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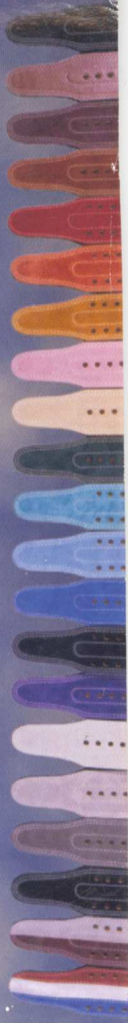
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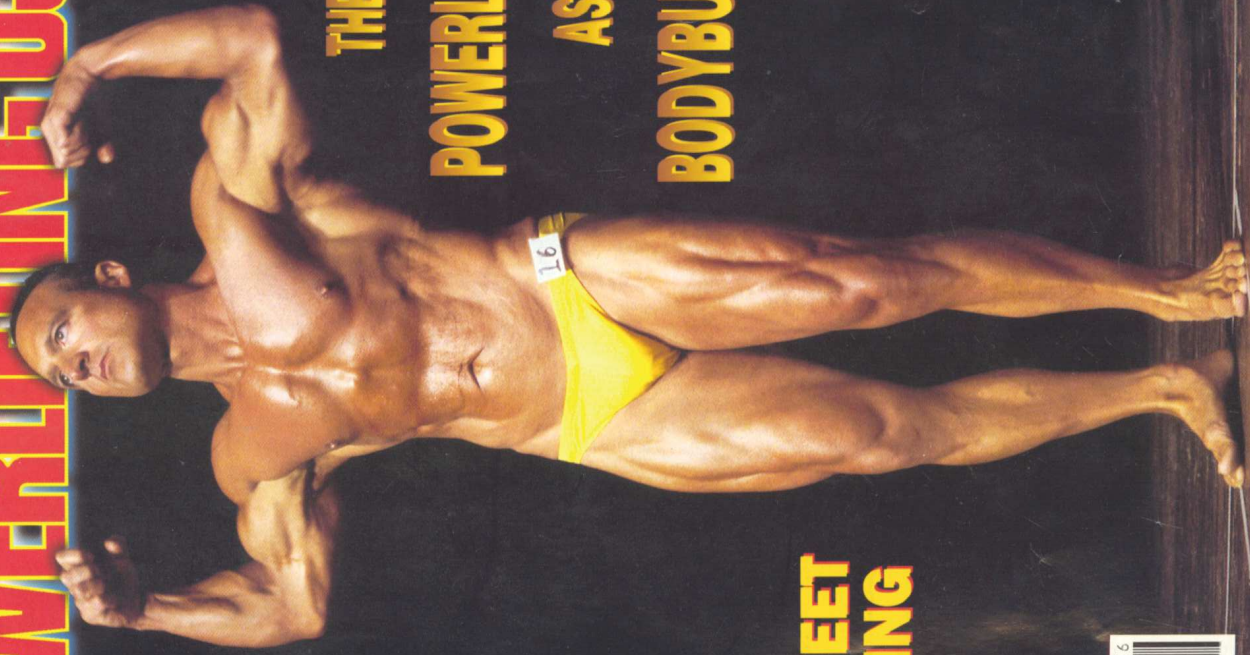


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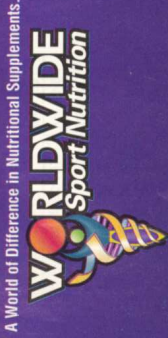
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ON THE COVER..... many time World Powerlifting Champion Vince Anello is one of many top powerlifters who have tried their hand at bodybuilding. (photograph by J.J. Prekop Jr.)

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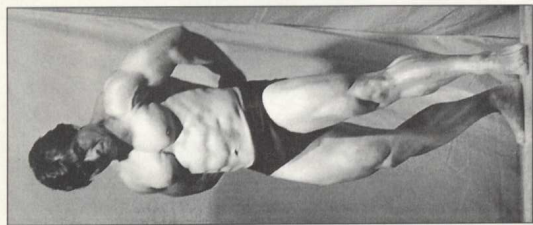
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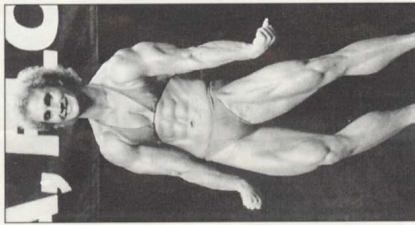
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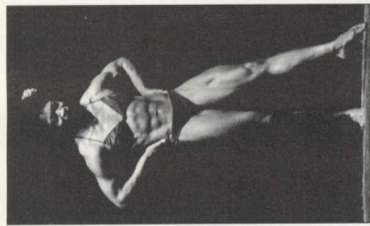
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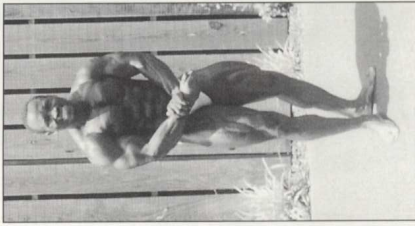
Debbie Poston... bench phenom



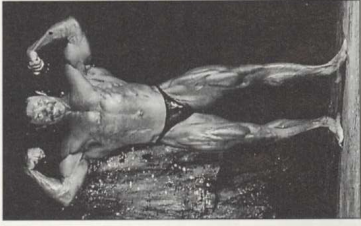
Tony Fitton at age 15 (Steenrod)



Majik Jones was a national and world powerlifting champion as well as a bodybuilder. (Leistner)



Gene Bell has done physique contests in between powermeets



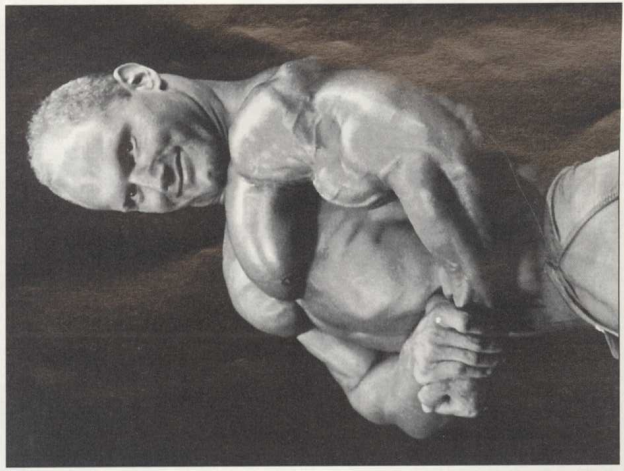
Masters Champ John Tyree shows us how to get ripped

Powerlifters as Bodybuilders

Powerlifting and Bodybuilding would seem to be quite distinct activities. Fundamentally, one is quantitative - involving the comparison of numbers - how much weight one can squat, bench, deadlift or total; while the other is qualitative - involving the analysis of such factors as proportion, muscularity, symmetry - how good one looks physically. At the level of the essence of each sport, one is dominated by subjectivity and the other by objectivity.

Despite the apparent differences between Powerlifting and Bodybuilding, there is undeniably common ground between the two. All the weight sports have a common ancestry; witness the achievements of classical physical culturists like John Grimek in bodybuilding, olympic lifting, and "odd lifts" before powerlifting was defined as an organized sport. Many of the same pieces of training equipment, from the bar and plates to various machines, are used to one degree or another by both types of athletes. Many of the same exercises are utilized by both PLers and BBers, though not necessarily with the same intensity. A bodybuilding training program is substantially different from a power routine (check out the interview with Frank Schramm of Germany, a man who's done both at a high level, on page 10), with an emphasis on lower weights, higher reps, and more sets, versus the powerlifter's approach which involves comparatively higher weights, fewer reps, and fewer sets. A strict dietary program is a virtual requirement for bodybuilding success, whereas many powerlifters employ the "see-food" plan (they 'see' food and they eat it!), but this effect is skewed towards the higher bodyweight classes in Powerlifting. Within the lower weight class limits, it improves the efficiency of a powerlifter to be as lean as is practical, and many of the lighter class lifters show impressive vascularity and "ripped" muscularity on contest day, incidental to their lifting performance.

Even though some powerlifters at the higher levels of competition may have physiques that are impressive, powerlifting's focus on the Big Three movements both creates and dictates a situation where certain body proportions that are not particularly desirable for bodybuilding purposes are actually key indicators of success on the powerlifting platform. Powerlifters in general, tend to be selected towards thickness around the hips, while bodybuilders tend towards thickness in the upper body.



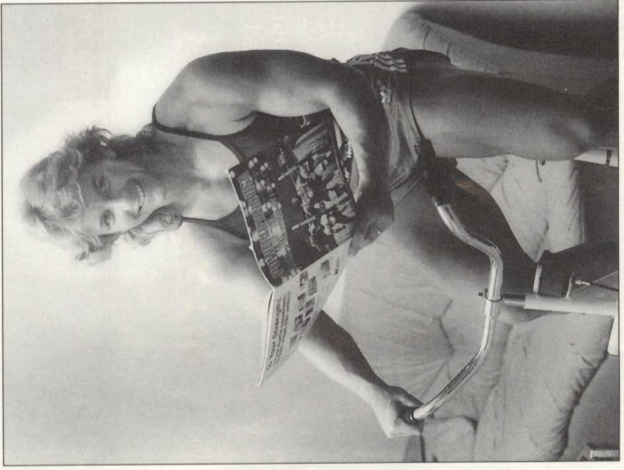
Joe Ladnier was always considered one of the best built powerlifters.

Still, when you talk about "building" a body, i.e., increasing muscular mass, powerlifting movements are one of the quickest and most effective ways to get big in a fast way. The increases that powerlifters typically achieve in their arms, chests, and bodyweight are very significant to the bodybuilding community, and many of them turn to powerlifting-oriented programs to break a plateau or two in their careers. Bodybuilding represents a great opportunity for powerlifters as well, in terms of welcome relief from excessive heavy training and the opportunity to develop lagging muscle groups in the off-season to enhance powerlifting performance during the competitive season.

The connection between Powerlifters and Bodybuilders can be seen at such spectacular venues as the Arnold Classic, where big name PLers like Ed Coan and Anthony Clark are warmly greeted and accepted by the legends of bodybuilding. Obviously, the bond between these brothers in iron runs deep. Whenever someone calls for them to "show me your muscle", few Powerlifters hesitate to throw out a biceps shot.

Over the years, many powerlifters - at all levels of achievement - have tried their hands at bodybuilding, and even though the ground is common to a great extent, very few men or women have been able to reach ultimate greatness in both fields, at least not simultaneously. These photos we have collected to accompany this article are by no means meant to be totally comprehensive, they are merely samples of what has been accomplished. (We may even do this kind of article again in the future, so if you think you or your favorite PLer/BBer have been slighted here, send in a photo to document those Bodybuilding exploits - on the posing dais, or just in your backyard).

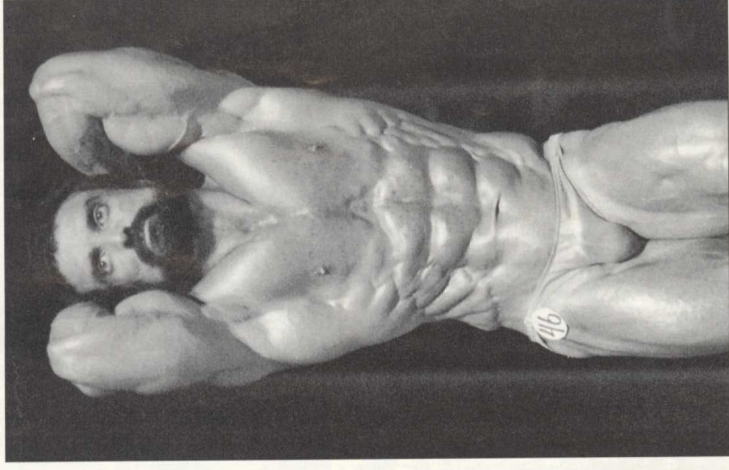
The goals of becoming stronger and more muscular are not mutually exclusive. Many of the top bodybuilders are impressively strong in the powerlifts, and probably could be in the mix at the national level with a change in their training principles. On the other hand, some top powerlifters, with an alteration in their training approach, could easily make a dent for themselves in the physique wars. Theoretically, the highest level of achievement in both sports might well tend towards the same end. Truly massive muscular development is strongly correlated with strength, and spectacularly strong athletes are also very likely to be densely muscular. Imagine the characteristics and capabilities of, say, the next 'Ed Coan' and a follow on to Dorian Yates merged together at some date in the future - that's where we are headed!



Bev Francis rode her PL titles to bodybuilding stardom. (K. Leistner)



World PL Champion Vickie Steenrod exemplifies 'mesomorph' while competing at the Ms. Iron Woman contest. (Dr. Alan Kistner)



Above... Glen Maur was a national level powerlifting competitor out of California who built up a spectacular physique as well. (Other impressive shots - in color - of powerlifters as bodybuilders appear on pages 92 & 93 in our 'Power Bodies' gallery of photos)



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Question: I've been hearing a lot of interesting things about soy protein lately. I tried a soy protein several years ago but thought it tasted and mixed horribly. A friend of mine has been taking one of the new generation soy proteins and really loves it. He says it has a delicious taste, mixes easily, and helps him stay lean and strong. I really want to try a good soy protein, but I'm concerned about one thing I've heard from several people that soy is estrogenic. I don't want to get gynecomastia or turn into a woman. Please tell me the lowdown on soy protein.

Answer: Soy proteins have gotten a bad rap for many years due to them being poorly processed. These proteins tasted horribly had an unfavorable amino acid profile, mixed poorly, and caused intestinal disturbances due to traces of oligosaccharides, which ferment in the intestinal tract. Things are different now though and soy has the right to say, "I've come a long way baby!" With improvements in technology, high quality soy proteins are now available which can claim the status of being the best proteins available for sport supplementation. Some might argue that whey is the best, but consider several key points. Nearly all of the whey proteins currently being sold are inferior whey protein concentrates and not whey isolates. To make matters worse, most of the isolates are processed in such a way that they contain very little of the immune-boosting microfractions. To make matters even worse, it is extremely difficult, if not impossible, to tell the difference between a concentrate and an isolate. Unscrupulous supplement companies will claim that a given product consists of a whey isolate when, in fact, there is little or no isolate contained. Instead of the

wastely more expensive isolate, these companies use whey concentrate which has plenty of carbohydrates and fat. Thus, whey is a great protein, but you must find one that is a true isolate and which contains the microfractions, which enhance the immune system. Unfortunately, such a protein would be highly expensive, in the neighborhood of \$30 per pound.

Luckily, soy protein has not been bastardized like whey protein in the sports industry so you can be quite sure that what you're getting is 100% legitimate. Furthermore, the new soys taste great, mix instantly, have no oligosaccharides, improve kidney and thyroid function, lower cholesterol, and have twice the glu-

Questions of Power

by Derek W. Cornelius of Syntrax Innovations

tamine as whey and the same amount of branched chain amino acids. To top this off, soy proteins are comparatively cheap. It is for these reasons that soy is making such comeback in the sports nutrition industry.

To finally answer your question, soy proteins contain what are known as isoflavones, specifically genistein and daidzein. In fact, a high quality soy protein will have standardized amounts of these compounds. Some people say that soy has estrogenic effects because of these isoflavones. Research has shown that they do have estrogenic properties, however we must realize that this does not mean that they will have estrogenic effects. Being very weak estrogens, soy isoflavones have always been known as estrogenic regulators. This means that these compounds will decrease the estrogenic response in your body if you have too much estrogen and increase the estrogenic response if you have too little or none. Even when it increases the response, the effect is so subtle as to make it unnoticeable. My experience is that consuming soy protein actually has an anti-estrogenic effect in most people. This is a big plus for anybody struggling with gynecomastia or who is taking anabolic steroids and has increased amounts of estrogen in their system.

The last thing to mention about isoflavones is that they are anabolic. Many studies have shown that genistein and daidzein increase lean body mass and decrease fat mass. For those who want to benefit fully from this characteristic there is Proxylon which is another isoflavone with absolutely no estrogenic activity and nearly 1000 fold more potent at building muscle and burning fat.

Question: There are so many new compounds being sold right now that I am totally confused and don't know what to buy. I used to buy creatine and had good results, but I am afraid that it is no longer the best supplement for my money. Could you also tell me which type of creatine I should buy, there are so many different types: effervescent, micronized, liquid, etc.

Answer: Creatine is a great supplement and works to a limited degree in almost everyone who uses it. It puts on some quick mass and noticeably increases strength. The biggest problem

I have used anabolic steroids in the past and these made it much worse. What can I do?

Answer: Light acne can be controlled with the use of benzoyl peroxide (over the counter acne medication) or Retin-A (prescription acne medication) or the combination of both of the above. I must stress though that this will only help with light acne. If you have worse acne, pustules that hurt to touch, a prescription antibiotic called tetracycline might help. This is somewhat effective but usually only if your acne is mainly caused by bacterial growth in your skin. Acne is caused by many factors with bacteria being only one of the culprits. I am assuming that you have tried all of the products above and have found them to be quite ineffective.

... the best and most effective acne treatment is a compound called isotretinoin.

Bar none, the best and most effective acne treatment is a compound called isotretinoin. This compound is sold under the trade name Accutane. Isotretinoin is really quite amazing as it does multiple things in the skin and attacks the acne from nearly all sides. Most importantly, it vastly reduces the amount of oil the sebaceous glands produce. It does this by actually shrinking the sebaceous glands up to 80%. Furthermore, it regulates the keratinization of the skin so the skin cells develop normally without clogging the pores. Finally, it drastically reduces the amount of bacteria in the skin. Basically, isotretinoin makes a person's skin like it was before puberty. The best thing though is that the effects are semi-permanent. I have seen isotretinoin literally do amazing things to a person's skin and I have never seen it not work with the correct dosages. Go to a doctor and ask for Accutane. If he gives it to you, I am sure that you will be pleased.

