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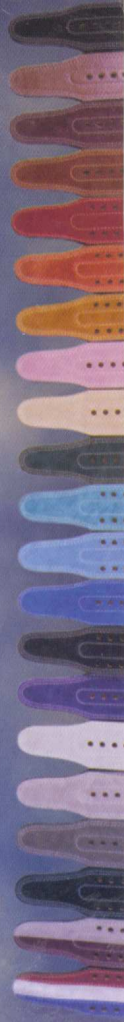
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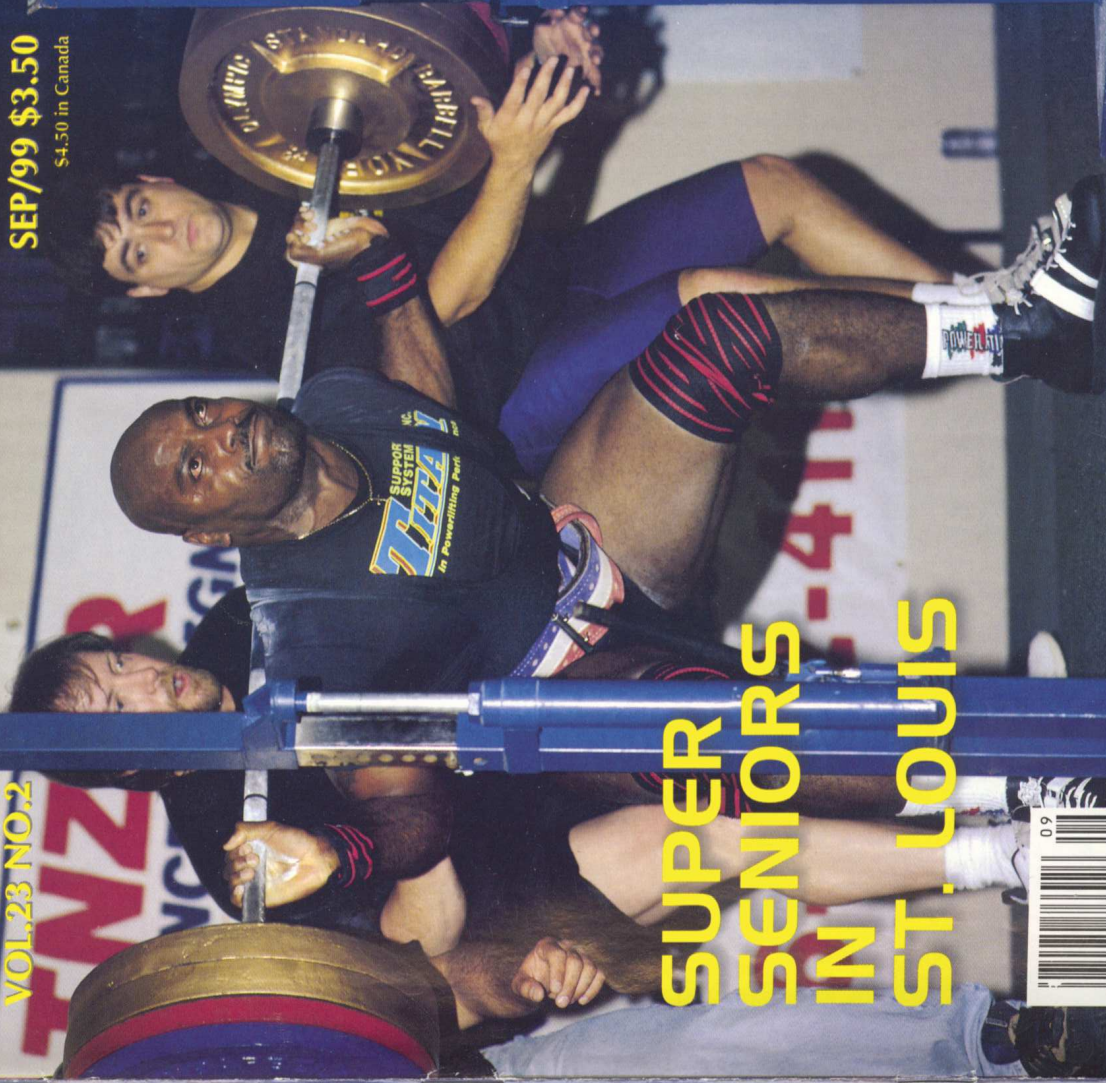
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Editor-In-Chief Mike Lambert  
International Editor Andy Kerr  
Feature Editor Dr. Ken Leistner  
Controller In Joe Lambert  
Statistician Herb Glossbrenner  
Publisher Mike Lambert

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## MUSCLE MENU

- Volume 23, Number 2 - September 1999 -

USAPL MEN'S NATIONALS.....Mike Lambert.....	6
APF SR. NATIONALS PT. 1.....Herb Glossbrenner.....	10
WORKOUT OF THE MONTH.....Mike Bridges.....	13
SPECIAL OLYMPICS WORLD GAMES.....Chip Hultquist.....	16
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	17
MASTER CHOICES PT. 4.....Ron Fernando.....	18
ASK THE DOCTOR.....Maurio Di Pasquale MD.....	20
OVERCOMING PLATEAUS/DL.....Louie Simmons.....	22
DAVE DOAN INTERVIEW.....Dr. Larry Miller.....	25
PURSUIT OF SUCCESS, PT. 3.....Judd Biasiotto Ph.D.....	26
POWERSCENE.....Ned Low.....	32
ZENITH = TRIAC.....Derek Cornelius.....	33
WOMEN'S TOP 50 123s.....Herb Glossbrenner.....	34
WEAPON 8.....Rick Brewer.....	35
STARTIN' OUT.....Doug Daniels.....	37
YORK SPECTACULAR.....Stewart/Tsourounis.....	38
1st APF SENIORS.....Herb Glossbrenner.....	42
COMING EVENTS.....Mike Lambert.....	48
TOP 100 132s.....Mike Lambert.....	86
UNCLASSIFIED ADVERTISEMENTS.....	87

ON THE COVER... USAPL 220 lb. champ Anthony Harris.

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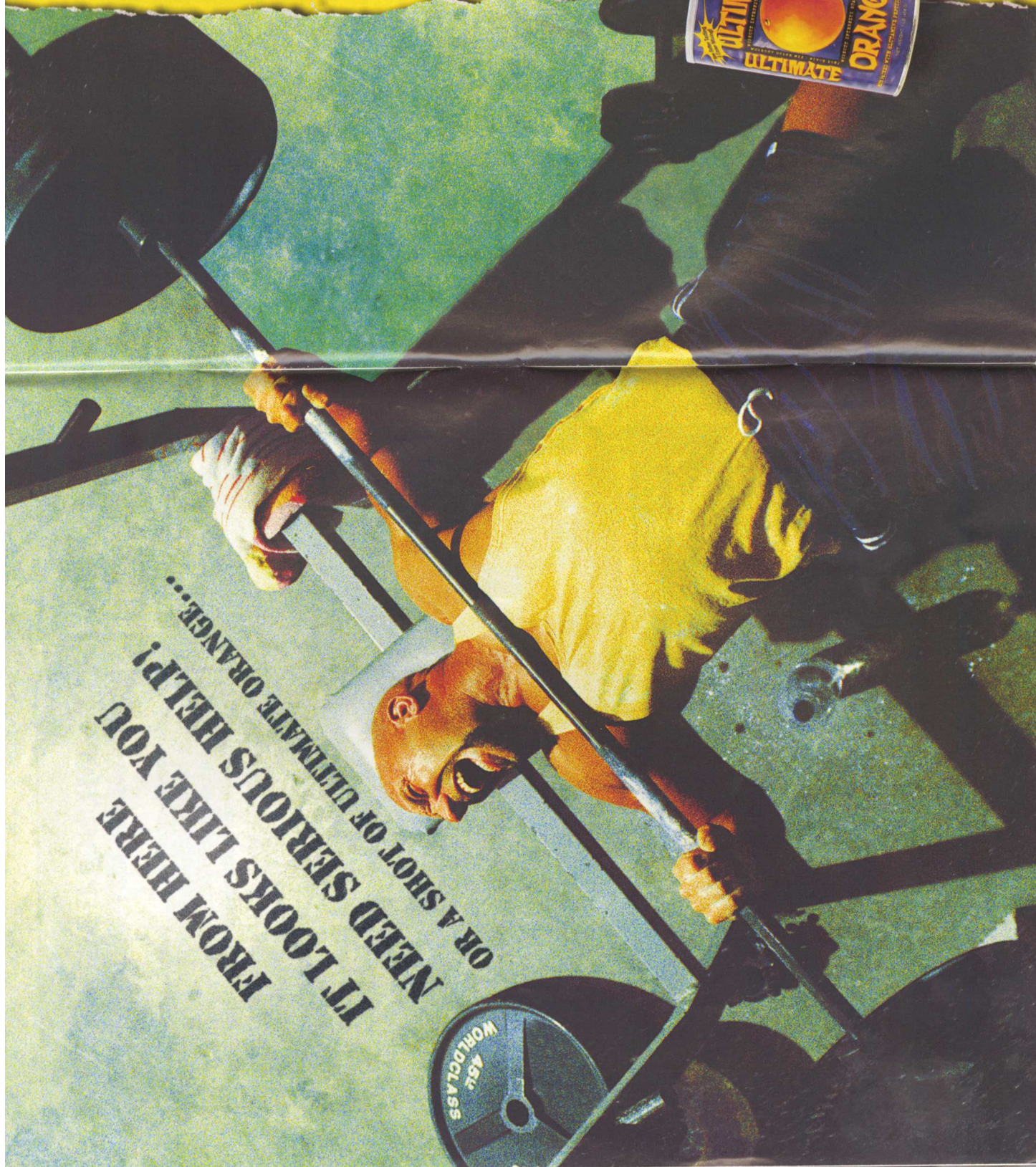
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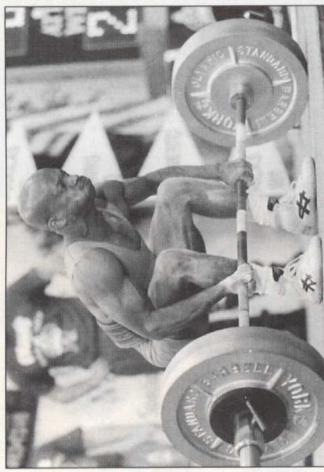
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# USAPL Men's Nationals

as seen by POWERLIFTING USA Editor Mike Lambert



114 champ Ervin Gainer prepares to unleash himself on a 462 deadlift



Will Taylor's upright squat form.

weight class) he could be a great one. Brandon Green likewise just avoided disaster in the squats, but his 33 lb jump in the deadlift to a mighty hefty 584 did not work out. Aduin Kong was one of several lifters from Hawaii and he had a good 7/9 day. Also in the Friendship competition was 45 year old, 7 time world champion Hitro Isagawa of Japan. Though shoulder problems have kept him from benching like he did at last year's meet, his opening 374 was exploded upward impressively.

At 148, the expected star Wade Hooper failed horribly with his opening 639 squat, and then returned to his old self and then some, totaling more than he did at the last World Championships. He did not win his side bet with Tim Taylor as to which of them would deadlift the most, however. Colorado's Mark Sigala



Wade Hooper chats with his long time mentor and USAPL Coach of the Year Dr. Billy Jack Talton

made two more lifts than he did last year, and those openers got him in the money. Graduate Assistant Strength Coach Greg Simmons, on the other hand, made 8 lifts to finish 3rd. Jeff Holbauer of Bloomington, IL, nearly matched his qualifying total of 1380, and came in just a 2.5 kg, notch ahead of Hawaiian meet cutter Nando Corpuz. Keith Scisney, a Denver probation officer, missed only his last deadlift, but still bumped fellow Coloradan Chris Hughes, a personal trainer, into 7th. Graves of Florida and Davis of New Jersey finished up the class. A big looking Brad Olson could not do his squats the way the judges wanted him to.

In the Middleweights, veteran world powerlifting champ and college strength coach Dan Austin calmly defended his title from last year, and earned himself a spot on the world team, if his football coach boss will let him take advantage of the opportunity. Dan wasn't that focused on his 2nd attempt, and felt his grip slipping, so he eased the bar back to the platform short of completion and then made easy work of

At 181, Dave Ricks was back and in fantastic form. Celebrating his successes with whoops of joy and jumps into the air, Dave was tempted to go for Ray Benemerito's 1906 record at 181 with his final 733 deadlift, but that was a tad beyond his reach. Chris Turner finally got a squat in at the Nationals, and we were able to see what a fine lifter he is, but when he end up down 77 lbs. in the squat and 33 in the bench, even a great puller like Chris had too much to do on that final pull, if he wanted to catch Ricks. Instead, he

Benemerito's deadlift mark, but it was just out of reach as well. Mike Willett, a university administrator, did some fine lifting to get the Number 3 spot over James Benemerito, entered at 165 but lifting at 176 or so, who only got his opener. Rugged Eric Funakoshi of Hawaii just about lost it all in the squat accepted, and neither could

Fraser's Quincy Guzman, who blew a suit on his 2nd attempt. Mahabu Itoh of Japan recovered from two dangerous misses in the squat, to post a nice total in the Friendship competition.



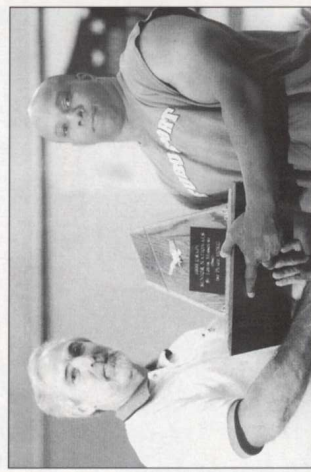
Dave Ricks' proud parents were on hand to witness his performance.



Benemerito is Back!!! from his injury at the '98 Worlds in the Ukraine using the card system to indicate the inflections they were calling and this eliminated most of the boos of consternation from the audience. At 198, Ray Benemerito was hardly back from rehabilitation of his knee surgery, but the battle habits of a warrior are hard to break and he lifted as though he had never missed a beat. Ray began training in earnest for the event only weeks prior, and his handlers were concerned with the jumps he was asking for, but his "muscle memory" proved effective and he had matters well in hand. Rob Wagner was entered at 181, but officially weighed 89.48 kilos and shadowed Ray with some nice efforts in all the lifts. Joe McAlliffie hoped to challenge, but when he missed the 705 squats and the National Record 512 bench, expectations were lowered. Craig Terry laid in wait to unleash the biggest deadlift in the class, the other great deadlifter in the class, national collegiate star Char Cahagan. Troy Gibson, brother of Laddie, reversed the family fortunes from Hastings, Minnesota, Matt Freimuth, proved just too strong and bodyweighted Indiana roofer Joe Goodhue down a spot. Popular Rocky Horrihgs was entered at

Joe Bell of the Tampa Recreation

Meet Director Mike Cissell congratulates Kevin Stewart on his win in the 242 class and presents him with one of the exceptional awards



Meet Director Mike Cissell congratulates Kevin Stewart on his win in the 242 class and presents him with one of the exceptional awards

Meet Director for this year's Men's Nationals Mike Cissell, along with his family and close associate Rick Fowler have been capable put on many ADPPA/USAPL National meets in the past, but after the excellent standard of Andrea Sorwell's Men's Nationals in Denver last year, they wanted to out-do themselves for this one, and they set some new standards of their own. There was an extensive website set up for the meet, with biographical information, photos, entry lists, etc., and it had the meet results posted after every lifting session. A meet t-shirts provided to every participating lifter (during the award ceremony for THEIR class) with a digitally recorded image of THAT lifter's performance on THAT DAY transferred on to the shirt. In addition, some of the sponsors provided supplements, etc. and several of the Best Lifters literally had their hands full with all the goodies, including some of those embroidered House of Pain gym bags. Filling those hands foremost, however, were the spectacular oak and walnut awards, hand crafted by Mike Cissell's son Steve. These were really special - thick, heavy, beautifully finished, and in a variety of configurations for the Best Lifter and Lifts awards for each day's competition, and the overall Best Lifter designation. Dual video screens highlighted both live lifting footage, pre-recorded lifter interviews, and computerized scoring via Mike Armstrong of Canada. A banquet on Sunday night was a nice touch, reminiscent of many international championships in Europe, and there were also training seminars on Friday and Saturday evening, after the lifting.

An effort was made at the USAPL National Meeting prior to these championships to reduce the suspension of Bull Stewart. Bull was hoping to lift at the meet if the decision went in his favor, but it did not. Some Pacific Northwest lifters have boycotted the USAPL since Bull's suspension was put into effect, and after the meeting some USAPL officials have resigned from various positions in protest of the handling of the continuing suspension as well.

