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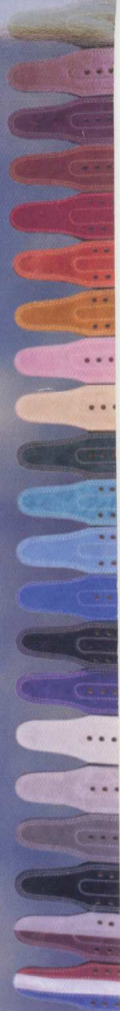
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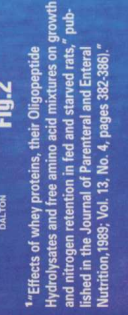
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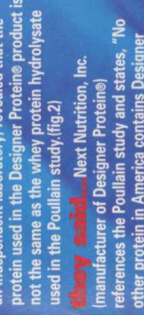
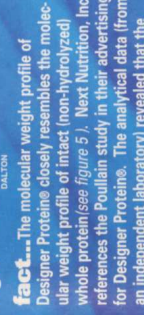
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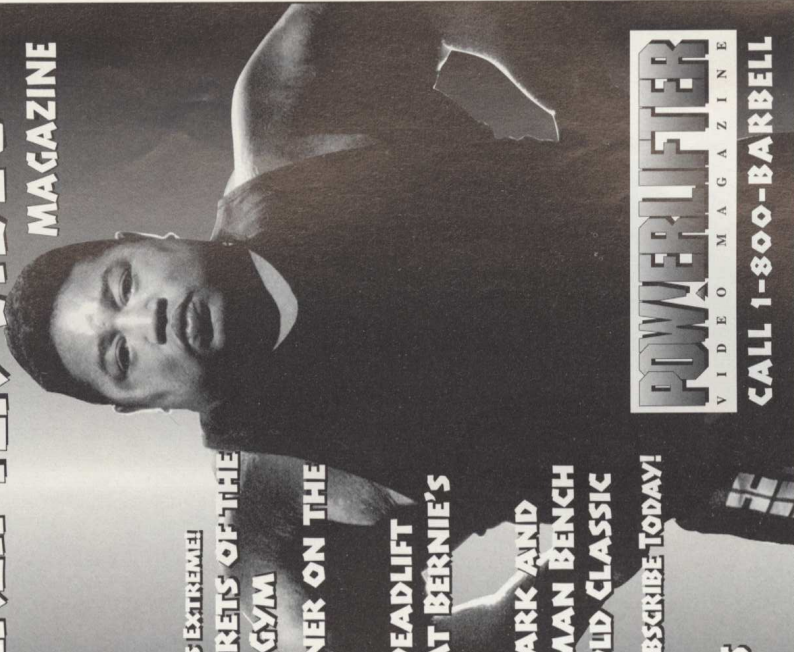


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Powerlifting USA
Post Office Box 467
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Editor-in-Chief Mike Lambert
Associate Editor Buterflf O'Shea
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Controller In-Joo Lambert
Statistician Herb Glosbrenner
Publisher Mike Lambert

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MUSCLE MENU

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ON THE COVER.. Capt. David Ricks lifting career has come full circle: after winning national titles in the ADFPA, he went to the USPF and won the IPF Worlds 4 times, including '92 in Birmingham. Now he's back winning the 181s in the USAPL.

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USAPL MEN'S NATIONALS as seen by Powerlifting USA Editor Mike Lambert

This was an exceptional contest, made even more remarkable when you consider the circumstances of the promoter.

Andrea Sortwell. She not only produced the very high standard of this competition, which we will try to relate to you in the following article, but in the preceding months she promoted several local contests in the Denver area, trained for - traveled to - and competed in the IPF Women's Worlds in Norway (winning a bronze medal for the bench press), strove to maintain her profession as a commercial real estate appraiser, did a brilliant job of orchestrating advanced local publicity for the meet, and continued to satisfy the ever increasing demands of the office of USAPL Secretary/Treasurer. (A job which she recognized had become too much for her and from which she announced her resignation, three months ago, effective with the USAPL National Meeting prior to the competition. The position is now in the hands of Cheryl Auld). She even got the ball rolling for a television contract for this event with a major sports network, but ran out of the most precious commodity of all to bring it together - time. Sharing the excellence of Andrea's contest production anticipation of how the IPF's newest member would attract many of America's best hopefuls for a men's team to reverse the course of last year's 4th place team finish at the

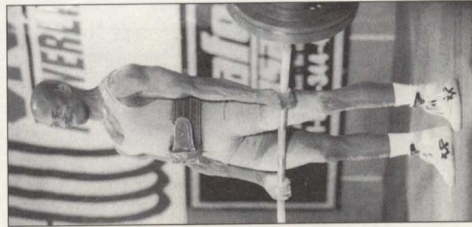


Will Taylor took the 123s for Team Colorado

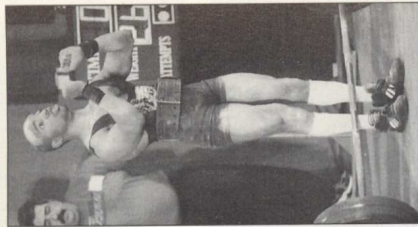
IPF Men's Worlds. This is how it went.

114 lb. Class - Defending champion Ervin Gainer from Indiana is a non-typical champion in this lightest of weight classes, so long and lean and, leverage-wise, more suited for deadlifting than anything else, yet he does squat most adequately and benches excellently. He came within a couple of deadlift tries of sensuously smashing the 1100 lb. barrier in total, which is the mark of a great lifter within the extreme confines of this limited weight division. He was well out in front of a fellow Indianan, David Osborn, who has returned to the national stage after recovery from a back operation. Another man who was expected to be a prominent contender was Steve Snyder of Pennsylvania. Steve could not manage to satisfy the judges with his squats and reared unexpectedly early. He has since indicated that he will likely not make the effort to go down this far in bodyweight again to compete in the future.

The 123 lb. class marked the return to national prominence of a former bronze medalist at the IPF Junior World Championships - Will Taylor - and he was cheered on at the competition by a large group of hometown supporters and/or relatives wearing "3-D" t-shirts, as in "Determination, Dedication and Desire", which is what Will's lifting is certainly all about. After a bit of a tough day in the squat, only getting one of his three tries, he finished up nicely with an 1135 total to put himself well ahead of his competitor.

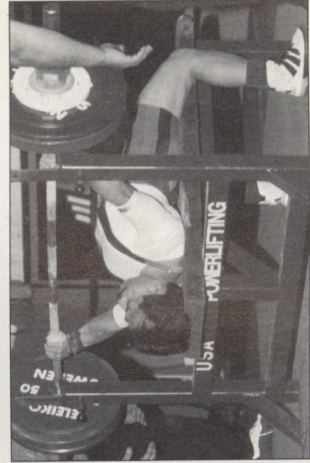


One Smooth Puller... Ervin Gainer



Tim Taylor tried this 584 at 132.

intend to sign his name to quite so high a starting weight in the squat due to lack of recent familiarity with kilo conversions and also that he may have not have gotten his attempt card in on time for his second attempt, the fact is, as stated by Lamar, that while in his mind he remembers what it takes to drop 7 pounds of weight shortly before the meet and still be able to perform, his body - now a little bit over 40 years old and several years out of major competition - just did not respond in the same way. (Andrea Sortwell saw things in perspective when she mentioned to Lamar prior to the meet that one of his potential rivals at the international level, Sutrissno of Indonesia, was born in 1975 and Lamar mentioned that 1975 was the year when he won his first World Championship). Though he looked strong at the bottom with the 518, there was awkwardness arising with it and Lamar did not get either attempt passed. Regardless, not long after bombing out of the competition, you could hear Lamar's



World Record... Hiro Isagawa broke his own IPF mark with this 409.

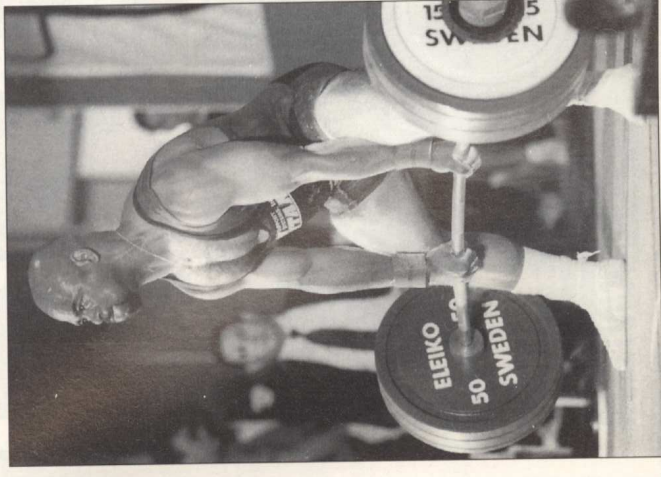


148 lb. Class contenders... left to right: Simmons, Scisney, Corpuz, Wood, Hooper, Page, and Weinstein.

rich, deep laugh in the audience when talking to one of his fans. As he noted to his lady, Funekka, it's not like he's gonna stop eating, so that evening they went out to what was planned to be a "victory dinner" along with several of his fans to an interesting restaurant called the "Fort", where exotic cuisine on the order of Elk, Buffalo and Rattlesnake was enjoyed by all, as well as

the company. Lamar pointed out that in previous years he's only spent about six months training. He spent around that period of time preparing for this meet, but with the added incentive of not making the team this time, he intends to train for the whole next year, in addition with the previous six months, for the 1999 Seniors, where he intends to do much better.

148 lb. Class - defending USPF Sr. National Champion and former IPF World Champion, Wade Hooper, only got his openers. He took some bold leaps on his second and third lifts, but the IPF World Record 677 squats were not passed, and the big bench attempts with a USAPL American Record 429 were not either. Still, he had more than a 100 pound lead over Loud Weinstein, who missed only one lift all day while carefully managing his deadlift tries to keep himself ahead of the potentially dangerous Greg Page. Loyd is shortly to become a master lifter, which makes his ac-



A Magnificent Obsession with the deadlift pays off for Dan Austin

was lighter man and took the weight he needed on his final pull to defend his '97 USAPL National Men's title, to no avail. Keith Scisney was a very popular competitor with the Colorado crowd, as he lives in the state. He was able to out-total Robert Wood of Louisiana, stronger now that he's up a division, but perhaps he hasn't yet grown into optimal performance at this new weight. Nando Corpuz was one of a number of lifters who took three attempts to get a squat in. After that, he benched most effectively. Another Colorado favorite, Mark Sigala, could not satisfy the judges with his bench pressing performance (a distressingly common event in this meet) and was out of the competition.

165 lb. Class - Strength Coach Dan Austin was welcomed back with open arms to national competition and looked very solid in his squats, though failing a 374 bench badly twice, and - lifting without a belt - missing what would have been a USAPL deadlift record (breaking the mark of Bob Bridges, Mike Bridges' younger brother) due to a slipped grip. James Benemerto had a fairly tough day, but more than managed to secure second place over a beely looking Anthony Thomas, coached by David Ricks, who got the biggest bench of the entire competition to that point. Ron Garolalo, another Colorado lifter, took a stab at much higher placing with a big deadlift (683) that was beyond his means on this occasion.



Capt. Dave Ricks looks like he was born to lift as a light/heavyweight.

complements all the more impressive. He intends to keep active in both the open (where he has never missed an ADPPA/USAPL Men's Nationals) and masters level and hopes to be able to make the USA team for the IPF World Masters in the future where he should be a very effective contender. Page

Mike Macri of New York had a horrendous day in both the squat and bench and then crowned his dire destiny in the deadlift by not being able to get one in.

The 181 lb. Class saw the likewise much welcomed return of a man with many world titles already notched in his lifting belt - Capt.

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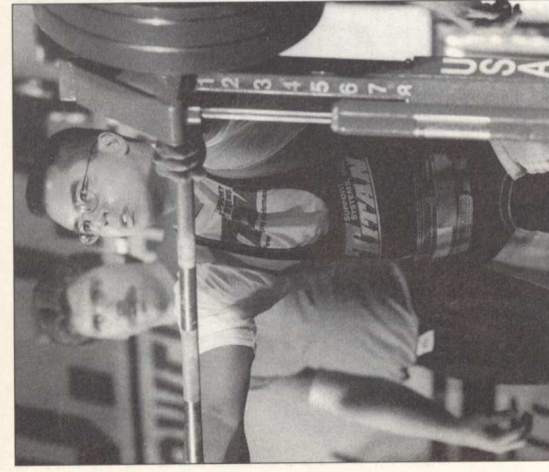
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you need much more than that to overcome the exceptional deadlift of Ray, who easily pulled himself into first place. Ray's connections through his job may give him some insights into the challenge of competing in this year's Men's World Championships. Tony Succarotte, who went to the IPF Worlds last year, found himself in tough company and was pushed to third, comfortably ahead of Louisiana's Rick Impastato. Doug Currence was able to end up ahead of Executive USAPL Committee member Craig Saltran, despite his sensational 699 deadlift.

220 lb. Class - Here was a load of lifters and quality all the way, top to bottom. The finish was one of the most exciting events of the entire competition, ending with a re-weigh, which wasn't truly necessary, but ended up confirming the victory anyway. Anthony Harris looked intimidatingly strong in the squats, but was a little wobbly in the bench press, although he was able to come back and get his 424 on the board. Jim Morton, who's been dominating this weight class in the USAPL quite regularly, was 6 for 6 at the subtotal and his best lift was yet to come. His 733 opening pull was very easy, the way he normally makes his deadlifts look. In the meantime, Harris coached by Sean Scully, lifted as if they both knew for sure that the bodyweight tie on the computer display shown to the audience was, in fact, a differential in favor of Mr. Harris when you went out one more decimal point as recorded on the scorecard at the official weigh-in. Sean later confessed that he didn't know that for sure, but Anthony's taking and

back from a blown squat on his opening squat. Another Colorado favorite, Dave Gonzales, popularly handled his strength into third over muscular Kevin Stewart out of Texas. There may be an error in the official results concerning Mike Siegler and Dave Villeneuve, with Mike actually not making the final deadlift and Dave actually making his. If memory serves well, the athletes lifted consecutively and at the same final weight, but both went out of the announced turn, and with both men looking somewhat similar, the situation was apparently not noted by the officials. We were not able to confirm our suspicions by going



Ray Benemerito mentally prepares to make a 699 squat go his way.

David Ricks USN. David had serious physical problems prior to the competition. His training had led him to hope for a meet squat around 700, a bench of around 450 and a deadlift in the 710-720 range, but he tweaked the sciatic nerve in his leg and was barely able to walk only a few days prior to the contest. With rest and therapy he was able to nearly get back to his previous condition. Though squatting phenomenon Rob Wagner led early on, Dave was able to use his bench pressing advantage to take a subtotal lead, which chartered Mr. Wagner's course into a disappointing second place, because Dave is renowned as a deadlifter. Laddie Gibson had a bit of trouble in the record bench press and was solidly in third metal position while Quincy Gurman and Swinrad Autry had a spirited battle for the next place. One lifter who would have been a special factor in these proceedings was Chris Turner, particularly with his much improved deadlifting ability, but he had disconcerting problems in the squat, and didn't appear to be his regular self. After a misstep with an otherwise completed 639, Chris' momental declaration ("Ohh Nooooo!!!") told the tale. Another phre-

making 766 negated Morton's opener. Morton got 771 moving, and normally when the plates break the ground, Jim will lock it out without question. This day it wasn't going to come all the way up as far that was the end of the contest as far as the lifting platform goes. Because of the uncertainty about the actual bodyweight difference, there was a frenetic effort to try to lose some weight instantaneously, prior to the anticipated re-check of weights, but Harris was two pounds lighter after the re-weigh and would have won in any case.

Out of a pack of great lifters, Bill Windschall emerged for the third place honors over another Colorado favorite son, Scott Zuanstra. Pat Hall had some difficulties and apparently let some of his deadlift poundage in pre-meet preparation. Phil Leader didn't make enough attempts to be up in the very top echelons, where he normally finishes, and one of the true veterans (who, along with Lloyd Weinstein, has never missed an ADFPA/USAPL Men's Nationals), Sean Cain, typically deadlifted himself up several spots. Jason Burnell looked big and showed improvement in the squat and deadlift. In 14th, Patrick Johnson could almost have passed for Jim Morton in appearance. Henry Gerard's squats didn't look too bad, but he couldn't get any whites and finished up early.

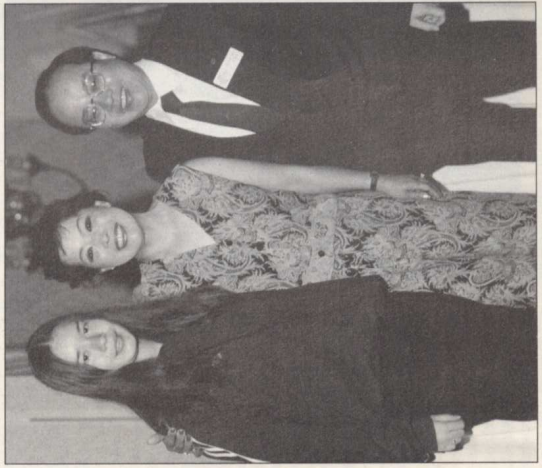
282 lb. Class - USPF stalwart and former IPF Silver medalist Jeff Douglas crossed over to USAPL competition in a big way with three great squats, ending with 826. He actually didn't miss a lift until his final deadlift to finish up well above last year's improved (but not enough) Willie Croner, who came



Clank!!! Anthony Harris returns a heavy 771 squat to the racks. Spotter Mitch is at right.



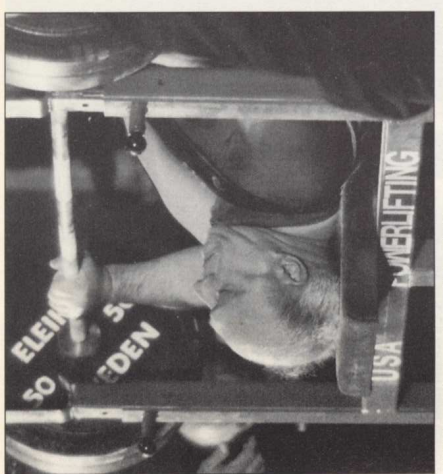
Jeff Douglas squatted one great attempt after another in the 242s.



Lisa Fong, PL USA's In Joo Lambert, IPF President Grahame Fong.

to the videotape shot by and Kathy and Phil Andrews. 6 time Minnesota State Champ Mitch Edlestein had a perfect day to overtake Andrews tokened his way through seven lifts before trying an IPF World Masters record which looked like it might go until it snapped out of his hands. He wasn't able to make a better attempt on his third effort. Another huge deadlifter, Jim Cahill, had inexplicable problems in the bench press (where he wore no supportive garment), and immediately went looking for the jury after that third miss, to no avail. He might have pulled over 800. Kenneth Howard was certainly powerful in the squat, and has been a huge deadlifter in the past, but he seemed to be in pain on all three pulls and bombed out. A great lifter from the past and former Nebraska running back, Mark Schellen, was not very

close with his 727 opener in the squat. **275 lb. Class** - It was a runaway for a lifter many are glad to see back again - Tony Leaito. He's even bigger than he was before diverting to the Atlanta Olympic Games to throw the shot. Obviously a stronger man, his 815 squat got dumped over the back of his head and Tony thought it took part of his scalp with it. He proved tough enough to come back to make the lift. A 29 pound jump from his successful second attempt bench to an IPF style world record weight of 615 to break Tom Hardman's mark from way back in 1982) was too much for the single handoff man and too much for Tony to press. It was a war, but long, tall Pat McGettigan of Wisconsin had the deadlift to put himself very nicely into the silver spot. Nick Best had all kinds of trouble getting a squat in, and then he could



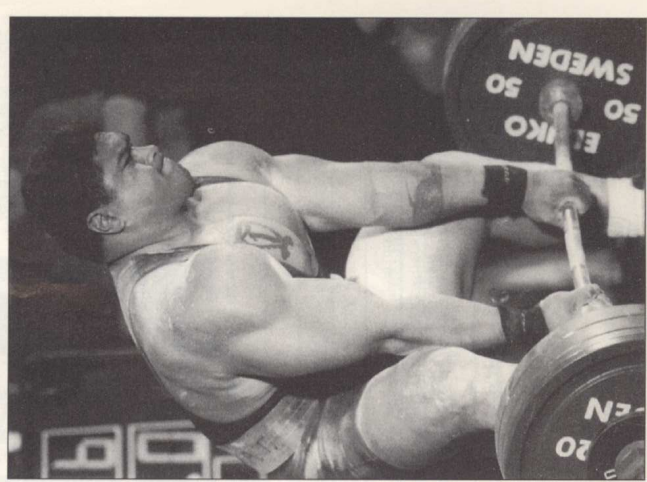
IPF World Masters Record Bench Press in the 275s by C.J. Batten.