(modeled by Brianna)



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1st Women's IPF Worlds as told to Powerlifting USA by Herb Glossbrenner

Following in the footsteps of their male PL counterparts, the mistresses of muscle embarked on their own journey. The first Women's World Powerlifting Championships became a reality on May 3-4, 1980 at the University of Lowell, Lowell, MA. Their college PL team played host, with leadership from organizer Dick Fisher, and Joe Zanello, National PL Chairman. Athletes & officials were housed at the Holiday Inn of Tewksbury. The late great Ed Jubenville, a muscle control expert, was the expeditor. NBC's Sports-world was on hand to televise this ground breaking event. Nine times Men's World P/L champ Larry Pacifico was all decked out and presented the awards. Terry Dillard (USA) took home the best lifter trophy, and the USA won the team title. The scoring as follows: USA - 93, AUS - 76, CAN - 61, JPN - 27, NOR - 21, BRA - 13, NOR & AHO had representatives present from their respective countries, but did not score. Each nation was allowed 9 on the team. They were 49 participants - 14 of which were B-Team lifters, who lifted outside the competition, but could set records. Their results, however, didn't count for medals or scoring purposes. Still, it was a great opportunity to be a part of this "maden voyage"!! The USA's coach - Pat Malone - led his changes to battle!



Fruth on her way to the 'first' world title, while Mabel Rader judges



Terry Dillard of Spencer, Iowa.

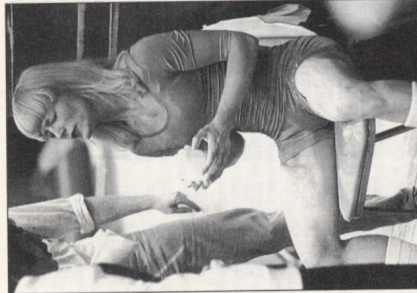
Kathy Tuite, 5-2, age 25, representing the USA from the Indiana Purdue team, and Debra Cassidy, barely 100 lbs. soaking wet, who was from AUS. Tuite easily outstripped her adversary by a whopping 628 to 446 margin. Today, Kathy is married to Dr. Ken Leist, but being part of this groundbreaking event must surely conjure up fond memories.

114 lb. class - MIGHTY TINY - PILLAR OF POWER.. FINALLY-DILLARD'S HOUR! - The USA's Terry Dillard, 26, of Spencer, IA, virtually overwhelmed her 4 international opponents! Terry's dazzling 314 SQ/W/R was 60 lbs. better than the result of her closest rival, Josse Gingras, CAN, and Linda Vickers, AUS, both dunked 253. Denise Robertson, CAN, posted 193; while Rimi

earned the distinctive title of BEST GUEST! Otherwise, Tina's 176 BP would have been a W/R! The field included two for AUS (Dorian & Wittesch) and a pair from NOR (Hoyeland & Anderson). JPN, CAN & FIN each had one. The two Aussies established themselves early on and were destined to become recipients of the "lesser two medals" in the standings! Pauline Dorian over shadowed Heidi Wittesch via her splendid 308 SQ & 352 DL (793 to 738 TOT) to obtain runner-up position. WITTESCH FINISHED 3rd! Beforehand Gajda had announced her retirement following the competition to pursue a medical career. She culminated her PL career here in a big way.

She demolished a 338 SQ, and took an unsuccessful stab @ 380. She BPPed 159, then sealed victory with a 374 DL - 892 TOT. She tried to pull a huge 413 to put icing on her victory cake, but her incentive had waned. Another USA goal!

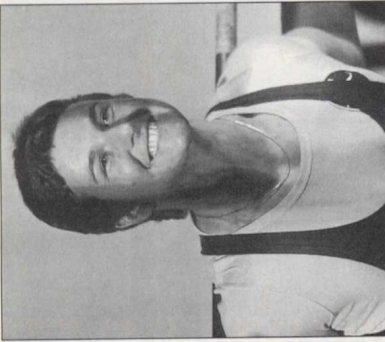
148 lb. class - A NEW BREED - JENNIFER REID! - Jennifer Reid had a career as a



Karen Gajda - psyches up for an attempt.

TOT), Marie Aparecida, the Brazilian, drew some eyes getting fourth with 628, wearing a colorful ensemble. The 'outsiders' Austin & Orth put their teammate "over the top", pushing Elwyn to her limit in the deadlift. Orth lifted 319; This gave her a 744 TOT, a result higher than Elwyn's winning aggregate. Missy tried 330 also, but failed to complete it. Austin pulled up 319 also to score 722. Inspired, she went on to attempt a huge 347! Elwyn raised 325 to capture her first World Title - 727 TOT.

132 lb. class - GAJDA'S LUST - MIDAS TOUCH! - One American entry was head and shoulders above the others. Karen Gajda was the wife of '66 AAU Mr. America' - Bob Gajda - who had popularized the PHA system of training, and he was on hand to coach his 'better half'. Karen, though tall and slender, possessed great tendon strength and competitive ferocity. Tina Woodley could've nabbed a bronze medal with her 760 TOT. Unfortunately her country (AHO - Netherland Antilles - formerly Curacao) was not an IPF member. Therefore she



Bev Francis began her run. (Kathy Leistner photos)

male mesomorphic marvel; sporting 24" thighs, 15" arms and a 42" chest. Francis was quite an athlete having excelled in track & field as well. Moody lifted well gaining the silver medal for USA. She SQed 336, but failed a big 363. Her 220 BP was a short lived WR. It lasted until Francis put it out of sight. Moody actually pulled the heaviest DL (896) and tried but failed 407 - TOT 953. This is outstanding lift-

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Jennifer Reid was the first lightweight women's champ.

165 lb. class - AWESOME AUSSIE! BY CHANCE - IT'S FRANCIS! - Ruth Weidling, a Hoosier, pulled a 336 DL to eclipse Angela Boinatic, her AUS opponent, (733 TOT) by a lighter bwt. Still lifting today, Ill bet Ruth re-members still the wonderful opportunity she got to participate in the 1st Women's Worlds!

The USA's Stephanie Moody had an ineluctable force blocking her path to the gold. Bev Francis, AUS, was a le-

beating themselves, you are missing the boat. In the end, it's all about moving the weight - not winning. Not tricking your opponent. Moving the weight. Winning is a nice side effect of being the strongest lifter.

If you only remember one thing, perhaps it should be to consider the source of any information you base strategy on. What is the motive of the source?

When people in the gym tell you that you squat deep - ask yourself "are they a powerlifter?" If they were spotting you when they told you that you were deep - ask "how could they judge depth behind me?" These people can trick you without meaning to, and it's not good.

When your opponent offers you advice, get a second opinion. If no other opinion is readily available, picture him grinning with the first place trophy before you accept his advice. It isn't bad. It isn't good. It just is.

Now picture him holding your trophy, while you kiss his girlfriend. Tricks without magic.

Next time: Only dogs return to vomit (Proverbs 26:11), and the role of "Rancor" in powerlifting. Rick Brewer

WEAPON SIX - TRICKS WITHOUT MAGIC!?! (from 500 B.C.) as told to Powerlifting USA by Rick Brewer

Another way I have seen this strategy (bluffing) work is this: Two evenly matched lifters are close at substantial time. Lifter A picks a second or third attempt that is way over his head/ability. Lifter B is drawn into the strategy sphere by Lifter A and robs himself of the weight he needed to win. (He could have easily deadlifted 575 for the win, since Lifter A won't come close to getting his lift - but instead tried 635 to preserve his lead... and took second.)

Some of you will use this information to protect yourself at a meet. Some of you will use it to hurt your opponents. Such is life, such is war.

Play your game. Lift what you can, not what you think you must stay up with others in your class. Powerlifters may not play well with others, so don't try to fake it - ignore them. For those of you who see the other side of this coin, and will use this information to bluff opponents into

next set down mumbling. Come was the grinning bravo. He was now just another high-squating fool. How had he made all those big lifts at the meets leading up to this day? He must've been "given" all those lifts. Within 30 minutes he drastically lowered his opener. He finished his squats for 3 with a third lift which looked about 2" below parallel. The bluff cost him only cost him confidence, it cost him about 60 pounds off his lift due to wasting energy on extra depth. A helper/trainer/friend could've stopped this, but this hapless lifter had traveled alone. (Plans fail for lack of counsel, but with many advisors they succeed. Proverbs 15:22)

Sun Tzu, the Chinese military tactician from 500 B.C. endorsed this strategy. "When you are near, make the enemy believe you are far..." (Sun Tzu's book, *The Art of War* is one of the most famous military tactics books in existence). Confusion is a fantastic military weapon, and it is used in powerlifting meets as well. Tricks without

Last time I mentioned that a Civil War cavalry officer tricked his more powerful opponent into surrendering a much larger force to a very small unit - by bluffing. In case you question the importance of this trivia, note that I have seen this exact thing happen several times at powerlifting meets. It is simpler than you might think.

Recently, at a national championship meet I witnessed a natural rivalry between two lifters of similar strength levels. A well-known lifter began bluffing his upstart adversary by telling him he would be lucky to get his opener due to the extremely strict judging at the national meet.

"No problem, I'm starting light," said the challenger as he sample-squatted about 1" below parallel. "That's not near deep enough," decried the more experienced lifter. (What? I moved for a better view as the astounded lifter sample-squatted again - this time about 2" below parallel.)

"Almost there," said the first lifter. "That's as low as it gets! My body won't bend any further!" screamed the shocked challenger. "Keep stretching," advised the old-head as he walked away with a straight face.

His formerly confident oppo-

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HOT OFF THE PRESS - Ed Coan set the highest powerlifting total ever posted on December 19th, 1998. Ed Coan squatted 1003, bench pressed 573, and deadlifted 887 in posting an historic 2463 total. This book is a combination autobiography, competition chronology and training manual. Over 150 pages, it contains over 200 photos and includes comprehensive appendices. In addition to a detailed autobiographical section, every competition Coan has ever entered is photo essayed. Finally, a comprehensive training section outlines Coan's philosophy of strength training. His unique approach is discussed in intricate detail. Over 70 photographs allow the reader to analyze the technique of the greatest barbell technician in the world. Coan's approach allows you to custom design your very own training program, one that will revolutionize your approach to weight training. Do you want to exponentially multiply your strength and renovate your body simultaneously? Order Now! Authored by Marty Gallagher, freelance writer for *Powerlifting USA, Muscle & Fitness, Flex, Iron Man Japan, Master Sport, Mito and Prime Fitness*, Gallagher is the editor-at-large for the *Parrillo Performance Press*. He is five-time national masters powerlifting champion and two-time world champion. Mike Lambert, editor-in-chief, *Powerlifting USA*, provides the competition photographs and Herb Glossbrenner, *PL USA* statistician, supplied a breakdown of every lift Coan has attempted in the past twenty years.

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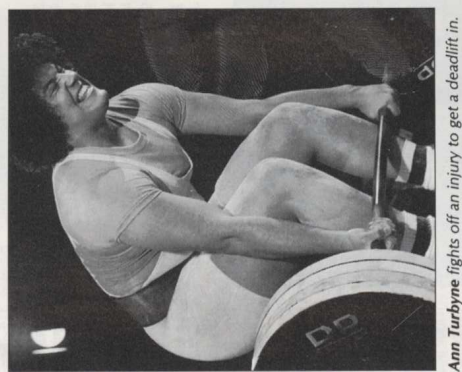
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97 lbs.	SQ	110	DL	350	TOT
FRUTH, J		237	110	259	606
ONO, Y		176	93	187	473
EXTRA		154	60	187	417
SANTANDREA		120	286	384	
105 lbs.	S	287	132	218	727
MARENTEITE		77	66	194	435
MUSTER, P		248	—	—	—
CASSIDY, D		242	115	270	628
114 lbs.	S	314	115	306	736
CHUNGAS, J		253	115	264	633
VICKERS, L		253	115	264	633
ROBERTSON		193	82	242	485
EXTRA		214	95	214	385
MOBLEY, T		242	121	242	605
SCOTTI, D		159	82	242	485
123 lbs.	S	336	132	366	834
ELWYN, S		242	159	325	727
GASSON, B		248	132	286	666
EXTRA		242	132	286	666
APARECIDA, M		209	132	286	628
ORTH, M		264	132	319	715
132 lbs.	S	358	139	374	892
GAIDA, K		308	132	333	793
DORIAN, P		248	115	286	644
HORTLAND, E		248	115	286	644
ANDERSON, S		253	104	264	628
ASAWUMA, S		264	95	259	545
148 lbs.	S	418	137	248	573
LEWIS, M		287	137	248	573
WOODLEY, T		248	176	336	760
165 lbs.	S	483	204	374	892
REID, J		348	187	429	964
181 lbs.	S	523	248	384	1107
JACKSON, M		248	110	314	733
CONNOLLY, A		220	110	281	611
MARIA, A		154	88	220	463
LOURET, R		297	165	369	832
GLENNEV, J		—	—	—	—
165 lbs.	S	385	253	374	1014
MOODY, S		336	220	366	953
EXTRA		—	—	—	—
WELDING, R		253	143	336	733
181 lbs.	S	507	198	452	1157
GAGNE, V		374	187	429	992
GARDNER, G		253	126	341	722
THIBONE, A		429	264	413	1107
MARSHALL, J		374	176	385	936
EXTRA		—	—	—	—
TODD, J		507	198	452	1157

highly-weight but, class limit. Since 181 winner Lorna Griffith had T&F commitments, Vicky was named to the team as the 181 rep. She lifted big on the platform - and proved her worth; SQ: 330, 363, 374; BP: 187, followed by 2 misses w/209; three strong DLs 363, 407, 429 for a 992 TOT. Upon returning home she relaxed, and kicked back for a relaxing WEEKEND AT BERNIE'S!

SHWT - FIRST TIME - TURBYNE! - Ann Turbyne, National champ, but injuries here hampered her performance. Ann mastered her 429 SQ opener. She went up to 452 but couldn't negotiate it - missed voice. The interim event saw her set a W/R BP of 264, the highest lift of the whole meet. Turbyne's one and only D/L - 413 - allowed her to capture her title and call it a day.

Jo Ann Mansall, the hefty Canadian girl, coasted through to a runner-up finish with a 374 SQ, 176 BP & 386 DL - 937 TOT. She wasn't satisfied with her lifts, but liked the silver medal. It had to be disheartening for Auburn, AL's Jan Todd, who was allowed to participate on the B Squad. Jan had been beaten by Turbyne at the USA Women's Nationals, but would've defeated her rival here. The pre-meet decision to allow participation outside the true competition was reminiscent of a kid outside a candy store looking in and watching someone else eat the candy bar she wanted. Jan had to repeat her 507 SQ a 2nd time to get the judges approval. Then she moved on to BP 198.



Victorious Vicky Cagne with Ginny Gardner

ing, but she was overshadowed by the MISTRESS OF MIGHT. Bev, a 24 yr. old Phys. Ed teacher, smashed 6 WRs on her way to a marvelous 1014 TOT. She became the first middleweight and therefore the lightest woman in history to crash the half-ton TOT barrier. SQ - 374 & 386; BP - 242, 253, missed 264; DL - 374, fall 396. One famed PL journalist recounted the tale of a burly looking "duke" entering the ladies room with a gold medal around a muscular neck; BEV'S THE BEST. YET, THE BEST'S TO COME!

181 lb. class - LIFTING HOBBY - VICKY GAGNE! - Only two entries participated in this class. Gimete Gardner, AUS, registered bests of 253 SQ, 126 BP, 341 DL - 722 TOT in an 8 for 9 day. By the luck of no shows, she got herself a silver medal in the first place at the right time of being in the right place at the right time. Vicky Cagne of CA obtained herself a world title in the twinkling of an eye. She'd finished 3rd @ the Nationals, as a SHW - just missing the

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weight seem easier because of the support they add. This type of use of supportive gear will allow you to build strength as well and not become "addicted" to them. This will also allow you to gradually lift more weight.

The next 3 weeks might lead to heavy sets of 3s. Here we would add an older or less tight squat suit. A progression might go like this: 135x8, 225x5, 275x2, 325x1, 365x3, 440x3, 315x5

We would add a thick belt on the third set, wraps on the fourth and the fifth. The last sets would only use wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned "kick" while slowly accustoming you to the use of the suit. Again, the light day would use only a belt on the top set.

The final 2 weeks we would use full squat gear, but, again, gradually introduce it as the weight increases. Here we would hit a single: 135x8, 225x5, 275x2, 345x1, 385x1, 400x1, 345x5

The third set would include thick belt and wraps, and on the fourth add a tight suit with straps down, and on the fifth and sixth, pull up the straps. For the last set, lower the straps to finish. The light day would be eliminated, limiting your squats to once a week.

I feel that a lifter needs time to get used to the feel of supportive equipment. Also, he needs time to test his equipment to see if it is doing the job or needs replacing. This is especially important to a newer lifter who has had little experience using supportive squat gear. This gear changes the feel of the squat considerably. More experienced lifters know what to expect. By gradually introducing the equipment, you will not be addicted to its use and you still will gain in strength over the cycle. This will also add to your confidence level, which is key to lifting up to your capabilities.

When a lifter steps out on the platform, he should be using all the equipment that the rules and his budget allow. He must also be familiar with its effects during a max squat. You can adjust this routine to fit your own squat routine; it was used only to provide a practical example. Your use of squat supportive gear is an important factor to your progress in the lift. It is an integral part of your squat training. Hopefully, you have a better idea on how to approach the use of squat gear to get geared up and achieve maximum results at contest time.