The competition in the lighter sessions went well, despite the loss of electrical power a few times during the benches. Ervin Gainer had the 114s to himself, providing him the security to reach a bit beyond his grasp on 3rd attempts, while still posting a quality total. Lifting in the Friendship Cup portion of the contest from Japan was young Yusuke Tsuji, who was limited to his openers. At 123, Will Taylor - with his

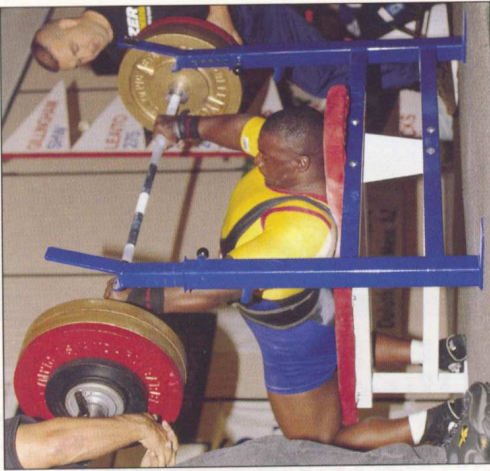
Denver cheering section on site - gave a scare in the squats and then cleanly manipulated his way to victory in the bench and deadlift. Allen Whigham of Mississippi, long and lean, showed lots of emotion and quality power in the big lifts in taking 2nd place. 20 year old Trey Cunningham busted two USAPL experience (and perhaps into a new

not. Some Pacific Northwest lifters have boycotted the USAPL since Bull's suspension was put into effect, and after the meeting some USAPL officials have resigned from various positions in protest of the handling of the continuing suspension as well.



Department. Deputy Julian Uvang had arms that were almost too big for his narrow grip, and still had to change his bench shirt to get an attempt in. Dan Hengst squatted so wide it almost hurt to watch him, but he was limited to only his openers. Pipetier Tony/Succarotte took his bench press troubles to the showers early, while counselor Rod Lawray had his difficulties later, in the deadlift.

In the 242s, Johnnie Graham had been telling everyone to watch out for Ft. Hood's Kevin Stewart. Tough Jeff Douglas had a good day and a big lead after the squats, but a 22 lb. jump to misses in the bench press made a big difference when Stewart made up lots of lost ground by mashing up a big 545 national record bench, and he probably could have made more, but not quite the American Record attempt of 563. With Douglas taking a second try with 705 in the deadlift, Stewart had the chance for the bodyweight win, and being 2.26 kilos lighter turned out to be an advantage. If Croner had made his 60 lb. jump in



Horace Lane set 2 new three lift IPF world record with 615 and 629

the squat, he would have totaled 2.5 kgs. more than either of them, however. Dave Gonzales, a high school football coach, had a day of perfection - 9 tries, 9 successes, to earn 4th place without question. In question, for a while, were 5th and 6th places. On his final deadlift try, 793 lbs. were loaded for James Cahill, and with his beautiful form, he slowly arched his way to complete when his grip exploded and the bar crashed to the platform. A protest was made and vocal discussions proceeded on several fronts. It seems there was some confusion when Jim was asked what he wanted and said "60", and the mis-interpretation of that was to mark down "360" (as in 360 kgs./793 lbs.) on the expeditor's card. Jim argued and prevailed that he had meant "60" as in 760 lbs. or 345 kgs. Another attempt was granted, and after all the effort and dissension about the 793, and Jim pulled 7760" up, to move himself one slot about the veteran of veterans when it comes to ADPPA/USAPL national competition, Shawn Cain, who was not pleased with the situation and missed a 750 lb. American Masters Record attempt besides. Dave Villeneuve, a Vermont electrical designer, missed one bench on a technicality, and finished 5 kilos up on Philadelphia's Patrick Johnson, who missed all his critical 3rd attempts. Mitch Edelstein went very conservative in the deadlift when minor flaws glitched his first two offerings. Ken Howard, a Lockport, NY policeman, got the attention of the crowd by going essentially "raw", however, his huge 749 deadlift only tied Mitch, who was lighter. Todd Earnest of Louisiana only missed his final deadlift attempt to finish out the totalers. Former national contender Raoul Donati of Team Indiana found things different on the platform this year and had to leave after only 3 attempts.

In the 275s, there was a huge 17 man turnout requiring "A" and "B" flights, and Team Hawaii's Tony Leato was back, but when he got openers

only in the squat and bench, gleams appeared in the eyes of both Blue Mound, WI controller Pat McGettigan and former Nebraska football star Mark Schellen. McGettigan nearly crashed and burned in the bench, but with the support of his vociferous handlers, he made it through to the lift he was built to be good at. 800 is a terrific deadlift, but Pat was not satisfied with a mere 804, even though it was a national meet record, however, 832 was too much for him and was not enough to catch the careful deadlifting progression of Lelato. Schellen was hanging back and casually let time run out on his 744 second attempt. 760 was the call for his final lift to tie Tony and win the class on bodyweight, and the former youth phenom of the 81 Sr. Nationals in Corpus Christi, TX almost called it perfectly. Almost, because while he got the winning weight up, the judges did not agree, and the pained look of disappointment on his face was obvious despite his bushy beard. Kevin Hayes looked handsily strong with an 810 squat, but 821 was too much, nonetheless he ran the course without a mistake in the deadlift to take 4th over North Carolina's new look Jeremy Haller, down a weight class from last year, but up in total. Former USPF Sr. National champ and world team member Mike Anderson made all those important third attempts, and that kept him ahead of Paul Fletcher, who had a chance to beat Mike when he won his national title back in '97. Colin Rhodes exhibited

(article continued on page 82)

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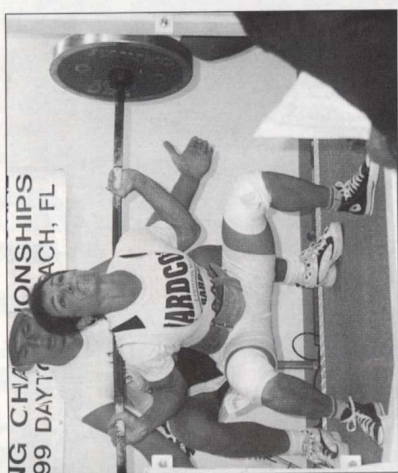
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# APF Senior Nationals, Part I

as told to Powerlifting USA by Herb Glossbrenner



Lynn Barlow winning another of her life's battles, in the 105 lb. class.

Azure blue skies and the white sands of famous Daytona Beach were a perfect backdrop for the 14th APF Senior Nationals, held for the first time in the Sunshine State. The meet hotel was the Daytona Beach Resort overlooking the Atlantic Ocean, where the store stretches for miles, clean as a pin. The meet site was Kieran Kidder's spacious new gym, Huge Iron Productions, about 3 blocks south of the hotel.

Ivankov plates were used in the warmup area, and a new Ivankov kilo set was used on the platform. The platform, especially built for this competition, was carpeted and raised off the floor, offering the audience a great view. The warmup area in back had two Monolith. Pisanella bars were used for squatting and there were deadlift bars, Norm Guay from Greene, Maine whipped out the computerized results expeditiously, and bent over backwards to provide everything I asked for to put this report together. State of the art video and audio equipment was used with television monitors listing the lifters name, in both kgs. & lbs.) The leader/lifter did a good job. Some of the lighter lifters complained that they sank into the soft padding of the competition bench rack following the hand off. The markings on the bars did not coincide with what many of the lifters were used to. The deadlift bar seemed to bend quite a bit as the weights got heavier. The awards were nice plates, but for the \$75 entry fee, some expected something more extravagant.

The meet ran like clockwork. 10 minute breaks were taken before beginning the benches, and ditto before the DLs was nice. I only saw one call in the whole meet that made me cringe and that was an anomaly. If there was a disappointment, it was the light turnout. Some of the top players stayed home or were injured, thus there were some surprise winners. Some of those who expected to win with record performances were overtrained. Others, whom nobody expected to make a ripple, had the days of their lives. It was a mixture of triumph and trauma. The winners got what they wanted: a trip this Fall to Calgary and the WPC Worlds directed by Bruce Greig. The two day competition commenced on Saturday morning at 9:30 AM sharp. This first day featured all the women and the lighter men.

There were 14 ladies competing. Defending 97 lb. champ Ann

4 years, Joe suggested strength training as a cure instead of surgery. In one month her pain was gone and she found her natural talent for lifting heavy weights. In May, Nance won an APF National Masters title, and qualified for the WPC Worlds this Fall in Canada. Here, she cut back to bantamweight once again. To compound the stressful task, she suffered a severe shoulder injury just weeks before the show, which made her BP training nearly impossible. DMSO, rubs, ultra sound and other remedies helped alleviate the trauma, but the throbbing was a constant reminder. Nance remained stalwart, and trainer, coach and husband, Joe was always there. The moment of reckoning had finally arrived. She was able to eat, got a good night's rest, and weighed in 2 lbs. under. Before lifting, she'd replenished her lost electrolytes. Nance's strategy was: (1) win, (2) total Elite, (3) break records. Avigliano missed only one lift in 8 tries. In the SQ, her last two dunks were PRs. She painfully struggled through 2 benches and wisely passed a 3rd. In the DL, Nance opened @ 341. With it she won her 1st Srs. title. Next - up to 369 for an 859 TOT and her ELITE rating. She stood two wide, her grip thrown off by the odd bar markings, and baby powder on the bar caused her grip to slip at lockout. LAST CHANCE FOR NANCE. Summoning all her reserve for one last ditch effort, she emitted a very soft growl loudly. She ripped it right up. **132** - a lady called Vanessa had previously won 3 Srs. titles under the last name Schwanker (95, 96 & 97). Now divorced, she uses her maiden name again (Ware). She'd taken a leave of absence from the platform after her close defeat by another Vanessa (Gibson) of GBR which decided the 132 outcome at England. Following that classic battle, the British Vanessa retired.

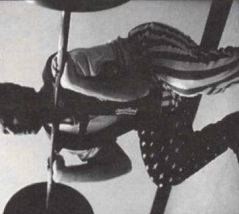
Last year, Melanie Diamond of Iron Island Gym in NY won the title, and she was back, hoping to repeat. Vanessa, on the other hand, wanted her 4th title. So, this dynamic duo locked horns to decide who'd be queen for a day, and who'd be bridesmaid. Ware, 35, has not gotten back to her previous bests, but she made her attempts count, and she was the lighter of the two. Ware opened at 330 to get on the board. Melanie opened with 369 and sank it, but failed her increase to 380. Vanessa, exercising caution, did 358 on her second round. Diamond struggled up with a difficult 380 3rd and with her ultra wide stance low-

er and with her jump wide stance low-

field, now 42, was looking awesome, pulling - back to back - 512, and then 523 to TOT 1174, not so far behind Mariah Luggert's winning sum. Mariah stayed home this year, but Nancy wasn't in the best of shape. Her hubby and defending WPC World Masters champ Terry had his left knee scoped in February. Complications set in and he developed a staph infection. It hadn't healed and he was hobbling around on crutches here, out of action for the rest of the year. Nancy has looked after him, detracting from her preparation for the meet. She came back from a 380 SQ opener turned down for depth, made it, then went on to make 407 with a tremendous effort. In the BP, she got 182, then 193, and was stopped by 209. When the bar went to the floor, she got serious, and pulled her 463 opener like a tinkertoy. Next up - 501. It was very difficult, but she got it to within a couple inches of completion before she ran out of gas. This drained her, which remaining last chance, which refused to budge from the platform. She was upset, but has the resilience to bounce back with a high level performance come the Worlds in Nov. Proud of his wife's accomplishment, Terry broke out in a big toothless grin and, raising his crutch like a sword, babbled something in a strong British accent like **HER FINISH WAS CRUMMY or THE BRITISH ARE COMING????**

**165** - Four ladies vied for this year's middleweight title. It was already a foregone conclusion that Stefanie Van De Weghe of Sheboygan, Wisconsin would win. The question was just what spectacular lifts would she attempt that she'd not already done before? Cynthia Gorelli, 28, had a good 8-9 day while finishing in 4th spot. In 3rd position was Joyce Tackitt, 44, with a perfect build for powerlifting. She was lightest of the top 3 gals @ 159 1/2. Joyce posted some fine

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A Personal Record - Krista Ford cracks an impressive barrier at 181.

lifts including a 336 SQ, but lost her tries @ 358 on depth. She benched 214 on her second go, but found an increase to 226 a tad too heavy. She raised up all her deadlifts, to 385 final and 936 total. Julie Scanton, 23, made her Srs. debut quickly and got pinned. Before that Havelka destroyed her 441 & 474 @ 148 last year. This year she came into the 165s, looking for major improvements. She fired through her SQs with strength to spare: 457. On a roll, three benches were successful as well. 303. In the DL topped off @ 418 - TOT 1179 - a perfect 9-9 day. If Julie can stay in this class, I see her being the one to challenge Van De Weghe in a couple years. Stefanie, 37, captured her 6th Seniors title, hardly breaking a sweat. She has been defeated only once - in 1996 by Debra "pac deck" Erney, who seems to have faded into oblivion. Posting the highest aggregate ever by a female 165er at the end of last year (1444) I'd have to now proclaim her "World's Strongest Woman" by any formula or means you choose to calculate. She sank her 540 SQ start real low; and took 2 cracks @ 578 that were mighty close, with a cockeyed recovery, and a tad shy on depth. It's only of matter of time before she hits 600. Looking a wee bit overtrained she came back following a 341, missed 2nd BP to lift it solidly on a final attempt. Her DL style is "knacky" with a difficult pull to the knees, then she sits it smoothly up to lockout. Her 441 2nd gave yet another World title in Calgary. Laura Dodd, a former 3 time 165 champ, was herself on hand to lend moral support. Still a policewoman in Columbus, OH Laura is a captivating lady with a charming way about her.

**181** - Julie Havelka, 24, left an impression on everyone. Weighing only 177 she blasted through 8 of 9 attempts with an overabundance of power. Her only miss was her 3rd SQ try with 501. She dropped too quickly and got pinned. Before that Havelka destroyed her 441 & 474 @ 148 last year. This year she came into the 165s, looking for major improvements. She fired through her SQs with strength to spare: 457. On a roll, three benches were successful as well. 303. In the DL topped off @ 418 - TOT 1179 - a perfect 9-9 day. If Julie can stay in this class, I see her being the one to challenge Van De Weghe in a couple years. Stefanie, 37, captured her 6th Seniors title, hardly breaking a sweat. She has been defeated only once - in 1996 by Debra "pac deck" Erney, who seems to have faded into oblivion. Posting the highest aggregate ever by a female 165er at the end of last year (1444) I'd have to now proclaim her "World's Strongest Woman" by any formula or means you choose to calculate. She sank her 540 SQ start real low; and took 2 cracks @ 578 that were mighty close, with a cockeyed recovery, and a tad shy on depth. It's only of matter of time before she hits 600. Looking a wee bit overtrained she came back following a 341, missed 2nd BP to lift it solidly on a final attempt. Her DL style is "knacky" with a difficult pull to the knees, then she sits it smoothly up to lockout. Her 441 2nd gave yet another World title in Calgary. Laura Dodd, a former 3 time 165 champ, was herself on hand to lend moral support. Still a policewoman in Columbus, OH Laura is a captivating lady with a charming way about her.

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## WORKOUT of the Month

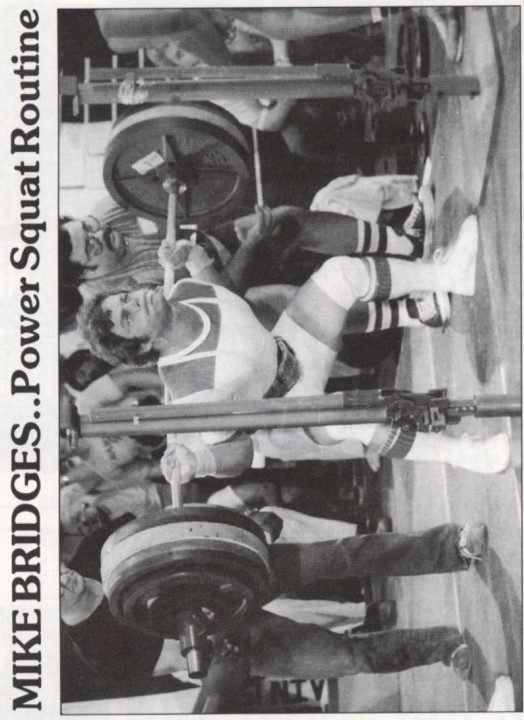
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of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

As a lifter, I have traveled to many different gyms across the country and worked with many lifters. As I work with different people in the sport of powerlifting I have realized that many lifters have very poor form when it comes to the squat. I have seen some top lifters do some slight correcting with great results. With the beginner to intermediate lifter in mind, it is best to break into the sport of powerlifting with the proper form. You will notice that I will stress form more than anything else. I feel it is vital to becoming a good lifter at any level. Remember the better your form, the better the leverage. The better the leverage on the weight the more weight you will be able to lift.

I know some lifters are undecided about the type of stance to use in the squat. I feel if your body is well proportioned the wide stance will be beneficial to you. For example, Japan's Inaba at 114 lbs, uses a wide stance and Don Reinhardt, a Superheavy, is a wide stance squatter. I lift at 181 lbs. and squat wide too. If you have not tried this stance, I would suggest it strongly. You may be uncomfortable at first but give it some time. You have everything to gain by giving it a try.

A very important part of squatting wide is to stretch on a regular basis. Stretching will usually be easier for the beginner as opposed to the intermediate lifter because the tendons and muscle tissues usually lose most of their flexibility as a person lifts on a regular basis. A lifter attempting to squat wide without stretching regularly is asking for trouble on down the road. Eventually there will be problems with the width of his foot placement. I suggest doing hurdle stretches. These really pull on the hamstring. Stretching will also help prevent injuries.