	699	633	664	413	495	495	1047	534	567	696	1614
F. Arcamone	699	633	664	413	495	495	1047	534	567	696	1614
H. Ciccocioppo	699	633	664	413	495	495	931	600	633	696	1564
242 lb.											
J. Douglas	777	810	826	462	485	496	1322	661	699	992	2022
W. Conner	685	746	786	456	475	486	1204	604	637	982	1942
K. Stewart	685	746	786	456	475	486	1179	604	637	982	1879
T. Earnest	633	689	689	449	440	473	1107	605	672	694	1779
M. Singer	698	628	698	485	494	501	1129	605	674	678	1774
J. Batten	698	628	698	485	494	501	1129	605	674	678	1774
S. McDaniel	699	661	692	440	468	485	1129	595	622	693	1725
M. Edstein	578	600	617	413	429	440	1057	622	666	683	1741
P. Anderson	617	655	646	374	407	424	1041	531	600	693	1642
L. Cahill	578	606	628	369	366	365	1118	749	749	749	249
K. Howard	699	733	749	394	366	365	1118	749	749	749	249
M. Schellen	699	733	749	394	366	365	1118	749	749	749	249
M. Schellen	699	733	749	394	366	365	1118	749	749	749	249
275 lb.											
T. Leaito	777	846	815	562	584	644	1399	639	705	722	2121
M. McColligan	677	716	798	435	455	457	1174	705	744	771	1945
R. Ciccocioppo	677	716	798	435	455	457	1174	705	744	771	1945
M. Ciccocioppo	666	699	699	406	485	523	1196	650	705	711	1906
J. Markoff	699	699	727	479	469	518	1245	611	639	661	1906
M. Anderson	744	782	799	413	440	484	1223	633	699	677	1901
C. Cichner	698	706	717	462	455	466	1179	633	644	653	1879
C. Cichner	698	706	717	462	455	466	1179	633	644	653	1879
C. Hips	738	777	798	440	455	467	1218	628	650	679	1868
C. Gillingham	511	639	644	462	499	479	1118	705	738	749	1857
D. Hipschick	531	600	642	479	494	501	1124	705	722	749	1846
M. Schellen	699	699	727	479	469	518	1245	611	639	661	1906
M. Kautz	688	706	706	429	449	448	1118	688	706	706	1807
M. Ringer	677	749	749	369	369	394	1047	666	694	749	1741
M. Hartle	617	650	689	406	446	493	1096	600	699	699	1697
M. Hartle	617	650	689	406	446	493	1096	600	699	699	1697
C. Thompson	633	666	664	440	460	460	1074	600	644	660	1675
C. Thompson	633	666	664	440	460	460	1074	600	644	660	1675
C. Doyle	606	699	633	407	448	448	1041	584	617	639	1658
V. Lombardi	606	650	706	418	446	468	1096	529	647	666	1526
E. Howell	699	699	699	490	469	469	716	275	275	275	1041
M. Clarke	755	755	755	553	529	529	1029	699	699	699	1699
C. Carlin	699	699	699	490	469	469	716	275	275	275	1041
M. Inoke	625	650	694	529	529	529	1029	699	699	699	1699
150 lb.											
F. Gillingham	777	804	821	562	578	604	1399	782	804	804	2204
J. Inokawa	615	659	876	400	422	426	1438	716	760	794	2198
M. Schellen	699	699	699	490	469	469	716	275	275	275	1041
T. Stout	688	716	792	418	462	489	1179	672	727	744	1906
M. Cochran	749	832	894	499	499	499	1190	628	666	677	1857
B. Caudras	699	699	699	490	469	469	716	275	275	275	1041
B. Caudras	699	699	699	490	469	469	716	275	275	275	1041
B. Caudras	699	699	699	490	469	469	716	275	275	275	1041
B. Caudras	699	699	699	490	469	469	716	275	275	275	1041
125 lb.											
Friendly International Match											
125 lb.											
133 lb.											
Iaigawa JPN	468	498	490	380	396	396	887	490	512	599	1399
Tanuchi JPN	374	391	396	403	429	464	655	418	446	459	1102
165 lb.											
Vahtinen NOR	573	595	611	352	369	380	992	373	606	617	1609
Skoff NOR	507	540	551	307	352	368	903	373	606	617	1609
220 lb. NZL											
Nakamura JPN	617	639	666	352	394	394	992	683	729	729	1675
Nakamura JPN	617	639	666	352	394	394	992	683	729	729	1675
275 lb.											
Fuathuna JPN	644	661	705	440	440	463	1146	495	529	595	1675

then the misery continued when he couldn't get a bench press passed. He had been on a training course to try to name 615 that Leaito missed. Knut Ortiz also had an awkward bench pressing day and didn't get one on the board.

The **Superheavyweights** were billed as a head-on collision between the proven Brad Gillingham and the ever improving John Binkowski, with Sean Culnan thrown into the mix off his recent PRs. Gillingham squatted spectacularly, talking himself up with a 749 South Dakota State mark on his needs to make an even more profound impression at the IPF World Championships. After winning with a 804 deadlift, he gave a competitor PR 821 deadlift ago, but couldn't lock it out. Brad, his All Pro Dad Gale, and his brothers are all 'X-Y-Z' huge - large in every dimension, and they had that "too big for the apparatus" look even when walking down the opulent hallways of the host Doubletree Hotel. Brad, in particular, has more musculature than any 320 lb. man is entitled to, and somebody should check him for deltoid implants, because his are just too big to believe. (Brad, by the way, had a nice write-up in the newspaper on meet weekend).

Blunk was doing well, making 5 out of 5 before missing a 578 bench.



Major Mass... Tony Leaito of Hawaii is one put together 275 pounder.

He went flying backwards after a 771 deadlift try, striking the back of his head on the platform, and was unconscious for a short period of time, but ended up all right. Sean Culman, after a midseason surge in the bench and deadlift, just missed an 804 squat, had to take an otherwise easy 545 bench over again, and didn't get the 800+ deadlift he wanted either. Young Jeremy Haller of North Carolina only weighed 282, but ran away from Kansas Tom Stout in the deadlift and looks like a future prospect to watch. Mike Cochran of New York had Steve Downs in his corner and was on a good roll before shockingly blowing out three bench shirts in a row, each time just before the weight reached his chest.

Concurrently with the Men's Nationals, a friendly international match was held with 8 participants. Roy Brandzag of Norway salvaged a last ditch 485 lb. squat with the help of the crowd, and went on to a PR bench (286) and ten times bodyweight total at 123. Namoru Taguchi is a tough new competitor at 132 from Japan, but the star of that weight class show was veteran Japanese lifter hero, Hiroyuki Isagawa, who had a special day overall and a spectacular performance in the bench press in between the big lifts. After taking 396 over very strongly on his 3rd attempt, he asked for a 4th attempt at a new IPF World Record poundage of 409 and he explosively jammed that up to lockout with apparent ease. Norwegian middleweights Valentinsson and Skogly showed little



Brad the Brothers Gillingham pulls in 804.

effect of their long trip to the competition, with Sigve making 9 for 9 in a supposedly premier competent display of powerlifting prowess. Kaiter, who lives in the United States now, represented Netherlands, but didn't make the huge deadlift he is often capable of. Nakamura and Fukushima were both popular with the crowd, who expressed sympathetic surprise whenever either man missed one of their short stroke lifts.

Ed Coan was present at the contest, helping out several lifters, but he had hoped to compete here, what with the arbitration hearing on his IPF suspension in the International Court for Sport being held (in Denver) the day prior to the start of competition, but after many long hours of testimony by Ed's side and the IPF, the final decision of that body was postponed until the end of July, with the suspension remaining stayed. Ed reports that he attempted to join the USAPL and send in an entry to this contest, but did not get a response. Ed remains confident of the outcome of his suspension hearing, as does the IPF, which was represented by President Grahame Fong of New Zealand, and who indicates that they will not appeal any decision of this court. Grahame also brought his lovely 16-year-old daughter Lisa to the contest.

Unique Best Lift and Best Lifter

singer by the first name of Terry and, on the last day of competition, USAPL President Mike Overdier. Led by Andrea's husband Mitch, a rugged crew of spotters, many of them Coloradans, shouldered the heaviest responsibility of the contest. The staff at the Doubletree Hotel went beyond the call of duty on occasion, keeping the restaurants open after normal hours to accommodate hungry officials for example. Many fellow meet directors at the event noted that Andrea Sortwell had, indeed, dotted all the "i"s and crossed all the "t"s on this contest well before hand. Nobody could think of anything more that could have been done. It was one of, if not the most comprehensive Men's National Championship presentations ever witnessed. The huge rear projection video screen showing the lifting at right was complemented by the equally large screen to the left which offered the audience the computer scoring of the event, and an excellent weight-on-bar and timer display completed the crowd-friendly platform information offerings and similar displays were available to the lifters in the immediately adjacent warmup area. Andrea even had the bench covered in suede to keep the lifters from slipping! Audience response was almost overwhelming with the 400 meet shirts Andrea had screened up for the event gone by Saturday. The USAPL itself showed up in force, with 37 referees available for duty, and several more being certified at the competition. This was a contest worthy of a world championship, a point not lost on IPF President Grahame Fong (he was presented a special award from the USAPL in recognition of his efforts regarding their IPF membership) who stated to the crowd that to say he was impressed would be a gross understatement. In addition to the international lifters, there was a significant presence of international officials with Canada's CPU President Mike Armstrong on hand to referee, as well as Susumu and Hisako Yoshida of Japan along with their team's benefactor, and Heiner Kobert of Germany handled the computerized scoring.

Meet Directors Mike Cissell and Rick Fowler were also in the house to witness this great event and they are already at work getting next year's USAPL Men's National meet ready for July 25th-27th in St. Louis, Missouri. Will you be there?

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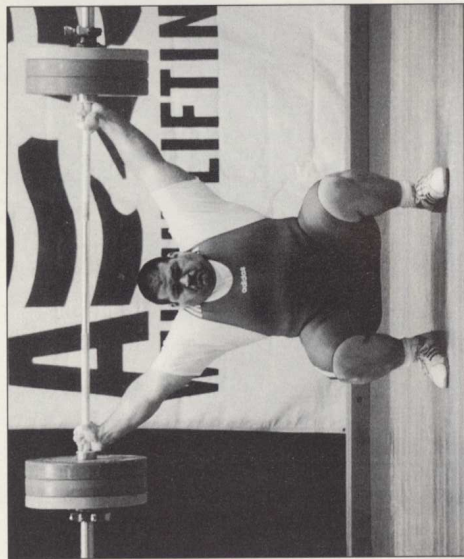
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"Helped me win an Olympic medal!"
 Lucy Tyler-Shamm
 Bronze Medalist, 1996 Olympics

Powerlifter Turned Olympic Lifter Captures The Nationals!

as told to Powerlifting USA by Marty Gallagher



Shane Hamman has made an incredible transition to Olympic lifting. (S. Drake)

Shane Hamman, two-time national powerlifting champion, won the 1998 Olympic lifting national championships on April 29th with a 386 pound snatch and a 463 pound C&J. In doing so, Hamman became the first man to twice capture national titles in each sport. The last lifter nationally ranked in Olympic lifting and powerlifting was Herb Glossbrenner protégé Jim McCarty. Shane is the first lifter since Dave Meyer (circa 1966) to simultaneously hold national records in both sports. As a powerlifter, Hamman has placed second in the IPF world championships, won the USPF national title twice, set national and world records in the squat, including the current IPF mark of 1008 pounds. Last August at the Olympic lifting world team tryouts Shane won with 367 - 463 - 830. Later in the year he ripped a 402 pound snatch for an American record.

At the same contest Shane popped up a 463 pound clean and jerk. This despite his left hand having come off the bar-bell completely on the clean recovery portion of the lift. He somehow managed to re-secure his grip on the ascent, settle down and jerk the weight to a standing Olympic. He posted an 865 pound total, amazingly close to the 896 required to qualify for the World Championship.

Shane and his coach Steve Miller had set their sights on 418 and 486 for a 904 total. Climatic conditions proved less than optimal and fate interceded to trip-up Shane in his numerical mission. Shane has been 0-lifting for only 23 short months.

At the recent national championships, held in Arizona at high altitude, Shane took no less than three cracks at updating his snatch record from 402 to 407. The 25 year old Hamman described the circumstances: "I opened my snatches with 386 and it felt real good. I went straight to 407 to increase my national snatch record. I chalked up and walked onto the platform for 407 when the lights suddenly went out in the auditorium! It was dark, but you could still see a little, so I said what the heck! I'm ready, let me give this 407 a ride in the dark." Shane Hamman, 5'10" tall, weighing 380 pounds, broke the bar from the platform. At the pull's peak, a high power lift went off. In normal lighting the effect would have been inconsequential, in the semi-darkness the effect was dramatic - and distracting in the extreme. Shane underestimated the disorienting effects the dark had on his reflexes and timing. "It was real close, I couldn't get my wrists turned over and the bar fell forward!" It was obvious, despite Hamman's admirable display ofchutzpah, that conditions were a negative factor. The officials huddled

snatch is directly attributable to his quick athleticism and lightning reaction time. He has an incredible combination of brute power and athletic subtlety. "The first snatch I ever did in my life was two years ago - I like the movement and take it pretty naturally." Experts seem to enjoy the 200 kilo snatch club too. "His rate of progress has been phenomenal; one more year like this one and Shane will be ready to compete on equal footing internationally." Says his coach, Steve Miller. "I honestly believe that Shane will win the world and Olympic championships before he is through." Shane's goal is to make the US Olympic team in the year 2000.

Coach Miller feels the surface of Shane's potential has barely been scratched. "If we can refine his technique and harness more of his awesome strength, Shane's lifts will soar" on Hamman in a gym they both, Oklahoma. Shane's North, Oklahoma. Shane's short term goal is to make the world Championship team this year. Another interesting angle: coach Miller is receptive to an idea of Shane competing in an occasional powerlifting meet.

"I would love to see what he could squat and deadlift as a result of our Olympic-style training. Now admit that I'd-ightenning him doing any shoulder-igthening bench presses, but hey, I bet he could bench 500 even with no bench training." In view of the fact that Shane has an official 550 on the books, this does not seem an exaggeration.

Shane thinks his Olympic training has improved both his squat and deadlift. "I would bet anything that I could squat 850x1 with no gear. My deadlift would definitely be improved as a result of all my pulling. My technique would be much more efficient." Ironically, Shane is more resistant to the powerlifting idea than his coach.

"I don't see me competing in powerlifting anytime in the immediate future - but, yeah, at some point I would like to test my strength in a powerlifting format. I still squat - a lot, actually. But it's different in approach. I might do 5 sets of 5 with 600 or 3 sets of 3 with 700. Plus, I might squat 2.3 times a week." If Shane Hamman equals the progress he's made over the past 24 months for the next 24 months, watch out! Shane, you see, could be powerlifting's greatest gift to Olympic lifting since Paul Anderson roared out of the Georgia woods, like some strength Elvis back in the mid-fifties. Could Shane Hamman be the true successor to Paul Anderson's dual-sport mastery, 45 years down the road? The comparisons entail strength devotees worldwide. Push forward, Shane.

and magnanimously granted Hamman an additional attempt. The power was never restored and eventually the lifters forged ahead to 500 in the near future. "Shane has yet to lift internationally as an Olympic lifter. The USOC has established minimum qualifying totals that a lifter must obtain before being allowed to lift at the world championships. "I want to compete at the world championships. That by itself would be very cool, experiencing two different world championships in two different sports, both as an athlete. "This feat would be unique but not unprecedented. Bulgarian Olympic lifters Krastev and Popov have both dabbled in powerlifting at the international level. Krastev in particular looked as if he could have been a force had he stuck to it. He squatted 900 at the IPF worlds without a belt, before bombing in the bench with around 480. He pulled in the high 700's and appeared a few years away from becoming a world threat.

Shane was famous in powerlifting for his die-bomb, crash-and-rebound progress for the next 24 months, watch out! Shane, you see, could be powerlifting's greatest gift to Olympic lifting since Paul Anderson roared out of the Georgia woods, like some strength Elvis back in the mid-fifties. Could Shane Hamman be the true successor to Paul Anderson's dual-sport mastery, 45 years down the road? The comparisons entail strength devotees worldwide. Push forward, Shane.

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TOT	SQ	BP	DL	314
87-Coffey, J.	694	248	143	303
88-Coffey, J.	718	259	148	303
89-Coffey, J.	738	286	165	306
90-Coffey, J.	715	253	139	314
91-Coffey, J.	727	259	155	314
92-Coffey, J.	727	264	159	303
93-Coffey, J.	683	259	148	297
94-Coffey, J.	688	253	148	298
95-Coffey, J.	727	242	126	358
96-Coffey, J.	699	231	127	275
97-Coffey, J.	666	242	143	281
98-Coffey, J.	848	308	154	385
99-Coffey, J.	699	237	95	314
100-Coffey, J.	699	237	95	314
101-Coffey, J.	699	237	95	314
102-Coffey, J.	699	237	95	314
103-Coffey, J.	699	237	95	314
104-Coffey, J.	699	237	95	314
105-Coffey, J.	699	237	95	314
106-Coffey, J.	699	237	95	314
107-Coffey, J.	699	237	95	314
108-Coffey, J.	699	237	95	314
109-Coffey, J.	699	237	95	314
110-Coffey, J.	699	237	95	314
111-Coffey, J.	699	237	95	314
112-Coffey, J.	699	237	95	314
113-Coffey, J.	699	237	95	314
114-Coffey, J.	699	237	95	314
115-Coffey, J.	699	237	95	314
116-Coffey, J.	699	237	95	314
117-Coffey, J.	699	237	95	314
118-Coffey, J.	699	237	95	314
119-Coffey, J.	699	237	95	314
120-Coffey, J.	699	237	95	314
121-Coffey, J.	699	237	95	314
122-Coffey, J.	699	237	95	314
123-Coffey, J.	699	237	95	314
124-Coffey, J.	699	237	95	314
125-Coffey, J.	699	237	95	314
126-Coffey, J.	699	237	95	314
127-Coffey, J.	699	237	95	314
128-Coffey, J.	699	237	95	314
129-Coffey, J.	699	237	95	314
130-Coffey, J.	699	237	95	314
131-Coffey, J.	699	237	95	314
132-Coffey, J.	699	237	95	314
133-Coffey, J.	699	237	95	314
134-Coffey, J.	699	237	95	314
135-Coffey, J.	699	237	95	314
136-Coffey, J.	699	237	95	314
137-Coffey, J.	699	237	95	314
138-Coffey, J.	699	237	95	314
139-Coffey, J.	699	237	95	314
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142-Coffey, J.	699	237	95	314
143-Coffey, J.	699	237	95	314
144-Coffey, J.	699	237	95	314
145-Coffey, J.	699	237	95	314
146-Coffey, J.	699	237	95	314
147-Coffey, J.	699	237	95	314
148-Coffey, J.	699	237	95	314
149-Coffey, J.	699	237	95	314
150-Coffey, J.	699	237	95	314
151-Coffey, J.	699	237	95	314
152-Coffey, J.	699	237	95	314
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163-Coffey, J.	699	237	95	314
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165-Coffey, J.	699	237	95	314
166-Coffey, J.	699	237	95	314
167-Coffey, J.	699	237	95	314
168-Coffey, J.	699	237	95	314
169-Coffey, J.	699	237	95	314
170-Coffey, J.	699	237	95	314
171-Coffey, J.	699	237	95	314
172-Coffey, J.	699	237	95	314
173-Coffey, J.	699	237	95	314
174-Coffey, J.	699	237	95	314
175-Coffey, J.	699	237	95	314
176-Coffey, J.	699	237	95	314
177-Coffey, J.	699	237	95	314
178-Coffey, J.	699	237	95	314
179-Coffey, J.	699	237	95	314
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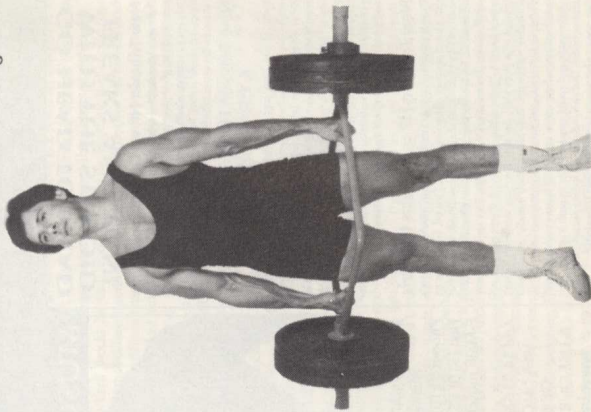
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Summertime, and the living is easy. Or so the song says. Does the lifting ever get easy? No. Pushing, or pulling, those weights up is always hard work, especially when you get up to some high numbers.



Bridget Hayes, lifting her 140 lb. friend, Rob, (photographs for report are courtesy of Ned Low)

Out in Pennsylvania, a lot of lifters were attempting big numbers at the York, Barbell Picnic and Powerlifting Meet, and next issue we'll have more info on the results. For now, Dave Barro got Best Lifter Male, Jody Toter got Best Lifter Female, and Anthony Clark did not hit his bench press attempts. We'll also have results of the big USAPL Nationals next issue, from our traveling correspondent Peter Thome, who is on his way to Denver for the meet as these words are written.

Out here in California, summertime is strict curf time, and Venice's Muscle Beach held its first contest

of the year. Gold's Gym's Jason Conto hit 115.5 lbs., weighing 172.5 in the Special Olympian category, and that established a world record. Also competing were Rob Gaskin, who curled 120 lbs., weighing only 129, and Bridget Hayes, who curled 65 lbs., weighing only 121.

Bridget was out here on vacation from New York City, where she is an actress, singer, and dancer, and where she does a lot of weight training. She has PR's of 335 in the squat, 140 in the bench, and 240 in the deadlift. And what does all that weight training and strength do for Bridget?

Well, as you can see in the picture, she can do some impressive lifts of things that are made of materials other than iron. When this photo was shot, Rob, the guy in the air, weighed 140 lbs.

Also in the New York area is top Masters lifter Ellen Stein, who let us know she is now recovering from two injuries, but will be back on the lifting platform as soon as she can. Ellen hurt her foot while taking Irish dancing lessons - I guess you pretty hard - before

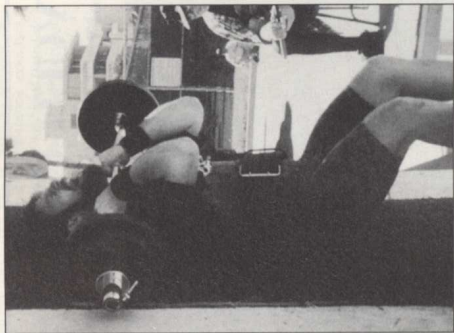
Ellen Stein, a top Master lifter in the NY area.

Factory's equipment, including the Monolith, paid off for them, as Mike and Joe, along with another training partner, Dennis Urban, all won first place trophies. Congratulations to all of them, and for those of you in the Pittsburgh area, check out the Monster Factory. You can reach them at 412-384-1874.

And, finally, it's time to announce the opening of powerlifting's major new website, POWERPOWER.COM. POWERPOWER.COM is the host site for POWERLIFTING.USA Magazine, POWERLIFTER VIDEO Magazine, INZER ADVANCE DESIGNS, and the IRON ISLAND GYM. The site will have lots of cool features and powerlifting news, product descriptions and information, fun pictures, and some great prices on supplements. Check out brand new web site out at www.POWERPOWER.COM.

Stay cool, stay strong, and we'll see you next month.

-NED LOW



Jason Conto, Special Olympian from Gold's Gym.

also getting whacked in the gym by a piece of falling equipment. The two grip handle you use for back rows or pull-ups fell off the bar. It was resting on and landed square on Ellen's head, opening up a nasty cut and requiring many stitches.

Pennsylvania's Mike Blake paid a visit to Harris' Monster Factory in Elizabeth, PA, with his training partner and coach, to put in their last squat workout before the NASA Nationals. Using the Monster



Mike Blake, **Joe Alessandro** and **Mike McFarland** at Harris' Monster Factory to put in their last squat workout before the NASA Nationals.

