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# APF SENIORS

BEST LIFTER  
 ANGELO BERARDINELLI



## TOP SECRET GUERRILLA TRAINING TIPS

By Commander X

Okay Soldiers... Listen Up!!! The B.S. is officially over. No more cry baby excuses. No more whining about how you can't make any progress. From here on in you're under my command. I'll be giving you lots of great training tips in this column. So keep your eyes peeled for them. Then you can either follow my advice or go back home to Mommy! **ATTEN-HUT!**

REPORT #3

SPECIAL ADVERTISING SUPPLEMENT FROM HOT STUFF SPORTS SUPPLEMENTS

### COMMANDER X EXPOSES

# The Creatine Hoax!!

## "I'm Sick And Tired Of All The Lies, Trickery And Deception That Some Companies Are Now Resorting To!"

*Commander, those sound like fighting words. You're obviously very upset. What's gotten you so riled up?*

**COMMANDER.** You're darn right I'm upset! Do you have any idea the kind of games that are being played with Creatine products? Do you know that a lot of what's being sold out there as Creatine is nothing but watered down junk? Just a smattering of Creatine cut with worthless filler powders. It ain't even worth soaking up cat piss. And yet these creeps keep getting away with it.

*Who are "they" Commander?*

**COMMANDER.** Well, sorry boy, as much as I'd like to start naming names here, I'm just not allowed to do it in this column. But I can tell you this much. The first good clue is price. Most of the stuff you see being sold at ridiculously low prices is a hoax. Beware of Creatine sold for dirt cheap prices because that's probably all you're getting. Dirt! Creatine is the hottest product on the market right now and all of the big companies are paying nearly the same for the basic raw material. When some companies start selling Creatine for cheaper than raw materials price, you know you smell a rat. So to all of you soldier-students out there I issue this warning: **STOP BUYING THE CHEAPEST CREATINE YOU CAN FIND. YOU'RE PROBABLY GETTING RIPPED OFF!**

*What about this Chinese Creatine I've been hearing about?*

**COMMANDER.** Boy, am I glad you brought that up! That's another side of this problem. A lot of the Creatine being used in sports supplements here in America is coming straight from China. Now I've got nothing against the Chinese mind you, — until they start stealing our secret technology or trying to pawn off their low quality Creatine on my soldiers. Then I say **STOP!**

*What's wrong with Chinese Creatine?*

**COMMANDER.** Well, if you've ever compared it side by side with the real thing, you'd see that it doesn't look the same, smell the same, taste the same, or mix the same. You can draw your own conclusions from this. Now I have it from quite good sources that many fly-by-night supplement companies are using Chinese Creatine. Buyer beware!

*But Commander, how can a buyer ever know the good Creatine from the bad?*

**COMMANDER.** You've gotta ask Soldier — ASK! Start by calling companies and asking for a non-biased laboratory analysis of their product. If they won't provide one, give 'em the finger. If they do provide one, make sure it's from an

independent lab. But be aware that a company can produce a small batch of legitimate Creatine to get a good rating and then go on to lie. So be sure to check out the date on the analysis and make sure it's current.

Also ask them whether their Creatine is domestic or Chinese. Sure, they can lie to you, and they probably will. But if enough people start calling, they might start to sweat a little. And if they ever get caught lying—their ball game's all over.

You can also buy your Creatine from long-established, reputable companies. While that's no guarantee, they surely have a lot more to lose by deceiving you.

And then there's one sure-fire, final way to know absolutely, proof positive that the Creatine you're getting is on the money. You can buy your Creatine from Hot Stuff Sports Supplements. As you know by now, I work closely with the Hot Stuff Sports Supplements people. Well, I went to them with the same questions

this with the guys at Hot Stuff, they informed me that honey is one of nature's most perfect and easily digested forms of sugar. As a matter of fact, honey is actually a pre-digested food. They told me that after testing their Creatine 'n Honey product, on many athletes around the country, they got quite significant feedback. Apparently, Creatine blended with honey powder is one of the most absorbable forms of this supplement that you can have. I have to admit, I needed my own proof. So I tried their Creatine 'n Honey out on several of my soldiers. You guessed it! Sensational results! Now I've tried several different brands of Creatine since this whole thing began, but Hot Stuff's really seems to work the best.

*Commander, forgive me if this question sounds a little impudent, but why can't someone do what some of the other companies are suggesting and just mix plain Creatine in fruit juice to get the sugar?*

**COMMANDER.** Naw!! You're not impudent. Just short sighted.

You see, a lot of the fruit sugars in juices are too concentrated or too high in calories. By the time you take all the Creatine you need, you're also loading up with too many calories and not necessarily the best sugars for Creatine absorption.

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*Yeah, I guess I see your point. Well, once again Commander, thank you for a highly enlightening, if not extremely controversial, interview. I certainly look forward to our next meeting.*

**COMMANDER.** My pleasure.

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

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ON THE COVER.. Angelo Berardinelli is a veteran of APF Senior National competition, squatting 644 back in 1994, and now he is Best Lifter and capable of 100 lbs. more at 165.

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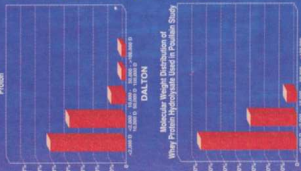
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Fig. 1



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Fig. 2

\*Effects of whey proteins, their oligopeptide hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats, published in the Journal of Parenteral and Enteral Nutrition, 1989; Vol. 13, No. 4, pages 382-386.

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



Fig. 3

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

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



Fig. 4

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

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



Fig. 5

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

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

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

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## 1998 APF Senior's - Part 1

as told by Herb Glossbrenner, PL USA Historian/Statistician

participating in a big IPA meet. I guess that's the way the cookie crumbles. Defending 181 Men's



Emie's Girls (l-r): Scopacasa, Figola, Frantz, Sommers. (photos courtesy Herb Glossbrenner)

Following a two year stint in Atlanta, GA this year's APF Seniors returned to the Midwest. The Radisson Hotel of Northbrook, IL was the meet site. This facility was A-1 with a staff of professionals second to none. The guests came first and everyone else came second over back to assure satisfaction. The hotel's Alexander restaurant featured a breakfast buffet in addition to the regular menu. The food was expensive, but it was a first class establishment; nice rooms, good service, with special room rates for those attending the meet. The hotel provided free shuttle service to and from O'Hare Airport which was about 10 miles away from the facility for the lucky ones. Unfortunately, TWA didn't get me my airline ticket in time. A last minute flight brought me into Midway airport. There was no free shuttle service from there as it was 45 miles away. My thanks go to Gary Baum, who rescued me; picked me up and drove me back there Monday morning. He took time out from his busy schedule to do so. Gary is so huge (6'6" - 390) that I thought he'd never get done unwinding. Maris Sternberg was part of my welcoming committee which was a pleasant surprise. She sponsored a new, flamboyant, pretty haired and was clad in Ken Leister bib overall. I think this may be the trend of the new millennium. Maybe I should get a pair (not)!

The meet was staged the 4th of July Holiday weekend. The turnout of participants and audience was low because of the date. Many had obligations and had already made plans to do other things with their families. It may be a possibility that some of the top guys may have stayed away in response to last year's strict judging. The officiating did a complete 180 degree turnabout from horrendous to magnificent. The APF has embarked on a new path of respect, credibility and there's more warmth and camaraderie than in all the other 41 (yes, that many) organizations combined. Bravo! I'd heard that some lifters had skipped this meet in favor of

there. Ann also capped 2 bronze medals at the IPF Women's Worlds. Now in her 14th year of competition, she is in a new arena. A dedicated wife, mother, and law firm Secretary, Leverett was making her grand debut in APF and didn't disappoint us. Ann opened with a 264 SQ, then got 2R on her 2nd, at 281. She came back on a 3rd and sunk it fast & explosive for a new Master's W/R. Inspired, she took a 4th and broke the record again. This time 292 was equally good. BP: she notched 165, then 176 - an Open W/R. A 3rd & extra attempt try @ 187 didn't go. She set two more MWRS in the DL making 308 & 319 before 325 stopped her. TOT: 777. For Ann yet another "golden moment in her illustrious career." Hope she goes to Austria and claims that World Title she so richly deserves.

**105 lb. class - BEST LIFTING CHRISTINE** - Lifting solo @ 105 was Christine Figola, 29, from Aurora, IL. She secured her 292 final SQ lift after missing thru her BP's, and finished with 132. She captured her 1st ever Ss. title with a 253 initial DL, but missed her two chances with 281, TOT 677. Ernie win for the Frantz team made me proud as punch.

**114 lb. class - THE MIGHTY KIM** - There's an old saying that good things come in small packages. This proved true in the case of 33 year old Kim Sommers of Plainville, IL. She is the latest superstar to emerge from the Frantz muscle factory! Kim has few few meets under her belt, but jumped into her first big meet and made an impression like a mini-atomic bomb. Instantly she catapulted herself into P/L immortality. What a find she was. Kim opened with a picture perfect 380 SQ. If this wasn't amazing enough, she increased to 424 for a 2nd attempt. It was a World All Time Best (former W/R was 407 by Mary Jeffrey) and she blew it away - 3W. Next, she took a mind boggling 451 (337 lbs. over but). It seemed virtually impossible, but she did it. Down and right up, just unbelievable! She became the lightest Woman in History to surpass the 200 kilogram (441 lb.) barrier. She continued her unbroken string of successes in BP, rattling off 187, 204, and finally 209 in great style. Her 303 opening DL gave Sommers a 964 TOT. She next pulled up 341. This gave her the incredible TOT of 1003, with one more lift left. She next tried a 358 and had a perfect 9.9 day. The amazing aggregate was 1019, in the 2nd

**97 lb. class - THE WOMEN LEVERETT** - The smallest ladies division featured a P/L original, Ann Leverett, 44, of Savannah, GA. She previously had earned her fame winning 9 firsts and a 2nd in USPF SPS. competition. She had the 2nd best ever winning record

because Tom Rutigliano didn't come to the same day. 198 Champ Jesse Kellum already had made plans with Carol and the children. I saw no more than maybe a hundred people watching and I think most of them were wives & kids of the athletes, friends, etc.

The trophy company handling the awards dropped the ball. Gary Baum had beautiful backup plaques to give out and will mail the trophies to all winners as soon as they come. It's an added headache and expense for him, but Gary wants to insure the complete satisfaction of those who'd taken their lumps & earned their kudos. The Frantz team was the host club. Diane, who must be one of the sweetest people on Earth, faithfully stayed at the Frantz product booth during the entire two days. Ernie was all smiles and offering help continuously on both days and attending to many details. He coached, gave advice, and even helped those of other clubs. Jim Johnson, who was co-meet director along with Mr. Baum, was a warm, friendly man who went out of his way to introduce himself, shake my hand, and thank me for coming - a courtesy rarely extended but greatly appreciated. Crain was in Denver (previously committed) but had his

highest sum in History for a female flyweight. Her total surpassed by 71 lbs. the mark of 881 accomplished by Denmark's Cognac at the recent IPF Women's Worlds. How does that grab ya? She now approaches the 1052 lb. ultimate ceiling set by Mary Jeffrey 10-1/2 yrs ago. This lady is a superstar with the best yet to come.

I warned there was one Monolith in the warm up room. The area was spacious enough so as not to be crowded. There were 4 platforms back there. Those who were on the on deck circle sat against the far wall behind the competition platform wrapping & getting ready for their attempt. A curtain obscuring this would have been a good idea. Another idea would be to put the side judges at front corners of platform. This way their view would not be obstructed no matter how many spotters may be hovering over the squatter. Good idea, huh, I'm just full of it, aren't I?

**132 lb. class - DIAMOND IN THE ROUGH** - Melanie Diamond, now 43, was the lone 132 entrant. Hailing from Oceanside, NY she accumulated a nice 942

No more SUMOI! She'd found a LOOPHOLE! All that dormant back strength sprang to life. Last year she hoisted 507 and amazed me, a 66 lb. increase in one short year. If she was hot in 97, she was blazing here. Her opener with 463 was effortless. It was a warmup for what was to come. She next made back to back W/R's of 512, then 523!

**181 lb. class - BEST LIFTS UNQUESTIONABLY - KRISTIA FORD** - Scorned by the best technician among the ladies, Kristia Ford, 30, now resides in Decatur, GA. I don't know if she fuels her furnace with Coke & grits, but her energy is like spontaneous combustion when she channels it against the barbell. Her bobbing skills keep her fit and her powerlifting exploits keep her strong and up to the task - quite a versatile athlete that Kristia. She's reserved, but charming. She plowed thru a 474 SQ, but missed a P/R 490. Her BP was "on". She demolished all 3: 286, 303, & 308! The 2nd attempt tied her P/R, and the final lift was a lifetime record. She snapped a 474 DL right up, then missed a final tug @ 490. TOT - 1256, a big result. Austria - here we come. Lighthweight bridesmaid honors goes to Julie Havelka, 23, from Portland, Oregon. She has well balanced lifts, good platform experience, and shows great potential. She forged her way to an excellent 500 kilogram (1102) TOT. In doing so she set a slew of Junior World Records! Two in the squat: 418 & 435, as well as 242 and 253 lb. benches. Next was a 413 DL, which shattered the total record also. Keep your eye on this up and coming girl!

**198 lb. class - NO DEFEAT - OH SO SWEET IT'S**

questionably Stefanie. She's TO TALLY COLBY! (She TOLD ME!) Her 501 opener was a tad shy on depth. She increased to 534, and hit it on the button perfect. She went straight to the W/R poundage of 578. Close on a 3rd & 4th, but no cigar! Her BP was a big surprise. Stefanie inched out all 3 of them: 319, 341, and finally an incredible 358 - picture perfect! It's unfortunate that her arch-rival Debra Emey was injured and unable to attend. These two have had some heart stopping dramatic battles in the past. A 2nd

she's savvy and always comes through. She didn't get the judge's approval of her 3rd attempt 512 SQ, but remained undaunted. She focused and honed in a 4th attempt W/R of 523 and smashed it into oblivion. She added three excellent BP's to her day's work, finishing with a splendid 292. Ligggett did 2nd, but missed her final at 485.

**TOT 1245:** a Runner-up Nancy Dargerfield, 41, of St. Charles, IL, is sneaking up on Mariah, who cannot afford to rest on her laurels. As a result of her new found D/L prowess, Nancy's results are on a steady climb. With husband Terry's vociferous encouragement, she started off with a Master's W/R SQ at 435. She went through the formalities of benching, not her forte, but still achieved 214, not too shabby. When the bar goes to the floor PERHAPS SHE'S COOL. HER DEADLIFT MY HEAD TRIP... CAUSE NANCY RULES! She'd been plagued by hip problems until last year, then continuing to conventional style pulling.

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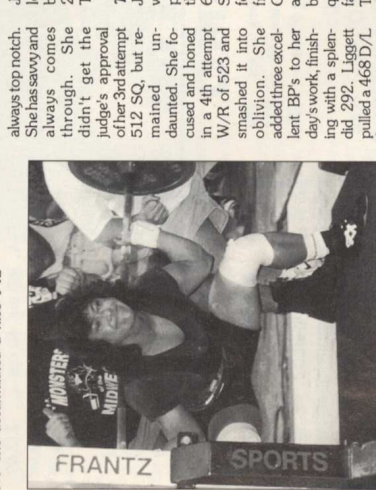
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Nancy Dangerfield, 237.5 lb. Deadlift - her third Open World Record.



Mary Ligggett, 148 division, 202.5 SQ - 3 whites.

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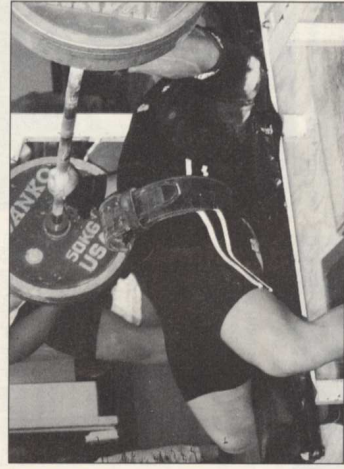
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Murfreesboro, Tennessee. She just turned 40 on April 24th this year. This means that she will now be on a Master's record breaking ramp. She captured the HWT title last year. This year she came in lighter and, unopposed, won the PERFECT performance for her - a nine for nine day. Even with no one to push her, Mona SQ'ed 380, BP'ed 226 and pulled a 424 DL. Her 1030 TOT duplicated the aggregate she achieved last year, this time at a lighter bodyweight. To celebrate her victory, I treated myself to two cups of coffee the following morning for breakfast, instead of the customary one! Salute!

**HWT - SCOPACASA (Quite a Find) HOPE IT LASTS A LIFETIME** - Ernie has found yet another priceless golden nugget to add to his ever growing stable of female finds. Quite a talent revealed here was Toni Scopacasa. She will be 24 by the time you read this print. Toni, from Naperville, IL, reminds me so much of Vicki Coaghe-Hembree in her youth. Both have the pretty face, stocky yet feminine build, and tremendous strength. Toni opened with a 474 SQ which she handled effortlessly. She took two poishots @ a big 523. Not much more in the not so distant future, she'll do this and much more with ease, finishing up with 259. Her 2nd attempt D/L gave her 1102 and she became the latest member of the ladies exclusive 500 kg. club. She was unopposed. I'd expected to see the sensational Michigan strong lady Jolynn Arvin return to Seniors action. She was a no show. If you DON'T HAVE THE HEART there's NO NEED TO START.

**THE MEN:** Unfortunately there were no male entries in the first 3 categories. Some very prestigious Senior National titles and placings remained vacant this year because of that. Back in the 80's these



Angelo Berardinelli, 215 Bench attempt, after a successful 210 lbs.

mysterious bacterial infection following last year's Worlds in ENG. He almost died and is still recuperating. We hope Greg will be back to full capacity and has the Doctor's okay to lift next year. He is anxious to get the 'go ahead' to resume lifting again. Now 35, Greg still has many years left to enjoy. Bronze medalist last year was



Ken Emrich (coach to Matt Zweng) with his father Clyde Emrich.

Tim Judge, 35. This year he was the sole representative to vie for the 148 lb. title. His 1322 sum was well below his best. He came, saw, and conquered, and is now a Senior National Champ. Way to go, Tim, we're proud of you.

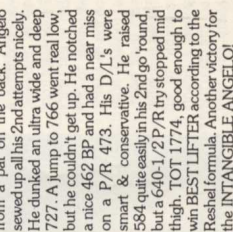
**165 lb. class - ANGELO MAGNIFICO!** - According to teammate Mike Houston, Jay Rosagione of St. Louis was vacationing in some exotic setting and made it high impossible to come to the Seniors. However, the USA will be well represented by him in Austria this November. All you Europeans, watch out for Doug.

**148 - HERE COMES DA JUDGE!** - Defending 148 champ Scott Siegel was absent. Last year's runner-up Greg Ripley, didn't participate but he was here to watch. As you may recall, he contracted a TOT 5 months earlier at Louie's

BP, and facing elimination and knowing Dr. Ken would be all over him, he focused intently. He rammed up his final try like the proverbial broomstick. Whew, close call. Joe ripped up his 1st attempt 600 DL effortlessly. A freak accident prevented him from doing more. Out for his 2nd with 650, he popped an ammonia capsule, then took a short to clear his head. Evidently the amputee had a thin glass covering which broke when opened. A small piece of glass, unbeknownst to him, stuck to his hand. When he pulled, it ripped his hand open. He TUGGED and there was BLOOD. Damaged, his pain couldn't exert the proper force to make his 3rd. It was a 3-9 day, and a 1625 TOT for second place. Give him some slack, Dr. Ken. A kick in the butt is only 18 inches distance from a pat on the back. Angelo sewed up all his 2nd attempts nicely. He dunked an ultra wide and deep 727. A jump to 766 went real low, but he couldn't get up. He notched a nice 462 BP and had a near miss on a P/R 473. His D/L's were smart & conservative. He raised 584 quite easily in his 2nd go round, but a 640-1/2 P/R try stopped mid thigh. TOT 1774, good enough to win BEST LIFTER according to the Reshel formula. Another victory for the INTANGIBLE ANGELO!

**181 lb. class - RUDY'S DUTY! HIS TIME HAS COME - HE'S FINALLY WON!** Only 3 lifters entered this year @ 181, compared to a field of 8 last year. They were: Fabian Wambagans, 51, of Dearborn, MI; John Wood, 33, from Marine City, MI, and Rudy Rosales, 33, from Aurora, IL. Fabian Wambagans (WHAT A MAN) is 51

meet. He was red hot there. His lifts were indisputable. He had no trouble defending his Senior National title here, no matter who showed up. Taking the runner-up spot was the personable Joe Almodovar representing Ken Leister's Iron Island Gym in New York. Joe is a fierce competitor and has a lot of pizzaz! He sunk his 644 SQ opener, but twice found 683 an insurmountable obstacle. Coming in with troublesome triceps, his left arm gave him problems. He twice missed @ a 380



Rudy Rosales, 347 att. after a successful 322.5.




Frantz performing a bench press.

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is not only the will. He advanced again to 804 and got squashed. A This left 3 MEN to contend: two relatedly. Brad went up to 386, Ohio boys were on hand to double team the Oklahoma entrant. Brad Hartung, 37, from Huron, OH was that miserably also. No doubt it was a frustrating day for Brad. He began the DLs with 606 and missed it. The repeat got the necessary whites, and for a final lift he went up to 650, which was way too much. TOT 1670, on a 3 for 9 day. Not a bad result, but Brad needs some good coaching to pick his attempts more wisely. My advice to HARTUNG: lift SMART not DUMB! He earned third place, which may have eased his misery somewhat. Lifting with profusely with brown REDDISH FAHR. He's TRACEYS CRAZY (LAZY) TEDDY BEAR! He's scary and very hairy!

