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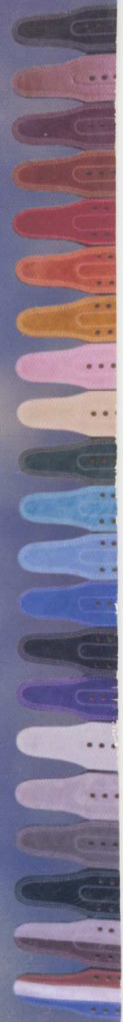
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MUSCLE MENU

- Volume 23, Number 3 - October 1999 -

USPF SR. NATIONALS.....Herb Glossbrenner.....	6
APF SR. NATIONALS PT. 2.....Herb Glossbrenner.....	10
PURSUIT OF SUCCESS, PT. 4.....Judd Biasiotto Ph.D.....	13
AUDLEY BAKER PROFILE.....Derek Cope.....	14
RIBOSE.....Bob Kennedy.....	15
WOMEN'S TOP 50 132s.....Herb Glossbrenner.....	16
POWER SCENE.....Ned Low.....	17
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	18
STARTIN' OUT.....Doug Daniels.....	19
WEAPON 9.....Rick Brewer.....	20
BACKSTAGE WITHED COAN.....Marty Gallagher.....	22
CIRCA MAXIMAL PHASE.....Louie Simmons.....	25
ASK THE DOCTOR.....Mauro Di Pasquale MD.....	32
QUESTIONS OF POWER.....Derek Cornelius.....	34
HORACELANE INTERVIEW.....Dr. Larry Miller.....	38
WORKOUT OF THE MONTH.....Bruce Anderson.....	39
RUSSIA-JAPAN FRIENDSHIP MEET.....Paul Kelso.....	40
COMING EVENTS.....Mike Lambert.....	46
TOP 100 148s.....Mike Lambert.....	86
UNCLASSIFIED ADVERTISEMENTS.....	87

ON THE COVER.... APF SRs. Champ Jesse Kellum (Herb G.)

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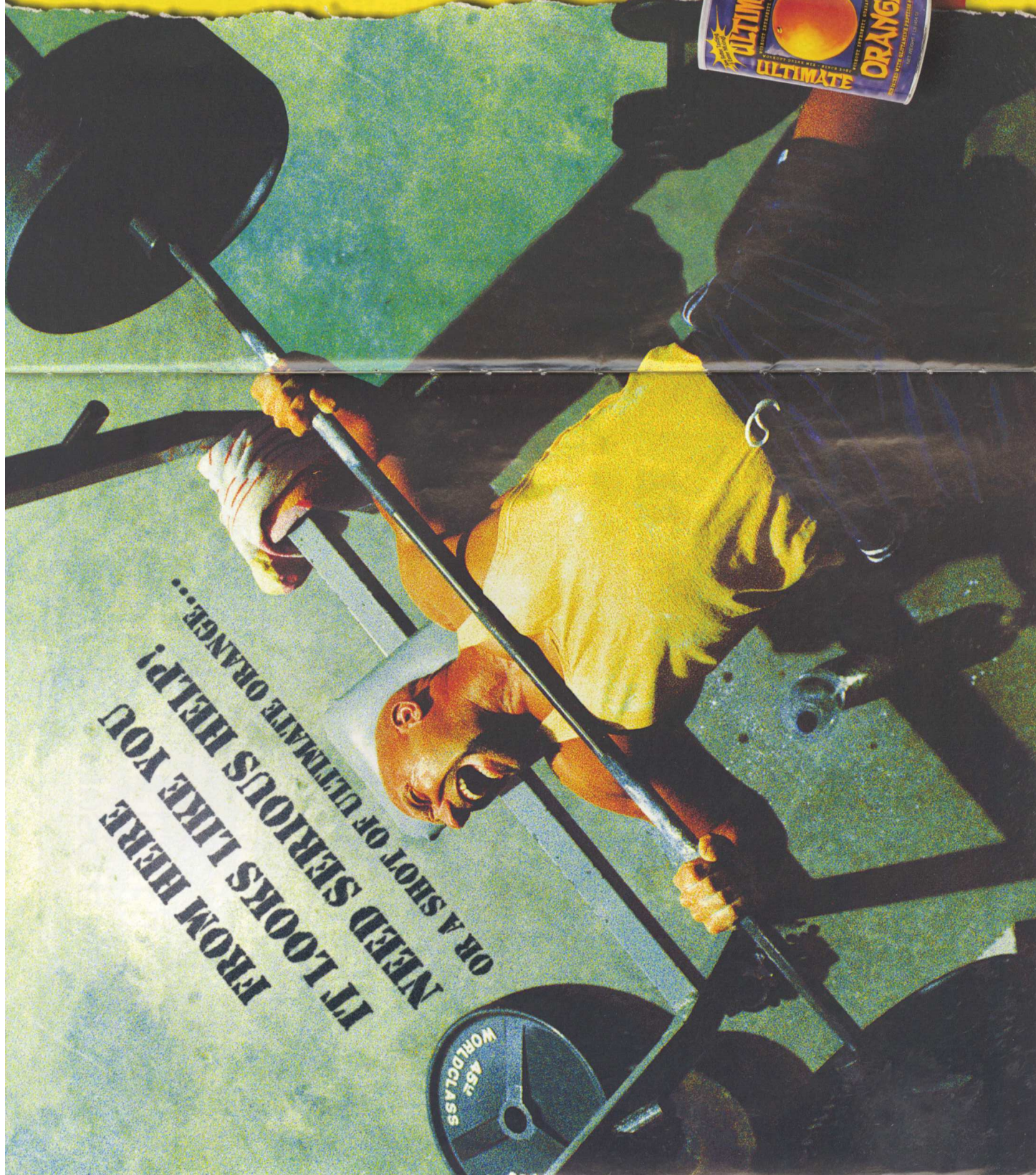
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USPF Senior Nationals

