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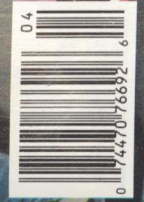
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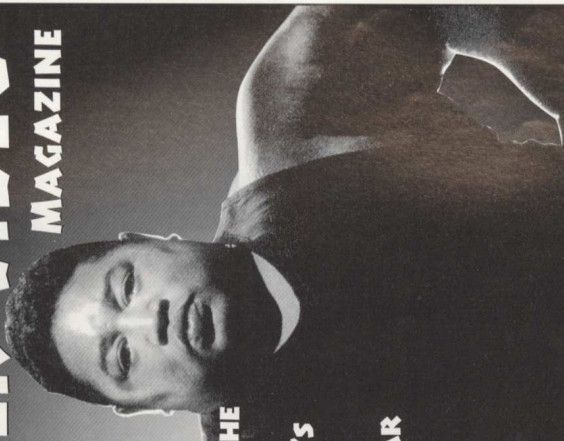
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Powerlifting USA Post Office Box 467 Camarillo, CA 93011

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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr.....\$54.00
Outside USA, surface mail ..\$42.00
US Outside USA, air mail ..\$84.00 US

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ON THE COVER... Ed Coan squatting 1003 pounds at the USPF World Championships in Las Vegas, NV last December.

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TRAINING

Raw Power - Westside Style as told to Powerlifting USA by David Schleich



Since this article was written, Dennis Hulshander has pushed his bench over 500 and deadlift over 650. (photo courtesy of Schleich)

As some of you might know, I am a firm believer in and practitioner of the Westside Barbell approach to powerlifting training. I believe in the total training philosophy at Westside and have used Louie's techniques to improve all of my lifts as well as my overall total. Through competing and fortunate others to meet, I have been fortunate enough to meet many lifters whom I have been able to assist in teaching and utilizing some of the Westside training techniques. This article deals with one such lifter who has made tremendous progress using the Westside system, that lifter is Dennis Hulshander. I would like to point out the fact that Dennis is a "raw" lifter who trains and competes without the use of supportive equipment. This dispels the notion that sudden gains in strength can be attributed to the drugs or the high tech equipment one uses. Dennis is not only "raw", but he is also a lifetime drug free powerlifter.

I had the pleasure of meeting Dennis at the 1995 ADFFA Pennsylvania State Championships. However, I recalled seeing him lift at the Central Pennsylvania open meet in October of 1994. Lifting in the 242s that day, he squatted 551 lbs., bench pressed 423 lbs., and deadlifted 589 lbs. for a 1563 total. I remember being extremely impressed with Dennis's platform demeanor. He absolutely personified the word INTENSE. Each and every lift was impeccably marked by this man. Consequently, it was a foregone conclusion that he was going to successfully complete each lift. Dennis is a naturally explosive lifter with the unique ability to drive a weight to the unique ability blink of an eye.

It was shortly after this meet that I became friends and began exchanging training information and strategies. Dennis, like most powerlifters, utilized the progressive overload method to prepare for meets. He relied little on assistance-type movements to improve his lifts, preferring instead, to pound the three powerlifts with heavy fives and triples up until two weeks prior to competing. It was then that he would back off any assistance, opting for heavy doubles in the powerlifts to "peak" for a max attempt at the meet. This usually worked very well for him as he continued to make progress up until the Summer of 1996. It was at this time Dennis decided to try the Westside style of training on his bench press. Of course, I convinced him to train all of his lifts in this manner, rather than just one lift as I know this type of training works best when you apply it to all three lifts.

Needless to say, I was extremely excited! I had been championing at the bit for two years waiting for Dennis to make the transition to some "real" training. I knew the incredible poten-

For his percents on the first day bench, Dennis will use anywhere from 295 lbs. to 315 lbs. for 8 sets of 3. This is between 65 and 72 percent of his current max which is 473 lbs. We use a higher percentage due to the fact that Dennis is a no-shirt bench presser. Benches are followed by modified bench presses, barbell triceps extensions, plate raises and lots of lat and upper back work in the form of lat pulldowns and chest supported rows. On the maximal effort day, Dennis rotates either heavy (1) dumbbell benches (palms facing in), floor presses, rack benches or close grip inclines. The dumbbell bench presses are pushed for two max lifts of ten repetitions. Dennis also likes the regular grip decline press on this day. It's important to remember that Dennis uses only one of these movements for a three week cycle pushing to a max/triple or max single. Heavy triceps, shoulders, lat and upper back is also done on this day. As I stated before, this lift has been difficult for Dennis to improve, but with patience and hard work, I see him going over 500 lbs. real soon. Before I continue, I would like to point out the fact that these workouts are fast and furious. There is no time for socializing. In training, we do not get "psyched up" in raising. Training is done in workmanlike fashion. We save the psyche for the meets.

As for the deadlift, Dennis lives on wide stance sumo deadlifts and rack deadlifts. His best deadlift in 1994 was a gut busting 589 lbs. However, at this year's ADFFA State Championships, Dennis pulled an easy 628 lbs. I look for him to crack 700 lbs. within the next few years. While Dennis has certainly succeeded with his training, I would like to say a few things about Dennis Hulshander the person. Dennis is a born-again Christian who works as a Juvenile Probation Officer. He is an outstanding role model for the youth and the community in which he serves. I view him as an individual who not only talks the talk, but rather walks the walk. I know this to be true as he has been a great inspiration to me as well as a "true" brother in Christ these past three years.

In conclusion, Dennis is yet another fine example of the very innovative yet highly effective training methods of the Westside Barbell Club. I again want to thank Louie Simmons and all of his lifters who continue to break down barriers and forge ahead. These guys, in my opinion, totally exemplify the meaning of dedication, commitment and INTENSITY! Lastly, I want to give thanks and praise to my Lord and Savior Jesus Christ for without him none of this would be possible. I would also like to thank Mike Lambert for allowing this to be printed. GOD BLESS YOU ALL. Philippians 4:13.

Right now everyone is probably asking, "What the heck does he mean by that?" The title will become evident once you see the big picture of what is going on in the supplement industry regarding protein powders. If you remember many years ago, weight gainers were the big thing and protein powders were being sold in large quantities. You'd buy them, in like a storm came the low calorie weight gainers (yeah right!), the criticizing of the high calorie diet, and the inundation of calorie diet. The trend is this - promote something, then dispel it. This is what the supplement companies always have something "new" to bring to the market. I predict that very shortly there will be resurgence in the high calorie diet. It might be slightly modified, but a high calorie diet nonetheless. Supplement companies do not care really what the truth about supplements really is and they will promote only what is "hot" and is making money. Back to protein and are you getting what you pay for?

Studies have been done to assess any differences in weight gain between individuals supplementing with whey protein, soy protein, or PRIME! There were no differences whatsoever (statistically speaking) between the effectiveness of the proteins. Remember, all three of these proteins are designed to stimulate growth albeit in chicks, calves, etc. So is one really better than another? Proponents of whey say that it has an ultra high BV (biological value), exceeding by far every other protein. One manufacturer claims that their protein has a BV of 168 - over 50% better than egg protein! Companies also claim that their whey protein is special because it has di- and tri-peptides and claim that these peptides enhance the immune system, and help to greatly increase the BV of the protein. Another claim is that whey contains certain, specific peptides that greatly enhance the immune system. Finally, it is claimed that whey has a significantly higher amount of glutamine and the anti-catabolic branched chain amino

Why Whey? Soy in Your Face? as told to Powerlifting USA by Derek Cornelius

to the quality of the various proteins and have found a very interesting fact. First and foremost, BV and PER are OUTDATED. The newest and most accurate measurement of a protein's quality for a HUMAN is the PDCAAS - Protein Digestibility Corrected Amino Acid Score. A mouthful I know, and yet it is the industry standard. According to this scale, whey is not necessarily the best protein. In fact, casein, egg white, and whey are all considered a ONE (top score) on the scale. Does this mean that all of the above proteins are equal? Not at all - I will discuss the pros and cons of each protein later in the article. What it does mean is that all of the above proteins will supply the BASIC BUILDING BLOCKS for proteinaceous tissue growth and recuperation as well as the next one. I also inquired about hydrolyzation (breaking the proteins into smaller fractions like "di- and tri-peptides". What I found was that the hydrolyzed product caused less nitrogen retention than a similar non-hydrolyzed whey. As a note, the hydrolyzed product that I inquired about was the BEST in the industry with a 27% hydrolyzation, no bitter taste, and at a cost from the manufacturer of greater than \$8.00 per pound. Consider the above and you will quickly realize that supplement companies (who don't actually manufacture the whey, but buy the raw product from an actual manufacturer) are telling "some fibs" about whey protein. BV of 168 - ABSOLUTELY LUDICROUS! Whey manufacturers sometimes still use a 94 BV! That, when you see this 168 BV listed on the label of several manufacturer's whey protein, just turn your head, know you're being scammed, and absolutely don't buy!

If it doesn't further increase nitrogen retention, then what's the point of di- and tri-peptides? There is a good reason for hydrolyzing a protein and having short peptides, but it has nothing to do with BV/nitrogen retention. Instead, it has everything to do with how FAST and EASY the product is absorbed in the gut. Regular, undigested whey will be broken down into di- and tri-peptides via enzymes in a person's gut and will be absorbed as such, but the whole process just takes a little longer. Hydrolyzed products are basically only useful in baby food or hospital situations where a person's digestive system is not functioning optimally or when protein delivery is needed very quickly. Is

(article continued on page 80)

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POWER PROFILE

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

GORDON SANTEE

as told to Powerlifting USA by Herb Glossbrenner



Gordon Santee deadlifting at the APF Nationals (courtesy Gordon)

A thoroughly occupied person doesn't have time to be miserable. Philosopher Richard Cumberland elaborated further: IT IS BETTER TO WEAR OUT THAN TO RUST OUT. If indeed there is a celestial clock, are each and every one of us allocated so many ticks until our time runs out? Never knowing when that last tick may come should provide the motivation to each and every one of us. It's imperative we make the most of each moment, and become the best we can be. One of our own, powerlifter Gordon Santee, from Redondo Beach, CA, has a thirst for life that's seemingly unquenchable. Now 52, he's in better shape physically, emotionally and spiritually than ever a word in his dictionary. His degree (I guess) was zest - to be the best!

Born September 6, 1946 in Rochester, NY - his prolegomenon were those East coast winters that trigger primal survival instincts. Cold weather, along with tons of snowfall, are being regularly accepted as a fact of life. It's a great place to grow up if you're in the snow blower business, and street repairmen & street cleaners have had to make, because no matter what the economy, your job is secure.

Early on, Gordon was attracted to individual sports. In these endeavors he had no one else to depend on but himself. In sports like basketball or football, if someone drops the ball everyone suffers. The whole team loses. That wasn't for him! He liked grappling - a manly art. It required strength, skill, and dexterity. Santee wrestled in high school and later at Syracuse University. There he majored in computer science. In 1968 he got his Bachelor of Arts degree in Electrical Engineering - graduating with honors.

He was off to Waltham, MA, where he worked in the Electrical Division of G.T.E. Gordon put his computer science skills to good use, becoming involved in the design of communications systems. He developed himself in his work - thoroughly, but found he needed a physical outlet to alleviate stress. By chance he got involved in auto racing. Always strong, he gained significant upper body strength from doing his own mechanical repairs and the racing it-

Henceforth, diet control became imperative. No more sugar for Gordon, or alcohol either for that matter! Embarking on his "new life" in 1979, Santee joined the Nautilus Club in Manhattan Beach. He had a physique that responded to bodybuilding movements, and took on a splendid build in no time. He liked the feel of heavy iron in his hands and "wanted to pump!" He learned about Powerlifting, and was captivated by lifting big weights. After witnessing a P/L competition, he decided this would be a competitive endeavor ideally suited for him. And so it was!

Looking back, he wishes he'd have known about it when he was younger. At 33, Gordon was a late bloomer. He did his training in a garage to start out, mostly solo. Workout partners came and went. Not everyone had the drive and enthusiasm that he thrived on. Heamed for his first competition: a novice meet in Fairfax, held on May 3, 1980. Weighing 143.1/2he came in 7th with a 255 SQ, 270 BP, 355 DL, 880 TOT. It was a learning experience. Wearing his belt too high, he injured his left floating rib. His upper body strength was disproportionately so to his back and lower extremities, so he worked hard to improve their capacity. Flipping he could place higher @ 132, he watched his calorie and trimmed down. Two and a half months later his plan paid off.

Weighing 131 at a Santa Cruz meet, he captured first place: 275, 248, 363 for an 887 TOT. Not bad. His strength stabilized at the new, lighter bodyweight and he made progress. Early in Oct. '80, at the Central California meet in Los Angeles he improved to 281, 253, 402, 936 TOT - winning again! Winning was something he liked, and he continued to climb the ranks. On March 7, '81, he surpassed the ONE Grand total for the first time. This time he ended up 4th, but topped his best in every lift: 325 SQ, 259 BP, 424 D/L - 1008 TOT. Two weeks later, at a light 129 1/2, he captured the CA State Jrs. in Santa Cruz. He broke P/Rs with a 270 BP and 1014 TOT. Gordon's work schedule became extremely heavy about this time and curtailed his competitive outings. Weekends became more and more tied up with travel and business. In 1982, he was absent from the platform. His hiatus ended when his workload diminished. Back in action in Jan '83 in Long Beach, he took over right where he

Gordon didn't talk him into it, but didn't try to change his mind either. They went for broke. Fabian failed, got zero (his lifting declined). Gordon prevailed, our hero (with three sixty 104.11 Sk. weeks later at the CA States, he duplicated that TOT & got a 275 BP. Santee finished the year on DEC. 17th at the Iron Man in Santa Cruz. He set two more records and took runner-up: 374 SQ - 1047 TOT. Gordon recorded his 11th and date. He faced former IPF absolute D/L W/R holder Troy Hicks of TN. Hicks held the trump card in his weapons arsenal (would play it last). THE DEADLIFT. Gordon knew he needed to build a commanding S.T. Four years as a featherweight was lead to present being overtake Hicks (permanent bad shoulder) for an 815 S.T. Santee hoisted bests of a 540 SQ, and a lifetime high 380 BP - for a 920 subtotal - and a 105 lb. lead. Would this advantage be enuff? Gordon managed a 540 DL and was finished with a 1466 TOT, a best ever result. Troy stormed out and hurmed up 611 with authority. Up to 650, and going for all the marbles as a lighter man - up it came. He finished it, but next flashed due to a technical violation. Hicks had one more effort - last chance - missed! All energy had been expended in his previous effort. When! Gordon breathed a sign of relief. He'd won his 3rd National title by the narrowest of margins. Lady Luck had watched over him.

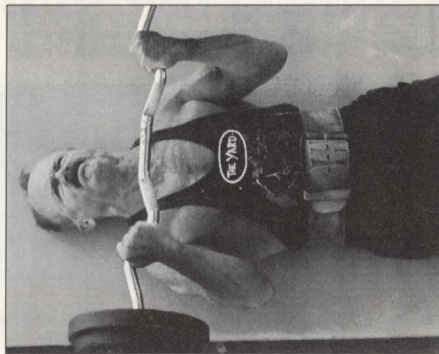
Gordon put his winning streak on the line in late October. At Crystal Lake, IL he came away with the WPC World Master title at age 43. Then on May 4, 1990 he added his 4th USPF National Masters title to his winning collection. The Jay McVieugh directed competition in Rialto, CA was unnerving for everyone when famed Chuck Braxton, the big Santa Claus with muscles left his legacy behind and expired doing what he loved the most - powerlifting. Santee, now 44, won by 110 despite being out deadlifted by Jay Christian, his runner-up. Santee went 501, 380, 540 for 1421. He donated his time to the host seat as well, making splendid calls in the judges chair. Later that fall (Oct 13, 1990), Gordon won the 40-49 division at the IPF World Masters in Perth, AUS. He fondly recalls the occasion. He'dunked a 501, pulled a 514 BP, and added 534 for a 1350. His 9/9 performance gave the USA their first gold medal of these championships. It wasn't exactly a landslide. Gordon had a slim 16 lb. lead on S.T.

and Brovold (NOR) nipped at his heels all the way.

Next up, Santee duplicated the WPC World Master title he'd first won six years earlier. On 10/27/95 in Columbus, OH, it was there to see an epic battle. Gordon, now 49, had another flawless day. He battled back from a big deficit imposed upon him by Rick Pofsy of TN. These two had failed to place among the top 3. One of them was his first ever meet; the other the APF Juniors in 1987. Quite impressive huh? To summarize, National Titles: USPF 4, APF 3, World titles: IPF 1, WPC 5, WABDL 1. From age 33 to 52 and still going strong!

When Gordon made his best ever SQ (945-1/2) and D/L (962) he TOT'D Elite at the Iron Man in San Carlos 12/10/94 (for the 2nd time). Not only did he win the overall competition there; he captured the Iron Man physique title as well. This brings us to another successful area of expertise that I haven't yet touched on. He possesses a marvelous build which really exemplifies him as a "total package". Look strong, be strong! He's been in 15 bodybuilding competitions over the last 10 years. He finished 2nd in the Open Competition at the Iron Man in San Jose in both 1988 & '89. Among his titles in the flexing forum for Masters (over 40) include: South Bay Classic (twice), NPC C. Los Angeles (twice), NPC Masters Nationals (92) - 1st in the Lightweight division, in Anaheim on 10/6/96 at the Amateur Grand Prix Middleweight Grand Master.

Yet another proficiency Gordon Santee possesses is CURJING! It doesn't mean that thing you do with a brush and puck on ice! He's been in 6 curl meets over the last 7 years - and has won them all. He now holds Masters World Records in 3 age groups: (40-44) 147-1/2, (45-49) 155 & (50-54) 145-1/2! You can truly appreciate how amazing lifts these are by realizing the difficulty of strictness of method by which they are performed. The buttocks, back and head must remain in contact with a backboard during execution of the lift. Therefore it is indeed a STRICT CURJ. and a killer on the low back. I know because I once held the American Record in Meskew's U.S. Sprint Curl Fed. (117-1/2 @ 163 wtd., 45-49 age group). Gordon came along and destroyed it by 30 lbs. Boy, did I feel like the Humble Pie ice cream man! That's all in a day's work for Santee. He's ac-



Representing "The Yard", Gordon curls for a record

TRAINING

A Revolutionary Approach to Powerlifting 3x3 - Part 5 - The Annual Plan #1 (January - July) as told to Powerlifting USA by Stephan Korte

Lifters keep on asking me the same question again and again: How long can I use the 3x3 training system? My answer is always the same: the 3x3 training system can be used year round. The advocates of the "assistance exercise enhanced training programs" don't like to hear this, but it is true. 3x3 does not necessarily lack in variety as you will see in future articles, but the basics are always the same: no assistances, just the core movements. This article will explain the first half of a detailed annual plan for a particular lifter with personal records of: squat 700 lbs., bench press 400 lbs. and deadlift 600 lbs.

I used the USAPL and IPF calendar, but events for this plan, but for no particular reason. Just modify the competition dates and the training cycle so that it will fit in your organization's event schedule.

USAPL Nationals: July, 15-18th 1999; IPF World's November, 9-14th 1999

1. Cycle: Phase I - High Volume Phase: January, 25th - February 19th; Phase II - Competition Phase: February 22nd - March 19th

2. Cycle: Phase I - High Volume Phase: March 22nd - April 16th; Phase II - Competition Phase: April 19th - May 14th

3. Cycle: Phase I - High Volume Phase: May 17th - June 11th; Phase II - Competition Phase: June 14th - July 9th



Larry Brown (US) has represented a German team in their Bundesliga competition (Korte)

with 58% of 725 lbs. = 430 lbs., bench - 6-8 sets of 6 reps with 58% of 410 lbs. = 235 lbs., deadlift - 5-8 sets of 5 reps with 58% of 615 lbs. = 355 lbs.

Day 3: squat - 5-8 sets of 5 reps with 58% of 725 lbs. = 430 lbs., bench - 6-8 sets of 6 reps with 58% of 410 lbs. = 235 lbs., deadlift - 5-8 sets of 5 reps with 58% of 615 lbs. = 355 lbs.

Week 2 - Day 1: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 1-2 sets of 1 rep with 85% of 615 lbs. = 525 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 1-2 sets of 1 rep with 85% of 615 lbs. = 525 lbs.

Day 3: squat - 1-2 sets of 1 rep with 85% of 725 lbs. = 615 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 1 set of 1 rep with 90% of 615 lbs. = 555 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 3 - Day 1: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 1 set of 1 rep with 90% of 615 lbs. = 555 lbs.

Day 2: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Day 3: squat - 1 set of 1 rep with 90% of 725 lbs. = 650 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

Week 4 - Day 1: squat - 3 sets of 3 reps with 60% of 725 lbs. = 435 lbs., bench - 5 sets of 4 reps with 60% of 410 lbs. = 245 lbs., deadlift - 3 sets of 3 reps with 60% of 615 lbs. = 370 lbs.

I wasn't supposed to tell that. Sorry about that.

THE INTERVIEW

HG: Who's the most impressive powerlifter you've ever seen.

GS: ED COANO! His whole persona: control, no fanfare, calmness. Then comes the perfectness in which he executes his incredible lifts. I wish I could have seen his finest performance last Dec. in Vegas.

HG: How do you feel about equipment?