Brad Hartung got caught up in some huge jumps that were unsuccessful and left his final result far less than what he'd hoped. He got his 705 SQ opener on the board. From there he went bananas and jumped to 771 and missed. Mind over matter depends on how strong the body

**APF Senior Nationals- 4,5 Jul 98 - Northbrook, IL**

WOMEN	97 lb.	120	150	185	210	240	275	315	355	405	455	500	550	605	665	725	785	845	905	965	1025	1085	1145	1205	1265	1325	1385	1445	1505	1565	1625	1685	1745	1805	1865	1925	1985	2045	2105	2165	2225	2285	2345	2405	2465	2525	2585	2645	2705	2765	2825	2885	2945	3005	3065	3125	3185	3245	3305	3365	3425	3485	3545	3605	3665	3725	3785	3845	3905	3965	4025	4085	4145	4205	4265	4325	4385	4445	4505	4565	4625	4685	4745	4805	4865	4925	4985	5045	5105	5165	5225	5285	5345	5405	5465	5525	5585	5645	5705	5765	5825	5885	5945	6005	6065	6125	6185	6245	6305	6365	6425	6485	6545	6605	6665	6725	6785	6845	6905	6965	7025	7085	7145	7205	7265	7325	7385	7445	7505	7565	7625	7685	7745	7805	7865	7925	7985	8045	8105	8165	8225	8285	8345	8405	8465	8525	8585	8645	8705	8765	8825	8885	8945	9005	9065	9125	9185	9245	9305	9365	9425	9485	9545	9605	9665	9725	9785	9845	9905	9965	10025	10085	10145	10205	10265	10325	10385	10445	10505	10565	10625	10685	10745	10805	10865	10925	10985	11045	11105	11165	11225	11285	11345	11405	11465	11525	11585	11645	11705	11765	11825	11885	11945	12005	12065	12125	12185	12245	12305	12365	12425	12485	12545	12605	12665	12725	12785	12845	12905	12965	13025	13085	13145	13205	13265	13325	13385	13445	13505	13565	13625	13685	13745	13805	13865	13925	13985	14045	14105	14165	14225	14285	14345	14405	14465	14525	14585	14645	14705	14765	14825	14885	14945	15005	15065	15125	15185	15245	15305	15365	15425	15485	15545	15605	15665	15725	15785	15845	15905	15965	16025	16085	16145	16205	16265	16325	16385	16445	16505	16565	16625	16685	16745	16805	16865	16925	16985	17045	17105	17165	17225	17285	17345	17405	17465	17525	17585	17645	17705	17765	17825	17885	17945	18005	18065	18125	18185	18245	18305	18365	18425	18485	18545	18605	18665	18725	18785	18845	18905	18965	19025	19085	19145	19205	19265	19325	19385	19445	19505	19565	19625	19685	19745	19805	19865	19925	19985	20045	20105	20165	20225	20285	20345	20405	20465	20525	20585	20645	20705	20765	20825	20885	20945	21005	21065	21125	21185	21245	21305	21365	21425	21485	21545	21605	21665	21725	21785	21845	21905	21965	22025	22085	22145	22205	22265	22325	22385	22445	22505	22565	22625	22685	22745	22805	22865	22925	22985	23045	23105	23165	23225	23285	23345	23405	23465	23525	23585	23645	23705	23765	23825	23885	23945	24005	24065	24125	24185	24245	24305	24365	24425	24485	24545	24605	24665	24725	24785	24845	24905	24965	25025	25085	25145	25205	25265	25325	25385	25445	25505	25565	25625	25685	25745	25805	25865	25925	25985	26045	26105	26165	26225	26285	26345	26405	26465	26525	26585	26645	26705	26765	26825	26885	26945	27005	27065	27125	27185	27245	27305	27365	27425	27485	27545	27605	27665	27725	27785	27845	27905	27965	28025	28085	28145	28205	28265	28325	28385	28445	28505	28565	28625	28685	28745	28805	28865	28925	28985	29045	29105	29165	29225	29285	29345	29405	29465	29525	29585	29645	29705	29765	29825	29885	29945	30005	30065	30125	30185	30245	30305	30365	30425	30485	30545	30605	30665	30725	30785	30845	30905	30965	31025	31085	31145	31205	31265	31325	31385	31445	31505	31565	31625	31685	31745	31805	31865	31925	31985	32045	32105	32165	32225	32285	32345	32405	32465	32525	32585	32645	32705	32765	32825	32885	32945	33005	33065	33125	33185	33245	33305	33365	33425	33485	33545	33605	33665	33725	33785	33845	33905	33965	34025	34085	34145	34205	34265	34325	34385	34445	34505	34565	34625	34685	34745	34805	34865	34925	34985	35045	35105	35165	35225	35285	35345	35405	35465	35525	35585	35645	35705	35765	35825	35885	35945	36005	36065	36125	36185	36245	36305	36365	36425	36485	36545	36605	36665	36725	36785	36845	36905	36965	37025	37085	37145	37205	37265	37325	37385	37445	37505	37565	37625	37685	37745	37805	37865	37925	37985	38045	38105	38165	38225	38285	38345	38405	38465	38525	38585	38645	38705	38765	38825	38885	38945	39005	39065	39125	39185	39245	39305	39365	39425	39485	39545	39605	39665	39725	39785	39845	39905	39965	40025	40085	40145	40205	40265	40325	40385	40445	40505	40565	40625	40685	40745	40805	40865	40925	40985	41045	41105	41165	41225	41285	41345	41405	41465	41525	41585	41645	41705	41765	41825	41885	41945	42005	42065	42125	42185	42245	42305	42365	42425	42485	42545	42605	42665	42725	42785	42845	42905	42965	43025	43085	43145	43205	43265	43325	43385	43445	43505	43565	43625	43685	43745	43805	43865	43925	43985	44045	44105	44165	44225	44285	44345	44405	44465	44525	44585	44645	44705	44765	44825	44885	44945	45005	45065	45125	45185	45245	45305	45365	45425	45485	45545	45605	45665	45725	45785	45845	45905	45965	46025	46085	46145	46205	46265	46325	46385	46445	46505	46565	46625	46685	46745	46805	46865	46925	46985	47045	47105	47165	47225	47285	47345	47405	47465	47525	47585	47645	47705	47765	47825	47885	47945	48005	48065	48125	48185	48245	48305	48365	48425	48485	48545	48605	48665	48725	48785	48845	48905	48965	49025	49085	49145	49205	49265	49325	49385	49445	49505	49565	49625	49685	49745	49805	49865	49925	49985	50045	50105	50165	50225	50285	50345	50405	50465	50525	50585	50645	50705	50765	50825	50885	50945	51005	51065	51125	51185	51245	51305	51365	51425	51485	51545	51605	51665	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referee Maris almost swooned she was so impressed by his strength and style. "Now that's what I call a deadlift," she commented afterwards. All the credit for Hugh's great performance goes exclusively to Randy. Without him, my suggestions would have been for naught. I might've had to resort to a basebal bat. A drastic measure? Yes! But it is necessary to get a mule's attention before you can get him to do anything. Off to Austria for Hugh! Randy's reward will be to get his way paid. I'm glad, Me? Hugh rewarded me with a gourmet hamburger which was probably the BEST I ever EAT!

**242 lb. class - FIRST PICK - URCHICK** - Last year Willie Wessels was king of the 242s. What a difference a year makes. On April 6, '97 in Peoria, IL he hit 2403, history's biggest, 242 class result (953, 650, 799). Then at the Seniors he won by a landslide - 2298. His chief adversary Goggins scored nil. In last year's Senior win Wessels missed a 661 BP badly on his 2nd lift. I thought he had absolutely no chance to come back and make it. He obligated on his final lift, finding his groove, and was on the way to his place in the APF History book. Later on he was within an inch of locking out 701 and becoming

the lightest man to crash the magic 700 barrier. This monumental effort was the straw that broke

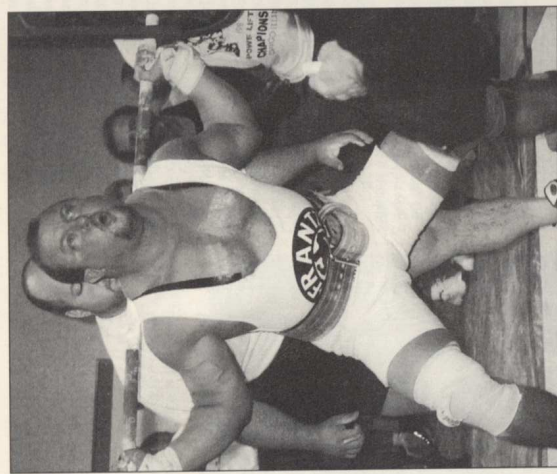
the camel's back. It resulted in a severe tear of his pectoral which left a crater the size of the National debt. Surgery repaired it. He was well on the comeback trail, and then decided to retire. Many factors played a part in this monumental decision. All will be explored in an upcoming personal profile for PL USA. The other two medalists from last year were also absent from the 242 lineup. Defending WPC World Champ Steve Rodenburg, 29, from Oklahoma City, OK, didn't make weight. The other star on the rise, Ken Emrich of Haslett, MI, decided to take a year's sabbatical. Kenny who's known far and wide as a 2nd generation strength star (see my profile OCT '97 PL USA) couldn't prepare for this event. Wedding vows are on his agenda in October, and he was swamped with finals having just graduated from college. The fire still burns within. You can bet your bottom dollar he'll be back in action next year. Moving up to this class and taking command of Willie's vacated crown is last year's 242 champ, Paul Urchick, 38, of Southgate, MI, had things his way with nobody offering a serious challenge. Paul has overcome adversity in the form of career threatening injuries to establish himself as a man driven with purpose.

The six man 242 lineup saw one early elimination. Bearded Mike Goldman a local strongman (Aurora, IL), bit the dust with his 766 SQ tries, and then there were five.

Rich Purchase, 31, from Irvine, CA went off to a good start. He got all 3 SQs under his belt & finished off BP, secured it, and failed a large increase of 452. His 683 DVL was successful, but Rich found 722 twice a bit too much - TOT 1807. Next in line was Fred Freeman, 41, from Laurelton, NY, who had hit an 1873 TOT last year and came close to that tally here. His 683 SQ, 468 BP, & 705 DL showed balanced lifting, an 1857 sum & 4th position. Earning the bronze medal position was Chris Taylor, 25, from Oceanside, NY. He'd totaled 1835 back last November, and made forward strides here. He re-did his 677 on a final try, and got it. Ranked 7th nationally in '97 in the BP (585) he now flaunts his trainin' butter lift. He maintained 573 to start with, no problems. From there it was straight to 606, but twice the stubborn barbell would not succumb. Then he made 3 good deadlifts to 644. Good lifting for an 1895 aggregate!

Dennis Muratori, 32, of Huron, OH, gained entrance to the "one ton" club just one year ago in an OH meet (840, 465, 695). He hoped to surpass that. Two huge began with a solid 821. His huge increases to 870 would not go down. In 3 successful attempts he topped off with 501! He had two deadlift failures @ 705, however; his 666 1st lift gave him 1989 and 2nd place. Paul Urchick looked much stronger and more comfortable here at this heavier bar. As you may recall, Paul detached 3 of 4 knee ligaments as well as his right bicep tendon at the '95 WPC Worlds. A lesser man would've thrown in the towel for good. Paul is made of tougher stock! Coupled with his iron will after surgery he made his slow, tedious climb back into the limelight. Paul's courage, perseverance and tenacity is indeed worthy of great admiration. Eighteen months following the mishap he became the 220s Srs. champ in 1997. He was an overwhelming favorite to take the title here. After blowing away an 881 SQ opener, very deep, he took a big leap of faith. Clear up to 931 he went. He bwt. increase, we noted a significant BP improvement. Urchick muscled out 468, then 490, before 512 stopped him. His deadlift looked sharp: 699, 733, 760. TOT 2132. I can't imagine anyone denying him of a World title in AUT this Fall.

**Part 2 - APF Seniors concluded in the Oct. '98 PL USA**



Paul Urchick, 242s, attempting a 422.5 after a successful 400 Squat.

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### MESSAGE FROM GRAHAME FONG, PRESIDENT, INTERNATIONAL POWERLIFTING FEDERATION

I have just been advised that the International Court of Arbitration for Sport (CAS) has handed down its decision in this case. I have not yet received a copy of the decision as it is still in transit to New Zealand. However, Mr. James Bradley JR., who is Ed Coan's attorney has confirmed to me that the decision was in favour of the IPF. Mr. Bradley also graciously stated in his fax to me that the IPF "carried the day on each of the points in appeal, and I do congratulate you and the IPF." I was also faxed the last page of the decision which read as follows:

**DECISION**  
**THE PANEL HERBY RULES:**  
1) The appeal lodged by Mr. Ed Coan is denied  
2) The sanction pronounced against the appellant is left undisturbed  
3) The appellant is ordered to pay CHF 3,000. - to the respondent Done In Lausanne and dated July 31, 1998

The Court of Arbitration  
Hon. Hugh L. Fraser

From the time that Mr. Coan was initially suspended for life following his third drug infraction there has been much public exposure on the matter. This has been invariably based on the claims (or variation thereof) by Mr. Coan, and his supporters, that the positive test result was invalid as the IPF had been incompetent in following its own rules or had blatantly ignored those rules. These claims have been aired by way of verbal accusations, postings on the Internet, and most recently through Mr. Coan's interview published in the May issue of Powerlifting USA.

At all times the IPF has declined to take the bait and it has consistently refrained from making any public statements on this matter, or to enter into any debate notwithstanding many challenges and much provocation to do so. My instruction to all IPF officials was that the only proper forum for debating the many issues relating to the case (some of which were extremely contentious and complex), was the court, this being the forum which Mr. Coan had dictated when he lodged his appeal with CAS. The IPF's refusal to openly discuss Mr. Coan's claims

may have been misunderstood by some people but I make no apology for this as it was inappropriate for IPF officials to engage in discourse on sensitive issues with people who are not directly involved with the case.

The IPF has always been confident that the valid of its procedures in relation to the subject positive test, and the integrity of the IPF officials concerned, could not be impeached and would stand up to any examination no matter how stringent this might be. Had I, in my dual roles of the IPF president and its attorney for the appeal had had any doubts I would have any doubts I would have recommended to the IPF executive that we would consider to Mr. Coan's demand that the suspension be lifted and his right to compete in the IPF be reinstated. As no stage did I harbour such doubts and the executive fully endorsed to my decision to vigorously defend the appeal even though they were all aware that the IPF risked a substantial claim for damages if it lost its appeal.

The decision of the court confirms over 30 pages which clearly shows that the IPF's performance was microscopically scrutinised and analysed. The fact that the IPF "carried the day on each of the points in the appeal" fully perhaps best explain

vindicated the IPF's position and effectively counters the accusations which have been levelled against it.

The IPF is firmly opposed to the abuse of drugs in powerlifting. Drug users are cheats who insidiously undermine the efforts of true athletes who do not rely on substances.

As the largest international organisation we have a clear responsibility and mandate to lead the way in combating drug use in our sport and we will not shrink from that responsibility, at least not while I am the IPF's elected leader. We have clearly demonstrated in our defence of the appeal that we are not "easy boys" who will roll over when threatened with potentially damaging legal action and the message to all drug cheats is to stay out of the IPF as we do not welcome any of you. Conversely if you are a drug free lifter you can be assured that the IPF is a federation which will work tirelessly to ensure that you are competing on that level playing field.

Notwithstanding the strong sentiments that I have expressed here I am firmly of the view that any drug testing organisation must also demonstrate compassion and understanding and an awareness that it may sometimes be appropriate to be flexible when imposing penalties which will affect a lifter's career. It does not exhibit these characteristics lifters will not have any confidence in it. The IPF is not an organisation that is heartlessly inflexible. It will enforce drug related sanctions where necessary but we will also recognise that there will be the rare occasion when an appeal has merit and we will act accordingly.

There have therefore been instances of appellants having their suspensions bridged although I cannot recall any lifter in recent times having his sanction completely lifted.

Given the adverse propaganda and provocative accusations that have been directed at the IPF I think that I would be entitled to feel elated at the court's decision. I do not and I can perhaps best explain

the reasons why I do not by directly quoting from my report to the IPF executive: "I should feel elated but I do not. Satisfied and relieved, definitely. Elated, no. I think that it is sad that a top lifter's career in the IPF is now finished. Whilst he was the author of his own destiny I am sure that we would all agree that Ed Coan is a hellion lifter (drugs or not). He has always been a personable gentleman who has been gracious in victory, and modest about his achievements. He has accepted all refereeing decisions without drama and he has never had a mouth any IPF officials or his fellow competitors. I for one wish that the whole sorry saga had never occurred and wish him the best for the future. The IPF has scored a major victory but now is the time for humanity rather than any gloating and I would respectfully request that you take into account Ed's feelings at the present time and respect them."

I record my sincere appreciation to the many people who supported the IPF. I also thank the IPF executive for its confidence and particularly acknowledge with gratitude those executive members who actively assisted me through challenging times. (8/2/98)

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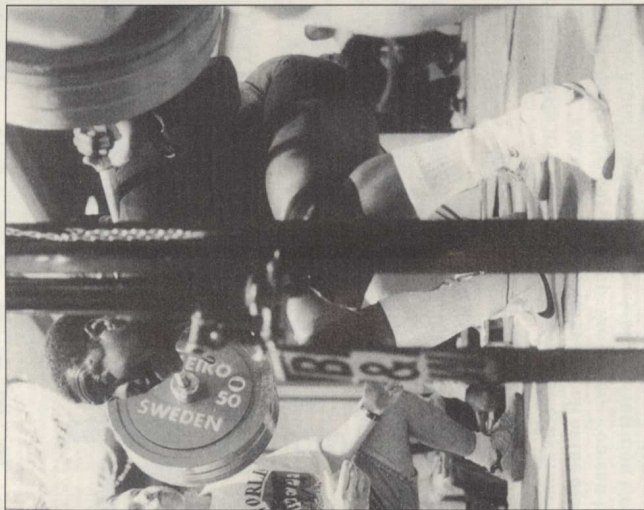


# INTERVIEW

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

## JOHNNY GRAHAM as told to Powerlifting USA by Fred Rice

Forty-five year old Johnny Graham is well known to anyone who has been involved with USA Powerlifting for any length of time. Not only is he a frequent competitor and national masters champion, but he has also run national meets and coaches many national lifters. Therefore, he is often present at meets all across the country even when he is not competing. Johnny's connection with the military is a long standing one, as he is a former master sergeant, an Airborne Ranger, and a member of Special Forces. Although he retired from the Army in November of 1995, he has continued to work with the military, first as health and fitness coordinator at Fort Hood, Texas, and now as an employee of the Military Benefits Association of the Department of Defense. He thoroughly enjoys his new position, as he is able to directly help the soldiers, briefing them regarding their benefits. Prior to his time in the military, Johnny attended the University of Florida, where he was SEC All Conference as a defensive back and kick returner. In 1979 he was drafted by the Miami Dolphins. He played six preseason games before he was cut. Johnny and his wife Elke, a medical doctor whom he met while doing a tour of duty in Germany, live in Killsean, Texas. They have three daughters, Trakina, who is in her first year of law school, Jennifer, who is twelve, and Monique, who is seven. Johnny, who is 6 feet 1



Johnny Graham at the '96 WDFPF Worlds - he broke two bones in his back.

inches tall, competed in the 220 class for many years, but even while running ten to twelve miles per week in the Army P.T. he had a very difficult time maintaining that weight. He is now competing as a light 242 pounder, usually weighing in around 230.

**FR:** BESIDES POWERLIFTING, DO WHAT OTHER INTERESTS DO YOU HAVE?

**JG:** Football! Second, I work as a personal trainer at the Powerhouse Gym in Killsean. Third, I really get a kick out of talking to high school kids in Texas and Louisiana about strength training and drug and alcohol abuse.

**FR:** HOW IS YOUR TRAINING GOING IN PREPARATION FOR THE IPF MASTERS WORLDS IN

leadership right now, with Mike Overdeer and the others. Those of us in the organization have known for many years that if we wanted to go up against the best in the world we had to compete in the IPF. I think that this affiliation will bring a lot more unity to powerlifting. Let's face it: a lot of the lifters who lifted in the USPF lifted there primarily because they wanted to compete at the international level in the IPF. Many of them, like Wade Hooper, really wanted to be a part of the ADFPPA/USAPL. I've known Wade for many years - we're always harassing each other. I knew him when he was a high school lifter.

**FR:** WHAT ARE YOUR VIEWS ON DRUG TESTING?

**JG:** I think it's a personal choice that everyone has to make as to whether they will do drugs or not. I have friends who use the drugs, but that's not my choice. I don't think that someone who's using juice should be a part of USA Powerlifting. It's an honesty issue. I don't feel sorry for someone when they get caught, whoever that is. This is a drug tested organization, and we don't want people trying to beat the system. There are other organizations you can lift in if you want to use steroids. Out of meast testing is great. It is a way to keep the honest persons honest.

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

**JG:** I never have been a big supplement taker. About six weeks before a contest I start taking creatine. I try to eat a good four to five meals a day. I don't eat a lot of fat, but I do admit that every now and then when I'm in a rush I will stop by Burger King and get a Whopper. My wife, who is a medical doctor, watches what I eat.

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

**JG:** My best competition squat when I was younger was 760 at the 220. At the Nationals this past November I squatted 750 in the 242 class. This was an American masters record. My best bench press is 418, but that was done

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Many of you have probably used it, and have gotten good results. But there is something you need to know. New Tribroxin HP is different from testosterone or andro supplements. It actually stimulates your natural testosterone production, as well as working inside your muscle cells, within the RNA assembly process. It increases ATP and Creatine Phosphate levels so your muscles have more energy to train harder and grow faster. And, it's totally safe! This is something testosterone and andro supplements can never claim, and their major limitation.

**New Tribroxin HP vs. Tribulus terrestris**  
There is some truth to the anabolic effects of Tribulus, but there's also a lot of propaganda going around. First off, Tribulus as an herb isn't very anabolic. It's the plant steroids inside the herb that are anabolic. So, in order to get an anabolic effect from Tribulus supplements, you must eat the steroids. This requires a very refined extract. You're taking a huge risk if you buy any old Tribulus off a store shelf, because the mass marketers haven't done the research to make sure they're getting the right product. Order Tribulus, though, into a bottle, and send it off to various stores, where some clerk who knows nothing about supplements, and could care less, tries to push it on you. You deserve better! That's why Alpha has spent a decade perfecting their newest phyto steroid cocktail... **New Tribroxin HP.**

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brace for four months, but, be-  
deadlift is 727 as an open lifter,  
and my best as a masters lifter is  
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**FR:** WHAT ARE YOUR GOALS IN POWERLIFTING?

**JG:** I'm hoping to total 1900 lb. at the IPF Masters Worlds. I was planning to retire after this World Championship, but at the Nationals in Charlottesville this past May, Shaun Cain, Joe Hood, and I made a vow that the three of us would go head to head at 242 at the Masters next year for one more battle against each other. It will be a great, friendly battle, in which we will be cheering each other on.

**FR:** DO YOU HAVE ANY SERIOUS LIFTING INJURIES?

**JG:** I broke two bones in my back at the WDFPF Worlds in Chicago in 1996. I twisted in an unnatural way in recovering from the squat, which I just used to a teammate. I was not aware that I had broken these bones. I was only aware that I was very sore. Three days later I was giving a seminar to some students in Atlanta, Georgia, and decided that I should go to Fort MacPherson to get checked out. The doctor asked me how in the world I was walking, and informed me that I had to wear a broken bones. I had to wear a

Monday I squat, but I also do leg curls, leg presses, leg extensions, calf raises, and abs (I do abs in every workout, usually 200-300 sit-ups, etc.). Also, I do biceps on Monday. I usually use a twelve week cycle for the big meets. I start out with higher reps, usually sets of six, and as the weeks progress I increase the weights and decrease the reps. I never do maximum singles in the gym. I only do heavy triples or doubles, on Tuesday I bench press, and then I do triceps, shoulders, and chest. I finish out the workout with dips - about 4 sets of 15, sometimes using weight. I take Wednesday off. I deadlift every other Thursday. Ever since I broke my back I am more cautious about the deadlift. On the alternate Thursdays when I am not deadlifting I do a lot of good morning work. I do a lot of good mornings and hyper extensions. I have found that this really strengthens my back; it helps my squat, as well as my deadlift. As a result of this back work my squat is actually before I broke my back. On Friday I broke my back. On Friday I do a high intensity workout. I try to finish the workout in about an hour and fifteen min-

utes, and I do about 20 exercises. I do bench press, shoulders, triceps, and, again, abs. I take Saturday and Sunday off.