This is 12 week cycle to develop maximum strength. I feel this is plenty of time to be in top shape for a contest. Prior to the 12 week cycle and in the off season remember to keep in shape by doing your bodybuilding routine to keep your base of strength. This program can be done with success at any body weight, and assumes a 500 pound squat capability prior to beginning the cycle.



Mike Bridges' workout appeared in our April '83 issue, and is reprised as part of our Workout Anthology series. Above, Mike squatted 705 for a world record at 165 in Bay St. Louis, MS just over 20 years ago.

- 1st Week, Monday:** Stretch, 135x10, 225x5, 225x5, 300x5, 250x8.  
**1st Week, Tuesday:** Squat 135x10, 225x5, 225x5, 300x2, 300x5. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 285x8.
- 2nd Week, Monday:** Stretch, 135x10, 225x5, 225x5, 300x5, 255x8.  
**2nd Week, Tuesday:** Squat 135x10, 225x5, 225x5, 280x6. Friday: Stretch, 280x5, 230x8.
- 3rd Week, Monday:** Stretch, 135x10, 225x5, 225x5, 225x5, 235x8. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 275x5, Leg Extension 4 sets of 100x10 reps. Friday: Stretch, Squat 135x10, 225x5, 225x5, 290x5, 240x8.
- 4th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 245x8. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 275x5, Leg Extension 4 sets of 105x10 reps. Friday: Stretch, Squat 135x10, 225x5, 225x5, 295x5, 245x8.
- 5th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 300x5, 250x8. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 285x8.
- 6th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 305x5, 400x1, 360x2, 325x5. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 285x8.
- 7th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 310x5, 260x8. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 280x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 290x5, 240x8.
- 8th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 315x5, 265x8. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 285x6.
- 9th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 325x5, 450x1, 475x1, 375x2, 325x4. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 315x3, 315x3.
- 10th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 325x4, 450x1, 475x1, 375x2, 325x4. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 315x3, 315x3.
- 11th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 325x4, 450x1, 475x1, 375x2, 325x4. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 315x3, 315x3.
- 12th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 325x2, 450x1, 500x1, 515x1. Wednesday: Stretch, Squat 135x10, 225x5, 225x5, 285x6. Friday: Stretch, Squat 135x10, 225x5, 225x5, 315x3, 315x3.
- 13th Week, Monday:** Stretch, 135x10, 225x5, 225x5, 315x5, 270x8.











# TRAINING

## Choices for Master Lifters, Pt. 4 as told to Powerlifting USA by Ron Fernando

can be used, and some key CHOICES for shirt usage. First and foremost, if you have made the decision to use a shirt, and have never done so, I would NOT suggest diving in and spending \$225 on one of the triple denim models which, if my information is correct, will increase the bench as much as 150 lbs. - but start out with a more modestly priced model - for around 40 bucks - and get your body accustomed to this different "stroke". Many years ago, Big Jim Williams stressed that to be effective, the press off the chest must be in a straight "drive-line", flying in the face of the bodybuilding type bench presses which had been performed in a "C" shape. Today's foremost "gun" of the bench - Louie Simmons - corroborates this information, and we all know how many top-notch benchers his little 20x40

several manufacturers of quality shirts, but my research seems to indicate that the top benchers favor DENIM over polyester, due to its explosive rebound properties.

- **TRICEPS, TRICEPS, TRICEPS** - There is no such thing as too much tricep work for aspiring benchers, shirt users or not. The key is not to waste time on "shaping" and "sculpting" moves. Note that the movements below resemble the actual lift itself and concentrate on the long head of the tricep. Most of the barbell lifts can be rotated on a max basis every 3 weeks to keep your body fresh.
- Floor Press - touch and go - varying grips
- Pin Press 4 inches from lockout - from rack
- Pin Press 2 inches from lockout - from rack
- J.M. Press (close grip press to about fist height off of chest, hold for a count, and press up). This is a deceptively simple LOOKING though brutally hard combo tri-chest move.
- Heavy Tricep Presses to forehead, chin and throat with a straight bar
- Partial Weighted Dips for heavy flies - within a fixed time frame
- Lying Dumbbell Extensions (a Louie favorite)
- High Volume Triceps work up to 100 reps in a fixed time frame
- Full range overhead presses with JUMP Stretch Bands. These bands are positioned at the top of the power cage and the barbell is suspended on them. In this way, (with a competent spotter) you can use over 100% of your prior max WITH A SHIRT with a close grip FOR REPS. A great secondary movement which will push the triceps to unbelievable levels and condition them to handling a heavy weight for a full range move. Do these "hanging band presses" about once every six to eight weeks.

### BASIC CHOICES FOR "SHIRT" BENCHERS

- **DO NOT let the shirt do the first four inches** - PRESS WITH THE SHIRT. That is, pretend you do not have a shirt on, and blast that weight UP! Practice with lighter weights, and get your motor pathways accustomed to literally THROWING the bar off of your chest.

There is only one way to teach yourself to THROW the weight off of your chest: YOU MUST have one day where, without the shirt, you perform bench presses with submaximal weights for SPEED with very short rest periods. I am a FIRM believer in the Louie Simmons method of training, where you lift one day for speed and explosive-ness (speed strength) and another for absolute strength (related, but on this later).

• **DO NOT train without a shirt until the day of the meet** and hope for a huge bump-up in your attempts. It JUST WON'T HAPPEN, because the feeling is so very different. Many of the top benchers have made up their minds to invest in not one, but upwards of five shirts, each for a different phase in their training. The rule of thumb here is to put the shirt on about four to six weeks out. Some have gone to the extent (extreme?) of using a tighter shirt every two weeks until the meet rolls around. Perhaps the best example of a "Shirt Bencher" in the modern day is John Mark Blakley of Ohio. J.M., as he is known worldwide, has perfected the science as it were, of scientific benching with a shirt. He has set world records in four different weight divisions and claims that a properly fitted shirt is the key to success. J.M. uses denim shirts. There are



Jim Williams benched huge weights without a bench shirt. Elbow wraps were allowed during his heyday.

this bar, especially on shorter range presses, makes a standard bench press with a shirt of ANY kind ... CAKE!

- **Dumbbell Training** - Shirt or not, you gotta blast the bar from the bottom. One of the very best "blast" movements is heavy dumbbell bench presses. Many great bench presses, of today and yesterday, used some monster weights in this movement, some like the great Pat Casey pushed this lift over 200 lbs. (in each hand!). The problem with this is positioning the balls without killing yourself, or certainly using up so much energy that you are tapped out when it comes to the actual movement. There have been several customized benches made for dumbbell and incline dumbbell benches, but cost may make this prohibitive. There is now a company in Hawaii that makes a product called POWER HOOKS for under \$40 which are simple hook on cradles that fit on any Olympic Bar. The dumbbells fit on the cradles, and eliminate the "clean" portion of the lift, allowing you to concentrate on the press. Call 1-888-669-6316 for more info. I have them and can attest to their effectiveness.
- **LATS, LATS, LATS** - Again, taking a page out of Big Jim Williams training diaries, he would emphasize a huge amount of lat work - pull-downs, chest supported rows, dumbbell rowing, and a variety of them, "dumbbell leans". Despite all of the high-tech lat machines on the market, you cannot go wrong with heavy, basic barbell rowing. John McCullum, of KEYS to PROGRESS fame, also stresses the basic barbell row to push your back, and hence

for the arms, and a thick bicep will impart another element of "spring" into the lift itself. Keep the reps between 8-12 for about 5 sets twice per week. Go heavy, but use reasonably good form. Check out any big benchner - Kaz, Williams, Conessore, Clark, Waterman, etc. Do

any of these guys have stick arms? • **WORK THE GRIP** ... in the bench press? Shirt or no shirt, imagine this - a lifter is psyched, ready to go. His handlers get his denim shirt on, he lays back and a huge weight is handed to him. He has diligently worked all phases of his lift - the explosive initial "throw-off" - the triceps phase, the lat phase, but, alas, he has neglected his grip. The weight, resting in his undertrained hands feels heavy and he misses. Train the grip - use your heavy hand grippers, squeeze a rubber ball, do wrist curls, and try to do thick bar benches. You won't be sorry. The better "feel" you have for the weight at the top, the better chance you have to smoothly and explosively finish the lift.

In closing, I would now like to interject my one "political" comment. Use the bench shirt like one would use spices in cooking - a little goes a very long way. Let the "flavor" of the meal do the talking for you. Let your muscles do the work. The shirt should always be the cream on the cake, not the batter itself. Need inspiration for your bench (shirt or not) take a look at one of the classic photos of Jim Williams blasting up 675 lbs. - raw! Train hard, train clean, and stay healthy. Aloha, until next time.

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## Ask the Doctor

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

**DEAR MAURO:** I just graduated in chemical engineering technology last spring, and now I'm studying at university, concentrating in biomolecular chemistry. I also train pretty hard core. I've been training seriously for about five years. I always read your articles and columns and wanted to ask you a few questions.

1. I've been using creatine for almost 3 years non-stop. I juggle around some brand names, but I never come off of it for any period of time. Will this cause any problems? Toxicity of some sort?

2. Does your Anabolic Diet or Dan Duchaine's Body Opus diet work for powerlifters? Can they keep their strength up with out a high percentage of carbs?

Thanks Dr. I'd really appreciate it if you took the time to answer these questions. They don't have to be in PL USA or anything, I'm just curious. Thanks again for your time. **Chris**

**DEAR CHRIS:** I don't believe that the long-term use of creatine results in any significant problems. However, we are in the middle of a study comparing long-term creatine users with those who have never used creatine. The results at present seem to show that there are no adverse effects.

I used my Anabolic Diet for many years while I was an elite powerlifter. I modified it according to the workout intensity. I introduced more carbs when working out at a higher intensity and what volume. It's a matter of trial and error in order to figure out what works best for you as far as daily carb and calorie levels. **Mauro Di Pasquale MD**

**DEAR MAURO:** I have recently obtained some slow release androstenedione by American Muscle Co. The tabs are 100mg and the manufacturers instructions are to take 1 tab 2-3 times per day, but the duration is not specified, nor a bodyweight adjustable dosage. I am an intermediate level weight trainer, male, 27 years and 76kgs. Are you able to advise on a safe, yet effective cycle? Your opinion would be much appreciated as there is little information available on the time-release version of this supplement. I have 200 tabs. Many thanks. **David**

**DEAR DAVID:** The studies I have done so far show that the use of androstenedione does not raise free serum testosterone or result in strength or body composition changes. All it seems to do

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is raise serum estrogen levels and possibly cause some hepatic, HPTA and possibly other side effects. I wouldn't even bother using it. A study reported in the June 2, 1999 issue of JAMA found that androstenedione was a pretty useless supplement with some possible side effects. And that's what I've been saying all along. Seems like with androstenedione it's all pain and no gain.

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# TRAINING

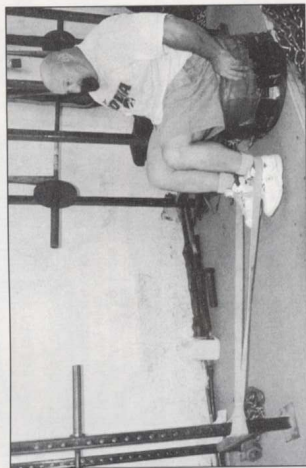
## Overcoming Plateaus: The Deadlift as told to Powerlifting USA by Louie Simmons

Squat and bench press records are continually being set in recent years. It's easy to see why. Most federations have a 24 hour weight rule, which is a positive thing for the health of the lifter. It is easy to rehydrate in 24 hours, which results in fewer cramps and muscle pulls and tears. In the old days, it was common for lifters to pass out while squatting or to drop the squat bar because they were dizzy. And, of course, the more you weigh, the more you can squat or bench. In addition, the introduction of power suits, groove bras, and bench shirts has enabled the lifter to make bigger and bigger lifts.

But what about the deadlift? Does equipment help in this lift? Shawn Coleman said that using a larger deadlift suit helped him get into a better starting position to pull a PR 835 deadlift. So while supportive gear can help the squat and bench, and prolong one's lifting career, more times than not it can be a hindrance for deadlifting.

So if equipment is of little benefit, what's the answer when it comes to the deadlift? Training. Most lifters deadlift too often and too heavy. This has an ill effect on the central nervous system. A better method is to use a variety of exercises that mimic the deadlift or special exercises that develop the

squat was his favorite exercise to increase his deadlift of 887. Eddie Coppin of Belgium made an 826 deadlift at a bodyweight of 186. The front squat was a major part of his training. In the early 1970s, George Clark pulled 700 at 181 and just missed 735, the world record held by Vince Anello. George's main exercise was the back squat deadlift, with the bar held behind his back. These are three examples of great lifters using



Louie Simmons doing leg curls with the Flex band. (courtesy Louie)

The good morning is a valuable exercise in the conjugate method. For deadlifting, the bent-over version is the best. Bend at the upper back first and round over while lowering the bar. The legs can be slightly bent to prevent hyperextension of the knee. While doing good mornings, always think about duplicating the motion of a deadlift. Only you, the person doing the good morning, can gauge its effectiveness. (1) by the stress on the spinal erectors, hamstrings or glutes, and hips, and, of course, (2) if your deadlift goes up.

Shawn Coleman did 600 for 5 reps in the good morning prior to his 835 deadlift. If you are doing 600 for 5 reps and your deadlift is 700 pounds, you are just kidding yourself, and you must change your training.

Use a variety of bars in the good morning: straight, cambered, Safety Power Squat bar. Use a high bar placement and a low bar placement, close and a wide stance, and sometimes do them seated. Bands and chains as well as weight releasers can be used, one to six reps works best. Stockier men should do at least 3 reps to increase muscle tension. Because a max deadlift can take several seconds to complete, the duration of a set of reps in this lift must also be several seconds. Various types of squatting should also be done to increase the deadlift. Michael Bruggler of Germany related to me that the Olympic-style

individual muscles that are used while deadlifting (the conjugate method). One must build the muscles that start and finish the lift. Also, there must be methods used to develop speed and acceleration; the quicker the bar is locked out, the less chance for the grip to give out.

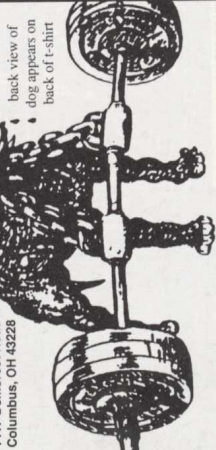
Vince Anello, an 821 deadlifter at 198, once told me that anything he did would make his deadlift go up. Bill Starr said that if you want to deadlift more, don't deadlift. Bill was an excellent Olympic lifter who pulled a 666 national record in 1970, having concentrated on powerlifting for only a short time. Whether they knew it or not, both men were utilizing the conjugate method. This method was devised to develop the muscles and special strengths (starting, accelerating, absolute).

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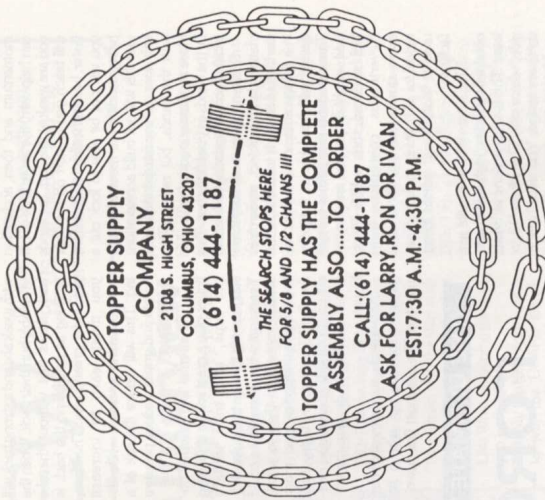
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# INTERVIEW

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

LM: OK Dave, let's start out with some general information about yourself

DD: I am 35 years old and live in Berlin, Wisconsin. I am a Senior Electrical Project Engineer for a flexible packaging manufacturer. I am also a volunteer fireman for the city of Berlin. My wife Darci and I have a wonderful 11 year old daughter, Devan.

LM: How did you get started in weight lifting?

DD: I started lifting weights in high school with the football program and continued lifting in college. In 1989 I met a couple of guys at the gym I worked out at and they talked me into entering a bench meet. I did pretty well for not really knowing what was going on. Ever since then, I have been hooked.

LM: What organizations have you lifted in?

DD: I have lifted primarily in the USAPL. I believe the USAPL is really the only show in town. Several years ago I did lift in a couple of NASAs meets.

LM: What weight class are you in and what records do you hold?

DD: I compete in the 242 lb. class. I hold the Wisconsin State BP record and the National Bench Press Record in the Lifetime and Police and Fireman divisions. My best lift ever was a 565 lb. bench. This past year, I did a 558.

LM: What was the experience like competing at the IPF Bench Press Worlds?

DD: It was an excellent experience. It was really impressive to see that many top notch lifters at one meet. The venue was unmatched by anything I had ever seen before. The competition is so close, one mistake and you found yourself in a big hole. Competing as a team for the USA was exciting. It was like a second chance for winning.

LM: Do you take any supplements or are you on any diets?