GS: I'd like to see equipment standardized the same in all organizations. I just found too much discomfort breathing. I wear a slight now, and the old tension Red Line wraps. The new gangrene ones are BECOMING (BUT DUMBING)! I train without a shirt. In competition I wear the inner single ply polyester. I can do 325 without it and 341 with it. It's good for protecting my bad shoulder. The shirt can prolong a career for those who have nagging injuries that won't go away.

HG: What would you like to see done once a week. While Sandee is very tolerant of his lifting. She attends his needs and supports him wholeheartedly.

GS: It's interesting to note that his sons (now fully grown) only recently saw their dad lift in competition for the first time in their lives. Stewart (25) came to Blackpool, ENG in '97, while his oldest, Mark (28) came to Graz, AUT to see dad perform. Both live back in MA. Gordon regrets that circumstances prevented him from spending more time with them growing up. What about rest. Sandee gets by on 4-1/2-5 hrs. sleep every night and he's done so for the past 15 years.

Besides his acquisition of trophies, plaques and gold medals in P/L, he has one other collectible - TEDDY BEARS! Yes, you read it right. It came about a number of years ago when a co-worker was home sick. Gordon bought a teddy bear to take and cheer him up. Something wrapped inside it was so cute and funny and cuddly he fell in love with it kept it for himself. He got hooked on this anomaly and has acquired them ever since. His collection of "teddy bears" now numbers either 419 or 420. They, along with his lifting awards, can be found in nearly every nook and cranny of his house. His favorite is a worm white one, about 2 foot tall, named "PUFFY". Puffy is too big to take to the meats (for good luck) but he has a smaller one that sometimes accompanies him to the platforms. He was thinking about adding a pouch to his suit like a mother kangaroo for the little one. Whoops, Tick-tock... tick-tock... tick-tock!

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sponsibility he assumes. He's in charge for allocation of a 76 million dollar budget for installing fiber optic networks and telephone switches. This is quite a load on his shoulders but he sez he loves every moment of it.

Then comes his lifting. Where does the reserve tank of energy come from. It's my escape valve, Gordon admits. "There's nothing like the feel of hard cold steel in your hands, and making it submit to your stroke." His hectic work and extensive travel schedule forces him to train late at night (10-11:30 PM) twice a week (Tues & Wed). He also works out 9 AM to Noon on Sat & Sun. Cramping him, he gets 10 hrs. training per week. To be sure he incorporates some bodybuilding work to supplant his P/Ling, he employs a split routine. It's heavy upper body work on Sat. He does BP's first, followed by shoulder, bicep and tricep work. Sunday he squats first. This warms him up. Next come leg presses. He jumps right in doing 3 sets of 10, going 800, 900, then 1000 lbs. and then finishes off with leg extensions, leg curls and abductors. Tuesday. He does more bodybuilding (light work). Wed: This is reserved for the deadlift, which he does once a week. While Sandee is very tolerant of his lifting. She attends his needs and supports him wholeheartedly.

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Gordon - the Happy Referee

State Master and 3 Open records. Santee has kept a training log since 1976, every set and every rep, for 22 years. He has one phobia. It seems the males in his family tree have a short life expectancy. His father died at age 47. At 52, he is the oldest of males in his family. It is for this reason he pushes himself so hard. Gordon considers his life a race against the clock. Tick... tick... tick... Some might call it paranoia, but Gordon considers it a sense of heightened awareness. His work title is Executive Director of Engineering for ICG for all of California. It leaves little time for him to catch his breath. He handles a 70-75 hr. work schedule every week (no sick, jack)! Why? Because he likes to. Gordon enjoys his work and the re-

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The most impressive thing about Santee's lifting is the flawless technique he employs each time he lifts a barbell on the competition stage. There are no technical errors, no slip. He either makes the lift or doesn't. It is a rare occasion to see him miss a lift. He's been dubbed "Mr. Perfect" by his peers for his flawless execution, whether it be lifting or judging. He nearly always goes 9 for 9 in a contest. He knows his limit and squeezes the absolute max out of his body for that day. He has owned up to an 8/9 day Oct. 3, 1998 in San Luis Obispo. He used it for a tune-up for the Graz Worlds. He wasn't satisfied with his execution of a 496 SQ. He completed the lift, however it didn't go as smooth as he had liked, so he deliberately walked with it before rack. He expects perfection or as close to it as possible of himself when doing to it. Anything less, in his eyes, just doesn't cut it. Still on that day, he managed to set 4



Gordon Santeee - Bodybuilder

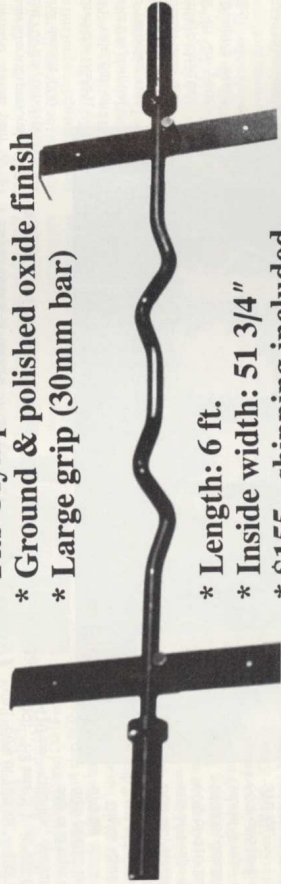
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Week 3 - Day 1: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 1 set of 1 rep with 90% of 630 lbs. = 570 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 1 set of 1 rep with 90% of 420 lbs. = 380 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.
Day 3: squat - 1 set of 1 rep with 90% of 750 lbs. = 675 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.
Week 4 - Day 1: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 1 set of 1 rep with 95% of 630 lbs. = 600 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 1 set of 1 rep with 95% of 420 lbs. = 380 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.
Day 3: squat - 1 set of 1 rep with 95% of 750 lbs. = 715 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.

Larry Brown is one of Stephan Korte's favorite American lifters. (Korte photo)

bench - 6-8 sets of 6 reps with 58% of 430 lbs. = 250 lbs., deadlift - 5-8 sets of 5 reps with 58% of 645 lbs. = 375 lbs.
Week 2 - Day 1: squat - 5-8 sets of 5 reps with 60% of 775 lbs. = 495 lbs., bench - 6-8 sets of 6 reps with 64% of 430 lbs. = 275 lbs., deadlift - 5-8 sets of 5 reps with 64% of 645 lbs. = 415 lbs.
Day 3: squat - 5-8 sets of 5 reps with 64% of 775 lbs. = 495 lbs., bench - 6-8 sets of 6 reps with 64% of 430 lbs. = 275 lbs., deadlift - 5-8 sets of 5 reps with 64% of 645 lbs. = 415 lbs.
Phase II: Week 5-8 Competition Phase
Week 1 - Day 1: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 1-2 sets of 1 rep with 80% of 645 lbs. = 515 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 80% of 430 lbs. = 345 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Day 3: squat - 1-2 sets of 1 rep with 80% of 775 lbs. = 620 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Week 2 - Day 1: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 1-2 sets of 1 rep with 85% of 645 lbs. = 550 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 85% of 430 lbs. = 365 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.

Your training lifts after the completion of the 2nd cycle are as follows: squat 715 lbs., bench 400 lbs., and deadlift 600 lbs. Altogether a total of 1715 lbs. That is 15 lbs. more than your personal best of 1700 lbs. (700/400/600). Again, you have done this in the gym, not in a competition. If you could hit the 95% lifts easily, you should be even more confident, enough to calculate the projected maximums for the last eight week cycle to get ready for your competition.

3. Cycle: May 17th - July 9th.
Phase I: Week 1-4 High Volume Phase. Current maximums: squat - 750 lbs., bench - 420 lbs., deadlift - 630 lbs. Projected maximums: squat - 775 lbs., bench - 430 lbs., deadlift - 645 lbs.
Week 1 - Day 1: squat - 5-8 sets of 5 reps with 58% of 775 lbs. = 450 lbs., bench - 6-8 sets of 6 reps with 58% of 645 lbs. = 375 lbs.
Day 2: squat - 5-8 sets of 5 reps with 58% of 775 lbs. = 450 lbs., bench - 6-8 sets of 6 reps with 58% of 645 lbs. = 375 lbs.
Day 3: squat - 5-8 sets of 5 reps with 58% of 775 lbs. = 450 lbs., bench - 6-8 sets of 6 reps with 58% of 645 lbs. = 375 lbs.

Week 2 - Day 1: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 1-2 sets of 1 rep with 85% of 630 lbs. = 535 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 750 lbs. = 450 lbs., bench - 5 sets of 4 reps with 85% of 420 lbs. = 355 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.
Day 3: squat - 1-2 sets of 1 rep with 85% of 750 lbs. = 640 lbs., bench - 5 sets of 4 reps with 60% of 420 lbs. = 255 lbs., deadlift - 3 sets of 3 reps with 60% of 630 lbs. = 380 lbs.
Phase II: Week 5-8 Competition Phase
Week 1 - Day 1: squat - 5-8 sets of 5 reps with 62% of 775 lbs. = 480 lbs., bench - 6-8 sets of 6 reps with 62% of 430 lbs. = 265 lbs., deadlift - 5-8 sets of 5 reps with 62% of 645 lbs. = 400 lbs.
Day 2: squat - 5-8 sets of 5 reps with 62% of 775 lbs. = 480 lbs., bench - 6-8 sets of 6 reps with 62% of 430 lbs. = 265 lbs., deadlift - 5-8 sets of 5 reps with 62% of 645 lbs. = 400 lbs.
Day 3: squat - 5-8 sets of 5 reps with 62% of 775 lbs. = 480 lbs., bench - 6-8 sets of 6 reps with 62% of 430 lbs. = 265 lbs., deadlift - 5-8 sets of 5 reps with 62% of 645 lbs. = 400 lbs.
Week 2 - Day 1: squat - 5-8 sets of 5 reps with 64% of 775 lbs. = 495 lbs., bench - 6-8 sets of 6 reps with 64% of 430 lbs. = 275 lbs., deadlift - 5-8 sets of 5 reps with 64% of 645 lbs. = 405 lbs.

= 385 lbs.
Day 3: squat - 1-2 sets of 1 rep with 85% of 775 lbs. = 660 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Week 3 - Day 1: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 1 set of 1 rep with 90% of 645 lbs. = 580 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 1 set of 1 rep with 90% of 430 lbs. = 390 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Day 3: squat - 1 set of 1 rep with 90% of 775 lbs. = 695 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Week 4 - Day 1: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 1 set of 1 rep with 95% of 645 lbs. = 580 lbs.
Day 2: squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 1 set of 1 rep with 90% of 430 lbs. = 390 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
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Day 3: squat - 1 set of 1 rep with 95% of 775 lbs. = 735 lbs., bench - 5 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.

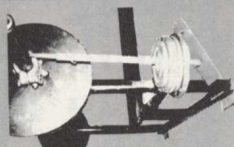
Last week before the competition: Monday - squat - 3 sets of 3 reps with 60% of 775 lbs. = 465 lbs., bench - 4 sets of 4 reps with 60% of 430 lbs. = 260 lbs., deadlift - 3 sets of 3 reps with 60% of 645 lbs. = 385 lbs.
Wednesday - squat - 3 sets of 3 reps with 50% of 775 lbs. = 385 lbs., bench - 3 sets of 3 reps with 50% of 430 lbs. = 215 lbs., deadlift - 3 sets of 3 reps with 50% of 645 lbs. = 320 lbs.
Competition - Squat: 1st - 700 lbs., 2nd - 740 lbs., 3rd - 775 lbs.; Bench: 1st - 385 lbs., 2nd - 410 lbs., 3rd - 430 lbs.; Deadlift: 1st - 580 lbs., 2nd - 615 lbs., 3rd - 645 lbs.

This series will be continued with Part 6: The Annual Plan #2 (July - November). Until then: Keep on getting stronger!
If you have further questions, feel free to contact me (also available for seminars): ISP - Int. Scientific Publishing, Mr. Stephan Korte, Lindenhof 9, 59759 Arnsberg, Germany or through E-mail: stephan.korte@salzburg.co.at

By now you have reached: squat 690 lbs., bench 390 lbs., and deadlift 585 lbs. That makes up to a total of 1665 lbs. - just 35 lbs. less than your personal best of 1700 lbs. (700/400/600). You have done this in the gym, not in a competition. It is your choice if you want to max out in the gym now, but I would not recommend it. If you could hit the 95% lifts easily, you should be confident enough to calculate the projected maximums as usual for the next eight week cycle.

2. Cycle: March 22nd - May 14th. Phase I: Week 1-4 High Volume Phase. Current maximums: squat - 725 lbs., bench - 410 lbs., deadlift - 615 lbs. Projected maximums: squat - 750 lbs., bench - 420

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Diagram 1

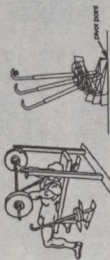


Diagram 2

Diagram 3

Diagram 4

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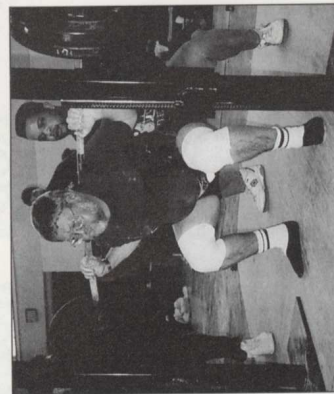
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Every organization can use some improvement. While so much has been written about and by the various powerlifting governing bodies in the past few years, as they have splintered, re-organized, fought, slandered each other, and generally provided something between entertainment and astonishment to devoted followers of the sport, there's hardly one that can stand up and shout aloud that they've "done it all well". I have supported certain organizations for a number of reasons. While at Iron Island Gym, Ralph Raibola and I supported some organizations, while others wondered what our motivation was. Simply put, my attitude has been that if I believed in the individual, organization, or event was being supported or directed for the good of the individual lifter and the sport in general, I was behind it. I have publicly noted that the greed and ego of so many have come close to ruining powerlifting and that there were far too many "chiefs" and too few "indians" to ever have meaningful unification. The USPF and the USAPL/ADPPA proved that in a big way and despite the name calling and blame mongering, you still didn't have anything close to unification. That involved just two organizations. Gee, did anyone notice that there are so many more out there?

While at Iron Island Gym, Ralph and I were affiliated with the American Powerlifting Federation. The APF was originally founded in response to a disagreement with the USPF. I give Ernie Frantz credit for having his heart in the right place. From day one, he began and ran the APF for what he saw as the benefit of the lifter. Ernie, in fact, has often, in my opinion - and I stress that this is my opinion only - been too generous and too liberal in his interpretation of the rules in order to help an individual lifter. Whenever I have confronted him on these issues, his reply would always approximate "Well, Ken, I thought this was best for him (or her) and most of the time, it would be, even though it may not have fallen exactly within the rules or agreements made regarding the specific issue. At no time do I believe that Ernie interpreted a rule in

More From Ken Leistner



Joe Pyra has had to stop lifting as a result of health problems which even caused him to resign the AAU Presidency, but he did hit this 45-49 ADPPA American Masters Record squat of 632 in the 220s class in his prime.

order to benefit himself or one of his lifters. At no time do I believe, did he ever do anything that he felt would knowingly hurt the sport. He is a man who loves lifting, being strong, and all that goes with it. I've scratched my head over some of his decisions and proclamations, but as I said - he gets big points with me because his heart has always been for the lifter. I can't say the same about sport or those that head the different organizations. Ralph and I pushed for and requested division and while I will not speak for anyone else who runs APF

else to help some of Joe's AAU contests in mid-Jersey. In the recent past, Joe did exactly what one would expect of him and of a legitimate organization, but something that is usually not done.

Sean Keller is an Iron Island lifter. He is a great bench presser and as a former collegiate track athlete, knows how to compete. Sean is an extremely intelligent, articulate, and sensitive man with a great deal of integrity. With my blessing and encouragement, he joined the AAU and entered a bench press portion of a meet in Jersey, which Joe had sanctioned. I admittedly got all of this second hand, but it appeared the meet director needed some assistance in running a meet properly. To make a long story short, Sean was polychographed, which was not a problem, but it was done prior to weighing in and he waited and was tested over almost a two hour period. This is not acceptable as he needed to warm-up even as he was weighing in. There was no explanation for the long wait or why he couldn't weigh-in while waiting so long for his turn to test. Sean benched a lot of weight, more than anyone in his class. Far more than anyone in his 242 pound drug tested class. Imagine his surprise when they called him for second place where it was inadequately explained that the meet director, who reportedly had led

the meet site in order to go to work - this with an attendance of something like one hundred lifters total, decided to use "a formula" to determine weight class placings. Sean was dumbfounded, but it was the audience and other lifters who became enraged. As the "formula" results, which no one on the premises could explain or validate and which had others in places that did not make much sense to the audience, continued to anger and perplex the participating lifters, Sean and his wife left. He believed that there was a potential for violence. Reading *Power Hotline*, I guess his intuition was well tuned, especially for a New York City resident. The *Hotline* noted that "seven police cars" had to respond to the riot that took place. As I don't have the *Hotline* in front of me as I write this, if it did not state the incident as a "riot", I don't wish to exaggerate it, but in my involvement with powerlifting, dating back to 1965, I don't recall any other meet that required seven police cars to quell a disturbance. I've witnessed first fights between lifters and between lifters and officials, but seven police cars? This one definitely makes powerlifting history. Sad and unfortunate history, but history. Joe Pyra's part in it?

Since the meet did carry an AAU sanction, Joe requested resolution and threatened legal action to insure that each lifter received his or her appropriate trophy. Could he "make" the guy deliver? No, but because he is intent on doing the right thing, Joe did whatever he could to make it right for the AAU lifters who were slighted by the meet director's actions. How can you ask more of an administrator, especially when so many of them give lip service to "helping the sport", but really like to bask in the ego power they may have and/or cash in on their national meets and travel perks. While some will point out the problems with the organizations and the leaders, when you have mistakes made because leaders at least want what they think is best for the lifter and the sport, you can't kick too much. (By the way, the meet director later apologized to the participants and made good on the awards.)

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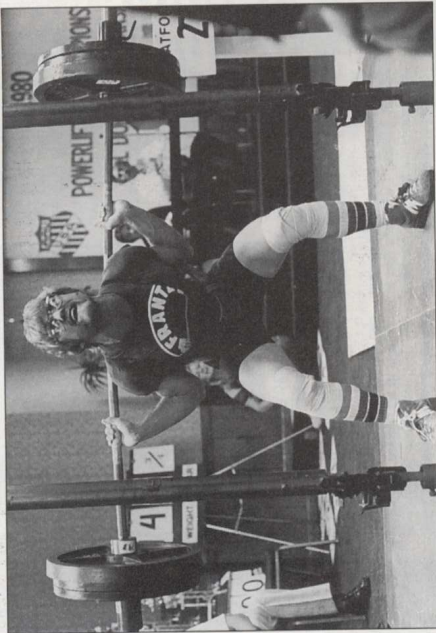
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INTERVIEW

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

"RUDY" RUETTIGER as interviewed for PL USA by Fred Rice

Anyone who has seen the movie "Rudy" would probably agree that it is one of the most inspirational movies ever made. What many viewers do not realize is that it is extremely accurate in its portrayal of the life of Daniel Ruettinger. Daniel comes from a family of 14, and all of the boys are affectionately known as "Rudy." From the time that he was very young, Daniel could think of little else than the possibility of playing football for Notre Dame when he became older. The entire family were Notre Dame fans, but with Daniel it was not enough to be a fan, he was obsessed with the idea of actually playing for that great university. He became a good high school football player for Joliet, Illinois, Catholic High School, and excelled at other sports as well, but he was small, only about 5 feet 6 inches tall. In addition, he never dedicated himself to the classroom, and could not get into Notre Dame upon completion of high school. In fact, he went to junior college and flunked out. But even while working in a factory, he kept his dream of playing for Notre Dame alive. Then during the Viet Nam era, he spent two years in the Navy. When he returned he began working in the factory again, and yet he would still share his dream with his closest friend who worked with him there. This was the night before the game, but the coach that if Rudy did not suit up, they were not going to play. Although suited up, with only about a minute left Rudy had still not been put into the game. Because the crowd started chanting "Rudy, Rudy, Rudy," the coach put him in. No one who has seen the movie can forget how, with 27 seconds left on the clock, 27 year old Daniel Ruettinger sacked the opposing quarterback and was carried off the field on the shoulders of his teammates. What a testimony to persistence! Daniel is now one of the most sought after motivational



Rudy making "cow meat" of a 462 squat on his way to a win at the 1980 Jr. Nationals at 132

battered every day in practice, he persisted, just thrilled to have achieved his dream. Coach Parseghian, impressed with his determination, assured him that one day he would get into a game but a new coach took over, and could not appreciate what Rudy had gone through. In 1975, Rudy's senior year, the last game of the season arrived, but Rudy was not put on the list of those who would suit up for the game. He was so discouraged at this that he almost quit the team the night before the game, but the four of the top players told the coach that if Rudy did not suit up, they were not going to play. Although suited up, with only about a minute left Rudy had still not been put into the game. Because the crowd started chanting "Rudy, Rudy, Rudy," the coach put him in. No one who has seen the movie can forget how, with 27 seconds left on the clock, 27 year old Daniel Ruettinger sacked the opposing quarterback and was carried off the field on the shoulders of his teammates. What a testimony to persistence! Daniel is now one of the most sought after motivational

the Illinois state open championship. At that time I competed in the 132 lb. class, and my best lifts were 185 snatch and 225 clean and jerk, which at the time was a state record. In 1974 I competed in my first powerlifting contest, an Illinois state novice championship. I won that, and got hooked on powerlifting, although I did both styles of lifting for a while. Actually I still incorporate some Olympic style movements in my own training and the training of athletes. FR: What athletes do you train, and where do you do this?