Doug's Web address:
members.aol.com/danni12345/default.htm

STARTIN' OUT

A special section dedicated to the beginning lifter

Gearing Up For The Squat

as told to Powerlifting USA by Doug Daniels

demonstrating it, and if you can live without a lifting belt as a crutch, you will be better off. The use of a lifting belt was brought up in a safety meeting we had recently at my company. A while back, supplying workers who lifted objects during their jobs way to decrease back injuries and all the human and monetary costs involved. What companies found out was instead of a decrease in back trauma, they saw an increase in it. What was happening was the belt substituted for strong abdominal muscles and the workers lost strength in their abs. When they lifted objects out of the work place without the belt, they suffered back injuries due to weak torso muscles. By minimizing the use of a belt and other gear, your supportive muscles will strengthen.

As we move into the 8 week contest phase, we can start to incorporate squat gear into our routines. For example, we might cut our reps on our heavy days down to 5s for the first 3 weeks. We would then use a belt and add wraps on the third week of the heavy sets. A routine might look something like this: 135x8, 225x5, 275x2, 325x5, 300x5, 275x5

On the third set, we would add a thin belt, the fourth and fifth set we add wraps, and on the last set, use only the belt, if anything, if you have a light day, use only the belt on the heavy sets.

By adding equipment in this manner, you will get an extra "kick" from them. This will make the

It's no news to anyone out there that by adding a squat suit, knee wraps and lifting belt, you can squat more than if you squatted "raw", with minimal or no gear. The question is: how best can a lifter use squat gear to get the most out of it during competition? There are numerous opinions on how this can be done optimally. Some believe a lifter will get best results when a full complement of gear is used throughout the contest training cycle. There are others who believe that by using it sparingly during training, best results will be achieved. I'm a middle of the road guy on a lot of things and the use of squat gear in training is one of them. To do this, you must have a plan to incorporate squat gear into your routine as the meet nears. The best way to illustrate what I mean is to lay out an 8 week cycle leading up to a contest.

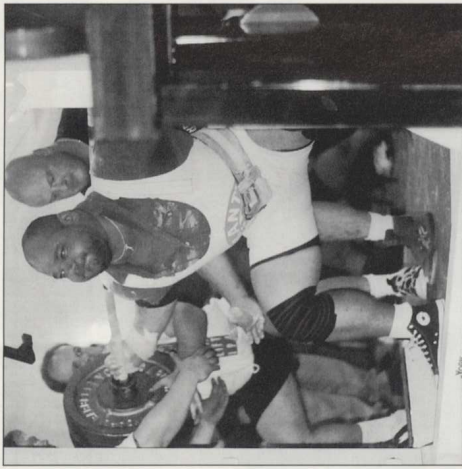
Before I start to outline a contest training plan, I suggest that



ED COAN incorporates lifting gear into his workouts as meet day approaches

TRAINING

Pre-Meet Training as told to Powerlifting USA by Louie Simmons



Above... Husband Dave Tate squats 900 at 308 at the 1998 IPA Meet while **below**, Wife Tracy Arnold-Tate hits 370 at 132 in the same competition, with Louie Simmons backing up her attempt. (photographs by L. Arnold, provided courtesy of Louie Simmons). Dave and Tracy are the principals of Elite Fitness Systems which advertises the Westside Warehouse line of equipment and supplements in PL USA.



When is the most stressful two weeks of your life? Two weeks before graduation and you're flunking out? Two weeks before your wedding and you know your whole life will be ruined forever? Or how about the last two weeks before a power meet? This is the most important time in training. It is "make or break" for many of us. How much or how little should you do? When is the last workout? What about taking equipment? Should you use meet equipment?

Let's start with the squat. As you know, we use a wave minicycle for the squat. We also train with a box at or below parallel. I will use Rob Fusner as an example. His best squat is 875 at 275.

- Week 1 425x8 sets of 2 reps
- Week 2 455x8 sets of 2 reps
- Week 3 475x8 sets of 2 reps
- Week 4 495x6 sets of 2 reps
- Week 5 425x8 sets of 2 reps
- Week 6 455x8 sets of 2 reps
- Week 7 475x8 sets of 2 reps
- Week 8 425x8 sets of 2 reps

In addition to the normal bar weight, we use chains about 120 pounds, or bands, about 150 pounds of tension. These sets are done on Friday, the dynamic method day combined with the contrast method through the use of bands or chains. The objective is to move the weights on Week 5 faster than on Week 1, and Week 7 should be faster than Week 3. This will show the development of force. That is the purpose of the dynamic method: to build acceleration and reversal strength. Short rests between sets are important for increasing intensity; 45 seconds is recommended.

We have found that the 50-60% weights work best for the squat. It is very important to push up the special exercises such as the Reverse Hyper, abs, sled work, and belt squats. Use only 3 or 4 exercises after squatting, and don't forget to rotate when necessary. Remember, the goal is to become faster with the same weight on each new wave. This can be accomplished by the use of Flex bands or chains or by increasing the special exercises that build strength in the glutes, hips, hamstrings, and abs. This will also build form by increasing the

reverse hyperextensions, pull-throughs, back raises, glute/ham raises, and lat and ab work.

One does not have to squat or deadlift to become a good squatter or deadlifter. If it takes 3 seconds to do a max squat or deadlift and you place the right muscles into play with a good morning or special squat, you have accomplished the same thing. The more exercises you become accomplished in, the easier it is to master any exercise, including squatting and deadlifting. Even football players play football only 20% of the training time. The other 80% is for special drills and to raise GPP. Pick the exercises that work best for you and use them closest to a meet. Rotate every 2 weeks and always max out: do singles in squatting and pulling and triples in the good mornings.

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If you do pull, don't do them for more than 2 weeks and never the last 2 weeks before a meet. If your form is good and your strength is up, then there is no reason not to break your squat or deadlift record, assuming you're not a head-case.

The box squats on dynamic day are done with a pair of groove belts or a suit with the straps down. Never wear knee wraps, but wear a belt.

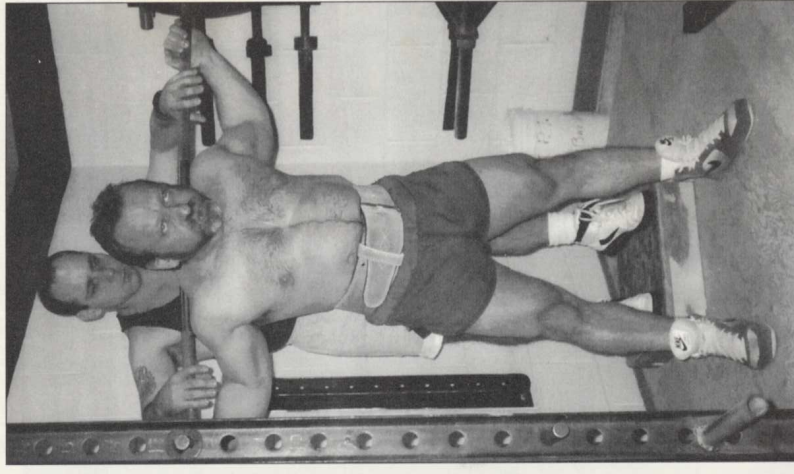
As you can see, speed work is done on one day and max effort work is done on another, 72 hours apart. Friday is our speed day, and Monday is our max effort day. Speed day is designed for explosive strength and acceleration for the development of force. Max effort day develops absolute strength. Chuck Vogelpohl, who has won everything from the Y Nationals to the Worlds, simply says it is most important to push up the special work and concentrate on bar speed for squatting and deadlifting. Just remember to push the special core exercises that work best for you closest to the meet.

For the bench press, two workouts are done per week: one for speed and acceleration and one for the development of reversal strength. Yes, reversal strength

WORKOUT of the Month

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Bruce Anderson Squat Routine



Bruce Anderson had a 680 squat to rank 2nd in the 181s on the TOP 20 Masters listing for 1998. According to Bruce "This is a program I developed in '95 after four years of backsliding. It worked immediately. I got my squat back and PR'd my deadlift the first time out. Not only am I still using it today, albeit in an advanced and customized form, but 2/3s of the team are now using it with similar results. None have ever returned to the more traditional approach." (Anderson)

This is a program for the drug-free master, or other lifter of limited recovery abilities, who has a 500 lb. squat PR and wants a 5-25 lb. increase. I believe the approach to be unique in allowing lifters to train both light for speed and volume and moderately to very heavy all year long, while still keeping the lifter fresh and eager.

Weeks 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, and 23: Box squats, 255x2x8 sets.
Week 2: 325x2, **Week 4:** 335x3, **Week 6:** 345x4, **Week 8:** 355x5, **Week 10:** 365x6, **Week 12:** 375x5, 415x1 with wraps
Week 14: 385x4, 425x1 with wraps
Week 16: 395x3, 435x1 wraps, 465x1 suit, straps down, **Week 18:** 405x2, 445x1 wraps, 475x1 suit, straps down, **Week 20:** 415x1, 455x1 wraps, 485x1 straps down, 505x1 straps up, **Week 22:** 425x1, 465x1 wraps, 495x1 straps down, 515x1 straps up
Week 24: Meet Day: Opener 475; 2nd 505; 3rd 525.

Box squats are done below parallel (we go off a plastic milk crate), wider stance than regular, very explosive, a couple minutes between sets. Sit back at bottom, relax hips, then lean slightly forward and blast up! Regular squats must be deep, but take your time between sets to prepare for those meet delays: 5 minutes or more during warm-ups, 5 to 10, as much as 20 minutes with gear. Remember too, warm-ups are just that, they're not work sets. Assistance: a set or two of one-legged presses, or two legged presses, or Mania Ray (high bar) squats. Use varying rep schemes to avoid staleness and rotate these exercises every 3 weeks: one-leg press - Weeks 1, 4, 7, etc.; two-leg press - Weeks 2, 5, 8, etc.; Mania - Weeks 3, 6, 9, etc. Calf/calves presses after leg presses for 20 reps. Weighted straight-leg sit-ups for 10 reps. Always finish with reverse hypers or back extensions, a weighted set of 10 to build, then no weight for 30-50 reps to flush out, the lower back. Don't be afraid to blow off some or all of your assistance when feeling stressed out, just don't make it a habit. Do be sure you get in your box or regular squats and your reverses or extensions. (Editor's Note: Bruce has also

ately to very heavy all year long, while still keeping the lifter fresh and eager.

The 255 triples are done explosively with compensatory acceleration as outlined by Hatfield, Simmons, etc., with only a couple minutes between sets, full stop at bottom between reps. Singles are done 5 to 10 as much as 20 minutes between sets to prepare you for those delays that often accompany meets. Remember, warm-ups are not listed due to most lifters having individual preferences. Assistance: Week 1: a set or two of static rack pulls with 325; for 5 seconds, at a setting under the pins that gets you 4-5 inches off the floor. If you've got a light rack, weight it down. Week 2: pull from top of the pins for a heavy single, one below the knees, one at the knees, and one above the knees. Week 3: stiff-legged deadlift for one set of 6, overhead with straps, touch & go, slow and controlled. Week 4: neck harness, one set each - front, back, left, right - for 20 reps; side bends for one set of 10 reps with a long-term goal of bodyweight for 10. Repeat the above every four weeks throughout the cycle. Always finish with reverse hypers or back extensions.

This program's worked well for everyone on the team that's tried it and Larry Larsen's passed it along with similar success. I wish you the same.
 Any questions, drop me a line at PO Box 73, Norfolk, MA 02056.

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known as the conjugate method. When one trains a particular exercise maximally for even 3 weeks in a row, growth hormone production is greatly reduced. That is why you must use special core exercises and rotate them every 2 weeks. Sometimes we even modify a special core exercise slightly each week.

Remember to pursue greater bar speed in all lifts. Push up special exercises and rotate as often as necessary to maintain progress. Stay with short rest periods on dynamic day: for 5/8 and 1/2 chains, for bench, 1 minute, 45 seconds; for bench, 1 minute. Any faster and the CNS may be negatively affected. The short rest between sets causes lactic acid to accumulate. By working through the lactic acid, growth hormone production greatly increases. So don't be a wimp. This pain pays. Don't take openers. If you are worried about your opener, what are you going to do with your second and third attempts? Pick the exercises that work best for you closest to meet time.

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Dr. JUDD

"CHOKING"

Tips for controlling the terror of coming unglued as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd put a traumatic experience to good use in developing his career.

Now I know you're going to find this hard to believe, but when I was in high school I was a basketball player. Actually, in all modesty, I was an awesome basketball player, like "bad to the bone" even. At 5'6" and 137 pounds, I was the white version of Spud Webb before there was a Spud Webb. I had exceptional ball control skills with either hand, a deadly jump shot from 20 feet, and yes, I could dunk... with my other hand. I spent the majority of my youth working on honing these skills. Basketball was just about my entire life. During my senior year in high school, I averaged 23 points, 11 assists, 7 steals, and 7 rebounds per game. That same year, in a summer league which featured a majority of college players, I averaged 47.6 points a game. Like I said, I could play... and I knew it!

After I graduated from high school, I chose Georgia Southern College in Statesboro, Georgia, as my next step to showcase my basketball skills. I picked up at Georgia where I left off in high school. That's right, I was AWE-SOME! In fact, by the time the season opener rolled around I had been elevated to the varsity team, becoming the only freshman to play on the varsity team. It was that opening game of my freshman year at Southern that significantly changed my life. The single event in my life that was responsible for me becoming a world class athlete and in turn helping others to do the same, I remember it vividly.

I was in the locker room getting ready with the rest of the team. I was really psyched. In fact, I don't ever remember being as emotionally charged for a game as I was then. I remember thinking that if I got into the game there was absolutely no way that anyone was going to stop me. During my career I was always confident, but this was different. I wasn't even make a simple lay-up. I must have looked like a guy who had just seen a basketball for the first time. It was the first time in my life that I felt the paralyzing effects of fear and anxiety. It was a frightening experience! I was being robbed of the grace and skill that I had worked so hard to develop, and there was nothing I could do to overcome me. In all honesty, I couldn't wait until the game started so I could take a position on the bench. There I figured I would be able to regain my composure. When the game started, I took a position at the end of the bench where I felt somewhat more secure, but I was still a far cry from

drained from my body.

During my warm-ups, about the best you could say was that I functioned like a motor moron. I threw several passes away and I couldn't even make a simple lay-up. I must have looked like a guy who had just seen a basketball for the first time. It was the first time in my life that I felt the paralyzing effects of fear and anxiety. It was a frightening experience! I was being robbed of the grace and skill that I had worked so hard to develop, and there was nothing I could do to overcome me. In all honesty, I couldn't wait until the game started so I could take a position on the bench. There I figured I would be able to regain my composure. When the game started, I took a position at the end of the bench where I felt somewhat more secure, but I was still a far cry from

confident and relaxed.

In the first half, our team swarmed all over the opposition. It was a good six minutes into the game before they made their first goal, and by the time the half rolled around, we had opened a comfortable 23 point lead. In the second half we were just as dominant. At one time we had as much as a 30 point lead. Not surprisingly, Coach Radovich started substituting freely. I hate to admit this, but I didn't want to get in that game... I was that scared. Then, with about three minutes left in the game, I heard my name as if called from afar, B-I-A-S-I-O-T-T-O! Once again anxiety seized all honesty so I could take a position on the bench. There I figured I would be able to regain my composure. When the game started, I took a position at the end of the bench where I felt somewhat more secure, but I was still a far cry from

nacious" was. After I gained my composure as best I could, I slipped off my warm-ups and ran onto the court. When I reached mid-court, the noise from the crowd seemed deafening. I could not believe the reception I was getting. The entire place was going crazy. I figured it was because I was a freshman playing in a varsity game. I must have stood there for a good ten seconds before I realized that something was wrong. It was about this time that one of my teammates informed me that I didn't have my pants on. To my complete horror, I had slipped off my basketball shorts along with my warm-ups. There I stood in front of God and five thousand screaming fans in sneakers, socks, and jock. When I returned to the bench to get my pants, Coach Radovich was rolling on the floor with laughter. "Biasiotto," he said, "You're slowing your ass again."

I had committed the ultimate "CHOKER". Of course, I'm not the only athlete and/or individual who has experienced the terror of choking under pressure. I'm just the only one who has pulled his pants off while encountering it. Most athletes who have stepped in the competitive arena know the awful symptoms of a choke-in-progress: increased heart rate, queasy stomach, rapid shallow breathing, muscle tie-up, visual impairment, and a head full of dubious thoughts. With all of that going on it's a wonder anyone could walk and talk, let alone compete. Actually, many people can't walk or talk when they are on the verge of choking. It doesn't have to be that way though. The fact is, choking isn't some immutable trait we are born with. It is a learned phenomenon that can be controlled. Here are a few tips that will help you do just that.

Put things in perspective. Here is a news flash - there are more important things in life than pulling a big deadline or winning a gold medal. Sports are fun, exciting and challenging, but they are just games, nothing more, nothing less. From the start, put sports into perspective and you'll enjoy them more. Work hard, compete hard, but don't worry about winning or losing. More importantly, concentrate on the experience of competing, and what you can learn from it. If you do your best, if you give the most you have to give, I promise you that you'll be satisfied and happy. The next time you're in competition and things are really nerve racking, ask yourself the question "Will any of this really matter a year from now?"

Most likely it won't.

Don't be afraid to make a mistake. No one is successful all the time. Even Michael Jordan missed the last second shot now and then. Actually, he missed it more often than you may think - about 50 percent of the time. When it came to crunch time, though, Jordan still wanted the ball. His shooting percentage when the game was on the line didn't bother him, because he knew that hit or miss, there were plenty more shots to take. That's the best lesson to learn is - no matter what happens there is always another day.

