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FUD LIVES!

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, sonny 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 my 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 the problem. A lot of this Creatine being used in sports supplements here in America is coming straight from China. Now I've got nothing against the Chinese mind you. That is — 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. 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

I've raised here. And I found out that, not only is their Creatine domestic, but that their latest laboratory analysis of June 11, 1998 showed a Creatine purity of 100.1% (Alpha Chemical & Biomedical Labs, Petaluma, CA 94954). Now that's the kind of product I can get behind.

So what you're saying is this? Someone might start taking Creatine based on all of the great things it can do, when in fact they're getting little, if any, Creatine in their supplement.

COMMANDER. That's exactly right! Pretty sad, isn't it, Soldier? And it doesn't just end with Creatine. The same story's being played out with lots of the supplements out there. That's why I say it again. Buy only from companies you know you can trust.

Commander, with your permission, I'd like to move beyond the hoax part of Creatine for a minute and talk about what Creatine is actually good for. Can you tell us why it's such a popular supplement?

COMMANDER. I'd love to. Creatine is an essential nutrient that occurs naturally in the body as Creatine phosphate. It plays a key role in several bodily functions, including the production of quick, explosive muscle energy. It also helps to volumize the muscles. In other words, make them larger and thus stronger. Here's how it works. All muscle tissue naturally contains a certain amount of water. In fact, up to a certain level, the more water in the muscles, the better they perform. Creatine enables your muscles to store more water, and that's what we call muscle volumizing. Now the best part is that numerous studies have shown that Creatine-volumized muscles tend to be both thicker and stronger. As a matter of fact, no other supplement has ever shown these kinds of dramatic results under such repeated scientific scrutiny.

So it's really quite simple. If you soldiers want to get big and strong fast — then start taking Creatine. I've noticed that the Creatine product from Hot Stuff Sports Supplements also contains honey powder. Would you by any chance know the reason why they do this?

COMMANDER. Well... once again... as I pointed out earlier, these guys are really on top of things. You see, some of the research has shown that Creatine absorption into the muscle cells is vastly improved when the Creatine is mixed with sugar. In fact, one recent study showed a 60% higher Creatine content in muscle tissue when the Creatine was taken with sugar. That's pretty significant. When I discussed

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. Now!! 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.

Honey, on the other hand, contains the best combination of sugars for the human body that nature has ever produced. Dextrose, levulose, fructose and glucose. Remember what the Bible says? God promised to lead the people into a land flowing with milk and HONEY! What greater endorsement for honey can we have than from God Himself?

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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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.... the Mighty "FUD" (photo by Jerry Critz)

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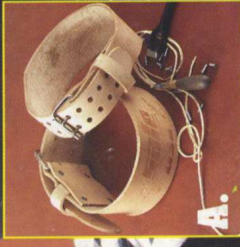


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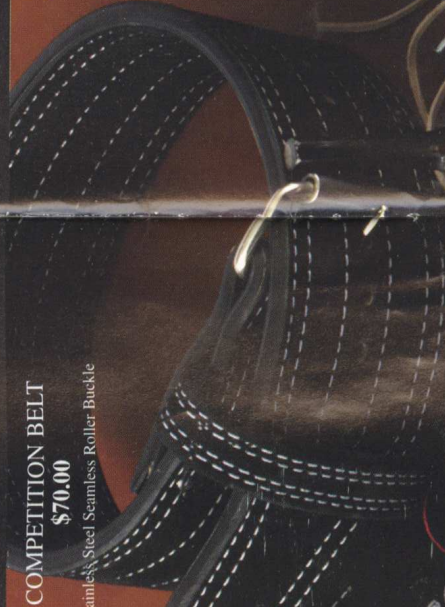


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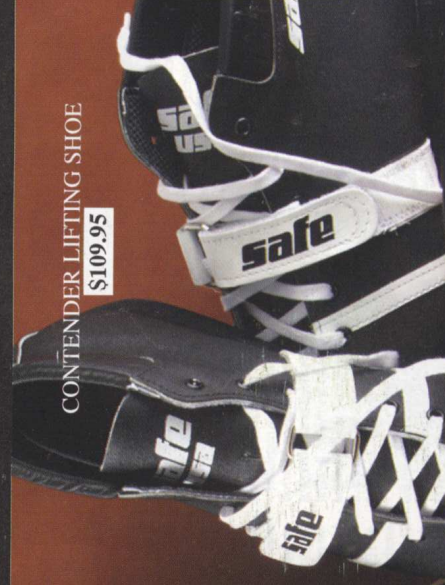


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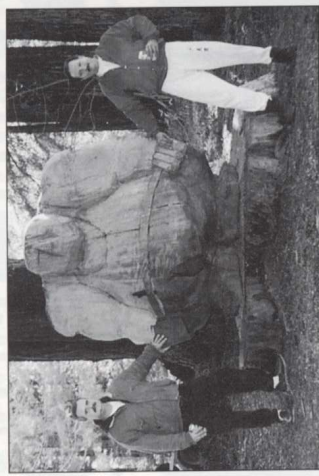
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The Mighty "FUD" LIVES!



Myer Badura (left)... the 'keeper of the FUD' and gym member Jose Garcia flank 'FUD' in his early stages of creation. The 'plates' are hollowed out redwood stock that were added to the sculpture later. The outside plates are labeled 'FUD's Gym' with a weight of '1000 lbs.'

WHO: Myer Badura, the man who started the Fudpucker Barbell Club over 20 years ago, and fueled the legend of "FUD" with his exploits as leader of a counter-cultural congregation of lifters back in the glory days of Southern California powerlifting and with a t-shirt, whose unique design sold around the world through the pages of Peany Rader's IRON MAN Magazine and PL USA, commissioned his friend and co-worker in Northern California, Eric Wilson, to bring the figure of "FUD" into physical reality with a sculpture hewn with a chain saw from a stump of a massive redwood tree that had sat - virtually without deteriorating - on what is now Myers property since it was first logged, probably back in the 1860s. Eric was a timber feller for 15 years, expertly dropping redwoods up to 22 feet in diameter, and during winter layoffs he developed the ability to sculpt in wood with the tool of his trade. Bouts of inspiration over a 5 year period led to the long-awaited completion of the "FUD". Eric's talents are broad; he is especially talented at carving eagles from redwood, as well as other animal figures, and he also did the stunning redwood tree sculpture awards from Myers Fudpucker Classic contest. (Eric can be reached at 208 Fellerwood Ln., Crescent City, CA 95531, 704-464-3837).

After "FUD" was literally finished (called to bring out the rich character of the wood), Myers sought out the services of local professional photographer Jerry Critz to capture the unique image of the sculpture for POWERLIFTING USA Magazine.

WHAT: "FUD" (around 7'1/2" high, and 12" wide with the weights) was and is a symbol of what Powerlifting was about in the early years. Certainly it wasn't pretty. Proportions, definition, skin tone, etc. were left to the bodybuilding camps. Quick lift skill and form were the domain of olympic weightlifters. Powerlifting was about pure, unadorned strength to move

massive amounts of iron, and to heck with the niceties - that was the "FUD" philosophy. The redwood it was carved from is itself hard, strong, and unyielding. Even after more than 100 years, the heartwood of these stumps remains virtually intact.

WHEN: The idea that became "FUD" was planted in Myers' mind in 1966 when he was 19 years old at a party in Utah, when someone facetiously introduced himself as "Otis T. Fudpucker". At the time, Myers thought that was the funniest thing he had ever heard. Then he saw an image in the insert for a Jefferson Airplane album, and his imagination percolated further. Years later, Myers heard that the term "Fudpucker" actually came from the nickname of a World War II military unit, occasionally referred to at airshows these days.

WHERE: In the early 60s and 70s, when powerlifting teams like the Olympic Health Club, the Thompson Power Team, Westside Barbell Club, Zuer's Gym had been creating legends of their own in Southern California and on the national level, here came Myers with a club name and character that was a different kind of attention: the Fudpucker Barbell Club. Somehow Myers slipped the name through and back in 1975 became only the 5th powerlifting club ever registered with the Southern Pacific Association of the AAU. Afterwards, there were conservative grumblings that the name was "inappropriate" and must be changed, but Myers went down to the SPA-AAU headquarters and gave everybody in the office one of his "FUD" t-shirts and that was the last he ever heard of that issue. The shirts were an instant and long running hit. The late Bob Hise loved the notion of the club and his theme and held on to his original shirt for many years afterwards. Reportedly, it was the first "heavy bent bar" logo seen on a t-shirt.



"FUD" Side Chest Pose.... this 'stump of a man' is actually carved from a gigantic redwood stump (photographs courtesy S. Alonzo)

mus collection of weights, equipment, photographs, artwork, etc. that had been the centerpiece of the "FUD" club garage at Myers' house in Buena Park continued to grow. He housed the gear in a separate building near his new home, and then had to extend the building to accommodate the ever-expanding aggregate. The idea that the legend of "FUD" should grow from two-dimensional art to a three-dimensional existence grew in Myers' mind. The raw material to work with, a huge redwood stump, lay in his own backyard. Soon after his contest in the early 90s, which brought together the likes of Jack Barnes, Tommy Overholzer, Bill Pearl, Leo Stern, and Pat Casey, Myers got with the aforementioned Eric Wilson and work was begun on the monumental figure. The finished product has impressed the legends of Powerlifting themselves - Pat Casey calls it "One of a kind!"

Now, in a shady grove of second growth timber near the border of California and Oregon, the legend of "FUD" has been embodied in the wood that even a century of time could not turn to dust. The spirit that lived in the minds of thousands of powerlifters around the globe now has shape and form. It will probably outlast us all. Truly, "FUD" LIVES!

ATTENTION: Myer Badura has had another run of "FUD" t-shirts made up. They are available in a "puff" screen design, Boxy T (white only) 100% pre-shrunk cotton in sizes L, XL, and XXXL at the price of \$14 for L & XL and \$16 for XXL & XXXL plus \$4 shipping and handling (\$6 outside USA). Make payment to Myer Badura, Box 123, Ft. Dick, CA 95538

... the Fudpucker Barbell Club, located only a few yards away from the "FUD" sculpture itself, has got to be one of the most extensive private training facilities in the world with 14,000 pounds of free weights and enough machines and other equipment to outfit a 5000 square foot commercial facility, all packed into a beautifully paneled 1500 sq. ft. building, which is practically wall-papered with 1000s of rare photographs and memorabilia of the Iron Game, dutifully collected by Myer Badura over the last several decades.

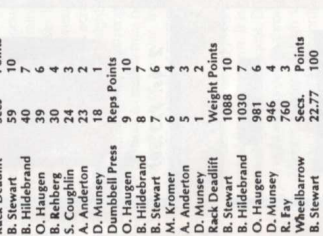


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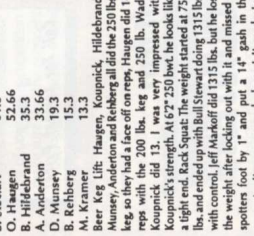
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Bwt.	Points
Beer Keg Lift	10
O. Haugen	292
W. Koupnick	248
D. Munsey	218
B. Hildebrand	305
A. Anderson	305
B. Rehberg	333
M. Stewart	255
M. Kromer	315
J. Markoff	318
Rack Squat	0.3
B. Stewart	1315
J. Markoff	8.5
O. Haugen	1225
D. Munsey	1175
W. Koupnick	1175
A. Anderson	1175
M. Kromer	1175
Strit Barbell Curl	10
B. Stewart	190
O. Haugen	170
B. Hildebrand	170
A. Anderson	140
M. Kromer	140
V. Eldridge	140
D. Munsey	140
W. Koupnick	140
S. Coughlin	140
B. Rehberg	140
D. Munsey	140
Farmers Walk	0.66
A. Anderson	8.5
B. Stewart	8.25
O. Haugen	9.5
D. Munsey	9.5
B. Rehberg	9.75
D. Munsey	10
B. Hildebrand	10
Rack Deadlift	59
B. Stewart	40
O. Haugen	39
B. Rehberg	30
S. Coughlin	23
D. Munsey	23
D. Munsey	18
Reps 10	9
O. Haugen	8
B. Hildebrand	7
M. Stewart	6
A. Kromer	5
A. Anderson	3
D. Munsey	2
Rack Deadlift	10
B. Stewart	108
B. Hildebrand	107
O. Haugen	981
D. Munsey	946
R. Fay	760
Wheelbarrow	3
B. Stewart	2277
A. Anderson	2526
B. Rehberg	2624
D. Munsey	2703
O. Haugen	2847
M. Kromer	3035
B. Hildebrand	3093
TOTALS	1
B. Stewart	61.8
O. Haugen	52.66
B. Hildebrand	35.3
A. Anderson	33.66
D. Munsey	19.3
B. Rehberg	15.3
M. Kromer	13.3

Bull Stewart soared in his first ever strongman contest, in an event by event battle with veteran Odd Haugen. He won \$500 and is planning to compete in more strongman events. (Brian Baertlein photos)



Strong Men... (left to right - standing) Bull Stewart, promoter Gus Rethwisch, Mike Kroemer, Brian Rehberg, Matt Crosby, Aaron Anderson, Shannon Sierra, Mr. Hoiby, Odd Haugen, Brian Hildebrand, Crosby won the lightweight men's division over Shannon Sierra in an exciting lift-off for reps in the beer keg lift (18-17).



Strong Women... (left to right) in the evening gown competition: Teena Thomas, Stacy Strain, Johanna Proctor (winner), Jana Cedde, and Kelly Azich. Proctor was a ferocious competitor in the strength events

... the Fudpucker Barbell Club, located only a few yards away from the "FUD" sculpture itself, has got to be one of the most extensive private training facilities in the world with 14,000 pounds of free weights and enough machines and other equipment to outfit a 5000 square foot commercial facility, all packed into a beautifully paneled 1500 sq. ft. building, which is practically wall-papered with 1000s of rare photographs and memorabilia of the Iron Game, dutifully collected by Myer Badura over the last several decades.

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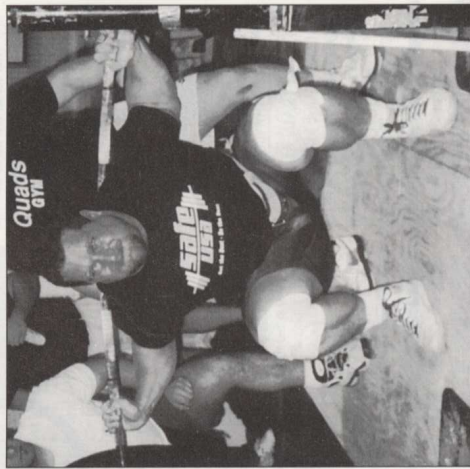
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TRAINING

A revolutionary approach to powerlifting 3 x 3 - Part 2 - Squat: High Volume & Competition as told to POWERLIFTING USA by Stephan Korte



Kirk Karwoski back stage warming-up at the USPF National Championships, Philadelphia, Pennsylvania in 1996 (Stephan Korte Photo)

I have already mentioned in part 1 of this series, the best way to train all the muscles you need for a big squat is to squat. It is an effective exercise for working the quadriceps, hamstrings, glutes, hip flexors and, of course, the lower back. It also works the abs in an isometric fashion. The powerlifter needs to develop these muscles to achieve his or her greatest potential squat in a powerlifting competition.

With the 3x3 system you squat three times a week. This may seem excessive. Keep in mind, however, that Olympic, world and national weightlifters squat up to six times a week. To train only the competition lifts is a training approach that has been used by the Eastern Bloc and Western European Olympic lifters for over 40 years now. It is a very effective training system that has produced many Olympic, World and European champions.

This training approach doesn't contain any assistance exercises for powerlifters. Assistance exercises are only done by Olympic lifters and these are modified competition lifts like high pulls and low pulls that are not performed through the full range of motion. These partial movements are done to overload the muscles, a very effective technique to gain maximum strength. Many powerlifters misunderstand this training technique. They do exercises like leg extensions, leg curls, leg presses, lunges and some even walk across a football field pulling a weight in order to increase their leg strength. Some of these exercises may help you to prevent or recover from injuries, but a powerlifter must concentrate squat to achieve his competitive potential.

The following training program is a part of the 3x3 system. It is an eight week cycle for the squat. During the eight weeks you go through two different phases. A high volume phase (phase I) and a competition phase (phase II).

Preparations:

In order to calculate your training weights for the next cycle you have to find out your current squat maximum. First, there are different ways to do this. You can take the weight of your last competition lift, but make sure that the competition is not too long ago (max. 4 weeks). You can also go for a maximum single in the gym (important: use all the equipment you usually wear in competition), or you can estimate your current squat maximum.

Your current squat maximum is 25 lbs., and you get your "projected maximum". This is the basis for the calculation of your training weights for the next eight weeks. During Phase I you will use 58-64 percent of this calculated

you need to complete each set and concentrate on the perfect technique and the flow. With weights around 58-64 percent of your maximum there is no reason to psych up. If you follow this method you will save enough energy for the next two exercises of your workout (bench press and deadlift) and it will also build your confidence and heavier weights. Knowing that you put only half of your energy and power into a set with 64 percent of your maximum generates confidence for the weights in the 80-95 percent range. It is simply a matter of applying more energy.

Phase I - Week 1-4

High Volume Phase (current maximum: 700 lbs. / projected maximum: 725 lbs.)

Week 1

Day 1: squat 5-8 sets of 5 reps with 58% of 725 lbs. = 420 lbs.

Day 2: squat 5-8 sets of 5 reps with 58% of 725 lbs. = 420 lbs.

Day 3: squat 5-8 sets of 5 reps with 58% of 725 lbs. = 420 lbs.

Week 2

Day 1: squat 5-8 sets of 5 reps with 60% of 725 lbs. = 435 lbs.

Day 2: squat 5-8 sets of 5 reps with 60% of 725 lbs. = 435 lbs.

Day 3: squat 5-8 sets of 5 reps with 60% of 725 lbs. = 435 lbs.

Week 3

Day 1: squat 5-8 sets of 5 reps with 62% of 725 lbs. = 450 lbs.

Day 2: squat 5-8 sets of 5 reps with 62% of 725 lbs. = 450 lbs.

Day 3: squat 5-8 sets of 5 reps with 62% of 725 lbs. = 450 lbs.

Week 4

Day 1: squat 5-8 sets of 5 reps with 64% of 725 lbs. = 465 lbs.

Day 2: squat 5-8 sets of 5 reps with 64% of 725 lbs. = 465 lbs.

Day 3: squat 5-8 sets of 5 reps with 64% of 725 lbs. = 465 lbs.

Phase II: Week 5-8

Competition Phase: The goal of phase II is to increase your maximum strength, power and to further improve your technique. Therefore the volume is reduced dramatically and the intensity will be increased week by week. That way you will get used to the heavy weights. Use your powerlifting equipment (suit, belt and wraps) for every heavy lift (1-2 reps and always squat below parallel).

Phase II also consists of 12 workouts. That is three squat workouts per week. Make sure to get plenty of rest between the workouts. Rest one day between the workouts and rest two days after the completion of one training week. The sets and reps are as follows:

1. Technique and power training is done twice per week with three sets of three reps. The training weight is 60 percent of your projected maximum and it will be

stay with each percentage for one week (three training sessions) and increase it for the next week. That way the training weight increases every week.

I recommend what I call it the "energy saving method" (ESM) for squatting. It simply means that you should only put in as much energy for a particular lift as you need to Ed Coan is a perfect example of that method. I have seen him in several competitions over the last five years and his warm-ups look always the same: they look almost as heavy as his biggest squat in competition. He seems to only put in as much power and strength as he needs for each weight. Many lifters waste a lot of energy during their warm ups.

The ESM-method is essential to the success of the 3x3 system. Considering that the training weights will be between 58 and 64 percent of your projected maximum squat, it is important that you don't put maximum effort in each rep and maximum effort in as much energy as

maximum. In Phase II the percentages will range from 60-95 percent.

Phase I: Week 1-4

High Volume Phase: The main goal of Phase I is to increase your muscle mass, strength and to improve your coordination and technique of the squat. This is reached by a high volume. Make sure to use no equipment except a powerlifting belt and always squat below parallel.

Phase I consists of 12 workouts (three workouts per week). You should rest one day between the workouts and rest two days after the completion of one training week. You can work out on Monday, Wednesday, Friday and take the weekend off. You can also work out on any other day, but make sure to get an extra day rest after one training week.

The set and rep scheme is the same for every workout of each training week. Five to eight sets of five reps for the squat. There are four different percentages for phase I: 58%, 60%, 62% and 64%. You

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INTERVIEW

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

JULES PELLEGRINO as told to Powerlifting USA by Fred Rice

In July of this year I traveled to the legendary Belmont Barbell Club in Haledon, New Jersey to assist at the Ron Falcone Open. Although the club is only an hour from my house, and I have lived in New Jersey for twenty-four years, I had never been there before. Stepping into the building I felt as though I had stepped into a Twilight Zone time warp. Belmont Barbell Club is housed in a converted four car garage belonging to Jules Pellegrino. There is a window air conditioner (possibly the first window air conditioner ever manufactured), but I don't think it's worked for about

thletes to lift weights lest they become "muscle-bound" - back in the time when my heroes were Paul Anderson, Tommy Kono, Bill March, and John Grimek - back in the time when we made our own squat racks out of two by fours and our weights out of cement. The subject of this interview is none other than the owner of this famed Belmont Barbell Club, Jules Pellegrino.

Jules is a masters lifter who has been competing in powerlifting since the early days of the sport. He is well known, not only in his home state of New Jersey, but around the nation as an outstanding bench presser. Although he is only 55 years old, Jules was able to retire in April of this year, having profited from the ownership and sale of three liquor stores. Besides being a successful businessman for many years, along with his wife Leanne he raised six children, four boys and two girls, put them through college, and coached the boys in wrestling. Although he's officially retired, Jules is certified as a personal trainer, and has some clients that he instructs. He is 5 feet 5 inches tall and has always competed in the 148 lb. class, although he is going to move the 165 class this year. When competing at 148 he normally trained at about 153 lbs.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?
JP: I started lifting around 1963 when I was about 21 years old. I joined a local gym called Belmont Barbell Club. When I went to join I was told that there was a waiting list of about three months. I found out later that Lennie Bosland, who ran the club, frequently did this to check the sincerity of potential members. His theory was that if guys were still interested after the three month period, then they were pretty sincere in their interest. So I did go back and join, and Lennie ended up being the biggest influence I've had upon my weight training career. He was a 6 foot 6 inch, 240 lb. bodybuilder who was 1950 Mr. New Jersey, and placed in the

thirty-five years. Air conditioning is accomplished by opening some of the doors. In the corner on my right I saw a leg press machine that may have been used by Bob Hoffman in his younger days. Near this dinosaur machine there were some black and white pictures of old time bodybuilders that were probably cut out of Strength and Health magazine. The weights were an assortment produced by manufacturers, some of whom have been out of business since the fifties. The judges were given ping pong paddles with red paper taped to one and green paper taped to the other side. Now if you think I'm being critical, you're wrong. I thought it was great! I felt like I was back in the Fifties again - back in the time when weightlifting was condemned to basements and backyard gyms - back in the time when coaches wouldn't allow their



Jules Pellegrino, Mr. North Jersey 1977. (courtesy Fred Rice)

held the New Jersey open 148 lb records in the bench press, the squat, and the total. In 1983 I competed in the IPF world championships. Shortly after that I took an eight year layoff in order to be the head coach of Manchester High School wrestling, and help my sons with their wrestling.

FR: YOU ALSO COMPETED EX-TENSIVELY IN BODYBUILDING. AND WERE MR. NORTH NEW JERSEY. WHEN WAS THAT?
JP: It was in the 70s when I was competing in both bodybuilding and powerlifting. In 1975 or 1976 I was Mr. Middle New Jersey, also winning the best abs and most muscular awards. In 1977 I was Mr. North Jersey. I also placed third in both the Mr. East Coast and Mr. Colonial America, which was related to the biennial celebration. A lot of times physique contests were held before the powerlifting meets, and a few times I did both.

FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?
JP: I did the USFPF Bench Press Nationals in 1991 and 1992, and won both times, taking the outstanding masters lifter award in 1992. My training partners Ron Falcone, Brian Callahan, and Bill Scully were competing in a good team, and the competitions usually came down to us ADFPA, and they encouraged me to come back in that organization. My first three lift meet offer

FR: WHEN DID YOU TAKE OVER BELMONT BARBELL?
JP: A little over twenty years ago. I moved it from the storefront to my house, where I converted a four car garage into the gym. At that time we became mainly a powerlifting gym.