**FR:** WHAT ARE SOME OF THE TITLES YOU HAVE WON?

**JG:** I've been the USA Powerlifting/ADFFA masters National Champion five times: 93, 94, 95, 97, and 98. I've been the WDFPF world champion twice, and runner-up twice. I've been the military national champion four times.

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

**JG:** I want to thank you, Mike Lambert, and Powerlifting USA for doing this interview with me. I also want to thank some of my lifters here with me. For a long time, Lynne Smith has been with me for eight years from Fort Polk to Germany to Fort Hood. Our team manager, Lynette Lopez does all the statistics for our team, and keeps everything straight for us. A couple of other guys I want to thank are Kevin Smith and Darin Taylor. Above all I want to thank my wife Elke and my kids, who have definitely been supportive, supporting me 100% while I'm training for meets.

quite a few years ago. My best deadlift is 727 as an open lifter, and my best as a masters lifter is 705. My best total in the masters 242 class is 1850.

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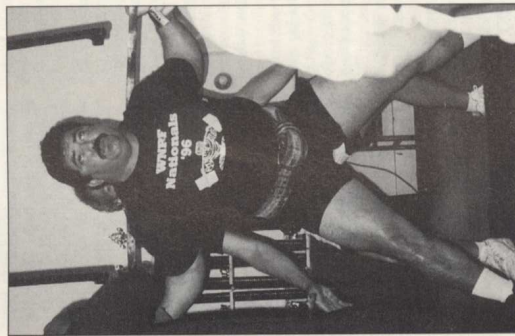


# WORKOUT of the Month

**The Mechanics of the Squat**  
The squat, which has often been called the "King of Weightlifting Exercises," is also one of the least properly performed movements. Historically, lifters have been told to assume a shoulder-width stance, keep the head up and then squat to a parallel or below parallel depth. This makes the Squat appear to be a rather simple movement, but when it comes to the Power Squat, nothing could be further from the truth. The Power Squat is an extremely technical lift, if one wants to squat the big weights and remain injury free. I have broken the Squat down into four parts: 1) Setting Up, 2) The Pre-Squat, 3) The Descent, 4) The Ascent.

**1) Setting Up:** Every phase of the Squat is important, but this is perhaps the most important, because what you do or don't do here, can mean the difference between making or missing your lift. First, position yourself under the bar so that the bar is positioned across the top of the shoulders. This is accomplished by squeezing the shoulder blades to the rear, simultaneously pulling the elbows down and to the rear. Hand placement is optional, however. I feel that the larger trained lifter, from the 181 lbs. class and up, will be better off with a wide grip out to the ends of the inside of the bar. Also at the same time, pull your head and neck down and back into the traps. Your entire upper body should be squeezed as tight as you can possibly squeeze it. This now creates a solid platform for the bar to rest across, preventing it from rolling down your back or pulling you forward. Once you have done this, the next step, if done properly, can in itself add 30-50 pounds to the lifter who is not doing this. What you now do is open your mouth wide and take the BIGGEST BREATH that you can possibly take and hold it in your chest. Now push your stomach out, as hard as you can, against your belt, which should be tightened to its maximum tightness, at least on your heavier sets. The belt should be just under your stomach so that you can get the full breath of air. What you will find by doing this is that with the proper stance, you cannot fall forward as the stomach pushing against the belt, along with squeezing the

## THE SQUAT as told to PL USA by Thomas Harrier



Thomas Harrier squatting (Dr. E. Pepe photo)

back, creates a solid column, which keeps the bar centered down through the center of the body and not in front. You're now ready to lift the weight up and back up from the power racks. Back up only enough to just clear the rack base, thereby conserving energy and making it easier to walk the weight back to the rack. I have never understood why some lifters feel it is necessary to walk back 3 or 4 feet from the racks. This serves absolutely no positive purpose whatsoever, other than to burn up energy. Maintain parallel to parallel or just below parallel, all the while forcing your butt to the rear and forcing your knees and thighs to the outside. This "flare" technique causes a natural hip lock in the bottom position, thereby giving you a more solid foundation to push up from. The hip muscles are among the largest in the body and by employing this technique, you will find that you will

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

be stronger than you were previously with a narrower stance. You'll find that with this stance and technique, you will have some difficulty reaching parallel or below with lighter weight, depending on your degree of flexibility. It may actually take heavier weight to accomplish this or it may require a slight dip in the bottom position. If that becomes necessary, do not relax your tightness. You're now ready for the final phase.

**4) The Ascent:** This is where you get the opportunity to see if all your hard work has paid off. Going down with the squat has never presented a challenge, it's getting the weight back up that can be difficult. Now remember how we have been pushing our butt to the rear as we lowered our body? That created a downward path that centers the bar right down through the center of the body. Well, now we're going to go back up the same path that we came down on. We do this by not pushing up with the legs first, but the hips and buttocks first. You're going to drive the hips and butt forward, still keeping the knees and thighs flared. You see by flaring the knees and thighs out. You create that path that the body can travel through. If you allow the knees or thighs to come in, you're now restricted the width of that path, thereby forcing the body to compensate by leaning, which significantly reduces your leverage. Now, once you've driven the hips and butt forward explosively, which brings you out of the bottom position, you're in a position to start driving with the legs. You continue to drive the hips and butt forward until you've reached lock-out. You've now completed the Squat.

**EQUIPMENT:** Several items are absolutely essential when you are squatting. Your shoes should have a hard rubber sole, and not some mushy running shoe which will throw you off balance and reduce your drive. You need a good power belt, as thick as is legally allowed. I recommend a single prong, as it can be a real hassle trying to line up two prongs when you're wrapped up and ready to go. Besides, contrary to popular belief, it is not the number of prongs that give you support in the front of the

belt, but the buckle. Lift is what keeps the belt from folding over as you squat down. Good wraps are a mainstay for your heavy set. Here again, everybody has their preference, but I have found that I get much greater support with the Super-Wrap 3's than all the other fancy, more expensive Gold Line, Red Line, Double line, and what have you that's out there. The only problem is, although you can still buy them, the quality is not what they used to be. Fortunately, I have several pairs around that have been hardly used, so I should be okay for a couple of years more. The Squat suit is the most important item for your heavy set or for your meet. I prefer the Inzer Champion and the Titan Centurion. I have had good success with both. For meets that are in lifting federations that allow double suits, I use the Titan. Also, Pete, with Titan will modify your suit to your individual needs. If the meet calls for a single suit, I go with the Inzer Champion. If you use squat briefs, it's what ever you feel is best for you. I prefer the Titan briefs.

**THE ROUTINE:** If I have thrown you off up to this point. I'm really going to throw you off here. If you're expecting 10 sets of doubles, five sets of five, four sets of eight or whatever else is out there, you're

going to be disappointed. My routine is designed for the drug-free lifter, and it's purpose is to reach maximum strength, with adequate recovery time. The key here is not quantity, but quality. The most important ingredient is INTENSITY! Each working set must be done to absolute failure, without sacrificing form. And just how many working sets am I talking about? How many did I do to achieve an 805 lbs. squat at a body weight of 276 at the age of 40? Two! No, that's not a typo, that's two sets. One set of 4-6 reps with a medium tight suit on, straps up and wraps and belt tight. This enables you to handle heavier weight, subsequently, your erectors are stronger and your system adapts to the heavier poundages. Your second and last set is done in shorts and no wraps and the reps are to be in the 8-10 range, with a 1/2 second and pause in the bottom position. This will build both strength and endurance. Endurance is very important in the squat, especially when going for a maximum single. Endurance enables you to continue pushing through your sticking point. Pausing builds explosiveness out of the bottom. While I'm on the subject of wraps, I must tell you that the only time I wrap is on my heavy set of 4-6 reps. Your knees will get stronger without them, however,

use them for the heavy set as this will prepare you for the meet.

My warm up sets consist of 245x5, 335x3, 425x1, and 475x1. I then go right to my working set of 4-6. When I squatted 805, my working set was 735x4. Did I go right from 475 lbs. to 735 lbs.? Absolutely! And you know what else? 475 lbs. was also my opening squat when I did 805! If my body and mind is used to it in the gym, why change anything at the meet? My second attempt is whatever I did for the first attempt. I then went to my maximum target single. Incidentally, in case you're wondering, my opening attempt is also without wraps. This makes for a real easy, completely stress-free opening attempt. It also saves considerable energy, since I don't have to wrap until my second attempt.

I hope this gives you the information you will need to build the power to hit new heights on your squat. I know that it probably sounds completely different from all you've heard or read, but keep in mind that this is coming from one of few people in the world to legitimately accomplish an 800+ higher, drug-free (AND I was tested squat and at the age of 40)! Please feel free to call me if you have any questions or if I can be of any assistance. My phone # is 407-850-0413.

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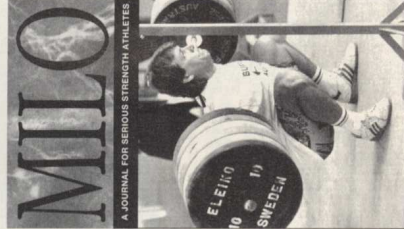
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# NO!-NO!-NO!

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 MIILO guy.

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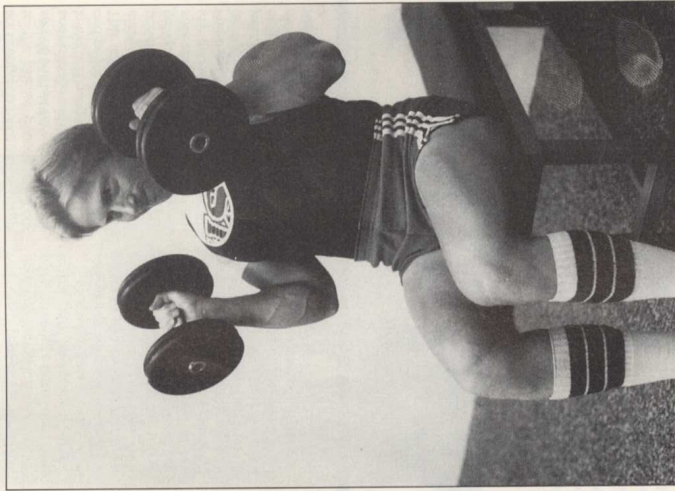
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# STARTIN' OUT

A special section dedicated to the beginning lifter

## POWER BELLS

as told to Powerlifting USA by Doug Daniels



Mike MacDonald incorporated dumbbell work into his bench program.

will result in a lower lift and possible injury.

Of course, there are many exercises that can only be done with dumbbells like delt laterals or chest flies. You can lift each dumbbell alternately or use one at a time for exercise variety. A good example of this is one arm dumbbell rows. They can also provide stimulus for a weaker body part from a different angle, as bodybuilders always say.

For those of you who compete in other sports like football or basketball, dumbbells could help develop your stabilizing muscles that may help in controlling your opponent in a one-on-one situation. Former Chicago Bear guard/Mark Bortz used dumbbells heavily or this reason.

A limitation of dumbbells is that for stronger lifters, there may not be any that are actually heavy enough to challenge them. In that case, perform dumbbell movements for higher reps on light days or after your regular barbell work when your strength is lower due to fatigue.

I have to re-emphasize that because of the increased balance required in using dumbbells, start off light until you get accustomed to the movement and increase gradually. Do not exercise over a greater range of movement too quickly. Also, provide increased attention to spotting. Help the lifter get the dumbbells into position to start the set and put the dumbbells down after finishing the set. Gravity is not kind when it comes to falling dumbbells and nearby, non-alert gym mates.

Working dumbbells into your training is the final part of my discussion. I am not suggesting you to drop all your barbell work for dumbbell substitutes, but you should increase their use during the off season. For example, light bench day could see dumbbell overhead presses. Back day could include one arm dumbbell rows and dumbbell shrugs. Curls can be done with dumbbells anytime and dumbbell presses can be used for the delts. This is just a short list of suggestions.

I hope I have given you some ideas on how valuable dumbbells can be to your training as a powerlifter. Their benefits include extra stimulus of stabilizing muscles, increased range of movement, single limb strength balancing, greater exercise variety, and sports training applications. Just keep in mind that the barbell is your main tool, but there is room for dumbbells in powerlifting.

Web address: [members.aol.com/dam12345/default.htm](http://members.aol.com/dam12345/default.htm)

Powerlifters often associate the use of dumbbells with bodybuilding and assume that they are not conducive to success in our sport. While I agree that a powerlifter's best tool for gains is the good old barbell, there are certain benefits that the use of dumbbells can provide and they should be exploited. In order to implement dumbbells into our routines, we must first understand their pros and cons.

The major difference between using barbells and dumbbells is the increased effort required to balance dumbbells. Extra stabilizing musculature must be called upon to control the dumbbells throughout the movement due to the dumbbells being separate entities, not joined. You must first control a weight before you can lift it successfully and safely. If control of a weight can be improved, more energy and power can be directed to moving the weight to its logical completion. The difference in control required between a barbell and a dumbbell is similar to the difference from going from a machine to a barbell. On most machines, all you need to do is push or pull, with little attention to control, as the weight is on a track of some sort. Little stabilization is required and so little stabilization strength developed.

Since increased control or balance is required to use dumbbells, you will not be able to use the same amount of total weight as you can with a barbell in a similar exercise. For example, if you can barbell bench press 300 pounds, you will not necessarily be able to bench press two 150 pound dumbbells. But, what is lost in the amount of weight lifted is made up in the extra effort in controlling the dumbbells.

Another benefit of dumbbells is the increased range of movement. In a regular barbell bench press, you cannot lower the weight past the point where the barbell hits the chest (cambered bench bars excluded). With dumbbells, you can lower the weights the maximum amount. This greater range can be translated into a bigger barbell bench press. Dumbbell shrugs can be done at the sides, allowing a more direct pulling motion from the traps. One word of caution about using this extended range: work into it slowly, going too far too fast or too heavy too soon can result in an injury like a muscle pull. Take your time and ease into increased ranges of motion on any exercise.

Moving the dumbbell during execution of an exercise is also possible. For example, the pecs could

I've often noted that I like things that are "old". I'm not one of those "nostalgia guys" however. The past is the past, and other than the lessons one should have learned from their mistakes and the reinforcement they should take from their successes, that's it. Some of our gym members are into Fifities parties, old cars to the extent that they won't even consider driving something more modern to work and enjoying their vintage auto on the weekends, retro music, and other things that keep them rooted to the past. I dislike and distrust extremes of anything, although in personal habit, I'm probably "extreme" in my intensity and devotion to all aspects of weight training. I think there's a difference in loving something and being passionate about it, and being "stuck" in or on some aspect of existence that might have brought good feelings or memories and that now limits the rest of one's activities. Hey, we deal with some outright nuts in this area.

The past in powerlifting is important in that it serves to demonstrate that there were those who came before who developed excellent and effective training strategies. It's important to note that there have always been ways of training that have brought results to the average individual. This is a point I have been making in this magazine since 1978; you don't judge the efficacy of a training program by the results achieved by the great lifters, you judge it on the results obtained by the average lifter. The great lifters are great not because they came up with a training philosophy or program that made them great but rather, they had the genetic makeup, innate ability to get brutally strong in the three competitive lifts, the drive to train, time to train, and cellular responsiveness to training that led to their achievements. The average PL USA reader doesn't have that. Sorry, but that's a fact and you can read the so-called experts who call my statement and remarks like that as coming from "losers" or "whiners who won't work hard enough to succeed" but they're full of it. Everyone should train as hard as possible, but understand that they will not doubt achieve results beyond the comprehension of most, however, they still won't be a state, national, or world champion. Even with the myriad organizations, the odds are overwhelming against such an accomplishment. It may not be satisfying that one can squat, bench press, and deadlift more than ninety-nine percent of the individuals walking the entire surface of the earth when you make your companions to the very best in your sport, but the gains in strength

Thurber, Frenn, Hamilton, and everyone else in there. Having the atmosphere did so much. The nuts and bolts, in summary, of the program, was doing the three lifts on Tuesday, or substituting the incline Rack work on a particular lift may have been done. Some of the guys would train on Wednesday and do power cleans and a few other things. Saturday was the big day for the three lifts. Reps were always low and to the credit of the guys, they were always training as if they had a meet coming up because they usually did. Guys competed a lot in those days, primarily because they liked to.

At Zivver's Gym, again in summary, most of the guys followed a similar philosophy with Bob Zivver writing the programs. Willie Kindred (currently a well known Chiropractor in Arizona), Bill Wittling, Rudy Lozano, Tom Overholzer, Jim Waters, and others usually followed a similar program. Squats, benches, and some assistance work in the form of DB benching and dips were done on Monday and Friday, with Deadlifts and inclines on Wednesday. This would change so that all three lifts were done in one session as a meet neared, but the reps were varied, although kept low for the most part, all of the time. Yes, there were obviously some individual differences that were accounted for or a particular problem that needed to be addressed. However, the key to either philosophy, and that brought you through the pages of PL USA was consistent and gradual progression. Lifters improved because they constantly added weight to the bar. In retrospect, there was a lot of overtraining done, but that's easy enough to counteract. The primary point that the history of the sport can give you is that you need to do a few basic movements. You don't have to get fancy. You must add weight to the bar whenever possible. You don't need to do much more than the three lifts and sometime proven assistance movements that can help to overcome a specific weakness or injury. You must add weight to the bar. You have to balance the work with rest and recovery so that you can come back into the gym and consistently add weight to the bar. You can do ancillary activities that include the Farmers Walk, for example, that will increase the strength of the body and then go to the gym and add weight to the bar.

When you read the stories of the older lifters, those who forged the history of the sport, remember that they all knew about getting strong. They did it!

Dr. Ken Leistner

## More From Ken Leistner



Dr. Ken Leistner and his daughter Bari Ann. (Kathy Leistner photo)

our progress over time have been present since the start of the sport. A clear example to me is the juxtaposition of the training philosophies of two leading gyms of the mid and late Sixties. The very famous Westside Barbell Club was housed in Bill "Peanuts" West's house in Culver City. The place was filled with basic equipment, much of it donated as gifts for holidays, birthdays, etc. to Bill. We often deadlifted on Saturday mornings in the driveway, much to the chagrin of the neighbors and passersby. There was a good bench, adjustable squat racks, a power rack, lat pull-down (ceiling/rafters model), incline bench, adjustable utility bench, made-up dumbbells, bars, and plates. It's been over thirty years, so I may not have recalled everything, but the one thing that the garage had was Peanuts and a ton of enthusiasm. He was the guy who wrote or directed the programs for

one can and should make truly are staggering when kept in perspective. Sorry again, but genetics does count and a lot too. It should not be an excuse to give up or train less intensely, but a motivator and reminder to train harder.

I have also been very clear through the decades that some things just aren't worth your training time. That too is a fact. One should be open ended and innovative, but ladies and gentlemen, some of the things that we've all seen just can't be justified.

There are some training theories or practices that are so inherently dangerous that any gains that might come from their usage aren't justified due to the potential injury or injuries that could be sustained. If you look back at the history of the sport, there were always innovators, those trying different things. Yet, the basic philosophies that allowed for sustained and continu-

# TRAINING

## WHAT A GYM REALLY NEEDS as told to Powerlifting USA by Louie Simmons



Bob Young does sit-ups on a stability ball. (D. Black photograph)

There are franchises and there are gyms. Westside Barbell is definitely a gym. What's the difference? A franchise is a place where they sell baggy pants, T-shirts, protein powder, and a whole bunch of junk you don't need. You can't make noise (don't even think about cursing) and chalk is forbidden. They have lots of mirrors (all you cardio's who look in them for hours, you know who you are) and bodybuilding magazines featuring lots of girls and lots of bull.

So what does a gym have that's so important? First is attitude. Everyone must have the same goal, which is to get stronger. We don't care if you are trying a 300 bench press for a PR or a 600 PR.

And what about equipment? Machines are a waste. They work on the theory of peak contraction, which simply means you must start at your weakest point; this is stupid and very dangerous. Machines build no stability. Also, how can one machine work for two people if one is strong at the bottom of a lift and his partner is strongest at the top? It's impossible.

I want to say something there about high-intensity training (HIT). Many football teams are using the HIT system. Well, my friends, intensity is not a feeling but rather a division of percent-of-a-one-rep-max zones. Doing one set to failure does little for speed strength. If you have a player do 20 reps with a barbell to complete failure, how long would it take him to do a second set? Under 35 seconds I hope, because that's how long a football player gets to rest between plays. I was talking to an NFL strength coach recently who said that college programs using HIT are sending him linemen that can't vertical jump 19 inches or squat 300 pounds! Chuck Vogel's brother, who trains with us, is a center and weighs 305 at 20 years old; he has a vertical jump of 31 inches.

What does a gym need for bench pressing? First is a power rack with pin holes every 2 inches on center, or 1 inch on center if possible, like for doing rack lock-outs. If the hole spacing is greater than 2 inches, the weight reduction necessary between using one set of holes and the next is too great to work within our strength curve.

For board presses a gym needs two, three and four boards glued or nailed together. Doing a board press is not the same as doing a rack press. When doing a rack press, the contact is only with the hands. When board pressing, the weight is transferred through the boards into your chest, shoulders, and arms. Heavy dumbbells are necessary. If you want to bench more than

Another bar that we use quite often is the Buffalo Bar by Ironmind. It is very strong and cambered, enabling one to do good mornings easily.

Don't forget to include bands, chains, and weight releasers to affect your leverage in different ways. Sometimes use lots of chains and a light bar weight, or do just the opposite, a light amount of chains and a heavy bar weight. The Russians did a lot of slow lowering with 80%, taking about 6 seconds, and raising up 60% very explosively with the use of weight releasers.

Belt squats are the perfect way to work the lower body without trauma on the spine. They are also very therapeutic. If you suffer from a back injury, you can still build your lower body with belt squats. This exercise can realign the vertebrae by its traction properties.

A glute/ham bench is an absolute must. The hamstring is the muscle group that can make or break your squat and deadlift progress. Five women at Westside have squatted or deadlifted 500 pounds or more, and every one of them had a heavy foundation on a glute/ham machine. Dots Simmons made a 341 squat and 349 deadlift at 105, and Amy Weisberger has done a 445 squat and 430 deadlift at 123.

A Reverse Hyper will build your glutes, hamstrings, and lower back like nothing else. There are many men who merely increase the weight on this exercise near a meet. Billy Masters, who squats 900 pounds, does just that. The Reverse Hyper is very therapeutic for the low back because it rotates the sacrum on each rep.

A pulling sled will do unbelievable things for your squat and deadlift forever. We advised him to stop deadlifting and start dragging a weighted sled. In 4 months he did a 750 deadlift!

It also helps to be well-read. You need a good library to understand how science and exercise fit together. Forget most of the books written by Americans. To start, call Bud at 313-425-2862 and ask for *The Managing of the Weightlifter*, *Multi-year Training in Weightlifting*, and *The Fundamentals of Special Strength*, all translated from Russian. Zatsiorsky's *Science and Practice of Strength Training* can be obtained by calling 800-747-4457. Books by Tudor Bompa are good, such as *Strength and Power in Sports*. These books will help you understand weight training to a much great extent.

