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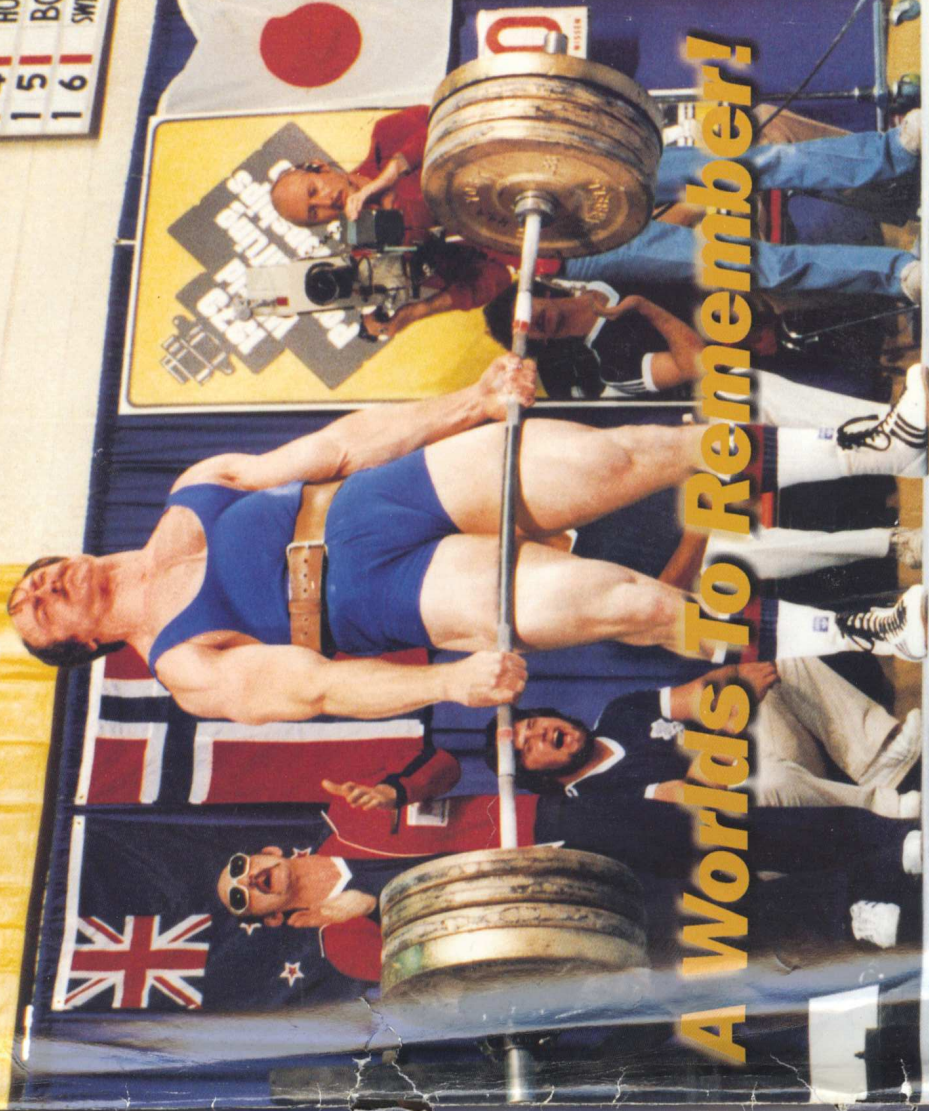
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**A Worlds To Remember!**





# VITAMIN DISCOUNTERS

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## BLUE NITRO 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 BHA, then came along Nor-Androstene, Renneritol and now we have found BLUE NITRO (2-3 times stronger than Renneritol).

To understand the full impact of BLUE NITRO 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 our body is 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.

BLUE NITRO is not hGH, but it can help you produce more natural hGH. BLUE NITRO is an ornithomolecular 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 BLUE NITRO?

**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 BLUE NITRO.

**Boosts Athletic Performance** - Athletes report that BLUE NITRO 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** - BLUE NITRO exhibits prosexual effects in some by tacity (sense of touch), stamina, and increasing the intensity of orgasms. Many people are now using Renneritol 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 well being, a better lack of stress building up.

If you, of these things interest you, BLUE NITRO is the answer. Renneritol normally retails at \$100 for 32 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...**BLUE NITRO!**

## 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 compounds that undergo a natural conversion in the body to highly active natural androgens, Testosterone and Nor-testosterone.

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 is able to convert. Therefore, 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 "abuse proof."

Now let us talk about these 3 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 1 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 mandrolone. Mandrolone naturally occurs in the body and is associated with more anabolic effects such as lean muscle gains.

Now, we want to make everyone a special offer on these products.

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**GEN**  
**18-NOR Androstenedione**  
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**100 mg. 19-Nor Androstenedione**  
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**DHEA:** The real deal! DHEA is thought to enhance the output along the adrenal - pituitary axis, thus increasing anabolism.. and results!

**Androstenedione:** The product making big news! Androstenedione is thought to increase blood levels of testosterone, which may increase energy and enhance growth and recovery.

**19-Nor-Androstenedione:** Quality and potency guaranteed! Our pure 19-Nor is imported exclusively for Eclipse.

**Androverin:** The most comprehensive androgen elevating stack available. This formula was researched and developed by a Sports Nutritionist specializing in supplementation and bodybuilding. Just 2 capsules contain 100 mg DHEA, 100 mg Androstenedione, 160 mg Saw Palmetto, 625 mg Tribulus Terrestris, 300 mg Red Sage and 300 mg Ginger. Utilizing only the finest pharmaceutical grade ingredients, Eclipse's goal is to produce the highest quality cutting edge supplements backed by solid scientific research.

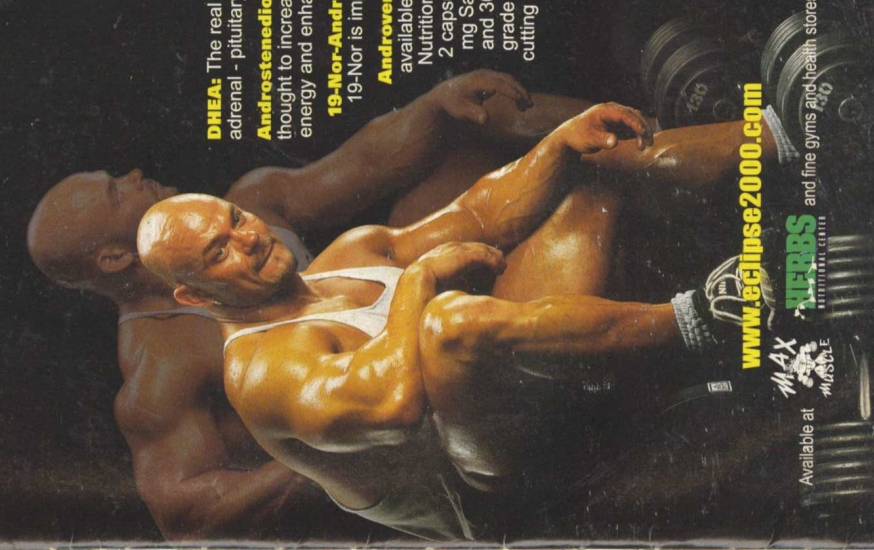
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ON THE COVER... the great JOHN KUC deadlifting a world record at the 1979 IPF Men's World Championships, a competition magnificently promoted in Dayton, Ohio by Larry Pacifico complete with national television coverage by CBS and over 10,000 tickets sold over the course of the multi-day event

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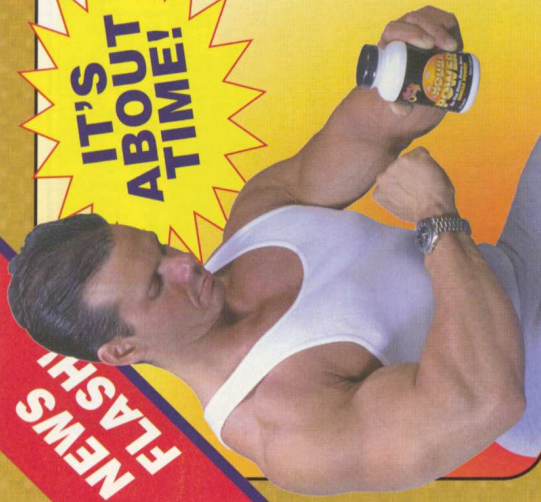
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NEWS  
FLASH!



# SUPPLEMENT

## Double... Even Triple

**D**id you know that you may be wasting 50% or more of the supplements you take because they aren't being absorbed by your body? And did you know that if you try to overcome this by taking even larger quantities, you may actually make things worse? That appears to be the evidence from recent research which has demonstrated that achieving maximum supplement absorption is no easy matter.

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

Simply put, your body will absorb only so much of any supplement at one ingestion, no matter how much you consume. Thus, mega-dosages of

# Time Is Relative - Especially When It Comes To Taking Supplements!



He was smart... very smart... perhaps the smartest intellect of the century! But we really don't think Albert Einstein had bodybuilding in mind when he made his famous pronouncement that time is relative. Yet, now at the doorstep of a new millennium, we do know that time is indeed very relative to building muscle. So relative, in fact, that it could mean the difference between mediocrity and fantastic muscle growth. What we're talking about is a brand new way to take your supplements based on *timing*.

Recently, Hot Stuff Sports Supplements unlocked the door of time as far as maximizing absorption of nutritional supplements. What we found out is that the whole key to absorption is *relative* to the timing of the frequency intervals of ingestion. Perhaps

Einstein might have said it like this: Supplement Effectiveness (E) = time measurement (t) between consumption (c) will at least double (2) the absorption rate. E=mc<sup>2</sup>. Or in layman's language, lower potency supplements taken more frequently will greatly increase the body's ability to absorb them. It's really pretty simple when you think about it. In fact, if old Albert had discovered this E=mc<sup>2</sup> rather than that other one, we might now be referring to him as Mr. Universe rather than Mr. Relativity.

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

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

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

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

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

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

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

This gave us a clue to solving the problem. Since more at one time wasn't the answer, perhaps less at more frequent intervals

could radically increase the absorption rate of a supplement by decreasing potency and increasing frequency. We experimented with a variety of frequency schedules and found out that different products require different frequencies of ingestion. For instance, the optimum frequency interval for macro-nutrients like protein and carbohydrates seems to be about every three hours. Fats and oils between five to six hours.

But interestingly, we discovered that in the right dosages, absorption of micro-nutrients like vitamins, minerals and especially the various popular ergogenic, anabolic factors could be maximally optimized by taking them every

# ABSORPTION BREAKTHROUGH!

## Your Absorption of Key Muscle Building Nutrients With These Cutting Edge Capsules!

supplements taken at one time will most likely be excreted with only minimum absorption into the body.

In light of this information, wouldn't it be great if a supplement company brought out a product with a precisely regulated potency that could be taken more frequently throughout the day? Wouldn't such a product fill a great need?

Well, the good news is that Hot Stuff Sports Supplements has done just that. Utilizing this latest scientific information, we have designed a brand new

supplement called **Hour Power**. Hour Power capsules combine the most potent and effective anabolic growth factors known to man. (See Partial list of ingredients in accompanying panel). These powerful ingredients help optimize testosterone production and other key muscle-building hormones in the body. But the best part is that these special capsules are meant to be regulated both for safety and maximum absorption. If this

unconventional way. One **Hour Power** capsule should be taken at the start of each hour of the day. In this way, your body will achieve maximum absorption and swing into a positive anabolic mode in just a few days. We've also gone to great lengths to assure you that each and every anabolic factor in this formula has been potency regulated both for safety and maximum absorption. If this



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hour. The whole key was in regulating the potency.

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

Exactly! And when they are, the rate of absorption goes right through the roof.

Can you give us some specifics on how you converted this research into your new product **Hour Power**?

What we had uncovered was so astounding and so revolutionary, that like kids in a candy store, we couldn't decide which category of sports supplement we would pick first to introduce this new concept.

Finally, one of our product development specialists suggested that we integrate this research discovery into an anabolic, hormone-optimizing formula. We all agreed and **Hour Power** was born. It works like this. Testosterone builds muscle. Optimize the body's testosterone production. Lift weights regularly and muscles grow. No product on the market can optimize testosterone levels in the body better than one **Hour Power** capsule taken every hour.

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

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



# TRAINING

The training system for the bench press is the same as the squat which I explained in part 2 of this series. Do you want to bench big? This is no problem, all you have to do is bench press. Since the bench press is the most effective way to train the muscles you need for a big bench it will be the only exercise you use in your training. It incorporates the pectorals muscles, the deltoids, triceps and even the lats. Remember only the bench press works these muscles exactly the way they are needed for the competition. With the 3x3 system you will bench press three times a week. There's no need for side delt raises, one arm triceps extensions, incline presses or other assistance exercises.



James Henderson at the USPF Nationals in '86 in Philadelphia, with 310 kgs. on the bar. (Korte)

press. Use only the minimal amount of energy or effort you need to complete each rep and set. With the percentages between 58 and 64 percent of your projected maximum bench press, there is no need to press the weight through the ceiling. Concentrate on perfect bench press technique. The ESM method will allow you to save enough energy for the last exercise of your workout (the deadlift) and it will also build your confidence for the heavier weights. By using only half of your energy and power for a set with 64 percent of your maximum you will be building a "mental reserve". This "mental reserve" will lead to developing higher confidence for the

## Phase I: Week 1-4

**High Volume Phase**  
The intent of phase I is to develop a foundation of strength by using a high training volume. The multiple sets approach is an excellent way of achieving this. The use of so many reps will also improve your neuromuscular coordination and therefore your bench press technique. During this phase you will only use wrist wraps and a powerlifting belt. Always pause your bench reps in a competition fashion.

As with the rest of the 3x3 system you will train three times per week. Make sure to rest one day between the training sessions and two days after the completion of each training week. That extra day off will aid in your recovery. In the bench press you will train a higher volume than for the squat and deadlift. Each workout consists of six to eight sets of six reps. The percentages for phase I are:  
**Week 1** - 58%  
**Week 2** - 60%  
**Week 3** - 62%  
**Week 4** - 64%

You will stay with each percentage for three workouts and increase it week by week. I recommend that you use the "energy saving method" (ESM-method) (see part 2 of this series for detailed information) for the bench

grips helps you to train the triceps more intensely. I suggest the use of three different grips during the high volume phase: wide (1-2" wider than your normal bench grip), shoulder wide, and close (1-2" closer than your shoulder width bench grip). You will alternate these grips during the eight training sets. You can start with any grip but make sure to use your weakest grip most often. Here is an example for an athlete whose weakest grip is the shoulder wide grip:

1. set: wide grip
2. set: shoulder wide grip
3. set: close grip
4. set: shoulder wide grip
5. set: wide grip
6. set: shoulder wide grip
7. set: close grip
8. set: shoulder wide grip

## Phase I: Week 1-4

**High Volume Phase:** current maximum: 400 lbs., projected maximum: 410 lbs.

**Week 1:**  
Day 1 - bench press 6-8 sets of 6 reps with 58% of 410 lbs. = 235 lbs.

Day 2 - bench press 6-8 sets of 6 reps with 58% of 410 lbs. = 235 lbs.  
Day 3 - bench press 6-8 sets of 6 reps with 58% of 410 lbs. = 235 lbs.

## Week 2:

Day 1 - bench press 6-8 sets of 6 reps with 60% of 410 lbs. = 245 lbs.

Day 2 - bench press 6-8 sets of 6 reps with 60% of 410 lbs. = 245 lbs.

Day 3 - bench press 6-8 sets of 6 reps with 60% of 410 lbs. = 245 lbs.

## Week 3:

Day 1 - bench press 6-8 sets of 6 reps with 62% of 410 lbs. = 255 lbs.

Day 2 - bench press 6-8 sets of 6 reps with 62% of 410 lbs. = 255 lbs.

Day 3 - bench press 6-8 sets of 6 reps with 62% of 410 lbs. = 255 lbs.

## Week 4:

Day 1 - bench press 6-8 sets of

6 reps with 64% of 410 lbs. = 265 lbs.

Day 2 - bench press 6-8 sets of 6 reps with 64% of 410 lbs. = 265 lbs.

Day 3 - bench press 6-8 sets of 6 reps with 64% of 410 lbs. = 265 lbs.

## Phase II: Week 5-8

**The competition Phases:**  
It will lead to a increased intensity and a decreased volume. You will consequently increase your maximum strength and power week by week and you will also improve your technique. You will get used to the heavy weights slowly but steadily. Use your bench shirt for every heavy lift (1-2 reps) but not for the power training. I recommend a loose shirt for week 1 and 2 and your tight competition shirt for week 3 and 4.

The number of workouts and the off days are the same as in Phase I. The sets and reps for phase II are as follows:  
**1. The technique and power training** is done twice each week. You do five sets of four reps with 60 percent of your projected maximum. The percentage and therefore the weight for the power and technique training will be constant during the whole phase.

**Week 1:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 2:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1-2 sets of 1 rep with 80% of 410 lbs. = 330 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 3:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 4:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 5:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 6:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 7:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 8:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

2. The maximum strength workout is done once per week. In the first two weeks you do one or two sets of one rep using 80 percent of your projected maximum in week one and 85 percent in week two. In the last two weeks you do only one set of one rep - 90 percent of your projected maximum in week three and 95 percent in week four. I used to bench heavy on my second workout (Wednesday) of each training week, but you can also do it on any other day.  
Make sure to use the "energy saving method" (ESM method) in every workout. Put in as much power and strength as you need to complete each rep and concentrate on the perfect technique. Never go higher than 95 percent in training. The "real 100 percent attempts" should be saved for competition.

## Phase II: Week 5-8

**Week 5:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1-2 sets of 1 rep with 85% of 410 lbs. = 350 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 6:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 95% of 410 lbs. = 390 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 7:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 95% of 410 lbs. = 390 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

## Week 8:

Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 95% of 410 lbs. = 390 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

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**Week 2:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1-2 sets of 1 rep with 85% of 410 lbs. = 350 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

**Week 3:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

**Week 4:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

**Week 5:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

**Week 6:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
Day 2 - bench 1 set of 1 rep with 90% of 410 lbs. = 370 lbs.  
Day 3 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.

**Week 7:**  
Day 1 - bench 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs.  
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**Week 8:**  
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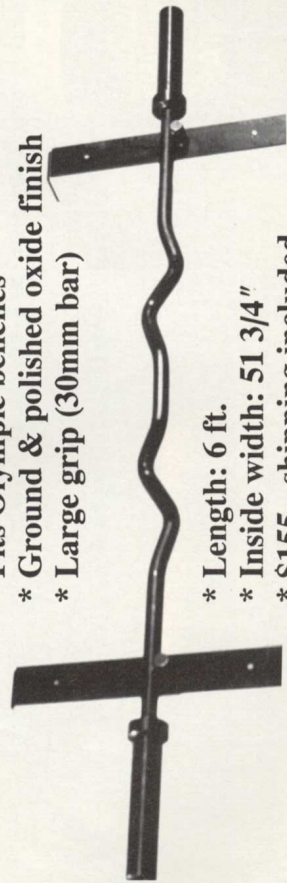
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## The POWER of Isoflavones as told to Powerlifting USA by Derek Cornelius

likewise see with Ipriflavone administration.

On the negative side, many isoflavones have inherent estrogenic activity. The highly publicized gentistin and daidzein come to mind. These isoflavones were extensively studied in the 1950's and although shown to be anabolic, they were also shown to have significant estrogenic activity in high dosages. In women this is obviously not a problem (actually beneficial in many instances) but in men the effects are cosmetically not pleasing due to gynecomastia and female pattern fat distribution development. After being studied, these isoflavones were deemed of little commercial value.

Intrigued by their anabolic properties, Chinoin decided to spend a great amount of time and resources searching for isoflavones which are not only devoid of estrogenic activity but which also have greatly increased anabolic potency. Fortunately for us, they found several isoflavones which can be called nothing short of incredible. One particular isoflavone, developed in the early 1970's was called 7-isopropoxyisoflavone (Ipriflavone). This compound is not only devoid of the estrogenic properties which plague other isoflavones like genistein but it is also many times more anabolic - both to bone and proteinaceous tissues.

Practically this means that Ipriflavone will not cause any gynecomastia or female pattern fat distribution. In fact, in my experience estrogenic phenomena are reduced with Ipriflavone. For example, the puffiness in my small amount of pubertal gynecomastia greatly diminishes while taking this amazing supplement. Although it might be inhibiting aromatase like chrysin (another flavonoid), I suspect that it does not work by this method. The intrinsic estrogenic activity of other isoflavones leads me to believe that Ipriflavone may also have intrinsic activity on the estrogen receptors - but instead of an estrogenic response there is an anti-estrogenic response.

For powerlifters, Ipriflavone's anabolic properties means a leaner body, greater endurance, harder and larger muscle, and greater strength. Ipriflavone's anabolicity stems from what I call a nutrient partitioning effect. In simple terms this means that Ipriflavone causes a larger percentage of ingested nutrients to shuttle into muscle and proteinaceous tissues and away from fat stores. The end result is that protein containing tissues like muscle flourish while adipose tissue starves.

most part illegal - Hungary was going through some big changes with the de-unification of the USSR. Unfortunately, in all the commotion, the whole idea of anabolic isoflavones was forgotten. Luckily, these wonderful compounds have been rediscovered.

The last issue I will touch on is their safety profile. The majority of compounds that have far reaching effects like these isoflavones also have quite a few negative side effects (anabolic steroids for instance). On the contrary, anabolic isoflavones like Ipriflavone were extensively studied by Chinoin for both acute and chronic toxicity. Study after study confirmed that they have no negative side effects or toxicities even when taken in very large dosages.