FR: WHEN DID YOU START COMPETING?
JP: I started competing in 1964 or 1965. The first meet I competed in was held in the back of a bar in Paterson, New Jersey - the Lithuanian Club. I went up against Larry Mintz, who was national powerlifting and weightlifting champion. I was at my best in the 70s, and



Jules Pellegrino lifting at the 1997 USAPL New Jersey State Meet. (courtesy Fred Rice)

Week 3

Day 1: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 2: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 3: squat 1 set of 1 rep with 90% of 725 lbs. = 650 lbs.

Week 4

Day 1: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 2: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 3: squat 1 set of 1 rep with 95% of 725 lbs. = 690 lbs.

This series will be continued in the next issues of Powerlifting USA. Look for Part 3. The bench press: High volume and competition phase. Until then: Train hard and feel good!

If you have further questions, feel free to call or write me. Also available for seminars.

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**DON'T TRAIN ALONE
ALWAYS USE SPOTTERS
DON'T TRAIN WHEN HURT
ALWAYS CONSULT YOUR
DOCTOR**

Week 2

Day 1: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 2: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 3: squat 1-2 sets of 1 rep with 85% of 725 lbs. = 615 lbs.

constant for the next four weeks.
2. Maximum strength training is done once per week for one or two sets of one rep. The training weight starts at 80 percent of your projected maximum. It will be increased weekly by five percent up to 95 percent. I used to squat heavy on my third and last workout of each training week, but you can also do it on any other day.

Always use the "energy saving method" (ESM-method) for the technique training as well as for the maximum strength training. Just put in as much power and strength as you need to complete each rep and concentrate on the perfect technique.

Phase II: Week 5-8
Competition Phase (current maximum: 725 lbs.) / projected maximum: 725 lbs.)

Day 1: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 2: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 3: squat 1-2 sets of 1 rep with 80% of 725 lbs. = 580 lbs.

Week 2
Day 1: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 2: squat 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs.
Day 3: squat 1-2 sets of 1 rep with 85% of 725 lbs. = 615 lbs.

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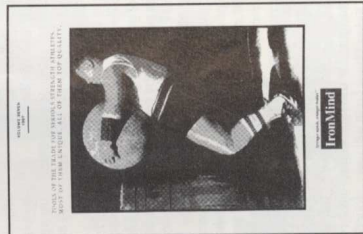
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1998 APF Seniors - Part 2 as told to PL USA by Herb Glossbrenner

and made it splendidly on his last lift. After hoisting a 644 DL, a 2nd attempt to 661. Stopped him. Still, he'd gained entrance to the one ton club (2000 TOT) for the first time, scoring that number exactly. His reward was a 6th place finish and a lot more expected from him in the future. Finally a hard fought 705. It was a display of prodigious pressing power. Ken's gripping problems handicapped his finish. He pulled 567 right up. Going for a PR TOT, he hoisted up 595 easily, only to have his hand pop loose at the last instant before signal. TOT 2017 - an impressive result. In his intense competition it ranked him 4th. The man I'd picked to win it didn't come. Dave Barno TOT'd 2255 back in FEB with an 820 DL that he absolutely vaporized. Dave didn't show up here. Everyone was disappointed.



Kentucky Studs (l-r): Rick Coates, and Coach Mike Duggender (photographs)

The top 3 finishers were still far out of reach of the others. Craig Gallo, 25, from Ann Arbor, MI, was somewhat of a mystery man. He was really on top of his game here and battled the Champ @ 242 and wanted to stay there. A die-hard junk food junkie, Rodenburg, 30, is still a growing dog but on iron rings, pizza and corn dogs are not the sustenance of the gods. Remember Steve, you are what you eat! Now that I've mildly chastised him, I can offer a lot of praise! His SQ's began with 705, very upright and deep. Too deep. His suit was not tight, so when he cloned that Rickey Crain hip dip to hit the pocket he couldn't stop. Rising up was ROUGH! Steve aged 733, but 760 kept him down. He simply sat much too low. He was among the forefront leaders in the bench press. It has always been Steve's pet lift, and he stroked it to perfection. His 523 opener looked like a warm-up, next came 551, and finally 562 - a lifetime record. I recall last year his DL finish looked much improved; technically correct with a solid sumo finish. His 711 (2nd) style-wise was perfect. His superstar on the Frantz team and with Wessels now gone he's Ernie's 2006 earned 51 spot. According to the Schwartz formula, Ken

275 lb. class - NICHOLS, THE BEST... I'M TICKLED TO DEATH!

and I lifted in Puerto Rico. Both of us captured IPR World Masters titles in overhead lifting. Rare it is that Brian is so adept in any style of lifting weights. He's built like a bull, has a keen wit, and looks fit as a fiddle. His lifetime Superman total of combined Olympic weightlifting and Powerlifting bests is 2724 lb. Only two men have made a higher combined aggregate - Jon Cole and Ernie Hackack. Brian is exceptionally disciplined and full of surprises. It was only back in February I saw him @ a trim 242 lb., at Louie Simmons' Westside Elite meet in Columbus, OH. He made a slew of records that day. Now back up to a full 275, he continued right where he left off the last time he was in this category. The fact that he was the Willey old vet-



Bill Nichols, oldest superstar on the Frantz team.

erian Doug Borden came in @ 261.9. This former USPF Seniors champ is 37 years old and hails from Humsville, AL. He's been plagued by many injuries in recent years, but is a tough competitor. His mind and spirit is always willing, but most times his body isn't. He got 3W for his difficult 760 SQ start. He strained so hard to finish it that blood erupted from his nose. He passed his 2nd round try to re-gather himself, then came out for 804 and missed it. Crapped in the BP he got 402, 452, then failed flat out with 485. Clad in black gymnas-tic slippers, he handled his 688 DL with authority. He increased to 760, but his footing slipped before he could complete that attempt. On his final try he missed also. His TOT was 1901 as compared to the 2044 that he'd achieved last year. Time to spend some relaxation moments in a HOT TUB DOUG!

The man who had the most seniority was 52 year old Brian Meek, an attorney at law from Irvine, CA. Brian is one of the few Masters active who is strong enough to go head to head with the best of the open men. Not only is Brian competitive, but he can always muster up enough fire to demolish World records every time he steps upon a platform. It was 1987 when Brian

ing a 501 BP miss, he came through when his back is to the wall. Following a 501 BP miss, he came through

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Health Club in competition, as you do. Those guys are such great guys. They have made it fun to compete again. It's also fun to still be competing with the likes of Bob Cortes, Sam Alduenda, and Max Peak - guys I competed with in the 70s.

FR: WHAT IS YOUR TRAINING PROGRAM?
JP: We are following the same basic program which is followed by the Pro Fitness Team, although Ron, Brian, Bill and myself train at Belmont. I use a 9 week cycle to prepare for a meet. This includes three weeks of each of the following phases: conditioning, strength, and power. In three conditioning phase I do three workouts: 7 reps, 5 reps, and 3 reps. In the strength phase I do sets of 5, 3 and 3. In the power phase I do sets of 3, 1, and 1. I squat on Monday, bench on Tuesday, and deadlift and do light benches on Friday. As far as equipment is concerned, I use only a belt and wraps in the squat until about 5 weeks out from a meet. I don't put the bench shirt on until about 3 weeks before a meet.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?
JP: I think that unification would

be the best thing that could happen. I don't know if it will happen or not. I think all the lifters I know would love to see the sport in the Olympics, but this will not happen until the sport is unified. I hope that USA Powerlifting will lead the way in this, because they are for the lifters and the betterment of the sport. The judging and the equipment requirements are very strict, as they should be. I don't see that in the other organizations. Again, I think there needs to be this type of strictness for us to be considered for the Olympics.

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?
JP: First I'd like to thank my wife of 33 years for putting up with me. If it wasn't for Leeanne there's no way I could have been involved in the sport for this long. I want to thank my training partners Ron Falcone, Brian Callahan, and Bill Scully, who is soon to be a masters lifter himself (although he already looks more than forty), for giving me the motivation that I need. I also want to thank the guys at Pro Fitness who have made competing fun again, and I want to thank you, and Prower, lifting USA for doing this interview.

back even further to make the 148 class, I was losing a lot of my lifts. This is why I've decided to move to the 165 class. I'm still not eating junk food, but am consuming a more generous quantity of good food, about 2200 calories per day. The only supplement I take is creatine. It is the only supplement of all the ones I've tried over the years that I can honestly say has helped.

FR: WHAT ARE YOUR BEST LIFTS?
JP: In the 70s my best competition lifts at 148 were 355 bench press without a bench shirt, 500 squat, 510 deadlift, and 1330 total. At 160 I benched 380 without a shirt. As a masters lifter my bests are 310 bench, 418 squat, and 423 deadlift, although I tripled 415 in both the squat and the deadlift in training at 153 prior to making weight, which, as I mentioned, has had such a negative effect on me.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?
JP: At 165 I'm hoping to hit a 330 bench, a 450 squat, and a 450 deadlift. I want to continue competing indefinitely. I can't see myself ever quitting. I feel bad when I miss a workout. I put the closeness of all the lifters keeps me going. I represent Pro Fitness

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?
JP: When staying in the 153 lb. range I had to maintain an extremely strict diet. It was extremely low fat, and I stayed away from junk, except on rare occasions. I was only having about 1500 calories per day. I found, however, that when I had to cut

back even further to make the 148 class, I was losing a lot of my lifts. This is why I've decided to move to the 165 class. I'm still not eating junk food, but am consuming a more generous quantity of good food, about 2200 calories per day. The only supplement I take is creatine. It is the only supplement of all the ones I've tried over the years that I can honestly say has helped.

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exciting competition! A few years ago I'd asked the question WHERE HAVE ALL THE SUPERS GONE? THE ANSWER IS: THEY HAVE ALL GONE TO THE HEAVENS WHERE THE BIG BOYS PLAY!

These two upper limit body-weight divisions were loaded with talent and I can now see why both divisions are justified. The pro both here in the pudging and it was cooking the hunger we all have to see big men lift big weights. A hitting climax to a great championship! Indeed! Bob Phillips, 24, from Baton Rouge, LA was a bit outclassed. Lifting alongside of these stars inspired him. He only made one miss out of 9. After failing to get his 2nd attempt 705 SQ

he missed the 705 SQ on the board he came back and re-peated his 424 BP opener, made it and then fought out a good 452. He did all 3 D/ L's: 611, 644 and finally 672. TOT 1802 - not too shabby. Seventh this time, but ready for a steady climb up the ladder. Two of the strongest men had the misfortune of failing to register a successful squat. Art Labaree, 38, from Costa Mesa, CA, had a lot of problems. He struggled with all his SQ's looking like his warp engine was off line. He fought 804 up to completion, but got 2R for its shallowness. He went to 821 - too heavy, and the weight didn't make a difference, as he couldn't lift it. Nichols, after all these years, was at long last the Senior National Champ. It was the missing piece to the puzzle that had eluded him all these years. Now his picture was finally complete! For Treviso it had to be disappointing, coming so close to winning two years running now. His moment in the sun will someday come!

308 lb. class - A SATISFIED COATES BY A LANDSLIDE - NOT CLOSE! - In the past I'd questioned the reasoning of having two superheavyweight classes. Up to 308 and the giants heavier have been divided into 2 groups. I'd always thought a SUPER IS A SUPER. Well, I've redefined my thinking because the 308 division had 7 very strong competitors. The Super supers (also very

way. Up to 903. With everyone rooting him on (I was yelling the loudest) he went to the bottom and just sat there hoping he'd settle that measly inch or so lower that he needed! After long seconds he popped back up so effortlessly you'd think he had a 900g stick in his briefs. Even Ernie Franz was trying to coax him that their fragment lowered on his 3rd. Again he descended with 903 stanchioned across his mighty shoulders, again he sat for a long time. Then with a chorus of cheers, he popped back up effortlessly. One white light, one blinker stay. Another disappointment, but he took it good naturedly. In fact, he was such a good sport this time, realizing his shortcomings that he deserved a sportsmanship award had there been one given. Here is unquestionably one of the strongest men in the world and it's saddening me to see his disappointment and frustration. The sky is always the darkest right before the dawn. Tom's new sunrise is coming! I feel it in my bones. Am I ever wrong? He's one NEVER SAY DIE SORTA GUY!

The field was now narrowed to 5. Brent Miksel was here to FIGHT WELL, was in his first Srs. He's 31 years old and from Spokane, WA. At 298, 1 he looked strong with well balanced lifting: 804 SQ, 507 BP (both seconds) along with a 722 DL and 4th place. Good!

Dave Nettles, 30, from Salisbury, MD, looked like a red haired version of the great Jim Williams - the original black bear. He's surprised a lot of people with his 2083 last year in Atlanta. Especially impressive there was his squatting prowess. He'd improved that ability tremendously and his others lifts significantly as well. Last year he'd buried a 903 SQ. This year he commenced with that weight, Down and up like a toy. Next he sunk a super low 942 lift. He leaptfrogged to 970 and dropped into a rock bottom position. This time, he stayed down. He doesn't make 1000 plus next year I'll eat Manis Sternberg's heart! Last year he benched 441. This time heaced a 501 2nd, and came within scant inches of completing 523. Some improvement I'd say! He matched the 738 DL he'd made the year prior, but missed his final try @ 749 - TOT 2182, a hundred lb. increase in one short year. He reinforced his pending bronze metal position. Keep your eye on this guy cause he's destined for some really big numbers.

Bill Ostrows, only 26, from Lorain, Ohio, is another lifter who has his sights set on the stars. He hit 2155 just last year. He keeps improving, with no let-up in sight.

17.3/4 lb. bag of straw 271" over a crossbar with a pitchfork. About 5 years ago Coates joined the Southside gym. Doggenдорф knew one. Doggenдорф coached Rich on the phenom that he's now become. Hat's off. Coates obliterated all the WPC Submaster W/Rs here and the NPC was his sights set on Gent/Badenhorst's ultimate record TOT of 2430! It's just a matter of time before he surpasses that as well. Squating here, he blew away 854 and 909 on his first two chances. He leaptfrogged up to a ponderous 953, sat deep and arose with power to spare. His BP was equally impressive. Coates finished out a line 617 P/R on his 3rd lift. His huge 1570 subtotal gave him the lead over Master's great 1526 halftime tally.

Coates, following his 755 opening DL, accumulated a total mark of 2325. With Mark Henry out of the picture doing pro-wrestling we have a new WORLD'S STRONGEST MAN. Going for 2358 Rich made two tries @ 788. On his 2nd attempt he got it up. A slight nudge (no lifts in APF) nullified the lift. He missed his 3rd (not completed) but had left a lasting impression on everyone here. Richard Coates is the "real deal" Even Tom Waddie will reluctantly acknowledge that Rich Coates the man who RULES THE WORLD, though, I'll add that Tom predicts that HE'S STILL THE MAN and will get his title back.

TEAR - MELATONIN FOR VORONIN! - The super-super heavies (over 308) also provided some exciting competition and big numbers. Gary Baum, 33, of Aurora, IL, and the co-meet director, was the biggest of all entrants. Standing 6-6 and tipping the scales @ 390 plus he carries his mass evenly distributed over his huge frame. He is a H.S. wrestling coach who obviously doesn't believe in antiquated methods of starvation for reducing his size to lower weight categories - SIZES DOES MATTER. It's difficult to run a meet and lift in it too. Gary rose to the challenge and mounted the platform to prove he has ALL THE RIGHT STUFF. He sat tentatively & got the officials' okay on all his SQ lifts: 705, 766, and finally 810. A nagging injury hampers his BP. However, he posted a 374 before missing @ 407. This particular lift is his Achilles Tendon and obviously holds back his TOT. Gary, missed his 650 DL opener - missed his increase - passed his last and called it a day - 1835 - 6th place in rankings. Paul Leonard of Yorba Linda, CA, is a Government Employee in Glen-

dale only a couple of miles from my home. He just turned 30 and weighs 315, well distributed on his large 6'3" frame. It was his first Seniors and Paul did himself proud. He went 8-9 setting P/R's in SQ 771, BP 479 and secured all 3 D/L's for a 1978 TOT. This was a whopping 44 lb. improvement over his former best. Paul is a smart lifter. He would've had a perfect day had he taken 490 for his 3rd BP instead of the 501 he tried & missed. The lure to crash the 500 barrier for Paul was just too great a temptation and understandable so, it was close. Satisfactorily, a job well done, and a fifth place finish.

Awald Pokrant Jr., 32, from Pensacola, FL, is indeed a sight to behold. I'd seen him two years ago at the Seniors in Atlanta and on that occasion he got shortchanged at the secretabile in the final tabulations. He made actual lifts there of 903 SQ, 501 BP, 705 DL for 2110 TOT for a 2nd place finish. At 5'9", 320 lb., he carries about as much muscular bulk on his frame as I've seen since I saw the legendary Serge Reading (BEL) 28 years ago. Serge was 5'8" 300 with huge barrel chest, monstrous legs, etc. I'd have to give Awald the edge in the upper arm girth department. His 23+ pounds look more like hams connected to cannonball-like delts. Pokrant's other body proportions are equally impressive. If he isn't the spitting image (thorater edition) of pro wrestler BAM BAM BIGELOW, I'll eat Manis's hat. Awald is the No. 1 team member for his sponsor LABRADA BODYBUILDING NUTRITION and wants to express his gratitude for all the support they've given him and his lifting exploits!

Awald did not have the kind of day he'd wanted in the SQ this year. He repeated his 788 opener, went real deep, but missed at a substantial increase to 832! Ditto for his 518 BP start, and then he failed a big 545 try. Pokrant pulled 2, 661, then 722 and missed @ 749 - TOT 2028 - good enough, this year, for 3rd place. Orientated, he went to his room afterwards, and turned up the AC full blast (freezing). Then, he spralled out on his bed naked for 1 hour, to bring his body temperature back down to normal. He was like an overcooked V-6 engine trying to run a body that's a super-charged turbo dragster. You wouldn't think he'd have turned into the World's biggest popsicle. His room's windows frosted over!

The runner-up position was a powerful newcomer and was a big surprise. Phil Mendoza, 28, from Port Clinton, OH, is an easy going fellow from the Westside Barbell group in Columbus, OH. I'd seen him hit 2033 at Louie's meet back in Feb. He showed and promised to be the promotion here and promises to be among the SHW super elite before



Mary Warman, cheer & officiate

late Seventies when he used to lift in the annual Purdue Open in IND. He has a vivid recollection of all the top lifters of the CWC team and is well educated in the history of powerlifting. Bill, a former WPC World Champ, just this year has reached the top of his game. On Feb. 8th this year - the same day I saw Barro hit 2135 with 820 DL - Bill was demolishing World Master records at the IL State Meet. He hit lifetime bests of 970 SQ and 2276 TOT along with a 540 BP and 766 DL. Now he is indisputably the Strongest Master Lifter of the World All Time. The only title that has eluded Bill in all these years is the APF Seniors crown. He intended to set that matter to rest right now. Nichols is quite an impressive looking athlete - rugged with his chestnut colored shoulder length hair. There is no disputing his prowess. Even his Clark Kent like glasses cannot camouflage the controlled dynamic strength this man possesses. Bill opened his SQ with what was for him a "bird weight" of 848, a pound-age that would drive many a brave man right through the platform was raised right up on his deck like legs like the iron panthers were made of aluminum rather than cold heavy. Treviso jumped in @ 854. His lift was equally easy. Gallo surprised everyone with the highest opener, 870, and bullied it right up. Treviso, the "Gigantic Hispanic", duplicated his P/R from last year on his 2nd attempt; an easy 903. Nichols got 2R for his 914 effort and put himself on the spot. Gallo took the same weight and made it with flying colors. No mistakes on 3rds. All three men came through. Treviso up first secured a solid 926, a wonderful lift. Gallo then took over the lead with a fabulous 931 lift of his own. Nichols knew it was "gut check" time! He had to nail a big one to have any chance of winning. He picked 942. He eased his way into the hole slowly and reversed gears inching upwards. He stood up to the final locked position. The lights came on WHITE! ALL RIGHT! It was truly a dramatic display of dunking dynamics by all 3 men! Now the BP: Gallo muscled out 501, then 529, before missing @ 551. Treviso and Nichols tested each others might. Both made 512 openers, ditto with 540 on 2nd attempts. Both men went for P/R's at 562 on their last lift. Nichols was ever so close - almost had it locked out - miss! Treviso wouldn't give up. He kept fighting and pushing - GOT IT! Now he had the lead. Subtotals: Treviso 1488, followed by his trail at 1482 with Gallo hot on their trail at 1460. Now it was time for cat 'n' mouse tactics. Treviso began @ 699-EZ. Nichols & Gallo both mus-

tered 705 on their starters. Ricardo locked out 727, and on his 2nd try had 2215 - a P/R TOT. Nichols using his trademarked "diver" grab" style yanked 744 right up. Now Bill had the lead for the first time - 2226! The strategic war deepened with intrigue. Each man had one attempt remaining and had to make it count. There would be no other opportunities. This was it! Nichols placed his bets on 760. He completed the lift and got the good nod from judges! He had a 2243 TOT and looked uncatchable. Treviso went for 749. He made it with a slight nudge - not accepted. He had an 8-9 day and the runner-up position locked up, or did he? Gallo hoisted 744 and joined the thou-

send kilo club, hitting 2204 right on the nose. With his last attempt he tried 766 for 2226, more than enough to push Treviso into 3rd, but not enough to overtake Bill. It didn't make a difference, as he couldn't lift it. Nichols, after all these years, was at long last the Senior National Champ. It was the missing piece to the puzzle that had eluded him all these years. Now his picture was finally complete! For Treviso it had to be disappointing, coming so close to winning two years running now. His moment in the sun will someday come!

had 8 powerful giants, also very

NUTRITION

SPORT DRINKS

Not Just for Endurance Athletes as told to Powerlifting USA by Frank Cable



Lifters like drug-free champion Mike Musto realize the need for proper supplementation. (Freeman)

We as powerlifters are not contented endurance athletes. Short burst workouts are the norm and protein requirements along with creatine supplementation seem to be our main concerns. The protein is to support muscle anabolism and the creatine to replenish ATP (adenosine triphosphate) for muscle contraction. Most sport drinks contain carbohydrates and/or electrolytes to help replenish glycogen in the muscles and helpfully restore blood glucose homeostasis. Fluid balance is another consideration. Carbohydrates are utilized in simple and/or complex forms. Calories in these drinks are usually fairly low. So, why would we consider using these supplements other than fluid replacers? Convenience perhaps? I'd rather use a more favorable means of glycogen replacement in the form of vegetables and fruits, instead of sucrose.

What if you could find a sport and recovery drink that had a different delivery system, not only to your liver (glycogen storage), but also directly to your muscles (mitochondria)? What would that drink have to contain to promote energy supply, fluid and electrolyte balance, blood glucose homeostasis, blood pH buffering and muscle as well as glycogen storage during and after strenuous exercise? It would likely contain high fructose corn syrup and maltodextrin as carbohydrate sources. Sodium and potassium would be a consideration, as would calcium and magnesium salts as electrolyte replenishers. These salts are very important and necessary for acid-base balance, fluid balance, muscle function and nerve impulse transmission. How about Succinates? What are Succinates you say? Succinates are oxidative energy producers and have a natural role in your metabolism. They help prevent metabolic acids from forming which can rob you of strength. Kind of nice to have around! They are also enhancers in their ability to help the body use lactic acid as a fuel during intense exercise. You know the burning sensation you feel after an intense set of lateral raises. Sort of like battery acid pooling in your muscles. That's good old lactic acid! Just think if you could reuse that as a fuel source! Succinates provide just that, as well as reducing exercise induced fatigue and using less oxygen consumption in the process.

Amino acids would be nice. Amino acid pools in muscle are compromised during intense exercise in order to produce glucose for the liver. Production of glucose in the liver is a process called gluconeogenesis. Gluconeogenesis means: metabolic pathway for the

biosynthesis of glucose from non-carbohydrate precursors. Precursors include citric acid, malic acid and lactate. In layman terms this statement literally means the creation of new glucose (sugar molecule). L-glutamine and L-alanine are the main glucose producers and depletion of these amino acids adversely retards muscle mass. These amino acids also remove ammonia ions from the blood. Now if my chemistry server's right, ammonia ions are converted to harmless nitrogen gas, only if the right nutrients are available. Since the amino acids L-glutamine and L-alanine have a key role in gluconeogenesis it would be very wise to include them in our concoction.

