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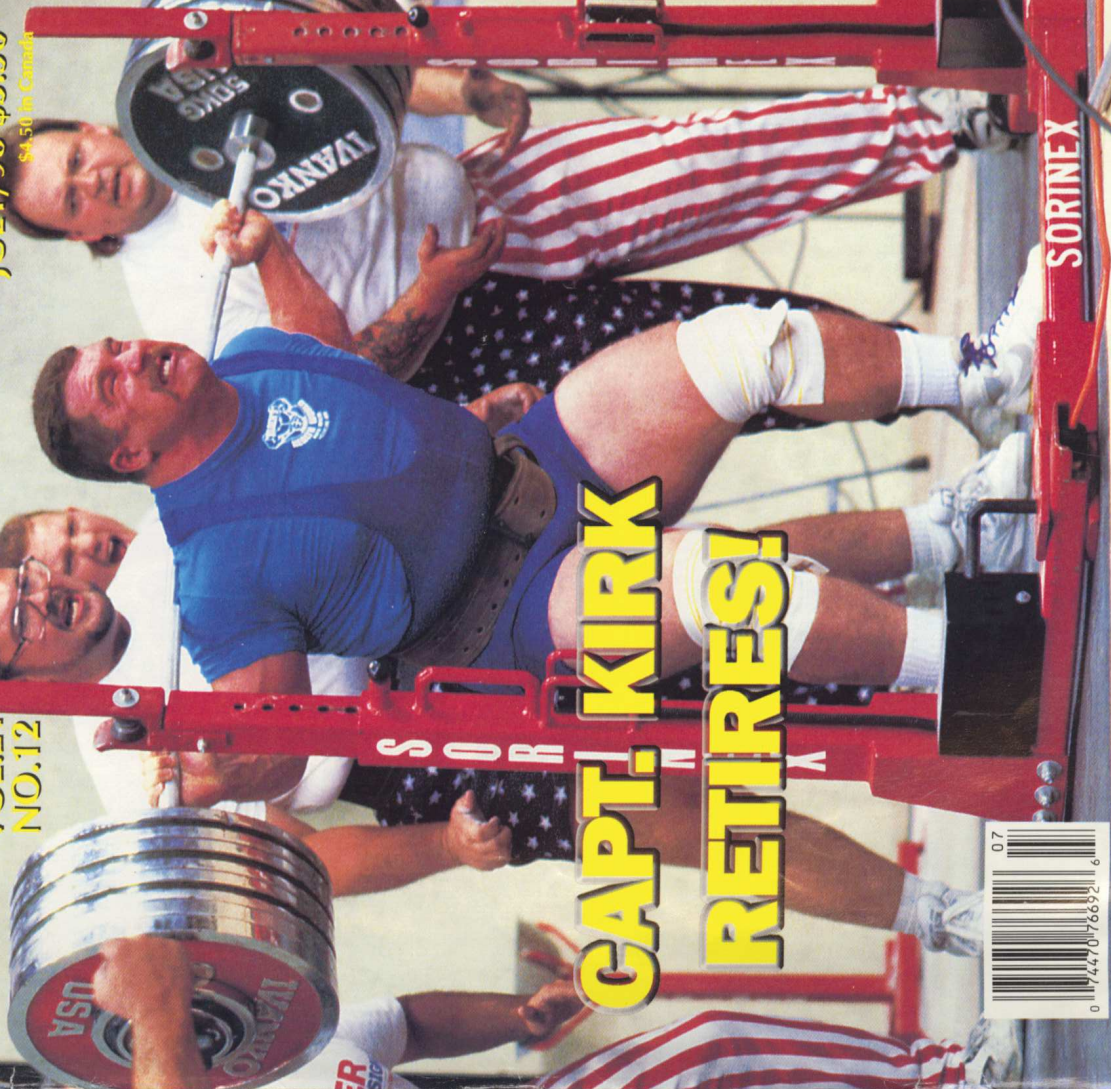
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ON THE COVER... retiring IPF Warrior Kirk Karwoski at the USPF Senior Nationals, when they were held in North Carolina

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Karwoski Retires

as told to Powerlifting USA by Marty Gallagher

Six-time International Powerlifting Federation world champion Kirk Karwoski has announced his official retirement from powerlifting. He had this to say in response to recent queries about his plans. "I'm not of powerlifting for the foreseeable future." Karwoski captured six consecutive world titles after placing second in his inaugural IPF world in 1990. He dominated USPF national competition capturing seven straight titles in three different weight divisions: 242, 275 and super-heavyweight. Kirk won world titles in both the 242 pound class (once) and 275 pound class (five times) and had been unbeaten since 1990. Karwoski holds the world squat record at 1003 in the 275 pound class and was the first IPF lifter to break the 900 pound squat barrier in the 242 pound class. He holds the world total record in the 275 pound class at 2309. Captain Kirk, as the power media dubbed him, cited factors contributing to his decision.

"My folks are in the printing trade and they wanted me to come work with them in the family business." The 31 year old Karwoski is from Crofton, Maryland, a suburb midway between Baltimore and Washington. He pondered his parents offer long and hard before accepting. "There were a lot of complicated issues. First off, I would have to give up eleven years seniority as a union mail handler. I had a good job working in a great shop and the Union Local was always very kind to me; kicking in generous contributions to help defray costs on my world championship trips. That was tough to walk away from." Karwoski added. "In taking this new job I knew I would have to give up powerlifting, at least temporarily. Once I went to work in the private sector my 8-4:30, union-style days went right out the window. Now I

might have to work ten to twelve hours a day, six to seven days a week: it all depends on the business load." Kirk cited one final pertinent fact: "I was ready for a change. For ten years my life revolved around national and world championships. I was mentally stale and needed a break."

Karwoski started training with weights at age twelve and showed an immediate knack for lifting of all types and varieties. While still in high school Kirk cleaned and over-head pressed 245 pounds, snatched 245 and jerked 315 - all with the crudest technique. Karwoski's base weight in a barbell, weighing around 200 pounds. He entered his first USPF national championship in 1987. He bombed out, called high on his three squats through times. Welcome to the NFL - Mr. Teenage hotshot!

After the teens: USPF &



The Mickey Mouse shirt was an early Karwoski trademark. (photograph courtesy of Gallagher)

USPF fiasco, Kirk went to the Jr. World Championships and immediately stepped into another imbroglio, which Webster's defines as a violently confused or bitterly complicated altercation. The meet was held in Peru, at the time being racked with communist wildcat labor strikes that threatened to topple the military junta that ruled the country. Giant Red Rallies were held in the plaza below the lifter's hotel. Army troops would roll their wire into position and tear gas confrontations abounded - an ominous precursor to the lifting. Kirk embroiled himself in another controversy. On his third attempt Karwoski squatted a junior world record of 788. He celebrated, the crowd went wild, he submitted to the WR equipment check, then he requested a fourth attempt to better his just set mark. He called for 804 and ate it - "I wrapped too early and they took forever charging the weights. By the time I lifted, my legs were turning blue." He went downstairs and changed into his bench press singlet, exhausted. Suddenly, a huge entourage of officials approached and informed him that a British coach, upon reviewing a video tape, had discovered Karwoski's WR 3rd attempt had been under-loaded and invalidated - would he like another attempt?

The verbal battle that ensued



Jubilant in 1990 - World record at the Worlds.

final attempt? If he made it he would have a world record and be assured of placing in this second nationals, amongst some fast company like Willie Bell. If he made it he would be a winner, a hero, just like he always imagined. If he choked he would bomb-out of his second straight nationals, and be branded a flakey loser. It was a real watershed moment in Kirk's career. He was gassed and drained. Ismelled disaster, but he strode out and made a weight that he had no right making. It was a difficult, difficult lift. Had a common housefly landed on the barbell during the ascent he would have collapsed in a heap. Yet, though his muscles were obviously not up to the barbell task, he literally willed the barbell to completion. He pushed for an eternity and received two white lights. For the first and only time in his 10-year career powerlifting Karwoski physically collapsed coming off the platform. Mike Lambert, who can never be accused of candy-coated hyperbole, called the 804 "the lift of the meet". It was classic Karwoski witnessed at an embryonic stage of his development.

Fast forward eight years to 1996 and imagine you are at the Maryland Athletic Club on Monday evening. You would see Karwoski reading himself. Prior to a limit set he would listen to hardcore metal through his yellow Sony Sports WalkMan, holding it in his left hand as he paced back and forth, back and forth. He would pace the floor, listening intently to the music and centering his thoughts; he paced, listened and centered, over and over and over. During all this he would never say a word, though occasionally you could hear him growl under his breath. His silence was a savage silence, full of menace. He used the same psyche up pattern every time, though the pattern was slightly different in training and competition. When he finished his pacing, it would become to wrap and he would rip his WalkMan off and slam it down hard into his gym bag. I often thought it would be the perfect TV

almost led to blows. US coaches had to restrain Karwoski, who after the (draining, emotional, fruitless) argument finally agreed, ranting and raving, to another attempt. He came made the lift, and was turned down 2-1. The audience exploded in anger. As he was coming off stage Kirk exploded, throwing a huge steel trash can down the flight of stairs. Now a serious effort was mounted to toss Karwoski's young ass right out of the contest for 'unsportsmanlike' behavior. After another dose of imbrogio, they let him stay in the meet, but his temper tantrum would cost him dearly. Later that day Kirk easily and triumphantly stood erect with a 3rd attempt dead lift of 683. He locked it out, received the down signal and celebrated victory only to mysteriously be turned down 2-1. Kirk went from 1st to 3rd. To cap the perfect day he was the only man drug tested in his class. Later that night, during a rowdy post-meet scene at a local bar, Kirk playfully grabbed another lifter and some chairs and a table were knocked over. Six soldiers at a nearby table stood, cocked automatic weapons, and took deadly aim. They spoke no English and it took some time to calm the atmosphere. A tense moment and a fitting ending to a bad trip. "Penu was the trip from hell", Karwoski recalled with characteristic understatement.

At the USPF Nationals the following July, Karwoski again got himself into a jackpot immediately. He opened with 804, a new junior world record - first attempt: high, second attempt: high. Third and

back hallway. Why? I suspect he didn't want anyone to see the tears that welled-up in his eyes prior to a world record attempt. He would get himself so emotionally jacked-up that tears of rage would come to his eyes. The uninhabited would wonder why this giant muscleman was sad? He wasn't, he was so psychologically inflamed that hot tears of rage would fill his eyes. He would exorcise through sheer force of will and then wait, bursting with vitriol, for the coach to slip the leash. And man, when he cut loose, it was awesome!

At the national and world championships I would get him ready, silently, not allowing anyone except Massive Myers or Suzie to talk to him and possibly mess with his delicate concentration. And he never disappointed. The crowds loved Karwoski. He was a power god. He looked the part, acted the part! Never has a man been more psychologically suited for the role of Captain Kirk Karwoski. Those legs, that body, that attitude, and then he would back it all up, make it all come together with clean lifts, world record poundages done explosively, easily - is it any wonder that the fans, particularly the Europeans, thought Kirk was a powerlifting Elvis? Other than Sianaszek, the Polish midget, and Ed Coan, no current lifter has set more world records in world championships than Karwoski (right? Her?). He had this marvelous ability to travel



Kirk at the 1992 USPF Senior Nationals (Wagner)



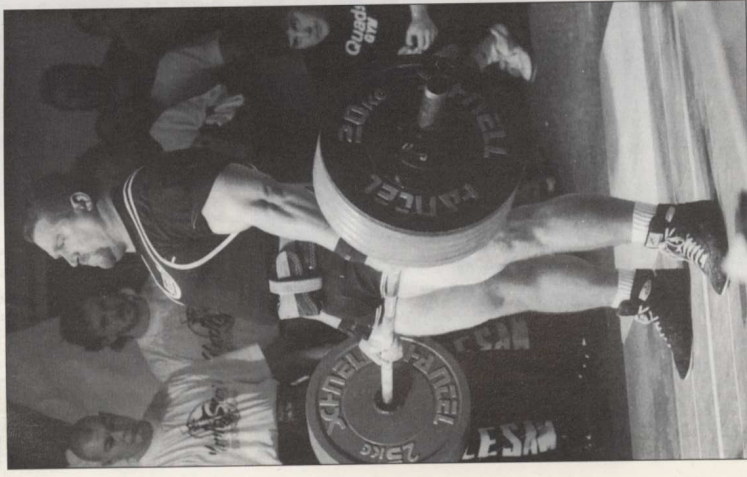
Kirk setting up for the bench at the 1995 IPF World Championships.

half-way round the world and set world records consistently, under the most adversarial conditions ever devised for powerlifting.

Kirk had incredible physical attributes: honest 21 inch arms that could strict curl 225x5, 33 inch thighs, 20 inch calves, a 21 inch neck, and a trim waist. To top it off, he could transform himself into an emotional berserker before a big effort. The combination of muscle and psychosis, combined with a death before dishonor work ethic turned Kirk into a 6-time world champion. Kirk won his first national title as a superteamweight. "We got to the contest and Mike Hall had dropped out at the last minute. Calvin Smith was a great lifter at 275 and Gallagher suggested I gain a few pounds and lift as a super. I did and won. Calvin and I switched weight classes at the world championships and that's the year I took second to Vilmi by five pounds. He needed his last deadlift to beat me," Sean Scully, US head coach, said he never saw a lifter as

exciting as Karwowski was in losing to Vilmi on that day. Karwowski, normally blasé towards US lifters, eating out of the palm of his hand, Kirk squatted a world record; a very rare feat at a world championships (strict judging, tight competition, travel, weird food, etc.) and then pushed the three time world champion to the wire. This was the last time Karwowski would ever be defeated.

Gallagher made a special point to go to the IPF world's in Orebro, Sweden the following year to help Kirk capture his first world title. For the next five years Karwowski won consecutive world titles. In 1994 he drastically cut his weight to a sliced and diced 242 pounds. He won the nationals and then the worlds, crushing a 914 squat and just missing Kuc's immortal 2204 total record with a 2193 effort. So close! When he allowed his weight to creep back up to 275-280 he found that he had never been bigger or stronger. He doubled a 1000 squat and benched



Is this Kirk Karwowski's final competitive deadlift? (pictured deadlifting at the 1996 World Championships in Austria) (Lambert photo)

again. But for now: The Captain has retired from Star Fleet Command!

Karwowski squatting 1003... at the 1996 USPF Sr. Nationals (Lambert)



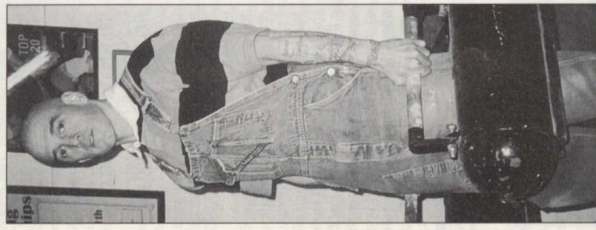
After Austria, Kirk decided to hang it up; it was a low key thing and his coach and training partners tried to convince him to continue, attempting to entice him by setting different challenges. We tried to get him to win the nationals and then the world championships without any gear; figuring he could do 850, 501, 750, 2100. Another idea was to compete but not to do any heavy training. Again, without going over 700, 450, 700 for reps in training, he should still be able to post a 2150 total in competition. Karwowski was resolute and would hear none of it. He summed it up best to his long time training partner: "Why go through all the aggravation? So I can do this again?" He then wet a finger and made an imaginary chalkboard on an imaginary chalkboard. "I'm an all-o- nothing type individual. If I decide to powerlift, then it's powerlifting all the way. I'll rearrange my life in order to excel. I cannot competitively powerlift like it was some sort of hobby. Doesn't mean I've quit training." Other things currently call Karwowski louder than the powerlifting - though I would be damned surprised if we never saw him lit

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Ken Leistner and bombs (Low)

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Joey Almodovar at Iron Island.

POWER SCENE

Linda Jo Beisito, another of Iron Island's star lifters, is taking off from lifting for this year, but she'll be back next year and she's already a two time WDPFF World Champion, with PR's of 430 SQ, 231 BP, and 455 DL, in the 176 lb. class. Linda Jo works full time as an Assistant Director of Nursing at Long Island's North Shore Univer-



Anthony Clark & Minda Totu at their new gym. (photos by Low)



turned to the gym for a comeback. Wanda is working out with her old training partner, Vicky Henbrece, at Bernie's Powerhouse in Carson. Wanda's PR's, set those many years ago, are 474 SQ, 286 BP and 507 DL. She hopes to get back to those numbers within a year from now, and avoid injuries. Wanda says the deadlift is the easiest lift to resume, the bench press the hardest. And her bodyweight? 230 at 510, about 15 lbs. heavier than her competition days. When she's not



The New Powerhouse Gym (Photos by Low)

erhouse Gym. The 10,000 square foot facility has lots of free weights, along with the latest in machines and cardiovascular equipment. Plus, there's aerobics, aeroboxing, yoga, tanning, and babysitting! Call them at 281-3500-GYM.

As for the big guy himself, Anthony just competed at the Arnold Classic, but he came in at a real light weight, 307. Well, for Anthony that was light, and it affected his lifting, as he missed his opener at 700, then couldn't come through at 738 on his 2nd and 3rd attempts. Anthony's weight is now back up in the 330s, so he should be getting

training, or dirt biking, or steer wrestling - her other hobbies - Wanda works 50 hours a week delivering for FedEx.

In New York, Tonia Marie Mitchell, actress and dancer, is up to 310 in the squat - in the gym - weighing only 120. Her other lifts are climbing, but not as fast 130 in the bench, and 235 in the deadlift.



Tonia Marie Mitchell (Ned Low)

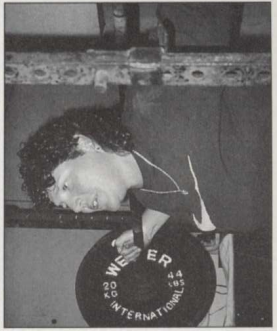
Finally, when we shot powerlifter Martin Drake and Victor Hill for a POWERLIFTER bench workout, we learned about Victor's clothing company, Mirror Image Sportswear. Everything's written backwards on the clothes, like on an ambulance, so you can read it in the



Mirror Image Sportswear (Low)

mirror. They've got shirts to remind you of your workout exercises, shorts, caps and sweatshirts. It's cool looking stuff. To learn more, call them at 800-756-1216.

That's all for now. Hope you're enjoying the Summer, and we'll see you on video. Ned Low, Producer, POWERLIFTER Video Magazine



Wanda Sandner at Bernie's Powerhouse (Low)

INTERVIEW

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

Richard Flores and Richard Glumac have been training together for 25 years. They have both won numerous USA Powerlifting (ADFP) national masters championships over the past 15 years. On May 16, this dynamic duo competed in the Viking Meesat, where Flores broke all 4 American Masters records, and Glumac squatted 655 and deadlifted 716 in the 198 lb. class. But the two most amazing things about them are (1) the fact that their lifts are still going up, even though Richard Flores is 60 years old, and Richard Glumac is 54, and (2) the fact that they both look at least 10 years younger than they are. Richard Flores was required at one time to present a certified birth certificate because he looked so young! Have these guys found the Fountain of Youth, are they genetic freaks that home just happened to find each other in the Chicago suburbs, or is there something about their training methods that is contributing to this incredible track record?

PROFILE: Richard Flores. AGE: 60. MARITAL STATUS: Married to Cathy, with 4 children from a previous marriage. HOMETOWN: Chicago Heights, IL. JOB: Electrician for Metra Railroad. INTERESTS: Powerlifting - period. HEIGHT: 5 ft. 7 inches. WEIGHT CLASS: 165. TRAINING WEIGHT: 168-169. EQUIPMENT USED IN TRAINING: Suit: Titan or Inzer Z for squat; Than for deadlift; Shoes: wrestling shoes for squat and deadlift. EQUIPMENT USED IN TRAINING: For squatting, Richard uses only a belt until he gets over 400 lb., after which he uses wraps as well. He puts a suit on about 6 weeks before a meet. For benching, he begins to use a supportive shirt about 3-4 weeks before a meet.

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

RF: I began working out with weights when I was about 18, although I didn't really know what I was doing. I used to get Bob Hoffman's Strength and Health magazine, and followed some of the ideas there, which were Olympic lifting and bodybuilding movements. In my mid 20's I began to do some Olympic lifting competition. I just wanted to win something, and entered a "pre-novice" meet, which I won. Competitive

meets were just belts, wrestling equipment being used.

FR: HOW LONG HAVE YOU BEEN COMPETING IN POWERLIFTING?

RF: I started competing in the early days of powerlifting, in the late '60s. In the early to mid '70s Richard Glumac and I dropped out of competition for about 10 years because we were fed up with the widespread drug usage, and lifetime drug-free and I didn't want to participate in drug usage.

FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?

RF: When we learned of the ADFPA drug-free masters lifting we got back into it again. Our first meet was the ADFPA Masters Nationals around 1985 in Biloxi, Mississippi. I won that meet, even though we didn't know about the supportive equipment being used. We went with just belts, wrestling

equipment being used.

FR: WHAT ARE YOUR BEST LIFTS?

RF: In the squat, my best is 540 lb. This was done in 1997 at the age of 59. My best bench is 292, my best deadlift is 551, and my

best total is 1372. These were done in 1995 at the age of 57. Actually, I pulled 551 again 2 weeks ago at the USAPL Masters Nationals in Charlottesville, VA, but I lost my grip right at the top.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

RF: I want to get a 1400 total at 165, and I believe that I can do this. I want to keep improving, not getting older, getting better!

FR: WHAT IS YOUR TRAINING PROGRAM?

