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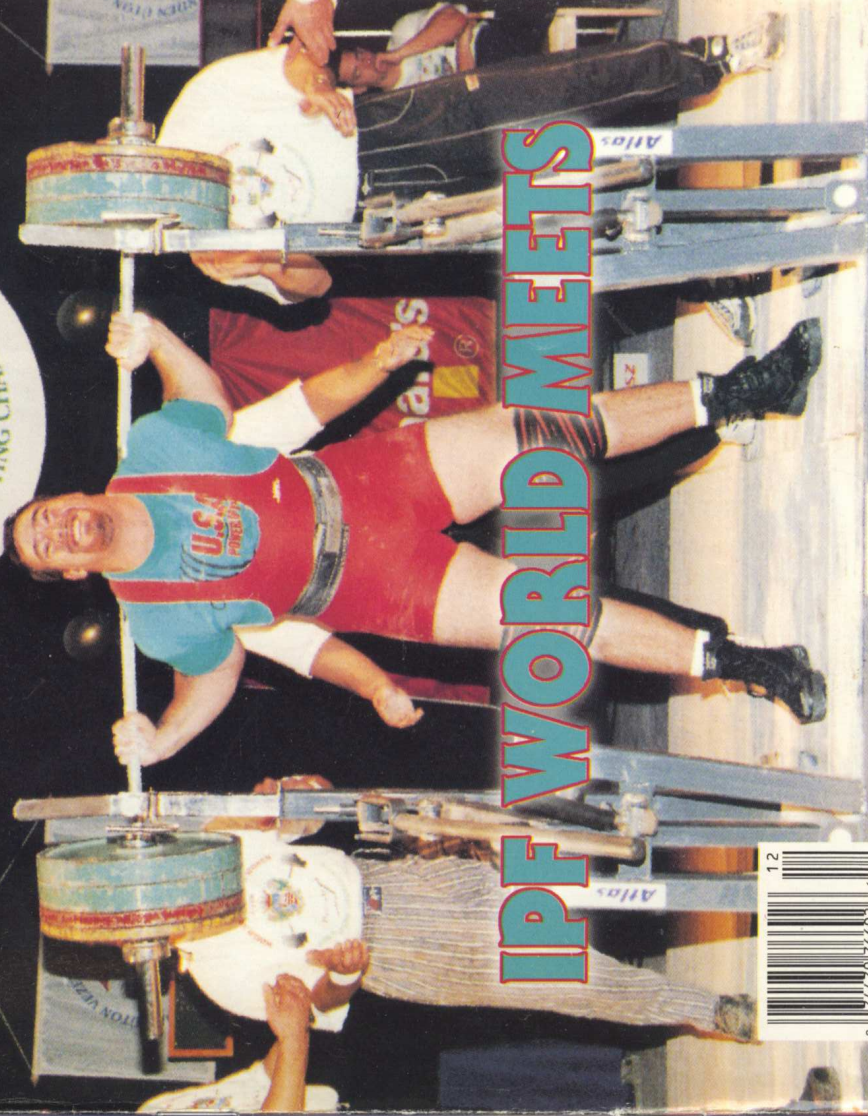
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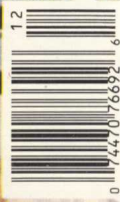
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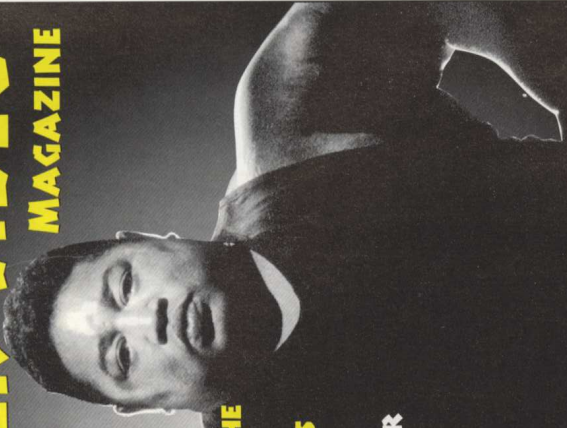
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MUSCLE MENU

- Volume 22, Number 5 - December 1998 -

IPF WORLD MASTERS.....Alex Galant.....6
THE POWER OF STEROIDS, PT. 1.....Derek Cornelius.....9
IPF WORLD JUNIORS.....Peter Thorne.....10
IPF MEN'S WORLDS RESULTS.....13
WPC WORLDS RESULTS.....14
WDFPF WORLDS RESULTS.....15
AAU WORLDS RESULTS.....16
10th IPF WORLDS.....Herb Glossbrenner.....17
INJURY AVOIDANCE.....Doug Daniels.....22
KRISTAL MCCLELLAN.....Pat Cumtrera.....24
3x3 TRAINING, PT. 4.....Stephan Korfe.....25
POWER SCENE.....Ned Low.....26
WORKOUT OF THE MONTH.....Gary Benford.....27
AAPF WORLDS.....Herb Glossbrenner.....32
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....38
DR. JUDD.....Judd Biasiotto Ph.D.....39
DOCH HOLIDAY STYLE SQUATS.....Rick Brewer.....40
DENNIS BRADY INTERVIEW.....Larry Miller.....42
ASK THE DOCTOR.....Mauro Di Pasquale MD.....46
COMING EVENTS.....Mike Lambert.....49
USA 800 LB. DEADLIFT LIST.....Herb Glossbrenner.....56
TOP 100 LIGHTHEAVYWEIGHTS.....Mike Lambert.....86
UNCLASSIFIED ADS.....87

ON THE COVER..... Tony Cardella at the IPF JRs. (courtesy Thorne)

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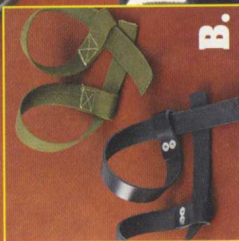
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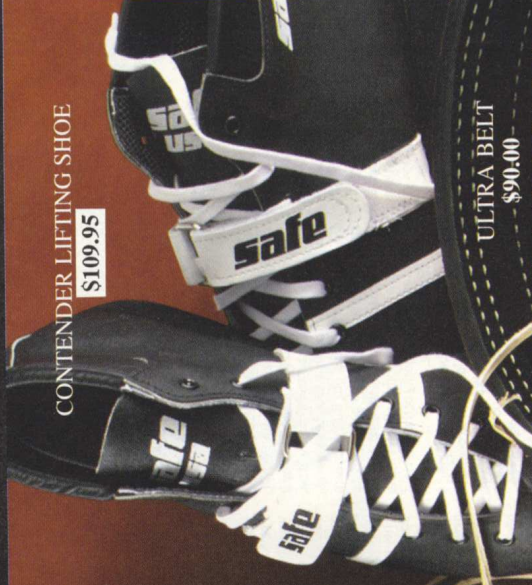
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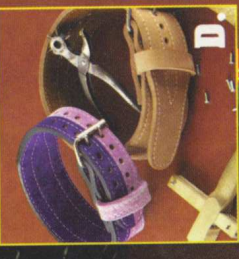
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If we don't have the personal experience to know that anabolic steroids work, most of us have at least heard the stories. Some of these stories are fraught with exaggerations and mistruths, but the fact remains that anabolic steroids WORK! Different results can be obtained depending on things such as diet and exercise, but the end result is always the same - increased performance as compared to not taking them. If strength is what you're after, they will almost always make you stronger. If gaining lean body mass is your goal, they will significantly enhance your ability to quickly become larger. And, if becoming leaner is your objective, they will assist you in keeping your precious muscle tissue while you burn the fat. Indeed, anabolic steroids are wonder compounds when it comes to enhancing athletic performance. Unfortunately, they are very illegal to take for sports performance purposes. Furthermore, some may not be all that healthy when taken in large dosages and for extended periods of time. Well, all is not lost, for in the last several years a few steroidal compounds have been developed that are not only legal and safe but also very effective-meet the steroidal nutrients.

It began with DHEA and the new supplement laws established only a few years ago in the United States...naturally occurring steroidal hormones/prehormones meeting certain criteria could be offered to the public as nutritional agents. With DHEA established as a precedent, other steroidal compounds would soon follow. When DHEA was first introduced, it was touted as something that could possibly revolutionize the sports industry. Reports of increased testosterone levels, increased lean body mass and strength, and decreased adipose stores flooded the market about DHEA. The problem with these reports is that they were all hype. I personally know people who experimented with all types of dosing - including radical amounts such as 1500mg per day - and saw absolutely no effects except maybe some hair loss and acne. We will therefore turn our eyes away from DHEA and look to some better, more useful compounds for powerlifting.

After DHEA, the next steroidal nutrient to hit the market was androstenedione. This compound is what I call a pre-hormone for its desired effects result from its CONVERSION into the highly anabolic testosterone. Androstenedione has been used for enhancing sports performance for about two years now, and after much ado, we finally know the best ways to use this product. When lifters first became

The POWER of Steroids - Pt. 1 as told to Powerlifting USA by Derek Cornelius

aware of this steroidal nutrient, a response was created - almost overnight. This compound indeed had it is very powerful and very basic and so it's important to address.

A few years ago after androstenedione had been on the market for a little while, I decided to begin looking for similar compounds that would not only be safer but would work much better. Basic pharmacology told me that 19 norandrostenedione and began giving it to people to try for efficacy. Sure enough, report after report came back of users who were highly delighted at the results. These people worked about 2-3 times better at building muscle than androstenedione with almost no side effects whatsoever - especially no hair loss and no gynecomastial BINGO! Finally a steroidal nutrient that was safe and could be used to build good, quality lean body mass. Indeed, at the time, 19-norandrostenedione was unsurpassed for its temporary strength and libido boosting properties.

Years ago when anabolic steroids were easily attainable, many lifters would take a very androgenic steroid such as Fluoxymesterone (Halostesin) right before lifting. They didn't take it to necessarily build muscle tissue but because their strength and aggressiveness would temporarily increase. This effect is caused by the steroid binding to receptors on various nerves. Those affected nerves are subsequently able to fire a stronger signal to the muscle tissue. This enhanced neuromuscular relationship is what causes the temporary increase in strength. This effect seems only to be caused by very androgenic steroids. Androstenedione, being very androgenic, works very well for this purpose. Taking it in this manner keeps side effects to a minimum due to the fact that the daily dosage is so low - 50-100mg dose about one half hour before lifting is all it takes for the intended effect. In a similar manner, androstenedione has a profound effect on the libido. Again 50-100mg about one half hour before sexual intercourse does wonders for both men and women. The strong androgenic effect of this nutrient stimulates the nervous tis-

one. This being said, 4-androstenediol, like androstenedione, is quite androgenic. Also noteworthy is the fact that 4-androstenediol probably has some inherent intrinsic anti-catabolic value. This means that it doesn't have to convert into anything for it to be active and that it can be considered to have true hormone-like activity.

Unlike androstenedione, this steroidal nutrient is viable as a mass builder because of its superior effects in this arena. Used alone, 4-androstenediol has the potential to put on a good 5-10 pounds of lean mass in a short period. With these types of results, many lifters will put up with the potential, associated side effects. Because of its androgenic nature, this compound is ideal not only for gains in muscle strength and hardness but also aggressiveness. Finally, this compound is ideal whenever a person would like to increase their testosterone levels. This usage could even extend then into areas such as combating andropausal (low testosterone levels in middle-age/older men) symptoms - poor muscular tone, increased adipose stores, poor sex drive, etc.

Today we have taken a look at three of the five steroidal nutrients that are currently available and have some degree of ergogenicity. Although, efficacious in various ways and for various purposes, they are not the best of the lot - at least in terms of safety and for building quality, lean body mass. They are the best though in terms of cost (norandrostenedione as compared to the more effective norandrostenediol), and androgenic phenomenon (temporary strength increase, aggressiveness, and libido boosting). Next month, we will look at the highly safe and effective 5-androstenediol and 19-norandrostenediol. Furthermore, we will look at how to effectively take and stack these steroidal compounds as well as which ones are the safest bet to avoid showing a positive on a drug test. Finally, we will take a look at what is on the horizon in terms of new products and new methods of administration. In the meantime, find the STRENGTH of steroids and get STRONG!

The last of the pre-hormones that we will look at today is 4-androstenediol. Like the other androstenediol compounds, 4-androstenediol is naturally occurring and thus legal to obtain as a supplement and thus doesn't bind to various biological processes. Taken alone, the effective dosage of this steroid is 50-100mg three to five times per day.

ATTENTION... the use of some of the compounds mentioned in this article may cause the user to fail the drug test of a lifting federation or other entity. Anyone using such compounds should consider the consequences, medical and otherwise, and consult with the applicable powerlifting federation or other authority before use.

I.P.F. JUNIOR WORLDS as fold to Powerlifting USA by Peter Thorne

October 14-17, the week preceding the I.P.F. Junior World Championships, was one of the ever traveling I.P.F. President, Graham Fong, spent in Monte Carlo, Monaco was the site of the 1998 International World Games Association Congress. This writer accompanied the I.P.F. President as a delegate to the World Games Congress. The week was spent in meetings and visits with I.P.F. officials promoting the sport of powerlifting. The World Games is an integral part of the Olympic family and the presence of powerlifting at these conferences is a must for the growth of the sport.

From the closing of the conference it was a quick flight to Vienna and then a short drive to Hungary. A slight snafu at the border of Hungary caused a quick return to Austria and a day's delay in getting to the contest in Győr. It seems that for some reason, unknown to us, New Zealanders were required to have a visa and the I.P.F. President is from New Zealand. A visit to the Hungarian Embassy the next day and, visa in hand, we were again on the way to Győr, Hungary. Unfortunately we missed the opening ceremonies and the first morning's lifting.

America's USAPL fielded its first ever I.P.F. Junior World Team. The team was coached by Dr. Billy Jack Talton of Louisiana Tech and Dr. Larry Malle. The team performed in a steady, professional way for their first world challenge. Dr. Malle also coached the open women's USA team and is getting experienced on the international scene. It was an excellent time out for the young Americans.

The first class 44 kg. women's class was an indicator of the final results. The Russian, Olga, had a strong win, totaling 50 kg. over Devi of India, the silver medalist.