As you can see we lifters are very fortunate to have another compound in our arsenal to become more powerful. Hopefully, in a few months I will be experimenting with another isoflavone which is over twice as strong as Ipriflavone. As the results of the tests come in, I will update you on how this new isoflavone works. In the meantime, try Ipriflavone for a "silver bullet" anabolic effect.

**EDITOR'S NOTE: Author Derek Cornelius is associated with Syntrax Innovations, Inc.)**

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# JAPANNATIONALS

## as told to Powerlifting USA by Paul Kelso

size by proportion to one's altitude. So if your "Mr. Wonderful" hero is 6'2" and claims 22", you might point out to him next time he's bragging that is, um, only 29.7% of his height and that maybe he has some work to do?

Those who attend the year 2000 IPF Men's Worlds or the World Games in 2001 will find Akita modern and clean with touches of old Japan. "Oh! demons lurk in the hills, a princess dwells with an enormous dragon in a Tahoe-deep lake and 300 year old restaurants serve marvelous food and icy, thick sake. But the weather is cold in winter as Akita lies on the Sea of Japan, across from Siberia. The good news is Akita lies out of range of North Korea's Ryodong missiles.

It's been many and many years ago in *this* kingdom by the sea since anyone lined up for a lift with his hands on the weight, needed to defeat Hiro Isagawa. 24 year old Etsuke Ota had asked for 240 kg. after Hiro missed his second attempt of 232.5, the bar popping out of the veteran's grip knee high. The great champion had not been having a good day, missing four of eight attempts, but Hiro showed us what champs are made of and hauled the weight up on the repeat. Ota called for the 255 needed to win.

The handsome lad had a chance to make history. He played, but the crowd as long as he could, but the bar stayed on the floor till his hands ripped loose. Ota finished with 605 Isagawa's 627.5, but showed that his squat and DL are par with the Okinawan. Ota may be the future of the 60 kg. class in Japan. Meanwhile, Isagawa waits for

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**Inaba missed 233.5 MWR DL att., but made 230.** (Kelso photo)

Is it OK for a 54 year old man to show off for his Mother? It is if you are Hideaki Inaba. Lifting before a hometown crowd and relatives for the first time in years, the venerable champion graced the 1998 Japan Men's and Women's Nationals with a fine exhibition. Credited with 225-95-230 for a 550 kg. total, his strong squats of 235 and 237.5 were met with red lights in the partisan audience disputed.

Red lights were to play a large role at the Ogata Village resort north of Akita on the weekend of July 26-28, but Inaba just laughed them off, unconcerned, saying his squats were low enough for the world level and that "I always know where I am."

Still looking like anyone but a powerlifter, the graying legend says he may bow out with a farewell appearance for his thirty year career at the 2000 IPF Men's Worlds, also to be held in Akita and the first Men's Worlds to be held in Japan.

Daisuke Midote knew where he was as well, slipping Japan records of 380.5 SQ and 233.5 BP onto the scoreboard while crafting another record - a 932.5 kg. total in the 125s. Now the manager of the Yoshidas' Power House Gym in Fuchu City, W. Tokyo, Midote may not go to the World's this year due to shoulder problems. The 25 year old tried only 2 benches here.

You think you've got a big arm? Midote has a challenge for you. His 22 inch pumped arm is a big 'gun' anywhere, but in Japan it's monstrous, unless you're 480 lb. Sumo champ. But get this: Midote is 5'6" and his arm measurement equals 33% of his height!

None of this "Joe Roid has a 21 incher at 245 lbs. bodyweight" nonsense. The Japanese in their not so mysterious oriental way figure arm

Yakan, a Japanese TV comedian who jumped into PL last January at a bench contest in Los Angeles. Nabe Yakan, a stage name meaning "soup-kettle," broke Uchida's record this day with a 130.5 Japan BP mark. Yakan worked on the bookend lifts all year and stowed up a 497.5 total. He may be a comic, but a world-level total after little more than a years' training is no joke.

How do Japan's lifters measure up internationally? Comparing totals with the recent USAPL Men's in Denver, July 3-5, it might have



**Etsuke Ota went 125-140-230 for 605 and 2nd behind Isagawa in the 60 kgs.** (Kelso photographs)

looked like this: the US winning total at 52 kg. tied for second with Japan at 497.5 behind Inaba, Japan's 56 kg. beat the US by ten, the US total at 60 kg. tied for second at 605 (Isagawa had 627.5). Japan third at 67.5 and 75, 6th at 82.5, 3rd at 90 kg., 11th in the 100 kg. and 3rd at 110 kg. Midote's 932.5 would have trailed only Tony Leato in the 125 kg. class with Japan no better than 6th against the US big boys. About what you'd expect, Japan very strong in the light classes and a few in-the-money guys in the heavier lifts.

Japan has 2500-3000 registered lifters, all IPF, but her big guys are in Sumo, and there you are, only come from one person. Yukako Fukushima, formerly Shimane, yells that phrase before taking the platform. She got off a fine 382.5 total in the women's 52 kg., adding a 4th attempt 153.5 Japan record DL.

A translation of her battle cry might be "you are doing me a favor." "Thank you for letting me play" wouldn't be off the mark, and I will try not to let you down" is close. Many Japanese lifters won't begin an attempt without acknowledging the honor of participating first.

When and if Inaba retires the potential future is 27 year old Nabe



**Great Masters lifter F. Nakao with protegee Yoriko Yamazaki. The former Asia Women's champ made a 117.5 Jpn R BP to win the 75s.**

Married shortly after the '95, women's world in Chiba, Japan, the 28 year old Fukushima and her husband live in Kyogo and work in a sports club.

The awesome Ayako Ikega missed all 3rd attempts, but managed a 502.5 total in the 67.5s. She is Asian champ and third at the 1996 World's, Yoriko Yamazaki, with her hairstyle described as "Kintaro," after a legendary strong-boy in Japanese folk tales, broke the 75 kg. women's BP mark with 117.5.

The heavier women's classes saw a string of 2-to-1 'good lift' decisions, like, 8 in a row. The rets came from one judge, who was replaced in mid-flight. What was that about? And why were there more lifters than ever using the conventional style DL? Follow this argument, if you will.

Why not just harvest them and eat them? Florida controls water plants from clogging waterways by using herbicides and aquatic animals. Japan is short of Manatees, so these folks included the Junsal water lily in their diet 1000 years ago. Tastes a little like celery, depending on the sauce. Junsal is cultivated north of Akita.

Japanese scientists insist that Japanese people have longer small intestines than western man, due to several thousand years of eating vegetation rejected by most races. "Mountain staples" such as burdock are starchy here and are high-fiber.

This habit is changing since western food came to Japan at the end of WW2, just as their small intestines are getting shorter (animal protein is believed to be easier to digest than that from vegetables) the young people are becoming taller and longer limbed, to the dismay of the old. It is un-Japanese. Girls growing larger breasts! The



**Yukako Fukushima, ne Shimano, racked a fine 382.5 total.** (Kelso)

phenom like Midote lift monster weights; it's even better for this old-timer when a bunch of evenly matched lifters go all-out for the marbles. That is powerlifting!

What AINT powerlifting is the spectacle of referees and expeditors to get lifts passed. One will do optoelectronic squats, five out of five of the first squat attempts in the 75 kg. men's were turned down. The colored explanation cards held up by the judges help, but it looked like a fireworks display at the end of each lift.

Lifting stopped and the argument started. It was announced that the judges were at fault because neither the lifters nor the clock-setters could hear the "bar's loaded" call from the head judge. The head judge claimed that the lifters were at fault because they started before the clock was running. Curiouser and curiously, as Alice said, because the head referee was giving the lifters the start signal anyway.

Only Takahashi was allowed to take a lift over, which may have effected the outcome, as he placed first.

Lifting resumed and so did the massacre. 12 lifters made 36 attempts, 21 of them turned down and only 15 passed. This reporter has been around PL since the odd-head from Texas never dreamed almost impossible with a group of

experienced lifters.

The judges were too strict, or just green, but the lifters responded Japanese style, agreeing to endure the adversity, all-in-it-together, many lowering their attempts in an effort to get lifts passed. One will do optoelectronic squats, five out of five of the first squat attempts in the fault, and 20% the mysterious East."

There was only one thing to do when one apparently good lift was given three reds - and each red held up a differently colored card. Your fearless correspondent pointedly gathered his gear, walked out, bummed a cigarette, and hid. Grahame Fong's remark that some of the rules are "bloody ridiculous" grows in stature.

But all-in-all it was a fine contest. Standing on the balcony of the small ryokan, or old-style traveler's lodge, early one morning after a hot salt-water bath, the outside observer watched the mist lifting off the green rice fields.

A small, lily-covered pond lay just to the east. Sun-bonneted women poled through the plants in tiny hand-drawn boats, as they have for a millennium. Powerlifting has privileged your wandering scribe to see things in this world that a tow-head from Texas never dreamed of.

*Arigato gozaimasu, one and all.*

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## P/L WEAPONS - (Hannibal's Lesson)

as told to Powerlifting USA by Rick Brewer

A little over 200 years before Christ was born in Bethlehem, a Carthaginian general named Hannibal brought elephants over the French Alps into what is now known as Italy. Roman troops fled before this unusual form of cavalry, and Hannibal defeated all who came against him for years, even though he continually faced well-trained troops of superior numbers. His opponents were also better armed, since they drew on the vast resources of the Roman system. Hannibal is considered one of the greatest military leaders because he overcame all of these setbacks with flair. The next time you curse your inferior genetics, or your opponents use of steroids, or insert your white here), remember that Hannibal had it worse.

Many students know of Hannibal's famed elephant march over the mountains onto Roman soil, but few know the tactical use of elephants in battle. The idea of cavalry was not new, but his artful use brought a new form of cavalry to the Roman battlefield. Roman horses and infantry alike were literally trampled under the elephants' feet. Hannibal triumphed! What new weapon will you bring to the platform at your next meet? I love training articles. I don't care about a lifter's personal prob-

needed. Do you fear change? Variety is essential to avoiding plateaus. It has been said that it is insanity to continue doing the same thing in the same way, and expect different results.

Government authorities once told a captured renegade Indian named GONESHAY that he would die "GONESHAY faintly replied, 'I don't have any getting ready to do. I'm ready now.' When the soldiers stepped out, he strangled himself with a strip of leather. There was no hanging. When you step onto the platform, the work is done. There is no 'getting ready to do.' Your workouts have purchased your meet performance, and the payment has already been made on meet day. What will you buy with your workouts? On meet day will you say, 'I am ready now' like GONESHAY? Or will you flee in terror when you see the elephants on the platform - the lifters who tried what you feared, and brought a new weapon?

Next month: How do vomit and blood volume relate to "mental toughness" (Weapon #1)?

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lemons on meet day (cracked ribs - been there, flu, dead dog, etc.) - I want to know what they/she lifts. Then, I want to know how they trained to produce those lifts. What did they do that I haven't tried? I look for something different - a new weapon.

Don't say "It has all been done." That's what they thought prior to the galling gun! Have you tried everything? Even the things which you know won't work? Picture a grotesquely fat person. Fugue. Genetic. Imagine them explaining why dieting won't work for them, because they always gain back the weight they lose. They claim a unique metabolism or body type which renders all normal dieting techniques worthless - so they know not to try them. They weigh 700 pounds and won't diet, because they tried it once and gained it back. Is this your? What exercise do you hate / avoid? (I know what hate - more on this next month). How can you be certain what training offers the greatest benefit to your specific body type (and fast/slow-twitch fiber ratios) until you experiment? Whatever you hate is probably what you are worst at - and what is most

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# INTERVIEW

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

## PAT BEAUMASTER

as told to Powerlifting USA by Larry Miller



Pat Beaumaster... squatting at the 1998 U.S.A.P.L. Men's Nationals.

**LM:** Let's start out by giving us just a little background on yourself: age, occupation, family, etc.

**PB:** My name is Pat Beaumaster, I'm 36 years old, I've been a police officer for 11 years, I work at the New Hope Police Department. I'm married to my wife, Kelly, with four children and Jackson, Lindsey, Zachary and Jackson.

**LM:** And how long have you been competing in the sport of powerlifting?

**PB:** I started competing in 1990 at the Police and Fire Nationals that was held in Minneapolis, Minnesota.

**LM:** Did you have any interest in it when you were younger? Did you do any weight lifting for any other sports in high school, college, etc.?

**PB:** I wrestled in high school, but I got my first weight set in 7th grade school when Franco Colombo and Arnold were pretty big in the 70s.

**LM:** What would you consider to be your greatest accomplishments, to date, in the sport?

**PB:** Just being able to compete at the national level, it's fun to meet all the great people and learn from some of the best.

**LM:** Do you hold any records - state or national?

**PB:** Well, I do hold State Police and Fire records, a couple of National Police and Fire records, and some World Police and Fire records; and I hold our squat record at 148, and the total record at 148 in Minnesota, and the squat, bench and total records in 165 in Minnesota.

**LM:** What are some of your PR lifts in the 165 class?

**PB:** My best squat in a meet is 611 at last year's Nationals. My best bench was 395 at a state meet, and then my best total was at Nationals last year - 1543.

**LM:** You haven't been in the sport along time, but have there been any memorable moments for you in this sport? Of any funny stories or anything that kind of sticks out?

**PB:** One that sticks out, tremendously, is Lloyd Weinstein's great deadlift in 1995 to take second place - and I ended up third! It was awesome to see.

**LM:** Do you do anything special for diet or supplementation? What are your views on that?

**PB:** I take a multivitamin and use creatine. I did try some pyruvate, but this time around, I don't know

just work on the speed for each lift.

**LM:** Do you have any particular goals left that you'd like to see achieved? Do you see yourself lifting for a long time to come? Or what do you see, as far as the future goes?

**PB:** I see myself lifting for quite a while yet, I'm still getting stronger. I think every powerlifter's goal is to try to do 10 times their bodyweight. So that would be one of my goals in whichever weight class I end up.

**LM:** Obviously, going to the Nationals, you meet a lot of lifters. Do you have any particular lifters that you've really learned to respect or admire?

**PB:** Well, I really respect all the guys I compete against. These are some of the best lifters in the world. I think, unfortunately, the smaller bodyweight classes don't get as much respect as the bigger guys, even though they're doing 10, 11 times their bodyweight. I think anyone who's competing to Nationals deserves respect.

**LM:** Are there any additional comments you'd like to make?

**PB:** I'd like to thank God for my strength and talents. Thanks to my family for putting up with me. Thanks to my sponsor, Sets Design in New Hope, who sponsored me for this meet. I couldn't have been here without their support. And thank you, Larry, for taking the time to interview me.

**LM:** One last question. Are there anything you'd like to see changed in the sport of powerlifting? Rules? Anything of that nature?

**PB:** I think we need to simplify Olympic lifting, when the Olympics were in Atlanta, it was: Did you get the weight up? Did you have your arms locked? And were you set up? And it's good. They really didn't care if you snuffed your feet too many times until you got it locked out, or whether it was uneven extension until you got it locked out. It was whether you did it or not. I think if we simplify the lifts, the fans will understand a little more. They could see, well, that was a good lift. I can understand the quality control we need, but I think some of the technical things could probably go away and no one would even notice.

they want to do drugs, there are other federations where they can go lift.

**LM:** What type of training program do you do in competition and in the off season, if you do have an off season.

**PB:** I think supportive equipment is pretty hard to control - how tight someone can wear their clothing - so I think our federation does a pretty good job trying to make the playing field level for everyone. I use a Titan squat suit, an Inzer bench shirt and some Red Devil knee wraps.

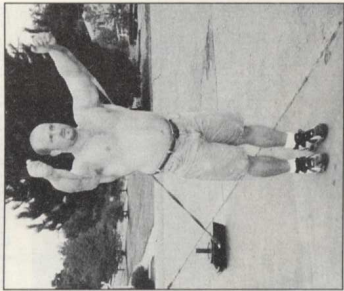
**LM:** Obviously, you compete in a drug free organization. What are your views on the drug testing that you see, and just general feelings about drugs in this sport?

**PB:** I think our USAPL does a great job drug testing. I haven't been to a Nationals where I thought anyone was using. I might be naive, but I think our federation does a pretty good job. If usually, at that point, and I try to



# TRAINING

## GENERAL PHYSICAL PREPAREDNESS as told to Powerlifting USA by Louie Simmons



George Halbert pulling a weighted sled for upper body strength. (D. Black photo)

General physical preparedness (GPP) is a term that refers to a degree of fitness, strength, and endurance that is an extension of absolute strength. Many don't believe in it at all. Here, I am referring to the people who say if you want to be good at the powerlifts, just practice the powerlifts. Of course, this leads others to say that powerlifters are out of shape, and the above-mentioned group is.

Many times, the ones that advocate only the classical lifts are the few ones that complain that powerlifters are out of shape. We all squat, yet we are not built identically. Some develop large quads, and some develop big glutes and hips, and others may have very powerful hamstrings. It's obvious to me that if one muscle group is developed to a greater degree than another, then the smaller muscle groups are holding back your lifts.

What's the answer? You must do special exercises for the lagging muscle groups. But before you can pursue an increase in volume by way of special exercises, you must begin excellent shape. General physical preparedness raises your ability to do more work by special means.

There are several ways of raising work capacity. One method that we use at Westside is using the pulling sled for the hips and glutes. We pull the sled with the strap attached to the back of our powerful legs. We walk with long, powerful strides, maintaining upright body position, pulling through with the feet, which stresses the hamstrings and glutes. This is common practice for throwers overseas.

I learned about pulling from Eskil Thomasson, who is Swedish. Before he moved to Columbus, he visited Finland to see why so many Finns deadlift so well. Many of these strong deadlifters were lumberjacks. They routinely had to pull paper wood down to the main trail, where the tractors could pick it up.

Another style of pulling is with a double handle held behind your back and below your knees. The torso is bent over, and the strides are long. This is great for building the hamstrings.

To work the front of the hips and lower abs, attach a strap to each ankle and walk, pulling the sled by your feet. Vasily Alekxev used to walk in knee-deep water for roughly 1000 steps after a workout. This is similar to what we are doing but with the advantage of being able to add or reduce weight, which varies the resistance.

For building the outside of the hips and the inside of the legs, position the straps around the ankles and walk sideways, first one way, then the other, left then right, forward and backward.

For the quads and front of the hips, walk backward with the strap around the front of your belt. To start this type of work, I recommend doing six trips of 200 feet each. Use only one style of dragging until you feel confident of your ability to include more work. We do this low body work on the squat day, Friday, and on the max effort day, Monday, plus on the days after (Saturday and Tuesday), using 60% of what was done on the previous day. This contributes greatly to restoration.

For legs and upper back, as well as building your grip, try pushing and pulling a weighted wheelbarrow. This has had a great effect on my knee that suffered a patella tendon rupture. I thank Les Kellum for this exercise. He used this for knee rehab for pro-football players. Pushing the wheelbarrow up a mild grade really increases the work on the lower thigh muscles. Again, start with six trips of 200 feet. Only when you have adjusted to the additional work should you

pull your arms to the rear, and again pull forward. One can also do a front-raise motion with the palms facing down. For the lats, start with the arms behind your back, raise your arms, palms up, like a double upper-cut, by first flexing your lower lats. The farther forward your hands go, the more the upper lats are worked. By walking backward you can do rear delt work, upright rowing, and external shoulder work.

A good reactive method for the bench press is to hold the straps out in front of you, and as you walk forward and the sled is removed, drive the sled forward in a shock fashion. This is very taxing but is great for reversal strength.

Do the upper body sled

Louie Simmons pushing a weighted wheelbarrow. (photograph by D. Black)

work for time, not distance. Mix the different styles together. Start with 5 minutes of pulling and work up to at least 20 minutes. I do 30-40 minutes. Walk slowly and don't jerk the sled. Only the reactive bench press method should be jerked.

Use the rule of 60%. Start heavy on day 1 and reduce the weight each day for 3 consecutive days. Then go back to a heavy weight the fourth day, e.g., 90 pounds, 70 pounds, 50 pounds, each weight representing one day. The same applies to pulling the sled for lower body power and to the wheelbarrow.

This work will greatly increase your physical ability to train as well as work as restoration. This style is resistance work for those seeking greater overall strength, power, and weightlifters, football players, or anyone that needs to raise work capacity to reach a higher level of excellence, which is anyone who took the time to read this article. But are there different routes to this type of work? Yes.

GPP work is very common in track and field overseas, but is still very much overlooked in the United States.

An experiment was conducted at The University of Pittsburgh. Head strength coach Buddy Morrison brought in a sprint expert, John Davies, who is very well versed in GPP work for running. John works with many pro players and has consistently lowered their 40 times while his GPP work consists of weightless drills, such as jumping jacks, line hops, mountain climbers, and shuffle sprints, it perfects running and jumping skills in addition to lateral speed. As John simply puts it, "I have never met a North American athlete, from the major team sports, that the inclusion of this work will not cause a remarkable change in their optimum performance. Simply without this solid base substantial gains are limited and success is restricted to those more genetically gifted.... The median improvement in 40 yard dash times over eight weeks was .25.... This work is not for the weak of heart as the overall work volumes are enormous."

John Davies' training, as mine, is regulated up and down in a wave fashion to ensure restoration and to raise work loads.

If you are not after the highest possible level of power and speed, don't waste your time. But if you want to call out "Who's next?" like the immortal Goldberg, give this a try.

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# INTERVIEW

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

## STEVE LEYPOLDT as told to Powerlifting USA by Pat Cuatrecasas



Steve Leypoldt... a good 2nd attempt 525 deadlift. (Pam Williams)

PC: Could you start off by telling the readers a little about yourself?  
SL: I am a 31 year old 165 lb. lifter. I am a native of Ocean City, NJ, and where my partners and I own and operate the Islander Gym & Fitness Club. I am a personal trainer, nutritional consultant, massage practitioner, and coach of the Iron Raider Powerlifting Team.