RUDY: I have my own gym, and I train high school and college athletes there. I am head strength coach for the football programs of the University of Saint Francis and Joliet Catholic High School. I train 92 kids per day. When my shift ends at 3 p.m., I go directly to the gym, and stay there until 10 p.m. Prior to doing this I was assistant strength coach at Northwestern University for 6 years, and have personal training certification through that University. I also run two major meets per year. The one is called Rudy's Gym High School Football Powerlifting Championship, in which four local high school football teams compete against each other right before the season starts. I've held this meet for 10 years, and it draws a huge crowd. Then I also run a police and fire meet for local departments. This is an unusual meet, not a traditional powerlifting meet. We end it with a tug of war. I incorporate 4 events in this meet: bench press, overhead jerk out of a rack, deadlift, and a tug of war. I have trained some guys who have become professional athletes, such as Tom Thayer who played on the Chicago Bears Super Bowl team, and Terry Gammon, who is now an ABC sports commentator.

FR: What are some of the titles you

have won and records you hold? RUDY: I won the Illinois state championship 8 years in a row, at 132. My 1311 state total record from 1979 or 1980 still stands. In 1980 I won the Junior National championship in Little Rock, Arkansas, and I was second in the Seniors that same year. In 1983 I won the YMCA nationals in the 148 class, and I won the National Cup in 1985. I have won 17 Police and Fire Worlds, 2 Masters Nationals (USAPL and AAPP), and 2 Masters Worlds (WDFPF and AAPP). I hold all the Illinois state records at 132. At 165 (40-44 age group) I hold all the National Police and Fire records, all the World Police and Fire records, and all the AAPP World records.

FR: What are your best lifts? RUDY: At 132 I did 501 303 529 and 1311 total. At 148 I did 556 963 562 and 1455 total. At 165 I did 590 360 562.

FR: How did you get involved with FR: Powerlifting (THE ADPPA)? RUDY: Actually Ernie Frantz, with whom I trained, got me involved in about 1985 or 1986, because he knew I wanted to lift in a drug free setting. Ernie himself is now running some drug tested meets.

FR: What are your views on drug usage and drug testing?

RUDY: I'm extremely happy and proud to be a drug free lifter, because the results are genuine and lasting, although you have to work your butt off to attain them. I think people who use drugs are using bad judgment in doing so, but I can't stop them. FR: Do you use any supplements or follow any special diet? RUDY: The only supplement I use is creatine, and I don't really follow any special diet, although I try to eat a good combination of healthy foods.

FR: What are your goals in powerlifting? RUDY: I may go to the 181 class, and if I do, my goals would be 570 340 570 as a masters lifter. FR: What equipment do you use in training?

RUDY: I don't use any equipment in training until about 8 weeks before a contest. Although I start using a suit at this time, I don't put the straps up until about 3 or 4 weeks out. I only use the bench shirt 3 or 4 times before a meet.

FR: What is your training program? RUDY: Monday I do chest and 4 heavy sets of bench presses. Tuesday I do leg work, with 3 heavy sets of squats, followed by a near max single. I also do a light shoulder workout on Tuesday. Thurs-



Frank "Rudy" Ruettiger training under the eyes of an illustrious Hall of Fame in his own "Rudy's Gym".

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale M.D., 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question).

Dear Mauro: I am an almost 19 year old fellow Canuck that's a fan of your writing in *Powerlifting USA*. I was just wondering what's up with CitiMax. Upon reading several articles about the stuff I was sold, but then questions arose about it, such as: if it prevents carbohydrate absorption does it mean that those sugars will simply keep on circulating in the blood until they are absorbed or are they excreted? In your opinion is it a dead-end, hype-baited supplement or not?

Also, I have the opportunity to join up with the Alberta Junior Provincial Olympic lifting team. My father has claim that it will lead to nothing but joint and tendon soreness in the future. What is your experience with powerlifting and Olympic lifting safety and prolongedness as far as joint pain in years following a competitive powerlifting/Olympic lifting type of lifestyle?

Another thing I was wondering about was a recent article by Dan Duchaine in *Muscle Media* where he laid out a scenario where a trainee of his gained 8-9 lbs of lean muscle by training twice a day for 10 days. What puzzles me was the use of the ECA stack by the lifter which would point to weight loss and the inability to gain a decent pump. Is it an advisable practice to use the ECA stack while gaining mass, in order to curb any excess carbohydrate storage while benefiting from the anabolic/insulin spike from a large carbohydrate meal? I am myself experimenting with such a training regimen myself but I'd like to know your opinion before I go "too far" with it without knowing the opinion of an expert such as you. **Francois.**

Dear Francois: CitraMax (hydroxy-citric acid) does have some interesting properties especially it's ability to decrease appetite, inhibit lipogenesis (fat formation) and increase lipolysis (fat breakdown). As you've alluded in your letter it does some of this by decreasing the formation of bodyfat from dietary carbohydrates and protein. Supposedly, the carbs are then either used as fuel or to increase glycogen levels in the liver and muscles. Also the increased glucose availability might be protein sparing in that less of the protein has to be oxidized as fuel and thus can be used to build muscle.

All this makes interesting reading and if HCA did all this it would be one heck of a super supplement. Unfortunately, in real life it doesn't do much on its own. I've tried it and haven't found much of an effect. Coupled with carnitine, a moderate to high fat, high protein, low carb diet, and other lipotropic factors (such as choline, inositol, B6, etc.) it might increase the loss of bodyfat and the increase in lean body mass that we're all looking for.

As far as increased arthritis and other musculoskeletal problems from a life of lifting, there's nothing in the literature that supports this. I've been lifting heavy for over 35 years now and I've got less arthritis

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and other ms problems than most other men my age. As well, my chances of developing osteoporosis, something common in elderly men, is much less than the general population.

The ECA (ephedrine/cafeine/ASA) stack is usually used for decreasing body fat. The ideal, of course, is to decrease body fat while at the same time increasing lean body mass. ECA can help you do this if you pay special attention to your diet and training. I believe that this is what Don was referring to and it's worth a try. **Mauro Di Pasquale, M.D.**

Lifting tractors? That's what Pennsylvania's Mike Blake does in his spare time. Or maybe he does it to improve his deadlift. Or to impress his friends and neighbors. Unfortunately, Mike only got videotape of the tractor lifting and didn't get any photos, so we can't show it to you here. POWERLIFTER Video has the video, but that's not of much help in a print magazine.

We'll have to settle for this image of Mike deadlifting the usual type of weight—a barbell and plates—for a PR of 570. Mike hit this lift along with a 560 squat and a 440 bench press, one year after surgery and at age 52.

We've all seen odd lifts occasionally, and lifters at the Westside Barbell Club and the Iron Island Gym do them frequently to improve the powerlifting, but the only time lifters get to compete in them is if they do the strong man contests. Well, maybe powerlifting meets could also have the occasional odd lift, just for a little fun and variety. Nothing dangerous, nothing difficult, just something a little different.

Powerlifters are strength athletes, after all; let's see what that strength can do.

POWER SCENE



Mike Blake with his Personal Record in the deadlift - 570 lbs. - in a photo taken January 17th.

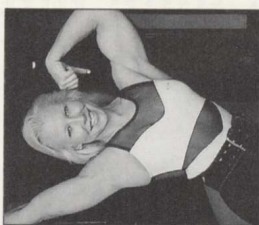
Maine's Bethany Bryan started her weight training with a Soloflex, and look at her now, deadlifting up to 285 lbs., and she's not even training for max weight. Bethany's using the power training for her bodybuilding, and she's got a great future. She won her only contest so far, the NPC Miss Maine, and she's got her sights set on bigger things.

As she puts on size - right now she's a little over 130 and she's looking to put on another 20-30 lbs. - she'll only get stronger and then she'll be moving really big numbers. Bethany's already training a lot like a powerlifter - she lifts heavy for one to two hours per workout, and doesn't do cardio. (But we know that will change.)

We caught up with Bethany at Gold's Gym in Venice and she filled us in on her training and diet: 2500-3500 calories per day to gain weight, and multi-vitamins, creatine, branch chain amino acids, plus a little chocolate ice cream once in a while.

Up in British Columbia, former

bodybuilder Christina Prinn is bench pressing some huge numbers in the gym, and may be looking to set a new world record for the women's bench press, currently held by Tamara Grimmer at 405 lbs. We're sending up our associates, including longtime powerlifter Robert O. Smith, to learn more, and bring back pictures and video footage.

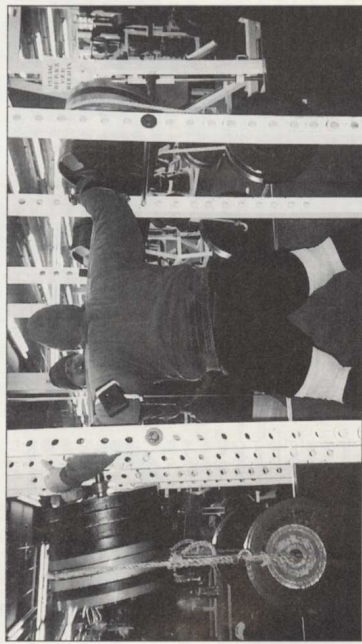


Bethany Bryan posing (above) and deadlifting (below) at Gold's Gym. (photos courtesy of Newf).



Meanwhile, we'll be checking out the Arnold Classic and its big bench press contest in Columbus, Ohio. Scheduled to lift are Anthony Clark, Dave Waterman, J.M. Blakeley, George Halbert and many other top bench pressers. Since we all know Columbus is the home of Louie Simmons, we'll be sure to get some footage with Louie, and some lifting tips, and we'll have that in our next POWERLIFTER Video, and in our next POWERLIFTER column.

We'll also have a report on all the action from Columbus, including what's new in supplements and training equipment. So stay tuned, don't touch that dial, don't even breathe, but you can go to the gym and lift heavy iron. That's always allowed. See you on video. **NED LOW**



Mike Onell, Powerlifter, well, sort of... Training at World Gym in Coral Springs, Florida, you cannot help but notice a very quiet, very large, very strong man training. He is training and training and training for hours at a time. He brings a huge, overloaded, duffel bag with him every time. It is not only filled with chalk, belts, grips, ropes, and a mouth guard, there are bottles of Gatorade and soda. There's a cooler packed with assorted carbs. There might even be a kitchen sink hidden in there somewhere. Anyway, the big guy is twenty-eight year old Mike Onell. When he is not in the gym, he earns his living as a firefighter for the City of Margate. Evidently, hosting fire hoses and ladders is not enough of a workout. He lifts in the gym for three hours a day. He seems to have invented his own unique training regimen. Mike Onell's training goes something like this. He puts seven hundred sky five pounds of the squat rack, then lifts it one time in a partial squat. Then he adds more weight and does this again. When there is not enough room left on the Olympic bar, he hangs plates from the sides, with ropes, and lifts one time. Mike performs a similar drill on the leg press. He piles on about eight hundred pounds and then squeezes out one rep. Then he does more one rep sets the same way, with more weight, until he gets tired. Usually, that occurs about three hours later." (photo and info courtesy of Joanne Trammonte)

The other day while sculpting my version of a medieval gargole, I walked my little nephew. He took one look at the piece I was working on, and commented "Uncle Judd, what is that? You don't sculpt very well do you?"

True, I'm not exactly Michelangelo. In fact, if the truth be known, I did withdraw from my freshman art class at Notre Dame in order to avoid getting a C - that's one below F. And I'm sure that my best art work would probably make any serious art student grimace with pain. Guess what, I don't give a damn.

You see I do a lot of things badly and I really take pleasure in doing them. I've enjoyed sculpting badly for years. I also delight in drawing badly, doing carpentry work badly, and painting badly. And I'm really bad at dancing. I'm the white guy black folk are always talking about. I used to enjoy doing poorly in powerlifting, but I did that so long I actually got pretty good at it. In short, I don't mind doing things poorly. It's fun and rewarding!

Believe it or not there was a time when trying to do different things was fashionable. In fact, it used to be breeding if a guy painted a little, sculpted a little, played the piano a little, and exercised a little. He didn't

Dr. JUDD

I'm Really Good At Doing A Lot Of Things Bad!
as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd at work on a sculpture honoring Dick Reno.

don't even kill you if you are crazy. So being crazy sometimes is really good. You even have to be good with the gorilla. I entered a karate tournament even though I didn't know the first thing about the sport.

Once again I got my ass kicked and in the process gave new meaning to the words "motor moron." All my friends said, "Judd you looked bad out there." Well, what's wrong with looking bad? Like I said I enjoy doing a lot of things I do badly. (Getting my rear end kicked isn't one of them.)

I'm not going to avoid doing something that I want to try just because I might look bad doing it. In all candor, I want to experience everything life has to offer. If I have to be a little crazy or look bad now and then to do that so be it. I want to live my life to the fullest and I hope you feel the same way. I don't want to sit on the sidelines viewing life. I want to be out there in the trenches participating in life.

It's sad, but I really believe most people in America are afraid. They're afraid of taking a chance, afraid of rejection, afraid of failing, afraid of not matching up. Afraid, afraid, afraid. They're afraid of living life and when you're afraid to live, you don't reach out, you don't take chances, and you don't grow. In reality, they are not alive, they're dead; because living means becoming actively involved.

I'm serious, I know a lot of people who are really afraid of life. They will avoid activities they might

enjoy just because they might not do them well. There's a contest they'd like to enter, or an activity they would like to try, but they don't because they're afraid of what might happen. They are afraid they might look bad. That's not living life - that's running from life. If there is one thing that I don't want, it's to come to the end of my life and find that I never lived - I mean really lived, experienced, loved, risked, got involved. I intend to jump right in the middle of things and be actively involved. I'm not afraid to get my hands dirty or that's what I need to do to get the most out of life, that's what I'll do. I'm sure as hell am not going to avoid trying something I want to attempt because I might do it badly. Not me!

You know, I have a friend who really enjoys powerlifting but he refuses to get involved in the sport because he doesn't have the time or energy to do it seriously. "I can't do it," he says "if I can't be the best I can be." I suspect what he is really saying is that if he doesn't have the time to become totally competent in the sport, any lesser level of achievement would embarrass him. So he stands on the sidelines watching his friends derive joy from what he wants to do. Why? Because someone told him that unless he's a master in the sport he can't enjoy it. RIDICULOUS.

I think we should put a stop to all of this right now, and each of us vow to take up something new this week and make sure we never master it. After watching the Winter Olympics I'm thinking about snow boarding. I'm sure with a little practice I can do that as badly as anybody. My nephew has already started. I walked into my sun room the other day and he was making a peculiar-looking thing out of clay. I believe it was his interpretation of a meteoric Easter Bunny. He was having a lot of fun.

Don't miss out on all of this. There are a lot of fun things to do out there. Golf, tennis, auto mechanics, real-estate, piano, and chess, a real smorgasbord of exciting activities. Really good stuff that you can learn to do badly. So hurry up and get started!

Like I said, if I have to be a little crazy to get there, so be it. Every day becomes more exciting and challenging. It's like being reborn again. It's awesome.

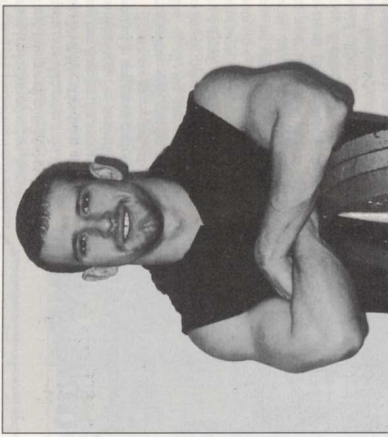
Judd Biasiotto Ph.D.

WORKOUT of the Month

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Joe Luther Bench Press

For an athlete that wishes to increase their bench press max, rather quickly, I have found this workout to produce the best results. If you wish to produce the best results, you need to start this workout at 10 to 15 pounds. When your max goes up you need to increase the weight in your workout (so when your max jumps to 305 you should start the workout with 300 then 290 and so on). This will keep the intensity of the workout constant with your strength gains. Starting your workout with your heaviest sets first will let you train with heavier weights for more reps than starting your workout with your light sets first. For any lifter who wishes to obtain more information on this workout, or wants more information on other workouts can call Joseph Luther at 1-509-837-7308.



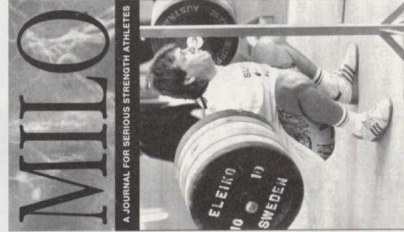
Joe Luther is a fast rising bench presser who has done 413 at 165 just beyond his teenage years. (photo courtesy of Joe Luther)

No!-No!-No!

Melbourne, Australia (November 1993).

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

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STARTIN' OUT

A special section dedicated to the beginning lifter

Your final attempt at a meet signals the logical end to your training cycle for that meet. At that time, it's a good opportunity to review and critique your planning and preparation for the meet as well as your activities at the meet. Preparing for a contest and the actual competition itself can be compared to a business preparing to introduce a new product or service. Much time is spent preparing the product or service for introduction, but what is just as important is how well it is made available or put on the market. Mistakes anywhere along the way can hamper its success in the marketplace. For powerlifters, our product is our meet performance.

There are many aspects of the competition that can be reviewed. First of all, we can examine the commute to the meet. Some meets are a great distance away and require several hours or more of commute time. For these, the best bet may be arriving the day prior to avoid rushing or, at worst, missing the meet altogether due to an unforeseen circumstance or travel delay. Getting there the day prior would allow you to arrive at the meet fresh without the tiring frustrations of early morning travel. If the meet is local and requires a short commute, still endeavor to arrive with time to spare.

Food and beverages consumed the day of the meet are critical to success and maintaining a high energy level during those long contests. Many lifters like to eat high carb breakfasts the day of the meet to sustain their energy. This is fine, but I would avoid eating anything you are not used to. This could cause some digestive problems that can wipe out all your hard training in a single stomach cramp. Having food and beverages available at the meet can really help. I would suggest some sports drinks and fruit. Sandwiches are not a bad idea especially if there is not good food available at or near the meet, which is usually the case. Bring a cooler to keep everything cold. If you experienced problems at the meet due to something you ate, try to identify what it was and stay away from it next time. Things that seemed to digest well should be tried again for the next meet.

Hopefully, before you leave home, you checked to make sure you brought all your lifting equipment, including spares. If you forgot something valuable, develop a checklist to review while you pack for your next meet. Check your equipment over before and after every meet to make sure they're usable in the future or need to be replaced. A meet is a good place to get info on other brands of lifting

lifters of similar strength levels to your own. It'll be a big inconvenience for everyone involved if you want to warm-up with superheavies if you can only squat 300. If you don't keep tabs on how soon you're due on the platform, you may have to lift before you've taken a final warm-up or on the other hand, you may finish your warm-ups too soon and have to wait a long time to lift. In any case, you are exposing yourself to injury as well as lessening your chances for a good lift. I've seen too many lifters miss attempts because they were in the warm-up room when their name was announced to take a lift. If you had a problem in this area, make sure at the next meet you plan in advance when to start taking warm-ups and how many to take.

Occupying yourself during the times when you are not lifting is worth considering. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at meets where it can get chilly. Listening to music with a portable CD or tape player with headphones can help during these times as well as when waiting to lift in the on-deck area. Perhaps taking a walk outside the meet area can help to clear out the cobwebs. Fresh air can work wonders after spending hours around sweat, chalk, baby powder and Ben-Gay.

Over time, lifting tends to make us bigger and heavier. Making weight can get more and more difficult. This could be a signal that a move up in weight class would be in order. A tough diet to make weight can really sap your strength level. If this is the case, consider making the move up a weight class. On the other hand, you may determine that lifting at too high a weight may not be desirable or healthy any longer. If so, work to lower your body fat level by reducing your fat intake and adding some aerobic exercise to your training.

As you can see, there are a lot of factors to review after your last meet attempt is taken. You don't need to think about all this stuff right after the meet. Sometimes you need to get our minds off the meet and go and relax and eat and drink things we couldn't while trying to make weight. Remember that the best routine and attention to nutrition can all be wasted if we blow it at the meet. Our product is the result of all our efforts. If you evaluate your meet activities like you do your nutritional intake and training routine, you can greatly increase your chance of success.

Doug's Web address: members.aol.com/dtdam12345/default.htm

Reviewing Your Meet

as told to Powerlifting USA by Doug Daniels



Reviewing your meet performance can lead to a better meet next time

gear such as squat suits and knee wraps. If something sounds promising, purchase it and give it a try during your next training cycle. If it proves superior, use it for your next try another product. Each brand of squat suit, etc., performs differently and can be more effective for one lifter than another, so keep an open mind to new products and developments in lifting gear.

Evaluate how your attempts were chosen. Many lifters come to a meet with an idea of how they would like to see their attempts go. Let's say you open in the squat at 500, take a 35 pound jump to 535, and go for 560 as a third. Sometimes your attempts don't go the way you planned. That 500 opener might feel a lot heavier than it usually does. A tough lift at that weight may require you to drop your second attempt to 525. Then there are times when 500 feels like 300 and you're good for more. Experience is the best source of how to choose your attempts at the meet when your lifting does not go the way you

TRAINING

Training Methodologies

as told to Powerlifting USA by Louie Simmons



Phil Guarino does the hanging band press - a contrast method - with 605. He has hit 661 at 253. (photograph provided courtesy of Phil Guarino)

There is much talk about training philosophies. It seems everyone has their own, which they devised on the basis of their own experience. They recommend such strategies as doing reps to failure, to eliminating assistance work and doing only the squat, bench, and deadlift. Have you ever wondered what the author has accomplished as a lifter, a trainer, or a scientist? Did they ever total a USPF Elite or field a full team of Elites at a National meet? Did they ever make a Top 10 lift in one or more categories? Or is what they are doing a personal philosophy with no proven results.