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## A Visit to Westside as told to Powerlifting USA by Marc Caviglioli

had to drop by a car parts store before leaving. But Louie had one more surprise in store for me. His enthusiasm had grown as he realized the background my friend and I shared. (We both have twenty plus years of training experience. Master's degrees in strength and conditioning, and a fair share of competitive exposure.) Before leaving he strongly encouraged me to jump in with one of his lifters who had just started warming up on the bench. The bar was loaded to 135, but had a rubber band holding each end.

"Careful you don't catch that in the face!" I thought. Still I was cautious. I took the bar off the forks. My arms wobbled noticeably. When I unlocked my elbows the bar almost crashed down. Though not heavy, it took me several reps to become accustomed to the band's powerful pull.

My brief visit was most interesting and enjoyable. Westside is a cornucopia of cutting edge ideas for his time and patience and also my associate and friend Steve Dain for his help in finding Westside Barbell. One last thing. Phone calls should be directed to the number Louie offers in *PL USA* as calls at the gym are a definite interruption. I would also like to thank Mike Lambert for publishing this.

Marc Caviglioli

When it looked as though personal business was going to bring me to Columbus, Ohio, for a few days I knew I could not pass up the chance to visit Louie Simmons' Westside Barbell. Through ideally I should have called in advance, the sudden nature of my trip left me no chance.

Once in Columbus, I called the number listed in *PL USA* a couple of times but only received a tape machine. As Louie had no idea who I was, I left no message. I also called a different number listed under the gym's name in the yellow pages. With my departure from Columbus rapidly approaching, I was finally able to speak with Louie's wife. I had missed Louie, who was spending time with a few visitors from out of town.

Early my last morning in Columbus, I finally reached him on the phone. He was obviously in the process of training and gave me hurried directions to Westside. As the gym has no sign, I eventually had to resort to asking a nearby postal carrier. He referred me to the general vicinity. The location is a tiny strip mall. My accompanying friend suggested trying a blacked out door that had no sign. As I approached I could hear loud voices and clanking iron, just then a lifter exited and I had a vision of masses of iron, large men and piles of chain, immediately. I recognized Louie immediately. Coming right over, he was personable and yet I also felt he was sizing me up. I'm certain he gets his share of yahoo visitors. Once he began to see I was serious about my inquiry and had actually read his material, he became warmer and pleasantly talkative.

"I do a modified version of your theories," I ventured. "Modified?" Louie said a twinkle in his eye. I suddenly felt foolish. How many times in the last 20 years had I written a routine for someone only to have it "modified" into nonsense? Louie reiterated points in many of his articles in a similar manner. "Without speed you have nothing," he stated. Who can argue? His trainees are dramatically successful. One well of the gym is dominated by a

skillfully adapted to powerlifting from Soviet Olympic training. Louie is the mastermind. Having been around the block in the iron game, I was pleased to find him personable, quick to share ideas, and give instruction to total strangers. As I gathered form speaking with his wife, Louie frequently indulges visitors in this way. He gives willingly of his time to those who are serious students of strength. The athletic world is lucky to have Louie Simmons and we all stand to benefit from giving his ideas serious consideration. His success is absolutely undeniable.

I would like to thank Louie for his time and patience and also my associate and friend Steve Dain for his help in finding Westside Barbell.

One last thing. Phone calls should be directed to the number Louie offers in *PL USA* as calls at the gym are a definite interruption.

I would also like to thank Mike Lambert for publishing this.

Marc Caviglioli

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# 7th IPF WORLDS

by Herb Glossbrenner, PL USA Historian/Statistician

The 7th Worlds was held in the city of Perth located in Western Australia. The out of the way location may have made it cost prohibitive because a lot of nations did not participate. 73 lifters from 9 countries did come (USA, GBR, SWE, JPN, IND, CAN, FIN, TON and the host Nation AUS). Most teams arrived a week early, which provided time to reacquaint old & establish new friendships. The quality of competition for medals was of the highest order. Injuries were also at an all-time peak. Frank Lamp, Vic Mercer & Co. drew rave praise from GBR's omnipotent Tony Fitton. The USA had one member guilty of political engineering, had himself named to the team. Still smarting from defeat last year, by the British, Team USA juggled their members around! One switcheroo (this is a clue) resulted in two golds for the Americans. It also taught a lesson of humility (reality). This spawned desperation and resulted in one devastating injury. Hydraulic SQ racks were used. Champions got leather belts with name, title embossed in large.



1977 Team USA... in Hawaii, en route to Australia (bottom row, left-right): Larry Pacifico, Doc Rhodes, Dennis Burke, Phil Trujillo, Rick Gaugler; (middle row): Vince Anello, Herb Gowling, Clay Patterson, Lamar Gant, John Orsini; (back row): Terry McCormick, and Doug Young. (photo courtesy Bill Nelson)

an utterly amazing W/R 1377 TOT @ 132 winning the British title (612, 286, 578). His unorthodox training methods kept him frequently injured. He came in here handicapped. His ultra wide SQ & D/L stance led to his latest malady, but even on a bad day he was still the best. The other contenders went through their paces. Marenietie (CAN) dodged a bullet and got his final D/L to finish 6th. Kouyika (FIN), with a slightly stronger SQ, was just above him, in 5th. Ito (JPN), with well balanced lifts, hit 1201, good for 4th. Newcomer, Mathes Johansson (SWE) didn't know his own strength. He pulled out the bronze with 512, a class high lift. This finished his flawless day with a 1218 TOT, impressive. The USA's Phil Trujillo had fulfilled his dream, he'd won the Seniors after 8 yrs of relentless pursuit. Fighting for top honors here, he SQ'd 441. Penzely returned to wear a supportive suit and dunked 501, and then took a stab @ W/R 518. Next, he duplicated his BP best 292. Way in front, he looked uncatchable. Not so! Trujillo unleashed a tremendous series of shoves: 303, 330 and finally 347. This final lift not only bridged the huge gap, but in it's wake created a new W/R. The old mark of 341 had been held by Yoshinobu Tomianga (JPN) one year ago. ST's: Pengelly 793, Trujillo 788. The drama ended there. Phil pulled a 457 opener and guaranteed a 2nd place finish with a 1245 TOT. Two failures with 485 and he was through. Eddie's 485 opener flew up, 2 W/C titles to him. Now a quantum jump to 589! He wanted 1383 to supplant his own W/R TOT. With fire in his blood (the man's insane) an uninspired tug - felt a stab of pain erupt! He'd take a rain-check. Save it and rest!

**148 lb. Class - Gaugler's the Best!** - 12 entries with the USA doubled up. John Orsini, 37, improved his TOT 126 lbs. in 5 weeks, to finish 2nd @ USA. Srs. which earned him a team slot. Too

then took a year off. He returned in '75, had a sure title evaporate, when - despite being strong & stout - he had bombed out. The USA's young star, Lamar Gant, won that year easily, and repeated as champ last year. McKenzie, representing NZL this go-around, was confident he'd lift smart and would win his 4th gold. Lamar hoped to even it up, and repeat as champ. Juhaani Niemi, silver @ 114 last year, moved up a class and lifted here. His 1086 final D/Ler on formula, he jumped way up to 584. The old record however still existed, because he missed. Tsk! Tsk! The D/L record was still ripe for the picking - anyone felt a stab of pain erupt! He'd take a rain-check. Save it and rest!

**132 lb. Class - Eddie's Hat Trick Ignoring Pain - Glory Gained!** - Since capturing his 1st World title last year, GBR's Eddie Pengelly had really caught fire. Coming in beforehand he'd posted

ST's: Gant 716, McKenzie 711. In the D/L both men began @ 507. Precious went to 529, a desperation move. He missed twice. This left Lamar with his 3rd championship title right off the bat! His TOT of 1218 already equaled his own W/R set last year. Next, Gant elevated 534. This smashed his own gold. Lamar hoped to even it up, and repeat as champ. Juhaani Niemi, silver @ 114 last year, moved up a class and lifted here. His 1086 final D/Ler on formula, he jumped way up to 584. The old record however still existed, because he missed. Tsk! Tsk! The D/L record was still ripe for the picking - anyone felt a stab of pain erupt! He'd take a rain-check. Save it and rest!

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No USA entry this year. The Finns registered high hopes on their dwarf - Aimo Tuomisto. Aimo - no bluff, strained to get low enuff. SQ with 396 was turned down. His repeat was okay; he missed 407. He used his short appendages to post the biggest BP 253, on his 2nd. Bhauro (GBR), shut out of awards for past 2 years, came in strong. His SQ was notably improved at 424. With a 237 BP he was 11 ahead. Tuomisto with stubby fingers, small hands & poor D/L levers got only his opener prize of 352. Still, his 1003 TOT got bronze. Bhauro began with hard 407, and missed twice at 418, TOT 1069 - silver medal. A good start for GBR. Tuomisto, trying to steal the silver, attacked 424. Twice he had it coming up. Nope, grip slipped. No W/R's this time, but makes on "cruse control" - coasted to his 4th

tough competition here left him 5th. Still, his 1366 TOT equaled his best. The USA's newest superstar made his debut in here handicapped. GBR's best, Rick Gaugler had obliterated the W/R TOT in winning the USA Championship - ships with 1521! He was a heavy favorite to win here, but he'd let his body weight climb. He was forced to drastically reduce in a short time. A riskful chance, and he was crippled with cramps. After the 4th, Gaugler sat in 30 position. He managed 529 despite knotting muscles and missed 545. James Moir (CAN) topped 534. Ron Wilton (AUS) & Tony Kirton (GBR) both made 540. Ron, the lighter of the two, led the pack. Both men drifted back in the BP; Wilton made 297 and Kirton managed 303. Moir & Gaugler forged in front with a big bench promenade. Jim got 363. Gaugler followed him - and muscled up 369. This led Moir's 898 ST. Being 300 grams lighter, Rick Gaugler now had the lead. The D/L shuffled the deck. Wilton, the host nation hopeful, upset the British apple cart. Ron forced a tie, and was lighter. He out D/Led Kirton, 578 - 573. Both men with 1416 TOT. Wilton got the bronze. Moir, hoping for a surprise, popped 551, and claimed the silver, with a 1449 TOT. With two more chances, he tried 584, then 589 - both failures. Gaugler put it away immediately with 589 for a 1488 TOT. He'd bagged his 1st World Title despite his ordeal. He missed 606, but was happy to have won. He vowed to move up a class, and not subject himself to such distress again. Way down the list in 7th, Valineva (FIN) surprised everyone with all his SQ's: 584, 606, 622. Fitton of Great Britain advanced to become the last man on the platform. He pulled it to completion, held it for long seconds, got no signal, and set it down. A protest was lodged for naught. Figure that out, I can't.

**165 lb. Doc Won Behind - sign - a Come from Behind!** - This was an action packed class. Dan, the Australian, got strong light. With the right wt, he had an impressive crowd support. It really fired him up. He hoisted a 584 D/L for a 1510 TOT. He needed 606 for the bronze and went for it, resulting in a miss, but still a gutsy try. First ever W.C. in this class George Crawford had captured the USA title and earned the chance for another world title shot. He could not afford to pay his own way. No funds (lurea!) A bum deal! George had to stay home. His capable replacement was George's Srs. runner-up, Joseph "Doc" Rhodes, a feisty competitor. He sought to win his first ever World Title. A golden opportunity indeed! Among the other top challengers: Lars Backlund (SWE) in his 3rd appearance, won the bronze last year, Peter Flore (ZAM) silver in '75, this year represented GBR. Defending titlist Bill West had advanced a class. Rhodes had a tough row to hoe. He burst through the sticking point with 518, but missed his 529 SQ try. Those unaware of his DL ability would've written him off. Backlund, with depth adjustment, came back and got 551, on a 3rd; this time perfectly. Flore's injured back denied him last year's title after a huge S.T. lead, and he had zeroed. He seemed ready to re-establish himself; bulling through all his SQ's: 584, 606, 622. Fitton of Great Britain advanced to become the last man on the platform. He pulled it to completion, held it for long seconds, got no signal, and set it down. A protest was lodged for naught. Figure that out, I can't.

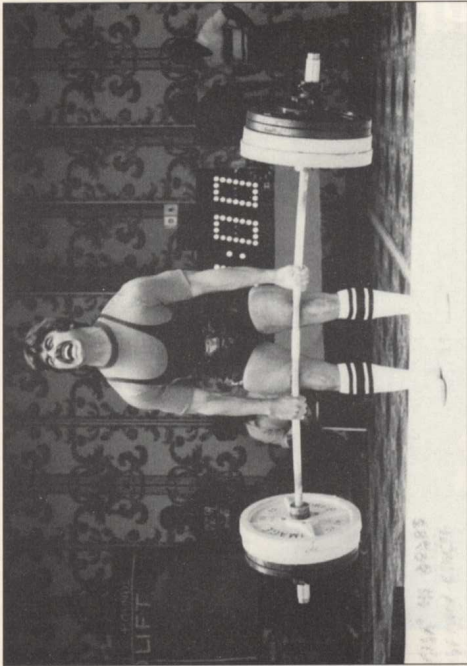
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Doc Rhodes... A fabulous deadlifter, won his spot on the team at the 77 Seniors in L.A. (Watanabe)

Bill West, GBR's 165 heroic champ from last year, gained a weight two men here. There was no USA man in lineup. The Bjork & Mattson (SWE) duo duleled each other. It was like two rams locking horns. They battled each other and then West to see who'd get a medal. One would end up empty handed. SQ: Mattson, no misses - 573. Bjork got 595 passed, but missed 611 - his last. West had no failures, got 622, and led then. Bill, as expected, lost valuable ground in BP. Still, he made them all 336, a P/R. Bjork cast 369, on a 2nd. Mattson outdid everyone at 418. ST's: Mattson 992, Bjork 964, West 953 - closest Mattson D/Led 595, to TOT 1587. This left the door ajar for some D/L overhauling. Bjork came back, and on his final lift got 628. His back to the wall, he came back, and on his final lift got 628. This gave him 1592, denying Mattson the bronze. An increase of 639 gave West his chance. He hit the bulls-eye. Bill's 1592 TOT equaled Bjork. As lighter man West had the silver medal - de la vil. Collins heart overrode his brain. He miraculously, Rhodes had won by SQ'd 628, then 683. He felt his injured thigh twang. Safe lead - pass 3rd - right? Wrong! He aspired to the Boost Lifter award, and tried a

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# INTERVIEW

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

## PETE GISONDI as told to Powerlifting USA by Pat Cuntrera



Welcome Back to the Ultimate Missing Linker. Pete Gisondi is back

**PG:** Could you please tell the readers a little about yourself?  
**PG:** I live in White Plains, NY. I am a self-employed painting contractor. I live with my wife, Lisa, and our 5 children.

**PC:** How did you get involved in powerlifting?  
**PG:** I have always been interested in using weights and started competing in 1981.

**PC:** Why did you choose to compete in the AAUPC?  
**PG:** I have been an active member of the old ADFPA since 1983. I competed in as many as 7 contests in one year until 1995. The Missing Link Power Team started running contests from 1985 'til 1995. In 1995 we ran six contests (if you ever want to stop powerlifting start getting involved in other competitions). I only competed in the '95 ADFPA Nationals because of the team running so many contests that it started to interfere with my lifting. In 1995, I lifted at the ADFPA Nationals at a bodyweight of 326 lb. I squatted 755, benched 507 and needed a 738 deadlift for my first 2000 lb. total. Needless to say, my added bodyweight helped my squat, but killed my deadlift. Four months later I dropped 50 lbs and lifted as a 275er. I did not compete in 1996 and severely injured my shoulder that December. I rehabilitated that shoulder for the year of 1997 and decided I was ready to compete in 1998. I decided to compete with the AAUPC since a few of the Missing Link Members already were.

**PC:** Can you give us a brief history of The Missing Link Power Team?  
**PG:** The team has been together since 1983. Members have come and gone and some of the members are still missing. The Links were always just different people lifting and, most of all, having ideas. Leaving the ADFPA was easier since they changed their name to the USAFL. Basically it's like starting all over for us. Again, just having fun is what we're here for. We aren't a SUPER TEAM but we are wild and crazy on the platform and you'll know we're lifting at your meet!

**PC:** How do they feel about competing in the AAUPC?  
**PG:** The raw lifting meets are outrageous to lift in and the wild card meets really change the phi-

losophy of the game. The members are having a blast. We never had attitudes on the platform or spreading the word of drug free sport, but we're here for the support of the lifters and we will help anyone.

**PC:** Could you tell us a little bit about your training methods?  
**PG:** As of right now we're training raw and still getting used to it. We believe Louie Simmons' training techniques work well. We're all setting personal records in raw meets.

**PC:** Do you have any advice for the beginning lifter with regard to training and supplements?  
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The training program presented here has been used by some of the strongest German powerlifters including IPF Junior World Champions Ralf Gierz and Michael Bruegger. Gierz totaled close to 2200 lbs. at superheavyweight and Bruegger was the first German powerlifter to break the 2200 lb. barrier at a bodyweight of 260 lbs. Bruegger was also the first German to bench over 600 lbs. in an IPF competition (paused and no bench shirt). The basic concepts of this program have been used by almost every Olympic lifter including many world champions over the last 40 years.

The 3x3 system is an eight week training cycle that consists of two phases. Phase I is a high volume phase, while Phase II is the competition phase. It shares some similarities with the Louie Simmons style of training program. The similarities include no off-season, training percentages in the 58-64 percent range and the main focus of the 3x3 is its high volume phase. Another similarity is very few of the 3x3 training lifts are in the percentage range of 80-95 percent.

The one thing making the 3x3 unique when compared to Simmons' and other current powerlifting training is that the only training exercises used are the competition lifts. There is no assistance work! Why is that? The answer is very simple. In order to get strong in the squat you need to train the quadriceps, hamstrings, glutes, hip flexors and the lower back. In other programs there are different ways in which to train all these muscles. You can perform a variety of assistance exercises or you can combine the squat with these same assistance exercises.

The other option is to train the squat and only the squat. We already know this exercise works all the muscles mentioned above. The major advantage of this option is the squat works the muscles exactly the way they are needed for the competition.

As I mentioned earlier this type of training approach has been used for decades by the Eastern Bloc and Western European Olympic lifters and it works. During the last 10 years I have had the opportunity to talk to and train with many Olympic lifters. In 1992 I was stationed at the Olympic Training Center while doing my assignment with the German Army. I observed that their training consists of only the competition lifts, the snatch and clean and jerk. Some of you might say that Olympic lifters do a variety of pulls including pulls from a block, high pulls from the hang position, etc. If you take a closer look at these exercises you will see that they are biomechanically identical to a cer-

# TRAINING

## A revolutionary approach to powerlifting 3 x 3 - Part 1 - Basic Information as told to POWERLIFTING USA by Stephan Korte



Juri Spinov squatting at the IPF World's Salzburg, Austria '96. (Korte)

tain portion of the competition lifts. The only difference is that they are not performed through the full range of motion of the competition lift. This will definitely overload the muscles. This is a technique that is very effective if you do it right. Unfortunately I see many powerlifters doing it wrong. They do back squats, leg presses and leg extensions - exercises that have no biomechanical relationship to the competition lift. Leg pressing a 1000 lbs. does not mean that you can squat that weight. Do you see the difference? These exercises do have their place in a training program, but only to rehabilitate from injuries or to create variety once in a while, but not in a serious training cycle.

The 3x3 system works so well because your muscles will be stimulated much more than with other routines. Let's take the squat again to explain this fact. For example, if your squat maximum is 700 pounds and your training schedule calls for 5 sets of 5 reps once a week you will achieve a fairly high volume compared to other training programs. When 75% of 700 pounds (525 pounds) is done for 25 reps (5 x 5)

Phase I - Weeks 1-4 - High Volume Phase: By doing a lot of sets and reps you will reach a high volume during phase I. This set and rep scheme builds muscle mass,

you end up with a total squat tonnage of 13125 pounds per week. This tonnage is determined by the work sets only and not the warm up sets (this is the standard approach in the 3x3 program). Now take a look at the total squat tonnage of the 3x3 system. In week four you use 64% of 700 lbs. which is 448 pounds for a maximum of 40 reps (8 sets of 5 reps). The total tonnage of only one workout is 17920 pounds. You repeat this workout twice and you end up with a total squat tonnage of 35840 pounds per week. That is over two and a half times the volume of the other program. The 3x3 system creates a workload stimulus that forces the muscles to work much harder and therefore to grow faster and get stronger.

**Preparations:** Before you start with the 3x3 system you need to find your current maximum in each of the three lifts. There are many ways to find this out and it's up to you to which one you choose. You can use your last competition lifts if the competition was recent (within the last 4 weeks). You can also go for a maximum single in the gym (important: use all the equipment you usually wear in competition). If you estimate your max based on reps you can use a variety of equations. A simple one is the Epley equation. In the Epley, you multiply the reps achieved by .033 and multiply the product of this times the weight used. Add the resulting product to the weight used and you have your max. Remember it does not make sense to choose weights that you cannot handle.

Once you have found your current maximum you can calculate your training weights for the next eight weeks. I will give you a more detailed explanation of this in future articles. However, before you start the program you will be asked to increase your current maximum in the squat by 25 lbs., the bench press by 10 lbs. and the deadlift by 15 lbs. This will be your new projected maximum and it will be this number that you will base your training. The training weights will be 58-64 percent of this projected maximum in phase I and 60-95 percent in phase II.

**Volume Phase:** By doing a lot of sets and reps you will reach a high volume during phase I. This set and rep scheme builds muscle mass,

Summary: Phase I	
Day 1	Day 3
squat: 5-8x5	squat: 5-8x5
bench: 6-8x6	bench: 6-8x6
deadlift: 5-8x5	deadlift: 5-8x5

Summary: Phase I	
Day 2	Day 4
squat: 5-8x5	squat: 5-8x5
bench: 6-8x6	bench: 6-8x6
deadlift: 5-8x5	deadlift: 5-8x5

strength and helps to improve your coordination and technique on each of the competition lifts.

The total number of workouts in phase I is 12. This is three workouts per week. Make sure to rest one day between the workouts and rest two days after the completion of one training week. I used to work out on Monday, Wednesday and

**Summary: Phase II**

**Day 1**  
squat: 3x3  
bench: 5x4  
deadlift: 1-2x1

**Day 2**  
squat: 3x3  
bench: 1-2x1  
deadlift: 3x3

**Day 3**  
squat: 1-2x1  
bench: 5x4  
deadlift: 3x3

Friday. With this approach I had two days off on the weekend which really helped me to recuperate.

You will squat, bench and deadlift in every workout. Yes - you squat, bench and deadlift three times a week. That's too much? How do you know? Have you ever tried it? You will not be doing any assistance work which means that you have all your energy available for the three competition lifts. By the way, I've worked with Olympic lifters and they train the squat six times a week. They break it down to four front squat sessions and two back squat sessions. In these workouts

they used some heavy poundages. If these lifters were overtrained it is of no consequence because they won a bronze and a silver medal in the superheavyweight category at the 1988 Olympic Games in Seoul.