I think you're starting to get the picture that this unique sport drink would be significantly different in our quest to be the best. Your everyday electrolyte replenisher and thirst quencher couldn't come close to accomplishing the aforementioned tasks other than fluid and electrolyte restoration. Delivering potassium, salt and sugars like most recovery drinks do, is rudimentary.

Some of you smart cookies might remember that I mentioned using lactic acid as a fuel source. So, maybe we should include lactic acid as an ingredient, right? Wrong! Why? Because in the body almost all the lactic acid formed from muscles consuming blood sugar and/or glycogen are broken down to mostly lactate and very little hydrogen ions or protons (acidic constituent that causes the burning sensation in muscles). For the most part, the body does a pretty good job of producing and removing this very strong organic acid. Only when the production of lactic acid exceeds the rate of removal do we become fatigued and have that, oh

never seen him look more chipped. A quart can of tomato juice would've probably helped (NOT). Post meet chit-chat included the topic of whether or not undefeated Bill Goldberg would win the WCW/NWO World pro-wrestling title from "Hollywood" Hulk Hogan the following Monday night on NITRO. So, of course he did. There was no doubt about the outcome cause Bill's from OKLAHOMA. So, the burning question remains: WHO'S NEXT?

I cannot conclude this report without some commentary on the latest craze to invade the P/L world. The "Skinthru" look or "CHROME DOME" has reached a Zenith in popularity. Many of the top stars are now shaving their heads. It's the "Look of the Nineties". Among the notable names of those who've adopted this style are: Gary Baum, Radar Capelhart, Kenny Patterson, Awdal Pokrant and Ohioan Troy Taylor. Some of the advantages of skull shaving are: (1) keeping cool in hot weather, (2) the intimidating macho look, (3) women love it, (4) blatant exhibition of unusual skin fold patterns. The neck folds are especially fascinating. Patterson has the best looking cranium with skin, it's superfluous overhanging skin. It's the smooth "melon look" and really looks quite nice. The pockets are deep enough to carry such items as: a comb, toothbrush, adjustable razor and possibly loose change. Baum, on the other hand, has an intricate network of cross-criss lines as well as the skin wrinkles. This would be great for playing the game TIC TAC TOE or CONNECTING THE DOTS. Tom Waddle had the munchies, and it was the 4th of July weekend after all, and he thought the back of Gary's head looked like a pack of hot dogs! The most fascinating dome of all however belongs to Troy "WALNUT HEAD" Taylor. He displays the perfect outline of a brain underneath the skin wrinkles on top. So perfect and intricate is its configuration and outline it's easy to figure that he's been nibbling lots of brain food, carrots, etc. Captivating as this new exciting trend is I suppose I'll just be satisfied with my "natural" Fris Tuck look. Guess I'm a Robin Hood sort of guy anyway. A KNIGHT WITHOUT ARMOR who CARRIES A PEN (WHICH IS MIGHTIER THAN THE SWORD)! Don't forget the upcoming AAFP Amateur Worlds (drug tested) the end of September. I'll see you there. If not, the next stop will be Graz, Austria and the fabulous WPC Worlds that Carl Smith will show us. Until then KEEP TIGHT and may ALL YOUR LIGHTS BE WHITE!

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775 lb.	302	445	427.5	232,5245	265	320	337,5345	1072.5
R. Shick	397	541.0	420	232,5245	255	317,5330	340	1005
R. Treviolo	395	415	422.5	227,5240	260	337,5345	1000	
C. Gallo	392,5310	395	415	422.5	227,5240	260	337,5345	915
K. Patterson	392,5310	395	415	422.5	227,5240	260	337,5345	915
N. Lovario	367,5285	367,5285	387.5	217,5295	227.5	292,5307	3200	907.5
A. Meek	310	373,5285	220	225	227.5	292,5307	3200	885
D. Burden	345	345	365	182,5205	280	317,5345	484.5	862.5
R. Cadden	327,5272.5	3280	342,5285	327.5	320	337,5345	1055	
B. Masters	382,5412.5	3285	345	3280	340	337,5345	1012.5	
B. Miskell	347,5367.5	390	345	360	300	337,5345	925	
A. Pokrant	367,5357.5	327.5	320	310	292,5307	3200	917.5	
T. Waddell	382,5410	410	385	192,5210	315	317,5345	910	
A. Labare	365	373,5377.5	315	320	310	310	897.5	
308-Tb.	387,5485	412.5	352,5265	272.5	300	308	332.5	1017.5
P. Monaco	372,5400	240	245	260	287,5310	310	955	
A. Pokrant	367,5357.5	327.5	320	310	300	337,5345	910	
J. Weaver	372,5400	380	222,5230	237.5	292,5307	3200	910	
R. Leonard	325	337,5350	212,5217	249.5	305	320	310	897.5
C. Franks	325	337,5350	212,5217	249.5	305	320	310	897.5

Team Champions: Frantz (114), (Best Lifter Male: Angelo Berardinelli (165), Best Lifter Female: Kim Summers (114), (Best Lifter Via the Reelch Formula).

Right now she's touring the body-building circuit and causing eyeballs to bulge every time she mounts the stage and gives down posing routine. I saw her swing down some secret concoction; a combo of oatmeal and something else. "Ah," she exclaimed after it slid down her gullet. "I feel more 'rippled' already." And... by jove, she was. She gave me the best trap massage and back scratch (long fingernails) that I can remember in years. I was purring like a cat when she got finished. Awdal Pokrant emerged from his refrigerator room and looked quite invigorated. His appetite was high. I saw a few inconsistencies in judging the DL. Hitches were relighted, and even nudges and shaking. I saw several D/Ls that shouldn't have got written due to wimpy finishes. Dargerfield & Sternberg seemed to have the best knowledge as to what a correct D/L completion should look like. Gary's brother did an adequate job, on the microphone but not in the same league with this capacity? On a whole it was a well run meet, which started on time & ran smoothly. I'll give the Gloss-brenner good seal of approval.

EPILOGUE - It was my great to see Gary Warman again. She was back to help coach, cheerlead, expedit & officiate. I can tell you with sincere honesty that this adorable business lady with the Phyllis Diller hairdo has got the most ripped female bod on the planet. She even let me take a peek at her "cold" six pack. Wow, such definition. Look for her back on the P/L scene soon - maybe at the Worlds in Austria since she's a former World Champ.



Kenny Patterson, the Chrome Dome look

very long. He began on a 821 SQ and dunked it easily. Then, it was straight to 881. A second deep flawless lift, and a second nosebleed he'd begun the latest entrant of the 400 kg. squat club! Phil was powerful in BP also. He powered up 529, and 540, and almost got 551. His 633 initial D/L was followed by 683 before a failure with 705. He'll make that and a whole lot more before very long - TOT 2105. Great lifting. Phil's nickname is DOZER! He picked up this handle due to his unusual marathon sleeping habits. Rip Van Winkle had nothing on this guy, just ask Tom!

Defending champ Jim Voronin came up from Texas in tip-top form. He set 3 personal bests on his way to his biggest ever TOT. Rejuvenated by his strong appearance in last year's USAS STRONGEST MAN competition he was rarin' to go. He drove through all his SQs without a miss; 854, followed by back to back P/R's of 892 & 909. Good n' low too. Jim had his BP up to 633 a couple of years ago. He tore a pec and has been on the comeback trail, steadily improving. Jim switched to the "reverse handgrip" style and found success in this method (Anthony Moore) over here comes the El Paso Express. It takes the stress from his thick pectoral mass and distributes the load more on the triceps and deltoids. Jim muscled out all 3; 567, 584 and finally 600.7, thanks to Tom Waddell, who gave him "perfect" hand-offs. Jim started with a 705 DL. He needed a bit more recuperative time and passed his 2nd. Then, with 733 loaded on the bar, he came out for his last lift. Stomping up to the bar like "Goddzilla" he ripped up this P/R and had a 2243 TOT. Look for Jim to crack the 2300 barrier by next year. I predict it.

I almost forgot to mention another 'fatality'. Gary Frank, for the unimpaired time, couldn't get a SQ by the judges. He's a very strong man who needs to do whatever is necessary to "get 'em down there" so he can come in next year and give the leaders a big surprise. He was bummed out afterwards. Crmon, go for it Gary. We want to see you back in your rightful place among the best.

MY EVALUATION - Thus concluded the lifting portion of a great Sr. Nationals. Hats off to Jim and Gary. A few comments: an absolute necessity is a scoreboard and/or overhead projector listing the athlete's name, lights, lifts, etc. All lifters bodyweights should be put down on the scoresheets and not just the expeditor cards. The scoreboard should have been on the opposite side of the room; right

... special burning feeling! So you can now see that supplementing with lactic acid would be a losing proposition, because you would also have to include extra Succinates to counter the harmful effects. Another consideration would be lactic acid levels during and after training up to 40%, depletes exercise induced fatigue and increases re-pletion rates.

According to Dr. Brooks, supplementation should be about two 16 ounce bottles (10% solution) per hour of sustained exercise. A typical endurance workout. How about a strenuous bout of powerlifting or weightlifting? He recommends 15 to 25% solution or around three to five 16-ounce bottles. It can also be used as a meal replacer in a 50% solution. It's available in several flavors, Tangelo Orange, Tropical Punch, Cool Citrus and Apple. They also have phenomenal 100% complete whey protein that mixes instantly into liquid. No more blender! Their prices are fantastic. Create, they've got that too! CY-TOSPORT's motto could be "Superior Products at Rock Bottom Prices!" **CYTOSPORT 1-888-298-6629 Ext 165 and ask for CYTOMAX**

Reference: Brooks, G.A., Comparative Physiology and Biochemistry. Current Topics and Trends, Vol. A. Circulation, Respiration, and Metabolism, R. Gilles (ed.), Springer (Wiley-Interscience, New York, 1986). Brooks, G.A., Current Topics in Biochemistry. Proceedings of the 45th Annual Meeting of the American Society of Physical Exercise, Brooks, G.A. et al. (eds.), Elsevier, Amsterdam, 1986.

INTERVIEW

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

C. J. BATTEN

as told to Powerlifting USA by Dr. Larry Miller

LM: How about some background information including age, occupation and family.

CJ: As far as educational background, I have a Masters in Mechanical Engineering. I own my own business which is designing, prototyping and manufacturing engine components. I have a performance division which deals with racing. I've had the business for approximately 25 years and I am 54 years old. I am married with 2 children. I have a 16 year old daughter Christine and a 19 year old son Cyril. As far as racing and the designing of engines, I have proprietary engines of my own - I have a V-12 1,000 cubic inch engine that we design and manufacture which we sell for racing. In fact, our car is presently being tested in Gainesville. We also make 4 valve engine conversions and the Quad 4 engine which is one of the more famous engines that I've done for the Aero Tech Program which in 1987 set a World Record of 257.123 mph and in 1992 we set 47 FIA World and International Records. The cars are in museums in Indianapolis and the Nott Auto Hall of Fame.

LM: How and when did you get started in the sport of Powerlifting?

CJ: Actually it came through a Doctor's advice. I go to the Shute Institute in Canada for cardiovascular training and I started there over 20 years ago. They told me I needed to get over 30 aerobic points per week. I started off with running for a few years and it just wasn't time. I got into doing weightlifting and that worked out well because my kids were young at the time and I'd get home from

I'll add approximately 10 lbs. based on how many weeks I'm away from the contest. Then after that I'll use a Louie Simmons workout where I'll do 10 sets of 3 reps and I usually use 5 different hand positions with 2 different grips, the thumb and thumbless. I'll always try and lift 20 times my max so if I'm a 500 lb. bench, I'll try and lift 10,000 lbs in a workout. In the DL and Squat I try to do 14,000 lbs.

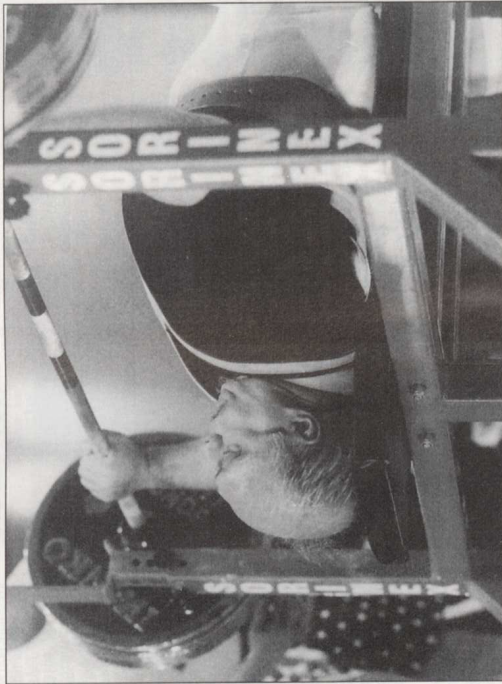
LM: What would you consider to be your greatest achievements?

CJ: I'm very proud of my world records, but the best was being elected to the Powerlifting Hall of Fame in Michigan. That says what the other people think of me.

LM: Do you have any memorable PL stories?

CJ: I guess if I had to pick one it would be the State PL championships in Ohio. I was using the Ohio State Championships to qualify for the Senior Nationals. I was registered in the Masters and Open divisions and ended up winning both divisions. After it was over, I was talking with Donna McKinney and one of two competitors girlfriends came and interrupted us. She cussed me out and said "You damn old people shouldn't be allowed to compete against the young guys." I thought that was rather humorous and I told her that although I have this trophy, I'll remember what you said much longer than I will the trophy. I told her she couldn't have said anything nicer. **LM:** What are your views on supplements and nutrition?

CJ: Basically the Shute Institute is the Vitamin E clinic and I take all the supplements that they recommend which include Vitamin E, B, C, Magnesium, Co-enzyme Q 10, Garlic, Ginseng, and Glu-



C.J. Batten at the 1997 U.S.P.F. Senior National Competition, setting another bench press record.

work, spend time with them and my wife, and when the kids went to bed, I'd go out in the garage and work out for 2 or 3 hours. I went to the Masters World Championships in London, Ontario, Canada in 1983 and saw some of the Masters compete and I was able to out-bench all of the 198 pounders (my 1983 lb. body weight). So, I figured I would start working with this and one thing led to another. I went to a USPF contest in 1985 and set a State Bench Press record. I have been lifting ever since.

LM: What other organizations do you lift in?

CJ: Primarily in the ADFPA and USAPL, although I've lifted in the USPF, APA, and APF and I hold World Records in all of these associations.

LM: What are some of the records that you hold?

CJ: I actually have quite a few, but the most notable are the Bench Press IPF, WPA, WDFPF, work up to a single and each week

cosamine Sulfate (for my knee). As I get closer to a contest I take more Vitamin B and I found that it makes a major difference for me. One of the things that I am doing now that came out from information at the conference this year was to take protein before going to bed at night. I take 15-20 grams of protein every night and that seems to be a real positive benefit, especially for a morning workout.

LM: What are your views on drug testing and out-of-meet testing?

CJ: I think it should be done. As far as how it should be done, I think it should have a claiming system like it is done in auto racing. As it stands now, the Association decides who will be tested. In addition to this, as a competitor, if you wanted to have put the money up and have them test. I think you would catch a lot more people that way. The same should go at a contest if a lifter wanted to put the money up and have another lifter tested. As far as the drugs themselves, I don't have problem with people who are on drugs and compete in their organizations, but when they're cheating then every means possible should be used to weed them out.

LM: With you're engineering background you have different ways to evaluate equipment than most of us. What equipment do you use and what conclusions have you made with regard to equipment?

CJ: As far as with the shoes, you should me how to use sandals and I really like that. As far as with the bench press, that has been real important. I used to use them on a soft sole, but now I use a hard sole. With the squat, I've tried the chapp shoes, but I prefer the hard sole. I like a good coefficient of friction against the surface so as to have a good foundation to let the muscles be supportive against. As far as wraps I take them and put weights on them and measure the distance they stretch and I can figure which is the strongest and the most elastic. Essentially, I've made prosthetic type knees and wrapped them to see how much it takes to bend them. The bottom line is that the straight wrap is the best, whether you go from top to bottom or vice versa. I have not found that a cross wrap will give you more strength. Using wraps and testing the force on a leg extension machine will allow you to determine the best way for you to wrap. As far as suits go, I like the Dual Quad suit from Titan the best. He continuously im-

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on the basic lifts and at the end of each day we have a workshop so that any one can physically go through the motions to learn the proper technique. My goal is to have each lifter's questions answered before they leave. This year we had Eddie Coan and he told the lifters all that he knew on any question they asked.

LM: Who has some of your favorite speakers been?

CJ: I have had some excellent speakers. Louie Simmons is always a favorite. Tee "Skinny Man" Meyers always gets his point across well. Rob Wagner did a great job on squatting this year. Eddie Coan on DL and Squatting as far as correcting the lifter's on form did an excellent job. Having him there to give you the specifics about what muscles are being used and which aren't and how the knee was tracking was quite informative. Scott Warman, Mauro Di Pasquale, and James Henderson each had their own unique twist. I haven't had a bad speaker to date.

LM: Can the readers purchase some of the information that has come from your seminars?

CJ: I will have video tapes available in the future.

LM: Do you plan on more conferences and are there any specific

view and be recognized.

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More From Ken Leistner



Ray Rigby... comparing forearm mass during a visit to Dr. Ken Leistner's home in New York a few years back. Ray was a spectacular sportsman and it was great fun just to be around him at meets.

I am very saddened to write that Ray Rigby has passed away. Ray was known widely in both powerlifting and track and field circles and was respected by everyone. He was such a genuinely good person and had such a strong influence upon the sport of powerlifting that I felt it appropriate to make comment. As usual, almost all of the young lifters know nothing about Ray. As they know nothing about the history of the sport. They could have benefited from knowing Ray and learning from him.

Although Ray and I did not meet until the 1982 World Championships in Munich, it seemed to us, and almost everyone who saw us interact, that we had been friends for decades. Indeed, it seemed that way. Ray was having a horrid time at the Worlds as was I for both physical and emotional reasons. He could have been a poster boy for perseverance. Ray was very much seen in his native Australia the way we in the United States view one of our more popular professional athletes. As one member of the Australian National team told me, "Ray is looked upon sort of the way Kareem Abdul-Jabbar is seen in the U.S." His adolescent accomplishments were legendary. While still a teenager, he competed at the national level in both the field events and the high hurdles. He was national shot-put champion, Pan Asian heavy-weight wrestling champion, and then made the 1968 Olympic team as the Superheavyweight on the Australian weightlifting team. He had a huge press and clean and jerk and a very good snatch. While his Olympic lifts continued to rise, he remained as the premier shot-putter in Australia. Overall, he made three Australian Olympic teams and won a gold medal in the Commonwealth Games as a shot-putter.

Ray, unfortunately, had a number of physical setbacks, but here is where all of us can benefit from and take care of, but it is vital that my especially the boys, were dotted upon by their parents. Ray was the perpetual "mama's boy" in the most positive way possible. Until his death, he was in almost daily contact with his mother and, during his lifetime, with his dad. He was part of the family business and instrumental in taking it to the next level. While many sons or daughters go into a family business, Ray's family first was in the grocery business and it was due to Ray's influence and acumen that it grew to a very successful venture. When they next went into the nursing home field, Ray, as a registered nurse, licensed acupuncturist and nutritionist, led the way and it became the largest privately owned nursing home in

He was extremely close to his partner. He was not a part of Ray's daily mental or verbal vocabulary. He was extremely close to his partner.

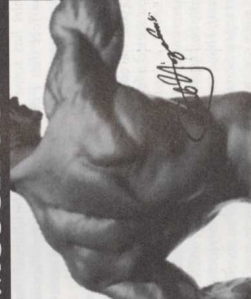


1000 lb. squat in the USAPL... In a meet held 3/21/99 GREG LOWE did some very impressive lifts. He squatted 1000 lbs., benched 475 and deadlifted 810 for a 2285 total in the 275s. Greg became the first lifter in the history of the USAPL to officially squat a grand in competition. There weren't enough national judges on hand for him to receive credit for the squat and total, but he did receive a state referee. Greg is now a master lifter, and in his next competition he will be aiming for a squat in the 1050 range and a 2350 total. Greg would like to thank Tom Giordano for being the head referee. Also Greg would like to thank Al Siegel for getting him motivated and believing in him throughout the years. He would especially like to thank Pete Alaniz and the Titan Support Systems Family for their endless support in providing him with equipment. "Pete you are truly one of a kind in believing in me throughout the years in helping me to make my goal possible." Greg also thanks his training partners' Teddy & Mike and the many who have supported him and helped make his dream a reality. The best of Greg is yet to come! He can be reached at: Greg Lowe DC2669, Box A, Bellefonte, PA 16823.

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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 Tribulus from their homepage, they just call their friendly raw material broker, order Tribulus, throw it into a bottle, and send it off to various stores, where some clerk who knows nothing about supplements, and could care less, tries to push it on you. You deserve better! That's why, Aletika has spent a decade perfecting their newest phyto steroid cocktail... New Tribroxin HP.

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accident, and then the discovery that he had adult onset diabetes, he became a powerlifter. I was fortunate to direct his training for a number of years and he was a perfect athlete for any coach. He did exactly as he was told to do without adding a set or rep to the program. He placed third in three world championships, all under the hardship of severe physical limitation and injury, yet never complained, never alibied, and continued to look for ways to help the sport. He had a powerlifting newsletter. He served in a number of administrative posts for the Australian powerlifting governing body. He was the coach of the women's international team. In that capacity, he earned worldwide fame, or was it infamy, when he was handling all time champion Bev Francis and smacked her across the face prior to a big lift. He dislocated her jaw, yet got her to focus and get through all of her lifts, ending in another world title. As he said, "I got a little carried away, but Bev was great about it. She was always a real champion."

In the past few years, Ray was focused upon his children and their activities. All of his boys are high level or national level performers in various sporting activities. I remember well, entering Ray's room which was attached to mine at the 1984 World Championships in Austin, Texas, and being greeted with these maniac kids bouncing not only from one bed to the other, but from the bed to the dresser and back. The entire time they were shouting, in unison and in response to Ray's query, "Who's the strongest man in the world?" "Daddy!" After fifty such choruses, I realized that they could have done this for a full day and suggested that we head down to the coffee shop to eat. He was one hundred percent dedicated to the kids. He told me that his worst part of the day was when they left the house for school. Living in a small town, he would walk to the school yard and watch them play at recess, and then bring them their lunch. He wanted nothing more than for them to grow up healthy and happy.

Ray leaves his wife Carolyn and his boys. His mom has been awaiting major heart surgery and this weighed upon Ray heavily in the past number of months. Ray succumbed to complications related to his diabetic condition, dying in his sleep on August 1st. He was one of the good guys and someone who proved that you could suffer severe injury and with intelligence and fortitude, battle back and enjoy the sport he loved. He will be missed by those of us who knew him well.

Dr. Ken Leistner

Australia. When they sold to the government, Ray could have retired but as he told me, "I want to make sure that no matter what, not only Carolyn and the children are taken care of, but it is vital that my parents have everything they want or will ever need". He raced and raised greyhounds and, of course, was very successful. He and Carolyn got into Amway distributing and made a million dollars or more their first year at it. When I commented that it was "typical, you don't need more money, but you - of course - hit it big" he countered with, "I have to make sure my parents and family are looked after". His heart was always for them.

Ray continued to not only succeed in business, but in his attempts to beat his physical ailments. He returned to lifting, but as he was unable to do the Olympic lifts due to knee surgery, a severe low back problem stemming from the auto

TRAINING

HIT OR MISS?

as told to Powerlifting USA by Louie Simmons

Number of Reps for Percent Training

Percent	Reps per set	Optimal total	Range
55-65	3-6	24	18-30
70-75	3-6	18	12-24
80-85	2-4	15	10-20
90+	1-2	7	4-10

Many readers may not realize that I am involved in the training of pro-football teams and many college football and basketball teams. For example, the Kansas City Jayhawks and Utah Utes are heavily influenced by our training as it relates to speed/strength. Two of the pro-football teams are the Green Bay Packers and the New England Patriots. Not a bad group to be associated with, huh? I also talk to a head strength coach and that this type of weight program is making his job next to impossible.

A pro-lineman told me while I was at their camp that when he was placed on the H.I.T. program in college, his team was the top 5th school his senior year. He thought he was strong until the combines. When he got only 12 repetitions with 225 pounds, he was embarrassed. He was picked by a pro-team that utilized our training and that has an excellent strength coach. In 2 years this lineman did 17 reps with 315 pounds. He made a remark that machines and H.I.T. were useless. This got back to his old college team, who immediately banned him for life from their weight-room. Gee, what a pity.

At Westside, we thought we would do some research on H.I.T.: So Dave Tate and myself looked into this, I must say, misguided method. What is their viewpoint? Where was their research taken from? Why is it loved by some and despised by others?