PC: How did you get involved in Powerlifting?  
SL: Ocean City High School has a strong athletic tradition in South Jersey, in part due to its weight training program. I was a part of that program as a student where I played football, wrestled, and pole-vaulted. Mark Impagnolazzo, Tony Galante, Fritz Hastings, and the late great "Iron" Mike Slawick were my coaches. They taught me the powerlifts and to them I am forever grateful. I didn't enter my first full power meet until March 1991 at Gratersford State Prison, as a visiting lifter. I hit 1115 at 148. I did more over the next four years, but I have to say I've been totally committed since September 1996 when I totaled 1265 and said goodbye to the 148s!

PC: What do you consider to be your greatest accomplishment?  
SL: I'd have to say that in powerlifting, my greatest accomplishments would be my last two meets because I got 5 out of 6 P.R.'s. To me, my slow but consistent progress has been the source of both pride and motivation.

PC: Why did you choose to compete in the AAU/PC?  
SL: I like to lift in the raw meets. I know a lot of people feel it is dangerous, but I disagree. It's a humbling experience the first time, but I feel it's good for the soul of both the lifter and the sport.

PC: Could you please tell the reader a little about your training methods?  
SL: I train raw with very few exceptions like breaking in a suit or wraps prior to a full gear meet. I use a combination of Louie Simmons and Dr. Ken Leistner's training philosophies depending on where I am in my training year. I'm always trying to evaluate my progress and with Mr. Simmons' system the proof is in the numbers: you hitting P.R.'s or not? Is your meet total going up? It takes a lot

did a 540-320-540 (1400) on February 14 at the AFF Tri-State and a 450-320-505 (1275) at the AAU East Coast Classic. I benched the same without the shirt, which was surprising. I feel I could probably have hit 470-320-525 raw, but I didn't recover fully. I would much rather have done the raw meet first. Full gear meets really stress my tendons and ligaments because I'm going beyond my true strength limit using the gear. The gear meets are good for my ego, but the raw meets are good for my soul.

PC: What are feelings about Disney's involvement in powerlifting?  
SL: To be honest, I'm really not familiar with the Disney Organization. From what I understand, they provide a nice facility and some sort of travel package. As long as the price is reasonable and the AAU maintains sovereignty while in the partnership, I think it's fine.

PC: What are some of your interests outside of powerlifting?  
SL: I love the beach, paddleball, body surfing, biking and I run a little too. I like to read and meditate as well.

PC: What is your ultimate goal in this sport?  
SL: To set an all-time world record and become a world champion if my preparation and progress allow it. Short of that I would like to continue progressing to total elite.

PC: Would you like to make any final comments?  
SL: I would like to thank my parents, my brother Brian, my many training partners, especially Murph, Hutch, Ericka, and all the Iron Raiders past and present. My business partners: Mark, Fritz, Bill, Darryl, Tim, Ron, and Paul. Pam, Kevin G., Tommy D., and all my friends who have supported me through my journey. Without them and the grace of God I could not succeed. If any fellow lifters would like to contact me or if I can be of any help to a novice lifter, please contact me at Islander Gym & Fitness, 300 8th Street, Ocean City, NJ 08226, (609) 391-0313, Home (609) 399-8376. Finally to Mike Lambert, Pat Cuatrecasas and Powerlifting USA Magazine, thank you very much for the interview.

eration. Maybe an annual premier invitational for the top 10 lifters in each weight class.  
PC: The AAU/PC is leading the way with ideas such as RAW divisions, Modified Conventional System and Wildcard Meets. What is your opinion on these ideas?  
SL: As I said before, I like the raw concept. It forces you to lift within yourself, which helps prevent injuries. I've never lifted in a wildcard meet, but to tell you the truth, I like to take all my attempts. On modified conventional, I think it's OK. I'd actually rather see the old progressive system, I think it adds more drama to the competition.

PC: Recently you competed in two contests one week apart; one RAW and the other with supportive gear. How would you compare your performance and total contest experience?  
SL: I think it would have been better if the raw meet was first and the meet with gear was second. I had my best full gear meet ever at the AFF Tri-State. I







# STARTIN' LOCKOUT

A special section dedicated to the beginning lifter

## LOCKOUT POWER as told to Powerlifting USA by Doug Daniels

A few issues ago, I dealt with developing more power off the floor for the deadlift. This time around, we address the lockout portion of the lift. How many deadlifts have you seen where the lifter explodes off the floor only to slow or lose it at the top, just short of lockout? The saying goes: Whatever goes up, must come down. Definitely holds true for powerlifting. Gravity is a powerlifter's Number 1 enemy. There are a few exercises and techniques that lifters can use in training to help gain strength at lockout. Most common are heavy rack work, shrugs, and lat training. Even though many lifters use these theoretically effective methods, on contest day the lockout problem can still exist. Let's look at some ideas on how your lockout power can be improved.

Let's deal with performance first. Most deadlifters use the power rack for heavy partial lockouts in hope that this will help. With a power rack, you can overload a specific part of the lift with more weight than you could normally for the complete move. Set the pins at or above knee level and lockout. Where many lifters go wrong, is that they put their bodies into a position for pulling in the rack that is unlike any position in the competitive deadlift itself. The lockout turns out to be a quarter squat with very little upper back involvement at all, thus, little effective strength is actually transferred to the competition deadlift, though the top of their squat may improve. This explains why some lifters are able to lock out a weight for reps in the rack that they can't lockout in the actual lift for a single rep. If you choose to use the rack, get into a position to pull that is as similar as possible to the your actual pulling position in your regular deadlift. This may require lowering the amount of weight down a bit to get the proper feel and position, but the results will be better.

My favorite lockout strengthener is barbell shrugs. These can also be done in a less than efficient manner, however. One way this happens is by using too much weight, which prevents a full movement. Many times a shrug that is too heavy is limited to a slight bend in the arms with little shoulder girdle elevation. The other extreme is too little weight. This does allow a full range of movement, with extreme strictness, but reduces the potential benefits of this exercise. Other lifters perform their shrugs much like an upright row. They bend their arms and get low. They bend their arms and get low. They shrugging done at all. If you can bend your arms during a shrug, you are using some really sissy weights. My recommendation is to use a little leg kick to keep the

Either way, I would suggest using lifting straps to help hold on to the weight while shrugging. If you don't, your concentration will be split between shrugging and hanging on to the bar. Do not worry about possibly not building grip strength by using straps for your shrugs. As long as you do not use them in your regular deadlifts, you will be okay.

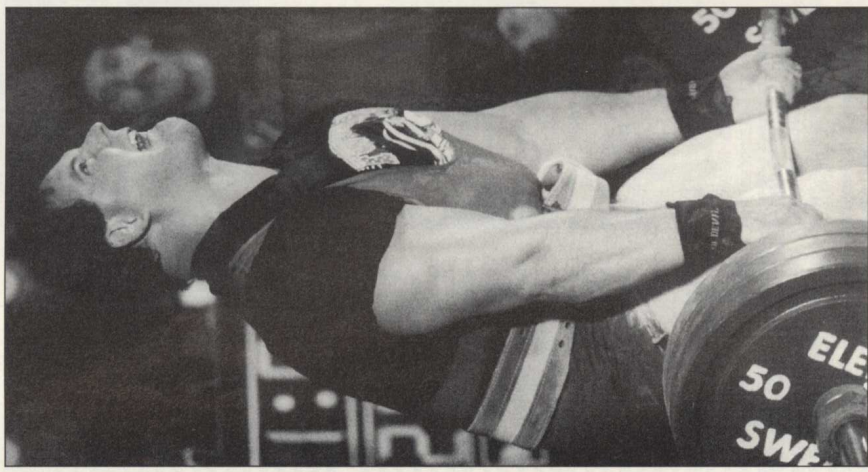
Lat work is another key to lockout power. In this case, I recommend much more attention be paid to exercise form rather than the amount of weight used. Lat work, like chins, pull-downs, and rows are assistance moves. It doesn't matter to anyone how much you use, the judges will never ask. What matters are the end results of your efforts. Lower the weight used and get a full extension and contraction. Concentrate on pulling the elbows down or back and not using your biceps to pull the weight. Think of your arms as hooks for the back muscles. The use of lifting straps can help achieve this. This will also necessitate using less weight, for now, to get used to the feel of the exercise.

As I mentioned in my previous article on developing power off the floor, if you can improve off the floor, it will be easier to get the weight up past the sticking points later in the lift due to less energy expenditure and momentum. Check that article out again (APR/'96 PL USA) and combine some of the ideas here to put together a plan to get your deadlift moving.

Lastly, some application. Sometimes, in our enthusiasm to conquer our weaknesses, we overload our recuperative abilities with too many sets and reps. Combine too many sets of lockouts and shrugs and add on top of that 10-15 sets of lat work and you're pushing your recuperative abilities. The name of the game in power training is Q-U-A-L-I-T-Y, not quantity. I would suggest 3-5 sets of shrugs with 3-5 sets of lat work, once a week. If you cannot decide if you want to do between rowing or pull-downs, alternate them every week or every 6 weeks to cover all your bases.

Two weeks before the meet, drop your assistance work to avoid overtraining and to insure that you will be fresh for the meet. The deadlift can be divided into 2 distinct parts, the start off the floor and the lockout. By strengthening each part with proper training methods your deadlifts will be smoother and hopefully heavier. Gravity cannot be beaten but it can at least be tamed.

Doug's Web address: [members.aol.com/diddani12345/default.htm](http://members.aol.com/diddani12345/default.htm)



Paul Fletcher at the USAPL Nationals... this is the position you want to simulate in the rack to improve your lockout. (M. Lambert photo)

# POWER SCENE

pany. Bodyparts, to offer fitness clothing and nutritional and exercise training. By next month, we'll have more info on all this.

Til then, have fun and be



Pat Susco... at Iron Island Gym.

Well, Jamie Harris' lifting year is over. And he says his lifting career, too. The big guy from Pennsylvania has decided to retire. Jamie's coming attempt at that 800 lbs. bench was derailed recently by a torn triceps, and that did it for him. A 760 pr in the bench is an incredible thing, and Jamie should be very proud of that.

As for Harris' Monster Factory - Jamie's Gym - that too is being retired. As a matter of fact, most of the equipment has already been sold, and should be on its way to the newly founded Los Angeles Lifting Club. (We should have more on them next month). Jamie will now



Joe McAuliffe... still going strong in New Jersey.

be focusing on supplement sales. Still going strong in his lifting is New Jersey's Joe McAuliffe, who we caught up with for a Powerlifter Video Star Workout. Get this: Joe does his heavy deadlift workout on Saturday morning, and then immediately goes into his heavy bench workout! That is one hardcore training day, and this man is moving some serious weight.

In meets, Joe has squatted 755 at 198, benched 567 at 220, and deadlifted 650 at 198. He's looking for a 1900 total at his next meet, the USAPL New Jersey State Championships to take pres-

sure off the shoulders, Joe's tip is doing a lot of shrugs and doing them correctly, to strengthen the traps in supports of the shoulder musculature.

Joe does personal, sport specific strength training, and is located in Shrewsbury, NJ. Call him at 732-450-9590; he will make you stronger.

Finally, while working out at Gold's Gym in Venice, CA, I ran into Patricia Columbo, who as you can see, is a bodybuilder. She's also a very strong one, and has benched 240 without even really focusing on it. In addition to a full time job in the business world, Patricia's standing up her own com-

Pat Susco... a big squat on the cover of PL USA.



Patricia Columbo of Bodyparts, at Gold's Gym.

strong. See you on video.

Ned Low



# Dr. JUDD

ARE YOU JUST AN AVERAGE JOE?  
as told to Powerlifting USA by Judd Biasiotto Ph.D.

Average is something no one likes to consider themselves (unless they are below average) and yet the concept describes all of us, and then again it describes none of us. I guess being average makes us feel... well, average. Still, while being average or middle of the road is one statistic that we don't want to use to characterize ourselves, most of us are extremely interested in knowing what constitutes average. What is it that lies midway between extremes. Why are we so interested in the ordinary? The simple answer is that it tells us how we stack up against those other guys - the average ones. You know - bodybuilders and Olympic lifters. Are we smarter, stronger, bigger or faster than the average? Do we train harder, sleep longer, eat more, or work less? Actually, you may find that being average doesn't really seem so average. Here are some interesting statistics about the average Joe and Jane. You might find it fascinating to see how you average out.\*

\* The average American man is 5 feet, 10.3" tall, and weighs 187 lbs. The average American woman is 5 feet, 4.1" tall, and weighs 134 lbs.

\* The average American female has 28% body fat. The average American male has 17.6% body fat.

\* The average American male exercises 2.87 hours a week. The average American female exercises 1.34 hours a week.

The average American male has 12.4 inch biceps, a 39.7 inch chest and a 34.6 inch waist.

The average American woman wears a 36 B bra. That's up significantly from the former 34 B bra size worn by the average American female in 1990. Is it due to better exercise and diet or better silicone? Only the average plastic surgeon knows.

\* The average American watches television 6.16 hours a day. The average American child watches 4.7 hours of television a day on weekdays, and 8.4 hours on weekends - about 40 hours a week.

The average American spends 21.7 hours per day indoors. The average American male and female belongs to a commercial gym, but use it less than once a week.

The average American spends \$596 dollars on sporting goods equipment each year.

The average American spends \$874 on vitamins and food supplements.

The average American male runs one mile in 12 minutes and 17

seconds. The average American female runs 110 meters in 16.3 seconds.

The average American female goes on a diet 5.2 times annually. Interestingly, 17 percent of these individuals actually lose weight, but only one percent of them keep it off for more than five years.

The average American after the age of 25 gains one pound of weight per year. By the age of 65, the average American will have gained over 40 pounds of weight.

The average American will lose a half pound of lean muscle tissue each year after the age of 25. The average American female will gain 11.6 pounds that she won't lose every time she has a child.

The average American man eats 193 hamburgers and 115 hot dogs annually.

The average American consumes approximately 32 teaspoons of sugar each day.

The average American consumes thirty times (9500 milligrams) more sodium than the body requires.

The average American consumes more calories (4236 calories daily) per person than any other group of people in the world.

The average American has 30 billion fat cells. The average obese American has 80 billion fat cells.

The average American male's fat consumption is approximately 37 percent of his total caloric intake. The average American female's fat consumption is approximately 32 percent of her caloric intake. The recommended fat intake of total calories is 25 percent or lower. Did I mention that the average American looks like a jar of bean dip?

\* The average American learns 14 new words a year, reads 48 books a year, and writes 7 pages a year.

The average American income is \$64,000 a year\* - the median income is \$51,000 a year.

The average American will live to be 77 years old.

Half of the people in America are below average. Not you. Not me - bodybuilders, not powerlifters. The other half are above average. That's you, that's me, powerlifters, not bodybuilders. Right!

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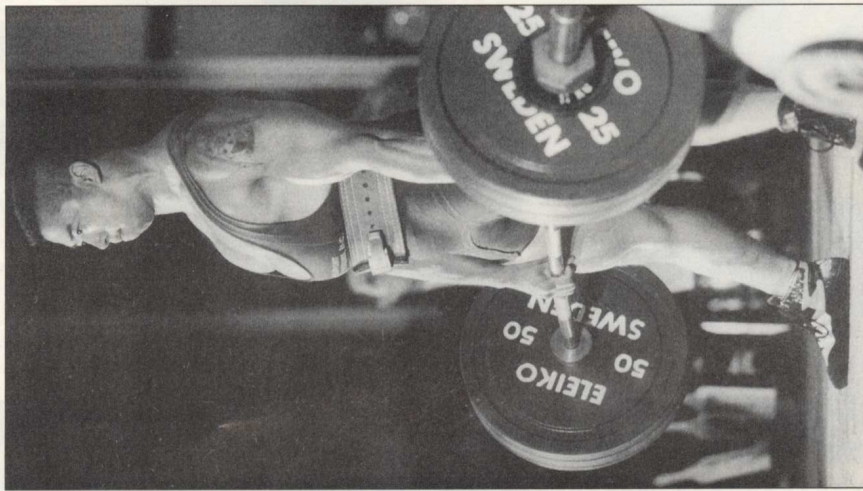
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Powerlifters like James Benemerito are definitely not your "average Joe".

does less than one dip.

The average American male bench presses 145 pounds and squats 165 pounds. The average American female bench presses 60 and squats 105 pounds.

The average American male does eleven push-ups and 17 sit-ups. The average American female does four push-ups and nine sit-ups. Interestingly, the world record

seconds. The average American female runs the same distance in 14 minutes and 42 seconds. Amazingly, the greatest non-stop run is 352.9 miles in 121 hours and 54 minutes by Bertil Jaraker of Sweden on May 26-31, (That's May 27, 28, 29, 30 and 31) 1980.

The average American male can do three dips.



# POWER PROFILE

## Weightlifter - JOE DUBE Last American Super Power as told to Powerlifting USA by Herb Glossbrenner



Joe pressing back in Dec. '63 at 19 years of age.



Joe Dube squatting 745x5 for 3 sets at York Barbell Gym. (Dube)

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

At one time USA fought tooth and nail with the Russians for top position in the amateur world of strength athletes. In the lighter categories of olympic weightlifting it was fit for fat between these two overwhelmingly dominant nations. The rest of the world was far behind. The trump card was the Heavyweights. Since World War II, the Americans had maintained a stranglehold dominant year USA command of the Heavyweight ranks ended in 1953 when Canadian strongman Doug Hepburn snapped the winning streak. A great powerlifter; Hepburn's reign was a one time shot. USA reclaimed the mythical title "World Strongest Man" when in the following year a former two time Olympic Champ Norb Schemansky rose to the occasion, and bowed to the superhuman strength of Paul Anderson who emerged to rule. Paul's enormous power flabbergasted the Soviets. American pride swelled to an all time high. His meteoric rise to the top put some breathing room and a decisive gap of distance between the rest of the World. He retired unbeaten. Filling his shoes was a dilemma. The Soviets unleashed their top dogs. They grew in size and numbers. First came Medvedev, followed by Vlasov, who succumbed to Zhabotinsky (6'5"-358 lbs.) the giant Ukrainian. A new crop of USA strongmen came into the picture: the grand old warrior Schemansky became bigger and stronger and came within a whisker of turning the tide in '62. Gary Gubner, NY's 290 lb. indoor shot put W/R holder was runner up to Zhabo in 65 Worlds. The POWER CONNECTION held the key. One American hero did rise to the occasion. He struggled amongst a hotbed of USA talent to distinguish himself as the top contender. Powerlifting training was one of his weapons, the catalyst which helped propel him to the top. His destiny by the W/L pictures from the Worlds in Warsaw, POL. Little did he know that at that very location, 10 years up the road, loomed his date with destiny! Joe excelled in school sports. He lettered in both football and track. Joe was a starting full-back and also gained 246 yards in a game. He also made a big impression by throwing the 12 lb. shot 60 feet. Dube specialized in the sprints, married Hardie Pumpfrey. Their

would meet again. Dube finished out the year with a bang! On Nov. 2 in Savannah he broke all the East Coast meet records: 380 PR, 300 SN, 390 C&J. The bar was weighing 5 lbs. heavy. His press was actually 385. This set him up for the Tournament of Champions meet on home turf Nov. 30th. Weighing 272, his 395 C&J and 1085 total were State marks. Joe's press of 390 was 389-1/2 on the scales. It was a TEENAGE WORLD RECORD. He'd stepped up to the challenge. At the FL State meet 22 APR 1961, he posted Teenage American Records of 250 a snatch and 805 TOT; and also posted FL marks of a 255 press, 300 C&J. Joe went to the Teenage Nationals in York, PA. There on June 17, 1961, he bettered his C&J to 305, and came in second to Roy Riddley (VA) by 20 (820-800). When Dube vacated the 198 division that October he left behind best marks of a 280 press, 255 snatch, 325 C&J, and 835 TOT (best lifts TOT 860)! Joe moved into the Heavyweight ranks at the Tournament of Champions meet Dec. 16th, weighing 220, and hit a 300 press, 270 snatch, 340 C&J, 910 TOT. By April 1962 he had posted 320, 285, 345, 950 winning the State Championships in Riverside. Joe weighed 228 there. His press & C&J were T/A American Records! Joe really got motivated when he learned of two other Heavyweight teen stars who were outdoing him. Winston Binney from IND became the first teen in history to clean 400, C&J 385 and TOT 1000. Wow! Surpassing that was a Bronx, NY powerhouse Gary Gubner. Touted as the World's Strongest Teenager, Gubner made the JUN 62 cover of S&H. He had already posted 360, 315, 400 on the over head lifts; for a 1075 TOT and owned the World Indoor shot put record @ 64'11.3/4". Wow! Joe really knuckled down, determined to make his presence known! At the FL Teenage Championships March 16, '63, he smashed all the FL Open and Teen records in Vero Beach. His result: 340, 280, 365, 985 caught the eye of the FLAAU. They paid his expenses to compete on June 29, 1963 in Harrisburg, PA. The winner, Sid Henry (297) of Dallas, upset veteran Schemansky 1125-1120. Dube @ 262-1/2, pressed 340, then missed a 290 snatch twice. A final, little try w/ 295 left him with a big fat zero! It was a big disappointment, but he redeemed himself one week later at the Mr. 300 meet in his hometown. Joe shattered all the state records and made a huge breakthrough: 355, 305, 390 = 1050! He beat a newcomer named George Pickett there (280, 230, 320, 830). They

pressed 418, and snatched 330. Then calamity struck. Trying 347 for a 2nd SN attempt, Bednarski badly dislocated his elbow. The bone came clear out through the arm. Joe carried the burden solo for the USA team. He pressed 402, took a step w/424, and made it on his final. Dube SN'd 297, and 314. Next he tried & missed 330. Clean 407, 424, and he missed the clean. He'd by 95\*/300 lb. Viktor Andreev, held by 95\*/300 lb. Viktor Andreev, RUS). Joe stepped up to the challenge. At the FL State meet 22 APR 1961, he upped his ante to 430, 295, 440, 1165! Joe's 430-1/4 lb. press exceeded by 1/4 lb. Gubner's A/R. Next stop was the US Senior Nationals June in Columbus, OH. I was there saw Joe in action for the

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The competition heated up. I competed in the 68 Y Nationals on Feb. 24, 1968 at the Duran YMCA in Chicago. Bednarski broke Dube's A/R TOT with 1220, at a body-

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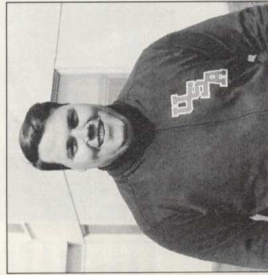
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weight of 240 via 420, 335 and a new A/R. C&J - 465 (464-1/2 actual). Pickett, 299, was the big surprise; he pressed 410, 430, and finally 445 with a terrific drive - for a NEW WORLD RECORD. George S/N/D 345, opened @ 425 in the C&J, and broke Dube's TOT record first (1215). His final lift - 450 claimed the TOT record - 1240! A month later, at the Sr. Middle Atlantic's contest - March 23 in York, PA - won Dube's new A/R. Bednarski won with a new A/R total (taking it back from Pickett) - 1245 via 430, 350, 465. It was 100 days following his terrible elbow injury at the Pan Am's, what claimed it once more. But, big J was comeback. Dube salvaged his own glory. He S/N/D 335, C/J 430 TOT 1210. EN route he made his FIRST EVER WORLD RECORD, a 449-1/2 PRESS, beating Pickett's month old mark. Two months later at Region 6 Championships, weighing 250, Bednarski erased Joe's W/R press and claimed it for himself - 451! He added a token 300 SN and C&J'd and American Record 471. It was the 6th consecutive meet that Bob had broken the Nat'l C&J record, and he was closing in on the W/R in that lift.