It has been asked what philosophy Westside Barbell adheres to. The answer is none. We use training methodologies, that is, the science of methods. Everything we do is based on a scientific principle. We cannot be so arrogant as to form a personal philosophy. At Westside we are responsible not only for our own training but for the training of our loyal readers, of which a dozen or so bench over 600 pounds. Many of our "extended" members have become world champions, U.S. National Champions, or European Champions.

We use several sophisticated methods of training, such as the dynamic effort method. Using the data compiled in several Eastern European training manuals and modifying it through our own experience, we have had 18 lifters bench over 550. Two are over 40 years old and are 1985.

One component of our success is training the bench at 60% of a no-shirt max. It was noted in Supertraining (MaSiff and Yuri Verkhoshansky, 1917) that a 154 pound bar with maximum acceleration equals 264 pounds; 154 is 58%, right in our ballpark. But what does this mean to you?

If you train the bench press with 300 pounds, which is 60% of a 500 pound max, and do 8 sets of 3 reps, as Prilepin advocated, you are doing 24 lifts with 500 pounds of force (force = mass x acceleration, F = ma). There is no other way that a 500 pound bench can do 500 for 24 lifts in one training session. Will this build max strength? No, it is not intended to do so. Rather, this builds explosive strength and acceleration, and by lowering the bar very fast, it will build reversal strength. This process builds kinetic energy (E = mv²/2), which is transferred to the muscles and changes to elastic energy during the concentric phase of the bench press. The greatest source of enhanced motor output is the

a week is actually not sufficient; 8-15 training sessions per week is necessary. If you think this is excessive, think about football players, who do three-a-days. This many sessions isn't as difficult as it seems. For example on Friday, you could box squat, do reverse hypers and abs, and then take a 25 minute break to do a second workout: sled pulling and abs, or pull-throughs and abs, or glute/ham raises and abs.

Our system consists of training with weights that contribute to speed and acceleration strength using 50-60% in one workout. Other workouts in this system develop maximum strength, while others are designed for GPP (general physical preparedness) and SPP (special physical preparedness).

The first text on the organization of training was written by Kotov in 1917, *Olympic Sport*. He considered it quite important to differentiate training into preparatory, general, and specific stages (Siff and Verkhoshansky, 1977). In the wave, the total volume is intended to be affected. Our volume is raised and lowered by special exercises, not the barbell lifts. This allows us to work on underdeveloped areas. It could be strength, speed, or technical skills. The distribution of lifts at certain percentages must be closely adhered to in the three barbell lifts. Prilepin's research (1974), published in *Managing the Training of Weight Lifters* by Laputin and Oleshko, 1982) reveals how many repetitions at a certain percentage work best for strength. We have slightly modified these recommendations to take into account the use of supportive gear. It was in 1983 when these recommendations were first utilized at Westside, and we have never abandoned them.

It is recommended that maximum weights be lifted if you are to achieve great strength. This process is known as the method of maximum efforts (*Weightlifting Fitness for All Sports* by Alan and Baroga, 1999) and is defined as the ability to overcome maximal resistance without a time limit. This method is characterized by the fact that a lifter makes a maximum effort in particular exercises. It could be good mornings, box or rack pulls, a special squat, or a pressing movement. We regulate our training by doing a final warm-up at about 90% and then trying a PR and possibly an additional small jump for another record. Note: Don't worry about missing; you are still

The improvement of speed strength and absolute strength (Dobrovsky, 1972-73). That is why we box squat; it is a proven method of squatting. The squat training differs from bench training in that it is done in a continuous wave: we start at 50% and simply jump about 2.5% per week until 60% is reached. The wave-like periodization scheme was first utilized by Matveyev (1964).

With the progressive overload system, which is outdated and three decades old, one invariably had to start over after a contest. However, the wave provides weights that will continuously produce speed strength gains. This makes a yearly or multi year plan simple to organize. Three or four training sessions

increased muscle force production during this type of activity (Verkhoshansky, *Fundamentals of Special Strength Training in Sports*, 1977).

For squatting we also use the dynamic method with sub-maximal weights, 50-60% of a contest max. This is done with 8-10 sets of 2 reps. The squats are performed off a slightly below parallel box. Use a fast but controlled eccentric phase to the box. Sit fully on the box, and sit back as far as possible. This will place the vital muscle groups in a totally stretched position. Then by relaxing the muscles of the hips, the eccentric/concentric chain is broken, forcing a static/dynamic action, a very important element of

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the repetition method) for more than two workouts in a row.

So remember, max out on special exercises, not the classical lifts, or do mass building only for the muscles that require it. Also remember that doing 90% or more in a particular exercise for more than 3 weeks will have an ill effect on the CNS, so rotate every 2 weeks in the conjugate method. This method was first tested on the Dynamo Club in the former Soviet Union around 1972. Realize that for every specific sport the Russians would normally employ three or four sports scientists to run a variety of tests to evaluate the physical skills required by the sportsman.

As you know, we use chains and bands to accommodate the decrease in resistance as one proceeds through a lift. Zatsiorsky states in

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made a Top 10 list for 28 years in one or more categories in *Powerlifting USA* or the old *Powerlifting News*, and I have topped Elite in 5 weight classes. I only tell you this because, in the immortal words of the world tag team champions the Road Dog Jesse James and Mr. Bad Ass Bill Gunn, "you better call somebody", and ask what have they done. Anything? Have they ever developed a group of Elite lifters, or are they trying to persuade you to follow their unproven philosophy. The authors I have talked about are just a few that I admire. If it was not for their findings combining sports and science, I would have retired to injuries in 1983 and would never have made my biggest total, at 51 years old. I have a huge advantage by networking with men such as Brandon Green, Dave Caslor, and Wusulf Omar, to name just a few. There are many great strength athletes that don't have my resources. That is the only reason I write for *Powerlifting USA*. I read 10 times more than I write. Although I don't see eye-to-eye with many of the top administrators in our sport, I do have a common bond with all lifters from all nations because I too am just a lifter.

Rest intervals are a science in themselves. The interval method is commonly used by sprinters. It is regulated by the time of a working set and resting long enough to fully revive the CNS. But, your goals to reduce the rest time according to your fitness level. At Westside we have a high level of GPP, thus our rest time is very short and our workout volume is very high in a short workout - 60 minutes. This fast paced training is also known as lactic acid tolerance training. The above mentioned methods are presented in *Theory and Methodology of Training* (Tudor Bompa, 1994).

At Westside we use only methods that have been proven on countless Olympic World and National champions. I have squatted 821 at 238, benched 600 at 254, and totaled 2050 at 239, none of which will make the Top 10 all-time list at Westside (Schwartz formula). I have

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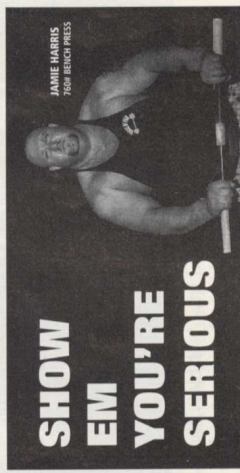
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TRAINING

HURT ME! - ARMS as told to Powerlifting USA by Tim Piper

At the Salvation Army Gym in Macomb, Illinois the Gendey's and I are always looking for new ways to train our athletes. Over the last 5 years we have incorporated Olympic-style lifting and Plyometric training as a part of our more serious athletes' programs. Many of our lifters compete in both Powerlifting and Weightlifting, and just recently we hosted a Strongman Contest. We try it all.



Exercise #1, the Bent Over Row. The wrist wrap is from an recent minor injury unrelated to the Hurt ME! routine. (Tim Piper photos)

As long as technique is not compromised. Exercise 2 - Modified Upright Row: With the same weight grip stand up and perform upright. Exercise 6 - Front Press: We now switch our stance so the opposite foot is forward and then



Exercise #2, the Modified Upright Row



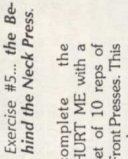
Ex. #3, the Forearm Curl



Exer. #4, the Bicep Curl



Exercise #5... the Behind the Neck Press.



Exer. #6, the Front Press

complete the HURT ME with a set of 10 reps of Front Presses. This is where we separate the men from the boys. If the weight is too heavy you will not complete the set without trying to cheat. Remember we don't allow cheating. You are tired, your stabilizers are all shot and cheating would only lead to improper technique and injury. If the weight was too light try adding about 10 lbs. for the next set. Besides the obvious benefit of muscle endurance in almost every muscle of the upper body the HURT ME has many advantages commonly overlooked in powerlifting training. Stabilizer strength is increased with the 6 exercises. The muscle endurance in those stabilizers will help add joint stability to the shoulders and back. This increased strength, endurance, and stability will decrease the chance of injuries. Will it help with muscle hyper-

trophy? Although it can't be stated for sure without the research to back it up the series of exercises does add a great "pump" to the arms and shoulders. It will also cause delayed onset muscle soreness (DOMS), which is associated with muscle hypertrophy. One major benefit we have also found with this exercise is that it really teaches perseverance. You get used to the pain associated with a really hard set. You learn to dig deep and force out those last few reps with encouragement from your spotter. Many lifters have taken second place only because they do not know how to persevere. You always have more strength than you ever realize. One word of caution. This is potentially dangerous! Anytime you train to extreme fatigue like you will experience with the HURT ME you must pay attention to technique. Do not let your ego take over and allow yourself to cheat. Your spotter must also be aware of your limits. If the spotter gets too excited and pushes you too hard YOU will be the one injured, not him/her. Know the difference between soreness and pain. This is only one HURT ME routine. It is designed to

focus on the shoulder and scapula stabilizers as well as the small forearm muscles. We have others which are designed for the legs as well as routines which require no weight at all. Try out the HURT ME and watch the crowd grow as they watch you bust your gut and wonder how it can be so hard. Once the first person asks you to try it and they learn why it is called the "HURT ME" the word will spread fast. It is grueling. It is painful. It is fun, at least for the spotter. It works.

Tim Piper
Western Illinois University
Brophy Hall 221c
Macomb, IL 61455
(309) 298-1781

WEAPON FIVE - IMAGE (Lesson from a "Wizard of the Saddle") as told to Powerlifting USA by Rick Brewer

is "image" important to a warrior? Is image important to a powerlifter (peace-time warrior)? The answer might surprise you. Nathan Bedford Forrest was a brilliant cavalry officer in the Confederate Army. Lee and Sherman alike called him the most remarkable officer produced by the war. Daring to a fault, his most common tactical error was to place himself in too much danger, which led to 29 horses being shot out from under him. He was a lieutenant-general personally entered the thickest fighting, and killed at least 30 men in hand-to-hand combat. Yes, he was foolhardy to place his command at such risk (he was wounded 4 separate times), but he was very successful against enormous odds.

Why haven't you heard of him? Well, for starters - he sometimes killed innocent people, even as they attempted to surrender. Some of his men said he was a cruel and dangerous leader. Unfortunately, he was also the first "grand wizard" of the KKK. Ok, he had several faults. Rather than looking at the man, let's look to see if we can learn from his military successes. Stay with me.

He was known as the "Wizard of the Saddle" for his tactical genius as a cavalry officer, often leading op-

justed powerlifters. The point is, this strange behavior trained their opponents to fear them on sight - particularly important to them in their role of initial strike forces. Even more salient, they trained themselves to think they were tougher than they actually were. Immune to enemy weapons? Right! They were mortal, and they died in battle quite often, but they maintained the image.

Image is everything. If you want to be powerful, train ferociously. Train yourself to believe you are stronger. Attack the weight fiercely on your first two work sets, and continue to repeat these attacks until the iron bends to your will. Hold nothing in reserve.

While all powerlifters know that they need to train primarily for 1 RM, many overlook the importance of training for muscle endurance. Anyone can do high reps with a single exercise like the squat or good mornings and gain local muscle endurance. Recently, Sean, one of our lifters, introduced us to a new muscle endurance/superset exercise circuit. We don't know for sure where the idea came from originally, but the exercise caught on and now it's a regular sight in our gym. Everyone from beginners to Judy Gendey herself is doing the HURT ME. Why do we call it the HURT ME? Try it once and you will see.

The HURT ME exercise is actually a series of six exercises for 10 reps each done without rest or any weight changes. We begin with light weights, usually the 45 lb. bar, and progress slowly adding weight when the lifter finds the exercise easy. We recommend doing 1-3 sets, 1-2 days per week, of the HURT ME after ALL other work is completed. If the HURT ME is done first the stabilizers will be so fatigued that it will lead to instability during your other lifts.

The HURT ME ARMS #1 Exercise 1 - Bent Over Row: Bend at the hips until the torso is almost parallel to the floor. Bend the knees slightly to ensure that the hamstrings, glutes, and lower back are all engaged and working together. With a wide grip pull the bar to the lower chest for 10 reps. Speed is encouraged on all exer-

Exercise 2 - Modified Upright Row: With the same weight grip stand up and perform upright. Exercise 3 - Forearm Curl: Keeping the same grip do a set of forearm curls for 10 reps. We do not allow for cheating on any of the exercises. If you try to cheat on this one by swinging to throw the weight up, then stand against a wall or have your spotter keep you in check. Exercise 4 - Bicep Curl: Without missing a beat turn your hands over and do a set of strict standing curls for 10 reps. By this time your forearm muscles should be on fire and you will realize why we call this the HURT ME. So far you have worked the biceps, forearms, lats, rhomboids, traps, erector spinal and even some posterior and medial deltoids. The next two exercises really tax the triceps, anterior and medial delts.

Exercise 5 - Behind the Neck Press: We like to use a staggered stance to decrease the chance of excessive back arch. We do not allow for any resting on the shoulders during the presses. To limit exposure to possible shoulder prob-

lem. Tell yourself that you are strong. Decide on a specific goal for each competitive lift, and then concoct specific training lifts to shoot for that goal. Pursue these goals with a "constant repetition of blows." Force your body into completely attacking these goals, and stay on the offensive against personal weakness. Dress and look the part of a powerful lifter. If you think you are as strong in flowered panties as you are in a singlet - you are either sadly mistaken, or a Jerry Springer. "Frenzied psychotic behavior", however, is good. Insanity is our friend.

Next month: TRICKS WITH-OUT MAGIC (when image is dangerous).

ponents to believe he had more troops and/or firepower than he actually possessed. Several times he put on an ostentatious display in the presence of prisoners, who were then allowed to escape and spread the story of his much-inflated troop strength. Once, when he was too overwhelmingly outnumbered to fight, he bluffed his adversary into surrendering! His goals were always offensive, even to the extent of charging from cover to meet a charging enemy rather than waiting to receive the attack in a safer defensive position! He ignored other conventions of warfare as well; for example, he held no reserve troops - but instead committed his entire force from the start. Note that when I say his entire force, I mean exactly that. Every man attacked. His men feared him more than the enemy, as he was known to kill any of his own men who tried to run from battle. Every "Fightin' means killin'" were his words on the subject.

He is often remembered for his successful formula of getting to the decisive position "first with the most men" (his words). This involved no small amount of planning, since he was almost always outnumbered. First with the most... if he were a powerlifter, he would have squatted aggressively - holding nothing in reserve. So far, so good. Now for the image lesson:

Asked after the war about his almost unbroken string of victories against numerous, usually superior forces, he gave a very perceptive insight. He said most men viewed the battlefield "with horror and consternation", so he tried to make his first appearance "as shocking to the enemy as possible." He cast his "entire force against them in the fiercest and most warlike manner possible." He would thus "overawe and demoralize" at the very start and with unabated fury, "continue this demoralization by a constant repetition of blows... killing, capturing and driving them with but little difficulty." (When the enemy retreated, he sometimes continued pursuit for days.)

Image is everything. What does he have to do with power? As for making your own appearance "as shocking to the enemy as possible," consider the Viking berserkers. In most Viking sagas we find that the most accomplished and feared warriors were berserker (berserks, or berserks). These troops were the subject of much rumored nonsense, from epileptic battle fits, rabid rages, frenzied psychotic behavior, to total disregard for personal safety and immunity to enemy weapons. Some consumed mushrooms and other drugs, chewed on their own battle shields, and moaned and shrieked during battle. Yes, they were basically normal and well-ad-



Bill Holland (President of the North American Strongman Society) knows all about presenting a warlike image at strength events. (Rick Brewer)

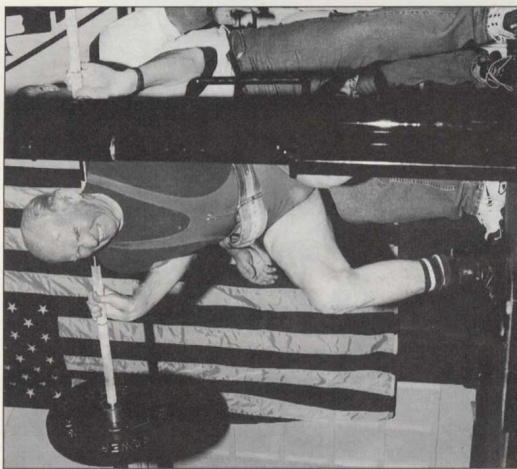
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TRAINING

Choices for the Master Lifter as told to Powerlifting USA by Ron Fernando



Ron Fernando is one Master Lifter who has achieved a great balance between competitive outings, family obligations, financial endeavors, and societal responsibilities. Above, he lifts at the USPF World Meet.

I recently visited my folks in Arizona and couldn't resist taking a short trip back into time. That is, I made the mistake of walking back into my old room and there, on the bookshelf, like some ancient artifact collected by some long-dead Egyptologist (and just as dusty) was my very first "trophy" from a competition I did at the University of Arizona way back in 1973. Actually it wasn't even a real trophy, but a tiny plaque about the size of two business cards. If it cost more than 6 bits I'll eat the damn thing, but I remember the sweat and time it took to garner that think and then got to thinking - that was 26 years ago! In those days, I used to eat, sleep, dream, and walk powerlifting. I remember sitting in those drab lecture halls at the U of A, along with 200 other students. In those days, people were a bit more laid back about their approach to schooling. Competition was not as tough as it is today, tuition was dirt cheap, and a lot of us whiled away the time with one ear on the professor and another in outer space. Some of us smoked, others snored, and still others gossiped. Me? I wrote down permutations of what I thought was the IDEAL powerlifting routine, over and over and over and over again. I somehow conned the deadlift coach Cole (2375 in 1971 at 288 wt.) into giving me a routine over the phone and I was trying to modify it to absolute perfection for little ol' me. I was also trying to incorporate something / anything from Joe Wedder who I had defiled as the epitome of truth for bodybuilding.

When I would train, I would train for hours on end. I lifted in the college gym. I lifted at home in the backyard. There was a time when I was inspired by watching David Rigert (ex-Soviet 198 OL champ) and practiced the snatch lift in the backyard (with no platform). When the lawn started looking like the aftermath of the Rodney King verdict in LA, the old man knuckled under and bought me my very first gym membership. Fast forward about a quarter century... Since then I, like many of you, have gone through jobs, wives, homes and have flirted with all sorts of supplements, but the one constant in my life has always been the desire to hoist the Big One. That elusive MAX... that oh-so-close if I could only get my tricep strength up-bench press. That "I had it, dammit, but my fingers slipped at the top Deadlift..." that "You know, with just a little bit more work you could squat 650." Like in Hemingway's *Old Man and the Sea*, the desire to lift heavy weights has been both a blessing and a burden on my life. What to do?

As I see it, you have three basic choices:

1. Give up competitive lifting altogether. Upside - a lot more time for any other hobbies such as golf, swimming, racquetball (if you are still athletically inclined) or interests such as music and travel. Downside - A HUGE deflated ego when you start having to wear "Medium" shirts instead of "Extra Large" or people don't even ask you what your "day" job with your family, children, ex- or current spouses, bills, commuting AND putting the awesome burden on yourself physically, psychologically and financially of powerlifting competition, which can be at BEST a daunting task for anyone, regardless of resources or time available. In this article I want to simply talk about choices. We all have choices in life, and the choices we make now will affect not only OUR own future but that of others. Let's talk about these POSSIBLE CHOICES as they pertain to YOU the Master Lifter.

As I see it, you have three basic choices:

hear all of the trash talking and if you DARE interject something like "In 1979 when lifted at the Nationals", expect to get the inevitable looks ranging from the politely bored to the downright rude, and they all mean one thing: Go away old man, We really don't care.

2. Change forward like a raging bull with your lifting plans while subordinating everything else. Spend your time, money and energy, both physical and mental, on chasing THE TOTAL - THE BIG BENCH... Upside - probably a great physique, a lot of flattery from strangers to the tune of "Gee, you don't look your age" and "You can lift HOW MUCH... and you're HOW OLD?" Of course, you'll have a shelf full of brand new trophies and meet T-Shirts that you can show all of your new friends (new because your old ones will have dumped you!) Downside - you will be on a first name basis with your divorce lawyer, the word "minimum monthly payment" on an ever-mounting credit card bill takes on new meaning, your family becomes an entry in your Daytimer after your sixth meal. For some of us, after years of steroid use means an early trip to Forest Lawn (or something similar). This, in my humble opinion, is NOT the way to go.