DD: I am not a big believer in supplements. I do take a multivitamin, but nothing else. I try and eat right and watch my weight. As far as a diet, I only diet when I need to make weight.

LM: What are your views on drug testing?

DD: First off, I think it is really sad that people who are not drug free

Kuc's abs through his super suit from 100 feet away when he made 870 at 242. The best method of using the abs in the deadlift was taught to me by Bob Peoples. He said it was best to breathe into the stomach only, not the chest. This will stabilize and support the lower back, and it does not elongate the spine. The shorter the spine, the better the deadlifter. If you have long legs, a short torso, and long arms, you have the perfect build for deadlifting.

More important than the right build is attitude. The deadlift is a tough lift, especially at the conclusion of a long meet. No attitude is "working out" and a killer attitude is "training" - a big difference.

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ward to be effective. Oblique work can also be done standing up. Face away from the lat machine with the strap held behind your neck. Put one foot in front of the other and bend forward, flexing the obliques. This will train the abs correctly.

You must do all types of ab work. In addition to standing ab work, leg raises and straight-leg sit-ups are beneficial. Don't be confused by the way bodybuilders look. Every time I watch one of those fitness shows, some big-time bodybuilder is telling everyone to keep their knees bent to take pressure off the low back. I guess sucking in those abs is a bunch of crap, huh? Because if their abs were half as strong as they look, they wouldn't be worrying about their lower back.

Although a smaller waist will make it easier to deadlift, it must be very strong. One could see John

with weak abs and a strong back will invariably hurt their back. When the back flexes first without the abs working as stabilizers, the back is put under great stress. Therefore, you must learn to increase intraabdominal pressure while lifting. This will reduce the risk of a hernia and greatly reduce pressure on the disks.

The internal and external obliques play a great role in stabilizing the hips and they initiate straightening the legs in the deadlift. Years ago, when powerlifters could deadlift more than they squatted, the obliques were often much more developed than they are today. Lifters use to do side presses and one-armed deadlifts to develop the obliques.

At Westside, we do most of our ab work standing up, with a lat machine. The abs must flex down-

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momentum and then acceleration can help carry the bar to lock-out. It you are weak at the start, the bands will teach you to start off the floor faster, because without the fast start, you will not be able to lock out a heavy deadlift. For those who have said this will not use maximum weight with the bands, but rather 60%. More resistance is added to the bar by the bands as you lift the bar. This is called accommodating resistance.

Concerning contradictory information on this subject, research in the United States is invariably done in a college environment. It is conducted with students as subjects. These students many times are not avoid lifters, nor are they of high standard, such as Elite lifters. Nevertheless, conclusions from these studies are put forth as a model for all training, including that used at football and weight lifting facilities.

The most usable results are obtained by testing high-skilled athletes. This is what is done at Westside, where only Elite lifters (43 to date) are tested. You must have a qualified trainer to ask the right questions and highly qualified lifters to test to help answer those questions.

Poor testing also occurs when two different training methods are tested together. This example also points out the misuse of plyometrics. A lifter had tried a program of plyometrics in between deadlift sets. Not only will the plyometrics dampen the central nervous system for the following sets of deadlifts but in fact the deadlifts would also negatively affect the plyometrics. He raised his pull 2.5 kg, an insignificant amount to register a valid training effect. You can't train plyometrics and the maximal effort method at the same time.

Plyometrics help the separation phase only, when the bar separates from the floor. But this particular lifter had difficulty above the knee level and locking out. He was also doing rack work above the knee at the same time and sled pulling. These two exercises build the top part of the deadlift, where he would fall. The plyometrics build the start, not where he needed help. In the United States, plyometrics are misused more times than not. They are so draining on the central nervous system that heavy pulls and squats must be decreased or done during the noncompeting months of the year. In summary, please be careful what you read. Not all conclusions are valid.

The abdominal muscles are extremely important in deadlifting. The abs must flex first, before the lower back starts to do its work. Lifters

plays unbelievable patience in doing it.

LM: What are your views on supportive equipment?

DD: I think some of the organizations have gone too far on what they allow on the platform. It wouldn't bother me if they banned the supportive equipment all together. It would level the playing field somewhat and reduce the cost of the sport for people who are just getting started and can't afford the latest and greatest.

LM: Anything in particular over the years that sticks out as a major contributor to your bench?

DD: One of the biggest things is that I have not had a serious injury. This has helped me train consistently for many years without having to take time off. The other thing would be having a good training partner. Casey Rennett has been a tremendous help over the years. Not only does it provide me with a sounding board for training ideas, but the weekly competition of trying to out do each other keeps workouts interesting.

LM: Any additional comments? God for the physical abilities He has given me. For with Him anything is possible. Secondly, I would like to thank my wife and daughter for their support. They are always at the meets and always proud no matter how I do. I would also like to thank Casey for all he has done for me and for pushing me when I need it. Lastly, I would like to thank Larry Miller and Mike Lambert for the opportunity to do this interview.

## Dave Doan Interview as told to Powerlifting USA by Dr. Larry Miller

month is sets of 8 reps followed by a couple of weeks of 6 reps and then dropping to 4-5 reps for the remainder of the cycle.

LM: What type of lifting equipment do you use?

DD: I use the Lazer Extra Heavy Duty shirt. I have tried a few others but seem to get more out of the hole with the Lazer. I don't train with the shirt at all except for possible the last week before a contest.

LM: What remaining goals do you have left?

DD: My top goal right now is to win the USAPL Bench Nationals. That would enable me to reach my next goal of making another run at the upcoming IPF world meet. I sure would like to improve on the 10th place finish of last year. My long range goal is to continue helping young lifters improve themselves and stay drug free.

LM: Are there any people in the sport that you respect or admire?

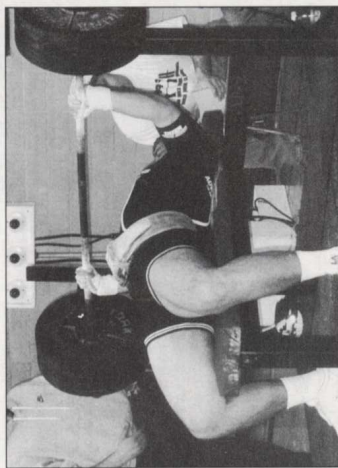
DD: I have always both respected and admired Casey Rennett. Casey has always been an inspiration to me as well as many others. He has always been a gentleman no matter what happens on the platform or in the gym. He always takes time to help anyone who needs it and dis-

tribute to entering drug free meets. With that said, I am happy to see the USAPL doing out of meet testing. I think more of that should be done. It seems that most guys taking clean come contest time. The surprise tests will help keep the organization cleaner. I would also like to see the top three in each weight class get tested at the national level.

LM: What are your views on some of the over the counter steroids that we now have?

DD: I think it is a real shame that these are so easily obtained. A lot of guys who normally wouldn't think about it are easily tempted or for lack of knowledge think it is OK since you can buy it over the counter. LM: What type of training program are you on?

DD: I work the chest twice a week with a heavy day on Monday and a light day on Thursday. Heavy days always include a mediocre single so as to stay in contact with the heavy weights. Tuesdays and Fridays are usually arm and back days with Friday being a lighter day. When preparing for a meet, I like working on 10-12 week cycles. The first

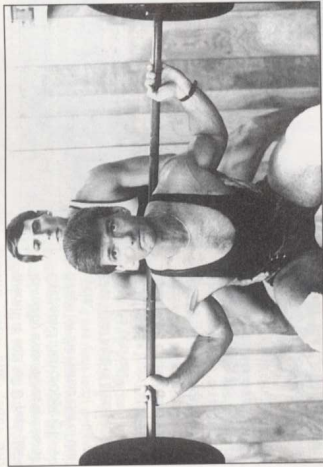


Dave Doan involved in another successful bench press competition.



# Dr. JUDD

## In Pursuit of Success, Pt. 3 as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd in heavy training, backed up by his friend Army Ferrando

I believe another important aspect of being a successful person is having a systematic goal oriented program. Goals are the seeds to success. Without a goal or a mission in life, there is no sense of purpose or direction. Successful people know exactly what they want and exactly how to get what they want. The first step in every successful adventure is to determine your objective. It is virtually impossible to achieve anything of true significance unless your thoughts and desires are linked to a purpose. Success is seldom achieved by chance. If you have no idea where you are going in life how can you expect to get there. Goals give you a starting place and a destination. The process is very clear. You conceive an idea, you believe in that idea, and then you achieve it.

I think those of us who are actively involved in sports know, perhaps more than anybody else, how important it is to find purpose, to maintain that purpose, and to be able to work and strive to fulfill it. For in reality, without purpose we are limited. Consequently, I believe that it is in man's best interest not to be dissatisfied, but to always be unsatisfied. Once you are satisfied you have reached a cumulative point in life, inertia will breed and the next thing you know you'll be on your backside. When you have no purpose in life there is nothing to look forward to, nothing to strive for; life becomes dull and uneventful. With purpose, life is exciting; the world is beautiful.

I remember in 1983 when I first retired from powerlifting, I more or less lost direction as an athlete. I would still go to the gym to work out, but my heart wasn't in it. I didn't have any clear-cut goal or purpose for training. Consequently, I never really knowing where I was going and never really getting anywhere. My workouts had no intensity and I had no drive or desire. Take my word for it, not having a goal is the worst thing that can happen to an athlete or anyone else for that matter. Goals are essential to success. Without goals there is no direction, no hope, no growth. Every human being must have a purpose in his life just to stay alive.

Without a purpose or an objective, an athlete is, figuratively speaking, dead. When you set a goal and channel your energies toward that goal, you can tap the reservoir of power within you much easier. Without a goal in life, you cannot grow; you can't really live. Man, by his very nature, is a goal striving being. Thus, true success and happiness can only be achieved when he is functioning as he was made to function - as a goal-striver. We are

upon. There is a major difference between a vision and goal. A vision is a vague flight of fancy that we hope comes to pass. Goals have a direction and purpose. They give us a destination in life.

You know it's kind of interesting that when people find out that I'm a writer many of them will tell me that one of their goals in life is to write a book. That is a great aspiration, but it is not a goal per se. It's too broad of an objective, consequently it gives the individual limited direction. The human mind will only gravitate toward a specific aim; it will not move in the direction of generality. The idea of writing a book is wonderful aspiration, but it is an objective that has to be accompanied by specific goals, deadlines and a strong work ethic. Let me give you an example of what I am talking about.

A couple of years ago Novagencies publishing company asked me if I would be willing to write a Sports Psychology textbook for them. Of course, I immediately wanted to know how many pages they wanted, and how much time they would give me to complete the project. They said that they needed a book that was approximately four hundred pages and they would give me two and a half years to complete the project. To which I responded "Damn!"

Let's be honest - four hundred pages is a lot of writing, even for a professional writer. In fact, it was kind of overwhelming at first especially considering the fact that I only had two and a half years to finish it. After I thought about it for a while though I realized that it really wasn't that tough an assignment.

Here is what I did. I took that long-range goal of four hundred pages and broke it down to a series of secondary and/or weekly goals. My secondary goals consisted of writing seven pages a week. Now that's not exactly a walk in the park either. I'll give my students a seven-page paper to write and it will take them the entire quarter to do it and when they hand it in it looks like James Michener wrote it. And most likely he did because they probably copied it right out of his book. So, seven written pages are not all that easy. What I did next was to take the secondary goals and break them down to primary or daily goals. As you probably have already guessed, my primary goal was to write one page a day. It takes me about not all that tough. It takes me about an hour or two to accomplish that. One page a day is something I knew I could handle fairly easy with a little work and determination. In fact anyone with a little desire can do that. Once I set my goals down, I

only focused on my primary goal. I never worried about my secondary or long range goals because I knew that if I took care of my primary goals, my secondary and long range goals would take care of themselves. And that is the way it all worked out. At the end of a week I would have seven pages and at the end of a year I had close to 365 pages. At the end of two years... well, I didn't have to work that long before I had the book completed. I took a project that looked overwhelming and through a systematic, goal oriented approach made it rather easy to achieve.

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here are just a few suggestions that you may want to follow when establishing your goals. Set goals that are realistic and flexible. Don't set goals so impossibly high that you don't set a failure. For example, don't set a goal of a 300 lbs. bench press at the end of a 16 week cycle if your present best is only 200 lbs. Your best is only 200 lbs. You have chances of accomplishing a goal like that are practically nil. Likewise, don't try to squat 1000 lbs. If your best is 500 lbs. unless you're trying to kill yourself. Goals that are totally unrealistic will only lead to frustration and failure.

In the same light, don't set your goals too low. For instance, in the squat increase of 20 pounds in the squat over an eight-month period may not challenge your full potential. In short, keep your goals just out of reach, not out of sight.

Also, don't expect immediate results and don't get discouraged. Understand that Eddie Coan wasn't built in a day. Chances are you won't be either. Be patient and persistent. Remember that in sports, as in life, it's not what you start with but rather what you end up with that's important.

Remember you must be systematic about goals. Write them down under the appropriate heading and check them off as you accomplish them. This will not only

The best squat in the world that year (up to that time) was just 487 pounds. At the time, everyone in the sport of powerlifting said that the 550 pound barrier was beyond the physiological limits of a drug-free athlete at my weight. They said such a lift was impossible. In all candor, I wasn't sure if the lift was possible. Once I set the goal of breaking the 550 pound barrier, I determined, with the help of a lot of other people, what I had to do each day to reach that goal. After that was determined I never worried about that 550 pounds. I just focused on what I had to do each day, because I was confident that if I achieved my daily goals when it came time I'd have a real good shot at the 550 pound lift. If I would have worried about squatting that 550 pounds every day it would have been overwhelming for myself. I probably would have psyched myself out. The way it was, I never thought about it much until it was time to do it.

One achieved goal should inspire you to see and set even higher goals. Every positive outcome that we experience is an ultimate triumph for what we have worked so hard to achieve and will create yet another inner drive and ambition for what we have yet to do. Once we are truly able to believe in ourselves, our goals, and our inner ability - the sky's the limit.

With the aforementioned in mind, I

only focused on my primary goal. I never worried about my secondary or long range goals because I knew that if I took care of my primary goals, my secondary and long range goals would take care of themselves. And that is the way it all worked out. At the end of a week I would have seven pages and at the end of a year I had close to 365 pages. At the end of two years... well, I didn't have to work that long before I had the book completed. I took a project that looked overwhelming and through a systematic, goal oriented approach made it rather easy to achieve.

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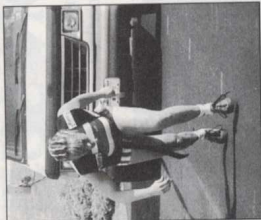






# POWER SCENE

Congratulations to Mark and Ellen Chaillat on another successful York Barbell Strength Special weekend; we've heard lots of praise from happy lifters. Ellen Stein, in between her travels to Ireland and Los Angeles, found the time to compete in the women's strongwoman division, as you can see from this picture of her on the road.



Ellen Stein hits the road in York

Pat Susco, squatting barefoot as always, hit a big 820, and our loyal reader Mike Blake, who keeps us well informed of his lifting, showed what all men over 50 years old should be doing - lifting heavy and not letting age reduce that competitive spirit. Mike, in the 308 class, hit 600-430-570 for a 1600 total, and went home a happy man. Here's the hardware he got to take home with him, and check out the license plate in the photo.



Pat Susco ... squatting barefoot



Mike Blake with his PL trophy from the York Powerlifting Meet



Suzanna McGee seen hoisting Rob 'The Human Barbell' Gaskin.

I personally want to thank Marvin Teter of York Barbell, a terrific powerlifter himself, for sending me the first creatine produce I've been able to keep using. York's creatine waters. (And they taste pretty good, too.)

As strongman events grow in popularity, more and more people are doing unusual, or odd, lifts. Out here in California, we've got 'The Human Barbell' Rob Gaskin, who weighs about 140 at 5'4" and is in terrific shape from a lot of weight training and strict curling at Gold's Gym. A lot of women are picking Rob up. Literally.

The latest one is Suzanna McGee, and she hoisted up Rob a few weeks ago. Suzanna's six feet tall and weighs about 190, so next time she might have to lift up someone bigger. Still, lifting a human overhead requires proper technique as well as strength, so be careful if you try this at home. Or at your local gym, or at the beach, or at work, or wherever else you feel like doing it.

One woman who's not doing as much lifting as she'd like is Gea Johnson, who's training for next year's Olympics in both the heptathlon and weightlifting. Gea is currently number one in her weight class in the U.S. in women's Olympic lifting, but she's got a foot injury that put her on crutches for a while, and it's taking months for a full recovery. In the meantime, she's been getting treated for it and all those other ailments that occur when you train for eight different events - seven in the heptathlon, plus the weightlifting.

Over the last several months, we have looked at various effective methods for reducing fat stores. We have seen how Yohimbine, Norephedrine, Caffeine, and Aspirin (YMCA) stack is a potent stimulator of the adrenergic system and how it works to preserve muscle tissue while quickly burning adipose stores. Later we investigated Guggulsterones and demonstrated how it increases the basal Metabolic Rate (BMR) by stimulating the thyroid gland to produce more thyroid hormones. With an increased BMR, more calories are burned and more fat is lost? Combining the above two methods of fat loss is synergistic since thyroid hormones sensitize the peripheral adrenergic receptors. I have seen truly amazing results in people who stack the above two methods together.