INTERVIEW

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

YUEH-CHUN CHANG as told to Powerlifting USA by Fred Rice

Yueh-Chun Chang won just another USA Powerlifting (ADFFPA) Women's National Championship this year and competed in the IPF Women's World Championships in Norway in May. Her total tied her weight, but she was only 5 kilos out of first place, and is hoping to be the IPF Women's world champion in the near future. Her rise to being one of the top female lifters in the world has been rapid, as she has only been in the sport for 9 years.

SUBJECT: Yueh-Chun Chang.
AGE: 28. **MARITAL STATUS:** Single. **HOMETOWN:** Seattle, WA.
JOB: Event promoter (PR) for Cascade Fresh Yogurt. **HEIGHT:** 5 ft. 1 in. **WEIGHT CLASS:** 114 lb.
TRAINING WEIGHT: 118-120 lbs.
EQUIPMENT USED IN COMPETITION: Suit: Marathon, Whist wraps; T-shirt, Knee wraps: Titan Shoes: Safe Shirt; Inzer.

FR: WHAT EQUIPMENT DO YOU USE IN TRAINING?
YC: I usually use no equipment in training, although I use a belt anytime I am above 135 lb. in the squat. I start using knee wraps about 4 weeks before a contest, and I start using a suit about 2-3 weeks out.

FR: CONGRATULATIONS ON YOUR USA POWERLIFTING NATIONAL CHAMPIONSHIP THIS YEAR, AND ON YOUR PERFORMANCE AT THE IPF WOMEN'S WORLDS. TELL US ABOUT YOUR EXPERIENCE AT THE WORLDS IN NORWAY.
YC: The judging was great - it was very fair. The meet was extremely well run. It was the best run meet I've ever seen. It was very well organized. It was very accommodating for the lifters, the coaches, and the officials. The Norwegian people were really wonderful. It was also the most technological meet I've ever seen. There were computer screens everywhere that showed you exactly what was going on during the meet. Also, there was good news coverage of the event. The local news people were there every day, and Paula Houston and I were featured in the local paper. There was also some national coverage, and I understand that at least part of the meet was shown on Euro ESPN.

FR: IN ORDER FOR US TO GET



Yueh-Chun Chang... her best deadlift is 413 lbs. All photographs show her at the 1992 ADFFPA Women's Nationals in San Ramon, CA.

A FEEL FOR THE KIND OF PREPARATION NECESSARY FOR A MEET OF THIS IMPORTANCE WHICH IS HELD SO FAR AWAY FROM THE US, TELL US HOW FAR AHEAD OF TIME YOU LEFT FOR NORWAY.
YC: I flew out of Seattle on Friday morning and completed the following Thursday. We had five Saturdays en route, arrived in Oslo on Saturday evening, and got to the meet site on Sunday. That Sunday was the Norwegian Independence Day, so we got to experience their fourth of July. We also didn't have any trouble sleeping, but it was difficult to keep track of time. After socializing in the evening, we would go outside expecting it would be dark, but it was as bright as day. I was glad that we got there as far ahead of time as we did so that I had sufficient time to acclimate to the time change and the environment.

FR: WERE YOU ABLE TO CHECK YOUR WEIGHT FREQUENTLY IN THOSE DAYS PRIOR TO

get personal training, snacks, t-shirts and printed information. Various local athletes come in to speak and to help these kids. It's a chance for them to experience a health club environment and team exercises that they can take away with them. It gets them motivated to stay healthy and fit.

FR: I HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?
YC: I was a gymnast for 12 years, and I ran track for 4 years. After high school I met Willie Austin, who was opening up a gym across the street from my first job location. He invited me down, and I

your wraps, put your suit on, etc., unless, of course, you're going someplace like Norway, but Paula Houston traveled with me there, so that was a big help.

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?
YC: I think that we need to have more testing than we do now. I think that the out of meet testing which is being done is a great idea. I was tested out of meet prior to the USA PL Women's Nationals this year, however, I was not tested out of meet prior to the IPF worlds. There was random testing at the IPF Worlds.

wanted to improve for track, so I started training here and this led to entering a local ADFFPA meet. I was 19 years old at the time. I did well in that first meet, so I entered a regional meet, and then a national meet in which I placed fourth. Since then I've just been chugging away. With only one exception, I've competed exclusively in USA Powerlifting/ADFFPA sanctioned meets.

FR: SPEAKING OF WILLIE AUSTIN, TELL US SOMETHING MORE ABOUT THE PACIFIC POWERLIFTERS TEAM.
YC: There are over 70 of us who are members of the Pacific Powerlifters Team, including a lot of women. There are a great variety of talents and backgrounds. The majority of us train at the Gateway Athletic Club. Most of us were also members of Willie's first gym - "The Gym of Seattle", which doesn't exist anymore. The team members are a really nice group of people and we really support each other. There's always another powerlifter at the club if you need a spot or any other kind of help. There's always somebody from the team who is willing to travel with you to a competition to help you roll



Yueh-Chun Chang... her personal record bench press is 203 pounds.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?
YC: I'm a vegetarian. I get my protein from protein shakes, tofu, soy milk, etc. I eat lots of nuts and green vegetables & meat substitutes, like veggie hot dogs. As far as supplements, I take whole food based supplements, but I don't take any of the popular supplements. I don't even take creatine.

FR: WHAT ARE YOUR BEST LIFTS?
YC: My best bench 203 lb., and this was done at the IPF Women's best deadlift of 413 there, and actually had 440 to my knees in going for the win. My best squat in competition is 358.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?
YC: As far as the sport is concerned, I would like to see more women involved in powerlifting, and I want to see it in the Olympics. As far as my personal goals, I would like to win an IPF World championship, but more than that I want to see personal improvement, something like a 375 squat, a bench well over the 203 that I have done, and a 440 deadlift.

FR: WHAT IS YOUR TRAINING

deadlift, and calves. For my back I do 3 sets each lat pulls, seated rows, and T-bar rows. For biceps I do about 3 sets each of 4 different movements. Wednesday I do abs and at least 1/2 hour of cardio work. Thursday I do light chest, shoulders and triceps. This is typically the same workout as Monday, only I do more repetitions with lighter weight. Friday I do deadlift, light legs, back, and biceps. At the beginning of my cycle I often do conventional deadlifts, but later on I do my competition style. Once again I follow the same rep and set pattern as in the bench press. For legs I do 3 sets each of step-ups, straight leg deadlifts, lunges, leg extensions/leg curls, and calves. I finish with biceps, as on Tuesday, FR: WHAT ARE

SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?
YC: I have been USA Powerlifting/ADFFPA Women's National Champion 6 times, and WDFPF World Champion a number of times. I hold all the Women's American records in the 114 lb. class. Also, in 1994 I was named one of Seattle's Top 10 Athletes of the year by the Seattle Post Intelligence, along with athletes from the SuperSonics, the Mariners, and the Seahawks.

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?
YC: Powerlifting is a sport that has the potential to become very popular. Anyone can do a squat, a bench, and a deadlift. You don't have to be born with a great natural talent to do these lifts. With a little focus and some good training many people can do well, and it's a sport that can be used to assist with many other sports, like football or gymnastics. A lot of women have a stereotypical view of what it means to be a woman lifter. I hope that we can get rid of this and show women that you can be beautiful and at the same time be a lifter.



Yueh-Chun... her best mark in the Squat is 358

FR: IN ORDER FOR US TO GET

I received quite a bit of comment from my column of July 1998. Questioning the motives of competitive lifters is, at best, risky business. This column dealt with the necessity, at least in my opinion, of enjoying one's training and competitive activities. Some of the comments I received via phone, fax, and E-mail, now want me to ask "What determines if all of this is worth it?"

If you look at today's culture, it is morally bankrupt in so many ways. Yes, I sound as bad as my father did to me, caring about the "younger generation" and how we were all "going to hell in a handbasket". However, there have been some interesting studies and surveys that indicate that for the first time in the history of American culture, there have been changes in perception, values, and behavior; that signal a major change in the way in which the culture both rewards an individual and judges that individual.

Until recently, almost every survey done that examined the "traits" of successful people, or those judged to be successful by the populace, demonstrated similar characteristics. Of those "most admired" or "most respected" in public life, "character", "honesty", "intelligence", and "used good judgment" were the types of responses given when these individuals were rated or judged. In all cases, character traits, traits related to one's behavior as seen against a backdrop of a greater culture or nation wide moral fabric, inherent

behavioral patterns were the means by which these public figures were deemed to be worthy or not. Recent polls and studies indicate that the recurrent means of judgement include and are dominated by "has accumulated a great deal of wealth", "is frequently seen in the media", and similarly related "traits".

The difference lies herein: formerly, one was judged on the type of person they were and how their treatment of others was perceived, how they responded in emergencies (Eisenhower was always a beloved figure strictly for his response under the duress of battle). Now, one is judged to be a "good person" if they are rich, on television a lot, a public entertainment or sporting figure, etc., having absolutely nothing to do with the type of person they actually are. The size has become more important than the steak! Hypocrite is everything and, truly, old fashioned values have taken a back seat to "who's better?"

Putting one's participation in powerlifting against the backdrop makes the question of "is it worth it?" or "why the activity very positive and very worth-

while. How can powerlifting not be worthwhile if it can yield so much to an individual?

Why then, do so many tell me that if they don't win a contest, or aren't winning certain specific meets, that "all of this was really a waste"? This is actually the prevailing attitude. It's also why you have throwbacks like me and the others in their fifties and older who continue to train, occasionally compete, support the sport by judging, leading, spotting and announcing at meets and train and encourage younger and/or new lifters. We had the attitude that we trained and competed because it was important relative to the other things our lives brought us, that the training gave us physical and emotional benefits that other things didn't; that competing was a chance to test yourself but more importantly, enjoy the company of others intent on doing the same. Every article you read about the state of the sport or comments by older lifters comes back to the theme that there is a lack of friendship on the platform. This is perfectly a common purpose. This is perfectly understandable when you view the values expressed by the broader society which judges you strictly on success or achievement, often relishing or nullifying the value of preparing for and striving towards a goal.

Powerlifting is worth it if you have the perspective that it can enrich your life because of what it is, not what you can take from it.

More From Ken Leistner

do this?" in a tough perspective. I have often complained and/or noted that many young lifters do not stay in the sport long and rarely seem to enjoy themselves except for those occasions that find them in "first place". Their veneer is more important than the substance of not only their character, but the nuts and bolts of training that make competition possible. The hours of hard training make you stronger; teaches one to sacrifice other more immediate pleasures in order to work towards a goal, doing real live physical work; forces one to determine priorities; makes you "see yourself" as successful or not; and then puts you in a position where if only to yourself you have to do those things necessary to foster improvement. All of the above are great goals and achievements. All are "worthy" in that they make a person "better", "tougher", more competitive for having gone through the process. Win or lose, first place or fifth, the process is the same and the rewards can be the same and this makes the activity very positive and very worth-

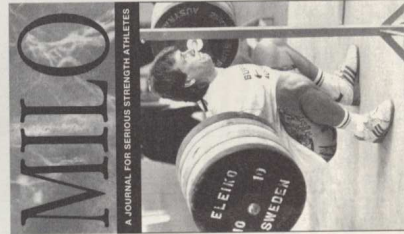
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Melbourne, Australia (November 1993)

91-kg Ivan Chakarov banged out a triple with 270 kg in the squat—impressive enough in itself, but even more so when you consider that it was a high-bar, close-stance, rock-bottom effort; and because he did it with no belt, no wraps, no spotters, we coined the phrase "no-no-no" to describe the style. The strength world would never be the same again, because now everyone knew what real squatting was all about. Chakarov went on to win the World Weightlifting Championships a couple of days later, securing his spot as a *MILQ* guy.

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POWER PROFILE

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

Terry McCormick as told to PL USA by Herb Glossbrenner

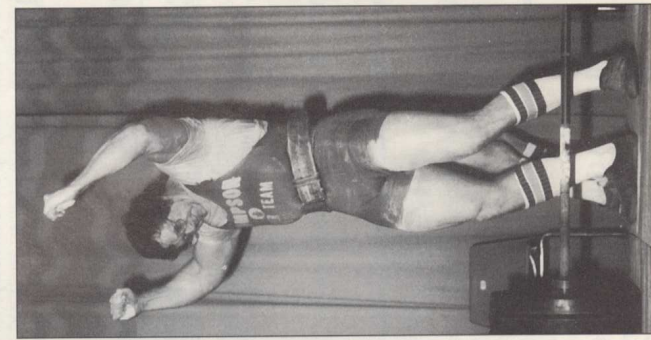
hellraiser if you can believe that. It was about this time that guys his age were being drafted for the war in Vietnam. He dropped out of college to enlist. He got stationed at Hamilton AFB in San Francisco.



The Top Three at the 1978 Senior Championships (left-right): Steve Wilson, Terry McCormick, and Clay Patterson (photograph courtesy Watanabe)

powerlifter. Cundy showed him the his D/L routine. He'd stand on two benches and lower the barbell to floor that way. No doubt he built a tremendous lower back using that method. Since both attended school at U of H, they struck up a camaraderie. For some inexplicable reason Cundy's roommates didn't like him. Don provoked them further. He'd go to the cafeteria 20 minutes before lunch period and eat up all the meat. The question from the outraged others was: "Where's the beef?" Don somehow always managed to summon forth a long & loud guttural belch. They put two & two together.

Terry & Evelyn moved back to CA in 1969. They settled in Orange County in the city of Anaheim. Terry continued to train on the



Success at the '80 World Series of Powerlifting.

was transferred to Hawaii in 1967 and finished up his tour of duty there.

By this time he'd filled out to 200 lbs. and was thinking of continuing bodybuilding. It was at time he, by chance, met a P/L legend. The fellow attracted a lot of attention, standing 6'3" with red hair, red beard, pallow white skin, and attired in white shorts and sandals, punctuated by a loud, flowered, multi-colored aloha shirt. The 280 pounder was none other than Don Cundy. If his name doesn't ring a bell: Cundy was 4 times Senior National Champ @ SH ('67 thru '70) and was first American to D/L 800! Don showed Terry the basics of powerlifting.

Terry got married in 1966, and had met his wife while he was still serving Uncle Sam. Now out of the service, Terry decided to resume college, and attended the University of Hawaii. Now it was 1968 and he was 22. He and wife Evelyn had a Volkswagen "Bug". The window on the passenger side was stuck. Terry tried on several occasions to raise or lower it, but couldn't. Cundy, riding with him, would nonchalantly roll it down and hang his arm out the window. Then, easily, he would crank it back up when exiting vehicle. Terry still couldn't budge it. He decided then and there he wanted to become a

1971, then won it in '72. Doe presented Terry with a pair of double layered canvas shorts. They laced up in the front like football pants. "Give these babies a try!" Doe invited. So, Terry did his best SQ at the time was around 600. So, 800 was loaded!

Shades of Overholzer! Terry bravely took the big load down to parallel. He didn't try to get up, because he knew he couldn't! He was amazed that he could sit there with the pants holding him up and keeping him from being driven to the floor. Even in those days everyone was looking for methods to enhance their lifts. Once training at Ernie Thayer's garage in Long Beach, Overholzer popped in ready for a workout. He'd come straight from work. Already bundled

& ready to go, Tom took a 725 SQ cold. Twice he took it down & missed. Then on a third try - he made it. Next the BP: Tom tackled a 505 BP, again without warmup. He missed it, missed it again. Finally on a third attempt - whole workout! He bid farewell and left!

Terry was still attending school, majoring in music, and worked for the Police Dept during the summertime. He was pursuing studies to become a music therapist, to work with those who may have psychological or speech problems. He decided he was at long last ready to do a big meet. The 1973 Jr. National, also held August 4-5th in Stillwater, OK. By this time he was representing Bud Mure's Olympic Health Club of Los Angeles. The 242 class boiled down to two men grapple for the title. It was Terry vs. Hollie Evert - a very strong and determined "local yokel". Terry horsed up a 655 SQ. Evert bettered him, pulling up 670. Evert was building up a head of steam. After Terry BP'd 470, the Oklahoman muscled up 480, and nearly got credit for 495. Evert continued to apply pressure, hoisting 650 on his D/L opener. Terry waited for his move. Hollie jumped to 680. It stalled. An increase to 690 didn't go. Finis - 1800 TOT. Terry went for the win. Thinking of his first mentor - the D/L master himself (Cundy) - he inched it into the final lockdown - for the win - 1815 TOT! McCormick took a stab @ 725, a meet record, but missed.

Terry might have had a good chance at the Senior National title Sept. 9th in Dunmore (outside of Scranton), PA but it was too far, and too costly, so he skipped it.

Tom Scott took the big title with 1860. Remember, 1973 was the year that all wraps were banned. It was all raw!

McCormick made his Senior National debut in 1974, on Labor Day weekend in Ft. Worth, TX. He roomed with his old Zuver's teammate Tom Overholzer. Terry has always had trouble sleeping, especially the night before a competition. He was lying there wide awake thinking about his lifts, staring at the ceiling. Tom was snoring like an asthmatic rhinoceros. Suddenly, the poorly one gives a snort and sprang from his bed. Terry was startled and asked "What's wrong?" "I've got it!" Tom answered and proceeded to do a strong, deliberate squat. "That's

Terry faced tough competition: fellow CA man Larry Kidney from Pomona, plus a new powerhouse - Doug Young, Brownwood, TX, as well as another blast from the past - SHW phenom John Kuc was back in action. He came in some 70 lbs. lighter, a new improved stream-

lined model. Young dunked 605 and 635 (655 shallow). McCormick honed in and butt dusted the plaintiff: Kuc, @ 239, did 650 - 675 - 700, making them look easy. Kidney was also cooking, and hit 700 also. The bench press was Terry's misfortune. He had 435 to arms length, but dropped it. It fell full force on his chest. He ignored the pain, and came back to make a 440 3rd. He didn't know until afterwards that he had cracked his sternum (breast bone). That hurt him! Terry's Kidney led 1205, Kuc 1175, Young 1140, and Terry trailed (1135).

These four were seeking more!

Tom said, "you gotta see this!" Terry threw on his pants, put on his glasses, and went over. A blast of heat hit him. Ed's girl friend was sprawled out "au-natural" - the object of proud display. Terry saw nothing, because his glasses had immediately steamed up. He took them off, but was blind as a bat without them; and still didn't see anything. He was off to a great start. Not!

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McCormick's comeback trail was slow and tedious. A patient man, he worked himself back up again. The re-missed the '75 Srs. in York, PA. In his absence Doug Young emerged the 242 winner - 1929. Defending champ Kuc had disappeared back into the woodwork, supposedly retired again having captured the '74 World title @ 242. The man from King's, PA had smashed W/R's on an 848 D/L & 2055 TOT in the process. There was no telling when he might re-emerge. McCormick bided his time as Young took the World Title in ENG posting 1929. His day would come.

Terry jumped back into Srs. action on Aug. 15, 1976 in Arlington, TX. A couple of mighty challengers dropped out early. The legendary Jon Cole SQ'ed 635, then missed all his BPs. Kidney couldn't get a SQ on the scoreboard. Defending champ Young was unbeatable that day. A walkover to 2000 TOT! It would take a while for McCormick's BP to reach his previous best. He got 405. An old rival, Hollie Evert overcame a 30 lb. SQ deficit to Terry, and notched 490. Then Hollie pulled a 700 D/L. His 1840 gave him runner-up. McCormick managed to D/L 705, securing the bronze medal with a 1790 TOT!

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After this Terry decided to go up to 275. He couldn't see himself beating Kuc, and besides, he felt he had a realistic shot at setting a W/R D/L in the higher category and a better chance to ascend the championship throne once again. McCormick had to force feed himself. He was able to consume copious quantities without putting on fat. He got a lot stronger and got awesomely massive. Thank God for the invention of the cheeseburger, Terry's lip smacking favorite food.

At HIPC-4, Terry shared the limelight with another feature himself - Fred Doctor Squat himself - Fred Hatfield - motored up a W/R 843 SQ @ 220, yet lost a bodyweight decision @ 220 to 1980 W/C Mark Dimiduk, when Mark pulled the winning 771 D/L. The 275 class marked Terry's debut in his new division. He didn't disappoint. McCormick squared off with the defending Senior Nat. Champ in this class - Larry Kidney (2155) of Pomona, CA. Terry SQed/799, but fell with 821 (too much) - his only miss of the day. Kidney jumped in front railing 810. Terry made all his BP's, finishing with his best ever 523. Larry managed his best also, a huge 562. Statistics read: 1372 to 1322 - a 49 lb. disadvantage. Terry's best buddy Dave Shaw was looking strong also. The ebony Superman was right on his heels after lifting a 788 SQ & 518 BP (1306). Kidney pulled up 749 & almost had 782 (slipped loose) for 2121. This sum eventually gave him runner-up (2121). Shaw's great 799 hoist gave him third with 2099. Terry's D/L was dominating. He topped his D/L's w a W/R pull of 843. This great lift made the cover of the APR '81 PL USA magazine.