3. Create some BALANCE... between Work... Family... Hobbies... and Powerlifting. I want you folks to really look at this. I really believe that if you create this mental harmony, this psychological "chord" where all of the "strings" of your life BLEND TOGETHER properly, not only will you be happier, but you will LIFT MORE... Yes, Lift MORE! Let's all do a little mental exercise, shall we. Pick up a pen and write down in THIRTY SECONDS OR LESS, TEN goals, with only THREE having anything to do with lifting. Be specific. Don't just say "Be Happy." Say "Spend an extra hour a day with my wife, or girlfriend, or significant other, etc., so we can BOTH BE HAPPY". And... assign a TIME FRAME for these goals, ... example: I will bench press 350 with a double denim shirt and 300 raw by December, 1999. Now, put down the pen, look at your watch and - GO!

A Sample List of Goals

1. Increase my portfolio by 12% by investing in more higher grade mutual funds, tech stocks by year end, 1999
2. Increase my income by taking that management course my boss has been hinting at by June 1999.
3. Spend an extra 3 hours a week starting THIS WEEKEND.

to devote more time to your career, church, etc., but in ALL CASES, your lifting should never exceed 30% of your total bodily energy (time, thought, finances, etc.). This is not cut in stone, and can certainly be altered down. For example, I now have a policy to NOT spend more than, say, \$300 in getting ready for a meet, and that includes EVERYTHING (equipment, supplements, travel, meet entry fees, etc.). Sounds cheap, but it can be done. If you stick to the local meets and around your area (check the excellent Coming Events in PL USA), pick one that is within driving distance, and use your current gear (assuming it isn't too beat up).

Supplements - (a future article) but maybe a couple of extra boxes of Myoplex and Creatine along with some extra Excedrin for the aches and pains and I am good to go. On this sort of mental budget, you could compete, say, three times a year, spend 900 bucks, have a GREAT TIME, maybe win a couple of trophies and nail down a PR or two, but you have not... gone broke, ignored your family or career and have achieved a BALANCE that is, above all, POSITIVE. Remember, family (wife and cats), career, and people, these are the CHOICES you have to make. Until next time, Aloha.

Ron Fernando

Powerlifting USA's Man in Japan

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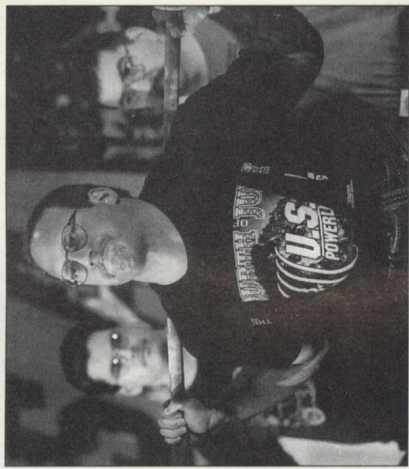
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TRAINING

The Very Best Method of Selecting Your Openers

as told to PL USA by Andrew Holowchak, Ph.D.



MITCH EDELSTEIN went 9 for 9 at the 1998 USAPL Men's Nationals

Selecting your opening attempts is one aspect of competition powerlifting that has received very little attention throughout the years. This is puzzling to me, for I have noticed that this element of competition is problematic for even many experienced lifters.

The importance of determining the right openers is obvious: you want to open with lifts that are light enough to get you on the board, yet heavy enough to contribute toward a significant total. In what follows, I shall give a method for selecting your openers that not only guards against bombing out of a contest, but also ensures that you will perform as close to your best as you possibly can at that contest.

Defining a "Successful Competition": Most powerlifters have difficulty in deciding what their openers will be because they have a mistaken view of what comprises a successful competition. There are, it seems, two schools of thought on competitive powerlifting success. The first argues that a successful competition is one in which you come as near as possible to personal bests in all three lifts. To guarantee success, then, you must not open conservatively; you must open close to your personal best in each of the three lifts. This, such a lift means that you will bomb out of a few meets, but, in those meets in which you do not bomb out, you will certainly shine. Let us call this the Personal Bests Approach. The other school of thought, which seems to be the dominant one these days, argues that success in competition means completing as many of your nine attempts as possible. How many times have you read someone writing or saying of a powerlifter, "What a meal! She hit on all nine of her lifts." According to this school, the most successful performance a powerlifter can have is to complete all nine lifts - that is, go nine for nine - while the worst possible scenario, other than bombing out, is to succeed only in one attempt of each of the three lifts. Let us call this definition of success the "Percentage Approach."

Both of these definitions of successful powerlifting performance are critically flawed. The problem with the Personal Bests approach is that it is all or none oriented. Powerlifters who have lifted for years realize that competitions are seldom opportunities for achieving personal bests. As a powerlifter, the best that you can hope for is to come as close as possible to your training bests for a particular cycle. Thinking that you can press 450 pounds simply because you did this weight three years ago will quickly get you out of

enough to contribute substantially to your overall total, yet one that is light enough to be successfully completed, regardless of the circumstances at the time of the meet. The easiest way to ensure success in a competition by opening with the right weight is by utilizing the following formula: Open each lift with your heaviest strict training triple in that lift. Do not worry about playing with the minds of your competitors, or their playing with yours. Do not try to hold back and surprise an opponent later on. This strategy is likely doomed to end in disaster: You risk giving up too much ground. In short, I shall argue that there should be no strategy whatsoever involved in establishing your openers other than the selection of the triple method.

Once you have succeeded with your opener in a particular lift, select your second lift. And here is the real benefit of the triple method. By opening with your heaviest training triple, there is not much room for unreasoned speculation concerning your second lift. Your opener will have been heavy enough so that you have a very good idea of what your limit is on a particular day. Call them, a weight that is as close to your limit as it can be without there being likelihood of failure given the circumstances of the meet. You need not even concern yourself with any close competitors. Save this for your final attempt, especially in the deadlift. Simply add numbers to your total here.

On your final attempt, you should have little room for decision. Go for broke, but do not be absurd. If you think that you have a legitimate shot of upping your bench by five pounds and that 10 pounds will likely end in failure, go for the five. In this way, you will add to your total, not fall to add to it. Pad your total along the way. Save any strategy for your final deadlift. This, if the competition is keen, should be your most strategic lift.

Summary: In short, the triple method is the very best method for deciding your openers. First, it guards against bombing out. Successful competition is about taking hit strong totals at most of your meets, but bomb out of, say, every third one, you are not competing successfully. Second, the triple method helps you to perform up to your very best on a particular day. It lets you open high enough to give you a lift that contributes substantially to your total. Furthermore, once you have completed your opener, there is little room for guessing when it comes to deciding just how strong you are on a given day.

Munch, West Germany was the site of the 12th Worlds. The venue here was the Olympic Basketball Stadium, site of the disputed USA-USSR Basketball final ten years prior to the 20th Olympic Games. This year saw the biggest turnout ever: 136 lifters from 19 nations. Only one country failed to score team points (Indonesia). For the 1st time ever athletes were tested for use of anabolic steroids as well as stimulant. USA again captured the team scoring honors - 5 wins and three 2nds. Larry Pacifico lent his expertise as team coach. Dr. Ken Leister accompanied the team to crack some backs (that's a fact). The German barrel by Schmitt was the implement used. No knurling in the middle gave some lifters SQ problems. Henceforth no more W/Rs would be accepted sans IOC level testing. On with the action.

114 lb. class - THE MAN FROM JAPAN AGAIN! - Last year Phil Stringer, GBR was denied bronze by a lighter wtl. decision. FIN's Tuomisto was absent in Munch, therefore, Stinger performed that medal this time. Phil opened with a 441 SQ. He arched like a bow and released a big 281 BP. Too far behind to catch the top two, Stinger snapped up 3 DLs (407) to TOT 1129, a solid performance - 3rd! Inaba, the cordial Japanese warrior underwent his stiffest test to date. Since his debut in 1974 he'd unmercifully defeated everyone in this the very lightest category. Coming in he had 8 straight titles, and was going for the immortal Larry Pacifico here. The USA's Chuck Dunbar was in peak form here and gave Hideaki a real run for his money.



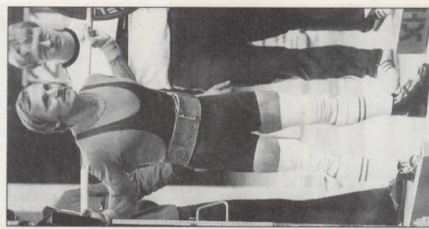
Hideaki Inaba going for his 9th!

12th IPF WORLDS as told by PL USA Statistician Herb Glossbrenner



Lamar Gant had to bench on a 'twanged' pec that proved to be his limit. He missed 5 more - and ended with a 1207 TOT. Haanainen saw a ray of order: 540 & 556 and finally the gold medal lift was reached! 584 wasn't enough. Both Lampella and Hemmsson weighed identically (131.836). That weight would have created a tie and necessitated a re-weigh between them. Kullervo wanted the indisputable win - 589! He gathered his reserve and with a tremendous effort did it! He's champ. Kullervo is Tarzan (by a narrow margin!).

148 lb. class - NENTIS - THE NEMESIS (TOO HEAVY FOR EDDIE)! - Stefan Nentis caused a spirited celebration among his teammates & changes. For the 1st time in Swedish History they claimed a victory this day in November. The defending champ was Eddie Pengelly, GBR. He'd defeated Nentis in India by a 22 lb. margin. This year the tables were turned. Nentis pulled away from everyone on the get



Lampella the Little Finn that Could

with 512, and then 518, to surpass his own W/R were close but no cigar. Hideaki got a bad opener BP (242) handoff - which caused him to miss. Repeat O.K. - then failed 253. Dunbar had a difficult time stabilizing his feet, due to his stature. Chuck made 286, then 303. He got a very bad handoff with 308. He got it up with 1 arm lagging slightly - and it was not accepted. Tough break! With his S&S DL surprise, Dunbar was brimming with confidence. Leading by 62 - he knew he would need all he could muster. Chuck got 369 to assure 2nd. He next lifted 402 solidly (1212). Not knowing what Inaba might get, Chuckie gambled on 429. It didn't pan out. Inaba gave the American camp a ray of hope. Hemis-grooved his 479 opener - miss! Then, with a knowing twinkle in his eye from the tease, he locked it out. This assured his 9th World Title. Still the chosen one - the Shogun won! (Now 55, Inaba last year competed in his 25th IPF Worlds. He's the winningest champ ever over the course of 25 years: 17 titles, 6 seconds and 2 thirds. Inaba is unquestionably the greatest P/L in History. His dominance as World Champ is unparalleled - the best there most likely ever will be!

123 lb. class - GANT GETS THE CHECKERED FLAG - ENHANCED WITH A RECORD TO BRAG! - Lamar Gant, 24 (USA) not only captured his 8th W.C. title, but surprised everyone (including himself) by setting the only W/R of these Championships, and - wonder of wonders, it wasn't in the deadlift!

Narendra Bhairo, GBR, earned top SQ honors within the competition, being lighter than Gant. His 485 lift was an opener. Gant matched it on his 2nd. Then he went after McKenzie's (NZL) W/R with 518. He lost his balance. Unwilted, he came back - on a 4th - to post a rousing success. He seemed happier about this than winning the coveted title. A minor pec tear 2 months prior hampered his BP. The stalwart veteran matched 264. Twice 297 was a close call. Bhairo remained ahead at S.T. time - deadlocked but the Brit was lighter. He also got 264, matching Gant - and failed 11 more. Hanging back in 3rd was Yrjo Haatanen, FIN. Yrjo placed himself in a favorable position via a 429 SQ and 270 BP. Bhairo DLed 457 - on a 2nd, and

253 BP. Nobody seriously considered

132 lb. class - A FINN WINS - LAMPPELLA'S THE FELLA!

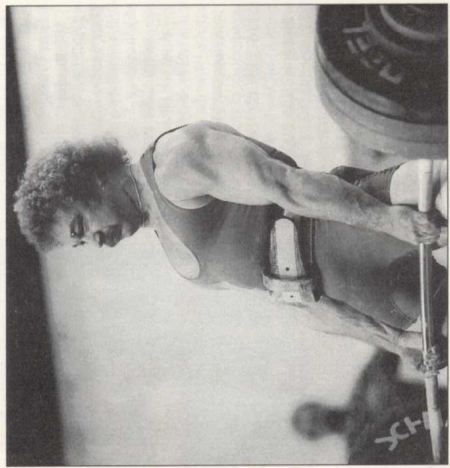
There was no USA entry @ 132. With Gant down a class, the logical pick would be Tony Galvez. He represented GBR last year. ESP this time, but he zeroed, and left things wide open. The top 5 men all jockeyed for the metals. Goran Hemmsson, SWE, had a commanding advantage after the first two lifts (518 SQ, 286 BP) - 804 S.T. In 2nd position was Dave Manning, GBR, following his 485 SQ & 292 BP (777). Another Sweede - Johanson - was in 3rd (485 + 248) for 733. Only 5 back of him was the Irishman T. Collins. Following him was the Italian Bignani (705) No less than 5 men were close on their heels with S.T.s of 694. Almost overlooked was K. Lampella, FIN, way down in 8th. He completed a 441 SQ and 253 BP.



Stephan Nentis brought the gold to Sweden.

go. A force to contend (on a course to win!) the USA champ Jay Rosciglione, a St. Louis bruiser, had hoped to summit a challenge, but he was jammed in low gear and got only openers: 551, 308, 540 - 1399. Waszidel, AUS, hoisted a 567 DL on his 2nd lift to top Jay (1410) and capture the bronze. Nentis' 584 SQ, 2nd, gave him an 11 lb. advantage over the bawdy Brit. Pengelly got all his BPs to 336. Stefan outdid him with a 347 - and was now up 22. Pengelly began his pulls with 562. It locked up the silver (1471). His chances were slipping away, so he waited for his title shot chance. Nentis lifted 573, to lead by 27. With a herculean effort he towed 606 to completion (1537). This forced Pengelly's hand. He had no choice but to try 633. It's up. Yes! Oh no, he moved a foot - nullifying the lift. Stefan was in seventh heaven! Sweden had her first IPR: World Champion! Hal-hu-yah!

165 lb. class - VICTORY PREVAILS FOR RICKEY - Last year's one - wo finishers were Steve Alexander, GBR, and Lars Backlund, SWE. They'd hoped to put the squeeze on



Rickey Crain earned a Powerlifting USA cover shot with his lifting.



Mike Bridges - the ultimate combination of strength and lifting style!

As a bonus Rickey got the Dec '82 cover shot of PL USA.

181 lb. class - QUITE A BEAST - MIKE REPEATS! - Twenty of the World's best showed up as a supporting cast for USA's Mike Bridges. Four months earlier the defending W.C. was on top of his game. In winning the USA title Bridges recorded a stellar performance. There he uncorked a W/R 837 SQ, 512 BP (narrowly missing a W/R 534). His 738 & 755 D/Ls smashed his W/R TOT twice: 2088, 2105. He seemed a mere shell of his former self here - but it didn't matter. Even at his worst (242 beneath his W/R sum), Mike finished 154 ahead of his nearest challenger. This fortifies the fact that he was so vastly superior to anyone else.

Max Stamm, FRG, hoped to repeat the runner-up position he'd had to Mike a year prior in Calcutta. Despite the home crowd advantage and partisan crowd support, Stamm yielded to a stout new British performer. Mike Duffy was quite a twiñ! He powered up 3 big SQ's (688), and posted a good 418 BP. Stamm managed his first two dunks (639), but made only his 374 BP opener. The West German, 88 behind the Brit at this point, sailed through 3 strong DLs (661) - TOT - 1675. Duffy's light 600 DL, the only lift he got, gave him 1708, and earned 2nd. Stamm, 33 back, had to be content this year with bronze. Winning was Bridges top priority - and despite a lackluster performance, he did just that: He SQ'd 661 & 705 deep & easy. He BPD 413 to start, and repeated 452



After Blacking Out ... Walter Thomas (198 winner) gets helped up by (l-r) Bob Fortenbaugh, Larry Pacifico, and Dr. Ken Leistner.

lift - silver medal! Once again his bionic back had pulled him through! Meanwhile, in his unassuming manner, Thomas built up an unsurmountable lead. The eagle eyed judges denied his 733 2nd SQ. He repeated the lift. This time - good! He finished with a 468 BP, exactly what he'd hoped for. Finnish 66 lb. advantage over the Finnish lifter, he opened at 688 and confirmed his 4th World Title. At his point Coppola, the AUS lifter, tried bronze by forcing a 3 way tie. It didn't happen.

Thomas calculated what he needed to beat Bridges for Best Lifter. A big number - 782 - was loaded! The Schnell barbell had a bit wider than he was accustomed to. He passed his 2nd attempt to allow more rest. In a supreme effort, the barbell came up above his knees. Suddenly he blacked out and toppled backwards - unconscious. He was okay - but a bit shaken up. Quite a dramatic conclusion, but he was still a World Champ. Eleven



Kenneth Mattsson used a big advantage in the bench press to win.

years later Walt would return to win the title again, giving the youngsters a wake up call. Five titles spanning 3 decades is what enduring greatness is all about.

220 lb. class - CASH GETS THRASHED - MATTSOON BLASTS PAST HIM! - Defending 220 champ James Cash, USA, seemed overly confident that he'd repeat. In fact, he had T-Shirts made up announcing himself as winner - and sold them. Ken Mattson, a burly Swede, gave Jim a wake up call, really check and lesson in humility, all rolled up in one package. None of the other 10 contestants could initiate any sort of challenge to the top 3. Luukkainen, FIN, raised 705 DL on his final try. This put him 99 up on the best of the rest (1758) - good for 4th. Tony Stevens, GBR, performed his own hat trick: repeating the bronze he'd nabbed last year. He had no possible way of knowing he might have made it silver. The way it turned out, he twice missed 733 for an 1873 TOT. The SQ judging was as finicky as Morris the Cat sniffing out an Austrian pizza (yuck!) The audience whistled their displeasure (American equivalent of boo's). What they believed to be good lifts were repeatedly turned down. Everyone was seeing red!

Playing conservative, Cash began @ 661. A piece of cake! He sat way low with 727 & 744, but got so did Mattson. Ken made 705, then completed two 749 efforts. Both lifts were denied. Ken's 44 awesome BP really put Jim in a bad position. Cash pressed 429 & 457, and saved his 3rd in a tricky maneuver. Mattson BPD 485. Next, he muscled up 518. Cash's deficit was now 104. Cash ordered 518 for his final lift. He allowed the time to expire, a stalling tactic to cool off the Swede. Mattson's 529 3rd came up shy. They played worked - though it

turned to be not a fantastic tactic! Final round - the DL!

Mattson made two of three: 683 & 716, and failed 727 - result 1940. Cash made certain of 2nd place - 760. He went to 793. Once again, he let the clock expire to allow more rest. It would be one supreme effort for all the marbles 826! It started up - then stalled slowly above the knees. Miss! The weight crashed down. The SWE camp exploded in cheers. Along with Nentis (148) they had their 2nd World Champion - Kenneth Mattson! Cash - too bash - got bashed! Mattson blasts past him!

242 lb. class - PERSIS-TENCE PAYS - HANNU'S FAITH & PRIDE - HIS 8TH TRY! - Dave Schneider, from OH, had earned his berth here at the USA Srs., where he defeated APF legend-to-be Scott Warman, but Lady luck didn't shine upon the Cleveland Cavalier again. At the doorstep of his golden moment - fate struck a crushing blow.



Victory March... big Hannu on the way to his final, winning pull.

If anyone knew about fixes, it was Hannu Saaralainen, 38, FIN. This was his 8th consecutive appearance for the stocky ex-weightlifter. He'd previously earned two bronze medals (75 & 77) and four times in a row he'd been the silver medalist (5 counting 1976). Last year had to be his biggest disappointment. He'd lost the title in a heavier bodyweight tie with Reijo Kiviranta. He'd been a mere 100 grams more than his teammate. Destiny had pre-determined that this year he'd finally bask in that supreme moment of glory - a testament to his trials.

Ross Darnell, CAN, began like gangbusters. He posted 6 lifts with a miss (766 SQ, 496 BP). Schneider's USA depth gauge was



John Gambles win his gold medal.

On a last ditch effort he sank 766 - and stayed alive! Saaralainen mustered enough gusto to get 733 - and failed with 749. Schneider, Hannu's big 518 put him within 11 of the Canadian, who led all contenders at this point. S. Wulfe of Holland was right behind Schneider. He SQ'd 683 - an opener - but ground up 3 good benches - 4 96, a miss - and was done @ 1934! Darnell, CAN, pulled 672 following Saarainen's initial effort (705) gave him 1936 - and put him in the driver's seat. He missed two attempts at 722. He hoped his result would hold up. The others played catch up. Schneider's 711 start gave him 1901. Wulfe vaulted into 2nd position - 749 for 1940. This pushed the Canadian back into 3rd. Wulfe had one lift remaining to win, but first came Schneider. On the bar - 771. All he needed was 766 to force the tie with Saarainen and win as lighter man. Somebody forgot to bring a calculator. It came up shy, but heart-stoppingly close. The repeat was not stopping. So, it was 4th instead of champ for the USA, and tough luck for Dave Schneider. Now Wulfe took his postshot - 777. He also missed! For the fearsome FINN it was a sweet victory. Hannu's dogged persistence had paid off. He was overjoyed and celebrated his victory for two days afterwards. Saarainen died on May 2, 1999 at age 48. Hell always be remembered in P/L History.