RF: Richard Glumac and I train 5 days a week: Tuesday, Thursday, Friday, Saturday, and Sunday. We pretty much train heavy all the time, although we hold back a little and go heaviest the last 6 weeks before a meet. I begin each of the five workouts by doing about 10 minutes of abdominal work. Tuesday we do heavy squats, leg presses, light benches, and decline benches. After doing warm-ups with 135, 225, 315, and 405, I might do 455 for 1 or 2, Don 495 for 1, and 505 for 1. Then I'll do a workout and a quarter squat with 525 in order to feel the heavy weight. On the heavy sets I am not wearing a suit, just a belt and wraps. What I do is to go as low as I can and still come up with the weight. Therefore, I am not doing a full competitive squat. I follow the squats with 4 sets of leg presses, usually about 200x6, 400x3, 600x4, and 700x2. This is followed by benches and decline benches, Thursday we do deadlifts, benches, and triceps. Using the kilo plates I'll do 165 lb x10, 243x5, 333x4, 423x2, and then something like 473x2, and 513x1, going heavier when I get closer to a meet. After this I'll do 2 sets of lighter deadlifts while standing on 3" blocks, a set of 4 and a set of 2. All these deadlifts are sumo style. Then I do some low-rep benches again, working up to a max single, on which I may need help. 3 sets of cambered bar benches, and triceps push-downs. Friday we do rack squats. We get under the weight and push it up, doing about three-quarters of a squat. I'll do 175x10, 225x5, 315x5, 405x3, 495x3, 585x2, and then do singles. My best single is 765 lb. Then I'll do 4 or 5 sets of Smith Machine squats, 3 sets of leg extensions, 3 sets of calf raises, and 3 sets of

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Flores, 98 Masters Nat'l's (Flores)

leg curls. Saturday is an all upper body workout: dumbbell bench presses, curls, hammer curls, bench press lockouts, chin-ups, close grip benches, seated military presses, and dips. Sunday we do the weights on 2" blocks. Therefore, we can handle more weight, and our bodies get used to that. Usually, what I can do off these blocks I can do off the floor in a meet - I guess because of the way you get in a meet. The reps are similar to the Thursday workout. After this I do incline presses and then front squats. 135x5, 225x4, 275x2, and ton 315 or 335x1. I try to break parallel in the front squats.

FR: WHEN ARE YOUR LAST WORKOUTS BEFORE A MEET?

RF: I want to thank you and PL USA Magazine for this interview, and I want to thank all the guys at the Last Rep Gym in Lansing, Indiana for all their support, especially the owners Erich MacDougal and Dan Spitalo.

AND WHAT DO YOU DO?

RF: The Tuesday before a meet! I will go up to my opener in the squat, and the Wednesday before I will go up to my opener in the bench and the deadlift.

FR: HOW SOON DO YOU START BACK AFTER A MEET?

RF: I usually start back the Tuesday after a Saturday meet.

FR: HAVE YOU HAD MANY INJURIES IN RECENT YEARS?

RF: Not really - just some little aches and pains.

FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?

RF: I've been the USA Powerlifting (ADFP) Masters National Champion 9 or 10 times, and I've been the WDFPF World Champion 3 times. I've had many American records, and just this past Masters, I broke all the 165 lb., 60-64 year old records with a 501 squat, 280 bench, 540 deadlift, and 1321 total.

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

RF: I want to thank you and PL USA Magazine for this interview, and I want to thank all the guys at the Last Rep Gym in Lansing, Indiana for all their support, especially the owners Erich MacDougal and Dan Spitalo.

POWERLIFTING BASICS: TEXAS STYLE - The Adventures of Lope Deik - by Paul Kelso. Follow Paul, Lope Deik, Preacher Hanley and LaVonda Sue as they and the Wampus Cats struggle to form a powerlifting club (and live to tell about it). Learn the Seven Deadly Sins of weight training, Kelso's Laws and the truth about the Stretchmark Machine in the book Mike Lambert, Publisher, PL USA, has called "the ultimate blend of hilarity and common sense in strength training... it's great!" You'll be rolling on the floor while flipping up Paul's Twenty Sins Or Less theory and the dozens of specific courses and meet preparation tips. The ongoing story walks with the neophyte all the way to his or her first meet opening attempt- and coaches and veterans everywhere will recognize Paul's battle to straighten out the Club Hardhead. "... a true Iron classic" - Steve Holman, editor, IRON MAN. ... (Kelso) knows what works... and tells a great story... I recommend this one," says Dr. Ken Leistner, Iron Island Gym, and Joe Pyna, AAUFC, agrees: "... buy this book." "Aren't you the guy who wrote those stories?" asked Randall Strossen, of Iron Mind Enterprises. Yes, Paul Kelso has written these wild tales and a hundred other articles during his forty-plus years in the iron-game, including *The Kelso Shrug System* and dozens of reports from across Asia. Now he has gathered the Texas-Style stories, "mostly 95% true", challenging insights and his overview of the game into a "training novel" unlike any book on the market. Everyone who trains - greenhorn to oldtimer - will get a kick out of the situations and solutions in this unique work.

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TRAINING

Angelo Berardinelli as told to Powerlifting USA by Louie Simmons



Angelo Berardinelli, backed up by Louie Simmons (Simmons photo)

Angelo Berardinelli has become one of the premier middleweights in the world. The sky was the limit for Angelo, having made an elite total as a teen. But by 1993 he was stuck, not in the clouds but at a 1620 total. While many would die to have a total like that, Angelo knew he had not touched his potential. He would tell us of the big gym lifts, but at meets he did much less, always asking, "what happened?"

I kept telling Angelo what was wrong with his training: training with weights above 90% too long and dropping his special work long before meet time. If special exercises serve a valid purpose, why drop them at the most critical time, close to a meet? All who look at or keep records of training will testify that after 4 or 5 weeks at 90% or more your training goes backward. This is because the central nervous system starts to fail and your coordination diminishes greatly.

We convinced Angelo to try the most scientific training and get out of his 3 year rut. Not wanting to speak those terrible words "what happened?" ever again, he came to train at Westside.

The first thing we did was start him on box squats, on a slightly below parallel box. At that time his best contest squat was 640, so we had him wave his squat from 320, or 50%, up to 385, or 60%. Twelve sets of 2 reps are used for the 50, 52.5 and 55% weights, and 10 sets of 2 reps are done at 57.5 and 60%. By doing this, the barbell volume stays constant, but the total volume is waved up and down throughout a 5 week mini-cycle.

This waving of the total work volume is achieved with arched back good mornings and by rotating pull-through's, reverse hyperextensions, back raises, walking lunges, pulling a weight sled, and so forth. When an important meet is coming up, Angelo will push up the abs and increase his reverse hyperextensions, both in weight and in volume. The results? A 755 squat in less than 3 years, a 2150 pound increase. Not bad for a 640 squatter.

Angelo uses short rest periods between sets; 45 seconds is best. The squats are done on a slightly below parallel box. He will sit back, not down, until he is sitting fully on the box with his shins past a perpendicular position. This places all the work on the glutes, hamstrings, hips, and abs, and of course lower back. This is impossible to do without a box.

Angelo's stance is very wide, somewhat wider than his contest squat, and his feet are pointing straight ahead, not turned out. With the feet straight, it works the hips the best. It is harder to squat down

Angelo followed our lead and tried the floor press, board press, J.M. press, incline press, and heavy dumbbell press on a stability ball. He would rotate one of these every 2 weeks, followed by triceps extensions, delts raises, and a lot of fat and upper back work.

This conjugate method of training, a rotating of core exercises every 2 weeks, led to an increase in Angelo's bench press of 107 pounds in less than 3 years.

We always have a secret up our sleeves, and this time it came from Mario Challen, a friend from Italy. He works with Yun Kechi, the Olympic and world champion on the rings in gymnastics. Mario suggested we try a form of ring work. Like the stability ball, the rings are another apparatus that is unstable and that builds stability. We had Angelo do pushups in the rings, with the rings hanging close to the floor and his feet on the floor. As he got better, he would raise his feet until he was doing a handstand pushup. This increases muscle mass and strength. I want to mention Mario because he is an unsung hero, one who has never laid eyes on Westside yet contributed greatly to our success.

Let's talk about Angelo's deadlift, a sore spot, to say the least, at 562. The 562 came with a 705 squat, a 143 pound difference. Angelo has brought his deadlift up to an easy 640, this after a 755 squat. That's a 115 pound difference. How? With a training system out of the past.

Don Reinhardt had a method of training the deadlift in a rack where he would lift a certain weight, let's say 850, off a pin that held the plates 8 inches off the floor. He would do this 8 weeks away from the meet. Each week he would lower the bar 1 inch until the meet, and he would then pull it at the meet.

Angelo did the same thing, but he would lower the bar 1 inch for 2 weeks and then rotate to squatting on a 6 inch box for 2 weeks and then back to the rack pull. Sure enough, he got a big PR - 640 - and an 1865 total with 3 WPC judges in the chairs. Again reverse hyperextensions, heavy ab work, and a lot of lat work played a large role in his success.

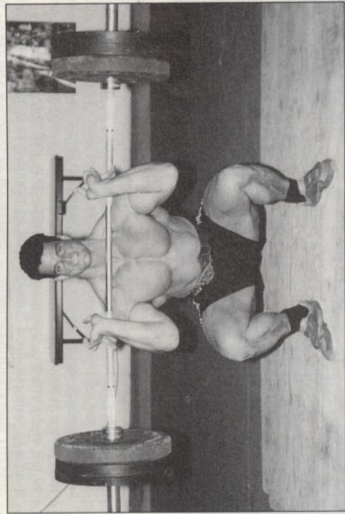
Here is a man that was stuck for 3-1/2 years at a 1640 total, who was able to increase to 1865 by using this method of training. I am very proud of Angelo. He is our best all-time lifter with the Scharzt formula. This is just the beginning for Angelo, and this we are sure of.

WESTSIDE BARBELL
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INTERVIEW

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

Greg Blount interviewed for PL USA by Pat Cuntretra



Greg Blount showing his two-finger front squat. (Courtesy of Pat Cuntretra)

PC: Could you start off by giving some background information on yourself?

GB: My name is Greg Blount, age 37. I am considered a jack-of-all-trades. I currently run two businesses; an exercise equipment manufacturing company (Ergo Fitness) and the Central Arkansas Barbell Club, Inc., which is a gym for serious lifters. I am also an ISSA Certified Trainer. "Dr. Squat" Fred Hatfield taught the class in person. In 1992, I was an American Gladiator (Hanoi) until a torn triceps tendon in my left arm ended my career. The injury required orthopedic surgery and two years of rehab.

PC: How did you get your start in powerlifting?

GB: As a teenager, I was involved in football and track, which took me to the weight room. I had intentions of getting an athletic scholarship. I played fullback on the football team. I also ran the 100 yard dash, the 200 yard dash relay and putted the shot on the track team. In 10th grade, I started for the varsity football team and could bench press 315 lb. at a bodyweight of 181. I set a USPF Arkansas High School State Record. I was certainly hooked on the Iron Game by this time. By 1991, American Gladiator "Hanoi" 1993. After a ten year comeback at age 37, winning the AAU Regional Meet held at the University of Arkansas in Little Rock, I set three AAU American Sub-Master records squatting 605 lb., benching 475 lb. and totaling 1630 lb. This was after having trained all my efforts into weightlifting. In those days (the late 1970's), the North Little Rock Community Center was a mecca for all serious iron heads. Cody Humphrey, a local legend in the lifting mecca and missed qualification later I went to an Olympic lifting meet and missed qualification. For chest and shoulders, I like to do plyometric push-ups to get explosive drive for the bench press. For back development, I use weighted chin-ups. My best, so far, is nine strict reps with 100 lb. Three to four weeks out from a powerlifting meet, my mentor Larry Kye has me doing the core through the Little Rock area, drop by Central Arkansas Barbell Club. The number is (501) 945-0919. We have platforms, chalk, and power racks and bumper plates.

PC: What do you consider to be some of your greatest accomplishments of your life?

GB: Among the titles I have won are: AAU Arkansas State High School Powerlifting Champion-ship 1979-1980, AAU Mr. Teen-age Arkansas 1979, Mr. Arkansas overall lifter 1990, Mr. National Universe (Most Muscular) 1991, American Gladiator "Hanoi" 1993. After a ten year comeback at age 37, winning the AAU Regional Meet held at the University of Arkansas in Little Rock, I set three AAU American Sub-Master records squatting 605 lb., benching 475 lb. and totaling 1630 lb. This was after having trained all my efforts into weightlifting. In those days (the late 1970's), the North Little Rock Community Center was a mecca for all serious iron heads. Cody Humphrey, a local legend in the lifting mecca and missed qualification later I went to an Olympic lifting meet and missed qualification. For chest and shoulders, I like to do plyometric push-ups to get explosive drive for the bench press. For back development, I use weighted chin-ups. My best, so far, is nine strict reps with 100 lb. Three to four weeks out from a powerlifting meet, my mentor Larry Kye has me doing the core through the Little Rock area, drop by Central Arkansas Barbell Club. The number is (501) 945-0919. We have platforms, chalk, and power racks and bumper plates.

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permanent damage to my lower back. Paul Anderson said long ago, "Your body needs different things at different times."

PC: Do you have any advice for the beginning lifter with regards to training diet and supplements?

GB: Start with the basic core lifts. Use proper form and technique, stretching before and after training. Have very good flexibility. I am still able to do a full split. I use protein, creatine and a multi-vitamin/mineral supplement. Rest and recovery are very important. Without this, you are wasting your money on supplements.

PC: The AAUPC is leading the way with concepts such as Modified Conventional System, Wildcard Meets and RAW lifting. What is your opinion of these ideas and how do you think they will affect Powerlifting?

GB: The Wildcard Meet will speed the meet up. RAW lifting takes us back to our roots, where we measure our true strength. I can say, as an older athlete, I would like to keep knee wraps. Keep knee wraps, every-thing else I like and I think will help our sport.

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

GB: I enjoy flying, when time permits. I have been flying a single engine plane for about three years. It gives me a sense of freedom and it's a great way of relaxing. I also like camping and fishing.

PC: What is your ultimate goal in this sport?

GB: I would like to lift in the World Championships and, of course, win!

PC: Would you like to make any final comments?

GB: I would like to thank God for blessing me with strength and health. I would also like to thank my peers, Larry and Milton. You guys need to work on your pull.

PC: I would like to thank Mike Lambert, Pat Cuntretra and Powerlifting USA Magazine for giving me this interview. If anyone needs a place to workout and is passing through the Little Rock area, drop by Central Arkansas Barbell Club. The number is (501) 945-0919. We have platforms, chalk, and power racks and bumper plates.

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More From Ken Leistner

Mike Lambert, the founder, editor, and publisher of Powerlifting USA Magazine, recently sent me an issue of *Western Outdoor News*. Imagine my surprise when I saw a photo of his son Curtis, proudly displaying his "catch". As Mike has informed me, Curtis is quite a fisherman. I have known Curtis, literally, since his birth, and have watched him pursue a number of interests, most with excellent results. As a martial artist, he is extremely accomplished, both for his age and for any age. More importantly, Curtis enjoys fishing, his martial arts studies, and his other leisure time pursuits.

Mike's older child, Laurie, has always been a delight. I would receive a call or letter excitedly telling me that "Uncle Ken, guess what?" The "guess what?" would be followed by a description of yet another

other adventure or course of study that was pursued, mastered, and enjoyed. The numerous leisure activities of my children bring them joy and a feeling of accomplishment. This is as it should be and when any of us look at our children or grandchildren, we understand that the things they do "outside of school" are meant to help develop their physical, emotional, and social skills, provide an outlet for their energies and curiosity, and more

than anything else, give them the opportunity to really do something that brings them joy.

Go to a powerlifting contest anywhere in the country. The sanctioning body and meet director is irrelevant. You can make it a national level contest or a local meet. It can be gender limited or involve those from all ages and ability levels. Observe carefully and then do it again a few weeks later in another location so that you are viewing

different lifters. I will guarantee that very few individuals seem to be getting any level of enjoyment out of their participation in a powerlifting contest. Obviously, most in their first meet or two are very nervous, perhaps too nervous to "enjoy" what they're doing until "the smoke clears". Others are just plain doing a horrible job of it and there will be very little to enjoy. Some sustain injury and it is understandably difficult to smile and think this is a ball of fun when your rotator cuff has been severed by your second attempt bench press and you still have to overcome the pain that will accompany the three hour drive home.

Look at the rest of the lifters, those who give up a lot of time that could be spent doing some other activity with the family or with friends. They train and travel to the training site during time

that could be spent partying, or doing additional work that would benefit their course of study in school or job related advancement. Yet they give that time up to train and then compete. While every lifter has specific goals and certain expectations, and is attempting to do the best possible job under the circumstances of the meet they are entered in, few seem to have a good time. I have had lifters tell me "Doc, I'm not here to have a good time, I'm here to lift!" A variation on that is "I'll have a good time when I finally get my four hundred bench". They goals are important. The motivation, keep the trainee going to the gym consistently, and make training very specific relative to the stated goal.

If one achieves the contest or even the training goal, they should feel satisfied that they worked hard enough to accomplish something that few others can do. Remember that very few in the population can squat three hundred pounds or more. In fact, most men, even those with an athletic background, would get crushed standing and then descending with that weight. Yet, most lifters kick themselves mentally when they miss a squat forgetting that they may not have met their stated

goal, but that still puts them far and above the typical American male, even one that outweighs them by quite a bit. If one meets the objective, they should look back on the sacrifice it took in time and effort, and understand that they have just been rewarded for that sacrifice. If one succeeds with the specific goal, they have just proven the efficacy of having a well thought out plan of attack, good mental & emotional control, and the ability to keep away the negatives in life for the benefit they have devoted to both the actual training and meet competition. This in itself is very rewarding. Enjoy all of this! You have done something that few others in society ever get the chance to do.

I wasn't much of a rugby player because I didn't play the number of seasons necessary to fully develop the skills the game needs for individual accomplishment. However, I played with what arguably was the best team in the country of the late 1960's and early 1970's in Old Blue of New York City and played with many superb players who did in fact have the skills to excel. While I was considered to be among the first two or three fastest players on the team and also among the strongest despite being only 157-160 pounds during the years I played, I was truly no more than a former

football player banging around and doing "football things" on the rugby pitch. Many of the players had what could be called an "elitest" background, they should look back on the sacrifice it took in time and effort, and understand that they have just been rewarded for that sacrifice. If one succeeds with the specific goal, they have just proven the efficacy of having a well thought out plan of attack, good mental & emotional control, and the ability to keep away the negatives in life for the benefit they have devoted to both the actual training and meet competition. This in itself is very rewarding. Enjoy all of this! You have done something that few others in society ever get the chance to do.

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will be rewarding and fun. Although my wife Kathy intermittently retires and then decides to fit powerlifting competition into her martial arts schedule and forty other ongoing projects, she's a pleasure to watch compete. When she last "unretired" for a two meet stint and won the AAU Lifetime Drug Free Nationals and the Raw Nationals, it would not have mattered what she lifted. When she did, in fact, miss the lift, she did not demonstrate her lack of competitive fire by stating that "I'll get it next time" with a big smile on her face, but the fact that powerlifting was important enough to her that it brought her a great deal of enjoyment, win or lose, making a specific lift or not. She always competed with a smile afterward, and either enjoyed her win or reflected upon ways to improve her performance after the disappointment of that meet.

Too many lifters do not have a "good perspective" on their training or lifting. It is usually only after injury or some other circumstances forces them away from regular training and competing that they state that they "really miss it" and wish that they had taken the time to "truly enjoy all of it". Don't make that mistake, enjoy it now, all of it.

Ken Leistner

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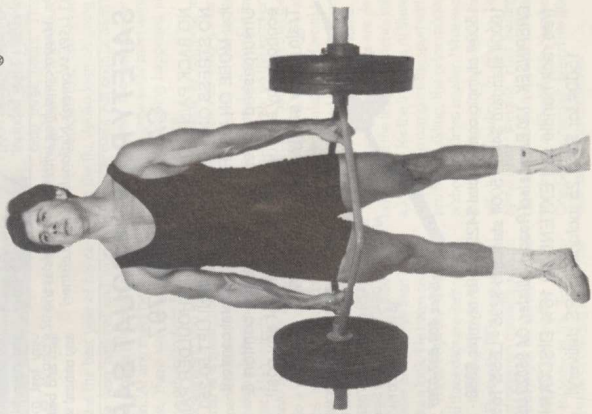
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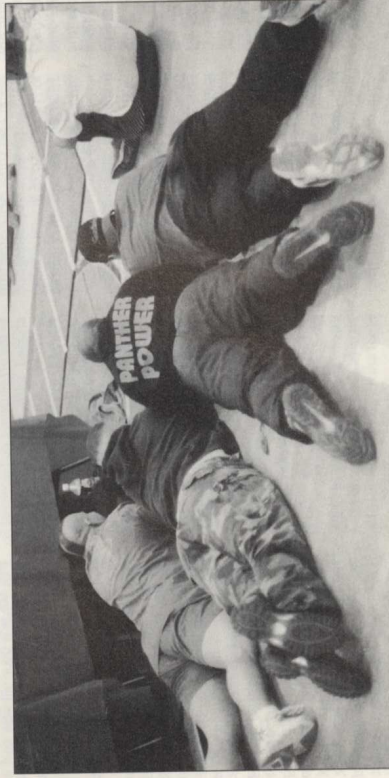
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Iron Island Spotting Crew, front and back, taking a refreshment break at one of the local powerlifting contests (l-r); Andrew Dellmark, Craig Portee, Mike DeJoseph, and Frank DeMarco. (photograph courtesy Ken Leistner)



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 been lifting for nearly 19 years. I have been competing for 17 of those years in both powerlifting and bodybuilding. Unfortunately, I have not been able to gain very much size. I compete in



Dr. Mauro consulting with Cheryl Jones at the '83 USPF Women's Nationals. (Kathy Leistner)

the Lightweight class for bodybuilding (154-174 lbs.) and the 165 lb. class for powerlifting. My best total at 165 is 2,280 lbs. (490-275-515). I have never taken any form of anabolic steroid and never will. My body fat is at 2.4% for bodybuilding and about 7-9% for powerlifting. I never miss a workout, lift heavy all the time and probably do too many sets and reps. I have a very fast metabolism and believe in any natural supplement.

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POWER PROFILE

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

Jouko Ahola World's Strongest Man as told to PL USA by Sakari Selkainaho

Jouko Ahola came to the '97 World's Strongest Man contest in Primm, Nevada, with victory in his mind. Many looked at him and thought that he was only there to coach someone. As he wore the competition started, they were surprised. The more events that took place, the more they were amazed.

Jouko has always dreamed of finding a sport that he is really good at. Having tried ice hockey, karate and powerlifting, he has finally found a sport in which he really can excel. He has now become the best in the world at strongman sports.

Jouko has tried many sports since he was a little kid. Ice hockey and karate developed his reactions and overall flexibility as well as coordination. When he grew up, he wanted to develop his strength levels and soon started to train in powerlifting. His last competitive year was 1993. As a junior he did 745 kilos at 110 bodyweight, and won some medals at the national and European level.

