from there.

**DH:** Tell me what major titles you have won?  
**SC:** I was the first NASA Drug Free National Champion. I have also won various state and regional titles.

**DH:** What are your best competition lifts?  
**SC:** At 181 I have squatted 600, benched 402 and deadlifted 644.

**DH:** Let's get back to your occupa-



Steve Cardillo, President of Cardillo Powerlifting Belts, modeling one of his belts. (Drew Hickey)

tion. How did you get started in the belt business?  
**SC:** While training and competing, I noticed that my lifting belt caused severe bruising in the hip area due to the inability of the belt to conform to the shape of the hip and mid-section. I decided to cut out a piece of the belt in the area where the impingement occurred to create a more comfortable and stable belt. I approached a manufacturer of some of the finest industrial leather goods in the world to

collaborate on manufacturing my belt design. That was 1987 and I am now celebrating the tenth anniversary of Cardillo belts.

**DH:** Many individuals consider your belts to be the finest made. Where do you stand in the market place?  
**SC:** Industry reports estimate the belt market in the US to be about approximately thirty million dollars. Volume-wise we are not yet number one but in this niche we are recognized as the Armani of lifting belts. Many major athletes, such as Michael Jordan, Emmitt

the sport. Apparently, the small time companies, who produce their belts in their basement, were threatened by the thought of major corporate involvement.

**DH:** What effect do you feel this missed opportunity has had on the sport?  
**SC:** Other sports, such as beach volleyball and rollerblading, have come into international prominence from their obscurity as a result of their involvement with major sports corporations. Reebok could have been the ve-

hicle to lead powerlifting out of obscurity and into mainstream America. The sport lost out on a once in a lifetime chance to evolve and greatly increase in popularity.

**DH:** Do you think this situation was negatively influenced by the number of federations and organizations sanctioning competitions in the United States?  
**SC:** Definitely! It would have been impossible to consummate an agreement with every single organization, let alone one, as we found out. We approached the International Powerlifting Federation (IPF), the largest powerlifting federation in the world, and they were not receptive to us. We also approached the International Weightlifting Federation, which in numbers far exceeds the powerlifting community, and we were immediately accepted. As a result, the Reebok belt was worn by ten lifters who won medals at the 1996 Olympic Games.

**DH:** Has this discouraged you in your efforts to continue to promote the sport of powerlifting?  
**SC:** I am currently in discussions with a prominent figure in the powerlifting community to continue the pursuit of the Reebok belt for powerlifting. At the present time, I am too busy with

the retail end of the business to devote the energy and effort required to continue in this endeavor.

**DH:** You have also been busy promoting strength exhibitions, most recently Anthony Clark's world record bench press, do you have plans to continue with these activities?  
**SC:** I became involved with AC as a result of his being a Reebok athlete. He puts on a great show and has an incredible story to tell. People seem to be more receptive to strength athletes and witnessing feats of strength as opposed to seeing bodybuilders in great poses. The strength athletes are more inspirational. Strength rules! Strength is still king!

**DH:** As a former powerlifter turned businessman you have put a lot back into the sport which has done so much for you. Many individuals move on and forget their powerlifting roots. What is your motivation behind your position?  
**SC:** I look back and remember the desire and intensity I possessed when I was training and how much it meant to me. I remember that feeling as if it were yesterday. I recognize there are individuals who feel like that today. I like to help so that these guys can have better than it was

in my heyday.  
**DH:** What is your view on the advances in lifting technology and the use of such support gear in competition?  
**SC:** I like the idea of "raw meets" where it is a test of brute strength but if a meet is sanctioned where support gear is used and everyone has the same advantage then that's fine too. Equipment is fine if it is to prevent injury but when the contest becomes a test of who has the strongest gear then the true strength factor is diminished.

**DH:** What is your position on the use of performance enhancing drugs in powerlifting?  
**SC:** Personally, I am against the use of drugs but everyone has a choice. If you choose to use drugs then stay out of drug free contests. It somewhat like the support gear issue, everyone should be competing on the same level playing field.

**DH:** From your beginning involvement in the sport, have there been any individuals who have a major impact or positive influence on you and your powerlifting philosophy?  
**SC:** Howie Hoffman for sure! He is one of the strongest drug free pound for pound lifters in the world. He stands out the most for helping me while I was getting started. Also, there is Anthony

Clark. Not only does he have incredible strength but he also has a story to tell. He's a person I'm more impressed by the person than one's performance.

**DH:** Will we ever see Steve Cardillo competing on the platform?  
**SC:** I'm permanently retired! But I still train regularly.

**DH:** What are your future business plans, will Cardillo Belts expand into new product, possibly supplements?  
**SC:** I am currently in discussion with George Znaagros of Marathon Distributing Company regarding our respective companies. We hope to have the details ironed out soon. I am always looking for opportunities to expand my business; I am always receptive to new ideas.

**DH:** Steve, this concludes our interview. Do you have any other comments to make?  
**SC:** I would like to thank Mike Lambert and Powerlifting USA for all the help and support. Thank you for the great training in the PIT and for this interview. Last but not least, a big thank you to all the customers who have supported Cardillo Belts!

To obtain information about purchasing Cardillo Power Belts, please call 1-800-382-3031.

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# 4th IPF Worlds

by PL USA Historian/Statistician Herb Glossbrenner

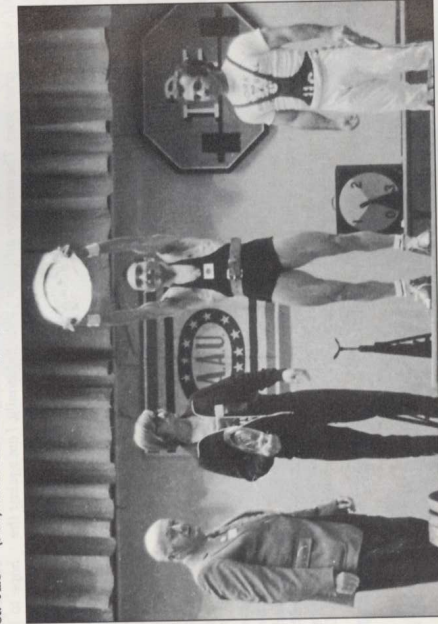
with both hands. Short and compact John had been USA Seniors champ in '66 @ 132, age 40. John and his younger adversary Vernon Bowser, age 25, from Baltimore, MD, were also good in O/L. Bowser, well-mannered, young and hungry, was tall and athletic with his trend setting tight knit corn row hair weave. John was gnarled, seasoned and sinewy. Bowser out-squatted his rival 363-347. Bojazi topped

World Records in O/L press at 270 - positive proof he could press more standing up than lying down. McDowell forged ahead of him in the DL. Baez lifted 391, but couldn't budge 413, although this pint-sized Puerto Rican had C and J ed. 308 above his head. This goes to prove that overhead ability offers no advantage in Powerlifting. McDowell hoisted 402. Now he had the silver (948). Baez had the bronze (937).

Here's the breakdown: USA 46 lifters, ENG 9, CAN 5, ARG and PUR 3, AUS, ZAM and JPN 2. JAM and SWE 1 each. Back to the William Penn H.S. Auditorium for this year's edition. It was in York, "Musclestown", PA. I was there! A few hitches on the 1st day for no explicit director John Terlizio: no equipment and designated lifters showing up late. Rest of World on metric system, the USA was not! Kilograms were used in these championships for the 1st time, which caused much confusion about conversion.

**114: MAN FROM JAPAN - GRAND SLAMI:** In the first outing for 114s, flyweights came in droves, at last getting international recognition in Powerlifting. USA participants were: Ken McDowell from Langhorn, PA, Roy Spring from Rochester, NY, Roger Hopkins from Birmingham, AL, and Ron Mercer from Toledo, OH. The world was represented by: Hideaki Inaba of JPN, British dwarf and IAPN, British dwarf and ENG record holder;

Fernando Baez, an O/L star from PUR, John Deakin, AUS and Wayne Osborne the Canadian champ. Hopkins and Mercer were 1-2 at the USA Seniors. Both improved their TOT here, but finished in the lower bracket. Deakin (AUS) was at the bottom with a weak SQ. Mercer was one notch ahead, 8th, with well balanced lifts. Via his 391 DL Osborne pulled himself into 7th position. Hopkins and Spring fought to decide 5th and 6th. Hopkins SQ 308. Both men finished with a 204 BP. Spring failed 214 twice still led by 5. Both men tied in the DL at 374. Therefore Spring had sprung into 5th, TOT 892, topping Hopkins' 887 in 4th, little Valin did well until DL time - 920 TOT. Baez and McDowell surpassed him and battled for the lesser two medals. Ken, 111-1/2, wide stance Squat - IR opener - got no more. Baez dunked 330 deep, twice failed 341. BP: Ken elevated 187 - 240. Baez made 214 effortlessly, but failed 231 twice. Only 7 years prior to this he set



114 Ceremony (l-r): Bob Hoffmann, Ken McDowell, Hideaki Inaba, Fernando Baez (Pope)

him in the BP 242-237. ST's: Bowser 600, Bojazi 589, Vernon hoisted 429 for a 1030 TOT. Bojazi, once the American Record holder in this category (458), proved he still had the stuff. He pulled up 451 for a 1041 TOT; a world champ now! Bojazi passed away in 1979, but left behind his Powerlifting legacy.

**132: OH LORD - GOLD REWARD!** The leather numbers 7-0-England brought their dynamic duo: Peter Weiss and Ken Thrush. To add to the international flavor was Luis Ramos (PUR). All the rest were from the USA: Steve Hoxworth (Berlin, IN), Gary Wandell (Lansing, MI), Al Craig (Birmingham, AL) and the least intimidating looking one of all - Allen Lord, the man with a petite physique, but appearances can be deceiving! The teacher was on hand to prove it. Ramos was well balanced, pulled couldn't overtake Al Craig. Al claimed 6th overall via his big 308

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private duel. Callant pulled a 523 DL gallantly! Shortly thereafter DiPasquale (a very well - 529, 551, 578. His 1581, a personal record, gave him an excellent 3rd place finish. Thomas, with a 600 start, had 1570. Walter lifted 633 on a 2nd, following Spack's opener with same. This gave him 1603, ahead of Crawford. Collins opened heavy with 644. He made it surprisingly. EZ. Ron was now ahead with 1614. A 655 would've given Thomas the lead, but instead he took 666. It was just shy. Collins, assured of the win, took 677 up to mid-high and stalled dead. To have the final say Spack came flying out for a 4th attempt with 677. It was unmovable for Joe. Now Collins owned 3 titles. Once again he'd beat his rivals!

**181: WHO'S THE MAN? ITS FRANTZ!** Laurie Butler (AUS) got blown away by everyone. His 5th place finish was one notch DOWN UNDER Mike Lettief of

Altoona, PA (Mike was 3rd at 165 in 1972 Worlds). Lettief and old-timer Felix Games, a Powerlifting pioneer from Brooklyn, NY, went to each other! Games jumped in front with a 566 SQ, while Mike managed 534. Games BPed 363. Lettief was able to make up most of the deficit by pulling 380. Both men maxed out with a 633 DL. Games had the TOT edge 1554 to 1548. EMMON TOTALS 650 DL was his CINNAMON ROLL. It moved the Brit around the previously mentioned two into 4th place in 1581. He had one trick left in his bag and would spring it later! Deftly W.C. Bob McKee hadn't entered, nor did AZ's great Jack Barnes, in the program but absent was Bill Johnson (TX). Therefore engaging for the medal distribution were: Dennis Wright (liked to fight) of Baxter Springs, KS. In the action

He was well ahead of 6th place man, Chiwanga (ZAM) at 1168. Nick Petrillo (ARG) zoned in the DL, then took a shower. The irreplaceable Joe Spack was New York's proud representative. He was well back of winning a medal, still he salvaged his usual piece of glory with colorful and entertaining theatrics. Not to mention he dominated the DL, hitting a 650 lift that was an entourage of backers cheering him on. It was no go at a World Record 672, which took root to the platform. Once 4th place to the 1972 USA Seniors champ! It was a replay of last year's three man battle royale: George Crawford, of Toledo, OH, 1971 W.C. in this class; Walter Thomas of Oklahoma City, OK, 485, all 3. McHugh, a relative newcomer with unlimited potential. Sooner (pun intended) or later he'd be top banana. The defending 2 times consecutive W.C. was the indomitable Ron Collins, (ENG).