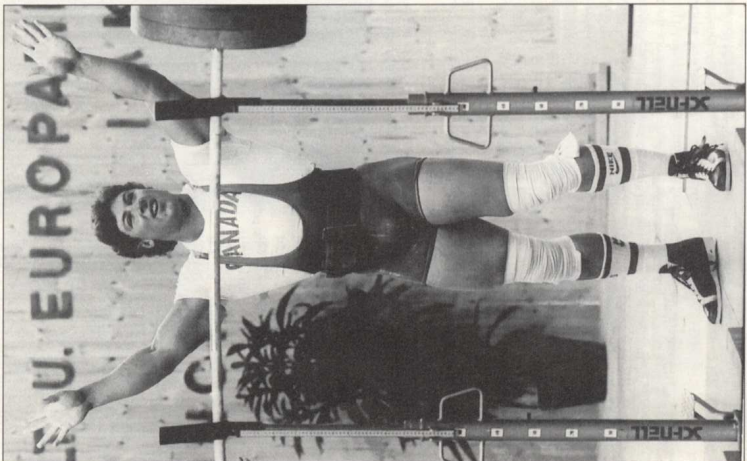
275 lb. class - THE BATTLE UNFOLDS - GAMBLE'S GOLD! - The USA's John Gambles was head and shoulders above anyone else. Gambles' huge 2193 TOT @ the USA Seniors had dismissed a trio of titans (Wilson, Dempsey & Waddington). He came to Munich with a game plan (to win)! He did exactly that. Reidar Steen, NOR, and Ab Walders, NDL, struggled for the bronze. They were evenly matched. Steen, the Norseman, had

played a fantastic tactic! Final round - the DL!

Mattson made two of three: 683 & 716, and failed 727 - result 1940. Cash made certain of 2nd place - 760. He went to 793. Once again, he let the clock expire to allow more rest. It would be one supreme effort for all the marbles 826! It started up - then stalled slowly above the knees. Miss! The weight crashed down. The SWE camp exploded in cheers. Along with Nentis (148) they had their 2nd World Champion - Kenneth Mattson! Cash - too bash - got bashed! Mattson blasts past him!

242 lb. class - PERSIS-TENCE PAYS - HANNU'S FAITH & PRIDE - HIS 8TH TRY! - Dave Schneider, from OH, had earned his berth here at the USA Srs., where he defeated APF legend-to-be Scott Warman, but Lady luck didn't shine upon the Cleveland Cavalier again. At the doorstep of his golden moment - fate struck a crushing blow.

If anyone knew about fixes, it was Hannu Saaralainen, 38, FIN. This was his 8th consecutive appearance for the stocky ex-weightlifter. He'd previously earned two bronze medals (75 & 77) and four times in a row he'd been the silver medalist (5 counting 1976). Last year had to be his biggest disappointment. He'd lost the title in a heavier bodyweight tie with Reijo Kiviranta. He'd been a mere 100 grams more than his teammate. Destiny had pre-determined that this year he'd finally bask in that supreme moment of glory - a testament to his trials.



Tom Magee... has there ever been a more trim Superheavy winner?

lb. American had a decided body-weight advantage (49.38 lbs.) over the Canadian athletic strongman. Big Andy Kerr, GBR, 290.3 had a 7 for 9 day. He SQed all 3 - 749 BP'd 501 & missed 518. He was way back of the 2 leaders. His 705 place - 2022. Later, big Andy gave 832 an uncooperative tug, hoping to win it all. Magee had his own T.V. people there, filming his lifting. He didn't disappoint - sinking all his SQ attempts - 799! Bouvier secured all his lifts likewise - 804. Magee punched out 2 benches - 490, then 518 - and was stymied by his 5rd of 534. Bouvier upped 529 and 540, and put himself 27 up. Wayne's 562, a final lift, was denied, a costly

decision for him. Magee opened strongly @ 722 following Wayne's initial effort - a 694. This forced a tie and Magee was now ahead as lighter man. Bouvier jumped ahead with 733 (2077) and came over so close to completing his final 749. Magee was like a tiger smelling blood. He put the works to 760 - got it. This gave him the World title, causing a total eclipse of the pre-meet prognostications. He'd forced a tie and had won the title as lighter man. Bouvier was denied the world title he'd wanted so badly. We'll never forget this gentleman of strength. We have fond remembrances of his iron achievements. He's gone, but still lives within our hearts.

12th IPF WORLDS
4-7 NOV 82 - Munich, FRG

114 lb.	SQ	DL	TOT
Dominic IITA	573	341	617
Morisson CAN	540	341	600
Dubois JPN	507	347	529
Decker GBR	573	347	529
Burke NDL	551	303	595
Paris NDL	551	297	573
Bernasconi SWI	551	297	573
Storvik NOR	562	253	589
Londke BEL	562	253	589
Mombert BEL	496	297	567
Grubb FRG	496	297	567
Cros ESP	496	330	418
Hernando INA	463	220	316
Speichos SWI	374	220	316
Thomas USA	733	468	688
West GBR	705	374	694
Kierbasz FIN	683	452	639
Wolke GBR	683	452	639
Deppa BEL	683	452	639
Ersson SWE	639	407	595
Neighbour GBR	677	391	650
Wahlberg FIN	677	391	650
Szafanski FRG	661	314	639
Puffelen NDL	661	314	639
Bunt NZL	617	330	661
Wahlberg FIN	617	330	661
Vaschato NDL	650	374	733
Boyer FRG	485	303	644
Moughan IRE	496	307	551
West IRE	496	307	551
Rodriguez ESP	518	716	1940
220 lbs.	705	457	716
Cath USA	661	447	705
Slevens GBR	661	447	705
Lukainen FIN	661	391	705
Amaldi FRG	650	407	595
Toi AUS	600	391	655
Dalrymple NZL	617	391	655
Wright ESP	562	358	628
Vare SWI	529	413	573
Solheim NOR	573	292	573
242 lbs.	507	308	529
Sardalen FIN	733	518	705
Wolke NDL	683	496	749
Wolke GBR	683	496	749
Schneider USA	766	424	711
Daggitt CAN	644	441	589
Finck FRG	628	352	554
Shaw AUS	617	418	647
KW, SWE	738	576	806
275 lbs.	782	490	727
Gamble USA	782	490	727
Bonier USA	804	540	733
Wolke GBR	705	441	711
Wolke NDL	698	479	672
Sense FRG	661	418	647
SHWT AUS	617	391	607
Mages CAN	799	518	760
Bonier USA	804	540	733
Day GBR	749	441	705
Kuster FRG	639	363	683
Sordano ESP	617	308	584
High AUS	102	102	204
USA 102 (1) GBR 70 (2) FIN 63 (4) SWE 66 (5) AUS 38 (6) FRG 32 (7) CAN 36 (8) IND 35 (9) OR 28 (10) BEL 20 (11) ITA 20 (12) JPN 17 (13) FRA 15 (14) ITA 15 (15) IRE 5 (16) IRE 5 (16) INA 0 (Best Lifter: Mike Bridges (USA).			

114 lb.	685	364	551
123 lbs.	496	297	567
147 lbs.	429	275	518
Bhaino GBR	485	264	457
Joseph IND	441	299	496
Storvik NOR	452	253	507
Chen AZL	452	253	507
Abi-Bed FRA	386	248	457
Wermut SWI	396	220	441
Tromp NDL	407	220	407
132 lbs.	407	187	418
Lampela FIN	441	253	589
Vieronen SWE	441	253	589
Wahlberg FIN	429	275	518
Manering GBR	485	248	457
Johnson SWE	485	248	457
Collin IRE	474	253	507
Wahlberg FIN	474	253	507
Garcia FRA	407	286	468
Cattaneo CAN	429	264	457
Blomberg FIN	441	253	589
165 lbs.	429	275	518
Humm IND	242	418	1080
Kumar IND	242	418	1080
Frederik NOR	386	253	457
Galvez ESP	386	253	457
165 lbs.	584	347	606
Pegley GBR	573	336	562
Wardell AUS	556	286	567
Roschigne USA	551	308	606
Wahlberg FIN	551	308	606
Pedraza SWI	485	270	584
Dorner FRG	441	264	457
Dewachter BEL	490	242	507
Hage NDL	441	259	457
165 lbs.	661	363	666
Personen FIN	661	363	666
Arifil ITA	529	374	606
Martin NZL	551	308	617
Anderson NOR	529	308	617
Wahlberg FIN	551	308	617
Wan BEL	551	297	551
Guarino SWI	540	259	441
Hernandez GBR	441	259	441
Ulcas ESP	395	259	441
Hannud CAN	540	441	441
Delbea FRA	441	441	441
Shelvak NOR	181	181	181
Bridges USA	705	452	705
Sully GBR	683	468	705
Wahlberg FIN	683	468	705
Wadd AUS	590	347	628
Hikamati FIN	628	347	617
Nakao JPN	590	347	595
Johansen NOR	384	384	617

major SQ difficulties. Twice he couldn't conquer his 683 opener. Then, in desperation, went up to 699 - and got it! He pumped 479, but 507 was a misfire! Wolters used a mistle! Wolters made his 705 SQ, then missed 2 chances with 738. He struggled to a 441 3rd BP - and looked like he was a sure medalist. Steen made his 2nd DL - 672 and had 1851. A miss @ 688 left him vulnerable to Wolters. Ab needed to lift 711 to claim the bronze. He did just that on his 2nd attempt - but missed a subsequent try with 727. Roger Ekstrom, SWE, had lost the bronze in this class last year as heavier man to Icelandic Jon Pal Sigmarsson. At 64", he didn't have ideal SQing leverage. He secured his 683 SQ opener, but two tries @ 705 evaded him. He settled down and made no misses thereafter. His 479 BP put him in good position strategically. His tactic was to make every lift count. He did 694 - 711 & finally 727 - TOT 1890. This gave him the undisputed silver medal - smart lifer! USA's big John Gamble made a mere 4 attempts. He struggled all

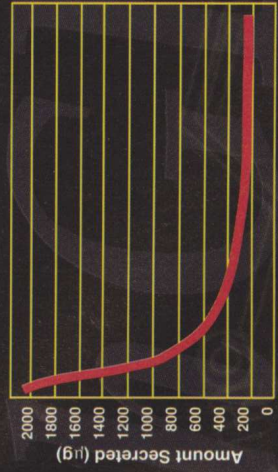
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1 Borna Krebs Res 1977 Apr;25(4):318-9
2 Clin Pharmacol Ther 1998 Aug;64(2):183-92
3 J Clin Endocrinol Metab 1998 Jul;63(7):2576-9
4 Dr. P. Liatz, Grow Young with hGH, HarperPerennial, 1997

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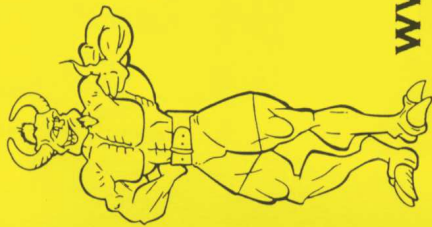
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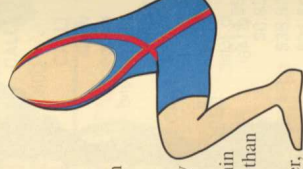
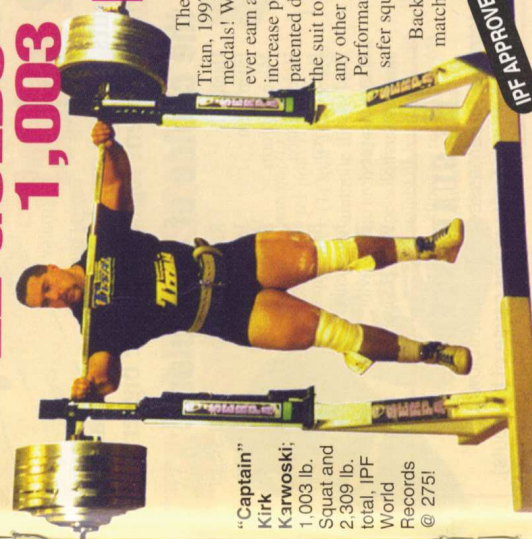
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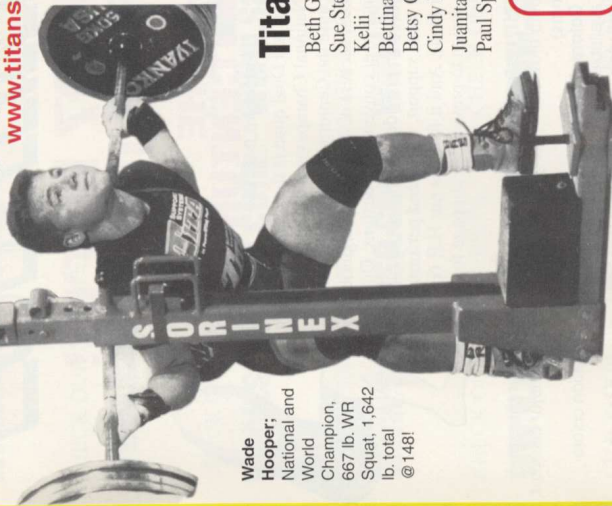
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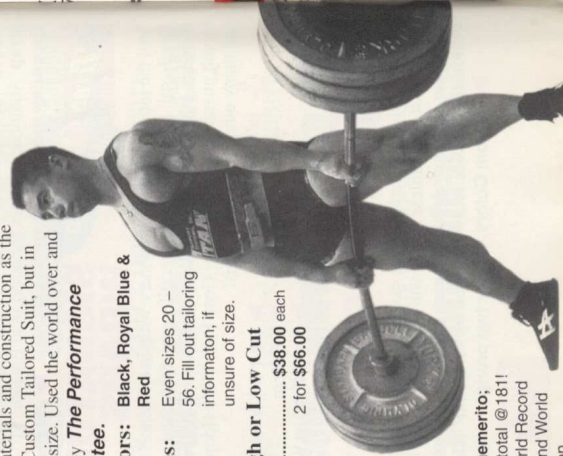
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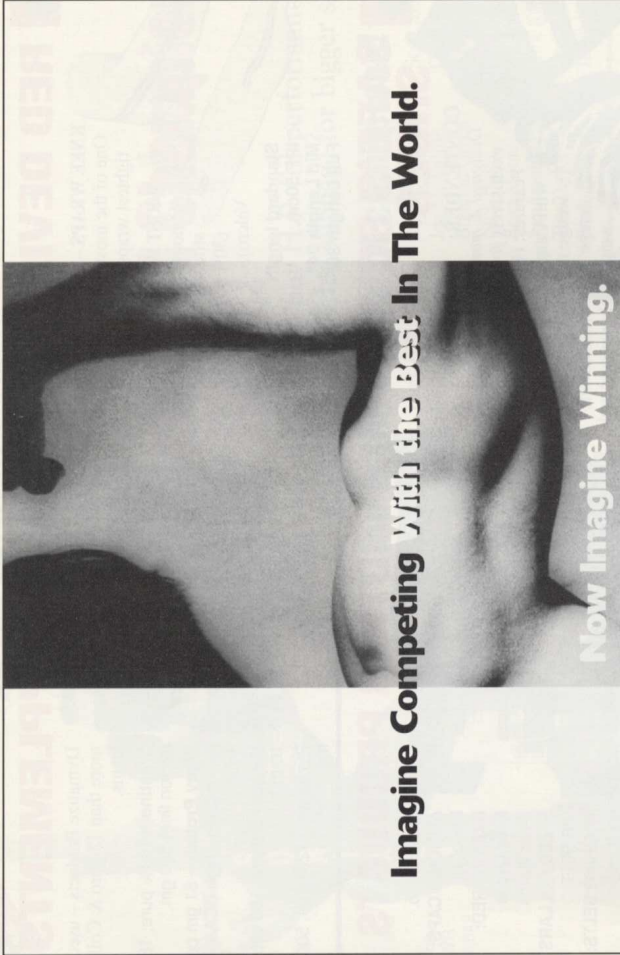
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Male	<input type="checkbox"/> Style A	<input type="checkbox"/> Style B	<input type="checkbox"/> Dual Quad		
Female					
Height	Weight		Leg (Largest part)		
Hips (Buttocks)					
Overall (TOP OF TRAP TO F. BELOW CROTCH)					
Shipping & Handling					
Overseas add 30% Air					
Tx. Res. add 7.75% Tax					
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Imagine Competing With the Best In The World.

Now Imagine Winning.

Everyone has a chance to win when you enter York Barbell's "All Guts. All Glory. All York." Spirit of York Strength Spectacular!

- Summer Spectacular Events**
- Friday & Saturday, June 25-26, 1999
York Barbell 2nd Annual IPA Hall of Fame World Powerlifting Championships IPA Sanctioned Event
 - Sunday, June 27, 1999
Bob Hoffman Strongman Challenge: Truck Pull, Farmer's Walk, Dumbbell Hold, Loading Event
Stand-up Arm Wrestling Contest
AAA Sanctioned Event

- Meet Legendary Strength Athletes!**
- Sunday, June 27, 1999
Hall of Fame Induction Ceremony
 - Mark Cameron
 - Hugh Cassidy
 - John Gamble

Also invited are last year's inductees:
Bill Kazmaier, Vince Anells, Larry Pacifico, Don Reinhardt, Ruthie Shafer, Bev Francis, Mary Jefferys, Anthony Clark

Plenty of food, excitement and entertainment for everyone!



York Barbell "Hall of Fame" Auditorium
3300 Board Road, York, PA 17405
Contact Ellen or Mark Cheilit
(800) 358-9675 Ext. 227 / Fax: (717) 764-0044
Website: www.yorkbarbell.com / Email: info@yorkbarbell.com

2nd Annual Spirit of York Strength Spectacular!
June 25-27, 1999



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

- 3 APR, Benchfest '99 BP & DL (open, master, women) Brian's Gym, Box 507, Rainesville, AL 35986, 256-638-7232
- 3 APR (new date), USPF UB Open BP/DL (trophies & cash prizes) Diana Sasso, 836-8554 or Dennis / U of b, Suite 350, Student Union, Amherst, NY 14260, 716-615-2950 or Dennis Michno 693-3242
- 3 APR, CPA Canadian Championships, Hugo Girard, 29 Alain Gatineau, Quebec, Canada J8V 1K1, 819-246-7361
- 3 APR, 2nd National Invitational BP (open, novice, master, teen, women) George Herring, 3925 Creekwater Ct., Lawrenceville, GA 30044, 770-963-6738
- 3 APR, MDSA King & Queen of the BP/DL, Darwin Jacobson, Box 1031, Willmar, MN 56201
- 3 APR, Bench Fest 99, Brian's Gym, Box 507, Rainesville, AL 35986, 256-638-7232
- 3 APR, Nebraska State & Midwestern Open (A.V. Sorenson Rec. Ctr.) Keith Machulda, 4808 Cas, Omaha, NE 68132, 402-444-5596
- 3 APR, Ellingham Open BP/DL, Clasic Ellingham, IL Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 3 APR, APF California State Novice PL & BP & Central California Open, Jay McVeigh, 1408 N St., Fresno, CA 93721, 209-253-5737
- 7 APR, APAN, Carolina BP/DL (separate meet) Scott Taylor, Box 27204, El Paso, TX 75121, 941-697-7962, apt@aol.com
- 10 APR, USAFL N Carolina, Donnie Keller, 1648 Cedar Hills Ct., Lenoir, NC 28643, 828-758-3777
- 10 APR, Nationals, Johnny Graham, 1706 Shiloh, Killen, TX 76543, 254-526-0779
- 10 APR, WAARDL Oregon's Best Bench (Coast Box OR, Thunder Inn) Byron Beebe, 541-756-7885
- 10 APR, Alabama State BP (open, high school, women, submasters, masters)

1999 USPF VIRGINIA STATE OPEN AND HIGH SCHOOL POWERLIFTING CHAMPIONSHIP
April 10-11, 1999
The Chincoteague Center*
Chincoteague Island, Va.
Question and Answer Training Seminar with Special Guest ED COAN
Saturday, April 10th at 7:00 p.m.
For Information Contact James Greene & Gayle Schroeder, 2297 Estuary Ct., Va Beach, Va, 23451, (757) 041-6963, E-Mail: strength@earth.net Visit our website: www.ests.net/physiquetraining

Coming Events

sculptured trophies to top 4 per class)
Mike Esposito, Box 1349, Vernon, AL 35592, 205-695-9445/1839
10 APR, APA/CPA Can-Am Challenge BP/DL (Levinson, ME) APA, Box 27204, El Jobean, FL 33981, 941-697-7962, apa@aol.com
10 APR, USAPL Lakeshore BP Classic, Casey Renner, 4823 Morgan Dr., Manitowoc, WI 54220, 920-682-0623
10 APR, USAPL Capital City Push-Pull Classic II, Jeff Buchin, 1306 Herndon (Nagata Falls, NY - PL, SQ, BP, DL)

1999 AAAPF NATIONAL POWERLIFTING CHAMPIONSHIP
May 1-2, 1999
Chicago, Illinois
(women & men) teenage, junior, submaster, master, police & fire, open (only qualifier for AWPC Worlds) strict drug-testing
for information call:
Dr. Darrell Latch, meet director
217-253-5429