Jouko hasn't forgotten his roots. Despite being off the powerlifting platform for six years, he still does all the powerlifts in his training. He has always been good at the deadlift, but the bench is difficult for him. Having achieved training lifts of a 793 squat, 462 bench and an incredible 887 deadlift, it's hard to believe that most of his gym training is simply for basic strength development with few max attempts!

Jouko and WPC World Champ Anu Turbainen plan to get together to test their deadlift abilities. The 900 pound barrier will really be in danger when these two great athletes meet each other on the lifting platform. They have also talked about breaking the two-man deadlift World Record, and it's hard to imagine another team able to challenge them.

Jouko started competing in strongman contests six years ago and has since been a regular competitor at almost all the biggest events in this sport. He has always competed a lot, and in 1996 he



Jouko Ahola dominated the Silver Dollar lift at the '97 World's Strongest Man Contest

clific events.

The powerlifters are the basic foundation of his gym training. They are backed up with a large amount of assistance work to fill the needs of sport. For "The Power Stairs" in which you must lift the 400+ pound blocks with handles to the top of a pyramid, Jouko trained the upright row with 440 pounds. That tells you something about his upper body strength.

Most events nowadays require a lot of anaerobic strength. Maximum strength is seldom tested. Last year's contest at the Primadonna was an exception with two max events, but in many competitions there are none. Most events are about determining how fast, how long, or how far you can do something. The combination of aerobic condition and strength, plus plenty of experience, enables Jouko to continue on at meets when others stall. The Helsinki GP was a good example. The meet included eight events in only three hours. This was too much for many competitors, but even with the flu, Jouko kept on going, event after event. Although he wasn't at his very best, the distance between others grew as the meet went on. The same thing happened at the Primadonna.

Jouko plans to compete in strongman events as long as it's fun and he's successful. He thanks his sponsors, who make it possible for him to concentrate on the sport on a full-time basis, but wishes that the prize money was much bigger at meets. Many athletes are forced to combine work and strongman sport and, in that case, both will suffer.

The strongman sports are developing all the time, but there's still a lot to do for the interests of these athletes. To compare the sport with pro bodybuilding, the prize money is about six times smaller. Whatever the situation may be, Jouko Ahola will keep heading to gym to hit some heavy weights. He's leading his body with pure power for this year's season. The World's Number One Strongman will defend his title with an die-hard attitude!

1997 was the best year of his career. He won national and world titles plus a team title together with Riku Kiri. At any meet he went to compete, there was only second place the others to fight for.

In powerlifting you know what is required at a meet, but at many strongman contests it is quite different. For example, last year's World's Strongest Man events were published only five weeks prior to the meet, so a wide array of skills and strengths is an absolute must in order to become a world class competitor.

What enables Jouko to beat other world class strongman who are all taller and heavier than he is? Let's take a look. He trains six times a week. Three days are spent in a gym and three days are dedicated to course, defending his title at World's Strongest Man contest, which most events during the '80s many placed high in strongman contests with no special training at all, but now it has become totally impossible, for example, to score in the Top 30 in Finland without training for the spe-

competed over 30 times, despite his experience which is quite different. He has always been good at the deadlift, but the bench is difficult for him. Having achieved training lifts of a 793 squat, 462 bench and an incredible 887 deadlift, it's hard to believe that most of his gym training is simply for basic strength development with few max attempts!

This year he started his competitions at the Helsinki Grand Prix in March and beat everybody including Ver Magnusson of Iceland and Norway by a large margin. His goals this year are set on the Grand Prix series all over the world, and of course, defending his title at World's Strongest Man contest, which most events during the '80s many placed high in strongman contests with no special training at all, but now it has become totally impossible, for example, to score in the Top 30 in Finland without training for the spe-

He will be a hard opponent for anyone to beat, but this time they won't overlook his small size, 6 ft, 2 inches and 260 pounds! For Jouko, competed a lot, and in 1996 he

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DEAR JEFF: I looked over your training and it's obvious to me that you're overtraining. Have you tried drastically cutting back on your training to see how your respond? I, like you, found it difficult to gain weight until I cut back on the training (I did best at twice a week) and increasing my protein and calorie intake. As far as diet and supplements I'd recommend getting your protein intake above 4,000 kcal/day. As far as supplements I'd recommend taking an antioxidant formulation before your workouts, creatine monohydrate (Phosphagen HP is likely your best bet for the best results) - loading then maintenance, glutamine 5 grams before and after workouts, and eating a protein, carb, meal within an hour of working out. These are pretty basic but if you don't have them in place other supplements, routines etc. won't do you much good. Let me know how you make out. Sincerely, Mauro Di Pasquale, M.D.

STARTIN' OUT

A special section dedicated to the beginning lifter

Powerlifting Gear Primer as told to PL USA by Doug Daniels

knees for extra rebound in the squat. The rules of that day were rudimentary at best. When women started competing, they were typically required to wear an athletic supporter or jock strap, because that was what the rules said.

One of the biggest revolutions in powerlifting was the squat suit. Many lifters squatted with one piece wrestling singlets. Soon a wrestling singlet was designed that had an elastic type stretch in it that provided the lifter with support or rebound out of the bottom of the squat. With this type of aid, the poundages in the squat took off. It didn't take long for more manufacturers to get into this and different types of squat suits came on the market.

When I was preparing for my first meet, I ordered the popular squat suit of the day and eagerly awaited its arrival. When I got it, I thought there was some kind of mistake. It was more narrow than my body and I couldn't get it past my knees. How was I going to get this thing on at the contest? I called my friend, Jim Vrabec, who was an experienced lifter. He said just bring it into the gym on my squat day. Jim explained that if it takes less than 5 minutes to get a new squat suit on, then it's too big. I pulled and jugged on that suit all the way past my knees and up as far as it would go. Then Jim grabbed the back of it and literally lifted me off the ground while in the suit so it would slip on. This type of effort was normal for putting on a squat suit. The straps that went over my shoulder required a similar effort with a partner standing on a chair to guard leverage in getting it over my shoulder. It literally felt like I could not squat ever with such a tight suit, the rebound out of the bottom was stronger than ever. Most squats are lost about 20-30 degrees above parallel. A good squat suit can make the difference between a good lift and a bad one. After you take it off, you may notice some bruises around where the bottom of the leg of the suit

Some lifters prefer heels that are slightly high. This gives them a better leverage position.

Wrist wraps are also in the mix. They can provide support to your wrists while supporting a heavy weight on your back. Take care to not let the bar slide down on your back while squatting. This could cause undue strain on your wrists. Keep your chest out and shoulders back with your back flat and as upright as possible. This will keep the bar securely on your back.

Okay, so now that you sound like a lot involved and it is. As a competitor, if you do not use all that the rules allow you to use, you are giving your rivals a huge advantage. Let's look at how all this gear works together.

When in competition, start by putting your squat suit on with your straps down. Keeping your straps down until the last moment helps it make it more bearable. Next put on your knee wraps. Remember to wrap with your knees locked straight. If you wrap with your knees bent, you will not get the rebound they can provide. Wrap tightly, following the guidelines I wrote earlier. Next have a friend help you up and get your shoulder straps on. Then make sure everything is on just so with the croch of your suit up all the way. A good trick is to have a friend lift you up from the back by grabbing your squat suit. If there is a gap in the strap or elsewhere, the suit will slip into place. Next comes the belt and finally the wrist wraps. To get your belt really tight, have your helper pull on the belt and then you can slip the buckle through. I would also suggest chalking your hands and back where the bar lies for extra grip. This will reduce the chances of the bar slipping down your back during the execution of the lift.

Immediately after your squat attempt, get off the platform and take off your belt. Then have a friend take off your shoulder straps and then take off your knee and wrist wraps. If you have more attempts, re-roll your wraps so they can be easily re-applied. Do not take your squat suit off until after your last attempt. No one ever said squatting was easy. I would say all this gear could add at least 15-25% to your squat. A 400 pound squatter could now get close to 460-500 pounds.

The bench press has far less gear dedicated to it. Wrist wraps can be valuable for supporting the weight. They can make the weight seem lighter. Shoes that do not slip or skid are a necessity. I question the need for a belt. I believe that they can restrict your back and you can achieve.

With a solid arch, a lifter not only can direct his press effectively, but can reduce the distance the bar must travel by getting his chest higher off

the bench. The is no direct torso pressure that necessitates wearing a belt like the squat or deadlift. For many lifters a belt is a security blanket. Rethink it's use for the bench. In competition, lifting gloves are not permitted. If you plan to compete, I would not use them and toughen your hands so they can stand up to the rigors of the 3 powerlifts.

The real breakthrough for bench pressing has been the bench shirt. It is similar to the squat suit in that it is made of elastic material that provides incredible spring out of the bottom of the press. Like the squat suit, it is not comfortable while wearing it and it budget allows, you may want to try one, but I have no experience with them to make a recommendation either way. A lifting belt is important and can provide lightness in the torso. Be sure that it doesn't restrict your ability to get down low and comfortable enough to get a good pull. For shoes it depends on the style of deadlifter you are. For a conventional lifter, feet shoulder width, arms outside the legs. I would suggest something low with no raised heel such as house slippers or wrestling shoes. Make sure they have non-skid soles. They are available through many lifting magazines. Sumolifters, feet wide with arms inside the legs, can use a flat soled shoe like ankle trainers. They provide more ankle support. Some lifters use wrist wraps to help

the sticking point higher in the lift if they press hard and fast until lockout. A quality set of cross training shoes are indispensable to any benchmarker. With the deadlift there is no spring or momentum. The bar just sits there; dead. Most lifters wear a wrestling singlet to fulfill the one piece garment rule. I was able to find a squat suit that was great for getting the bar off the floor in the deadlift. If you have such a squat suit, use it. Most squat suits are designed to benefit the squat, not the deadlift. Recently, deadlift suits have been for sale in this magazine. If your budget allows, you may want to try one, but I have no experience with them to make a recommendation either way. A lifting belt is important and can provide lightness in the torso. Be sure that it doesn't restrict your ability to get down low and comfortable enough to get a good pull. For shoes it depends on the style of deadlifter you are. For a conventional lifter, feet shoulder width, arms outside the legs. I would suggest something low with no raised heel such as house slippers or wrestling shoes. Make sure they have non-skid soles. They are available through many lifting magazines. Sumolifters, feet wide with arms inside the legs, can use a flat soled shoe like ankle trainers. They provide more ankle support. Some lifters use wrist wraps to help

them grips. If this is a problem, give them a try. Some wear knee wraps. This seems counter productive. They may cause the legs to lockout prematurely, lessening the contribution of the legs and hips.

If that sounds like a lot, you're right. But if used correctly, they can add substantial poundage to your lifts. An important thing to remember is to give your exact size when ordering a squat suit or bench shirt. Don't give too big of a measurement. Just to stroke your ego. No judge is going to ask your what size bench shirt you wear on the platform. Make sure you have a backup for every piece of gear when going to a meet. They can split or tear while warming up or competing. Old suits, shirts and wraps are great candidates for backups. Before you leave for a meet, take a last minute inventory of your gear so you don't forget anything. Most meets have equipment or gear checks prior a meet. This is to make sure your gear is legal. Consult the rules of the lifting organization you will lift at for specifications. Make sure you get accustomed to lifting with all this gear on in the gym several times prior a meet. If you change squat suit brands, the leverages involved may be drastically different. There should be no surprises at a meet and do not try something new meet day just because some lifter suggested it.

There has been a rise in popularity in meets where limited amounts of lifting gear are allowed. These are called "Raw" meets. If you choose to compete in Raw meets, little of this article is of use. Many lifters think that there is too much equipment used in lifting and to some extent they are correct. But if you examine sports like speed cycling and skiing, you will notice a tremendous amount of resources involved in developing equipment that can cut milliseconds off of an Olympic caliber athlete's time. The new speed skaters used the 96 Olympic revolvers many stating records, so powerlifting is by no means the only sport with a growing reliance in developing new gear to improve an athletes performance.

Using the right lifting gear will not guarantee that you will squat like Don Reinhardt, but they can make a difference. This gear does some of the actual lifting and for this reason, competitors should limit their use. Overuse and dependence on lifting gear can limit the growth of your ligaments, tendons and bones. A good squat suit, bench shirt, belt and knee wraps can run a lifter over \$200 and on last about 2-4 meets depending on how hard you are on them. If you compete, take advantage of everything the rules will allow. Web Page: MDMBERS.AOL.COM/DDANN12345/DEFAULT.HTM

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1. What are the chances of becoming a world class athlete?

Actually, not very good. Less than one percent of all athletes who participate in competitive sports ever reaches an elite level. As an example, consider the odds of making it in professional basketball. Each year approximately 250,000 high school seniors participate in inter-scholastic basketball. Of these seniors, approximately 12,000 will receive college scholarships. Out of that 12,000 around 200 players will be drafted by the N.B.A.; but only about 50 will actually be offered a contract. Of these fifty, only five will eventually earn a starting position. Of these five, only two will stay in the N.B.A. for more than five years. Unfortunately the odds of making it big in any other sport are not much better.

2. What does it take to reach a world class level?

According to John Lather, a renowned sports researcher, a number one variable related to elite performance is time spent in training. Lather estimates that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world class level. Lather's research emphasizes that it is 20 hours of quality training - with great intensity, not just the time spent in training that is required for elite performance.

3. How many hours do world class athletes train?

It has been established that the average world class athlete trains approximately 23 hours a week. Interestingly, the average athlete in America trains approximately 12 hours a week.

4. Do world class athletes train the same way?

Surprisingly, no! A survey conducted by Richard Cox of 367 elite athletes revealed that although they apply basically the same principles of training - progressive resistance and the overload principle - few elite athletes actually train the same way. In fact, there is a large variance in their training methods. Again, motivation and commitment seems to be the common bond between world class athletes - they all tend to train with high intensity and purpose.

5. How many hours do world class athletes sleep?

According to researchers Martin Miller and Judd Biasiotto (that's me) world class athletes sleep an average of 520 minutes per night - 8.75 hours a night. That is ap-

less confidence, mental toughness and determination.

13. What is the physical profile of a world class athlete?

The average world class athlete is 6'1" tall and weighs 217 pounds. His chest is 43", arm 15.3", waist 31", legs 26.8" and calf 16.4".

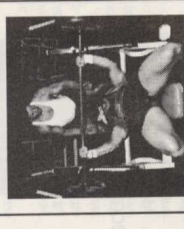
14. Do all world class athletes use steroids?

No! Although there is strong evidence to indicate that many world class athletes use performance enhancing drugs, there is no evidence to indicate that all elite athletes use such drugs. In fact, recent estimates indicate that approximately 40% of elite athletes never used performance enhancing drugs.

15. Are world class athletes highly respected?

In general, yes. However, there is considerable research which indicates that the normal population tends to perceive elite athletes as being egotistical, aggressive, and intellectually inferior. Also, there is a linear relationship between performance, accolades and acclamation. In other words, accolades are contingent upon performance - no performance - no accolades. Many athletes in retirement find this very phenomenon a bitter pill to swallow.

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Rob Arciuolo DMD -Emphasizing Technique- as told to PL USA by Robert Arciuolo, D.M.D.

I feel that I only need to train the bench one day per week. If the intensity of each workout is sufficient, then your body will feel like it needs that period of time to recuperate back to that strength level. If you are a full (three lift) powerlifter like myself, then I would strongly consider just one day for the bench.



I would like to thank my wife for her support and commitment to help me keep the fire burning which is most important for a lifter to progress. Also, Dominic and Joseph Marcellino for helping me with training workouts and tips. Lastly, I would like to thank the unknown lifters at meets for their help and support. Try to feed off anything positive and use it.

Power People



Victoria Arciuolo was a semi-finalist for Hot Skins Magazine this year, along with people like Dr. Chris Lydon. She has also placed in the top 3 at the USPF and (formerly) ADFFA Nationals the last 3 years. Vicki has also been ranked in the top 20 in 3 different weight classes over the last 4 years. Prior to her husband, Robert, getting her bit by the iron bug, she was a Philadelphia Eagles Cheerleader and a swimsuit model. Vicki is known for her optimistic and never-give-up attitude. She is always willing to help lifters at any meet she attends. Her husband Robert feels Vicki's support is what helped make him one of the top lifters at 181-198 for the last 5 years. (courtesy of Arciuolo)

Rob Arciuolo breaking the USPF PA State record with 501 lbs. en route to a Silver Medal at the 1997 USPF Sr. Nationals. (Arciuolo)

The last phase of a cycle will last for 6 weeks before a contest. To simplify matters, I will give an example of a lifter capable of 400 lbs. and write a routine that will increase the max lift by 5%. Percent training is more realistic because a 20 lbs. increase is a lot different for a 700 lb. lifter than a 20 lbs. increase for a 135 lb. lifter.

The first week will be 70% of the lifter's projected max which would be approximately 295 lbs. (based on 420 lbs.) which should be performed for 15 reps. I prefer to keep the reps low and sets high for 2 reasons. First, the lifter has more opportunity to work on technique and, second, less of a chance of losing focus during the last few reps of the set.

The recommended sets and reps would be 5 sets of 3 reps. After the main goal is now achieved, any accessory work included consists of only close grips and tricep push-downs for 3 sets of 8.

The second week would be 75% or approximately 315 lbs. per set. I use a 1 set at a meet. Since I know 10% is guaranteed, I choose to bypass 85% and go straight to 90% or 380 lbs. I prefer to just do 4 singles with this weight and terminate the assistance work.

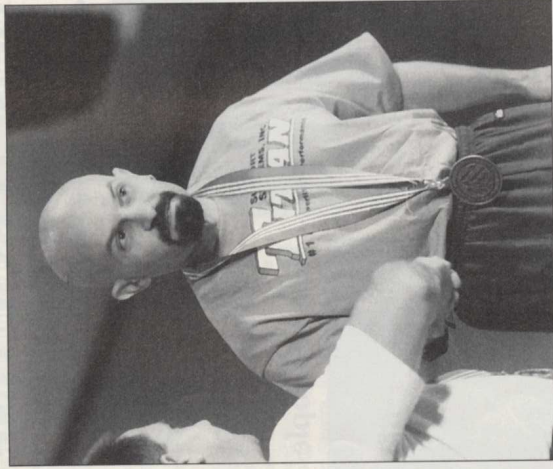
Try a 6 week cycle before this cycle so you know what to expect when a bench shirt goes on in the 4th week. I personally get 10-15% off my bench shirt which is usually about one size bigger than the size I use at a meet. Since I know 10% is guaranteed, I choose to bypass 85% and go straight to 90% or 380 lbs. I prefer to just do 4 singles with this weight and terminate the assistance work.

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INTERVIEW

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

JON ARENBERG as told to Powerlifting USA by Chris Lydon



Jon Arenberg... wearing his gold medal at the 1996 U.S.P.F. Senior National Championships, winning the 123 lbs. division. (Lambert)

C.L.: How did you get started in powerlifting, Jon?

J.A.: Well, I got started during my senior year at UCLA. I'd been a distance runner in junior high and high school, but with the heavy work load in college I no longer had the time I needed to train to run competitively. I just started going to the gym with my friend Andy from the physics department. We'd go to the gym three or four times a week, whenever we needed a break from the physics lab. We trained with the typical meat-head mentality: Lots of upper body, very little lower body. I was pretty weak when I first started, but after a couple years I was benching more than Andy who outweighed me by 45 pounds. In the spring of 1985, during my second year of grad school, Andy convinced me to enter an intramural powerlifting meet. I really had no clue what I was doing. I could bench more than I could squat or deadlift. In fact, I learned how to squat and deadlift just few hours before the meet. At a body weight of 132, I came in second with totals around 670 or 680#.

C.L.: When did you start training like a powerlifter?

J.A.: After that first meet I incorporated squats and deadlifts into my training regimen, but I still didn't really know what I was doing. I competed again the following year and won the 132's with an 800# total. I benched 275#, which was close to the State record. Afterward, Professor Dave Douglas, who organized the intramural meets called me into his office and encouraged me to do the ADFFA California State Meet. I was intimidated by the idea of competing in an open event, but Professor Douglas showed me an issue of Powerlifting USA which listed the top 20 lifts for my weight class. He convinced me I wouldn't embarrass myself so I decided to go for it.

C.L.: How long did you have to prepare for the contest?

J.A.: Seven or eight weeks.

C.L.: That's nothing at all!

J.A.: I didn't know any better. The week of the meet was a big week for me. On Tuesday, I took the oral qualifying exams toward my doctorate in quantum electronics. Saturday I competed.

J.A.: I wasn't learning, but I was training like a powerlifter-by then.

J.A.: I was working on military laser systems for Hughes Aircraft. Range finders, target designators, night vision systems, stuff you saw on CNN during the Gulf War. Currently I work for TRW. I just finished eight and a half years of work on a major X-ray observatory for NASA and am starting work on a space based high energy laser system for the Air Force.

C.L.: But you still had plenty of time to train and compete?

J.A.: Between single lift meets and three lift meets, I was competing eight or nine times a year. I did a lot of smaller meets like the Venice Beach contests and Chuck LaMonta's California Tour, held in conjunction with R.G. Canning car shows. I was just training consistently, cycling for the big meets; if something fun came along that wasn't too expensive, I'd go for the experience. I learned something at every meet. That's a trick I picked up as a runner. I used to race during summers to learn or re-learn lessons about the sport. I simply applied the same principle to powerlifting. That's probably the best advice I could give to a newcomer: Compete as often as possible for the experience. It's also a great way to get over stage fright.

C.L.: Give me a run down of your powerlifting career high lights.

J.A.: Let's see... I competed in the USPF Senior Nationals 1988 and took third in the 123's with a total of 1085#. I also did the Senior Nationals in 1989, 1993, 1995, 1996 and 1997. I took third in 1993 at 132 and won both in 1995 and 1996 at 123.

C.L.: This year I missed weight and took fourth in the 132's. I competed in the USPF Natural Nationals in 1988, 1990, 1991 and 1992. I won in 1990 at 123 and took the Best Light Lifter title over Ken Westbrook who was competing in the 132's and Dave Edmondson who was competing in the 148's. I also competed in the NASA version of the meet and won my weight class in 1991 and competed in the 132 in 1992. I competed in the IPF Pan American Championships in 1993 and took second in the 132's. I also took eighth in the IPF Worlds in 1995 and ninth in 1996. I just returned from the IPF sanctioned World Games which were held in August in Lohki Finland. I took sixth place in the light weights.

C.L.: Do you have any sponsors?

J.A.: I sure do. Pete Alam of Titan sponsors me with gear. I'd like to say that they've been great to me, always supportive (no pun



Jon on his way to his '96 USPF Sr. Nat'l Title.

intended) and very helpful.