He'd already won his 2nd W.C., so why not? He gave it two monumental efforts, to no avail. Daddy Hoffmann was proud, and all of Don's peers were 'singin' the blues!"

**165: HAS 3 TITLES!** Canada's Mike Lukich had fun and showed improvement in stiches "talking to the barbells" en route to a 1256 TOT.

He also narrowly missed a World Record 314 try. The two British men were evenly matched. Talk about two peas in a pod! They heaved heartily to a 1113 TOT. Thrush, luckily was 1.1 lbs. lighter, so he was 4th. Weiss yegarded, to the bronze but missed the 474 DL that would've done it.

Hoxworth and Wandell busied for the runner-up spot. SQ: Hoxworth 363 was shallow, but his repeat was ok and he finished with a good 380. Wandell, flattered with 391, his 2nd made, a difficult 3rd accepted! Hoxworth had perfect BP's to 248. Wandell drew even, securing 259, but missed 264. Dead heat! Wandell made 479 powerfully, but couldn't lift 496, for 1129 and 3rd. Hoxworth was hot in the DL: 463, 496, 507, the highest pull in his class for a 1135 total and runner-up! Unthreatened was Lord. He dominated like a rooster in a hen house. His SQ ability put him in front to stay 402, 424, 3W. Every time he lifted, his infant daughter hollered "Daddy!" He stuck while rising with 435, truly a muscle-less warrior. He punched out a 248 BP, and maintained a healthy ST lead with 672, 22 up. Wandell followed with 650, then Hoxworth @ 628. Lord exceeded his World Title in the DL opener cinched his win. He missed further tries with 534, but didn't need them.

**148: DON'S BLUE HEAVEN!** Thirteen strong, this was a class loaded to the hilt! International participants were: Fumio Sekt (JPN), Fernando Feliciano (PUR), Jim Gallant and Mauro DiPasquale (both CAN), Sergio Zeinster (ARG) and Britain's best, Mike McHugh. They faced a proliferation of USA power men: Clyde Wright (Baltimore, MD), George Nieswty (Buffalo, NY), Ron Garrow (Plattsburgh, NY), Bob Cortes (Romulus, MI) and 1972 W.C. Jack Keammerer (Newton Square, PA). The experts put their wagers on Don Blue of Lincoln, NE, a state prison inmate. Don's resiliency is quite amazing. He'd been stabbed only weeks prior, no less than 17 times, by a fellow inmate. Blue had suffered a collapsed lung and eye damage. Yet there was here to prove that he was unquestionably the strongest lightweight Powerlifter in

the World and defending World champ to boot. An entrant I forgot to mention: Thaddeus Grodecki (Pittsburg, Pa) didn't get on the scoreboard. Low man on the totem pole was Seki (JPN) (1102). Feliciano (PUR) finished 1157 for 7th. Wright, a future star was still in the embryonic stage - 1190. Nieswty, a tenacious newcomer had heart - 1201. The two Canadians had a

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Paul Woods squeaked out another win over Ravenscroft. (Pope)

SO: Thomas, 573 was deep and strong. Next came 600, good but difficult. 3rd 611 - finished but 3R for depth. Collins 573 was slow and steady. On his 2nd with 595 he lost concentration and missed when his knee wraps unwound. Finally a Lettief was able to make up most of the deficit by pulling 380. Both men maxed out with a 633 DL. Games had the TOT edge 1554 to 1548. EMMON TOTALS 650 DL was his CINNAMON ROLL. It moved the Brit around the previously mentioned two into 4th place in 1581. He had one trick left in his bag and would spring it later! Deftly W.C. Bob McKee hadn't entered, nor did AZ's great Jack Barnes, in the program but absent was Bill Johnson (TX). Therefore engaging for the medal distribution were: Dennis Wright (liked to fight) of Baxter Springs, KS. In the action

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Joe then popped up 551 with double hip raise. He thought it too light and missed 749. In the BP, his best lift was 490. Now for his pit. An aerial continued between these two in the deadlift. White opened at birdweight - 628. Mind games? Kenady started at 722 and jumped into the lead. Joe grunted at the same on his second attempt. Doyle the Man tolled his plan. It was up to 749 for the bearded one no problem. White barely budged it on his third - no lift 2050 total. Kenady solidified his runner-up spot by taking 771. It was slow and steady, but difficult - 2094.

**Now for Big Man, Don Reinhardt, Fredonia, NY.** appeared. He looked big as a house. Decked in his candy striped vest, without knee wraps, he dunked 832 - duck soup. Next up to 904. It was deep and strong, but he almost lost his balance before re-racking - close call, and he passed his third. In the bench press, after an explosive 562, he went straight to 606, and got it up, but locked out one arm before the other. Another try was another miss. In the final test, up came 755 for the win. Then up came a World Record deadlift which didn't appear to be his max - 832 - and that was good enough, so he passed his last, and called it a day. The Superheavyweight Champ - who else? - Big Don.

70 lbs. lighter and in the DL even mightier, John SQ'd 699 and 716, and missed 749. In the BP, his best lift was 490. Now for his pit. An aerial continued between these two in the deadlift. White opened at birdweight - 628. Mind games? Kenady started at 722 and jumped into the lead. Joe grunted at the same on his second attempt. Doyle the Man tolled his plan. It was up to 749 for the bearded one no problem. White barely budged it on his third - no lift 2050 total. Kenady solidified his runner-up spot by taking 771. It was slow and steady, but difficult - 2094.

**SHW - BIG DON!** Brian Saunders (GBR) an overhead lifter, jumped into the action, and announced a 1752 total for 5th. Up and coming then, Wayne Bouvier, of Ithaca, NY, had a good showing - 1829, and came in 4th. Jovial Joe White, of Columbiaville, NY, age 19, squatted 799 low, was called for depth with 837, and got pinned with 854. Doyle Kenady, PL's answer to Griz-zy Adams, smoked 804 deep and finished with a 650 DL, missing 11 more - 1846 total for 3rd. He responded to his supporters with a Record TOT. It stopped dead, knee high. He moved his feet out for 3rd TOT that Howitz had. Lighter man = silver medal!

Surprise, the return of John Kuc of Kingston, PA. The 1972 SHW W.C. (2350 TOT) was some continue and then he made the lift.

I believe I'm the only one who heard it, and I kept it to myself. Why spoil Larry's little joke? Yes folks, there was a whole lot more to come in the future for the big "P"! **242. KUC RAMBLES (RECORD BOOK SHAMBLES).** Tony Fitton was the only lifter from outside the USA. He's from jolly ole ENG. He CAME. HE SAW. HE BOKNERED! His other SQ showmatters included Dan Hammock of Tampa, FL, and powerful John Tonti, from the cradle of strongmen Pittsburg, PA! From there it was a match-up of two Braham Bulls: Billy Howitz of Teaneck, NJ, and the 1973 USA Seniors champ in this class, Bill Seno, of Western Springs, IL. It was nip'n tuck! SQ: Seno subuded 639, but missed 661 twice. Howitz opened at the same weight (661) for a miss, repeated it good, and failed 688. Both Bill H. and Bill S. had 837 low, and got pinned with 854. 540. ST's: Howitz on top by 22. He finished with a 650 DL, missing 11 more - 1846 total for 3rd. He responded to his supporters with a Record TOT. It stopped dead, knee high. He moved his feet out for 3rd TOT that Howitz had. Lighter man = silver medal!

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difficulty getting the weight clear of the support stands than he did pressing it! With a titanic struggle Pacifico inched up his final lift of 567 to completion - GOOD! He had the World Record back and celebrated with a standing back flip. Mac would have none of that! Up to 573. Like a human derrick he ground it right up! WOW - 3W. The undisputed BP king, for now! ST's: Pacifico (1272), Phillips (1190), MacDonald (1129), Mike had actually BP'd 16 lbs. more than held squatted: He had 1769 TOT and 3rd place. He had 1699 TOT and 3rd place. Pretty damn good for a one lift specialist. I'd say. Phillips pulled 633 despite the fact the clock's time expired on him. He was so psyched that he rushed out and made the lift anyway, and got reds. He composed himself to repeat with good results. Marv's 644 3rd was not quite completed - final result 1824 for 2nd place. Now for the main event! Pacifico began with 677. This clinched his 4th consecutive W.C. title (1951 TOT). He went straight to 733, stopping the World Record TOT. It stopped dead, knee high. He moved his feet out for 3rd TOT that Howitz had. Lighter man = silver medal!

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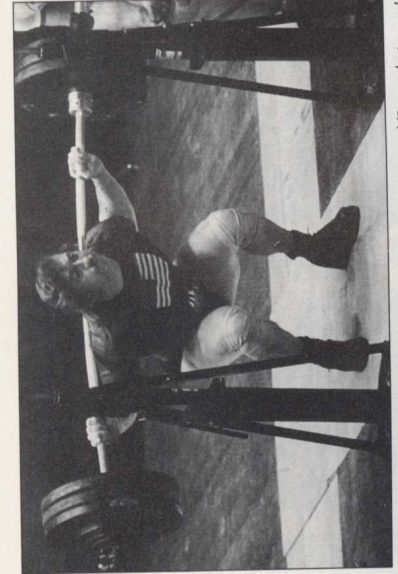
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Ernie Frantz won the lightheavies, 181 division, with a 1686 total (Pope photograph)

chance, challenged for 3rd place by taking 749. I recall this lift vividly. Super slow it came up, and finally done! But no! They say it stopped! The crowd boomed in their disbelief (me too). It didn't do Matz any good this day. A fitting finish to a great competition. Anello's 2 shots at 788, World Records, were futile. He didn't budge them.