Preparing for the 1981 Sr. Nationals, July 12th in Corpus Christi, TX injury once again reared its ugly head and struck Terry. At the big meet McCormick was forced out of action by his abductor pull. After a 744 SQ opener, he lifted 782 and 788, but he had re-strained himself, and missed them both. He wisely withdrew, not wanting to compound the affliction. Ernie Hackett's 788 2nd attempt D/L gave him a 2182 TOT, and dethroned the defending champ Kidney, who amassed 2171. Terry rehabilitated his injury and jumped back into big time conflict at the 6th Annual Big Hawaii Meet. It was held Feb. 12, 1982 in Honolulu. It turned out to be a memorable battle between McCormick

Terry McCormick Career Chronology

Date	Competition	Class	Place	IOI	SQ	BP	DL
18NOV72	Pomona Op.	212	1st	1770	615	430	655
05AUG73	Jr. Nats	242	1st	1815	655	470	690
01SEP74	Sr. Nats	242	2nd	1860	695	440	725
15AUG76	Sr. Nats	242	3rd	1790	680	405	705
21AUG77	Sr. Nats	242	2nd	1962	733	490	738
05NOV77	Worlds	SH	5th	1918	744	474	699
10APR78	HIPC	242	2nd	2000	740	490	770
27AUG78	Sr. Nats	242	1st	2072	760	507	804#
02NOV78	Worlds	242	1st	2011	766	496	749!
04MAY79	HIPC	242	2nd	2077	782	507	788
19AUG79	Sr. Nats	242	2nd	2050	766	507	777
19APR80	World Series	242	1st	2017	722	485	810
12JUL80	Sr. Nats	242	2nd	2099	760	507	832
22MAR81	HIPC	275	1st	2166	199	523	843*
12FEB82	HIPC	275	1st	2177	815	512	848*

*-World Record. #-Senior Nationals Champion. !-World Champion.

sat low. Morin made 738 his. McCormick matched the Finnish lifter, succeeding with 749 also. Morin stormed 760, and got it, breaking Tony Fitton's (GBR) European record. Terry disliked the Super-suit, and felt uncomfortable. I just didn't feel right to him, but he wore one anyway rather than cost himself ground. He tried 777 for the lead. He had his light wraps on too long, and his legs felt numb. After taking the bar out of the racks, he immediately re-racked it, aborting the attempt. Morin benched McCormick ahead of them all with 507, equalling his best. Now it was Saarelainen's turn. He took an 11 lb. lead with a 518 start. An increase to 545 proved a bit much twice. Sub-totals: Saarelainen (1267), McCormick (1256), and Morin @ 1234. The D/L would separate the men from the boys. McCormick waited. The other two went through their paces. Morin lifted 661, then 711, before falling at 749. He scored 1945 - a personal best, and good enough for bronze. Saarelainen came in at 694 to start, and was in front with 1962. Terry started @ an easy 722. Now he led with a 1978 TOT. Saarelainen was not ready to succumb, and matched the lift. Hannu was back in front with 1989. Terry waited him out. The pride of Finland, cheered by the enthusiastic hometown crowd, came out. He pulled in 733 for his final lift. TOT 2000 - a new European Record. Terry called for 766, more than enough to win. He hauled it in. Good Lift! Terry McCormick was champion of the World - 2028! He attributes much of the credit to George Zangas for coaching expertise and Dr. Mauro DiPasquale (CAN) who gave him antibiotics in time to thwart a bronchial infection. He roomed with Steve Miller in FIN - and they became friends for life.

The 3rd edition of HIPC (Hawaii Invitational P/L Championship) took place May 4, 1979. Promoter Gus Reithwisch coaxed John Kuc back from retirement, but kept a lid on it. Terry was invited to participate @ 242, and agreed. Gus didn't tell him that Kuc was coming. Terry found out about it second-hand, and wasn't happy, not because he didn't look forward to testing the legend, but rather that he wasn't informed. Had he known he would've prepared harder. Terry was not one to duck anybody. He thrived on competition.

At the big meet McCormick slipped, who knows what might have happened. No matter, Kuc went to Davton that fell captured his 3rd World title with W/R's of an 859 D/L & 2127 TOT. The 16th Seniors were held in Madison, WI July 12-13, 1980. For the 2nd straight year, Terry made the 2nd straight high humidity made it miserable for athletes and fans alike, which contributed to 15 zeros, including 3 big names. Despite all, 5 W/R's fell. The 242 battle was another humdring! The grand finale boiled down to another match-up between Kuc & McCormick. The two SQ leaders were Glen Stevens, NY & Larry Phillips, CA. Both made 815, but dropped out, and didn't bench anyone stired. The '79 Seniors in Bay St. Louis, MS was a boiler room of sweating temperature. The heat & humidity was enough to sap the strength from the toughest, most seasoned of competitors. Unlike Hawaii, McCormick didn't have the luxury of a 49 lb. advantage going into the D/L. Bad news! Both men registered identical numbers in the first two tests: 766 SQ & 507 BP. Terry's failed 3rd SQ with 793, and a near miss @ 523 BP left him with a nigh impossible cliff to climb. The D/L bar had too coarse a knurling and ripped the flesh. The first day a non-pref bar had slipped from many's grasp, like a greased pig. Terry came out and pulled 733, then 777. He waited for an opportunity that never came. Kuc lowered the boom, hoisting 810 right off the bar - FOR THE WIN. Kuc went on to finish 832. Not! He was called for bent knees. He stalled above knees with 859 on his last. In 6 Seniors, Terry had now collected: One gold, one bronze, and this was his 4th runner-up silver medal.

officials wanted to disqualify him. Wilson proved he'd only used a hat rub during SQ that had oozed back to the skin's surface during the D/L. Convinced, they gave Wilson the lift. This gave him second place and negated Patterson to 3rd! Justice had been served: There was no question as to who won. McCormick rose to the occasion. His mind controlled and his body obeyed his indomitable will. Terry lifted 771 perfectly. He had 2033 TOT - and was now finally Senior National Champ! When you're hot, you're hot! He didn't stop there. Terry topped his win with a perfectly executed 804 D/L and had 2072! It was a convincing win. Terry celebrated with a leap of exalted joy, and got a bear hug from teammate pal Mary Phillips. He'd earned a 2nd chance at the World Title. Now, off to Turku, FIN! Over there Terry squared off with formidable foes: Hannu Saarelainen, the home team hope, and Ulf Morin of Sweden - a Scandnavian Challenger!

The short, stocky Saarelainen had been a top notch W/Ler. Although an overhead specialist (363 snatch, 441 C&J), he was equally adept at power movements and practiced them exclusively now. Hannu, in super strict style, powered through his SQ's: 705 - 738, then got a borderline 749! Morin and McCormick both scored 716 openers. Terry, energetically chewing gum, used a medium stance and

deny him his chance? Other strong challengers included: Clay Patterson (TX), last rising OH powerhouse Steve Wilson, and - of course - Terry McCormick - Mr. Congeniality. The section was underdog: Carlton Smitkin, the first ever World Champ in this class (71) closed the door on returning hopefuls Evert & Steinkrichner. Smitkin whipped them - 1934, good for 4th place. Cole looked unbeatable. He exploded through a W/R 804 SQ, punched 518 BP, and led with a whopping 1322 ST! McCormick, Wilson and Patterson were closely bunched. Wilson was in 2nd behind Cole with 1289 after SQing 749; then forcing up a class best 540 BP! McCormick with his 760 SQ & 507 BP was setting in 3rd @ 1267. Clay Patterson's big 534 BP put him right on Terry's heels with 1262. Cole led by 33 over Wilson. 49 ahead of Terry, Jon was renowned for his awesome D/L ability. The unexpcted happened. A pre-meet hamstring pull that Cole had incurred decided to flare up. He could not complete a D/L, and zeroed for the third straight year. Such misfortune for him. This left the title up for grabs!



Terry McCormick... squatting deep at the '81 Hawaii Invitational.

Terry agreed to go SHW. Weighing 254, he rose to the occasion. It was a question of mind over matter. Terry resolved to make all of his attempts. He did just that; going 9-9 for a 1918 total. The SHW's were especially tough that year. He finished in 5th and managed to place ahead of new Swedish powerhouse Lars Hedlund, a BP specialist, as lighter man. The USA regained the team championship. To Terry, that made his "sacrifice" well worth it. He'd shelved personal aspirations for what he considered a more important cause. Would anyone else have displayed such unselfish actions? I doubt it! He'd performed his best under the most adverse conditions. What goes around eventually comes around. Terry's bad luck took a turn for the better in 1978. He got invited to the Hawaii Invitational Powerlifting Championships. It was held in the huge Sheraton Hotel on Waikiki Beach. This stellar competition was staged by the prodigious Gus Reithwisch, history's most prodigious P/L promoter. There was a star-studded field of entrants. Over 4000 rabid fans saw W/R's fall in abundance. Jon Cole bounced back after two dismal Srs. washouts. He captured the 242 class going 770, 515, 800 for 2085 a new W/R TOT. McCormick lifted even well himself. He hit his first 2000 TOT via 740, 490, 770! This topped Patterson (1945) and Mary Phillips (1940). Marv set a W/R 810 SQ! Terry's runner-up showing was a perfect day, 9 for 9!

The '78 Sr. Nats in Los Angeles was a bit disorganized. The promoter's wife took ill. This left stalwart George Zangas shouldering sudden last moment responsibility. The audience was sparse due to lack of publicity. The age of the Super suit had arrived. Most contestants took advantage of the new legal supportive costume and noted huge improvements in the SQ. The depth of quality lifting was tremendous. The 242 division was no exception. Once again Cole looked like the man to beat. Two months earlier the World Class discuss thrower from Scotland, AZ had bumped his W/R TOT up to 2105! At 35, Jon was a living legend! Having 3 Srs. wins already in his collection (1968 & 1970 @ 242 & '72 @ SH), but Jon had never got a shot at a World Title. A win here would give him his first golden opportunity. Would fate

surpassing Kuc's mark. He'd broken his hand in an altercation, couldn't D/L, and dropped out. Young, the reigning Sr. & World champ, SQed 722 with brute force. Terry forged into the lead, muscling through 733. The BP powered up 490. Young, with super-human ability, finished an awesome 556. Terry matched Young's 738 D/L. Still, the 55 lb. deficit was too great a difference to make up. Young had his 3rd Srs. title with a 2017 TOT. McCormick finished 2nd. His 1962 aggregate was well in front of another Texan, Clay Patterson, who secured third with 1896. Terry's comeback earned him a spot on the USA team headed for the World Championships in Perth, AUS.

Bad luck struck Terry at the last possible moment. He tore a rotator cuff in his left shoulder. It was too late for a replacement, so he went away. In 1976 Great Britain had wrested the team title from the Americans. It was a top priority to regain that honor. Not knowing his capabilities, Terry was cooperative to do anything he could to help the team the most. Some class juggling ensued. Young, overweight, opted to reduce to political clout and Clay Patterson had political clout and had snagged his way onto team. Only two men from same nation were allowed per class. Being a team player,

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Hawaii. Both men completed their 3rd attempt (SQ's at 815). That was a P/R for Terry. In the bench Terry forced out 512, and on a 2nd missed @ 534. Shaw came back on his 3rd, and after missing it, got 512! Both men were deadlocked with 1328 barbell. Terry had the lighter bar, advantage 273.9 to 274.5. The deadlift was a tremendous pull-off. Shaw handled a great 804, but 821 was too heavy. Terry's D/L's all looked identical, solid but none too EZ. His 766 and 815 set him up for a record try! His hydraulics gear- ing upwards, Terry locked it out: 848 lbs. a new World Record! His winning 2177 TOT was not far off Kuc's 2204 W/R ceiling. Shaw's 2132 got 2nd, and a much im- proved Jim Drapal copped 3rd at 2099!

Too many injuries kept crop- ping up. Terry was missing in action time he'd overcome it and tore a knee up. Then a hamstring tear prevented his participation in the big '83 Hawaii Invitational. This kept him out of the '83 Seniors as well - a big disappointment.

Back on the active list, he hopped into the annual lift, Man meet in Santa Cruz, CA held Dec. 17, 1983. It was the "Battle of the Buddy's" @ 275 - the one on one rubber match between Terry McCormick & Dave Shaw. You couldn't have wanted a closer con- test. Dave out-dunked his friend 810 to 788. Shaw pressed 501. Terry elevated 518, and was within 5. Shaw led: 1311 - 1306. The D/L would decide it. Both men pulled 821. This gave Shaw the win - 2133 to 2127 TOT. Terry did not know it at the time, but this was his final finish!

Terry worked toward the '84 Seniors. It was a tough field that graced the 275 lineup July 8th in Dayton, OH. Terry started out well. He SQ'd 760 and 793, then missed 804. He looked strong in the BP, making all 3 - 501, 523, and finally 534, a lifetime record. He was sit- ting in a good position for a big D/L. Things went sour. Terry started pulling 660 that day and hit a 1700 TOT to finish 4th @ SHW. They struck it off perfectly, and became friends for life. As far as per- sonalities go both are alike: easy- going, affable, well-liked and gentle- men on and off the platform. If any two exemplified "power prototypes" McCormick & Shaw were it. Both men developed big D/L weapons. Shaw could pull anything to his knees. His difficulty was getting it go- ing. Once he got it knee high, he had it!

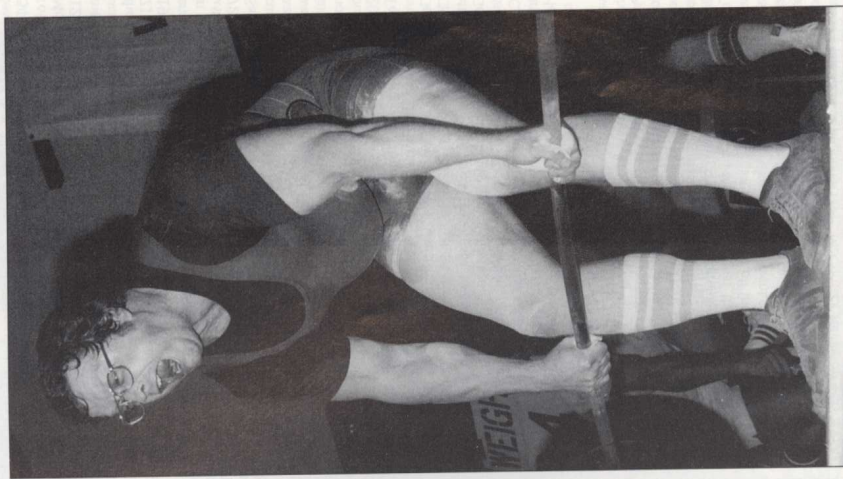
It was nip & tuck all the way in

cham) to Vivienne. Terry's stepson Michael is 15. The lad doesn't know much about Terry's P/L accom- plishments, because being a mod- est fellow Terry doesn't talk much about himself. After reading this article he'll learn his step-dad was feared and revered in the P/L game.

Terry works as the Vice Presi- dent of Human Resources for the Easter Seals Society. It is a non- profit organization that pursues developmental rehabilitation for people with disabilities. Terry has always been one to put others be- fore himself. It seems only fitting that he would make a career of it. As far as abandoning the barbell - it's not so. Although Terry gave up competition 14 years ago he still trains. As far as his abilities - THE BRAVNS'NOT GONE. In a recent workout he easily full squatted 505 for 8 reps, and BP'd 325 for 5. He

figures he's good for 600, 400, 650 if he'd try his max right now. Terry uses no wraps & equipment. He prefers to give his all - raw! Terry admires so many who have lifted the barbell over the years. I asked him if he's still close to Shaw. Terry admits that they still are buddies and often gab on the phone. Friends are for life.

I asked Terry if his most memo- rable experience was winning the Seniors and the Worlds. He said it wasn't. The most important aspect of his career was all the wonderful friends he'd made. Friendships last forever. For Terry McCormick this is the most enriching thing in life. Terry just recently bought a new home. He and his family live in Fountain Valley, CA. Salute to Terry McCormick, a thinking man's cham- pion. He was and still is the Man with the Golden Charm!



Terry McCormick... deadlifting a World Record in Hawaii circa 1982.

Most lifters are continually look- ing for a good assistance or substi- tute exercise for the deadlift, but as the saying goes, "to deadlift more, do the deadlift!". This definitely holds true, due to the maxim of positive transfer. The closer a sub- stitute activity is to the actual tar- geted activity, the more improve- ment in the substitute can be trans- ferred positively to the target move- ment. Obviously, deadlifting has the most positive transfer to itself, huh? That's the beauty of the platform deadlifts.

They are in reality no more than deadlifts done from a slightly el- evated position, but this slight el- evation can make all the difference in the world. The elevation makes the lifter pull from a deeper starting position, over- loading that part of the lift. This added distance changes the lift just enough to develop your pulling musculature over a greater range of motion. The main benefit- ary is the start of your pull, but the midrange and lockout is also benefited. If you can improve your pull off the floor, even if that part of the lift is your forte, the bar should progress to lockout with greater power and ve- locity, thus hitting any sticking point further on in the lift. It is like push- ing a car. It may be hard to get the car going, but once it starts to roll, keeping it rolling is al- most a piece of cake.

Let's begin with a description of this lift. These deadlifts are done while the lifter stands on a sturdy item such as a wood platform or even on a 100 lb. plate. Again, the major re- quirement is that the platform be sturdy enough to allow bol- once and to support both the weight of the lifter and the weight used. The platform also must not be too high or the bar will hit the top of the lifter's feet when it is fully lowered to the floor. About 3'-5" is all lifting.

Lifters with relatively poor flex- ibility, especially in the ankles and hamstrings, may have trouble get- ting comfortable and maintaining their balance during the lift. They may tend to lunge forward during floor after each rep and that no bouncing be done. This will insure better pulling form, more power from the floor, and less chance of injury. Perform this lift in the con-

ventional style, that is, hands out- side your legs. It does not lend itself too well to the sumo style of dead- lifting. Lifters with relatively poor flex- ibility, especially in the ankles and hamstrings, may have trouble get- ting comfortable and maintaining their balance during the lift. They may tend to lunge forward during floor after each rep and that no bouncing be done. This will insure better pulling form, more power from the floor, and less chance of injury. Perform this lift in the con-

sumo lift uses more hip and leg musculature than the conventional style with less back involvement. Due to less involvement in the sumo style, the erectors may not be stimu- lated or developed to a high degree and by using the platform deadlift in the off season, the erectors will be strengthened to a higher degree than normal. This could add up to a bigger sumo deadlift. Sumo lifters probably need to devote more time working on their style of choice rather than conventional pullers due to the greater difference from the deadlifts off the block and may need to get into competition training style sooner.

I hope this article on the plat- form deadlift has provided you with a little extra information you can use on the lifting platform where it counts. Remember that assistance or substitute exercises are not ends in themselves but a means to an end. The greater the positive trans- fer from an assistance lift to the targeted competition lift, the better. That's the beauty of the platform deadlift, because it really is a dead- lift with the "pull" off the floor' due to the in- creased range of move- ment. To start, I would suggest starting out with 50% of your best single deadlift for 6 reps to get accustomed to the new angle and bal- ance. Increase the weight slowly from there. I don't recom- mend going lower than 3 reps with this pull due to the higher chance for injury be- cause of the increased range of motion, the unusual pulling posi- tion, and less margin for error. As with any deadlift, keep your back flat and as erect as pos- sible and begin the pull with your legs. Keep your arms locked straight during the lift to completion.

Application is last on the list. This deadlift variation can be substi- tuted for regular deadlifts in the off season up to about 6-10 weeks prior a contest. At that time, you can return to regular pulls off the floor with, hopefully, increased power throughout the lift. For lifters who choose not to rely totally on this variation in the off season, I suggest doing a down set of plat- form deadlifts after your regular form deadlifts. Sumo deadlifters can use these also and may actually benefit more than conventional pullers. The

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6th IPF WORLD'S

By Herb Glossbrenner, PL USA Historian/Statistician



Inaba led off the 114 lb. division (Klemens photo)

The 6th Worlds returned to America. Daddy Hoffman wanted it in York, "Musclestown," PA - part of the city's Bicentennial celebration. He got it! This meet became a "wake-up" call for this year's flourishing US team. The USA had dominated from the beginning, but had come up this year as England had done in 75 on their home turf. GBR took advantage of USA's misfortune. Defending 132 champ Enrique Hernandez had captured 3rd Sr. title, but was injured at the last minute and couldn't lift. Crain, a new sensation, missed making 148. This coupled with West's miracle win @ 165 resulted in the USA team's upset: final tally (1) GBR - 95 points, (2) USA - 92 points. Both teams declassified with 4 titles with CAN & FIN also winning one. 71 lifters from 11 countries participated. On with the action:

114: History's First Quadruple BWT. Squat - Inaba! Flyweight competition was improving steadily. John Reading, 31, from Beverly, MA, became the USA's first ever 114 Worlds rep. Watanabe (JPN) earned a silver the prior year with a 953 TOT. He upped his TOT to result to 964, which was worth a 6th placing this year. Almo, FIN, SQ'd 374 and took 5th @ 992. Bhairo, and Indian born GBR rep, lifted himself to 4th spot, 1014, a good result - but no bronze cigar. Juhani Niemelä (FIN) was 3rd last year, but increased significantly. This year he SQ'd 374 @ 44 lb. improve ment. BP was 231 (11 better) and he had a banner day in the SQ, his 1st lift. He broke his own A/R three: 402, 424, 429 - a courageous display. The BP, his "Achilles heel," saw him get his opener 193 and miss more. John had done A/R's 455 DL & 1070 TOT here gave him a 1052 TOT, a clear cut runner-up today.

The jaunty Japanese star Inaba was on top of his game this year. He'd given us anxious moments the previous 2 years, taking all 3 attempts both times, to get a BP on the board. This year he posted a pair of W/R plunges 457 & 468; the latter was the 1st 4 times btw. SQ in P/L History! He got a 2nd attempt 231 BP. Then a sky high 474 DL opener yielded a new W/R TOT (1168) surpassing by 5 his mark from last year. He dared 496 substantially topping Viljo by 33 in BP (253-220). Issakainen now

but had pushed him to the limit in 75, also falling short. Just before last year's Worlds, Pengelly broke the W/R DL with 534. He won his year's GBR championships with 1173. He was devilish and daring, ready to mark his new territory. Among the metal challengers, Jerry Marenietre (CAN) was tall & slim. He made use of strong ligaments with his ultra wide SQ & DL feet placement. It made my groin ache just watching him. Jerry scored 1041 for 5th. This was 5.5 more than Zambian Mwaye could muster, despite identical 457 D/L's. My old friend Ove Nilsson was Sweden's answer to a squeaky hamster. With his entraining vocal theatrics, he raised a 451 DL and boosted himself to 4th (1096 TOT), although below his best. This enabled Luis Ramos (PUR), the 73 Worlds Latin American silver medalist, to seize the opportunity. Luis lean and wiry, earched the bronze with his 474 D/L. 1107 TOT. Yoshinobu Tomiwaqa was possessed of a big chest, a wide grip, and a short stroke. This enabled him to become the pioneer of an ongoing Japanese P/L tradition, big Bench Presses! His first try at 308 was effortless. Despite a sloppy lift off, he gritted out 330. A final stroke with 341 brought forth a new W/R. Thus, he joined his pint-sized counterpart Inaba in the record ledger. Tomiwaqa added 3 SQ's (to 380) & 2 D/L's (396 - 429) to amass a 1151 TOT and finish runner-up overall. Eddie Pengelly more often than not was tenacious, daring, and even reckless. He was however a true star who'd come into his own and easily won his first World title.