C.L.: When Ned Low and I shot Alice came to watch me lift at the Bakersfield California State Bench Press Contest in 1989, Video Magazine, I noticed you had a real rapport with your training partners.

J.A.: I think that more than half of my success is due to the fact that I train with an arrangement of that organization. I stem from the fact that you're unlikely to miss workouts if there are people counting on you to be there. We offer each other support at competitions, help with equipment at the meets. We all coach each other. My group is big enough that usually if someone can't make a workout, someone else can change their schedule to accommodate you so you don't miss a training session. It's like having a family. We never lack intensity. Right now the group consists of Kurt Elder, Mike Lane, Jesus "Frog" Fragoso (USPF Junior National Champ at 181), Steve "Polar Bear" Demmon, and Dean Toumabene.

We've all competed together in the past. Now, most of us are getting ready for the USPF Central California Open to be held October fourth in San Luis Obispo. Next year we're all planning to compete together in the USPF California State Open.

C.L.: What's your optimal weight class?

J.A.: I get my best results in the 123's. But I sometimes have trouble making weight.

C.L.: You don't like to diet?

J.A.: No, only powerlifting meets. I don't want to wear the magic out.

C.L.: Tell me about other aspects of your meet preparation. How do you cycle your training?

J.A.: Typically for a big meet I'll start 10 or 12 weeks out with a month of fines, followed by two weeks of 4's, a month of threes, and I'll finish with doubles in the last few weeks. I usually do two to three work sets depending on how I feel. I have to be flexible. How to all my traveling, sometimes I miss a workout, or my rest periods change. I can't be extremely rigid about following a pre-programmed schedule. Generally make even-sized jumps in weight; 20# per week in the squat and deadlift; adding equipment as needed. I use a similar system for bench press, adding 10# per week for the first half of the cycle and then 5# per week for the second half. Getting adequate rest is very important to me. I would much rather show to a meet under trained than overtrained. You mentioned that you sometimes have difficulty making weight. How important is diet?

J.A.: I try to eat clean, not anything too extreme. The last couple weeks out, if I'm trying to make 123, I get more serious about eating lots of small meals and drinking lots of water. I'm no expert. My weight is always fluctuating. I learn a little more about how to eat every time I compete.

C.L.: What about supplements?

J.A.: The only things I ever use are amino acids and vitamins a couple weeks out from a meet when I'm eating less and I know I'm probably not getting enough from my diet.

C.L.: It seems like you compete with many of the major federations.

J.A.: I've competed with the ADFFA, NASA, USPF and APF. I choose my meets by time and location, not federation.

C.L.: With all the different sanctioning bodies, what is your take on the state of powerlifting today? Do you see a bleak future for the sport?

J.A.: I think it's a shame the sport is so fractured, but for now that appears to be the way it is. Over the years I've met many nice folks, both lifters and officials, from all different organizations all over the country and the world. However, my loyalties will always lie first with the other competitors and the sport itself rather than the sanctioning bodies. I just try to concentrate on being the best lifter and friendliest competitor I can be. As for the future of powerlifting, I guess we'll just have to wait and see how the chips fall.

C.L.: You don't like to diet?

J.A.: I don't like to diet.

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J.A.: I don't like to diet.

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C.L.: You don't like to diet?

POWER - RESEARCH

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Support Your Local Joints as told to Powerlifting USA by Frank Cable



Author Frank Cable is a successful powerlifter in Northern California.

Let's face it, we as powerlifters put a tremendous load on our bodies and we continually ask more of it. Set after set, rep after rep, the body does what we ask of it. Occasionally the body acts out through sore and inflamed joints and our progress slows down or comes to a halt. This usually happens from overzealous and/or too frequent workouts. Another way is through osteoarthritis. Either way, the joint in question lacks the ability to maintain and repair itself whether it is lack of rest or body physiology. Cartilage, connective tissue and synovial fluid (joint lubricity) are compromised and if not put in check can have a deleterious effect on joint mobility. In this article I will talk about supplements that can remedy this problem and get you back on track. Conventional medicines will not be discussed, because of their inherent side effects and inability to address the underlying disease process, not to mention accelerating the process of deterioration and masking pain.

Glucosamine is one such supplement that can have a very positive effect on the cartilage within our joints. (Glucosamine is composed of glucose, nitrogen and hydrogen). Of the three forms of glucosamine used, usually only one or two are present in most formulations. The three forms are: Glucosamine HCL, Glucosamine Sulfate and N-Acetyl Glucosamine. Glucosamine Sulfate is absorbed and distributed easily in the pharmaceutical version and one step closer to the production of cartilage and connective tissue. When more than one form of glucosamine is used the chance for joint repair and joint synthesis is increased. Cartilage is regenerated by chondrocytes (cells that use glucosamine as a raw material). Aging and trauma can interfere with the metabolism of glucosamine creating a deficiency leading to problems in the joint. Glucosamine supplementation fuels the cartilage synthesis and repair.

Chondroitin Sulfate (Mucopolysaccharide) is produced from bovine, shark and whale cartilage. They are the structural components of cartilage in the joint. They inhibit enzymes that deteriorate cartilage in joints. This in turn allows glucosamines and antiox-

idants to begin the repair process. Deer Antler Velvet is processed from deer antlers. Deer antlers are grown new each year and then cast off, so the cycle can then repeat itself the next year. It takes approximately sixteen weeks to grow to full size. Antlers are harvested while they are in a cartilaginous state (spongy to the touch). During harvesting the animals are not harmed. This has been used in Chinese medicine for more than 2000 years. Research studies have indicated: improved blood circulation, stimulation of growth, and joint repair.

Willow Extra can be used in place of aspirin as an anti-inflammatory. In fact, aspirin was derived from willow bark. It is safe to use and is mild on the stomach. It leaves no after effects. Curcumin Extract consists of very powerful antioxidant compounds. They help prevent free radical damage within the joint. Not only do they help neutralize free radicals, but may actually prevent free radical damage from occurring. Bromelain is extracted from the pineapple plant and contains enzymes which inhibit biosynthesis of prostaglandin's which are responsible for inflammation. There are other nutrients that are just as important in repairing,

strengthening and protecting the joint and synovial fluid. They include certain minerals like manganese, zinc and copper. Nutritive oils like Marine Lipids (omega 3&6 fatty acids) and Borage Oil (gamma linolenic acid) is very helpful. Vitamin C is still a premier antioxidant and along with Acetyl-Cysteine helps to combat free radicals. B vitamins: B-1, B-2, B-6, B-12 and Pantothenic Acid are useful in fighting stress and we all know how stressful our workouts can be, let alone life in general. Several other benefits include: support and enhancement of chondrocytes (cells responsible for production of cartilage), inhibition of certain enzymes and immune system factors that destroy cartilage, maintenance of synovial fluid synthesis and prevention and removal of blood vessel blockages (plaque and blood clots) leading to the joint. You can now see the importance of not only supplementation, but correct supplementation in the fight against joint deterioration. Proper care of our joints will lead to joint health and resiliency.

Due to some overzealous workouts and sometimes chronic overuse of joints, I felt compelled to use whatever means I had to overcome the swelling, pain and possible sidelining of workouts. Unfortunately,

that usually meant NSAIDs (non-steroidal anti-inflammatory drugs), or worse, staying out of the gym. The problem with NSAIDs is only temporary relief of symptoms until the next bout. Other more serious side effects include gastric irritation (that may lead to ulceration) and irreversible liver damage. Ice is great, but is short lived and does not take care of the underlying problem.

On the fortunate side, I have found a joint support supplement that has not one, not two, but three forms of glucosamine and includes all of the other nutrients previously discussed. It's called "Joint Matrix" by Cytopost. Cytopost is a new company created by former nutrition guru from Champion Nutrition, so there's a decade of nutrition expertise in the "Joint Matrix" formula. "Joint Matrix" is a powerful, natural and complete matrix of chondro-protective agents for joint, cartilage and connective tissue support. This multi-pathway formula helps stop the pain, encourages cartilage regeneration, reverses damage and helps keep harmful enzymes under control.

I can now go into the gym feeling confident that any damage I incur will be taken care of and that it is safe and natural. By no means am I condoning poor workout habits (e.g., trauma due to overload and overuse), but it's nice to know that you are covered in case you do so unintentionally. You can find "Joint Matrix" by Cytopost at any fine food supplement store or call Cytopost and ask about "Joint Matrix" and their other exceptionally fine products. Cytopost can be reached at 1-888-298-6626.

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Lorber, et al., "Clinical Application for Heavy Metal-Complexing of N-Acetylcysteine" Journal of Clinical Pharmacology (1973) 13:332-336.
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The Deer Farmer, Sept. 1992, P.2. Article by John Falloon, Pile Wellington, New Zealand; Trevor Walton, Editor.

5th IPF Worlds by PL USA Historian/Statistician Herb Glossbrenner

For the first time the Worlds were held outside the USA in Birmingham, ENG. The meet was sponsored by Coventry Climax Co. The Father of All W/L - Bob Hoffman - shelved Four men here were



Team USA for the '75 Worlds (for at least most of them - left to right): Herb Cowing, Rudy Sablo, Bud hope, and Yrjo Haatanen gave GBR's highly emotional left hand behind. Norville pulled 429 and had 997. The Brit picked 463, exactly what he needed to duplicate the CAN lifter's TOT and win bronze as lighter man. He made the lift and was pleased. Veli Issakainen pulled out the silver over, and this gave him 1162, exceeding his W/R TOT by 16 of the previous year. Two straight titles, but this was just the beginning for a man destined to become the winningest champ in the IPF. For his last D/L Inaba tried 496 to beat the W/R of 490 posted by McKenzie, who had dropped to this class earlier in the year. Unless McKenzie would decide to reduce and test him, the JPN juggernaut margin of 209 lbs. here makes that a cut and dried fact.

His 418 SQ opener was followed by back to back W/Rs: 441, 452! Hideaki missed a 226 BP twice, then finally made it! Whew! His 1st DL with 485 was mis-loaded to next in prominence, but ENG had 3 zero (McKenzie, Shaw & Jordan), and this almost cost them 2nd in the team standings. It was a well run meet thanks to Vic Mercer and his band of helpers from the Midlands Div. Everyone praised the superb loaders - big, alert guys who did a marvelous job.

114 lbs. - INABA - DABA DOO! The JPN Nipponese superstar Hideaki Inaba had dominated with the advent of this category in '74. The listing of 3 time 123 W.C. (71-72-73) Precious McKenzie in the meet program at 114 caused a pre-meet buzz. In SEP he'd lifted in World Weightlifting Championships in Manila, but he didn't reduce after all and went 123. It was very competitive for silver & bronze among JPN backup man Hanjui Watanabe, Juhani Nieminen (FIN), and Bhairo representing GBR. Bhairo was 8-1/2 lbs. under the class limit at 106, which was his undoing. He needed 3 attempts with a 336 SQ to stay alive. Niemi squatted with the bar high on his traps (W/L style) - 330. Inaba's understudy, Watanabe dunked 319. S.T.'s: Niemi 551, Watanabe 545, Bhairo 540. Bhairo got bumped out of the medal hopes after Niemi's 396 DL. Watanabe with dramatic pizzazz eclipsed the Finn with 407, and had the silver-953 to 948. Inaba's tremendous superiority blew the others away.

123 lbs. - TENACIOUS GANT (The Hero) Precious Chance Gets (zero)! The whim (or bluff) to go 114 was dismissed when McKenzie weighed in the Bantams near the class limit. Could he dominate the USA's? Boy wonder Lamar Gant and win his 4th World PL title. Harold Norville (CAN) vs. Ken Thrush, 45, was a toss-up. Their spirited battle for bronze wasn't decided until the last instant. Norville's 214 BP leapfrogged the Brit's 5 lb. SQ advantage and he was in 2nd place overall at S.T. time. Both Thrush & Issakainen squatted 358. Norville stayed close at 352. Thrush hoped for silver, but was hampered coming in with a painful shoulder injury. He got only 176, 66 less than his best, which

left him bad behind. Norville pulled 429 and had 997. The Brit picked 463, exactly what he needed to duplicate the CAN lifter's TOT and win bronze as lighter man. He made the lift and was pleased. Veli Issakainen pulled out the silver over, and this gave him 1162, exceeding his W/R TOT by 16 of the previous year. Two straight titles, but this was just the beginning for a man destined to become the winningest champ in the IPF. For his last D/L Inaba tried 496 to beat the W/R of 490 posted by McKenzie, who had dropped to this class earlier in the year. Unless McKenzie would decide to reduce and test him, the JPN juggernaut margin of 209 lbs. here makes that a cut and dried fact.

148 lbs. - WELCHI WHO ELSE? This was one of the biggest classes with 12. Famous British writer George Kirkley called USA champ Jack Welch very impressive in appearance and overwhelming in lifting ability. He'd just earned his 4th Srs. title in York, PA, posting an A/R & W/R TOT 1422! The competition beyond medal range was good, but the results were low. Only 61 lbs. separated 9th place finisher Holte (NOR) (1102) and 4th ranked Tanaka (JPN) (1162). The rest of the world had a lot of catching to do. In 6th overall, Courtney Boyce, (AUS) jumped from a 485 DL to 523 trying to 551. Lamar missed twice, hoping to surpass the W/R missed by 1171 & 4th spot. He finish. Mike Shaw (GBR), the first ever World Champ in this category, saw his 474 get reds for depth and he was eliminated.

Raimo Vahlneva (FIN) was way

the USAF in CA at 123 in '66. After a 9 year absence he returned and overpowered everyone at 132. In 1971 he won the U.S. Srs. in W/L - a double Elite! Four men here were bunched close, scrapping for the lesser medals. In 5th was psyche master Sve Nilsson (SWE). His vocal antics entertained the crowd, but his TOT of 1113 was 27 less than his Nordic record. In 4th Isao Konno (JPN) out-DL'd everyone (496) to TOT 1124. John Ambler, 6th in '72 Worlds, was GBR's highly emotional

struggled with each other mightily! Haatanen finished with a 474 DL and an 1140 TOT. Ambler negotiated a 2W 490 pull to edge him for the silver (1146). John booo'ed backstage, overcome with emotion. He regained his composure; took a crack at a 540 W/R, up to knee height. The winner proved to be Hernandez (USA). He'd injured himself in the BP severely before coming. He was also dehydrated from making weight. He made first attempt only: 440 SQ, 314 BP, 457 DL, but his 1212 TOT was way ahead of the others. It was the USA's 2nd gold medal, and still counting.

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down after the first two disciplines. He used his good DL ability to bring forth an easy bronze medal - 523! He increased to 551, and finally 584. It brought a tremendous ovation from the crowd and a 1229 TOT. James Moir was a former Scottish W/W/L-er who immigrated to CAN several years earlier. He had SQ difficulties, but secured 429. He Bred a CAN record 336. Moir's 545 DL easily captured the silver medal with a 1300 TOT.

Walch, 30, became the only American man far to turn in a hard fought battle with ENG's Shaw. Third in 1972, he'd pulled a 550 DL. It was slow & hard and would've made him a World Champion. It looked good, but the judges denied it! This left Jack with a sour taste in his mouth. He stayed away from Worlds in '73 & '74, but came to Birmingham with WIN fore-

2.5 kg. lead Collins led off at 396. Wright kept the lead with 402, and sweat up 11 now. Collins forged ahead at 418 - 2W1 Wright at 424. Collins had the lead. He stamped his feet - angry with himself. Collins, using the clock to his advantage, made the same and was now 16 in front. The final outcome was already predetermined. Dennis was no longer a Venace, pulled only 589. He couldn't lift 622 nor silver medal for his 1636 TOT, yet it was more than his US. winning performance. Collins staked his claim with his rapid 622 opening D/L and struck gold immediately! His muscles protesting with severe cramps, he had to be bodily carried offstage by handlers. The crowd roared, acknowledging his 4th for a W/R TOT of 1736 and made it! Again he was assisted off stage. Surely he'd forgo his final try, but, NO! He wanted 800 kg. (1763) and called for 699. Frustrated by the thunderous ovation he received and blocking out the pain of his knotted muscles, he MADE THE LIFT! The emotion of the moment was so overwhelming for USA journalist Terry Todd that he almost wept. The 2000 spectators exploited and shook the rafters with their tumultuous cheers. For the 1st time the British National Anthem was played. For Collins his winning hand was a royal flush - four of a kind!

198 lbs. - BUDDY WINS THE TITLE! - Comprised of only 999 from 8 nations, with Ireland entering 2. Unto Honkonen (FIN) pulled himself away from Lars Björck (SWE) 639! His 1493 TOT procured the bronze medal! He was still far back of the two leaders. Bury Den-



Howard Miller of the United States (left) and Charles Madondo (right) of Zambia (Howard Miller)

now had a World Champion in 4 of the first 5 categories. Talk about a romp!

181 lbs. - ROYAL FLUSH 4 OF A KIND! - Here we had 9 men from 8 nations, with Ireland entering 2. Unto Honkonen (FIN) pulled himself away from Lars Björck (SWE) 639! His 1493 TOT procured the bronze medal! He was still far back of the two leaders. Bury Den-

his Wright, another American from the 'Sooner' state, was here parading for gold. His task was trying to dethrone the bodacious Brit! Ron Collins, 41, had 3 straight World titles under his belt. His move to 181 gave the late great Dennis a rough way to go. Collins got caught by surprise. Still warming up, he called for his first attempt on the platform. At 639 he got pained! A repeat was tough. Still he ground up a shaky success. When! Wright, 30, opened with 644, and pulled through it - good! Collins tried 655 on his final lift, and got stuck halfway up. Wright, attempting to increase his lead, tried 661. Twice it proved too much! BP: with a mere

multituous cheers. For the 1st time the British National Anthem was played. For Collins his winning hand was a royal flush - four of a kind!

198 lbs. - BUDDY WINS THE TITLE! - Comprised of only 999 from 8 nations, with Ireland entering 2. Unto Honkonen (FIN) pulled himself away from Lars Björck (SWE) 639! His 1493 TOT procured the bronze medal! He was still far back of the two leaders. Bury Den-

Barry O'Brien got bumped off the platform by Eamon Toal, NO matter. Barry attempted to jam, and snuck in the back door. Up until D/L time it was nip 'n' tuck. O'Brien tried by 16, and had the lighter boot, advantage at his disposal. Toal yanked an easy 622. Barry began to lose ground. Wright, attempting to increase his lead, tried 661. Twice it proved too much! BP: with a mere

He carried it high on traps like a W/L-er does. The pain when he reached the bottom position forced him to unload. Larry sat tentatively on his 2nd attempt and maintained his balance. It was steady and controlled - good lift! Everyone breathed a sigh of relief. Phillips started with 661, shook with effort. He got it now. He aimed. Many would have declined a 3rd attempt. Not Pacífico. The heart of a champion overrode such judgement. He tried 694, hoping to out Collins for 'Best Lifter'. He ground it up, looked good, but got 2R. The crowd booed their displeasure. Phillips took 699, made it. He also got 2R. One of the officials flipped his switch to white, good after all. Many tried a W/R 755 and got pinned. Phillips Bred a 463 opener. Next he failed 479.

With a violent outburst, he blamed the spotters. Again, he missed his with and 1824 TOT, also a W/R, and earned the second opportunity here to claim the top spot in the world. Ravenscroft took a slim lead over his rivals - 611 SQ! He was 44 down from his US. winning performance. No matter! His 518 2nd attempt. BP was right on! It

he stepped in his own W/R and put him Ed's dreaded lift (the deadlift). He made a 'bird weight' 617 opener (1747 TOT). A subsequent try at 661 refused to budge. He passed his last attempt, no longer an 'almost' champion, it had been sur-vival, and his bench had won the title. It was the 5th individual gold for USA and the 311 counting.

220 lbs. - OUT-LIFTING HIS FOES - PACIFIC! Carves Marry! - GBR's Paul Jordan came in badly hurt. He'd had leg surgery just 1 week beforehand. He was allowed to lift with his leg in a cast. Paul could hardly walk. His call was still black & blue from the injury. He had to be helped to and assisted under the bar. He started with 600 - 3 times not close. Zero. Luckily he wasn't seriously injured on this occasion.

The Americans unloaded a powerful double knockout punch in this category. Four times World Champion Larry Pacifico held form, but cartilage and had a couple of subluxated vertebrae. His bulky backup Marvin Phillips had a tummy ache from unfamiliar food. Raino Halvorsen (FIN) & Raider Sleen (NOR) were the best of the rest. They heaved heartily to 1581 TOT - a tie. The Finnish ball had finished his pull (with 655) as lighter man and claimed the bronze medal.

Now the major players: Pacifico opened with a 650 SQ. Larry couldn't hold the bar across his shoulders in his customary manner.

242 lbs. - A BIG STUD WON - IT'S DOUG YOUNG! - Just as it had been in the two previous categories the winner was already decided. Two others fought for runner-up. Thoré Wilkstrom, 50, of SWE garnered attention - breaking all his P/R's. His 1576 TOT was most impressive for his age back then; and still would be today! His younger, stronger countryman Ulf Morin earned 4th (1758). Both were crowd pleasers. The man who created the biggest sensation has been called many times then and still is today. One cast him as a cross between a prehistoric ostrich and a giant red-headed orangutan! He was

one Superstar - 2x consecutive and reigning champ was the Colossus of New York - Don Reinhout. His supporting cast weren't so impressive, but, who is - compared to Don? Alderson, a 265 lb. British Shot-put Champ, came up with the bronze medal. He had less than a year's experience under his belt. He, SQ finished at 661 with no misses. BP: still saw no failures with 463 DL: he lifted 650, 699, then waited for a silver medal seeking last effort try. John Phillip, 284, from the Island of Tonga had a crafty coach in his corner, Bill Staro. Phillip, very strong, began at 650, too shallow. A borderline repeat, okay! His final at 672 was the best of the lot. Phillip jumped the gun (false start) with his initial 501 BP effort. A repeat was EZ, then he missed 523. It appeared as if the young, stocky, athletic Brit from Yorkshire might be overwhelmed by pure Polynesian Power! Phillips opened at a 650 D/L, got 672, 699. Done! TOT 1846.

Admission, at 1824, had one try to claim the silver. The effort required 722 to force the tie and obtain it as lighter man. Up it came, he had it! Oh! No! Just as the down signal dropped it! Two reds, one white. Tough break. Phillip got the silver medal. Alderson the bronze.