The 48 kg. women class was nearly a repeat for Russia with Tatiana Elsova of Russia in a 20 kg. win over Chou Hsin Yi of China. USA's Ashley Hudson had a fine performance with a personal best total and a solid third place and a bronze medal for her debut in I.P.F. Junior World competition. America's 14 year old Jennifer Malle gave us a look at the future.

Jennifer, daughter of USAPL Team

USA's Jennifer Jasper at 76.2 and Evelyn Record of Austria at 77.3 kgs. A number of lifters looked for a better placement in this class because of the expected big totals by the top three women in the 75 kg. class. Russian lifter Makarova was seen eating and drinking liters of water in her efforts to make weight for the 82.5 class. She eventually weighed in at 75.05 to make the class by 50 grams. Makarova then took the gold medal for Russia. AFTER winning the gold medal in the 82.5 class, she stepped back on the scale and weighed only 72.03 kg. Yoshika Mure took a big pull for the win, but fell forward over the bar for a "no lift" and the silver medal for Japan. USA's Jennifer Jasper went 7 for 9 and nailed down 5th place and 6 important points for USA.

90 kg. women: the Russians were still busy trying to place their women in the best possible class. Natalya Papisova also was working hard at the food table, finally coming up with 82.55 kg. on the meat scales. Then Natalya posted a 575 kg. total, 150 kg. over the silver medalist from Chinese Taipei. Natalya checked her weight after winning the gold in the 82.5 class and weighed in at only 78.6 kg. for a record in weight gain and weight loss in the shortest amount of time.

90+ kg. class: the weight games on the scales were over. 23 year old Ganna Gomenko of the Ukraine had her last meet as a Junior. Ganna had several past gold medals to her credit and added another one for her final Junior victory. This gold medal insured the women of the Ukraine 2nd place in the team competition. Angela Torshaya of Ukraine was the silver medalist. Fredrica Nicholson of the USA took third place in her first world competition. The USAPL Juniors showed a lot of composure and promise at their first I.P.F. world championships.

Eighteen countries competed in the women's division and Russia dominated the field. Ukraine was 2nd and Poland 3rd. Chinese Taipei would have secured 2nd place, but they failed to supply a referee, as required, so they were limited to accruing points only from 4 places. USA girls placed a solid 5th for

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tion with a 510 kg. total and the silver medal. Mark Tronke of Germany received the best lifter award followed by Tatarova and Miklazevich of Russia.

The venue was just about 200 meters from the hotel and it was easy to come and go to the hotel for fine Hungarian foods. The Hungarians are proud of their Goulash and it is even served at the buffet breakfast. After the breakfast it was time to cross the street and watch tomorrow's great open lifters getting their initial international experience. The meet ran well and the spotter/loaders, who appeared a little uncertain at the beginning of the contest, turned out to be some of the best ever. As Heiner Koberich (spotters) created a safe platform for the lifters.

The men's 52 kg. class opened without a Russian lifter. Six lifters competed. Hsieh Tsung Ting opened with his personal best squat (192.5 kgs.) and added a 125 kg. total which gave the sixteen year old from Chinese Taipei his first gold medal. Wazola Dantusz of Poland led with another Chinese Taipei lifter, Hsu Chih Chiang, for 2nd place with 495 kg. each. The Polish lifter gained the silver medal as he was 500 grams lighter. America's Ankur Wadhwa who secured 5th place with a 430 kg. total.

The 56 kg. class featured 13 lifters. Finland took the gold medal as 21 year old Marko Kytli hit his personal best on the squat, bench and total (515 kg.) for the win. Sladiz of Poland led after his first bench of 130 kgs., but he ended his consecutive gold here. In spite of a

90 kg. class: it's hard to argue with the excellence and depth of the young Russian lifters. Vladimir Bogachev and his crew of coaches and support staff demonstrate the passion the Russians have for powerlifting. With a total of 790 kgs. Russia's Georgy Funtikov took the 5th consecutive gold medal for the Russian team. The battle was for 2nd place as Rinaldo Diminish of Latvia bested Tojle Kholzarov of Tachikistan. Tojle pulled the biggest deadlift of his class, 302.5, but it was not enough for the silver and he settled for the bronze medal. Heiner Koberich has all the athletes stored in his computer. As the lifters stood on the podium and the anthem began surprised looks crossed the faces of the lifters. It was the Japanese anthem playing. In a moment the computer was connected and the now familiar Russian anthem was played again.

In the 100 kg. class, it was all Nikolay Suslov as the 19 year old Russian posted a 900 kg. total. That total insured him the title of the best lifter in the contest. Only one other lifter in the contest hit a 900 total and that was the Russian superheavyweight. This young man has a quiet determination. His goal

to exceed Ed Coni's present records, Nikolay's coach said that there is no money available for vitamins and proteins. In fact, there is not enough money for a decent balanced diet much less one suitable for heavy training. The coach said that if Nikolay had the diet opportunities available in America his lifting would be even better. Nikolay trains 6 days per week at a demanding, near maximum level. His training is reminiscent of John Inzer's published max training schedule. Though he has three more years as a junior, it sounds like he may be aiming to compete in Trento in 1999 for the men's championships. Czech lifter Dezider Mihok set four national records and pulled 340 kg. deadlift, but that was only enough to give him 2nd place, 45 kgs. behind the teenager, Suslov. Sweden's Niklas Gustavsson was third. Steven Mann of the USA hit his best bench press and picked up some points with a 6th place finish in the tough class.

The 110 class: this time it was the Ukrainians battling for the gold. At the end of the bench press both Ukrainian lifters were tied at 540 kgs. each. Volodym Muravlov pulled a 345 deadlift, the biggest of the contest, to win the gold medal. His countryman, Makreshin, took the silver. 3rd place went to the Russian, Alexei Serebryakov. America's Mike O'Donnell was out of the points with a 14th place finish in this highly contested class.

The 125 kg. class belonged to Johan Wikberg of Sweden. The 2nd place Russian lifter, Malanich, the lightest in the class, powered up 352.5 in the squat for a 32.5 kg. advantage after the squats. American Tony Cardella looked strong with a 310 kg. squat. Wikberg gained 50 kgs. on the Russian as he hit a big 250 kg. bench. Wikberg attempted to beat Clay Mitchell's 253 Junior world record bench. He looked strong at 255, but "no lift" was his reward.

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Peter Thorne (right) with the Best Lifters, who were all members of the strong Russian team - Tarasenko, Suslov, and Dolgov (left to right)

Junior World record bench of 193.5 kg. and a 715 kg. total, Roman Shabanov of Russia could only get the silver medal as teammate Sergei Gordsev totaled 722.5 for the win. The USA's Marcus Brandon pulled a personal best deadlift and total and took 6th place and earned points for the USAPL team in a class that opened with 24 lifters.

The 82.5 class saw Andrew Tarasenko of Russia post a Junior World record bench press of 217.5 kg. and an 812.5 total for the win. Sergey Rashidov of Kazakhstan was 2nd with Marek Radokla of Poland in 3rd. The USAPL's Erik Thomas did some of his best lifting in the bench and deadlift as he came up with 6th place in a field that began with 16 lifters.

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Ken Bachelder (right) of the USA won the bronze medal in the 125+ kg. class, with Gagnin of Russia in 1st and Johansson of Sweden 2nd.

10th IPF WORLDS

by Herb Glossbrenner, PL USA Historian/Statistician

The 10th Worlds were held in Arlington, TX (USA) November 7-9, 1980. It was almost the Championships that WASN'T! A lot of water had spilled over the dam since last year's spectacular show in Dayton. The best summation would be ONE STEP FORWARD, FOLLOWED BY TWO STEPS BACKWARD!

P/L in USA had cut their ties with the AAU, and henceforth would be a self-governed bunch who call themselves the USPF! P/L had their autonomy but two groups quarreling among themselves. A disgruntled group called the NPA (the National Powerlifting Association) had their own Elite team, and insisted on the right to compete in the Worlds and they seemed to have permission from an IPF official to do so. Lawsuits were threatened to shut down the competition unless compliance was granted. Foreign participants were upset. The compromise was arrived at so that the NPA team could lift as extras, outside the competition. They could set W/Rs, but not win world titles. There would be no sanctions against them if they'd disband following the competition. That settled, it was on with the show!

113 lifters from 19 countries (plus 9 on NPA squad as extras) lifted. There were 31 W/Rs set not counting Crain's vertical leap, which was probably a W/R also. Held at the Rodeway Inn, there were almost a thousand in attendance, but it was a financial loss.

114 lb. class - INABA THE INDOMITABLE - SHOWMAN - WITH THE FEUDS COOLED - THE DUDES DUELED! In an act replay of last year, the returning 114 medalists maintained their same order of rank. It was a big class with 11 contesting, and the rest of the world rapidly improving in depth & level of performance. Once again USA's hopes rested on the stocky lil frame of WW's Chuck Dumber. His US Srs. win gave him another shot at JPN's inaba. The indomitable showman Dumber had Luke Lamas, the Mighty Mortician, coach. Should he be buried by the avalanche trying to scale the "Mini Mt. Fuji" Luke would be ready to dig him up.

Even the secondary players produced excitement. Outside medal territory four men fought, with only a mere 22 lbs. between 4th & 7th place. MacVicar (CAN) topped this group in the SQ with 418. Tuomisto, the snow haired Finnish gnome, overcame his 33 lb. disadvantage. A tie wouldn't do - he was heavier. His 424 DL was enuff to put him 5 up on Cairns (NZL), whose 435 eclipsed both MacVicar & JPN's back-up man Tokutaka. The top 3

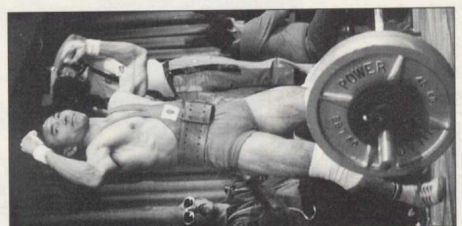
back-up man Tokutaka. The top 3

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Inaba... the Flyweight Phenom.

Worlds in 1971. He'd also claimed 2 silvers, losing once on a bombout. Last year he'd lost to Gant. Both men shared a huge W/R. 1344 TOT. Gant won as lighter with his incredible 617 pull, 66 lbs. more than the W/R. utterly stupendous! It was smooth sailing for McKenzie this year, with Lamar up @ 132. The also-rans were highly competitive with each other: Joseph, IND's best lifter, improved his TOT 77 lbs. since last year, and went from 9th to 8th in placing. His teammate Klamath & Bermet (AUS) were right behind him. Dave Manning (GBR) came from behind 446 DL. James' debut with James (CAN). won out (1118-1113) to gain 6th place. Watanabe pulled a big 485 and got 5th (1135). Haatanen (FIN) came in 4th with well balanced lifts. Watanabe tried a 518 DL to beat him, but couldn't. Hiro Isagawa, 6th last year, improved his TOT 116 lbs. from that point, even though a pre-meet fly bout weakened him. After only a 418 SQ opened him, he rebounded in the BP (JPN specialty) with 314. Then, on 4th, he got a W/R 3211 via his 485 DL he ended up with 1218, and was disappointed calling it a bad day! Juhani Niemi, FINLAND'S EXTREME MACHINE, graduated from bronze to become silver. Extremely tenacious, he got the jump on Hiro with a 479 dunk. He had Hiro by 11 at halftime, and held him at bay, topped off with a 501 pull - 1245 TOT. McKenzie, sans Gant, still performed well. He eased thru a W/R 512 SQ and smiled his way to an easy victory. BP of 275, and DL of 507 were only openers, but his TOT of 1295 was still higher than anyone else in the World could muster, even though it was 49 lbs.

never in the History of P/L have 2 featherweights totaled so much. All the W/Rs in this class were blown away - obliterated! Even though Bradley was not in contention for awards or the title, his presence affected Gant. Lamar lifted as though his very existence depended on beating Bradley. Lamar used his ATROCIOUS SCOLIOSIS to hump out a huge 573 SQ. It led the existing W/R by Bradley, a short-lived surprise. Bradley annihilated it with a mind boggling 617 3rd attempt. On a 4th-Joe took 650 - Down & Up - rebounding explosively. It shellshocked everyone. It was a WR that would last 16-17 years! Truly a dip for the ages. Rather than demoralizing Lamar, it

Lamar Gant was at his greatest, behind last year's result. Again, McKenzie announced his retirement. He had a mischievous twinkle in his eye - and no one believed it. LIFTING REVIVAL [5 IN ALL TITLES]! **132 lb. class - GREAT WEIGHT RAISED THIS DIVISION - A FREIGHT TRAIN COLLISION!** No bantam this year, Lamar Gant cut from 141 just to make this class. He showed a huge increase in the first two lifts, and still displayed a blazing finish. He was pushed by Joe Bradley (USA) on the NPA squad (outside the competition). No matter, Gant was simply unbeatable this day! Ray Verdonck, US Srs. champ, had a valid shot for a World Title, without Lamar's presence. Ray gave the silver a hearty go. He eventually settled for bronze in a photo FINNISH! Yes, Kullervo Lampela (FIN) saw his chance when Verdonck's 496 DL didn't materialize. Still, Ray's 1300 led him, and being lighter, he plucked the silver clean from his pocket. Galvez (GBR) was nipping at their heels with 1284 (4th). Likewise Catterson (CAN) chased the Brit all the way, 5th with 1267.

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AAU World Championships

16-18 Oct 98 - Buena Vista, FL

Table with columns for gender, weight class, and names of lifters. Includes names like M. CASHILL, M. LEMES, R. MAXEY, etc.

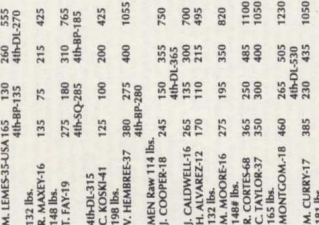
Lou Lavarro, 41, in the 319 lb. class, got a 600 lb. bench press at 319, with Joe Pyra (who provided these photos) giving the start command.

Table with columns for names and scores for various weight classes (48h-SQ, 285, 300, 320, 350, 375, 400, 425, 450, 475, 500, 525, 550, 575, 600, 625, 650).

Henry Alvarez pulled a 240 deadlift in the 114s, at 12 years of age!