He worked thru 6 attempts with no misses, and got a 446 SQ & B/R 281 B.P. His sumo style 474 D/L snapped right up to a 1218 TOT. He immediately won. He jumped up to 578, an astounding increase. Everyone thought it too auspicious, but he gave them something to ponder. Up it started, until his grip gave way. A 3rd and final try, refused to break free from gravity. Less than a month following this National Knock Out Championship, he smashed 6 W/R's doing a 474 SQ, 573 DL & 1322 TOT. It was the first 600 kg TOT @ 132 and added his name to the 10 times but. club. On a 4th he got his 7th W/R of the day by hoisting a 600.8 lb. (272.5 kg) D/L. Reading Andy Kerr's profile on this "Powerlifting Original" in the APR 83 edition of PL USA!

148: Gee, Golly! - It's **DI Pasquale**, the USA unveiled their newest budding superstar, Ricky Crain, then of Arlington, TX. He was the new USA 148

champion. In winning the Sr., he'd set 2 W/R's: 564 1/2 SQ, 1495 TOT. Making his debut at the Worlds was last year's Worlds, Pengelly broke the W/R aggregate, 1278 aggregate, 165. Not his lucky day. It was anyone's guess who'd be Welch's successor. The field of participants was 9. The British entered two men, resting their hopes on Kirton & Pal. JPN also doubled up. Nakao shaded his teammate Nagano with a class leading 341 BP. He earned 5th with a 1207 TOT. Nagano was right behind him - 1190 in 6th. Diharum Pal (GBR) opened with a 485 SQ, and missed 2 increases, for a shakily start! Mauro DiPasquale (CAN) forged into a solid lead: 490 & 507, before falling 518. Both the Brits hoped to secure medals. SWE's Dennis Atland spoiled Kirton's chances. DiPasquale BP'ed 292, 303, and missed 308. At ST time, Kirton & Nakao were dead even with 749. Kirton stopped @ 297 BP. Nakao, a weak D/L'er, drifted out of contention. Atland the Swede horsed up 319 on his 3rd. He'd made 6 straight and was sitting 3rd with 777! Pal pressed 330 powerfully and jumped in front of Mauro, leading him 815 to 810. The D/L would sort out the "men" from the "boys"! Pal's 518 opener was his limit, as he couldn't handle 529. Final TOT 1333! Atland paced

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himself to a perfect day. He lifted 485, 507, 518. His 1295 TOT leapfrogged Kirton's 1278 aggregate, bumping the GBR lifter to 4th, therefore, Atland claimed the bronze for SWE. Pal's hopes of glittering gold vanished immediately. Kirton's 518 secured him runner-up with 1333. Mauro's D/L strength overwhelmed his challengers. His first effort of 551 gave him the gold. He followed up with 578, gritty but pretty. Final Score: 1388! Following in the footsteps of Doug Hepburn, CAN's one and only World W/L champ; he'd become the first Canadian to become World P/L Champ. This Maple Leaf was indeed an able beast. You can benefit from Mauro's expertise even today. Check out his "Ask the Dr." column appearing monthly in PL USA.

165: A Game of Chess - His Name is West! - If you're starving for a real spellbinding, nerve wracking, rootin' tootin', three way, down to the wire, knock down drag out them here it is: the middleweights proved to be just that! It was the most exciting class of the whole competition. The Japanese entered two men here also. Ichimaru was 8th overall, 3rd from the bottom but 3rd ranked in pressing prowess with 363! Nakaqawa BP'ed strong also, and got 341. This vaulted FIN's Levander in capturing 5th narrowly (1355-1350). Good competition. The lesser Swede, Coleman fortified 4th, lagging a bit with a 534 DL, TOT 1383. It took almost a hundred lbs. more than this to fight for a medal. Crain (USA) was sick & cramping. He SQ'd 529, dumped his 540. He beat the clap with a 297 BP; the repeat was okay, but the missed @ 308, and threw in the towel, dropping out. There were 4 fighting for top position: Bill West (GBR), Tony Carpino (USA) champ, Peter Fiore (ZAM), and Lars Backlund (SWE). Fiore was runner-up to Thomas (US) last year but was tremendously improved. British champ West had a D/L weapon. Carpino had a Sp. title & 1500 TOT under his belt. Backlund was 5th with 1284 in this category in '75 and had also made huge strides. The SQ saw a lot of jockeying for position. Backlund made two, to 523, then missed his final increase (534). Carpino missed

final lift, hitched it a bit, and it was turned down! West was lighter man (162.48 to 163.58) and took what he needed to win - 628! All back, and hips high was his style. He pulled for all he was worth (maybe 5 seconds. Finally, the weight cleared the platform. For what seemed like an eternity he stayed with it. Up it inched, until it was finally locked out. Did it stop? Only IR - a good lift. That's how the West was! Toni Carpino, disappointed, was appointed to be sure, but always a gentleman, was the first to shake Bill's hand in congratulations. Two of P/L History's best. Great sportsmen and courageous warriors. It doesn't get any better than this!

181: Thomas Succumbed - Collins won! - In his first World's appearance, Tom Campbell didn't disappoint. He obtained a bronze medal for Canada to go along with DiPasquale's gold captured earlier. He repeated his 606 SQ opener for "thumbs up." Next, he topped off with 639. He'd made a gamble, and it paid off for Campbell! Tom proved to have a reserve of BP prowess also. He upped 407, then a class leading 429. He gave 441 a ride, but it was not quite there. Following a 622 D/L inception, he held back & waited. Everyone anxiously anticipated the main event, Walker Thomas, the "American Dream" versus Ron Collins, whom the British endorsed as the greatest P/L'er of All Time. Walter came in with 3 USA Sr. wins. He won his 1st WC title last year @ 165, and was now up a class. Collins was on a roll, with 4 straight WC wins, and was seeking his 5th. Thomas kept pace early on with the English strongman. He SQ'd 600 and 650. A final 672 effort also looked good, but drew 2 reds. Collins won with a stocky, thick build opened up @ 672 easily done. Before he could try 711, the clock expired. He came back made the lift, but was redded for depth, which really ticked him off. Judging was tight in this class, with no favoritism. Walt kicked off the BP's with 402. Collins answered - 407! Now he led by 28. Thomas came back - inched up 424, and had cut deficit to 5. Collins took the same - 700! Days - BUTT RAISE - not accepted. Seeking a halftime advantage Walter tried 429, for the he



Pengelly's (132s) grip popped with 578. (Pope photo)

with a near limit 523. He got it; and boldly advanced to 545 for two failures. West, looking quite slender, was flawless: 540, 551 & 562. Fiore marched through all his attempts: 540, 562, 573 and led everyone. BP, West worked up to 308, still with no misses. Fiore kept his streak intact. He began with an EZ 347, followed by 358 & 369. Backlund baited Carpino for top honors. They both made 374, here also. The bottom but 3rd ranked Backlund, inspired, completed his final 386 with a surge of energy. ST's: Fiore 942, Backlund 909, Carpino 898. Now came the BEST for the FATAL TEST @ 870 West trailed the Rest! In a real shocker, Fiore hadn't trained his D/L while healing an injury, and didn't know his capabilities. He began with 551, a weight ordinarily well within his capabilities. His first try was close. The last two refused to budge. Three strikes, he's out! Backlund polished off the missed 584. His TOT of 1482 was a 99 lb. increase in one short year - Wow!

TRAINING

MORE ON THE CONJUGATE METHOD: The Principle of Variety

as told to Powerlifting USA by Louie Simmons

dress your particular problems. It could be an exercise that will build up a lagging muscle group or a special strength, such as starting, eccentric, or accelerating strength. How do we train heavy continuously? The answer is to pick several special barbell exercises for a particular lift, for example, the deadlift. The good morning is very similar in motion to deadlifting. A conventional deadlifter will, no doubt, bend over. Therefore, bending over good mornings will increase the deadlift. But remember, when doing the good morning, in your brain, you must duplicate the action of your deadlift precisely. It is not so important to raise your good morning as to raise your deadlift by

reverse hyperextensions, squatting pull-throughs, glute/ham raises, and sled pulling with your hands behind your back or below your knees while holding onto a strap.

For weak glutes, do heavy reverse hyperextensions, low belt squats, high-rep deadlifts (2 sets of 20 with back arched, glutes pushed out to rear, shoulder-width stance, hands outside shoulder-width, after first rep, drop bar to just below knees, catch and raise as fast as possible for the entire 20 reps), and glute/ham raises.

If your abs are weak, do side bends with a cable bar or dumbbell, leg raises, standing lat machine curl-overs, and strict sit-ups.

Again, pick one exercise for each muscle group and use it until it becomes ineffective, then switch.

For the bench press, you could do board press, floor press, inclines, declines, or rack lock-outs for singles. Rotate one of these every 2 weeks. You could also do ultra wide bench presses for a 6 rep set. You could also do three sets to failure with dumbbells, with a 2 minute rest between sets for singles and a 5 minute rest for high reps.

Then pick some type of triceps extension with a bar or dumbbells, some type of lat work, and raises for the front, side, and rear delts.

There are many types of exercises for each muscle group. Just change when one stops working, and your lifts should continue to increase all year long. By training with this system, you can max out every week of the year, while working continuously over speed and building muscle mass. It works for you and it will work for you. It is the most effective form of training we have ever tried, and in the past 36 years Westside lifters have tried them all.

Just remember, it's the selection that counts. You must pick a lift or exercise that builds your particular weaknesses. Don't get caught up in doing an exercise that your friends like but that does little for you. George Halbert, has special exercises he uses for his bench.

Chuck Vogelpohl does things that no one does, but they help his squat and deadlift. Amy Weisberger does front and overhead squats to help her squat, and on May 9 at the Ohio State Championship she made a 445 national record squat at 123 and an 1125 total, proof that she does well in selecting her special exercises. Pick well and good luck.

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Training is not as simple as doing 5 sets of 5 reps or 5 sets of 10 reps or any combination of sets and reps. You must plan to obtain certain objectives. Increases in speed, explosive strength, absolute strength, and stamina are equally important.

It has been known and discussed in *Weightlifting for All Sports* by Alan Baroga that a greater training result can be obtained over a greater length of time by using special exercises than by doing the classical lifts. Doing the same exercises repeatedly will rapidly decrease your coordination.

There are many reasons for this. Our observation is that very few lifters can increase their abilities without special exercises.

A question that should be addressed is, when handling max lifts, how do you recover? And how do you at the same time increase muscle mass? The conjugate method is the answer. This is a complex method of rotating special exercises that are close in nature, in our case, to the powerlifts. This method also increases special strength qualities and perfects coordination, which will help advance technical skill.

First, and most important, is to properly select exercises that ad-

aptly select exercises that ad-

WORKOUT of the Month

700 lb. Deadlift as told to PL USA by Tim Bruner

"I want to set a record" any type of record, the first I time I even thought of this, I just turned thirty-five. After eighteen years of competing, I was reading a copy of the U.S.P.F. submaster records and in the 220 lbs. weight class, and the deadlift record was 644 lbs. and the total was 1780 lbs.

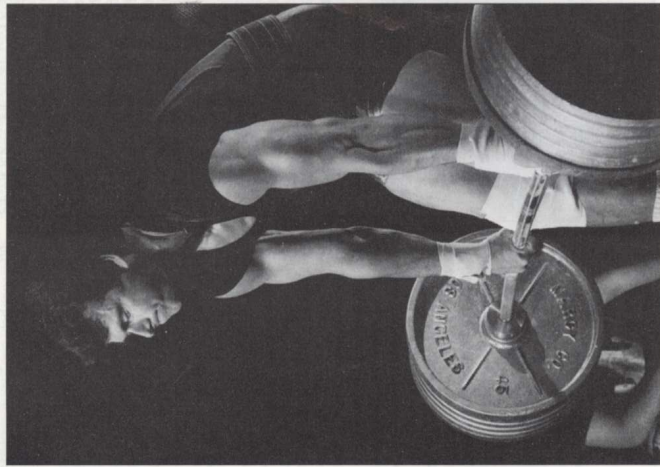
At the U.S.P.F. Texas state championships, I set a new American Submasters deadlift record of 700 lbs. and totaled 1830 lbs. in the 220 lbs. class. The routine I used is described below and it's designed for a conventional deadlifter. There are many other factors that come into play, I believe that if this program is followed, you will not be disappointed.

This routine is designed for a 700 lbs. deadlift. Do not overtrain. Always be confident of what you are going to do. A strong lifter is hard to beat, but a strong and confident lifter is unbeatable. Never doubt yourself.

The first thing is deadlift shoes lever belt, chalk, and warm-up pants so the bar easily slides up the quads without powder. Find a bar with good knurling that is very flexible. Stand in front of the bar with the bar directly over the balls of your feet. The foot position is a close stance with your feet one foot apart from each other. The beginning of the lift starts with a deep breath, bend down and grasp the bar keeping your hips as low as possible, begin to pull the slack out of the bar then, as explosively as possible, try to exert as much speed as possible throughout the motion of the bar. When the bar passes the knee, begin to lean back and push your hips forward and explode to the lock out. Reps in the range of 3 to 6 are for power and reps from 7 to 10 are for strength, and all the reps are touch and go (almost a bounce), but don't worry, you only need one rep - the last rep - for the meet!

I only use a Marathon Deadlift Suit three weeks out from the meet. I also used 500 mgs of G.E.N. brand of D.H.E.A. during this training cycle until 10 days out and then increased the dosage to 1000 mg daily.

This routine has made me elite in 2 different weight classes. Assistance exercise include: 4x6 Pull-



Tim Bruner after 18 years... submaster training is a little different.

1 point. I was coached by Robert Keller. Maybe you will end up setting records also. Good luck and see you at the top.

Week One: (warm-up 135x6, 225x3, 315x3, 405x1), 500x3, 475x6, 425x8, 400x10.

Week Two: (warm-up 135x6, 225x3, 315x3, 405x1), 525x3, 500x6, 475x8, 450x10.

Week Three: (warm-up 135x6, 225x3, 315x3, 405x1), 550x3, 525x6, 500x8, 475x10.

Week Four: (warm-up 135x6, 225x3, 315x3, 405x1), 575x3, 550x6, 525x8, 500x10.

Week Five: (warm-up 135x6,

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225x3, 315x3, 405x1), 600x3, 575x6, 550x8, 525x10.

Week Seven: (warm-up 135x6, 225x3, 315x3, 405x1), 600x3, 575x6, 550x8, 525x10.

Week Eight: (warm-up 135x6, 225x3, 315x3, 405x1), 625x3, 600x6, 575x6, 550x6.

Week Nine: (warm-up 135x6, 225x3, 315x3, 405x1), 657x3, 625x3, 525x3, 425x3.

Week Ten: (warm-up 135x6, 225x3, 315x3, 405x1), 675x3, 625x3, 525x3, 425x3.

Week Eleven: (warm-up 135x6, 225x3, 315x3, 405x1), 700x3, 650x3, 600x3, 575x3.

LIFT. Week Twelve: NO DEADLIFT.

LIFT. Week Thirteen: NO DEADLIFT.

Week Fourteen: Meet Day: First attempt - 683 lbs., second attempt - 716 lbs., third attempt - 739 lbs.

Power People



Beatrice Mauldin, 77, is a former radio personality and voice coach who could barely lift a gallon of

distilled water into her refrigerator before beginning a weight training regimen 4 years ago. Now, as she was quoted in the LOS ANGELES TIMES, "You can't imagine the importance this has for me - a woman in her 70s, achieving something she could never have dreamed about!" She is now a 10 time gold medalist at the national and local level, who set a Senior Olympic program world record in 1996 with a 75 lb. bench press. She was recently interviewed by Channel 7 - KABC Sports television in Los Angeles.

down (close overhead grip), 4x6 Low pull or seated row, 4x6 T-bar

row. With a big deadlift comes a big total and 1st place. If you happen to miss any of your reps or poundage, then repeat the following week. (Never use straps).

I've used this routine since 1995 and I've also used the same idea to improve my squat and my bench press. I have set 11 American records over 3 weight classes: 220 lbs., 242 lbs., and 275 lbs. I won the 1996 PanAM Games Powerlifting Championship at 242 lbs., going 9 for 9, and being the only lifter to do so in the entire meet, which the United States won the team title by

1 point. I was coached by Robert Keller. Maybe you will end up setting records also. Good luck and see you at the top.

Week One: (warm-up 135x6, 225x3, 315x3, 405x1), 500x3, 475x6, 425x8, 400x10.

Week Two: (warm-up 135x6, 225x3, 315x3, 405x1), 525x3, 500x6, 475x8, 450x10.

Week Three: (warm-up 135x6, 225x3, 315x3, 405x1), 550x3, 525x6, 500x8, 475x10.

Week Four: (warm-up 135x6, 225x3, 315x3, 405x1), 575x3, 550x6, 525x8, 500x10.

Week Five: (warm-up 135x6,

Dr. JUDD

IN PURSUIT OF HAPPINESS

as told to Powerlifting USA by Judd Biasiotto Ph.D.

When I was growing up, my brother Bobby was a guy named Bobby Guzzo. As far as I was concerned, Bobby was the greatest human being to ever walk the face of the world. In fact, if the truth be known, I was totally convinced that Bobby was nothing less than a supreme being—a god if you will. It might be noted that I was seven years old at the time, and Bobby was my next door neighbor, but I don't think so.

What was so special about Bobby? Besides the fact that he was the only kid in my neighborhood who didn't steal my lunch money, he was by far the best athlete I had ever met and one of the most intelligent. There wasn't a sport that Bobby couldn't play, and there wasn't a class in school he couldn't ace. He was literally the Jim Thorpe / Albert Einstein of our neighborhood. What really set Bobby apart though was his work ethic. To this day, I have never met anyone who worked harder than Bobby. When he wasn't studying his school work, he was either lifting weights, running or practicing some sport. It seemed like every minute of the day he was doing something to better himself. When other kids his age were partying, Bobby was working. No one, and I mean no one, worked harder. All the kids in the neighborhood would say "Bobby you never have any fun, all you do is work". And I would think, maybe the kids are right—Bobby never goes anywhere, he just studies and trains. He really doesn't have any fun. The strange thing was, though, Bobby was always happy.

When Bobby went to high school he was the same way. He was either studying or training. He never went to dances or parties. I don't believe he dated that much. He would go to bed each night by nine o'clock and then get up the following morning and run six miles before going to school. After school he would go to the weight room for one or two hours, and after that you would find him at home studying. In short, he never had any fun in high school either, but he did win the Pennsylvania State wrestling championships in his senior year and he received a full scholarship to East Stroudsburg College. No one in our neighborhood had ever done anything like that before. I also noticed that although he never had any fun in high school, he seemed a lot happier than everyone else.

In college Bobby actually got worse. It was all work - no play,

mental health survey revealed that eighty percent of the Americans surveyed said that they were not happy and that life was a real bust. Eighty percent! And listen to this, one out of every five Americans will require psychiatric help before they reach the age of forty. Sixty million Valium prescriptions are handed out every year in the United States. Did you know that every year in America 27 thousand people kill themselves? Is that sad or what? And all of this is in America - the greatest country in the entire world - a country where there are more fun things to do than in any other place in the world.

Obviously we are doing something wrong in the pursuit of happiness. Dennis Prager, a renowned author in the field of psychology, has an engaging theory concerning this very issue. He says "If fun and pleasure are equated with happiness, then pain must be equated with unhappiness. But, in fact, the opposite is true. More times than not, things that lead to happiness involve some pain. As a result, many people avoid the endeavors that are the source of true happiness, because they fear the work and pain."

I believe Prager is right. People are afraid to face the discomfort that inevitably comes with such things as athletic and professional achievement, physical training, education, marriage, and religious commitment. Many of us are surprised to find that happiness is not just ecstasy and pleasure. It's also pain and despair. It's confusion and failure, strife and struggle, discomfort and uncertainty. It is all part of the pursuit of happiness. Unfortunately, our naive prompts us to be more inclined to choose painless fun over painful happiness. Consequently, few of us are truly happy, because few of us understand that true happiness does not come naturally. You have to work at it.

There is no doubt in my mind that genuine happiness is attainable for each and everyone of us, but it doesn't come without a price. Happiness means getting your hands a little dirty, struggling a little, suffering a little, and working a little. It means taking the responsibility for choosing, and defining your own life. Perhaps Leo Rosten in his very special comes only when we push our brains and hearts to the farthest reaches of which we are capable. I'm sure Bobby Guzzo would tell you the same thing.

Judd Biasiotto Ph.D.

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've heard that DHEA, androstenedione and androstenediol, norandrostenedione and similar supplements can lead to a positive drug test for anabolic steroids. How can this be possible if all of these are available as food supplements and we can buy them in health food stores and by sending away from them? Can you explain first of all just how these substances can give a positive test and second of all whether these substances work? **Joe.**

Dear Joe: You heard right. Except for DHEA which may or may not lead to an increased testosterone/epitestosterone ratio, the other compounds can definitely result in a positive drug test. The androstenedione and to a lesser extent the androstenediol (since this compound tends to preferentially convert to DHEA rather than testosterone - and by the way is quite an estrogenic compound and I feel counter productive - rather than increase testosterone you get an increased estrogen effect) can result in elevated testosterone/epitestosterone ratios. The norandrostenedione and like compounds can give a positive for nandrolone (more commonly known as Deca).

So while androstenedione can increase the testosterone/epitestosterone ratio (and I've tested this out on a volunteer) it doesn't convert to nandrolone; however norandrostenedione does. By the way one chap that was positive for nandrolone while on norandrostenedione was off it for almost a week. I suspect that the nandrolone type metabolites may be detectable for perhaps two weeks out or maybe even more. I'll be looking at this further to see what just what the retrospicibilities of the nor compounds and androstenedione are.

As far as increases in strength, lean body mass, and serum androgen levels (mainly testosterone and nandrolone) from using DHEA, androstenedione, androstenediol, norandrostenedione etc., I haven't seen any significant increases. I would suspect that the body quickly acclimates to the excess androstenedione and down regulates the formation of testosterone. Possibly there may also be an increased metabolism and/or excretion of testosterone and

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metabolites so that there no physiological effects from the increased testosterone formation. Bottom line: using these compounds won't get you very far but they can result in a positive drug test. If you're a competitive lifter, don't bother using them. Mauro Di Pasquale, M.D.

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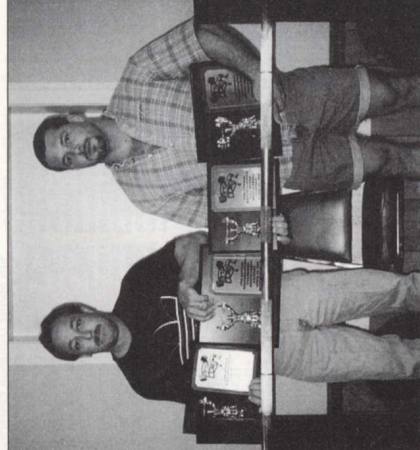
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Blue Ridge BP Classic
16 May 96 - Stauntonville, VA

504	413	314	485	545	516	462	380	445	341	340	340
E. Sim	J. Torres	M. Lujan	D. Wheeler	J. Walters	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller
198 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.
198 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.	220 lb.