The sets and reps are the same in every workout. Five to eight sets of five reps for the squat and deadlift and six to eight sets of six reps for

of workouts in phase II is 12. There are also three workouts per week. Make sure to get plenty of rest between the workouts. You will still squat, bench and deadlift in every workout. The sets and reps in the daily workouts will vary. Each exercise is divided in two parts:

1. Technique and power training. You will perform three sets of three reps for the squat and deadlift and five sets of four reps for the bench press. The training weight is 60 percent of your projected maximum and it will be constant for the next four weeks.
2. Maximum strength training. You will use 80-95 percent of your calculated maximum for one to two sets of one rep for each exercise. Train maximum strength on only one exercise per day. I used to max out as follows: deadlift on Monday (day 1), bench press on Wednesday (day 2) and squat on Friday (day 3).

While the percentages for the technique training will be constant,

the percentages for the maximum strength training will be increased weekly by five percent.

This series will be continued in the next issues of *Powerlifting USA*. Look for Part 2 - The squat: High volume and competition phase. Until then: Good lifting! If you have further questions, feel free to call or write me. Also available for seminars.

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**One KILOGRAM equals 2.2046 Pounds**

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

**From IPF President Grahame Fong:** Earlier this year I was invited by John Inzer to meet with him to initiate a process which would address some of the issues which must be dealt with if the sport is to progress in a positive direction.

I was delighted to accept John's invitation. I had formed the view some time ago that John and I both had a sincere commitment to powerlifting and it would be productive to harness our energies and work together for the future of our sport rather than working disjunctively and thereby diluting our strengths.

I met with John en route to the Women's Worlds in Norway and we had a number of meetings over a four-day period. These meetings were all productive and positive.

John and I discussed a number of outstanding and lingering issues. One of these was the Ernie Frantz lawsuit, which has kept the IPF out of the USA for many years. Proprietorship of this suit now vests in John and there are now very real prospects of the IPF, through its American affiliate, USA Powerlifting, holding full international contests in the USA in the near future. This is an exciting prospect, which all the lifters will eagerly anticipate as the USA is seen by many as the "Mecca" of powerlifting.

We faced many challenging issues



Grahame Fong, IPF President, at the '95 Worlds, FIN.

during our meetings. On each and every matter that we delved into we found the areas where we could sensibly compromise. The spirit of cooperation is an indication of the positive results we expect for the future.

The result of our meetings is that John and I have reached an agreement in principle on a framework that resolves all the issues that previously impeded full cooperation between us. This agreement will benefit not only the IPF but also those involved in the sport of powerlifting including current and future sponsors.

The preliminary agreement is now being submitted to professionals for outside legal advice and when this process is complete I propose to submit it to the IPF for approval.

A very encouraging feature of my meetings with John is that we have established an excellent ongoing working relationship that will provide a stable base from which he, and the other supporters of the IPF, can work in confidence with the IPF. Similarly, the IPF will be comforted by the knowledge that it has the goodwill and support of those supporters as it continues to promote powerlifting and provide responsible leadership to the sport.

Grahame Fong, President  
International Federation

This past February '98, I attended the C.J. Batten Bench Press and Powerlifting Seminar in Michigan as a guest speaker. As I awaited an interesting quote. One of the speakers was talking about how important it is for powerlifters to learn the lifts from people who excel at them and not from those who are mediocre performers. The adage he used to enforce this point was, "never ask a bald man how to grow hair."

Initially I agreed with the statement and thoroughly understood what he was saying. However, as I rubbed my own balding scalp, I realized that I knew a hell of a lot about how to grow hair even though I couldn't get it to grow. In the 80's there was biotin, polysorbate 80 and the Helsinki formula for hair growth and in the 90's came Rogaine, Folligen and Propecia. It's amazing how motivated I became to learn about growing hair when I saw my own hair clogging up the shower and the sink. Despite this cruel trick of nature and my poor hair genetics, I was still able to become an amateur hair replacement/re-grow consultant for my balding friends and myself. Although this is not an article about hair, having pondered the hair growth analogy I realize that understanding how to do the lifts and doing the lifts are two completely different things.

From my years in the sport I have found that even if you are not predisposed to excel at certain lifts, you are not precluded from improving on them if you are motivated enough to pay attention and refine your technique.

This series of articles will provide information on lifting techniques for all three of the powerlifts. This advice has nothing to do with training routines or weights. The ideas I will present range from things I've had to learn through necessity in my University weight room.

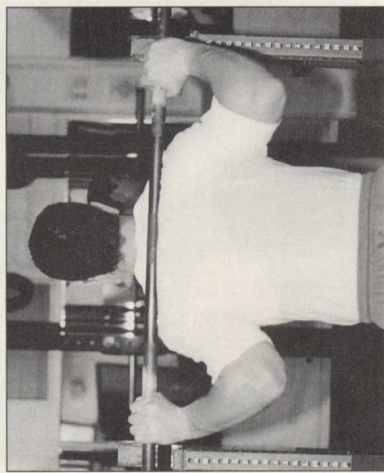
From a competitive lifting total standpoint I have never been a very balanced lifter. I used to go to the meet with a big squat and feel as if I was relying on my early lead to get through the final two lifts in front of the competition. Of all the lifts, I could always depend on the squat. Recently, this method of approaching a meet encountered a tragic blow. After my 6th or 7th back injury (I've lost count at this point) I relegated my favorite lift to a hated and dreaded process of compressing my vertebral disks into virtual

Ritz crackers. Over a two-year period, the movement grew awkward and often was painful to perform. After one serious back injury had healed, I felt like I had forgotten how to squat, and in a sense I had.

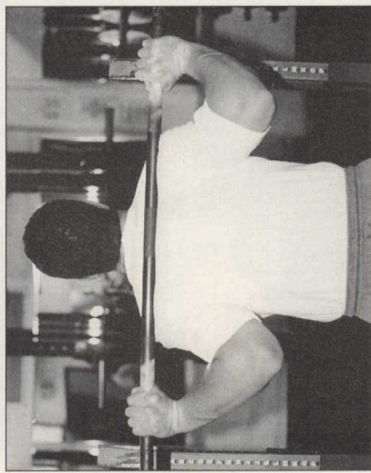
**POWER TECHNIQUE**

**A Balding Man's Advice on Powerlifting Technique as told by Rob Wagner, M.Ed. C.S.C.S.**

Manager University Strength and Fitness, University of Pennsylvania



High Bar Position - placed on top of trap. (photo number one)



Low Bar Position - Not a drastic difference but enough to effect the lean. The bar is placed below trap - bar sits on rear delt. (photo #2)

The process of squatting that I had adhered to for years was gone. Let me point out that I never took this lift for granted. I knew each and every mechanism of the movement. By profession I teach the squat motion a couple of hundred times per year to athletes. Add to that the daily reinforcement of

coaching technique and you can be sure you would be able to rotate your elbows upwards. If the elbows are pointing towards the floor (perpendicular) you should move the hands so the elbows can achieve a more parallel position in relation to the floor. Once your elbows get in this position the upper back will

you will read is part of the process of how I regained my form in this lift.

**The Squat:** I find that most lifters tend to underestimate the importance of the set up in the squat. Just get it out of the rack and squat, right? Wrong! The set up can make the lift or leave it in the hole. When the set up is done properly the weight can feel "light" on your back and the movement will feel smooth. The set up can greatly affect your body control and balance during the execution of the lift.

The first step is to remember to have the rack height adjusted to a height you can safely remove and return the bar. The clearance from the racks when you stand erect with the bar should be 3 - 4 inches from the bottom of the holder. This will ensure that you will be successful in returning the bar even if it moves down your back a little during the lift. As you approach the bar you must be focused on the lift and nothing else. Indulging yourself in a conversation about the NFL draft or that evening's date plans while approaching the bar may lead to trouble in the lift. Instead, see yourself doing the lift; whether it's a single rep or a set of five, do it in your head first. Make sure you concentrate on all aspects of the lift from placing your hands on the bar to taking your belt off at the end.

When you get to the bar the first thing you will do is place your hands on it in an evenly spaced manner.

Regardless of whether you false or true grip the bar, get a solid grasp on it. The hands can greatly aid in keeping the bar from rolling down your back during the movement. The distance between the hands can be determined partially by function and comfort. The function involves holding the upper back musculature in an isometric contraction through the entire movement. The comfort aspect relates to the flexibility of the shoulders and wrists. Factors that play into this are arm length and torso size. The bigger the torso is then the wider the hand placement should be. Longer arms also fit this approach. There are no absolutes here, however, because the individual's flexibility, acceptance of discomfort and anatomical make up all vary. The objective is to get the hands as close to the body with the least amount of discomfort to the shoulders and wrists. The final point is that once you've found this position you must be able to rotate your elbows upwards.

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**Q:** Why do they call a dumbbell a dumbbell?  
**A:** Well, believe it or not it has nothing to do with the people who lift them! According to weightlifting historian Perry Buchanan, the original dumbbells were shaped like bells. Since they looked like bells, but didn't ring (and/or speak) they were called "DUMB" bells.

**Q:** Why is it that in competition the first plate is put on the bar facing inward and the rest of the plates are put on facing outward?  
**A:** Contrary to popular opinion, this has nothing to do with thermodynamics, aerodynamics or bio-mechanics. No matter which way the plates face, the resistance on the bar is the same. The reason the plates are reversed is so the trademark on the plates is always visible. In national and international competition, the weights are usually donated by weightlifting companies, such as York or Diversified Products. This procedure assures that these companies get the exposure for their product.

**Q:** Why is it that lifters are sensitive to the body odor of others but are immune to their own body odor, even though they may smell fouler than a wet pair of hush puppies?  
**A:** Our Lord said in the Bible that we tend to see the splinter in the eyes of others, but we don't seem to notice the log in our own. He could have been referring to body odor when he made that statement. Did you ever notice how everyone else in the gym has a body aroma but you? Well, I have bad news for you. Not only do you have a body odor, you just may have the most offensive, foul-smelling body in the gym. Hey! Only your best friend would tell you. Right? Compared to most animals, human beings have an extremely finite sense of smell. According to Dr. Pat Barelli, secretary of the American Rhinology Society, "The olfactory nerve easily becomes 'fatigued' in areas where there are a myriad of odors." Consequently, when you

opinion of Dr. Walter Cobb, a former physical therapist for the Olympic training team. According to Cobb, wrapping the knee with a "figure eight" will not only give the knee greater structural support, but it also aids in the descent and ascent of the lift.  
**Q:** Why is it that in competition some athletes are "cool as a cucumber" while other athletes, equally as competent, are scared half out of their mind?  
**A:** Part of the answer just may be heredity. There is now conclusive evidence that everyone is born with a "blueprint" of personality traits. Such traits are permanent or slow to change. Recent research has confirmed a rather fixed trait for anxiety called trait anxiety or A-trait. Investigation has revealed that the personality characteristic identified as trait anxiety is present in all of us, including powerlifters, to various degrees. Those who have higher levels of trait anxiety tend to be more anxious in situations identified as anxiety-producing, such as athletic competition, public speaking, or frightening situations. Individuals who have a low trait anxiety are affected less by anxiety provoking situations.

## Dr. JUDD

### TELL ME WHY?

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

are in a gym where odors abound, your olfactory nerve ignores the constant odor of your own body so that it can better focus on other odors in the gym. The nervous system responds in this manner so that it does not fatigue and/or overload from stimuli produced by its own body. As a result, if you smell like a jar of "ICY HOT" or like last night's can of tuna, you are unlikely to notice. Be polite ask your training partner "Hey! Do I stink like an old pair of socks?" He'll be glad you did.  
**Q:** Why do some powerlifters use a "figure eight" technique to wrap their knees?  
**A:** The answer is easy. The lifters who use a "figure eight" to wrap their knees are a lot smarter than the others. At least that's the

# FINALLY!

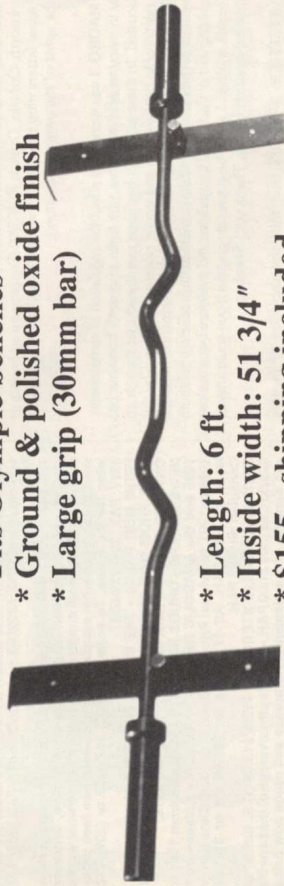
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Consequently, everything being equal, skill level, confidence, coaching, etc., an individual with a low trait anxiety will react to sport's competition with less anxiety and trepidation than would those individuals with higher trait anxiety levels. To what extent heredity, rather than environment, influences personality is a difficult question. Generally, the position taken is that genetic factors provide the limits within which development takes place, but that environmental conditions are then responsible for proficiency within these limits.

**Q:** Why (in general) does a smaller individual have greater relative strength than a bigger person, but a bigger individual has a greater absolute strength than a smaller person?

**A:** First of all, strength correlates with the cross section of the muscle, the bigger the muscle, the stronger the muscle. In short, bigger people have bigger muscles; consequently, they have stronger muscles. That's easily understood - right! Of course, there more thought-provoking question is why do smaller people, with smaller muscles, have greater relative strength, than bigger people with bigger

muscles. Actually that's easy to answer too. According to John Bryant, a nationally renowned physiologist, as an individual increases in size, the ratio of muscle to body mass decreases. In other words, bone density, water volume, bone density, and organ size contribute more to the increased body mass than does muscle. Since none of the aforementioned factors contributes to strength, as an individual increases in body size, his relative strength decreases, because proportionally - he has less muscle to body mass. As a result, bigger people tend to have greater absolute strength, because they have bigger muscles, but less relative strength because they have less muscle per body pound.

**Q:** Why do men with large muscles have small penises?

**A:** Simple. Their legs are so big that it makes their penises look small. At least that's the excuse I've always used. On a more serious note, the contention that weightlifting somehow decreases penis size is a myth. It's perfectly possible to have a body like Schwarzenegger and still have a normal size penis. Right Arnold! Testicular size is a whole other ballgame, no pun intended.

There is some evidence which suggest that weightlifters may be a little underdeveloped in this area. The problem isn't weightlifting per se but rather the use of anabolic steroids by some lifters. As you are aware, steroids can significantly enhance muscular strength and mass. Unfortunately, they also have numerous side effects, among them "testicular atrophy," as the medical books put it. For example one study of 20 weightlifters who used steroids revealed that 8 of them experienced testicular atrophy. Of course, testicular atrophy isn't the same as penile atrophy, although there tends to be a positive relationship between the two. Generally, the larger the testicles, the larger the penis. It might also be noted that there are a number of studies that revealed that weightlifters taking steroids had a significantly higher frequency of coitus and orgasmic regularity than did comparison athletes. It should also be noted that steroids can lead to reduced testosterone and lowered sperm count.

**Q:** Why are toilet handles on the left side?

**A:** This is a question that has perplexed powerlifters throughout the ages. Luckily, I have the answer. Initially flush toilets were operated by a chain above the tank that had to be pulled down by hand. The chain was located on the left side so that it could be pulled with the right hand while seated. When the smaller handles are located at the top the tank became fashionable in the 1940's, many were fitted to existing toilets that had pull chains. Consequently, it was cheaper to place the new handles where they fit the plumbing and fixtures that were left when the pull chains were removed. Of course, this presented lifters with a fresh dilemma: should one flush while seated or while standing? According to the Cornell Survey of Personal Hygiene Attitudes and Practices in 1000 Middle-Class Households, 34 percent of respondents flushed the toilet while still seated, and 66 percent flushed while standing up. Interestingly, this finding differs considerably from a non-scientific survey of 314 weightlifters conducted by the author. The latter study revealed that instead of using the awkward backhanded method, 93 percent of the lifters interlocked stood up and then flushed. Hey! At least they flush.

## 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., Workwork, 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 was wondering about the regulation of somatostatin. Recently in many muscle magazines, the topic of growth hormone has been discussed. In these articles it has been mentioned that there is an inverse relationship between GH and insulin release, but never why this relationship exists. I was wondering if the connection is somehow impaired due to beta (insulin producing) and delta (somatostatin producing) cells both comprising part of the islet of Langerhans and therefore being in close vicinity to one another. I would be extremely grateful if you could answer this perplexing question for me. Thank you! **Stephen.**

**DEAR STEPHEN:** While it's true that the secretion of insulin, glucagon and somatostatin comes from the pancreatic beta-, alpha- and delta- cells, respectively, there is much more involved to the regulation of these hormones than the close proximity of the cells. Changes in certain metabolic parameters increase and decrease the formation and secretion of these hormones and often the same metabolic changes will cause inverse changes in the various hormones.

Having said that, I also think that these hormones also exert some influence locally on the various cells of the pancreas. That is all three hormones (and other paracrine and autocrine factors) likely have a local regulating effect on both their own secretion and the secretion of the other hormones. As well, pancreatic secreted somatostatin may act synergistically with hypothalamic somatostatin to decrease hormone secretion. And insulin may have both a paracrine effect on pancreatic somatostatin and a systemic effect on hypothalamic somatostatin.

But it's not that simple. For example, take somatostatin. It is the most widely distributed of the hypothalamic releasing hormones. The primary hypothalamic sources are the periventricular and medial preoptic areas of the anterior hypothalamus. Somatostatin is found in neurosecretory granules of axons that terminate in the median eminence. In addition to its function as a hormone, somatostatin is synthesized and distributed throughout the brain and serves as a neurotransmitter in many areas, including the spinal cord, brainstem, and cerebral cortex. Somatostatin is also present in the gastrointestinal tract and other organs. As I mentioned above, somatostatin-secreting cells of the pancreatic islets participate in the regulation of insulin and glucagon secretion, an example of paracrine regulation by this hormone. Somatostatin acts via a family of at least five G protein-coupled membrane receptors that utilize a number of different second

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messenger pathways.

So, as you can see, this question of the inverse relationship between GH and insulin (which, by the way, is only a general statement), since there are conditions under which both rise and fall together, is also perplexing to those doing cutting edge research and we certainly haven't worked out all the important details and interactions. I hope that this info is of some help. **Mauro Di Pasquale M.D.**

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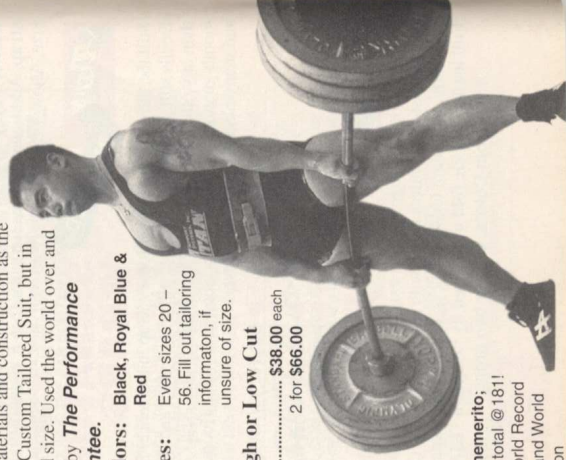
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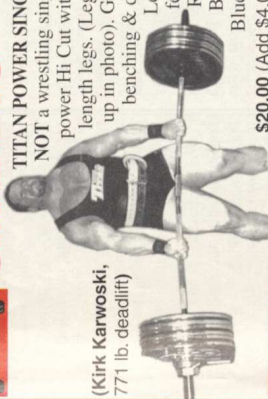
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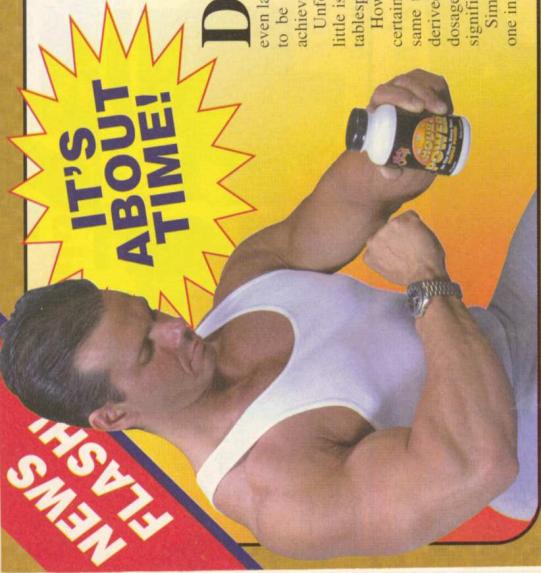


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Unfortunately, most bodybuilders operate under the assumption that if a little is good, then a lot is better. And so they slug down tablespoon after tablespoon of powders and handfuls of pills all at one time. However, as a result of this current research, one thing seems quite certain. This old approach of taking large dosages of a supplement all at the same time, is wrong - dead wrong! On the contrary, Nutritional benefit is derived not from taking larger quantities all at once, but from taking smaller dosages spread throughout the day. In fact, absorption rates can be significantly increased by altering potency and frequency of ingestion.

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supplements taken at one time will most likely be excreted with only minimum absorption into the body. In light of this information, wouldn't it be great if a supplement company brought out a product with a precisely regulated potency that could be taken more frequently throughout the day? Wouldn't such a product fill a great need? Well, the good news is that Hot Stuff Sports Supplements has done just that. Utilizing the latest scientific information, we have designed a brand new

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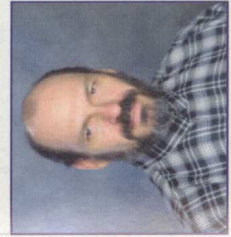
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hour. The whole key was in regulating the potency.

So, you're saying that certain types of bodybuilding micro-nutrients can actually be taken every hour?

Exactly! And when they are, the rate of absorption goes right through the roof. Can you give us some specifics on how you converted this research into your new product Hour Power?

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This concept is going to revolutionize the way we take supplements.

Thank you very much Tom, for sharing this very exciting new information with us.

## "The Key To Boosting Absorption Is To Take Smaller Dosages Regularly Throughout The Day!"

The following interview was conducted in mid-1998 with Tom Ciola, President of Hot Stuff Sports Supplements.

*Tom, thank you for taking the time to answer our questions about your exciting new supplement called Hour Power. How exactly did this product come about?*

A few years ago, I became aware of some research being done on the absorption levels of certain supplements. What surprised me was just how much of a supplement can be lost in the digestive process. Scientific investigators were also questioning whether taking large dosages of a supplement at one time was the best way to maximize absorption. Study after study was reporting that not only did large single dosages *not* improve absorption, but that such a method could actually *interfere* with absorption. I made up my mind right then that our company would look into these findings further the first chance we had.

And so, about a year ago, we began to re-examine this whole

issue of supplement absorption. Two factors rang through loud and clear. We knew that a significant portion of most supplements pass through the digestive system unabsorbed. And secondly, most athletes try to compensate for this by taking much larger dosages at one time. But remember, the research indicated that this "solution" actually worse.

*Why is that?*

Well, what we found out is that apparently, the body has a mechanism for all food substances. When amounts larger than this pre-set absorption level are ingested, they seem to overload the system. Rather than increasing absorption, too much of a particular nutrient in the gut appears to actually interfere with absorption, causing much of the nutrient to be excreted unabsorbed.