as told to Powerlifting USA by Herb Glossbrenner

The USPF Sr. Nationals for 1999 took place July 24-25 and were held at the Crown Plaza Hotel-Addison in North Dallas, TX. Who would've dreamed that there were 3 hotels named Crown Plaza in North Dallas. My cat drove got real frustrated not knowing which one it was. Seems my reservations had been booked into a different Crown Plaza originally and the meet site was changed to a different one. Finally, everything got all straightened out.

Some thought the USPF would pack up and fold tent after ties were cut with the IPF in 1997. This didn't happen. The 1998 USPF Seniors low lifted, albeit with a relatively low turnout and diluted results. The USPF even staged their own World Championship meet last December in Las Vegas, featuring their prime time player ED COAN, who had become the victim of the IPF's three strikes and you're out policy, which brings us to the present. The USPF is alive and well, but struggling for survival. The USPF now has a don't pull attitude built around TRADITION: Dave Jeffery of Parkersburg, WV remains the USPF President. Everyone is determined to make it work. With this thought in mind, let's cut to the chase:

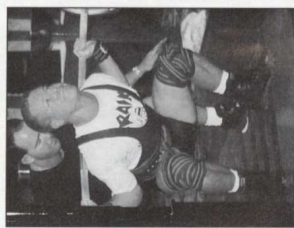
Meet Director Gary Pendergrass stepped up to the plate and hit a grand slam as far as staging this edition of the USPF Seniors. A large video projection screen was provided for audience & athletes alike to see flights, attempts, and keep tabs on the progress of the competition. The officiating, which drew criticism by some as being too strict, I saw as stringent but correct. Everyone was judged the same. In single ply suits, briefs and shirts were allowed. Weigh-ins and the schedule of events were held right on time. The awards were beautiful crystal pitchers with a block base and inscribed plates. Those who earned one of these will cherish it forever as a memento of this special occasion.

The action which kicked off Saturday the 24th @ 9:30 A.M. with the women taking center stage. That afternoon the men began demonstrating their prowess!

WOMEN - 97 - Ann Levert, 45, of Savannah, GA became the winning women's champion in USPF history with her 10th title @ 97 lbs. Ann hit 7.9 en route to her win. Opening with 264, then to 275, she missed 286. Ann benched two up to 165, but failed 170. Next came 3 perfect DLs: 308, 325, 330 -TOT- 771. This equaled her best '92 result. Levert was in the process of dishing down for this meet, and that was the reason she didn't

title will be blank! **132** - Ft. Worth's Greg Young, 36, is short and stocky. He sat and delivered three powerful drinks finishing with 473 on a 3rd. Young came back to BP 242 on his final try, following a missed 2nd. Adding in three strong pulls - 429 the final one - and he had a TOT of 1146 - a good result and a deserving winner.