- 70760, 225-638-9922
- 17 APR, APF/AAPF Tennessee State PL (Tullahoma, TN) Son Light 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 17 APR, APF Los Angeles Lifting Club Inaugural Push/Pull Classic (men, women, teen, submaster, master) Joe Avigliano, LALC, 1031 N. Victor Pl., Burbank, CA 91506, 818-846-LIFT(5438)
- 17 APR, White's Truck Stop/YMCA Spring BP, John Shifflett, Box 941, Standardsville, VA 22973, 804-985-9932, jshiff239@aol.com
- 17 APR, USAPL Midwest Open PL, BP, DL, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
- 17 APR, AAU New Hampshire State Drug Free, Rob Dion, 80 S. Main St., Concord, NH 03301, 225-0034.
- 17 APR, APF/AAPF Bench Press & Deadlift Nationals, Terry Dangerfield, Olympic Fitness center, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527
- 18 APR, USAPL Colorado Classic, Sortwell Productions, 11360 W. 84th Pl., Arvada, Co 80005, 303-425-7075, a.sortwell@world.net.att.net
- 18 APR, NPU (formerly WNPF) Ohio Championships (PL, BP, SQ, DL - open to all) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM
- 23-25 APR, 1st AAU Northern Bahamas Guinness World Drug Free Invitational, NBPA, Box F-43175, Freeport, G.B.I., Bahamas, 242-352-7867
- 24 APR, World Gym Open BP/DL (Carmel, IN - location update) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 24 APR, (new date) 3rd WIU Open BP/DL (Macon, IL) John Wilson, 309-293-2418
- 24 APR, Bench Blast W. Jamie Puzoski, Box 1146, Whitcomb, NJ 07884, 609-523-0216
- 24 APR, Clay County YMCA BP, Tom Pritchard, 243 E. Krizan, Brazil, IL 47838, 815-161-6161
- 24 APR, AAU East Coast BP/DL, Sparto Tills, MD 466, 410-644-9520
- 24 APR, Black Hills Valley Bench Press (and masters) Alan Murray, 93 Brennan (and masters) all at 126 W. Sale, Tuscola, IL 61953, 217-253-5429
- 24 APR, Old Line State PL/BP/DL (Northbridge, MA) 1534, 508-234-9812
- 24 APR, APA Old Line State PL/BP/DL (Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33981, 941-697-7962, apa@aol.com
- 24 APR, WEDPF KY State BP & DL (Glen's Gym - open, teen, women, sub-

NASA Arkansas State Powerlifting and Bench Press Competition
May 1st, 1999
Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, Daryltobey@aol.com

master, master) Stiles Conum, 7520 Old Third St., Rd., Louisville, KY 40214, 502-375-1067 (after 6pm)
24 APR (corrected date), AAU NC Teenage BP, William Hankins, 3025 Weldon Mill Rd., Henderson, NC 27536, 919-430-1825.
24 APR, USAPL Zumbro Valley Open, Steve Johnson, 1107 7th St. N.W., Kasson, MN 55944, 507-634-4730.
24 APR, East Coast Classic BP (men, women, jr., submaster, master, novice), 4/10/99 deadline! Louise LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
24 APR, MDSA 2nd North County PL (Bemidji), MN Darwin Jacobson, Box 1031, Willmar, MN 56201
24 APR, TNT Uprate NY Bench Press Challenge (open, novice, teen, master, teen, female) Keith Nauert, 5 Cheltingham Ave., Schenectady, NY 12306, 518-355-1849
24 APR, AAU Florida State Bench Press, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268
24 APR, 20th AAU Raw Powerday BP (open, jr., submaster, master) Al Slegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
24 APR, Iowa Midwest Open Bench Press or Deadlift (open, novice, teen, submaster, master, women) Wayne Summers, Box 453, Oklaheola, IA 52577, 319-519-5240 or 515-237-7100, wsummers@aol.com
24.25 APR (new date) (USPF/Teen/ Jr. Nationals / National Collegiate High School / Nationals PL / Teenage High School / Nationals PL / PA) Rob Koller, Box 829, Philadelphia, PA 19102, 215-542-4941, rpk@ballistic.net
 Open (men, women, masters) class II BP/Ton, open women, masters class II BP/Ton, Phillips Way, Sharon, PA 16146, 724-342-2525
24.25 APR, USAPL Indiana State BP and Open BP, Sonny Runyon, 1804 E. 19th St., Muncie, IN 47302, 765-282-2152
24.25 APR, NASA WV State PL/BP/PS, Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, gwh@mww.com
24.25 APR, WABDL Healthworks BP/DL Meet, Tricia Young, 120 W. Berry Ave., Foley, AL 36535, 334-971-1999
25 APR, Hillsboro Power & Fitness Spring BP/DL Championships (Hillsboro, IL) Dr. Derrill Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
25 APR, USAPL NH State, Superior Fitness, Box 375, Belmont, NH 03220, 603-267-1213
25 APR, CPA Canadian Bench Press Championships, Marcel St. Laurent, 457 7ieme Ave., Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 813-346-9466
25 APR, USAPL Washington State, Mike Trupiano, 23106 19th Dr. S.E., Bothell, WA 98021, 425-486-5864
25 APR, 1st AAAPF Metro-Detroit Open PL/BP/DL (drug tested) - men/women/teen, jr., submaster, master) John Maddox, 17036 Athlinton Ave., Allen Park, MI 48101, 313-274-7516
25 APR, 7th NPU Pennsylvania Natu-

ral (Lancaster) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, vmpj@aol.com
25 APR, NPU Pennsylvania Natural (1st 50 lifters) Al Williamson, 800 N. Pisgah Rd., Henderson, TN 38340, 901-989-1098
25 APR, AAU BodyShop BP/Meet, Buddy Shop, 936 Erie Ave., Sheboygan, WI 53081, 938-8482
25 APR, AFF Ohio State Meeting, Don Graham (days) 740-454-5580 or Brent Tracy (even), 740-452-8801
25 APR, NASA Arkansas State PL/BP, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, Danytoby@aol.com
25 APR, Prairie State Challenge (Curf/BP/DL) & NPU Qualifier, Tim Piper, WIU, Brophy Hall 221C, Macomb, IL 61455, 309-298-1784.
1 MAY, AAU Tennessee State Open (1st 50 lifters) Al Williamson, 800 N. Pisgah Rd., Henderson, TN 38340, 901-989-1098
1 MAY, Police Bench Press (non-sanctioned), Montreal) Ron Cormier, 514-938-8482
1 MAY, USAPL YMCA Bench Press Challenge II (novice, teen, women, police & fire, open, master) Brad Klingler, 40 Summer St., Kingston, NY 12401, 914-339-4865
1 MAY, AAU BP Nationals/World Strict curf (Durham, CT) APA, Box 6977-7962, apa@aol.com
1 MAY, USAPL Powerfest '99 (BP, DL, & wheelchair BP - Empire State Plaza

Convention Center) Ned Norton, Box 5427, Albany, NY 12205, 518-453-9205
1 MAY, MDSA Go for the Gold Nationals Durbin Jacobson, Box 1031, Willmar, MN 56201
1 MAY, Red Baron BP (Coming Community College) Deb Prutsman, CCC-1 Academy Dr., Corning, NY 14830, 607-962-9476
1 MAY, USAPL SC State PL/BP (Laurens, SC - women, Dan Jr., submaster, master, class II) Dan Lark, 601 Hayward Ave., Honesda, SC 29654, 864-369-9304, lark@cwv.com
1 MAY, AAU Teenage State Meet, Paul Bossi, 1701 River Road Middle School, Elizabeth City, NC 27709, 252-333-1454, ext. 239 or Ben Zak 919-966-6116
1 MAY, USAPL Rock City Meet (Detroit) Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866
1.2 MAY, AAAPF Nationals (Chicago, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
2 MAY (new date), 6th NPU Florida Natural (Orlando) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, vmpj@aol.com
2 MAY, USAPL Wisconsin State BP, Muscles & Fitness Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227
8 MAY, USPF Georgia State, Curtis Lettice, Box 500864, Atlanta, GA 31150, 770-394-4395
8 MAY, USAPL Cesar Chavez / 5 de Mayo BP, Manny Villarreal, 895 N. Boshore W., San Jose, CA 95112, 408-275-6449
8 MAY, APA Judgement Day BP/DL (Scottsdale, AZ) Adam Day BP/DL, Jobean, FL 33981, 941-697-7962, apa@aol.com
8 MAY, Best of the Southwest (PA) BP and/or DL (national raw) sculptured trophies, Felton, PA) Jay St. School Bookstore, 724-941-2270, Stiwak, PA)
8 MAY, 10th NPU NYC Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, vmpj@aol.com
8.9 MAY (NEW DATE) AAU North American BP (Raw/Assisted) youth teen, jr., novice, military, inv. lifetime, submasters, masters, physically-challenged) Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797
8.9 MAY, USAPL Heavy Metal Classic (full power) Joe Morreale, 350 Rf 46, Rockaway, NJ 07866, 973-627-9156
9 MAY, Azalea Festival BP/DL Classic (Fredricktown, MO) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
9 MAY, CPC Canadian Championship, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067
14-16 MAY, AAU Collegiate Nationals (men/women/raw/assisted) & AAU North American High School Championships (men/women/raw only, all AAU youth age groups - USNA Annapolis, MD) Spero Tahontikidis, 315 Irene Way, Stevensville, MD 21666, 410-643-9520
15 MAY, AAU Northeast Regional International Qualifier, Bruce Linn, 165 Paul Revere Terr., Taunton, MA 02780,

of Power - City Oats Night Club (early weigh-ins, no one under 21, D.J.) Bob Moore, 8 Park Lane, Norton, MA 02766, 508-222-3644
22 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
22 MAY, IFA World Tour BP / DL Championship (over \$6,000 in cash prizes) Ray Carey, 215 St. Jean, Canada, JOE 1E0, 450-293-1659
22 MAY, Blue Ridge BP/Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jsifflett@aol.com
22.23 MAY (New Date), WABDL Wedderspoon, 55 Teague Rd., Marshall, NC 28753, 828-683-5512
22 MAY, USAPL Rocky Mountain DL (Double Tree Hotel - Tri Cities/ Pasco, WA) Gus Rethwisch, Box 5292,

508-823-5729
15 MAY, USAPL South Dakota State, Steve Hillon, 2983 Ind. Ave., Aberdeen, SD 57401, 605-226-2780
15 MAY, 17th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
15 MAY, MDSA S. Dakota State/ Open (Millbank?) Darwin Jacobson, Box 1031, Willmar, MN 56201
15 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
16 MAY, Greater Strength II Christ Centered Drug Free Meet, Doug Wedderspoon, 55 Teague Rd., Marshall, NC 28753, 828-683-5512
22 MAY, USAPL Rocky Mountain DL (Double Tree Hotel - Tri Cities/ Pasco, WA) Gus Rethwisch, Box 5292,

USAPL POWERFEST '99
 Bench Press, Deadlift, and Wheelchair Bench Saturday May 1st at the Empire State Plaza Convention Center in Albany, NY
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USPF SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS
 JULY 24-25, 1999
 DALLAS, TEXAS
 DALLAS CROWNE PLAZA HOTEL - DALLAS MARKET CENTER
 Minutes from Downtown, Six Flags, Ranger Stadium, with easy shuttle access to Love Field & DFW. Call for special room rates @ \$79.00
 * 3 Team Trophies
 * Elegant Awards * 1st - 5th in all Wt. Classes
 * 8 Best Lifter Male & Female
 * No Qualifying Totals
 * Meet sheet
 * Meet sheet

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 Minutes from Downtown, Six Flags, Ranger Stadium, with easy shuttle access to Love Field & DFW. Call for special room rates @ \$79.00
 * 3 Team Trophies
 * Elegant Awards * 1st - 5th in all Wt. Classes
 * 8 Best Lifter Male & Female
 * No Qualifying Totals
 * Meet sheet
 * Meet sheet

USPF SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS
 JULY 24-25, 1999
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Bend, OR 97708, 541-389-0600.
 22.23 MAY, NPU Police - Fire
 Military Nationals (PL, BP, DL -
 qualifying totals - Bordentown, NJ)
 NPU, Box 142347, Fayetteville, GA
 30214, 770-996-3418,
 wnp@aol.com

22.23 MAY, USAPL National Mas-
 ters, Mike Ripple, 383 Arls St.,
 New Orleans, LA 70005, 504-828-
 5205.
 23 MAY, AAU Pennsylvania St. BP
 (raw & assisted - all divisions) Bob Verner,
 826 Hazelwood Ave., Pittsburgh, PA
 15217, 412-521-2620
 23 MAY, Ohio Open Spring BP/DL
 (men, women, masters) Power Station
 Gym, 1821 University Blvd.,
 Cleveland, OH 45202, Rick Ruether
 213-363-9394

26-30 MAY, PF Women's Worlds
 (29-30 May)
 29 MAY, Zhu ADF Florida State Open,
 Klemm, Kelder, 116 W. Ocean Dunes
 Rd., Cocoa Beach, FL 32118, 904-
 238-3527

29-30 MAY (new date), WPA
 International Unity Meet (all fed-
 eration membership cards wel-
 come) Scott Taylor, Box 27204, El
 Jobana, FL 33927, 941-697-7962,
 apa@aol.com

30 MAY, Double Masters Meet (DL,
 PL) Jon Smoker, 30907 CR 16
 West, Elkhart, IN 46516, 219-674-
 6683.

MAY, USPF Drug Tested Connecticut
 PL/BP (open, teen, jr., collegiate, sub-
 master, master - Hartford, CT) Rob
 Keller, Box 829, Amherst, PA 19002,
 215-542-4941, rhk@ballistic.net
 5 JUN, Indiana Open (PL/BP/DL Clas-
 sic) Indianapolis, IN/Dr. Darrell Latch,
 126 W. Sole, Tuscola, IL 69153, 217-
 253-5429

5 JUN, MDSA Scout to the Loo! SQ,
 BP, DL (Esiko, MN) Darwin Jacobson,
 Box 1031, Willmar, MN 56201
 5 JUN, U.S. Open BP (men, women,
 jr., submaster, master, novice - deadline
 -5/22/99) Louie LaPoint, 337 Roxbury
 St., Keene, NH 03431, 603-352-8590
 5 JUN, USPF South Texas (open, be-
 low 1, 40-49, 50+, submaster, women,
 teen men & women, BP - Austin, TX)
 Seguin Fitness, 1415 E. court, Seguin,
 TX 78155, 830-372-3396
 5.6 JUN, AAU Teen/Junior Nation-
 als (Little Rock, AR) Larry Kye,
 501-982-7668
 5.6 JUN, NASSA National Masters/
 Submasters (Nashville, TN), NASSA,
 Box 735, Noble, OK 73068, 405-
 872-9684.

6 JUN, 3rd Powerday BP & DL (sepa-
 rate contests - Best Western Inn, Indi-
 ana, PA) Joe Spillane, 1313 Dixon
 Rd., Chicksburg, PA 15725, 724-639-
 9661

6 JUN, AAU 4th Suburban North YMCA
 BP/DL Classic (Chasapeake, PA) Scott
 Nees, 4267 Hilltop Pl., Bethlehem, PA
 18020, 610-694-9384 or Nick
 Pedonoro, 610-258-1894
 12 JUN, Southeast Iowa Open BP/
 DL Burlington, IA/Dr. Darrell Latch,
 126 W. Sole, Tuscola, IL 69153, 217-
 253-5429

12 JUN, 6th Miller's Iron House All
 Natural, Victor's Crown Bench Press
 (high school, teen, raw, women, open,
 subs, masters, grandmasters, sculp-
 tured awards - local TV) Brian Miller,
 218 William St., Cumberland, MD

THE APRIL 10TH BENCH BLAST MEET HAS BEEN CANCELLED. IN IT'S PLACE WE WILL BE HOLDING THE FIRST

1999 A.P.F. / A.A.P.F. Iron Island BENCH/DEAD LIFT CLASSIC

SATURDAY, JUNE 12TH, 1999 at Iron Island Gym
LIFTING BEGINS AT 1 P.M.

ENTRY DEADLINE - SUNDAY, JUNE 6TH, 1999

ENTRY FEE: AMATEUR DIVISION : \$40 ONE LIFT/ 65 BOTH LIFTS
ADDITIONAL CATEGORIES : \$15 each

**PRO DIVISION: \$60 ONE LIFT/ \$100 BOTH LIFTS... CASH PRIZES IN
 PRO DIVISION AWARDED 1ST- 5TH PLACE, MEN AND
 WOMEN. PLACES TO BE DETERMINED BY FORMULA.**

Late Entries at Meet Directors discretion.

TEAM ENTRY \$30 (min. 3 lifters/max. 12 lifters)

Team list must be presented at weigh-ins.
 All entry fees non-refundable under any circumstances.

WEIGH-INS Early weigh-in: Friday- JUNE 11TH, 6am - 9pm at
 Iron Island Gym. Saturday, JUNE 12TH, 8:30-11:30 AM
 Entrants will be notified in a timely manner of session/flight order.

AMATEUR DIVISION: All entries are be subject to drug testing at
 time of weigh-in Or competition.

Award ceremony to follow competition. Lifters enter venue at no charge.
ALL OTHERS will be charged admission at the door.

All International and National Referees.
 Call (516) 594-9014 or fax (516) 594-9426 for information
 or directions to meet site.

21502, 301-777-0644

12 JUN, APFA/APP Iron Island/Bench

Deadlift Classic, Iron Island Gym,
 3465 Lawson Blvd., OceanSide, NY

11570, 516-594-9014.

12 JUN, USPF Region III (GA, FL,
 AL, NC, SC, TN - men open/house,
 women, teen, masters) Ann/Earl
 Leuweri, 2326 E. 43rd St. Suwanah,
 GA 31404, 912-232-4575 (mhigh/
 weekend)

12 JUN, IPA Low County Push/Pull,
 Fifty 4A's - Max Muscle, 5101 Ashley
 Phosphate Rd., #149, N. Charleston,
 SC 29418, Floyd & Bertha Powe, 843-
 875-1494, kyonte.13@aol.com

12 JUN, Pasco Power Team's King of
 the Bench Ted Noylen Memorial, Rick
 Lawrence, 3248 Durlington Rd., Hill
 City, FL 34691, 727-942-7894 or Mike
 Wynn, 727-863-2228

12 JUN, Immaculate Heart of Mary
 New Rd., Youngstown, OH 44515,
 330-792-6670

12 JUN, USAPL East Coast Bench
 Press, Ron Falcone Jr., 16 Chadwick
 Rd., Wayne, NJ 07470, 973-942-0924

1999 IPA World Tour..... Bench Press & Deadlift Championship

Saturday, May 22, 1999

Hellenic community of Montreal
 5220 Grande Allee - St. Hubert, Quebec, Canada

Over \$6,000 in cash prizes

Men/Women, Pro & Amateur, Teens Juniors,
 Open, Submasters & Masters

For information & entries call

Ray Carey (450) 293-1659

The Mountaineer Cup Professional Powerlifting Competition

& 1st Annual Ernie Nagy Memorial Powerlifting Competition

Saturday - June 26, 1999/WEB SITE - <http://www.pwrifr.com>

Entry Fee \$35.00. Weigh In: Friday June 25 (7:00 PM to 10:00 pm) & June 26 (6:00 AM to 7:30 AM)

MTR Gaming Group, Inc., Mountaineer Park, Inc., NPL, their affiliates and subsidiaries, officers, directors, employees and agents do not guarantee the amount of prizes. All dollar figures/prizes referenced are based on projections from available information. Competitors of the MOUNTAINEER CUP agree to fulfill the promotional obligation set forth. Such obligations are personal in nature and may not be assigned without the express, written consent of the sponsor. Sponsors are required to meet certain criteria if individually sponsoring a competitor. This entry form supersedes all previous entry forms and is the official document of these competitions as of November 5, 1998.

Professional Mountaineer Cup

USPF/APA SANCTIONED

1st Annual Nagy Memorial Powerlifting Competitions

Open

Open Men/Women Law Enforcement

Sub masters & Masters

Age Divisions

(35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70-74) (75 - over)

Men & Women Teens (13-15) (16-17) (18-19)

Open Women

Open Women

Men's Weight Classes: 114.5 - 123.5 - 148.75 - 165.25 - 181.75 - 198.25 - 220.25 - 242.50 - 275.50 - 308.75 - Super

Women Weight Classes: 97.0 - 105.75 - 114.5 - 123.5 - 132.25 - 148.75 - 165.25 - 181.75 - 198.25 - Unlimited

Entry Form: Mail and make checks payable to: Mountaineer Race Track & Gaming Resort

Attention Nick Busick

Rt. 2 South, PO Box 358

Chester, WV 26034 (phone 304-387-2400)

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Division(s) _____ Weight Class _____ Age/Gender (class) _____

Note: Enclose additional \$20.00 for each additional division. Attach or use back of entry listing additional division. In consideration of my entry, I hereby waive and release all rights and claims for damages against MTR Gaming, Inc., its affiliates and subsidiaries, the officers, directors, employees and agents thereof, Meet Directors, Judges, Referees, Spotters, APA/WPA/USPF and any and all meet personnel for injuries, civil liabilities and/or damages I may incur while participating in any way in this competition.

Signature _____ Parent/Guardian _____ (if applicable)

Check here if you wish to be entered in APA Drug Free Classification. Upon checking here you may be subject to a required drug test.

Check here if you wish to be entered in the Mountaineer Cup Professional Division. Note: There are no weight classes. Highest total wins and double elimination. Details of rule modifications available upon request. The Mountaineer Cup is an independent non sanctioned competition. THE MOUNTAINEER CUP IS A NON TESTED COMPETITION.