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Eddie had just struck out! The others performed their rituals admirably! Wide stanced, Margentice (CAN) shortened the distance of his stroke in both SQ & D. He did 512 & 540 respectively. His iron groined 1350 TOT (FIN) and beat him as lighter man!

The two SWEDES were STRONG - had NEEDS FOR BRONZE - and fought for it! Both Thomas Spostrom & Stefan Nentis were evenly matched. It was TIT FOR TAT (IT'S AFAT)! Both men SQ'd the same 551. Spostrom took a slim lead, 330 to 319 in the BP, and the duel ended there. Tom's D/L superiority pulled away! His 575 gave him 1455 - bronze medal, NENTIS (HIS APPRENTICE) was 4th @ 1388.

The battle: ON STAGE FOR THE BOOITY, WAS AGE VERSUS BEAUTY! Well, at least that's half right! In '76 Crain, a then emerging star & new US 148 champ took his budding talent to the Worlds in New York. He did NO DEADLIFT WEIGHTS (GUESS, IT'S FATE)! This was redemption time:

Mor: SQ'd 573. Crain ached 606, then Mor deuced it. The tie breaker came in overtrained and had hurt his shoulder. Rick made only his 639 opener. Di Pasquale secured 644. Backlund had monstrously improved this lift (584 last year) and got 650 - and led. Mauro's BP was 369. Gaugler & Backlund made 418, only an opener for Rick. Backlund attacked 435 - missed in the deadlift, it was 617 - the best for the man from SWEDEN. Mauro raised 672 - DREW EVENED (1686). Di Pasquale captured runner-up spot, as lighter man. He had one try left. Gaugler elevated 677 and was done at 1736. He had his 2nd world title, re-gaugling it after last year's flub-up. Gaugler held the W/R @ 694. The good Doctor shot the works, 722 for the upset win, but it was way too heavy. (NOV '97 P/L USA).

165 lb. class - FATHER OF POWER - GAUGLER'S HOUR

The league of the medalists, but very competitive among themselves, Ruoo (NOR) & Suzuki (JPN) tied in SQ (507). The BU RULO missed the LOOPHOLE - only 264. Suzuki pressed a big 374! An inspired Ruoo roared back. The NORWEGIAN LIFTED ON WITH PIZAZZ & ZEAL (606 DL) Whoops! Suzuki SLIPPED ON A BANANA PEEL (only 496). Both had a 1377 TOT. Ruoo was 6th as lighter mab! Martin (NZL) took BEL's Mombert to the wire, outpulsing him 606 to 600, and took 4th, 1455 to 1449. Tough stuff! It was a spirited struggle for silver, featuring '76 W.C. @ 148 Dr. Mauro Di Pasquale (CAN) ver-

Chicagoan Jim Rouse, on the NPA squad, did super! His TOT - 1730 - was only 5 back of Gaugler's winning sum. Jim made outstanding P/R's: 622 SQ & 628 D/L. His bread n' butter lift - the Bench Press - was red hot. Two stunning back to back W/R's he did: 468 & 479! The latter stood as an IPF W/R for 17 years. No shirts back then. Could anyone day match this - BARE PECS - NO WAY, JOSE!

181 lb. class - A WEST SIDE STORY - BEST FIGHT FROM FIORE! - This was the biggest bunch of all - 18 strongmen. Actually 20 if you included the AMERICAN DUO (BOTH STOUT - BUT DON'T COUNT) AN EMBARRASSIN' LOOPHOLE! NPA's Mike Bridges & Tony Carpino outperformed everyone outside the competition. More about them later.



Crain's Spectacular Squat Style.

a 441 BP, 683 DL for 1818 TOT. Mike was dazzling, shattering W/R's all over: SQ's of 788 and 832. He made a 501 BP solid tried, and tried a 518 W/R - almost. Add a 738 D/L and he got a 2072 TOT record too. This sum was well above the winning results in the next two higher categories. Bridges, the prodigious. Every power youngster's motto became I WANNA BE LIKE MIKE! Read my profile on this superstar in MAY '95 P/L USA.

198 lb. class - THE WIN IN HAND - IT'S VINCE - AGAIN!

To be redundant - the rest of the World couldn't keep pace with the medal men! Bunt (NZL) was hurt the previous year, but rose to the occasion! He TOT'd 1681 and out-distanced the rest of the pack - to get 4th! The CELLAR DWELLER FELLER was Monaghan @ 1361. Bless his Irish heart! Defending W/C Tom Campbell of CAN was a NO SHOW! Even without him this class provided a lot of exciting action.

SWE had two powerful prospects. Ken Mattsson had made quite a metamorphosis. Third last year, he looked more muscular now. All 760 SQs looked adequate. "NOT!" said the OFFICIALS (THOT IT SUPERFICIAL) leading to Zlich on the scorecard. This DUDE, HANDSOME... THREW A TANTRUM! TOUGH LUCK! This left Conny Nilsson to GO SOLO against the U.S. pair! Three times a W.C., Vince Anello wanted No. 4! His backup was JERRY JONES, the first ever World Champ ('72) in

his class. The VANILLA GOPILLA replaced Bridges who'd defended Anello made a 683 P/R SQ. No, said the finicky judge, but he already had 650 approved. Jones, a renowned SQUAT MASTER, had problems. On his 760 start, he blew his suit. A repeat was okay, burnmore. He BP'd 402, and pulled well at 711, with one try left for last chance heroics! In the bench, Nilsson hit 418. Vince got 452, and was looking good! Subtotal tally: Nilsson 1190, Jones 1162. Conny's 716 pull surprised everyone - 1907 TOT. Jones, knowing what Vince him, Jerry's pick was 749. It would top the Swedish leader and also beat Vince if he got the gold depended on it. It was too much and too tough! Jones often before, had the final say. He always saves his best for last. He kept the crowd in suspense with a dramatic conclusion. Last year he'd TRIED SO BOLD, THE JUDGES HAD BEGRUDGED IT (DENIED HIM GOLD). BRAVE MEN CAN'T BLUNDER! AGE TEN - THE NUMBER! A CINCH FOR VINCE (INCH BY INCH)! HE NEEDED IT - COMPLETED!... UNCONVINCED!

TOT - World Champ again! The NPA duo looked impressive in their cameo roles! Ernie Frantz had been there before, WC @ 181 in '74. Fred Hatfield was there to put the SQ record in orbit. Frantz split his suit after a 705 SQ, then BP'd 452 (same as Anello), and his D/L was a good 727 - 1884 TOT. Hatfield showed why he's dubbed "Dr. Squat", destroying the W/R with 826 (beating Bridges's 821). He pumped 429, and did a 677 D/L. Next, he tried 727 to reach 10 x bw, but fell short. TOT 1934. Fred's day in the sun would come officially, just down the road a piece.

220 lb. class - LIFTS SMART - IT'S MARK!

The reigning 220 monarch was on the team. His 10th world title would remain a black page, in an unwritten chapter of powerlifting history. A strange chain of events led to the demise of Larry Pacifico's era. All wrapped up in a nutshell - the reason he NEVER DID IT - A SEV-

each other last year in Dayton minus Mark-Joining there was GBR's Tony Stevens' for his grand debut at the World Championships. Their races were tweaked, lit and ready to burn!

Kiviranta (FIN) stumbled out of the starting blocks - registering a 705 SQ. Noble's best was 738. Stevens, looking solid, did 749. Yvander got 771 after 2 misses - unworked 778, missed 793 - but led!

BP: Yvander 441, Stevens 451. Kiviranta struggled to 463. Noble got 485. Mark, ditto - which put him well ahead! S.T.'s: Dimiduk 1273 - 49 up; Noble 1223, Yvander 1212, Stevens 1201, and Kiviranta 99 behind @ 1168! In the DL, the deck got reshuffled. Stevens' 722 best de-rummer-up. Yvander's 749 clinched Noble a medal. Kiviranta's heroic 771 captured bronze, and Dimiduk's 760 gave him 2033 - runaway victory. LIFTS SMART - IT'S MARK, Chip McCain (TX) had the day of his life in his solo sidebar. He erased Pacifico's W/R SQ with 810! He finished a great day with

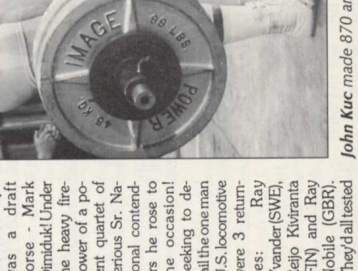


Mark Dimiduk... the IPF 220 pound champion.

ERED DIGIT! Larry zeroed @ the SRS. due to a CRUEL RULE (WHOS FOILED?), followed by poor judgment, and then begrudgingly runner-up. Stevens' 722 best de-rioted Noble a medal. Kiviranta's heroic 771 captured bronze, and Dimiduk's 760 gave him 2033 - runaway victory. LIFTS SMART - IT'S MARK, Chip McCain (TX) had the day of his life in his solo sidebar. He erased Pacifico's W/R SQ with 810! He finished a great day with

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The new 220 U.S. hope was a draft horse - Mark Dimiduk! Under the heavy firepower of a potent quartet of serious Sr. National contenders he rose to the occasion! Seeking to derail the one man U.S. locomotive were 3 returnees: Ray Yvander (SWE), Reijo Kiviranta (FIN) and Ray Noble (GBR). They'd all tested



John Kuc made 870 and 2204 in historic fashion.

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Anello with 810 lbs. all the way back.

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Herb Glossbrenner



Doyle Kenady ... the Grizzly Adams of the Supers.

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Table listing 7-9 World Words and 10th IPF Words with various names and scores. Includes names like James N, Amedeo, Avello, and scores like 529, 386, 551, 1466.

advantage. REIDAR the FIGHTER mustered all his strength to pull 683- and TOT 1951. White put his BACK to the TASK. He ratcheted up 793 to completion, and had the tie - 3rd place as lighter. Hannu Saarelainen (FIN), now 36, made his World Championship silver count 4 this year. It went along with two bronzes he'd earned in '75 & '77. All that glitters is not necessarily gold! Hannu scored his highest result ever in W/C competition: 788, 545, 716-2050. He was 99 ahead of the bronze itel! His golden moment would come down the road, but not today!

Kuc had enough strength stored in his generator to light the entire city of Arlington that night. It was one dazzling fireworks display! His SQ had improved vastly. He got all 3, and dunked 832 despite a forehead injury. He shoved up 501, but 507 was too uneven. His primary outcrop of power came in the deadlift. It was his trademark. Every fiber of his being was channeled into a pull for all ages. Grudgingly he 870 lbs. of cold iron yielded. He never stopped

242 lb. class - FOREVER BUCK(U.S.A.) FOR THE RECORD BOOK! - John Kuc(U.S.A) returned to capture his 4th World title with bone crushing authority. It was his 3rd win @ 242 to go along with his 1st World title @ SH in 1972. There were 8 PRETENDERS, 3 CON-TENDERS, but only 1 WINNER!

The bronze medal was hotly contested between Reidar Steen (NOR) and GBR's new D/L talent Arthur White. Steen took the early lead in the SQ (by 22) 749-727. Then came Reidar's big 518 BB. Which gave him a whopping 110lb.

STARTIN' OUT

A special section dedicated to the beginning lifter

The unfortunate thing about powerlifting is that injuries sometimes may be easier to come by than strength increases. Because of this, it's important that we train with injury avoidance in mind. I didn't want to write an article that got too deep in physiological terms and the like. Number one, I'm not a medical professional and number two, I never really got a lot out of knowing that my 'vastus intermedialis' was suffering from acute microtrauma. That type of article has its value, don't get me wrong, but I feel I can offer more to our readers by giving common sense information about how to avoid injuries.

Let's look at some common causes for injuries, many of which can be avoided or at least greatly reduced. First off is using improper form. I know we authors harp on this time and time again, but there's a good reason for it. Improper form is probably the number one reason for injuries. There are two major reasons for improper form. The first is not knowing how to perform the lift, and the second results from the lifters desire to use more weight or get more reps.

Using proper form requires a high degree of discipline and courage. The proper form for each of the powerlifts, or other weight exercises, must be performed on all reps

a 500 pound squatter, adding 5 pounds is much, much less than a 200 pound squatter adding 5 pounds. By the same token, if you are doing low reps (1-5), an additional rep is much more than getting one more on a 10 rep set. In the low rep scenario, there is less room for error. This does not mean that higher rep, lower weight sets can be executed mindlessly. Always concentrate at the task at hand. Increase only when proper form can be achieved and maintained. One workout resulting in an injury can have infinitely more impact than getting one more rep using precurrent lifting form.

INJURY AVOIDANCE

as told to Powerlifting USA by Doug Daniels



Avoiding Injuries can mean the difference between years of enjoying powerlifting as a sport or frustrating years of suffering and recovery.

and flexibility require each lifter to find their best technique. Find a knowledgeable lifter for guidance and study other lifters and photos for more information. Take videos of your lifting and either evaluate them yourself or, again, ask someone knowledgeable for their opinion.

There's a lot of pressure to always increase the weight or get one more rep each workout. Don't be overly concerned with always needing to add 5 pounds a week to your squat sets or getting 1 more rep on your bench. If you even add 5 pounds monthly, that would add up to 60 pounds in a year and I'm sure just about everyone would be satisfied with that. 5 pounds a month may be a little optimistic, but if you think over a longer period of time, you will be less inclined to force progress before your body is ready for it.

Too often to get that last rep the lifter may twist and bend during the lift and pull or tear something. In order to get this last rep, the lifter uses sloppy form or another body part to move the weight. One important thing to remember is the relative amount of an increase. For

Along with bad form are ballistic movements or extreme extension during an exercise. Ballistic movements occur when a lifter rebounds hard down on the bottom of an exercise, hoping that the momentum upward will give an extra boost to complete the rep. Some lifters perform exercises such as leg presses or hacks by crashing down on the bottom. What can result are extremely sore knees and a possible pulled groin, and then they have to wear knee wraps during leg extensions because their knees are sore. Seldom do they ever think why they're sore.