**220: THE BEST IS LARRY, EXTRAORDINARY:** Three with high hopes bit the dust: Ron Panisset of Tenally, NJ, SQ'd 551, then missed all BP's. Pat O'Brien of Tampa, FL, a D/L ace, couldn't get any of them up. Zambis's Maddoud didn't get on the board either. Cal Lewis (ENG) did the least of the lifters, a 1548 Musciansi of Brooklyn, NY TOT'd 1609 for 5th place. Sweden's one man gang was Ulf Morin. He made his Worlds debut and did well. 1631 - 4th. Weid Ed re-took his World Record by manhandling 490, but could barely move a 501 try off his chest. ST's: Ravenscroft (1140) Woods (1036). There was a lot of ground for Paul to make up. Buddy pulled 600 and 653, the started cramping. He tried 680, but couldn't move it! Woods yanked in 699, and called for 738. This weight would force a TOT the and win for Paul (once again) as lighter of the two (1774 TOT). He rushed out, psyched beyond belief. He pulled like a demon, every sinew and vein standing out like ripcords. 3W. He'd won, but not without left bicep in pain, having torn it. Matz, who had been waiting for his

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also was AL's Frank Barefield (unprepared to be the Bury Barbarian from Batavia (IL) Ernie "the Man" Frantz! Barefield and Wright was an epic match-up: Dennis took an immediate class lead, bameling up with 650. Frank managed 595 and almost had 606. Frantz missed all 3. 562, 584, 600! Was this an omen? In the BP, Wright missed then made 391, but failed 407. Barefield worked up to 407 with no misses. Frantz, coming on strong, muscled a 418, but lost the decaying "hip lifts" (not allowed!) ST's: Wright (1041), Frantz (1019), Barefield (1003). Who'd have the most powerful pull? Alas it was not Wright. The most he could muster was 589! Barefield seized the moment, ripped up 628, and forced the tie (1631) to claim the silver (lighter than Dennis!) Frantz disciples wouldn't be denied. The Seniors title had eluded him. Ernie was bold, had a yearning for gold! He would not be denied began with 628. He ripped it right up to become WORLD CHAMP, just that easy! He made a big leap to 666 going for a World Record TOT, to top McKee's aggregate of the previous year. Up it came on his outstretched arms. Good lift! One left, and Frantz tackled 694. All energy expended - no lift! Toal, the surprising Englishman, had one attempt left. He had 699 moving hoping to displace Wright for bronze as lighter man. The bar stopped knee high. No more! For 1974, Frantz was the man!

**198: PAUL'S PULL - PURE GOLD!** This was another jam packed category overrun with USA athletes. Their onslaught left Juan Nicolini ARG, Karl Hult (CAN) and returnee Cedric Demetrius (JAM) at the bottom of an 11 man pileup. Edmund Matz, Jr. of Belleville, OH, had a powerful pull. He whipped 699 right up for a 1658 TOT. Larry Russel of E. Amhurst, NY, had lifted 650 for a 1670, and was ahead of Ed Matz, who had one lift left, and saved it for a big try! Vince Anello of Middleburg Hts., OH, was way back when the bar was placed on the floor, and that was his domain. He lifted 755, the highest of the class. He'd moved into 5th position (1681) had 2 lifts remaining, saving it for last. Tom Franchone, Rochester, NY, had zeroed at that year's USA Seniors. He salvaged a 655 SQ here, then added a 396 BP and 650 DL, for a 1703. Former W.C. Tony Frato of Butler, PA, had

DL problems. Twice he lifted up 650, only to have it slip from his grasp at the last instant. Someone hollered "Hook it!" He hooked his thumbs around the bar on his last go. It worked and saved the day with a 1708. This matched Franchone's hoist and put him in Ravenscroft of Long Beach, CA, and Mighty Marine Paul Woods of Jacksonville, FL, were nip'n ready! It was anyone's guess who'd win this time. They'd heaved to a 1725 TOT tie at the Seniors with Woods winner on lighter bodyweight. This proved to be an exact carbon copy of the Seniors battle. Woods SEQUEL was EQUAL! SQ: Woods did 562, failed 584. Then he did 600 "perfectly", until he beat the signal to rack it. Ravenscroft roared into the lead, negotiating 650 - his start, then stopped cold on his 2 666 efforts. BP: Woods rammed 457. Budupstaged him with a World Record 474 (like a feather). Paul duplicated that lift and stole the World Record away as lighter man. Woods had 485 within inches of lockout, but couldn't complete it. Ed re-took his World Record by manhandling 490, but could barely move a 501 try off his chest. ST's: Ravenscroft (1140) Woods (1036). There was a lot of ground for Paul to make up. Buddy pulled 600 and 653, the started cramping. He tried 680, but couldn't move it! Woods yanked in 699, and called for 738. This weight would force a TOT the and win for Paul (once again) as lighter of the two (1774 TOT). He rushed out, psyched beyond belief. He pulled like a demon, every sinew and vein standing out like ripcords. 3W. He'd won, but not without left bicep in pain, having torn it. Matz, who had been waiting for his

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Work hard, compete hard, but don't worry about winning or losing. More importantly, concentrate on the experience of competing, and what you can learn from it. If you do your best, if you give the most you have to give, I promise you that you'll be satisfied and happy. The next time you're in competition and things are really nerve-racking, ask yourself the question "Will any of this really matter a year from now?" Most likely it won't.

**10. Never Quit.** When things get tough or disaster strikes, you have a choice to either give up or go ahead. The real champions of life go forward despite being afraid or blocked by obstacles. They do what has to be done no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction. They are disciplined of the classic slogan, "When the going gets tough, the tough get going." When things really look hopeless that's when you really have to suck it up. You have to think positive. You have to believe that you can still achieve your objective provided you persist. You have to rid yourself of negatives. Nothing is hopeless, nothing is impossible. Never say never.

that if you maintain this type of focus, the outcome of the event will take care of itself.

**8. Be Patient.** How do you eat an elephant? One bite at a time. Be patient. Don't continually focus on your destination, but rather take it one step at a time. If you keep concentrating on improving little by little eventually your fears will dwindle and your confidence will soar. The quality of patience will go a long way in helping you achieve your goals. The more patient you are, the more accepting you will be, and the more tribulations occur. Without frustration, life can be extremely fulfilling. Patience adds a dimension of comfort and contentment to your life. It can give you inner peace. Buddha has said, "That which we persist in doing becomes easier. Not that the nature of the thing has changed, but our ability to do it has increased." Those are words to live by.

**9. Put things in perspective.** Here is a news flash—there are more important things in life than pulling a big deadlift or winning a gold medal. Sports are fun, exciting and challenging, but they are just games, nothing more, nothing less. From the start, put sports into perspective and you'll enjoy them more.

are strong and powerful, whether you feel that way or not. Throughout the day, reinforce these feelings and thoughts. If, at times, negative thoughts enter your mind, stop yourself from dwelling on them; analyze why you are having those thoughts; and then manipulate them into positive affirmations. At first, you may find this practice phony or artificial, but the more you persist, the more natural the method will become. Eventually you will transform yourself into a positive person full of life and vigor. You will begin to believe, and when you believe in yourself nothing is impossible.

**5. Learn to quiet your mind.** Twenty minutes of mental relaxation every day not only creates inner peace, but also restores flagging energy. Some individuals find that meditation is the answer to internal tranquility. Others find that a regular program of yoga exercise creates the same type of inner peace. Still others swear by hypnosis or even just stretching out in bed for twenty minutes. It doesn't matter how you reach a state of mental relaxation just as long as you do.

**6. Don't be a perfectionist.** One of the most debilitating irrational ideas an athlete can have is that he must perform near perfectly in everything he attempts. In fact, in everything he attempts, no one - not Michael Jordan, Wayne Gretzky, or Eddie Coan can consistently achieve perfection. Athletes who expect perfection put so much pressure on themselves to excel that their performance and enjoyment of the event is usually compromised. The need for perfection and the desire for inner control usually conflict with each other. When you are constantly zeroed in on what's wrong, it's difficult to see more appropriate strategies for success. There is nothing wrong with striving for perfection, but little is gained by demanding it. Remember, no one is perfect, except Bob Derek.

**7. Focus on the moment.** One of the best ways to choke is to think about how important the contest is that you are competing in. Such thinking will typically generate additional physical and emotional stress that interferes with performance. When competing, focus on the task at hand. Don't worry about the outcome of the contest or what can be won or lost. For example, you might want to focus on some technical aspect of your lift or the muscles that you're using to make the lift. When the mind is totally focused, all doubt is pushed aside. In short, your body will cease to experience a body that is inhibited by the distractions of your mind. Over time you will learn

ing, take mental notes of your surroundings and your performance. Try to become more aware of all the sensations that are present - sights, sounds, and smell. Also, try to become more conscious of the feelings you are experiencing during your training. Focus on your strength though: feelings of power, confidence, and toughness are the types of feelings you want to mentally record. Once you have learned to visualize properly, incorporate the method into your training. Right before you make a lift, visualize it as vividly as possible. Also, it's a good idea to mentally rehearse successful experiences right after they occur, so that you visualize your mental images as vividly as possible.

**4. Think Positive.** I've said this so many times it is a commandment. If you constantly entertain positive thoughts and feelings, you will eventually develop a positive outlook on life. Also of interest is the fact that experimental studies revealed that the number one denominator that seemed to separate elite athletes from ordinary athletes, is that elite athletes maintain a positive attitude. Don't take my word for it - try it! I promise, you'll like it. For the next seven days, bombard your brain with positive affirmations. When you wake up in the morning, tell yourself that you

are strong and powerful, whether you feel that way or not. Throughout the day, reinforce these feelings and thoughts. If, at times, negative thoughts enter your mind, stop yourself from dwelling on them; analyze why you are having those thoughts; and then manipulate them into positive affirmations. At first, you may find this practice phony or artificial, but the more you persist, the more natural the method will become. Eventually you will transform yourself into a positive person full of life and vigor. You will begin to believe, and when you believe in yourself nothing is impossible.

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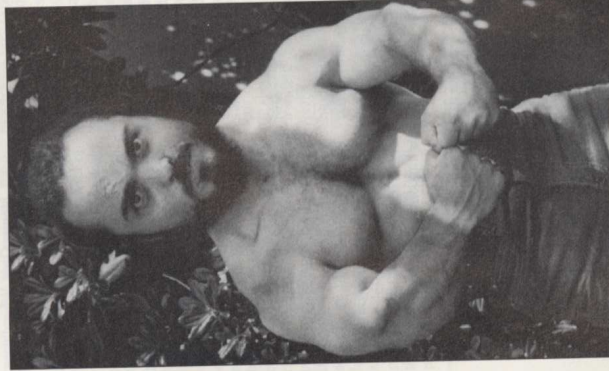
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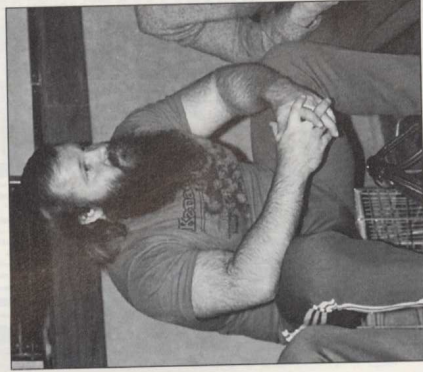
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# USPF Top 10 All-Time Men's Senior National

by Herb Glossbrenner, PL  
USA Historian/Statistician



Compact Power... Joe Cunha (Kathy Leistner photo)



Superheavyweight... Doyle Kenady (Ann Tuite photo)