APF Bike Week Bench Bash & DL
7 Mar 98 - Daytona Beach, FL

132 lb.	148 lb.	165 lb.	181 lb.	200 lb.	220 lb.	242 lb.	260 lb.	280 lb.	300 lb.	320 lb.	340 lb.
M. Williams	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller



Best Lifters at the 8th Bench Press Contest at the Weightlifting Unlimited Club: Carl West (l) Best Lightweight and Bill Vance (r) Best Heavyweight, in Winchester, Virginia. (Randy Brooks photograph)

8th Bench Press
25 Apr 9 - Winchester, VA

132 lb. (14-15)	160	335	795	120	210	435	965	148	181	200	242	260	280	300	320
T. Lee	340	795	1200	160	335	795	1200	160	335	795	1200	160	335	795	1200

26 Apr 98 - Omaha, NE

132 lb.	148 lb.	165 lb.	181 lb.	200 lb.	220 lb.	242 lb.	260 lb.	280 lb.	300 lb.	320 lb.	340 lb.
J. Lawrence	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller

NASA Nebraska State
26 Apr 98 - Omaha, NE

132 lb.	148 lb.	165 lb.	181 lb.	200 lb.	220 lb.	242 lb.	260 lb.	280 lb.	300 lb.	320 lb.	340 lb.
J. Lawrence	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller

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T. Lee	340	795	1200	160	335	795	1200	160	335	795	1200

AAU New England H. S. Regional
2 May 98 - Smithfield, RI

132 lb.	148 lb.	165 lb.	181 lb.	200 lb.	220 lb.	242 lb.	260 lb.	280 lb.	300 lb.	320 lb.	340 lb.
J. Lawrence	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller

WABDL Pepsi Regional BP/DL
6-7 Jun 98 - Springfield, OR

132 lb.	148 lb.	165 lb.	181 lb.	200 lb.	220 lb.	242 lb.	260 lb.	280 lb.	300 lb.	320 lb.	340 lb.
J. Lawrence	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller	R. Miller

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Gustavo Warrington (Baertlein)



Walt Richter - 75 years old with a WR 303 deadlift. (B. Baertlein)



Spangdahlem Team (l-r): Bryan Gray, Derrick Powerill, Barbara Gooding, and Steven Demeter, at the USAF Meet. (Steven Demeter photo)



USPF National Sub/Masters 22-24 May 98 - Austin, TX. Not pictured: Mike Meza, Jill Cowan, and John Tyree. (Tim Bruner photograph)

Table with columns for Friday AM, Saturday AM, and Total. Lists names and scores for various weight classes.

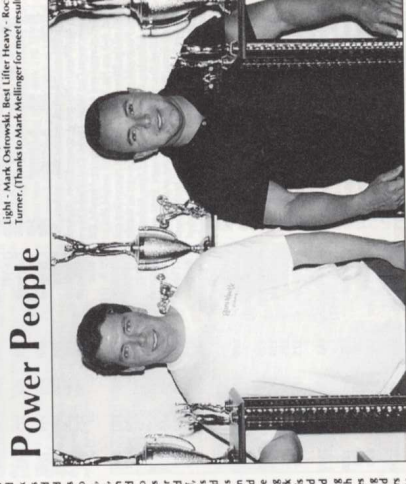
Table with columns for Friday AM, Saturday AM, and Total. Lists names and scores for various weight classes.



Ken Harris (l) won Best Lifter in the Bench, at the APA Peach State Open. (Scott Taylor)

organizing the show. Most lifters criticized the rules, and clearly there second pauses and more hurt both the lifters and the sport. Sadly, many lifters have no idea how big a difference small increments in time can make between success and failure. It's always a shame when a technically sound lift is called a no lift because of a timing error. The meet was judged, by the way, by Jim's second son, Paul Mancini, and Paul Walsh. Fred Latis did the commentary for the meet. (Thanks to David Parsons for providing results)

For New England, the day was raw and chilly with light rain, but that didn't put the lifters off. The lifters competed in the APA Peach State Open. (Scott Taylor)



Best Lifters at the APA Yellowhammer Championships (l-r): Matt Walters & Issac Scott, won giant 6 foot tall trophies. (Scott Taylor photograph)

for New England, the day was raw and chilly with light rain, but that didn't put the lifters off. The lifters competed in the APA Peach State Open. (Scott Taylor)

6th Spring Dungeon Powerwoks 4 Apr 98 - Constanline, MI. Lists names and scores for various weight classes.

Greater Jacksonville Bench Press 9 May 98 - Jacksonville, FL. Lists names and scores for various weight classes.

USPF National Sub/Masters 22-24 May 98 - Austin, TX. Lists names and scores for various weight classes.

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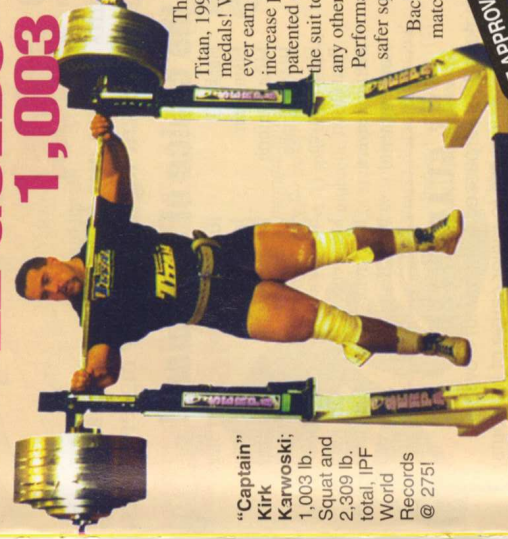
USPF National Sub/Masters 22-24 May 98 - Austin, TX. Lists names and scores for various weight classes.

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182.5	112.5	197.5	492.5
130	100	175	405
160	107.5	210	477.5
124.5	115	175	435
137.5	92.5	190	450

400	255	410	1085
220 lb.			
620	370	550	1540
210	120	170	435
500	295	540	1335
300	305	495	1255
450	300	475	1225
480	255	480	1215
420	250	500	1170
425	225	540	1150
420	250	500	1170
410	230	380	1020

535	350	565	1450
315	355	550	1380
515	265	450	1130
505	275	485	1265
500	265	475	1240
475	275	475	1220
470	240	404	1145
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425	215	475	1115
525	380	530	1435

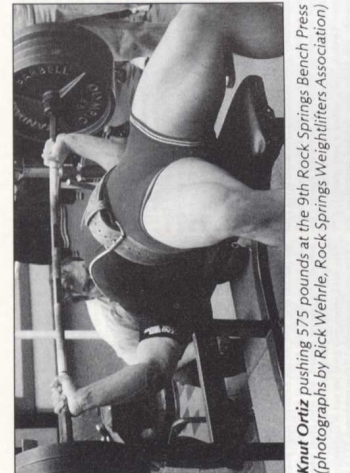
"Captain" Kirk Karwoski; 1,003 lb. Squat and 2,309 lb. total, IPF World Records @ 275!

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Power People



Christian Leva, (right) age 15, 165 lb. division, is awarded the First Place Victory Trophy by National Hall of Fame Coach Dennis D. Burke at the AAU Powerlifting Championships, where his 400 lb. deadlift broke the all-time Arkansas record for his age and weight division. Christian qualified to compete in the AAU Junior Olympics. At the USAU Texas State Championships his past year Christian broke and set three new state powerlifting records with a 360 lb. squat, 220 lb. bench, and a total of 980 lbs. including his 400 lb. deadlift (this photograph and information provided to us by Charles Leva.)



Knut Ortiz pushing 575 pounds at the 9th Rock Springs Bench Press (photographs by Rick Wehrle, Rock Springs Weightlifters Association)



Wehrle Family of lifters: Mother - Sue, Father - Bill and Son - Rick.

135	140	227.5	322.5
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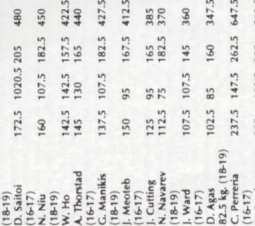
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Power People

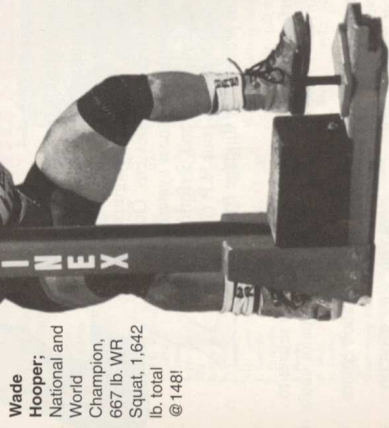


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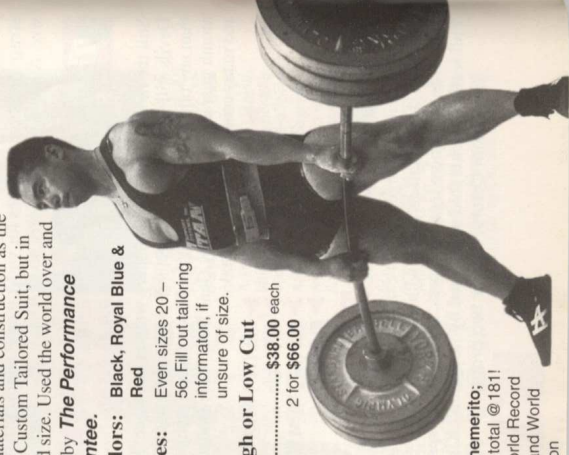
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Male <input type="checkbox"/> Female <input type="checkbox"/>				
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C4™ - METAFORM'S THERMOGENIC FORMULA RENDERS THE COMPETITION OBSOLETE.

MetaForm™ HEAT

High-Energy Advanced-Thermogenic

ORANGE-CREAMSICLE FLAVOR
DIETARY SUPPLEMENT

• C4™ THERMOGENIC FORMULA
• ION-EXCHANGE WHEY PROTEIN

12 - 1.6 OZ. PACKETS
NET WT. 19.2 OZ (540g)

MetaForm HEAT™ The World's First Maximum Potency Synergistic Blend Of Thermogenic Ephedrine Isomers, Beta Receptor Agonists, Methylxanthines and Key Bioflavonoids.

We're raising the standards for thermogenesis, the energy-giving flame you need to drive your body to the ultimate level of definition, separation and symmetrical mass. To accomplish this we assembled the most potent array of thermogenic nutrients ever developed. How did we do it? It's no secret... it's all in the synergy.

THE SUM IS GREATER THAN IT'S PARTS

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

HEAT™ RIPPED FUEL™ POWDER™ ULTIMATE ORANGE™	ION EXCHANGE WHEY PROTEIN	GREEN TEA EXTRACT	GUARANA EXTRACT	YOHIMBE EXTRACT	MATHING
Yes	No	No	No	No	No
Yes	Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes	Yes
Yes	Yes	Yes	Yes	Yes	Yes

MetaForm™ is a registered trademark of Met Laboratories. Ripped Fuel™ is a registered trademark of Met Laboratories.

MORE BETA RECEPTOR AGONISTS
The composition of a great thermogenic formula is Beta Agonists, which depending on whether they're classified as beta-1, beta-2, or even beta-3, trigger the release and breakdown of stored fat.* MetaForm HEAT™ contains the maximum potency of Ephedrine from standardized Mathing® a well-researched Beta Agonist.*

MAXIMUM METHYLXANTHINES
Methylxanthines include Caffeine and Theophylline, which work synergistically with Beta Agonists to inhibit the removal of Beta-receptors, the metabolic sparkplugs for high intensity training and calorie burning.* Methylxanthines also regulate epinephrine, adrenaline and phospholipase to allow for even greater calorie burning effect. MetaForm HEAT™ contains both Green Tea and Guarana Extract, which are rich sources of Methylxanthines.

ALPHA RECEPTOR ANTAGONISTS
This is where we really take the lead as the first thermogenic formula to contain standardized Yohimbe, a well-documented Alpha 2 Adrenoreceptor Antagonist. By including standardized

Yohimbe, the mobilization of fat is enhanced. This is accomplished by feedback loop regulation of epinephrine.

KEY BIOFLAVONOIDS

MetaForm HEAT™ contains Quercetin, a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging their effects. Guarana and Green Tea Extracts contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle growth breakdown by cancelling prostaglandins, chemicals which can potentiate cortisol's muscle-wasting effects.* These antioxidants have not been outweighed by the food and drug damage, heart, liver, or renal harm science.

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Call 1-800-439-8048 or visit our website:

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to receive a free sample packet of METAFORM HEAT and a free Thermogenic Diet and Exercise Handbook.



Mysterious Anonymous Letter Upsets Supplement Company And Leads To New Discovery!!

"I nearly lost my life trying to get bigger!"

October 12, 1997

Dear Scumbags,
I nearly lost my life trying to get bigger! You want to know why? Because bodybuilding is nothing but a lie! Drugs... drugs... and more drugs. The first thing everyone wants to do after they start lifting is to take drugs to get bigger. I know because I was one of them. And the drugs almost cost me my life. What a tragedy!

Like everyone else, I fell for the crap. Yes, I used steroids and every other imaginable bodybuilding drug for over three years. Sure, I got big and strong too. But then I started to piss blood and get stabbing pains in my lower back. Not just once in a while but every day. I was scared shitless when the doctor said I had severe nephrosis, and that I needed to start kidney dialysis. They tell me I'm lucky to be alive. I think I was pretty damn stupid.

So why do we all hide from this dark side of bodybuilding? Why do we continue to sweep these lies under the rug? Athletes, magazines, supplement companies; we're all living a lie. And that's why I challenge you and all of the other supplement companies to stop perpetuating this hoax. Stop lying to people with your phoney ads with juiced up freaks promoting your worthless products. Why not have the balls to tell the truth? It takes drugs to get big and you know it!

When will someone finally step forward and watch more people die? There's a time with this massive deception and coverup and more important to you than people's lives.

I guess making money is more important to you than people's lives. There's a new sucker starting to lift weights every day.

Keep those "great" supplements coming. There's a new sucker starting to lift weights every day.

Back From The Brink

TURN PAGE FOR COMPANY'S RESPONSE

TO THE MYSTERY LETTER WRITER:

"I Accept Your Challenge!"

By Tom Ciola, President
Hot Stuff Sports Supplements

Dear Brink,

I don't get rattled easily. In fact, after almost 30 years in this business, I've learned to develop a thick skin. But I have to admit that your letter did rattle me - so much so that I couldn't get it out of my mind for days. I also try never to take things personally - but I took your letter very personally. Since you didn't give me your name and address, I've decided to respond to you through this magazine. My only hope is that you somehow see this response.

Brink, I don't know whether you meant your comments for my company specifically or whether you were blowing off steam at all the supplement companies. Nevertheless, I want to answer you very specifically.

I'm going to assume that you don't know a lot about me and my company. For instance:

- We were the first nutritional company to offer a line of supplements to replace steroids all the way back in 1975.
- Ever since that time, we have taken a strong stance against the use of any drugs in bodybuilding and weightlifting.
- In 1981 I formed the **Natural Bodybuilders of America (NBA)** and we were the first organization to use the polygraph to test all contestants.
- NBA sponsored several drug-tested Natural Mr. America competitions and drew hundreds of contestants from all over the world.
- And that through the 70's and 80's, many people came to associate my name and our company with the natural bodybuilding movement.
- We have sponsored and financially assisted numerous natural bodybuilders and powerlifters through the years.
- That in 1989, we introduced an all-natural product called **Hot Stuff** which became the biggest seller of its time and finally offered drug free lifters a real alternative to steroids.
- That myself, my wife, and my six children are all dedicated athletes and fitness enthusiasts who would never consider using any type of drugs to enhance our performance.

I NEEDED AN ANSWER TO YOUR LETTER!

One of the first things I did after receiving your letter was to call a special staff meeting of all of the top brains here at Hot Stuff Sports Supplements. After reading them your letter, I passed the challenge on to all of them. My words went something like this:

"Listen guys... we must do better in our product development for people like this. We all know that bodybuilding is about getting bigger. That's why we absolutely have to come up with a better and quicker way for people who don't want to use drugs to get big. I know we've given them **Hot Stuff** and that it works great. But now we need something that works even faster. We need to break new ground here. We've been pioneers in the past. Now let's do it again!"

It took less than 24 hours for a possible solution to be offered. It came from one of our company's best new product developers.

"Tom... I think I have the answer to your challenge from yesterday's meeting," he said quite excitedly.
"Go ahead - tell me," I asked - full of curiosity.
"Well, we already know **Hot Stuff** works

great for putting on solid muscle mass. Right?"

"Absolutely," I said, nodding in agreement.

"And right now, what's the most effective and hottest selling supplement on the market," he continued?

"Creatine," I shot back without missing a beat!

"Correct!" So here's your answer. Combine Creatine with our **Hot Stuff** and you'll have the most powerful muscle builder the world has ever seen."

"But we already have Creatine in **Hot Stuff**," I reminded him.

"I know... I know..." he quickly shot back, still elaborating on his idea. "But to get the most benefit from Creatine supplementation, you have to take a lot of it. There's just no way you can take enough **Hot Stuff** to get this kind of effect."

"So let me guess," I said - seeing right where he was headed. "You want us to bring out a separate Creatine supplement?"

"Bingo!" But not just another Creatine powder. Everybody's got that. I think I have a better idea."

"And what's that," I asked?

"Well, I've been reviewing the Creatine research and I've stumbled on some very interesting data. It seems that Creatine actually works better when it's taken along with some form of sugar. The sugar agent works as a transport medium for higher Creatine absorption into the muscles," he continued.
"So why not just mix the Creatine in juice as some of the other companies are suggesting," I asked him?

"Well... you could do that but some of the fruit sugars aren't the best and besides that, the calories start mounting up pretty darn fast. I think I've hit on a better solution," he said.
"And what might that be," I asked puzzled?

"Honey powder," he responded.
"Honey powder," I said. "Why honey powder?"

He was really excited as he continued. "Honey contains the best combination of sugars for the human body that nature has ever produced. Dextrose, levulose, fructose and glucose. We can dry it, blend it into the Creatine powder, and my guess is it'll work like gang busters!"

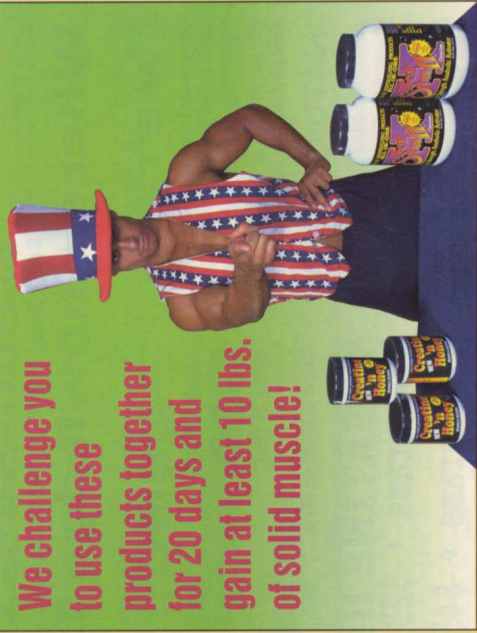
Now I was getting really excited too as I saw the logic of this idea. "How quickly can you produce a sample batch," I asked?
"By the weekend," he winked.

"Okay, I'm convinced," I said. "Go for it!"

And once you have samples, let's start doing

Do You Accept Our Challenge?

We challenge you to use these products together for 20 days and gain at least 10 lbs. of solid muscle!



Are you ready to pack on some serious muscle size without drugs? If so, then you need to try a round of **Hot Stuff and Creatine 'n Honey**. This combination is so explosively effective that it's going to blast you past any sticking point you might be at. And remember... we're talking solid muscle weight - not lardy, soft fat! With this fantastic combination, your body will start changing from the first day on the program. That's a promise.



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ARE YOU READY TO TRY THE BEST WEIGHT GAIN PROGRAM EVER?

Okay, guys. I'm ready. Please send me the Hot Stuff/Creatine 20-day combo for \$79.95 (plus \$8 shipping).

Name _____
Address _____
City _____ State _____ Zip _____
Telephone (____) _____ e-mail _____

Check, Money Order enclosed Visa Master Card AMEX
Card # _____ Expires _____ Signature _____

Hot Stuff Sports Supplements, 731 Kirkman Rd., Orlando, FL 32811

some field testing immediately. Especially on this Hot Stuff, Creatine combo idea."

YOU'RE GONNA POP OUTTA YOUR SHORTS!

And now for the best part Brink. We most definitely did go on to develop this Creatine and honey product. In fact, that's just what we named it - **Creatine 'n Honey**.

Next, our sports nutritionists came up with a procedure on how best to combine this new Creatine formula with Hot Stuff in order to maximize muscular weight gain.

Then finally, we conducted a three-month test program at various gyms throughout the country. Now... about those results.

Well, Brink, because of your letter, we stumbled smack into one of the biggest weight gain breakthroughs in the history of sports nutrition. Did this combination work? Beyond anything we've ever seen in our nearly 30 years in this business. We were absolutely flabbergasted by the results! Not only were people gaining muscular weight at an incredible rate, some of the test subjects even put on 10 pounds in less than two weeks! We always believed that the Hot Stuff/Creatine combo would work but what we witnessed was absolutely INCREDBLE!!!

You can just imagine how ecstatic the test subjects in these gyms were. And not just them. Once the other gym members saw the results their buddies were getting, they started begging to participate in our test program. Unfortunately, at that time, we just weren't geared up to handle large groups of people.

BRINK, I LOVE IT ALL TO YOU!

But now we are! Now that our testing is over and the results have been so positive, we have begun shipping our new **Creatine 'n Honey** to stores and gyms all over America. This means that finally, every bodybuilder in America who wants to gain muscle size fast without drugs now has a safe way to do it. All they have to do is take **Hot Stuff and Creatine 'n Honey** together and they'll gain as much weight as they want. (Most will gain a minimum of 10 pounds in just the first 20 days.) And it'll be solid muscle - not fat! Truly, there has never been a better weight gaining combination than this.