Lifters abuse the bench press also. Too many times in order to get that extra momentum to complete the rep, lifters drop the bar down hard on the chest. This opens the door to possible rib cage injury. This crashing down with the bar also may put the lifter in bad position for the push upwards and may cause the muscle pulls elsewhere. Muscle pulls can also occur when a lifter lifts or bridges his buttocks high off the bench in order to lift the weight. I've seen some lifters bridge so high, you could almost drive a Ford Explorer under them. Keep you but-

General physical and emotional well being can't be overlooked as a potential cause of injuries. If you're under the weather physically, your strength and recuperative abilities will be sub-par. Concentration levels will also be lower, so in this case, don't go heavy or perform any low rep sets. Take a light or medium workout. Perhaps do some abs or calves to satisfy that urge to workout. If you're really feeling out of it, consider skipping your workout altogether. One or two too workouts will not have any significant effect on your strength levels, but one unfortunate session could end your career prematurely. Take a step back and start up again with a short ease-in period following any minor illness. Emotional well being can be considered in the same vein. If you're going through a stressful situation at work or at home, you will not be able to put your full concentration and effort into your workout. You're just asking for trouble due to sloppy execution of your exercises or not being mentally into your workout. However, a good workout can be great medicine to get your mind off your problems and channel that energy towards a productive goal. But, again, I suggest taking it easy on the weights. Lower your intensity level back a bit and live to lift another day.

If you ever are in doubt about an injury or pain, seek medical attention before you resume training. Aches and pains are intricate to powerlifting; you must listen to your body and learn to tell the difference between minor pains and more severe pains that require a trip to the doctor. I have also found that though doctors are skilled in their field, it's best to consult a sports medicine doctor if you can find one. Most regular doctors are not knowledgeable enough about weight training, to guide the lifter back into resuming training again if and when the injury allows it. The answer may be to give up weights or other sport activities altogether. I've gotten the old 'take up swimming' suggestion before. I'm sure, some of you have. That sometimes may be the only recourse, but if a doctor has a sufficient sports medicine background, he can be more sympathetic as well as knowledgeable. Use good form and common sense in your training and get adequate rest and nutrition. Injuries still may occur, but you can lessen their frequency and severity. Injury avoidance should be an integral part of your training regime.

Doug's Web address: members.aol.com/ddani12345/default.htm

techniques, but be sure concentrate on your hamstrings and shoulders. Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we sometimes will try to do too much. Most lifters can take increased volumes of training for only so long. When overtraining starts to set in, strength and energy levels start to tail off. Aches and pains mount and our concentration lessens. Thus, we're ripe for that good old injury bug-a-boo. My suggestion is to follow some of the guidelines I have written about since I've been writing for PL USA:

1. Train each power lift once a week. You can gain this way.
2. Take a 1 week layoff from weights every 12-16 weeks or after a major meet.
3. Limit your amount of sets and reps as well as amount of exercises.
4. Don't use the same set/rep scheme for more than 4-6 weeks at a time. That way you can't overstress your body on heavy weight and low reps for too long of a time.
5. Provide your body with the nutrition and rest it needs to recuperate from injuries and normal training.

Flexibility is crucial. Flexible muscles and joints can be key to avoiding injuries. Unfortunately, many lifters shun working on flexibility thinking it's a waste of time. Not only can it decrease the incidence of injury, but also increased flexibility may allow a lifter to improve his lifting style and actually lift more weight! I would get a book on flexibility for specific exercises and

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INTERVIEW

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

KRISTAL MCCLELLAN as told to Powerlifting USA by Pat Cuntrera



Kristal McClellan at the Jr. Worlds in Bali.

PC: Could you please tell the readers a little about yourself?

KM: Sure. My name is Kristal Dawn McClellan. I am West Virginia, 20 years old, a Psychology student at WV State College, and I am also a Christian of the Baptist faith.

PC: How did you get involved in powerlifting?

KM: In December of '93, I was playing basketball at Man High School. My brother, Larry, suggested that during the off-season I should go into the weight room to improve my game. Carmel Hughes, my powerlifting coach, came to me and asked if I would like to go to the Jr. Nationals. I said sure! In February, I competed in Parkersburg, WV and won. Four months later, I found myself in Bali, Indonesia at the IFF Jr. Worlds. I placed 2nd there.

These two meets were very influential on me. Since then, I've been in love with the sport.

PC: What is it like growing up as a teenager and a powerlifter?

KM: It's nothing short of amazing. Powerlifting has taught me so many lessons about life. I have had the opportunity to meet so many wonderful people in the sport. I've traveled to countries in Europe and in Asia that I may have not been given the chance to do otherwise. I consider myself to be extremely blessed.

PC: How do your friends and family feel about you being a powerlifter?

KM: They are totally supportive. I am so lucky. There has never been a time during my career that I haven't had them by my side 100% cheering me on.

PC: Why did you choose to compete AAUPC?

KM: I felt that this would be a good organization to compete in.

The deadlift can and will be trained in the same manner as the squat and bench press. Oh yes - three times per week! The deadlift works almost every muscle of the back, along with the hamstrings, quadriceps, glutes, hip flexors and forearms. To achieve the fullest potential in the deadlift, a powerlifter has to develop all these muscles. And what is the most effective exercise to work all these muscles? Right, the deadlift. If you train the deadlift three times per week there is no room for assistance exercises.

There is simply no need to do exercises like hyperextensions, reverse leg raises, pull-downs, or shrugs. These exercises are great in the off-season since they may help you to prevent or recover from injuries, but as a powerlifter you must deadlift to pull some heavy iron in competition. Ask Ed Coan or Gary Halsey how they got so damn strong in the deadlift. I bet they didn't get it by doing hyperextensions or other "sissy exercises".

The training cycle is the same as for the squat and the bench press. It is an eight week cycle consisting of a high volume phase (I), and a competition phase (II).

Preparations
Before you can start with the 3x3 system you have to find out your current maximum in the deadlift. You can refer back to the squat or bench press article on how to do this. If you plan to use a formula the Epley is simple and it works well.

Once you have found out your current deadlift maximum increase it by 15 lbs. This is your projected maximum - the calculation basis for your training weights for the next eight weeks. You will use weights between 58-64 percent of this projected maximum during phase I and 60-95 percent in phase II.

High Volume Phase: The high volume phase (I) will be reached through multiple sets (5-8), moderate reps (5) and moderate percentages of your projected maximum (week 1-58%, week 2-60%, week 3-62% and week 4-64%). Each of the four training weeks consists of three workouts. That is 12 workouts altogether. Make sure to get enough rest between the workouts. I would recommend one day off between the workouts and two days off after the completion of each training week. Important: Don't use equipment. No belt and especially no straps! Don't bounce the bar off the floor. Let the weight rest for a moment and then pull again.

Phase I: Week 1-4
High volume phase: The high volume phase (I) will be reached through multiple sets (5-8), moderate reps (5) and moderate percentages of your projected maximum (week 1-58%, week 2-60%, week 3-62% and week 4-64%). Each of the four training weeks consists of three workouts. That is 12 workouts altogether. Make sure to get enough rest between the workouts. I would recommend one day off between the workouts and two days off after the completion of each training week. Important: Don't use equipment. No belt and especially no straps! Don't bounce the bar off the floor. Let the weight rest for a moment and then pull again.

Phase II: Week 5-8
Competition phase: The competition phase (II) will be reached through multiple sets (5-8), moderate reps (5) and moderate percentages of your projected maximum (week 1-58%, week 2-60%, week 3-62% and week 4-64%). Each of the four training weeks consists of three workouts. That is 12 workouts altogether. Make sure to get enough rest between the workouts. I would recommend one day off between the workouts and two days off after the completion of each training week. Important: Don't use equipment. No belt and especially no straps! Don't bounce the bar off the floor. Let the weight rest for a moment and then pull again.

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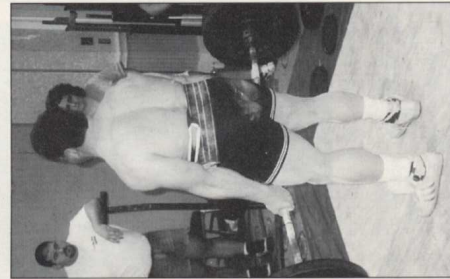
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TRAINING

A Revolutionary Approach to Powerlifting 3x3 - Part 4 - Deadlift: High Volume & Competition as told to POWERLIFTING USA by Stephan Korte



Stephan Korte has traveled the world studying and photographing great lifting. Above is the thick back of Ed Coan, warming up at the 1996 USPF Seniors.

Using the "ESM-method" (see part 2 of this series for detailed information) for the deadlift is of major importance. Just put in as much energy as you need to complete each rep and set. The moderate percentages between 58 and 64 percent can be handled with less than maximum effort. Concentrate on using perfect technique. The ESM-method will build your confidence for the heavier weights. Use only half of your energy and power for a set with 64 percent of your maximum will build a "mental reserve" which will lead to higher confidence for the weights in the 80-95 percent range. You just have to put in more energy.

Special tip on grip strength: This advice comes from Rudolf Kuester of Germany. Kuester was one of the strongest deadlifters in the world in the late eighties. His personal record in the deadlift is 880 lbs. at superheavyweight. Par-tial reps with weights above 100% or just holding a very heavy weight

for 10 seconds does not help the lifter to strengthen his grip. In order to improve your grip strength, you have to extend the pulling phase by standing on a platform. This will force your hands to work harder. Example: The time you need to pull 700 lbs. standing on the floor to a locked-out position is definitely shorter than pulling 700 lbs. standing on a five-inch platform. Pulling 700 pounds while standing on that platform will extend the pulling phase. This will make your hands stronger. You can incorporate this approach in your routine during the high volume phase by using different platforms. I recommend three different heights: 3, 6 and 10 inches.

High Volume Phase: (current maximum: 600 lbs./projected maximum: 615 lbs.)
Week 1
Day 1: deadlift 1-2 sets of 1 rep with 80% of 615 lbs. = 495 lbs.
Day 2: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.
Day 3: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 2
Day 1: deadlift 1 set of 1 rep with 85% of 615 lbs. = 525 lbs.
Day 2: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.
Day 3: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 3
Day 1: deadlift 1 set of 1 rep with 90% of 615 lbs. = 555 lbs.
Day 2: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.
Day 3: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 4
Day 1: deadlift 1 set of 1 rep with 95% of 615 lbs. = 585 lbs.
Day 2: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.
Day 3: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 5
Day 1: deadlift 1 set of 1 rep with 95% of 615 lbs. = 585 lbs.
Day 2: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.
Day 3: deadlift 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

POWER

Merry Christmas! Yeah, we know we're a little early, but this is the December issue. Dr. Ken Laitner will be getting to spend more time with his family this holiday season, as he and his wife have sold the Iron Island Gym to its



Jamie Harris ... at age 13, with a 230 lb. bench press in the 181s

General Manager, Ralph Raiola.

Ken will be continuing his chiropractic work, and training some selected athletes, and he'll still be involved with the Iron Island Powerlifting meets. I want to wish Ken the best of success and happiness in this new phase of his life, and thank him for all the tremendous support he's given me and POWERLIFTER Video over the years.

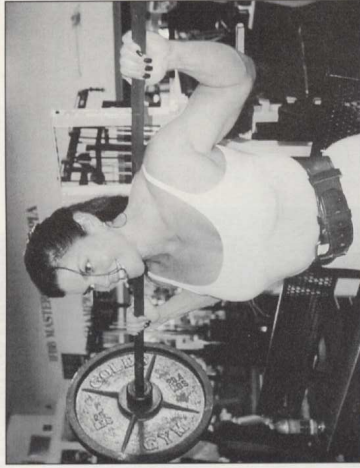
Ralph has been Iron Island's other main man, and he'll be keeping the gym a mecca of powerlifting. Ralph's organizing the Iron Island Powerlifting Club to further support the gym's competitive lifters, and we wish Ralph continued

SCENE

and won the 1998 Orange County Classic Heavyweight title. She works at Mapes Gym in Smt Valley as a Personal Trainer.

As for Jack Armstrong, he's been in the Screen Actors Guild for 15 years, and just landed a big national commercial for McDonald's. Jack appears as a centurion Gladiator, so keep your eyes out for him, and all other powerlift-

Another retired big benchner, Ted Arcidi, is also doing the supplement thing, but Ted is also building up his acting career. Back in October, Ted



Debra Haley... is one of the new female strength stars in California who are making their marks in entertainment.

Hoping you all get everything you want for Christmas, even if you have to buy it for yourself. Seasons continued good luck in acting.

ADFFA champion Linda Jo Baisito is getting ready to head to California for some acting workshops, so we may be seeing her on the big screen too. Linda Jo still trains at the Iron Island Gym, and is still doing personal fitness training and consulting.

Congratulations to our POWERLIFTER Video Hostess Vicky Hembree on capturing the AAU World's in Orlando, Florida. Vicky hit a 380 squat, a 280 bench (a PR) and a 400 deadlift, at 198 lbs. and next year, if she's injury free, those numbers should be even higher.

California's Deborah Haley has just started powerlifting training, under the eye of Coach Jack Armstrong in the gym, the 5'10", 170 lbs. Deborah has squatted 4330, benched 195, and deadlifted 280. As you can see, Deborah's a bodybuilder,

Ned Lou

WORKOUT of the Month

BENFORD'S SQUAT ROUTINE as told to Powerlifting USA by Gary Benford



Gary Benford putting the training principles you see here into practice at the APF Masters Meet.

When Mike Lambert asked me to write this article, I was both surprised and elated. Most people in the powerlifting world know me for conducting 11 national and 2 world championship events. Some are also aware that I am an elite 198 lb. lifter and have won four National Masters Championships.

As a longtime protégé at Westside Barbell, it is easy to discount whatever achievements you have made due to the incredible array of champions that have walked through that door. Having squatted 727 lbs. at age 43, weighing 198 lbs. might get you asked to share your training with PL USA readers, however, you must remember that this is a gym with 198 lb. squats the likes of Chorpennig's 804 lbs., and Sanger and McCoy's 771 lbs.

Well... here goes. I will start by saying I have no genetic gifts and I wish I knew 24 years ago what I know now. Virtually all my powerlifting training knowledge has come from the gym of power, Lou Simmons. Most of what I will tell you are his concepts and methods that have contributed to my own success.