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS presents:

The Inzer HEAVY DUTY Series Blast Shirts

High Performance Heavy Duty
 * extended power support range
 * new arm lock design
 * extra tricep support
 * extra reinforced construction
 * guaranteed more results than any other shirt
 * recommended for experienced powerlifters only

Improved Heavy Duty

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

Extra High Performance Heavy Duty
 * extra extended power support range
 * new arm lock design
 * more tricep support
 * extra reinforced construction
 * guaranteed more support and power than anything ever available before now
 An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



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



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Name _____
 Address _____
 phone _____
 Qty. _____ Color _____
 _____ Heavy Duty Blast Shirt \$58
 _____ High Performance Heavy Duty \$77
 _____ Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
 chest _____ arm _____

colors - Black, Red, Navy Blue, Royal Blue
 MC VISA DVR COD CHECK add \$5.50 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,
 Texas 75606, 1-800-222-6897, 903-236-4012

More Items Available
from

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

800-222-6897

903-236-4012

Inzer Advance Designs T-shirts — 2 color logo
 Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
 S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo \$10.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
 S, M, L, XL, XXL \$28.00

Wrestling Singlets with full 2 color Inzer Advance Designs logo \$33.00

Wrist Wraps — full length with velcro and thumb loop \$9.95

Wrist Wraps — heavy duty, full length with velcro and thumb loop \$17.00

COMPETITION BELTS

Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching \$68.00
 10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee \$70.00
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
 1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95
Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00
OFFICIAL MEET T-SHIRTS
Baddest Bench in America - multi-color design \$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

Planet Fitness Open

22 Jan 99 - Burlington, IA
 M. Hill 85
 M. Turner 300
 M. Turner 300
 M. Turner 300
 M. Turner 300

The Planet Fitness Open Bench Press/Deadlift Classic was a disappointment this year, but it was a good (but short) meet. Melissa Huff benched in her first competition finishing with 85 for the win last year with a win in the teenage class, ending with 285. Brent Meyer won both the 181 lb and submaster class with 300, conserving himself for a strong win with 305, lifting in just his third competition, winning the master's class. Big Don Shumaker was looking for a big day, but got only 0! His opener and 550 but just didn't leave it on this day. Thanks to those who supported this competition. Dr. Darrell Latch (Thank to Dr. Darrell Latch for providing results)

2nd USAPL Toys for Tots

12 Dec 98 - Brooks AFB, TX
 BENCH
 148 lbs. Military 220 lbs. (50-54) 300
 165 lbs. Military 220 lbs. (55-59) 300
 181 lbs. Military 220 lbs. (60-64) 300
 RESURRECTION 305
 O. GUZMAN 305
 198 lbs. SUBMASTER 242 lbs. (40-44) 305
 200 lbs. OPEN 405
 OPERNAGE 335
 M. LAZANO 445
 P. MONTOYA 390
 97 lbs. SQ 8P DL TOT
 105 lbs. 255 120 300 675
 J. Clark 225 125 265 615
 C. Cardwell 235 125 285 645
 123 lbs. 215 115 255 585
 C. Cardwell 200 125 235 560
 L. Lopez 260 140 330 730
 165 lbs. Military 300 155 350 805
 D. C. Galt, Junior 240 110 280 650
 J. Ventura 220 115 260 595
 B. Roebom 270 100 280 650
 S. Ayala 300 205 340 845
 P. C. Galt, Teen 275 155 290 720
 A. Troxell

181 lbs. Open 385 265 415 1085
 C. Elmendorf
 181 lbs. Masters (60-64) 190 355 845
 198 lbs. Masters (50-54) 145
 J. Klottergard
 Teen 300 185 345 830
 Y. Abrego
 118 lbs. Teen 330 225 355 910
 M. LAZANO
 123 lbs. Teen 305 210 375 890
 J. Cunniffham
 165 lbs. Junior 395 270 450 1115
 R. Coleman
 J. Barron 485 275 495 1255
 E. Johnson
 Submaster 400 290 410 1100
 M. Tamaya 545 330 450 1325
 220 lbs. Open 515 425 535 1666
 Submaster 485 365 425 1270
 R. Blount 460 245 325 1230
 E. Garcia 335 220 430 985
 G. Luna 395 255 450 1100
 V. Johnson 500 310 505 1315
 Masters (46-49) 485 305 485 1275
 R. Autenrieth
 181 lbs. Junior 495 370 525 1390
 273 lbs. Military 370 285 400 1055
 C. Thompson
 C. Caffery 365 250 415 1030
 Open

Planet Fitness Open

215 180 240 635
 T. K. Bushaer
 215 150 232.5 597.5
 A. Stahl
 280 165 272.5 717.5
 Best Lifters: MEN Teen - Justin Thacker, MEN Jr - John Brown, MEN Master - Tom Maples, WOMEN Open - Cathy Martin, MEN Open - Tom Janca, Team - No Spot Required (courtesy of USAPL)

APC Austrian Bench Breakers

12 Dec 98 - Innsbruck, Austria (kg)
 WOMEN 52 kg. Open Master (45-49) 162.5
 Wankler, M. 52.5
 Pandion, H. 147.5
 60 kg. G. 90
 Puzak, (50-54) 167.5
 67.5 kg. G. 90
 Ziemkiewicz, A. 160
 Kozol, S. 52.5
 Sobz, (55-59) 168
 75 kg. Open 105
 Mrozek, M. 105
 Kozol, D. 55er 100 kg. Open 225
 Kozol, M. 107.5
 Kozol, W. 145
 67.5 kg. Master (40-44) 142.5
 Heindl, M. 127.5
 Kreutner, J. 140
 75 kg. Open 140
 Junior M. 205
 Master (50-54) 140
 Piernicki, L. 140
 Achmuller, E. 130
 Master (40-44) 100-04 100
 80-04 75
 Wrobel, W. 100
 82.5 kg. Open 120
 Wrobel, W. 120
 200kg Master (45-49) 205er
 Gierzyk, D. 170
 Galdner, W. 205er
 Fogione, A. 155
 Clack, J. 130
 Van Vuuren, L. 150
 110 kg. Open 217.5
 Bamon, J. 145
 Dolan, F. 190
 Koltowski, M. 155
 Dolan, M. 170
 Junior 160
 Spjutnik, J. 170
 165
 Ganninger, J. 160
 120
 Winkler, H. 140
 Master (45-49) 165
 Lechowicz, E. 165
 Master (45-49) 200
 90 kg. Open 125
 Popenov, O. 125
 Popenov, I. 160
 Formella, D. 210
 Open 288er
 Blansch, S. 170
 Winkelmann, H. 235
 175
 Wozniakowski, T. 285
 100
 Bartolik, M. 180
 Teen (16-17) 120
 Master (45-49) 190
 Doepfer, M. 165
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Power People



Betty Lafferty, 56, won the WABDL World Bench Press title in the 114 lb. class with a record setting bench press of 137 lbs., and she took the Outstanding Women Masters Lifter trophy as well. A program coordinator for the Daphne Recreation Department in Alabama, where she teaches yoga and fitness courses, Boston Marathon, and over 25 other long distance races. (photo and info courtesy Robt. Lafferty)

USAPL YWCA Open PL

6 Dec 98 - Omaha, NE

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Special Olympics	T. Viba	195	242	437
165 lbs.	D. Hinkle-18	350	430	780
150 lbs.	R. Sander-48	320	400	720
135 lbs.	M. Wilson	242	300	542
120 lbs.	G. Wille	200	250	450
105 lbs.	M. Wilson	175	215	390
90 lbs.	T. Kemp-14	140	170	310
75 lbs.	D. Hinkle-18	110	130	240
60 lbs.	M. Wilson	80	100	180

ANNOUNCER: John Jones, JUDGES: Mike Taylor, Monte Lofing, Don McCreary, Tim Anderson. (Thanks to USAPL for providing these meet results)

NASA Georgia Regionals (kg)

Class	WOMEN	BP	DL	TOT
182.5	M. Wilson	182.5	220	402.5
165	D. Hinkle-18	165	200	365
150	R. Sander-48	150	180	330
135	M. Wilson	135	160	295
120	D. Hinkle-18	120	140	260
105	M. Wilson	105	120	225
90	T. Kemp-14	90	110	200
75	D. Hinkle-18	75	90	165
60	M. Wilson	60	70	130

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APA Eastern & Masters BP/DL/CK

Class	WOMEN	BP	DL	CK
350	M. Hogan	350	420	770
300	R. Sander-48	300	360	660
250	M. Wilson	250	300	550
200	D. Hinkle-18	200	240	440
150	M. Wilson	150	180	330
100	T. Kemp-14	100	120	220
75	D. Hinkle-18	75	90	165
50	M. Wilson	50	60	110

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USAPL YWCA Open PL



Japan's top benchers were not in attendance. If they had showed, they would have mixed things up further. The difference between the U.S. team silver as opposed to a team gold was as slight as an uneven lockout for USA's Leonard McCormick. And for him, too, that meant the difference between silver and gold. I believe this lift would have been a personal best for Leonard, so all the credit should go to him for such a close effort and we were quite happy about the nine team points he contributed.

The first day of lifting consisted of the disabled lifters, men and women. The first day showed us all what determination can do. An added feature was a special guest Russian lifter who benched close to 400 lbs., without a forearm! I presume he was a great lifter only because the nature of his disability dictated an uneven lift, but powerful he was. He looked like the prototypical Russian powerlifter.

The U.S. women's team consisted of only 4 women. I hope that the open women attending future USAPL bench press nationals will seriously consider trying for a berth on the world team. With a full team of our best female benchers, I believe we could reach into the medals. As it was, I was unexpectedly asked to join the team, even though I had not attended this year's bench press nationals. Apparently most of the women turned down the opportunity. Next year, I hope that a complete women's team from the U.S. will make their presence known.

As for the U.S. men, well that was an exciting battle. Going in, it was evident that it was too close to call between USA, Russia, Hungary and Japan. As the chips fell, Russia edged out the U.S. by three team points, and we edged out Hungary by just three points. Two of

these were some reconsideration of Bank Drucken!

This year the USAPL bench press nationals will be in Chicago in September and the worlds will be in Finland in December. Team USA looks forward to another strong showing in the world of

weight, and finding proper meals. I am a firm believer that all high level national and world medals should be set up this way for the simple reason of lifer convenience.

Attending and competing in the IPF World Bench Press Championships may have been my best international experience to date. While my own performance was average (2 for 3), the overall atmosphere was terrific. Although I have lifted eight other times outside of the U.S., it was the first time for me to enter an international single lift meet. The relatively simplicity of a bench only meet contributed to the enjoyment (at least for a full powerlifter, because when you take out the squat a LOT of pressure seems to drop off). In addition, for strategic reasons, I lifted without dropping into my traditional weight class, which proved to be the right decision. So, whereas in the past, I have toured the saunas of the world, this time I actually ENJOYED myself.

With over 350 lifters from 30+ countries, there was a true international flavor in the hotel and meet venue. The mood in the hotel and meet venue. The mood in the hotel and meet venue. The mood in the hotel and meet venue.

Impressions: When the results are reviewed, I'd like to point out that the judging for uneven extension was very strict and there may have been hundreds of lifts not passed for this reason. This is not to be critical because this is how the rule is written and as a referee at this meet, I too abided by this strictness. However, most readers will not realize the final results do not do justice to the absolute strength of some of the lifters. I personally hope that there will be some reconsideration of

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BANK DRUECKEN IN DEUTSCHLAND/BENCHPRESSING IN GERMANY by World Team member Andrea Sorthwal

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1998 AAU/USA PL COMBINED BEST IN NORTH CAROLINA

ASSISTED BENCH
235 T. Hodge
225 T. Hodge
205 D. Moore
205 J. Michaux
280 R. Kelly
750 R. Kelly
1360 D. Clifton
1225 C. Kerby
1365 C. Kerby
1430 C. Draper
1450 C. Manios
1645 B. Whitman
220 J. Smith
1750 R. Tison
1565 S. Durrant
1340 S. Spodert
1975 M. Neal

W. Blanks*
C. Knight/McNeil*
C. Knight/McNeil*
W. Blanks*
D. McMillan*
R. Terry
W. Hawkins III*
K. Wall
L. Thompson
L. Mix
T. Mik

RAW B/P
235 T. Hodge
225 T. Hodge
205 D. Moore
205 J. Michaux
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750 R. Kelly
1360 D. Clifton
1225 C. Kerby
1365 C. Kerby
1430 C. Draper
1450 C. Manios
1645 B. Whitman
220 J. Smith
1750 R. Tison
1565 S. Durrant
1340 S. Spodert
1975 M. Neal

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W. Blanks*
D. McMillan*
R. Terry
W. Hawkins III*
K. Wall
L. Thompson
L. Mix
T. Mik

C. Chavis*
C. Knight/McNeil*
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205 J. Michaux
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Weight, USPF Biography, TOP 100 220s. May/97... TOP 20 Women/Teenage Masters, Your First Meet, Joy/Almondovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo. Sep/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, Women's Worlds, Training for Women World's Strongest Man, USA Pl. De-World's Strongest Man, USA Pl. De-World Cup, TOP 100 132s. Oct/97... Dream Team Pl. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Interview, Brad Gillingham Profile, Resistant Training by Louise Simmons, Ken Enrich Profile, Power Biceps Training, Larry Miller Interview, TOP 100 148s. Nov/97... J.M. Blakey Profile, Dream World's FASTEST Bench, Presser, Rick Gaugler Profile, Light Training Days, Dietes & Pl., TOP 100 165s. Dec/97... Vicki Steemod, Functional Program Squat Workout Pl. 1, WDFPF Iron Powders, Louise Simmons Squat Champ Chronology, EPF Europeans, The Workout, USPF's Best Women, Walk

Austen DL, TOP 100 181s. Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best of IPF Women, TOP 198s. Feb/98... WABDL Worlds, WPC Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pl. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s. Mar/98... Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage. Apr/98... Bull Stewarts, USA PL Women's Nationals, APT All Time TOP 10 Women, Westside Invitational, Foundational Training by Louise, TOP 242s. May/98... Ed Coan's Suspension, ProFit Interview, Arnold Classic, Philippine Revolution, APT All Time TOP 10 Men, Focused Benching, TOP 100 275s. Jun/98... Mark Henry, Ernie Millsan, Olympic Cycle, Louise Simmons on "Re-searching Resistance" 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs. Jul/98... Kirk Karwowski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arendberg, IPF Women's Worlds, TOP 100 Flyweights. Aug/98... USA PL Men's Nationals, Platform Deadlifts, ADPA Women, Ueb-Chun Chang, IPF Worlds, APT Nationalists, Shane Hammon, TOP 100 Baniam. Sep/98... APT Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summit Picnic Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s. Oct/98... "FUD" Lives, APT Seniors Pl. II, Sport/Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louise Simmons, John Neighbour, TOP 100 148s. Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Baumaster, Joe Dube, Jackie Davis, TOP 100 Middleweights, Steve Leyboldt, Icelanders. Dec/98... IPF Masters Juniors - Mens/WPC/WDFPF/AAU / AAFP World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s. Jan/99... WABDL Worlds, WPC Worlds Pl. 1, IPF Men's Worlds Report, Louise Simmons on Bands and Chairs, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99... WPC Worlds Pl. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s. Mar/99... L.A. Lifting Club, Doyle Kennedy Tribute, Not Partial to Partials, Stretching Your Limits, Visitors to Westside, TOP 20 Women, Masters, Teens

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(article continued from page 9)

THE MOUNTAINEER CUP

June 26, 1999

"If you have to ask why, you'll never understand"

<http://www.pwrlfr.com>

How do these compare? First, let me state that all of the above proteins are decent. If processed correctly, EACH will provide the body very efficiently with the protein that it "needs." Before you say it, I know your response - "That's all wonderful, but what is the best protein for me, a powerlifter?" If you were to use any ONE protein source then I would have to say that it's a toss up between a soy isolate and a whey ISOLATE. WPC provides a good protein, however the accompanying fat and carbs is something you do not want. If I had my choice, I would pick a soy isolate. A soy isolate is VERY cheap, has the highest score on the PDCAAS, is very soluble if instantized, is extremely bland (a good thing), IMPROVES kidney function (unlike any other protein), is anti-carcin-

genic, is anti-estrogenic, lowers LDL (bad) and raises HDL (good) cholesterol, IMPROVES THYROID FUNCTION, etc., etc. - the list goes on and on. I would definitely stay away from casein and egg white protein. Casein has been shown to have detrimental effects on a person's cholesterol profile and egg white protein tastes poorly, is expensive, and consists of about 10% carbohydrates.

As a final note, please be sure that any protein you purchase is instantized. This means that the protein will mix easily into a liquid like milk without clumping and sitting on top. Instantization is worth its weight in gold as it prevents one from having to use a blender in order to dissolve the protein into the liquid. Manufacturers/processors use two methods to instantize,

One is agglomeration which is the process of creating larger and more irregular shaped particles. This will allow the liquid to "penetrate" the protein powder, thus preventing clumping. The other method is to process, leactin is sprayed onto the particles of protein. Leactin, being an outstanding emulsifier, will greatly decrease the surface tension between the liquid and the protein, thus allowing the protein to easily dissolve. The best products on the market are both agglomerated and leactinated.

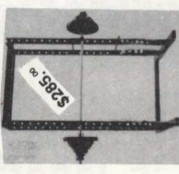
I can't stress enough that every one NEEDS to read the nutritional specifications on the back of the label. This is where you can decipher (hopefully, if it's truthful!) if the product is a WPC or an isolate. From what I have seen, why Isolates will sell for \$50.00 or more retail for a kilogram (about 2 pounds). I truly believe that with all of the scamming going on right now in the whey market, I would be inclined to purchase an instantized soy protein isolate. Right now, soy protein is "out" with very few claims about it. I believe, at this time, you have a better chance of getting what you pay for with soy than with whey. So... remember to use SOY and don't get stuck with WHEY in your face!

process of creating larger and more irregular shaped particles. This will allow the liquid to "penetrate" the protein powder, thus preventing clumping. The other method is to process, leactin is sprayed onto the particles of protein. Leactin, being an outstanding emulsifier, will greatly decrease the surface tension between the liquid and the protein, thus allowing the protein to easily dissolve. The best products on the market are both agglomerated and leactinated.

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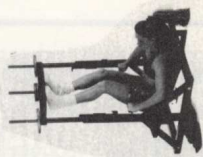
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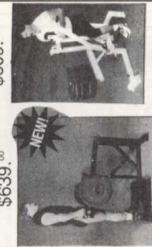
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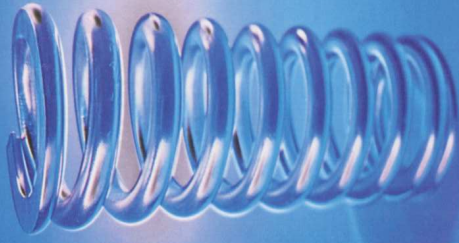


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7 805 Douglas, J. 7/15/98	600 Williams, S. 3/22/98	750 Hall, P. 3/31/98	2022 Douglas, J. 7/15/98
8 805 Douglas, J. 7/15/98	600 Williams, S. 3/22/98	750 Hall, P. 3/31/98	2022 Douglas, J. 7/15/98
9 805 Douglas, J. 7/15/98	600 Williams, S. 3/22/98	750 Hall, P. 3/31/98	2022 Douglas, J. 7/15/98
10 805 Douglas, J. 7/15/98	600 Williams, S. 3/22/98	750 Hall, P. 3/31/98	2022 Douglas, J. 7/15/98
11 788 Coover, W. 7/15/98	575 Demian, J. 2/15/98	744 Cash, J. 6/7/98	1960 Coover, W. 7/15/98
12 788 Coover, W. 7/15/98	575 Demian, J. 2/15/98	744 Cash, J. 6/7/98	1960 Coover, W. 7/15/98
13 788 Coover, W. 7/15/98	575 Demian, J. 2/15/98	744 Cash, J. 6/7/98	1960 Coover, W. 7/15/98
14 771 Carmine, P. 3/27/98	570 Nichols, M. 6/20/98	735 Dierckx, P. 7/15/98	1920 Carmine, P. 3/27/98
15 771 Carmine, P. 3/27/98	570 Nichols, M. 6/20/98	735 Dierckx, P. 7/15/98	1920 Carmine, P. 3/27/98
16 771 Carmine, P. 3/27/98	570 Nichols, M. 6/20/98	735 Dierckx, P. 7/15/98	1920 Carmine, P. 3/27/98
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53 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
54 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
55 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
56 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
57 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
58 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
59 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
60 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
61 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
62 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
63 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
64 700 McCreary, S. 3/21/98	520 Taylor, K. 7/15/98	677 Coover, W. 7/15/98	1791 Taylor, K. 7/15/98
65 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
66 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
67 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
68 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
69 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
70 699 Coan, E. 12/20/98	515 Allen, C. 5/17/98	660 Dierckx, P. 7/15/98	1755 Gony, L. 3/7/98
71 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
72 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
73 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
74 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
75 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
76 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
77 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
78 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
79 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
80 688 Taylor, K. 7/15/98	515 Coover, W. 7/15/98	658 Emswiler, R. 4/7/98	1750 Coover, W. 7/15/98
81 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
82 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
83 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
84 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
85 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
86 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
87 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
88 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
89 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
90 675 Barretts, B. 4/19/98	505 Spahar, J. 4/19/98	650 Robertson, J. 2/28/98	1736 Horton, L. 12/20/98
91 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
92 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
93 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
94 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
95 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
96 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
97 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
98 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
99 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98
100 672 Bowser, S. 5/20/98	501 Ford, T. 3/27/98	650 Blanton, M. 6/6/98	1724 Blanton, M. 6/6/98



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