Be prepared. When preparing for competition, give it everything you have. The secret is to be overly prepared. Evander Holyfield has a wonderful philosophy about preparation. When he was to fight Mike Tyson for the first time he was asked by a sports reporter if he was nervous or scared. Holyfield said "I never get nervous when I'm in the ring, because I'm always prepared physically and mentally when I get there. I do everything I can in training. I work as hard as I can. When it comes time to fight, I know I've done my very best. When you have done your very best there is no reason to be nervous. Generally, the guys who get nervous are the guys who aren't prepared. I'm al-

ways prepared. And if I lose, I can live with it, because I gave it everything I could." Without a doubt, confidence that comes from preparation is the "real deal". It isn't so much the physical strength you're developing (of course, that's important too) so much as the act of getting ready and the knowledge that you have put in the time preparing. By the time you walk on the lifting platform you have to feel that you are the best you can possibly be. Then, let the rest take care of itself.

Focus on the moment. One of the best ways to choke is to think about how important the contest is that you are competing in. Such thinking will typically generate additional physical and emotional stress that interferes with performance. When competing, focus on the task at hand. Don't worry about the outcome of the contest or what can be won or lost. For example, you might want to focus on some technical aspect of your lift or the muscles that you're using to make the lift. When the mind is totally focused, all doubt is pushed aside. In short, your body will be inhibited by the distraction of your mind. Over time you will learn that if you maintain this type of focus, the outcome of the event will take care of itself.

Develop a consistent behavioral pattern. As previously mentioned, the response of fear is generally associated with cognitive involvement. Usually, it's your thoughts that bring about the physiological symptoms associated with fear and/or choking. By keeping the mind occupied, thoughts that evoke fear are less likely to emerge. Consequently, by creating a behavioral pattern that is incompatible with your pensiveness and fear, cognitive involvement can be decreased. For example, before every lift you attempt, go through the same ritual - chalk your hands, take two deep breaths, visualize your lift, take two more deep breaths, grab the bar, and then attempt the lift. Each behavior should follow the next without interruption so that you would only have time to focus on the behavior that you are engaging in. By becoming more systematic about your lifting, you will decrease negative thinking and thereby decrease your chance of choking.

Look at the worst case scenario. Sometimes in life we simply screw up. When that happens and there is always good in every situation, no matter how bad it seems. You just have to look for it. No matter how dark the cloud there is always a silver lining - just look - it's there.

scheme of life, winning or losing an athletic event has little significance. If it's not your year, it's not your life - don't worry about it.

Look for the silver lining in each situation. When I inadvertently pulled my pants off in my college basketball debut I thought I would never recover from that plight. At the time I was only sixteen years old - just a baby. I thought my whole life was over. I wanted to transfer schools, but my father wouldn't let me. I wanted to kill myself, but he wouldn't let me do that either. It was a nightmare, but there was a light in that darkness - as there always is. You see, the experience made me realize that if I wasn't able to control my emotions, I'd never be a good athlete. Consequently, I spent a good portion of my college career investigating techniques to enhance human and/or athletic performance. There is no question in my mind that the knowledge I acquired during that time was directly responsible for the majority of what I have accomplished today. In other words, what was my worst nightmare turned out to be a blessing. There is always good in every situation, no matter how bad it seems. You just have to look for it. No matter how dark the cloud there is always a silver lining - just look - it's there.

Look at the worst case scenario. Sometimes in life we simply screw up. When that happens and there is always good in every situation, no matter how bad it seems. You just have to look for it. No matter how dark the cloud there is always a silver lining - just look - it's there.

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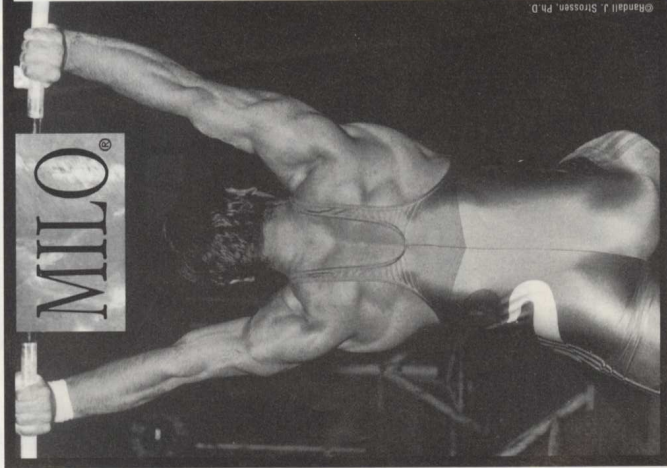
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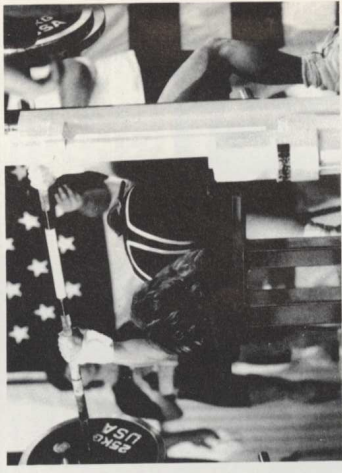
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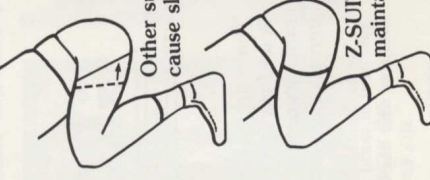
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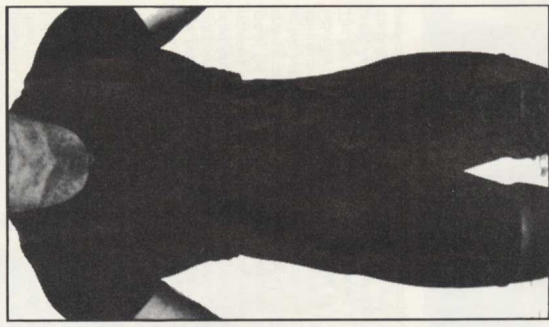
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More From Ken Leistner

I am almost computer illiterate, it took me quite some time to be able to do the word processing tasks that allow me to keep accurate patient files, write letters and articles, and finally, to send e-mail. With the help of my wife and daughter, I can now get to the internet (yes, by myself) and send e-mail. Of course, if anything does not go according to the written instructions Kathy has left for me, I'm lost and in frustration, and usually just shut the machine down until my wife or daughter come home.

I made the mistake of "browsing" through many of the strength training and powerlifting sites. What b.s.!! There are more ego driven self described experts on the internet than I could have imagined. Unreal. I developed a migraine borne of frustration, that lasted for three days. For example: an Olympic lifting "expert" who makes the statement that the Cubans and Bulgarians don't do squats, they only do front squats? When Randy Strossen, editor of *MILQ Magazine*, a man who has perhaps seen more Olympic lifting around the world than any other American in the last ten years, returned from Bulgaria, he called me in the first few hours after he arrived home. He had spent a week or two with the Bulgarian national team as they completed their preparation for the world championships. The first thing he told me was how great, how heavy, and how often the Bulgarians squat. They squat all year long and do it well. Juxtapose

carry himself in a certain way. Even if you can't articulate or describe these things verbally, you now know what you're looking for and you know it when you're looking at it. No one could view Kaz and not think he could be the World's Strongest Man. There are many very large men in the world, large muscular men, but Kaz had that "certain something" about the way he looked, walked, and carried himself that set him apart from others. In a group of elite lifters or strongmen, he stood out. I cannot list another descriptive phrase but if you took every one else that could be given consideration for the title, put them together in a room, and looked into that room, something about Kaz would draw you to him. Those who saw him in person, in his prime, will understand my statement.

When I noted that I thought that Pat Casey was the greatest bench presser who ever lived, in a *PL USA* article in 1984 or 1985, I received horrible mail. While I also received many letters agreeing with my statements about Pat, I had individuals who felt that they deserved that title, writing and, in some cases, threatening me. In one case, I wrote back and referred him to my statement that the best bench presser of all time would also carry himself a certain way, and getting so upset that you were not in one man's opinion, the greatest of all time, would obviously not have one belief that you were carrying yourself like a champion. Others pointed out, rightfully, that they had in fact bench pressed more weight than Pat and vehemently made their own case for the title. It is the same with something as nebulous as The World's Strongest Man. Different people will have different criteria and I am just offering an opinion. It is, however, an opinion that spans participation and observation of the training scene for almost forty years. It's more than mere numbers, or the number of championships. It's an impression one is left with when comparing a number of men who could have support from many quarters for this type of title or recognition.

I believe that no matter what the criteria Bill Kazmaier just stood a bit larger and mightier than those he competed against. I'm sure everyone has their favorites and opinions will differ. Mine is just one. As it was with the so called "bench press title", it's not just the numbers. Sometimes it's a matter of having the numbers and being the first to pass a milestone. Sometimes it's the way the public, or at least our strongman "public", responds to the lifter or his presence. There are both concrete and more nebulous pieces of information that go into the making of one's choice. I'm sure that others will have theirs.

Dr. Ken Leistner

a high intensity training philosophy. I have not seen much in the way of insults or putdowns to stand out. I cannot list another descriptive phrase but if you took every one else that could be given consideration for the title, put them together in a room, and looked into that room, something about Kaz would draw you to him. Those who saw him in person, in his prime, will understand my statement.

When I noted that I thought that Pat Casey was the greatest bench presser who ever lived, in a *PL USA* article in 1984 or 1985, I received horrible mail. While I also received many letters agreeing with my statements about Pat, I had individuals who felt that they deserved that title, writing and, in some cases, threatening me. In one case, I wrote back and referred him to my statement that the best bench presser of all time would also carry himself a certain way, and getting so upset that you were not in one man's opinion, the greatest of all time, would obviously not have one belief that you were carrying yourself like a champion. Others pointed out, rightfully, that they had in fact bench pressed more weight than Pat and vehemently made their own case for the title. It is the same with something as nebulous as The World's Strongest Man. Different people will have different criteria and I am just offering an opinion. It is, however, an opinion that spans participation and observation of the training scene for almost forty years. It's more than mere numbers, or the number of championships. It's an impression one is left with when comparing a number of men who could have support from many quarters for this type of title or recognition.

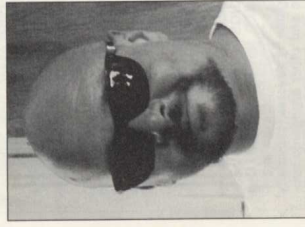


Bill Kazmaier has made an indelible impression on those who follow the Iron Game. (Kurlowicz photo)

Summer's coming, and we got a taste of it here when the Los Angeles Lifting Club held its inaugural meet, the 1999 APF Push Pull Classic in Burbank, where it was 93 degrees. At least And the



Some of the lifting action at the 199 APF Push Pull Classic Contest



Gary Hogan was one of the competitors at the Push Pull Classic



June Andrews (left) and Kathy Andrews taping the meet, in which June competed.

POWER SCENE



Bulk Up Phase... Kevin Meskew

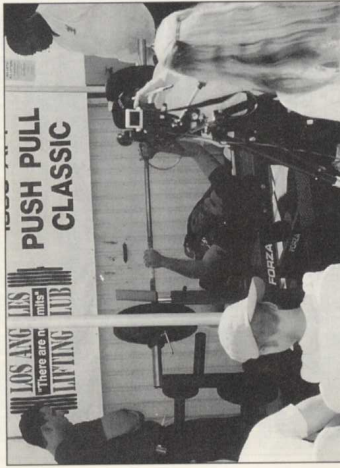
A spectator, was Kevin Meskew, who puts on many meets himself, and this year he's planned a busy schedule at Venice's Muscle Beach. One highlight August 14th will be the sixth year for the Iron Warrior meet, a pentathlon of sorts, with unusual training methods, he's catching the attention of the neighbors, but more on that topic in the future.

The next month, get strong, stay strong, and lift big. See you on video. NED LOW

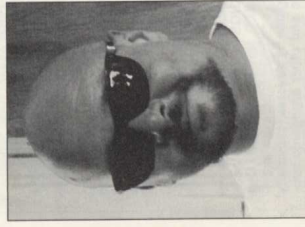


The Real Dawn Riehl displays the biceps she'll be using at the strict curl contest. (All photographs provided courtesy of Ned Low)

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The Real Dawn Riehl displays the biceps she'll be using at the strict curl contest. (All photographs provided courtesy of Ned Low)

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 flow 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.)

(1st letter)

DEAR MAURO: Let me just say that this is truly an honor for me to be writing to such an influential voice in the sport. I am in my senior year at college where my major is Health and Wellness. I have been following your Anabolic Diet now for 11 months and feel and look the best that I ever have.

I do have one question however. Would a 2 week overfeeding period followed by a 2 week diet work the same for the Anabolic Diet as a more conventional one? The reason I ask is because from the perspective of time it would seem more convenient to enter a mass phase for 2 weeks and a diet phase for 2 weeks than the full time recommended in the Anabolic Diet.

Again, Dr. Di Pasquale, thank you for sharing your knowledge on building a phenomenal physique drug-free with the Anabolic Diet. I do understand that you most likely have an extremely busy schedule, but any response I could get from you would be greatly appreciated. If you have the time. **James.**

DEAR JAMES: Unfortunately, some recent studies have shown that a 2 week overfeeding phase followed by 2 weeks of dieting actually will result in a negative protein accretion. Two weeks of overfeeding just puts on too much bodyfat. You then have to lose the bodyfat while at the same time trying to maintain your muscle mass. You could probably attenuate some of the longer term dieting catabolic response by supplementing with HMB, BCAAs and glutamine, but why go through all that.

Building up on the Anabolic Diet is only done for two days because after the two day period you put on too much bodyfat. But by going for two days, and I've had some bodybuilders take in as much as 12,000 calories on those two days, and then going back on the low carbs, you can gain substantial amounts of muscle mass and still keep the body fat gains as low as possible.

I think if you try the 2wk/2wk regimen you'll soon find out what I mean. Best of luck, **Mauro DiPasquale, M.D.**

(2nd letter)

DEAR MAURO: Thank you Dr. DiPasquale! I think that I'm still in shock that you responded. I don't want to become a pest, but your answer to my question (incorporating a 2wk/2wk plan with the Anabolic Diet) raised new concern as to how I could include your suggestions into my training. So, without further ado, here they are:

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PLEASE DOUBLE THE P&H FOR OVERSEAS ORDERS.

1) The 2 day over feeding period that you mentioned. I take it that this would be the "glycogen super compensation" period of the weekend. How could I calculate a rough estimate as to how many kilocalories would be appropriate? Also, would this change the weekly portion of caloric intake any? 2) Would this 2 day "least" apply to a cutting phase as well? 3) I am going to begin the mid-week "carb spike" soon. Would you also recommend that I follow the same guidelines as the weekend

portion of the diet? And finally, 4) How could I subscribe to your newsletter?

Once again, I thank you for your time and sharing of your vast insight into the science of muscle growth. You are helping me to achieve the body of my dreams without the dangerous side effects of drugs. If you can find the time to respond, I will be eternally grateful. **James.**

DEAR JAMES: Calorie intake should be proportional to the stage you're in. Greater if you're in the mass building stage, less if in maintenance and even less if in a cutting up stage. Some bodybuilders have let their weekends decide what phase they're in, keeping their weekday calories relatively constant. For example, Leo Costa would take in between 2000-3000 calories on the weekdays and vary the weekends from 3000-12000 depending on what he was trying to accomplish.

The mid week carb spike doesn't work for everyone. For some it actually can hinder their response to the diet since their bodies hang in there waiting for the carbs since the body hasn't had to make the phase shift to oxidizing fats as the primary energy source. See how it works for you. I usually only recommend the mid week spike when an athlete has difficulty with the diet and is extremely tired by the time Thursday comes around. These athletes are usually genetically carb orientated and it's difficult (and in some cases metabolically impossible) for them to sustain without a certain level of carbs. For these athletes, if they haven't acclimated in a four week trial using the basic strict 5 day/2 day shift, I usually recommend that they increase their carb intake to between 50 and 100 grams per week. This change has actually been quite effective for carb orientated metabolisms.

I stopped doing my newsletters once I came on board with EAS and Muscle Media. I will, however, be doing an article on the Anabolic Diet in the next few months as well as covering some essential new points on fat metabolism and low carb diets in both my Research Update and perhaps in another new column Question of Science, that I may be contributing to or perhaps even writing. In the article I'll be covering some of the nutritional

supplements that go along and enhance the Anabolic Diet, including HMB which may just be the supplement of choice in the cutting phase of the diet. I'll also be discussing how other supplements such as creatine, glutamine, BCAAs, soy/whey casein protein, and even Myoplex Deluxe Lite (with lower carbs and xylitol) fit in. **Mauro Di Pasquale, M.D.**

Dear Mauro: I have a female friend who plans on taking 1/2 cc of testosterone cyponate (100 mg. per cc) once a week or so and she wants to know if there would be any side effects. She works out once a day and hasn't seen the improvement she wants. I've told her about some side effects but she insists that she knows other females who have not had any problems - such as masculinization, deepening of voice, etc. with this low dosage. I also mentioned that I thought she might be cranky at the very least, or subject to anger - what do you think about that? I don't think tinkering with one's hormonal balance is ever a good idea unless there's a deficiency such as the case of some men and women in later life. **Demetrius.**

Dear Demetrius: 1/2 cc of testosterone cyponate give you just over 33 mg. of usable testosterone. The average male puts out about 6-9 mg. per day - 42-63 mg. per week. Women normally put out about just under 1/10th as much - about 5-8 mg. per week. You figure it out. For a woman to continue taking 33 mg. of testosterone per week has to masculinize her to some degree (although maybe not readily noticeable) within a few weeks to a few months depending on her genetics. Several months continued use will definitely result in noticeable male characteristics such as facial hair, deeper voice, etc.