Weight Class	Rank	Name	Weight Class	Rank	Name
114 lbs.	50	Bob Dumbor	114	50	Bob Dumbor
	51	Bob Dumbor	114	51	Bob Dumbor
	52	Bob Dumbor	114	52	Bob Dumbor
	53	Bob Dumbor	114	53	Bob Dumbor
	54	Bob Dumbor	114	54	Bob Dumbor
	55	Bob Dumbor	114	55	Bob Dumbor
	56	Bob Dumbor	114	56	Bob Dumbor
	57	Bob Dumbor	114	57	Bob Dumbor
	58	Bob Dumbor	114	58	Bob Dumbor
	59	Bob Dumbor	114	59	Bob Dumbor
118 lbs.	60	Bob Dumbor	118	60	Bob Dumbor
	61	Bob Dumbor	118	61	Bob Dumbor
	62	Bob Dumbor	118	62	Bob Dumbor
	63	Bob Dumbor	118	63	Bob Dumbor
	64	Bob Dumbor	118	64	Bob Dumbor
	65	Bob Dumbor	118	65	Bob Dumbor
	66	Bob Dumbor	118	66	Bob Dumbor
	67	Bob Dumbor	118	67	Bob Dumbor
	68	Bob Dumbor	118	68	Bob Dumbor
	69	Bob Dumbor	118	69	Bob Dumbor
122 lbs.	70	Bob Dumbor	122	70	Bob Dumbor
	71	Bob Dumbor	122	71	Bob Dumbor
	72	Bob Dumbor	122	72	Bob Dumbor
	73	Bob Dumbor	122	73	Bob Dumbor
	74	Bob Dumbor	122	74	Bob Dumbor
	75	Bob Dumbor	122	75	Bob Dumbor
	76	Bob Dumbor	122	76	Bob Dumbor
	77	Bob Dumbor	122	77	Bob Dumbor
	78	Bob Dumbor	122	78	Bob Dumbor
	79	Bob Dumbor	122	79	Bob Dumbor
126 lbs.	80	Bob Dumbor	126	80	Bob Dumbor
	81	Bob Dumbor	126	81	Bob Dumbor
	82	Bob Dumbor	126	82	Bob Dumbor
	83	Bob Dumbor	126	83	Bob Dumbor
	84	Bob Dumbor	126	84	Bob Dumbor
	85	Bob Dumbor	126	85	Bob Dumbor
	86	Bob Dumbor	126	86	Bob Dumbor
	87	Bob Dumbor	126	87	Bob Dumbor
	88	Bob Dumbor	126	88	Bob Dumbor
	89	Bob Dumbor	126	89	Bob Dumbor
130 lbs.	90	Bob Dumbor	130	90	Bob Dumbor
	91	Bob Dumbor	130	91	Bob Dumbor
	92	Bob Dumbor	130	92	Bob Dumbor
	93	Bob Dumbor	130	93	Bob Dumbor
	94	Bob Dumbor	130	94	Bob Dumbor
	95	Bob Dumbor	130	95	Bob Dumbor
	96	Bob Dumbor	130	96	Bob Dumbor
	97	Bob Dumbor	130	97	Bob Dumbor
	98	Bob Dumbor	130	98	Bob Dumbor
	99	Bob Dumbor	130	99	Bob Dumbor
134 lbs.	100	Bob Dumbor	134	100	Bob Dumbor
	101	Bob Dumbor	134	101	Bob Dumbor
	102	Bob Dumbor	134	102	Bob Dumbor
	103	Bob Dumbor	134	103	Bob Dumbor
	104	Bob Dumbor	134	104	Bob Dumbor
	105	Bob Dumbor	134	105	Bob Dumbor
	106	Bob Dumbor	134	106	Bob Dumbor
	107	Bob Dumbor	134	107	Bob Dumbor
	108	Bob Dumbor	134	108	Bob Dumbor
	109	Bob Dumbor	134	109	Bob Dumbor
138 lbs.	110	Bob Dumbor	138	110	Bob Dumbor
	111	Bob Dumbor	138	111	Bob Dumbor
	112	Bob Dumbor	138	112	Bob Dumbor
	113	Bob Dumbor	138	113	Bob Dumbor
	114	Bob Dumbor	138	114	Bob Dumbor
	115	Bob Dumbor	138	115	Bob Dumbor
	116	Bob Dumbor	138	116	Bob Dumbor
	117	Bob Dumbor	138	117	Bob Dumbor
	118	Bob Dumbor	138	118	Bob Dumbor
	119	Bob Dumbor	138	119	Bob Dumbor
142 lbs.	120	Bob Dumbor	142	120	Bob Dumbor
	121	Bob Dumbor	142	121	Bob Dumbor
	122	Bob Dumbor	142	122	Bob Dumbor
	123	Bob Dumbor	142	123	Bob Dumbor
	124	Bob Dumbor	142	124	Bob Dumbor
	125	Bob Dumbor	142	125	Bob Dumbor
	126	Bob Dumbor	142	126	Bob Dumbor
	127	Bob Dumbor	142	127	Bob Dumbor
	128	Bob Dumbor	142	128	Bob Dumbor
	129	Bob Dumbor	142	129	Bob Dumbor
146 lbs.	130	Bob Dumbor	146	130	Bob Dumbor
	131	Bob Dumbor	146	131	Bob Dumbor
	132	Bob Dumbor	146	132	Bob Dumbor
	133	Bob Dumbor	146	133	Bob Dumbor
	134	Bob Dumbor	146	134	Bob Dumbor
	135	Bob Dumbor	146	135	Bob Dumbor
	136	Bob Dumbor	146	136	Bob Dumbor
	137	Bob Dumbor	146	137	Bob Dumbor
	138	Bob Dumbor	146	138	Bob Dumbor
	139	Bob Dumbor	146	139	Bob Dumbor
150 lbs.	140	Bob Dumbor	150	140	Bob Dumbor
	141	Bob Dumbor	150	141	Bob Dumbor
	142	Bob Dumbor	150	142	Bob Dumbor
	143	Bob Dumbor	150	143	Bob Dumbor
	144	Bob Dumbor	150	144	Bob Dumbor
	145	Bob Dumbor	150	145	Bob Dumbor
	146	Bob Dumbor	150	146	Bob Dumbor
	147	Bob Dumbor	150	147	Bob Dumbor
	148	Bob Dumbor	150	148	Bob Dumbor
	149	Bob Dumbor	150	149	Bob Dumbor
154 lbs.	150	Bob Dumbor	154	150	Bob Dumbor
	151	Bob Dumbor	154	151	Bob Dumbor
	152	Bob Dumbor	154	152	Bob Dumbor
	153	Bob Dumbor	154	153	Bob Dumbor
	154	Bob Dumbor	154	154	Bob Dumbor
	155	Bob Dumbor	154	155	Bob Dumbor
	156	Bob Dumbor	154	156	Bob Dumbor
	157	Bob Dumbor	154	157	Bob Dumbor
	158	Bob Dumbor	154	158	Bob Dumbor
	159	Bob Dumbor	154	159	Bob Dumbor
158 lbs.	160	Bob Dumbor	158	160	Bob Dumbor
	161	Bob Dumbor	158	161	Bob Dumbor
	162	Bob Dumbor	158	162	Bob Dumbor
	163	Bob Dumbor	158	163	Bob Dumbor
	164	Bob Dumbor	158	164	Bob Dumbor
	165	Bob Dumbor	158	165	Bob Dumbor
	166	Bob Dumbor	158	166	Bob Dumbor
	167	Bob Dumbor	158	167	Bob Dumbor
	168	Bob Dumbor	158	168	Bob Dumbor
	169	Bob Dumbor	158	169	Bob Dumbor
162 lbs.	170	Bob Dumbor	162	170	Bob Dumbor
	171	Bob Dumbor	162	171	Bob Dumbor
	172	Bob Dumbor	162	172	Bob Dumbor
	173	Bob Dumbor	162	173	Bob Dumbor
	174	Bob Dumbor	162	174	Bob Dumbor
	175	Bob Dumbor	162	175	Bob Dumbor
	176	Bob Dumbor	162	176	Bob Dumbor
	177	Bob Dumbor	162	177	Bob Dumbor
	178	Bob Dumbor	162	178	Bob Dumbor
	179	Bob Dumbor	162	179	Bob Dumbor
166 lbs.	180	Bob Dumbor	166	180	Bob Dumbor
	181	Bob Dumbor	166	181	Bob Dumbor
	182	Bob Dumbor	166	182	Bob Dumbor
	183	Bob Dumbor	166	183	Bob Dumbor
	184	Bob Dumbor	166	184	Bob Dumbor
	185	Bob Dumbor	166	185	Bob Dumbor
	186	Bob Dumbor	166	186	Bob Dumbor
	187	Bob Dumbor	166	187	Bob Dumbor
	188	Bob Dumbor	166	188	Bob Dumbor
	189	Bob Dumbor	166	189	Bob Dumbor
170 lbs.	190	Bob Dumbor	170	190	Bob Dumbor
	191	Bob Dumbor	170	191	Bob Dumbor
	192	Bob Dumbor	170	192	Bob Dumbor
	193	Bob Dumbor	170	193	Bob Dumbor
	194	Bob Dumbor	170	194	Bob Dumbor
	195	Bob Dumbor	170	195	Bob Dumbor
	196	Bob Dumbor	170	196	Bob Dumbor
	197	Bob Dumbor	170	197	Bob Dumbor
	198	Bob Dumbor	170	198	Bob Dumbor
	199	Bob Dumbor	170	199	Bob Dumbor
174 lbs.	200	Bob Dumbor	174	200	Bob Dumbor
	201	Bob Dumbor	174	201	Bob Dumbor
	202	Bob Dumbor	174	202	Bob Dumbor
	203	Bob Dumbor	174	203	Bob Dumbor
	204	Bob Dumbor	174	204	Bob Dumbor
	205	Bob Dumbor	174	205	Bob Dumbor
	206	Bob Dumbor	174	206	Bob Dumbor
	207	Bob Dumbor	174	207	Bob Dumbor
	208	Bob Dumbor	174	208	Bob Dumbor
	209	Bob Dumbor	174	209	Bob Dumbor
178 lbs.	210	Bob Dumbor	178	210	Bob Dumbor
	211	Bob Dumbor	178	211	Bob Dumbor
	212	Bob Dumbor	178	212	Bob Dumbor
	213	Bob Dumbor	178	213	Bob Dumbor
	214	Bob Dumbor	178	214	Bob Dumbor
	215	Bob Dumbor	178	215	Bob Dumbor
	216	Bob Dumbor	178	216	Bob Dumbor
	217	Bob Dumbor	178	217	Bob Dumbor
	218	Bob Dumbor	178	218	Bob Dumbor
	219	Bob Dumbor	178	219	Bob Dumbor
182 lbs.	220	Bob Dumbor	182	220	Bob Dumbor
	221	Bob Dumbor	182	221	Bob Dumbor
	222	Bob Dumbor	182	222	Bob Dumbor
	223	Bob Dumbor	182	223	Bob Dumbor
	224	Bob Dumbor	182	224	Bob Dumbor
	225	Bob Dumbor	182	225	Bob Dumbor
	226	Bob Dumbor	182	226	Bob Dumbor
	227	Bob Dumbor	182	227	Bob Dumbor
	228	Bob Dumbor	182	228	Bob Dumbor
	229	Bob Dumbor	182	229	Bob Dumbor
186 lbs.	230	Bob Dumbor	186	230	Bob Dumbor
	231	Bob Dumbor	186	231	Bob Dumbor
	232	Bob Dumbor	186	232	Bob Dumbor
	233	Bob Dumbor	186	233	Bob Dumbor
	234	Bob Dumbor	186	234	Bob Dumbor
	235	Bob Dumbor	186	235	Bob Dumbor
	236	Bob Dumbor	186	236	Bob Dumbor
	237	Bob Dumbor	186	237	Bob Dumbor
	238	Bob Dumbor	186	238	Bob Dumbor
	239	Bob Dumbor	186	239	Bob Dumbor
190 lbs.	240	Bob Dumbor	190	240	Bob Dumbor
	241	Bob Dumbor	190	241	Bob Dumbor
	242	Bob Dumbor	190	242	Bob Dumbor
	243	Bob Dumbor	190	243	Bob Dumbor
	244	Bob Dumbor	190	244	Bob Dumbor
	245	Bob Dumbor	190	245	Bob Dumbor
	246	Bob Dumbor	190	246	Bob Dumbor
	247	Bob Dumbor	190	247	Bob Dumbor
	248	Bob Dumbor	190	248	Bob Dumbor
	249	Bob Dumbor	190	249	Bob Dumbor
194 lbs.	250	Bob Dumbor	194	250	Bob Dumbor
	251	Bob Dumbor	194	251	Bob Dumbor
	252	Bob Dumbor	194	252	Bob Dumbor
	253	Bob Dumbor	194	253	Bob Dumbor
	254	Bob Dumbor	194	254	Bob Dumbor
	255	Bob Dumbor	194	255	Bob Dumbor
	256	Bob Dumbor	194	256	Bob Dumbor
	257	Bob Dumbor	194	257	Bob Dumbor
	258	Bob Dumbor	194	258	Bob Dumbor
	259	Bob Dumbor	194	259	Bob Dumbor
198 lbs.	260	Bob Dumbor	198	260	Bob Dumbor
	261	Bob Dumbor	198	261	Bob Dumbor
	262	Bob Dumbor	198	262	Bob Dumbor
	263	Bob Dumbor	198	263	Bob Dumbor
	264	Bob Dumbor	198	264	Bob Dumbor
	265	Bob Dumbor	198	265	Bob Dumbor
	266	Bob Dumbor	198	266	Bob Dumbor
	267	Bob Dumbor	198	267	