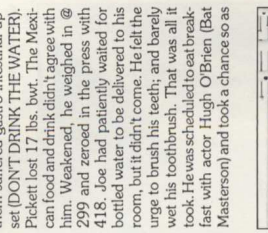


Joe at the 1967 Pan Am Games. (Dube)

not to be denied. He called for 463 and punched it up. It was 461-3/4 on the scales - W/R FOR JOE DUBE! Dube dedicated this lift to his boyhood hero Paul Anderson, who'd clean and pressed 425x2 in his 400-3/4 Teen W/R back in 1964. His C&J was especially amazing, beating the former 485 mark held by Zhabotinsky (Russia) than him, 250, before falling 363 - an American Record equaling try Bob's 1280 TOT (actual 1283-3/4) was the 2nd best ever, not so far from Zhabo's 1300 ceiling! Other big guns were on the injured list; no shows included Pickett (hurt triceps), Bednarski (injured knee), and Gubner (hurt wrist). Dube came and finished a distant 2nd place. Bednarski was fast, but Dube was also extremely fast and moved under the bar like a bantamweight despite his 300 lbs. girth, according to Hoffman. Dube pressed 425, but missed the clean on 445. He tried a W/R next after Bednarski's lift; cleaned it, drove it up - and almost had it - close miss. About 2000 people in audience cheered him. Joe S/N/D 325, barely failing to fix 345 overhead - twice. He opened with a good 425x2 C/J and had 1175 TOT - passing his remaining two attempts. Knowing the upcoming Olympic trials was a bit most important test (he was a bit overtrained here), Joe saved it for

then, Smart move, which paid big dividends! The Olympic Trials were staged August 30-31 in York "Misticlown", PA. The HWT division was a three way shootout. With only two heavyweights to be picked for the team, someone would stay home. For Bednarski, 250, it was a case of "burnout". He'd peaked too soon - pressed 424, and lost his balance overhead twice with 446. Bob watched the two big men storm the World Record and annihilate it! Bednarski won with a new A/R. Pickett elevated 424, then 441. Dube countered with 435, then 451. Big Ernie tossed 457 aloft on his final lift - a new W/R. He'd claimed it once more. But, big J was comeback. Dube salvaged his own glory. He S/N/D 335, C/J 430 TOT 1210. EN route he made his FIRST EVER WORLD RECORD, a 449-1/2 PRESS, beating Pickett's month old mark. Two months later at Region 6 Championships, weighing 250, Bednarski erased Joe's W/R press and claimed it for himself - 451! He added a token 300 SN and C&J'd and American Record 471. It was the 6th consecutive meet that Bob had broken the Nat'l C&J record, and he was closing in on the W/R in that lift.

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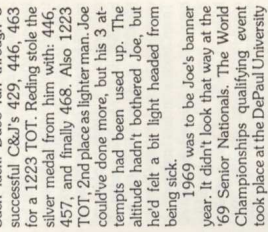


Joe loved to squat and hit 710 for 12 reps at his brother's house in 1971. (photo courtesy Joe Dube)

not to have "dog breath". He'd weighed 334 when the team had trained for Denver for a week and was at all time strength peak. There Dube had cleaned 441 and pressed it three reps! He was planning to break his W/R press again at the Games. "Montezuma's revenge" took it's toll on him down there. His butt, slipped to a mere 315. Still his physical proportions were most intimidating: thighs 34", calves 20", arms 20-1/2", waist 48", chest 55", and shoulder circumference 66"! The battle for the medals boiled down to Zhabotinsky, 6'5", 358.9 - age 30; Serge Reding 5'9" - 273.8 - 24 (Belgium) and Joe, 6' - 315.2 - USA. Reding finished with 429 press after a miss. Joe pressed but jumped to 441 - and made it on a 3rd. Zhabotinsky aced all 3 - 413,

429 and 441. Joe led the trio, being lighter man to Zhabo. Losing 19 lbs. had affected his training. Joe missed, then made a 319 snatch, and failed 330. Reding hit 314, 325, and missed 336. The giant paratus knocked him backward in the clean, but he had one last try. (Tokyo '64) Zhabo dominated him. AGAIN JOE MADE IT. ONCE Olympic title back to back (first was Melbourne '56) A USA win in the HEAVIER MAN. Paratus me if I backtracked, just a bit! Joe had taken a layoff a couple of weeks after the Olympics before resuming training. In March 1969, during a layoff, a friend invited Joe to enter a POWERLIFTING CONTEST. Joe wasn't in shape but agreed. Sure, why not. The meet was in Daytona Beach. It was Joe's first and only official power meet. Joe took it easy and did: 650 SQ, 370 BP, 650 DL, for a 1670 TOT. He didn't extend himself and won the Supers easily. He got teased for his low BP. He'd done 93 lbs. more STANDING UP. Joe never practiced BP's. Besides he laughed, "I DON'T FIT NONE too good ON A BENCH!". Somehow that one experience stuck in his mind. He was inspired to work on the powerlifts to get much stronger and increase his Olympic lifts. Joe did just that following the seniors. Both he and Patra were on the World Championship Team to Warsaw, Poland. He was prompted to take up POWERLIFTING TRAINING to give him the edge. Joe had every intention of not only participating but WINNING THE TITLE. Something Zhabotinsky had said following the Olympics burned him. Joe thought an interpreter learned the giant Ukrainian had said "THE AMERICANS ARE WEAK! THE CAN NEVER BEAT ME". Joe delivered a message back of his own through the interpreter: "TELL THAT BIG S.O.B. THAT NEXT YEAR, I'M GOING TO KICK HIS BUTT!"

Joe trained harder than he'd ever done before. The Power movements revitalized him and his strength increased. He specialized his technique in his weak lift: THE SNATCH. He did snatches and deadlifts, heavy high pulls and modified lifts. Teammate Walk Imahara had suggested he try the Japanese frog style, feet spaced close together. The USA's hopes rested on his mighty shoulders. Joe was able to treat his sore wrist with ultra-sound beforehand - a positive note. It seems that even Mother Nature was trying to test Joe's durability! Back from a training session before the competition, Joe sat on a bench in the Hotel, near a fan, to cool off. A bee lit on his forehead and stung him, producing a good sized knot. To compound matters: there was



Joe at the 1979 World's Strongest Man Contest.

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Joe found the food okay, however living conditions in Poland were crude - comparable to USA during the great depression years. The hotel elevators were hand operated. No buttons or automatic opening doors. Patra's international debut was disastrous. He'd lost 23 lbs. with a bout of diarrhea and weighed in @ 287. Ken missed all his press attempts and was out of the competition. Joe had to go it alone. The USA's hopes rested on his mighty shoulders. Joe was able to treat his sore wrist with ultra-sound beforehand - a positive note. It seems that even Mother Nature was trying to test Joe's durability! Back from a training session before the competition, Joe sat on a bench in the Hotel, near a fan, to cool off. A bee lit on his forehead and stung him, producing a good sized knot. To compound matters: there was

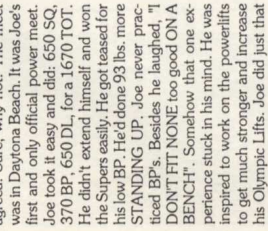
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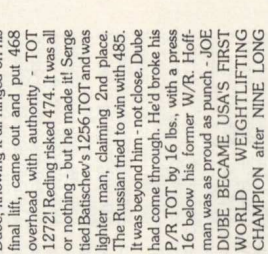
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get-go. Ken pressed all 3 - 455! Joe missed his 445 on a 2nd - made it on 3rd. In the Snatch, Dube tried 330. He missed it, lost his balance, and knocked backward off the platform, and knocked down the scoreboard. He got a standing ovation - then came back and made it. Paterna lifted 340, failed 355. Dube began his C&J at 430. Following Paterna's 455 start, he was 20 lbs. behind. Joe, realizing he would have needed 480 to take the lead, gave it up. He passed his remaining tries - 1205 TOT - 2nd place (once again). Paterna missed a 480 clean - and went up, one foot, and couldn't feed the other. Tough break. His TOT 1272 was the most ever by an American. His 1285 winning sum beat Behnke's A/R from the '68 Seniors. Both Paterna & Dube were named to the World Championships squad. They would be on American soil for the first time since Philadelphia back in 1947. The big meet was scheduled for Sept. 12-20, 1970 at Ohio State's Mereshon Auditorium in Columbus, OH.

On the eve of the Superheavy showdown, the W/R's snatch at: Press (454 - Alexeev), Snatch (389 - Lahderanta, FIN), Clean & Jerk (499.3 - Reding), Total (1350 - Alexeev). The 304 lb. Finnish poleman and new snatch W/R holder PRD 429, and got the SN gold in this competition - 380, missing a 3rd with 391 trying for a World Record.

A four way battle took place for pressing supremacy! Dube had the honor of being the biggest of the behemoths (317). The new Russian strongman Vasily Alexeev was 299.6. Paterna was the 2nd biggest - 308.4. Reding scaled 282.5! Dube missed his first clean w/446; but came back for a good lift and fired @ 457 - good. Paterna pressed 440 then 457. Being lighter than Dube, he was a small consolation because trying 468, Paterna badly sprained his ankle, and had to be carried off on a gurney. Paterna, showing off (prior to the competition) had power jerked 518 (I saw it!) to intimidate Alexeev. Now he was out of the World Championships - ZERO! Tough luck. Reding kept pace with Alexeev with both men securing 474 on their final lifts. Reding claimed the gold in that event as lighter man and had the temporary lead. Positions shuffled in the snatch. Alexeev hoisted 374 on his last try, and got the really cool that lift. Dube was really cooking. He made all 3 lifts: 341, 352, and finally a personal best - 363.8. That lift duplicated the 6 yr. old American Record still owned by the great Schemansky. Fifth place overall finisher in TOT (1223) Reiger (GDR),

World Rankings for 1970 behind No. 1 Alexeev (1377), 2. Reding (1322), 3. Batischev (1296), 4. Paterna (1285) and Lahderanta (1278). What a difference a year makes!

The tide had shifted. Once again it was the Americans chasing the Russians! The heated rivalry renewed between Dube and Paterna. The clash of these two titans at the 71 Senior Nationals in Detroit, MI was of epic proportions! Paterna, 298-1/2, had favored his badly sprained ankle from the '70 Worlds. As a result had developed some knee problems! Dube, 318-1/2, was at PEAK POWER, but Paterna had the slight edge on brute strength. Dube had the nod when it came to



FOOD!... Joe at the training table at the 1981 New Zealand Games.

Joe, lifted the 463, tied Dube, and beat him out of TOT bronze as lighter man (OHNO - NOT AGAIN). Reding kept everyone on the edge of their seats. He twice missed his 474 start. Finally on a 3rd and final try he got it - 1300 TOT - silver medal overall. Alexeev handled 479 methodically - and was the NEW WORLD CHAMPION - TOT 1328 thus far! A local businessman offered a gold cup and \$10,000 U.S. dollars prize money for the man to first C&J 500. So, 501.5 (227.5 kilos) was loaded. It was a breath-taking moment. Alexeev came out and put it right up. Pandemonium - the crowd went nuts (including me)! To upstage him, Reding took 502-1/2 on an extra try. Lo and behold, he cleaned it - and stood right up. Serge rushed the jerk - missed it. Along with Alexeev Dube both autographed their color pic for me from the feature article in SPORTS ILLUSTRATED!

Joe's 1272 put him 6th in the for any errors now!

lifting against Hoosier Winston Birney. Joe, after pressing 424, 462, and took the lead (1283 TOT). Dube went to 473, a personal best lift. Following a 352 effortless start, he went for it. He took an A/R 380 meet (382). It was 7-1300 - A NEW AMERICAN RECORD! He got a tremendous ovation. Paterna, playing it safe, went to 479 to regain the lead. It bounced off his chest. Dube went to 485. He stooped to conquer, and pulled. He had victory within his grasp but ripped a quarter-sized chunk of flesh from his palm tearing a callous! Paterna took his final try - 485 to win! He locked it overhead for the narrow victory, a new A/R TOT 1306! How close could it be. What a battle! Ken tried 509 to beat Alexeev's W/R, but no soap!

Both men were again on the World Championship team headed for Lima, Peru. Reding (BEL), vastly improved, was ready to challenge Alexeev. After setting a W/R press of 502.6, Serge zeroed when a shot to numb pain deadened his whole arm. Alexeev won, setting W/R's in Press (507) and Clean & Jerk (519)! Paterna wound up in 2nd place overall. Dube weighed in @ 316.1, but never made it to the platform. Warning up backstage, he injured his back. Not wanting to embarrass his country nor himself, Joe dropped out of the competition. It was a huge disappointment. Sharing a little camaraderie with the Russians, Dube decided to have a few drinks. That was an unwise decision owing to the fact he didn't drink. Joe was drinking cognac spiked with PECKER brand beer. Kolotov, the muscular Soviet 98er, was sitting directly across from Joe. Batischev, the Soviet SHW sub was right next to Joe. Paterna was also with the group. Kolotov was glaring at Joe, expressionless. This irritated Dube, who sprang to his feet and slammed his fist on the table. "Lighten up, rookie, have some fun. No sooner than the words came out of his mouth, then something else followed right behind. Blah! Dube reverberated violently. It got on everyone's nerves and everybody (including Paterna's shoes) rightly after that Joe passed out. The bunch of them picked him up (which took all of his strength) and carried him back to his cottage to sleep it off. "Joe remembers the episode vividly. "Kinds embarrassing!" he admitted.

It was Olympic year again and Joe had high hopes of making the team for Munich. Held snatch 375 in training for the '71 Worlds as well as power snatching 335. He kicked it into high gear, but soon started coughing up blood. A check-up revealed he had a bleeding ulcer. I was at the Cincinnati, OH Open on Jan. 23, 1972. Dube had there

### Joe Dube Career Chronology

Date	Meet	CL	PL	PR	SN	CJ	TOT
30/APR/60	FLA State	181	1	210	250	670	
17/JUN/61	Teen Nats	198	2	255	240	800	
19/MAY/62	HWT	2	310	270	310	890	
30/NOV/63	Tour. Chmps	HWT	*	390	300	395	1085
09/FEB/64	FLA State	HWT	-	400	310	-	-
22/AUG/64	Olympic Trials	HWT	-	369	297	-	-
26/NOV/66	Tour. Chmps	HWT	1	380	310	410	1100
10/APR/67	FLA State	HWT	1	430	295	440	1165
10/JUN/67	Sr. Nationals	HWT	2	405	305	420	1130
31/JUN/67	Pan Am Games	HWT	2	424	314	424	1162
21/OCT/67	Pre-Olympic Tour.	HWT	2	429	341	441	1212
09/DEC/67	Empire State Inv.	HWT	2	435	340	430	1205
23/MAR/68	Sr. Middle Atlantics	HWT	2	449	335	430	1214
09/JUN/68	Sr. Nationals	HWT	2	425	325	425	1175
31/AUG/68	Olympic Trials	HWT	2	463	336	468	1267
19/OCT/68	Olympic Games	HWT	3	441	319	463	1223
13/JUN/69	Sr. Nationals	HWT	2	435	320	440	1195
28/SEP/69	World Chmps.	SHW	1	446	358	468	1272
14/JUN/70	Sr. Nationals	SHW	2	445	330	430	1205
20/SEP/70	World Chmps.	SHW	4	457	363	452	1272
13/JUN/71	Sr. Nationals	SHW	2	457	369	474	1300
01/JUN/80	Sr. Nationals	SHW	3	341	435	777	(36)
27/OCT/80	Americas Cup	SHW	1	336	452	788	
01/FEB/81	NZEA Games	SHW	2	341	452	793	
07/JUN/81	Sr. Nationals	SHW	2	341	424	766	(37)
<b>Powerlifting</b>							
MAR/69	Daytona Open	SHW	1	650	370	650	1670
* = Junior World Record. ! = American Record.							

taking the silver. The outcome was decided in the SN where Joe hoisted 441 to Martin's 330. Joe Dube's TOT was 793.

Just for fun, Joe had participated in the World Strongest Man competition on June 26-29, 1979. He was guaranteed 2 grand just for taking part. It was a fun event and resulted in no injuries for Joe. It inspired him enough to stage his comeback.

HG: Now that I've covered your great career, I'll ask a few questions. Tell about your marriage and children!

JD: I got married to my first wife Carla in 1964 - no children. My 2nd wife was Cindy in 1975. Only lasted 4 months, no kids. I got married for the 3rd time in 1977. Regina and I have 2 sons - Joseph Douglas Dube, Jr. is now 18, born in 1979. My youngest is Jason Ryan born in 1983, now 15.

HG: Does either boy lift like you?

JD: Yes, Joe Jr. bench pressed 345 @ 170 but (raw with a pause) in a High School meet last year. He's been doing Olympic lifting for 3 months now. Weighing 182, he's already snatched 206, and cleaned 280. He's got my genetics and desire; wants to be top-notch.

HG: Like the ole man?

JD: I predict he will be the next W/C for USA.

HG: What do you do for a living?

a dislocate with a stick using a shoulder width grip. I did a standing tricep extension with 330x3 using a fairly wide grip. I'd let it down to the back of my head. I did 625x5 Front Squat, and 660x3. After the 71 Srs. I was at peak strength and jerked 530 from the rack. I also push pressed 505 also from the shoulders without re-bending the knees. I practiced very heavy quarter squats. Taking the bar off the rack stepping back unassisted bending the knees slightly and re-straightening them. I did 1355, ten reps like that. My best strict curl was 230. In the Deadlift I did 710x5 with straps, the palms forward, for 3 sets of 5 reps. HG: Why didn't you try more than just one P/L competition?

JD: I guess my brain was just more geared for Weightlifting, wanted to become World Champ and with the grace of God I did so.

HG: If you'd went for P/L instead of W/L, what do you think you would've done?

JD: I'm sure I could've squatted over 1000, Bench Press around 530, Deadlift - I'm certain I could have hoisted around 800.

HG: Do you have your own handling company?

JD: Yes, I have my own handling company. I'm now retired on permanent disability.

HG: Explain!

JD: I had a right hip replacement in December 1995. The cartilage was gone from my hip socket. A great deal of pain. It was a traumatic experience. My father had both knees and both hips replaced. He's still living, now 86.

HG: Can you do any lifting at all?

JD: The Doctor sez no more lifting.

HG: Tell us of your POWERLIFTING CONNECTION and the aspect that played in your W/L career.

JD: If I hadn't supplimented my W/L with a lot of POWERLIFTS I'd never become a World Champ.

HG: When Zhabotinsky said American were weak, I was determined to prove that I was one old boy who wasn't.

HG: What were some of your best lifts?

JD: Squatting was always my favorite lift. I was inspired by Anderson's ability. Like him I was built for them. I SQUATTED 745 for 3 SETS OF 5 REFS IN YORK 1971. I did a 475 BP with press width grip with a pause. My should-ers were very flexible. I could do

There you have it, the saga of Joe Dube. He was the last Super Hero for American W/L, almost 30 years ago. Will anyone fill his shoes and become a World Champ for the USA once again? Perhaps another POWERMAN is up to the task? PERHAPS HIS NAME IS SHANE!