First let's look at the concept of intensity. Apparently H.I.T. views it as a feeling, like a pump, a term bodybuilders made popular. Is it a scientific term? No, it is a bodybuilder quick or explosive? No, if you know a converted bodybuilder who powerlifts, he almost always lifts well under what he appears to be able to do. Why? He has trained only the muscle, not the central nervous system. That is why smaller ball players are almost always faster and many times stronger based on percent of body weight. Bodybuilders develop no reversal strength or starting or accelerating strength. Any sport coach will tell you that acceleration is paramount in sports.

A. S. Pilepin suggested that to achieve the proper intensity, one should use the rep/set scheme shown in the table, to ensure the greatest development of speed and strength. He discovered that if 7 or more reps were performed at 70% of the bar speed showed and power decreased. The same holds true when using 80% or 90% of one's max above the re-engage shown, the bar slows, which translates to less power. Doing fewer or more reps than Pilepin suggests will cause a decrease in training effect.

Along the same parameters are the findings of Dr. Tamas Ajan and Prof. Lazar Baroga. They describe the zones of intensity as follows: 30 to 50% is low intensity, for speed-oriented sports; 50 to 85% is medium intensity, for force-oriented sports, such as weightlifting; 85 to 95% is high intensity, for weightlifting and other sports; 100% and above is maximum and over-maximum intensity, for the development of absolute strength.

Most authors who have studied strength as a physical quality examine it in four forms: absolute, speed, explosive, and strength endurance. The latter, strength endurance, is basically the H.I.T. program can possibly build. Strength endurance is characterized by a combination of great strength and significant endurance. It is needed by athletes who must compete for a prolonged period of time (3 to 4 hours) without diminished work capacity.

Well H.I.T. may increase endurance, but it does not promote great strength; in fact, it eliminates it completely by neglecting the other three elements of strength:

traction theory. Let's look at the pec machine. If you load a pec machine to the max, starting the movement requires a max effort, which is very difficult and dangerous. Yet at the finish, where the most weight can be lifted because of accommodating resistance, machines show their downfall.

More importantly, let's consider the strength curve. Take the case of two 700 pound deadlifters. One may blast the weight off the floor to near lock-out, then fight the last 3 to 4 inches. The second may have difficulty starting the bar off the floor, pick up speed, and lock-out easily. What does this illustrate? In the real world of strength these two lifters have quite different strength curves. If these same two lifters were to use a machine, only one would receive any benefit from that machine, because the machine has a predetermined strength curve. That's a 50% chance the machine won't work for you. Also, a machine will not build stability. The only good

thing about a facility full of machines is that the instructor could be a moron and it won't make any difference.

H.I.T. proponents for some reason think that explosive weight training is dangerous. One should know that explosive weight training should only be done after warming up past 25% of a 1 rep max. Look at the percent charts by Ajan and Baroga, and then start at 30%. Don't push super-light weights explosively until you reach 30%. If you're going to criticize something, you should understand it first. Finally I ask, is anything more dangerous than football it- and lock-out easily. What does this illustrate? In the real world of strength these two lifters have quite different strength curves. If these same two lifters were to use a machine, only one would receive any benefit from that machine, because the machine has a predetermined strength curve. That's a 50% chance the machine won't work for you. Also, a machine will not build stability. The only good

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of gas long before the end of the race. If you work slow, you will become slow, and you will be watching the fast kids play while you develop splinters in your butt.

Remember, external force is directly responsible for speed. A boxer may appear very fast with 8 ounce boxing gloves, but hand him a pair of 100 pound dumbbells and he can hardly move his hands at all.

Although I am not a proponent of the Olympic lifts, they certainly have a place in weight training. However, I must say the term "quick lift" applies only to the snatch and clean and jerk when sub-maximal weights are used. With max weights they are no more quick than any other lift. That's why we devote one workout a week to the dynamic method with weights close to 60% of a 1 rep max, for multiple sets of 2 or 3 reps and with short rest periods, almost exactly duplicating the play time and rest time of football.

H.I.T. advises you to work to

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The Chinese philosopher, Lao Tzu wrote that, "Kindness in words creates confidence, kindness in thinking creates profoundness, and kindness in giving creates love."

A couple of months ago Curtis Walker decided to put his '81 Ford truck up for sale. The truck wasn't exactly in mint condition, but it still ran like a top. In fact, the vehicle was in such good shape that Walker expected to get a pretty good price for it. It wasn't twenty minutes after he put the truck for sale sign on the truck when two fellows came by to look at it. After talking to the young men for about an hour they finally made a deal. That night when Walker's son Barry came by to visit him he noticed that the truck was gone. When Barry inquired about the truck his dad told him that he had sold it. "How much did you get for it?" Barry asked. "Well you see these two nice fellows wanted to buy it, but they were so poor that they really couldn't afford it. They really needed the truck though, so I kind of gave it to them." Explained Walker. "By the way you know those four tires that you had lying around here? Well... I kind of gave them away too. I knew you wouldn't mind" continued Walker "because they were in need of our help."

"That's my father" says Barry "He is always helping someone out. I know it's my Dad I'm talking about here, but I've never met a more loving compassionate person. We run a gym in Hopewell, Virginia."

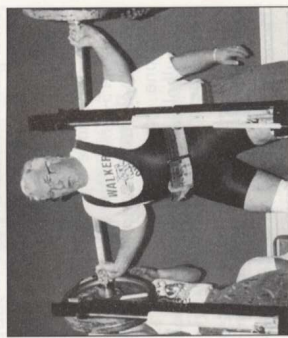
continues Barry "you just wouldn't believe how much stuff he gives away. Memberships, shirts, hats... every day I go to the gym I have to take inventory to find out if we have anything left. He is the most giving human being you will ever want to meet." Barry's wife Jeanie who is a 2x Junior Miss America in bodybuilding, agrees with her husband's assessment of his Dad. "I've never met a man who is so kind. I'm sure you have heard the old cliché 'Give people what you are, not what you have.' Well, Mr. Walker does both. If somebody needs something he is there for him. He is there for everybody. I've seen him spend hours with lifters helping them with their form, diet, or training programs. He is never too busy to help someone. His generosity goes beyond the gym doors too. He helps the area "needy" by purchasing meals for them, loaning them money, and more importantly, talking and listening to them."

"He is loved by everybody, but especially by children" continues Jeanie "Every Sunday he goes to the park and plays with the kids. The children call him 'Papa Walker' and they eagerly await for Sunday at 5pm because that's when Papa

Virginia Hall of Fame."

Even more impressive is the fact that he is considered, The Father of Powerlifting in Virginia. "No one has done more for the sport in the state of Virginia than Curtis Walker" says Buck Harris, a Virginia lifter and a former master world champion. "When everyone was Olympic lifting, Curtis fought to promote powerlifting in the state. He broke away from the A.A.U. because in the early 1970's the organization wanted to promote Olympic lifting and do away with powerlifting. Curtis kept powerlifting 'alive' by recruiting newcomers into the sport, having meetings whenever he could, and by helping other meet directors promote and run their meets. I honestly believe that if it wasn't for Curtis, powerlifting would have died in Virginia, and if it didn't die it certainly would have been in critical condition. As it is today powerlifting is thriving in the state. Curtis is directly responsible for that growth. Let me also say," continues Harris "that Curtis Walker is not just a proponent of powerlifting or great lifter, he is also a great person. Without question he is one of the most loved men in the entire state of Virginia."

A couple of weeks ago I was telling my students about Saint Francis of Assisi and how his philosophy of life was to give everything that he had. And you know he did that. He gave away all of his wealth, time, love, and energy to others. He was one of the most giving human beings you could ever imagine and the most loved. But you know what my students said? "This guy must be trippin', he must be nuts." They didn't understand that what is important in life is not what you have, but what you are. And that when you give everything you have, you get so much more in return. You get love - the most essential element for health and happiness. Curtis Walker will tell you the same thing. It's a lesson we all need to learn.



Curtis Walker... squatting. (Martin Millerphoto)

Dr. JUDD

Powerlifting Needs More Curtis Walkers as told to Powerlifting USA by Judd Biasiotto Ph.D.



Curtis Walker (left) with Ed Coan at a USPF meet. (Martin Miller)

Walker arrives. He spends 2 hours chasing the children around the park and playing games with them. He even climbs into the tree house and slides down the slide." Jeanie smiles softly. "It's a very high, steep slide, not intended for senior citizens, but that doesn't bother him. He goes right along with the children. I remember one day a little girl was sitting on the curb crying. Jeanie goes on "because she had lost her baby doll. Mr. Walker promised to get her a new baby doll. True to his word the next day he arrived with a couple of new baby dolls for the little girl. What can I say - he's just a wonderful man."

Walker is not just a world class person. He is also a world class athlete. In fact, Walker is a test-mony that nice guys do finish first. Without question he is one of the greatest lifters in the history of the sport, and arguable the best "mas-ter lifter" to ever walk on a lifting platform. He is a world, national, and state powerlifting champion. He has set so many records that it would take me a month of Sundays to list them. His certificates for national and world records alone fill

POWER PROFILE

JOHN NEIGHBOUR
The Journey Continues
as told to Powerlifting USA by DEREK COPE



John winning the gold at the 1987 IPF Worlds.

It has been stated that Powerlifting is a microcosm of life. Success isn't necessarily tied up with winning, it's about the journey. It is about doing one's best and dealing with both the peaks and the troughs.

One huge peak for John Neighbour was winning the IPF World Powerlifting Championships in 1987 in Fredrikstad, Norway. Moving up to the 125 kg class, John went 793.501.738 for a 2033 total in a nine for nine performance and beat the world's best lifters including Vilmi of Finland. John was, literally, on top of the world, but, ironically, hit a huge trough the very next year. Whilst attempting a 400 kg squat in the gym he sustained a complete quad tear just above the knee on one leg. As his leg buckled, the huge load shifted to John's other leg and the injury occurred. John just laid on the floor, unsure of the extent of the damage.

At the hospital the doctors found it was worse than John thought. Surgery was required to re-attach tendons to the knees and complete leg casts were required for both legs for over 8 weeks. Worse still, the hospital said that John was finished as a competitive lifter - even worse than that John thought he was finished.

Yet... the hunger still burned, John didn't want the journey to be over. Even with full leg casts, John still made lifts there in attendance were aware of what John had gone through in order to return to the international platform. At this contest John competed in the 110 kg class and, again, milked the most out of his body with an 8 out of 9 performance. John ended up with 771.512.755 for a 2039 total and eclipsed all lifters in his class, including the great Dave Jacoby. Once more John was on top of the world.

This upward trend continued throughout 1990 as John prepared for the IPF Worlds in Holland. Five weeks before the World Championships John was drug tested and passed the test with no worries. Four weeks before the Worlds John was tested again at a British squad training session and, once more, passed the test. One week later John was tested again - passed - yet was beginning to feel victimised. His brother, who hadn't lifted for two years, was also drug tested; John felt that the name Neighbour was being targeted. Two weeks before the World Championships, drug testing officials once more presented themselves and John, angry now, refused the test.

Temporarily suspended, John just spectated at the World Championships. When John presented himself at

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

repetition range. John will gradually zero in to a meet, but will now avoid the temptation to do big singles in training. Assistance moves for the squat include leg press, leg extensions, leg curls and calf work. Flies, front and side raises and triceps work are employed to aid the bench, whilst stiff legged deadlifts, bent over rows and lat work have helped John's deadlift. Interestingly, no more than 2 sets per assistance movement are done in order to avoid overtraining.

Looking back John is philosophical about the thoughts such as the injuries, and his comeback which he views as part and parcel of the lifting journey. He recognises the need for good support and would like to mention in particular Chris Laughlin of the Forum Health Club in Birmingham, who has helped him through the highs and the lows.

Officials and lifters who have also exerted a positive influence on John include Chris Gladding, Brian Strange, Keith Thompson and others. John mentions also Ed Coan and Bill Kazmaier who proved helpful with tips and advice.

John also met the late Jon-Pall Sigmarsson on a number of occasions and always did well in his presence. John remembers meeting John-Pall at inspired by the big man, squatted an 860 lbs, double and deadlifted 727 for a triple!

John has even trained with Doran Yates on a number of occasions although their training needs differ widely.

So what of the future? Well, John has once again joined B.A.W.L.A. and officials in the organisation have had no objections with John's application. In February of this year John won the BAWLA British Championships and, at 125 kg, bodyweight, hit 865 and 534.705 to 2104 for the win and an invitation to the IPF World Championships in the Ukraine in November. John feels that a placing in the top 3 would be a great achievement and he's certainly right about that.

At 44 years old John John wants to stay competitive in the Seniors for as long as possible and then, when the time is right, he will make the move to the masters.

He envisages lifting for as long as possible, embracing the challenges of both the troughs and the peaks.

This writer, among many others, wish John Neighbour all the very best of success at the IPF World's and future competitions as his own unique journey continues...

Derek Cope

STARTIN' **OUT**

A special section dedicated to the beginning lifter

SPECIALIZATION for the NOVICE as told to Powerlifting USA by Doug Daniels

have a body structure that favors a lift that would be an important factor in your decision to specialize.

One factor to consider is which lift has shown the most improvement over time. Just looking at this, a lifter might say that this lift should be the one that should receive specialization or priority in training.

This notion should be tempered with consideration of how hard the other lifts have been trained. Some lifters do a lot of benching, little squatting, and even less deadlifting. These latter two lifts require much more energy to train and some lifters are just plain guilty of being too lazy to work them hard enough. If you examine your training practices, you may find that you are not training the lift that you are strongest in.

A major factor is bodyweight. Changes in bodyweight have different effects on each of the lifts. A

general rule is that the bench is most effected by a change, the squat second, and the deadlift third. As a lifter increases in bodyweight, the lift that was favored may not gain as well as one that was not favored previously. This occurrence could change the lifter's whole training strategy, including specialization. Your bench could really take off and your once relatively strong deadlift may only gain a few pounds.

In this case, your bodyweight as well as your structure may determine your stronger lifts. Your stronger lift might not always remain the same. This could greatly effect how you view your goals, strengths, and weaknesses. This same phenomenon, of course, could apply in reverse in the event of weight loss.

Injury may effect your choice to specialize. Back or knee problems may prohibit your competing in the bench squat or deadlift, leaving the bench press as the only lift of choice.

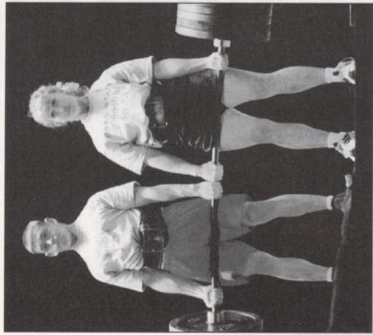
Next, we should examine goals. There are primarily two types of meets, 3-lift meets and bench press meets. There are very few squat or deadlift only meets. There are also a few meets with two of the three powerlifts. The great number of bench meets provides a wide avenue for bench specialists to shine.

That might be a justification for bench specialization. Some bench-only men do lift at 3-lift meets in order to be eligible for state and national records, which may be required to be set at 3-lift meets. In this situation, many take token squats and deadlifts, just to make the necessary total. Very few big bench men seem to dominate the important 3-lift meets. What this indicates is that the other two lifts may be more critical in the final total, so a balanced attack may well be the best approach in the long run for the 3-lift competitor.

Specialization is not a license to overtrain the chosen lift. Though you may expend less energy overall by not stressing yourself with the other lifts, too much training on one lift will eventually catch up with you and your progress will suffer. Use common sense and listen to your body for signs of overtraining, like soreness and decreasing strength.

My recommendation to a novice lifter is to train all lifts with equal concentration for at least a year or two. If this means that your benching must suffer in favor of balancing out your training in the deadlift, then so be it. A lift you thought was your best may not be the case in reality. Better training, mental focus and changes in bodyweight can affect that status. Inefficient technique in a lift may be holding your progress back. After a year or so, you will have more experience with the sport as well as with your body.

Okay, Fall is really here. The kids are back in school, and the weather's cooling down, and lifting season should be gearing back up. It's time to be training for all those Halloween meets, like Night of the Living Deadlift, or the Monster Bench Open, or whatever eerie name your local meet director has come up with.



Justin Cecil and Michelle Brubaker 650 lb. DL.

One thing POWER SCENE greatly appreciates is reader input, and since it's back to school time, and also back to college time, we'd like to showcase two of our readers from Ball State University in Muncie, Indiana. Justin Cecil sent us this picture of himself and Michelle Brubaker as they did a 650 lb. two-person deadlift. Justin says they also did a 700 lb. deadlift, but I guess they sent someone else that photo.

Well, we're happy with the photo of the 650 lb. lift, Justin, and we wish you and Michelle lots of success in the future, along with the rest of the Ball State Powerlifting squad. Justin and Michelle are just 20 years old, and 148 lbs. each, so they've got a lot more big lifting in front of them.)

New Jersey's Joel Toranzo is 27 years old, and he's done some very large lifting, but it looks like he's also got a lot of great lifting ahead of him. The "Cuban Bull" came out to California for a

vacation with his wife, and of course they visited Gold's Gym in Venice, where I caught in the big guy—he lifts in the 275 lb. class—has a PR in the bench of 628, and is looking down the road at that 700 barrier.

Joel trains at Edgewater, NJ's World Gym with his training partner John Bott, and mostly lifts in APF meets, including a lot of the Iron Island contests. Next April's Iron Island Bench Blast should be Joel's next meet, and he's aiming for a 650. (We hope that doesn't jinx him.) Anyway, Joel wants to say thank you to Louie Simmonds. Using Louie's techniques, Joel put 30 lbs. on his bench in under 5 months. Not bad!

Doing all her training at Gold's is Suzanna McGee, who moved here just two years ago from Sweden, where she was a university professor in computer science, with a masters degree in software programming and robotics. Suzanna has been training as a bodybuilder for only two years, and as a powerlifter for only a few months, but

POWER SCENE

all over the area. Lyssie herself is an actress, with a recurring role last season on the *Nash Bridges* TV show, and she's a slimsy girls' hairstylist.

A couple of days after meeting



Lyssie Powell, Red Bull Fitness Team & actress.

she's got some impressive numbers in the squat and deadlift in that short time. At 6 feet and 185 lbs., she's already deadlifting and squatting 315, and she's done a partial squat of 495 (in the photo she's doing 455).

And in the strict curl, after only 2 weeks of training, which is all most people train for the strict curl, she curled 93-1/2 lbs. And she speaks six languages, and just shot a national commercial for Lipton.

So if you encounter the Red Bull fitness team, make sure you say hello to Lyssie, Valentine, and Brandy, and ask for a free drink.

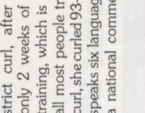
Please also remember to visit our web sites, www.powerliftingusa.com and www.powerliftingusa.com which is the home for Powerlifting U.S.A. POWERLIFTER VIDEO, Iron Island Gym, Iizer Advances Designs, and now also the Westside Barbell Club.

'Til next month, stay strong, lift big, and we'll see you on video.

Next Low

Earlier we talked about the Cuban Bull (Joel Toranzo). Now it's time to talk about Europe's top-selling energy drink. Red Bull has set up operation in the U.S. and they're busy promoting their beverage. Lyssie Powell is putting together the Red Bull Fitness Team to make appearances in Southern California, and they'll be appearing at sporting events and clubs

Jack Armstrong coaching Suzanna McGee. (Low)



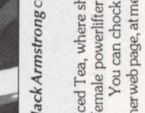
Jack Armstrong coaching Suzanna McGee. (Low)

Iced Tea, where she plays a strong female powerlifter. Not bad!

You can check out Suzanna on her web page, at members.aol.com/suzymcgee

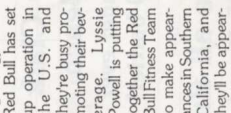
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Brandy (l) and Valentina. (photographs by Low)



Brandy (l) and Valentina. (photographs by Low)

Joel Toranzo, "The Cuban Bull", at Gold's Gym.



Joel Toranzo, "The Cuban Bull", at Gold's Gym.

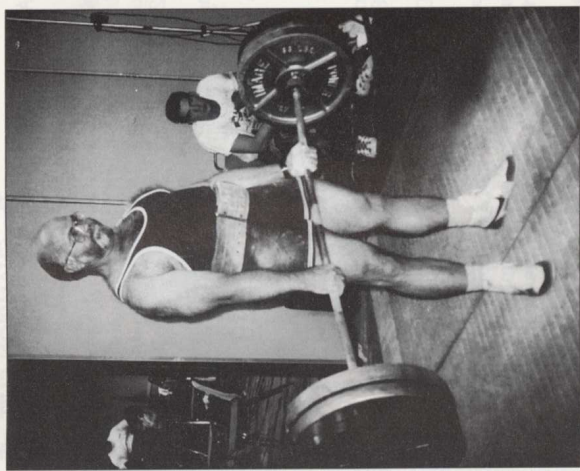
Chris Confessore is one of the few bench press specialists to win a major three lift national championship.



INTERVIEW

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

Tom Tinsman interviewed for PL USA by Pat Cuntrera



Dr. Tom Tinsman at a recent contest. (photo courtesy Pat Cuntrera)

PC: Could you please tell the reader a little about yourself?
TT: My name is Tom Tinsman. I am 44 years old. I live just south of Ft. Smith, Arkansas. I have been married to my wife Annetta (who breeds and trains champion Arabian horses) for 10 years. I have two children; Elizabeth, 17 and Rebecca, 11. I work as a full time Family Practice Physician when I am not lifting.

PC: How did you get started in powerlifting?
TT: I started powerlifting training in the Spring of 1990. I have always been naturally strong, but I could only stay motivated to work out for a few months at a time, as there were no specific goals involved. My good friend Allen Young, with whom I was working with at the time, told me I had ideal genetics for this sport, and that I really needed to give it a try. I found that the idea of regular competition and quantifiable gains in strength provided the motivation I needed to make it to the gym regularly. I went nine for nine at my first meet. I've been hooked ever since.

PC: What do you consider to be your greatest accomplishment in powerlifting?

TT: The accumulation of 13 National and World titles in the last 4 years

PC: Could you tell us a little about your training methods?

TT: I am a firm believer in the Rich Peters philosophy. It states "Never substitute weight on the bar for form and technique". Every repetition I do, from the first warm-up to the last heavy lift, is done with perfect form, and in a controlled, light fashion. The use of perfect form allows the maximum muscle grouping and leverage for the lift, and dramatically reduces the chance of injury. The following are specific comments on the individual lifts: Squat: I train this lift once per week, pyramid up to three heavy sets, followed by one set of overload, one to two sets of box squats, two to three heavy sets on the leg sled. I finish with two to three sets of cable accessory work to improve the tone of the stabilizer muscles. You must be able to stabilize the squat with very little effort, to be effective. Bench: This is also trained once per week,

Everything else depends on what you comfort level is with your body. Your strength will suffer if you go for the "Kate Moss" look and your risk of cardiovascular disease and diabetes will increase if you carry too much bodyfat. To a great extent, the heavier you are, the stronger you will be, but excessive bodyweight for your frame reduces your endurance and can affect your performance in the final lifts of a long powerlifting meet. Basically, if you eat plenty of lean meat, pasta and cereals, and green vegetables, you probably don't need to sweat the diet too much. Supplements: Creatine clearly works, and is worth the money for the increase in performance it generates. A colloidal trace mineral supplement is also cost-effective and an excellent idea. The jury is still out on a few supplements as to their effectiveness. However, the majority of supplements sold today probably achieve their effect via true physiological means, rather than pseudo physiological changes. As they can do no harm (except to your pocketbook), there is nothing wrong with taking them, and, even if they achieve their effect by making you believe you are stronger, this is still a benefit no supplement can make you stronger if you don't come to the gym and do the work.

PC: Is there anything you would like to change about his sport?
TT: I actually disagree with the concept that the sport must be unified completely. I think there are too many disparate philosophies about lifting for this to ever be an effective option. People who want to destroy their bodies with steroids and other hormone abuses should have a place to lift, as long as they stay away from the drug-free organizations. Abuse of ergogenic lifters, with no hope of winning or holding records at a true national level, should have the option of competing in a small organization with specialized categories, to provide the motivation to stay active in the sport. What is needed, though, is an umbrella-type organization, like the one proposed by Rich Peters in the recent unification attempts between NASAA and the USPF.