Big Don Reinhout, 348, wasn't feeling too chipper. He suffered from a virus cold all week, and still had it (see my profile on Reinhout MAR '95 PL USA) It's hard to breathe when your nose is plugged and when you've pushed, ground out 2 SQ's 832, 881! They felt heavy and he took no 3rd BP: blew up 556 like a cannon. Next 606: mis-grooved, and tilted, for a crooked finish. Energy expended, his final try was incomplete. After the bar had been stripped down it was discovered that it had been mis-loaded to 622! Take his attempts over? Don was irked. His fuel tank was drained. Forget it. Now the D/L: he clinched his 3rd straight WC title with 777. Just to please the crowd he took two more: 804 followed by a W/R 837, TOT 2276, not bad for feeling pum!

EPILOGUE: The formula used to determine the best lifter was that of British mathematician Dr. M. J. O'Carroll (1) was Ron Collins, GBR. 2nd McKenzie, Shaw, and Jordan for starting too heavy. The USA was to occasion. For the 1st time abroad, they adjusted well to the rigors of training, unfamiliar environment, jet lag, and different food. They admirably came through with flying colors for team title. However, it was no time for complacency. The rest of the World was on the rise.

5th IPF Worlds, Birmingham, ENG

22, 23 Nov '75 - Birmingham, ENG

	114 lb.	141 lb.	175 lb.	220 lb.
Wahab - JPN	451	226	483	1162
Yahara - JPN	319	226	407	953
Wahab - JPN	319	226	407	953
Bilal - CAN	330	209	386	918
Osborne - CAN	259	197	374	821
Edom - AUS	248	193	330	771
Cart - USA	341	264	512	1118
Isakhanen - FIN	358	299	479	1047
Thorn - GBR	358	176	463	997
Johannsson - SWE	312	187	374	876
Shindas - JPN	308	220	368	837
McKenzie - GBR	418	—	—	—

32 lb.	48	38	72	142
55 lb.	101	72	128	224
67.5 lb.	118	94	152	268
82.5 lb.	138	106	172	312
97.5 lb.	162	122	192	360
112.5 lb.	192	152	228	416
127.5 lb.	232	182	272	488
142.5 lb.	282	222	322	572
157.5 lb.	332	272	372	668
172.5 lb.	392	322	432	776
187.5 lb.	462	392	512	912
202.5 lb.	532	462	592	1068
217.5 lb.	612	542	682	1244
232.5 lb.	692	622	772	1440
247.5 lb.	782	712	872	1656

Morales - USA	426	352	562	1411
Moir - USA	492	336	545	1501
Vallvee - FIN	396	248	384	1229
Andersson - SWE	396	272	463	1162
Arnold - USA	396	272	463	1162
Boyer - AUS	380	275	485	1149
Boyer - AUS	380	264	485	1129
Holm - NOR	352	232	372	1056
Holm - NOR	352	232	372	1056
Holm - NOR	352	232	372	1056
Yamamoto - JPN	308	281	396	986
Shaw - GBR	—	—	—	—
165 lb.	—	—	—	—

Thomas - USA	600	386	595	1581
Flora - ZAM	523	336	567	1427
Klein - USA	523	336	567	1427
McKenzie - GBR	429	284	437	1150
Backlund - SWE	441	352	490	1284
Waddell - AUS	468	259	551	1278
Joba - AUS	380	279	379	1038
Joba - AUS	380	279	379	1038
Lozvenzo - NOR	374	253	307	1035
Chwanga - ZAM	386	253	400	1129
Fleming - IRE	380	242	479	1102
Sawides - CYP	388	242	479	1102
181 lb.	—	—	—	—

Wright - USA	639	424	609	1763
Wilkstrom - SWE	642	404	609	1656
Holm - FIN	512	341	639	1493
Blöck - SWE	502	352	639	1438
Ishii - JPN	512	352	639	1438
Ishii - JPN	512	352	639	1438
Boe - NOR	418	330	441	1190
Whitely - IRE	418	330	441	1190
Wahab - JPN	396	257	463	1157
187 lb.	—	—	—	—

Phillips - USA	611	518	617	1747
O'Brien - JAM	595	380	688	1664
Toal - GBR	595	391	672	1659
Halvorsen - NOR	551	325	622	1499
Modra - AUS	551	325	622	1499
Ostby - NOR	512	407	573	1493
Growth - CAN	512	319	600	1433
220 lb. UK	452	352	429	1234
Pacifico - USA	650	551	705	1906
Phillips - USA	699	463	622	1785
Wahab - JPN	650	551	705	1906
Steen - NOR	540	418	622	1581
Nakamura - JPN	617	432	507	1477
Malomo - ZAM	617	209	485	1107
Jordan - GBR	540	319	—	—

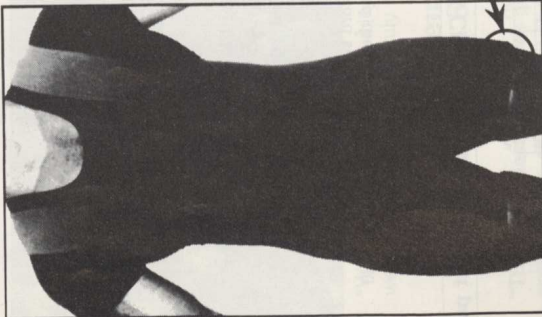
242 lb.	—	—	—	—
Young - USA	699	529	699	1929
Cart - USA	699	529	699	1929
Sarnaalis - FIN	699	529	699	1929
Miller - USA	699	529	699	1929
Jark - E - CAN	595	352	677	1625
Jark - E - CAN	595	352	677	1625
Wahab - JPN	551	380	606	1537
Shaw - GBR	—	—	—	—
Reinhout - USA	811	556	837	2276
TOT - TO	811	556	837	2276
Wahab - JPN	811	556	837	2276
Alderson - USA	664	463	609	1824
Holm - NOR	595	463	617	1559
Dupire - HOL	556	407	595	1539
65 lb.	101	72	128	224
67.5 lb.	118	94	152	268
67.5 lb.	118	94	152	268
67.5 lb.	118	94	152	268
67.5 lb.	118	94	152	268
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67.5 lb.	118	94	152	268
67.5 lb.	118	94	152	268

GBR's infamous Dave Carter. Dave's wor-

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Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

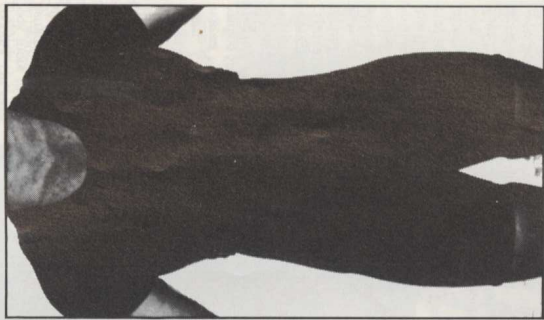
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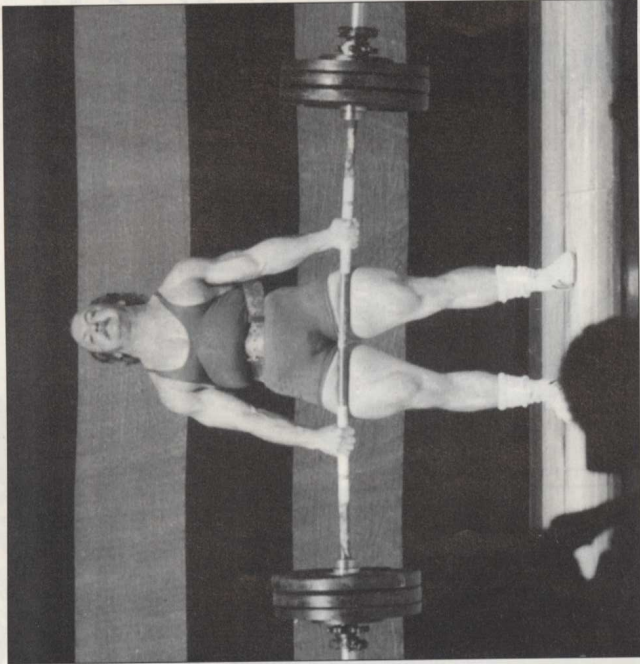
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GEORGE CRAWFORD

The Paragon of Power

by Herb Glossbrenner, PL USA Historian/Statistician

George Allen Crawford was the 2nd of 3 siblings born to George Franklin and Nella Crawford on October 25, 1946. They bestowed upon him the name of both parents. His first name after his father. The middle name is Nellie spelled backwards! His mother hailed from Fairmont, IN. Dad's name was born and raised in Toledo, OH. George's brother, a year younger, wrestled in high school but took a shine to long distance running/cross country). His sister took more to academics and ignored athletics.



George Crawford in the photo that shared the cover of the AUG 77 Powerlifting USA (Lambert)

1965 in West Patterson, NJ. I'd driven my '56 Chevy out there all the way from Indiana and lifted 123 Crawford had taken a 17 hr. bus trip to Newark and then a cab to Patterson. Even in the beginning you can see how tenacious he was. Lifting there at 148 he finished with a 225 BP, well behind the others. All others SQ'd, then he took center stage. His 395 opener was a tad shy on depth. Having been overloaded, he got it over, EZ. Next was 405, a meet record with control throughout. He tried 425, an A/R, too much. Winner Peter French of Boston pulled a 505 DL (won). George was what Bill McFaul of Baltimore with a 630 S.T., going into the final lift. He was young, but knew how to psyche, went ahead with a 435 DL. Both were going for 2nd place. McFaul lifted 445, George didn't. Still a 3rd place and a 1065 TOT was not bad! His Jrs. lifting made him more inspired & hungry. He went to the Sr. Nationals (1st event) two weeks later in York, PA. The BP then was first in the sequence of lifts. Since it was his weak lift he sought no hard lifts taking it from the uprights by himself. Crawford figured it would help him improve it. He got 230, and was dead last going into SQ. Now came time to put his best lift forward - THE SQUAT! Homer Brannum, also the W/L Sr. champ that year, won the class. Crawford gave him a good SQ battle. When the bar got to 400 he found himself pressed by this unknown Ohio boy. Wide-stanced George powered up 400, then 410, missed 415 3rd. Brannum made this on his opener, missed a 425 A/R twice (record of 421-3/4 was held by Larry Mintz, Queens, NY). Brannum went on to win with a 1205 TOT. Crawford finished 5th among the 8 contenders. He lifted a 445 DL (6 wt. he'd missed at the Jrs.) and totaled 1085.

I saw George again at Starr's Teenage Meet the following year, Nov. 20, 1966. It was a crossroads

great learning experience that spurred him on. I served as announcer at a Teenage Open contest held Nov. 21, 1965 at the YMCA in Marion, IN. Cousins, Jim Majewski, Wayne Lytle, Lowell Slicker, and the P/L star Owen J. Smith, a deadlift specialist. Early on he discovered that the nature of strength lay in the hips and legs. He found he had a special ability for squatting, and started doing them regularly. Along with Olympic lifting, powerlifting was a strength sport coming into its own. He continued to train at Toronto's, by trial and error. He got advice from various people and tried everything. In his Senior year of high school George Crawford was co-captain of the school wrestling team. He quit to train for the Teenage Weightlifting Nationals to be held July 7, 1965 in Philadelphia. There at the West Catholic H.S. he finished 9th in the 148s out of a field of 15 competitors: 190 press, 185 snatch, 250 clean & jerk, 625 TOT. He loved the competition. It was a

3 months earlier, we'd participated in the first Junior National P/L Championships held August 21,

of history. The 165s saw George lift against an equally impressive looking adversary, Fred Lowe of Mt. Pleasant, MI. The date was one day before Lowe's 18th birthday. George had turned 19 just a month earlier. Lowe was shorter of the two, denser packed and powerfully built (along the lines of a miniature trash can factor). Crawford was taller, more athletically proportioned. However both young men had one striking similarity!

I next saw George at the Greenmont Village power meet in Kettering, OH, on April 7, 1968. He placed 2nd at 165 to my training partner Ron Hale. (1375) George did 295 BP 500 SQ 515 DL 1310 TOT. This had followed a win at the Allegheny Mtn. meet in Pittsburgh a month earlier (1300). It was at this point George made a quantum leap in his progress. An increase in his bodyweight saw a tremendous improvement in his lifting. Now at 181, at Les Cramer's Great Lakes Championships in Erie, PA on April 28th he smashed the existing American Record SQ with 586 lbs at 178 1/2 wt. The former record had been 576 1/2, set in Santa Barbara, CA on Dec 2, 1967 by Tom Overholzer of Costa Mesa, CA. Then on May 11, at the National Collegiate Championships held at MSU in East Lansing, MI, George broke it again - 590! Not all officials were AAU qualified, so he didn't get official credit. He won 1st place at 181 (320, 590, 550, 1460)!

Attending the Univ. of Toledo since 1965, George had a year left to graduate. During summer break Crawford decided to go out to California. He figured a new 'fresh' environment would benefit his lifts. CA was a thriving P/L hotbed. He hoped it would rub off on him.

George lifted in the Los Angeles Championships on June 22nd. He got 2nd at 181 to Overholzer with 330, 570, 525, 1425. Tom won 1490 to win, taking back his A/R SQ record from George with 590, which weighed out at 601-1/2. They squared off again at the Southern California championships on July 27 at San Diego State. George TOT 1460 at 181, again runner up to Tom. George got his A/R SQ back with 610. It was short-lived. Overholzer took it right back, dunking 630-1/2 and adding a 410 BP and 530 DL for a 1570 TOT, which was also a new A/R.

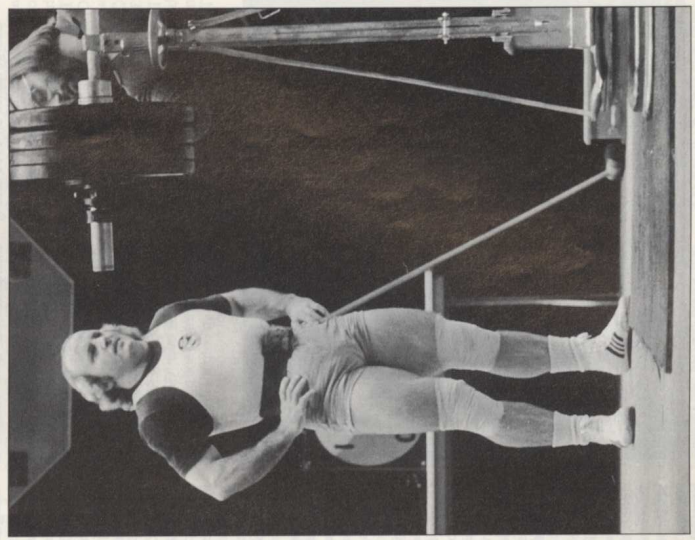
Now two categories heavier George got back in Sr. Nat's action after 3 yrs. hiatus. He jumped into the den of wolves @ 181. He didn't know what he was getting into. It was more like the WWF

& "Sports Entertainment". Yes, you could call the 1968 Senior Nationals "Wrapped Full of Mania" literally! It was the meet that had the "excessive wraps" controversy.

Overholzer waddled out and "wrapped up" the top SQ honors, dunking 655 (666 actual). Phoenix strongman Jack Barnes stayed right with him. It all boiled down to the DL. Barnes hoisted 585 for the win and 1395, a new A/R TOT. This upset Tom's apparent barety, and he was 2nd with 1590. Another rising star with huge thighs took 3rd. Jerry Jones of MN pulled out 3rd place DLing a meet record 646 - TOT 1560. George was overwhelmed at all these revolting developments. Despite a great performance 340, 625, 555, 1520 TOT, he placed 4th. He didn't know what to think of the "bundling" fiasco. He returned to OH with a new perspective of the Power Sport. 1961 was a busy year for him. He got married to a female admirer Patricia. He was cramming for graduation exams and found little time to train properly. Therefore, he skipped the Senior Nationals which were held that year in York, "Muscletown" PA. Overholzer was a marked man

and his SQ diminished to 480 and he finished 4th with a 1400 TOT. Felix Colomes, a man Crawford had beaten in L.A. the previous year (5th then with 1500), won with a 1505 TOT. George was tied up and missed out on a likely "golden plum". The 1970 Senior Nationals were held in New Orleans. It was a summer "hot spot" with soaring temperatures and high humidity. Crawford was in good shape, and figured he had a strong shot at the 181 title. Deterding Champ Gomes sat this one out. Overholzer was a no show. Tony Fratto peaked for the Jrs. in Denver, and won them, but was not in the lineup here. Crawford bulled his way through a 365 BP, and his 615 SQ led the pack to a 980 S.T. He was comfortably ahead of AL's Bob McKee by 100! Then the scaffold dropped out from under the burly Toledoan. No chalk-plus slippery bar made DLing rough for everyone. A Crawford handicap was magnified by the awful heat and humidity. Starting with 545 his chances all slipped from his grasp - zllch! Bob Hoffman who was captivated by Crawford's "Quadrilla Gorilla" thighs was flab-

bergasted at George's boutout



Loading it up... George surveys the plate count at the '73 Worlds. (Pope photo)



George Crawford trying a 240 snatch. (photo courtesy of Crawford)

back very painful: He got a 335 BP, and got stuck w/10 more, Thomas pushed himself dangerously close: 330, 350, then 370. S.T.'s: Crawford 980, Thomas 970. Crawford inched up 540, 2nd attempt, 1520 TOT - fins! Thomas pulled the winning 565 easily; followed it w/605 (also a feather). A final lift (good for more) @ 635 gave him a new A/R TOT 1605. Thomas had fulfilled his promise, George was not by any stretch of the imagination ready to throw in the towel and give in yet!

The 4th IPF Worlds were in York, PA, November 1, 1974. There were 74 men from 11 countries. The international participation was fast on the rise! Despite the USA swimming with many lifters only a pre-picked 10 man team would count for scoring. It was a USA one-two attack: Thomas & Crawford both stormed the reigning King of the 165 hill: Ron Collins - the "Tit Rill"! George did his best ever lifting: SQ 606, 639, miss 650, He BPed 363, a P/R for him. He pulled all 3 D/L's (wonder of wonders): 529, 551, 578, for a TOT of 1581 - another lifetime record for him @ middleweight! He led the trio at sublight time with 1008. Thomas & Collins were both 2nd lift gave him 1603. This bumped Crawford into 3rd (for now miss!), he now had one of each kind in the world's ventures! Collins hoisted 644, a high opener, had a new W/R TOT of 1614. Back to Thomas. He might have won w/655, but instead gambled and took 666 - missed it.

The 1975 Seniors were held in York, PA. Crawford once again finished in the runner-up spot to Thomas. George SQ'd 622 (he was the first year a kilo set was used), then 650-1/4 for a new W/R. Wow, was it hard. He tried 661 (300 kg), but the previous effort had taken too much out of him. BP, 347 was his start, and he twice missed the w/358. He pulled 540, 1565! Thomas hoisted a 628 DL, for a 1603 TOT. He fulfilled his destiny that year winning the Worlds more than Stone, and looking good! Not wanting to drop the ball again George was very cautious. A tentative 540 DL was followed by another shaky success at 562. His 3rd stopped halfway - TOT 1543. Rhodes pulled his 2nd w/628 and led 1510 to move ahead of Stone into 2nd (Larry DL 540 - TOT 1488 - fins!) The winning lift was loaded - 666! Crawford gnawed his fingernails, breathing the worse. No miracles this time - it wouldn't go and sent him to the Seniors in Arlington, TX. George met the new 148 Superstar Rick Gaugler of

Berth for Perth. The Worlds would be in Australia. A big disappointment for George, he couldn't afford to pay his own expenses there had to stay home. Rhodes went as his replacement, and made his magic winning lift in a heart clutching drama.

George earned a picture on the cover of the new journal of the sport, the AUG '77 Powerlifting USA. Now 20 plus years later, it's still the "Bible" of PL for the USA, Hoora!

The 1978 Senior Nationals marked George Crawford's last appearance in the "Big One" as his final curtain call as a top level competitor. It was the onslaught of a new era. Progress had made a monstrous leap forward. The supportive squat suit was being used now by most of the top competitors, plus there was progress in the other lifts. Gaugler captured the 165 title with an unheard of 1692 TOT, a big W/R record. Rhodes was in the battle and pulled a W/R surprise of 688 to upset the apple cart of another "superstar" the upcoming, Ricky Crain. Doc TOT 1658, which also surpassed the old W/R TOT. Crain had 1614 for 3rd. Crawford exceeded his winning performance of the previous year. This time he went 617, 358, 573 for 1548. With such a deluge of talent he placed only 7th! George continued to lift now and then in a few local meets. On July 1, 1979 he recorded his best ever SQ @ 165 - 660 (662) in winning the Toledo City Championships. It wasn't a World Record. A new star by the name of Mike Bridges dunked 705 @ 165 (TOT 1807) to win that year's Seniors a month later in Bay St. Louis, MS. The new era of P/L had dawned!

On March 19, 1983 at an open competition in Caseville, MI,

make a long story short he bombed out. Carpio lifted the same 580 and looked like the winner. Thomas had stopped @ 560, had 1465 Rhodes was talked into giving it a try, and needed 600 to win. Unable to even warm-up because he hurt so bad, he re-dressed and returned to the platform. It may have been the most dramatic lift of all time. Somehow he pulled it. White lights came on, he passed out, keeled over, and struck the corner of the victory podium above his right eye. stiches to close the wound. Later at the hospital, Hale asked Joe if it was worth it. The answer: YES! A bewildered George didn't know what to think because he'd forgotten to take his "smart pill" that day.

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4), passed his 3rd. His 1st DL clinched the world title for George. He tried 570 to supplant his aggregate, barely moved, but there was no need. Crawford had won the equivalent of Horse Racing's Triple Crown! The Juniors, Seniors, and the Worlds - all in one great year! No doubt 1971 was the banner year for the Deacon of Dunk. This was the crowning touch, the cherry on top his Sundae!

With these accomplishments boosting his confidence and enthusiasm sky high, he kept his pedal to the metal. He couldn't afford to rest on his laurels. All this inspiration determined to remain king of the middleweights!