In this issue, I am going to continue my series on fat burning by discussing a new compound that I have discovered which will revolutionize the entire health industry. The compound is Triac and it is what I call the zenith of nutrition supplements ... no negative side effects and extremely potent at burning fat and building strength and muscle. Unlike Proxylon which is a potent rearticulating agent, simultaneously building muscle and burning fat, Triac is a thyroid hormone degradation product which burns fat only at specific dosages and ages. Thus, Triac is a supplement which can be used to very selectively modify your training and your body.

What is Triac? Triac is what I like to call a thyroidal nutrient or a thyroidal prohormone. Just as we have steroidal nutrients like 19-Norandrosterone, we now have access to equally effective thyroid nutrients or prohormones. To make things simple, Triac is not a hormone but instead a naturally occurring degradation product of your own T3 hormone with some pretty fantastic metabolic effects.

The great thing about Triac is that it is sold as a fat loss drug around the world under the name Triacana. Triacana is indicated for conditions of obesity and for reducing subcutaneous fat stores - especially areas of cellulite. Hopefully, the name Triacana will ring some bells with at least some of you lifters

" .... a new compound that I have discovered which will revolutionize the entire health industry".

# ZENITH = TRIAC

as told by Derek Cornelius, Syntrex Innovations

those calories will be significantly from those imported from Europe and other parts of the world for its ability to make a person ripped and shredded. Many of the ultra shredded, ultra cut physiques you see in the professional bodybuilding circles using the drug as part of their dieting regimen. Fortunately, upon my extensive investigation, I found that Triac is not considered a drug in the U.S. and can be legally sold as a dietary supplement.

There are many reasons why Triac is nearly a perfect supplement. First, let me explain the safety profile. Triac is one of the most well studied and safe compounds ever sold as a drug. Triac has been sold as a legitimate pharmaceutical in various countries for the last several decades. In this time, there have been almost no reported negative side effects associated with its use.

The only people who should be careful with Triac and should seek the advice of their physician before use are pregnant or nursing women, those with heart disease, thyroid disease, diabetes, hyperparathyroidism, a hypersensitivity to iodine. Basically, if you are a healthy individual, Triac is perfectly safe for you. One of the most interesting things about Triac is that unlike the use of thyroid hormones, it will not cause any permanent damage or downregulation of the thyroid - even with long term use. Triacana even states this in their product literature - another confirmation of just how safe this product is.

Now that we know that Triac has a superb safety profile, let's get on to looking at all of the wonderful benefits of this compound. One of the best uses for Triac is to bring the basal Metabolic Rate totally back to normal via the thyroid pathway. This is significant not only because it allows nearly any diet to work for extended periods of time but also because it increases the potency of nearly any diet. Remember, downregulating thyroid hormone activity is the body's main way of lowering the basal Metabolic Rate. Restoring this to normal, keeps the metabolism elevated and the calories burning.

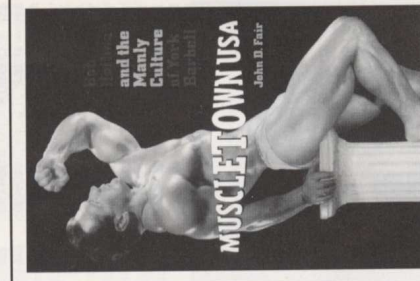
Restoring the Basal Metabolic Rate is an extraordinary feat in and of itself but in doing so Triac does something else which is quite amazing. It selectively raises the respiration in adipose tissue while decreasing it in tissues such as muscle. Thus, a person on Triac will burn the same number of calories, but

growth the same but slow down the catabolism in the tissue, the net effect will be larger amounts of lean tissue. Fat doesn't increase in this instance because although the BMR is lowered, Triac keeps the metabolism in the fat cells proportionately greater than the rest of the body which keeps the adipose stores at a normal level.

The last two beneficial aspects of Triac is its ability to lower cholesterol and its ability to sensitize the peripheral adrenergic receptors. Thyroid hormones in general lower cholesterol but Triac is special in that it is also very potent in the liver causing an exaggerated response in terms of lowering cholesterol. The last beneficial aspect of Triac is its ability to make the peripheral adrenergic receptors more sensitive to products like Adipokinetix. This is another reason why stacking Adipokinetix and Triac makes so much sense. Basically, Triac will supercharge the effects of the Adipokinetix. Some people have experienced this phenomenon with stacking guggul with Adipokinetix - Triac though has a much more powerful effect.

As Triac has obtained the zenith position in the supplement world, so I charge you to take Triac and achieve your personal zenith in terms of training, health, and body image.

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Have you ever just missed getting a big squat attempt in, needing one iota more strength and energy to finish it out. Chances are you may have had that strength to complete the lift, but you wanted that one last iota of energy getting ready to squat. Getting ready to squat is an overlooked facet of squat performance that can have major impact on that lift. As an added bonus, efficiently setting up to squat can mean not only a bigger squat, but it can greatly reduce the chance for injury.

Before we go any further, at many weight-lifts, lifters get measured for bar height and express their preference to have the racks in or out. 'In' means the lifter places his hands outside the racks near the inside of the collars. Most larger lifters go this route because they need to get their hands outwards towards the collars due to their greater physical width. Smaller lifters tend to set the racks out, meaning the lifter's hands go inside the rack, away from the collars. Some lifters have their buddies set their bar height for them. I would suggest that each lifter should do that personally for the highest accuracy. A valuable tip to remember is that when you are actually squatting, wearing a light squat suit may shorten you a bit. For that reason, have your setting one notch below what you measure without a squat suit on. If you find, after your first attempt, that it is too high or too low, have the scorer's table adjust your bar height for subsequent attempts. In many cases, lifters have the bar set too high. In order to get the bar out of the racks, they must almost 'tip' the weight up. Needless to say, this can be tricky with max weights. If it's set too low, the lifter must do a partial squat to get the bar up. Both scenarios waste those totes of energy and add to anxiety.

Setting up for the squat begins in the 'on deck' circle. Being organized and efficient in getting your gear on can save a lot of energy from the very start. Start with getting your squat suit on and leaving the shoulder straps down. When the lifter on the platform takes the weight out of the rack, begin to wrap your knees. In addition to the time it takes the lifter to attempt the lift and the spotters take to get the bar back into the rack, there may be a weight change involved. Combining this with the customary one minute between lifts should provide you with ample time to get your squat gear in gear. It is important to not start the wrapping up process too soon as having all that confining gear on for even seconds too long can sap energy. After your knees

belt cinched on. It may be best for a helper to cinch the belt on tightly, again saving energy. Have your helper spread chalk on your back where the bar rests to reduce slipping. Finally, chalk your hands for a better grip and you're ready to greet the bar and battle gravity.

Now that all the pre-set up stuff is out of the way, we can move on to the issue of getting into position to squat. Remember, the main goal of setting up is to get into position quickly and safely and with the least expense of those energy lotus possible. Saving that energy for later during the squat can mean the difference between success and failure. Many lifters waste an extreme amount of energy backing out of the rack and then add to this by shuffling the position of their feet, searching for that perfect stance. I've seen some lifters take numerous steps back setting up, taking the spotting team on the trek with them. Never mind they have to walk all the way back to the rack with the weight after they're done with the attempt. That's even tougher after getting 2 or more red lights. It's a long way back then.

Optimally, the squatter should take one step back with each leg, getting right into starting position for the head judge's squat signal. The best way this can be accomplished is with a lot of practice during your training. Practice backing out of the rack and into position with one step on every rep you do in training, from that 135 warmup to your max lifts. This will make setting up efficiently a matter of second nature. If you need more than one step back to clear the rack, re-evaluate your squatting style.

Setting up considerations can also apply to the spotters; they can make mistakes. Here, your helpers can assist. Have them verify that the bar is loaded correctly and evenly and the racks are set to the correct 'in' or 'out' mode. The platform tends to get covered with chalk, so have a helper instruct the spotters to clean it up before you take the platform. Waiting for the spotters to reset the rack or clean off the platform can really add frustration to a lifter's effort, once again draining energy.

A lot of hard training goes into your contest preparation. It can be frustrating if you blow it wasting too much energy just setting up to squat. Practice setting up for the squat on every set and rep you do in training. This is the only way to insure you are in the best position to get maximum results on contest day. You'll have more lotus of energy to blast through the sticking point, not to mention reducing the chance of injury. So ready, set, squat!

# TRAINING

## Ready - Set - Squat as told to Powerlifting USA by Doug Daniels



**In Dedication to LEE MORAN**... a man who knew a great deal about both energy and squatting. Reportedly only in his 40s, Lee succumbed recently to an apparent heart related matter. He is seen above in photo by Kathy Leisner after his performance at the 1984 USPF Sr. Nationals in Dayton, Ohio, where as he tried to set up with 1003 lbs. for his final squat attempt, a collar came off, allowing plates to literally fly off the end of the bar as it rotated off Lee's back and splintered the platform. Unintimidated, Lee wanted, and was granted, a repeat attempt and he has been able to set up cleanly to make the barrier breaking lift, which allowed him to win the Senior National SHW title well. Lee was also a long time member of the Hell's Angels motorcycle club, and reportedly wore a shirt under his lifting suit when he made the 1003 squat that carried the numbers 8 (for "H", the eighth letter of the alphabet and the first letter of his club name) and 1 (for "A").

are wrapped, have a helper get you from your chair and have him get your shoulder straps of your wrist wraps on if you use them. Follow this with getting your lifting gear on. So ready, set, squat!



## York Barbell Strength Spectacular as told by Jimmy Stewart and Nick Tsourounis



**Gary Frank earned Best Lifter, Men's Pro Heavyweight, with his 2,420 total. He pulled a phenomenal 900 lbs. to within 1 inch of lockout!**

equipped "warm-up" room ever seen. There was no need to hunt for plates, bars, squat racks, or benches as all the available space was filled with equipment and more plates than anyone has ever seen in one place.

The weekend's events began on Friday, June 25 with the Hall of Fame IPA World Cup Powerlifting Championships. Approximately 35 athletes in the 114 and up to the 220 pound weight classes lifted, including the Men's, Women's and Amateur and Professional divisions. This pro/am designation prevents lifters who choose not to use performance-enhancing substances from having to compete against those who may use them. This Amateur division is truly tested nationally.

Lifting in the Women's Amateur/Teenage Division was impressive. SHW/Strongman Pole-Summers took all the PA world records and first place with a 405 lb. squat, 265 lb. bench press, and a 380 lb. deadlift, totaling 1,050 lbs. total. Doug Kim, Freebee, lifting in the 18-19 year old SHW division posted a 1,025 lb. total (425, 265, 380). In spite of an attack of stomach flu, Megan Dawey, lifting in the 16-17 age group, 123 pound class, broke the squat, deadlift, and total IPA records with a 220 lb. squat and a 235 lb. deadlift, and a 570 lb. total. The Women's Amateur/Open division performed some fine lifting in the 123, 165, and 181 pound classes with totals ranging from 580 lbs. to 895 lbs. Women's Amateur/Master Cathy Falconio competed in the bench press only as a 165 pounder and took first place with a 190 lb. bench.

The Women's Professional/Open division saw a close battle for first place in the 132 lb. class as Jodi Teter took first place with an IPA World record bench of 265 lbs., and a 1,040 lb. total (340, 265 lbs., and a 1,040 lb. total (340, 245, 355). Vanessa Ware posted in third place with a 930 lb. total (350, 205, 375). Jacqueline Davis stood alone in her weight class, and shone as one of the brightest stars at the meet. Weighing

for anyone with an interest in strength-related sports, the one name universally associated with strength training and competition is York Barbell. Over the years, we see the YORK name stamped on weights in gymnasium games, on plates in gymnastics used by professional athletes, and in cars where we see creative train. York weights were used by our grandfathers, mothers, and even some of our fathers in their quest for physical excellence and strength. Swimmers, skaters, dancers, gymnasts, and ball players all over the world have trained with equipment bearing the YORK name. Others have come and gone, but whenever anyone thinks about weight training and equipment, they think of York.

York Barbell Company has a rich and colorful history associated with the strength of the strong. That tradition of strength had yet another chapter added the weekend of June 25 - 27, 1999 as York Barbell proudly brought back its legendary Summer Pric for the second year. The Spirit of York Strength Spectacular is an action-packed three-day event including the International Powerlifting Association's (IPA) World Cup Powerlifting Championships, The Bob Hoffman Strongman Challenge, the Weightlifting Hall of Fame Induction Ceremony, and a stand-up arm wrestling contest. The events were held on the campus of York Barbell in York, Pennsylvania, located beside Route 83 in York, Pennsylvania.

After a 16 year hiatus, the hugely popular event was reborn in 1998 and renamed The Spirit of York Strength Spectacular. From 1940 through 1972, Summer Pric was the biggest annual variety show of strength feats in the country. This year, about 3,000 spectators and athletes arrived from near and far to meet legendary strength figures from different generations, watch tremendous feats of strength, and to participate in many impromptu contests.

With the rebirth of Summer Pric in 1998, York Barbell introduced a new segment to the Strength Spectacular, the Weightlifting Hall of Fame Official Induction Ceremony. In 1998 and 1999, York Barbell officially inducted eight of the most highly recognized names in the strength game with all of the pomp and circumstance expected for athletes of this caliber. In the first two years, York Barbell proudly inducted Vince Anello, Anthony Clark, Bev Francis, Mary Jell-



**14 year old Shannon Pole-Summers smashed all of the IPA records in the Teenage Division**

a mere 114 lbs., this little powerhouse squatted 330 lbs., benched 185 lbs., and deadlifted 385 lbs., and totaled 900 lbs.

Not to be outdone by the ladies, the Men's Amateur/Teenage division featured some fine lifting with John Pook in the 16-17 age 165 pound division totaling 1,030 lbs. (320, 260, 450). Eric Markert also in the 16-17 age group lifted in the 181 pound class and posted a hefty 1,150 lb. total (460, 240, 450). A great lifting performance was delivered by 18 year old co-author Nick Tsourounis, competing in the 275 pound class. Nick set a new IPA squat record of 600 lbs., a new deadlift record of 565 lbs., and threw in a 370 lb. bench press for an IPA record 1,535 lbs. total.

The Men's Special Olympic division had one competitor in the 308 pound class. John Gregory walked away with an IPA world record squat of 410 lbs. and bench press of 340 lbs. There is something especially exciting about special athletes competing. Their drive, dedication, and sheer joy touch every one.

The Men's Amateur/Open division saw fine totals from Hal Schuchard (1,345 lbs.) and Matthew Spinazios (1,180 lbs.). Besides lifting fine plates, Spinazios set a new bench press record of 315 lbs., and deadlift (510 lbs.), and total IPA records.

In the Men's Amateur/Open division, Samuel Cook set a new IPA world record total of 1,605 lbs. in the 181 pound class. The competition was close in the 198's with Joseph Alessi winning 1,630 lb. total. Bill Squitieri set his own world record with a 220 pound weight class saw winner Bobby Fields break the bench and press records with a 530 lb. push, bench, and a weight only few have pulled. Gary Frank, lifting in the Men's Pro/Amateur division was the man of the hour as his 930 lb. squat was far from maximum effort. Rumor had it that Gary had hit a 740 lb. bench in training, so his 435 lb. bench, and a 650 lb. deadlift for a winning 1,985 lb. total. 308 pounder David Tate successfully handled a crowd pleasing 935 lb. squat, and finished with a 2,205 lb. total via a 540 lb. bench and a 730 lb. deadlift.

Open SHW division was the man of the hour as his 930 lb. squat was far from maximum effort. Rumor had it that Gary had hit a 740 lb. bench in training, so his 435 lb. bench, and a 650 lb. deadlift for a winning 1,985 lb. total. 308 pounder David Tate successfully handled a crowd pleasing 935 lb. squat, and finished with a 2,205 lb. total via a 540 lb. bench and a 730 lb. deadlift.

In the Men's Amateur/Open division, 148 pounder Doug Heath broke the squat (575 lbs.) and bench (455 lbs.) records taking first in that class with a 10 times bodyweight 1,530 lbs. total. Doug toughed out a great 625 lb. squat attempt, but was called on depth. James McGlynn put together an 1,890 lb. total to win his class via a 740 lb. squat, 500 lb. bench, and 650 lb. deadlift. James tried to pull 735 lbs. twice, but missed 2535 lbs.!



**Louie Simmons competed with lifters up to 25 years his junior!**

both attempts.

On Saturday, June 26 the 242 pounder from SHW took to the platform as the Amateur/Teenage division class place with a 1,735 lb. total (700, 425, 630). In the 275 pound class, Donnie Reinhardt took first place with a 560 lb. squat, a 405 lb. bench, a 600 lb. deadlift, and a 1,565 lb. total. Matt Morgan won the 308 pound class and broke the 1900 lb. barrier with 750, 500, 660, 1,910.

In the Men's Pro/Open Division, the great Louie Simmons captured first place in the 242 pound class via an astounding 2,100 lb. total. Louie's 860 lb. squat was explosive, and though he struggled with groove, he managed to bring an incredible 1,100 lb. total (460, 660 lb. deadlift brought Louie's total in the 50's).