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**DHEA** is a prohormone that is two metabolic steps away from testosterone and has been shown to help increase testosterone levels. **Androstenedione** is only one metabolic step away from testosterone and has been shown to produce testosterone spikes upon ingestion. **Tribulus Terestsis** is an herb that has been theorized to increase luteinizing hormone (LH) which increases natural production of testosterone. **Saw Palmetto** is an herb that may block the conversion of testosterone to DHT. DHT has been thought to cause enlargement of the prostate. **Saw palmetto** may also be anti-estrogenic. **Red Sage** is an

herb which is a benzodiazepine derivative. These types of compounds have been shown to blunt cortisol secretion. Hard training may result in increased cortisol levels, which can be detrimental to muscle growth. Red sage has also been theorized to potentiate the effects of **Androstenedione** and may enhance the natural testosterone surge associated with weightlifting. **Ginger** has been shown to lower gastric acidity which may increase ingredient absorption.

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 11505 E. Trent Ave. Spokane, WA 99206

















**Tom Carnaghi, Best Lifter with his protegee Jason Johnson at the Cross Country Pull competition. Jason pulled a pr 530 at 181 in his first competition. (Dr. Latch)**

let everyone in for free. We wanted to give some credit where credit is due. Rick Wheeler, Chad Knowles, Jim Kraus, etc. All of the lifters did an outstanding job, not many red lights at all and it was a great day for everyone. We had a great time just had great days. Chad gave us a scare with his 750 opener when he fell forward. But he came back on his second try and nailed it. Chad & Rick are the best lifters in the world. We had a great time and had to defeat. I must give credit to John Kraus and John Joseph both from Virginia for their outstanding performances. RAW, John Kraus was the power and John Joseph very quiet. Laid back and made every lift look so easy. He went 8 for 9, missing his best deadlift attempt. Thanks to the lifters who were there for the day. We had a great time and had to defeat. We will be back next year. Thanks to Larry Rapier and Ken Reed for traveling all the way from Texas. (Thank you to the WNPF for providing the results)

**Cross Country Pull BP/DL**  
16 May 98 - Mattoon, IL  
BENCH 198 lb. 360\* R. Harris 550\*  
225 lb. 400\* S. Voller 480\*  
P. Shock 350\* 275 lb. 530  
Master K. Heffelt 101 lb. 600  
J. Johnson 530\* S. Voller 600  
198 lb. 600  
T. Carnaghi 600  
Carnaghi record. Best 100. Best Lifter: Tom Carnaghi. This contest was once again held at the Mattoon Cross County Mall. This was just about



**Drug Free Leaders (l-r): Frank Mombert, Eric Sorrey, President of the World Drug Free Powerlifting Federation, at the Belgian Drug Free Championships. (photograph provided from Frans Mombert, Sr.)**

**WNPF Teen/Jr./Submaster/Master**  
23 May 98 - Virginia Beach, VA  
130 lb. (40-44) 225  
155 lb. (45-49) 275  
225 lb. LIFETIME RAW 400\*  
170 lb. (55-59) 340\*  
185 lb. (60-64) 400\*  
200 lb. (65-69) 440\*  
220 lb. (70-74) 480\*  
240 lb. (75-79) 520\*  
260 lb. (80-84) 560\*  
280 lb. (85-89) 600\*  
300 lb. (90-94) 640\*  
320 lb. (95-99) 680\*  
340 lb. (100-104) 720\*  
360 lb. (105-109) 760\*  
380 lb. (110-114) 800\*  
400 lb. (115-119) 840\*  
420 lb. (120-124) 880\*  
440 lb. (125-129) 920\*  
460 lb. (130-134) 960\*  
480 lb. (135-139) 1000\*  
500 lb. (140-144) 1040\*  
520 lb. (145-149) 1080\*  
540 lb. (150-154) 1120\*  
560 lb. (155-159) 1160\*  
580 lb. (160-164) 1200\*  
600 lb. (165-169) 1240\*  
620 lb. (170-174) 1280\*  
640 lb. (175-179) 1320\*  
660 lb. (180-184) 1360\*  
680 lb. (185-189) 1400\*  
700 lb. (190-194) 1440\*  
720 lb. (195-199) 1480\*  
740 lb. (200-204) 1520\*  
760 lb. (205-209) 1560\*  
780 lb. (210-214) 1600\*  
800 lb. (215-219) 1640\*  
820 lb. (220-224) 1680\*  
840 lb. (225-229) 1720\*  
860 lb. (230-234) 1760\*  
880 lb. (235-239) 1800\*  
900 lb. (240-244) 1840\*  
920 lb. (245-249) 1880\*  
940 lb. (250-254) 1920\*  
960 lb. (255-259) 1960\*  
980 lb. (260-264) 2000\*  
1000 lb. (265-269) 2040\*  
1020 lb. (270-274) 2080\*  
1040 lb. (275-279) 2120\*  
1060 lb. (280-284) 2160\*  
1080 lb. (285-289) 2200\*  
1100 lb. (290-294) 2240\*  
1120 lb. (295-299) 2280\*  
1140 lb. (300-304) 2320\*  
1160 lb. (305-309) 2360\*  
1180 lb. (310-314) 2400\*  
1200 lb. (315-319) 2440\*  
1220 lb. (320-324) 2480\*  
1240 lb. (325-329) 2520\*  
1260 lb. (330-334) 2560\*  
1280 lb. (335-339) 2600\*  
1300 lb. (340-344) 2640\*  
1320 lb. (345-349) 2680\*  
1340 lb. (350-354) 2720\*  
1360 lb. (355-359) 2760\*  
1380 lb. (360-364) 2800\*  
1400 lb. (365-369) 2840\*  
1420 lb. (370-374) 2880\*  
1440 lb. (375-379) 2920\*  
1460 lb. (380-384) 2960\*  
1480 lb. (385-389) 3000\*  
1500 lb. (390-394) 3040\*  
1520 lb. (395-399) 3080\*  
1540 lb. (400-404) 3120\*  
1560 lb. (405-409) 3160\*  
1580 lb. (410-414) 3200\*  
1600 lb. (415-419) 3240\*  
1620 lb. (420-424) 3280\*  
1640 lb. (425-429) 3320\*  
1660 lb. (430-434) 3360\*  
1680 lb. (435-439) 3400\*  
1700 lb. (440-444) 3440\*  
1720 lb. (445-449) 3480\*  
1740 lb. (450-454) 3520\*  
1760 lb. (455-459) 3560\*  
1780 lb. (460-464) 3600\*  
1800 lb. (465-469) 3640\*  
1820 lb. (470-474) 3680\*  
1840 lb. (475-479) 3720\*  
1860 lb. (480-484) 3760\*  
1880 lb. (485-489) 3800\*  
1900 lb. (490-494) 3840\*  
1920 lb. (495-499) 3880\*  
1940 lb. (500-504) 3920\*  
1960 lb. (505-509) 3960\*  
1980 lb. (510-514) 4000\*  
2000 lb. (515-519) 4040\*  
2020 lb. (520-524) 4080\*  
2040 lb. (525-529) 4120\*  
2060 lb. (530-534) 4160\*  
2080 lb. (535-539) 4200\*  
2100 lb. (540-544) 4240\*  
2120 lb. (545-549) 4280\*  
2140 lb. (550-554) 4320\*  
2160 lb. (555-559) 4360\*  
2180 lb. (560-564) 4400\*  
2200 lb. (565-569) 4440\*  
2220 lb. (570-574) 4480\*  
2240 lb. (575-579) 4520\*  
2260 lb. (580-584) 4560\*  
2280 lb. (585-589) 4600\*  
2300 lb. (590-594) 4640\*  
2320 lb. (595-599) 4680\*  
2340 lb. (600-604) 4720\*  
2360 lb. (605-609) 4760\*  
2380 lb. (610-614) 4800\*  
2400 lb. (615-619) 4840\*  
2420 lb. (620-624) 4880\*  
2440 lb. (625-629) 4920\*  
2460 lb. (630-634) 4960\*  
2480 lb. (635-639) 5000\*  
2500 lb. (640-644) 5040\*  
2520 lb. (645-649) 5080\*  
2540 lb. (650-654) 5120\*  
2560 lb. (655-659) 5160\*  
2580 lb. (660-664) 5200\*  
2600 lb. (665-669) 5240\*  
2620 lb. (670-674) 5280\*  
2640 lb. (675-679) 5320\*  
2660 lb. (680-684) 5360\*  
2680 lb. (685-689) 5400\*  
2700 lb. (690-694) 5440\*  
2720 lb. (695-699) 5480\*  
2740 lb. (700-704) 5520\*  
2760 lb. (705-709) 5560\*  
2780 lb. (710-714) 5600\*  
2800 lb. (715-719) 5640\*  
2820 lb. (720-724) 5680\*  
2840 lb. (725-729) 5720\*  
2860 lb. (730-734) 5760\*  
2880 lb. (735-739) 5800\*  
2900 lb. (740-744) 5840\*  
2920 lb. (745-749) 5880\*  
2940 lb. (750-754) 5920\*  
2960 lb. (755-759) 5960\*  
2980 lb. (760-764) 6000\*  
3000 lb. (765-769) 6040\*  
3020 lb. (770-774) 6080\*  
3040 lb. (775-779) 6120\*  
3060 lb. (780-784) 6160\*  
3080 lb. (785-789) 6200\*  
3100 lb. (790-794) 6240\*  
3120 lb. (795-799) 6280\*  
3140 lb. (800-804) 6320\*  
3160 lb. (805-809) 6360\*  
3180 lb. (810-814) 6400\*  
3200 lb. (815-819) 6440\*  
3220 lb. (820-824) 6480\*  
3240 lb. (825-829) 6520\*  
3260 lb. (830-834) 6560\*  
3280 lb. (835-839) 6600\*  
3300 lb. (840-844) 6640\*  
3320 lb. (845-849) 6680\*  
3340 lb. (850-854) 6720\*  
3360 lb. (855-859) 6760\*  
3380 lb. (860-864) 6800\*  
3400 lb. (865-869) 6840\*  
3420 lb. (870-874) 6880\*  
3440 lb. (875-879) 6920\*  
3460 lb. (880-884) 6960\*  
3480 lb. (885-889) 7000\*  
3500 lb. (890-894) 7040\*  
3520 lb. (895-899) 7080\*  
3540 lb. (900-904) 7120\*  
3560 lb. (905-909) 7160\*  
3580 lb. (910-914) 7200\*  
3600 lb. (915-919) 7240\*  
3620 lb. (920-924) 7280\*  
3640 lb. (925-929) 7320\*  
3660 lb. (930-934) 7360\*  
3680 lb. (935-939) 7400\*  
3700 lb. (940-944) 7440\*  
3720 lb. (945-949) 7480\*  
3740 lb. (950-954) 7520\*  
3760 lb. (955-959) 7560\*  
3780 lb. (960-964) 7600\*  
3800 lb. (965-969) 7640\*  
3820 lb. (970-974) 7680\*  
3840 lb. (975-979) 7720\*  
3860 lb. (980-984) 7760\*  
3880 lb. (985-989) 7800\*  
3900 lb. (990-994) 7840\*  
3920 lb. (995-999) 7880\*  
3940 lb. (1000-1004) 7920\*  
3960 lb. (1005-1009) 7960\*  
3980 lb. (1010-1014) 8000\*  
4000 lb. (1015-1019) 8040\*  
4020 lb. (1020-1024) 8080\*  
4040 lb. (1025-1029) 8120\*  
4060 lb. (1030-1034) 8160\*  
4080 lb. (1035-1039) 8200\*  
4100 lb. (1040-1044) 8240\*  
4120 lb. (1045-1049) 8280\*  
4140 lb. (1050-1054) 8320\*  
4160 lb. (1055-1059) 8360\*  
4180 lb. (1060-1064) 8400\*  
4200 lb. (1065-1069) 8440\*  
4220 lb. (1070-1074) 8480\*  
4240 lb. (1075-1079) 8520\*  
4260 lb. (1080-1084) 8560\*  
4280 lb. (1085-1089) 8600\*  
4300 lb. (1090-1094) 8640\*  
4320 lb. (1095-1099) 8680\*  
4340 lb. (1100-1104) 8720\*  
4360 lb. (1105-1109) 8760\*  
4380 lb. (1110-1114) 8800\*  
4400 lb. (1115-1119) 8840\*  
4420 lb. (1120-1124) 8880\*  
4440 lb. (1125-1129) 8920\*  
4460 lb. (1130-1134) 8960\*  
4480 lb. (1135-1139) 9000\*  
4500 lb. (1140-1144) 9040\*  
4520 lb. (1145-1149) 9080\*  
4540 lb. (1150-1154) 9120\*  
4560 lb. (1155-1159) 9160\*  
4580 lb. (1160-1164) 9200\*  
4600 lb. (1165-1169) 9240\*  
4620 lb. (1170-1174) 9280\*  
4640 lb. (1175-1179) 9320\*  
4660 lb. (1180-1184) 9360\*  
4680 lb. (1185-1189) 9400\*  
4700 lb. (1190-1194) 9440\*  
4720 lb. (1195-1199) 9480\*  
4740 lb. (1200-1204) 9520\*  
4760 lb. (1205-1209) 9560\*  
4780 lb. (1210-1214) 9600\*  
4800 lb. (1215-1219) 9640\*  
4820 lb. (1220-1224) 9680\*  
4840 lb. (1225-1229) 9720\*  
4860 lb. (1230-1234) 9760\*  
4880 lb. (1235-1239) 9800\*  
4900 lb. (1240-1244) 9840\*  
4920 lb. (1245-1249) 9880\*  
4940 lb. (1250-1254) 9920\*  
4960 lb. (1255-1259) 9960\*  
4980 lb. (1260-1264) 10000\*  
5000 lb. (1265-1269) 10040\*  
5020 lb. (1270-1274) 10080\*  
5040 lb. (1275-1279) 10120\*  
5060 lb. (1280-1284) 10160\*  
5080 lb. (1285-1289) 10200\*  
5100 lb. (1290-1294) 10240\*  
5120 lb. (1295-1299) 10280\*  
5140 lb. (1300-1304) 10320\*  
5160 lb. (1305-1309) 10360\*  
5180 lb. (1310-1314) 10400\*  
5200 lb. (1315-1319) 10440\*  
5220 lb. (1320-1324) 10480\*  
5240 lb. (1325-1329) 10520\*  
5260 lb. (1330-1334) 10560\*  
5280 lb. (1335-1339) 10600\*  
5300 lb. (1340-1344) 10640\*  
5320 lb. (1345-1349) 10680\*  
5340 lb. (1350-1354) 10720\*  
5360 lb. (1355-1359) 10760\*  
5380 lb. (1360-1364) 10800\*  
5400 lb. (1365-1369) 10840\*  
5420 lb. (1370-1374) 10880\*  
5440 lb. (1375-1379) 10920\*  
5460 lb. (1380-1384) 10960\*  
5480 lb. (1385-1389) 11000\*  
5500 lb. (1390-1394) 11040\*  
5520 lb. (1395-1399) 11080\*  
5540 lb. (1400-1404) 11120\*  
5560 lb. (1405-1409) 11160\*  
5580 lb. (1410-1414) 11200\*  
5600 lb. (1415-1419) 11240\*  
5620 lb. (1420-1424) 11280\*  
5640 lb. (1425-1429) 11320\*  
5660 lb. (1430-1434) 11360\*  
5680 lb. (1435-1439) 11400\*  
5700 lb. (1440-1444) 11440\*  
5720 lb. (1445-1449) 11480\*  
5740 lb. (1450-1454) 11520\*  
5760 lb. (1455-1459) 11560\*  
5780 lb. (1460-1464) 11600\*  
5800 lb. (1465-1469) 11640\*  
5820 lb. (1470-1474) 11680\*  
5840 lb. (1475-1479) 11720\*  
5860 lb. (1480-1484) 11760\*  
5880 lb. (1485-1489) 11800\*  
5900 lb. (1490-1494) 11840\*  
5920 lb. (1495-1499) 11880\*  
5940 lb. (1500-1504) 11920\*  
5960 lb. (1505-1509) 11960\*  
5980 lb. (1510-1514) 12000\*  
6000 lb. (1515-1519) 12040\*  
6020 lb. (1520-1524) 12080\*  
6040 lb. (1525-1529) 12120\*  
6060 lb. (1530-1534) 12160\*  
6080 lb. (1535-1539) 12200\*  
6100 lb. (1540-1544) 12240\*  
6120 lb. (1545-1549) 12280\*  
6140 lb. (1550-1554) 12320\*  
6160 lb. (1555-1559) 12360\*  
6180 lb. (1560-1564) 12400\*  
6200 lb. (1565-1569) 12440\*  
6220 lb. (1570-1574) 12480\*  
6240 lb. (1575-1579) 12520\*  
6260 lb. (1580-1584) 12560\*  
6280 lb. (1585-1589) 12600\*  
6300 lb. (1590-1594) 12640\*  
6320 lb. (1595-1599) 12680\*  
6340 lb. (1600-1604) 12720\*  
6360 lb. (1605-1609) 12760\*  
6380 lb. (1610-1614) 12800\*  
6400 lb. (1615-1619) 12840\*  
6420 lb. (1620-1624) 12880\*  
6440 lb. (1625-1629) 12920\*  
6460 lb. (1630-1634) 12960\*  
6480 lb. (1635-1639) 13000\*  
6500 lb. (1640-1644) 13040\*  
6520 lb. (1645-1649) 13080\*  
6540 lb. (1650-1654) 13120\*  
6560 lb. (1655-1659) 13160\*  
6580 lb. (1660-1664) 13200\*  
6600 lb. (1665-1669) 13240\*  
6620 lb. (1670-1674) 13280\*  
6640 lb. (1675-1679) 13320\*  
6660 lb. (1680-1684) 13360\*  
6680 lb. (1685-1689) 13400\*  
6700 lb. (1690-1694) 13440\*  
6720 lb. (1695-1699) 13480\*  
6740 lb. (1700-1704) 13520\*  
6760 lb. (1705-1709) 13560\*  
6780 lb. (1710-1714) 13600\*  
6800 lb. (1715-1719) 13640\*  
6820 lb. (1720-1724) 13680\*  
6840 lb. (1725-1729) 13720\*  
6860 lb. (1730-1734) 13760\*  
6880 lb. (1735-1739) 13800\*  
6900 lb. (1740-1744) 13840\*  
6920 lb. (1745-1749) 13880\*  
6940 lb. (1750-1754) 13920\*  
6960 lb. (1755-1759) 13960\*  
6980 lb. (1760-1764) 14000\*  
7000 lb. (1765-1769) 14040\*  
7020 lb. (1770-1774) 14080\*  
7040 lb. (1775-1779) 14120\*  
7060 lb. (1780-1784) 14160\*  
7080 lb. (1785-1789) 14200\*  
7100 lb. (1790-1794) 14240\*  
7120 lb. (1795-1799) 14280\*  
7140 lb. (1800-1804) 14320\*  
7160 lb. (1805-1809) 14360\*  
7180 lb. (1810-1814) 14400\*  
7200 lb. (1815-1819) 14440\*  
7220 lb. (1820-1824) 14480\*  
7240 lb. (1825-1829) 14520\*  
7260 lb. (1830-1834) 14560\*  
7280 lb. (1835-1839) 14600\*  
7300 lb. (1840-1844) 14640\*  
7320 lb. (1845-1849) 14680\*  
7340 lb. (1850-1854) 14720\*  
7360 lb. (1855-1859) 14760\*  
7380 lb. (1860-1864) 14800\*  
7400 lb. (1865-1869) 14840\*  
7420 lb. (1870-1874) 14880\*  
7440 lb. (1875-1879) 14920\*  
7460 lb. (1880-1884) 14960\*  
7480 lb. (1885-1889) 15000\*  
7500 lb. (1890-1894) 15040\*  
7520 lb. (1895-1899) 15080\*  
7540 lb. (1900-1904) 15120\*  
7560 lb. (1905-1909) 15160\*  
7580 lb. (1910-1914) 15200\*  
7600 lb. (1915-1919) 15240\*  
7620 lb. (1920-1924) 15280\*  
7640 lb. (1925-1929) 15320\*  
7660 lb. (1930-1934) 15360\*  
7680 lb. (1935-1939) 15400\*  
7700 lb. (1940-1944) 15440\*  
7720 lb. (1945-1949) 15480\*  
7740 lb. (1950-1954) 15520\*  
7760 lb. (1955-1959) 15560\*  
7780 lb. (1960-1964) 15600\*  
7800 lb. (1965-1969) 15640\*  
7820 lb. (1970-1974) 15680\*  
7840 lb. (1975-1979) 15720\*  
7860 lb. (1980-1984) 15760\*  
7880 lb. (1985-1989) 15800\*  
7900 lb. (1990-1994) 15840\*  
7920 lb. (1995-1999) 15880\*  
7940 lb. (2000-2004) 15920\*  
7960 lb. (2005-2009) 15960\*  
7980 lb. (2010-2014) 16000\*  
8000 lb. (2015-2019) 16040\*  
8020 lb. (2020-2024) 16080\*  
8040 lb. (2025-2029) 16120\*  
8060 lb. (2030-2034) 16160\*  
8080 lb. (2035-2039) 16200\*  
8100 lb. (2040-2044) 16240\*  
8120 lb. (2045-2049) 16280\*  
8140 lb. (2050-2054) 16320\*  
8160 lb. (2055-2059) 16360\*  
8180 lb. (2060-2064) 16400\*  
8200 lb. (2065-2069) 16440\*  
8220 lb. (2070-2074) 16480\*  
8240 lb. (2075-2079) 16520\*  
8260 lb. (2080-2084) 16560\*  
8280 lb. (2085-2089) 16600\*  
8300 lb. (2090-2094) 16640\*  
8320 lb. (2095-2099) 16680\*  
8340 lb. (2100-2104) 16720\*  
8360 lb. (2105-2109) 16760\*  
8380 lb. (2110-2114) 16800\*  
8400 lb. (2115-2119) 16840\*  
8420 lb. (2120-2124) 16880\*  
8440 lb. (2125-2129) 16920\*  
8460 lb. (2130-2134) 16960\*  
8480 lb. (2135-2139) 17000\*  
8500 lb. (2140-2144) 17040\*  
8520 lb. (2145-2149) 17080\*  
8540 lb. (2150-2154) 17120\*  
8560 lb. (2155-2159) 17160\*  
8580 lb. (2160-2164) 17200\*  
8600 lb. (2165-2169) 17240\*  
8620 lb. (2170-2174) 17280\*  
8640 lb. (2175-2179) 17320\*  
8660 lb. (2180-2184) 17360\*  
8680 lb. (2185-2189) 17400\*  
8700 lb. (2190-2194) 17440\*  
8720 lb. (2195-2199) 17480\*  
8740 lb. (2200-2204) 17520\*  
8760 lb. (2205-2209) 17560\*  
8780 lb. (2210-2214) 17600\*  
8800 lb. (2215-2219) 17640\*  
8820 lb. (2220-2224) 17680\*  
8840 lb. (2225-2229) 17720\*  
8860 lb. (2230-2234) 17760\*  
8880 lb. (2235-2239) 17800\*  
8900 lb. (2240-2244) 17840\*  
8920 lb. (2245-2249) 17880\*  
8940 lb. (2250-2254) 17920\*  
8960 lb. (2255-2259) 17960\*  
8980 lb. (2260-2264) 18000\*  
9000 lb. (2265-2269) 18040\*  
9020 lb. (2270-2274) 18080\*  
9040 lb. (2275-2279) 18120\*  
9060 lb. (2280-2284) 18160\*  
9080 lb. (2285-2289) 18200\*  
9100 lb. (2290-2294) 18240\*  
9120 lb. (2295-2299) 18280\*  
9140 lb. (2300-2