It's up to her, it's a free world. Just let her know that some of these adverse effects won't go away once she stops. However, let her know that working out every day, if she wants to build up muscle mass, doesn't work. She's overtraining. I'm making up some guidelines for the members of my gym on how to best increase muscle mass and decrease bodyfat, without drugs. If she wants I can send a copy to you and you can give it to her. **Mauro Di Pasquale, M.D.**

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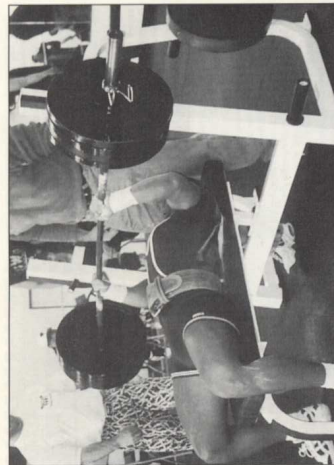
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K. Vanierkovy	300	DEADLIFT	465	J. Stewart	465
N. Patras	450	J. Stewart	465	I. Stewart	465
D. Morjal	405	M. Novoselskiy	465	M. Novoselskiy	465
C. Spanti	375	4th	-	G. Spanti	465
F. Janter	390	D. Morjal	-	D. Morjal	465
Master (64-69)	240	S. Coogan	545*	S. Coogan	545*
J. Mansala	255	I. Teika	475	I. Teika	475
181 Lbs.	415*	J. Gargano!	650	J. Gargano!	650
220 Lbs.	350	G. Spanti	655*	G. Spanti	655*
C. Resendez	375*	4th	-	C. Resendez	655*
J. Gargano	460*	275	Lbs.	J. Gargano	687*
A. 510*	450	4th	Diggins	A. 510*	687*

375. Frank Larala took the submaster class with 390, missing his final attempt of 410. Joe Mansala, who had a personal record of 410, was the runner-up. Larala's 390 was a personal record. One of Joe's better competitors before the AAF State Championship. This being his second competition ever, she posted a new personal record of 75, just missing 85 for a fourth place. Larala's 390 was a personal record. She missed her husband can attest to with all the binged meals of the past week because she was training "in the teenage men's division there was no eating restriction. I was told I was the only has about a month before her's out of the top with a personal best 340 at a 222 lbwt. Mike Coogan got the biggest lift of the day with his 460. Patras took the junior's early with a strong 450 and the win at 220. Joe just missed a fourth with 480, Joe's 460 was a personal best. Close on his heels were Greg Spanti, who had a personal best of 460, and Greg Spanti, who just missed a fourth with 465. Third place went to Gregory Spanti, who went 3 for 3, ending with 475.



Nick Patras locks out his 435 opener at the King & Queen of the Jungle Meet. He took 1st place in Junior Men. (Darrell Latch photo)

Mike Novoselskiy locks out a PR 485 at the King and Queen of the Jungle contest (D. Latch)

300	190	310	800
240	145	260	645
225	167.5	250	645.5
225	160	255	640
175	145	200	520
280	140	300	720
240	160	255	615
225	155	235	615
300	300	325	825
280	190	300	720
265	170	280	715
235	170	272.5	700
200	162.5	255	637.5
302.5	110	322.5	822.5
300	190	300	720
300	185	290	770
230	165	272.5	662.5
300	192.5	307.5	800
40	90	200	200
70	40	90	200
40	90	200	200
125	60	135	320
122.5	150	127.5	300
90	65	115	275
95	45	110	250
85	37.5	110	222.5
200	155	245	630
190	140	220	550
200	175	210	475
200	102.5	190	425
215	160	210	585
240	115	180	485
225	100	230	635
180	110	135	315
130	130	185	445
200	165	235	600
185	105	250	540
240	150	270	660
180	117.5	240	537.5
270	130	260	660
270	130	260	660

Finishing Masters Championships 27/28 Mar 99 - Jyväskylä, FIN (kg)

27/28 Mar 99 - Jyväskylä, FIN (kg)

MEN	SQ	BP	DL	TOT
MANNONS	40	45	95	180
MANNONS	40	45	95	180

(50*) 60 kg. T. Pulkinen

Dr. Darrell Latch for providing these meet results)

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| Betsy Ojatan | Doan Nguyen | Jon Arenberg | Kirk Karwoski |
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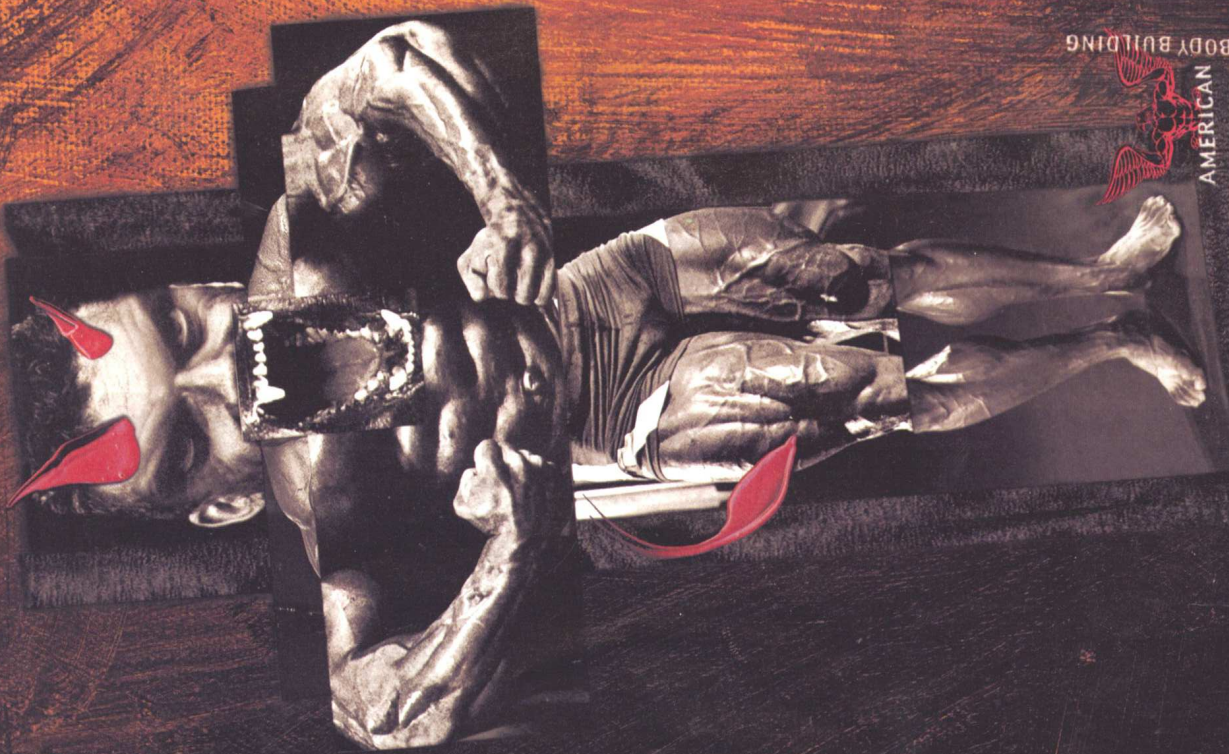
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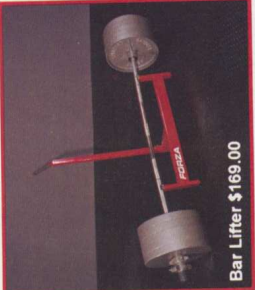


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810-294-7055 after 6pm only
 17 JUL, NPU **Greenville Open** (Greenville, SC - national qualifier) NPU, 142347, Fayetteville, VA 30214, power@fayt.com
 17 JUL, USAPL Push/Pull at the RAC - VA Amateur Sports Commonwealth (VA residents only) Games, Di-rector, 711 C 5th St. NE, Roanoke, VA 24016, 540-343-0987
 17 JUL, USFP Beach BP (Angola, NY) Bulch Murr, 716-655-1878
 17 JUL, SuperBench 99 (men, women, Jr. submaster, master, novice - deadline 7/3/99) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 17 JUL, USAPL California State BP, Manny Villarreal, 895 N. Bayshore W. San Jose, CA 95112, 408-275-6449 (both lifts for total, in memory of Lawrence Mungler) Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
 17 JUL, APF SpCo Open (Chula Vista, CA) James Keprica, 619-401-1772
 17, 18 JUL, AAU Raw Nationals PL (all divisions) Tony Garreffo, 30 Central Ave., Maye Landing, NJ 08330, 609-625-6407
 18 JUL, Big Iron Open (Omaha, NE) Rick Hussey, 402-392-2446
 18, 19 JUL, USAPL Cornhusker Summer State Games, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 24 JUL, NISA Tri-State Regional (Flora, IL) Smitty, 681-662-8473
 24 JUL, WABDL Central States BP & Iowa H.S. BP (Iowa City, IA) Jerry, 319-357-3100
 24 JUL, Chief Wapello Days Iron Man Contest, Robert Strehman, Box 883, Oakville, IA 52066, 319-766-4310
 24 JUL, USFP NRG 8PL - National Qualifier (Shelton, WA) Anthony Camillo, 9430 Cass Rd., SW #21B, Olympia, WA 98512, 360-794-2475/352-8618
 24 JUL, ANPFC World Cup, Dr. Michael & Linda Higgins, 215 W. South Blvd., Troy, MI 48068, 248-813-9865
 24 JUL, USAPL Summer Slam PL, Saundra Fisher, Box 80, Belmont, NH 03220, 603-267-213
 24 JUL, USAPL U.S. Open BP & USAPL National Squat & Bench Shifflet, Box 941, Southfield, MI 48076, 800-985-3932, info@239@aol.com
 24 JUL, USAPL Bells on the Beach (Metro Beach) Mike Lawrence, 117 W. South Blvd., Troy, MI 48068, 248-813-9865
 24, 25 JUL, USFP Sr. Nationals (men/women - Dallas, TX) Sequin Fitness, 1415 E. Court, Sequin, TX 78155, 800-378-6460
 24, 25 JUL, NPU New Jersey National (PL, BP, DL - Bordentown) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com
 25 JUL, Georgia Games (Evans, GA) Augusta, GA 30906, 706-790-3806
 25 JUL, Jangle Gym 1st Anniversary BP/DL Classic (Lundehurst, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 30, 31 JUL, Jay Siegel 2nd Summer Strength & Fitness Festival (women) and Strong events as opposed to endurance - 1st prize \$800) Gus Reithweiss, Box 5292, Troy, NY 12181, 518-237-0972
 7 AUG, Muscle Beach Push-Pull, Dept. Band, OR 97708, 541-389-0600

26 JUN, Montaineer Cup Professional Powerlifting Competition, Nick Busick, Mountain Race Track & Gaming Resort, Rt. 2 South, Chester, WV 26034, 304-387-2400
 27 JUN, USAPL Summer Benchfest, Sorwell Productions, 11366 W. 84th Place, Arvada, CO 80005, 303-425-7075, sj_sorwell@worldnet.att.net
 27 JUN, Mountaineer Open, National Women's/Summer Open, National Open Women, Mountaineer State & Fitness Center, Attn: Nick Busick, P.O. Box 358, Chester, WV 26034, 304-387-2400
 27 JUN, Texas Police Games, TPAF, Box 2040, Abilene, TX, 79604, 800-624-9752, Fax 915-676-5033
 27 JUN, WEPOL Limestone Classic Bench Press, Steve Lumpe, Box 811 Bedford, IN 474231, 812-272-3187
 3 JUL, 5th annual World Classic Broussais, TX 78520, 956-504-3324
 3 JUL, WABDL Hawaii Invitational BP & DL, Mike Saito, 808 Kamao Pl., Honolulu, HI 96821, 808-373-5053 (lees)
 3 JUL, Iowa/Midwest Open BP on the Square (open, novice, teen, submaster, master, women) Wayne Hames, Box 433, Okaloosa, IA 52577, 515-673-5240 or hames@khdsl.net
 10 JUL, Allentown Sports Festival BP/DL (Men, women) Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333
 10 JUL, NPU BP & DL Nationals (NEW DATE & LOCATION - raw & assisted - Lancaster, PA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com
 10 JUL, USAPL State BP & DL (MD & DC residents only) Salisbury, MD, Gary Howard, 410-749-9566
 10 JUL, Eastern OK BP and Professional Bikini Contest (Pro, open, teen, novice, women, masters - Tulsa, OK) Kim Brownfield, Box 36, Council Hill, MO 64428, 918-473-1059
 10 JUL, AAU Pennsylvania State Raw (PL, BP, DL, or Total - open only) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
 11 JUL, APF Men's/Women's Senior Nationals, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
 15-18 JUL (new date), USAPL Men's Nationals & International Friendship Cup (St. Louis, MO) National Mig. (Tn), Competition (F-Sn), Mike Chisell, 15 Lakeside Dr., St. Louis, Mo 63367, 314-625-1225
 16-24 JUL, World Police & Fire Games, PO Box 19551, S-10432, Stockholm, Sweden, Tel +46 (0) 8673 3999, Fax +46 (0) 8151 9999, www.1999.swpfjg.se
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 Rec. & Fin. at 800 Ocean Front Walk, Box 90291, 310-999-2775
 17 JUL, Alabama Cup (PL - open, high school) master, submaster, Mike Everett, Box 1349, Vernon, AL 35959, 205-695-9445/67439
 17 JUL, APA Clarksville Open BP/DL (Clarksville, TN) APA, Box 27204, Elkhart, FL 33927, 941-697-7962, apo@aol.com

Spectacular, Mark & Ellen Challie, York Barbell Co., 3300 Board St., York, PA 17405, 800-358-9675
 26 JUN, Power Mania 5, Pylon, GA 30906, 706-790-3806
 26 JUN, USFP Int. Drug Tested BP & DL (open, teen, Jr., submaster, master - Philadelphia, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net
 26 JUN, USAPL Rhode Island State (deadline June 14th) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, 506-252-4235
 27 JUN, World Gym Summer BP/DL Classic (Iollet, IL) Dr. Darrell Latch, W. Sale, Tuscola, IL 69153, 217-253-5429
 26 JUN, MDSA 3rd Mega-Meet (Roseville, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
 26 JUN, International Bavaria Cup Deadlift (women, men, Jr., master, team) Karl Greiner, Furter, 25, 84032 Lindhardt, Germany, 0871-77575.

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 19 JUN, 15th AAU Raw No Boys Allowed Pennsylvania State/Open Contest (women, men's submaster & master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
 19 JUN, USAPL Scorer Slate Games, Cheryl Auld, 10409 Glasgow Dr., Yukon, OK 73099, 800-476-0036 or usaplab@aol.com
 19, 20 JUN, WABDL 24 Hour Fitness National Deadlift & National Bench Press Championships (Urbana, TX) Gus Reithweiss, Box 5292, Bend, OR 97708, 541-389-0600
 or Ken Anderson 972-392-3132
 25-27 JUN, NPU (WNPF) Teen, Jr., Submaster, Master Nationals (raw/assisted) Ron DeAntonia, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
 25-27 JUN, York Barbell Hall of Fame PL Championships and 2nd Strength

Willmar, MN 56201
 7 AUG, USFP Alamo Classic (open, below 1,40-49,50+ submaster, women, teen men & women, BP - Austin, TX) Segun Fitness, 1415 E. Court, Sequin, TX 78155, 800-372-3396
 7 AUG, Greene County StrongMan/Woman, John Shifflett, Box 941, Sewardville, VA 22973, 804-985-3022, jshifflett@earthlink.net
 7, 8 AUG, CPC Can Am World Cup, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067
 8 AUG, APF Bench Bash for Cash (London, ME - H. Moore Barbell) Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
 8 AUG, IFFP Pan-American Championships, B&W Gym, 5920 N. Ridge Chicago, IL 60660, 773-561-9692
 14 AUG, Iron Warrior (sled pull, short put, strict curl, BP, Farmer's Walk) Dept. of Dec. & Parks, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
 14 AUG, USAPL Great Plains BP, Tim Piper, WLU, Brophy Hall 221c, Maconh, IL 61455, 309-298-1781
 14 AUG, AAU Missouri State "Raw" Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, 573-642-9608
 14 AUG, Camanche Days BP/Trap Bar DL, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695
 14, 15 AUG, AAPF/APF Snake River PL/BP Championships, YMCA, 155 N. Corner, Idaho Falls, ID 83402, 208-523-0600, m-f 4-6pm, Michael & Linda Higgins
 15 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 21 AUG, Body Factory Full Power Challenge/BP, 520 W. Appleage Ave., Pen Argyl, PA 18072, Tim Parrish, 610-863-1090
 21 AUG (new date), AAU Lifetime Draw Fren (assisted / open and raw - men & women - all divisions - Shreveport, LA) Dr. Kyle Pierce, 318-795-0809, or Larry Kye 501-982-7668
 21 AUG, Indiana State Fair BP/DL (Indianapolis, IN) Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 21 AUG, 14th Iowa State Fair BP/DL (Iowa, novice, natural, masters, submasters, teen, women, beginner, law enf., deadlift) Jeff Baird, 3604 SW 12th St.,

of Rec. & Parks, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
 7 AUG, AAU BP/DL Meet (meny master) American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, 562-863-1308
 7 AUG, 2nd Midwest Regional Bench and Deadlift Championships (meny women open, teen, junior, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974
 7 AUG, Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 7 AUG, MDSA 3rd Paul & Debbie Ehling Fitness Center Open (Metrose, MN) Darwin Jacobson, Box 1031,

31 JUL, North Dakota State Fair Bench Press (men, women, teen, master, submaster) Minot, ND 58703, 701-838-3203
 31 JUL, Midwest USA Open & Father/Son Raw BP/DL (Carmel, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
 31 JUL, Ambler Area YMCA BP/DL, John Keiper, 410 Commerce Dr., Ft. Washington, PA 19034, 215-641-1245
 31 JUL, Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hames, Box 433, Okaloosa, IA 52577, 515-673-5240, hames@khdsl.net
 31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Aerobic Brothers, Keith Ward, 41-857 Kaloa Way, Waimanalo, HI 96795, 808-959-5266
 JUL, MDSA Biggy BP/DL on the Box, 1031 Willmar, MN 56201
 JUL, Border Classic Bench Press, The's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324
 1 AUG, APF West Coast Open Tribute to Doyle Kenadi, Gus Reithweiss, Box 5292, Bend, OR 97708, 541-389-0600
 6, 7 AUG, AAU Jr. Olympics (Assisted/Open and Raw) Cleveland, OH) Jay Siegel, 217-253-5429
 7 AUG, Kansas & Missouri Police & Firefighters Open PL, Power Sports, James Duree, 1413 S. 55th, Kansas City, KS 66106, 913-596-7326
 7 AUG, USAPL Summer Classic BP/DL, Seen Culnan, 12 Biscayne Blvd., Troy, NY 12181, 518-237-0972
 7 AUG, Muscle Beach Push-Pull, Dept.