**"THE AAUPC IS NO LONGER THE W.D.F.F.F. AFFILIATE FOR THE UNITED STATES OF AMERICA.** After lengthy correspondence between the WDFPF and the AAUPC, it was decided that in view of the ongoing failure of the AAUPC leadership to comply with outstanding conditions of affiliation, that organizations provisional membership of the WDFPF was to be terminated with immediate effect. Accordingly, the AAUPC World Championships scheduled for Disney on October 16/17/18 this year will not now take place. It may be that an event of some kind will be run, but it will not carry a sanction from the WDFPF or any other international organization, and will in effect be a tournament by invitation, staged by a national body. An alternative date and venue (probably in the USA) for our 1998 World Championships will be decided as soon as possible, and all parties will be informed. American representation is yet to be decided (see below).

In spite of the above announcement, AAUPC lifters who look part in the WDFPF 1997 Worlds at Reading, England, can be assured that their performance, titles etc. established at that meet, will be honored in consideration of their seeking involvement with the World Drug-Free Powerlifting Federation in good faith as members of the US team.

After the horrendous events of 1995-6 which culminated in the removal of the former ADFFA, we had dared to hope that the involvement of the AAUPC in this international organization would mark the beginning of a new and positive chapter in the history of the WDFPF. At the outset we identified THREE essential requirements of a new US affiliate body:

- (1) LOYALTY - in the light of what had happened with the USAPL, we had to be confident that our new US member organization would have total commitment to the WDFPF, including to its growth, development and long-term success.
- (2) RESPECT FOR INTERNATIONAL RULES & PROCEDURE
- (3) CREDIBLE DRUG CONTROL - AMERICA'S BEST We hoped that our new colleagues in the AAUPC would prove good team members, but almost from the outset we began to have grave misgivings that the AAUPC leadership was pursuing its own course - a course that had nothing at all to do with the development of international drug-free powerlifting, and everything to do with the promotion of their own personal agenda. Some of the aspects of AAUPC activity were of potential value, but the WDFPF created bad feeling among all our members, and at the end there was no-one who did not express profound regret at our having entered into negotiations with the AAUPC originally, and no-one who felt that the present situation could be allowed to continue.

The AAUPC leadership were in breach of international rules, procedures, and good faith throughout their dealings with the WDFPF, and their most recent actions can only be described as appalling. In addition to their failure to comply with basic registration procedures, the organization had adopted a drug testing policy which was totally without credibility (namely, the use of a BE-TEST up to three weeks following a positive test result. No organization can include such a thing as standard policy and expect to be taken seriously on drug control).

Right from the word go the AAUPC leadership made clear its intention to bound out of office our popular and widely-respected General Secretary Judy Geddes, for reasons which we believe to be motivated by personal malice from past events in the former ADFFA. Not surprisingly, their continual attempt to turn a personal matter into an international one, was soon to poison relations with all other WDFPF national representatives, who increasingly regarded the AAUPC leadership with resentment and suspicion.

Some weeks ago the AAUPC put the final nail in the coffin of relations with the international body, by sending out to all other members (without prior consultation) their own private "postal ballot" - an unconstitutional attempt to reverse the result of the official ballot, declared some weeks previously. It was clearly going to be the end of the road unless serious undertakings were received that international obligations were going to be respected in the future. No such undertakings were received.

Once again, the actions of those in positions of leadership have served to damage the interests of the lifters and officials they are meant to represent. We have no doubt that but for the outrageous conduct of just two individuals in the AAUPC, our aspirations for progress in the WDFPF would be well on the way to being realized." (dated 4/26/98)

Editor's Note: there was a plain calling for a 'United States Drug Free Coalition' of some form to become the representative for the USA in the WDFPF, however, as of 4/26/98, Andrew Cominos has informed us that I have just received a message from Rich Peters indicating NASA's interest in affiliating with the WDFPF to replace the short-lived arrangement with the AAUPC. However, they are not interested in any kind of 'coalition' but would prefer exclusive affiliation.

**From Newly elected AAU Chair Joe Pyra to Andrew Cominos, President WDFPF: (4/26/98)** "When the AAUPC joined the WDFPF, we had great expectations which were dashed almost immediately starting with the hostile attack against us at Reading, England, in October. You did nothing to quell the attack or stop the false accusations, but merely stood by. After that, the situation deteriorated rapidly, with the WDFPF making tremendous about our drug testing, the drug free status of our lifters, as well as half truths and misquotations.

As a group the Executive Committee felt that we could better serve the membership by leaving the WDFPF. We will hold a real World Powerlifting Championships, DRUG FREE, in Disney in October. We have support from several nations whom we expect to attend. In fact, had we remained in the WDFPF, there would have been fewer foreign lifters, as Britain, Canada, and another nation already said they would not send lifters. With this lack of support, we had no choice but to hold our own World Championships. We have provided Mike Lambert with whole excerpts and letters to prove what the WDFPF was doing. If Mike cannot print those excerpts, perhaps he will at least acknowledge that they do say what we say they do.

With the success we enjoyed at the March international meet, (seven nations had entered, but with visa problems, only five nations came), we can expect an even greater turnout in October. The main problem that many foreign lifters had was a lack of time in which to get their visas. By the time you read this, it is expected that the new entry forms will have been sent out to about 130 nations, so this problem with visas will not re-occur. If only ten nations attend, it will be the largest and most successful drug free World Championships ever. We have high hopes that this will be the case.

Meanwhile, we will keep you informed of all developments. As always the AAUPC is for the lifter, and we will always take those actions that protect our lifters and do what is best for our drug free supporters. Sincerely, *Jumpin' Jersey Joe, the Chair.*

It is also interesting to note that you make claims that the AAUPC broke the rules of, and/or violated the WDFPF Constitution. Yet, you never saw fit to send me, Joseph Pyra, a copy of the WDFPF Constitution despite many repeated requests in writing and verbally! How does one comply with that which they have no access to?

We have endeavored to reach a working compromise with the WDFPF so that drug free powerlifting would benefit. To this end, the AAUPC Executive Committee appointed a special liaison, Bill De Porter, to attempt a resolution of our differences. Rather than approaching this as an opportunity to work together, additional demands were made by you. Notwithstanding this, the Executive Committee still had hopes that some sort of compromise could be reached. However, the WDFPF Executive Committee took two secretive actions which literally broke the camel's back.

First you suspended the AAUPC and removed our sanction for the WDFPF World Championships for Oct. 1998. This was done without warning or the right to defend ourselves. In civilized nations, murderers and the lowest of criminals are allowed a hearing and fair trial. However, the WDFPF does not follow these same civilized rules, they appear to be above them. We should not have been surprised at your secretive action towards suspension, you did the same to the ADFFA just about a year ago. The last straw that broke the back of even the most conservative AAUPC Executive Committee member was your secret negotiations with a rival American organization to form a US umbrella group to represent drug free lifting in America. Not only is the drug testing policy of the organization that you wish to force upon us incompatible with that of the AAU and the AAUPC, such a relationship would totally destroy the reputation that we have worked so hard for. Another issue which you also failed to consider is that organization has been FOR PROFIT, while we are NOT FOR PROFIT!

Due to these last two secretive actions, the AAUPC Executive Committee held a phone conference, Saturday, April 18, 1998. After much constructive discussion and soul searching it was decided that it was in the best interest of our members, to sever all ties, relations with the WDFPF. This was an unanimous decision. When it becomes known, which organization you attempted to force upon us, the membership will

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As you can tell by the above letter that we have sent to the WDFPF, we are no longer associated with them. There had been high hopes for a fruitful relationship with them. However, to be honest, it was never a level playing field. The fact is that the WDFPF never alerted us to the surprise blood testing in Reading. American lifters were therefore unprepared for this form of testing, and did not know what to expect. Since Americans did not take part in this VOLUNTARY test, suspicion hints that we were not clean. Under the circumstances, I would not have submitted to blood testing if I were a lifter. From there, matters just deteriorated.

As a group the Executive Committee felt that we could better serve the membership by leaving the WDFPF. We will hold a real World Powerlifting Championships, DRUG FREE, in Disney in October. We have support from several nations whom we expect to attend. In fact, had we remained in the WDFPF, there would have been fewer foreign lifters, as Britain, Canada, and another nation already said they would not send lifters. With this lack of support, we had no choice but to hold our own World Championships. We have provided Mike Lambert with whole excerpts and letters to prove what the WDFPF was doing. If Mike cannot print those excerpts, perhaps he will at least acknowledge that they do say what we say they do.

With the success we enjoyed at the March international meet, (seven nations had entered, but with visa problems, only five nations came), we can expect an even greater turnout in October. The main problem that many foreign lifters had was a lack of time in which to get their visas. By the time you read this, it is expected that the new entry forms will have been sent out to about 130 nations, so this problem with visas will not re-occur. If only ten nations attend, it will be the largest and most successful drug free World Championships ever. We have high hopes that this will be the case.

Meanwhile, we will keep you informed of all developments. As always the AAUPC is for the lifter, and we will always take those actions that protect our lifters and do what is best for our drug free supporters. Sincerely, *Jumpin' Jersey Joe, the Chair.*

It will also become apparent as to who is sincerely drug free. Meanwhile, since you suspended us and revoked our sanction, we expect a refund on our membership fee for seven months, \$600.00 and a refund for the World Championship sanction, \$100.00

You are now free to affiliate yourselves with who you choose or whomsoever you have waiting in the wings. We will continue to be a leader in drug free powerlifting and continue to drug test in compliance with AAU requirements and United States law. We will also do what is right and best for the AAUPC drug free powerlifter". Sincerely, Joe Pyra, AAUPC National Chairman.

Dear AAUPC Member, As you can tell by the above letter that we have sent to the WDFPF, we are no longer associated with them. There had been high hopes for a fruitful relationship with them. However, to be honest, it was never a level playing field. The fact is that the WDFPF never alerted us to the surprise blood testing in Reading. American lifters were therefore unprepared for this form of testing, and did not know what to expect. Since Americans did not take part in this VOLUNTARY test, suspicion hints that we were not clean. Under the circumstances, I would not have submitted to blood testing if I were a lifter. From there, matters just deteriorated.