148 - The last 148 lb. USPF Seniors champ for this century is T.J. Hoerner of Kountze, TX. He's been PLing for over 5 years now, out of the TX high school ranks and now a star is born! His SQs were finally a tremendous 628, close to Rickey Crain's 633 USPF record. In the BP Hoerner made 330, but missed 336 on his last try. His DL



T. J. Hoerner ... new star at 148

ability is quite impressive also! After attempts to capture the 181 crown, Willis Smith, 24, another lifter from TX, had a 1201 total, which held for third place, when Ron Cairns, 33, from Chillicothe, MO fell by the wayside in the SQ. Tony Hambro, 37, from Ft. Hood (guess which state) came in runner-up with a 573 DL and 1455 TOT. Tony tried a huge increase for his last DL, but it was only useful thinking. Danforth had the best day of his life, making 3 good SQs - 661 - deep! Likewise, he pumped all 3 BPs (to 429). Last came two pulls 617, then 661. He was called for only his final lift, and it was his only miss of the day. Good job!

198 - This class was loaded with 8 of the contestants from the Lone Star State. Two men came from elsewhere: Ted Linn, 33, from Virginia Beach and Alan Hagan, 25, of Mineral Wells, to take the places of two Texans who bowed out: Ken Hettie, 20, of Fair Oaks, who - after SQing 545 - found all 3 tries with a 374 BP insurmountable. Brian Bowers, of Beaville, age 28, was one of the favorites, but was unable to negotiate two dunks with 633, and likewise his desperation try at 661. In 6th overall, from Corpus Christi, was Hugh Creech. His 1421

job!

165 - The middleweight champ taken home a USPF Seniors title. Lendy started too high in BP and missed all 3. It wasn't until later that the magnitude of the situation soaked in. For this year, the 123



Eddie Vaughn with his 3rd attempt 369 lb. bench. (Glossbrenner)

540 opener SQ, he went straight to 584. During the execution of the lift a collar came loose and slid off. The ref called for the spotters to take it. He was allowed to take this over again as his 2nd attempt, but got reds for depth. On a 3rd, time expired before. Squeezing his big upper body into an Inzer single ply HD Blast Shirt was no easy task, but it worked out well. Vaughn delivered 3 good ones: 325, 352, and finally 369 - more than he'd expected to make. INZER DELIVERS AGAIN! ED pulled 507 and 529, before finally missing 540. TOT - 1438. A good result on short notice. Vaughn now has the distinction of being a Senior National Champ in two major organizations (he's in the APF Seniors title @ 148!). These men staged a good competitive battle to see who'd take 2nd. Kyle Jones, 22, another Duncanville Dandy, jumped in front with a 424 SQ after missing his first two tries. His challengers - Matt McCasie, 19, from Parkersburg, WV and Marty Collins, 20, from Vienna, VA both made 407 on their bests. McCasie, after getting his opener, had abortive tries with 440 and then also with an increase to 462. Collins missed two chances @ 534 DL for the silver medal. Jones stayed ahead, matching McCasie's 308 3rd BP, and also matching Matt's 490 pull, therefore getting 2nd 1223 to 1207.

181 - Mike Danforth, 30, of Wilton, ME registered 8 of 9 attempts to capture the 181 crown. Willis Smith, 24, another lifter from TX, had a 1201 total, which held for third place, when Ron Cairns, 33, from Chillicothe, MO fell by the wayside in the SQ. Tony Hambro, 37, from Ft. Hood (guess which state) came in runner-up with a 573 DL and 1455 TOT. Tony tried a huge increase for his last DL, but it was only useful thinking. Danforth had the best day of his life, making 3 good SQs - 661 - deep! Likewise, he pumped all 3 BPs (to 429). Last came two pulls 617, then 661. He was called for only his final lift, and it was his only miss of the day. Good job!

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job!