**Elaina Bolster** broke AAU American records at the AAU Florida State Circus Open, (Bolster photo)

**AAU Florida State Circus Open**  
6,7 Jun 98 - Orlando, FL

**BENCH 148 lb.** 295 C. Steale 385  
W. Regan 345 J. Wong 420  
R. Kelly 345 J. Wong 420  
R. Kelly 345 J. Wong 420  
R. Kelly 345 J. Wong 420

**DEADLIFT 198 lb.** 560 M. Roach 400  
M. Roach 400 L. Russell 560  
M. Roach 400 L. Russell 560

**Raw 220 lb.** 650 C. Jurkowski 650  
D. McHenry 114 52 C. Jurkowski 650  
D. McHenry 114 52 C. Jurkowski 650

**Raw 198 lb.** 745 J. Montgomery 250  
J. Montgomery 250 180 365 795  
J. Montgomery 250 180 365 795

**Raw 155 lb.** 825 M. Blower 240  
M. Blower 240 200 305 745  
M. Blower 240 200 305 745

**Raw 125 lb.** 925 K. Sabin 315  
K. Sabin 315 222.5 405 925  
K. Sabin 315 222.5 405 925

**Raw 105 lb.** 925 M. Blower 240  
M. Blower 240 200 305 745  
M. Blower 240 200 305 745

**Raw 85 lb.** 545 L. Cross-Be 295  
L. Cross-Be 295 20 330 825  
L. Cross-Be 295 20 330 825

**Raw 55 lb.** 510 E. P. Munnings 280  
E. P. Munnings 280 150 275 705  
E. P. Munnings 280 150 275 705

**Raw 45 lb.** 840 C. Munnings 300  
C. Munnings 300 170 320 790  
C. Munnings 300 170 320 790

**Raw 35 lb.** 840 N. Munnings 330  
N. Munnings 330 170 340 840  
N. Munnings 330 170 340 840

**Raw 148 lb.** 840 P. Ryan 505  
P. Ryan 505 275 480 1260  
P. Ryan 505 275 480 1260

**\$25.00 Adult (20 and Over)**  
**\$10.00 Youth (19 and Under)**

**THIS IS NOT A VALID CARD**

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

**AAU MEMBERSHIP APPLICATION FORM**

Is this membership renewal?  Yes  No  
If yes, please write in your former membership number

Check One:  Athlete  Youth Program  Coach  Adult Program  Volunteer/Administrative

SPORT CODE: \_\_\_\_\_ CLUB # \_\_\_\_\_ CLUB NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF APPLICATION \_\_\_\_\_

MEMBERSHIP CATEGORY:  Coach  Volunteer/Administrative

APPLICANT'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_ \*Adult Fee \$25.00 \*Youth Fee \$10.00

\*Couch Fee \$12.00 Accepted By: \_\_\_\_\_

Mike Tapachito, and when Mike helps his whole family help, Ben, Rick, Michelle, and Mike's wife Janet. Table help my daughter in law, Renee, Michelle, Mike's daughter Janet, Mike's wife Lisa, and my daughter-in-law, Michelle. I am a member of the AAU Florida State Circus Open, (Bolster photo)

**AAU Raw "No Boys Allowed"**  
20 Jun 98 - Bigler, PA

**WOMEN** SQ BP DL TOT  
97.50 110 104 115 330  
C. Snyder 132 lb. (135-39)  
T. Weinheimer 139 115 141 617  
110 104 115 330  
C. Winkelsch 110 77 203 391  
132 lb. (135-39)  
M. Blower 240 200 305 745  
N. Theodorou 380 242 540 1162

**Raw 198 lb.** 600 355 590 1545  
C. Fleming 700 470 700 1870  
S. Kitzman 181 lb. (135-39)  
D. Heintz 332 281 451 1065  
D. Heintz 332 281 451 1065  
D. Heintz 332 281 451 1065

**Raw 155 lb.** 446 319 496 1262  
B. Holloper 363 264 435 1063  
B. Holloper 363 264 435 1063  
B. Holloper 363 264 435 1063

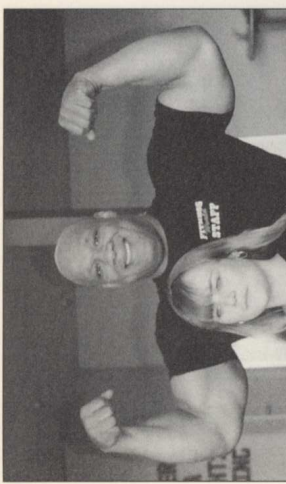
**Raw 125 lb.** 429 286 540 1266  
B. Bogue 446 236 473 1157  
B. Bogue 446 236 473 1157  
B. Bogue 446 236 473 1157

**RETURN WITH FEES TO:**  
AMATEUR ATHLETIC UNION  
The Walt Disney Resort  
P.O. Box 10,000  
Lake Buena Vista, FL 32830-1000

Are you presently covered by health & accident insurance?  
 Yes  No

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

APPLICANT'S SIGNATURE \_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE \_\_\_\_\_



**Pro Wrestler Tony Atlas** poses with APA Referee Jennifer Taylor, at the APA Pine Tree Open. Tony won the Best Lifter award. (Taylor)

**APA Pine Tree States Open**  
24 May 96 - Lewisville, NE

**BENCH 275 lb.** 475 T. Atlas 275  
T. Atlas 275 275 475  
T. Atlas 275 275 475

**DEADLIFT 350 lb.** 610 S. McDonald 610  
S. McDonald 610 445 610 1365  
S. McDonald 610 445 610 1365

**Raw 242 lb.** 445 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 200 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 181 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 170 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 155 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 148 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 132 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 117 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**SCI Dallas Meet**  
11 Jul 96 - Dallas PA

**BENCH 275 lb.** 475 T. Atlas 275  
T. Atlas 275 275 475  
T. Atlas 275 275 475

**DEADLIFT 350 lb.** 610 S. McDonald 610  
S. McDonald 610 445 610 1365  
S. McDonald 610 445 610 1365

**Raw 242 lb.** 445 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 200 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 181 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 170 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 155 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 148 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 132 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**Raw 117 lb.** 440 P. Clarnoch 415  
P. Clarnoch 415 300 440 990  
P. Clarnoch 415 300 440 990

**WNPFF Battle of the Countries**  
31 May 98 - Daytona Beach, FL

**SQUAT 155 lb.** 555\* Carrillo 500\*  
Carrillo 500\* 220 lb. (50-54) 600\*  
Carrillo 500\* 220 lb. (50-54) 600\*

**Raw 170 lb.** 600\* D. Romano 460  
D. Romano 460 375 535 995  
D. Romano 460 375 535 995

**Raw 155 lb.** 600\* J. Yoder 460  
J. Yoder 460 375 535 995  
J. Yoder 460 375 535 995

**Raw 148 lb.** 600\* P. B. Jr. 465  
P. B. Jr. 465 325 540 1005  
P. B. Jr. 465 325 540 1005

**Raw 132 lb.** 600\* T. Paltano 385  
T. Paltano 385 205 580 965  
T. Paltano 385 205 580 965

**Raw 117 lb.** 600\* O. Miley 360  
O. Miley 360 198 lb. 415 220 815  
O. Miley 360 198 lb. 415 220 815

**Raw 105 lb.** 600\* T. Wright 420  
T. Wright 420 300 520 940  
T. Wright 420 300 520 940

**Raw 90 lb.** 600\* M. Anderson 400  
M. Anderson 400 335 545 915  
M. Anderson 400 335 545 915

**Raw 85 lb.** 600\* C. Edmondson 420  
C. Edmondson 420 315 545 930  
C. Edmondson 420 315 545 930

**Raw 75 lb.** 600\* M. Ekman 405  
M. Ekman 405 242 lb. 415 275 937  
M. Ekman 405 242 lb. 415 275 937

**Raw 60 lb.** 600\* J. Yoder 460  
J. Yoder 460 375 535 995  
J. Yoder 460 375 535 995

**Raw 55 lb.** 600\* P. B. Jr. 465  
P. B. Jr. 465 325 540 1005  
P. B. Jr. 465 325 540 1005

**Raw 45 lb.** 600\* R. N. 385  
R. N. 385 205 580 965  
R. N. 385 205 580 965

**Raw 35 lb.** 600\* A. Damos 360  
A. Damos 360 198 lb. 415 220 815  
A. Damos 360 198 lb. 415 220 815

**Raw 25 lb.** 600\* S. Fone 420  
S. Fone 420 300 520 940  
S. Fone 420 300 520 940

**Raw 18 lb.** 600\* M. Anderson 400  
M. Anderson 400 335 545 915  
M. Anderson 400 335 545 915

**Raw 15 lb.** 600\* C. Edmondson 420  
C. Edmondson 420 315 545 930  
C. Edmondson 420 315 545 930

**Raw 10 lb.** 600\* M. Ekman 405  
M. Ekman 405 242 lb. 415 275 937  
M. Ekman 405 242 lb. 415 275 937

**Raw 5 lb.** 600\* J. Yoder 460  
J. Yoder 460 375 535 995  
J. Yoder 460 375 535 995

**Raw 2 lb.** 600\* P. B. Jr. 465  
P. B. Jr. 465 325 540 1005  
P. B. Jr. 465 325 540 1005

**Raw 1 lb.** 600\* R. N. 385  
R. N. 385 205 580 965  
R. N. 385 205 580 965

**WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)**

Application for Registration

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

First Name \_\_\_\_\_ Initial \_\_\_\_\_ Renewal \_\_\_\_\_ Current Card # (if Renewal) \_\_\_\_\_

Y N Y N

Club Name \_\_\_\_\_

Street Address \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Current WABDL Classification \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Y N Y N M F

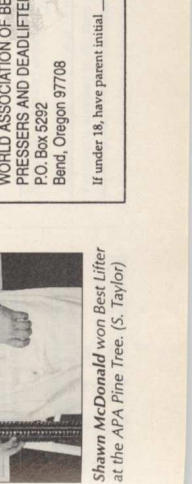
Elite Member I II III IV World National State \_\_\_\_\_ Today's Date \_\_\_\_\_ Card Issued By \_\_\_\_\_

Registration Fee \$10.00  
Make checks payable to and mail to:  
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS  
P.O. Box 5292  
Bend, Oregon 97708

NOTE: All WABDL-sanctioned meets will be subject to drug testing.  
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_  
If under 18, have parent initial \_\_\_\_\_

Shawn McDonald won Best Lifter at the APA Pine Tree. (S. Taylor)



**AAU Pennsylvania Bench Press**  
24 May 98 - Pittsburgh, PA

**Raw 17 - 148 lb.** 242 lb. 460  
(18-19) 181 lb. 210  
C. G. 210 165 lb. 460

**Raw 155 lb.** 255 J. Prosdocimo 165  
J. Prosdocimo 165 225 270 555  
J. Prosdocimo 165 225 270 555

**Raw 148 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 132 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 117 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 105 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 90 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 85 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 75 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 60 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 55 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 45 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 35 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 25 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 18 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 15 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 10 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**Raw 5 lb.** 325 J. Williams 365  
J. Williams 365 325 270 555  
J. Williams 365 325 270 555

**AAU Raw "No Boys Allowed"**  
20 Jun 98 - Bigler, PA

**WOMEN** SQ BP DL TOT  
97.50 110 104 115 330  
C. Snyder 132 lb. (135-39)  
T. Weinheimer 139 115 141 617  
110 104 115 330  
C. Winkelsch 110 77 203 391  
132 lb. (135-39)  
M. Blower 240 200 305 745  
N. Theodorou 380 242 540 1162

**Raw 198 lb.** 600 355 590 1545  
C. Fleming 700 470 700 1870  
S. Kitzman 181 lb. (135-39)  
D. Heintz 332 281 451 1065  
D. Heintz 332 281 451 1065  
D. Heintz 332 281 451 1065

**Raw 155 lb.** 446 319 496 1262  
B. Holloper 363 264 435 1063  
B. Holloper 363 264 435 1063  
B. Holloper 363 264 435 1063

**Raw 125 lb.** 429 286 540 1266  
B. Bogue 446 236 473 1157  
B. Bogue 446 236 473 1157  
B. Bogue 446 236 473 1157

**WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)**

Application for Registration

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

First Name \_\_\_\_\_ Initial \_\_\_\_\_ Renewal \_\_\_\_\_ Current Card # (if Renewal) \_\_\_\_\_

Y N Y N

Club Name \_\_\_\_\_

Street Address \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Current WABDL Classification \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Y N Y N M F

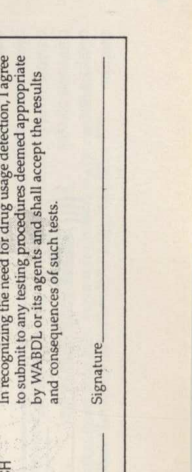
Elite Member I II III IV World National State \_\_\_\_\_ Today's Date \_\_\_\_\_ Card Issued By \_\_\_\_\_

Registration Fee \$10.00  
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Signature \_\_\_\_\_  
If under 18, have parent initial \_\_\_\_\_

Shawn McDonald won Best Lifter at the APA Pine Tree. (S. Taylor)

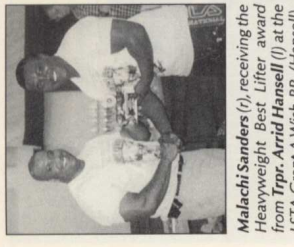




accounting for the smaller turnout. We still had a good time with some new national records being set. A special thanks to Richard Erickson for providing the facilities. Actually, Rick had been training for the meet for over 20 years of age to bench 500 raw, but had turned his pre-during vacation. Knowing Rick, he'll be back even stronger once he books. Kathy Jackson (49) with 175, just short of her national record of 180. In the teenage men's, winning at 148 was Alan Henders with a PR 140. This was just Alan's 2nd attempt to take the title at 180. Getting a new national record with 175.5. Alan's training partner, Kenneth Watson came down from Kalamazoo, Michigan to take the title at 180. Getting a new national record with 198.5. Mike Henders was 2nd at 198 novice with 235. Mike's father of Alan. Ron Henders was the novice 275 with a big 500 on the bench. Ron's great lifting earned him best lifter honors for the competition, as well as a national record at 275. Darrell Cays won the 181s in the men's division at 220.5. Darrell's training partner, Darrell came back after a disappointing bomb at the recent AAPP Nationals. Robert Jones (father of Jason) also lifted well, finishing with 330 and the national record at 330. Robert's training partner, Mike Weck, who at 51 looked great and ready for his upcoming bodybuilding competition, won at 181 with a strong 275. Jim Kocher, lifting in his 1st attempt, won at 220.5. Darrell's training partner, Allen (64-69). Our oldest competitor, Allen (64-69), finishing with 240. Allen is always a great inspiration. He's been training for the meet for over 20 years. Adam Pittman who took the 242x with 300. Both won at 220 with 420 along with lifting partner Terry and Adam's lifts were a little off, possibly due to some new equipment. Adam's training partner, Jim, set some new records and some new records. See you all at the Grand Nationals in November. (Thanks to Dr. Darrell Latch for most results)



**Kathy Jackson coming up with 180 for the win in the Master Women 148 lb. division at the USA "Raw" Bench Press Federation's Summer Nationals, in Indianapolis, IL. (Photograph courtesy of Dr. Darrell Latch)**



**Malachi Sanders (r), receiving the Heavyweight Best Lifter award from Trp. Arrid Hansell (l) at the LSTA Grant-A-Wish BP. (Hansell)**



**Brett Feeley stick curling 55 kg. (121 lbs.) at the Great Plains Challenge. (Tim Piper photograph)**

**NASA Arizona State**  
20/21 Jun 98 - Scottsdale, AZ

**BENCH**

Intermediate 187 lb.	B. Dehendorf	250	173.5	227.5	650
Master-4 170.8 lb.	H. Miller	162.5	122.5	182.5	457.5
Pure 227 lb.	M. Hendrix	270	177.5	257.5	705
315 lb.	E. Foxit	265	177.5	255	697.5
280 lb.	D. Wade	227.5	147.5	205	580
200 Natural 170.8 lb.	K. Mayeda	182.5	122.5	182.5	457.5
132.5 WOMEN 138.8 lb.	M. Stainbrook	195	147.5	205	580
105 Intermediate 187 lb.	M. O'Neal	200	160	200	560
230 M. O'Neal	287.5	170	275	712.5	
Master 4 - 205 lb.	W. Hinckel	182.5	112.5	197.5	492.5
Pure 170.8 lb.	R. Turner	252.5	187.5	230	670
205 lb. Intermediate 205 lb.	K. Keran	262.5	150	250	662.5
227 lb.	D. Wade	265	177.5	255	697.5
280 lb.	S. Scherer	227.5	147.5	205	580
Master-2 154.3 lb.	A. Brooks	287.5	150	282.5	715
187 lb.	K. Scherer	275	160	242.5	680
107.5 WOMEN 170.8 lb.	C. Williams	245	190	205	640
200	Teen 187 lb.	915	105	207.5	522.5
138.8 lb.	L. Thus	72.5	32.5	70	175
187 lb.	K. Jensen	100	42.5	100	242.5
107.5 WOMEN 170.8 lb.	M. V. V. V.	119	37.5	87.5	202.5
200	M. V. V. V.	77.5	37.5	87.5	202.5
138.8 lb.	K. Jensen	100	42.5	100	242.5

(Thank you to NASA for providing contest results)

**USAPL New Mexico State**  
13 Jun 98 - Santa Fe, NM

148 lb.	J. Davis	325	205	425	985
165 lb.	P. Martinez	325	30	350	975
187 lb.	M. V. V. V.	335	225	345	925
205 lb.	M. Brown	390	205	445	1040
227 lb.	P. Martinez	390	205	445	1040
242 lb.	D. Sandval	400	375	500	1355
260 lb.	A. Banks	480	375	500	1355
280 lb.	D. Martinez	400	375	500	1355
300 lb.	N. White	275	135	245	655
315 lb.	T. Hernandez	340	230	355	925
330 lb.	T. Hernandez	470	200	500	1170
345 lb.	P. Ward	340	300	360	1000
360 lb.	M. C. C.	390	205	445	1040
375 lb.	M. Scatella	420	317.5	897.5	
390 lb.	M. Scatella	420	317.5	897.5	
405 lb.	M. Scatella	420	317.5	897.5	
420 lb.	M. Scatella	420	317.5	897.5	
435 lb.	M. Scatella	420	317.5	897.5	
450 lb.	M. Scatella	420	317.5	897.5	
465 lb.	M. Scatella	420	317.5	897.5	
480 lb.	M. Scatella	420	317.5	897.5	
495 lb.	M. Scatella	420	317.5	897.5	
510 lb.	M. Scatella	420	317.5	897.5	
525 lb.	M. Scatella	420	317.5	897.5	
540 lb.	M. Scatella	420	317.5	897.5	
555 lb.	M. Scatella	420	317.5	897.5	
570 lb.	M. Scatella	420	317.5	897.5	
585 lb.	M. Scatella	420	317.5	897.5	
600 lb.	M. Scatella	420	317.5	897.5	
615 lb.	M. Scatella	420	317.5	897.5	
630 lb.	M. Scatella	420	317.5	897.5	
645 lb.	M. Scatella	420	317.5	897.5	
660 lb.	M. Scatella	420	317.5	897.5	
675 lb.	M. Scatella	420	317.5	897.5	
690 lb.	M. Scatella	420	317.5	897.5	
705 lb.	M. Scatella	420	317.5	897.5	
720 lb.	M. Scatella	420	317.5	897.5	
735 lb.	M. Scatella	420	317.5	897.5	
750 lb.	M. Scatella	420	317.5	897.5	
765 lb.	M. Scatella	420	317.5	897.5	
780 lb.	M. Scatella	420	317.5	897.5	
795 lb.	M. Scatella	420	317.5	897.5	
810 lb.	M. Scatella	420	317.5	897.5	
825 lb.	M. Scatella	420	317.5	897.5	
840 lb.	M. Scatella	420	317.5	897.5	
855 lb.	M. Scatella	420	317.5	897.5	
870 lb.	M. Scatella	420	317.5	897.5	
885 lb.	M. Scatella	420	317.5	897.5	
900 lb.	M. Scatella	420	317.5	897.5	
915 lb.	M. Scatella	420	317.5	897.5	
930 lb.	M. Scatella	420	317.5	897.5	
945 lb.	M. Scatella	420	317.5	897.5	
960 lb.	M. Scatella	420	317.5	897.5	
975 lb.	M. Scatella	420	317.5	897.5	
990 lb.	M. Scatella	420	317.5	897.5	
1005 lb.	M. Scatella	420	317.5	897.5	
1020 lb.	M. Scatella	420	317.5	897.5	
1035 lb.	M. Scatella	420	317.5	897.5	
1050 lb.	M. Scatella	420	317.5	897.5	
1065 lb.	M. Scatella	420	317.5	897.5	
1080 lb.	M. Scatella	420	317.5	897.5	
1095 lb.	M. Scatella	420	317.5	897.5	
1110 lb.	M. Scatella	420	317.5	897.5	
1125 lb.	M. Scatella	420	317.5	897.5	
1140 lb.	M. Scatella	420	317.5	897.5	
1155 lb.	M. Scatella	420	317.5	897.5	
1170 lb.	M. Scatella	420	317.5	897.5	
1185 lb.	M. Scatella	420	317.5	897.5	
1200 lb.	M. Scatella	420	317.5	897.5	
1215 lb.	M. Scatella	420	317.5	897.5	
1230 lb.	M. Scatella	420	317.5	897.5	
1245 lb.	M. Scatella	420	317.5	897.5	
1260 lb.	M. Scatella	420	317.5	897.5	
1275 lb.	M. Scatella	420	317.5	897.5	
1290 lb.	M. Scatella	420	317.5	897.5	
1305 lb.	M. Scatella	420	317.5	897.5	
1320 lb.	M. Scatella	420	317.5	897.5	
1335 lb.	M. Scatella	420	317.5	897.5	
1350 lb.	M. Scatella	420	317.5	897.5	
1365 lb.	M. Scatella	420	317.5	897.5	
1380 lb.	M. Scatella	420	317.5	897.5	
1395 lb.	M. Scatella	420	317.5	897.5	
1410 lb.	M. Scatella	420	317.5	897.5	
1425 lb.	M. Scatella	420	317.5	897.5	
1440 lb.	M. Scatella	420	317.5	897.5	
1455 lb.	M. Scatella	420	317.5	897.5	
1470 lb.	M. Scatella	420	317.5	897.5	
1485 lb.	M. Scatella	420	317.5	897.5	
1500 lb.	M. Scatella	420	317.5	897.5	