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Midwest Bench Press People... Meet Director Arlyn Dyce on the bench. Also, in the photo are Steve Roe, Brandon Gonzales, Ted Thurman, Kevin Jones, and Kirk Spell. (photograph by Heritage-O'Neill studio)

Table with 2 columns: Name and Weight. Lists names like T. Thurman, J. Brubaker, T. Smith, etc., with weights ranging from 114 lbs to 360 lbs.

Table with 2 columns: Name and Weight. Lists names like I. Cilligole, C. Wood, E. Elwood, etc., with weights ranging from 148 lbs to 575 lbs.

Midwest Bench Press, SD 27 Mar 99 - Rapid City, SD

Table with 2 columns: Name and Weight. Lists names like T. Thurman, J. Brubaker, T. Smith, etc., with weights ranging from 114 lbs to 360 lbs.

Power Mania 25 Jul 98 - Augusta, GA

Table with 2 columns: Name and Weight. Lists names like J. Smith, D. Koon, M. Bredel, etc., with weights ranging from 165 lbs to 425 lbs.



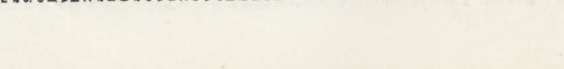
TO CUT DOWN ON CONFUSION HAVE MEETEK CONSIDERED CALLING IT - UN-ASSISTED?

Table with 2 columns: Name and Weight. Lists names like R. Zanceller, K. Sching, H. Sevy, etc., with weights ranging from 148 lbs to 660 lbs.

WABDL Oklahoma State 6 MAR 99 - Henryetta, OK

Kim Brownfield's 600 pound bench in the 220s at the WABDL Oklahoma State meet. (photo provided courtesy of Gus Rehwisch)

German Men's Team Champions 17 Apr 99 - Wiesbaden (kg) K. Sevy 197, 240, 285, 300, 375...



Among the Best at Power Mania 4 were, left to right, Darrell Hamby (Best Bench Press), Deryll Fuller (Best Deadlift), and Chris Homby (Best Teenage Deadlift). (photograph provided courtesy of Python Gym)

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3rd Frank Kostyo Memorial/AU SE 27-28 Mar 99 - Lakeland, FL

WOMEN SR DL TOT

Open 240 100 290 630
 K. Austin 265 125 320 625
 M. Killard 240 100 290 630
 C. Butler 175 90 290 545

132 lbs. (55-59) ---
 G. Williams ---
 T. Smith ---
 M. Killard ---
 L. Gross ---

156 lbs. 225 130 300 655
 M. Killard 300 230 410a 940
 N. Edlora 180a 85a 180a 465a
 Submaster 105 lbs. 265a 125a 335 630
 M. Killard 280 190 290 650

165 lbs. 255 150 350 750
 M. Killard 300 230 410a 940
 N. Edlora 180a 85a 180a 465a
 Submaster 105 lbs. 265a 125a 335 630

181 lbs. 300 200 400 900
 M. Killard 280 190 290 650
 M. Killard 280 190 290 650
 M. Killard 280 190 290 650
 M. Killard 280 190 290 650

4 Times Bodyweight - Ken Snell
 with a 455 deadlift at a body-weight of 113.75 lbs. and age 40.

S. Corfery 375 ---
 P. Steffy 600 640 1720
 P. Steffy 600 640 1720
 P. Steffy 600 640 1720
 P. Steffy 600 640 1720

E. Hatcher (55-59) 405 310 425 1140
H. Hatcher (55-59) 425 245 425 1095
M. Carr (40-44) 285 195 380 861
N. Carr (40-44) 325 350 550 1425
Raw Qualifiers (60-64) ---
114 lbs. Open/Masters (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a

5th Hatcher (55-59) 405 310 425 1140
H. Hatcher (55-59) 425 245 425 1095
M. Carr (40-44) 285 195 380 861
N. Carr (40-44) 325 350 550 1425
Raw Qualifiers (60-64) ---
114 lbs. Open/Masters (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a
K. Snell (40-44) 400a 910a

Old Dominion BP 6 Mar 99 - Stanardsville, VA

MASTERS (40-49) 430
 S. Hicks 430
 J. Poel 285
 J. Fredrick 285
 C. Crowder 310
 A. Madala 350
 B. Morgan 350
 G. Terrell 350
 T. Glatton 245
 S. Supers 475
 E. Smith 375
 P. Kitchers 375
 P. Moberg 375
 C. Theas 375
 J. Hall 375

USAPI Florida Quota, FL 24 Jan 99 - Ocala, FL

SQ BP DL TOT
 551 385 565 1500
 625 300 425 1150
 625 300 425 1150

AAU Erie County/Great Lakes 20 Mar 99 - Erie, PA

Erie County SQ BP DL TOT
 B. Skelton 190 135 315 640
 M. Matuzewski 170 200 320 690
 R. Jones 180 75 215 470
 J. Covarsio 180 75 215 470
 S. Loeber 260 170 275 705
 R. Florence 300 225 340 865
 M. Palermo 3130 350 530 825
 P. Bielewicz 400 275 485 1180
 J. Johnson 425 285 500 1210
 D. DeWitt 500 390 630 1660
 B. Vargo 460 270 430 1190
 R. Kave 500 400 560 1460
 B. Miller 200 175 250 650
 J. Gennaro 305 135 290 730
 B. Jones 180 75 215 470
 M. Masters 350 250 350 950
 M. Masters 350 250 350 950
 B. Loyevy 490 300 545 1335
 C. Vardell 615 350 650 1615
 J. Boyd 615 350 650 1615
 G. D'Amico 615 350 650 1615

USAPI Florida Quota, FL 24 Jan 99 - Ocala, FL

SQ BP DL TOT
 551 385 565 1500
 625 300 425 1150
 625 300 425 1150

AAU Erie County/Great Lakes 20 Mar 99 - Erie, PA

Erie County SQ BP DL TOT
 B. Skelton 190 135 315 640
 M. Matuzewski 170 200 320 690
 R. Jones 180 75 215 470
 J. Covarsio 180 75 215 470
 S. Loeber 260 170 275 705
 R. Florence 300 225 340 865
 M. Palermo 3130 350 530 825
 P. Bielewicz 400 275 485 1180
 J. Johnson 425 285 500 1210
 D. DeWitt 500 390 630 1660
 B. Vargo 460 270 430 1190
 R. Kave 500 400 560 1460
 B. Miller 200 175 250 650
 J. Gennaro 305 135 290 730
 B. Jones 180 75 215 470
 M. Masters 350 250 350 950
 M. Masters 350 250 350 950
 B. Loyevy 490 300 545 1335
 C. Vardell 615 350 650 1615
 J. Boyd 615 350 650 1615
 G. D'Amico 615 350 650 1615

AAU Erie County/Great Lakes 20 Mar 99 - Erie, PA

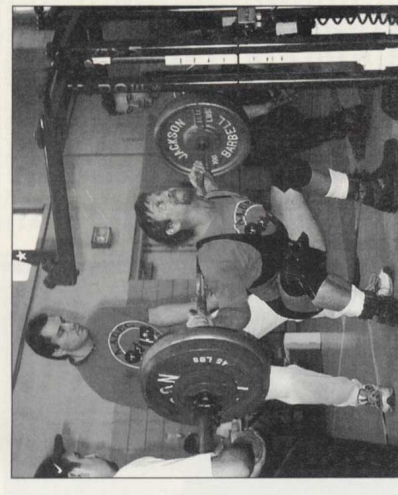
Erie County SQ BP DL TOT
 B. Skelton 190 135 315 640
 M. Matuzewski 170 200 320 690
 R. Jones 180 75 215 470
 J. Covarsio 180 75 215 470
 S. Loeber 260 170 275 705
 R. Florence 300 225 340 865
 M. Palermo 3130 350 530 825
 P. Bielewicz 400 275 485 1180
 J. Johnson 425 285 500 1210
 D. DeWitt 500 390 630 1660
 B. Vargo 460 270 430 1190
 R. Kave 500 400 560 1460
 B. Miller 200 175 250 650
 J. Gennaro 305 135 290 730
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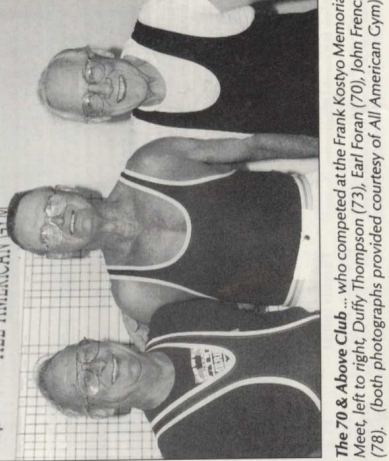
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Steve Fisher won a Masters title at the Erie County Championships

at 198. Chris Acti won the top bench award with 123 pound World Champion, who set all new PA and 181 classes respectively, with Nikki Reed and Shannon Dietrich. In the men's raw division, Rich Catalino won the top squat and Champion of the Commonwealth award. Jeff Oym won the team title at 181. In the 20 Mar 99, 61 Mar 2nd Central Buckeye, 56 lbs. The Great Lakes Championships were brought back after a 14 year break. This contest was held for champion Matt Catalino, who is now a junior, set a bench at 165, for the teens. At 181, teenage world champion Matt Catalino, who is now a junior, set a new bench at 180. He placed second and set a new bench at 165. He placed second and set a new bench at 165. He placed second and set a new bench at 165.



The 70 to Above Club ... who competed at the Frank Kostyo Memorial Meet, left to right, Duffy Thompson (73), Earl Franck (70), John French (78). (both photographs provided courtesy of All American Gym.)



Marina George set Jr. State & American records (photos courtesy Oregins)

at 198. Chris Acti won the top bench award with 123 pound World Champion, who set all new PA and 181 classes respectively, with Nikki Reed and Shannon Dietrich. In the men's raw division, Rich Catalino won the top squat and Champion of the Commonwealth award. Jeff Oym won the team title at 181. In the 20 Mar 99, 61 Mar 2nd Central Buckeye, 56 lbs. The Great Lakes Championships were brought back after a 14 year break. This contest was held for champion Matt Catalino, who is now a junior, set a bench at 165, for the teens. At 181, teenage world champion Matt Catalino, who is now a junior, set a new bench at 180. He placed second and set a new bench at 165. He placed second and set a new bench at 165. He placed second and set a new bench at 165.

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- * extra tricep support
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- * recommended for experienced powerlifters only

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chest _____ arm _____

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S, M, L, XL, XXL \$28.00
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$33.00
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1 - 2 oz. block \$2.00

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APF Maine State Powerlifting 10/11 Apr 99 - Turner, ME

MEN		WOMEN	
W/B	DL	W/B	DL
189-1/4 lbs	480	113-1/4 lbs	250
T. Higgs	340	R. Turner	210
175 lbs	340	T. Higgs	210
T. Higgs	340	T. Higgs	210
167 lbs	340	T. Higgs	210
T. Higgs	340	T. Higgs	210

USAPL Interior Alaska Meet 27 Mar 99 - Fairbanks, AK

WOMEN		MEN	
W/B	DL	W/B	DL
118-1/2 lbs	374	181 lbs	402
R. Smith	220	R. Smith	280
114 lbs	220	R. Smith	280

USAPL W. Virginia Qualifier 27 Mar 99 - Bluefield, WV

WOMEN		MEN	
W/B	DL	W/B	DL
165 lbs	544	260 lbs	730
R. Smith	370	R. Smith	490
130 lbs	370	R. Smith	490

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Body Factory Challenge 20 Feb 99 - Penn Argyl, PA

WOMEN		MEN	
W/B	DL	W/B	DL
109 lbs	255	315 lbs	700
T. Higgs	255	T. Higgs	420
111 lbs	255	T. Higgs	420

USAPL Twin Falls Classic 13 Feb 99 - Twin Falls, ID

WOMEN		MEN	
W/B	DL	W/B	DL
114 lbs	335	145 lbs	270
R. Smith	230	R. Smith	180
114 lbs	335	R. Smith	180

USAPL W. Virginia Qualifier 27 Mar 99 - Bluefield, WV

WOMEN		MEN	
W/B	DL	W/B	DL
165 lbs	544	260 lbs	730
R. Smith	370	R. Smith	490
130 lbs	370	R. Smith	490

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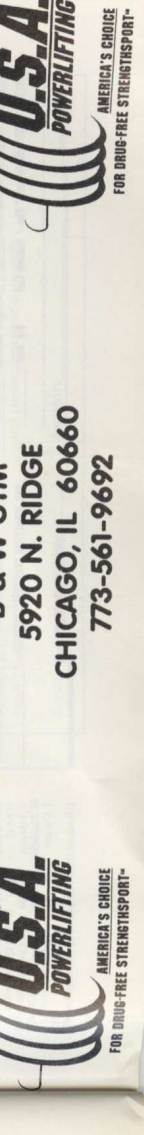
APF Maine State Powerlifting 10/11 Apr 99 - Turner, ME

MEN		WOMEN	
W/B	DL	W/B	DL
189-1/4 lbs	480	113-1/4 lbs	250
T. Higgs	340	R. Turner	210
175 lbs	340	T. Higgs	210
T. Higgs	340	T. Higgs	210
167 lbs	340	T. Higgs	210
T. Higgs	340	T. Higgs	210

FOR INFORMATION AND ENTRY FORM CONTACT: B & W GYM 5920 N. RIDGE CHICAGO, IL 60660 773-561-9692

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Weight Room of Rapid City members at the 1998 USAFP National Championships. From left to right: Minister Jeff Van Eitton in his first meet (93.1 total at 181), Renee Catron, overall women's champion with a 386 deadlift at 138 bodyweight, Dale 'The Beast' Hjelseth, the men's heavyweight champion with a 777 deadlift and 1912 total at 275, and Captain Tim T.J. Schrepper, provided courtesy of Meet Director Steve Howard (195 lbs. bodyweight). (This photograph was provided by Meet Director Steve Howard)

Table with columns: USAFP Great West Championships, 21 Feb 99 - Rapid City, SD. Rows include names and scores for various lifts like Open 125 lbs, Squat, Bench Press, etc.

At 17 years of age this lift unofficially surpasses the record set by the late 1980's USAFP National Champion, Steve Howard. As a USAFP National lifter, all of John's 3 successful deadlifts (551-600-644) were smooth solid lifts. Best of luck at Nationals, John! The meet was a great experience and a lot of fun. The hydraulic squat stand helped to keep the squats moving rapidly. L. Beachler Team Power bars used on the platform and warm-up platform used. Our 16' elevated platform, the same one used at the 1998 USAFP Nationals in Denver, allowed good visibility for the 2005-specification lifters. Thank you to all who made this meet a successful one. I will be back to train with you in the future. I will be back to train with you in the future. I will be back to train with you in the future.

USAFP Comhouser State H.S. 6 Feb 99 - Omaha, NE TOT 390 275 415 1080. Memberships Application form for 1999. Includes fields for Name, Address, City/State, Zip Code, Date of Birth, Age, Sex, U.S. Citizen, Yes/No, and checkboxes for membership options like 'I am a member of another organization' and 'I am a member of another organization'.

USAFP Comhouser State H.S. 6 Feb 99 - Omaha, NE TOT 390 275 415 1080. Includes a table for membership prices and a section for 'TOTAL PURCHASES' with fields for membership fee, tax, and other costs.

USAFP Comhouser State H.S. 6 Feb 99 - Omaha, NE TOT 390 275 415 1080. Includes a section for 'TOTAL PURCHASES' and a signature line for the coach or representative.

Table with columns: Top Gun Bench Press, 28 Feb 99 - Moosic, PA. Rows include names and scores for various lifts like Submaster, Open 148 lbs, etc.

Table with columns: USAFP New England Open (kgs), 6-7 Feb 99 - Taunton, MA. Rows include names and scores for various lifts like Open 132 lbs, etc.

Table with columns: USAFP Badger Open, 6 Feb 99 - Racine, WI. Rows include names and scores for various lifts like Squat, Bench Press, etc.

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Advertisement for Louie Simmons Presents Training Secrets of Westside Barbell Club. Includes text: 'Louie Simmons presents Training Secrets of Westside Barbell Club. He has no leg drive due to a handicap. (Brian Baertlein)'. Features a logo for Westside Barbell Club.

Advertisement for USAFP Association of Bench Pressers and Deadlifters (WABDL). Includes text: 'Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)'. Includes a registration form with fields for Name, Address, City, State, Zip, and checkboxes for membership options.