George allowed his weight to climb again. In one meet, he hit a 660 SQ and 1565 TOT @ 181. In 1972 at the Toledo City Championships weighing 185, he really opened it up: BP 400, SQ 685. DL 600, TOT 1685! He tweaked his back slightly, but ignored it! Determined to improve his DL, he really torqued his back going for a training double with 615 DL. Such luck. His overenthusiasm put him on the injured list. He made this a new record '72 in Denver. Doc Rhodes also faltered when he zeroed in the SQ. This left "Craz" as the new Sr. Mr. Entertainment, as Joe Spack, National Champ (1375 TOT). When the Worlds rolled around that Fall, Crawford was still hurt, unable to defend his title. This time his malady was a pulled groin. Such luck! Collins GBR won by a huge margin the Injured list. His initial effort of 350 assured 2nd place. He went up to 585, good and a personal best. His final at 600 was finished, but his shoulders were not quite back - ZRI TOT of 1575 was also a P/R, on a 7-9, great day. Collins' opener of 620 gave him a 1600 TOT for the win. George now had a silver to go along with his '71 gold.

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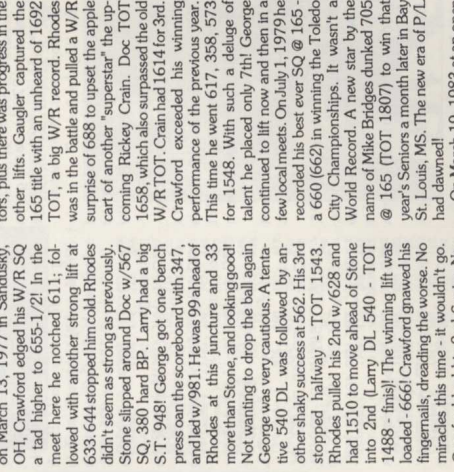
(689-1/2) on an opener, then a sensational 620 (620-1/2) a new A/R, then missed 630. George led S.T.'s with 980. Rhodes was 75 behind him (905). Crawford had 850. George made all 3 of his DL's, big surprise: 540, 565, then 575, a surprising turnaround from the year B-4, and 30 lbs. more than he'd missed altogether in New Orleans, while a whole weight category lighter. His 1555 TOT was also a new A/R, surpassing the mark of 1550 set way back in 1968 (510, 375, 665) by Moberly, MO prison inmate Robert Burnett (who never got the opportunity to lift in a Sr. Nat's outside the walls!) Rhodes secured runner-up, opening at 590. He had 1495. It was slow n' steady with great resolve and back power. Doc took 650 to win. Twice the massive wt. came knee high. It was not meant for him not this time! Crawford, finally, was Senior National Champ. It doesn't get any better than this! Does it? Well, matter of fact, it does get better. The first World Championships in P/L would become a reality after a lot of talk. It was the beginning of a new era. All were not, but it was on award notice, only 3 months away. George, really enthused, began training with two of his closest power buddies: Milt McKinney, fellow Toledoan, and Big Poppa Pump himself (Larry Pacifico) of Sydney, OH, to make a terrific training trio. Working out together, they spurred each other to new heights of enthusiasm. PR's fell in almost every workout. As it would come to be, this "Titanic Trio" would each be their respective ways claim everlasting fame and glory in their favorite activity - powerlifting!

Foreign participants were as sparse as hen's teeth at the first Worlds. Everything must have a beginning and this was it! The USA spearheaded this international movement and along with England (also pushing it strong) had the decided jump on the rest of the World.

Only 3 vied for the 1st World Middleweight P/L title. It was Bury (no problems) Collins, the British Pyza saw! Another US entry, Joe Burr from NJ, would finish on what- ever scraps were left over. Collins raised his 340 BP up easily. Unfortunately the weight was not the only lift he raised (hips came up)! No lift! Next 2 attempts were as heavy as lead (the reason? Uneven!) Got a beefy of reds! Ron's gone! The presence of Crawford settled down and did his thing. He popped up a 345 BP fast & EZ. His 355 went up halfway, so he skipped his 3rd. Now his big weapon - SQ. 590 flew up. Then 625 A/R & W/R (624-1/2)

Championships, he bumped it up to 617-1/2, winning his class in Maumee, OH. Then came the Region 6 Championships held July 1, 1970 at Northwestern University in Evanston, IL. I won my first regional title there at 148 after finishing runner-up the previous year. George beat Ron Hale there with a 1500 TOT for a feather in his cap. On an unbeaten streak, he went to Junior Nationals, Aug. 7th at W. Paterson, NJ. Lifted there also. George captured the 165 title with a 1505 TOT and new J.N.M.R. of 605. George was really smoking!

The Sr. Nationals were held in Dallas, TX at the Bronco Bowl, a huge bowling alley with the air conditioner turned up full blast and the hot Texas sun cooking everything outdoors. The 165s had all the big guns on hand including George. Ron Hale, the 69 Seniors winner, had broken the bench press championship record three years running. The 1000 mile drive from Indiana plus step throat took its toll on Ron. He started with 375 and bombed out. Left were Jess Wood and the new hot potato from Texas, and a defending middleweight champ Joseph "Doc" Rhodes of Bay St. Louis, MS. Two others went out: Karl Hunsinger, Phoenix with a 425 SQ and Wayland Chapman, Austin, TX with a 350 DL. Woods finished 3rd with 1415 (325, 565, 530). Rhodes & Crawford battled: both men BPed 360. After Rhodes SQ'd 545 and twice missed 565, the SULTAN OF SQUAT took over. George flexed his thunder thighs and pumped them to "maximum output"! He hit 590



George Crawford squats 640 lbs. at the 1973 World Championships with his Coach Bob Matz in the background. (photograph Pope)

Daddy Hoffman wrote in MD magazine that it stunned him more than any other occurrence in the championship. Bob gave George a lecture. It was back to the drawing board for George!

George made an important decision in his career. He decided to drop weight to go back to 165. He'd been "force feeding" himself to be a heavy lifter. He'd previously convinced himself that to lift more it was necessary to weigh more. This was a basic concept prevalent at that time. It was known in P/L circles as the "bulk up" syndrome. His decision proved a smart idea.

From the get-go, George began reaping the benefits. He hit a couple of meets and started cooking at the new bodyweight for the last couple months of the year. At the West PA Open in Ambridge, PA he was back down to 165. He hit 325, 575, 500 (weighed 582). He hit 1435 and won the Ohio States and finished the year with 1450 to rank #3 on the national ranking list for 1970 behind leader Ron Hale (1470) the '69 Sr. Champ and 1455 posted by Joseph "Doc" Rhodes, the '70 champ in New Orleans.

George kicked off 1971 setting a new SQ mark of 604-1/2, becoming the first middleweight in history to bust the 600 SQ barrier. This happened at the Eastern USA Open in Scranton, PA which he won. On April 17th he took the Great Lakes title in Erie, PA going 350, 610, 565 for a 1525 TOT. The SQ weighed out at 608-1/2. boosting his own A/R. At another meet he boosted that up to 615! Then at the Greater Toledo

back very painful: He got a 335 BP, and got stuck w/10 more, Thomas pushed himself dangerously close: 330, 350, then 370. S.T.'s: Crawford 980, Thomas 970. Crawford inched up 540, 2nd attempt, 1520 TOT - fins! Thomas pulled the winning 565 easily; followed it w/605 (also a feather). A final lift (good for more) @ 635 gave him a new A/R TOT 1605. Thomas had fulfilled his promise, George was not by any stretch of the imagination ready to throw in the towel and give in yet!

The 4th IPF Worlds were in York, PA, November 1, 1974. There were 74 men from 11 countries. The international participation was fast on the rise! Despite the USA swimming with many lifters only a pre-picked 10 man team would count for scoring. It was a USA one-two attack: Thomas & Crawford both stormed the reigning King of the 165 hill: Ron Collins - the "Tit Rill"! George did his best ever lifting: SQ 606, 639, miss 650, He BPed 363, a P/R for him. He pulled all 3 D/L's (wonder of wonders): 529, 551, 578, for a TOT of 1581 - another lifetime record for him @ middleweight! He led the trio at sublight time with 1008. Thomas & Collins were both 2nd lift gave him 1603. This bumped Crawford into 3rd (for now miss!), he now had one of each kind in the world's ventures! Collins hoisted 644, a high opener, had a new W/R TOT of 1614. Back to Thomas. He might have won w/655, but instead gambled and took 666 - missed it.

The 1975 Seniors were held in York, PA. Crawford once again finished in the runner-up spot to Thomas. George SQ'd 622 (he was the first year a kilo set was used), then 650-1/4 for a new W/R. Wow, was it hard. He tried 661 (300 kg), but the previous effort had taken too much out of him. BP, 347 was his start, and he twice missed the w/358. He pulled 540, 1565! Thomas hoisted a 628 DL, for a 1603 TOT. He fulfilled his destiny that year winning the Worlds more than Stone, and looking good! Not wanting to drop the ball again George was very cautious. A tentative 540 DL was followed by another shaky success at 562. His 3rd stopped halfway - TOT 1543. Rhodes pulled his 2nd w/628 and led 1510 to move ahead of Stone into 2nd (Larry DL 540 - TOT 1488 - fins!) The winning lift was loaded - 666! Crawford gnawed his fingernails, breathing the worse. No miracles this time - it wouldn't go and sent him to the Seniors in Arlington, TX. George met the new 148 Superstar Rick Gaugler of

make a long story short he bombed out. Carpio lifted the same 580 and looked like the winner. Thomas had stopped @ 560, had 1465 Rhodes was talked into giving it a try, and needed 600 to win. Unable to even warm-up because he hurt so bad, he re-dressed and returned to the platform. It may have been the most dramatic lift of all time. Somehow he pulled it. White lights came on, he passed out, keeled over, and struck the corner of the victory podium above his right eye. stiches to close the wound. Later at the hospital, Hale asked Joe if it was worth it. The answer: YES! A bewildered George didn't know what to think because he'd forgotten to take his "smart pill" that day.

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George Crawford squats 640 lbs. at the 1973 World Championships with his Coach Bob Matz in the background. (photograph Pope)

hometown crowd as she finished 5th and came back on her third bench to establish a new Norwegian record with 237 (107.5 kg). USA's Sandra Mobley had a number of personal bests, including her total, to finish 7th on an 8 for 9 day. Elena Fomina of Russia continued that country's winning and record breaking streak. She missed only her last squat and benched 264 for a world record in the 132s (60 kg.). Veteran competitor Ingeborg Marx took 2nd. Chinese Taipei's Ye-Ling Chen came in third. Norway's Inger Blikra set national records in the squat, deadlift and total on her way to a bronze in the squat, a gold medal in the deadlift and 4th overall. Ukraine's Svylan Poplavskya, just 22 years old, took 5th. Jennifer Rey-Fisher of the U.S. also had a great day, with personal bests in all her lifts, missing only her last bench. Her performance was much improved over nationals and her 920 total for 9th place indicates just how deep a class this was.

Day three started with the 148s (67.5 kg.) and another Russian win and world record in the bench. Marina Kudimova made 281 on the way to a 1207 total and 3rd place all-around champion. Ukraine's Larisa Ivanova could not complete her third pull for the win. Italy's only representative, Antonietta Orsini, did her country proud with the bronze in this formidable class. Sweden's Anna Restrup followed with Paula Houston of the USA finishing 5th. Paula feels that 2 nationals and 2 worlds in 12 months has taken a toll on her training, and looks forward to recuperation in the pre-off season and a return to her previous lifting levels. One thing most readers may not realize is that the USA women's team recently changed weight classes on short notice. With less than 2 months notice, after USA Powerlifting obtained the IPF affiliation in November, our Women's Nationals was held using the traditional IPF classes rather than those that had been used in the ADFPA/USAPL since the early 1980's. Most of the women in the 6 middle weight classes found themselves making large increases down or up to settle into a new weight class. Unlike other weight class changes that lifters often pre-plan based on their own body's needs, these were unplanned (at least from the physical perspective of the lifter). I believe it will be a year or two until some of the American women decide on their new best weight class. Both Paula Houston, who dropped down from 154 to 148, and USA master lifter Paula Birmingham, who moved up from 139, are still adjusting. Paula Bir-

mingham finished 13th on an off day, but took home valuable experience to help her prepare for the upcoming Masters worlds.

The all-around champion of the competition was the 165 (75 kg.) winner, Elena Zhukova of the Ukraine. Recently having changed her name, got married and had a baby, but none of this seemed to stop her. World records fell easily in the squat (541 lbs./245.5 kg.), and the deadlift - 562! Only a third attempt in the deadlift would not cooperate for another record. Elena amassed an amazing total of 1361 for a world record and that will make her hard to challenge in the future. Home crowd favorite Anne Skikstad turned in a solid 2nd, and in 3rd India's Sarala Shetty had her country's best finish. Canada's

Karen Wilkinson went only 3 for 9 for her 4th place finish. 5th went to Chinese Taipei's Ching-Fang Chang. The USA took 6th and 7th. Leslie Look had a disastrous day, well off her strong national total, as she repeatedly got ill on the platform. For those that witnessed this (almost everybody but me) it was amazing that she even completed her lifts. (Canada's Wilkinson had to follow Look, and was repeatedly delayed, which didn't help her cause. She actually was given an attempt at the end of the third round of squats after she was stalled too long in her wraps.) I, (Andrea Sortwell), had one of my worst performances that I can recall, however, I was elated to get the bronze in the bench press out of this field of 11. The weight class change will also take time for me to adjust to. I am looking forward to returning to the athlete arena, after my officer and national meet directing duties wind down this summer. USA head coach Shelby Corson, had a "coaches nightmare" at subtotal time. Both Leslie Look and I were tied at subtotal, with identical body weights. Throw into the mix that one is friend and former training partner, and the other an officer, and you can imagine the pressure she must have felt, even if just imagined. Leslie pulled enough for

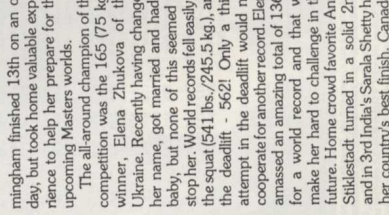
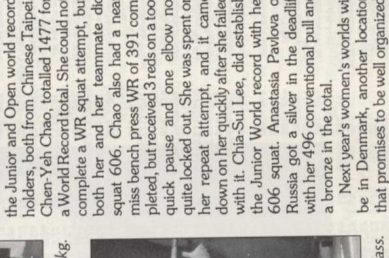
the slight lead, edging me out by 2.5 kilos in the deadlift and total. Shelby was assisted in her coaching and managing duties by Larry Maile, Kirk Karwowski, Ian Burgess, and young Jenn Maile, who acted as a coach to 9 sometimes demanding American lifters.

The 181s featured another Russian, Natal Rumyantseva, finishing with 1333. Chinese Taipei, well represented in the heavier classes, had a silver in Chiu-Hua Hsieh, a strong squatter. Ukraine's Victoria Posmitina, and Norway's Hege Haraldsson and Australia's Julie Deakin tied for 5th, with the Swede weighting less. Deakin did collect the silver in the deadlift.

The last day featured two small but exciting groups. Russia's Alla Korshunova has a regal quality and her height makes her a great deadlifter. She pulled 540 as the crowd clapped in unison for her 90 kilo title. Chinese Taipei's Chia-Hui Tsai placed second and Anna Ganenko took the bronze for the Ukraine.

The unlimited division featured the Junior and Open world record holders, both from Chinese Taipei. Chen-Yeh Chao, totalled 1477 for a World Record total. She could not complete a WR squat attempt, but both her and her teammate did squat 606. Chao also had a near miss bench press WR of 391 completed, but received 3 reds on a too-quick pause and one elbow not quite locked out. She was spent on her repeat quickly, and it came down to her attempt, after she failed with it. Chia-Sui Lee, did establish the Junior World record with her 606 squat. Anastasia Pavlova of Russia got a silver in the deadlift with her 496 conventional pull and a bronze in the total.

Next year's women's worlds will be in Denmark, another location that promises to be well organized.

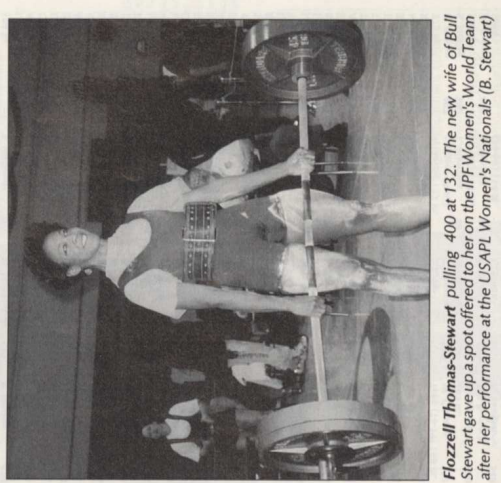


AAU Men's and Women's Senior Nationals
4.5 Apr 98 - Anvada, CO

	5Q1	5Q2	5Q3	DL1	DL2	DL3	TOT
WOMEN 97 lb.	230	250	270*	85	105	440	375
R. Fish	165	185	205	90	100	110	295
T. Mullinger	190	210	220	110	120	125	345
123 lb.	140	150	150	140	150	150	450
C. George	145	155	165	145	155	165	450
F. Stewart	150	160	170	150	160	170	450
R. Ames	155	165	175	155	165	175	455
F. Mates	160	170	180	160	170	180	450
J. Souza	165	175	185	165	175	185	455
130 lb.	170	180	190	170	180	190	450
D. Jackson	175	185	195	175	185	195	455
148 lb.	185	200	205	185	200	205	455
V. Reese	190	205	210	190	205	210	455
155 lb.	200	215	220	200	215	220	455
E. Scarriff	210	225	230	210	225	230	455
181 lb.	215	230	235	215	230	235	455
P. Marrama	220	235	240	220	235	240	455
J. Lederman	225	240	245	225	240	245	455
1015*	230	245	250	230	245	250	455
MEN 114 lb.	230	245	250	230	245	250	455
C. Murphy, Jr.	235	250	255	235	250	255	455
132 lb.	240	255	260	240	255	260	455
D. Nguyen	245	260	265	245	260	265	455
1300*	250	265	270	250	265	270	455
R. Washington	255	270	275	255	270	275	455
D. Wicks	260	275	280	260	275	280	455
1250	265	280	285	265	280	285	455
R. Houde	270	285	290	270	285	290	455
148 lb.	275	290	295	275	290	295	455
165 lb.	280	295	300	280	295	300	455
M. Chickell	285	300	305	285	300	305	455
R. Wright	290	305	310	290	305	310	455
181 lb.	295	310	315	295	310	315	455
M. McCragnon	300	315	320	300	315	320	455
1445	305	320	325	305	320	325	455
C. Warren, Sr.	310	325	330	310	325	330	455
B. Schell	315	330	335	315	330	335	455
1590	320	335	340	320	335	340	455
R. Schell	325	340	345	325	340	345	455
1515	330	345	350	330	345	350	455
S. Schillinger	335	350	355	335	350	355	455
R. Clark	340	355	360	340	355	360	455
V. Diaz	345	360	365	345	360	365	455
220 lb.	350	365	370	350	365	370	455
J. Stokes	355	370	375	355	370	375	455
B. Bledley	360	375	380	360	375	380	455
1680	365	380	385	365	380	385	455
R. Marino	370	385	390	370	385	390	455
242 lb.	375	390	395	375	390	395	455
J. Jacobs	380	395	400	380	395	400	455
1910	385	400	405	385	400	405	455
R. Fenech	390	405	410	390	405	410	455
1730	395	410	415	395	410	415	455
275 lb.	400	415	420	400	415	420	455
R. Stewart	405	420	425	405	420	425	455
1800	410	425	430	410	425	430	455
310 lb.	415	430	435	415	430	435	455
SPARE	420	435	440	420	435	440	455
1905	425	440	445	425	440	445	455
K. Nyholm	430	445	450	430	445	450	455
1875*	435	450	455	435	450	455	455



Some of the Top Men (mostly from Florida) at the AAU Nationals included: (bottom row, left to right) Willie Austin and Doan Nguyen; (top row) Dave Weiss, Beau Moore, Bill Beekley, James Jacobs, Hennis Washington, Bull Stewart, and Virgil Diaz. (courtesy Stewart)



Flossell Thomas-Stewart pulling 400 at 132. The new wife of Bull Stewart gave up a spot offered to her on the IPF Women's World Team after her performance at the USAPL Women's Nationals (B. Stewart)



Beau Moore lifted raw to win the 319 lb. division (Joe Pyra photo)

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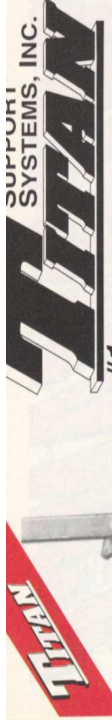
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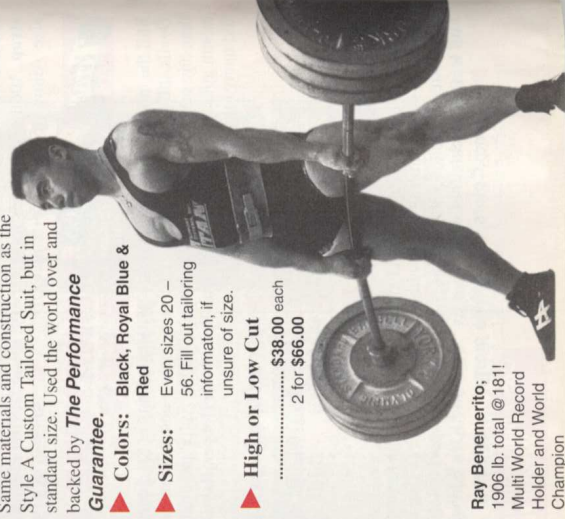
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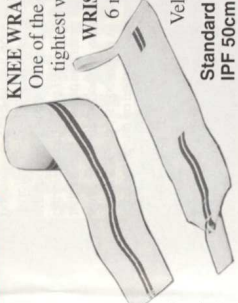


Ray Benemerito; 1906 lb. total @181! Multi World Record Holder and World Champion

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The information provided should in no way be construed as medical advice. Please feel free to send your questions to Dan Amato at 3147 Quater Ave. Lake Worth, FL 33467.

QUESTION: I would like to know more information about a new supplement that I saw advertised on the internet that is supposed to be able to increase your growth hormone levels by up to 700%. The supplement is a mixture of L-Arginine Pyroglutamate and L-Lysine. I am a powerlifter looking for any natural advantage that I can get and I know that growth hormone is a powerful strength builder. Can I really achieve these naturally increased Growth Hormone levels by using this mixture of amino acids?
ANSWER: I have seen the same advertisements and would just like to let you know that you should

NEW PRODUCT



The Safety Power Hook allows you to position "any bar" comfortably and securely on your back. Press back and a slight "float" occurs giving the lifter excellent stance, secure grip and feel, then lift fully to release the hook. You are clear to squat and there is no need to step back. This allows you to concentrate on your form. Spotters become optional; although, it is always a good idea to have a training buddy! Return of the bar requires a slight forward step/lean or use your old hooks as a lower position back-up. The safety power hooks are ideal for squats but also work well for other routines such as front squat, good mornings, partial deadlifts, etc. They fit most racks and are custom fitted. Extra position holes are provided for incremental settings. They are easy to carry and install, even in your gym's rack. Need more information? Call Fax: 408-637-0797. Crepineck's Safety Power Squat Bar, 130 Barnmeisel Road, Hollister, CA 95023, USA.