**USA Raw BP Federation Summer Nats.**  
21 Jun 98 - Indianapolis, IN

**WOMEN 148 lb.**

Master (40-49)	R. Jones	330
Teenage 148 lb.	J. Kocher	275
205 lb.	F. McKeown	175
240	J. Lopez	140
242	J. Jones	270*
245	J. Jones	270*
248	J. Jones	270*
250	J. Jones	270*
252	J. Jones	270*
254	J. Jones	270*
256	J. Jones	270*
258	J. Jones	270*
260	J. Jones	270*
262	J. Jones	270*
264	J. Jones	270*
266	J. Jones	270*
268	J. Jones	270*
270	J. Jones	270*
272	J. Jones	270*
274	J. Jones	270*
276	J. Jones	270*
278	J. Jones	270*
280	J. Jones	270*
282	J. Jones	270*
284	J. Jones	270*
286	J. Jones	270*
288	J. Jones	270*
290	J. Jones	270*
292	J. Jones	270*
294	J. Jones	270*
296	J. Jones	270*
298	J. Jones	270*
300	J. Jones	270*
302	J. Jones	270*
304	J. Jones	270*
306	J. Jones	270*
308	J. Jones	270*
310	J. Jones	270*
312	J. Jones	270*
314	J. Jones	270*
316	J. Jones	270*
318	J. Jones	270*
320	J. Jones	270*
322	J. Jones	270*
324	J. Jones	270*
326	J. Jones	270*
328	J. Jones	270*
330	J. Jones	270*

**5th Miller's Iron House Natural BP**  
13 Jun 98 - Cumberland, MD

**High School**

Under 200 lbs.	B. Cmark	305
200-220 lbs.	C. Freedenberg	300
220-240 lbs.	C. Freedenberg	300
240-260 lbs.	N. Baridolomo	315
260-280 lbs.	O. Pen	320
280-300 lbs.	O. Pen	320
300-320 lbs.	O. Pen	320
320-340 lbs.	O. Pen	320
340-360 lbs.	O. Pen	320
360-380 lbs.	O. Pen	320
380-400 lbs.	O. Pen	320
400-420 lbs.	O. Pen	320
420-440 lbs.	O. Pen	320
440-460 lbs.	O. Pen	320
460-480 lbs.	O. Pen	320
480-500 lbs.	O. Pen	320
500-520 lbs.	O. Pen	320
520-540 lbs.	O. Pen	320
540-560 lbs.	O. Pen	320
560-580 lbs.	O. Pen	320
580-600 lbs.	O. Pen	320
600-620 lbs.	O. Pen	320
620-640 lbs.	O. Pen	320
640-660 lbs.	O. Pen	320
660-680 lbs.	O. Pen	320
680-700 lbs.	O. Pen	320
700-720 lbs.	O. Pen	320
720-740 lbs.	O. Pen	320
740-760 lbs.	O. Pen	320
760-780 lbs.	O. Pen	320
780-800 lbs.	O. Pen	320
800-820 lbs.	O. Pen	320
820-840 lbs.	O. Pen	320
840-860 lbs.	O. Pen	320
860-880 lbs.	O. Pen	320
880-900 lbs.	O. Pen	320
900-920 lbs.	O. Pen	320
920-940 lbs.	O. Pen	320
940-960 lbs.	O. Pen	320
960-980 lbs.	O. Pen	320
980-1000 lbs.	O. Pen	320

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back view of dog appears on back of t-shirt

**NASA West Texas Championships**  
26 Jun 98 - Amarillo, TX (kg)

**BENCH**

Junior 205 lb.	W. Newman	152.5
205 lb.	E. Evt	130
220 lb.	D. Meant	130
240 lb.	W. Newman	130
260 lb.	W. Newman	130
280 lb.	W. Newman	130
300 lb.	W. Newman	130
320 lb.	W. Newman	130
340 lb.	W. Newman	130
360 lb.	W. Newman	130
380 lb.	W. Newman	130
400 lb.	W. Newman	130
420 lb.	W. Newman	130
440 lb.	W. Newman	130
460 lb.	W. Newman	130
480 lb.	W. Newman	130
500 lb.	W. Newman	130
520 lb.	W. Newman	130
540 lb.	W. Newman	130
560 lb.	W. Newman	130
580 lb.	W. Newman	130
600 lb.	W. Newman	130
620 lb.	W. Newman	130
640 lb.	W. Newman	130
660 lb.	W. Newman	130
680 lb.	W. Newman	130
700 lb.	W. Newman	130
720 lb.	W. Newman	130
740 lb.	W. Newman	130
760 lb.	W. Newman	130
780 lb.	W. Newman	130
800 lb.	W. Newman	130
820 lb.	W. Newman	130
840 lb.	W. Newman	130
860 lb.	W. Newman	130
880 lb.	W. Newman	130
900 lb.	W. Newman	130
920 lb.	W. Newman	130
940 lb.	W. Newman	130
960 lb.	W. Newman	130
980 lb.	W. Newman	130
1000 lb.	W. Newman	130

**Application for Registration in Natural Athlete Strength Association**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_ Date of App. \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

High School \_\_\_\_\_ Referee \_\_\_\_\_

Age \_\_\_\_\_

Telephone \_\_\_\_\_

High School - \$15.00 Adults - \$25.00 Youth - \$15.00

Membership includes a Personal Rulebook and a year's subscription to "The Natural"

Make and Mail Checks payable to: NASA, Box 735, Noble, OK 73068

I Certify that the above answers are correct



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- \* new arm lock design
- \* extra tricep support
- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

**Improved Heavy Duty**

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

**Extra High Performance Heavy Duty**

- \* extra extended power support range
  - \* new arm lock design
  - \* more tricep support
  - \* extra reinforced construction
  - \* guaranteed more support and power than anything ever available before now
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HPHD & EHPHD, the secret experimental technology that assisted:



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



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

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Texas Police Games

Table listing names and scores for Texas Police Games, including categories like 85 Jun 98 - Dallas, TX and 22 Jun 98 - Kilgore, TX.

NASA East Texas Open

Table listing names and scores for NASA East Texas Open, including categories like 13 Jun 98 - Kilgore, TX and 22 Jun 98 - Kilgore, TX.

EPF Men's Junior Europeans

Table listing names and scores for EPF Men's Junior Europeans, including categories like 19-21 May 98 - Vladimír Ruz (kg).

Prize List - Belleville, IL

Table listing prize amounts for various categories in Belleville, IL, including 28 Jun 98 - Belleville, IL.

Summer Push/Pull Meet

Table listing names and scores for Summer Push/Pull Meet, including 11 Jul 98 - Elkhart, IN.

USAPL Raccio Meet

Table listing names and scores for USAPL Raccio Meet, including 14 Jun 98 - Hamden, CT.

Team 100

Table listing names and scores for Team 100, including 11 Jun 98 - Elkhart, IN.

Team 100

Table listing names and scores for Team 100, including 11 Jun 98 - Elkhart, IN.

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Advertisement for 'FRANK'S MUSCLE WORKS' featuring '1996' magazine and 'DMSO' products.







**Jim Waldron, lifting in the 220s (20-23) division, pushing his 272.5 kg. squat at the AAU Teen/Junior Nationals. (photos from Joe Pira)**

**AAU Teen/Junior Nationals**  
13,14 Jun 98 - Rockland, MA

MEN	114 lb.	SQ	BP	DL	TOT
H. Alvares	65	47.5	97.5	210	415
J. Caldwell	120	67.5	147.5	335	550
L. Cooper	102.5	72.5	152	327	552
132 lb. (16-17)					
M. Moore	125	80	60	265	425
M. Curry	175	112.5	200	487.5	800
T. Hine	150	137.5	200	487.5	825
(18-19)					
J. Higgins	195	130	227.5	542.5	900
181 lb. (14-15)					
A. Finland	155	95	177.5	427.5	680
(16-17)					
M. Moore	105.5	60	137.5	302	505
S. Nason	80	37.5	105	222.5	425
(18-19)					
C. O'H	135	97.5	165	410	612.5
132 lb. (14-15)					
S. Snow	157.5	82.5	182.5	422.5	762.5
C. Carrahan	115	52.5	112.5	280	550
(16-17)					
T. Keele	125	75	152.5	352.5	605
S. Robinson	110	72.5	147.5	330	550
(18-19)					
S. Robbins	127.5	85	170	382.5	665
K. Orth	140	97.5	165	402.5	705
(16-17)					
J. Kempf	175	133.5	195	505	833.5
J. Thayer	142.5	112.5	182.5	432.5	752.5
J. Wilfong	157.5	70	195	422.5	765
J. Ruiz	—	—	—	—	—
N. Piskoch	162.5	97.5	195	455	787.5
(20-23)					
B. Grayes	207.5	150	222.5	580	960
165 lb. (14-15)					
C. Carrahan	150	77.5	227.5	455	755
C. Carrahan	110	60	150	320	530
(16-17)					
A. Heibel	220	132.5	250	602.5	1005
A. Strick	172.5	87.5	200	460	760
(18-19)					
J. Santos	212.5	127.5	217.5	557.5	912.5
S. O'Neal	190	142.5	195	527.5	865

**Raw**

105 lb. (16-17)	65	40	82.5	187.5	
L. Mack	123 lb. (14-15)	75	50	105	230
132 lb. (14-15)	55	35	87.5	177.5	
165 lb. (18-19)	117.5	77.5	140	335	
T. Fay	130 young lifters came to lift in the 140s and 150s. The weather was rainy and cold most of the weekend, both lifters and their families enjoyed the lift. The only 97 lb. woman was Mary Hart who performed well with 485 lbs. total. In the 105s, with 628 total, the 123 saw Shannon Worth, Emily Gilleney, Amanda Kammer and Kelly. In the 132s, with their age group, the 140s were topped by Cassi, Iola and Rosa Maron, with a total of 760 as a junior. The 140s were topped by Kristal McClellan, with a total of 682.5. The 165 winners were Sara Mahoney, Jessica Rainer, with a total of 590. The only SHW women was Kristal McClellan with a great performance. Four women completed in the Raw division. The				

**Kristal McClellan, lifted in the SHWs (20-23) division, pulling her 210 kg. deadlift. (Pyra photo)**

E. Mahoney	247.5	182.5	240	670
(20-23)	205	125	210	582.5
D. Hoadley	262.5	182.5	252.5	697.5
(20-23)	272.5	162.5	202.5	637.5
242 lb. (16-17)	195	125	192.5	512.5
M. Andrade	120	67.5	145	332.5
C. Kaiser	215	132.5	222.5	575
S. Koutoulas	200	142.5	205	547.5
W. Watson	182.5	145	160	487.5
(18-19)	227.5	137.5	227.5	592.5
272 lb. (16-17)	240	145	205	590
B. Castigliani	292.5	160	230	655
(20-23)	265	160	245	727.5
P. Barile	220	132.5	250	602.5
(16-17)	250	132.5	215	597.5
A. Strick	227.5	100	165	492.5
(18-19)	190	142.5	195	527.5

**Raw**

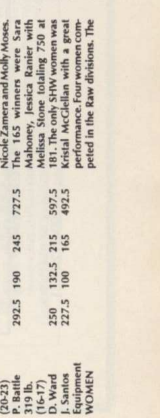
105 lb. (16-17)	65	40	82.5	187.5	
L. Mack	123 lb. (14-15)	75	50	105	230
132 lb. (14-15)	55	35	87.5	177.5	
165 lb. (18-19)	117.5	77.5	140	335	
T. Fay	130 young lifters came to lift in the 140s and 150s. The weather was rainy and cold most of the weekend, both lifters and their families enjoyed the lift. The only 97 lb. woman was Mary Hart who performed well with 485 lbs. total. In the 105s, with 628 total, the 123 saw Shannon Worth, Emily Gilleney, Amanda Kammer and Kelly. In the 132s, with their age group, the 140s were topped by Cassi, Iola and Rosa Maron, with a total of 760 as a junior. The 140s were topped by Kristal McClellan, with a total of 682.5. The 165 winners were Sara Mahoney, Jessica Rainer, with a total of 590. The only SHW women was Kristal McClellan with a great performance. Four women completed in the Raw division. The				

**Raw**

105 lb. (16-17)	65	40	82.5	187.5	
L. Mack	123 lb. (14-15)	75	50	105	230
132 lb. (14-15)	55	35	87.5	177.5	
165 lb. (18-19)	117.5	77.5	140	335	
T. Fay	130 young lifters came to lift in the 140s and 150s. The weather was rainy and cold most of the weekend, both lifters and their families enjoyed the lift. The only 97 lb. woman was Mary Hart who performed well with 485 lbs. total. In the 105s, with 628 total, the 123 saw Shannon Worth, Emily Gilleney, Amanda Kammer and Kelly. In the 132s, with their age group, the 140s were topped by Cassi, Iola and Rosa Maron, with a total of 760 as a junior. The 140s were topped by Kristal McClellan, with a total of 682.5. The 165 winners were Sara Mahoney, Jessica Rainer, with a total of 590. The only SHW women was Kristal McClellan with a great performance. Four women completed in the Raw division. The				

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**David Hoadley, 220s (20-23), squatting 262.5**

**Raw**

97 lb. (14-15)	82.5	35	102.5	220
M. Hart	115	55	135	285
(20-23)	95	55	135	285
T. Schillinger	—	—	—	—
(16-17)	—	—	—	—
S. Conca	—	—	—	—
(14-15)	80	45	105	220
S. Worth	80	45	97.5	222.5
S. George	—	—	—	—

**Raw**

182.5	90	210	482.5
132.5	100	185	417.5
175	130	220	525
135	90	160	405
92.5	62.5	107.5	262.5
135	110	230	595
215	110	160	425
215	132.5	220	567.5
212.5	130	212.5	555
185	120	205	510
185	120	205	510
177.5	122.5	192.5	492.5
147.5	95	190	437.5
122.5	110	185	427.5
255	155	272.5	682.5
230	135	260	635
240	137.5	232.5	595
240	137.5	227.5	582.5
177.5	107.5	190	475
147.5	95	190	437.5
122.5	110	185	427.5
255	155	272.5	682.5
230	135	260	635
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240	137.5	227.5	582.5
177.5	107.5	190	475
147.5	95	190	437.5
122.5	110	185	427.5
255	155	272.5	682.5
230	135	260	635
240	137.5	232.5	





# Power People



**Jeff Tellejohn** began benching only 1 year ago. His first meet was in May 1997 & he pressed 275. At the APF meet in Circleville, Ohio, in March 1998 at age 61, he set an APF record of 360, at a bodyweight of 308 lbs. (courtesy Jeff)



**Danny Akers** has been powerlifting since he was 16 years old and is now age 31. Danny is currently the West Virginia State Powerlifting Champion 1 the USPF and USAPL. He is also the Law & Fire West Virginia State Champion in the USPF and the open bench and deadlift champion. (Wendy Akers photograph)

**WVCF State Meet**  
13-16 Jun 98 - Carlisle, IN

Master 181 lb.	SQ	BP	DL	TOT
B. Pfeifer	275	175	405	855
C. Hill	220	145	350	715
L. Mort	405	245	420	1070
Open 123 lb.	405	250	450	1105
132 lb.	65	105	245	415
M. Thompson	225	205	315	745
T. Simpson	205	165	325	695
148 lb.	185	180	—	365
B. Fisher	325	225	365	915
W. White	300	195	315	710
181 lb.	175	170	340	510
A. Pflanz	165	170	340	510

WOMEN	BP	DL	TOT
Open 123 lb.	460	330	550
M. Brown	415	375	470
A. West	405	250	460
A. West	405	250	460
M. West	405	250	460
B. Walls	385	255	430
148 lb.	380	225	405
165 lb.	380	180	315
M. Stanley	485	405	605
181 lb.	340	270	290
198 lb.	425	365	625
E. Williams	475	365	540
242 lb.	455	385	585
275 lb.	500	310	605
300 lb.	505	425	530
M. Wade	500	405	555
330 lb.	335	335	485
360 lb.	275	315	465
390 lb.	325	325	650

**The Palmetto Challenge**  
11 Jul 98 - Mt. Pleasant, SC

BENCH MEN	BP	DL	TOT
Open 123 lb.	132.5	147.5	147.5
B. Miller	137.5	147.5	147.5
B. Walters	130	130	130
T. Moore	110	110	110
148 lb.	187.5	187.5	187.5
E. Wilson	187.5	187.5	187.5
242 lb.	142.5	142.5	142.5
T. Bowers	142.5	142.5	142.5
275 lb.	175	175	175
300 lb.	175	175	175
330 lb.	102.5	102.5	102.5
360 lb.	102.5	102.5	102.5
390 lb.	110	110	110
420 lb.	170	170	170
450 lb.	175	175	175

**USAPL California State Deadlift**  
16 May 98 - Venice, CA

WOMEN	BP	DL	TOT
Open 123 lb.	85	165	250
148 lb.	52.5	130	182.5
165 lb.	137.5	175	312.5
181 lb.	97.5	195	292.5
200 lb.	130	255	385
220 lb.	187.5	245	372.5
242 lb.	142.5	167.5	310
265 lb.	157.5	280	437.5
290 lb.	195	257	452
315 lb.	132.5	197.5	330
340 lb.	137.5	205	342.5

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340 lb.	137.5	205	342.5

# Power People



**Art Ramsey**, from Alameda, CA, has been a competitive powerlifter for over 15 years and trains at Iron Island Gym. He holds the USAPL national meet record with 518 lbs. in the Submasters division. He took first place at the November 1997 WABDL World Bench Press Championships 308 lb. Submasters. He has also won the 1997 AAU American Bench Press Championship and Best Lifter in the Submaster division, and the 1997 California Bench Championships as well. In May of 1998 he broke the Lifetime American record in the 319 lb. and set a new State record in the Submaster division with a 523 lb. bench press. Art has had two

**Stephanie Vandeweghe** (middle) is a hard core female powerlifter who has been working towards a 600 lb. squat in the 165 lb. weight class. Her heart is in it as much as Kirk Kanowski was into his 1000 lb. goal. When she achieves this feat, it will make history. Stephanie is pictured with Julie Havelka 181 lb. competitor (left) and APF National Releaser Mary Ellen Warman, at the 1998 APF Senior Nationals. (Tod Becraft)

rotator cuff surgeries and his current goal is to bench press 551 lbs. in competition. He is pictured back stage at the WABDL World Bench Press Championships in Portland, Oregon, November 1997, celebrating his 319 lb. Submaster World Title. (photograph by Art Ramsey)



**8th Steubenville Open**  
19 Jul 98 - Wintersville, OH

Team (13-16)	BP	DL	TOT
Open 123 lb.	135	135	135
F. Callagher	135	135	135
148 lb.	140	140	140
S. Grinch	140	140	140
165 lb.	225	225	225
C. Romano	225	225	225
N. Putnam	195	195	195
N. Bell	175	175	175
200 lb.	285	285	285
225 lb.	275	275	275
250 lb.	335	335	335
275 lb.	335	335	335
300 lb.	440	440	440

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**Independence BP Classic**  
11 Jul 98 - Stanardsville, VA

Open 123 lb.	BP	DL	TOT
D. Jeter	255	355	450
B. Morgan	365	455	375
J. Schell	320	275	315
F. Schell	320	275	315
198 lb.	345	410	375
J. Calabria	380	440	390
M. Andrews	380	440	390
P. Collins	380	440	390
242 lb.	425	485	440
275 lb.	425	485	440
300 lb.	520	580	555
P. Cripp	520	580	555

**All Natural Tennessee River Classic**  
20 Jun 98 - Savannah, TN

Teen	BP	DL	TOT
181 lb.	185	210	300
D. Gunn	185	210	300
200 lb.	110	110	110
J. Mitchell	110	110	110
220 lb.	200	200	200
242 lb.	200	200	200
265 lb.	200	200	200
290 lb.	200	200	200
315 lb.	200	200	200
340 lb.	200	200	200
365 lb.	200	200	200
390 lb.	200	200	200
410 lb.	200	200	200
430 lb.	200	200	200
450 lb.	200	200	200
475 lb.	200	200	200
500 lb.	200	200	200
525 lb.	200	200	200
550 lb.	200	200	200
575 lb.	200	200	200
600 lb.	200	200	200
625 lb.	200	200	200
650 lb.	200	200	200
675 lb.	200	200	200
700 lb.	200	200	200

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2 424 Warr, C. 5/9/98	575 Galt, L. 7/17/97	320 Simpson, T. 2/12/97
3 405 Turner, M. 1/16/97	575 Taylor, R. 1/17/97	320 Allen, R. 11/8/98
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# C4™ - METAFORM'S THERMOGENIC FORMULA RENDERS THE COMPETITION OBSOLETE.

## Metaform™ HEAT

High-Energy Advanced Thermogenic

ORANGE CREAMSICLE FLAVOR  
DIETARY SUPPLEMENT

• 64™ THERMOGENIC FORMULA  
• NON-EXCHANGE WHEY PROTEIN

12 - 1.5 OZ. PACKETS  
NET WT. 19.2 OZ (540g)

### Metaform HEAT: The World's First Maximum Potency Synergistic Blend Of Thermogenic Epinephrine Isomers, Beta Receptor Agonists, Methylxanthines and Key Bioflavonoids.

We're raising the standards for Thermogenesis, the energy igniting flame you need to tone 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 is easy to see that many of our competitors just don't add up.

	HEAT™ RIPPED QUEST™ POWDER		ULTIMATE ORANGE™	
Ion Exchange	Yes	No	No	No
Whey Protein	Yes	No	No	No
Green Tea	Yes	No	Yes	No
Quercetin	Yes	No	No	No
Guarana	Yes	Yes	Yes	Yes
Yohimbe	Yes	No	No	No
Melhong	Yes	Yes	Yes	Yes

Quest™ is a registered trademark of High Performance Nutrition. Ultimate Orange™ is a registered trademark of Pure Nutrition.

#### MORE BETA RECEPTOR AGONISTS

The combination 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 Epinephrine from standardized Melhong, a well-researched Beta Agonist.

#### MAXIMUM METHYLXANTHINES

Methylxanthines include Caffeine and Theophylline, which work synergistically with Beta Agonists to inhibit the removal of fat receptors, the metabolic sparkplugs for high intensity training and calorie burning. Methylxanthines also regulate epinephrine, adrenaline and phosphodiesterase to elicit an even greater calorie burning effect. Metaform HEAT™ contains both Green Tea and Guarana Extract, which are rich sources of Methylxanthines.

#### ALPHA-2 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 metabolism 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 epinephrine, increasing and prolonging their effects. Guarana and Green Tea Extracts contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle protein breakdown by containing prostaglandins, chemicals which can potentiate cortisol's muscle-wasting effects. These ingredients have not been evaluated by the Food and Drug Administration, so this product is not intended to diagnose, treat, cure, or prevent any disease.

**THE FIRST ONE IS FREE**  
Call 1-800-429-8048 or visit our website:

[www.realscience.com/metaform](http://www.realscience.com/metaform)  
to receive a free sample packet of METAFORM HEAT and a free Thermogenic Diet and Exercise Handbook.



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AND  
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Everything about this wrap exceeds any previous wrap. VERY, VERY POWERFUL!

IRONWRAPS Z  
(actual size)

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(actual size)

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Guaranteed to out perform any other brand.



Louie Simmons

"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."



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"Ironwraps are the best I've ever used."

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

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Qty. \_\_\_\_\_  
Ironwraps A \$22  
Ironwraps Z \$22  
2 pair \$40 Shipping \$5.50  
Total \_\_\_\_\_

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