Tim Bruner won the 275s (Herb)

knee tendons were sore and inflamed; stressed from his good 771 dunk two weeks before this competition at the APF Seniors in Dayton. He decided to open with a birdweight (for him) 617. Using his trademark slow decent with the Crain 'hip dip' at the bottom, he had his first two lifts rejected by the judges. "I'll call your depth on the 3rd," I told him. He descended slow

ly, and he was in. He pumped 606, 633, and finally pulled 650. TOT 1664 for the winner.

220 - Harold Bodden, a 56 year old youngster from Houston, Park earned runner-up position with 3rd. Terry Gunn, 39, from Cedar TX, tried a 1201 total, which held for third place, when Ron Cairns, 33, from Chillicothe, MO fell by the wayside in the SQ. Tony Hambro, 37, from Ft. Hood (guess which state) came in runner-up with a 573 DL and 1455 TOT. Tony tried a huge increase for his last DL, but it was only useful thinking. Danforth had the best day of his life, making 3 good SQs - 661 - deep! Likewise, he pumped all 3 BPs (to 429). Last came two pulls 617, then 661. He was called for only his final lift, and it was his only miss of the day. Good job!

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as I called him: DOWN - DOWN - DOWN. When he was a good two inches below parallel, I called him out. He rose to a chorus of white lights. Afterwards I was reprimanded: "That's improper. You can't be a photographer and also a coach." No matter, a bombast was averted and Hugh was home free now. He cruised through the BPs - 407, 429 and 451 - just taking it easy. Dunagan pulled 661, and then 705, but couldn't exert the necessary pressure against the floor (with those painful knees) to move 749. The TOT of 1774 was not important - he'd won, and was now a Sr. champ in two major organizations.

275 - Odell Haynes, @ 249, made token lifts, well behind the other two, for 3rd place. Ed Beck, a powerfully built lifter, made a 551 SQ, 468 BP and a 644 DL for the

(article continued on page 82)

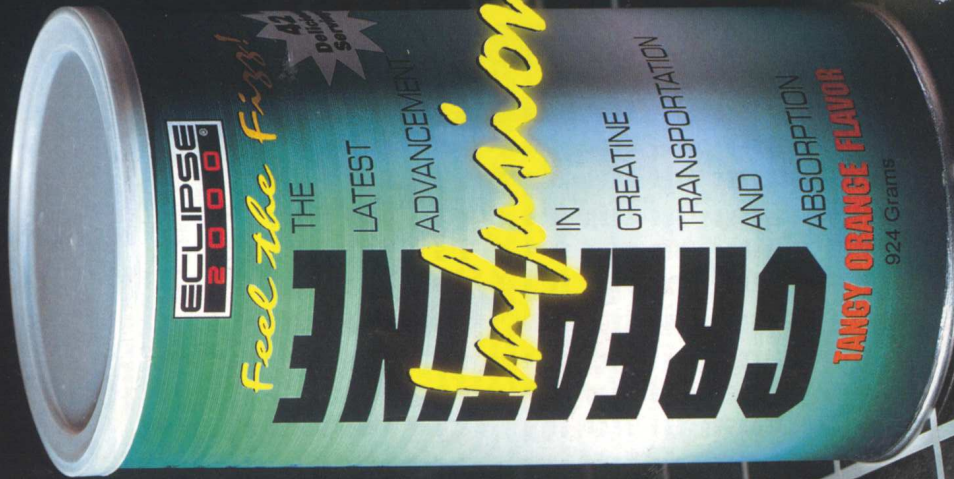
USPF Sr. Nationals - 24-25 Jul 99 - Dallas TX