Don Bailey, lifting in the 275's amazed the crowd with his 900 lb. squat, followed by a 435 lb. bench, and a 650 lb. deadlift for a winning 1,985 lb. total. 308 pounder David Tate successfully handled a crowd pleasing 935 lb. squat, and finished with a 2,205 lb. total via a 540 lb. bench and a 730 lb. deadlift.

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In the Men's Open Pro 275 pound class competing in the bench press only, Glen Chabot rammed up a powerful 705 lb. opener - WOW - but missed his second and third attempts with 735 lbs.



**Don Bailey with his 900 lb. squat in the 275 pound Pro Men's Class.**

It's time for a couple of honorable mentions. With all of the excitement of lifters handling the BIG weights, we sometimes forget how dangerous this sport can be. Dave Barro, a fine gentleman and a great lifter, suffered a terrible injury while warming up in the squat with 765 lbs. As Dave set up with the weight, his hamstrings tore. Unable to support his weight, he started to collapse. Dave was able to duck under the bar and push it out in front of him as he fell. His supporters tried valiantly to hold the weight without success. Thankfully, the bar only grazed Dave's shin as it crashed to the floor. As this time, Dave is recovering from two torn hamstrings. Best wishes to Dave for a speedy recovery. I'm sure we'll see him on the platform again very soon. A second honorable mention goes to Anthony Powell, a seasoned lifter competing for the first time as a Professional in the 275 pound weight class. As Tony's fourth attempt 425 lb. bench press stalled inches from lockout, the bar suddenly popped out of his hands and crashed down onto his chest! As he was helped from the platform, Tony laughed loudly. Tony went on to pull a 600 lb. deadlift for a 1,720 lb. total.

Best lifters were Sarah Moss, Women's Amateur/Jodi Teter, Women's Pole-Summers, Boy's Teenage, Shannon Pole-Summers, Girl's Teenage, Samuel Cuevas, Amateur Men's Pro Lightweight, James McGlynn, Men's Pro Lightweight, Paul Chidress, Amateur Men's Heavyweight, Gary Frank, Pro Master, Dick Giller, and Pro Men's Master, Doug Heath.

Congratulations to all the competitors for fine lifting and sportsmanship. Thank you all for your support of the Strength Spectacular. A special thanks go to the spectators, loaders and referees, especially Damian Corridini who sat in the center referee's chair all day Friday, and without much delay, Kenny Sellers,

After hearing several reports from spectators regarding the coordination of last year's event, it seems this year's strongman contest improved by leaps and bounds - not only in its organization, but also in the quality of the events and the competitors. There were known strongman competitors present as well as some impressive performances by newcomers to the sport. With York Barbell's backing, the York Barbell Strength Spectacular Weekend could soon become a world-renowned annual event. The rapidly growing popularity of the strongman portion of the weekend alone will undoubtedly draw larger and larger crowds.

working under Ellen and Mark Chaillet, was in charge of the coordination of the contest. There were four weight classes: light women (under 132 lbs.), heavy women (over 133 lbs.), light men (under 224 lbs.), and heavy men (over 225 lbs.).

The first event was the Truck Pull. Competitors strapped an iron Mind harness around their upper bodies with the intention of pulling a truck down an 82 foot course on fresh asphalt in the fastest time. There was a slight decline along the course. The harness worked flawlessly. The original concept was to have the women pull a Wrangler Jeep, the light men pull a 7,200 lb. extended Ford Ford truck. The women, however, found the Jeep Wrangler to be too light. As a result, the officials decided that the women would pull the 7,200 lb. van, and both the light and heavy men's trucks. Results of the Truck Pull - Light Women: Ellen Stein with a time of 18:29 seconds; Heavy Women: Kim Freebee with a time of 16:16 seconds. Light Men: John Jakobson with a time of 27:30 seconds; Heavy Men: Michael Anderson with a time of 20:53 seconds.

The second event was the Forward Hold. With straight backs, dumbbell weights were to be gripped with both hands by the shaft and held up with fully extended arms at a ninety-degree angle from the body for the longest time. The weights were increasingly heavier for each class. The light women used a 25 pound dumbbell. The heavy women used a 50 pound dumbbell. The light men used a 50 pound dumbbell and the heavy men used a 65 pound dumbbell. This event proved to be the most difficult for the contest officials. Inconsistent judging from the officials caused many competitors to protest the first round of results. These complaints were listened to and the times were discarded and when the old times were discarded and the event was run again with stricter judging that was evenly applied. Results of the Forward Hold - Light women: Ellen Stein with a time of 32:41 seconds; Heavy women: Delora Serbin with a time of 38:47 seconds; Light men: Vincent Cooke with a time of 45:31 seconds; Heavy men: John Buller with a time of 54:39 seconds.

The third event was the Farmer's Walk. Gripping a dumbbell in each hand, competitors were required to walk, jog or run down a 40 foot course, turn 180 degrees and come back 40 feet. Time was stopped when the competitor's body crossed the finish line. There was no controversy here, you either completed the entire course or you did not get any points. The dumbbells used were manufactured by York Barbell Company and had thicker grips than one would expect. The weights used were as follows: the light women used 60 pound dumbbells, the heavy women used 75 pound dumbbells, and the heavy men used 150 pound dumbbells, and the heavy women of the Farmer's Walk - Light women: Ellen Stein with a time of 16:34 seconds; Heavy women: Beth Orliss with a time of 13:30 seconds; Light men: Kevin Irwin with a time of 11:51 seconds; Heavy men: Michael Anderson with a time of 11:19 seconds.

The fourth and last event was the













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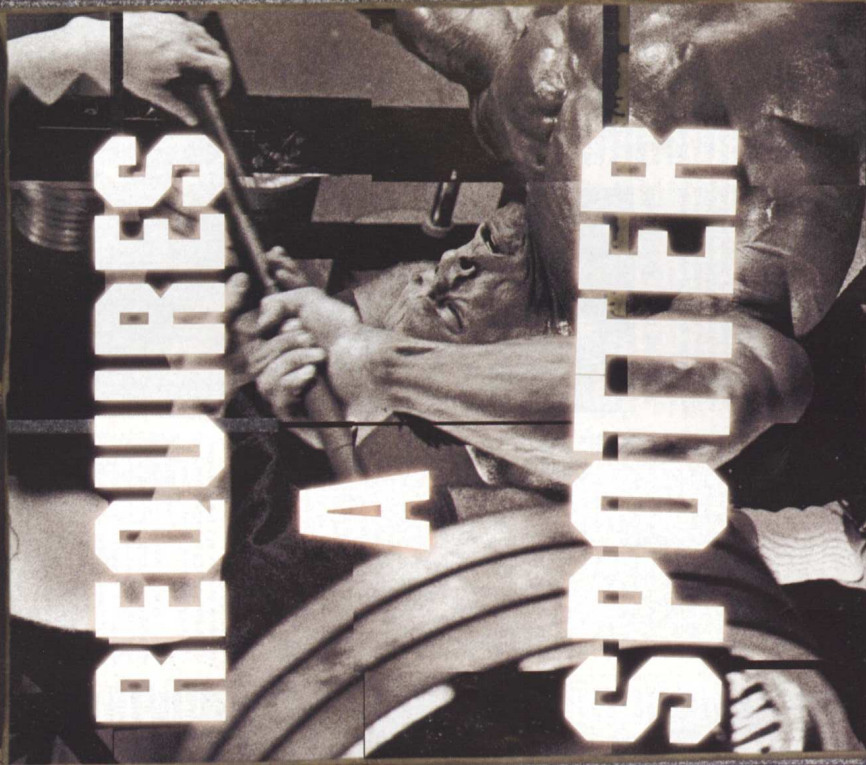
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 6 SEP. USAPF Greater Minnesota Open, MN. Cahill, Rt. 1, Box 241, St. Paul, MN 55082, 612-820-2672 (W)  
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 11 SEP. USAPF Michigan Hall of Fame Meet (PL, BP, DL - Niles, MI) Ed Lucas, 616-684-1205 or Richard Van Etk 616-521-4031  
 11 SEP. T-N-TPL Club's BP/DL Challenge (all federations welcomed - open, raw, novice, master, teen, female) Keith Nautel, 5 Cheltenham Ave., Schenectady, NY 12306, 518-335-1849  
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4 2 5 - 7 0 7 5  
 a.l.sorjell@worldnet.att.net  
 12 SEP (new date) Fall DL Classic on the River, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683  
 12 SEP, Baltimore, MD, Baltimore, MD 21284, sepower@baltimore.net  
 17-19 SEP, AMPC Drug Free Tested World Championships (Las Vegas, NV) Kieran Kaidler, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527  
 18 SEP, IJA Flowtown BP, Floyd Powe, 103 Alton Ct., Summerville, SC 29485, 843-821-7077  
 18 SEP, AAU Yachin Fall BP (open, women, masters, raw/assisted) Steve Lundy, Box 1266, Yachinville, NC 27055, 336-679-8660  
 18 SEP (new date), WNP Western Pennsylvania Meet (beaver Falls - PL, BP, DL - 2000 qualifier), Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 3pm  
 18 SEP, USAPF 17th Drug Free/ Tested (raw & assisted) New Jersey State PL & BP & DL, Joe Pym, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 18 SEP, Best of the East, Fred Van Der Veem, Box 279, Fruitland, MD 21826, 410-742-9201, yes@ezynet.com  
 18 SEP, AAUPC National Bench Press (assisted/open - RAW - men, women, all divs. & age groups top 10 places) Joe & Gynn, 4408 W. 26th St., Erie, PA 16506, 814-833-9700  
 18-19 SEP, USAPF Nevada State (open & assisted) and of state lifters, West Lake, NV 89801, 775-253-2374 or Wade Jones, 775-253-7161  
 18-19 SEP, USAPF Bench Press Nationals (open women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692  
 19 SEP (new date), WNP Delaware State (New Castle) WNP/Box 142947 Fayetteville, GA 30214, 770-996-3418  
 25 SEP, WEP/OPB and/or DL Classic (flier, women, submasters, masters, open - Girls Gym) Siles Corum, Kellar, Box 829, Ambler, PA 19002

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 2 OCT (NEW DATE), 8th WNPFL  
 Lifetime Drug Free Nationals (raw & assisted - Spartanburg, SC)  
 WNPFL, Box 142347, Fayetteville, AR 30214, 770-996-3418, wnpfl@aol.com  
 2 OCT, AFF California Championships (open, master, submaster, teen, women, Jr./Bob Packer, 39488 Summitt, Oakhurst, CA 93644 or Jeff Budwig, 559-248-0860  
 2 OCT, AAU Muscle Up For Missing Children Bench Press, Job House, 607 E. Wilson Ave., Appleton, WI 54915, 920-327-8986  
 2 OCT, USAPF California State PL (Bakersfield), CA Chris Kostas, Box 6813, P.M.C., CA 95222, 805-582-4848  
 2 OCT, USAPF Deadlift Nationals & Region 8 Bench Press (assisted) Head - Anthony Clark guest appearance) Anthony Cavillo, Box 2124, Olympia, WA 98507, 360-754-2475  
 2 OCT, AFF Iron House Classic, Matt Hershberger, 301 Adair Ave., Zanesville, OH 43701, 740-450-7714 after 4PM  
 2 OCT, USAPF Dakota Open, Steve Howard, 2107 Arrow Ct., Rapid City, SD 57701, 605-348-4039  
 2 OCT, WNPFL Washington State BP/DL (open, women, teen, submaster, master), Virginia Beach, VA 23451, 757-481-6963  
 2 OCT, USAPF 3rd Iron Moves Push Pull Classic (Chinocheater, VA) James Greene & Gayle Schroeder, 224 Williams Ave., Virginia Beach, VA 23451, 757-481-6963  
 2 OCT, WEP/OPB Supermen National (Paragould, AR) Dr. Darrell Latch, 126

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 25 MAR, USAPL Capital City Push-Pull Classic III BP and/or DL, L.C.G. Jeff Buchan, 517-669-9368  
 MAR, ANPPC Drug Free World Cup Int'l. Bench Press (men, women, men, master), ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775  
 MAR, IFF Pan-American Championships  
 MAR, AAU North American Bench Press, open, submasters, master, novice, open, submasters, master, Nov. 10, 1997, Box 108, CA 92567, 909-928-4797  
 MAR, USAPL/AUPT Int'l World Team Championships (Philadelphias, PA)  
 Rob Keller, Box 829, Amber, PA 19002, 215-542-4941, rkb@earthlink.net  
 15 APR, APF L.A. Lifting Club Push/Pull Classic (Burbank, CA) Joe Avigliano, 818-846-5438  
 30 APR, USAPL "All American" BP (Taylor, PA) Power Gym, Joe Mecasaus 570-562-3642 or bob Granko 570-342-0668  
 APR, USAPL Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.ois.net/physquetaining  
 APR, PL, West Colorado Classic, Sortwell Productions, 11360 W 84th Place, Arvada, CO 80005, 303-425-7075  
 APR/MAY, AAUPC 100% Raw High School Nationals (men/women - all AAUPC age/wt. classes) Dr. Spero Thontikida, 8121 Needwood Rd., #104, Derwood, MD 20855, 301-990-2874  
 6,7 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-5464 (9-5)  
 or Larry Miller, 216-425-0912 (6-30pm-8:30pm)  
 24-28 MAY, IFF Women's Worlds (Buenos Aires, Argentina)  
 MAY, AAU Nationals & USA Raw Open (open, masters, submasters, law, military) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775, anppc@aol.com  
 JUN, AAU USA 4th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894  
 15-17 JUL, USAPL Men's Nationals, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692  
 22 JUL, NASA Tri-State National (Monrovia, no entry, free for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST  
 27-28 AUG, AAU North American PL/USA BP (youth, teen, jr., novice, open, submasters, masters, law enforcement - open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797  
 AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano, 818-846-5438  
 9 SEP, USAPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489  
 13-17 SEP, 2000 IFF Jr. Worlds (Kaohsiung, Taiwan)  
 15-16 SEP, USAPL Bench Press Nationals, Dr. Mike Chardet, 1296 Henke, Lake St. Louis, MO 63367, 636-939-9393  
 16 SEP, USAPF 18th Drug Free New Jersey PL & BP/DL (submaster, master, law enforcement - out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 30 SEP, APF California State

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**USAPL CORNER**

**PRESIDENT'S REPORT - 1999 ANNUAL NGB MEETING, ST. LOUIS, MISSOURI** - The past year has been filled with challenge, growth, new issues and learning curves. Starting from where we have been, I affirm to everyone that we are, as we have always been, THE AMERICAN DRUG FREE POWERLIFTING ASSOCIATION, INC. (USAPL). All of our corporate partners, our rich heritage, and ongoing mission remind us of this truth. It has been said that imitation is the sincerest form of flattery, and several other "organizations" have picked up either on the "drug free" part of our title, or have begun to institute some form of drug-tested divisions. Overall, this is a good thing, but the levels of commitment are sometimes not the same as ours. It is important for us to continue to promote who we are, as the founding, leading, organization for drug-free powerlifting in America. Nobody does it better.

While on the subject of other organizations, there is a reality check that all we need to recognize and educate ourselves, and our fellow lifters about. We are an amateur, not-for-profit corporation operating on a fixed budget, with democratically elected leaders. Powerlifting in the USA as a whole is our "target market" where we seek to pull in all athletes interested in being a part of mainstream amateur powerlifting sport. This is where the rub comes in. Competing with us in the same "target market" are a vast number of private businesses masquerading as "powerlifting organizations" - and unfortunately, I think many athletes are confused about this. From our perspective, it is a difficult, but important fact to recognize - that we are forced to compete in a primarily, free enterprise market, as a not-for-profit corporation. Comparing apples to apples, this presents difficulties for us to advance in a market where we are undercapitalized, and at the same time providing services such as drug testing, insurance, sanctioning, support, education, referee certification, record keeping - this list goes on and on. Private enterprise does not have the same obligation to provide the services that we do. The bottom line is that if powerlifting is to advance as an Olympic Sport in this country, it has to be through us.

We can't do this effectively as long as we're struggling to compete in the free enterprise market. Our challenge is to find a way to rise about the market, and move on to pushing our agenda as an Olympic hopeful sport.

Funding is a key element to this equation. Over the past year, the USAPL Powerlifting Officers and Executive Committee have tightened up the ship to a near extreme. Most communications are now electronic, coming on phone bills. The official organization Web Site is completely volunteer manned with no funding. (Thanks, Mike, Rob, Tony!) The Secretary-Treasurer's office now operates without an assistant. The Vice President's personal phone bill (using USAPL Powerlifting business) has often exceeded his paycheck. Committee Chairs run their programs without any organization funding. EC members no longer receive reimbursement for their travel to the Annual NGB Meeting. There have been no new equipment purchases or improvements for the National office. (same 10 year old copy machine, files, etc.) We got rid of the postage meter & "ton" of these to meet directors and state chairs. Also bulk mail for the organization went from 13.3 cents to 17.6 cents per piece. Most significantly, our high school membership percentage continues to rise, which has been an explosive trend over the past three years. This is fantastic from the standpoint that these athletes are the future of our sport. From a financial standpoint, this is a very serious matter - as we are subsidizing their reduced membership rate very heavily. It is also possible that we may see an influx of Special Olympian athletes, as we move towards a closer relationship with Special Olympics International, possibly directing their National Powerlifting Championships in the near future. We also subsidize these memberships. Please recall that the Secretary - Treasurer's reports for both 1997 and 1998 National Governing Body Meetings stated that we were spending between \$32 to \$33 per member as an organization to provide member services and run the organization. Keep in mind that by implementing extreme economies and doing away with the organization newsletter, we have pulled \$2.90 to \$3.20, and we send out a "ton" of these to meet directors and state chairs.