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### URGENT MESSAGE FOR AAUPC POWERLIFTERS

Those AAUPC lifters who wish to compete in the AAUPC World Drug Free Powerlifting Championships, please NOTE: The meet which is to be held in October, 16-18th, 1998 at the Walt Disney World Sports Complex will now be RAW and ASSISTED. Those lifters who are qualified to compete, must have won their weight class in the following ASSISTED meets:

1997 Masters and sub Masters National Championships held Oct., 1997 in California.  
1998 Men and Women's Senior National held April, 1998 in Colorado, 1998 Teenage and Junior National Championships to be held in June, 1998 in Boston. Call Larry Larsen at 617-479-7761.

Those who wish to compete RAW, must have won the following meets 1998 RAW division of the Teenage and Junior National championship to be held June, 1998 in Boston. Call Larry Larsen at 617-479-7761.

1998 RAW National Championships (Open Men & Women and Masters & Submasters, Men and Women) to be held in July in California, Call Warren Drake at 909-928-9773.

This gives an opportunity to the many lifters who had missed their chance to qualify for the World Championships, to qualify by competing at the Teenage / Junior Nationals or by competing RAW at the above meets. This note supersedes all prior information that you may have read about in PL USA, the AAUPC Newsletter, or by previously speaking to Al Siegel, Joe Pyra or the AAU. Please tell your fellow lifters and training partners.

Foreign lifters who are 42 months drug free are invited to compete in this meet which will feature America's best drug free lifters in open competition against anyone. Both AAUPC lifters and foreign lifters may obtain entry packets by writing to Sheldon Walker at the AAU National Office, the Disney World Sports Complex, Box 10,000, Lake Buena Vista, Florida, 32830. You may obtain additional information by Calling Al Siegel, who is the Meet Director at 814-768-9400. That is also Al's Fax number.

We believe that this meet will offer the best opportunity for the AAUPC lifters to compete against some of the world's best Drug Free competitors on the level playing field in the world. Good luck, Jumpin' Jersey Joe... The CHAIR.

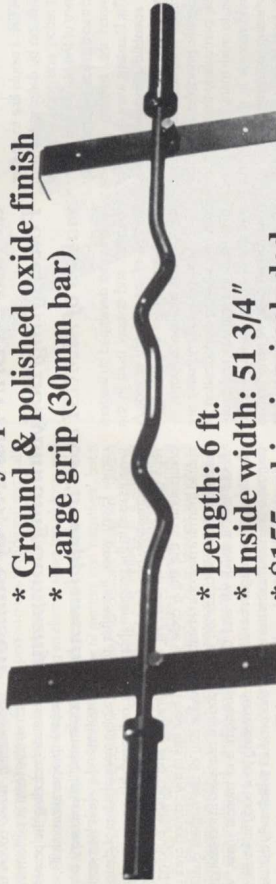
**Follow-up Point - Counterpoint....** the WDDPF President Andrew Cominos has subsequently responded to Joe Pyra's letter of April 26th, indicating that problems with affiliation drug control requirements led to the expulsion of the AAUPC from the WDDPF, and though there was no disciplinary process, it is stated that such an expulsion action would have been a certainty. They disclaim that secrecy was involved in recent events, and point out that expulsion actions of the WDDPF had been cited at an April 18th AAUPC meeting as cause for leaving the WDDPF, which is before they had actually taken place. The WDDPF denies that negotiations with other parties had taken place prior to April 25th, and doubts that US law constraints are as severe and contrary to WDDPF policies as noted by the AAUPC. They note that since the AAUPC has decided to sever links with the WDDPF, there will be no refund of membership or sanction fees. The WDDPF recognizes that it had much to gain from a positive relationship with a USA affiliate, and lays blame for the parting of ways on AAUPC leadership.

For its part, the AAUPC has produced documents from the WDDPF confirming the full and formal ratification of the AAUPC as the sole representative WDDPF affiliate organization for the United States of America back in Nov. 1997, yet the AAUPC states that secret meetings with NASA had been held. The same WDDPF letter notes receipt of 18 drug test reports, however, an April 11th communication notes the absence of chain of command documents for such, and the WDDPF indicates that failure to provide such means that the AAUPC is technically not a WDDPF affiliate at that time and that the sanction for the WDDPF Worlds in Disneyworld was no longer valid. The AAUPC has also provided excerpts of documents noting demands for fulfillment of further requirements of the WDDPF, including the willingness of the AAUPC to participate in a U.S. Drug Free Powerlifting Confederation, and that the ability to "re-test" be dropped from the AAU protocol. A letter from Al Siegel of Jan. 16, 1998 to Andrew Cominos has been provided indicating that the AAUPC has been cooperating, but is dissatisfied with the tone of WDDPF communications, and that the WDDPF has received all the information they are going to get regarding AAUPC drug testing prior to the AAUPC becoming a full member of the WDDPF and requesting acknowledgement that Judy Gedrey, as a voting member of the USAPL, should not continue to be a member of the WDDPF.

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**QUESTION:** I recently read an article about periodization which is supposed to be a new scientific weight lifting method that can greatly increase muscular strength and performance over that of other currently utilized training methods. Is this training method superior to others? If so, where can I find more practical information about it to apply these principles to my powerlifting regimen?

**ANSWER:** I would like to answer this question by defining the term periodization and include a brief summary of the history and theory behind it so that you may more fully understand this training philosophy. The Russians were the first to apply scientific principles in the training of their athletes back in the early fifties. Their utilization of these new scientific principles aided their athletes, particularly their strength athletes, to crush many of the existing world records in many sports with amazing regularity.

The term used to describe this new scientific method of improving levels of athletic performance was called periodization. Periodization is the systematic long-term planning of an athlete's training program using progressive resistance training. Since its introduction it has

cular recuperation that is so essential needed when training to consistently increase muscular strength and size.

The best size and strength increasing periodization program that I have seen to date is the ALMOST JUIC'IN training manual which is published by SAMSON Powerlifting/Bodybuilding Co. It includes a multitude of information about periodization and its proper scientific applications to powerlifting and bodybuilding. It also covers topics such as elite form in performing 21 exercises (including the powerlifts), mental preparation skills, diet, supplementation, recovery, troubleshooting and a whole lot more! The training manuals is free of charge but is only available upon purchasing one of their scientifically developed strength and muscle building kits. These kits in my opinion are a great value and of the highest quality. If you are interested in increasing your strength and muscle mass, while decreasing your body fat levels, then this product is definitely the way to go. There is currently a buy 2 get 1 free offer on all of their products and each first time order comes with a LIFETIME MONEY BACK GUARANTEE! To find out more information about SAMSON's products turn to page 1 or call 1-888-256-6785.

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**For Review** ..... apparently at the urging of Randy Strossen of Iron Mind Enterprises, we sent an instructional video for review in Powerlifting USA called "Get a Grip" by Joe Kinney. Joe is the newest legend in the lore of gripdom for his ability to crush even the toughest Iron Mind hand grippers into submission and he also puts that hand strength to the next picturesque task of exploding beer cans (see photo at right). The video production is nicely done, though not slick - what with the cat wandering through Joe's garage den of grip training - which is replete with a "No Cussin'" sign on the wall and nothing chrome-plated to be seen anywhere. Joe is "Country Clever" - a resourceful man who seems to make everything out of almost nothing when it comes to his unique grip training equipment. Incorporating a great deal of common sense to forge his uncommon strength, Joe can close the No. 4 Iron Mind "Captains of Crush" Gripper with astonishing ease, (the first person on earth to do so!) and that's the tease that leads you into his training program. He attacks the grip like Louie Simmons goes for the squat, using an elbor of sheer forcefulness and insightful practicality. Several of the training principles he utilizes will sound familiar: like "overload", "increased range of motion" and "negatives", but it is the home-made equipment, especially his custom designed "Secret Weapon", that is the co-star of the show. Joe himself is a study in determination and his efficient physical presence, that measured intensity that reveals itself when he slowly speaks, and his rock-solid understanding of the psychological intricacies of goal setting offer lessons we can all inspire ourselves from. Though the tape reveals all the conceivable tricks of the grip trade, and certainly any powerlifter with a grip problem in the deadlift will benefit from this video, the greater value may actually be in the example Joe provides of how one merges resistance training and progressive thinking into a synergistic focus, a process which brought him from beginner to the top of the grip wars in merely 2 years. For added entertainment, after the grip instruction, Joe goes out to the wood pile and busts up a six pack of beer with his bare hands. The tapes are \$25.00 plus \$6.00 S&H for the U.S.A. and Canada, and \$12.00 S&H for all others. Payment needs to be in the form of a money order only - in U.S. funds, drawn on U.S. banks. All domestic orders are shipped Priority Mail.



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## Do As I Say and As I Do as told to PL USA by Theron J. Hopkins

When Andrew "Bull" Stewart talks people listen. And does he ever have plenty to say. Today the audience is a group of students in tiny Williams, California, who sit in rapt attention as he extolls the virtues of a drug-free lifestyle. At his side are his father-in-law, Emanuel Montgomery, a fifty-five year old world champion who deadlifts four and a half times his bodyweight, and Jack Banz, at fifty-two, a Masters National Champion in training to take on the world. These men are strong and clean and in the flesh proof that the straight and narrow path may not be such a bad way to go, especially if you are in pursuit of consistent excellence.



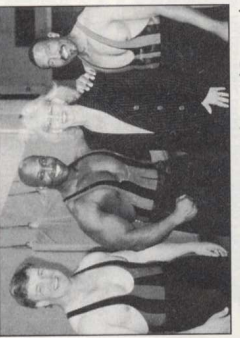
Bull... at the 1998 Emerald Cup

Bull's visit to Williams completes an impressive kind of trifecta - and a week long, three state odyssey, for this high profile ambassador of drug-free athletics. On March 31, he placed fourth in Seattle's Emerald Cup bodybuilding competition, a staggering feat considering his devotion to powerlifting and his status as a relative newcomer to the sport of bodybuilding. Then, a scant week later, he dominated the 242 lb. weight class at the AAU Powerlifting National Championships in Denver, where his wife, Flo, steam-rolled over her own weight class, was named the meet's best lifter, and ensured that the couple will be an intimidating force at October's World Championships in Orlando, Florida. And then it was on to Williams where, the day after his convincing victory in Denver, Bull teamed up with Montgomery and Banz to spend two days, with three assemblies spread over two days, with their confounding feats of strength and dreams are achieved through talent and hard work and commitment and nothing else. "Bull and Monty and Jack are the kind of positive role models that make an impact on our children's lives," says Williams School Superintendent (and Banz's sister) Patricia Montgomery. "They have a powerful message, and their deeds and demeanor are strong support for what they have to say."

Dennis Gerhart, a Williams High School junior, is one student who was profoundly influenced by what these strongmen have to say and what they can do. An avid weightlifter himself, Gerhart participated in a couple of the school assemblies, working in tandem with Bull to dead lift 800 pounds, and then chalking up to pull some big weight on his own. At the third assembly, after Gerhart had achieved a personal best of 365 in front of a raucous crowd of middle schoolers, Bull urged him to go for 400. Gerhart stared hard at the weight, at the anxious audience, and at Bull, then turned to Montgomery. "I don't know," he said. "Do you think I can?" Without a pause, and with the conviction of a man who knows a lot about weights and a lot about what it takes to get them up off the ground, Montgomery replied steadily, "I know you can." Gerhart nodded his head at his mentor and the extra plates were slid onto the bar. Then this young athlete settled into his grip over this previously unimaginable challenge, gave a mighty heave, strained to lock up his back and knees, and then settled the weight back onto the mat amidst the roars of approval from his schoolmates and the visiting lifters. "Self esteem-wise these men really helped me out," says Gerhart. "They believed in me and now I know that it's all right to believe in myself." And that's what this visit is all about - three disciplined, world class athletes demonstrating to young people on the

integral part of his existence. Maybe too, it is this one moment that sums up his impact on kids - his own live sons, who are sprouting up in the athletic and scholastic image of their college educated father, and countless others, like these students in Williams whose faces shine with every handshake and smile and word of encouragement from Bull. "He inspires me to work at constantly improving in the things that I'm good at," says Jenna Juaregui as she heads out to track practice. "Bull tells us and shows us what hard work can do." In a sense, the weights are a lifeline for Bull, a nexus for his power and grace and unshakable concentration, an opportunity to focus all of his talents and intelligence and dreams into one dramatic explosion of energy and effort. But there is much more to it than that.