As I am sure you have read in his many articles, I utilize training by percents and emphasize speed for my squat training. I squat on Friday, cycling every three to four weeks up in weight percentages. Then I start over again, repeating this process three to four times prior to a meet.

I squat on a 13 inch box utilizing a wide stance, wearing Chuck Taylor Converse All-Stars, and in a MonoLift at a rack height of 10 inches. I wear Frantz squat boxer briefs and a belt, along with elbow support sleeves because squatting creates soreness in my biceps and forearms. Squatting on a box is much harder than full squats. I focus on chest up, arch, knees out and keeping my abs tight. I wear a Frantz suit two weeks out from a meet attempting a single max record with straps up, wrist wraps, but no knee wraps. I have done 690 lbs. this way on a stop and rock 13" box.

Every week, on every rep and set, it is imperative that you literally try to jump off the box with as much speed as possible, resting not longer than one minute between sets. I also add 40 lbs. of chain to each side of the bar for a total of 80

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)

I didn't mention my training partners, Jeff Adams and Bob Coe. They are always at Westside and drive me constantly to be better. Thanks, guys! Well... that's about it. Remember in my first meet in 1974 I squatted 185 lbs. at a 142 lbs. bar, if it works for me, with hard work and consistency, it will work for anyone. GOOD LUCK!

WEEK #	365 lbs. 2x12 (re-chains for the first 12 weeks)	403 2x10	425 2x8	385 5x210	423 2x10	445 2x8	405 5x210	443 2x8	455 2x6	600 x1 (full) (see squat)	MEET WEEK
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

Additional pounds. When you sit on the box about 1/3 of the chain weight displaces on to the floor, and you stand up with the weight increasing throughout the range of motion. Training this way is very intense yet elicits tremendous squat strength (one look at Westside's men's and women's squat records will show you that).

After squatting, I do three sets of reverse hyperextensions with 250-300 lbs. and abdominal crunches on the Fred Koch machine with 60 lbs. for three sets of 20 reps with a medicine ball between my feet. I also do a weighted 15 lb. in a marching cadence 300 yards with 150 lbs. On Monday, I do heavy partial back movements, but do a high box squat once every three weeks with a 17 inch box (four inches higher) for a single 1 cycle this weight four times over 16 weeks, with a PR of 780 lbs. using no squat suit or knee wraps. Every three weeks I do belt squats with a 15 lb. bar on my back for 2 sets of 8 reps with no gear and a PR of 450 lbs., cycling every three weeks.

The percentage of weights on squatting day ranges from 50-65%, not including the chains. Since beginning this program, in successive meets, I have squatted 683, 694, 711, 715, 716, 727 and a RWR with 733 & 735 lbs. As I have gotten older, my squat has gotten stronger.

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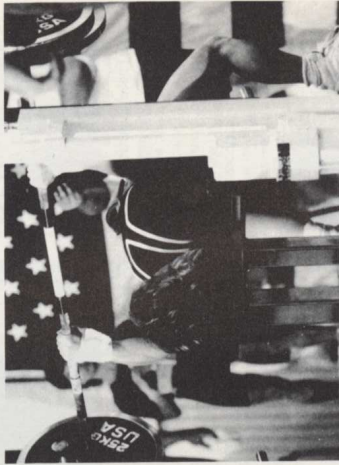
Ken Lain
722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

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First Teenager ever
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Jan Harrell-385 Bench. Most ever by a woman.
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Mary Jeffrey
275 lb. Bench at 123 b.w.

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Z-SUIT and CHAMPION SUIT on next page —

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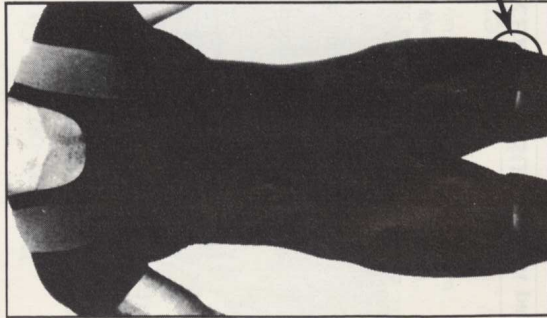
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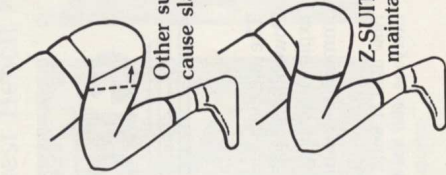
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Anthony Clark
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Jesse Jackson
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Matt Dimel
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Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

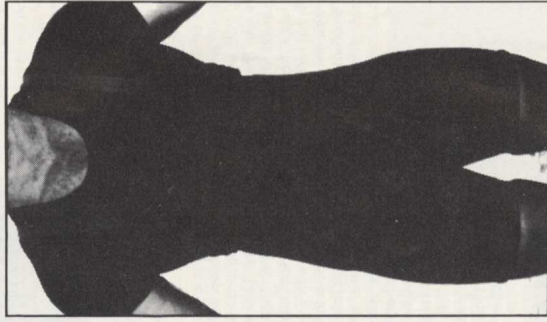
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AAPF WORLDS

as told by Herb Glossbrenner, Statistician/Historian

These championships became a new and exciting option for drug-free advocates. Now, they have an opportunity to join the increasing population of strength & camaraderie that is the APF trademark! The vast majority of full meet participants were USA with a small sprinkle of international flavor: A father-daughter combo from Italy came. There was a small team of Canadian representatives, which had the most vocal cheering section. Azerbaijan also had a team which came a long way. It's a former constituent republic of the one-time Soviet Union covering 33,000 sq. miles situated between Turkey and Northern Iran - now free, self supporting, and anxious to flaunt their newly found strength in a P/L way!



The Frantz Power Team at the AWPFC Drug Free contest. (Glossbrenner photo)

ship title and all the glitz & glitter that comes with it! The rooms were nice with multi-colored bedspreads - not unlike Motel '6'. I hallway expected to see Tom Beaudette pop out the bathroom, with a promotional line or two. I felt as though I was caught in a futuristic time warp. In the casino the "drones" were feeding the slot machines, inserting one coin right after the other and then pulling the lever each time in automated fashion. It was reminiscent of the 'Borgs' in the Star Trek N.G. series. Everything was done for the 'good' of the collective. Most of the participants stayed at other motels down near work & proper sealing of the specimens and attest to the rigid protocol procedures. All test kits used came directly from the International Olympic Committee!

The Showboat is a tourist attraction all year round. The sudden spontaneous staccato of clanking coins revitalizing those feeding the casino's one armed bandits. Like those who gamble on chance, the amateur powerlifters came to try their luck as well. Unlike beating the odds - the strongest were well prepared to lay their cards on the table, knowing their diligent preparation could very well yield the big payoff: that is a World Champion!



Charis Laioie, 125 kgs. Submasters at the AAPF Worlds. (photos provided by Herb Glossbrenner)

the Strip - I guess for fear that they too might become "absorbed"? There were talking elevators with computer voices having limited vocabulary. They announced: "going up, going down" and told you what floor you were emerging onto. Scary!

In the sessions and "gorged myself" to last me all day.

I wandered around and Casino aimlessly. It was like a jigsaw puzzle that I finally solved and put the pieces together. I figured it all out finally like a smart ar working his way out of an endless maze.

Ernie Kilder - "the Boss" - was there and he prowled around like an old majestic lion smiling after he had just made a fresh kill. He made sure everything was running smooth, and according to plan. Occasionally he'd bark out some orders. When he did - like E.F. Hutton - everyone stopped and listened. Ernie had met Director Kieran Kilder hopping around like a fish in a hot frying pan. For a big boy Kieran sure can move fast and quite gracefully I'd say. If the meet was a movie it might be entitled "A Few Good Men"! It was 99.9% very good offsetting that I saw Gordon Santee is a super-efficient platform manager and the best referee Ah, if you can possibly imagine that only we could clone a thousand more like him. Radar Capehart puts his whole heart into everything he does. He is as faithful as pooch in a pet shop. Radar was once referred to as an S.O.B.

He shrugged it off like water off a duck's back. He thought it meant "Stupidity of Brain". Heck, "he knows that" ONLY KIDDING! RADAR! I'll give him a big "E" for EFFORT! Yes, that's a passing grade. T.V. monitors working by the 2nd day were hooked up to the warm-up room. A visual display of the flight in action, ongoing results and lifts in progress alternated for the audience to know what was happening & to keep up to date. They even had a camera situated at the platform side giving views of the SQUAT. That



Faradjoy Akper (AZB), squatting in the 82.5 kgs. Teen division, at the AWPFC Drug Free contest.

way everyone could judge the judges - & keep them on their toes. I saw a side of Ernie I never knew he had - a great sense of humor with a keen wit and a number of puns, corny jokes. I think maybe he's trying to be like me! Yes, there really is a lighter side to Ernie. He surfs on 2-3 hours sleep at night and keeps going and going. Move over Ernie - RABBIT! APF: Secretary Amy and Ernie's wife Diane were on hand. Both lady diarchs continuously maintaining the Frantz production booth. Nice meet T-Shirts were available and even one with a kilo conversion chart. Not a bad idea. The awards were great. Kilder had big bronze DL figure statuettes, all hand crafted, truly worthy of a world title. Kieran was a true workhorse. He was dashing about helping do it all. He helped announce until Mars arrived. She took command and lived up to the meet with her unique wit and charm. The audience became revitalized and really got into it. A new streamlined "Monolith" type device was used for squats, lighter and more mobile. As far as bombers go, out of the 64 lifters in the full meet only four heard the dreaded words "WHOOOPS! YOU'RE OUTTA HERE. That's 93.75% showing. "SMART STRENGTH" is a big plus for the AMATEURS. In the BP only 4 out of 33 "bit the dust". That's an overall 91.75% survival rate. There were MANY ZEROS - GOOD SHOW!

I'll summarize the BENCH PRESS event first. As I mentioned previously this event drew 33 in all divisions from all ages and walks of life. Kathy Jackson of Janesville, WI did 171 @ 148 with no misses. On the comeback trail, Sidney Thomas of Berwyn, IL also elevated all 3 of her tries. She had the biggest bench among the ladies w/ 242. Thomas tried a 4th to supplant her fresh new W/R but found it a no-go after a long-lost wait.

Being a true poet at heart: I rooted hard for 181. Open champ. NORMAN GORMAN (well PORTIONED) who popped up a nifty 407. Ditto: J O H N SCHWAN, 55, who weighed but 189 but got 286 up! Vincenzo Caucci, 41, (ITA) coached his daughter who lifted in the full meet and also took the 198 BP honors w/ his 352 opener. D u a n e Burlingame, 41, dodged the bullet and took the 220 Master honors. He got a do-or-die 3rd attempt 341. He lifted twice. Later on in the full meet he pressed even more - 352! Ditto Mike Sweeney, 46. He also did a

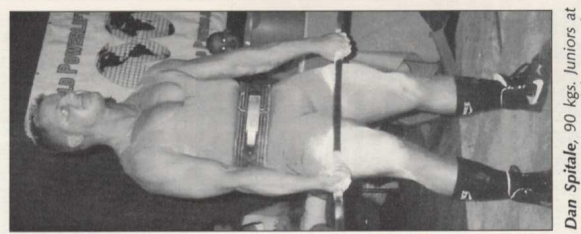
double take. He secured 336 here @ 242, then missed a huge increase to 418. He pulled out all the stops in the open full meet and registered a big 435 - WOW! Dave Newman, 42, of Springfield, IL got the 181 Masters honors w/ 369. Later we talked him into buying my BP book before he lost all his money! Greg MO hit a big 452 opener B-4, falling 2 w/ 479. Lots of pride in the "Heart of America" I'd say Chris Lindsey, 253, submaster had the intentions to produce the biggest BP of the 600 and 606 went astray! Next time Chris! The biggest lift went to Ron Nieporte, MI. He easily upped his 573 start weight then went for the magic no. His designs to gain membership into "Casey's Club" evaporated when his 600 efforts wouldn't cooperate. He'll make it before the end of the year. I feel it in my bones, I know you'll do it. I don't care what Dan says about you! (I love stirring the pot, don't I?) There were six divisions contesting in the full 3 lift meet. They were: Teens, Juniors (20-23), Submasters (35-39), Masters (40+), Police & Firemen, and OPEN.