**USAPL National Contest Qualifying totals**

	114	123	132	148	165	181	198	220	242	275	275+
<b>Men</b>	845	955	1070	1275	1400	1500	1575	1660	1700	1735	1775
Open	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585
American Open*	585	680	730	825	875	925	950	975	1040	1045	1070
Teen (14-15)	300	300	300	300	300	300	300	300	300	300	300
Teen (16-17)	645	730	800	925	975	1035	1070	1135	1150	1180	1215
Teen (18-19)	695	810	940	1095	1135	1240	1265	1280	1295	1315	
Junior (20-23)	655	760	875	1025	1075	1145	1250	1380	1400	1425	1450
Collegiate	97	105	114	123	132	148	165	181	198	198	
Master (40&up)	496	540	595	650	710	760	793	832	876	898	
High School	335	358	385	407	435	479	518	562	610	625	
<b>Women</b>	360	385	413	440	462	512	551	600	655	672	
Open	365	391	418	440	462	507	545	589	640	655	
Teen (14-15)	...	...	...	...	...	...	...	...	...	...	...
Junior (20-23)	...	...	...	...	...	...	...	...	...	...	...
Collegiate	...	...	...	...	...	...	...	...	...	...	...
Master (40&up)	...	...	...	...	...	...	...	...	...	...	...
High School	...	...	...	...	...	...	...	...	...	...	...
<b>USAPL Classifications (kg.)</b>	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	445	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	497.5	525	542	557.5	580
Class IV	267.5	290	312.5	350	380	410	432.5	455	475	487.5	507.5
<b>WOMEN</b>	44	48	52	56	60	67.5	75	82.5	90	90+	
Elite	290	310	332.5	355	375	412.5	445	477.5	512.5	540	
Master	262.5	282.5	302.5	325	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	

(--- 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.

some pursuit or another, "Well, I guess you really didn't want it bad enough."

Michael W. Oberdier, USA Powerlifting

**ELECTIONS** - This year's National meeting saw the election of 1 new Executive Committee member, Steve Howard of South Dakota, and the re-election of our illustrious Bettina Altizer. Steve is the SD State Chairman and brings years of experience and perspective with him. Bettina is an IFF World Champion, legal counsel for the federation, and champion of the principles of the federation.

The Secretary - Treasurer's position was also up for grabs. Two fine individuals ran for this spot. The first was Cheryl Auld, the incumbent, who filled the vacated spot left by the previous treasurer. Cheryl brought a new wind into the E.C. and it was under her tenure that the federation came in under budget. A good heart and love for the sport reflected in her work. Thanks Cheryl. The second was Marsha Sore. A Certified Public Accountant, and National Masters champion, Marsha's credentials include millions of dollars in her regular job at a medical practice. To our knowledge, this is the first time that a CPA has held this position. We all look forward to the professionalism and financial expertise that Marsha will undoubtedly bring to the office.

**TESTING** - Buddy Duval of Quest Laboratories, San Diego, Ca., was a guest at this year's meeting. Buddy was kind enough to give the NGB information on the current situation with "over the counter steroids" that are being marketed under the names Androstendione and Nor-Androstendione and like products. Buyer beware is the message! While legal to purchase these products will produce positive test results: If you are unsure about a product remember the old adage, "If it sounds too good to be true it probably is". Legally being able to purchase the product does not make it legal to use when it comes to drug testing. Consider that Olympic athletes such as gold medalist short jumper Randy Barnes (USA) and gold medalist swimmer Michelle Smith de Bruin (Ireland) both received suspensions for the use of Andro. Also, beware of variations in names. Different spellings, and other marketing differentials do not assure you that it is a different, possibly, legal supplement.

Some hints on how to spot illegal products are those that promise (1) to boost testosterone production; and or, (2) to metabolize into

5 kg of the W/R but the lift looked to be a limit lift, then the jury can refuse to grant an attempt. If however the lifter is within 20 kg of the lift, looks extremely strong, and the jury decides that he or she has a legitimate shot, then a 4th attempt can be granted.

Remember that National Championships are run under IFF rules and as such the IFF 4th attempt rule does apply. This does not apply for American Records or local meets. In addition, successful 4th attempts do not count towards the total.

**Jury** - The jury is a standard entity in the IFF. This is the lifter's avenue of protest for questionable calls. It was created to help maintain a system of checks and balances. While standard at National and IFF Championships the average lifter may never have seen or worked with one.

Meet directors should consider incorporating juries in the contests. A jury consists of three senior referees. The function of the jury is three fold: (1) the jury judges the performance of the referees; (2) the jury accepts protests about referee calls from coaches; and (3) the jury is the body that answers the question of why a lift was turned down. While overseeing the referees, the jury should look for fair and knowledgeable application of the rules. If a referee is making incorrect calls, the jury can and should correct the referee. This should never be viewed as chastisement. This is a positive feedback situation that is designed to improve referee skills. Referees who choose to accept this negatively or who fight the jury feedback can be removed from the referees chair. Secondly, if the lifter feels that he has received a bad call he should have his coach, preferably, approach the jury within 1 minute of the completion of the lift and lodge the protest. Lastly, if a lift is turned down, look to the jury. The jury should know the reason, as referees should hold up the reason, usually on a paddle, indicating the infraction of the lift. This frees the referees to continue their job on the platform without slowing down the meet.

**Example:** The lifter performs a squat and is given the rack signal. After the rack signal is given the lifter appears to lose some control of the bar and takes a forward and rearward looking step away and receives 2 reds and a white. The 2 red referees indicate that the lifter did not have control of the bar when the step was taken. The coach or lifter, if a coach is not present, has the right to approach the jury and protest the call. In this case, a coach would argue that the rack command was given and therefore the

**4th Attempts** - World Record lifts are legal at National Championships. However, strict criteria apply. The athlete must be within 20 kg of the world record and the request must be made to the jury or in the absence of the jury the Chief Referee. Only the jury or Chief Referee, when there is no jury, decides if the attempt will be granted. Generally, the jury looks at the performance of the previous lifts in determining to grant a 4th. If for example, the lifter benches within

**Change in the Name of the Lifetime Nationals to the American Open.** This year's meeting saw a reversal of that. The result is that the Lifetimes are back! Contact the National Office for more information at phone 1-219-248-4889 or fax 1-219-248-4879.

**4th Attempts** - World Record lifts are legal at National Championships. However, strict criteria apply. The athlete must be within 20 kg of the world record and the request must be made to the jury or in the absence of the jury the Chief Referee. Only the jury or Chief Referee, when there is no jury, decides if the attempt will be granted. Generally, the jury looks at the performance of the previous lifts in determining to grant a 4th. If for example, the lifter benches within























(article continued for page 11)

SQ opener; he jumped big to 391 and missed it. Knocking down he came back to make a supreme effort, and registered it on a final try. Ken got all his BPs - 3rd - 248. The DL is his pet lift. Back to back he pulled them all in - 424, 457, and a real gutbuster, 463, over 4 times his own best. TOT 1096 - a PR. I'll bet he'll bust the 500 KG. James Sutherland (1102) next outting. Perhaps at the WPC Worlds in Calgary?

123 - August Clark, 36, a black truck driver from Abita Springs, GA burst upon the scene back in 1997 winning the APF 123 Srs. crown unopposed. A protégé of Jesse Kellum, Clark, showed great promise, especially in the BP. August emerged here with plans other than winning a 2nd title. Of normal height with a tiny wasp waist, August possesses the largest muscular upper arms I've ever seen on a bantamweight, a bona fide 16 inches. Kellum told me August was aiming to break the WPC-World Record in the bench press. This was quite a tall

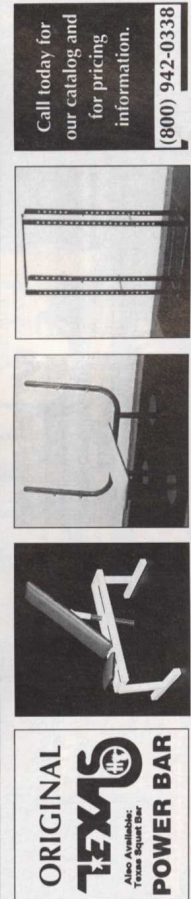


August Clark, 123 lb. class, with a new WPC World Record of 370 lbs.

(370.37 lbs). It would surpass the 4 year old record by the necessary one-half kilogram (1.1 lb.). This was 247.27 lbs. more than his own bodyweight. The crowd was abuzz as he took the weight to his chest, and awaited the start signal. It came and up he thrust, straining with maximum effort. It almost stopped, but kept inching upwards. Finally, he locked it out. Unanimous approval! A NEW WORLD RECORD! According to Michael Soong, August became the 34th man in World History to lift more than 3 times his own bodyweight in the BP (3,065 to be exact). Angelo seemed fit but lacked the incentive to put that extra something into the big number he tried. The lack of competition this year in a category which used to be a hotbed of activity was disheartening. NY's Joey Almodovar is recuperating from a serious auto accident. Bellmore, an upcoming force, didn't show up. These days RICK CRAIN has HIP PAIN. Jody Rosciglione has tender knees these days, and was on hand, looking tanned, ripped, and fit. He watched the defending champ Angelo go through his paces. Berardinelli smoked his 672 SQ opener, then jumped all the way up to 348 kg (767.2) wanting to take Rosciglione's

you can do better, show up!  
165 - Greg Ripley, 38, of Michigan returned to the platform following an illness that almost claimed his life following the '97 WPC Worlds in Blackpool. Greg's 1372 TOT here was well below his capabilities but is a start back in the right direction. He began with a 540 SQ, then missed twice @ 556. He aced his 330 BP opener, but got stonewalled twice attempting a substantial increase to 363. He finished off with 3 good DLs - 545. With no one to push him, Angelo Berardinelli caked walked his way to his 4th Seniors title. Angelo seemed fit but lacked the incentive to put that extra something into the big number he tried. The lack of competition this year in a category which used to be a hotbed of activity was disheartening. NY's Joey Almodovar is recuperating from a serious auto accident. Bellmore, an upcoming force, didn't show up. These days RICK CRAIN has HIP PAIN. Jody Rosciglione has tender knees these days, and was on hand, looking tanned, ripped, and fit. He watched the defending champ Angelo go through his paces. Berardinelli smoked his 672 SQ opener, then jumped all the way up to 348 kg (767.2) wanting to take Rosciglione's

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November 13th, 1999  
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Angelo Berardinelli missing at 474. (photos by Herb Clossbrenner)  
WR away from him right before his eyes. Angelo's depth is always adequate, but he didn't make a recovery either time. Ditto, the BP. Trying a safe opener - 418 - he blew it away. Then, it was up to 474 for two pushshots that went nowhere. Finally Angelo put his 4th title on ice with his birdweight (for him) 567 pull. Then it was straight to 644 for two misses at a personal best. With stiff competition his winning sum of 1658 would've been a whole lot higher. In fact the lifts he tried add up to 1885. Havel of Berardinelli's challengers given up the ghost and thrown in the towel for good?

181 - I'd seen Michael Cartinian in Atlanta (96) where he was a promising hopeful, finishing 4th @ 165. 20 then, he resurfaced and used to be a hotbed of activity was disheartening. NY's Joey Almodovar is recuperating from a serious auto accident. Bellmore, an upcoming force, didn't show up. These days RICK CRAIN has HIP PAIN. Jody Rosciglione has tender knees these days, and was on hand, looking tanned, ripped, and fit. He watched the defending champ Angelo go through his paces. Berardinelli smoked his 672 SQ opener, then jumped all the way up to 348 kg (767.2) wanting to take Rosciglione's

ter a 661, he nailed his depth perfectly with 683 and was almost up. Suddenly he lost his balance, the same fault that had haunted him in Graz. Unfortunately, John pulled a thigh muscle which prevented him from exerting full pressure to move his final 639 DL. John registered a fine 429 final BP following a miss and pulled 567 nearly stiff legged. His 1658 is good considering what happened. On the right day (John is not the case. He needs to START LOWER and SQUAT LOWER. Fabian would've shown the youngsters (the \$52) a thing or two about deadlifting.  
(EDITOR'S NOTE: The APF SENIORS, Part II, by Herb Clossbrenner will be published in the October '99 edition of PL USA)



A WPC Junior World Record ... the 766 squat by Michael Cartinian.

APF Senior Nationals / 10, 11 July 99 / Daytona Beach, FL

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
105 lb.	286	319	356	171	187	409	523	281	308	319	843
115 lb.	319	356	393	187	203	447	573	319	356	393	919
M. Kellum	214	242	269	88	99	330	253	253	253	253	584
A. Orellana	303	319	325	154	165	490	341	341	341	341	859
123 lb.	330	358	391	198	209	220	611	374	396	418	1030
V. Ware	369	389	380	220	237	237	600	402	402	402	1003
M. Diamond	389	380	407	181	198	209	606	463	464	464	1069
148 lb.	402	415	457	275	292	303	760	391	407	418	1179
N. Dingemans	402	415	457	275	292	303	760	391	407	418	1179
S. J. Scobon	336	368	368	209	214	226	551	347	369	385	936
J. Tackill	348	348	242	270	126	137	148	418	418	292	949
C. Correll	429	485	501	292	324	344	793	429	485	490	1284
181 lb.	441	474	504	270	286	292	766	380	418	435	1201
J. Havelka	369	413	484	204	214	224	628	391	418	429	1058
M. Orestreit	341	394	391	226	242	248	639	424	457	463	1096
K. Spill	352	402	409	325	347	372	772	352	402	429	1202
A. Clark	374	402	429	237	248	269	650	391	402	452	1052
J. Sutherland	474	501	564	319	341	363	870	452	504	504	1322
T. J. J. J.	540	566	566	418	424	424	1091	567	644	644	1658
165 lb.	572	606	606	330	363	363	771	457	501	545	1372
A. Berardinelli	772	749	766	468	499	499	1234	589	600	611	1846
C. Ripley	606	688	708	468	504	504	1190	567	606	644	1796
J. Dougherty	661	694	726	396	418	429	1113	606	690	690	1730
M. Houston	622	641	683	407	429	429	1091	501	567	606	1658
J. Wood	622	641	683	429	446	457	1080	562	595	600	1642
T. Lavelle	644	664	694	363	389	389	980	562	595	600	1576
E. Strickland	644	664	694	363	389	389	980	562	595	600	1576
P. Vannomagan	644	664	694	363	389	389	980	562	595	600	1576

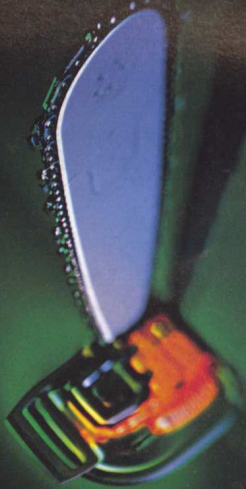


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Epinephrine from Mahuang	YES	YES	YES
L-Carnitine	YES	YES	YES
Garcinia Cambogia	YES	NO	NO
Chromium Picolinate	YES	YES	YES
Quercetin	YES	NO	NO
Potassium	YES	NO	NO
Magnesium	YES	NO	NO

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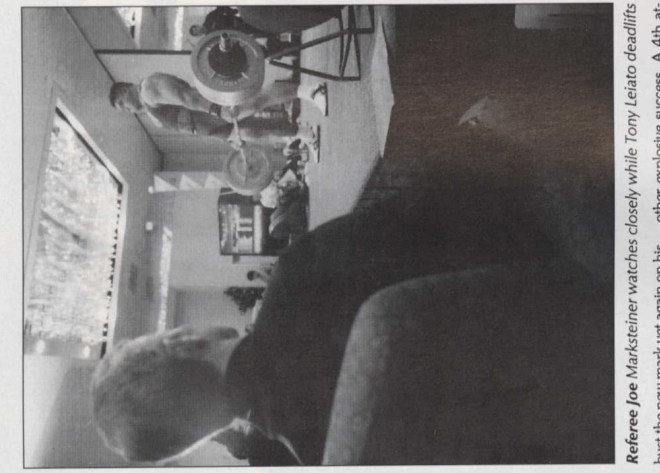
**USAPL Men's Nationals \ 16-18 July 99 \ St. Louis, Missouri**