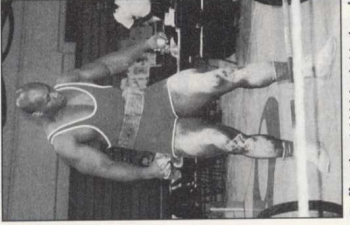
They also serve as a rope that connects him with the rest of humanity, that helps him to guide us toward the top of the mountain, a place that he has seen it not quite attained, where the air is clear and cool, and where our greatest victories and contentments await us, taking discipline and commitment and unwavering belief in ourselves and our abilities that Bull echoes in his speeches and demonstrates with his every step. And finally, these weights are his mirror, his chance to stand before the world as the best and brightest reflection of ourselves, as his does on this hazy spring afternoon before a gathering of innumerable school kids - in this case especially, his kind of people, young and hardworking, brought up on the farm and in the fields - their eyes lit high with before them like a quilt piled high with glittering diamonds, and say, "Look at me. Look at you. This is who you are. This is who you can be."



Jack, Bull, Supt. Patricia Hopkins, and Emanuel

consecutive National and nine consecutive World Drug-Free Powerlifting Championships, a mind boggling trail of domination that is almost beyond comprehension. And when Bull uses the word "capable" it's not in the past tense. He looks to his senior partners, Montgomery and Banz, for inspiration. "Training with these guys helps me out so much," he says. "The things they're doing at their age shows me that, if I stay focused and stay true to my beliefs, I can keep pushing and keep getting stronger for a long time."

And is there any reason to doubt him? During the two day exhibition at Williams, right on the heels of his Denver triumph, Bull feeds on the energy of his new fans. As they holler and exhort him from their packed bleacher perches, Bull continuously roars to his partners to boost the weight on the already distressed bar. And he continuously pleases, and pausing for an instant at the zenith of each lift, right when the mortal strain should be greatest, to flash his signature smile that lights up the creaky gymnasium like an electric city. This just might be our one complete glimpse of what Bull is all about, this fleeting moment of perfection that is built on his rock hard tenets of discipline and unflinching dedication, of an almost mythical strength training, of an almost mythical strength that, so far, seems to know no bounds, and, most of all, a belief in himself even truer than the iron plates that are such an



Bull at the AAU Men's Nationals

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Ion Exchange	Yes	No	No	No
Whey Protein	Yes	No	No	Yes
Green Tea	Yes	No	No	No
Overeatin	Yes	Yes	Yes	Yes
Guarana	Yes	Yes	Yes	Yes
Yohimbin	Yes	No	No	No
Methylin	Yes	Yes	Yes	Yes

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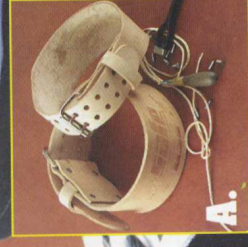


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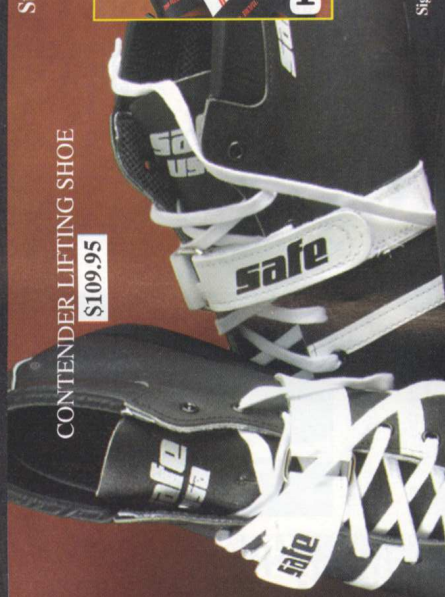
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D. Bunker	227.5	160	227.5	615
C. Olinger	180	130	192.5	502.5
M. Schell	217.5	172.5	230	640
C. Ballard	215	167.5	252.5	635
E. MacDonald	220	145	262.5	597.5
T. Spall	185	142.5	215	545.5
P. Mason	282.5	187.5	262.5	732.5
K. Deutch	230	185	272.5	702.5
J. Dentice	265	197.5	230	692.5
T. Slinger	205	142.5	182.5	530
L. Sney	152.5	70	160	382.5
154.3 lb.	152.5	92.5	140	385
H. Davin	190	127.5	230	547.5
H. Thomson	287.5	155	260	702.5
A. Lake	187.5	100	222.5	510
C. Frazer	170	105	225	472.5
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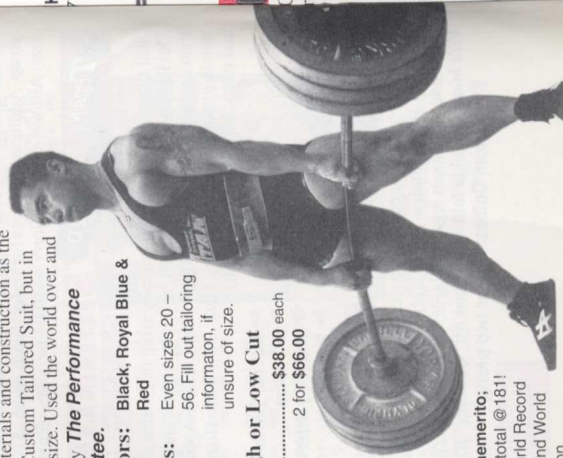
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**WORLD-RECORD** setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee**.

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



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

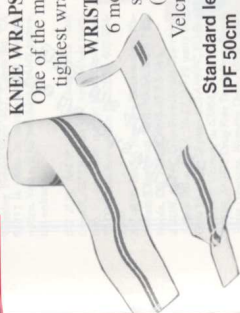
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**KNEE WRAPS** –

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

**WRIST WRAPS** –

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



Standard length \$10.95 (pr.)  
IPF 50cm 11.95  
Mid Length 24" 12.95  
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**CONTENDER:**

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



## SINGLET'S

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

Kirk Karwoski, 771 lb. deadlift)



## BELTS

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

**LEVER** belts feature Hi-Tech patented lever for maximum tightness and easy on/off application. All belts feature USA steerhide and sueded, 1" holes, 6 rows of stitching.

▲ **Black, Royal Blue, Red** \$70.00



## SUPPLEMENTS

Dynamize Products – used by more than 150 pro & College teams.

**Creatine** – 100% pure, 180 micron fine! 500 gm

**Whey Protein** – 51 gm per serving, very high BCAA levels

**Vanadyl Sulfate** 180 caps. 10 mg

**Pyruvate** – 120 caps. 500-mg



## OTHER PRODUCTS



**CHALK:** 1 lb. \$8.00  
**AMMONIA CAPS:** Box of 10 \$4.00  
**RADICAL RED:** Knee Wraps \$14.95  
Wrist Wraps \$8.95  
**SPEED COLLARS:** \$36.50  
**DIP BELT:** \$21.50  
**TRAINING BELTS:** 4 x 2 1/2" 4 x 4" \$22.50  
\$25.00

**TEXAS POWER BAR:** Lifetime guarantee. frt add'l \$199.00  
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**DUAL QUAD BRIEFS:** Patented. Harness Design 25.00  
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**Titan T'S AND TANK TOPS:** 3 color logo 8.75  
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**SERPA P/L EQUIPMENT:** Call or write for filer Call

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	1st Alt			
Shipping & Handling \$5.50				
Overseas add 30% Air				
Tx. Res. add 7.75% Tax				
Total				

Hi or Low Cut:  Reg.  Meet  Comp  
**CUSTOM SUIT**  Style A  Style B  Dual Quad  
 Male  Female  Weight \_\_\_\_\_ Leg (Largest part) \_\_\_\_\_  
 Height \_\_\_\_\_  
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 Overall (TOP OF THIGH TO 6" BELOW CROTCH)

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AAU Great Lakes Bench Press

Table with columns for name, weight, and bench press results. Includes sub-sections for 'AAU Great Lakes Bench Press' and 'Miamian County Power Meet'.

USPF Ohio Championships

Table with columns for name, weight, and USPF Ohio Championships results. Includes sub-sections for '14 Mar 98 - Akron, OH (kg)' and '28 Mar 98 - Jarevendski (kg)'.

From the Heroic...



It's true that the brand-name guys who rule Olympic lifting, strongman, Highland Games, arm wrestling and powerlifting love to cut up with M.I.O. In fact, we probably have more Olympic/World champions from more strength sports among our readers than any other publication in the world.

And when we say the world's strongest men read M.I.O., we mean it. Literally. But M.I.O. is also the reading material of the mere mortals who train anonymously in their garages, basements and backyards—never in danger of breaking a world record, but always in the hunt for a new PR and another worthy performance. We not only carry the information to help these guys do better, we actually give them a voice and a presence in our publication.

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Randy Siroceni (210 pounds) boasts the lower Stone (255 pounds) Photo by Elizabeth M. Hammond

To the Humble...

When you're aiming to squat 400 x 10, it doesn't matter whether you're thinking in pounds or kilos: You'll love M.I.O. if you're serious about strength.

Bill Windscheif, pulling 750 lbs.

at 220 bwt., at the USPF Texas State Deadlift. He broke the single lift state record of 705 & won Steve Luptae's best deadlift of 740 lbs. at 220. Steve is Bill's coach and is the one responsible for getting Bill into PL (Windscheif photograph)

Application for Registration

UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600

Registration form with fields for Name, Address, City, State, Zip, Club Name, and various checkboxes for membership and dues.