So Brink, old pal, stop feeling sorry for yourself. Because of you, thousands of bodybuilders around the country can now stay off drugs and still get huge - FAST!! And for that, I say thank you - both for me and for them. My biggest hope now is that you somehow see this story and realize that your letter actually did some good. Then maybe, some day you'll write me again only this time sign your name and address so that I can thank you personally. Meanwhile, I wish you well.

GNC Live Well.

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Glutamine 300 grams \$27.99
Glutamine 600 grams \$50
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1100 mg. 100 tabs.

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The newest, most innovative knee wrap available. Lifters everywhere are experiencing 75 to 100 lb. increases in their squats, when using Shark Skin's.
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(Twinlab Continued)

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MEET DIRECTORS: - a listing here is a FREE SERVICE... if you have more than a few thousand of potential entrants, send details at least 3 months prior to your competition, to "Coming Events", Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

1 AUG. (new date & name), NASSA Summer/State Fair BP/PL/DL, Middle Tennessee State University, Murfreesboro, TN 37132, 219-253-5429.
1 AUG. (new date), NASSA Summer/State Fair BP/PL/DL, Middle Tennessee State University, Murfreesboro, TN 37132, 219-253-5429.
1 AUG. (new date), NASSA Summer/State Fair BP/PL/DL, Middle Tennessee State University, Murfreesboro, TN 37132, 219-253-5429.

Coming Events

679-1591.
8 AUG, 10th Canal Day, Bench Press (Men, submaster, masters 1&II, women, teen) Tim Laddon, Little Falls Family YMCA, 15 Jackson St., Little Falls, NY 13365, 315-823-1740/7125.
16 AUG, Missoula State Fair BP/PL/DL Championships (SoCal, MO) Darrell Latch, 126 W. Sale, Tusco, IL 61953, 217-253-5429.
21-23 AUG (new date), AAUPC Law/Police/Military Nationals PL/PL/PL/DL (open/raw, male/female, open, teen, masters), 10000 Lake Buena Vista, FL 32830, 407-934-7200.
22 AUG, NASSA Michigan Regional (Benton Harbor) NASSA, Box 735, Noble, OK 73068, 505-365-4422.
22 AUG, ANPPC Drug Free Midwest USA Bench Press (teen, women, men, masters) The Texas Gym, 4212 Tucker Dr., Baytown, TX 77604, 281-339-4666.
22 AUG, APFA Houston Open PL/BP, APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
22 AUG, APF Battle in the Boro BP/PL/DL, Troy Hicks/George Hicks, 1020 S. Church St., Murfreesboro, TN 37130, 615-890-2633
22 AUG, ANPPC Drug Free Midwest Open Bench Press (teen, women, men, masters) Open Masters, Grandmaster Location, TBA, PO Box 1484, Mt. Vernon, IL 62864, 800-559-6772.
22 AUG, APF Maine State Push/Pull (Outdoors) in conjunction with Lovellston/Auburn Balloon Festival/Road Barrow, 207-225-5070.
22 AUG (new date), NASSA Louisiana Regional (Baton Rouge) NASSA, Box 3212, Baton Rouge, LA 70801, 504-383-6666.
22 AUG, APF National Committee Meeting (Radisson Hotel, Mt. Laurel, NJ) USPF National Headquarters 801-776-3628
14-16 AUG. (note new date) WABDL Bend Summer Strength & Fitness Festival & Northridge Strongest Man/Woman & Northridge Strongest Man/Woman & Northridge Strongest Man/Woman & Northridge Strongest Man/Woman, Box 3212, Baton Rouge, LA 70801, 504-383-6666.
14-16 AUG (new date), APF National Push/Pull (Fremont) YMCA, Jay McVeigh, 1408 "N" St., Fresno, CA 93712, Bob Packer, 209-439-4394.
15 AUG, USAPL/3rd Norm Menegon/BP Challenger, Morry Villarreal, 895 N. Guller, Morry Villarreal, 895 N. Guller, Morry Villarreal, CA 95112, 408-275-6449.
15 AUG, AAU/Ark-La-Tex Championships (LSU @ Shreveport) SRSA, 629 Spring St., Shreveport, LA 71101, 318-429-0660.
15 AUG, USAPL/EI Dorado Day Days PL (EI Dorado, KS) Angela Howell & Cheryl Howell, 316-775-2981 or 800-476-0036, or 316-775-2981, Olathe, KS 66040, 316-775-2981.
15 AUG, ANPPC (note new date) Illinois Open (Teenage, Women's Open, Mens Open, Masters, Grandmaster) ANPPC, PO Box 1484, Mt. Vernon, IL 62864, 800-559-6772.
15 AUG (new date), USAPL Summer Classic BP/PL/DL, Sean Culhan, 12 Biscayne Blvd., Troy, NY 12181, 518-237-0972.
15 AUG, ANPPC (note new date) Illinois Open (Teenage, Women's Open, Mens Open, Masters, Grandmaster) ANPPC, PO Box 1484, Mt. Vernon, IL 62864, 800-559-6772.
15 AUG, ANPPC (note new date) Illinois Open (Teenage, Women's Open, Mens Open, Masters, Grandmaster) ANPPC, PO Box 1484, Mt. Vernon, IL 62864, 800-559-6772.
15 AUG, AAU "No Drugs Allowed" Raw BP/PL/DL (Joe Ortega, 4468 W. 26th St., Erie, PA 16506, 414-833-9344).
15 AUG, AAU (USPF Men and Women's Sr. Nationals) (Radisson Hotel) open to all lifters from all US federations - IPF rules/dmg (tested) Robert Keller, Reg. II Chairman, Box 829, Ambler, PA 19002, 215-542-4941, FAX 215-947-5729.
16 AUG, 10th Annual Florida State Dualist

COMING USAPL EVENTS AT PRO FITNESS

— 1998 USAPL New Jersey State Powerlifting Championship.

October 24, 25, 1998 (Location To Be Announced)



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AAU UPDATE: We are off to a highly successful season with nearly 110 meets planned for this year.

with many of the legal to use but not legal to take supplements that are available. Putting the sport issue aside for a second, these products raise significant health concerns when people start getting ill and other medical problems.

AAU NM Memorial Power Blast 23 May 98 - Gallup, NM R. Lee 170 115 215 500

AAU UPDATE: We are off to a highly successful season with nearly 110 meets planned for this year. We have had nearly 400 new members come on board and many new meet directors.

NASA Colorado State 30 May-1 Jun 98 - Denver, CO PS BENCH 205 lb. 127.5

In California, we have a very active group headed by Executive Committee Member and State Chairman, Martin Drake.

AAU Alaska State 16 May 98 - Anchorage, AK WOMEN 48 kg. SQ BP DL TOT

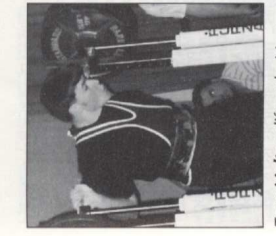
There have been inquiries from many foreign nations that have expressed an interest in coming. Several have already committed teams, with several more saying they will come to the International meet in April.

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Alaska State 16 May 98 - Anchorage, AK WOMEN 48 kg. SQ BP DL TOT

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Alaska State 16 May 98 - Anchorage, AK WOMEN 48 kg. SQ BP DL TOT



Terry Moltzan lifts at the Montana High School meet. (from Ramsey)

Montana State High School RAW 14 May 98 - Great Falls, MT WOMEN 84 kg. SQ BP DL TOT

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Detroit Rock City 2 May 98 - Detroit, MI WOMEN 123 lb. 245

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

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USAFL Bash on the Bayou 2 May 98 - Monroe, LA WOMEN 145+ kg. 200

Application for Registration UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600. Includes a registration form with fields for Name, Address, Club Name, and various checkboxes.

Powerlifting USA BACK ISSUES

May/93... NASA Natural Nationals, Squating With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 '93, ADFFA TOP 20 '93, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training TOP 100 SHWs, ADFFA TOP 20 '91, USPF '93... ADFFA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.C., Craig Tokarski Seminar, TOP 100 '94... ADFFA TOP 20 '94, Grant Pitts Profile, ADPPADL Nationals, Nichols Profile, 275 Pounds, ADPPA TOP 165's, Dec/93... WDPFF Worlds, Anthony Clark Profile, Ed Coan Interview, PL II, Reverse Hoppers, How Often to Bench, TOP 100 '94, ADFFA Men/Women Worlds, IFP J/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100

165's, ADFFA TOP 20 SHWs, Feb/Mar/94... Drug Test Methods, ADFFA National/Worlds, Malibu Classic VI, Greg War, BP ADFFA TOP 20 '94, TOP 100 '93, ADFFA TOP 20 '94, Oct/94... Paul Anderson Tribute, IFP Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The ACEFACTOR, Squat Workout, TOP 100 '94, Mar/94... Women's TOP 20, Drug Test Training, Tamara Rainwater-Grimwood, TOP 100 '94, ADFFA TOP 20 '94, Apr/94... Salva Testes, Coan Deadlift Video, Bob Dempsey Profile, Psychology Up or Psyching Out?, WNPFF Worlds, TOP 100 '94, ADFFA TOP 20 '94, May/94... USPF/ADFFA Collegiate, Budweiser Record Breakers, Fluids, TOP 100 '94, ADFFA TOP 20 '94, Jun/94... DASH Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, 275 Pounds, ADPPA TOP 165's, Feb/95... Worlds Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press Video, Commentator Teahuber, TOP 100 '94, Mar/95... Women's TOP 20, Don Reinold, Ethics of Ergogenics, Karwood Squat, Tamara Rainwater-Grimwood Bench Routine, TOP 100 '94, Apr/95... NASA Natural Nationals, Dead-

NASA High School Nationals
4.5 Apr 98 - Dallas, TX

Rank	Name	Weight	1RM	2RM	3RM
1	Frank/Senior 170.8 lb.	127.5	47.5	155	330
2	M. McCaver	127.5	47.5	155	330
3	S. Roberts	95	47.5	100	242.5
4	C. Roberts	95	47.5	100	242.5
5	A. Allford	92.5	47.5	100	242.5
6	Junior/Senior 154.3 lb.	102.5	47.5	100	242.5
7	D. Binion	220	130	207.5	587.5
8	C. Smith	220	130	207.5	587.5
9	C. Smith	220	130	207.5	587.5
10	S. Shaw	70	32.5	92.5	195
11	D. Hubert	195	102.5	205	502.5
12	P. Shore	160	90	182.5	432.5
13	C. Neal	130	102.5	182.5	432.5
14	M. McCoy	117.5	70	130	327.5
15	Frank/Senior 170.8 lb.	200	100	327.5	750
16	C. Vandimont	227.5	150	400	925
17	D. Cannon	165	117.5	182.5	465
18	D. Cannon	165	117.5	182.5	465
19	F. Dunaway	172.5	87.5	102.5	247.5
20	P. Dunaway	172.5	87.5	102.5	247.5
21	C. Leva	130	97.5	165	412.5
22	R. Johnson	165	90	150	405
23	B. Stevens	162.5	77.5	100	400
24	D. Stevens	162.5	77.5	100	400
25	S. Mache	105	50	117.5	267.5
26	E. Bates	142.5	87.5	155	385
27	A. Kilday	130	72.5	170	372.5
28	J. Lewis	130	77.5	170	372.5
29	O. Joffe	150	77.5	170	372.5
30	G. Logan	150	77.5	170	372.5
31	Junior/Senior 170.8 lb.	145	215	595	1340
32	J. May	127.5	195	537.5	1200
33	E. Lacy	190	127.5	200	517.5
34	K. Masual	175	105	192.5	472.5
35	E. Han	175	105	192.5	472.5
36	W. Humphreys	125	92.5	200	467.5
37	C. Hamm	165	102.5	170	437.5
38	C. Withnash	130	100	170	400
39	C. Withnash	130	100	170	400
40	C. Withnash	130	100	170	400
41	S. Kilby	185	130	207.5	542.5
42	G. Davis	202.5	117.5	200	527.5
43	G. Davis	202.5	117.5	200	527.5
44	B. Morris	190	117.5	192.5	465
45	G. Adams	182.5	100	160	442.5
46	G. Adams	182.5	100	160	442.5
47	A. Lacombe	162.5	110	157.5	430
48	C. Clark	142.5	102.5	182.5	472.5
49	C. Clark	142.5	102.5	182.5	472.5
50	Frank/Senior 250.2 lb.	170	240	605	1340
51	M. Landin	235	130	240	605
52	J. May	172.5	107.5	200	520
53	C. Norris	130	72.5	172.5	375
54	Junior/Senior 250.2 lb.	170	240	605	1340
55	V. Piroso	250	152.5	272.5	632.5
56	A. Glaze	227.5	137.5	227.5	592.5
57	A. Bryant	235	145	200	580
58	A. Bryant	235	145	200	580
59	A. Bryant	235	145	200	580
60	S. Kilby	185	130	207.5	542.5
61	G. Davis	202.5	117.5	200	527.5
62	G. Davis	202.5	117.5	200	527.5
63	B. Morris	190	117.5	192.5	465
64	G. Adams	182.5	100	160	442.5
65	G. Adams	182.5	100	160	442.5
66	A. Lacombe	162.5	110	157.5	430
67	C. Clark	142.5	102.5	182.5	472.5
68	C. Clark	142.5	102.5	182.5	472.5
69	Frank/Senior 280 lb.	170	240	605	1340
70	M. Landin	235	130	240	605
71	J. Taylor	260	142.5	225	602.5
72	A. Taylor	242.5	142.5	225	610
73	A. Taylor	242.5	142.5	225	610
74	J. Rice	175	115	182.5	475
75	J. Rice	175	115	182.5	475
76	J. Rice	175	115	182.5	475

lifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Coan, off day Dave is also a master lifter at 41. John Flynn won the 275's with his opener of 550. C. Schuster had 600 one inch from lockout. He will get it missing 520 for the win. Very likeable Jeff Silva from the Teen division doing 345 at 217-lb. Jeff Erickson from the junior division getting 385's and just missing 400. In second place was Brian Crenshaw doing 400 at 240. Jack Burdett won the 170 lb. Masters with the first lift of 200. Masters with 550. David Lee did 500 on the Natural 154 lb. He did it with a great job. Will need time. (Thank you to Louie LaPorte for the results)

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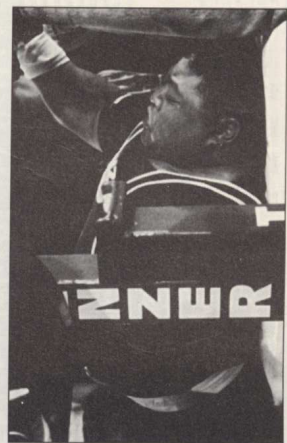
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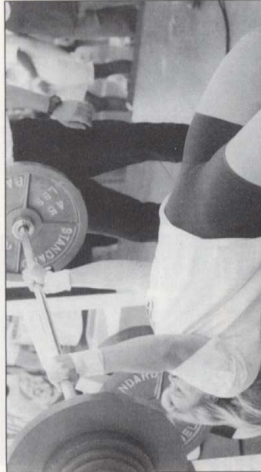
Chris Pearce, 319 lbs, squatting a meet record of 625 at the AAU Currituck Classic II in Benzak photo.

AAU Currituck Classic II 23 May 98 - Grandy, NC

Table with 2 columns: BENCH (Men's and Women's lifts) and results. Includes names like Knight-McNeil, I. Vann, M. Thomas, etc.

regardless of what age they entered. The top 3 women received medals by Malone. RAW lifters... This kept the meet interesting, and makes it exciting to read about, but I hope it doesn't cloud one important fact. Your goals in powerlifting are to improve your strength, to measure your progress, to achieve your personal goals, and to be happy if you achieve them, whether it takes time or it takes place in a flash.

his 2nd attempt to lift, and miss 275 lbs the sure win. The gold came down to bodyweight, and the silver went to the 182 lb. lifter. Winning the bench was the always popular Danny Hies of SC. Brian By had a solo run at 242, but it got to 240. The 225 lb. lifter was the one who knows what damage he'll cause at the next meet. In the bench Brian would take second to the top lifter in the state, 500 to 520 lbs. Henderson was the top lifter in the state, 500 to 520 lbs. Henderson was the top lifter in the state, 500 to 520 lbs. Henderson was the top lifter in the state, 500 to 520 lbs.



Kari Sabin locks out and wins the Women's Open Division with a reverse grip at the Barbender Classic.

Barbender Classic Bench 25 Apr 98 - Tampa, FL

Table with 2 columns: MEN (Open 123 lb, 132 lb, 148 lb, etc.) and results. Includes names like J. Norton, J. Strickland, etc.

AAU Yackin Spring BP/DL 16 May 98 - Yackinville, NC. Table with 2 columns: BENCH (Men's and Women's lifts) and results. Includes names like D. Barino, M. Wilson, etc.

Wilfred Strange, Best Lifter, accepts the award from promoter Chris Davis, at the Barbender Classic.

stud with a 600 lb. best lift in the 133 lb. division. Wilfred Strange won the 133 lb. division with a 600 lb. best lift in the 133 lb. division.

and veteran leadership. Held for the past two years at Chini, The Kings Church fair (one of the largest and oldest in the area) has provided a fine already highly charged atmosphere of this event as well as provided lots of fun, food and diversions for the children and families of the competitors. We were awarded to first three places in all divisions with every contestant receiving a free product goodie bag and event t-shirt. The contest was held at the Barbender Classic on Saturday, April 25, 1998. The meet was held at the Barbender Classic on Saturday, April 25, 1998.

AAU MEMBERSHIP APPLICATION FORM. THIS IS NOT A VALID CARD. Includes fields for personal info, membership category, and signature.

International Powerlifting Association Application for Registration. Includes fields for personal info, address, and a registration fee section.

APF SW USA Big Bench
 16 May 98 - Arlington, TX (kg.)

123 lb.	A. Terry	182.5
148 lb.	A. Schwertl	182.5
165 lb.	J. Vazquez	172.5
180 lb.	J. Torres	142.5
200 lb.	W. Young	112.5
MEN 165 lb.	A. M. Lozano	220
MEN 180 lb.	M. Hernandez	202.5
MEN 200 lb.	D. Hutchins	120
181 lb.	R. Pierce	205
195 lb.	DNF	227.5
200 lb.	R. Walker	227.5

World Record. Ed & Betty Parke, Director: Kirk Stroud. Judges: Linda Holland, Billy Bercy, Doug Pruitt. Announcer: Mark Hall. Executive: Mark Hall. Platform Manager: Kirk Stroud. This meet was held in conjunction with the Southwest USA Bodybuilding Championships. The winning overall male being dined down for 275 US bodybuilding show. Samm Stroud with a 275 US record at 46 years of age to this writer was competing and did well with no gear. Bernard McCrece was by far the most impressive lifter of the meet. He has to be congratulated on his performance. Bernard, none did it in such a fashion. Bernard is confined to a wheelchair and has no use of his legs; he was able to lift 500 lbs. with a 501 lb. lift over support from his legs. Bernard's lift was a lift over double his bodyweight. The biggest bench of the day was with a 501 lb. lift by Ed and Betty Parke extended are planning on making it a part of their show each year. (Thanks to Bill Holland for providing results)



At the Judgement Day BP & DL contest (l-r): Debbie Leitze, Dawn Mountain, and Mary Lee Horne. (St. Mary's Health & Recreation, PA)

USPF Region III
 23 May 98 - Savannah, GA

MEN 148 lb.	SQ	BP	DL	TOT
T. Calhoun	212.5	155	232.5	595
G. Jefferson	200	155	232.5	587.5
165 lb.				
M. Young	232.5	175	255	662.5
R. Bennett	250	187.5	250	687.5
200 lb.				
M. Anderson	280	160	275	717.5
M. Roberts	265	170	240	675
242 lb.				
J. Seeger	337.5	145	295	777.5
S. Black	275	145	230	650
275 lb.				
D. Rogers	310	172.5	320	802.5
J. Vause	272.5	185	272.5	730

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 If yes, please write in your former membership number _____

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Check One: Club # _____ CLUB NAME _____

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Judgement Day BP/DL
 25 Apr 98 - St. Mary's, PA

Anatole BENCH		SQ	BP	DL	TOT
123 lb.	J. Tanner	125	170	300	595
D. Mountain	J. Thomas	95	150	275	520
165 lb.	P. Guinac	110	175	325	610
M. Horne	F. Steinbach	110	175	325	610
MEN 123 lb.	T. Young	375	440	510	1325
MEN 148 lb.	C. Forner	300	360	440	1100
MEN 165 lb.	A. Brink	300	360	440	1100
MEN 180 lb.	J. Neale	350	420	500	1270
MEN 200 lb.	D. McLaughlin	300	360	440	1100
MEN 225 lb.	K. Ruckle	300	360	440	1100
MEN 250 lb.	M. Schermaker	280	340	410	1030
181 lb.	J. Neale	350	420	500	1270
195 lb.	D. McLaughlin	300	360	440	1100
200 lb.	K. Ruckle	300	360	440	1100
210 lb.	J. Neale	350	420	500	1270
220 lb.	J. Neale	350	420	500	1270
230 lb.	J. Neale	350	420	500	1270
240 lb.	J. Neale	350	420	500	1270
250 lb.	J. Neale	350	420	500	1270

Big Sky Open
 6 Apr 98 - Great Falls, MT

MEN 114 lb.		SQ	BP	DL	TOT
T. Watta	300	240	365	905	
J. Watta	300	240	365	905	
M. Alexander	365	250	365	985	
165 lb.	M. Hudson	515	320	505	1340
M. Hudson	640	340	575	1555	
J. Legard	550	325	625	1500	
D. Rouse	500	355	460	1315	
200 lb.	C. Brown	600	415	575	1590
M. Whisell	700.5	450	670	1825	
220 lb.	M. Whisell	565	365	610	1540
275 lb.	J. Braun	685	405	670	1760
M. Whisell	685	405	670	1760	
300 lb.	B. Wikelski	785	475	765	2025
E. Wynegar	575	495	540	1610	
350 lb.	B. Wikelski	830	510	820	2160
400 lb.	B. Wikelski	830	510	820	2160
450 lb.	B. Wikelski	830	510	820	2160

NYS Police Olympics
 10 Jun 98 - Albany, NY

BENCH		SQ	BP	DL	TOT
G. Garian	340	450	550	1340	
J. Bracken	350	450	550	1350	
F. Molino	135	220	315	670	
MEN 148 lb.	M. Miller	400	480	580	1460
A. Rubin	370	450	550	1370	
200 lb.	R. Ross	500	550	650	1700
225 lb.	T. Little	500	550	650	1700
M. Whisell	500	550	650	1700	
250 lb.	J. Davis	500	550	650	1700
275 lb.	J. Davis	500	550	650	1700
300 lb.	J. Davis	500	550	650	1700
325 lb.	J. Davis	500	550	650	1700
350 lb.	J. Davis	500	550	650	1700

International Powerlifting Association
 "Lifting for Lifters"
 Application for Registration

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

Sign if above answers are correct. Parents sign if under 18 years.