Women	SQ	BP	DL	TOT							
A. Levert	264	275	386	159	165	440	308	325	303	771	
V. John	499	159	496	104	110	115	275	159	170	203	479
V. Yree	314	341	363	165	187	498	551	374	467	484	925
M. Ryan	264	264	286	176	203	289	490	264	281	303	793
L. Taylor	242	264	286	194	104	494	253	292	303	672	
J. McMillan	159	181	309	104	115	426	297	170	203	220	518
M. Pencil	309	309	303	176	192	498	496	319	341	358	854
C. Purcell	236	270	386	159	176	498	446	300	369	369	777
S. Barbee	448	242	364	203	214	236	479	303	325	341	815
L. Cople	198	334	334	487	498	498	-	-	-	-	-
C. Young	429	457	473	220	248	242	716	391	407	429	1146
T. Hoerner	325	363	628	313	320	326	959	552	600	642	1559
M. Ellis	352	306	389	253	270	281	644	440	460	460	1085
E. Vaughn	540	544	544	325	352	369	909	509	529	540	1438
M. McCasie	487	487	487	313	313	313	441	473	490	1223	
M. Collins	407	449	462	242	264	286	694	501	524	524	1196
M. Danforth	611	644	661	407	418	429	1091	617	661	689	1752
L. Smith	440	468	529	326	336	352	881	540	573	659	1454
W. Smith	440	468	529	326	336	352	881	540	573	659	1454
R. Cairns	484	499	499	-	-	-	705	301	369	369	1307
B. Shaw	611	633	644	369	369	380	1014	606	633	650	1664
T. Slippy	530	530	530	347	347	347	584	317	331	331	1381
M. Rigby	496	523	523	374	385	402	909	606	633	633	1543
J. Vazquez	523	606	606	374	402	402	898	573	600	622	1521
H. Creech	529	551	569	336	352	369	903	518	590	599	1421
H. Hagan	385	307	329	895	895	895	275	800	485	507	1311
B. Bowers	639	639	664	374	374	374	568	275	303	325	705
K. Hettie	501	545	568	374	374	374	568	275	303	325	705
H. Dunagan	644	647	657	407	429	451	1069	661	705	749	1774
T. Linn	549	551	551	429	429	429	644	407	444	444	1190
H. Bodden	341	385	391	330	352	363	744	407	444	466	1241
E. Coan	931	1003	1019	551	573	599	1592	947	848	874	2441
L. Beck	484	484	484	400	400	400	1019	606	606	606	1642
M. Hayes	640	640	640	400	400	400	1019	606	606	606	1642
M. Wozna	640	640	640	400	400	400	1019	606	606	606	1642
T. Bruner	661	705	738	402	462	484	1201	661	705	749	1906
E. Beck	640	640	640	400	400	400	1019	606	606	606	1642
F. Lopez	621	640	648	407	407	407	1183	600	628	639	2022
A. Bono	821	850	844	473	507	594	1157	699	699	699	1763

BEST LIFTERS: Women: Valerie Yree-529.07, 2nd; Ann Levert-402.57, 3rd; Susan Rinn-446.15. Men: Ed Coan (58.76%), 2nd; T. J. Hoerner -349.44, 3rd; Mike Danforth -337.15.

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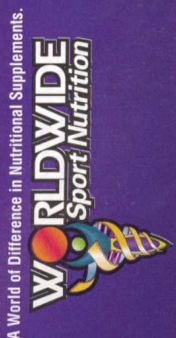


THE FIRST HIGH PROTEIN, LOW CARBOHYDRATE BAR IS NOW OFFICIALLY LOW GLYCEMIC!

The Pure Protein Bar has changed the sport bar market forever. Now, this revolutionary bar has been officially approved by The Glycemic Research Institute in Washington D.C. as a low glycemic food! This means no insulin spikes, excess fat storage or sugar crashes, just 32-34 grams of high quality protein and only 9-15 grams of carbohydrates (depending on the flavor). With the introduction of a new sugar free chocolate coating, the entire sugar content of the bar drops to a all time low 2-4 grams. All this technology tastes great in 5 delicious flavors with 2 new flavors currently on the drawing board. The Pure Protein Bar is and always has been the smartest meal replacement supplement available.

Products that have a high glycemic index trigger an undesirable insulin response. This reaction results in an excess of insulin in the bloodstream and directly cause an increase in fat storage. Conversely, products that are low glycemic do not elevate insulin levels while reducing excess fat storage, increase and sustain energy levels and increase mental alertness. It is important to note that just because a product is low in carbohydrates does NOT mean it has a low glycemic index. The type of carbohydrates and their relationship to the other ingredients in the product dictate a low glycemic index rating and how they affect the human body. The only way to determine a glycemic rating for any product is to subject it to specific analytical study.