Toni Scopacasa, Female 100 kgs. Open division at the AWPFC Drug Free contest. (Glossbrenner)



Class	Division	Name	Rept.	1	2	3	Rating
56	Open Female	Simona, D.	55.5	35	46	46	67,305
56	Open Female	Jackson, K.	67.5	72.5	75	75	127,642
75	Police/Fire	Wolke, J.	74	115	140	140	132,970
82.5	JR.	Wallace, J.	82.25	167.5	182.5	182.5	180,425
82.5	Open	Gorman, N.	81.5	170	185	185	192,215
90	Master (42)	Newman, D.	91	127.5	142.5	142.5	177,300
90	Master (42)	Peck, J.	90	185	195	205	198,645
90	S.M. Female	Johnson, M.	89.75	120	125	125	177,750
90	S.M. Female	Jutton, C.	85.75	140	140	140	157,600
90	Open	Johnson, D.	89.50	122.5	125	125	202,240
100	Open	Shure, John	96.50	160	160	160	236,325
100	Open	Purcell, D.	98.5	140	140	140	178,255
100	Open	Thoms, S.	106.25	80	102.5	110	147,237
100	Open	Waters, A.	107.50	85	102.5	110	147,237
110	Open	Kramer, S.	106.50	110	110.25	110.25	171,517
110	Open	Quaruccio, P.	107.50	137.5	145	145	129,195
110	Open	Stacy, L.	105.50	125	152.5	152.5	131,187
110	Open	Chrum, G.	108	205	170	170	403,440
110	Master (46)	Snyder, H.	107.50	160	170	170	176,782
110	Master (57)	Stacy, J.	114.25	165	170	170	226,825
125	Police/Fire	Heaveny, J.	120.5	187.5	200	200	351,937
125	Master (42)	Nieporte, R.	133.5	260	260	260	220,480
140	Open	Chen, M.	135.25	260	260	260	220,480
140	Submaster	Umbley, D.	135.25	207.5	215	215	177,590

5 ladies. Valentina Catucci, a cute number is coached by her dad Vincenzo. They came all the way from Italy - ASTUTE for the BOOT! She SQ & DLed 132 & made 77 BP, TOT 341 - the win! Valentina & dad practice and compete also in W/L back home. Condi Stuckey, 23, took the JR. DIV this category back to China at 677 TOT. She took 2 snorts at a W/R 308 SQ - not to be. Barbara Fruzyna, 44, homed right in on her division title. She executed all but her 303 SQ effort & 2 lifts attempts to pull 275 - 644 TOT. Linda Middleton, 50, matched the 644 TOT. She missed only 2 lifts in 8 tries - impressive. Renata DeFelicce, 36, had a field day. She put Roseville, MI on the map. Demolished all SQs - 325 3rd real nice. With Hubby Dan coaching like an overprotective mother hen she gasped for air space, then delivered Open W/R's. Her 165 BP no problem. Up came a 275 DL for 766 TOT. No foot space COAST TO COAST. She spaced her feet OH SO CLOSE! A new star rose in the family - move over Dan, Leslie Dodd, 29, the sole 114'er OPEN rep, got openers 204 SQ & 115 BP. Then she made 2 DL's: 231 her best - 551 TOT. The SENIOR SENIORITA for the women was Pat Thomas, 64. Her SQ tries were a bit too heavy this day. I'm sure her next golden opportunity will bear success. Dena Zdzinska was a dead ringer for Lois



Dan Spitalo, 90 kgs. Juniors at the AWPFC contest. (photographs provided by Herb Glossbrenner)

tion with his OLDS GYM T-shirt. He did great until he missed a 485 DL thrice. Whatta guy! Duane Burlingame (a suriname) just turned 41. In at 220, he's missing increases. start w/435, then missing increases. No more failures after that. He sailed thru a 352 BP and a big 600 DL-1388 TOT. A fine day. Darrell Litch age 50 @ 220 TOT'D 1151. and survived the storm. The good

day. Rick Dexter, some class, age 42, made his 369 SQ after missing it previously. He sealed all his DL's and recorded 1047. Bob Bassman, 198, looks at least 10 years younger than his chronological 60. He's good and STRONGEST OF THE MIDDLEWEIGHTS. He powered thru a 545 SQ also using the outside drop style. TOT, 1416 real strong. That's a fact. Cole Shoemaker, 41, got bit by the bombout bug and failed to get 474 SQ by. Next time

ran the gauntlet - popped a 297 SQ, BP 209, DL 374. His TOT 959 at age 61 is great. Rudy Ruettiger, 44, of the FRANTZ CLAN WAS THE YOUNGEST former. Only 143, he blasted a 336 SQ (nearly had 374). BP 226 pulled a huge 429 - TOT - 992. This was the 171st meet for this Japanese-American from Peshama, CA. He now holds AM & W/R in 12 separate federations. Zowel

bench 231, pulled 402 & almost got 418 on 3rd. A 964 TOT for almost 1251 in the 308 Div. in only his 2nd meet. He came all the way from FL with his coach pal, Mr. Lie who Blas 61, is another sensational performer. Only 143, he blasted a 336 SQ (nearly had 374). BP 226 pulled a huge 429 - TOT - 992. This was the 171st meet for this Japanese-American from Peshama, CA. He now holds AM & W/R in 12 separate federations. Zowel

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AWPC DRUG FREE POWERLIFTING & BENCH PRESS CONTEST 25-27 Sep 98. Table with columns: Name, Sex, Date, Class, Division, SO1, SO2, SO3, Best SQ, BE1, BE2, Best BP, DL1, DL2, DL3, Best DL, Wt/Ltd.

as a fox and sharp as a tack. Just to get on the scoreboard he did 220 & from Maine. I got a chance to become acquainted w/ him waiting for the hotel shuttle coming in. He scored a 1488 TOT on a 7-9 day and has future designs to do much more. He had favorable comments about this meet. Dave Solan, 50, @ 198 produced a 1537 result. That's a quality performance in anyone's book. Melvin Huff, 70, drew atten-

tion with his OLDS GYM T-shirt. He did great until he missed a 485 DL thrice. Whatta guy! Duane Burlingame (a suriname) just turned 41. In at 220, he's missing increases. start w/435, then missing increases. No more failures after that. He sailed thru a 352 BP and a big 600 DL-1388 TOT. A fine day. Darrell Litch age 50 @ 220 TOT'D 1151. and survived the storm. The good

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Joe Conkins (right), 140 kgs. Police/Fire division, with Ernie Frantz at the AWPC Drug Free Powerlifting and Bench Press competition.

Lane. She had the lightweight Open all to herself. Following a 314 missed SQ on 2nd she advanced to 325, nailed it! Ditto, the BP. No go w/ 171, but she returned to put it away on a 3rd. DL's were flawless - 308 for a 3rd. TOT. Her ANSWER is SATISFACTION - She's AMA-Demoff, 22, was the strongest of 611 DL. He had 2 close misses @ 639. TOT 1537 - impressive result. Shoemaker looked fine on paper. He made a quantum leap from his 418 2nd SQ to 496 - got it! TOT 1168, good! Ryan Fuqua from Rushville, IL, only 14, was one of the young crew members from Pool's Gym in Valley City, IL. The Rushville, IL student is tall. I thought maybe he'd been recruited from the basketball team. He was HIGH AS A HOUSE, and QUIET AS A MOUSE! With those long long legs he SQ'd 402 - outstanding! This lad has strong tendons or a good suit or a combo of both. He did a 220 SQ & a 374 DL as well. He's very lucky to have such supportive parents there to root him on. Now that's what I call family "togetherness!" Dan Spitale, 22, hails from Hammond, IN. At 198 Dan hit some big numbers 622 SQ, 363 BP, 529 DL, 1515 TOT. Great job & I'd expect nothing less from a fellow Hoosier Nick Hammer and Jeffrey Silva were the two big guns

at 220. I almost overlooked Jarrod Frank in the 165 Juniors DIV. Jarrod powered up a great 435 SQ on his first effort & coasted home to a 1107 TOT and grabbed his middleweight title. Salute Jarrod! Nick Hammer, 19, assured himself 622 on 2nd following a miss. His 622 try was a bit suspicious! Hammer put away a 374 BP & aspirated to a big 413. Two tries were fruitless. Nick picked 573 & pulled it. 1510 TOT - good lifting. He gave 600 a ride. It wouldn't cooperate so he passed his 3rd. Jeffrey Silva turned 20 in March. He graduated to the Junior ranks and was a shining star today. Jeff is a powerfully built young man with strength in overabundance. He demolished his 600 SQ 3rd, handled a 402 BP w/ authority and ran off a triplicate of perfect DL's (644). His 1647 TOT is a big result. No wonder Silva's mom was smiling all the time. Her son missed only once all day @ a 418 BP. Looks like he is destined to become an AAPP SUPER STAR. I predicted it. This youngster has unlimited potential! SUBMASTERS This division is a stepping stone - a preparatory period before leaping headlong into the Masters ranks and henceforth being known as an OLDSTER! A (no sir) VIBRANT BUNCH! W/ QUITE A PUNCH! The Pre-Vets showed up 7 crowned. Randy Ralph, 36, SQ'd 341, 463 DL cleanly passed 3rd, TOT 1014. He takes the 165 title. Paul Craig, 37, @ 198 had the misfortune to miss all his w/485 opener, then 2 failures jumping to 501. He'll be back because you can't keep a good man down. Leo Welch, 34, also 198 went on a tear. He had 8 lifts & no misses before succumbing to a 672 DL. He did 672 SQ, 391 BP & 650 DL for a whopping 1714 TOT. Mercy! Brian Lahlerte, 34, maybe he'd been recruited from the basketball team. He was HIGH AS A HOUSE, and QUIET AS A MOUSE! With those long long legs he SQ'd 402 - outstanding! This lad has strong tendons or a good suit or a combo of both. He did a 220 SQ & a 374 DL as well. He's very lucky to have such supportive parents there to root him on. Now that's what I call family "togetherness!" Dan Spitale, 22, hails from Hammond, IN. At 198 Dan hit some big numbers 622 SQ, 363 BP, 529 DL, 1515 TOT. Great job & I'd expect nothing less from a fellow Hoosier Nick Hammer and Jeffrey Silva were the two big guns

as a fox and sharp as a tack. Just to get on the scoreboard he did 220 & from Maine. I got a chance to become acquainted w/ him waiting for the hotel shuttle coming in. He scored a 1488 TOT on a 7-9 day and has future designs to do much more. He had favorable comments about this meet. Dave Solan, 50, @ 198 produced a 1537 result. That's a quality performance in anyone's book. Melvin Huff, 70, drew atten-

tion with his OLDS GYM T-shirt. He did great until he missed a 485 DL thrice. Whatta guy! Duane Burlingame (a suriname) just turned 41. In at 220, he's missing increases. start w/435, then missing increases. No more failures after that. He sailed thru a 352 BP and a big 600 DL-1388 TOT. A fine day. Darrell Litch age 50 @ 220 TOT'D 1151. and survived the storm. The good

Doctor was limping around and got teased big time by Maris. He took it good naturally. What other choice did he have? Mike Sweeney, 46, @ 242 TOT, 1091 with a huge 435 BP (more than the SQ or DL)!

But you can guess what his favorite lifter is! James Hinson, 55, TOT 1267 missing only his 479 SQ & a quality performance in anyone's book. Melvin Huff, 70, drew atten-

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day. Rick Dexter, some class, age 42, made his 369 SQ after missing it previously. He sealed all his DL's and recorded 1047. Bob Bassman, 198, looks at least 10 years younger than his chronological 60. He's good and STRONGEST OF THE MIDDLEWEIGHTS. He powered thru a 545 SQ also using the outside drop style. TOT, 1416 real strong. That's a fact. Cole Shoemaker, 41, got bit by the bombout bug and failed to get 474 SQ by. Next time

ran the gauntlet - popped a 297 SQ, BP 209, DL 374. His TOT 959 at age 61 is great. Rudy Ruettiger, 44, of the FRANTZ CLAN WAS THE YOUNGEST former. Only 143, he blasted a 336 SQ (nearly had 374). BP 226 pulled a huge 429 - TOT - 992. This was the 171st meet for this Japanese-American from Peshama, CA. He now holds AM & W/R in 12 separate federations. Zowel

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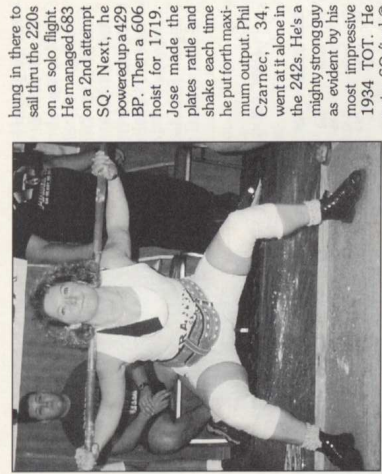
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watch and scout his competition for next year. His pop John, 66, was a grumpy old cuss with a sweet twinkle in his eye. Baker the Canadian and Barker the South African look enough alike to be twins. I kidded dad and asked him if he made a sidebait trip to Canada 25 years ago to sow some seed. He flatly denied it. Barker w/ lifts of 793, 496, 716, 2006 will be a strong contender next year.

This was a fun meet. Thanks to Ernie & Kieran for providing me a room. The next stop will be the WPC Worlds in Graz, Austria. November 1-8. I'll have the full report in the next issue. Look for it to be something special. Over 400 lifters from 22 countries are entered. Looks like the IPR may have to watch out. A World BP Championships will be held an added attraction.

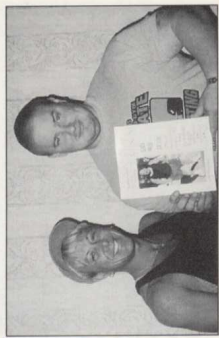
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Candy Stuckey, 60 kgs. Junior division, at the AWPC competition. (Herb Glossbrenner photos) before failing at 767. Way to go Bill. Stocky Joe Conkins had a stumblish day. He difficulty w/SQ balance plagued him. He got first SQ attempt over because they'd gloomed at his rack height. He made 644 after three tries, then missed 705. He notched 3 benches (407) and made his 562 final DL following a miss. His TOT 1614 salvaged the 308 title.

Jeff Neal, 30, from Dallas, TX quit pro football to join the television ministry called the Power Team. Jeff liked the IOC drug testing procedures at the AAPF Amateur Nats where he'd qualified. The kid's a machine & lifts clean! At 6 foot, 308, he sports a pair of bona fide 23 inch upper arms. A powerful looking physique w/trim waist for his size. His hair is drawn back in a pony tail, but not so tight as to scrunch his face. Friendly and warm, he gets hot on the platform. All deep SQ's 749, 804, 821. A few BP problems. Missed, then made 479. His 501 3rd was turned down for left arm lag. Undaunted, he stroked a 518. 4th, a W/R, Jeff finished w/a fine 705 D/L, 2006 TOT. Good job. The Superheavy was 330 lb. Bill Baker, a huge Canadian fellow, aged 25. He was popular with the crowd. SQ 606, 606 DL, 1614 TOT. He was spurred on by his own private maple leaf cheer-close stanced. He completed 699, Mike Barker from South Africa (Durban) brought all the way to that great or what? Jose Garcia, 21,

Rich Green (lifts clean) @ 35 & 123 is a delicately built little guy w/ tiny calves, smiling eyes & facial foliage. Looks can be deceptive. He cranked out a 363 SQ, 204 BP (miss w/216) and undipped a 386 DL, 953 TOT. He's a sidekick of Chris (I can bench a ton) Taylor and Melanie (Peppercorn smile) Diamond. Bryan Figola, 29, posted an excellent result 1609 @ 181. This was with only openers in SQ (622) & DL (611), plus all 3 benches (374). Aladdin Aliev, 23, from AZB displayed excellence of execution. If he'd been awarded points for correctness of lifts performance he'd been way ahead 529 DL for 1410 good for 3rd @ 198. Most amazing was his BP. He made 352 within the competition but on a 4th made an amazing 418. Aladdin must have nubbbed the ole magic lamp for that one! Ted Peshia, 25, took runner up honors @ mid-heavy. He picked up lifts smart: SQ -650, BP -413, DL -523 - all 2nd attempts - result 1587! Tony Diaccio, 31, showed that he is truly an Elite performer. He SQ 683 close stanced. He completed 699, but got reds - raised a controversy, then added on a 374 BP and outstanding 716 DL. Even tried 733 to no avail. TOT a whopping 1774. Is he a huge 1003 try. Bill stalled w/534 BP, then pulled 755 up



Melanie Diamond and Chris Taylor show Herb's '1998 Stats and Facts BENCH PRESS ALMANAC.'

tempts in every lift. He led his young team to a good showing. He's a Jim 'The Anvil' Neidhart look-alike with devilish pointed goatee & crewcut. Michael Cain, 41, at 308 was real impressive w/ lifts in both SQ & DL. Final result 1609.