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George Lazzareschi holds the Best Lifter Heavy Classes and Best Master Lifter trophies. George's first attempt with 550 was enough to win both awards at the Ed Jibinville Memorial competition (photograph from Bob Conway)

6th Ed Jibinville Memorial BP
6 Mar 99 - Pittsfield, MA

122 lb.	J. Valone	340
Open/Submaster	A. Rosomano	300
220 lb.	A. Rosomano	500
220 lb. Open	A. Rosomano	500
300 lb.	A. Tridell	415
Junior	J. Ford	365
J. Congover	A. Bruneau	375
Teen (18-19)	A. Bruneau	375
Teen (18-19)	T. Seena	350
(35-39)	J. Johnson	370
P. P. Conn	J. Johnson	370
154 lb. Open	L. MacDonell	365
154 lb. Open	L. MacDonell	365
MEN 148 lb.	C. Deloy	375
(35-39)	C. Deloy	375
Teen (16-17)	A. Tridell	415
A. Tridell	A. Tridell	415
400 lb.	B. Pecky	375
300 lb. Open	A. Bruneau	375
A. Bruneau	M. Harding	375
375	T. McNabb	335
375	J. Ribite	335
375	J. Ribite	335
375	L. Lofrano	335
242 lb. Open	R. Cole	480
242 lb. Open	R. Cole	480
290	S. VanHunt	480
290	S. VanHunt	480
400	W. Buzzze	420
400	W. Buzzze	420
415	T. Teen (16-17)	225
G. Willard	J. Snowwood	225
G. Willard	J. Snowwood	225
405	J. Solb	405
405	J. Solb	405
370	R. Dresher	370
370	R. Dresher	370
295	C. McCann	295
295	C. McCann	295
275	R. VanAllen	275
275	R. VanAllen	275
420	W. Buzzze	420
420	W. Buzzze	420
225	M. Mazzarese	225
225	M. Mazzarese	225
510	M. Aubin	510
510	M. Aubin	510
400	C. Corner	400
400	C. Corner	400
225	T. Beckford	225
225	T. Beckford	225
400	A. Martin	400
400	A. Martin	400
480	J. Saunders	480
480	J. Saunders	480
430	R. Gonzalez	430
430	R. Gonzalez	430
250	J. Manning	250
250	J. Manning	250
340	R. Tucker	340
340	R. Tucker	340
475	J. Abley	475
475	J. Abley	475

Angelo Rusomano won the 220s with 500. Ever took first in the 60-54.14 year old foldout Cole 220s with 415. George Lazzareschi made only his first attempt with 550 but it was as good as he needed in the 550 class to win. As was the best lifter in the 242 lb. class with 480. Ken was a real clinic. Jim VanAllen's Basement Branchers from a strong team from Providence, RI took the third place team trophy. Head Judge was Bob Nalley. Score keepers were Bob Dworkin and Ed Blake. Pompil Bernie Roy ran the scoreboard. Loads were Kevin & Keith Bourassa, Lee McClusky, Ray Williams, C. Gibbs, Jim Ramoneda, Tom Eyster, and the Ed Jibinville Memorial Competition World Champion Powerlifters the Bourassa twins, Kevin & Keith. This report shows that a well run meets to enter will be popular.

This year's contest drew 61 lifters. Over the past years the quality of the competition has improved. Nothing but the best lifters started. All the lifters were competitive. A lot of lifters were willing to help out including AAR Arkansas High School lifters. The AAR lifters were a great help to the Bourassa twins, Kevin & Keith. This report shows that a well run meets to enter will be popular.

AAR Arkansas High School
13 14 15 99 - Jacksonville, AR (kg)
Males 148 lb. 123 lb. 85 57.5 82.5 225
J. Gilbert 107.5 80 117.5 305
C. Thalange 87.5 80 115 282.5
I. Loiz



Jim Van Allen benched 420 at 181 at the Ed Jibinville Memorial Meet. Jim is 45 years of age. (photo taken and provided by Bob Conway)

USA Judgment Day BP/DL Meet

20 Feb 99 - St. Mary's, PA

180	D. Wakabaugh	105
180	D. Wakabaugh	105
390	Submaster Pro	390
390	Submaster Pro	390
375	J. LeWail	375
375	J. LeWail	375
480	T. Young	480
480	T. Young	480
225	T. Young	225
225	T. Young	225
30	Moutain-40	30
30	Moutain-40	30
60	Young-44	60
60	Young-44	60
35	Macbean-52	35
35	Macbean-52	35
100	Moutain-60	100
100	Moutain-60	100
50	Henderson-92	50
50	Henderson-92	50
113	K. Ferrara-55	113
113	K. Ferrara-55	113
100	Zaitonich-60	100
100	Zaitonich-60	100
110	Wakabaugh-63	110
110	Wakabaugh-63	110
200	Seeker-105	200
200	Seeker-105	200
120	Seeker-163	120
120	Seeker-163	120
360	L. Snyder-115	360
360	L. Snyder-115	360
600	Waldh-205	600
600	Waldh-205	600
425	L. Lanner-169	425
425	L. Lanner-169	425
315	W. White-132	315
315	W. White-132	315
355	R. Graves-141	355
355	R. Graves-141	355
315	C. Chiampino-167	315
315	C. Chiampino-167	315
275	M. White-178	275
275	M. White-178	275
375	M. Schala-163	375
375	M. Schala-163	375
460	M. Tarnetta-169	460
460	M. Tarnetta-169	460
480	M. Tarnetta-169	480
480	M. Tarnetta-169	480
360	R. Bowser-128	360
360	R. Bowser-128	360
450	Zimtrach-147	450
450	Zimtrach-147	450
530	T. Donahue	530
530	T. Donahue	530
480	J. Webber-197	480
480	J. Webber-197	480
425	G. Gibson-192	425
425	G. Gibson-192	425
550	D. Williams-217	550
550	D. Williams-217	550
390	R. Harless-229	390
390	R. Harless-229	390
400	F. Fargale-225	400
400	F. Fargale-225	400
600	C. Scanzal-282	600
600	C. Scanzal-282	600
620	S. Submaster	620
620	S. Submaster	620
475	D. Wakabaugh	475
475	D. Wakabaugh	475
505	C. Scanzal	505
505	C. Scanzal	505
600	C. Scanzal-282	600
600	C. Scanzal-282	600
525	D. Hana-175	525
525	D. Hana-175	525
300	R. Snyder	300
300	R. Snyder	300
620	Reg. Contender	620
620	Reg. Contender	620
35	D. Fullmer-160	35
35	D. Fullmer-160	35
30	C. Downer-160	30
30	C. Downer-160	30
28	J. Brown-150	28
28	J. Brown-150	28
24	T. Alter-185	24
24	T. Alter-185	24
24	T. Alter-185	24
24	T. Alter-185	24
24	T. Alter-185	24
50	Reg. Contender	50
50	Reg. Contender	50
50	Reg. Contender	50
50	Reg. Contender	50
50	Reg. Contender	50

USA Judgment Day BP/DL Meet
20 Feb 99 - St. Mary's, PA
This year's contest drew 61 lifters. Over the past years the quality of the competition has improved. Nothing but the best lifters started. All the lifters were willing to help out including AAR Arkansas High School lifters. The AAR lifters were a great help to the Bourassa twins, Kevin & Keith. This report shows that a well run meets to enter will be popular.

USPE NJ High School

7 Mar 99 - Hammonton, NJ

618	G. Kavan	618
618	G. Kavan	618
148	D. Blair	148
148	D. Blair	148
240	R. Bennett	240
240	R. Bennett	240
575	M. Petyo	575
575	M. Petyo	575
520	M. Petyo	520
520	M. Petyo	520
805	D. Wadman	805
805	D. Wadman	805
805	D. Wadman	805
805	D. Wadman	805
805	D. Wadman	805
635	C. Mitten	635
635	C. Mitten	635
715	J. Fragle	715
715	J. Fragle	715
740	J. Fragle	740
740	J. Fragle	740
950	M. Petyo	950
950	M. Petyo	950
905	M. Petyo	905
905	M. Petyo	905
890	M. Petyo	890
890	M. Petyo	890
1100	C. Mitten	1100
1100	C. Mitten	1100
1100	C. Mitten	1100
1100	C. Mitten	1100
1100	C. Mitten	1100
1270	M. Petyo	1270
1270	M. Petyo	1270
1390	M. Petyo	1390
1390	M. Petyo	1390
1390	M. Petyo	1390
1390	M. Petyo	1390
1390	M. Petyo	1390
1435	M. Petyo	1435
1435	M. Petyo	1435
1460	M. Petyo	1460
1460	M. Petyo	1460
1520	M. Petyo	1520
1520	M. Petyo	1520
1520	M. Petyo	1520
1520	M. Petyo	1520
1520	M. Petyo	1520

USPE NJ High School
7 Mar 99 - Hammonton, NJ
This year's contest drew 61 lifters. Over the past years the quality of the competition has improved. Nothing but the best lifters started. All the lifters were willing to help out including AAR Arkansas High School lifters. The AAR lifters were a great help to the Bourassa twins, Kevin & Keith. This report shows that a well run meets to enter will be popular.

Muscle Power Classic BP/DL

6 Mar 99 - Paragould, AR

300	R. Herring	315
300	R. Herring	315
640	D. Nichols	640
640	D. Nichols	640
238	R. Herring	238
238	R. Herring	238
245	R. Herring	245
245	R. Herring	245
600	D. Nichols	600
600	D. Nichols	600
425	J. Griffin	425
425	J. Griffin	425
450	R. Wright	450
450	R. Wright	450
760	S. Huggins	760
760	S. Huggins	760
685	S. Huggins	685
685	S. Huggins	685

Muscle Power Classic BP/DL
6 Mar 99 - Paragould, AR
This year's contest drew 61 lifters. Over the past years the quality of the competition has improved. Nothing but the best lifters started. All the lifters were willing to help out including AAR Arkansas High School lifters. The AAR lifters were a great help to the Bourassa twins, Kevin & Keith. This report shows that a well run meets to enter will be popular.

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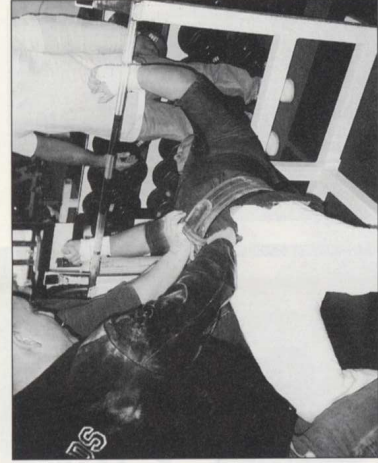
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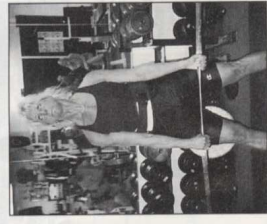
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Getting Ron Walsh Ready for a PR 645 bench attempt in the 242 pound class at the Apex Gym Classic (photo from Dr. Darrell Latch)

lifters in their own rights. Ron, of course, won't be the one to pull a personal record, but he will be the one to pull a personal record. Second at 242 was Perry Holman who ended with 375 (raw). In the deadlift competition Mimi Fagan won at 198. Tom Caruoghi at a lift of 220, took the lead in the squat with 450. Tom Caruoghi, the one of the master women's class in style. Son Tyler, a big winner, year old at 237, pulled an easy 405 (open) and 450 (raw) for the first time. The only woman to pull a personal record, which he got on the second attempt of 540. A great pull for his first try with 515 and followed with 515. Mimi Fagan was the only woman to pull a personal record with 375 (raw). In the deadlift competition Mimi Fagan won at 198. Tom Caruoghi at a lift of 220, took the lead in the squat with 450. Tom Caruoghi, the one of the master women's class in style. Son Tyler, a big winner, year old at 237, pulled an easy 405 (open) and 450 (raw) for the first time. The only woman to pull a personal record, which he got on the second attempt of 540. A great pull for his first try with 515 and followed with 515. Mimi Fagan was the only woman to pull a personal record with 375 (raw).



Mimi Fagan, owner of Apex Gym, PRs 330 (Dr. Darrell Latch photo)

Apex Gym BP/DL
21 Feb 99 - Rockford, IL

BENCH	242 lbs.	605*
WOMEN TEEN	181 lbs.	375
MEN TEEN	181 lbs.	450
WOMEN	147 lbs.	315
MEN	147 lbs.	410
Master (40-49)	181 lbs.	515
Master (50-59)	181 lbs.	515
Master (60-69)	181 lbs.	515
Master (70-79)	181 lbs.	515
Master (80-89)	181 lbs.	515
Master (90-99)	181 lbs.	515
Master (100-109)	181 lbs.	515
Master (110-119)	181 lbs.	515
Master (120-129)	181 lbs.	515
Master (130-139)	181 lbs.	515
Master (140-149)	181 lbs.	515
Master (150-159)	181 lbs.	515
Master (160-169)	181 lbs.	515
Master (170-179)	181 lbs.	515
Master (180-189)	181 lbs.	515
Master (190-199)	181 lbs.	515
Master (200-209)	181 lbs.	515
Master (210-219)	181 lbs.	515
Master (220-229)	181 lbs.	515
Master (230-239)	181 lbs.	515
Master (240-249)	181 lbs.	515
Master (250-259)	181 lbs.	515
Master (260-269)	181 lbs.	515
Master (270-279)	181 lbs.	515
Master (280-289)	181 lbs.	515
Master (290-299)	181 lbs.	515
Master (300-309)	181 lbs.	515
Master (310-319)	181 lbs.	515
Master (320-329)	181 lbs.	515
Master (330-339)	181 lbs.	515
Master (340-349)	181 lbs.	515
Master (350-359)	181 lbs.	515
Master (360-369)	181 lbs.	515
Master (370-379)	181 lbs.	515
Master (380-389)	181 lbs.	515
Master (390-399)	181 lbs.	515
Master (400-409)	181 lbs.	515
Master (410-419)	181 lbs.	515
Master (420-429)	181 lbs.	515
Master (430-439)	181 lbs.	515
Master (440-449)	181 lbs.	515
Master (450-459)	181 lbs.	515
Master (460-469)	181 lbs.	515
Master (470-479)	181 lbs.	515
Master (480-489)	181 lbs.	515
Master (490-499)	181 lbs.	515
Master (500-509)	181 lbs.	515
Master (510-519)	181 lbs.	515
Master (520-529)	181 lbs.	515
Master (530-539)	181 lbs.	515
Master (540-549)	181 lbs.	515
Master (550-559)	181 lbs.	515
Master (560-569)	181 lbs.	515
Master (570-579)	181 lbs.	515
Master (580-589)	181 lbs.	515
Master (590-599)	181 lbs.	515
Master (600-609)	181 lbs.	515

second attempt of 540. A great pull for his first try with 515 and followed with 515. Mimi Fagan was the only woman to pull a personal record with 375 (raw). In the deadlift competition Mimi Fagan won at 198. Tom Caruoghi at a lift of 220, took the lead in the squat with 450. Tom Caruoghi, the one of the master women's class in style. Son Tyler, a big winner, year old at 237, pulled an easy 405 (open) and 450 (raw) for the first time. The only woman to pull a personal record, which he got on the second attempt of 540. A great pull for his first try with 515 and followed with 515. Mimi Fagan was the only woman to pull a personal record with 375 (raw).

NPU NATURAL NIE CHALLENGE
20.21 Mar 99 - Brentwood, TN

WOMENS 50	BP	DL	TOT		
129 lbs.	(45-49)	300*	125*		
Duncan	230	125	275*		
Gowdy	200*	125*	275*		
Conrad	200*	125*	275*		
Craft	200*	125*	275*		
MEN 132 lbs.	Open	300	830		
148 lbs.	Open	400	275	400	1075
Darrbach	340	225	410	775	
(50-54) Raw	470*	260*	425*	1155*	
165 lbs.	Open Raw	375	330	435	1140
Dellaravere	Lifetime Raw	450*	300*	510*	1260*

(Thanks to NPU for providing these contest results)

WPNPF Top 10 List

The following weight classes were used for the 1998 Lift-off season only. The original classes will be used in 1999.

1-Crenato	300
2-Strabio	251
3-Mattis	270
4-Evieve	253
5-Maesz	259
6-Davenport	240
7-Darrbach	225
8-Schredinall	203
9-Schredinall	177
10-Fackery	125

125 lbs.

1-May	270
2-Lippert	240
3-Walker	220
4-Delfantina	170
5-Atchley	145
6-Motola	135
8-Stock	126
9-Tindall	100
10-Rodriguez	77

Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 3 YRS. MIN. _____

REGISTRATION FEE _____
\$10.00 SPECIAL OLYMPICS _____
\$15.00 HIGH SCHOOL _____
\$30.00 ADULTS _____

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____

Includes WPNPF rulebook and quarterly newsletter

I agree to submit to any testing procedures in or out of competition by WPNPF officials and shall accept the results and will not challenge them in any way. I also agree not to use WPNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

Natural Powerlifters United (formerly WPNPF)
Membership Registration

Fill out ENTIRE APPLICATION AND MAIL WITH FEE TO:
WPNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

USAPL Oregon State
27, 28 Mar 99 - Medford, OR

MEN	Open	SQ	BP	DL	TOT
33-39	117.5	72.5	172.5	362.5	
40-44	117.5	72.5	172.5	362.5	
45-49	117.5	72.5	172.5	362.5	
50-54	117.5	72.5	172.5	362.5	
55-59	117.5	72.5	172.5	362.5	
60-64	117.5	72.5	172.5	362.5	
65-69	117.5	72.5	172.5	362.5	
70-74	117.5	72.5	172.5	362.5	
75-79	117.5	72.5	172.5	362.5	
80-84	117.5	72.5	172.5	362.5	
85-89	117.5	72.5	172.5	362.5	
90-94	117.5	72.5	172.5	362.5	
95-99	117.5	72.5	172.5	362.5	
100+	117.5	72.5	172.5	362.5	

athletes completed in grand style. In the 82.5 kg. men's division three competitors: Brian Baertlein, Fred Carmett and Chris Meyer, all Oregon lifters, were bunched together in the deadlift with Carmett pulling 315, Meyer 300 and Baertlein 285. The lifters had a chance to knock Baertlein off his third deadlift proved too much and Brian walked away with the first place award and the day's best lift. After a good workout in the 90 kg. division, Steve Munsey, had requested approval to lift on Saturday rather than Sunday. However, it turned out that Steve's total before their flight lifted on Sunday. However, it turned out that Steve's total before their flight lifted on Sunday. However, it turned out that Steve's total before their flight lifted on Sunday.