Registration Fee: Adult \$20, High School and Special Olympics \$10
 Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
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AWA Membership Application Form
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Is this membership renewed? Yes No
 If yes, please write in your former membership number _____

DATE OF BIRTH _____ AGE _____ SEX _____

MEMBERSHIP CATEGORY Athlete Youth Program Coach Adult Program

DATE OF APPLICATION _____

MEMBERSHIP CATEGORY Volunteer/Initiate Volunteer/Coach

Check One: Club # _____ CLUB NAME _____

SPORT CODE _____ MIDDLE INITIAL _____ LAST NAME _____

FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

USAPL Texas State
 9 May 98 - Ft. Hood, TX

WOMEN		SQ	BP	DL	TOT
123 lb.	J. Compio	210	120	245	575
148 lb.	J. Ellis	230*	100*	290*	620*
165 lb.	R. Shen	180	95	235	510
MEN 123 lb.	J. Young	375	440	510	1325
MEN 148 lb.	C. Forner	300	360	440	1100
MEN 165 lb.	A. Brink	300	360	440	1100
MEN 180 lb.	J. Neale	350	420	500	1270
MEN 200 lb.	D. McLaughlin	300	360	440	1100
MEN 225 lb.	K. Ruckle	300	360	440	1100
MEN 250 lb.	M. Schermaker	280	340	410	1030

International Powerlifting Association
 APPLICATION FOR REGISTRATION

Welcome to the International Powerlifting Association. This organization is established as a "Lifter for Lifters" organization with three divisions: Professional, Elite Amateur, and Amateur.

Pre Divisions: Anyone who wants to enter as a Professional, no matter what he or she lifts. There is no drug testing in this division. The Division has its own word records. Records will be kept in the form of an Open, Amateur, and Amateur Division only. There is no drug testing in these divisions either.

Elite Amateur: Anyone who lifts Professional (Pro) is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she lifts. There is no drug testing in this division. The Division has its own word records. Records will be kept in the form of an Open, Amateur, and Amateur Division only. There is no drug testing in these divisions either.

Amateur: Anyone who lifts Amateur (Am) is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she lifts. There is no drug testing in this division. The Division has its own word records. Records will be kept in the form of an Open, Amateur, and Amateur Division only. There is no drug testing in these divisions either.

Amateur Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a random test done at the lifter's expense (same standards as the U.S. Olympic Committee). If a lifter is found to be using drugs, he or she will be disqualified and the lifter will be banned from I.P.A. of all future competitions for three (3) years. If the lifter enters the Amateur Division and totals Pro, the lifter must compete as a Professional in the next meet he/she competes in. The Amateur Division has its own title and world records. Amateur records will be kept in the Men's and Women's Teen (14-15, 16-17, 18-19), Junior (20-21), Open, Submaster, Police and Master Divisions.

IPAF PROFESSIONAL, ELITE AMATEUR, AND AMATEUR CLASSIFICATION TOTALS

Men's		Women's		M/C	
Wt. Class	Elite Amateur	Wt. Class	Elite Amateur	M/C	Elite Amateur
114	180	95	97	671	657
123	180	100	105	711	699
132	1330	105	114	770	664
148	1480	120	123	822	740
165	1610	130	132	858	765
180	1810	140	144	895	806
198	1790	160	166	1000	924
220	1870	170	177	1035	952
242	1900	170	180	1105	995
250	1900	170	180	1105	995
275	1900	170	180	1105	995
300	1900	170	180	1105	995
308*	1900	170	180	1105	995
308*	1900	170	180	1105	995

APF SW USA Big Bench
 16 May 98 - Arlington, TX (kg.)

123 lb.	A. Terry	182.5
148 lb.	A. Schwertl	182.5
165 lb.	J. Vazquez	172.5
180 lb.	J. Torres	142.5
200 lb.	W. Young	112.5
MEN 165 lb.	A. M. Lozano	220
MEN 180 lb.	M. Hernandez	202.5
MEN 200 lb.	D. Hutchins	120
181 lb.	R. Pierce	205
195 lb.	DNF	227.5
200 lb.	R. Walker	227.5

USAPL Utah State

state records and nearly pulled a personal record deadlift, 15-year-old Jerry Lynn Justice of Clawson, Mich. set a new record in the 181 lb. weight class...

Georges Labrecque, 73 years old

at 165 Dvct. with a lift of 460 at the CPA Canadians (Marcel St. Laurent) ... CPAPowerlifting Championships 26 Apr 98 - Sherbrooke, Quebec

Table with 3 columns: Name, Weight, and Record Value. Includes names like R. Dubeau, R. Bolduc, Z. B. Bouchard, etc.

Table with 3 columns: Name, Weight, and Record Value. Includes names like J. Valpatic, J. Miller, J. B. Bouchard, etc.

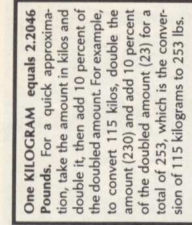
Table with 3 columns: Name, Weight, and Record Value. Includes names like M. Inoke, J. Greenwood, V. Hillfield, etc.

Table with 3 columns: Name, Weight, and Record Value. Includes names like M. Kempfe, N. Kempfe, K. Henderson, etc.

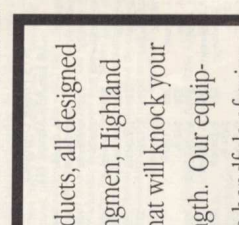
Table with 3 columns: Name, Weight, and Record Value. Includes names like J. Hib-17, B. Justice, M. Justice, etc.

Table with 3 columns: Name, Weight, and Record Value. Includes names like M. Justice, G. Anderson, J. Davis, etc.

Table with 3 columns: Name, Weight, and Record Value. Includes names like M. Justice, G. Anderson, J. Davis, etc.



Georges Labrecque, 73 years old at 165 Dvct. with a lift of 460 at the CPA Canadians (Marcel St. Laurent)



CPAPowerlifting Championships 26 Apr 98 - Sherbrooke, Quebec

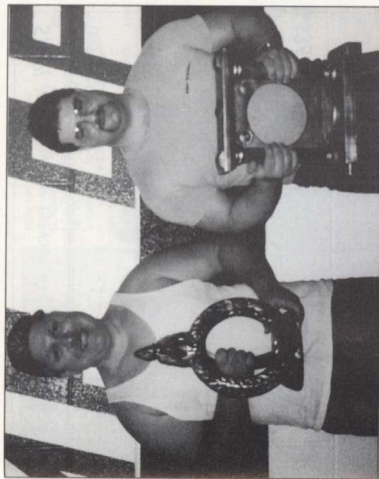
Advertisement for IronMind Enterprises, Inc. featuring the IronMind logo and text: 'IronMind Enterprises, Inc. offers about 100 products, all designed for serious strength athletes: weightlifters, strongmen, Highland Games athletes, arm wrestlers, powerlifters. We publish a magazine that will knock your socks off, and some books that are bound to boost your size and strength.'

Advertisement for Smith Machine EXTRAVAGANZA. Features images of gym equipment and text: 'Smith Machine EXTRAVAGANZA... EXECUTIVE SMITH MACHINE As low as \$398.00... POWER SMITH MACHINE As low as \$499.00... LINEAR SMITH MACHINE As low as \$919.00'



Noah Morris, son of Troy Morris who set an American record at the NASA California St. Meet. (Scholz)

Table listing various weightlifting records and categories. Columns include names, weights, and categories. Includes sections for 'NASA California State', 'EPC European Championships', and 'Outstanding Lifters'.



Outstanding Lifters (r-l): Charles Ward, Master 1, Warren McComas Natural, at the NASA West Virginia Regionals. (Greg VanHoose photo)

Table listing 'Outstanding Lifters' with columns for name, weight, and category. Includes names like Charles Ward, Warren McComas, and Greg VanHoose.

Table listing various weightlifting records and categories. Columns include names, weights, and categories. Includes sections for 'NASA West Virginia Regionals', 'Gator's Gym Langley BP', and 'Natural 250 lb.'.

Advertisement for Texas Power Bar. Text includes: 'Gimmicks don't make you stronger. Get back to basics with MAC!', 'ORIGINAL TEXAS POWER BAR', 'Mats • Bars • Racks • Free Weight Machines • Benches • Plates • Dumbbells • Belts', 'MAC Barbell Equipment', 'Official Supplier to the Texas High School Power Lifting Association.', '1617 W. Highway 303 • Grand Prairie, TX 75051', 'Call today for our catalog and for pricing information. (800) 942-0338'.

Registration form for 'Natural Athlete Strength Association'. Includes fields for 'Last Name', 'First Name', 'Initial', 'Date of Birth', 'Age', 'High School', 'Referee', 'Adults - \$25.00', 'Youth - \$15.00', 'Street Address', 'City', 'State', 'Zip', and 'Telephone'. Includes a membership information section and a disclaimer: 'I certify that the above answers are correct'.

4th Midwest Bench Press

28 Mar 98 - Green Bay, WI

2nd AAU Florida State Bench Press

WNFPA Alabama Championships

Stan Martin in the Brick Lift at the Illinois Strong Man/Woman contest.



Stan Martin in the Brick Lift at the Illinois Strong Man/Woman contest. (Tim Piper photograph)

Rank	Name	Weight	Points
1	Tim Piper	230	215
2	Mike Mika	182.5	187.5
3	Johnnie Walker	182.5	187.5
4	Tim Piper	230	215
5	Mike Mika	182.5	187.5
6	Johnnie Walker	182.5	187.5
7	Tim Piper	230	215
8	Mike Mika	182.5	187.5
9	Johnnie Walker	182.5	187.5
10	Tim Piper	230	215
11	Mike Mika	182.5	187.5
12	Johnnie Walker	182.5	187.5
13	Tim Piper	230	215
14	Mike Mika	182.5	187.5
15	Johnnie Walker	182.5	187.5
16	Tim Piper	230	215
17	Mike Mika	182.5	187.5
18	Johnnie Walker	182.5	187.5
19	Tim Piper	230	215
20	Mike Mika	182.5	187.5
21	Johnnie Walker	182.5	187.5
22	Tim Piper	230	215
23	Mike Mika	182.5	187.5
24	Johnnie Walker	182.5	187.5
25	Tim Piper	230	215
26	Mike Mika	182.5	187.5
27	Johnnie Walker	182.5	187.5
28	Tim Piper	230	215
29	Mike Mika	182.5	187.5
30	Johnnie Walker	182.5	187.5
31	Tim Piper	230	215
32	Mike Mika	182.5	187.5
33	Johnnie Walker	182.5	187.5
34	Tim Piper	230	215
35	Mike Mika	182.5	187.5
36	Johnnie Walker	182.5	187.5
37	Tim Piper	230	215
38	Mike Mika	182.5	187.5
39	Johnnie Walker	182.5	187.5
40	Tim Piper	230	215
41	Mike Mika	182.5	187.5
42	Johnnie Walker	182.5	187.5
43	Tim Piper	230	215
44	Mike Mika	182.5	187.5
45	Johnnie Walker	182.5	187.5
46	Tim Piper	230	215
47	Mike Mika	182.5	187.5
48	Johnnie Walker	182.5	187.5
49	Tim Piper	230	215
50	Mike Mika	182.5	187.5
51	Johnnie Walker	182.5	187.5
52	Tim Piper	230	215
53	Mike Mika	182.5	187.5
54	Johnnie Walker	182.5	187.5
55	Tim Piper	230	215
56	Mike Mika	182.5	187.5
57	Johnnie Walker	182.5	187.5
58	Tim Piper	230	215
59	Mike Mika	182.5	187.5
60	Johnnie Walker	182.5	187.5

W. Illinois Strong Man/Woman contest. (Tim Piper photograph)

18 Apr 98 - Macomb, IL

The Macomb contest featured a variety of events including a deadlift, bench press, and strongman events. Stan Martin was the winner of the brick lift event, lifting 110 lbs. Other winners include Johnnie Walker and Mike Mika.

Rank	Name	Weight	Points
1	Tim Piper	230	215
2	Mike Mika	182.5	187.5
3	Johnnie Walker	182.5	187.5
4	Tim Piper	230	215
5	Mike Mika	182.5	187.5
6	Johnnie Walker	182.5	187.5
7	Tim Piper	230	215
8	Mike Mika	182.5	187.5
9	Johnnie Walker	182.5	187.5
10	Tim Piper	230	215
11	Mike Mika	182.5	187.5
12	Johnnie Walker	182.5	187.5
13	Tim Piper	230	215
14	Mike Mika	182.5	187.5
15	Johnnie Walker	182.5	187.5
16	Tim Piper	230	215
17	Mike Mika	182.5	187.5
18	Johnnie Walker	182.5	187.5
19	Tim Piper	230	215
20	Mike Mika	182.5	187.5
21	Johnnie Walker	182.5	187.5
22	Tim Piper	230	215
23	Mike Mika	182.5	187.5
24	Johnnie Walker	182.5	187.5
25	Tim Piper	230	215
26	Mike Mika	182.5	187.5
27	Johnnie Walker	182.5	187.5
28	Tim Piper	230	215
29	Mike Mika	182.5	187.5
30	Johnnie Walker	182.5	187.5
31	Tim Piper	230	215
32	Mike Mika	182.5	187.5
33	Johnnie Walker	182.5	187.5
34	Tim Piper	230	215
35	Mike Mika	182.5	187.5
36	Johnnie Walker	182.5	187.5
37	Tim Piper	230	215
38	Mike Mika	182.5	187.5
39	Johnnie Walker	182.5	187.5
40	Tim Piper	230	215
41	Mike Mika	182.5	187.5
42	Johnnie Walker	182.5	187.5
43	Tim Piper	230	215
44	Mike Mika	182.5	187.5
45	Johnnie Walker	182.5	187.5
46	Tim Piper	230	215
47	Mike Mika	182.5	187.5
48	Johnnie Walker	182.5	187.5
49	Tim Piper	230	215
50	Mike Mika	182.5	187.5
51	Johnnie Walker	182.5	187.5
52	Tim Piper	230	215
53	Mike Mika	182.5	187.5
54	Johnnie Walker	182.5	187.5
55	Tim Piper	230	215
56	Mike Mika	182.5	187.5
57	Johnnie Walker	182.5	187.5
58	Tim Piper	230	215
59	Mike Mika	182.5	187.5
60	Johnnie Walker	182.5	187.5

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NASA Virginia State (kg)
23,24 May 98 - Charlottesville, VA

BENCH
230 lb. 147.5
WOMEN
Schultz 138 lb. 205 lbs.
Sleighty 137.5
Young 110 250 lb.
K. Cash 167.5
C. Cash 162.5
Gregory 70
Pure Novice 187 lb. 227 lb.
WOMEN
Schultz 138 lb. 205 lbs.
Sleighty 137.5
Young 110 250 lb.
K. Cash 167.5
C. Cash 162.5
Gregory 70
Pure Novice 187 lb. 227 lb.

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WOMEN
Schultz 138 lb. 205 lbs.
Sleighty 137.5
Young 110 250 lb.
K. Cash 167.5
C. Cash 162.5
Gregory 70
Pure Novice 187 lb. 227 lb.

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Dr. Judd Biasiolto & Klaus Arndt, Solaris Secretary/Treasurer and President.

Judd & Klaus

Table with 3 columns: Name, Weight, Record. Lists athletes from various teams like Parkersburg, Mason, and others.

Table with 3 columns: Name, Weight, Record. Lists athletes from teams like Parkersburg, Mason, and others.

Table with 3 columns: Name, Weight, Record. Lists athletes from teams like Parkersburg, Mason, and others.

finish over Parkersburg High's Matt... McCae finished with a 305 squat, 236 bench, and 625 total.

17th grade boys, with a total of 582.1 lbs. in the 11th grade boys division, John A. Rabel... 19th grade boys division, John A. Rabel... 20th grade boys division, John A. Rabel...

with a 250 squat, 187 lb. bench, and 437 total. In the 11th grade boys division, John A. Rabel... 19th grade boys division, John A. Rabel... 20th grade boys division, John A. Rabel...

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NASA Masters Nationals (kg)
5-7 Jun 98 - Cincinnati, OH

PS Bench 205 lb.
E. Johnson 175
E. Jolley 160
C. Wells 137.5
J. Baker 177.5
D. Goble 160
(45-49) 205 lb.
132.5
C. Goble 155
C. Goble 155
C. Goble 155
C. Goble 155
C. Goble 155

223 May 98 - Waialua, HI
GIRLS 105 lb.
K. Lourdan 132 kg
K. Kurstad 90
C. O'Brien 95
K. O'Brien 95
K. O'Brien 95
K. O'Brien 95

2nd Push-Pull Meet
11 Apr 98 - Aurora, IL
APF Bench 120 kg
D. Zenzen 285
Flight 2 175
Flight 2 175
Flight 2 175

11 Apr 98 - Aurora, IL
APF Bench 120 kg
D. Zenzen 285
Flight 2 175
Flight 2 175
Flight 2 175

11 Apr 98 - Aurora, IL
APF Bench 120 kg
D. Zenzen 285
Flight 2 175
Flight 2 175
Flight 2 175

11 Apr 98 - Aurora, IL
APF Bench 120 kg
D. Zenzen 285
Flight 2 175
Flight 2 175
Flight 2 175

195 115 237.5 547.5
140 140 212.5 492.5
262.5 155 255 672.5
130 80 160 370
107.5 67.5 110 285

120 85 132.5 337.5
95 35 115 245
105 47.5 140 292.5
118 18
102.5 60 115 277.5
152.5 101 160 413.5
140 78.5 147.5 360

120 85 132.5 337.5
95 35 115 245
105 47.5 140 292.5
118 18
102.5 60 115 277.5
152.5 101 160 413.5
140 78.5 147.5 360

120 85 132.5 337.5
95 35 115 245
105 47.5 140 292.5
118 18
102.5 60 115 277.5
152.5 101 160 413.5
140 78.5 147.5 360

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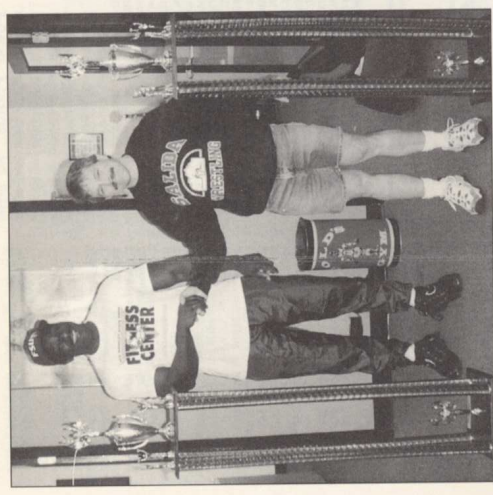
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Keith Johnson (l) won Best Lifter in the Deadlift at the APA TN Open (Scott Taylor)

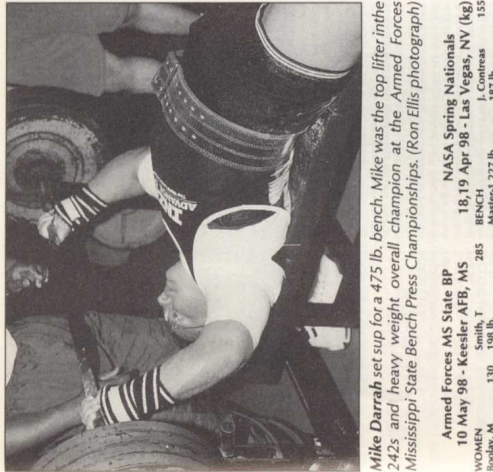
Table with 3 columns: Name, Weight, and Score. Includes entries for APA TN Open 98 - Clarksville, TN, such as L. Parker, R. Litterfield, and A. Litterfield.

Table with 3 columns: Name, Weight, and Score. Includes entries for USAPL Eastern Regionals, such as R. Reynolds, R. Reynolds, and R. Reynolds.

Table with 3 columns: Name, Weight, and Score. Includes entries for I. Giovannazzo, C. Fischer, and T. Kingle.

Table with 3 columns: Name, Weight, and Score. Includes entries for ADP CA YMCA Championships, such as B. Lang, R. Lang, and D. Shy.

Table with 3 columns: Name, Weight, and Score. Includes entries for USAPL Eastern Regionals, such as R. Reynolds, R. Reynolds, and R. Reynolds.



Mike Darrah set up for a 475 lb. bench. Mike was the top lifter in the 242.5 and heavy weight overall champion at the Armed Forces Mississippi State Bench Press Championships. (Ron Ellis photograph)

Table with 3 columns: Name, Weight, and Score. Includes entries for Armed Forces MS State BP, such as W. Woody, M. Woody, and R. Woody.

Table with 3 columns: Name, Weight, and Score. Includes entries for USAPL Eastern Regionals, such as R. Reynolds, R. Reynolds, and R. Reynolds.

Table with 3 columns: Name, Weight, and Score. Includes entries for NASA Sooner State, such as C. Wilder, J. Coe, and M. Link.

The WNPF is proud to announce that we will host the 1998 WDFPF World Powerlifting Championships in Atlanta, Ga. on October 9-11. After lengthy talks with the WDFPF President Andrew Cominos we have come to an agreement of being one of the U.S. affiliates under the umbrella group with hopes of becoming the exclusive affiliate in the very near future. The WNPF will field a team of Teenagers, Juniors, Open and Masterlifters at the 1998 WDFPF World Championships with hopes of sending a few U.S. lifters to Belgium for the World Bench Press Championships. The WNPF will uphold the rules and regulations of the WDFPF for meets that are sanctioned by the WDFPF and WNPF qualifiers for the WDFPF. In the near future the WNPF will have a new name for its organization once the WDFPF has decided to give the WNPF exclusive rights. We look forward to working with the WDFPF in the future and will do the best we can to support the drug free movement for WDFPF. Sincerely, Troy Ford - WNPF President

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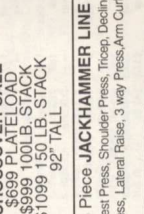
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