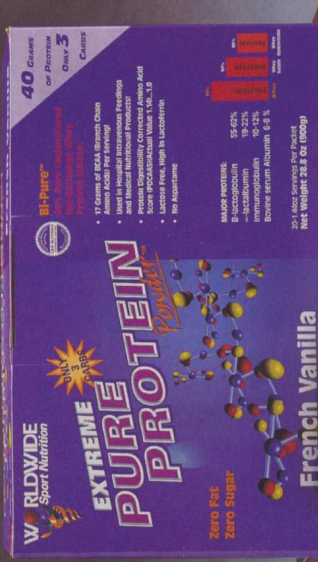
Glycemic index and insulin response are critical factors in sports nutrition. GET INFORMED! Use the Internet (www.sportnutrition.com), go to a library or ask your doctor. IT'S THAT IMPORTANT! In the mean time, look for the seal shown above on labels and product literature. Accept No Substitutes.



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EXTREME PURE PROTEIN POWDER is the first high protein/low carbohydrate, LOW GLYCEMIC meal replacement packet ever introduced to the sports nutrition community. The Low Glycemic Index Rating means no insulin spikes, fat storage or sugar crashes, just the essential muscle building ingredients needed to sculpt a muscular, lean body.

EXTREME PURE PROTEIN POWDER contains the same patented protein structure most used by medical doctors for the treatment of severe catabolic tissue injury. This revolutionary protein supplement is rich in the Branch Chain Amino Acids and is high in beta-lactoglobulin and alpha-lactalbumin, the quickest and most efficiently absorbed protein isolates. EXTREME PURE PROTEIN POWDER is 100% readily absorbed, fat and lactose free without any sugar or the use of aspartame.

EXTREME PURE PROTEIN comes in 2 delicious flavors, Creamy French Vanilla and Rich Swiss Chocolate. It mixes instantly and is sold in boxes of 20 convenient single serve packs.



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visit our web site at www.sportnutrition.com.



I believe another important thing in achieving success is the ability to live in the moment. It is the capacity to focus all of your energies on the task you are performing. When you put yourself, mentally and physically, into whatever you are trying to accomplish. And once you are capable of doing that you can make something extraordinary happen. When nothing exists except the game (or the task you are engaged in) that is when you can perform at a higher level of existence. Some athletes refer to this as being in "the zone". In business and medicine it is referred to as "the white moment". During this time nothing seems beyond the boundaries of possibility.

Recently I had the opportunity to speak to the Paine Weber Corporation in New York City. After my talk a guy in the audience came up to me and said that he really enjoyed my talk, but what impressed him most was that I had accomplished so many things in so many different areas. He said "You're a world class athlete, you've written 500 articles, 26 books, you lecture all over the world and somehow you find time to teach... how can you be so good at so many things? How do you find the time? What's the secret?"

Needless to say I love being lionized, but the truth of the matter is if you learn how to focus on the moment such accomplishments can be achieved without great exertion. I mean that sincerely. The secret to success in anything is to keep your mind focused on the thing you want to accomplish. If you learn to become totally consumed with every task that you perform you can bring about amazing results. You have to be completely pre-occupied with the here and now. For instance, when I write I get so involved in what I am doing that I literally lose the concept of time. I'll be sitting there for three or four hours and it will seem like it's been only 15 minutes. More than once I microwaved my supper only to find it the next day because I forgot to eat it. That is how engrossed I get in my work. When that happens you become one with the activity you are performing. Each event is a single-minded focus.

Actually, that's the way I am with everything I do. I give my undivided attention and my greatest effort to whatever I'm doing at the time. If I'm writing, I write, if I'm lifting weights, I lift weights, if I'm talking, I talk, if I'm reading, I read and if I'm playing, I play. I try to capture the essence of the moment, because once it is gone it is gone forever. Never again will I be able to

Dr. JUDD

In Pursuit of Success, Pt. 4 as told to Powerlifting USA by Judd Biasiotto Ph.D.



Dr. Judd Biasiotto is a master at controlling and directing his focus

understand that it is important - nothing is insignificant. Perform every act as if nothing else in the world matters. This is an old Zen principle - you put your whole soul and being into every act that you perform. Arnold Schwarzenegger was a master at this type concentrated training when he was competing in bodybuilding. He would centralize all of his body's energy into the muscle he was training. Let me read to you what he says about focusing on the moment and/or the task at hand. He says:

"When I trained the most important thing was that my mind was always in touch with my body. That not only helped my training it was like meditating. I could get into myself. I locked my mind into the muscle during training, as if I transplanted my mind into the tissue itself. I become one with the weights. Nothing else in the world mattered to me..."