(this article continued on page 57)

WORKOUT of the Month

MIKE MACDONALD'S BENCH PRESS ROUTINE

Here is an 8 week bench pressing cycle for beginning to intermediate lifters, based on a personal max single of 250 pounds starting the cycle. The goal would be to increase the bench press 40 to 60 pounds during the cycle. On all benches you should concentrate on strictness and technique. The Campbell can be used if you have one for the pause reps, but if you don't, you can use a regular straight bar between sets and 4 to 5 minutes between pause rep sets for maximum progress.

First week: Monday, warmup 135x5x2 (135 pounds for 5 reps, 2 sets), 175x5x1, 200x3x1, 225x3x1. Next 2 second pause reps: 200x3x1, 190x3x1. Next EZ curl bar bench presses, narrow grip: Maximum weight possible for 4 sets of 5 reps.

Wednesday: (same as above)
Saturday: warmup 135x5x2, 175x5x1, 205x3x1, 230x3x1. Next 2 second pause reps: 205x3x1, 195x3x1. Next EZ curl bar bench presses, narrow grip: Max weight possible for 4 sets of 5.

Second week: Monday, warmup 135x5x2, 175x5x1, 205x3x1, 230x4x1. 2 second pause reps: 205x3x1, 195x3x1. EZ curl bar bench presses max weight 4 sets of 5 reps. Hammer curls (thumbs up) 4 sets of 5 with light weight (first day).

Wednesday: (same as above)
Saturday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1 (increase today), 2 second pause reps: 210x3x1, 200x3x1. EZ curl bar bench presses, narrow grip max weight. Hammer curls (thumbs up) 6 sets of 5, add weight if possible today.

Third week: Bench twice per week now. Monday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1. 2 second pause reps: 210x3x1, 200x3x1, 190x3x1. EZ curl bar benches, narrow grip, max weight 5 sets of 5 reps. Hammer curls (thumbs up) 6 sets of 8 and (add weight only if possible).

Friday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1, 2 second pause reps: 215x3x1, 205x3x1, 195x3x1, same as above

on EZ curl bar bench and hammer curls.
Fourth week: Monday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1; 2 second pause: 205x3x1, 195x3x1; keep same EZ curl bar routine and hammer curl, except add weight if possible.
Friday: warmup: 135x5x2, 180x5x1, 220x3x1, 245x3x1; 2 second pause: 220x3x1, 210x3x1, 200x3x1; same as above on EZ curl bar and hammer curl.

Fifth week: Monday: warmup 135x5x2, 180x5x1, 220x3x1, 245x3x1; pause reps: 220x3x1, 210x3x1, 200x3x1, 200x3x1; same as above on assistance work.
Friday: warmup 135x5x2, 180x5x1, 225x3x1, 250x3x1, 225x3x1, 215x3x1, 205x3x1, 205x3x1. Same assistance work.

Sixth week: Go max today.
Monday: warmup 135x5x2, 180x5x1, 220x1x1, 250x1x1, 270x1x1 or 275; 2 second pause: 215x3x1, 205x3x1, 205x3x1; same as before on assistance work; increase weight when possible.
Friday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, 230x3x1, 230x3x1, 210x3x1, 210x3x1; same as above on assistance work; increase weight when possible.

Seventh week: Monday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, 230x3x1, 220x3x1, 210x3x1, 210x3x1; assistance work; keep same; increase weight when possible.
Friday: warmup 135x5x2, 185x5x1, 235x3x1, 255x3x1, 230x3x1, 230x3x1, 210x3x1, 210x3x1; same as above on assistance work; increase weight when possible.

Eighth week: contest on Saturday: Tuesday: warmup 135x5x2, 185x5x1, 235x3x1, 260x3x1, 235x3x1, 235x3x1, 225x3x1, 215x3x1, 215x3x1; assistance work; keep same.
Saturday: contest day: warmup: 135x5x2, 185x5x1, 225x3x1; first attempt: 265, second: 285, 3rd: 290 or 295. GOOD LUCK

(reprinted from the May 1983 edition of POWERLIFTING USA)

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8th IPF WORLDS

as told by Herb Glossbrenner, Historian/Statistician

TOT, he tried a 507 DL. Vro (FIN) captured runner-up. He missed 2 SQ's w/441. At age 45, he pulled 485, and almost got a 518 DL. TOT 1157 not his best, but good enough. McKenzie, also 45, won the gold for NZL and topped his 4th W/C title. Espliner in @ HI he set 2 WRs (460 SQ, 507 TOT) 1218. While footed Jerry got 529. Might've got 3rd with 540... instead heptrogged to 567, but didn't budge. Now, Lampella's chance. He went 9-9 and set a FIN record D/L 578. A 584 could've meant a medal, but he wasn't in the gambling mood. Koykka had the bronze instead. Lampella & Marenzette were only 5 back, but no awards for them.



Lamar Gant dominated the 132s

1275 TOT). There he pulled 540 and came close w/ 555 tries on 3rd & 4ths. He used knee wraps for the 1st time there and saw a huge SQ improvement. Gant was up a class this year & Precious was not pushed, but he still had a HOT ROCKET in his POCKET. Pow - 2 WR SQ's 474 & 479. After his 281 BP Precious secured his 2nd attempt D/L at 540. Result: 1300 TOT; a barrier breaking W/R. He tried a 551 D/L on 3rd for a W/R, but he missed. Following his win, he announced his retirement. We knew better - HE'LL BE BACK!

132 lbs. - GANT'S BIG PULL - THAT KID'S A BULL!
Lamar Gant moved up to this category, and won his 4th U.S. Srs. title by a landslide, with one D/L. Then, going for broke, he stretched like Gumbo, and pulled 617, a huge W/R. With the TOT of 1383 - he broke GBR's W/R 1377 held by Eddie Pengelly. He went head to head with the British star here. Ove Nilsson (SWE), the great showman, zeroed in SQ @ 429! The mouse roared! Dalsheim (NOR) was last place with 865. Two Finnish struggled for the bronze against each other. Antero Koykka & Kullervo Lampella doubled up against the Canadian Jerry Marenzette. Jerry, proved he is indeed Mr. "Iron Goin'" with his super-wide-SQ & DL foot stances. He took 3 to get his 413 - marginal! Lampella was done w/407. Koykka was on a perfect streak - 441!

123 lbs. - PRECIOUS RAISES VICTORY - ERASES HISTORY - Beginning with the 1st World Championships in 71, NZ's Precious McKenzie was 3 times in a row World Bantam champ. He zeroed in 75 permitting Gant (USA) to win his 1st. He missed 76, and back in 77, lost to Gant, and was hoping for WC #4 here. Finlan (CAN) missed all his 429 SQ attempts, thus casting away a sure medal. Paul (AUS) and Josefsson (SWE) trailed the others by big margins. Subrata Dutta (IND) was 5th 2 yrs. ago. He'd made significant strides and was now his country's best - 1014 TOT, 4th this year, sans Supersuit. Tony Zappa, a honky-eeymorer, gave AUS their only medal. This year 8-9 with an 1102

beat. Who's next?
148 lbs. - INDIGENOUS TO POWER - BRIDGES HOUR!
Working from the bottom up, there were 12 @ 148. India's "PAL" eliminated himself in SQ. Also out early was Holmsen, one of the Norwegians. BEL's VAN LOOK didn't HAVE WHAT IT TOOK - in such strong company! T135 - Harada (JPN) BP ed a big 347 equal to 2nd best of all. His other lifts were low-ground to recover. DL's. Koykka 1173. Bill Jamison (CAN) - 1228 - was 8th. Oldest man in whole meet was Kare Holie, 49. He was a NORSE (OF COURSE)! After a strong DL of 545, he lifted 562. TOT 1234 - 7th. Dennis Altman (SWE) - W/C-bronze this class in 76 - improved but so did the rest of World - 6th @ 1361. Dhuram Pal (GBR), a last minute sub for Collins, did splendidly for a spur of the moment entry. He got 9 for 9 w/ 1449 & 5th place. Pal's 578 pull was 3rd best in class. Three men fought to see who'd claim silver & bronze! Tall Ron Wilton (AUS) came thru on a 573 SQ 3rd. The other Brit - Des Garner - made the same (judged high), and settled for 556. Mauro Di Pasquale, was suffering gastric stress here. He missed 551, but jumped to 578 for a rousing success, and led the trio. Mauro BP'd 308, a repeat, then failed 325. Wilton got 319. Garner out did both and took the lead - 347. ST's: Garner 903, Wilton 892. Di Pasquale 887. DL. time: Garner made 551, 573, and failed 584. He'd ABSCONDED BRONZE but didn't know it yet (1477) TOT. Wilton began at 573. He gambled going for 2nd. He completed 600, got reds, and missed his final try outright - 1466 & 4th! Di Pasquale nabbed the silver with a 600 opener (1488). He tried a W/R 639 - KNEE HIGH!

The World debut of the KRYP- TON KID - USA's Mike Bridges quickly dispelled any doubters. He had the 400 barner. His 584 DL gave the 1603 aggregate he'd done winning USA Srs. The first impression to one side - reds! Gant having already won went for a huge one - 622, a W/R to beat his own mark. It was difficult. He stretched it thru to completion. Another W/R 1410 TOT. Now he had 4 World title and had high hopes riding on their reign-

ing World Champ Rick Gauger. Doubling up were JPN, NOR, BEL & CAN! It was a fatal blow for the Americans. Gaugler, cramping, wasn't close on his 589 SQ attempts - zilch! Nakajo (JPN) in 6th, had the best bench - 413. He tried a 4th with a W/R 425 - just shy! Bruce Waddell (AUS), was TOT 126 class from last year, but TOT 126 sq. SQ: 589, 617, then 639. He completed it with a bad twist; spot-ers touched it - no lift. Built for SQing, Nysson (FIN) had to enter a foot 606 thrice to stay in. Peter Flore (GBR) had the World title seemingly in the bag last year, until USA's Doc Rhodes made his dramatic do or die lift. Pete was geared up this year and came in as the new W/R SQ holder (661). Heaced then all: 606, 622, 633 - unannouncedly good. From the frozen wastelands of Iceland, came Skulli Oskarsen. Tough as nails, strong as steel, he hit solid lifts of 633, 650. He took 662 his 3rd (300.5 kg.) - with one half kilo (1.1 lb.) added for a W/R try, it took forever. What a strain, but he followed it. Rejected 2-1. SQ but first to BP. nothing. Last to SQ but first to BP. WHAT A RUSH! He did a mere 286. Later he got some free Pacific tips, and Waddell got "DOWN UNDER" with 330 and succeeded! The FIN powerhouse redeemed himself and showed up 386. Flore, hitting stride, was getting stronger with each lift. He muscled up 396 and had a halftime lead. ST's: Flore 1030, Oskarsen 992, Waddell 947, Oskarsen 937. Flore eked out a hard 584. He pulled 595 up halfway - TOT 1614. Would it be enuff? Nysson's 595 assured a medal. Seeking the lead, 622 was twice too heavy! 1587 final result. Oskarsen stormed 628, coming out of a deep hole. Next 655 gave him 1592 and he stole the silver, negating the Finn to bronze. Flore was reliving a nightmare. Skulli had the winning tow in hand. 683 up to his knees... nope! Oh happy day for Peter the Great. Finally - Peter Flore - THE ACHIEVER OF GLORY!

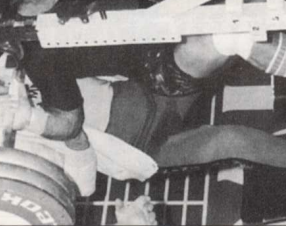
181 lbs. - RON ON THE MEND - THOMAS WINS!
Another filled up category with 13, absent-defending champ Ron Collins (GBR), who was on the injured list. The favorite now was Walter Thomas (USA) the 75 W/C @ 165. AUS & BEL both had two men in. They rode each other piggback all the way. BEL had Marnbert, a stronger older. TOT 1366 with W/marers @ 1317. Paul Dann (AUS) got the early jump on team-mate Cappola with a 622 SQ. Cappola made a last minute surge in the DL - 628, but it was not enuff - 1515 to Dann's 1587. Kiertraava

used his Finnish (finish) maneuver to hoist 644 and with it himself fending 198 WC Vince Anello was figured to pull forth an enuff win! Miller & Toal began @ 639. Both men got their lifts. Miller re-injured his groin in doing so. Steve gallantly tried 661 while hurt, dumped it, and passed 3rd. Anello missed, then made 655. Toal missed, then made 672, his 3rd solo. Whoops, too late NOV. They had great faith in the Champ. He'd been UNBEATABLE, and was REPEATABLE - to prove. Dennis Reed used his new US 220 champ smart! Anello and Unto Honkonen (FIN) finished each others first two, gave up squatter deal. Reed, 39, a never give up quitter did 'em all: 705, 733, 755. The BP was not his cup of tea, but he still made 413. Big shocker: Dennis began in DL, with elected 716, another increase, and got it! Yanders's 727 was a HARD START, and he missed 738 twice! Reijo BP'd 396, 418, miss 429. Ray had more push 429, 441, miss 446. So, he led by 33 (1168 to 1135). The DL, died by 33 (runner-up with 699 and usaitel! Kivraanta responded with 683, then 722. Yander waited too long: 727 on 2 tries was too heavy - 1868 TOT. Reijo's 738 would give him 3rd overall and set a new National record. The crowd worked him into a frenzy. It was a never-say-die struggle, and he got it! Runner-up went to Ray Noble (GBR). He'd hoped to push Pacific, but didn't want to say so. Two hands on a bar beats a foot in the mouth. RAY had a GREAT DAY - 9 for 9. He nailed his SQ's 738, then 755 a new E/R. He also made a 463 BP & 711 DL. A 1929 TOT, and the silver medal. Quite a FIRST APPEARANCE - PERSISTENCE!

There was no question as to who the winner would be! The man with platform savvy, A VIC-TOR-REE for the BIG PI! Larry ordered with a deep 766. After a slight hesitation, the spotters touched bar. Even though he COMPLETED IT... IT WAS NO GO... SO HE RE-PEATED IT - low and perfect this time. EIGHT was a number that burned deep in his thoughts. So-o-straight to EIGHT-OH-FOUR, and you try not? A packed house urged him on. Larry lifted it strongly, 20 lbs. over his own W/R. Two glaring reds caused everyone of the 1700 in attendance to boo the refs. They

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Peter Fiore (GBR) 165 lbs. division, finally put it all together. (Fitton)

Walt had a near flawless day: SQ 672, BP 413 3rd. DL: 639, 661, and a hard fought 716. TOP 1802. It was his third time to do over 1800. So with RON ON THE MEND, THOMAS WINS!

198 lbs. - TITLE DEFENSE - DISCIPLINE VINCE! - Zambia's Kamta Kanada sported big arms. Did him no good 'cause he zeroed with a 518 SQ. Peter Perry (CAN) & Per Simonsen (NOR) left the dock on their maiden voyages. The Norwegian's 16 advantage was 22 when they finally hit the shore again. TOT's 1664 & 1642 for 6th & 7th places respectively! First timer Conny Nilsson (SWE) gave a good account of himself. A good 683 SQ and 661 DL, TOT 1719, 5th place! A three way race developed for place & show: Toal (GBR), Honkonen (FIN) & the USA's Steve

lift and a fitting finale. **220 PFC'S - NOT A LIABILITY!**
A twist of fate and the reliability of the US Seniors, Larry Pacifico tore a pec on a 523 BP & bombed out. He was permitted to DL, in obvious pain, to prove himself. His 755 allowed the selection committee. He assured them he'd be fit by NOV. They had great faith in the Champ. He'd been UNBEATABLE, and was REPEATABLE - to prove. Dennis Reed used his new US 220 champ smart! Anello and Unto Honkonen (FIN) finished each others first two, gave up squatter deal. Reed, 39, a never give up quitter did 'em all: 705, 733, 755. The BP was not his cup of tea, but he still made 413. Big shocker: Dennis began in DL, with elected 716, another increase, and got it! Yanders's 727 was a HARD START, and he missed 738 twice! Reijo BP'd 396, 418, miss 429. Ray had more push 429, 441, miss 446. So, he led by 33 (1168 to 1135). The DL, died by 33 (runner-up with 699 and usaitel! Kivraanta responded with 683, then 722. Yander waited too long: 727 on 2 tries was too heavy - 1868 TOT. Reijo's 738 would give him 3rd overall and set a new National record. The crowd worked him into a frenzy. It was a never-say-die struggle, and he got it! Runner-up went to Ray Noble (GBR). He'd hoped to push Pacific, but didn't want to say so. Two hands on a bar beats a foot in the mouth. RAY had a GREAT DAY - 9 for 9. He nailed his SQ's 738, then 755 a new E/R. He also made a 463 BP & 711 DL. A 1929 TOT, and the silver medal. Quite a FIRST APPEARANCE - PERSISTENCE!

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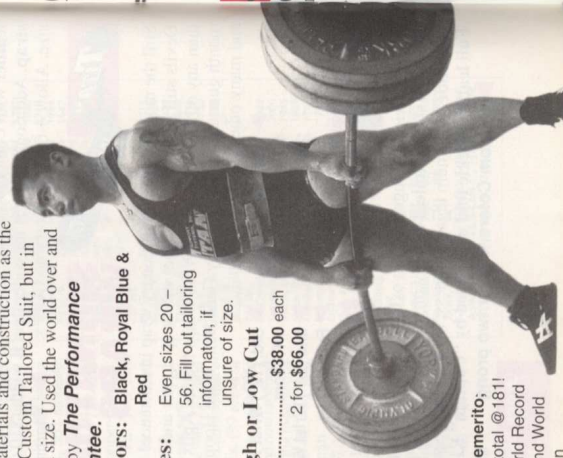
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By Dennis Claypoole

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To answer this most intriguing question, we



"I'm offering a 100% money back guarantee to anyone who wants to try Hot Stuff."

interviewed Tom Ciola, president of Hot Stuff Sports Supplements. *First of all, Tom, congratulations on Hot Stuff's 10th Anniversary. It really is amazing that in the rapidly changing world of sports nutrition, your product continues to have such longevity. What's your secret?*

Ciola. There's really no mystery. The answer is very simple. **Hot Stuff** keeps selling so well after 10 years because, next to creatine, **Hot Stuff** is the only other supplement that produces dramatic bodybuilding results almost overnight. From the very beginning in 1988, right up until today, people know immediately when they take **Hot Stuff** that this product is something beyond the ordinary. And as long as a product keeps delivering results, there will be people who choose to buy it.

Still, ten years is a long time for a supplement to stay so popular. Aren't people always looking for something new?

Ciola. There's no doubt about it. But in a unique way, **Hot Stuff** stays new by its very nature. You see, it's always been our goal with **Hot Stuff** to combine as many of the popular sports supplements as possible into an all-in-one super powder. Right now, for instance, **Hot Stuff** contains over 55 bodybuilding factors. No other product that I know of even comes close to being this

comprehensive. Whenever something new and exciting happens in sports nutrition, we always consider adding it to **Hot Stuff**. So this product actually keeps evolving with the times. In other words, while maintaining its core efficiency, **Hot Stuff** continues to recreate itself with each succeeding generation of sports supplements research. That's why a product like this will never become extinct.

Through the years there have been some pretty fantastic claims reported by Hot Stuff users. What kinds of results can someone look for after starting on Hot Stuff?

Ciola. Since **Hot Stuff** contains so many bodybuilding supplements in one, its effects are quite varied. By that I mean it provides many diverse benefits to the hard training bodybuilder. After selling over six million pounds of **Hot Stuff**, we have a pretty good handle on what it does and doesn't do. Results include steady increases in lean muscle mass, rapid reduction of body fat, consistent increases in strength, hours of sustained workout energy, longer lasting muscle pump, noticeable reduction in muscle soreness and faster recuperation from training.

Wow! That's an impressive list. Truthfully, it almost sounds too good to be true. Ciola, I agree! That's why I'm putting my money where my mouth is. Recently, I've

started offering a **100% money back guarantee** to anyone who wants to try **Hot Stuff**. I have instructed all **20,000** retail outlets across America that sell **Hot Stuff** to refund anyone's money who, for any reason, is dissatisfied with the product. I really can't make it any easier than that for someone to try it out. Essentially, there's no risk for anyone to find out whether **Hot Stuff** will work for them. *That's really fair. It's hard to imagine why anyone wouldn't at least want to try a can and see the results for himself.*

Moving onto another point, I was in a store the other day where the clerk was actually recommending your Hot Stuff over a popular whey protein. He said Hot Stuff was a better product. What did he mean by that?

Ciola. As I'm sure you are aware, whey has become quite the vogue in protein supplements over the last several years. In fact, it's the number one selling type of protein powder on the market. Well, **Hot Stuff's** protein base is made from the exact same popular whey protein that's being sold everywhere today. Therefore, when someone purchases **Hot Stuff**, they're not only getting whey protein, they're also getting the other 55+ supplements that we've blended into the whey protein. This is quite a bonus. And furthermore, we use no aspartame or other artificial sweeteners such as are found

in most of the other whey powders. *And your Hot Stuff contains the same amount of whey protein per serving as these popular whey products? Ciola.* That's right! The same amount of protein. *Well then, what about the cost comparison?*

Ciola. That's the really good part. **Hot Stuff** is priced comparably to all of the popular whey proteins,

products were made for each other the way they work, so complementary. In fact, they seem to become synergistic when taken together, nearly doubling the effectiveness of either product taken alone. While this seems to hold true for any brand of creatine, I would like to put in a plug here for our brand new **Creatine 'n Honey**, a product that I feel is far superior to most of the creatines on the market.

Nevertheless, no matter which creatine someone chooses to use, I would like to suggest that they try mixing in some **Hot Stuff**. What they are going to experience in their bodybuilding is a rate of progress that zooms right off the charts. It's something you have to experience to believe. *There's a rumor going around that you've got some brand new kind of supplement ready to hit the market. Is there any truth to that?*

Ciola. As a matter of fact, yes! It's called **Hour Power**. It's a powerful, new anabolic type capsule. But what makes it really unique is the way it's meant to be taken. Our research has demonstrated that supplement absorption increases exponentially when lower potencies are taken more frequently throughout the day as opposed to higher dosages taken all at once. We've coined the words "supplement grazing" for this radical new technique. And so **Hour Power** anabolic capsules have been designed to be taken once every hour. This assures that a steady supply of muscle building

"...people know immediately when they take Hot Stuff that this product is something beyond the ordinary."

"Hot Stuff continues to recreate itself with each succeeding generation of sports supplement research."

nutrients are constantly for the body to work with. The results have been nothing short of sensational. *In closing this interview, do you have any parting comments?*

Ciola. Yes, I certainly do. I would like to take a minute to say thank you to all of the people who have put their faith and trust in me and my company through the years. I will continue to do all in my power to see that such trust is never misplaced. And thank you for giving me the opportunity to tell our story.



If **Hot Stuff** is not available in your area, then you can use your credit card and order from us directly at 1-800-537-7671 or fax your order to 1-407-290-2788.



let me change the subject if I may. I saw one of your ads recently that said that Hot Stuff actually makes creatine work better. What's that all about?

Ciola. The recent popularity of creatine has been the only other supplement success story to rival that of **Hot Stuff**. Creatine, like **Hot Stuff**, is one of those rare supplements to come along that really

works. And just like **Hot Stuff**, it's been reflected by its sales.

Well, we got to asking ourselves one day, what would happen if someone were to take the two most powerful bodybuilding supplements in history at the same time? What we found out is that **Hot Stuff** and creatine become absolutely "explosive" when taken together! It's as if these two

works. In a sense, when someone uses **Hot Stuff** as their source of whey protein, it's like they're getting all of the other great supplements in **Hot Stuff** for free. Now in light of that, I don't know why anyone would choose to buy just a plain whey protein powder. Do you?

Well if what you are saying here is true, then yes, I would have to agree with you. But

And your **Hot Stuff** contains the same amount of whey protein per serving as these popular whey products? **Ciola.** That's right! The same amount of protein.

Well then, what about the cost comparison? **Ciola.** That's the really good part. **Hot Stuff** is priced comparably to all of the popular whey proteins,

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Triple xxx increases testosterone levels 3 ways! Testosterone is the most powerful! Anabolic muscle producing hormone found in the body! Triple XXX contains the newest anabolic on the market (Dihydroxyflavone)!

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5 MG DIHYDROXYFLAVONE newest hi-tech anabolic, design shifts weight and center of gravity aft, closer to your center line. This relocations improves balance and reduces the effort required to lift. Suddenly you're managing greater poundage with less effort. That translates into higher intensity workouts accomplished in a shorter time, in less space and with a greater margin of safety.