# 9TH IPF WORLDS

by Herb Glossbrenner, PL USA Historian/Statistician

The United States of America and the city of Dayton, OH and their huge convention center played host to the 9th World Powerlifting Championships held November 2 through 4, 1979. Its promoter was Pacifico Enterprises, the company owned by already 8 times World Champion Larry Pacifico, of nearby Sidney, IA. It was a monstrous undertaking with Larry coordinating the event. He delegated duties to the many employees/workers from his chain of New Life Fitness Centers from IN & OH. Larry's brother Dick was called Meet Director. The event brought 103 athletes from 17 nations. Nearby Sinclair College opened their facilities for R&R and training purposes. A specially built stage with inclined walkway for easy access made viewing easy. A large scoreboard stood behind it for all to see. Colorful flags of all nations were hung to the side. Sponsors names were brazenly displayed. Digital timing & lights were utilized. Toledo Scales provided the accurately certified and calibrated weighing scales. An estimated 10 THOUSAND saw the event over 3 days.

This proves P/L can be a spectator sport with proper marketing, advertisement and a proper showcase in the manner it properly deserve. CBS Sports aired T.V. coverage with Terry Todd as the knowledgeable color commentator. An opening ceremony preceded the action. The emcees were Jim Taylor & Tony Carpio, and they kept all well informed. The York Barbell Company donated equipment and their new 29mm diameter power bar was used. The action begins:



Inaba flanked by Dunbar (l) and Bhairo (r). (Kathy Leistner photo)

**114 lb. class - HIDEAKI - 6 IN A ROW!** - There were 8 flyweights, including Nepali Godly (BOL) who had no translator. He lost his 1st 2 SQ's on time. He got

Juhani Niemi had an outstanding day. He rabbed bronze for Finland with a 1201 sum. He SQ'd 468 - his final. BP 253 - 2nd, and got a 479 DL final - a 7-9 performance.

The two man battle for top honors was on a level far above the others. It was two rams, a young one and an old one in a death struggle. Precious McKenzie (NZL) and Lamar Gant (USA) are two of the most famous names ever in P/L. Both men had 4 World Titles. Gant, 22, SQ'd 418 easily enough, and went up to 479 for two failures. McKenzie, obviously in the best shape of his life @ age 43, plowed through 462, 496, and then 507 which equaled his own W/R. Precious pumped 275 and 286, but missed 297. Gant, roaring back, hit 275, increased big to 303 and got it, and also got a 3rd at 308! McKenzie led 793 to 727 subtotal. Would 66 lbs. be enough of a lead? Charming and ageless. Precious was on a roll. Without knee wraps or sweat, he'd got his SQ record in Hawaii, the previous APR (507) and TOT a W/R 1339. On a 4th he'd broke Mike Cores' long standing 1974 W/R (549.1/2) with 551.

He looked in good position to top his younger adversary here. Lamar's devastating D/L weapon was a big IF. Gant's 501 initial effort flew up. McKenzie answered with 507. On the scoreboard and his lead went 71 lbs. Time for the heavy forewarmer. Precious went straight to 551 = to his own W/R. With a pains forward hook grip - HE GOT IT! He had a new W/R TOT 1344! While Gant still waited, McKenzie hoisted another W/R - 556 - only 1 white - a crucial call! Lamar never 617 - a high impossible task. Never before had it been necessary to lift 66 lbs. more than the World Record D/L to win. It was five times over bodyweight. Slowly the ponderous Lamar's arms seemed to stretch like licorice sticks. It inched marginally above his knees and locked into final position. YES, a triplicate of whites. GANT HAD WON, tying McKenzie's 1344 TOT and claiming that record as well as the gold. Being 200 grams lighter was the deciding factor. Overcome with emotion, Gant shed tears of joy. McKenzie, a great sportsman in defeat, was all smiles. He scooped Lamar up in arms paid tribute to his gallant young rival. Almost 2 decades later the significance of this moment still shines bright. It was truly one of the greatest moments in P/L History!

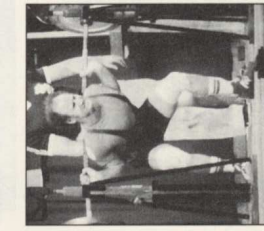
**132 lbs. - GET READY! IT'S EDDIE!** - Dehorned after a 2 year title reign last year by Gant (USA), Eddie Pengelly (GBR) returned look-



Eddie Pengelly's (132s) efficient sumo-style deadlifting assured a gold medal win for Great Britain.

(FELT true GRIT). He did 1289 in 4th but was well behind the medalists. The rest of the world was too tough. Last year's sensation Mike Bridges (USA) had moved up to 165. This gave the others the golden chance. Two GBR reps were Des Garner (bronze last yr) along w/ Hassan Salih. James Moir (CAN), an ex-Scotsman was in his 5th title shot. Previously he'd got 2 silvers (to Welch in '75 and to Gaugler in '77). At 43 his soap could've been entitled THE OLD AND THE D.U. Would it be a BRITISH FINISH? They fought each other tooth & nail, being former SQ W/ Moir began conservatively at 551. Salih's start was 573. Garner had the heaviest commencement - 584! Moir matched that his 2nd. Salih was too high twice with 595. Moir turned up the heat, but failed a 606 3rd. Garner got it up, but was too shallow - no lift. Garner's controversial arch in the BP made judges insist on a three-peat before okaying it. Saleh jumped in front - 358. Moir horsed up 374 & almost got 380. ST's: Moir 959, Salih 931, NEGATED! SHALLOWLY! Caught up in it, he dared 529, but missed it outright. Pengelly owned the W/R. TOT @ 1422. He'd surpassed Gant's 1410 from last yr. He wasn't that close here. He jumped into a commanding lead, though, by crouching deep with 501 and 523. He tried 540 to beat his own WR of 534, but couldn't fight it through. In the BP there were no surprises. Kozyka led Lampella by 33 after doing 286. Kullervo made only 242. Eddie got 297, and finished 308, but was led lighted. Pengelly led S.T.'s by 38: 799, Kozyka - 760, Lampella - 727. He's unpredictable puller that Eddie, his 507 slipped a grip. At 518 he TOOK HIS TIME, and LOOKED FINE. To his knees went 540 before he lost it - TOT 1339. Kozyka chased him at 496, then 540 for 1300. Lampella's loved 551 cinched 3rd at 1234, and he tried 584 to win, getting halfway twice - but no soap. Now Pengelly had a triptych of gold moments.

**148 lb. class - MOIR THE DESTROYER!** - TEN MEN - only one would WIN! Kristijan Kristjanic (ISL) was the lightest - 139.6 - TOT a mere 975.5. ABLUNDER (TOO SKINNY) needed LUBBER FOR ENERGY. Das (IND) ended in 9th - 1135. Jonny Mombert, 17, (BEL) did well for a kid: 474 in both SQ & DL - 1190 -8th. Teammate Robert van LOOK TOOK A 485 DL and had 1201, 7th place. Edwin Wilken (NOR) topped 479 and earned 6th with 1234. Holmson, his home-bought lifted himself above his pal into 5th. Aussie Irwin QUELCH never QUIT



Jimmy Moir - Canada strikes gold.

batch of hot Canadian bacon. A 551 start gave him 1510 and locked up his first World Championship title. Moir put it out of reach for sure with 573, a 1532 TOT now. Jim missed 595 on his last try. It was up to Salih now, and he took one desperate shot - 606 for 1537 and the win. He had DESIRE, but the FIRE had EXPIRED - nope! The CAN contingent cheered long & loud for their AGED CHAMP who'd AMAZED his FANS. Moir the destroyer!

**165 lb. class - MIGHTY MIKE - A NIGHT OF WHITES!**

tured silver @ 148, to go with the gold and World Title he'd seized in that category in '76. The silver and bronze medals were the incentive for their conflict. Each man desired to be second best. This was all they could hope. USA's Mike Bridges was their unsurmountable obstacle!



Passing the torch... Best Lifter, Mike Bridges receives his award from meet promoter and also a World Champion at the meet - Larry Pacifico.

Backlund SQ'd 584, a repeat, then missed 606. Di Pasquale took matters in hand. He got the advantage from the outset with 611, but his 639 was nixed. His grim determination, he advanced to 644. He hit it just right - ground it up to completion - good! He newly added bodyweight helped. He stroked all 3 BP's - 374. Backlund came roaring back like gangbusters with BP bravo. Likewise he also made all his, finished with a tremendous 429. S.T.'s were close: Mauro, by the narrow edge, led 1019 - 1014. Backlund fought gallantly. After pulling 617, 2nd attempt, he had 1631. Di Pasquale stayed ahead, making 611 and 633 and went for the tie and lead with 639. It wouldn't yield. He had the bronze. One more for Mauro, and he tried 666 and missed. He was runner-up again to a man who was unstoppable!

If last year's debut by Mike Bridges wasn't a showstopper, this year's follow-up was unreal. The USA's newest mega-super star moved up to this category and made a stambles of the record book. He was at a level far above the others. The closest adjective I can come up with to describe him is stupendous! Mike almost mechanically defied the laws of physics. He moved enormous poundages in such a manner as the world had never seen before. He sat deep & powered up 655. Next came a new W/R 711. He jumped 44 after that a surreal 755. He almost made that as well. There was no letting up. Every one was spellbound watching him destroy the bench press mark, as well. A bird weight (for him) 380 was followed by a ridiculously EZ 429. On a 3rd he obliterated the W/R - 451. Not finished, he inched out 457 on an extra attempt. In the





Ron Collins - he brought home another gold for England - by winning the 181 pound division.

had a strong BP-396 (a JPN tradition) - and ended in 11th place - 1350. In 10th Albert Mombert (BEL) with 1355 along with Jonny (8th @ 148), were the first ever father-son participants in Worlds.

He elevated 661 for a 6th place finish - 1576. Tahminen (FIN) made a good debut with well balanced 5th W/Rs of the day - 1813 & 1829 totals. He became the first man in W/C History to amass a sum 11 times his own bodyweight (6.55 kg or 12.23 lbs. beyond 10! Back in Wisconsin another budding USA superstar Joe Bradley, earlier on APR 7, had done 41 more than 11 x b.w. going 525, 335, 600 for 1460 TOT @ 129 BWT! The rest of the World were coming on unquestionably the Global rulers of P/L!

181 lbs. - NO PROBLEMS OR CONCERN (WONDER OF HEAVEN - NUMBER 7) COLLINS RETURNS! - After missing a year due to injury the masterful British superstar Ron Collins returned to the world platform. His BP was now forever diminished by crippling consequences. Would that prevent him from winning his 7th World title! The mighty American Walter Thomas was the only one who could possibly beat him. Thomas had the gold medal foremost in his mind. It would be one of the closest battles ever. While you gnaw your fingernails awaiting for the outcome of this melodrama I'll first touch on the others - children of lesser gods.

The biggest class of the whole meeting - 14 from 12 different countries - was a record in itself! Lowest man Kawaguchi (JPN) & BEL risked 2 men apiece. Lowest man Kawaguchi (JPN) posted 1234. Romagnoli (BRA) got a lead, and knew he'd need it! He got 429 on a 2nd, but missed pulled around him into 12th with 1344. Suzuki, the other Japanese, 1708? Collins calculated his lifts

with cunning. Thomas began @ 661 (1791). Collins countered at 694, and had the lead (1796). Thon was sent to 705 - crucial! Two misses and his chance was gone. Collins, 45, made two valiant tries @ W/R 766. Like Kumpaniemi, he couldn't get it past his knees. The British National anthem once again swelled into a melodious exhalation. Capt. Ron had steered in a narrow port safely. Field won his 7th World Title. For this great champion it was his final one.

198 lb. class - CAMPBELL THE ANVIL! - In the ultimate strength sport where only the strongest survive, the underdog participants strove for their own personal achievements. It was a jockeying for higher positions and honor for themselves and their country. A climactic conclusion was in store - a surprise ending that to this very day is remembered.

heat & humidity there in MS. He was named to team anyway, and joined Roger for a one two knock-out punch. The bearded, row boned Canadian Tom Campbell felt he was equal to his challenge. Anello, as expected, mustered all he could in the first two disciplines. It was a setup for his potent pulling potential. Vince SQD 622, 655, and missed 672. His BP was "on" @ 424, 435, 441 - solid! Estep, a living breathing Farnese Hercules, looked the part and how! Estep smashed the W/R SQD in Dec. 78 with 769-1/2, then he TOT 1940 to bust the mark of the legendary Pacifico. He looked out of his skin here. He ripped through a 716 opener. His 744 got reds for depth. Then he missed his 3rd at the same weight. Campbell, rugged as the Canadian wilderness, powered through a 738 start. He went straight to 760 and motored up twice. Neither lift satisfied the judges. Tom muscled up 446, and 452, repeated, then popped 485 on his final push. Campbell waited for 490 - and almost had it, closed. S.T.'s: Campbell 1212, Estep 1201, Roger pulled 665, which gave him an 1857 TOT right of the bat. P/L: STOUT CANADIAN (OUTWATT-INGHIM) lifted 672, and was ahead - 1884! Estep's back was to the wall. He took the 683 necessary to tie and regain the lead as lighter man. Twice he missed. Too heavy this day. Campbell had slain one American dragon. Tom fortified his lead - and hoisted 705 strongly 1918 TOT. He had one lift left, and waited for Anello to make his move.

Vince jumped in the melee - 772. This assured the bronze (1818 TOT). Campbell, smelling the blood of victory, leapt through @ 733 - too ambitious - he failed! It was up to one man. ANELLO was the FELLOW. We'd seen him pull the fat from the fire with his deadlifting dynamics on many occasions. Some nights his finished lift was HUMPTY & SLUMPY, other times RIGHT ON THE MONEY. The judges wanted a ramrod straight shoulders back completion. Vince needed a monster pull - 821. He had the W/R @ 815.7 @ 198, and had 810 in this category (@ 76 Worlds) so it would be well within his capabilities. It would be the greatest pull in History. Gant @ bantam had lifted 494.5 lbs. over his own best. Vince He'd improved 22 from last year, where he'd snagged the silver medal. Progress, but not enough in these last times. A formidable American duo were entered. The new US champ was a muscular phenom - Roger Estep. Vince Anello, the D/L whiz, had tried valiantly to 788 as him at the Nationals w/788 as lighter man. He'd missed three times, his grip slipping in the sweltering



Campbell unstoppable at 198.

BUNT SCORED (for NZL) - 926, WANTED MORE! Henke (FRG) was above him at 1201. Lockner Singh (IND) & Karl Hittreiter, the other GER, had a duo duel. Tied w/1344, Singh a light 190.4 claimed 9th. Cappola (AUS) moved up a division, and placed one notch higher than 78-7h w/1612. Peter Perry, Canada's backup man, lifted a 677 DL for 1697 and 6th. Ganneer-Siegrimson (ISL) was only 19, but outpulled the whole class. His 727 gave him 1785 and fifth. Subsequently he almost made 744. That weight would have put him ahead of Unto Honkonen (FIN). Unto's great 463 BP kept him in a solid 4th - 1796. He'd improved 22 from last year, where he'd snagged the silver medal. Progress, but not enough in these last times. A formidable American duo were entered. The new US champ was a muscular phenom - Roger Estep. Vince Anello, the D/L whiz, had tried valiantly to 788 as him at the Nationals w/788 as lighter man. He'd missed three times, his grip slipping in the sweltering

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came only mid thigh. Campbell was both American. He's beaten World Champions. THE WAPLE LEAF had given them a DISGRACEFUL DEFEAT. This is as history records it - CAMPBELL THE ANVIL.

220 lbs. - PACIFICO NINE IN A ROW! HIS TIME TO GO - HIS FINAL TOLL! - This category bore a special significance. It closed the book on the international career of one of the greatest ever - Larry Pacifico. He was whose hunger for World Titles and records was still unquenched. Eight times he'd straight in a row - indomitable, unstoppable, unbeatable. The streak would end at nine. This was his final curtain call.

While the excitement and anticipation heightened, the others bravely displayed their best efforts: Five combatants finished through their paces and were shined on center stage! Working from the bottom-up: Vase (ISR) yodeled to 1273. Just above him G. German Klaus Fink 1399 - 8th. Teammate DIETER MERKEL - 99 better at 1499 in 7th. A notch above was NOR's Jani Kallaberg tall lean but powerful. He pulled 672 at higher tempo. He was a CAN REC (1653). Karl Hult, set a CAN REC BP 474 and was 5th overall - 1719. As for the Big 4, Reijo Kiviranta had been winner of the bronze 2 yrs. running, and wanted a higher finish. Ray Vyander (SWE) was a newcomer who planned to make his debut a grand one. Ray Noble (GBR) was also a World platform for the first time. Each of these 3 men had one goal in mind. By a miracle or whatever they wanted to out the man who ruled like no other. The Paragon of Platform Power was LARRY PACIFICO! The stress of organizing this the greatest W.C. thus far in P/L. History no doubt placed an undue burden on Larry. He'd have liked to prepared better. The SQ proved to be a great contest. All 4 men stuck close together. Kiviranta (FIN) had a ragged start. He repeated 705, then finished @ 738 - solidly. Noble, a sturdy Scottish fireman, blew away 738, faltered w/760, then made it on a 3rd with power to spare. Vyander took his powerful positions: 749 rattled and shook on it's round trip journey. It looked to be a max.

9th IFF Worlds 24 Nov 79 - Dayton, OH  
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 Maki, J. FIN 407 285 579 1201  
 Nylund, S. FIN 417 255 479 1201  
 Anello, V. FIN 655 441 772 1818  
 Zappia, P. FIN 651 441 672 1796  
 Strager, P. FIN 629 399 677 1697  
 Isagawa, H. JPN 374 296 452 1063  
 Dotts, J. IND 374 214 473 1063  
 Marumoto, H. JPN 352 214 396 964  
 Kang, L. USA 418 306 617 1344  
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 GBR 452 175 407 1135  
 JPN 374 296 452 1063  
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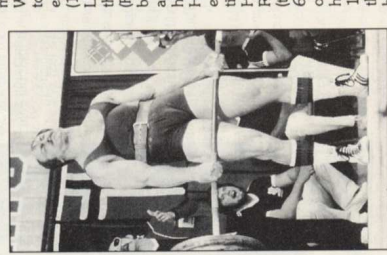
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John Kuc defeated magnificently to win the 242 lb. battle.

fire up, shot the works from the get-go with 738! He made it, and had an EUREK! MOMENT (1934) and the silver. Kiviranta had an important choice to make. 749 would oust Noble and get him bronze. It would tie Vyander's 1934, but being heavier would not earn runner-up. That would take 785. What to do? He decided on 749. A smart choice as he made it and had the bronze. He still had one try left. Vyander, to make sure he kept silver, tried the same 749 twice - to his last shot. Kiviranta, with his last shot, took the 755 to capture runner-up. Not to be. Unbeknownst to Larry, his victory celebration would be his last. Fate would intervene. How ironical that it witnessed two of the greatest ever, both Collins and Pacifico, bring their World streaks to an end. Sixteen World Titles between them. Seven for Ron and 9 for Larry. Neither man ever faced the other to answer that burning question - who really was the greatest!

242 lb. class - A BULL WHO RAGES - A BULL FOR THE AGES! - THE UNPOLISHED - FROLOKED, THEN ACKNOWLEDGED, THEN ABOLISHED! Loknoth Bolar mustered his best - 1344! Aussie John Darby TOT 1725 lbs. Mal Meikle, his countryman, had stage him 1752. Sigurpalsion (ISL) added drama. His 683 clutch final DL was needed to stay in - TOT 1796 - fifth! Ulf Morn, bronze last year, was injured. He thought he might have bronze again. Arthur White (GBR) used his DL prowess to pull 749 pounds. It was just enough to tie and catch Oscar (1884). RIGHTER & SMART, the LIGHTER ART - he's third & Oscar (FIN) already had two silvers & two bronze medals from previous W.C. appearances. Make that 3 silvers as he was runner-up again this time. He had hurt his back a few days earlier, missing a 738 DL in practice, then forcing himself to do it. Hurt his back, and didn't tie it. REAL DUMB. He was smarter here (600 lbs.). He made 3, but a mere 1956 TOT was the result of bull-headedness. But it wouldn't have made a difference if he'd been 100%. The winner was none other than John Kuc. Kuc emerged from his 4 year hibernation. He had underrated himself. He brushed aside defending World champ in his battle.