TRAINING

Question & Answer

as told by Dan Amato, of Samson Powerlifting/Bodybuilding Company, makers of ALMOST JUIC'IN supplements

always be on your toes to prevent getting shafted by the newest and best marketing scams in regards to this industry. Now to answer your question. The studies that have been originally cited about the growth hormone releasing abilities of this mixture look very promising indeed. This study was conducted in a Rome medical clinic. The study showed

300%. This study sparked my interest so I did a little more research into the matter. In my research I located some information regarding another group of researchers that were interested in validating the same aforementioned study. Richard Suminski from the Human Performance Laboratory at the University of Houston in Texas and co-authors investigated the effects of the previously mentioned study with completely different results. Their study used 16 weight trained men ages 20-25 that ingested 1,500mg of L-Arginine Pyroglutamate and L-lysine or a placebo. All of the subjects from both groups experienced no significant rise in growth hormone that would not be normally experienced by weight lifting alone.

Other studies have been popularized about the potential growth hormone releasing properties that L-Arginine displays by itself. These studies also have been shown to be unproducible. Even though most of these studies do show some growth hormone releasing effects from high doses of pure L-Arginine the increase is insignificant to produce any added benefit to muscular growth and recovery. My opinion on this touted growth hormone releasing mixture is that someone is obviously trying to make a quick buck. Save your money or spend it elsewhere.

QUESTION: I recently heard a story on the news about several wrestlers who died as a result of taking creatine monohydrate. Is this story true and if so why is it still being sold if it is so dangerous?
ANSWER: This is a very unfortunate tragedy that occurred in the

University of Michigan last year. Three wrestlers apparently were performing drastic measures to try and drop weight for their wrestling matches. These wrestlers unfortunately died as a result. Although the media has had a field day exploring the potential negative impact that creatine monohydrate may have had in these boy's deaths, the autopsy performed on one of the boys named JEFF REESE proved otherwise. Reese died of a 'metabolic derangement' due to his effort to rapidly lose weight to qualify for wrestling in the 150 pound weight class of a scheduled tournament. Although the boy had high blood levels of creatinine it was due to the breakdown of the creatine normally found in muscle tissue. These expected levels of creatine would be expected in anyone who died from anything similar to a heat stroke. The NCAA has since amended their rules, forbidding such drastic weight loss practices for wrestling competitors.

Although there are no scientific studies that positively show that creatine increases the need for water consumption it would be wise to go ahead and drink your eight glasses a day just to be safe. Cellular hydration is a very important factor in muscular performance. Drinking large quantities of water also helps to rid your body of unwanted free radicals, uric acid and other by-products of human metabolism.

Creatine is widely accepted as a very safe and effective ergogenic aid. When buying creatine one should consider the type of creatine to make sure that it is of the highest quality possible. The Chinese are reportedly now producing a potentially dangerous creatine monohydrate. Making creatine is a complex process that utilizes the two very toxic substances - Sarcosine and a component of Hydrogen cyanide. If a hazardous production process is utilized, a potentially dangerous creatine product will be produced.

My advice to you is to find a highly reputable domestic creatine product to insure its quality. I personally know of a great source of high quality domestic creatine that is also reasonably priced. It is called ERUPTION and is distributed by SAMSON powerlifting/bodybuilding Co. I know of many individuals who claim that this particular brand of creatine is 'Too potent to be legit'. There's a no risk LIFE TIME MONEY BACK GUARANTEE and a limited time buy 2 get 1 free offer on all of their products. If you would like to find out more information about this creatine and some of their other high quality products turn to page 1 or call 1-888-256-6785.

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While other products may be 'thermogenic', it is easy to see that many of our competitors just don't add up.

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Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Yes	No	No	No	Yes	Yes	Yes	Yes	Yes

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MetaForm HEAT™ contains Quercetin a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging these effects. Guarana and Green Tea Extracts contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle protein breakdown by containing procyanidins, chemicals which can potentiate cortisol's muscle-wasting effects. These ingredients have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure, or prevent any disease.

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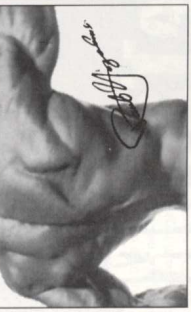
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MUSCLE SCIENCE

NEW TRIBOXIN HP
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Triboxin's potency just increased by 100%
-BUILD GREATER MUSCLE MASS
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Paul Yazdani - 1987, 242 lb. Class, Powerlifting Champion, Silver Medalist

GO HEAD TO HEAD WITH THE STEROID FREAKS AND WIN!
New Tribroxin HP vs. Other Supplements
There are a lot of supplements these days that work. Like creatine, monohydrate, whey proteins, and glutamine. But none of them actually stimulate your natural testosterone levels. They just mask your natural testosterone activity, but really don't create it. New Tribroxin HP works like a steroid because it contains potent plant steroids!

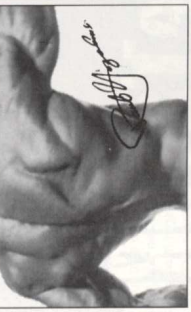
New Tribroxin HP vs. androstenedione & 19-norandrostenedione
Many of you have probably used it, and have gotten good results. But, there is something you need to know. New Tribroxin HP is different from testosterone or andro supplements. It actually stimulates your natural testosterone levels. It does this by increasing ATP and Creatine Phosphate levels so your muscles have more energy to train harder and grow faster. And, it's totally safe! This is something testosterone and andro supplements can never claim, and their major limitation.

New Tribroxin HP vs. Tribulus terrestris
There is some truth to the anabolic effects of Tribulus, but there's also a lot of propaganda going around. First off, Tribulus is an herb, not a steroid. It's the plant sterols in Tribulus that are the active ingredients. It's the plant sterols, not the Tribulus supplements, you must eat the steroids. This requires a very refined extract. You're taking a huge risk if you buy any old Tribulus off a store shelf, because the mass marketers haven't done their homework. They just call their friendly raw material broker, order Tribulus, throw it into a bottle, and send it off to various stores, where some clerk who knows nothing about supplements will be the one to sell it. That's why Aletika has spent a decade perfecting their newest phyto steroid cocktail... New Tribroxin HP.

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Paul Yazdani - 1987, 242 lb. Class, Powerlifting Champion, Silver Medalist

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New Tribroxin HP vs. Other Supplements
There are a lot of supplements these days that work. Like creatine, monohydrate, whey proteins, and glutamine. But none of them actually stimulate your natural testosterone levels. They just mask your natural testosterone activity, but really don't create it. New Tribroxin HP works like a steroid because it contains potent plant steroids!

New Tribroxin HP vs. androstenedione & 19-norandrostenedione
Many of you have probably used it, and have gotten good results. But, there is something you need to know. New Tribroxin HP is different from testosterone or andro supplements. It actually stimulates your natural testosterone levels. It does this by increasing ATP and Creatine Phosphate levels so your muscles have more energy to train harder and grow faster. And, it's totally safe! This is something testosterone and andro supplements can never claim, and their major limitation.

New Tribroxin HP vs. Tribulus terrestris
There is some truth to the anabolic effects of Tribulus, but there's also a lot of propaganda going around. First off, Tribulus is an herb, not a steroid. It's the plant sterols in Tribulus that are the active ingredients. It's the plant sterols, not the Tribulus supplements, you must eat the steroids. This requires a very refined extract. You're taking a huge risk if you buy any old Tribulus off a store shelf, because the mass marketers haven't done their homework. They just call their friendly raw material broker, order Tribulus, throw it into a bottle, and send it off to various stores, where some clerk who knows nothing about supplements will be the one to sell it. That's why Aletika has spent a decade perfecting their newest phyto steroid cocktail... New Tribroxin HP.

The Truth Hurts Our Competition

What You Need to Know Before You Spend Your Money

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DIETARY SUPPLEMENT

Fig. 1



It's easy to see the molecular profile of PROTON™ is designed to match the Ideal Protein Hydrolysate profile used in the Poulain Study!

Fig. 2

*Effects of whey proteins, their Oligopeptide Hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats, published in the Journal of Parenteral and Enteral Nutrition, 1987, Vol. 13, No. 4, pages 382-386.

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The Difference Between Designer Protein and Other Protein Supplements

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



Fig. 3

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

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



Fig. 4

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



Fig. 5

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

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

When you look at the Fig. 2 graph and compare it to Designer Protein™ (Fig. 3) and Vyo Pro™ (Fig. 4) it's obvious that they are not what they claim to be.

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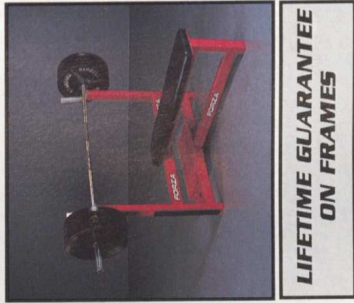
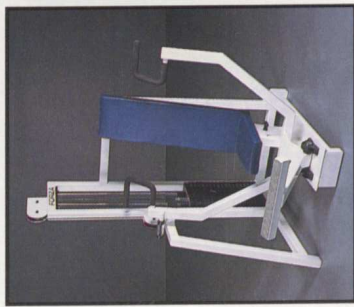
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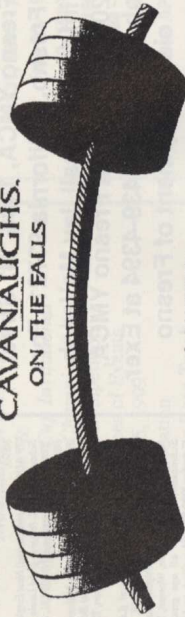
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3. CONTESTS

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AUGUST 29-30, 1998

Dates: Friday, 6 - 9 PM, Saturday, 5 - 7 PM. Place: Idaho Falls YMCA Multi-Purpose Room. Times: 9:00 AM, Saturday and Sunday - RULES MEETING. 10:00 AM - Lifting starts up to and including 181. 1:00 PM - Bench Press up to and including 181. 3:00 PM - Deadlifting starts up to and including 181. SUNDAY - Same lifting times, 198 and above.

Equipment: Bench Shirts and Suits Allowed, Forza Bench, Monolift, and Ipanco Plates. Classes: All Classes. Weight Classes: All Divisions. Awards: Sculptured Trophies (1st - 3rd), medals for 4th and 5th. Hospitality: T-shirts, snacks, beverages, food, and Saturday evening buffet.

Entry Fees: Bench - \$25.00 in hand by August 14th. Powerlift - \$35.00 in hand by August 14th. Late Fee - \$50.00 after August 14th, no entries after August 22nd. Powerlifters can cross over with \$25.00 fee. Meet Co-directors: Michael and Linda Higgins - (208) 528-0444 or Gary Jones - (208) 523-0600

12 SEP, AAU Northwest Regionals, Lament X, 3945... 13 SEP, AAU Midwest Regionals, Lament X, 3945... 14 SEP, MDAA Tri-State Challenge Cup, Dar... Newburgh, NY, Jackie Davis & John Gengo, 914-569-0457... 15 SEP, State Fair Law Enforcement/... 16 SEP, State Fair Drug Free Bench... 17 SEP, AAU South Regionals, Lament X, 3945... 18 SEP, AAU Midwest Regionals, Lament X, 3945... 19 SEP, AAU Midwest Regionals, Lament X, 3945... 20 SEP, AAU Midwest Regionals, Lament X, 3945... 21 SEP, AAU Midwest Regionals, Lament X, 3945... 22 SEP, AAU Midwest Regionals, Lament X, 3945... 23 SEP, AAU Midwest Regionals, Lament X, 3945... 24 SEP, AAU Midwest Regionals, Lament X, 3945... 25 SEP, AAU Midwest Regionals, Lament X, 3945... 26 SEP, AAU Midwest Regionals, Lament X, 3945... 27 SEP, AAU Midwest Regionals, Lament X, 3945... 28 SEP, AAU Midwest Regionals, Lament X, 3945... 29 SEP, AAU Midwest Regionals, Lament X, 3945... 30 SEP, AAU Midwest Regionals, Lament X, 3945...

1998 Summer Classic at U.S.A. Powerlifting The Albany Academy Field House August 15, 1998 Bench Press / Deadlift Sean Culnan: (518) 877-8557 day, (518) 237-0972 evening

18 SEP, AAU Midwest Regionals, Lament X, 3945... 19 SEP, AAU Midwest Regionals, Lament X, 3945... 20 SEP, AAU Midwest Regionals, Lament X, 3945... 21 SEP, AAU Midwest Regionals, Lament X, 3945... 22 SEP, AAU Midwest Regionals, Lament X, 3945... 23 SEP, AAU Midwest Regionals, Lament X, 3945... 24 SEP, AAU Midwest Regionals, Lament X, 3945... 25 SEP, AAU Midwest Regionals, Lament X, 3945... 26 SEP, AAU Midwest Regionals, Lament X, 3945... 27 SEP, AAU Midwest Regionals, Lament X, 3945... 28 SEP, AAU Midwest Regionals, Lament X, 3945... 29 SEP, AAU Midwest Regionals, Lament X, 3945... 30 SEP, AAU Midwest Regionals, Lament X, 3945...

WABDL (The only exclusively single lift federation in the world) Presents: The Southeast Regionals Bench Press & Deadlift Championships Saturday, August 29th Quality Inn Beachside, Gulf Shores, AL (The Hawaii of the Gulf of Mexico) This is a qualifier for the WABDL World Bench Press & Deadlift Championships November 13-15, 1998 in Portland, OR

Huge Iron Productions Powerlifting Promotions Daytona Beach, FL & Keene, NH AAPF & APF Upcoming Events: 18-19 Jul, (new date) AAPF High School Nationals (drug Tested), APF Florida Push/Pull 26 Jul, (new date) APF Bench Bash for Cash \$6,000 total cash 6 Sep, APF Atlantic Coast Push/Pull 25-27 Sep, AWPC Worlds/AWPC Bench/WPC Bench Mania 21, 22 Nov, AAPF/APF Southern States (drug tested) For information contact: KIERAN KIDDER 116 W. Ocean Dunes Rd., Daytona Beach, Florida 32118 phone 904-238-3527

17 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 18 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 19 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 20 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 21 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 22 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 23 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 24 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 25 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 26 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 27 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 28 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 29 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429 30 OCT, IOWA State BP/DL Championships (Burlington, IA), Dr. Darrell Luch, 126 W. Sale, Tuscumbia, IL 61953, 217-253-5429

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18th German Team Finals
 21 Mar 98 - Lauchhammer, GER (Wks)
 1. AC Lauchhammer 1936.94
 2. H. Haubing 202.75
 3. K. Koch 212.5
 4. M. Nikulski 240
 5. A. Dorn 245
 6. H. Herchenlin 300
 7. C. Klein 300
 8. A. Clausen 335
 9. S.T.C Bavaria Landshut 1884.91
 10. A. Schwabe 344
 11. M. Kayser 290
 12. M. Almer 280
 13. M. Almer 280
 14. C. Gude 295
 15. F. Schramm 325
 16. D. Nigg 325
 17. J. Jorg 345
 18. F. Hernandez 345
 19. A. Chaparro 345
 20. M. Mateo 345
 21. S. Anroy 345
 22. A. Rodriguez 345
 23. J. Garcia 345
 24. C. Asenjo 345
 25. A. Asenjo 345
 26. G. Castro 345
 27. T. Collado 345
 28. A. Alonso 345
 29. J. Etienne 345
 30. J. Hernandez 345

17 year history of the German team Championships and is the first club from former East Germany. Best lifter of the contest was former World Champion Frank Schramm from Berlin who set a new record in the clean and jerk with a lift of only 92 kg, a 210 kg bench plus a 300 kg Wilks-points. Frank still is concentrating on bodybuilding and has no intention of competing in the German bodybuilding federation of the IFBB. He hopes the lifter will return to at least another IPF World Championships to give his opinion that it is time to change the rules. He is currently training with another 500 point club with achieved by World Masters Champ Edward Schwabe. He again made an excellent 250 kg bench without the help of a spotter. He is currently training with a German team member Christian Klein at 56 kg, with a PR in the clean and jerk of 150 kg and a bench of 225.5 kg. Kurt Kroschke (National Masters) took the bench (185 at 75 kg) and teammate Mark Tronke got junior records with 202.5 kg in the clean and 275 kg in the bench. (Thank you to Thomas Klose for providing results)

German Woman's Team Finals
 18 Apr 98 - Burgau (Finals)
 FCV Zahna SQ DL TOT
 Weidowka, A-T 100 107.5 222.5 DL TOT
 Weidowka, A-T 100 107.5 222.5 DL TOT
 Weidowka, A-T 100 107.5 222.5 DL TOT
 Weidowka, A-T 100 107.5 222.5 DL TOT
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Spanish Open Championships
 4,5 Apr 98 - Igualada
 WOMEN 60 kg SQ DL TOT
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 67.5 kg 100 100 200
 75 kg 100 100 200
 M. Ibanez 127.5 52.5 160 340

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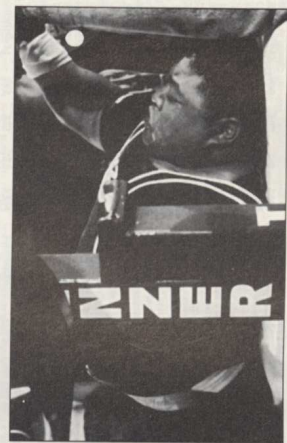
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AAU NC Teen State Bench Press

Table with columns for names, ages, and weights for the AAU NC Teen State Bench Press event.

Capitol City Push-Pull Classic

Table with columns for names, ages, and weights for the Capitol City Push-Pull Classic event.

USPF Region 1/NH State

Text describing the USPF Region 1/NH State competition and results.

Jody Bistany, broke a 7 year USPF NH State record, at the USPF Region 1/NH State (Bistany)

Text describing Jody Bistany's achievement in breaking a 7-year record.

USAPL Stamford YMCA Meet

Table listing results for the USAPL Stamford YMCA Meet.

Justin Anlauf, from McDonald High School deadlifted 500 in the 181s, at the IPA National High School competition. (David Bradshaw)

Text describing Justin Anlauf's deadlift performance at the IPA National High School competition.

Caroline Avellino, from St. Joseph's High School, bench 355 in the 198s (Bradshaw photo)

Text describing Caroline Avellino's bench press performance.

IPA National High School

Table listing results for the IPA National High School event.

IPA Professional, Elite Amateur, and Amateur Classification Totals

Summary table of totals for IPA Professional, Elite Amateur, and Amateur divisions.

International Powerlifting Association Application for Registration

Registration form for the International Powerlifting Association.

International Powerlifting Association Application for Registration

Detailed registration form for the International Powerlifting Association.

Classic Meet Lifters began at 8:30am and 18 lifters participated. There were lifters from mainly the Tri-state competing in this meet and a good line was by all. The high lights of the day was 181 Mr. R. DeWitt, with a bench press of 355 and a squat of 600. The lifters in the women's open with a total of 1525 and 16 lb. JHC Gill of Rowland Queens, winning the Masters best lifter award with a total of 1410 lb. and a squat of 600 and a bench press of 360. The men's open was won by Steve Lundy with a total of 3000 lb. and a squat of 1100 and a bench press of 325. Steve Lundy also had the deadlift. Richard Wilcox had a 635 deadlift and a squat of 1100 and a bench press of 325. The men's open was won by Steve Lundy with a total of 3000 lb. and a squat of 1100 and a bench press of 325. Steve Lundy also had the deadlift. Richard Wilcox had a 635 deadlift and a squat of 1100 and a bench press of 325.

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

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

Elite Amateur: Anyone who totals Professional can be entered in this drug-free division. The Elite Amateur Division is open to anyone who wants to enter as an Elite Amateur. No matter what the scale they weigh, there is no drug testing in this division. The Elite Amateur Division has its own world records. Records will be kept in the Men and Women's Open, Submaster, and Master Divisions only. There is not a Teenage or Junior Division in the Elite Amateur Division.

Amateur Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a negative test done at the lifter's expense (same standards as the U.S. Olympic Committee). If the test is negative, the next day will be disqualified and the lifter will be returned from I.P.A. as a Professional in the next meet to be competed in. The Amateur Division has its own world records. Records will be kept in the Men and Women's Open, Submaster, Police and Master Divisions.

Application for Registration. Last Name, First, Initial, IPA # for Renewal, Street Address, City, State or Province, Zip Code, Age, Sex, Telephone, Date of Birth, Country, Pro, Elite Am, Am, Date. Registration Fee: Adult \$20, High School and Special Olympics \$10. Payment is accepted in the form of cash or master or visa only. Payment can be mailed to: I.P.A., c/o Mark Chandler, 3688 Old Silver Hill Rd., Suitland, MD 21074

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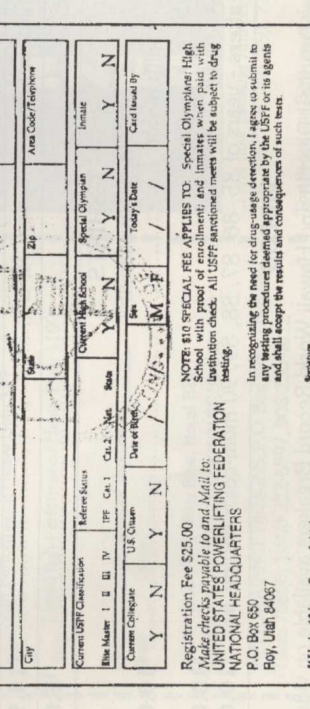
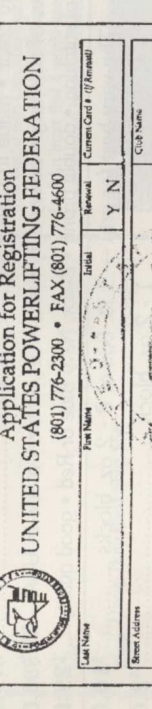
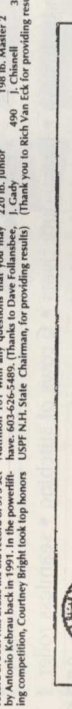
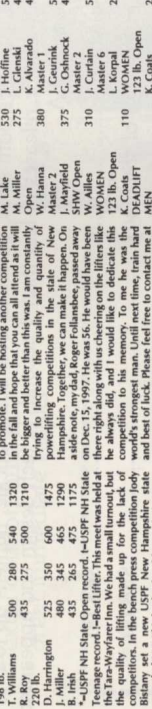
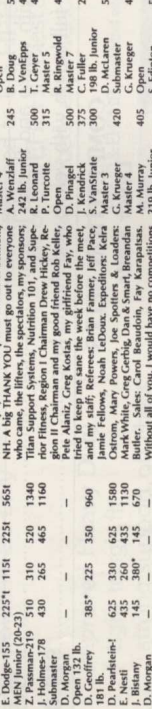
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Bill Henning, Best Lightw. lifter at the Power Elite Open (LATCH photo)

200. Jeremiah went on to get a pr 235 for his fourth... 148 lb. This earned Bill best lifter honors...

had ever lifted in, in part because of the level of... The lifting in this meet is always very good...

of action for almost a year. Even though Steve had... Zuckerman... Dave... 198, the 148s with 245 not bad for his first contest.