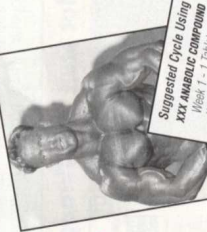
5 MG BORON (GLUCONATE) increases testosterone levels up to 200%. Boron is a safe and effective way of raising your testosterone level. Increased testosterone means faster muscle growth along with increased fat burning.

500 MG TRIBULUS TERRESTRIS Imported directly from Bulgaria, this anabolic is absolutely the best muscle and strength producing ingredient available. Test on healthy men show Testosterone levels significantly increased 30% or more in just 5 days.

50 MG ANDROSTENEDIONE European studies show that Androstenedione is converted to testosterone in the liver. Studies indicate boost in testosterone levels of 337%. Androstenedione is the True East German secret!

Triple XXX Compound could make all other anabolic supplements obsolete!

100% GUARANTEED RESULTS!



Suggested Cycle Using XXX ANABOLIC COMPOUND
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Week 2 - 2 Tablets
Week 3 - 2 Tablets
Week 4 - 2 Tablets
Week 5 - 3 Tablets
Week 6 - 2 Tablets
Week 7 - 2 Tablets
Week 8 - 1 Tablet
Week 9 - 1 Tablet

SAFE FOR ALL DRUG TESTING!!

Because of the potency of this product, it is recommended that it be used for more than nine weeks without a three-week off cycle.

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Grow Bigger, Stronger, Faster with a Genuine Gerard Trap Bar®

What Is It?

A genuine Gerard Trap Bar® is diamond-shaped. You stand inside of it. The design shifts weight and center of gravity aft, closer to your center line. This relocations improves balance and reduces the effort required to lift. Suddenly you're managing greater poundage with less effort. That translates into higher intensity workouts accomplished in a shorter time, in less space and with a greater margin of safety.

Who Needs It?

The genuine Gerard Trap Bar® works with deadlifts, deadlifts on blocks, stiff-legged deadlifts, upright rows, bent over shrugs, and overhead presses. When snugging a Trap Bar® eliminates contact between the upper thighs and the lower front torso. Wider range of motion puts dividends in greater muscle recruitment because you can stand more upright during deadlifts, the Trap Bar® minimizes strain on knees, lower back muscles and the spine.

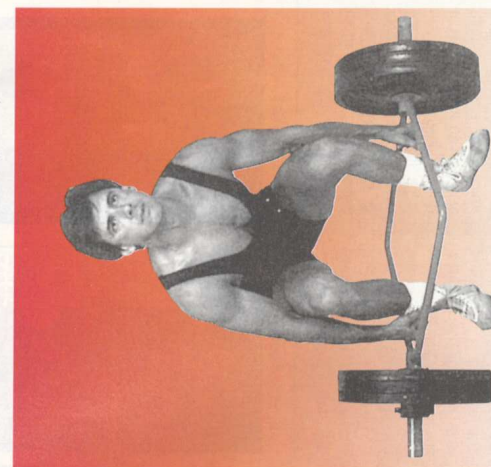
How Is It Different?

Since you're no longer fighting an imbalanced straight bar (that hasn't evolved a whit since the days of Hercules and Samson), you're immediately capable of lifting heavier weight. Because you reduce the risk of injury, time otherwise lost to recuperation is spent growing bigger and stronger. It's common sense. The sooner you commit to working out with a genuine Gerard Trap Bar®, the sooner you'll see the big results documented in Strength and Conditioning, HardGainer, IronMan and Power Lifting USA magazines, and in Stuart McRobbie and Paul Kellso's books.

Where Can You Get One?

Genuine Gerard Trap Bars® are US made, and are available to fit both Olympic and Exercise style plates. Cost for either model is just \$165 delivered (lower 48 states). Credit card and money orders ship the same day. Call toll free (888) 339-1877.

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Fig. 1

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

Fig. 2

*"Effects of free 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) promote 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 WPHs-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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RENEWTRIENT Growth Hormone Booster

It seems that once or twice a year, we announce a new breakthrough product that we have recently found out about. In the past, we were one of the first to announce DHEA, then came along Nor-Androstene, then Androdiol and 19 Nor-Androstene and now we have found Renewtrient.

To understand the full impact of Renewtrient you must first understand some things about a substance known as hGH (human Growth Hormone).

Human Growth Hormone (hGH) is a compound secreted by your pituitary gland in pulses during deep sleep or during exercise.

Up until age 21, hGH is abundant in the body and is largely responsible for muscle growth, bone growth, skin elasticity, increased energy, lower body fat levels, and increase sexual vigor. Once we have reached that point where we are no longer growing, hGH production begins slowing down. Around age 20 your pituitary produces about 1 mg. of hGH per day. In comparison, by age 40, hGH production drops to less than a 1/2 mg. per day.

Renewtrient is not hGH, but it can help you produce more natural hGH. Renewtrient is an orthomolecular compound that contains a chemical duplicate of a compound found naturally in every cell of the body. The quantity of this substance decreases as we age. The unfortunate part of this is that this substance is responsible for converting to Gamma Hydroxy Butyric Acid (GABA). Now GABA in turn is responsible for stimulating the pituitary gland to release natural hGH.

GABA was first synthesized in 1961 by Dr. Laborit in France. This finding was made while research was being done on GABA.

No other compound known to man has as many beneficial applications as GABA does. There are numerous laboratory and clinical investigations documenting its use in enhancing mental and physical health.

So I guess the bottom line question would have to be: What Can you Expect from Renewtrient?

Deep Rejuvenating Sleep - People who suffer from insomnia and other sleep disorders can use this as a non-toxic product

that really works. Restorative sleep naturally helps people function more effectively in the daytime. This effect is mainly due to a blockage of Dopamine release in the brain by GABA that is metabolized from Renewtrient.

Boosts Athletic Performance - Athletes report that Renewtrient greatly increases strength, muscle mass, endurance, and definition, while reducing bodyfat. They are also finding out that their body is recuperating faster than before.

Prosexual - Renewtrient exhibits prosexual effects in some by tactivity (sense of touch), stamina, and increasing the intensity of orgasms. Many people are now using Renewtrient instead of alcohol since it does not hinder performance, store up bodyfat, and does not cause that morning after hangover the following day.

Combats Aging - Many are reporting smoother younger looking skin, greater amounts of energy, a better sense of well being, and a lack of stress building up.

If any of these things interest you, Renewtrient is the answer. Renewtrient normally retails at \$120 for 30 ounces. **We now have it in stock for only \$65.00 per bottle.** Do not be fooled by all of the other supplements that promise growth hormone release, get the real deal... **Renewtrient.**

Androstene, Androdiol, & Nor-Androstene!!!!

If you haven't heard already, these 3 supplements are creating quite an uproar. Athletes everywhere want them (because they work) and organizations everywhere are attempting to ban them (because they work).

One of the biggest issues to come about has been the question over these 3 Prohormones safety. Many have attempted to classify these as steroids, but they are not anabolic or androgenic steroids. These are naturally occurring compounds that undergo a natural conversion in the body to highly active natural androgens, Testosterone and NorTestosterone.

The question then arises as to whether or not these prohormones

share the same abuse potential as classical anabolic/androgenic steroids. The answer is simply, **NO!** These substances have to undergo a conversion that is controlled by endogenous enzymes. These very enzymes that convert these substances have a finite capacity. In other words, there is only so much of these compounds that can be converted and there is nothing that can be done to convert anymore than what the body your body has set up a boundary in which you can manipulate your own natural hormone levels and they can not be increased through this method any higher than your body will allow. These prohormones are separate substance and what they do:

■ ANDROSTENE - This prohormone first gained recognition by the East Germans during the late 80's when they started using it on their Olympic lifters. Androstene will boost your testosterone levels 2-3 times above normal within an hour, but only last for about 6-10 hours after ingestion.

■ ANDRODIOL - This has the same action as Androstene except for 2 things. First it uses a totally different enzyme to be processed so you can bypass that shut off point. Secondly, it is actually about 3 times stronger than Androstene.

■ NOR-ANDROSTENE - This has a different reaction than either of the other 2 prohormones. Nor-Androstene converts into Nor-Testosterone or also known as androlone. Nandrolone naturally occurs in the body and is associated with more anabolic effects such as lean muscle gains.

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Each Capsule Contains:

- 100 mg. Androdiol
- 100 mg. Androstene

60 caps - \$30.00

GEN

19-NOR Androstenedione

Each Capsule Contains:

- 100 mg. 19-Nor Androstenedione
- 40 caps - \$26.00

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MEET DIRECTORS... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

3 OCT, Desert Lift-Off BP &or PL, Vin Century, Code 862500 NAWs, Chino-Lake, CA 93555, 760-939-2841
3 OCT, WEPOR Central USA Super-man Contest (BP, DL, Power Clean)
 Tyndall's Sports Center, 8736 E. 21st St., Indianapolis, IN 46219, 317-897-7556

3 OCT (new date), NAWs Wisconsin Regionals (Madison, WI), NAWs, BOX 735, Noble, OK 73068, 405-872-9684
3 OCT, Marshfield Area BP (teen, women, men, open, masters) Marshfield Area YMCA, 410 W. McMillan St., Marshfield, WI 54449, Mike Gillette, 715-384-9696

3 OCT, USAFL Northwest Women's Regional, Paula Houston, 6332 42nd Ave SW #5, Seattle, WA 98136, 206-936-4144
3 OCT, AAU North Carolina Raw Teen, Paul Bossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-353-1515, ext. 239 or Ben Zak 919-453-6116

3 OCT, 2nd Iron Moves Push/Pull Classic (Chiropr League, VA), Gayle Schreiner, 222 Estuary Dr., Virginia Beach, VA 23451, 757-481-6963
3 OCT, NAWs Northwest Regionals (Wash State), UJN/ASA, Box 735, Noble, OR 97368, 503-467-9999

3 OCT, APF/AAPF California State By-By (Gene Estrada, San Luis Obispo) By-Paper 209-439-4394
3 OCT, AAPF/ADF North American BP/DL (Baron, IL) Dr. Daniel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

3 OCT, APA Bay State Open BP/DL (MA - separate contest) APA, Box 27204, Elloben, FL 33927, 941-697-7962
4 OCT, USAFL Fitness Unlimited Bench Press Challenge (Royal Oak, MI) Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866

4 OCT, Iowa State BP/DL Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
4 OCT, APA Maine State BP/DL (separate contest) APA, Box 27204, Elloben, FL 33927, 941-697-7962

6-11 OCT, IPF World Masters Olympia, Mariposa, CA, 535-26220
9-11 OCT, WDFPF World Championships & Congress (Atlanta, GA - open, teen, jr, all masters) Troy Ford, 770-996-3418

10 OCT, Fall Strength Spectacular (BP, DL, Log Lift, Special Guest - Anihom/Clark/Powerhouse Gym, 913 N. Court, Medina, OH 44256, 330-792-7250 or 202-3030
10 OCT, CPU Men's Fall Classic & Women's Provincial Championship, Gabriel Feasting, 13470 Waterford Pl., Surrey, BC V3W 6V2, Canada, 604-594-3380

10 OCT, USAFL Wyoming State Open BP (Chyanne - open to out of state

Coming Events

Regionals (Denver, CO), NAWs, BOX 735, Noble, OK 73068, 405-872-9684
10 OCT (2nd new date), NAWs Texas Regionals (Dallas, TX), NAWs, BOX 735, Noble, OK 73068, 405-872-9684
10 OCT (new date), NAWs Iowa Regionals (Marshalltown, IA), NAWs, IJ) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

10 OCT, 2nd Potstovn Invitational Power Challenge (men & women, teen, master, submaster, team) Eugene Rychak Jr., 143-2nd Ave., Royersford, PA 19468, 610-948-7823
10-11 OCT, USAFL Ironman/Woman PL & BP Champs, Jim Thomas, 40 W. Northampton St., Wilkes-Barre, PA 18701, 717-779-5143

11 OCT, Tri-State Fall Classic VI BP and/or DL (open, novice, 13-16, 19, submaster, master, women) Kerry DiDomenico, 234 Alfred Dr., Wintonerville, OH 43953, 740-264-4805
11 OCT, APF Bench Bash for Cash II, Kiern Kilder, 116 W. Ocean Dunes Blvd., Daytona Beach, FL 32118, 904-238-3527

11 OCT, USAFL Dakota Open, Steve Howard, 2107 Arrow Ct., Rapid City, SD 57702, 605-348-4039
11 OCT, 13th Olympic Fitness Center Bench Press (teen, women, teen, master) Nancy & Terry Dangelfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

16-18 OCT, AAUWC World Championships (open, teen, jr., submaster, master - open/raw - open to drug lifters from all nations) AAU c/o Walt Dienera Vista, Box 10000, Lake Buena Vista, FL 32830, 407-814-708-9104

17 OCT, Bob Hojner/New Orleans WMA (open, Don O'Brien, Lee Circle WMA, 120 701, 504-501-9622, Orleans, LA 70130)
17 OCT, APF Tidal Wave BP, Body Bridge Fitness Center, 220, Butler Bridge Rd., Tisbury, DE 97391, Rich Lawrence, 410-336-5878

17 OCT, IPA Maryland State Corles Vets, Wilton Athletic Club, 11160 Vets, Wilton, MD 20902, 301-949-8805
17 OCT, USAFL Idaho Iron Challenge BP/DL (men, teen) Iron Works Gym, 1111 P.E.E. Dr., Nampa, ID 83651, 208-465-0532

17 OCT, Davon of the Champions (DL/BP/PL) PA, Box 30906, 706-790-3806, Avast, GA 30906
17 OCT, USPF Kansas State Region 8 Bench Press, Ed Horton, 2015 SW 79nd St., Topoka, KS 66619, 785-862-7900

17 OCT, PBA "Dug Free" To The Max BP Dan Harvie, Box 186, Proctorsville, VT 05153, 802-228-4756
17 OCT, 10th Indian Summer Pl. (novice, beginner, men, women, masters, teen - open/dug vested) Iron Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

17 OCT, Walker's Gym Bench Classic (teenage, open, women, master) Walker's Gym, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
17 OCT (new date), NAWs Colorado

Box 27204, Elloben, FL 33927, 941-697-7962, apa@ewol.com
24 OCT (new date), NAWs Kansas/Missouri Regionals (location tba), NAWs, BOX 735, Noble, OK 73068, 405-872-9684

24 OCT (new date), NAWs Big River Classic Regional PL/BP (open, women, teen, submaster, master) Dany & Toby Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, Danytoby@aol.com

24 OCT, Pasco Power Team's King of the Bench II (1/2 hr. north of Tampa) Rick Lawrence, 3248 Darlington Rd., Holiday, FL 34691, 813-942-7894 or Mike Marlin 863-2228

24 OCT, AAU Drug Tested Region 15 (youth, teen, women, open, raw, men, submasters, masters, cut off date: 9-15-98) Al Williamson, 800 N. Pishah Rd., Henderson, TN 38340, 901-989-0198
24 OCT (new date), 4th APF Wolverine Open (open, women, teen, jr., master, novice) Dan Defelice, 19641 Volland, Roselle, MI 48066, 810-294-7055 after 6pm

24 OCT, NAWs Wyoming Regional (Laramie) NAWs, Box 735, Noble, OK 73068
24 OCT, Tetonarene Showdown Curl/ BP/DL, Tim Piper, WUI, Brophy Hall, 2210, Micomb, IL 61455, 309-298-1781

24 OCT, Terra Haute Regional BP/DL Classic (Terra Haute, IN) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
24 OCT, APA NHC1 Push/Pull (out-side lifters welcome - 2 wks. advance notice - men, jr., submaster, master)



COMING USAPL EVENTS AT PRO FITNESS

— 1998 USAPL New Jersey State Powerlifting Championship. October 24, 25, 1998

Entry Deadline: October 10th, 1998

(Days Inn, Ledgewood, New Jersey, 973-347-5100)

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

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

Fred Latis, 1201 Main St., Fitchburg, MA, 01420, 978-343-6550.
24-25 OCT. USAPL New Jersey State, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.
24-25 OCT. AAU RAW 16th Central PA Open (1st 60/day - open, women, class I, teen, Jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
25 OCT (new date). CPA Quebec Championships P/L/BP, Marcel St. Laurent, 457 Thème Avenue Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466.
25 OCT. Chicago Open II BP/DL Classic (Mills, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5425.
31 OCT. USAPL Hudson Natural Open, Shaun Cain, 1040 192nd Ave., River Ridge, WI 54017, 715-246-3560.
31 OCT. The Monster Bench Classic and Night of the Living Deadlift, St. Louis, American Eagle Gym, 17128 Ferguson Blvd., Norwalk, CA 90660, 562-863-1308.
31 OCT. 1st City Bench Press, Barry Cochran, 428 Highland Rd., Cobourg, PA 15317, 724-745-1712.
31 OCT. Maxville Monster Bench Press (St. Louis) St. Louis, 7550 Old Third St., Rt. 1, Louisville, KY 40214, 502-375-1067.
31 OCT. (new director) AAU Missouri Valley Body Meet, Dave DuFrest, 6706 State Road J, Fulton, MO 65251, 573-642-9608.
31 OCT. 3rd/Robbie/Halloween Clas-

ic BP and/or DL (open, pure, natural, submaster, master, master natural, high school, beginners) Don Rothgry, 869 Salem Ave., Elyria, OH 44035 or Brian Rothgry 440-322-0888
31 OCT. Monster Bench Press/Return of the Living Deadlift, Kevin Meskow, 9235 Woodlake Ave., Athol, CA 91331, 818-899-7555.
31 OCT. Halloween Bench Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanide, NY 11572, 516-594-9014.
31 OCT. MDSA Halloween Bash, Darwin with Jacobson, Box 1031, Willmar, MN 56201.
30 OCT-1 NOV. IPA Senior Nationals (Holiday Inn Annapolis) Challeil's Gym, 3688 Old Silver Hill Rd., Suitland, MD 20746, 301-423-8888.
31 OCT-1 NOV. NASSA North Carolina Regionals (Hickory, NC), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
31 OCT-1 NOV (new date). NASSA Virginia Regionals (Charlottesville, VA), NASSA, Box 735, Noble, OK 73068, 405-872-9684.
31 OCT-1 NOV. APF Southwest USA, Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76053, 817-266-3488.
31 OCT-1 NOV. ANPPC Nationals (Tuscola, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5425.
31 OCT. APF Ohio State BP, Chris Baxter, 2734 Morris Ln., Lucasville, OH 43068, 719-253-5425.
1 NOV. USAPL & Power Gym Halloween Heroic BP (fill up, classes/divisions - Moose, PA) Joe Moczyguz, 203 W. Grove St., Taylor, PA 18517, 717-857-0000.

Iron Island Meets:
Special Squat & Bench Press Bar, & the Monolith NEW SCHEDULE - NOW IS THE TIME TO PREPARE!
Oct. 31, 1998 - APF Halloween Bench Classic
Feb. 20, 1999 - APF NY State Meet
Apr. 10, 1999 - APF Spring Bench Blast
Jun. 12, 1999 - APF Deadlift Classic
Oct. 30, 1999 - APF Halloween Bench Wars
Call Ralph at 516-594-9014 for information on these APF sanctioned meets.

717-562-3642 or Bob Granko 717-342-0668.
1 NOV. East Coast Pound for Pound Strength Contest (open, 35+, BP & SQ for reps, chins, dips) Mt. Olympus Gym, 196-11 Northern Blvd., Bayside, NY, 718-357-3533.
2 NOV. USAPL Longhorn Open, Austin Beckwith, 8216 Butleson Rd., Austin, TX 78744, 512-385-5420.
2-3 NOV. WPC World Bench Press Championships (Graz, Austria) Carl Smith, Schonaugaasse 22/7, A-8010 Graz, Austria, Tel/Fax +43 316-817683.
4-8 NOV. WPC World Powerlifting Championships (Graz, Austria) Carl Smith, Schonaugaasse 22/7, A-8010 Graz, Austria, Tel/Fax +43 316-817683.
6-8 NOV. (new date) IPBF Men's & Women's World Championships (Philadelphia, PA - no qualifying totals - open to all lifters worldwide - open, teen, Jr., submaster, master, drug tested - no formulas) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941, FAX 215-947-5729, rhk@bellatlantic.net
7 NOV. Lake Norman Bench Press (Mooreville, NC) 28115, Freddie Clarke, 704-662-3400.
7 NOV. Gold's Gym BP/DL (open,

master, women, novice, teen) Danny Dwyer, Gold's Gym, 4100 Hitch Blvd., Shesfield, AL 35660, 256-383-4653.
7 NOV. USPF Greater Buffalo BP/DL Championships (New location* - all classes) Mark Becht, 8723 Versailles Plank Rd., Angola, NY 14006, 716-549-3932.
7 NOV. 3rd USAPL Oklahoma State Open, Cheryl Auld, 10409 Glacis Dr., Yukon, OK 73099, 800-476-0036 or useplk@aol.com.
7 NOV. USAPL Central USA P/L/BP (Cape Girardeau, MO - open, master, men's novice & BP) Mike Cassell, 151 Lakeside Dr., Lake St. Louis, MO 63367, 314-561-1242 (8-10pm)
7 NOV. USAPL Michigan PL Championships (Detroit Metro area) Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866.
7 NOV. AAU/CPA Can-Am International DL/BP (Rutland, VT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@ewol.com
7 NOV. APF Pinetree State BP, Russ Barlow, RR #2 Box 126, Turner, ME 04282, 207-225-5070.
7 NOV. NASSA Cajun Classic (Lafayette, LA) NASSA, Box 735, Noble, OK 73068.
7 NOV. 2nd Meadville YMCA AAU Bench Press (open teen, top 3 raw, women-madler-teen hv/

NEBRASKA DRUG FREE POWERLIFTERS PRESENTS THE FOLLOWING USA POWERLIFTING EVENTS 1998
DEC 5, - POLICE AND FIRE FIGHTERS NATIONALS (INCLUDES CORRECTIONAL OFFICERS)(ALSO BP & DL)
DEC 6, - OMAHA YMCA OPEN POWERLIFTERS (ALSO BP & DL)
1999
FEB 26-28, - WOMEN'S NATIONALS
APR 17, - MIDWEST OPEN POWERLIFTS (INCLUDES BP & DL)
JUN 18-20, - MEN'S TEENAGE & JUNIOR NATIONALS
FOR MORE INFO: JAMES C. HART (402) 470-3672 FAX: (402) 470-3684 PO BOX 82264, LINCOLN, NE 68501

NASA, BOX 735, Noble, OK 73068, 405-872-9684.
8 NOV. 2nd Annual "Big Boys" BP/DL Classic (Anchorage, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5425.
10-15 NOV. IPF Men's Worlds (Cherkasy, Ukraine)
13-15 NOV. WABDL World BP/DL Championships (Portland, OR) Gus W. Smith, Box 5292, Bend, OR 97708, 503-538-0600.
14 NOV. USAPL Michigan Bench Press Championships (Three Rivers, MI) John Stroupe, 301 CR 16 West, Tawas, FL 33604, 813-930-2855.
14 NOV. 1st Inner City Bench Press Championships (Chicago, IL) Rob Melnick, 6910 N. Lake Ave., Chicago, IL 60642, 773-253-5425.
14 NOV. Southern States BP/DL (men: novice, teen, submaster, women: novice, teen, submaster, master) Those by bar enforcement needed) The Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324.
14 NOV. USA 2nd Annual Drug Free Judgement Day/Edipe 2000 Bench Press, Joe Luciano, Fitness Director, Greater Scranton YMCA, 706 N. Blakey St., Dunmore, PA 8512, 717-342-8115 ext 230.
14 NOV. Iowa/Midwest Open Bench Press or Deadlift (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Okaloosa, IA 52577, 515-673-5240 or hammers@kds.net
14 NOV (final date) USAPL Dungen Powerworks Fall Push-Pull Classic (3 Rivers, MI) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-

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As Low As \$17.00 Depending on Quantity

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2nd Annual Westside Barbell Invitational February 6th & 7th, 1999

For Each Class Winner \$ 300

For Meet Info Call 614-276-0923

QUALIFYING TOTALS

114	123	132	148	165	181	198	220	242	275	308	SHW
900	1000	1100	1350	1530	1600	1700	1810	1870	1910	1940	2000

Highlights: IPA/APF Sanctioned * International Referees * Okie Squat & Deadlift Bars * Kilogram Plates Women Top 5 By Coefficient * 3 Monolifts * T-Shirt For All Competitors * Meet Taped By Ricky Crain Powerlifting USA Coverage By Herb Glosbrenner * Holiday Inn Hotel Reservations call 614-771-8999

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 October 17, 1998
Ironmasters Gym USA, Ludlow, Vermont
 1st thru 3rd / Great Awards / All Weight Classes
 MEN'S and WOMEN'S
 Open/Submasters/Masters/Grand Masters
 Teenage (14-16) and Teenage (17-18)
 *Best Lifter Men's Open, 1st \$300, 2nd \$150, 3rd \$75
 *Best Lifter Women's Open, 1st \$300, 2nd \$150, 3rd \$75
ENTRY DEADLINE October 2nd, 1998 / NO LATE ENTRIES

Send SASE to:
 Dan C. Harvie, PO Box 186, Proctorsville, VT 05153
 802-228-4766 / leave message w/ full name/address/tele#

6683.
14 NOV. Brian's Gym Bench Fest, State (Alabama), GA/WNPF, Box 149247, Fayetteville, GA 30214, 770-996-3418, 35986, 256-638-7232.
14 NOV. NWSA South Carolina Regional (Clemson), NWSA, Box 735, Georgia Mountain Classic PL/BP/DL (open/rw, male/female, open, teen, Jr., submaster, master) Pete Bouchard, Box 581, Oakwood, GA 30566, 770-538-3508.
14 NOV. (new date), NWSA West Virginia Regional PL/BP/PS (Ravenswood, WV), Greg Van House, Box 58, Millwood, WV 25262, 304-273-2283, gvh@emvww.com.
14 NOV. (new date), AAU North Carolina State Press (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 919-453-6116.
14 NOV. (new date), WNPF Georgia State (Alabama), GA/WNPF, Box 149247, Fayetteville, GA 30214, 770-996-3418, 35986, 256-638-7232.
14 NOV. NWSA South Carolina Regional (Clemson), NWSA, Box 735, Georgia Mountain Classic PL/BP/DL (open/rw, male/female, open, teen, Jr., submaster, master) Pete Bouchard, Box 581, Oakwood, GA 30566, 770-538-3508.
14 NOV. 14th Eastern American Bench Press (open, master, women, rookies), 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633.
14 NOV. (new date), USAPL Eastern Regional BP (open, Jr., master) & Iron Man/Woman (BP & DL - open, BMI Holiday Inn) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264.
14 NOV. MDSA Jake & Jenny's Gym Classic, Darwin Jacobson, Box 1031, 919-453-6116.