The great athletes have all discovered, through experience that the ability to fuse mind and body into each and every task is extremely important in reaching a peak performance. When your mind becomes totally focused on a task, all doubt and uncertainty is pushed aside. In short, you cease to experience a body that is inhibited by mental or physical distractions. The mind becomes one with the task at hand. The power that can be derived from such intimate cooperation between mind and moment is absolutely extraordinary. Liked said, when you get to this point you can make magic.

Of course, this principle can be applied to every endeavor in life, and it should be if you want to be successful in life. No matter what you are doing, whether it is reading, lifting weights, writing, listening to music, watching television, or eating, strive to completely immerse yourself into the activity. No matter how trivial the behavior you are engaging in, give it your full undivided attention. You will find that all activities, the important as well as the unimportant, will assume a new dimension of reality, because they have your full attention.

The story about Carlos Kleiber, the magnificent symphony conductor, is a prime example of what I am talking about. Kleiber was concentrating so intently when conducting at La Scala that he was not even aware that an earthquake was shaking the entire building. A giant chandelier that was directly over his head, was rattling so violently that many people in the audience got up and ran out of the auditorium

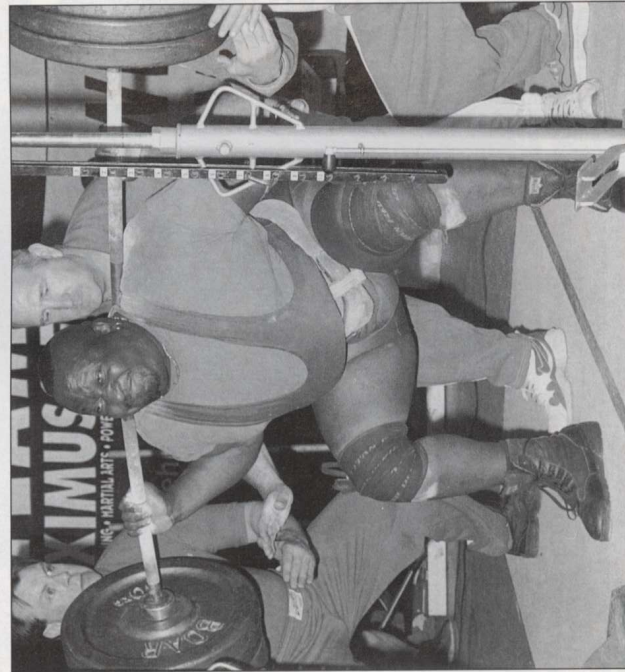
(article continued on page 76)

POWER PROFILE

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

AUDLEY BAKER WDFPF 145 KG. PHENOMENA as told to Powerlifting USA by Derek Cope

The 145 Kg. class (319 lbs.) has, since its inauguration in powerlifting, proved to be a popular and competitive class, producing some big men with some equally impressive totals. In the World Drug Free Powerlifting Federation (W.D.F.P.F.) the 145 Kg. class was first officially contested at World Championship level in 1991 in Bendigo, Australia. The winner that year was the late and great Bob Dempsey of the U.S.A. with a 910 Kg. total. Bob repeated his win in Derby, England in 1992 with an 852.5 Kg total. 1993 saw Maurice Peak of Canada win on home turf in Chilliwack, Canada with a 795 Kg. total. For the next three years this class was again dominated by U.S.A. lifters. In 1994 and 1995 Beau Moore won the Worlds with totals of 930 and 842.5 Kgs. respectively. Then in Chicago in 1996 Mark Phillipi uncorked a massive world record total of 967.5 Kg. via 367.5 - 235 - 365.