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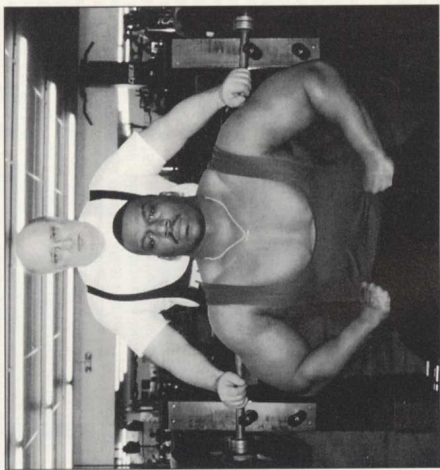
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Dean Munsey put together an historic 2,000 lb. total (Brian Baertlein)

The Beastmaster & His Beast



Under the tutelage of C.J. Batten, Horace Lane won the first Bench Nat's he entered as well as the IPF Bench Worlds where he set an IPF Bench W.R. of 615 lbs. C.J. is a WR holder in the bench himself. So the real question is which one is the beast? (Horace Lane backed up by C.J. Batten - the photograph provided courtesy of C.J. Batten)

really embraced and adopted the World Games, held every 4 years in between the Olympics. All new sports wishing to gain entrance into the Olympics must first participate in these games, to cut their teeth on this sport, and then apply from this position to the Olympics. Witness women's weightlifting which did just that. The relevant news to you? The IPF is a founding member of these games and is a member of that governing body, the International World Games Association (IWGA). Consider that some IPF member nations already have National Olympic Committee (NOC) recognition and that it is only achievable as a member nation of the IPF.

This standing and these goals provide for extremely tough international standards (just like other IOC sports) when it comes to how our sport is governed and how the lifts themselves are performed. Consider that weightlifting does not permit 3/4 lockouts on the Clean & Jerk or unlimited assistance on the performance of the snatch. IPF lifting is just as tough. Also, consider that the standards used for judging are the original rules and standards of performance ... Ultra strict.

So when comparing where you stand in the powerlifting world to compare apples to apples. Remember that when the majority of Europeans and Asians look at results from the USA, they look at USA numbers. IPF judging means deeper squats, technically correct and very strict benching and deadlifting as well as 2 hour weight-limits on gear and a pace that marauder and learning that happens when you're sharing the platform with athletes that have spent decades honing their strength skills. Probably it's a combination of all of these things, plus the golden opportunity of belonging to the one organization that can advance you to the very top - competing with the World's best on an IPF World Championship Platform.

In March, the Canadian Powerlifting Union hosted for a friendly International Challenge Meet. This gave a number of our lifters who did not previously have international experience an opportunity to compete under IPF conditions in another Country. The Meet was held in a spacious Sports/Rec Center in Sherbrooke, Quebec. With Canada's natural beauty so apparent, one could see why the Olympics were once held in nearby Montreal. The rugged, mountainous countryside was breathtaking, and the warmth & hospitality of the French-speaking natives was appreciated. Many thanks to Meet Director Louis Levesque and CPU

USAPL CORNER - As the powerlifting season progresses, we are fast approaching the International events that help define our sport, the IPF World Championships. As the representative of the USA, it is perhaps a good time to reflect on what this means to you the USAPL member.

Powerlifting started as an organized sport in the 60's in the USA and the UK with the first and original World Championships taking place in 1972. Bob Hoffman himself and the York Barbell Company originally sponsored it. However, the need to further promote International powerlifting led to the creation of the International Powerlifting Federation (IPF) of which the USA is one of the founding members. Since that time, the IPF has grown to over 80 member nations and regularly hosts World Championships around the globe for Junior's, Master's, Women's, Bench Press and Men's Open divisions. It is not unusual to see 30-40 countries present with full teams representing the absolute best that country has to offer.

How do these facts relate to you, the USAPL member? It means that you belong to and have equity in what is internationally recognized as THE International body representing the sport. It means that you have access to THE World Championships. Moreover, it makes you part of a team, a goal, a plan. One of the stated goals in the IPF Constitution is that of Olympic recognition. It is the only International entity with that goal built into its constitution. And while it may be a while in coming, lifters from all federations continue to talk about it. The fact of the matter is that if and when it ever gets into the Olympics it will be through the IPF. Consider that the International Olympic Committee (IOC) has for

The New York Connection



Is it the water in New York or the Beer in Brooklyn that makes these women so strong? (left to right, Beth Grater, Linda Jo Belkito, Jackie Davis - courtesy of Beth)

and will be available for purchase soon. We will also soon have an assortment of colors of USA Powerlifting T-Shirts available. The new logo is really sharp, and after consulting with some marketing professionals it was decided to produce a variety of colors of shirts (logos for the discriminating powerlifter to wear. Meet Directors will now receive a deep discount if they purchase a dozen shirts or more to have on hand for sale at their meet. We're kind of excited to learn what our members prefer as they proudly display their USA Powerlifting Colours.

We look forward to seeing you all in St. Louis for the annual NGB Meeting and the Men's Open National Championships. Mike & Steve Cassel, supported by Rick Fowler always do an exceptional job with National Meet Production. Check out the pre-meet hype on their usaplnationals.com web page. A number of countries invited to the "International Friendship Cup" just a love for the sport and the desire to see it grow correctly and effectively - where we all have the opportunity to compete on a fair & equitable platform. By all means, if you are able, please contact your State Chair or EC Rep & let them know that you are willing to take on a project once in a while that will help our sport grow. USAPL needs more workers. Like the old expression says, the task is easy if there are many hands to do the work.

I would be remiss in my duties if I did not mention how sorely our newsletter is missed. Following last year's NGB Meeting, the printing of the newsletter was suspended and the face of deficit spending and the rising costs for World Teams, Postage increases, Insurance, etc. etc. Nothing ever gets cheaper, right? The belt tightening has worked, and the EC has adopted a frugal budget to compensate for the increases, however the need for a USA Powerlifting Newsletter and some way to fund it still exists. I would like to ask those of our members with financial acumen and interest to help us find a way to get our newsletter back into production. I have long felt that this was our primary means of communication with our members, a way to keep everyone informed on what's current & happening in USA Powerlifting, for athletes to know where they are in relation to their competitors, to look for contest schedules, etc. etc. The newsletter is probably one of our most primary marketing tools, as well. Please contact any Executive Committee Member if you have any ideas to help us master these challenges.

The second printing of the large referee's rulebook is under way, 157.5 170 182.5 192.5 205 225 242.5 260 280 295

full team! Come & see our best brightest Open Men battling for their spot on Team USA going to Italy this Fall. It will be an event to remember.

Hope your Training is going well - and may all your lifts be white. Mike Overeider, USA Powerlifting National Officer

Spotlight on Jeff Douglas - When people speak of the great lifters in our country today, the World Team to compete at the 1995 World Championships in Port, Finland. Competing in the 242 pound class, Jeff shocked the World, claiming a silver medal in his first IPF Championship. At this year's IPF worlds in Cherkassy, Ukraine, Douglas finished 7th in a field of 21 competitors from 16 different nations.

Jeff's views on Drug usage in the sport and drug usage in general are very strong. When asked about drug testing in the sport, Jeff said "There really isn't a way to stop drug usage in the sport, but we have to do our best to deter it." Port seemed to be a leveler playing field than Cherkassy was last year. I like the Out of Contest testing in USA Powerlift-

USAPL National Contest Qualifying totals

Men	114	123	132	148	165	181	198	220	242	275	275+
Open	845	955	1070	1275	1400	1500	1575	1660	1700	1735	1775
American Open*	760	860	965	1145	1260	1350	1420	1480	1500	1530	1585
Teen (14-15)	585	680	730	825	875	925	950	975	1020	1045	1070
Teen (16-17)	630	730	800	925	995	1035	1070	1135	1150	1190	1215
Teen (18-19)	645	750	875	1015	1065	1150	1240	1265	1280	1295	1315
Junior (20-23)	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450
Collegiate	655	760	875	1025	1075	1145	1250	1275	1290	1305	1325
Master (40& up)	97	105	114	123	132	148	165	181	198	198+	
High School	496	540	595	650	710	760	793	832	876	898	
Open	335	358	385	407	435	479	518	562	610	625	
Teen (14-19)	360	385	413	440	462	512	551	600	655	672	
Collegiate	365	391	418	440	462	507	545	589	640	655	
Master (40& up)	
High School	

(--- Must have a total in a sanctioned meet.) *The American Open has two additional weight classes after the 275 class, the 319 and 319+ with qualifying totals for both of 1585.

USAPL Classifications (kg.)

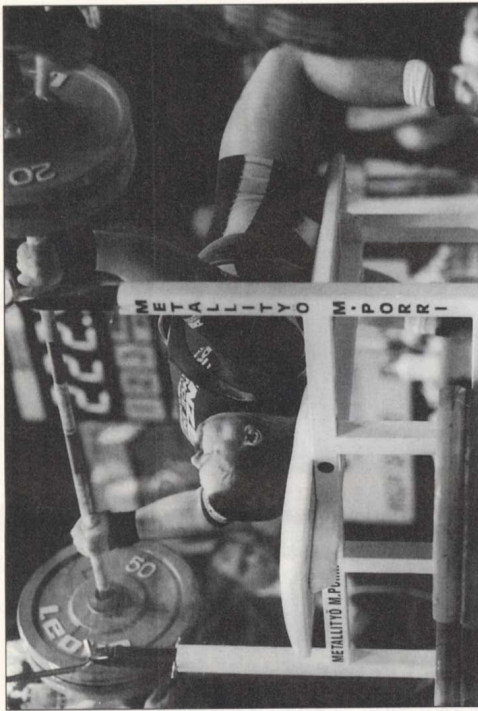
MEN	52	56	60	67.5	75	82.5	90	100	110	125	125+
Elite	482.5	525	565	632.5	692.5	745	785	827.5	857	882.5	917.5
Master	440	482.5	520	580	635	682.5	722.5	760	787	810	842.5
Class I	400	432.5	465	522.5	570	612.5	645	682.5	705	725	757.5
Class II	352.5	380	410	457.5	500	540	570	600	620	640	667.5
Class III	305	332.5	357.5	402.5	437.5	470	487.5	525	542	557.5	580
Class IV	267.5	290	312.5	350	380	410	432.5	455	475	487.5	507.5
WOMEN	44	48	52	56	60	67.5	75	82.5	90	90+	
Elite	290	310	332.5	355	375	412.5	445	475	512.5	540	
Master	262.5	282.5	302.5	322.5	340	375	405	435	465	490	
Class I	235	255	272.5	290	305	337.5	365	392.5	417.5	440	
Class II	210	225	242.5	257.5	272.5	300	325	347.5	372.5	392.5	
Class III	182.5	197.5	212.5	225	237.5	262.5	282.5	305	325	342.5	
Class IV	157.5	170	182.5	192.5	205	225	242.5	260	280	295	

ing, and I feel that other nations need to implement similar programs. Wade and I were tested this year at the Louisiana State meet that we put on. We were about to start the meet and Dr. Talton comes up to us and tells us that we've just been "selected" for Out of Contest testing. So we go to the restroom, and Wade gets his done really quick then goes back out to get ready to start the meet. I on the other hand am having serious problems. I just couldn't go. I have Wade yelling for me to hurry up because they want to start the meet, but it just wasn't happening. I eventually got the sample completed, but it also caused the meet to start 15 minutes late.

When it comes to Supplements and Equipment, Jeff tends to keep it very simple. For equipment, he uses the Titan Dual Quad Centurion, Signature Series Red Devol Knee and Wrist Wraps, all provided to him by Titan Support Systems. For supplements, he sticks to a basic multi-vitamin and Creatine.

Training is also kept to the basics. Jeff uses 6-7 week short cycles, training year round. He squats Sunday, does his Bench and triceps on Tuesday, and works his deadlift and upper back on Thursday.

Jeff would like to thank his wife Melanie, as well as his two children Newt and Suzie for all of the support that they have given him. He



Jeff Douglas bench pressing his way to a silver medal at the 1995 I.P.F. Men's World Championships

also wanted to thank his sponsors for all of the equipment and advice over the years. Last but not least he wanted to thank his training partner Wade Hooper for all of his help. We can all cross our fingers and wish this drug free powerhouse luck during his journey for our sport's uplifting.

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USAPL Maine State

27 Mar 99 - Oakland, ME

MEN		WOMEN	
Open 125 lbs.	Open 175 lbs.	Open 110 lbs.	Open 135 lbs.
M. Allen	95	A. Smith	145
M. Allen	165	M. Cooper	165
K. Grant	145	D. O'Brien	500
S. Sullivan	140	A. Geronzi	156
S. Sullivan	198	B. Moody	156
E. Blaw	205	B. Moody	163
K. Perry	1160	D. O'Brien	252
D. Morgan	203	D. O'Brien	209
R. Morgan	310	R. Cogan	171
G. Morgan	275	W. Geronzi	172
P. Catoggio	360	D. Spaulding	193
A. Carriren	310		

USAPL NJ State High School

6 Mar 99 - Bridgewater, NJ (kg)

MEN		WOMEN	
SQ	BP	SQ	BP
102.5	57.5	140	300
150	105	155	410
122.5	97.5	162.5	387.5
115	77.5	105	315
157.5	97.5	185	440
97.5	80	130	307.5
102.5	85	142.5	330
125	100	152.5	377.5
181	110	192.5	462.5
137.5	112.5	175	425
137.5	100	160	397.5
137.5	75	142.5	345
140	107.5	160	407.5
127	87	162.5	376.5
150	95	157.5	402.5

USAPL NJ State High School

19 Mar 99 - Bridgewater, NJ (kg)

MEN		WOMEN	
SQ	BP	SQ	BP
102.5	57.5	140	300
150	105	155	410
122.5	97.5	162.5	387.5
115	77.5	105	315
157.5	97.5	185	440
97.5	80	130	307.5
102.5	85	142.5	330
125	100	152.5	377.5
181	110	192.5	462.5
137.5	112.5	175	425
137.5	100	160	397.5
137.5	75	142.5	345
140	107.5	160	407.5
127	87	162.5	376.5
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POWER BODIES



Many Time World Champion **Ron Collins** preparing for the Mr. South Africa Contest at age 54! (photograph courtesy Tony Fitton)



Rachel Mathias has risen to the top in both physique and PL (Mathias)



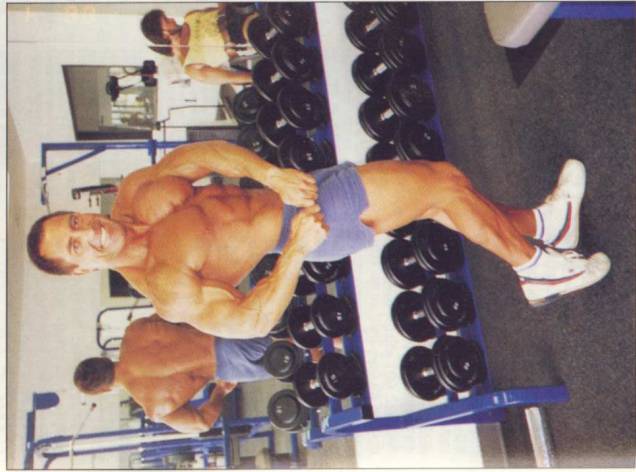
Former USPF Sr. National Champion **Jill Brown** was told she was "too muscular" to appear in **MUSCLE & FITNESS**. (courtesy Brown)



World Champ and Record Holder **Jim Cash** has tried bodybuilding.



Lori Ugolik combined bench pressing with a bodybuilding career.



Bud Ravenscroft was a terrific bench presser and world champion.



Roger Estep won the Seniors and a cover on Muscular Development



Many time World Champion and World Record Holder **Mary Jeffrey** on the posing platform at one of the Hawaii Invitational competitions.

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Thermo Speed Caps contains a transmuted ephedra, known as ephedrine-HCL, also called Ma Huang. Ma Huang creates heat and provides energy without the jitters and nervousness. Thermo Speed Caps are also formulated with Quercetin to promote even energy production. Thermo Speed Caps are the most powerful, energy-blasting, fat burning capsules available.

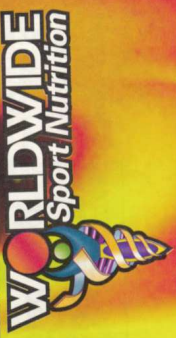
Thermo Speed Drink is the strongest thermogenic formula ever developed. With 27 mg of Ephedrine, 200 mg of caffeine, 200 mg of White Willow Bark, L-carnitine, Quercetin and niacin, this delicious and refreshing drink has zero carbs, calories, sugar or fat. Thermo Speed Drink comes in three great flavors; fruit punch, grape and orange.

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Louie Simmons



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(actual size)

IRONWRAPS A
(actual size)

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