Willmar, MN 56201.
14, 15 NOV. NASS Strength Championships, Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-847-6082.
15 NOV. APF/AAPF Northeastern Bench Press Championships (open, master, teenage, women) Mike Donick, World Gym, Rt. 50, Saratoga Springs, NY 12866, 518-584-5004.
21 NOV. (new date), AAU S. Jersey Open BP/DL & NJ State BP/DL (raw, assisted), Tony Garreffo, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
21 NOV. Minot Family YMCA BP, Boyd Strand, Minot Family YMCA, 105 1st St. SE, Minot, ND 58701, 701-852-0141.
21 NOV. Bayou Bash IV Bench Press, Russel Jackson Jr., 405 Queen Anne Dr., Shiloh, LA 70460, 504-646-2529
21 NOV. USAPL SE Alaska Meet, Ira Rosen, 4414 Mint Way, Juneau, AK 99801, 907-789-1491.
21 NOV. UNPL Idaho/State Open, Bill Davis, 538 Hiawatha, Pocatello, ID 83204, 208-233-7115.
21 NOV. MDSA Florida Regional (Lake City), NWSA, Box 735, Noble, OK 73068, 909-928-4797.
21 NOV. APA Texas State PL/Lone Star BP/DL Deer Park, TX/NPA, Box 27704, El Jobean, FL 33927, 941-667-7942.
21 NOV. USA "RAW" Bench Press Federati, Grand Nationals (Male, Female, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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 USA, Canada, Brazil, Bahamas, Ecuador, India, Puerto Rico, Guatemala & China

Tickets are \$10.00 for each event
 For more information please call
770-996-3418
 WNPF National Office
 (Lifters have qualified previously for both events)

6 DEC. USAPL Omaha YMCA Open PL, BP, DL, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
6 DEC. USAPL Delaware State/BP/DL Hem Bench Press (Burke's Gym, Dover, DE) John Cashner, 120 Shinnecock Rd., Dover, DE 19904, 302-674-4706 or John 302-674-8321
6 DEC. NASS 1st Powerlifting Championships (not open, master, teen, women, no gear bench press) Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-847-6082.
6 DEC. USAPL Colorado State Open (Denver) Andrea Sorvelli, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
11-13 DEC. IFF World Bench Press (Amberg, Germany)
12 DEC. USA Wood's 1st Annual BP/DL Christmas Classic (Harrisburg, PA) Terry Grimswood, 717 Market St., 4399, Lemoyne, PA 17043, 717-957-3101, or Jim Templeton 717-730-8700.
12 DEC. Noruich YMCA Meet (women, teen, master, open) Bill Lyons or Tom Renoir, Noruich Family YMCA, 68 N. Broad St., Noruich, NY 13815, 607-336-9622.
12 DEC. 3rd USAPL Palmetto Classic PL/BP (drug tested, women/men open, junior, master, class II and below - Classification Open & Omnitrition Open) Chris McQuay, Box 447, Pittsburg, KS 66762, 316-235-0462
9 JAN. Budweiser Bob Dempsey Memorial Bench Press Open, Bob Moore, 6020 Innsbruck, Tel/FAX +43-512-575808
12 DEC. APF/AAPF "The Meet" International Record Breakers/High School (Riverside Dr., Bethany, OK) 73008, 405-787-0001.
12 DEC. NWSA West Texas Regional (Amarillo) NWSA, Box 735, Noble, OK 73068.
12 DEC. 11th CBPL Elkhart Bench Press Classic (all divisions plus novice) John Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.
12 DEC. Christmas BP Classic, John Shillitt, Box 941, Stanardsville, VA 22973, 804-985-9932.
12 DEC. APA East Coast Open BP/ APA, Box 27204, El Jobean, FL 33927, 941-697-7962.
12 DEC. NWSA Georgia Regional (Carrollton) GAINASA, Box 734, Noble, OK 73068.
13 DEC. River Valley Bench Press, John Comeraki, Box 401, Breesport, NY 14816, 607-739-7322.
13 DEC. Internat. Austrian Prix

PL, Peter Pecos, Andrews Hofer
 Str. 38, A-6020 Innsbruck, Tel/FAX +43-512-575808
13 DEC. (new date) AAU RAW 7th Coal Country BP/DL (Individual events - open, women) 304 Drummer, Clearfield, PA 16830, 814-765-9214.
13 DEC. Christmas For The Kids BP/DL Classic (Mattson, IL) Derrill Larch, 126 W. Sake, Tuscola, IL 61953, 217-253-5429.
19 DEC. NASS East Texas Regional (Kilgore) NWSA, Box 735, Noble, OK 73068.
19 DEC. NWSA Oklahoma Regional (Noble) NWSA, Box 735, Noble, OK 73068.
19 DEC. MDSA Northern Nationals 1031, Willmar, MN 56201
19 DEC. APA Southeastern States BP/DL (Palm Bay, FL) South East States, 19 Dec, 1998, 407-697-7962.
19 DEC. AAU Winter Classic Deadlift (Carrollton, CA) Chris Kostas, 1438 Arcone St., Simi Valley, CA 93065, 805-582-4848.
3 JAN. Asphalt Green New Year's Classic, George Bardis, 555 E. 90th St., New York, NY 10128, 212-369-8990 ext. 243.
9 JAN. AAU Kansas State Raw & Omnitrition Open & Omnitrition Open, Chris McQuay, Box 447, Pittsburg, KS 66762, 316-235-0462
9 JAN. Budweiser Bob Dempsey Memorial Bench Press Open, Bob Moore, 6020 Innsbruck, Tel/FAX +43-512-575808
4 Indian Rd., Norton, MA 02766, 508-285-6759.
16 JAN. AAUJPC SJ Open (raw & assisted, all div. s.) Worestown Health & Fitness, 304 R. J. Worestown, NJ 00875, Phil Battaglia, 609-660-9770.
17 JAN. AAU River Roads I PL, Paul Bossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-333-1515, ext. 239 or Ben Zak 919-453-6116.
17 JAN. 99, NASS Courtown DL (open, teen, master, women) Bill Holland, 300 W. Northern St., Saginaw, TX 76179, 817-847-6082.
30 JAN. NWSA Bench Press Nationals, (Springfield, IL) NWSA, Box 735, Noble, OK 73068
30/31 JAN. 4th Bench Press & Powerlifting Conference, C.J. Batten, 28884 Highland Rd., Romulus, MI 48174, 800-233-1591, cbatten@battencorp.com
31 JAN. NWSA Power Sports Nationals (Springfield, IL) NWSA, Box 735, Noble, OK 73068
6 FEB. USAPL Sports Fest 99, Cheryl Auld, 10409 Glasow Dr., Yukon, OK 73099, 800-476-0036 or usapl@ok@aol.com
6 FEB. AAU Cumbuck Classic PL/BP, Ben Zak, Box 978, Grandy, NC 27939, 919-453-6116.
6 FEB. MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201.
6 FEB. 2nd Annual Westside Barbell/Innuitual, Westside Barbell, 1417 Demonster Rd., Columbus, OH 43228, 614-276-0923.
6 FEB. USAPL Budweiser New England States (men & women open, submaster, master, collegiate) H. Waldron, 8 Harrison Ave., Taunton, MA 02780, 508-822-2777 8-10pm or 823-6164 ext. 680.
6,7 FEB. USAPL American Open

(men only). B&W Gym, 5920 N. Williams, Chicago, IL 60660, 773-567-6929.
13 FEB. USAFL Superstern U.S. (open, men, jr., submaster, master) (win/runner deadline) Mike Bend, Box 26, 95-26 West, Iron Works, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.
20 FEB. 3rd WLU Open BP/DL/TM, Macomb, IL 61455, 309-298-1781.
20 FEB. APF New York State Meet, Iron Island Gym, 3465 Lawson Beach, Macomb, NY 11570, 516-594-9014.
20 FEB. 2nd U.S.A. Judgement Day BP/DL, Todd Mountain, 499 Spruce St., Suite 13, St. Marys, PA 15857, 814-834-9222.
20-21 FEB. AAU Maryland State (men/women, rousified) all age groups - Kent Island (H.S.) Sports Tshontikiditis, 315 Irene Way, Stevensville, MD 21666, 410-643-9520.
26 FEB. USAFL 2nd Bill Beckwith Memorial BP and/or DL, Wayland, MI 48066, 916-523-4031.
26 FEB. 6th Grand Junction, MI 49056, 616-523-4031.
26-28 FEB. 999 (special dates) USAFL Women's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.
26-28 FEB. NASSA National Nationals (OK, OK) NASA, Box 735,

13-14 MAR, APF/AAPF Oklahoma State Open BP/DL (OK, OK) Eddie Vaughn, 4013 N. Riverside Dr., Bethany, OK 73008, 405-787-0001.
3-4 APR. Biudwieser World Record Brokers BP/DL (Double Tree Hotel - Tri Cities/Fasco, WA) Gus Rethuich, Box 5292, Bend, OR 97708, 541-389-0600.
9-11 APR. NASSA High School Nationals (Dallas, TX) NASSA, Box 735, Nobles, OK 73068.
9-11 APR. AAUPC Drug Free Men's and Women's Sr. Nationals & 2nd Disney AAUPC Drug Free International Invitational (raw/assisted, open, teen, jr., submaster, master, men & women, all age groups) Tom Trevorch (FL)
10 APR. 7th Dungen Powerworks Slam Bench & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constance, MI 49042, 616-435-7586.
10 APR. APF Spring Bench Blast, Iron Island Gym, 3465 Lawson Beach, Oceanside, NY 11570, 516-594-9014.
10-11 APR. USPF Virginia State & High School Championships (Chincoteague, VA) Gayle Schroeder, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963.
11 APR. USAFL Power Gym, All American BP (all out, classes/dl, 3/5) Joe Moejnyans, 205 W. Grove St., Taylor, PA 18517, 717-562-3642 or Bob Gronko 717-342-0668.
11 APR. USAFL Mid-America BP/DL (open, jr., teen, master, 2 man DL) Mike Cassell, 15 Lakeside Dr., Severna Park, MD 63867, 341-561-1242.
17 APR. USAFL Midwest Open PL, BP, DL, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.
17 APR. AAU New Hampshire State Drug Free, Rob Dion, 80 S. Main St., Concord, NH 03301, 225-0034.
24 APR. 1st AAFL Boaratorn Open Powerlifting & Bench Press (DN) Tested by uniaxialists - men, women, open, teen, junior, submaster, master, jr., teen, jr., submaster, master) Dan DeFelle, 19641 Voland, Roselle, MI 48066, 810-294-7055 after 6pm only.
26-28 JUN. (NEW DATE) USAFL Teeny Jr. Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.
19 JUN. USAFL Sooner State Games, Cheryl Ald, 30409 Glascoo Dr., Yukon, OK 73099, 800-476-0036 or iscpid@okstate.com
19-20 JUN. WABDL National Deadlift & National Bench Press Championships (Ironing, TX) Gus Rethuich, Box 5292, Bend, OR 97708, 541-389-0600 or Kenny Anderson 972-404-9396.
19 JUN. International Bararia Cup Deadlift (women, men, jr., master, team) Karl Greiner, Flursch, 25, 84052 Landsbut, Germany, 0871-77575.
26 JUN. Mountaineer Cup Powerlifting Competition, Nick Beck, Mountaineer Race Track & Gaming Resort, Rt. 2, 38910, Chester, WV 26034, 304-389-0600.
27 JUN. Mountaineer Open, National Masters/Submasters, National Men & Women, teen, AFA West Virginia State Open Women, Mountaineer Race Track & Gaming Resort, Altin, Nick Busck, Irene Way, Stevensville, MD

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20 MAR. 10th Cabin Fever DL Contest (open, drug tested, men, women, teen, masters, beginners) Smokers Iron Works, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.
20-21 MAR. AAU Great Lakes Open, PA 16506, 814-833-3727.
20-21 MAR. AAU Erie County (PA) Closed PL, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
21 MAR. AAUPC East Coast BP/DL (raw & assisted, all div.s.) Tony Garreff, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
27 MAR. 2nd Hawaii AAU "Raw" State Meet (national judges) Keith Ward, Box 654, Waiananalo, HI 96795, 808-259-5299, fax 808-259-8700.
27 MAR. 1st APF Michigan State BP/DL (men/women, open, teen, jr., submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-389-0423.
27-28 MAR. AAU Southeastern/3rd Annual Frank Kostop Memorial, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-667-6266.
27-28 MAR. USAFL Collegiate Nationals, Mike & Monique Hardie, Box 456-8485, 112223, Ft. Wayne, IN 46863, 402-456-8485.
13-14 MAR. USAFL Massachusetts State Open High School, H. Waldron, 41, 857, Wainwright Ave, Wainmanalo, HI 96820, 808-259-5700.

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 20-21 MAR, AAU Great Lakes Open, PA 16506, 814-833-3727.
 20-21 MAR, AAU Erie County (PA) Closed PL, Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
 21 MAR, AAUPC East Coast BP/DL (raw & assisted, all div.s.) Tony Garreff, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.
 27 MAR, 2nd Hawaii AAU "Raw" State Meet (national judges) Keith Ward, Box 654, Waiananalo, HI 96795, 808-259-5299, fax 808-259-8700.
 27 MAR, 1st APF Michigan State BP/DL (men/women, open, teen, jr., submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-389-0423.
 27-28 MAR, AAU Southeastern/3rd Annual Frank Kostop Memorial, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-667-6266.
 27-28 MAR, USAFL Collegiate Nationals, Mike & Monique Hardie, Box 456-8485, 112223, Ft. Wayne, IN 46863, 402-456-8485.
 13-14 MAR, USAFL Massachusetts State Open High School, H. Waldron, 41, 857, Wainwright Ave, Wainmanalo, HI 96820, 808-259-5700.

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 13-14 MAR, USAFL Massachusetts State Open High School, H. Waldron, 41,

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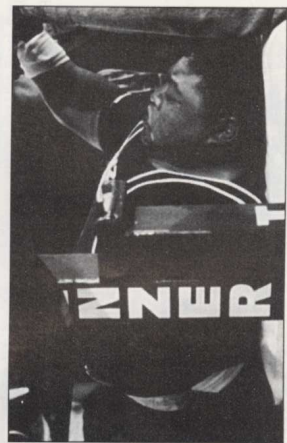
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 chest _____ arm _____

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(limited availability)

- Inzer Intensity** - multi-color deadlift design \$10.00

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VIDEOS

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



Marcus Wynn squatting on record
official 507 lb. Teen-American record
at the Great Plains Open. (Piper)

USAPI Great Plains Open
1 Aug 98 - Macomb, IL (kg)

WOMEN		MEN	
132 lbs.	125	181 lbs.	175
145 lbs.	125	205 lbs.	175
165 lbs.	125	225 lbs.	175
185 lbs.	125	245 lbs.	175
205 lbs.	125	265 lbs.	175
225 lbs.	125	285 lbs.	175
245 lbs.	125	305 lbs.	175
265 lbs.	125	325 lbs.	175
285 lbs.	125	345 lbs.	175
305 lbs.	125	365 lbs.	175
325 lbs.	125	385 lbs.	175
345 lbs.	125	405 lbs.	175
365 lbs.	125	425 lbs.	175
385 lbs.	125	445 lbs.	175
405 lbs.	125	465 lbs.	175
425 lbs.	125	485 lbs.	175
445 lbs.	125	505 lbs.	175
465 lbs.	125	525 lbs.	175
485 lbs.	125	545 lbs.	175
505 lbs.	125	565 lbs.	175
525 lbs.	125	585 lbs.	175
545 lbs.	125	605 lbs.	175
565 lbs.	125	625 lbs.	175
585 lbs.	125	645 lbs.	175
605 lbs.	125	665 lbs.	175
625 lbs.	125	685 lbs.	175
645 lbs.	125	705 lbs.	175
665 lbs.	125	725 lbs.	175
685 lbs.	125	745 lbs.	175
705 lbs.	125	765 lbs.	175
725 lbs.	125	785 lbs.	175
745 lbs.	125	805 lbs.	175
765 lbs.	125	825 lbs.	175
785 lbs.	125	845 lbs.	175
805 lbs.	125	865 lbs.	175
825 lbs.	125	885 lbs.	175
845 lbs.	125	905 lbs.	175
865 lbs.	125	925 lbs.	175
885 lbs.	125	945 lbs.	175
905 lbs.	125	965 lbs.	175
925 lbs.	125	985 lbs.	175
945 lbs.	125	1005 lbs.	175

WAR AT THE SHORE NOTICE
This notice is for all lifters who participated in the July 4th War at the Shore Bench / Deadlift meet. We have attempted to resolve the problems that occurred with the meet director, but have not received a satisfactory response. Therefore, we are engaging the services of an attorney to resolve the problems that took place. It has always been the attitude of the AAUPC that the lifter comes first. When a meet director does not keep his word or acts in a manner that is not in the best interest of the lifters, then we will take reasonable action to correct the situation. To this end, we ask that those lifters, who have not already done so, please send us your name, address, phone, fax number, the correct award you should have received, and what you actually did receive. Also advise if you bought an AAU membership card, and whether you paid cash or check. If anyone cashed an AAU check, please advise us of that and include a copy of the canceled check. Together, we will get this resolved. Please send the information to Joe Pava, AAUPC National Chairman, 25 Louis Drive, Budd Lake, NJ 07828. Thank you for your support and for working with us.

Jumpin' Jersey Joe

60	40	85	185	K. Hazlett	250	177.5	227.5	655
110	62.5	107.5	280	L. Lomax	217.5	142.5	227.5	592.5
132	80	137.5	327.5	R. Horngs	214.5	145	215	572.5
155	82.5	115	250	280	177.5	280	737.5	
165	85	165	410	197.5	123.5	222.5	572.5	
177.5	85	177.5	70	310	217.5	172.5	215	605
185	85	185	310	275	310	202.5	265	777.5
195	85	195	310	275	310	202.5	265	777.5
205	85	205	310	275	310	202.5	265	777.5
215	85	215	310	275	310	202.5	265	777.5
225	85	225	310	275	310	202.5	265	777.5
235	85	235	310	275	310	202.5	265	777.5
245	85	245	310	275	310	202.5	265	777.5
255	85	255	310	275	310	202.5	265	777.5
265	85	265	310	275	310	202.5	265	777.5
275	85	275	310	275	310	202.5	265	777.5
285	85	285	310	275	310	202.5	265	777.5
295	85	295	310	275	310	202.5	265	777.5
305	85	305	310	275	310	202.5	265	777.5
315	85	315	310	275	310	202.5	265	777.5
325	85	325	310	275	310	202.5	265	777.5
335	85	335	310	275	310	202.5	265	777.5
345	85	345	310	275	310	202.5	265	777.5
355	85	355	310	275	310	202.5	265	777.5
365	85	365	310	275	310	202.5	265	777.5
375	85	375	310	275	310	202.5	265	777.5
385	85	385	310	275	310	202.5	265	777.5
395	85	395	310	275	310	202.5	265	777.5
405	85	405	310	275	310	202.5	265	777.5
415	85	415	310	275	310	202.5	265	777.5
425	85	425	310	275	310	202.5	265	777.5
435	85	435	310	275	310	202.5	265	777.5
445	85	445	310	275	310	202.5	265	777.5
455	85	455	310	275	310	202.5	265	777.5
465	85	465	310	275	310	202.5	265	777.5
475	85	475	310	275	310	202.5	265	777.5
485	85	485	310	275	310	202.5	265	777.5
495	85	495	310	275	310	202.5	265	777.5
505	85	505	310	275	310	202.5	265	777.5
515	85	515	310	275	310	202.5	265	777.5
525	85	525	310	275	310	202.5	265	777.5
535	85	535	310	275	310	202.5	265	777.5
545	85	545	310	275	310	202.5	265	777.5
555	85	555	310	275	310	202.5	265	777.5
565	85	565	310	275	310	202.5	265	777.5
575	85	575	310	275	310	202.5	265	777.5
585	85	585	310	275	310	202.5	265	777.5
595	85	595	310	275	310	202.5	265	777.5
605	85	605	310	275	310	202.5	265	777.5