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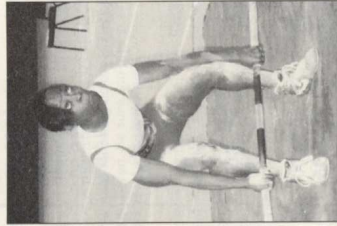
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# INTERVIEW

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

## JACKIE DAVIS as told to Powerlifting USA by Fred Rice



**PROFILE:** Jackie Davis. **AGE:** 37. **MARITAL STATUS:** Single. **HOMETOWN:** New Windsor, NY. **JOB:** NYPD detective. **INTERESTS:** Powerlifting, sewing, roller blading and cooking. **HEIGHT:** 5'11". **WEIGHT CLASS:** 114 lbs. **FR:** TELL US SOME SPECIFICS ABOUT YOUR WORK. **JD:** I'm a New York City detective and I've been on the police force for 13 years. Prior to attaining this position, I worked in Harlem for six years, both patrolling in a car and walking a beat. That was an eye opening experience. My first job in Harlem there was a call for a shot being fired from an abandoned building. I could feel the bullets going over my head. The older officer I was with turned to me and said, "Welcome to the precinct!" What made me leave Harlem was seeing what was being done to children there. One day I encountered a woman who was trying to sell her children as prostitutes so she could get money for crack. All three of them: 1, 2, and 3 years old - had venereal disease. Since I have a B.S. in physical education and sports medicine from Hunter College, I was given a position teaching at NYPD fitness centers in the city for two years. After this I taught self defense and physical training at the police academy for two years. **FR:** HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADPFA)? **JD:** In college I ran track, and played softball and basketball. I grew up playing sports in Brooklyn, because I have three brothers who played sports, and I was always trying to keep up with them. My one brother got into bodybuilding, and influenced me to start doing the same. This was when I was about 26 years old. I won the police department bodybuilding contest twice. But I didn't like taking my clothes off. Also, the judging is too subjective in bodybuilding, and people were pushing me to get bigger. I didn't want to get bigger. I like the weight that I am. I didn't get into powerlifting until I was about 31, but I had a basis from all my athletics and the bodybuilding, and was able to make rapid progress. In 1992 I was working in the police fitness center, and I saw this guy, who happened to be John Gengo, although I didn't know him at the time, squatting really low, not like I had been doing. I said, "What are you doing?" So I

and 600. His 617 stopped just shy. No more weapons left in his arsenal, he opened with a 633 D/L. He failed 733 twice - TOT 2121. And USA's second finish was just as predicted. Bill Kazmaier looked like some crazed god from the planet Siktzoid. His eyes were swollen from poison ivy. He possessed a frame of huge muscular proportions. He had intense focus & psyche, and looked like a time bomb ready to blow. Paul was ponderous and massive, but seemed more calm and affable. Before SQing, Kaz grasped the barbell, rattling it. His red eyes were blazing. He got 826, and 870, but mis-grooved 903. Wrenn, the W/R holder at 953, demolished 859 and 909, then stalled at his 959 W/R. His low BP (injury), 479, left him 104 behind his teammate. The KAZ BENCH BLITZ COM-MENCED - 584, then straight to 622. He blasted it right up - a new W/R. His 633 try was almost there. The bell sounded for the final round in the D/L. Kaz began at 799 and had a 2292 TOT. Wrenn did 738, then 804. Paul waited Bill out. Kaz took 887, going for the World Record, and came close on two tries. Wrenn had a slim hope - 909 - and took it, but it barely cleared the deck. Kazmaier wins! Long live the new Worlds Strongest Man.

was the mammoth mass of musculature called Bill Kazmaier. He was second by Paul Wrenn, the jovial 338 pounder from Clarksville, TN. He was a pyramid of power, with SQ & DL weapons separated by his BP pea-shooter. An interesting group of characters played their secondary roles well. Eight beside the two overwhelming Americans gave it their all: Seno Bulitnick (BEL) became only the third fatality of the whole meet. Fritz Seese (FRG) reached a 1664 TOT. Ahead of him was the ex-weightlifter from Brazil, Talmir Chain, who achieved 1670; Michael Gosselin (CAN) had BP clout - 512! He TOT 1796 thanks to his Sixth overall as Arthur Bogason, 308, an Icelandic w/a unique training approach. His BEST W/R - 859. This produced a new W/R TOT as well - 2127! Just to give the crowd heartburns, he called for 903. The place went nuts! It was too much for even him! In the WINNER: JOHNNY KUC

**SUPERHEAVY WEIGHT - KAZ QUEST-PASSES THE TEST!** Two USA levitans were prepared to close out the 9th World Powerlifting Championships with a two man SWEEP. Tipping the BEAM at THREE SIXTYEEN

keep up with Kaz. He BPed 578

Terry McCormick like a pesky fly at the US Nationals. He'd been W.C. @ SHW in 1972 (322), then reappeared in '74 a TRIMMER WINNER (@ 242). Then he'd set W/R's of an 848 DL & 2066 TOT.

Kuc (USA) was boss and rumbled through his lifts like a locomotive gaining momentum. He SQ'd all 3 to 777. BP, he made his 2nd attempt at 490. Now it was time for maximum velocity. The DEADLIFTS (HIS PET LIFT!) Wearing a flimsy belt he began @ 810. It snapped right up. Next, without hesitation, he went to a new W/R - 859. This produced a new W/R TOT as well - 2127! Just to give the crowd heartburns, he called for 903. The place went nuts! It was too much for even him! In the WINNER: JOHNNY KUC

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The KAZ - Kazmaier (SHW) psyches up for his World Record bench press (622).

our best, and a little heavier as we get closer to a national meet. We concentrate on form and technique. Tuesday is our light leg day. We do 4 sets of 4-10 reps in the squat. The number of reps depends on John's mood. Then we do 4 sets of light deadlifts. After that we do rack work for the deadlift. Then we should be working squats with calf raises. After that we do seated leg presses, and then we superset leg extensions and leg curls. Wednesday I take any supplements I want to eat at all, not even creatine. I try to eat a lot of fruits and vegetables, and as far as meat I stick primarily to chicken, fish, and turkey. I don't eat too much red meat. I drink a lot of water. I eat a low fat diet for the most part, but I do cheat a little, especially on the weekends. **FR:** WHAT ARE YOUR BEST LIFTS? **JD:** 400 deadlift, 190 bench, and 920 squat. My best official total is 345 squat. My best official total is 920. **FR:** WHAT ARE YOUR GOALS IN POWERLIFTING? **JD:** My main goal is just to keep improving. You're only as good as your last lift. I want to carry myself like a lady, and be a good representative for powerlifting. I love the sport, and I want to keep competing until I can't walk anymore. **FR:** YOU USED TO COMPETE TWO OR THREE TIMES PER MONTH. DO YOU STILL COMPETE THIS FREQUENTLY? **JD:** John Gengo, my coach and training partner, and I still compete quite often, but not quite as much as we used to. We now compete once per month, or once every other month. I do like the feel of the weight on my back, and I like to lift heavy every Saturday, although we do not go to our absolute max every Saturday. **FR:** WHAT IS YOUR TRAINING PROGRAM? **JD:** Five days a week I do aerobics. I do this partly to stay in shape for the police department, and partly to keep my weight down. On Sunday I run 8 miles, Monday I run 5 miles, Tuesday I do either the bike or the Stairmaster for one half hour to 45 minutes, Wednesday I run another 5 miles, and on Thursday I run 3 miles. I do abs with my aerobics, anywhere from 200 to 500 reps. I have to schedule my running around my work schedule. As far as my lifting schedule, Saturday is my heavy day for all three lifts. We go approximately 90% of

Jackie Davis as she was competing on June 12, 1998, at the New York Police Olympics contest. was interested, and started training with him. **FR:** HOW LONG HAVE YOU BEEN COMPETING? **JD:** I started competing almost immediately. My first meet was a USPF meet. **FR:** HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADPFA)? **JD:** I went to Craig Sojran's East Coast meet in New York City, and I have been competing primarily in USA Powerlifting ever since. At that meet Linda Jo Belisto encouraged me to enter the Women's Nationals in May of 1993. I went, and tied Felicia Manganiello, but took second on bodyweight. We liked the ADPFA right away, especially because of the number of women involved. We compete in other organizations, but our home is USA Powerlifting. When I go to other meets, I feel that I am representing USA Powerlifting. A judge in another organization told us at a meet that I didn't have to squat as deep as I was squatting, but I feel that I represent USA Powerlifting, and I represent I squat deep, people see how we do it in our meets. **FR:** WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING? **JD:** If people want to use the drugs, then they should lift in organizations that are not drug free, and

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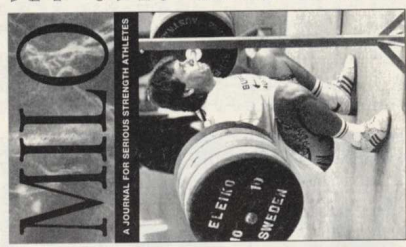
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# NO!-NO!-NO!



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Melbourne, Australia (November 1993). 91-kg Ivan Chakarow banged out a triple with 270 kg in the squat—impressive enough in itself, but even more so when you consider that it was a high-bar, close-stance, rock-bottom effort; and because he did it with no belt, no wraps, no spotters, we coined the phrase "no-no-no" to describe the style. The strength world would never be the same again, because now everyone knew what real squatting was all about. Chakarow went on to win the World Weightlifting Championships a couple of days later, securing his spot as a MILO guy. MILO goes around the world to cover strength sports: weightlifting, Highland Games, arm wrestling, strongman, powerlifting—just about everything that has to do with strength. We've become recognized around the globe as the premier journal for serious strength athletes, and are proud that our readership includes some of the biggest names in the world of strength—Olympic champions, world champions,

world record holders. But we also the journal of first choice for every unsung hero who struggles for new PRs in his backyard, garage or basement. MILO: Training. Personalities. History. Major contests. Schedules. Software book format. 128 pages with no interior advertising. Top authors and photographers. A world-class package worthy of everyone who takes strength as seriously as we do. Four issues a year: \$29.95 USA, \$33.95 Canada/Mexico, \$49.95 all others. Single issues available for \$9 USA, \$10 Canada/Mexico, \$14 all others. Checks and money orders only, please. IronMind Enterprises, Inc. P.O. Box 1228 Nevada City, California 95959 USA tel (530) 205-6725 fax (530) 205-4876 www.ironmind.com



**For Review**.... Herb Gloss-brenner came out with a book on overhead lifting not too long ago, and now he has extended his statistical expertise to the most popular weight lifting movement of all, the Bench Press. His 1998 U.S.A. Bench Press Stat Book contains the All Time Rankings for the United States of America - to a staggering depth of 200 names - for each individual weight class in the men's categories and the TOP 50 for each weight class in the women's divisions as well. There are loads of interesting photos of top benchers, many of which were never seen before, sprinkled throughout the 100+ page book, and Herb has also figured out the TOP 10 best bench pressers in each weight class during each of the last 4 decades, and the best benchers by formula for each of the last 4 decades, and he details his version of the ArdiClub - those who have benched 700 or more in competition. Robert O. Smith has contributed a number of his extremely clever cartoons, and there's a special feature on benching great Mike MacDonald. The book is available for \$29.95 plus \$3.00 shipping and handling from Herb Gloss-brenner, Box 65692, Los Angeles, CA 90065.

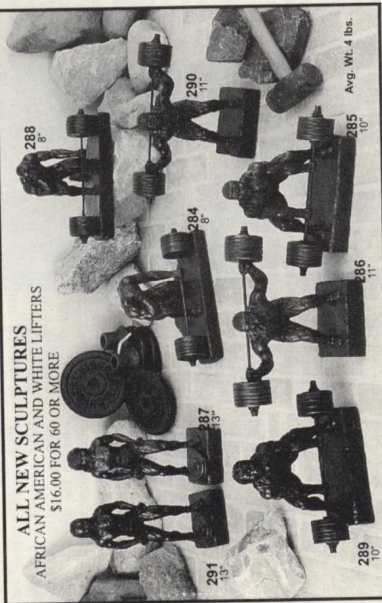
**1145 Stull Photographs of Merri's Nationals** are available at the website [www.brackleyenterprises.com](http://www.brackleyenterprises.com). Just click on the attempt listed in the meet results and you'll get the corresponding photo of the lift.

**The Strongest Shall Survive**... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

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*Lever & competition belts are available in the following colors - Black, Royal Blue, Navy, Red, Sand, Gray, and Green. Be sure and give your waist size, style belt, and color (if necessary) when ordering!*

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Shipping is \$5.00 on orders within the continental US (except for bars). Overseas orders add 25% for surface freight or 40% for local air freight.  
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# WORKOUT of the Month

## C.W. TERRY DEADLIFT ROUTINE

The keys to improving the deadlift (or any lift), are attacking weaknesses and sticking points and not overtraining. The following is a stripped down, contest cycle patterned after my own routines. It is based on a previous max of 485 and a projected lift of 500 pounds.

**Whether you use a conventional or sumo style deadlift, certain principles of execution are universal.** In training, every repetition should begin from a dead stop. Never bounce the weights off the floor. When setting up to pull, your back should be straight or slightly arched. Elbows should be straight (triceps flexed). Don't try to jerk the bar off the floor or curl the weight up. The weight should move smoothly from the floor. PUSH it up with the legs and feet. Don't give in to the temptation to straighten the knees too soon. If you try to stiff leg a heavy weight, you risk injury and put yourself in a relatively weak position. Your head should remain straight or tipped slightly upward throughout the movement.

**I recommend training the deadlift no more than once a week.** I pull every nine to ten days to maximize recovery between workouts. My last workout before a contest, I do a single or double with 95% of my goal. I then pull a partial

weak train legs with leg presses, high bar squats and leg presses. If you have trouble maintaining a straight back throughout the pull, train the lats with rowing exercises. Rack pulls and shrugs will strengthen the lockout. Grip problems can be addressed with wrist curls, reverse curls, and deadlifts with a standard foot palms facing the body grip.

**I only map out about six workouts or so.** Until that point, I do sets of about five to eight reps, always striving to top personal rep records. Following deadlifts, I do rack pulls, deadlifts while standing on a plate (usually one set of eight reps), shrugs, high bar squats (two or three sets of eight to ten reps), leg curls, calves, and abdominals. As I stated above, the assistance work you do will depend upon your needs. Analyze your lifting and target your particular sticking points.

**One final tip:** Avoid the mistake of wearing yourself out in the warm-up room. If you are going for 500, try this: 135x6, 225x4, 315x2, 405x1.  
ATTEMPTS: OPENER=445, SECOND ATT=485, THIRD ATT=500.



Craig Terry has deadlifted well over 700 lbs. in the 198 class. (Terry photo)

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

# HI-PERFORMANCE

## 22 GOLDS - 1997 NAT'L'S! 1,003 lb. SQUAT



"Captain"  
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Karwoski;  
1,003 lb.  
Squat and  
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total, IPF  
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Records  
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Patent #5,046,194

The Centurion and Dual quad is the choice of Team Titan, 1997 Team National Champions with 22 gold medals! Why? Because the Centurion is the only suit to ever earn a U.S. Patent because of its ability to significantly increase performance over conventional designs. Our patented dual quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made. And it features our H.P. (Hi Performance) leg design to prevent leg slippage for bigger, safer squats.

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### DEADLIFT (after warm-ups) PARTIALS

WEEK I	400x5 (1-3 sets)	435x2-5
WEEK II	415x3-5 reps	450x2-3
WEEK III	430x3 (1-3 sets)	465x2
WEEK IV	445x2-3	480x1-3
WEEK V	460x2	495x1-3
WEEK VI	475x1-2	510x1-2

in the rack (1 to 3 inches below the knees) with five to fifteen pounds over my goal weight. Assistance training is an individual matter. Stress your weak areas. If the initial pull is

Good luck. Any questions can be referred to:

Craig W. Terry (248) 615-4812 or Email me at cuttery@webtu.net.



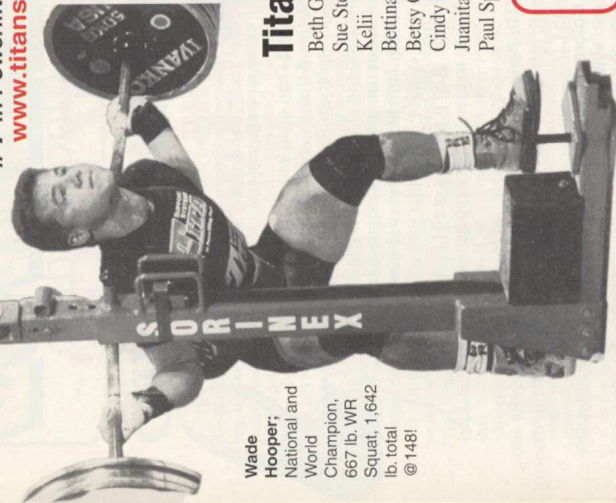


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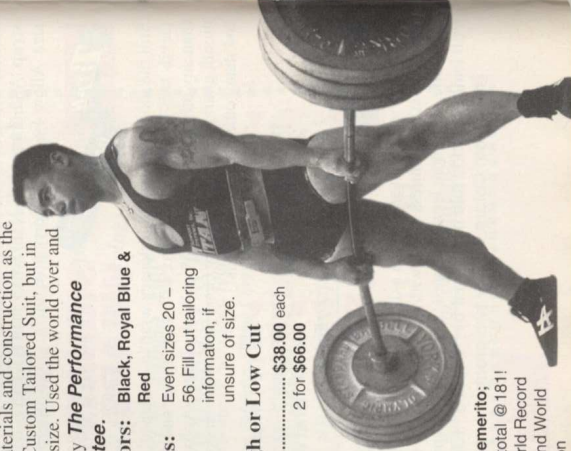
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- ▶ **High or Low Cut**  
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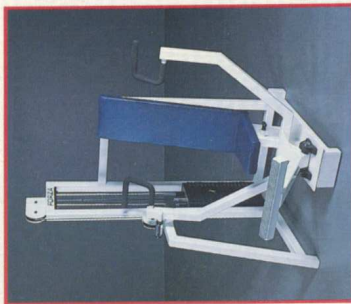






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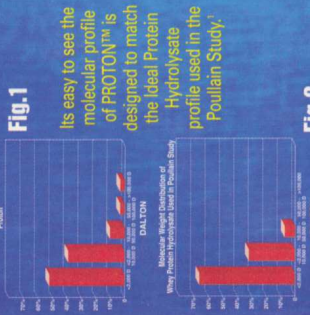
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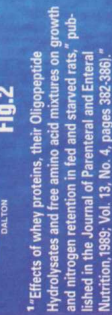
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**Fig. 1**  
It's easy to see the molecular profile of PROTON™ is designed to match the Ideal Protein Hydrolysate profile used in the Poulain Study.\*



**Fig. 2**  
\*Effects of whey proteins, their oligopeptide hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats, published in the Journal of Parenteral and Enteral Nutrition, 1989, Vol. 13, No. 4, pages 382-386\*\*.

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



**Fig. 3**  
fact...The molecular weight profile of Designer Proteins 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 Proteins. The analytical data from an independent laboratory revealed that the protein used in the Designer Proteins product is not the same as the whey protein hydrolysate used in the Poulain study (fig. 2).



**Fig. 4**  
fact...VyoPro had significantly less hydrolyzed protein than the Poulain hydrolysate and less hydrolyzed protein than Proton™. The analytical data revealed that the protein used in VyoPro is not the same as the whey protein hydrolysate used in the Poulain study (see figure 2).



**Fig. 5**  
It's easy to see the similarities between the profiles of Designer Proteins, VyoPro and the Less Effective Whole Protein shown above (fig. 3).  
**The bottom line is this...**  
To get the results based on clinical research, you need to use a product that most resembles the profile of the Ideal Protein Hydrolysate (figure 2).

When you look at the Fig. 2 graph and compare it to Designer Protein (fig. 3) and Vyo Pro (fig. 4) it's obvious that they are not what they claim to be.  
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MANUFACTURER OF VYOPRO®—AST Research, Inc. (manufacturer of VyoPro) 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 VyoPro® Whey Protein), other protein in America contains Designer Protein's WPH®-Whey Peptides, which clinical research shows give muscles more nitrogen than regular whey or free form amino acids."

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## Mountaineer Race Track & Resort - Powerlifting Competitions

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Dear Fellow Powerlifters and Related Athletes:

In past months **Mountaineer Race Track & Gaming Resort** has advertised the promotion of a Professional Powerlifting Competition named the **Mountaineer Cup**. Our goal is to create a history making competition, bring the sport to its deserved recognition and create revenue based income for the Elite of Powerlifting. This will be accompanied with the now named **Ernie Nagy Memorial Powerlifting Competitions** prior to the **Mountaineer Cup**.

As the meet director and directly involved with Powerlifting for two and half decades, the **Mountaineer Cup** is an exciting new aspect of the sport taking Powerlifting to the level of a Super Bowl, Olympia or a Championship Boxing Match. We invite you to visit Justine McShane's **American Strength Legends** Web Site for an interview explaining in detail the competitions. Note the changes... First prize will receive 80% of cash/prize and second place will receive 20% of cash/prize.

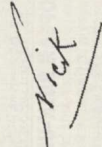
Personal questionnaires will be sent in order to receive an estimated projection of attendance, interest, markets and sponsor related information. Your support in answering this questionnaire would be greatly appreciated. Entry forms will accompany this and I encourage all to post them in gyms or contests.

The **Mountaineer Cup** and its prior competition (**Ernie Nagy Memorial**) will host a week end for a to enjoy with many activities scheduled. Please feel free to contact me at the above mentioned number or address for any questions you may have. Watch for upcoming issues of PL USA for further details or visit our web site at:

<http://web.mountaineer.net/-bu118/>

On behalf of Mr. Ted Arneault, CEO of **Mountaineer Race Track & Gaming Resort**, we thank you for your to date support and invite you in joining us to make the **Mountaineer Cup** the first step in escalating Powerlifting to it's deserved ranking in the sports world. Making the **Mountaineer Cup** a success depends on your participation and interest.

Sincerely,



Nicholas R. Busick

## Coming Events

State Open BP, World Gym Boulder, Nicole Mains, 5640 Atapahoe Ave. #412, Boulder, CO 80303, 303-546-0597.

7 NOV, Village Square BP/DL Championships (Elkington, IL) Darrell Latch, 258 S. Sale, Tuscola, IL 61953, 217-254-5429.

7 NOV, USA East Coast Regional BP/DL (New York, NY) VMI Lexington VA) Steve Spagnoli, 315 Irene Way, Spencerville, MD 21156, 410-543-9520.

7 NOV, Phirenee State PL, Russ Barlow, RR #2 Box 126, Turner, ME 04282, 207-225-5070.

7 NOV, USAFL, New York State, Tim Haunrich, 253 Malla Ave, Ballston Spa, NY 12020, 518-885-3404.

7 NOV, USA Kentucky Regionals (Henderson, KY), Nasa, Box 735, Noble, OK 73068, 405-872-9684.

8 NOV, 2nd Annual "Big Boys" BP/DL Classic (Antioch, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.

10-15 NOV, IPF Men's Worlds (Cherkassy, Ukraine)

13-15 NOV, WABDL World BP/DL Championships (Portland, OR) Russ Retwisch, Box 5292, Bend, OR 97708, 541-389-0600.