FIRE AND POLICE
 Six were in the division specially created by Ernie. Hey, why not? These guys lay their life on the line of duty for us every day. A noble gesture! Also it gives the others an opportunity for not competing in the open division. Yes, a clever idea. Jim Roise is a P/L legend who spent 4 1/2 hrs. in the sauna to get to 198. He dialed the 551 number in SQ & DL and managed 407 at age 57. He flaunts chest scars. I thought they were dog bites since he trains canines. Marts teased: "maybe bullet holes." Actually I think I'll just BY-PASS it. His judging is tight but not nearly as much as his wallet! HE'S GREAT (CHEAP SKATE)! Nuff said. John Latronica



Kidder with Neal at the AWPC meet.

was full of energy. Quite a psycher. Age 30, TOT 1548 @ 198. Dick Zenzen, 46, has a new streamlined look. At 242 I hardly recognized him. He SQ 600, then tried 644. He blacked out and took a trip to Na-Na land. A magical experience. The spotters saved him. He had a scraped neck to fondly remember. He never quit, finally finished a 540 DL. He celebrated it and his 1482 TOT. Mark Swank, 30, a 275er finished up w/1758 on a near perfect day (8-9). He repeated his final 600 DL. This time success! Bill Nichols, 40, is a living legend. The reigning APF Seniors champ @ 275 is a law enforcement officer from Aurora, IL. Bill's big 2193 TOT could have easily been a whole lot more. He SQ'd 926 and shocked us w/ a huge 1003 try. Bill stalled w/534 BP, then pulled 755 up

More From Ken Leistner

I don't usually have the time to spend much of it on the phone and those who know me well, also know that the two things I don't do a lot of is use the phone or the television set. Yes, Seinfeld is gone and I never saw the show, not even once, knew none of the characters, would not recognize Seinfeld or any of the actors if I fell over them, nor much care about it. I did however, have a wonderful conversation, today with Tom Moffitt, the Head Strength Coach at the University of Miami in Florida. Like many who either grew up or spent many years living in the Midwest, I actually think of Oxford, Ohio, when Miami U. is brought up. As one of Cincinnati's great all time rivals, that's normal, but even my Indiana bred wife stalls when trying to envision Miami in Florida when the name is brought up. To those with any interest in collegiate athletics, The Miami, of course, is the one in Florida, with no disrespect meant towards the Ohio bastion of higher education and great football, especially coaching! Tom and I talked about the nuts and bolts of a "good" and "effective" program. While we disagree in training philosophy, there were certainly many more similarities to what we believe in than differences.

The primary theme that both of us kept coming back to was consistency of hard work. When reading *Powerlifting USA*, or any other media offering concerned with any type of weight training, it is awfully easy to get lost, even if you're a veteran lifter. I know just how easy it is to read the magazine and immediately assume that the author knows just what he or she is talking about, for why would they otherwise be published? I also know that it is easy to become impatient, or frustrated with one's training, even if it is going well, because every competitive or aspiring competitive lifter is hungry for progress. This being the case, it is sometimes impossible to read a particular article and not want to at least try the training technique, program, tip, philosophy, or piece of equipment that is being discussed. That so many different things seem to work,

at least for some lifters and at least for certain periods of time in one's training, only causes more confusion. It is that exact point that only supports my contention that the aspects of training that bring progress and good results lie less with the actual choice of exercise, training or lifting technique, and equipment used than it does with the so called intangibles of dedication, motivation, willingness to train truly hard, and consistency.

These aren't so "intangible". To one observing a successful lifter, it is actually obvious that they are dedicated and willing to pay their dues in the gym or weight room. One either trains consistently and makes sure that they "take care of business" in the gym, or they utilize both excuses and actual legitimate reasons not to train. Of course, the bottom line is the same; they don't train consistently for either good or poor reasons with the expected

doubt benefit from them. Does it matter if my philosophy is as sound as yours? Not to me. One should do what they are most comfortable with and in a manner that suits their needs physiologically and psychologically. Does it matter if you agree or disagree with any particular training philosophy or procedure? Only if the distributor of that information is seeking to get you to part with some of your hard earned money.

The basics of training are similar to all philosophies. One has to train hard and consistently. One has to try to overload the involved musculature and make sure they understand, practice and master the skills of their particular sport. The primary disagreements involve frequency and volume of training over time. One will or at least should certainly get a feel for how much work and recovery they will need. The primary arguments come from those with something to sell or an ego that has to be assuaged by being told that they are "right" or have "the best approach to training." There are more similarities than differences in most training methodologies if one looks carefully. The similarities are usually the things that insure success despite apparent or superficial differences in the approach to training.

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Dr. JUDD

10 Things Every Powerlifter Should Know as told to Powerlifting USA by Judd Biasotto Ph.D.

As you are probably aware, power is the rate of doing work (producing force). It is distinct from strength. Conversely, power is an impure factor that is composed of both strength and speed. It results from strength to produce the force and speed to increase the rate at which the force can be applied. In other words, power can be improved in three different ways. It can be enhanced by increasing speed, increasing strength, and increasing speed and strength. Consequently, a lifter's power in an event (such as the deadlift) can be improved by increasing the strength of the muscles involved or by increasing the speed with which the movement is performed. It should be noted however that in heavily loaded simple movements (such as the deadlift) the strength factor is probably dominant. Still, speed is a factor and it should be given significant attention in training.

Strength is specific to the angle at which it is trained. Remember that this type of drastic change in water metabolism can be extremely dangerous because of the pronounced changes in kidney and cardiovascular functions, the consequences of which are difficult to evaluate. According to the medical profession, a weight loss of 5% or greater through dehydration is against better judgment, especially if done without medical supervision. The effects on a leaner athlete are even greater.

Adipose tissue fat - can reduce strength by decreasing the duration of muscle contraction. This decrease in the contractile power of the muscle is brought about in two ways. First, fat restricts the muscle from bringing into play all of its contractile fibers, and secondly, it decreases the contractibility of the muscle fibers that are involved. Consequently, the theory that if you are as big as an elephant you'll be able to lift one is not true. An athlete is better off being lean and mean.

Research has revealed that strength can be increased as much as 12.4% when subjects scream at the applications of force. A good reason to let out a few screams now and then.

It is generally believed that a high level of arousal will enhance the performance of a simple skill, such as the deadlift. On the other hand, a lower arousal level is more conducive to a complex skill such as a gymnastic dismount. Keep in mind that each athletic skill has its own theoretical optimum level of arousal. The optimum arousal level used to perform a deadlift may be "overdoing it" when applied to the squat. The reason for this is that the more complex the skill, the more attention the athlete must be to pick up the cues for performance. As you may expect, as arousal increases, the athletes attention to the skill he is performing will narrow. If you overdo it, your attention will be narrowed to the point to which the cues for performance will be blotted out, thereby causing a decrement in performance. A simple skill such as the deadlift requires so few environmental cues that a lifter could actually disassociate or ignore them, without causing a decrement in performance.

For strength training, rest periods ranging from two to five minutes should be used for greatest efficiency. This time interval apparently gives the body sufficient time to (1) supply oxygen to the muscle tissue, (2) replace energy sources, minerals, and other elements expended for strength work, and (3) remove carbon dioxide and other waste materials.

Research has revealed that when a muscle has been worked to exhaustion, 69% of the strength is regained after 30 seconds, 82% after 2.5 minutes, and 95% after 5 minutes. Rest periods longer than 5 minutes do not significantly enhance strength scores, and in fact may even bring about decrements in skill.

When performing an exercise, protein is not metabolized in significantly greater amounts than when resting. However, when an athlete is engaging in a training program involving heavy muscular work, then extra protein will be

needed in order to increase muscle mass.

Generally speaking, a diet which is high in carbohydrates is most desirable for athletes because it is one of the best energy sources. Accordingly, most sports nutritionists recommend a diet consisting of 60-70% carbohydrates, 15 to 25% protein, and 5 to 10% fat.

In general, research does not indicate that supplementary vitamins are necessary when athletes are eating nutritious balanced meals. Nor is there any research which would indicate that any vitamin is a true ergogenic aid.

Research has consistently shown that even moderate use of alcohol can cause myocytolysis (an inflammation of the muscle tissue), a condition that can significantly decrease an individual's strength and endurance. Strength decrements as high as six percent have been found in some subjects the day after they consumed as little as two ounces of alcohol.

There is also a prolific amount of research which has shown that moderate consumption of alcohol can decrease the production of testosterone (you know the stuff that makes men, and women almost men), which may also predispose any individual to decrements in strength. Two excellent reasons why athletes should avoid alcohol.

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DOC HOLIDAY - STYLE SQUATS (Weapon One - Mental Toughness) as told to Powerlifting USA by Rick Brewer

What made Doc Holiday dangerous? It wasn't his deadly wraps. Squat to absolute failure. Every rep should be rock-bottom, with perfect form. You once shooting five times at a man in a bar without harming him. It was his fearless nature, due to the fact that he had nothing to lose. Tuberculosis was killing him slowly, so death in a gunfight would have been as sweet a release. This "don't give a ****" attitude gave him nerves of steel and mental toughness in cards, gunfights, and life.

Think you're mentally tough? The next time you push a set of squats to failure, ask yourself: was it mental or physical failure? I'll bet my chalk, it was mental failure. "Maimophobia." In the average gym each week, many people fail on the last rep of their bench presses or arm work - yet hardly anyone actually "physically fails" on their squats. Too dangerous? No, too demanding. I hate reps, so I have to force myself to build mental toughness by occasionally doing high-rep squat sets in the off-season. It is an extra weapon often reserved for bodybuilders. Want to increase your blood volume (through extreme oxygen debt) while pushing your vomit limit? This is it.

First, warm up on squats. Then take a weight that is 55% of your best max with gear, or 75% of your best raw squat. Get your most trusted lifting partner to spot you. Make sure he isn't

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INTERVIEW

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

DENNIS BRADY as told to Powerlifting USA by Larry Miller



Dennis Brady squatting at the '89 ADFFA Lifetimes.

LM: Let's start out by getting a little background on you yourself - age, occupation, where you live, etc.

DB: I'm 43 years of age, I live in Chicago, Illinois, I'm a juvenile probation officer for Cook County, which is the county that Chicago is in, and I've also been a gym owner since 1978.

LM: How and when did you get started in powerlifting?

DB: I got started powerlifting in 1978. When I went to my first meet, I realized that this was not that hard to do, and I felt I could do it pretty well, so I started running meets. Within a year or two, I became a referee. Lyle Schwartz was kind of my mentor. He got me more and more involved. I eventually took my first national referee's test in 1983. And I've been an active referee and meet director since that time.

LM: When did you become President of the organization?

DB: I was elected President in 1987 and served as President until 1989. Then, I was the Vice President from 1989 until 1991.

LM: Why don't you tell us about some of your lifting, I know most people know you as a meet director and as the past President, but you've also done some lifting during those years.

DB: I've competed in the 181 and 198 class. My best squat is 555. My best bench is 424 and my best deadlift is 550. I've won the Illinois State Championships; I've won the Visions Open. I've won the National Masters Bench Press a couple of times. I've won the World Bench Press Championships in 1996 and the World Masters Bench Press Championships, twice.

LM: Now, what got you started in this sport?

DB: We knew about powerlifting, and we knew we had some strong guys in our gym, so we just figured we should go to a meet. I remember the first meet we went to - we were really pretty clueless. We didn't realize there were such things as suits and wraps and everything else. But once we got involved, we

running competitions or having their own organization and they're not looking down the road for us to dramatically, over the past 20 years, I remember going to Senior National competitions back in the 70s and 80s where there were thousands of spectators.

LM: Well, since your history goes back a way, what are some of your more memorable moments in this sport - either as a spectator, as a lifter, or Executive Committee, or whatever?

DB: I think probably my highlight in my involvement in powerlifting was the first Men's Nationals we ran in 1987. This was probably the biggest National meet that was held, with 138 lifters. It was the first really "coming out" for a lot of top lifters like Roy Benvenuto, Martin Beavers, Brad Olson and Bull Stewart, and I think that was kind of like the turning point, right then and there, where we were on our way to becoming the dominant organization and having the better lifters and the better program.

LM: Let's get on to some of the normal questions. Do you take supplements? Is diet a concern?

DB: The major supplement that I take now, and the first supplement I've really seen that worked over the years is creatine. I'm training for that, usually, when I'm training for a competition.

LM: Know you've recently had some injuries - back problems - are you still training? Have you given up on squat and deadlift? What kind of training program do you do, if any?

DB: I haven't given up on squat and deadlift, but I've kind of backed off. I still train, predominantly for the bench. Every once in a while, I'll get a bug to try to squat and deadlift, and I'll try, but I don't think I'll ever compete in a full competition again.

LM: What type of training program do you have for your bench press?

DB: Basically, I break it down into three different cycles - five weeks of 10 reps and high reps and accessories; then I drop it to four weeks of five reps - and then the last two to three weeks, I'll do doubles and triples before a contest.

LM: What kind of accessory exercises do you do?

DB: I do, primarily, a lot of extra triceps work. I also do a lot of rack grip and my lock-out grip.

LM: What are your feelings about the

supportive gear issue?