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st	32nd	33rd	34th	35th	36th	37th	38th	39th	40th	41st	42nd	43rd	44th	45th	46th	47th	48th	49th	50th	51st	52nd	53rd	54th	55th	56th	57th	58th	59th	60th	61st	62nd	63rd	64th	65th	66th	67th	68th	69th	70th	71st	72nd	73rd	74th	75th	76th	77th	78th	79th	80th	81st	82nd	83rd	84th	85th	86th	87th	88th	89th	90th	91st	92nd	93rd	94th	95th	96th	97th	98th	99th	100th																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																					
114 lb.	123 lb.	135 lb.	147 lb.	159 lb.	171 lb.	183 lb.	195 lb.	207 lb.	219 lb.	231 lb.	243 lb.	255 lb.	267 lb.	279 lb.	291 lb.	303 lb.	315 lb.	327 lb.	339 lb.	351 lb.	363 lb.	375 lb.	387 lb.	399 lb.	411 lb.	423 lb.	435 lb.	447 lb.	459 lb.	471 lb.	483 lb.	495 lb.	507 lb.	519 lb.	531 lb.	543 lb.	555 lb.	567 lb.	579 lb.	591 lb.	603 lb.	615 lb.	627 lb.	639 lb.	651 lb.	663 lb.	675 lb.	687 lb.	699 lb.	711 lb.	723 lb.	735 lb.	747 lb.	759 lb.	771 lb.	783 lb.	795 lb.	807 lb.	819 lb.	831 lb.	843 lb.	855 lb.	867 lb.	879 lb.	891 lb.	903 lb.	915 lb.	927 lb.	939 lb.	951 lb.	963 lb.	975 lb.	987 lb.	999 lb.	1011 lb.	1023 lb.	1035 lb.	1047 lb.	1059 lb.	1071 lb.	1083 lb.	1095 lb.	1107 lb.	1119 lb.	1131 lb.	1143 lb.	1155 lb.	1167 lb.	1179 lb.	1191 lb.	1203 lb.	1215 lb.	1227 lb.	1239 lb.	1251 lb.	1263 lb.	1275 lb.	1287 lb.	1299 lb.	1311 lb.	1323 lb.	1335 lb.	1347 lb.	1359 lb.	1371 lb.	1383 lb.	1395 lb.	1407 lb.	1419 lb.	1431 lb.	1443 lb.	1455 lb.	1467 lb.	1479 lb.	1491 lb.	1503 lb.	1515 lb.	1527 lb.	1539 lb.	1551 lb.	1563 lb.	1575 lb.	1587 lb.	1599 lb.	1611 lb.	1623 lb.	1635 lb.	1647 lb.	1659 lb.	1671 lb.	1683 lb.	1695 lb.	1707 lb.	1719 lb.	1731 lb.	1743 lb.	1755 lb.	1767 lb.	1779 lb.	1791 lb.	1803 lb.	1815 lb.	1827 lb.	1839 lb.	1851 lb.	1863 lb.	1875 lb.	1887 lb.	1899 lb.	1911 lb.	1923 lb.	1935 lb.	1947 lb.	1959 lb.	1971 lb.	1983 lb.	1995 lb.	2007 lb.	2019 lb.	2031 lb.	2043 lb.	2055 lb.	2067 lb.	2079 lb.	2091 lb.	2103 lb.	2115 lb.	2127 lb.	2139 lb.	2151 lb.	2163 lb.	2175 lb.	2187 lb.	2199 lb.	2211 lb.	2223 lb.	2235 lb.	2247 lb.	2259 lb.	2271 lb.	2283 lb.	2295 lb.	2307 lb.	2319 lb.	2331 lb.	2343 lb.	2355 lb.	2367 lb.	2379 lb.	2391 lb.	2403 lb.	2415 lb.	2427 lb.	2439 lb.	2451 lb.	2463 lb.	2475 lb.	2487 lb.	2499 lb.	2511 lb.	2523 lb.	2535 lb.	2547 lb.	2559 lb.	2571 lb.	2583 lb.	2595 lb.	2607 lb.	2619 lb.	2631 lb.	2643 lb.	2655 lb.	2667 lb.	2679 lb.	2691 lb.	2703 lb.	2715 lb.	2727 lb.	2739 lb.	2751 lb.	2763 lb.	2775 lb.	2787 lb.	2799 lb.	2811 lb.	2823 lb.	2835 lb.	2847 lb.	2859 lb.	2871 lb.	2883 lb.	2895 lb.	2907 lb.	2919 lb.	2931 lb.	2943 lb.	2955 lb.	2967 lb.	2979 lb.	2991 lb.	3003 lb.	3015 lb.	3027 lb.	3039 lb.	3051 lb.	3063 lb.	3075 lb.	3087 lb.	3099 lb.	3111 lb.	3123 lb.	3135 lb.	3147 lb.	3159 lb.	3171 lb.	3183 lb.	3195 lb.	3207 lb.	3219 lb.	3231 lb.	3243 lb.	3255 lb.	3267 lb.	3279 lb.	3291 lb.	3303 lb.	3315 lb.	3327 lb.	3339 lb.	3351 lb.	3363 lb.	3375 lb.	3387 lb.	3399 lb.	3411 lb.	3423 lb.	3435 lb.	3447 lb.	3459 lb.	3471 lb.	3483 lb.	3495 lb.	3507 lb.	3519 lb.	3531 lb.	3543 lb.	3555 lb.	3567 lb.	3579 lb.	3591 lb.	3603 lb.	3615 lb.	3627 lb.	3639 lb.	3651 lb.	3663 lb.	3675 lb.	3687 lb.	3699 lb.	3711 lb.	3723 lb.	3735 lb.	3747 lb.	3759 lb.	3771 lb.	3783 lb.	3795 lb.	3807 lb.	3819 lb.	3831 lb.	3843 lb.	3855 lb.	3867 lb.	3879 lb.	3891 lb.	3903 lb.	3915 lb.	3927 lb.	3939 lb.	3951 lb.	3963 lb.	3975 lb.	3987 lb.	3999 lb.	4011 lb.	4023 lb.	4035 lb.	4047 lb.	4059 lb.	4071 lb.	4083 lb.	4095 lb.	4107 lb.	4119 lb.	4131 lb.	4143 lb.	4155 lb.	4167 lb.	4179 lb.	4191 lb.	4203 lb.	4215 lb.	4227 lb.	4239 lb.	4251 lb.	4263 lb.	4275 lb.	4287 lb.	4299 lb.	4311 lb.	4323 lb.	4335 lb.	4347 lb.	4359 lb.	4371 lb.	4383 lb.	4395 lb.	4407 lb.	4419 lb.	4431 lb.	4443 lb.	4455 lb.	4467 lb.	4479 lb.	4491 lb.	4503 lb.	4515 lb.	4527 lb.	4539 lb.	4551 lb.	4563 lb.	4575 lb.	4587 lb.	4599 lb.	4611 lb.	4623 lb.	4635 lb.	4647 lb.	4659 lb.	4671 lb.	4683 lb.	4695 lb.	4707 lb.	4719 lb.	4731 lb.	4743 lb.	4755 lb.	4767 lb.	4779 lb.	4791 lb.	4803 lb.	4815 lb.	4827 lb.	4839 lb.	4851 lb.	4863 lb.	4875 lb.	4887 lb.	4899 lb.	4911 lb.	4923 lb.	4935 lb.	4947 lb.	4959 lb.	4971 lb.	4983 lb.	4995 lb.	5007 lb.	5019 lb.	5031 lb.	5043 lb.	5055 lb.	5067 lb.	5079 lb.	5091 lb.	5103 lb.	5115 lb.	5127 lb.	5139 lb.	5151 lb.	5163 lb.	5175 lb.	5187 lb.	5199 lb.	5211 lb.	5223 lb.	5235 lb.	5247 lb.	5259 lb.	5271 lb.	5283 lb.	5295 lb.	5307 lb.	5319 lb.	5331 lb.	5343 lb.	5355 lb.	5367 lb.	5379 lb.	5391 lb.	5403 lb.	5415 lb.	5427 lb.	5439 lb.	5451 lb.	5463 lb.	5475 lb.	5487 lb.	5499 lb.	5511 lb.	5523 lb.	5535 lb.	5547 lb.	5559 lb.	5571 lb.	5583 lb.	5595 lb.	5607 lb.	5619 lb.	5631 lb.	5643 lb.	5655 lb.	5667 lb.	5679 lb.	5691 lb.	5703 lb.	5715 lb.	5727 lb.	5739 lb.	5751 lb.	5763 lb.	5775 lb.	5787 lb.	5799 lb.	5811 lb.	5823 lb.	5835 lb.	5847 lb.	5859 lb.	5871 lb.	5883 lb.	5895 lb.	5907 lb.	5919 lb.	5931 lb.	5943 lb.	5955 lb.	5967 lb.	5979 lb.	5991 lb.	6003 lb.	6015 lb.	6027 lb.	6039 lb.	6051 lb.	6063 lb.	6075 lb.	6087 lb.	6099 lb.	6111 lb.	6123 lb.	6135 lb.	6147 lb.	6159 lb.	6171 lb.	6183 lb.	6195 lb.	6207 lb.	6219 lb.	6231 lb.	6243 lb.	6255 lb.	6267 lb.	6279 lb.	6291 lb.	6303 lb.	6315 lb.	6327 lb.	6339 lb.	6351 lb.	6363 lb.	6375 lb.	6387 lb.	6399 lb.	6411 lb.	6423 lb.	6435 lb.	6447 lb.	6459 lb.	6471 lb.	6483 lb.	6495 lb.	6507 lb.	6519 lb.	6531 lb.	6543 lb.	6555 lb.	6567 lb.	6579 lb.	6591 lb.	6603 lb.	6615 lb.	6627 lb.	6639 lb.	6651 lb.	6663 lb.	6675 lb.	6687 lb.	6699 lb.	6711 lb.	6723 lb.	6735 lb.	6747 lb.	6759 lb.	6771 lb.	6783 lb.	6795 lb.	6807 lb.	6819 lb.	6831 lb.	6843 lb.	6855 lb.	6867 lb.	6879 lb.	6891 lb.	6903 lb.	6915 lb.	6927 lb.	6939 lb.	6951 lb.	6963 lb.	6975 lb.	6987 lb.	6999 lb.	7011 lb.	7023 lb.	7035 lb.	7047 lb.	7059 lb.	7071 lb.	7083 lb.	7095 lb.	7107 lb.	7119 lb.	7131 lb.	7143 lb.	7155 lb.	7167 lb.	7179 lb.	7191 lb.	7203 lb.	7215 lb.	7227 lb.	7239 lb.	7251 lb.	7263 lb.	7275 lb.	7287 lb.	7299 lb.	7311 lb.	7323 lb.	7335 lb.	7347 lb.	7359 lb.	7371 lb.	7383 lb.	7395 lb.	7407 lb.	7419 lb.	7431 lb.	7443 lb.	7455 lb.	7467 lb.	7479 lb.	7491 lb.	7503 lb.	7515 lb.	7527 lb.	7539 lb.	7551 lb.	7563 lb.	7575 lb.	7587 lb.	7599 lb.	7611 lb.	7623 lb.	7635 lb.	7647 lb.	7659 lb.	7671 lb.	7683 lb.	7695 lb.	7707 lb.	7719 lb.	7731 lb.	7743 lb.	7755 lb.	7767 lb.	7779 lb.	7791 lb.	7803 lb.	7815 lb.	7827 lb.	7839 lb.	7851 lb.	7863 lb.	7875 lb.	7887 lb.	7899 lb.	7911 lb.	7923 lb.	7935 lb.	7947 lb.	7959 lb.	7971 lb.	7983 lb.	7995 lb.	8007 lb.	8019 lb.	8031 lb.	8043 lb.	8055 lb.	8067 lb.	8079 lb.	8091 lb.	8103 lb.	8115 lb.	8127 lb.	8139 lb.	8151 lb.	8163 lb.	8175 lb.	8187 lb.	8199 lb.	8211 lb.	8223 lb.	8235 lb.	8247 lb.	8259 lb.	8271 lb.	8283 lb.	8295 lb.	8307 lb.	8319 lb.	8331 lb.	8343 lb.	8355 lb.	8367 lb.	8379 lb.	8391 lb.	8403 lb.	8415 lb.	8427 lb.	8439 lb.	8451 lb.	8463 lb.	8475 lb.	8487 lb.	8499 lb.	8511 lb.	8523 lb.	8535 lb.	8547 lb.	8559 lb.	8571 lb.	8583 lb.	8595 lb.	8607 lb.	8619 lb.	8631 lb.	8643 lb.	8655 lb.	8667 lb.	8679 lb.	8691 lb.	8703 lb.	8715 lb.	8727 lb.	8739 lb.	8751 lb.	8763 lb.	8775 lb.	8787 lb.	8799 lb.	8811 lb.	8823 lb.	8835 lb.	8847 lb.	8859 lb.	8871 lb.	8883 lb.	8895 lb.	8907 lb.	8919 lb.	8931 lb.	8943 lb.	8955 lb.	8967 lb.	8979 lb.	8991 lb.	9003 lb.	9015 lb.	9027 lb.	9039 lb.	9051 lb.	9063 lb.	9075 lb.	9087 lb.	9099 lb.	9111 lb.	9123 lb.	9135 lb.	9147 lb.	9159 lb.	9171 lb.	9183 lb.	9195 lb.	9207 lb.	9219 lb.	9231 lb.	9243 lb.	9255 lb.	9267 lb.	9279 lb.	9291 lb.	9303 lb.	9315 lb.	9327 lb.	9339 lb.	9351 lb.	9363 lb.	9375 lb.	9387 lb.	9399 lb.	9411 lb.	9423 lb.	9435 lb.	9447 lb.	9459 lb.	9471 lb.	9483 lb.	9495 lb.	9507 lb.	9519 lb.	9531 lb.	9543 lb.	9555 lb.	9567 lb.	9579 lb.	9591 lb.	9603 lb.	9615 lb.	9627 lb.	9639 lb.	9651 lb.	9663 lb.	9675 lb.	9687 lb.	9699 lb.	9711 lb.	9723 lb.	9735 lb.	9747 lb.	9759 lb.	9771 lb.	9783 lb.	9795 lb.	9807 lb.	9819 lb.	9831 lb.	9843 lb.	9855 lb.	9867 lb.	9879 lb.	9891 lb.	9903 lb.	9915 lb.	9927 lb.	9939 lb.	9951 lb.	9963 lb.	9975 lb.	9987 lb.	9999 lb.



**Big Brad Cillingham** may have a 2250+ total ready for the IPF Worlds.

against the racks, but made no other errors, and amassed a PR total within striking distance of the number he'll need to press for the Gold Medal at the IPF World Championships in Italy this year, so he was happy. Sean was fired up during the lifting, but had to take his 800 lb squat over again. In the deadlift, he wanted to go for the win with 848, but the pace of the contest, with only 8 lifters, was so quick that he was figuratively out of gas. There was mention that the 848 lb took on his 3rd attempt was mislabeled light (to a non-winning 843), but it made no difference to Sean - he was done for the day after his 2nd attempt. The 1994 MR, UTAH, Van Hatfield, almost didn't get through the deadlifts, due to technicalities, and that gave law enforcement officer Ken Ufford of Prairie Village, Kansas a chance to go around him, but 771 was too much for him on this particular Sunday. Pennsylvania deputy Dennis Hulslander belittled for the judges to "turn 'em on!", referring to white lights for his 534 lb bench and 705 deadlift tries, but he didn't get his wish. Deron Rogers was entered in the 125 kilo class, but weighed out at 131.8 kgs. and went to work in the Supers. He fought past severe adversity in the squats, to total out comfortably at 1857 and 4 that bodyweighting Dan Gaudreau, yet another Colorado lifter, into 7th, when he, as well, faced oblivion in the squats, frustratingly with nearly 100 lbs less than he has completed in the past. Network administrator Brad Mading of Eden Prairie, Minnesota turned 6 out of his 9 attempts into an 1818 total and 8th place.



Referee Joe Marksteiner watches closely while Tony Leiato deadlifts.

Japanese style back arch (see Rick Brewer's article on page 35 of this issue) in the bench press, and finished 15 kilos up on California's Big Mike Kautz at the end. Former raw champion Ray Ebner was geared up for this meet, but missed key lift attempt poundages that could have moved him up considerably. Nothing looks easy for Kevin Westendorp of Team Colorado, because his frame is borderline huge, however, he makes do with his leverage destiny and fought out some quality numbers. Big Mike Ringer had trouble getting on track, but did get 1752 on openers, to finish just ahead of USAPL official in so many capacities, Mike Hartle. Dr. Mike has been working with the rubber bands popularized by Dick Fitzel in Larry Miller's article in the Aug/99 edition of PL USA. It seems as though they activate some nerve fibers that traditional training doesn't reach effectively. In 14th place, but first on the list of world record breakers at this meet, was massive Horace Lane. You need to see this man in order to believe how wide and thick he is... and, how strong. He took token squat and deadlift openers and then timed out subsequent attempts to give his fellow competitors some extra rest, but in the bench press he roared. Tom Hardman's world bench press record has been on the IPF books since the early 1980s, but the week before this event it was finally exceeded officially in Japan by Daishu Middle, and then Horace tried to

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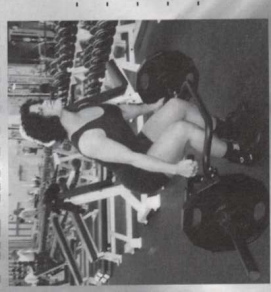
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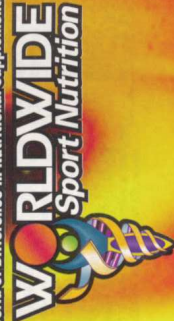
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