14 NOV, USAFL 3rd Annual Fitness Center Fall Classic, Roy Arma, Box 7, Willow, AK 99688, 907-892-7667.

14 NOV, USAFL Michigan Bench Press Championships (Three Rivers, MI) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.

14 NOV, 1st Inner City Bench Press Championships and Open Divisions, Rob Melendi, 6910 N. Armenia Ave., Tampa, FL 33604, 813-930-2855.

14 NOV, Southern States BP/DL (men: open, novice, teen, submasters, masters, law enforcement, novice) Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324.

14 NOV, USA 2nd Annual Drug Free Judgement Day/Eclipse 2000 Bench Press, Joe Luciano, Fitness Director, Greater Scranton YMCA, 706 N. Blakely

14 NOV, USAFL 12th USAFL Virginia State Closed PL/BP (male & female) open, masters, submasters; plus teen, jr., H.S., Police & Fire, Armed Forces, Collegiate) John at 804-985-3932 or Will letter 8pm) 804-985-6858.

21-22 NOV, AAU World Bench Press (Moreno Valley) (Open & raw for teen, Submaster, Lifetime, 'jr', Jr., Teen, Masters (5 yrs. plus), Youth, Military, Law Enforcement, Physically Challenged - Classes duplicated for men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797.

21-22 NOV, AAFF Drug Tied South-em States (21st) and AFF Southern States (22nd), Karen Kiddle, 116 W. Duane Dunbar Rd., Daytona Beach, FL 32118, 904-238-3527.

21-22 NOV (new date), Nasa Arizona Regionals (Scottsdale, AZ) Nasa, Box 735, Noble, OK 73068, 405-872-9684.

21-22 NOV, Unified Strength Alliance National Championships (Har-

14-15 NOV, NASS Strength Championships, Bill Holand, 300 W. Northern St., Saguam, TX 76179, 817-847-6082.

15 NOV, APF/AAFF Northeastern Bench Press Championships (open, master, teenage, women) Mike Donlick, Northern Gym, Rt. 90, Stratoga Springs, NY 12086, 518-584-5004.

21 NOV (correction date), USAFL Longhorn Open, Kim Roper, Rt. 8216, Box 385-5420, Austin, TX 78744, 512-385-5420.

21 NOV, Mid-Atlantic Bench Press (fresh women, teen, submaster, master) Gary Averts, 118 Walnut St., Salem, NJ 08079, 609-935-7889.

21 NOV (new date), AAU S. Jersey Open BP/DL & NJ State BP/DL (raw, assisted), Tom Carreffo, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.

21 NOV, Minor Family YMCA BP Boyd Strand, Minot Family YMCA, 105 14th 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, USAFL SE Alaska Meet, Ira Rosen, 4414 Mint Way, Juneau, AK 99801, 907-789-1491.

21 NOV, USAFL Idaho State Open, Bill Davis, 538 Hawthorn, Pocatello, ID 83204, 208-233-7115.

21 NOV, Nasa Florida Regional (Lake City) Nasa, Box 735, Noble, OK 73068.

21 NOV, APA Texas State PL/Lone Star BP/DL (Deer Park, TX) APA, Box 27204, El Jebson, FL 33927, 941-697-7962.

21 NOV, USA "RAW" Bench Press Federation Grand Nationals (Tuscola, IL), Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429.

21 NOV, Nasa Alabama Regional (Madison/Huntsville) Nasa, Box 735, Noble, OK 73068.

21-22 NOV, USAFL Hawaii State (men, women, masters, military, novice) Odd Haugen, 808-973-4654.

21-22 NOV, WDFPF World Bench Championships (Knokke-Heist, Belgium) - open, teen, jr., all masters) Fax to WDFPF 309-298-2981 or UK 1637-860828.

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2-3 NOV, WPC World Bench Press Championships (Graz, Austria) Carl Schwaeninger, 227/7-443

316-817683, Austria, Tel/Fax +43

4-8 NOV, WPC World Powerlifting Championships (Graz, Austria) Carl Smith, Schwaeninger 227/7-443

316-817683

6-8 NOV, DL SO Championship (Lancaster, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418

6-8 NOV, (new date) IPF 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, USAFL Indiana State BP, Sonny Runyon, 1804 E. 19th St., Muncie, IN 47302, 765-529-7000 (d), 282-2152 (el), srn@on@aol.com

7 NOV, NJ State National Bench Press (Moonsville, NJ) 28115, Freddie Clarke, 704-662-3400.

7 NOV, Gold's Gym BP/DL (open, master, women, novice, teen) Danny Shepherd, 4100 Hatch Blvd., Sheffield, AL 35660, 256-383-4653.

7 NOV, USPF Greater Buffalo BP/DL Championships ("New Orleans" - all classes) Mark Becht, 8723 Versailles Plank Rd., Angola, NY 14006, 716-549-3952.

7 NOV, 3rd USAFL Oklahoma State Open, Cheryl Auld, 10409 Glascock Dr., Yukon, OK 73099, 800-476-0036 or usapl@atd.com.

7 NOV, USAFL Central USA PL/BP (Cape Girardeau, MO - open, master, men's novice & BP) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-561-1242 (8-10pm)

7 NOV, USAFL Michigan PL Championships (Detroit Metro area) Mike Lawrence, 117 W. South Blvd., Troy, MI 48068, 248-813-9866.

7 NOV, APA/CPA Can-Am International DL/BP (Rutland, VT) APA, Box 27204, El Jebson, FL 33927, 941-697-7962, apa@ewol.com

7 NOV, APF Phirenee State BP, Russ Barlow, RR #2 Box 126, Turner, ME 04282, 207-225-5070

7 NOV, Nasa Cajun Classic (Lafayette, LA) Nasa, Box 735, Noble, OK 73068.

7 NOV, 2nd Midstate YMCA AAU Bench Press (open men, up to 3 raw, women-master/teen inv/1) Dr. Chris Knapp, 1359 Commerce Lane Terrell, Meadville, PA 16335, 814-437-5800.

7 NOV, USPF Texas Cup PL/BP (Austin - open, women, teen men/women, master, submaster, class I) Seguin Fitness, 14151 E. Court, Seguin, TX 78155, 800-372-3396

7 NOV, (tentative) USAFL Colorado



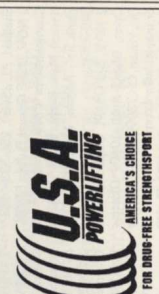
7200, PA 1717-354-7299, Rush-Pull  
 Robert Fisher, Maria Rinaldi, Stamford  
 MA, 909-999-9999, 207-465-7102  
 5 DEC, All American Bench Off,  
 124 Mt. Pleasant, PA 17075, 717-825-  
 5985  
 22 NOV, The Eastern Ohio BP and/or  
 DL (open, masters, 13-16, 17-19, sub-  
 master, master, teen, junior, Derry  
 MA, 909-999-9999, 207-465-7102  
 22 NOV, Ozark Open (BP/DL) Clis-  
 lech, 126 W. Sale, Tuscola, IL 61953,  
 217-253-5429  
 28 NOV, APA East Coast Record Break-  
 ers (BP/DL) Macon, GA, APA, Box  
 27204, El Jibean, FL 33927, 941-  
 697-7962  
 29 NOV, CPA Championnat  
 Canadien Souleve de terre, Marcel  
 St. Laurent, 457 7ème Ave., Nord  
 J1E 2s2, Sherbrooke, Quebec, Canada  
 8623 FAX  
 30 NOV, Berkshire County Champion-  
 ships (open, masters, notices, Jr., teen)  
 Berkshire West A.C., Box 2188,  
 Pittsfield, MA 01202, Ray Dunn, 413-  
 499-4600 (7am-4pm)  
 NOV/DEC, AAU Raw PL "Record  
 Breakers", Keith Ward, 41-857 Kabani  
 Ave. Ole, Waimanalo, HI 96820, 808-  
 259-8700  
 5 DEC, 3rd Western New England  
 Bench Press (men, women, Jr., sub-  
 master, master, novice/Louie LaPoint,  
 337 Roxbury St., Keene, NH 03431,  
 603-352-8590 (deadline 11/21/98)  
 5 DEC, IHM BP, Ron Deamicis, 6531  
 New Rd., Youngstown, OH 44515,  
 330-792-6670  
 5 DEC, USAFL Maine Holiday Clas-  
 sic (PL/BP), John Mathieu, Box 235,  
 Biddeford, ME 04963, 207-465-7102  
 5 DEC, All American Bench Off,  
 124 Mt. Pleasant, PA 17075, 717-825-  
 5985  
 5 DEC, USAFL Illinois State BP (open,  
 men, master, teen) B&W Gym, 5920  
 N. Ridge, Chicago, IL 60660, 773-561-  
 9699  
 5 DEC, USAFL Police & Firefighter  
 Nationals (includes correctional of-  
 ficers) (BP/DL) Lincoln, NE 68501,  
 Box 82264, 402-470-3672  
 5 DEC (revised date), 15th South-  
 eastern Cup (open & closed) (men, teen,  
 class II, teen, police & fire, A&F)  
 Buddha Datta, 201 N. Burnell Ave., Ashtab-  
 uga, OH 43953, 740-264-8805  
 5 DEC, AAU NC State Raw/Trip  
 National - valid card John House, 209  
 Meters St., Monroe, NC 28110, 704-  
 289-4940/2265  
 5 DEC, APT/AAPF National Iron Man  
 -from Woman/PL/Physique, Bob Packer,  
 209-439-4394  
 5 DEC, USAFL Kentucky State/Blue  
 grass Open PL/BP (open, teen, women,  
 P&F, submaster, master) Steve Comin,  
 1614 S. Green St., Henderson, KY  
 42420, 502-826-8354  
 5 DEC, APT/Cadillac Classic Open BP/  
 DL (open, women, teen, Jr., submas-  
 ter) Tom Skiver, 412 S. Mitchell,  
 Cadillac, MI 49601, 616-389-0423  
 5 DEC, 5th AAU Christmas Bench  
 Press Classic, Aaron Pate, 1231 Ca-  
 yuga Ave., San Francisco, CA 94112,  
 415-585-7795  
 5 DEC, Sun Light Winter Bench Press  
 DL (Tuscola, IL) Darrell Litch, 126 W.  
 Sale, Tuscola, IL 61953, 217-253-5429  
 5 DEC, APA Masters BP Nationals  
 (St. Petersburg, FL) APA, 27204,  
 El Jibean, FL 33927, 941-  
 697-7962  
 5 DEC (new date), USAFL Dela-  
 ware State/Blue Hen Bench Press  
 (Burke's Gym, Dover, DE) John  
 Cashion, 120 Shinnecock Rd., Dover,  
 DE 19904, Call Don 302-674-4706 or  
 John 302-674-8321  
 5 DEC, Eastern USA Bench Press (locat-  
 ion tba) APA, Box 27204, El Jibean,  
 FL 33927, 941-697-7962  
 5 DEC, AAU Maryland State Teen/  
 women - raw only, all AAU youth age  
 groups (open, men, island H.S.) Spero  
 Shonkoff, 1215 S. 1st St., Annapolis,  
 MD 21403, 410-443-9520  
 5 DEC (new date) AAU Masters/  
 Submasters Nationals (Ultra Rock,  
 Ararat, NY) 501-982-7666 and  
 501-982-7667  
 5 DEC, USAFL Duxbury State/  
 Blue Hen Bench Press (Burke's Gym,  
 Dover, DE) John Cashion, 120  
 Shinnecock Rd., Dover, DE 19904, Call  
 Don 302-674-4706 or John 302-674-  
 8321  
 5 DEC, NASS Notice Nationals  
 (Springfield, IL) NASS Box 735,  
 Noble, OK 73068  
 6 DEC, USAFL Omaha YMCA Open  
 PL, BP, DL, James Hart, Box 82264,  
 Lincoln, NE 68501, 402-470-3672  
 6 DEC, 5th AAU Christmas Bench  
 Press Classic, Aaron Pate, 1231 Ca-  
 yuga Ave., San Francisco, CA 94112,  
 415-585-7795  
 6 DEC, NASS Notice Nationals  
 (Springfield, IL) NASS Box 735,  
 Noble, OK 73068  
 6 DEC, USAFL Duxbury State/  
 Blue Hen Bench Press (Burke's Gym,  
 Dover, DE) John Cashion, 120  
 Shinnecock Rd., Dover, DE 19904, Call  
 Don 302-674-4706 or John 302-674-  
 8321  
 6 DEC, NASS Notice Nationals  
 (Springfield, IL) NASS Box 735,  
 Noble, OK 73068  
 6 DEC, USAFL Omaha YMCA Open  
 PL, BP, DL, James Hart, Box 82264,  
 Lincoln, NE 68501, 402-470-3672  
 6 DEC, 5th AAU Christmas Bench  
 Press Classic, Aaron Pate, 1231 Ca-  
 yuga Ave., San Francisco, CA 94112,  
 415-585-7795

women, no gear bench press) Bill Hol-  
 land, 300 W. Northern Ave., Saginaw,  
 TX 76179, 817-847-6082  
 6 DEC, USAFL Colorado State Open  
 (Denver) Andrea Sorwell, 11360 W.  
 84th Pl., Arvada, CO 80005, 303-425-  
 7075  
 11-13 DEC, PFF World Bench Press  
 (Amberg, Germany)  
 12 DEC, USA Wood's 1st Annual  
 BP/DL Christmas Classic (Hansburg,  
 PA) Terry Grimwood, 717 Market St.,  
 #399, Lemoyne, PA 17043, 717-730-8700,  
 3101, or Jim Templeton 717-730-8700  
 12 DEC, Norwich YMCA Meet (women,  
 teen, master, open) Bill Lyons or Tom  
 Revoir, Norwich Family YMCA, 68 N.  
 Broad St., Norwich, NY 13815, 607-  
 336-9622  
 12 DEC, 3rd USAFL Palmetto Classic  
 PL/BP (ding tested, women/men open,  
 junior, master, class II and below -  
 laurens, SC) Dan Lark, 864-369-9304  
 12 DEC, Austin Bench Breakers,  
 Peter Picas, Andreas Holder Str. 38, A-  
 57580, Imbsbruck, Tel/FAX +43-512-  
 253-5429  
 12 DEC, APF/AAPF "The Meet" Inv-  
 itational (open, teen, juniors, high school)  
 (OKC, OK) Eddie Vaughn, 4013 N.  
 787-0001, Bethany, OK 73008, 405-  
 787-0001  
 12 DEC, NASS West Texas Regional  
 (Amarillo) NASS, Box 735, Noble, OK  
 73068  
 12 DEC, 11th CBPL Elkhart Bench  
 Press Classic (all divisions plus bench)  
 John Smoker, 30907 CR 16 W., Elkhart,  
 IN 46516, 219-674-6683  
 12 DEC, Christmas BP Classic, John  
 Shifflett, Box 941, Stansardsville, VA  
 229-877-6082  
 22 JAN, USAFL Montana State,  
 Piper, WIU, Brophy Hall 221C,  
 229-877-6082

22973, 804-985-3932  
 12 DEC, APA East Coast Open BP/  
 DL (Raleigh, NC in separate contest)  
 941-697-7962  
 12 DEC, NASS Georgia Regional  
 (Gainesville) GANASA, Box 734, Noble,  
 OK 73068  
 12 DEC, APF/AAPF Record Break-  
 ers PL & Singlelift (Hollowood Co-  
 lumbus, NC) Ernie Fink, 62 S. Broadway,  
 Almont, IL 60505, 300-892-1491  
 13 DEC, River Valley Bench Press,  
 John Combs, Box 401, Breesport,  
 NY 14816, 607-739-7322  
 13 DEC, Internat. Austrian Prix  
 PL, Peter Picas, Andreas Holder  
 Str. 38, A-57580 Imbsbruck, Tel/  
 FAX +43-512-575808  
 13 DEC, (new date) AAU RAW 7th  
 Coal Country BP/DL Individual (teen  
 master), Al Siegel, 304 Daisy St.,  
 Clearfield, PA 16830, 814-765-3214  
 13 DEC, Christmas For the Kids BP/  
 DL Classic (Mattoon, IL) Darrell Litch,  
 126 W. Sale, Tuscola, IL 61953, 217-  
 253-5429  
 19-20 DEC, USPF World Champi-  
 onships (Las Vegas, NV) Dana  
 Jeffrey, Box 231, Parkersburg, WV  
 26102, 304-489-2428  
 19 DEC, NASS East Texas Regional  
 (Kilgore) NASS, Box 735, Noble, OK  
 73068  
 19 DEC, NASS Oklahoma Regional  
 (Noble) NASS, Box 735, Noble, OK  
 73068  
 19 DEC, MDSA Northern Nationals  
 SO/BP/DL, Darwin Jacobson, Box  
 1031, Willmar, MN 56201  
 19 DEC, APA Southeastern State BP/  
 DL (Palm Bay, FL) APA, Box 27204, El  
 Jibean, FL 33927, 941-697-7962  
 19 DEC, AAU Winter Classic Dend-  
 lift (men, women, special olympians  
 Camarillo, CA) Chris Kostas, 1438  
 Arcane St., Simi Valley, CA 93065,  
 805-582-8848  
 3 JAN, Asphalt Green New Year's  
 Classic, George Breen, 555 E. 90th St.,  
 New York, NY 10128, 212-369-8890  
 ext. 243  
 9 JAN, AAU Kansas State Raw &  
 Omnitrain Open & Omnitrain BP  
 Classic Open, Chris McQuay, Box 447,  
 Pittsburg, KS 66762, 316-235-0462  
 9 JAN, Budweiser Bob Dempsey Me-  
 morial Bench Press Open, Bob Moore,  
 4 Indian Rd., Norton, MA 02716, 508-  
 285-6759  
 16 JAN, AAU/CJ Open (raw &  
 assisted, all div.) Waretown Health &  
 Fitness, 304 Rt. 9, Waretown, NJ  
 08075, Philadelphia, 609-660-9770  
 16 JAN, NASS Big 3 Men's &  
 Women's P/BP Power Sports, all  
 divs., age groups and no formulas)  
 Gary Scholl, 37 Wildwood Dr., S.  
 Charleston, OH 45368, 937-568-  
 9116  
 16/17 JAN, Pennsylvania State Open  
 PL and Pennsylvania Open High  
 School BP (Best Western - Indiana,  
 PA) Joe Spallone, 1313 Dixon Rd.,  
 Clarkburg, PA 15725, 724-639-9661  
 17 JAN, Winter Blues Meet (DL, BP,  
 PL) Jon Smoker, 30907 CR 16 W.,  
 Elkhart, IN 46516, 219-674-6683  
 17 JAN, NASS Cowtown DL (open,  
 teen, master, women) Bill Holland, 300  
 W. Northern St., Saginaw, TX 76179,  
 817-847-6082  
 22 JAN, USAFL Montana State,  
 Piper, WIU, Brophy Hall 221C,  
 229-877-6082

5-7 MAR, Arnold Classic Team Dead-  
 lift and World Record Bench Press  
 Challenge, Classic Productions Inc.,  
 7000 Prigue Dr., Worthington, OH  
 43085, 614-331-2600  
 6 MAR, 2nd Annual Hill Best on the  
 Hill (open, men, women, teen, 13-16,  
 5303 N. Roxton St., Duluth, GA 30096,  
 770-277-1300, 404-477-9467,  
 or Myra Hill 477-6546  
 6 MAR, Larry Frederick Jr. Memorial  
 Bench Challenge (open, teen, bench,  
 master, women, police & fire, A&F)  
 Maggie Currie, North Penn YMC, 608  
 Eastern Lane, Lansdale, PA 19446, 415-  
 388-1601  
 6-7 MAR, USAFL New Jersey H.S.,  
 John Dalesio, 1425 Frontier Blvd.,  
 Bridgewater, NJ 08807, 908-904-4568  
 13 MAR, 15th Mike Gardina's Big-  
 gest Bench Press (open, men, women,  
 teen, submaster, masters) Mike  
 Gardino, 990 Hudson Acres Dr., Pine  
 City, NY 14871, 607-732-6133 after  
 6pm  
 13 MAR, AAU North Carolina Teen  
 Championships (Autumn Holiday Inn) Leon  
 Humphrey, Box 331, Port Byron, NY  
 13140, 315-253-2767 or Rick Cox 315-  
 252-8064  
 13-14 MAR, USAFL Massachusetts  
 State Open High School, H. Waldron,  
 Coyle & Cassidy H.S., 2 Hamilton St.,  
 Taunton, MA 02780, 508-823-6164,  
 ext. 620  
 13-14 MAR, APF/AAPF Oklahoma  
 State Open BP/DL (OKC, OK)  
 Eddie Vaughn, 4013 N. Riverside Dr.,  
 Bethany, OK 73008, 405-787-0001  
 20 MAR, Miami County Champion-  
 ships (high school, masters, men,  
 women) Greg Barnett, H. S. Pearl,  
 Paola, KS 66071, 913-294-3197  
 20 MAR, USAFL Battle of the Great  
 Lakes II PL/BP (men, high school I &  
 II, Jr., Masters, Police-Military-Fire,  
 women, raw - Cleveand, Hills Dr.) Gary  
 Koenig, 6346 Chestnut Hill, Parma,  
 Ohio, OH 44129, 440-884-7608  
 20 MAR, 10th Cabin Fever DL Contest  
 (open, drug tested, men, women, teen,  
 masters, beginners) Smoker's Iron  
 Works, 30907 CR 16 West, Elkhart, IN  
 46516, 219-674-6683  
 20-21 MAR, AAU Great Lakes Open,  
 Joe Oregina, 4468 W. 26th St., Erie,  
 PA 16506, 814-833-3727  
 20-21 MAR, AAU Erie County (PA)  
 Closed PL, Joe Oregina, 4468 W. 26th  
 St., Erie, PA 16506, 814-833-3727  
 21 MAR, AAU/CJ East Coast BP/DL  
 (raw & assisted, all div.) Tony Carrelli,  
 30 Central Ave., Mays Landing, NJ  
 08330, 609-625-6407  
 21 MAR, USPF West Virginia State  
 (Institute, WV) John Messinger, 398  
 Forest Circle, South Charleston, WV  
 25303, 304-744-2475  
 27 MAR, 2nd Hawaii AAU Raw State  
 Meet (national judges) Keith Ward, Box  
 654, Waimanalo, HI 96795, 808-259-  
 5299, fax 808-259-8700  
 27 MAR, 1st APF Michigan State BP/  
 DL (men, women, open, teen, Jr., sub-  
 master, master) Tom Skiver, 412 S.  
 Mitchell, Cadillac, MI 49601, 616-389-  
 0423  
 27-28 MAR, USAFL Oregon State,  
 Mike Mooney, 1170 N. Valley View