DB: Five years ago, I really had no problems with the supportive gear, because it seems at that time we had a basic concept that you'd wear a suit or you'd wear a shirt, but today, it seems to have gotten away from that. There's numerous pieces of illegal equipment out there and, as a meet director and as a referee, it's become a major problem because you get a lot of people who can wear certain equipment at a certain contest and they come to your contest and they can't wear it. There's a lot of hard feelings. I, personally, don't understand why manufacturers are continuing to manufacture things that are, obviously, illegal in terms of powerlifting competition and now we almost seem to be at the point where the organizations are bending their rules just to keep the lifters and manufacturers happy.

LM: As Chairperson of the Drug Testing Committee, I guess it's a good idea to get your views on drug testing and maybe inform the readers what USAPL does as far as its drug testing program.

DB: I think our drug testing program is probably one of the best things we've got going for us right now. We've always drug tested at our competitions, but with the implementation of the out-of-meet program, it's had a major impact,

because now lifters know that they can't cycle on and off, especially our top lifters. It's mandatory that all of our National Championships are tested with no notice at least once prior to the next year's National Championship. I think this is the coming thing in the future for drug testing all around the world. It's the only way to really combat people who know how to beat the test and what they need to do and not to do. I think it's the best thing we've done in terms of drug testing for the sport.

LM: Do you have any views on the over-the-counter problems, supplements that we've got now? What, in your opinion, is the way to educate the lifters regarding these problems.

DB: I know we need to educate the lifters, but the problem is the lifters don't really cooperate in being educated. It seems to me that, despite the fact that we put out numerous warnings about this in the newsletters and at this point we're trying to put it on our entry blanks and announce it during the briefing, a lot of lifters still seem to be oblivious to this. I know it's their responsibility, but on the other hand, when you have manufacturers spending a lot of money promoting and marketing their products and telling people they're legitimate, we're going to continue to have problems. Personally, I don't feel

that a three-year suspension for a lifter who falls on an over-the-counter supplement that he took mistakenly is fair, but on the other hand, I understand where these lifters do need to be punished because they are testing positive on the drug test for banned substances. I know this is an issue that not only we're facing, but a lot of other athletic organizations are facing. Personally, I think that we need to really put some pressure on the FDA and the Federal government to come in and crack down on these distributors because, obviously, this is a wrong thing to be going on.

LM: Having been around in the sport for a while, are there any lifters who stand out in your mind that you really respect, admire or have become really good friends with, etc.?

DB: Probably the lifter whom I have the most respect for at this time is Roy Benvenuto. Roy is not afraid of any challenges. He'll compete against anybody. He is one of the driving factors in really pushing us forward, getting us into the IFF, yet he remained faithful to us until the time we got into the IFF. Roy has also become a National Referee - he's a meet director, and he's involved in the Drug Testing Committee. I think that he has the interest of the sport at heart and I think he's a good example for the days are not going to come back.

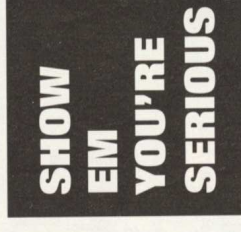
lifters coming up.

LM: Do you have any goals left in the sport? And where do you see yourself in another ten years in the sport?

DB: My goals in the sport are really not that much any more. At this point, I would just like to continue to serve as a meet director, and as a referee. I have no more aspirations of serving on the political level because, basically, I've been burned out by it. I guess the only goal I would really have left is that I would really, personally, like to run an IFF World Championship in America. That would kind of be like a crowning finale for me in powerlifting.

LM: Are there any additional comments you would like to make?

DB: The one thing I would really like to state is I think that we, as lifters, really need to make a stand to save our sport. I think we all need to look at what's best for the sport rather than what's best for us, as individuals. You may have to sacrifice becoming a National Champion or holding a record if you want the sport to return to where it was, yet we all continue to function as individuals, this sport is going to continue to become more fractionalized and it's never going to get back to the way it was. It's going to go back to the garages and the basements and the glory days are not going to come back.



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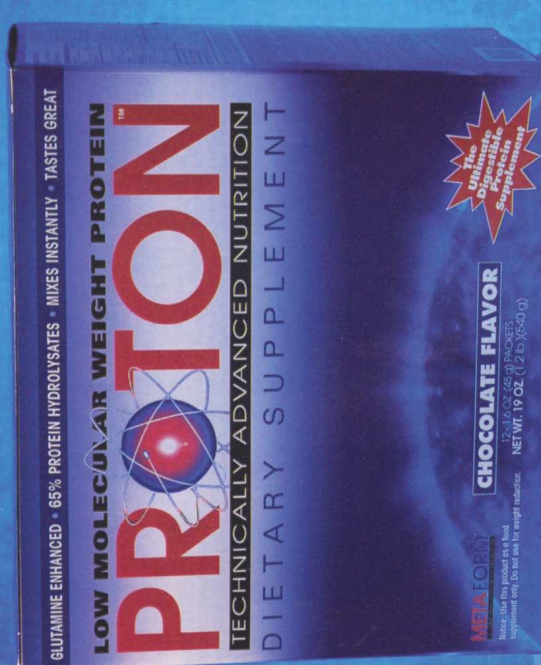


Fig. 1
Its easy to see the molecular profile of PROTON™ is designed to match the Ideal Protein Hydrolysate Poullain Study.¹

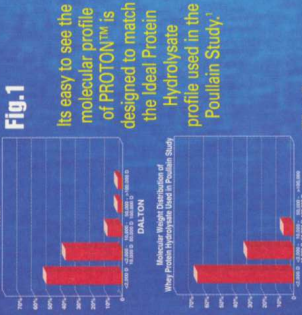


Fig. 2
Effects of whey proteins, their Oligopeptide Hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats, published in the Journal of Parenteral and Enteral Nutrition, 1988; Vol. 13, No. 4, pages 382-388.²

Fig. 3
fact...VyoProe had significantly less hydrolyzed protein than the Poullain hydrolysate and less hydrolyzed protein than Proton™. The analytical data revealed that the protein used in VyoProe is not the same as the whey protein hydrolysate used in the Poullain study (see figure 2).

Fig. 4
they said...AST Research, Inc. (manufacturer of VyoProe) references the Poullain study in their advertising and states, "The study set out to compare the effects of pure whey protein, whey protein oligopeptides (the same kind used in VyoProe Whey Protein)."

Fig. 5
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).

Fig. 6
When you look at the Fig. 2 graph and compare it to Designer Protein (Fig. 3) and Vyo Proe (Fig. 4) it's obvious that they are not what they claim to be.

Fig. 7
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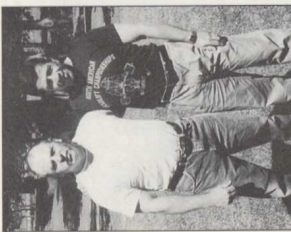
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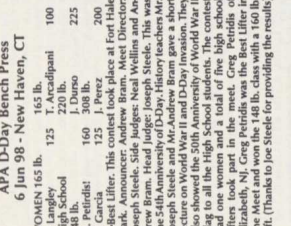
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Best of Friends (-): Max Biga & Art Petridis, Master Lifters (50-54) hold their titles at the APA World Drug Free Powerlifting records for the 181 lbs. division. (Joseph Steele)



Records in the Bench at the APA Summer Bench Press. (Joe Steele) Fred Steinele (left) age 65, and Ron Rohmer age 67, both set World records in the Bench at the APA Summer Bench Press. (Joe Steele)



MSgt. Al Watkins won the Best Lifter award at the Military Southern States. (Elias photograph)

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the bench press division... MSgt. Watkins is one of the top drug free bench... presses in the nation at the 165 lbs. weight class... Special sportsmanship award was given to MSgt...

Table with columns: BENCH, Military Southern States, 19 Sep 98 - Keesler AFB, MS. Lists names and weights for various divisions.

Table with columns: BENCH, USAPL Bellin Bench Press, 12 Sep 98 - Green Bay, WI. Lists names and weights for various divisions.

Table with columns: BENCH, APA 26th Elm City BP/DL, 6 Jun 98 - New Haven, CT. Lists names and weights for various divisions.

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Power People



Robert L. Cutts at the USAPL Bench Press Nationals in Cleveland, Ohio. Robert is a Master Deputy Sheriff in Fairfax County, Virginia, and has been lifting since he was 35 years old, started by his coach and best friend Deputy Luongo. Robert set USAPL National Police and Fire records in the SHWs at the Cleveland meet. Robert is now working to break the 600 pound barrier by next year. (Photograph courtesy Cutts)

Table with 2 columns: Name and Weight (lb). Lists various powerlifters from the IPA Maryland State BP meet, including names like R. Burke, D. Ceri, M. Bismuth, J. O'H, etc.

Power People



J.M. Blakley receiving his Best Lifter award from Meet Director Carlos Moss, at the IPA Maryland State Bench Press Competition. (C. Moss)

Table with 2 columns: Name and Weight (lb). Lists powerlifters from the IWF World Bench Press Championships, including names like D. Fitzgerald, J. Blakley, etc.

Table with 2 columns: Name and Weight (kg). Lists powerlifters from the APF California State BP meet, including names like D. Fitzgerald, J. Blakley, etc.

Dear Mike, Regarding the problems that we had at the July 4th meet, 'WAR AT THE SHORE', which you mentioned in a previous issue. Chris Lambert, meet director, Ultimate Fitness Gym, has sent a letter, attached in which he has agreed to provide each lifter so lifted in that meet, with their proper trophy. Please print his letter so those lifters who participated in that meet will know how to contact him to obtain their trophies. Please return the original letter to me when you are through with it. Lifters should contact Chris at: Chris Lambert, Ultimate Fitness Gym, 1100 Bayshore Rd., Villas, NJ 08251, 609-729-2050.

We in the AAUPEC do care about our lifters, and we are happy to bring this issue to a successful conclusion. I will send a copy of this letter and Chris's letter to each of the lifters who have written to me about this meet. Between PL USA and my follow up letter, it is hoped that everyone will be reached. In this letter, Chris also offers to let those lifters who competed at the "WAR AT THE SHOW", a free admission pass (entry) to his Feb. 1999 Meet. This is a kind offer on his part, however I will mention it will NOT be an AAUPEC sanctioned meet. I wish to thank you Mike, and PL USA for getting this message to our members and hopefully this matter will be resolved to the satisfaction of our members and put to rest. Sincerely, Joseph Pyra, AAUPEC National Chairman

Letter from Chris Lambert, Ultimate Fitness Gym. This is letter is to inform those competitors who attended the July 4th 'War at the Shore' bench press competition in Wildwood, NJ they may feel free to call (609) 729-2050 (ask for Chris) for complete results and official places. Furthermore, any competitor who did not receive their proper trophy please call to make arrangements to receive your proper trophy. In addition to the above, Ultimate Fitness Gym will be giving a free admission pass to our bench press competition this Feb. '99 to call those who entered the 'War at the Shore'. Again we apologize for the confusion and problems at the July 4th 'War at the Shore'. Chris Lambert, Ultimate Fitness Gym.

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Powerlifting

Nick "Doc" LoBue, "Doc" as he is known to his friends, was born and raised in Chicago Heights, Illinois. He took to powerlifting in life, specifically, BENCH PRESSING. Doc is unique. When most men his age are winding down from competitions and serious sports activities, because of injury, time constraints or loss of interest, Doc was just getting started. Training with a few local "Big Time" lifters, Doc got all the right tips and instructions and trained hard. Within a few years, Doc was competing in local contests. Today, Doc holds four National Records and has won countless bench meets throughout the years. In 1993 in the American Drug Free Powerlifters Association at age 65, in the 198 pound division, he did a 358 pound

Table with 2 columns: Name and Weight (kg). Lists powerlifters from the USA St. Mary's BP/DL meet, including names like M. Reiffel, M. Sanchez, etc.

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Jack Sanders, age 60, at the Coastal Georgia Powerlifting. (Leverett)



Nadine Cohen-Baker totaled elite at 97, at the Coastal Georgia Powerlifting. (Ann Leverett photo)

100 lbs. G. Dobson 200 132.5 215 547.5
SHW 892.5 162.5 217.5 672.5
... Contest Lifter. We had a good turnout for this contest with the purpose of encouraging new lifters to compete. The meet was held at the Bible Baptist School gym. It turned out to be a very hot and humid day. The weather was not ideal, but the lifters were conditioned, but I don't think it was too uncomfortable. The attendance was low but the quality was high. The atmosphere was the best I've ever seen at a meet. I had a 9/9 day and his best total ever. In the men's master division, Jack Sanders, 60, deadlifted 501, at 192 lbs. Thanks to the help of his friends and family. I had a great time from Florida. Christopher Leverett & Amy Orediano. Also thanks to Buddy Duke for his expert help in all areas and Sandy Ellis for the good job announcing. I had a great job. (Thanks to Ann Leverett for the results)

Table with columns for lifters' names, weights, and totals. Includes BCPA Fall Classic and 10 Oct 98 - Coquitlam, BC, Canada.

Meet Director: Gale Feeling. Source: Sportsman Weekly

Table with columns for lifters' names, weights, and totals. Coastal Georgia Powerlifting (Leverett).

Meet Director: Gale Feeling. Source: Sportsman Weekly

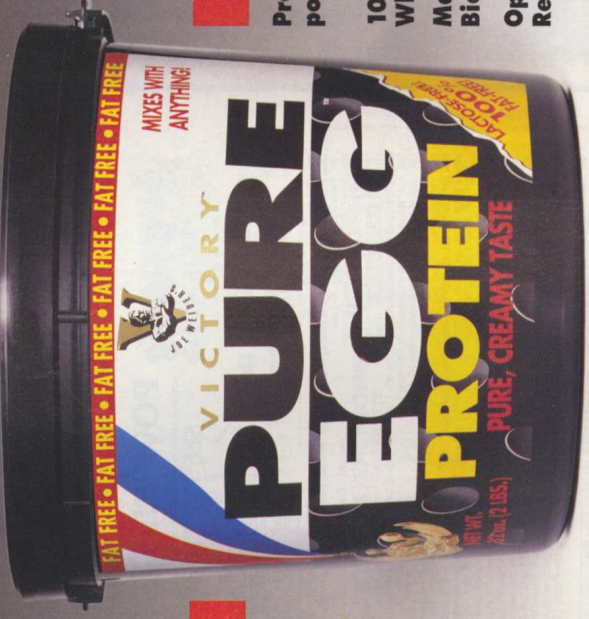
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