Biggest Bench on the River
18 Jul 98 - New Roads, LA

148 lbs.	315	R. Jewell-52	290
165 lbs.	330	N. Simmons-61	250
181 lbs.	330	T. Garrett-53	405
195 lbs.	330	F. Rhoads-49	185
211 lbs.	330	M. Poirchou-16	135
227 lbs.	330	T. S. Romah-16	115
243 lbs.	330	M. Poirchou-16	165
259 lbs.	330	T. S. Romah-16	200
275 lbs.	330	J. Stymore-18	215
291 lbs.	330	M. Mueser-17	185
307 lbs.	330	J. Messer-17	230
323 lbs.	330	J. Comardelle-17	285
339 lbs.	330	S. Rhoads-45	205
355 lbs.	330	S. Steadfast-15	205
371 lbs.	330	S. Steadfast-15	205
387 lbs.	330	S. Steadfast-15	205
403 lbs.	330	S. Steadfast-15	205
419 lbs.	330	S. Steadfast-15	205
435 lbs.	330	S. Steadfast-15	205
451 lbs.	330	S. Steadfast-15	205
467 lbs.	330	S. Steadfast-15	205
483 lbs.	330	S. Steadfast-15	205
499 lbs.	330	S. Steadfast-15	205
515 lbs.	330	S. Steadfast-15	205
531 lbs.	330	S. Steadfast-15	205
547 lbs.	330	S. Steadfast-15	205
563 lbs.	330	S. Steadfast-15	205
579 lbs.	330	S. Steadfast-15	205
595 lbs.	330	S. Steadfast-15	205
611 lbs.	330	S. Steadfast-15	205
627 lbs.	330	S. Steadfast-15	205
643 lbs.	330	S. Steadfast-15	205
659 lbs.	330	S. Steadfast-15	205
675 lbs.	330	S. Steadfast-15	205
691 lbs.	330	S. Steadfast-15	205
707 lbs.	330	S. Steadfast-15	205
723 lbs.	330	S. Steadfast-15	205
739 lbs.	330	S. Steadfast-15	205
755 lbs.	330	S. Steadfast-15	205
771 lbs.	330	S. Steadfast-15	205
787 lbs.	330	S. Steadfast-15	205
803 lbs.	330	S. Steadfast-15	205
819 lbs.	330	S. Steadfast-15	205
835 lbs.	330	S. Steadfast-15	205
851 lbs.	330	S. Steadfast-15	205
867 lbs.	330	S. Steadfast-15	205
883 lbs.	330	S. Steadfast-15	205
899 lbs.	330	S. Steadfast-15	205
915 lbs.	330	S. Steadfast-15	205
931 lbs.	330	S. Steadfast-15	205
947 lbs.	330	S. Steadfast-15	205
963 lbs.	330	S. Steadfast-15	205
979 lbs.	330	S. Steadfast-15	205
995 lbs.	330	S. Steadfast-15	205
1011 lbs.	330	S. Steadfast-15	205
1027 lbs.	330	S. Steadfast-15	205
1043 lbs.	330	S. Steadfast-15	205
1059 lbs.	330	S. Steadfast-15	205
1075 lbs.	330	S. Steadfast-15	205
1091 lbs.	330	S. Steadfast-15	205
1107 lbs.	330	S. Steadfast-15	205
1123 lbs.	330	S. Steadfast-15	205
1139 lbs.	330	S. Steadfast-15	205
1155 lbs.	330	S. Steadfast-15	205
1171 lbs.	330	S. Steadfast-15	205
1187 lbs.	330	S. Steadfast-15	205
1203 lbs.	330	S. Steadfast-15	205
1219 lbs.	330	S. Steadfast-15	205
1235 lbs.	330	S. Steadfast-15	205
1251 lbs.	330	S. Steadfast-15	205
1267 lbs.	330	S. Steadfast-15	205
1283 lbs.	330	S. Steadfast-15	205
1299 lbs.	330	S. Steadfast-15	205
1315 lbs.	330	S. Steadfast-15	205
1331 lbs.	330	S. Steadfast-15	205
1347 lbs.	330	S. Steadfast-15	205
1363 lbs.	330	S. Steadfast-15	205
1379 lbs.	330	S. Steadfast-15	205
1395 lbs.	330	S. Steadfast-15	205
1411 lbs.	330	S. Steadfast-15	205
1427 lbs.	330	S. Steadfast-15	205
1443 lbs.	330	S. Steadfast-15	205
1459 lbs.	330	S. Steadfast-15	205
1475 lbs.	330	S. Steadfast-15	205
1491 lbs.	330	S. Steadfast-15	205
1507 lbs.	330	S. Steadfast-15	205
1523 lbs.	330	S. Steadfast-15	205
1539 lbs.	330	S. Steadfast-15	205
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1571 lbs.	330	S. Steadfast-15	205
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1603 lbs.	330	S. Steadfast-15	205
1619 lbs.	330	S. Steadfast-15	205
1635 lbs.	330	S. Steadfast-15	205
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1763 lbs.	330	S. Steadfast-15	205
1779 lbs.	330	S. Steadfast-15	205
1795 lbs.	330	S. Steadfast-15	205
1811 lbs.	330	S. Steadfast-15	205
1827 lbs.	330	S. Steadfast-15	205
1843 lbs.	330	S. Steadfast-15	205
1859 lbs.	330	S. Steadfast-15	205
1875 lbs.	330	S. Steadfast-15	205
1891 lbs.	330	S. Steadfast-15	205



Lee Roy Banks locks out 415 at the Midwest USA BP meet. (Latch)

725 lbs. Women's masters: Paul Riffe, 142 lbs. (Thank you to Green Genetics for providing results)

Bay Health Bench Press Open
16 May 98 - Milford, DE

Teen (14-16)	245	M. Haffid-185	255
B. Miller-198	150	R. Haffid-185	255
D. Miller-198	150	R. Haffid-185	255
J. Anstot-137	235	R. Skimee-228	365
D. Roberts-167	230	L. Schiano-178	260
J. Anstot-137	235	R. Skimee-228	365
D. Roberts-167	230	L. Schiano-178	260
J. Anstot-137	235	R. Skimee-228	365
D. Roberts-167	230	L. Schiano-178	260
J. Anstot-137	235	R. Skimee-228	365
D. Roberts-167	230	L. Schiano-178	260

Lancaster YMCA BP/DL
16 May 98 - Lancaster, PA

BENCH	340	P. Sanchez
WOMEN	115	B. Nachway
B. Hickey	115	TEAMS
S. Mason	145	Sunnary
E. Torres	125	Lancaster YMCA 2nd
S. Ralinger	165	WOMEN
MEN	325	132 lb. Am.
D. DeWalt	365	B. Hickey
D. DeWalt	365	E. Torres
C. Welch	275	M. Brown
J. Prick	245	148 lb. Am.
J. Prick	245	148 lb. Am.
J. Prick	245	148 lb. Am.
J. Prick	245	148 lb. Am.
J. Prick	245	148 lb. Am.

Midwest USA BP Championships
18 Jul 98 - Tuscola, IL

181 lbs.	148 Raw	500	360	500	1360
L. Banks	330*	530	330	570	1430
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325
D. Newman	410*	485	335	555	1325

AAU Mass State
11 Jul 98 - Quincy, MA

WOMEN	300 GRM	\$15.00
Master Raw 97	1000 GRM	\$37.00
105 Open	2000 GRM	\$68.00
S. Conca	20 PK	\$36
	60 PK	\$107

Reflections
Recently, Bull Stewart chose to lift in an AAU meet to qualify for the AAU Senior Nationals. This has caused concern among some, questioning our DRUGFREE philosophy and practices, since Bull has allegedly failed a drug test in another organization. First, let me remind you that Bull, like yourself, is blessed with being an AMERICAN and is protected just the same as you under the venue "INNO-CENT UNTIL PROVEN GUILTY". Bull has NOT failed a drug test under the AAUJC and therefore is entitled to compete. We cannot, for legal reasons, take the results of another organization into account when dealing with any lifter, any more than they can consider our drug testing results.

For the record, Bull allegedly failed for taking, without knowing the consequences, an over the counter supplement in the Noradrostene group of related products. His T/E ratio did not exceed 6:1. My wife, he thought that if the product was legal to buy it must be legal to use and like many was unaware of the results these products produce. He did take a second test, in 6 days, and passed it, as well as a third test, all within five weeks, thus proving that it was

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Brett A. 440 B.P. Teen
Sabine S. 205 B.P. at 115 lbs.

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Change of Pace... Bull Stewart recently competed in Gus Rethwisch's Northwest Strongest Man Competition. (B. Baertlein)

and that they may have serious health problems effects. We in the AAUJC are not vigilantes and do not hold witch hunts. We are against the dedicated drug user, who knowingly ingests banned substances, in particular, anabolic steroids, to gain an advantage and who attempts to lift in our competitions. We are not here to crucify or stay away from those banned supplements. Spend your money on a good steak instead. *Jumpin' Jersey Joe*

(Originally written March 26, 1998)



Change of Pace... Bull Stewart recently competed in Gus Rethwisch's Northwest Strongest Man Competition. (B. Baertlein)

REFLECTIONS
Recently, Bull Stewart chose to lift in an AAU meet to qualify for the AAU Senior Nationals. This has caused concern among some, questioning our DRUGFREE philosophy and practices, since Bull has allegedly failed a drug test in another organization. First, let me remind you that Bull, like yourself, is blessed with being an AMERICAN and is protected just the same as you under the venue "INNO-CENT UNTIL PROVEN GUILTY". Bull has NOT failed a drug test under the AAUJC and therefore is entitled to compete. We cannot, for legal reasons, take the results of another organization into account when dealing with any lifter, any more than they can consider our drug testing results.

For the record, Bull allegedly failed for taking, without knowing the consequences, an over the counter supplement in the Noradrostene group of related products. His T/E ratio did not exceed 6:1. My wife, he thought that if the product was legal to buy it must be legal to use and like many was unaware of the results these products produce. He did take a second test, in 6 days, and passed it, as well as a third test, all within five weeks, thus proving that it was



Change of Pace... Bull Stewart recently competed in Gus Rethwisch's Northwest Strongest Man Competition. (B. Baertlein)

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AAUPC UPDATE

Summer has gone quickly; the Junior Olympics have come and gone. It was a very successful meet with about 80 lifters in Virginia Beach, VA. The venue was excellent and the LOC lavished southern hospitality on us. It was one of the smoothest meets run in an absolutely beautiful setting. Many thanks to Bob Crist for doing an excellent job setting up the meet site. A sad note was that the George Family could not participate, due to Mr. George suffering a heart attack. We understand that he underwent a double bypass and is recovering. Our hearts and prayers go out to him.

Our new rulebook is scheduled to be available on September 1st. Any one wishing to take a referee test should obtain a copy to study from. There has been some rule changes that everyone should be aware of. Copies may be obtained from Mike Killpack at 407-934-7200, Fax 407-934-7242. Cost is \$10.00.

Please note that as of membership first our registration / membership fee will be \$10.00 for youth and \$30.00 for adult, that is any amount over. The increase is due mainly to the cost and related cost of drug testing. We will continue to have our meet director send their membership cards, with cover letter and checks directly to Paul Griffith, AAUPC Treasurer, West Nottingham Academy, Colora, MD 21917. Paul will log the info and forward the cards and checks to Sheldon Walker at the AAU National office. Copies of the same, along with chain of custody / checks for Quest labs, copy of meet sanction, and meet results should be sent to Joe Pyna, AAUPC National Chairman, 25 Louis Drive, Budd Lake, NJ 07828. I may also be reached at 973-691-2695 from about 9AM to 6PM EST. Calls later than 6 PM may get the answering machine. When you leave a message, please speak slowly and clearly, giving your name, phone number, address, if seeking entry forms, and a short message. For our two Disney Meets next year, I will mail out ALL entries. This should improve the response time. Tom Trevor will be Disney Meet Director and will answer meet specific questions at 904-328-4804.

Please send Single Lift ASSISTED Record forms RAW and ASSISTED to Martin Drake, American Powerlifting Forms RAW and ASSISTED should be sent to AL Siegel, 304 Daisy St., Clearfield, PA 16830. Include correct weight lifted, copy of scale certification, and birth certificate or other proof of age for age related records. These should be sent in within thirty days of meet.

Meet directors, please contact me with your new meet schedules

site is <http://www.aaupc.org>.

Meet Directors; remember that you must include the new drug test release form, and the banned substance list, in ALL new entry forms. These are available from either your state chairman or from Joe Pyna. Also, note that the statement on page 19 item g, 1 & 2, must be included in the text of your entry form. This need not be copied verbatim, but the substance must be included. You must also state that your meet is ASSISTED and RAW. Joe Pyna must approve national championship entry forms prior to printing and distribution. Joe will also be glad to assist new and old meet directors with their entry forms.

If you provide him with all meet information and times, etc., he will make a master camera-ready copy for you to make copies from.

This month we would like to again mention some of the people that make the AAUPC work, we covered a few of the folks on the East and West coasts, now well hit the sunny South. In Florida the AAU brigade is headed up by the salty and experienced Tommy Tesorah. Tom and I go back to about 1965. He is one of the original specimens of ole time powerlifting, and is one of the most knowledgeable and hard working members around. Besides running and helping others run a full contest load, Tommy is also the

Disney Meet Director. He, his lovely wife Ellen and son Carl are all international referees. The whole Trevorh family gets involved in the sport. Among the many folks who help them are Ken Small of ALL American Gym, Eric Mulkiff our Parliamentarian, Lisa Gay, Mad Dawg the Magnificent, and two of the greatest referees I ever met, Elaine and Bob Bolster, round out the Orange State crew.

Round to Mississippi, Eddie Sorto runs a high school program with the help of Perry Lyles. Their program is successful as evidence by the number of Teenage Team Trophies that they win each year. We hope to see them again at the Worlds in October.

Arkansas has one of the busiest chairmen we have, Larry Kyle who not only runs a full schedule of his own meets, including national championships, but has graciously agreed to help Dr. Kyle Pierce start up a program in Shreveport. Dr. Pierce is an experienced weightlifting coach and meet director; we are indeed lucky to have him work with us. Between the two of these fine gentlemen, there will be some of the finest meets the South will ever have seen. Larry calls me at least twice a week, if I don't hear from him, I get worried and instantly call him. We also keep up a running collection of jokes on a leading American from that area. However, most cannot be printed. Many thanks to our Southern friends for the fine job they are doing to promote drug free powerlifting.

On a less positive note, we have had a series of drug failures with lifters claiming to ingest a product, "TRIBULLUS". The tests show up positive for Nandrolone, which may either be included in the Tribulus product or be a by-product of its ingestion. We are waiting to hear more from the testing labs. The USOC classifies this as a diuretic, but also note it as a steroid!! All we can say is that it's another product for the drug free lifter to avoid. Years ago I said the best supplements were "beet, kielbasi, and pierogi." After looking at all the supplement related failures this year, maybe I wasn't too far off the truth. Anyway if you have a question about a product being safe, call for advice BEFORE you take it.

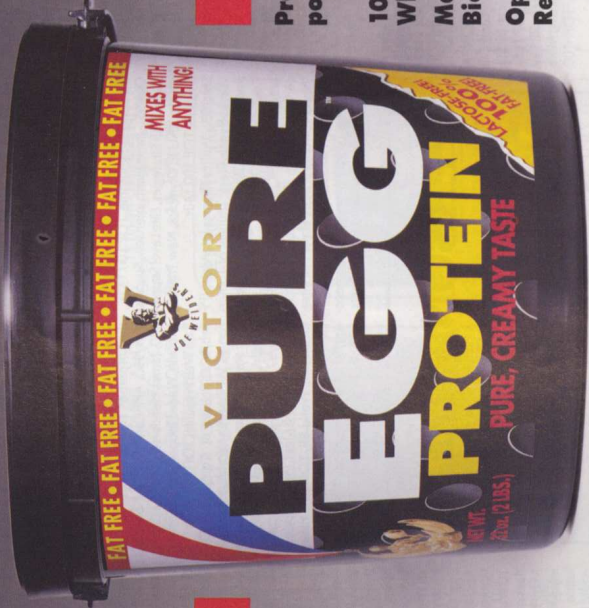
September is a very active month; we have at about 8 meets planned with several national championships, including the Bench Nationals, Martin Drake 909-928-4797, the Deadlift Nationals, AL Siegel, 814-768-9400 and the North West Regional, Lamont X 206-682-3966. More meets for October and November are listed on the Web site. Train well, Train Smart, Train Drug Free, Lift AAU.

*Jumpin' Jesse Joe -
The CHAIR*



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FOR REVIEW ...The video

tapes of the '98 USAPL Men's Nationals in Denver, Colorado are now available. These were produced by Phil and Kathy Andrews in digital format, with each 15 seconds of video representing about 100 megabytes of information, shot at 30 frames-per-second. The results are high resolution images, and very intense and accurate color, but to me the outstanding technical feature of the tape was the sound quality. It was so refined that I could easily distinguish my wife's unique cheer from the audience. Aside from showing all but four lifts in the competition, they also included additional footage, like the award ceremonies, and they even showed USAPL President Mike Overdier's excellent rendition of our national song to open the competition on the final day (see photo). For ordering information, see the ad on this page. If you like meat videos and/or want to see the guys who will be representing our nation in IPRF competition, this is a quality product.



8.9 NASA World Cup	132.5	F. Schwab	67.5
BENCH INT 205 lb.	132.5	F. Schwab	67.5
2. Meadows	132.5	F. Schwab	67.5
C. Coplan	197.5	S. O'Brien	65
C. Scott	195	WSM 101 lb.	40
M. McCoy	195	WSM 101 lb.	67.5
250 lb.	152.5	INT 205 lb.	132.5
M. Zuber	182.5	M1-205 lb.	160
200 lb.	245	M1-205 lb.	125
187 lb.	187.5	C. Johnson	130
187 lb.	205	187 lb.	95
187 lb.	170	E. Vait	125
170 lb.	170	E. Vait	125
170 lb.	125	170 lb.	125
125	187	187 lb.	125
190	190	J. Cantu	125
M1-205 lb.	205	J. Cantu	125
205 lb.	182.5	N 154 lb.	130
227	112.5	T. Baran	95
250 lb.	205	170 lb.	95
C. McCoy	205	170 lb.	92.5
205 lb.	187	S. Bergerman	92.5
200 lb.	218.5	J. Mikoski	140
218.5	218.5	J. Cantu	140
218.5	218.5	P 154 lb.	125
242.5	242.5	200 lb.	95
D. DeKoster	182.5	A. Sangerman	95.5
M2-187 lb.	182.5	M2-187 lb.	140
250 lb.	195	S. Meadows	140
K. Anderson	137.5	E. Vait	130
J. Durce	237.5	E. Vait	130
E. Olson	155	M. McCullough	152.5
M3-170 lb.	132.5	J. Hunt	110
187 lb.	132.5	J. Hunt	110
187 lb.	142.5	J. Hunt	142.5
J. Cantu	140	SM 154 lb.	95
205 lb.	130	A. Sangerman	92.5
205 lb.	182.5	187 lb.	140
205 lb.	70	227 lb.	140
M. Wrenning	112.5	J. McCullough	152.5
154 lb.	162.5	C. Coplan	62.5
170 lb.	125	315 lb.	67.5
187 lb.	182.5	J. Gregory	67.5
205 lb.	140	M1-127 lb.	62.5
205 lb.	130	M1-127 lb.	67.5
227 lb.	112.5	M. Wendell	85
227 lb.	207.5	P. Bourlard	37.5
C. McCoy	180	N 315 lb.	67.5
280 lb.	155	H. Hunt	60
315 lb.	242.5	315 lb.	67.5
T. Marino	182.5	H. Green	77.5
SHW	102.5	J. Hunt	47.5
N 127 lb.	62.5	Z. Keemlin	62.5
154 lb.	162.5	187 lb.	67.5
170 lb.	200	105	210
G. Guitierrez	187.5	WP 127 lb.	55
187 lb.	140	J. Ford	112.5
140	140	SHW	112.5
227 lb.	187.5	M1-137 lb.	132.5
280 lb.	245	SM 187 lb.	250
280 lb.	218.5	P. Bouchard	250
315 lb.	242.5	SM 187 lb.	250
T. Marino	205	J. Albertson	115
R. Vanzo	55	SQUAT	251
WNT 110 lb.	120	MP 187 lb.	125
K. Fuller	140	MP 187 lb.	125
M. Shivan	40	P 170 lb.	107.5
WM2 127 lb.	125	J. Acauff	227.5
S. O'Brien	125	227 lb.	215
S. O'Brien	67.5	J. Albertson	197.5

170	100	167.5	437.5	170 lb.	J. Langley	197.5	120	207.5	525
170	137.5	197.5	535	170 lb.	B. Shackelford	160	150	210	470
120	80	150	330	170 lb.	C. Frazer	285	150	247.5	682.5
147.5	100	175	422.5	170 lb.	T. Meyers	260	147.5	237.5	645
282.5	150	300	732.5	170 lb.	WHS 170 lb.	110	47.5	140	297.5
235	142.5	232.5	610	170 lb.	WINT 138 lb.	62.5	40	92.5	195
182.5	137.5	200	520	170 lb.	D. Winnicki	150	90	147.5	387.5
120	80	150	350	170 lb.	D. Winnicki	110	47.5	140	297.5
212.5	167.5	227.5	607.5	170 lb.	M. Villegas	137.5	75	148.5	361
195	112.5	227.5	535	170 lb.	WP 119 lb.	110	47.5	140	297.5
275	215	290	780	170 lb.	WP 119 lb.	110	47.5	140	297.5
245	180	250	675	170 lb.	M. Villegas	137.5	75	148.5	361
212.5	137.5	220	570	170 lb.	WSM	137.5	75	148.5	361
165	-135	0	30	170 lb.	WT 119 lb.	110	47.5	140	297.5
195	157.5	217.5	592.5	170 lb.	Y 80 lb.	45	25	65	135
272.5	172.5	287.5	732.5	170 lb.	D. Winnicki	45	25	65	135
312.5	218.5	272.5	803.5	170 lb.	Power Sports INT 227 lb.	30	22.5	32.5	85
280	192.5	300	772.5	170 lb.	R. Smith	67.5	110	210	387.5
245	170	272.5	687.5	170 lb.	R. Lacey	65	117.5	237.5	420
295	175	308.5	778.5	170 lb.	M1-127 lb.	47.5	77.5	152.5	277.5
230	157.5	242.5	630	170 lb.	P 187 lb.	62.5	-107.5	0	0
0	52.5	0	52.5	170 lb.	R. Lacey	75	182	250	505
297.5	168.5	227.5	693.5	170 lb.	P 170 lb.	60	165	90	315
200	150	250	600	170 lb.	C. Dargin	72.5	162.5	252.5	487.5
212.5	137.5	220	570	170 lb.	C. Dargin	60	147.5	215	422.5
185	-135	0	30	170 lb.	R. Hudson	77.5	162.5	240	480
257.5	165	240	662.5	170 lb.	R. Hudson	67.5	130	115	312.5
222.5	170	237.5	697.5	170 lb.	L. Albertson	75	175	260	510
182.5	137.5	217.5	562.5	170 lb.	D. Gee	75	175	260	510
195	130	220	545	170 lb.	T. Peters	170			
227.5	142.5	227.5	692.5	170 lb.	T. Peters				
255	170	265	670	170 lb.					
322.5	222.5	360	805	170 lb.					
225	215	290	780	170 lb.					
292.5	162.5	310	765	170 lb.					
272.5	187.5	282.5	742.5	170 lb.					
245	180	250	675	170 lb.					
245	170	272.5	687.5	170 lb.					
295	175	302.5	772.5	170 lb.					
230	157.5	242.5	630	170 lb.					
157.5	137.5	192.5	482.5	170 lb.					
185	132.5	210	527.5	170 lb.					
162.5	130	182.5	475	170 lb.					
297.5	168.5	227.5	693.5	170 lb.					
150	100	150	400	170 lb.					
200	150	250	600	170 lb.					
212.5	137.5	220	570	170 lb.					
200	137.5	220	557.5	170 lb.					
165	-135	0	30	170 lb.					
257.5	165	240	662.5	170 lb.					
247.5	167.5	236	645	170 lb.					
195	137.5	217.5	562.5	170 lb.					
-192.5	132.5	0	-60	170 lb.					
202.5	187.5	262.5	762.5	170 lb.					
235	170	264	670	170 lb.					
162.5	130	182.5	475	170 lb.					
277.5	187.5	282.5	747.5	170 lb.					
205	-137.5	0	67.5	170 lb.					
277.5	187.5	282.5	747.5	170 lb.					
300	183.5	305	807.5	170 lb.					
245	170	272.5	687.5	170 lb.					
295	175	302.5	772.5	170 lb.					
230	157.5	242.5	630	170 lb.					
65	50	92.5	207.5	170 lb.					
187.5	122.5	157.5	417.5	170 lb.					
135	75	190	500	170 lb.					
165	-102.5	0	62.5	170 lb.					

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Androverin is six supplements in one working synergistically to produce the most conducive state for natural testosterone boosting.

REFERENCES
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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 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. Red Sage is an herb that may also be anti-estrogenic.

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

ION-EXCHANGE WHEY PROTEIN	HEAT™ RIPPED FUEL™	ULTIMATE CHANGING
Yes	No	No
Yes	No	Yes
Yes	No	No
Yes	Yes	Yes
Yes	No	No
Yes	Yes	Yes
Yes	No	No
Yes	Yes	Yes

Metaform HEAT™ is a registered trademark of Inzer Performance. Rippled Fuel™ is a registered trademark of Inzer Performance.

MORE BETA-RECEPTOR AGONISTS

The cornerstone of a great thermogenic formula is Beta Agonists, which depending on whether they're classified as beta-1, beta-2, or even beta-3, trigger the release and breakdown of stored fat. Metaform HEAT™ contains the maximum potency of Ephedrine from standardized MaHuang or well-Researched Beta Agonist.

MAXIMUM METHYLXANTHINES

Methylxanthines include Caffeine and Theophylline, which work synergistically with Beta Agonists to inhibit the removal of fat from adipocytes. Methylxanthines also regulate epinephrine, adenosine 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-1 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 modulation of fat is enhanced. This is accomplished by feedback loop regulation of epinephrine.

KEY BIOFLAVONOIDS
Metaform HEAT™ contains Quercetin a potent bioflavonoid that has a synergistic effect with caffeine and ephedrine, increasing and prolonging their effects. Guarana and Green Tea Extracts contain other bioflavonoids with similar properties. These powerful ingredients can prevent muscle protein breakdown by controlling intracellular chemicals which can potentially cause muscle-wasting effects.*

*This has been shown to be useful for the treatment of depression, heart, cure or prevent any disease.

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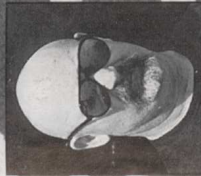
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