Macomb, IL 61455, 309-298-1781.  
 20 FEB, APF New York State Meet,  
 Iron Island Gym, 3465 Lawson Blvd.,  
 Oceanside, 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,  
 919-859-6838  
 30 JAN, NASS Bench Press Na-  
 tionals (Springfield, IL) NASS, Box  
 735, Noble, OK 73068  
 30/31 JAN, 4th Bench Press & Pow-  
 erlifting Conference, C.J. Batten, 28884  
 315 Irene Way, Stevensville, MD 21166,  
 410-643-9520  
 26 FEB, USAFL 2nd Bill Beckwith  
 Memorial BP and/or DL (Wayland, MI -  
 men & women; open, teen, Jr., master,  
 police & firefighter) Rich Van Eck, 45451  
 Peninsula Dr., Grand Junction, MI  
 49036, 616-521-4031  
 26 FEB, 99 (expanded dates)  
 USAFL Women's Nationals, James  
 Hart, Box 82264, Lincoln, NE  
 68501, 402-470-3672  
 25-28 FEB, NASS Natural Natio-  
 nals (OKC, OK) NASS, Box 735,  
 Noble, OK 73068  
 27 FEB, USPF Florida State, Bill  
 Beckley, 4215 Carmen St., Tampa,  
 FL 33609, 813-289-3063  
 27 FEB, 3rd APF Michigan Sr. State  
 (open, women, teen, Jr., submaster, mas-  
 ter) Dan Delfacio, 19641 Volland,  
 Roselle, MI 48066, 810-294-7055  
 after 6pm only  
 27-28 FEB, NASS Ohio High School  
 and Nationals PL/BP, grades 9-10, 11-12  
 (boys/girls PL/BP, grades 9-10, 11-12)  
 Champions (boys/girls 9, 10, 11,  
 12) Team Div. s: HJH, and JVIV  
 and overall) Gary Scholl, 37 Wild-  
 wood Dr., S. Charleston, OH 45368,  
 937-568-9116  
 28 FEB, USAFL Power Gym Top Gun  
 BP (all wt. classes, OKC, Waretown, PA)  
 Joe Scholl, 37 Wildwood Dr., S. Charle-  
 ston, PA 18817, 717-562-3642 or  
 561-6592  
 5-6 MAR, Pepsi Northwest Regional  
 BP/DL (includes elite high school,  
 OR) Gus Beckley, Box 5292, Bend,  
 OR 97708, 541-389-0600  
 5-7 MAR, CPU Masters/Jrs/  
 Women's & Nationals & National  
 Bench Press Championships &  
 The 1st CPU/USAFL International  
 Challenge (open, but limited  
 entries - 11 men and 10 women  
 pre-249) Louie LaRuesque, 342  
 Tre-249 North, St. Erie D'Orford,  
 Quebec, Canada J0B2B0, 819-  
 802-0727, fax 819-864-7125,  
 louis@imrframer-quebec.com



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**MEET SITE: LINCOLNWOOD RADISSON. LINCOLNWOOD, IL**

FOR FURTHER INFORMATION: B & W GYM, 5920 N. Ridge, Chicago, IL 60660 (773) 561-9692







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  - \* extra reinforced construction
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**NASA Summersville Lake Festival**  
**1 Aug 98 - Summersville, WV**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				
<b>WOMEN</b>				
Teen Open				
Under 120 lb.				
120-149 lb.				
R. Wall	166 lb.	240	400	640
Open				
141-170 lb.				
M. Meyer	220 lb.	350	570	870
R. Lucas	360 lb.	640	1000	1640
L. Liddle	270 lb.	450	720	1170
N. Caruthers	235 lb.	380	600	980
170 lb.				
J. White	167.5 lb.	270	420	690
(Thanks to Van House Apparator for these results)				

**USAPL Deadlift Nationals**  
**1 Aug 98 - Lincoln, NE**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				
<b>WOMEN</b>				
Teen Open				
Under 120 lb.				
120-149 lb.				
R. Wall	166 lb.	240	400	640
Open				
141-170 lb.				
M. Meyer	220 lb.	350	570	870
R. Lucas	360 lb.	640	1000	1640
L. Liddle	270 lb.	450	720	1170
N. Caruthers	235 lb.	380	600	980
170 lb.				
J. White	167.5 lb.	270	420	690
(Thanks to Van House Apparator for these results)				

**USPF ALAMO CLASSIC**  
**1 Aug 98 - Seguin, TX**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				
<b>WOMEN</b>				
Teen Open				
Under 120 lb.				
120-149 lb.				
R. Wall	166 lb.	240	400	640
Open				
141-170 lb.				
M. Meyer	220 lb.	350	570	870
R. Lucas	360 lb.	640	1000	1640
L. Liddle	270 lb.	450	720	1170
N. Caruthers	235 lb.	380	600	980
170 lb.				
J. White	167.5 lb.	270	420	690
(Thanks to Van House Apparator for these results)				

**Team Weber Meet**  
**15 Aug 98 - Cambridge, IA**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				
<b>WOMEN</b>				
Teen Open				
Under 120 lb.				
120-149 lb.				
R. Wall	166 lb.	240	400	640
Open				
141-170 lb.				
M. Meyer	220 lb.	350	570	870
R. Lucas	360 lb.	640	1000	1640
L. Liddle	270 lb.	450	720	1170
N. Caruthers	235 lb.	380	600	980
170 lb.				
J. White	167.5 lb.	270	420	690
(Thanks to Van House Apparator for these results)				

**USAPL Deadlift Nationals**  
**1 Aug 98 - Lincoln, NE**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				
<b>WOMEN</b>				
Teen Open				
Under 120 lb.				
120-149 lb.				
R. Wall	166 lb.	240	400	640
Open				
141-170 lb.				
M. Meyer	220 lb.	350	570	870
R. Lucas	360 lb.	640	1000	1640
L. Liddle	270 lb.	450	720	1170
N. Caruthers	235 lb.	380	600	980
170 lb.				
J. White	167.5 lb.	270	420	690
(Thanks to Van House Apparator for these results)				

**USPF ALAMO CLASSIC**  
**1 Aug 98 - Seguin, TX**

<b>BENCH</b>	181 lb.	215	400	615
<b>WOMEN</b>				
D. Shoraker	181 lb.	215	350	600
M. Meyer	205 lb.	320	550	865
K. Lemphig	205 lb.	320	550	865
R. Warrick	205 lb.	320	550	865
E. Grange	190 lb.	310	505	805
C. G. Jones	175 lb.	305	485	795
L. Petch	165 lb.	300	445	745
C. Lemphig	145 lb.	300	415	715
17-1905 lb.				
C. Carden	187 lb.	290	535	825
R. Cooper	205 lb.	350	605	925
205 lb.				
D. King	162.5 lb.	205	320	535
R. Davis	162.5 lb.	205	320	535
G. Pennell	197.5 lb.	215	385	600
H. Starr	225 lb.	350	575	895
215 lb.				
M. Starewaski	215 lb.	310	535	850
180 lb.				
B. Cox	140 lb.	300	440	740
206-224 lb.				
J. Weiland	160 lb.	360	520	820
R. Cooper	205 lb.	350	605	925
205 lb.				
D. Harpod	152.5 lb.	225	345	570
M. Griswold	205 lb.	350	595	915
250 lb.				























# TOP 100

For standard 165 lb./75 kg. USA lifting in results received from September 1997 through August 1998.



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## NEXT MONTH... TOP 181s

**Corrections...** Scott Hansen should have received credit for a 380 lb. total on the TOP 100 132 lb. list. John Benson should have been credited with the report on the 1997 Powerlifting meet in April. Evano Davidson should have been credited with a 369 bench press on the TOP 100 list for 148s. Jill Cowan should have been credited with the Best Overall Woman Lifter award at the USPF National Masters/Submasters Championships. The proper domain name in the ad for videos of the USAPL Men's Nationals should have been listed as brackleyenterprises.com. We apologize for any errors in our lists and elsewhere. Send any corrections you find to "ERRORS," Box 467, Camarillo, California 93011.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 755 Berendtschill, A., 2/8/98	470 Berendtschill, A., 2/8/98	740 Trice, 12/97	1865 Berendtschill, A., 2/8/98
2 470 Berendtschill, A., 2/8/98	470 Berendtschill, A., 2/8/98	740 Trice, 12/97	1730 Trice, 12/97/98
3 645 Benvenuto, J., 7/14/98	462 Horn, M., 2/28/98	645 Murt, M., 11/22/97	645 Murt, M., 11/22/97
4 644 Bellmore, D., 4/14/98	457 Bellmore, D., 4/14/98	645 Benvenuto, J., 7/14/98	1675 Bellmore, D., 4/14/98
5 630 Trice, 12/97/98	457 Bellmore, D., 4/14/98	645 Benvenuto, J., 7/14/98	1675 Bellmore, D., 4/14/98
6 630 Trice, 12/97/98	457 Bellmore, D., 4/14/98	645 Benvenuto, J., 7/14/98	1675 Bellmore, D., 4/14/98
7 611 Wood, J., 11/7/97	445 Shirotop, M., 3/22/98	630 Almaduro, J., 2/8/98	1580 Murt, M., 11/22/97
8 611 Wood, J., 11/7/97	445 Shirotop, M., 3/22/98	630 Almaduro, J., 2/8/98	1580 Murt, M., 11/22/97
9 606 Beamanster, P., 7/14/98	425 Kraman, M., 9/20/97	622 Brice, J., 4/18/98	1559 Brice, J., 4/18/98
10 606 Beamanster, P., 7/14/98	425 Kraman, M., 9/20/97	622 Brice, J., 4/18/98	1559 Brice, J., 4/18/98
11 609 Lewis, T., 11/22/97	425 Kraman, M., 9/20/97	617 Shoket, S., 10/14/97	1554 Trice, J., 2/28/98
12 600 Rodriguez, J., 11/22/97	424 Thomas, A., 11/16/97	615 Hand, B., 3/21/98	1537 Brice, J., 4/18/98
13 600 Rodriguez, J., 11/22/97	424 Thomas, A., 11/16/97	615 Hand, B., 3/21/98	1537 Brice, J., 4/18/98
14 589 Poir, C., 8/27/97	415 Schwab, J., 11/27/97	610 Rhoads, R., 8/29/98	1535 Lemp, 11/15/97/1/18/98
15 589 Poir, C., 8/27/97	415 Schwab, J., 11/27/97	610 Rhoads, R., 8/29/98	1535 Lemp, 11/15/97/1/18/98
16 585 Crowe, B., 3/14/98	415 Schwab, J., 11/27/97	600 Crowe, C., 3/14/98	1532 Roy, M., 5/22/98
17 584 Thomas, A., 7/18/98	415 Wood, J., 12/15/97	600 Nelson, D., 5/2/98	1530 Crowe, B., 3/14/98
18 584 Thomas, A., 7/18/98	415 Wood, J., 12/15/97	600 Nelson, D., 5/2/98	1530 Crowe, B., 3/14/98
19 580 Erdly, R., 3/28/98	413 Ward, S., 7/25/98	600 Roane, 7/11/98	1515 White, J., 12/13/97
20 575 Moore, 11/15/97	413 Gutierrez, G., 8/1/98	590 Allen, 11/15/97	1505 Rhoads, D., 7/18/98
21 575 Moore, 11/15/97	413 Gutierrez, G., 8/1/98	590 Allen, 11/15/97	1505 Rhoads, D., 7/18/98
22 575 Howard, J., 3/21/98	410 Rinker, J., 11/16/97	600 Hazlett, S., 12/20/97	1504 Crowe, A., 10/17/97
23 575 Howard, J., 3/21/98	410 Rinker, J., 11/16/97	600 Hazlett, S., 12/20/97	1504 Crowe, A., 10/17/97
24 575 Chicos, M., 4/14/98	407 Robinson, J., 2/14/98	600 Coyle, M., 12/26/97	1500 Robinson, J., 2/14/98
25 575 Griffin, L., 5/98	407 Robinson, J., 2/14/98	600 Coyle, M., 12/26/97	1500 Robinson, J., 2/14/98
26 569 Rhoads, D., 7/18/98	405 Morrison, S., 9/16/97	600 Coyle, M., 12/26/97	1495 Franziska, J., 7/25/98
27 569 Rhoads, D., 7/18/98	405 Morrison, S., 9/16/97	600 Coyle, M., 12/26/97	1495 Franziska, J., 7/25/98
28 567 Tveit, J., 2/28/98	405 Proulx, D., 11/15/97	600 Nelson, D., 5/2/98	1480 Wright, R., 7/18/98
29 567 Tveit, J., 2/28/98	405 Proulx, D., 11/15/97	600 Nelson, D., 5/2/98	1480 Wright, R., 7/18/98
30 562 Benvenuto, J., 7/14/98	405 Lawson, J., 3/15/98	590 Allen, 11/15/97	1475 Greer, 11/97
31 560 Gough, D., 11/22/97	405 Inman, A., 5/2/98	584 House, R., 9/13/97	1465 Berry, M., 11/1/97
32 560 Gough, D., 11/22/97	405 Inman, A., 5/2/98	584 House, R., 9/13/97	1465 Berry, M., 11/1/97
33 560 Berry, M., 11/1/97	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1460 Stare, P., 7/25/98
34 560 Berry, M., 11/1/97	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1460 Stare, P., 7/25/98
35 560 Stare, P., 7/25/98	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1454 O'Toole, C., 12/6/97
36 560 Stare, P., 7/25/98	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1454 O'Toole, C., 12/6/97
37 556 Davis, K., 5/23/98	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1450 Rodriguez, 3/28/98
38 556 Davis, K., 5/23/98	402 Adams, T., 11/16/97	578 Thomas, E., 9/10/97	1450 Rodriguez, 3/28/98
39 555 Lewis, C., 10/25/97	400 Swain, J., 11/26/97	575 Carrasquillo, 12/97	1440 Lewis, C., 10/25/97
40 555 Lewis, C., 10/25/97	400 Swain, J., 11/26/97	575 Carrasquillo, 12/97	1440 Lewis, C., 10/25/97
41 555 Brown, 3/31/98	400 Almaduro, J., 2/8/98	575 Carrasquillo, 12/97	1440 Lewis, C., 10/25/97
42 555 Brown, 3/31/98	400 Almaduro, J., 2/8/98	575 Carrasquillo, 12/97	1440 Lewis, C., 10/25/97
43 550 Kraman, M., 9/20/97	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
44 550 Kraman, M., 9/20/97	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
45 550 Frazier, W., 3/17/98	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
46 550 Frazier, W., 3/17/98	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
47 550 Frazier, W., 3/17/98	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
48 550 Frazier, W., 3/17/98	400 Prokhor, R., 3/28/98	573 Redman, E., 9/13/97	1440 Breen, 7/11/98
49 545 White, J., 12/13/97	396 Staughter, L., 1/18/98	565 Young, S., 4/18/98	1425 Kinman, S., 9/20/97
50 545 White, J., 12/13/97	396 Staughter, L., 1/18/98	565 Young, S., 4/18/98	1425 Kinman, S., 9/20/97
51 545 Burton, O., 4/18/98	395 Beamanster, P., 7/14/98	565 Ellis, R., 5/9/98	1421 Carpenter, S., 4/14/98
52 545 Burton, O., 4/18/98	395 Beamanster, P., 7/14/98	565 Ellis, R., 5/9/98	1421 Carpenter, S., 4/14/98
53 545 Gull, U., 4/26/98	395 Beamanster, P., 7/14/98	565 Ellis, R., 5/9/98	1421 Carpenter, S., 4/14/98
54 545 Gull, U., 4/26/98	395 Beamanster, P., 7/14/98	565 Ellis, R., 5/9/98	1421 Carpenter, S., 4/14/98
55 545 Ducharme, R., 6/20/98	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
56 545 Ducharme, R., 6/20/98	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
57 540 Clark, M., 10/10/97	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
58 540 Clark, M., 10/10/97	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
59 540 Breen, 7/11/98	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
60 540 Breen, 7/11/98	390 Sorensen, S., 11/17/98	562 Davis, K., 5/23/98	1410 Owen, M., 10/4/97
61 534 Vandeweghe, S., 7/14/98	385 Saker, A., 12/6/97	555 Dutton, T., 8/23/98	1405 Buttiger, F., 5/23/98
62 534 Vandeweghe, S., 7/14/98	385 Saker, A., 12/6/97	555 Dutton, T., 8/23/98	1405 Buttiger, F., 5/23/98
63 530 Woodrow, M., 2/27/98	385 Saker, A., 12/6/97	555 Dutton, T., 8/23/98	1405 Buttiger, F., 5/23/98
64 530 Woodrow, M., 2/27/98	385 Saker, A., 12/6/97	555 Dutton, T., 8/23/98	1405 Buttiger, F., 5/23/98
65 530 Woodrow, M., 2/27/98	385 Saker, A., 12/6/97	555 Dutton, T., 8/23/98	1405 Buttiger, F., 5/23/98
66 525 Palmar, M., 12/16/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
67 525 Palmar, M., 12/16/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
68 525 Palmar, M., 12/16/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
69 525 Palmar, M., 12/16/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
70 523 Kainer, G., 7/11/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
71 523 Kainer, G., 7/11/97	385 Lee, W., 2/8/98	551 Flores, R., 10/4/97	1400 Leybold, S., 2/14/98
72 523 Woodrow, M., 2/27/98	380 Lumpkin, S., 9/16/97	551 Ock, U., 10/7/97	1372 Schickel, S., 10/14/97
73 523 Woodrow, M., 2/27/98	380 Lumpkin, S., 9/16/97	551 Ock, U., 10/7/97	1372 Schickel, S., 10/14/97
74 520 Pickett, M., 4/14/98	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
75 520 Pickett, M., 4/14/98	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
76 520 Pickett, M., 4/14/98	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
77 518 Hudson, A., 3/22/97	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
78 518 Hudson, A., 3/22/97	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
79 518 Santner, C., 5/16/97	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
80 518 Santner, C., 5/16/97	380 Pickett, M., 4/14/98	550 Guzman, S., 2/14/98	1366 Kainer, G., 7/11/97
81 515 Unchick, L., 10/18/97	375 Sacco, P., 6/22/98	550 Little, A., 5/2/98	1360 Alton, J., 11/15/97
82 515 Unchick, L., 10/18/97	375 Sacco, P., 6/22/98	550 Little, A., 5/2/98	1360 Alton, J., 11/15/97
83 515 Unchick, L., 10/18/97	375 Sacco, P., 6/22/98	550 Little, A., 5/2/98	1360 Alton, J., 11/15/97
84 515 Unchick, L., 10/18/97	375 Sacco, P., 6/22/98	550 Little, A., 5/2/98	1360 Alton, J., 11/15/97
85 512 Anton, A., 3/27/97	375 Yont, M., 3/21/98	550 McMillan, M., 8/22/98	1350 Veal, S., 4/18/98
86 512 Anton, A., 3/27/97	375 Yont, M., 3/21/98	550 McMillan, M., 8/22/98	1350 Veal, S., 4/18/98
87 512 Anton, A., 3/27/97	375 Yont, M., 3/21/98	550 McMillan, M., 8/22/98	1350 Veal, S., 4/18/98
88 507 Owens, M., 10/4/97	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
89 507 Owens, M., 10/4/97	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
90 507 Owens, M., 10/4/97	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
91 507 Leonard, J., 12/91	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
92 507 Leonard, J., 12/91	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
93 507 Leonard, J., 12/91	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
94 507 Leonard, J., 12/91	375 Shih, J., 2/8/98	546 Thomas, A., 7/18/98	1355 Frank, A., 11/22/97
95 505 Watson, C., 2/21/98	375 Wilson, J., 2/28/98	545 Roy, M., 3/2/98	1355 Backstrom, M., 4/14/98
96 505 Watson, C., 2/21/98	375 Wilson, J., 2/28/98	545 Roy, M., 3/2/98	1355 Backstrom, M., 4/14/98
97 505 Watson, C., 2/21/98	375 Wilson, J., 2/28/98	545 Roy, M., 3/2/98	1355 Backstrom, M., 4/14/98
98 501 Christiano, R., 4/18/98	375 Naughton, D., 6/15/98	540 Vaughn, E., 10/25/97	1350 Chickens, M., 10/10/97
99 501 Christiano, R., 4/18/98	375 Naughton, D., 6/15/98	540 Vaughn, E., 10/25/97	1350 Chickens, M., 10/10/97
100 501 Christiano, R., 4/18/98	375 Naughton, D., 6/15/98	540 Vaughn, E., 10/25/97	1350 Chickens, M., 10/10/97

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