Power Elite BP/DL Open 5 Apr 98 - Anloch, IL... BENCH WOMEN 41h-47s... 55 R. Merin... 45s N. Pallas...

Best Lifters at the APF Iron Island Bench Blast: AJ Canale (Master), Bill Tarallo (Teen), Chris Taylor (Pro), kneeling: Adam Rubin (Amateur), and Maria Schupp (Female).

Iron Island Bench Blast 18 Apr 98 - Rockaway, NY... Amateur 285 J. Ciarduno... 305 B. West... 305 A. Lopez...

Best of the Best, Team Bud Light members and NYS champions Tim Jaworowicz (left) and Stan Nowacki (right) flank world record bench presser Dave Waterman.

APF NYS Bench Press 26 Jul 97 - Buffalo, NY... Amateur 475 J. Schuck... 420 J. King... 465 E. King...

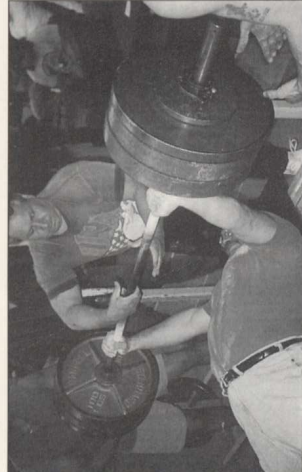
Auglaize/Mercer Family YMCA BP 18 Apr 98 - Celina, OH... MASTER 180-190... J. Ramey... 350 D. Chamberlin...

division Best Lifter award & the 148s with 420... Bench in what many regarded as a sure miss...

NEW A.P.F./A.M.P.F. Membership Application... AMERICAN POWERLIFTING FEDERATION... AMERICAN MASTER POWERLIFTING FEDERATION... PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

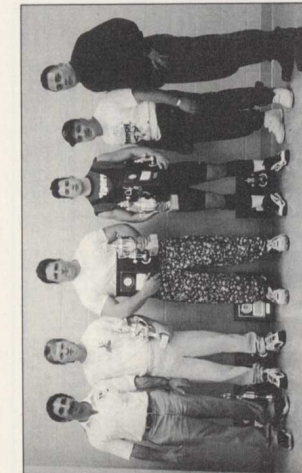
4th Pottstown YMCA BP/DL Challenge
4 Apr 98 - Pottstown, PA

BENCH 111 lb.	440
D. Spaulding	125
M. Wink	125
R. Harris	310
J. Pyle	310
A. Faust	550
M. Johnson	550
J. Jackson	700
J. Mack	700
A. Thomas	850
R. Krzyzanski	850
E. Budy	850
K. Rice	105
J. Graham	105
S. Seaman	145
C. Pennell	145
E. Nester	150
K. Parkin	150
S. Zakrzewski	160
176-lb. lift	160
A. Alicja	315
M. Troutman	315
Submaster 111 lb.	355
154-lb. lift	355
M. Nester	181
Submaster (40-49)	350
B. Raugh	350
M. Gibbons	340
M. Webster	340
A. Westler	330
L. Sifers Jr.	325
T. Bonojo	320
D. Miller	210
D. Weller	210
C. Daley	185
B. Patterson	205
R. Brad	205
D. Wynn	185
R. Fehel	185
J. Fleming	170
A. Link	135
164-50 Hwtl.	481
J. Frank	445
R. Atlinger	420
M. Weber	375
S. Rothenberger	385
W. McGraw	375
C. Carter	360
G. Livingston	330
M. Asacio Jr.	330
G. Brady	320
J. Summerville	230
S. Fogelman	230
M. Weikfeld	215
R. Zurkias	185
J. Parrish	185
M. Hiltner	200
K. Hazara	185
J. Hiltner	200
M. Hiltner	200
C. Hilligass	190
J. Adam	235
J. Payok	235
164-50 Hwtl.	480
J. Coney	480
W. Switzer	475
R. Kerner	475
R. Becker	475
D. Graham	475
R. Orentfeld	475
C. Henson	475
C. Henson	475
M. Damon	385
J. Graham	385
N. Scaman	300
R. Dimmig	315
C. Rychak	315
C. Tomwata	335
J. Pitt	270
M. Nester	220
N. Hine	220
J. Goding	255
S. Wilder	350
W. DeWane	350
E. Griffin	225
R. Bonser	200
C. Zottell	160
D. Siles	275
H. Hoidal	365
W. Delorme	300
R. Smith	300
J. Mink	181 lb.
S. Lacey	260
A. Laino	260
F. Silla	255
S. Prichon	255
E. Laskow	255
B. McCormick	205
T. Phikett	340
T. English	340
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Bill 'Rok' Swift lifts off to Bill Reagan (who won both Best Heavy Master Lifter & Best Open Heavyweight Lifter), is successful with 560 Raw at the USA Raw Bench Press Spring Nationals. (Darrrell Latch photograph)

and loading the weight. To my assistant strength coach Craig Kowach for your support in setting up and running the meet. To Al Siegle for all the trophies and supporters of this meet, especially the Breckville-Broadway Heights Athletic District by Steve 'Shu' Studer. To Place H.S. Team Breckville Power Team (Coached by Gary Kanaga) for their support. To the USA Raw Bench Press Team for their support. To the USA Raw Bench Press Team for their support. To the USA Raw Bench Press Team for their support.



Best Lifters (-): Dr. Larry Miller, Allen McVane, Kevin Moyer, Josh Wood, Vince Anello, Gary Kanaga, participated in the USAPL Battle of the Great Lakes, in Parma, Ohio. (Photograph from Gary Kanaga)

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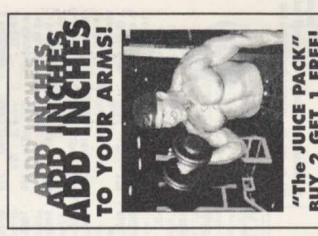
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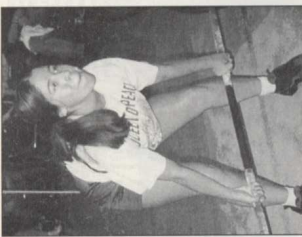
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operation you are planning would never even have did not do much of anything, but pretend to be interested in their teammates (I) lifting. Oh, yes, a sewer ball and an officially listed as an "Industrial" Eddie Wells also had a great day winning at 220 covering 4 for 4 ending with a 430 personal best. Keith

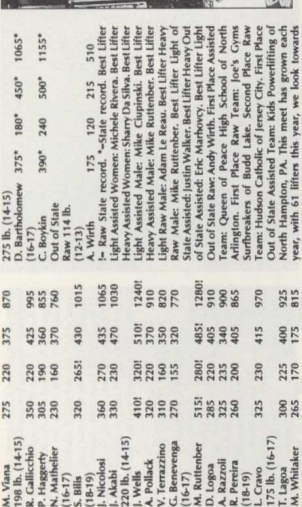
only organization created solely for non-sporting-benching no lifts, no wraps, no belts, just four men with forty one entries from several states, as well as a number of enthusiastic spectators. Beginning with the open women's class, Anne Jackson won the 148 lb. master 1 (40-49) class with a new national record of 205 at 142 lb. bwt. Kathy

and lifting the weight. To my assistant strength coach Craig Kowach for your support in setting up and running the meet. To Al Siegle for all the trophies and supporters of this meet, especially the Breckville-Broadway Heights Athletic District by Steve 'Shu' Studer. To Place H.S. Team Breckville Power Team (Coached by Gary Kanaga) for their support. To the USA Raw Bench Press Team for their support.

Advertisement for TEXAS POWER BAR. Includes the text 'Gimmicks don't make you stronger. Get back to basics with MAC!' and 'ORIGINAL TEXAS POWER BAR'. Also lists 'Mats • Bars • Racks • Free Weight Machines • Benches • Plates • Dumbbells • Bells' and 'MAC Barbell Equipment 1617 W. Highway 303 • Grand Prairie, TX 75051'.



Inez Normidis, set Raw State records at the AAUPC Drug Free Jersey High School meet (Joe Pira)



Eric Marhovy lifted in the 198s at the AAUPC Drug Free Jersey High School contest. (Joe Pira)

AAUPC Drug Free N. Jersey H.S. 19 Apr 98 - Hopatcong, NJ

AAUPC Drug Free N. Jersey H.S. 19 Apr 98 - Hopatcong, NJ

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*Youth Fee \$10.00 *Adult Fee \$25.00 *Coach Fee \$12.00

275 lb. (14-15) D. Bartholomew 375* 180* 450* 1065*

275 lb. (14-15) D. Bartholomew 375* 180* 450* 1065*

275 lb. (14-15) D. Bartholomew 375* 180* 450* 1065*

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P.O. Box 10,000

Lake Buena Vista, FL 32830-1000

Are you presently covered by health & accident insurance?

Yes No

I understand that my participation in AAU activities involves risks and dangers of serious and permanent bodily injury and death. I, or my parent/guardian if I am a minor, hereby release, hold harmless, discharge and agree not to sue AAU of U.S. Inc., its Club/Teams, Directors, Officers, Employees, Coaches, Officials, Owners/Leases of Premises for all liability from my participation in these and any other AAU related travel, lodging, social/recreational activities.

APPLICANT'S SIGNATURE

PARENT/GUARDIAN SIGNATURE

Telephone ()

*Youth Fee \$10.00 *Adult Fee \$25.00 *Coach Fee \$12.00

Accepted By: _____ Date: _____

USAPL National Masters 2.3 May 98 - Charlottesville, VA

USAPL National Masters 2.3 May 98 - Charlottesville, VA

USAPL National Masters 2.3 May 98 - Charlottesville, VA

World Natural Powerlifting Federation

Membership Registration

LAST NAME

FIRST NAME

STREET ADDRESS

CITY, STATE, ZIP

AREA CODE, TELEPHONE

AGE

SEX

CHECK ONE: LIFETIME DRUGFREE

3 YRS. MIN.

REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS

\$15.00 HIGH SCHOOL

\$25.00 ADULTS

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

DATE

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

USAPL South Dakota State 18 Apr 98 - Aberdeen, SD

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meat Lee Mitchell directed the registration and the head scorekeeper was Frank...
 shirt, Dennis James was our local vendor. We appreciate the ability to use the gymnasium at Napa Valley College and want to thank them in...
 Mike Kofus. The leaders and executed did an...
 Mike Kofus, and other volunteers from the aud...
 Stephen, Jon Ochoa, Mike Fisher, Karl Duncan,
 Deena Bauer, Don Miller, Pat Casey, Maria Goz,
 throughout the meet and include: Stephanie
 MEN: Shawn Greenheart - Teenage Lwt. Rick White
 Richard Grigliano - Master Hwt. (Thank you to
 Christy Kling for providing these contest results)

USAPL California State	3-5 Apr '93	NP	CA	(kg)	TOT
WOMEN	199	110	120	429	649
55 kg	110	120	120	350	550
60 kg	110	120	120	350	550
65 kg	110	120	120	350	550
70 kg	110	120	120	350	550
75 kg	110	120	120	350	550
80 kg	110	120	120	350	550
85 kg	110	120	120	350	550
90 kg	110	120	120	350	550
95 kg	110	120	120	350	550
100 kg	110	120	120	350	550
105 kg	110	120	120	350	550
110 kg	110	120	120	350	550
115 kg	110	120	120	350	550
120 kg	110	120	120	350	550
125 kg	110	120	120	350	550
130 kg	110	120	120	350	550
135 kg	110	120	120	350	550
140 kg	110	120	120	350	550
145 kg	110	120	120	350	550
150 kg	110	120	120	350	550
155 kg	110	120	120	350	550
160 kg	110	120	120	350	550
165 kg	110	120	120	350	550
170 kg	110	120	120	350	550
175 kg	110	120	120	350	550
180 kg	110	120	120	350	550
185 kg	110	120	120	350	550
190 kg	110	120	120	350	550
195 kg	110	120	120	350	550
200 kg	110	120	120	350	550
205 kg	110	120	120	350	550
210 kg	110	120	120	350	550
215 kg	110	120	120	350	550
220 kg	110	120	120	350	550
225 kg	110	120	120	350	550
230 kg	110	120	120	350	550
235 kg	110	120	120	350	550
240 kg	110	120	120	350	550
245 kg	110	120	120	350	550
250 kg	110	120	120	350	550
255 kg	110	120	120	350	550
260 kg	110	120	120	350	550
265 kg	110	120	120	350	550
270 kg	110	120	120	350	550
275 kg	110	120	120	350	550
280 kg	110	120	120	350	550
285 kg	110	120	120	350	550
290 kg	110	120	120	350	550
295 kg	110	120	120	350	550
300 kg	110	120	120	350	550
305 kg	110	120	120	350	550
310 kg	110	120	120	350	550
315 kg	110	120	120	350	550
320 kg	110	120	120	350	550
325 kg	110	120	120	350	550
330 kg	110	120	120	350	550
335 kg	110	120	120	350	550
340 kg	110	120	120	350	550
345 kg	110	120	120	350	550
350 kg	110	120	120	350	550

USAPL Zumbro Valley Open
 25 Apr '93 - Kasson, MN
 WOMEN

SQ	BP	DL	TOT
110	120	120	350
115	125	125	365
120	130	130	380
125	135	135	395
130	140	140	410
135	145	145	425
140	150	150	440
145	155	155	455
150	160	160	470
155	165	165	485
160	170	170	500
165	175	175	515
170	180	180	530
175	185	185	545
180	190	190	560
185	195	195	575
190	200	200	590
195	205	205	605
200	210	210	620
205	215	215	635
210	220	220	650
215	225	225	665
220	230	230	680
225	235	235	695
230	240	240	710
235	245	245	725
240	250	250	740
245	255	255	755
250	260	260	770
255	265	265	785
260	270	270	800
265	275	275	815
270	280	280	830
275	285	285	845
280	290	290	860
285	295	295	875
290	300	300	890
295	305	305	905
300	310	310	920
305	315	315	935
310	320	320	950
315	325	325	965
320	330	330	980
325	335	335	995
330	340	340	1010
335	345	345	1025
340	350	350	1040
345	355	355	1055
350	360	360	1070
355	365	365	1085
360	370	370	1100
365	375	375	1115
370	380	380	1130
375	385	385	1145
380	390	390	1160
385	395	395	1175
390	400	400	1190
395	405	405	1205
400	410	410	1220
405	415	415	1235
410	420	420	1250
415	425	425	1265
420	430	430	1280
425	435	435	1295
430	440	440	1310
435	445	445	1325
440	450	450	1340
445	455	455	1355
450	460	460	1370
455	465	465	1385
460	470	470	1400
465	475	475	1415
470	480	480	1430
475	485	485	1445
480	490	490	1460
485	495	495	1475
490	500	500	1490
495	505	505	1505
500	510	510	1520
505	515	515	1535
510	520	520	1550
515	525	525	1565
520	530	530	1580
525	535	535	1595
530	540	540	1610
535	545	545	1625
540	550	550	1640
545	555	555	1655
550	560	560	1670
555	565	565	1685
560	570	570	1700
565	575	575	1715
570	580	580	1730
575	585	585	1745
580	590	590	1760
585	595	595	1775
590	600	600	1790
595	605	605	1805
600	610	610	1820
605	615	615	1835
610	620	620	1850
615	625	625	1865
620	630	630	1880
625	635	635	1895
630	640	640	1910
635	645	645	1925
640	650	650	1940
645	655	655	1955
650	660	660	1970
655	665	665	1985
660	670	670	2000
665	675	675	2015
670	680	680	2030
675	685	685	2045
680	690	690	2060
685	695	695	2075
690	700	700	2090
695	705	705	2105
700	710	710	2120
705	715	715	2135
710	720	720	2150
715	725	725	2165
720	730	730	2180
725	735	735	2195
730	740	740	2210
735	745	745	2225
740	750	750	2240
745	755	755	2255
750	760	760	2270
755	765	765	2285
760	770	770	2300
765	775	775	2315
770	780	780	2330
775	785	785	2345
780	790	790	2360
785	795	795	2375
790	800	800	2390
795	805	805	2405
800	810	810	2420
805	815	815	2435
810	820	820	2450
815	825	825	2465
820	830	830	2480
825	835	835	2495
830	840	840	2510
835	845	845	2525
840	850	850	2540
845	855	855	2555
850	860	860	2570
855	865	865	2585
860	870	870	2600
865	875	875	2615
870	880	880	2630
875	885	885	2645
880	890	890	2660
885	895	895	2675
890	900	900	2690
895	905	905	2705
900	910	910	2720
905	915	915	2735
910	920	920	2750
915	925	925	2765
920	930	930	2780
925	935	935	2795
930	940	940	2810
935	945	945	2825
940	950	950	2840
945	955	955	2855
950	960	960	2870
955	965	965	2885
960	970	970	2900
965	975	975	2915
970	980	980	2930
975	985	985	2945
980	990	990	2960
985	995	995	2975
990	1000	1000	2990
995	1005	1005	3005
1000	1010	1010	3020
1005	1015	1015	3035
1010	1020	1020	3050
1015	1025	1025	3065
1020	1030	1030	3080
1025	1035	1035	3095
1030	1040	1040	3110
103			

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Louie Simmons

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Powerlifting USA BACK ISSUES
May/93... NASA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFFA TOP 20 198s.
Sep/94... ADFFA Men's, USPF Men's/Women's Sr. Nationals, Kettlebell Pain With Alopec, Box Squats, Physiochemicals, TOP 100 123s, ADFFA TOP 20 220s.
Oct/94... Paul Anderson Tribute, World Record Breakers, Rack Training, TOP 100 SHWs, ADFFA TOP 20 181s.
Sep/95... ADFFA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFFA TOP 20 198s.
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFFA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFFA TOP 20 220s.
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hyperm, How Often to Bench, TOP 100 148s, ADFFA TOP 20 275s.
Jan/94... IFF Men/Women Worlds, IFF I/Master Worlds, WPC Worlds, Greg Louie Squat, Cycling Systems, TOP 100 165s, ADFFA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFFA National Masters, Malibu Classic-VI, Greg Warr BP Workout, Honnia Surgery, TOP 181s, ADFFA TOP 114s.
Mar/94... Women TOP 20 Drug Testing Methods Pt. II, The Iraq Bar, Teen Training, Tamara Rainwater-Cheerleader, TOP 100 196, ADFFA TOP 20 123s.
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psychology of Picking Out, WNFPA Worlds, TOP 100 220, ADFFA TOP 20 132s.
May/94... USPF/ADFFA Collegiate, USPF Jr. Nats, IFF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFFA TOP 20 148s.
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Natural Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFFA TOP 165s.
Jul/94... USPF National Masters, Rickey

PRESS RELEASE..... (Mountaineer Race Track & Gaming Resort) "President Ted Armeault of Mountaineer Gaming, known for his vision and creating successful ventures, has furthered his commitment on the organized professional powerlifting meet at Mountaineer Race Track & Gaming Resort. Mountaineer's continued effort to draw sporting events of high caliber has showed in the past with its boxing events bring in boxers the caliber of Duran, Camacho, Butterbean and more. Mountaineer has also added to the entertainment line up bringing in entertainers the caliber of The Temptations, Billy Ray Cyrus and the like. Mountaineer is now committed to using its influence to create a powerlifting competition that will draw the attention from the strength & fitness industry, television and magazine media, spark the interest of the general public and the nation, if not the world". Meet Director will be Nick "Big Bully" Busick of WWF fame (and a veteran powerlifter) and for more information on the June 26/27, 1999 event contact him at Box 358, Route 2, Chester, WV 26034, 304-387-2400 or see future editions of POWERLIFTING USA Magazine.

Olympics, John Ford Pt.1, Yuri Spinov Interview, The Bench Shirt, Brad Gillingham Deadlift Workout, TOP 100 181s.
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA National Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s.
Mar/97... TOP 20 Women/Teenage Masters, Your First Meet, Joey Almodovar Profile, IFF World BP, TOP 25 Greatest Lifters, Adjusting Training Techniques, APF... Clark Benchmarks, 800 Workout, Leo Stern Profile, 6 Week Peaking 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USFL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt.1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blackley Profile, Dream Team Pt. 2, ADFFA National's Chronology, IFF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW Health Squat Workout Pt. 1, WDFPF Champ. Chronology, IFF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFFA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s.
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IFF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Enrich Profile, Power Biceps Training, Larry Miller Interview, Top 100 Lt Wts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Dick Dec/97... Vicki Steemond, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s.
Jan/98... IFF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IFF Women, TOP 198s.
Feb/98... WABDL Worlds, IFF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt.1, IFF Seniors, Asians, Speed Strength, TOP 100 220s.
Mar/98... Mark Philippou Interview, TOP 20 Women, Teen, Master Rankings, James Harrison, George Nelson, 1st World's, Brad Gillingham backstage, APF/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP 100 Women, Westside Invitational Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's suspension, ProFit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benchting, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie Simmons on "Research Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs LIST THE BACK ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES) INCLUDING MONTH AND YEAR, MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN AN ENVELOPE AND SEND IN TODAY TO: POWERLIFTING USA, BACK ISSUE DEPARTMENT, P.O. BOX 3238, CAMARILLO, CALIFORNIA 93011, U.S.A.