NOTE: \$10 SPECIAL FEE APPLIES TO... Special Olympians: High school with proof of enrollment and minors when paired with location check. All USPF affiliated members will be subject to drug testing. In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

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ADVANCE DESIGNS presents:

## The Inzer HEAVY DUTY Series Blast Shirts

**High Performance Heavy Duty**

- \* extended power support range
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- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

**Improved Heavy Duty**

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



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\_\_\_\_\_ Heavy Duty Blast Shirt \$58  
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relaxed measurements of shoulders  
chest \_\_\_\_\_ arm \_\_\_\_\_

colors - Black, Red, Navy Blue, Royal Blue  
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**Tank Tops** — 2 color logo ..... \$10.00

**Wrestling Singlets** — Black, Navy Blue, Royal Blue, Red  
S, M, L, XL, XXL ..... \$28.00

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

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

### COMPETITION BELTS

#### Lever Belts

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

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

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

#### Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee ..... \$70.00
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA ..... \$58.00
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality .... \$29.00

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

1 - 2 oz. block ..... \$2.00

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

**Ammonia Caps** - Box of 12 ..... \$5.00

### T-SHIRTS

(limited availability)

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### OFFICIAL MEET T-SHIRTS

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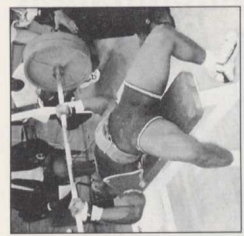
### VIDEOS

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

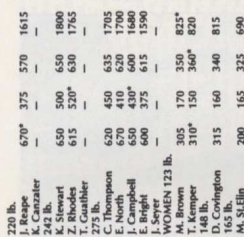








**Ricky Dale** (stationed in Japan) 515 lb. Bench. He made 500 lbs. at the USAPL Military National Championships (L. Graham photo)



**Phantom Corps Powerlifting Team**, USAPL National Military Team Champions for the last 5 years: **William Jackson, Montique Graham** (Team Leader), **Shawn Whitehead, Donna Covington, John Geiser, Paulette Calhoun, Johnny A. Graham (Coach), Calvin Thompson, Swindell Autry, Anthony Jones, Steve Rochon, "Peanut" Steppney, Kevin Stewart**, at the USAPL Military Nationals. (L. Lopez photograph)



The people that "make it happen": **Announcer: Terry Brady. Scorers: Julie Oates, Jonna Ocampo, Lanette Lopez, Wanda O'Quinn. Spotters: Steve Rochon, Members of the Ft. Hood Karate Team, Abrams Gym staff, at the USAPL Military Nationals.** (L. Graham photo)



**Best Master AAPF Lifters (L-R): Bernie Ferro, Dr. Darrell Latch - Meet Director, Allen Glass - age 70, at the APF/AAPF Illinois State.** (Latch)

220 lb. J. Reape 670\* 375 570 1615  
K. Canzler 650 350 550 1550  
M. Sh. 650 350 550 1550  
K. Rhodes 615 320 520 1485  
T. Guahier 620 350 530 1500  
775 lb. E. North 620 450 635 1705  
J. Campbell 670 410 620 1680  
J. Campbell 650 430 600 1660  
E. Bright 600 375 615 1590  
WOMEN 123 lb. M. Brown 305 170 350 825\*  
M. S. Elin 310\* 150 360\* 820  
T. Kemper 315 160 340 815  
D. Covington 200 165 325 690  
P. Calhoun 300 190 325 815  
198 lb. M. Young 215\* 145\* 280\* 650\*  
(Thank You to USAPL for providing contest results)

**18th Central Ohio Open BP**  
WOMEN 148 lb. Open 148 lb. OH  
P. Larcenas 232\* 280\* 315 720  
K. Williams-156 210 280 690  
J. Maties-122 160 210 370  
M. Sec 210 210 370 580  
K. Rhodes 615 320 520 1485  
T. Guahier 620 350 530 1500  
775 lb. E. North 620 450 635 1705  
J. Campbell 670 410 620 1680  
J. Campbell 650 430 600 1660  
E. Bright 600 375 615 1590  
WOMEN 123 lb. M. Brown 305 170 350 825\*  
M. S. Elin 310\* 150 360\* 820  
T. Kemper 315 160 340 815  
D. Covington 200 165 325 690  
P. Calhoun 300 190 325 815  
198 lb. M. Young 215\* 145\* 280\* 650\*  
(Thank You to USAPL for providing contest results)

**USAPL S.E. U.S. Powerlifting**  
7 Mar 98 - Moncks Corner, SC  
BENCH 1st Set 242 lb. 220 lb. 473  
G. Ballard 457 181 lb. 402\*  
C. Moore 363 123 lb. 402\*  
C. MOSELEY 314 B. Miller 292  
SHW 448 181 lb. 402\*  
2nd session 275 lb. 220 lb. 473  
M. Jackson 501 210 315 815  
MEN Open 148 BP DL TOT  
M. Jackson 501 210 315 815  
M. Spivey 475 181 lb. 402\*  
T. Moore 315 264 424 1008  
165 lb. 573 407\* 545 1594  
A. Thomas 460 315 562 1383  
M. Stanley 501 275 407 912\*  
P. Phillips 347\* 225\* 418\* 912\*  
J. West 501 402\* 473 1376  
M. McAuler 460 315 562 1383  
M. Phelan 450 300 431 1221  
D. Baker 611 396\* 645 1653\*  
410 198 lb. 633\* 402 584 1619\*  
J. Traphand 600 319 572 1300  
B. Anderson 460 319 572 1300  
S. Short 480 319 572 1300  
R. Kellert 385 369 402 1157  
M. Kelly 385 369 402 1157  
210 lb. 611 477\* 540 1625  
J. A. Holo 556 417 512 1477  
B. White 473 352 551 1377  
T. Crosby 473 352 551 1377  
C. Williams 551 281 501 1333  
J. Sinclair 385 369 402 1157  
P. Pow 385 369 402 1157  
142 lb. 600 391 672 1664  
S. BOWSER 611 362 622 1598  
C. Hamby 511 352 451 1335  
S. Sherman 595 402 540 1537  
SHW 600 391 672 1664  
D. McDaniell 611 362 622 1598  
C. Hamby 511 352 451 1335  
D. Williams 595 402 540 1537  
D. Rogers 600 391 672 1664  
High School 148 lb. 363 264 429\* 1058  
Masters 165 lb. 347\* 225\* 418\* 990\*  
181 lb. 565 440 1047  
D. Anderson 325 253 402 991  
L. Bronfman-67 248\* 159\* 341\* 749\*  
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J. Sinclair 385 369 402 1157  
P. Pow 385 369 402 1157  
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P. Pow 385 369 402 1157  
142 lb. 600 391 672 1664  
S. BOWSER 611 362 622 1598  
C. Hamby 511 352 451 1335  
S. Sherman 595 402 540 1537  
D. Williams 595 402 540 1537  
D. Rogers 600 391 672 1664  
High School 148 lb. 363 264 429\* 1058  
Masters 165 lb. 347\* 225\* 418\* 990\*  
181 lb. 565 440 1047  
D. Anderson 325 253 402 991  
L. Bronfman-67 248\* 159\* 341\* 749\*  
198 lb. 611 477\* 540 1625  
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L. Bronfman-6







Table with columns: Missouri Women, Missouri Men, and various weight classes (e.g., 100 kg, 110 kg, 125 kg).

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Table with columns: Missouri Women, Missouri Men, and various weight classes (e.g., 100 kg, 110 kg, 125 kg).

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Anne S. Sivkestad (l) and Carl O. Christoffersen were the top lifters winning the Kings Cup at the Norwegian Championships. (Wahlstrom)

100 kg... 110 kg... 125 kg... 150 kg... 175 kg... 200 kg... 225 kg... 250 kg... 275 kg... 300 kg... 325 kg... 350 kg... 375 kg... 400 kg... 425 kg... 450 kg... 475 kg... 500 kg... 525 kg... 550 kg... 575 kg... 600 kg... 625 kg... 650 kg... 675 kg... 700 kg... 725 kg... 750 kg... 775 kg... 800 kg... 825 kg... 850 kg... 875 kg... 900 kg... 925 kg... 950 kg... 975 kg... 1000 kg...

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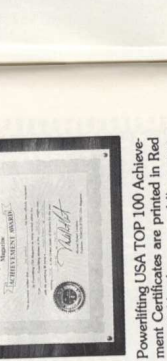
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**NEXT MONTH... TOP 114**  
**Corrections.....** Vicki Arcubolo did not get credit for her 766 total in the Women's TOP 20. Julie Havella did not receive credit for her 402 squat on the Women's TOP 20 as Ken well. There was an error on Ken Anderson's address on p. 64 of the Mar/'98 PL USA. It should have read 14333 Preston Rd. #601, Dallas, TX 75240. Matt Waters benched 360 Raw, instead of the 380 that was listed for the '97 WNPFL Georgia State Bench Championships. Matt Sternberg did not bomb out in the WPC Worlds, she went 226/136/226. Chip Deols was omitted from the Palmetto Classic, where he pressed 341.5 lbs. at 242 (45-49). Edward Ruquet was not listed in the Top 20 Masters for his 730 squat and 1720 total in the 242s. Frank D'Angelo should be listed in the Top 20 Masters for his 860 squat and 1960 total in the 242s. In the Masters Top 20, Ira Rosen's total should be 1062. In the Top 20 Teen listing, Earl Fleath benched 473. We apologize for any errors in our lists and elsewhere. If you don't see your meet results in Powerlifting USA, within a reasonable amount of time, contact the meet director or let us know what lifts you have achieved and, if possible, we'll try to confirm them with the meet director.

**TOP 100**  
For standard SHW/125+ kg. USA lifting in results received from April 1997 through March 1998.

PL	NAME	WEIGHT	DEADLIFT	BENCH PRESS	SQUAT	TOTAL
1	720 Williams, W.	9/20/97	850 Healey, G.	11/23/97	2415 Kovacs, D.	11/23/97
2	950 Hines, J.	11/23/97	848 Henry, M.	7/12/97	2266 Bostick, R.	7/12/97
3	810 Collins, S.	7/13/97	810 Collins, S.	7/13/97	2231 Bostick, R.	7/12/97
4	700 Shaw, L.	11/30/97	810 Collins, S.	7/13/97	2214 Hunt, J.R.	11/23/97
5	903 Henry, M.	7/12/97	810 Collins, S.	7/13/97	2116 Collins, S.	7/13/97
6	665 Buckley, B.	3/17/98	800 Kovacs, D.	11/23/97	2114 Collins, S.	7/13/97
7	892 Binkowski, J.	12/17/97	770 Franks, G.	7/19/97	2155 Marston, B.	6/22/97
8	800 Binkowski, J.	12/17/97	770 Franks, G.	7/19/97	2150 Tuley, D.	7/19/97
9	881 Voronin, A.	7/12/97	760 Masters, B.	6/22/97	2130 Picotelle, J.	11/23/97
10	630 Morgan, T.	11/23/97	760 Masters, B.	6/22/97	2127 Walker, R.	7/12/97
11	832 Swanson, A.	9/17/97	750 Coates, R.	7/12/97	2110 Franks, G.	7/19/97
12	826 Kobliver, R.	5/18/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
13	860 Picotelle, J.	11/23/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
14	850 Hedges, J.	11/25/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
15	803 Bellis, L.	11/23/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
16	848 Wall, V.	6/22/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
17	848 Wall, V.	6/22/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
18	843 Baum, G.	4/6/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
19	840 Coates, R.	7/12/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
20	837 Meek, B.	4/6/97	750 Coates, R.	7/12/97	2105 Franks, G.	7/19/97
21	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Baughman, M.	11/23/97
22	832 Kobliver, R.	5/18/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
23	836 Kobliver, R.	5/18/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
24	836 Kobliver, R.	5/18/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
25	825 Moore, B.	4/15/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
26	825 Moore, B.	4/15/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
27	825 Moore, B.	4/15/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
28	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
29	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
30	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
31	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
32	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
33	810 Franks, G.	7/19/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
34	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
35	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
36	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
37	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
38	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
39	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
40	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
41	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
42	804 Payne, G.	8/11/97	733 Payne, G.	8/11/97	2075 Payne, G.	8/11/97
43	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
44	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
45	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
46	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
47	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
48	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
49	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
50	777 Jensen, M.	8/18/97	715 Berryman, C.	8/16/97	2000 Coates, R.	10/5/97
51	755 Bacon, S.	5/24/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
52	750 Lee, B.	10/5/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
53	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
54	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
55	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
56	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
57	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
58	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
59	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
60	755 Richards, E.	6/15/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
61	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
62	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
63	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
64	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
65	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
66	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
67	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
68	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
69	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
70	750 Beale, M.	9/12/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
71	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
72	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
73	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
74	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
75	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
76	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
77	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
78	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
79	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
80	740 Caple, D.	8/25/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
81	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
82	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
83	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
84	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
85	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
86	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97	1998 Greene, J.	7/13/97
87	730 Masaki, M.	6/7/97	715 Berryman, C.	8/16/97</		

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