Audley Baker, driving through the sticking point of a massive squat. (Peter Poole, Crown Photo)

total 955 Kg. - just 12.5 Kgs. under Mark Phillipi's world record total. Watching Audley lifting it soon becomes apparent that he is very popular with the crowd and interacts well with them. Obviously, the amount of weight he lifts has a great deal to do with his popularity but there are other factors involved. One of the main reasons Audley is so popular with fans that follow drug free powerlifting is Audley's attitude to one of the fundamental problems and issues in this sport - that of drug abuse. Audley is a bona fide 100% lifetime drug free lifter - not clean on the day, not clean for

3 months before the meet, but LIFETIME drug free. Here is a man that does not drink, does not smoke tobacco or anything else and has been tested many times by unaffiliated organizations over the last 3 years both in and out of competition. In 1997 at the World Championships Audley voluntarily underwent a blood test testing for growth hormone, steroids, insulin, etc. Audley is quite willing to undertake any drug test, day or night, be it via urinalysis, polygraph or blood. It is this adamantly drug free stance that endears Audley to spectators and lifters alike. Lifters who are not of Audley's standard are happy for his

powerlifting was the B.P.A. British Bench Press Championships in June 1995 and he hit 205 Kg. in the 145 Kg class. Later that year, in November, Audley won the European Powerlifting Championships with an 830

Kg. total so the reader can see that Audley has hit world class poundages, right from the start.

Audley has always lifted in the 145 Kg. class and for the record, currently sports 21.5 inch arms (cold) and a 58+ inch chest. To maintain his size and strength Audley eats plenty of rice, chicken and fish. He doesn't drink milk, but drinks plenty of water and fruit juices. Supplements include multi-vitamins, cod-liver oil, zinc, calcium, minerals and creatine. Audley is circumspect when choosing food supplements and avoids anything that could fail a drug test.

Now onto Audley's training routine. Before his schedule is outlined I would like to make the point that what is written is true and the routine is unique to Audley. With respect to Audley it is a routine that is not recommended to other lifters as the routine requires tremendous physical output and mental focus. Audley thinks on his training schedule, but it is recognized by the team that trains with Audley that he has phenomenal recuperative abilities. His routine is as follows:

Sunday is squat day and incredibly, Audley will go to a maximum double or single every week. From a warm up of low repetitions, he will begin doing singles or doubles from 250 Kg. upwards. Audley will not use knee wraps until he is past 300 Kg. on the squat and he will literally go as heavy as he can on the day. His best double without a support-suit is 330 Kg. and best double with the suit is 370 Kg.

On Monday, Audley will attack the bench press and, again, goes to maximum. He will go as heavy as he can without a bench shirt, then he does the shirt and goes up to maximum. Incline follows the bench press and here Audley will hit the rep range of 5 to 8. Machine press follows the inclines and then he does some pec deck work.

Tuesday will see Audley train TWICE in the morning. Audley hits the deadlift and, you've guessed it, will go to absolute maximum in either doubles or singles. Following this he will attack shrugs in the rack. His sets remain constant at 225 x 8, then 265 x 8, 305 x 8 and then, if he feels good, Audley hits 350 Kg. x 10! In the afternoon on Tuesday Audley trains the shoulders hard with barbell presses both behind the neck and in front. All three heads of the deltoid are then given attention with front, side and rear laterals.

On Wednesday, Audley will work the back. How many times do you go into a gym and see a man weighing 140 Kg. doing curls? Well, if you go to Ultra Bodies Gym in

Luton, England on a Wednesday morning you would see Audley Baker perform 4 sets of 8 repetitions at the chinning bar with a dead stop between each rep. Lat pull-downs to the front follow the chins and then lat pull-downs to the rear - both movements are done for 4 sets of 8 reps with the front pull-downs the complete stack of the machine is used. Seated rows complete the back session.

Thursday will see Audley work the bench press and, once again, he will go to the maximum he can do that day. Triceps are then worked with one arm dumbbell extensions, tricep pushdowns, single arm cable pull-downs and finally work on the dip machine.

Friday is exclusively set aside for biceps. Audley starts the session with standard barbell curls followed by preacher curls. Alternate dumbbell curls are then done and Audley does this movement strictly with 40 Kg dumbbells. To finish the session Audley further pumps the biceps with cable work.

Saturday is a rest day. Sunday, Audley starts the weekly session all over again. Personally I got tired just writing the workout down, let alone doing it but, as was previously stated, Audley is a unique lifter with a unique schedule.

Despite his training routine, Audley manages his time well, working in security as well as bringing up his 4 year old son Lewis. With regard to his son, Audley is very diligent, working hard to secure the welfare of his son for the future. Audley would like to thank the team he trains with: Terry O'Neill, Les Hamrill, John Feehan, Matt Saunders, Mick McCarty, Matt Mackie and Ultra Bodies Gym. A special vote of thanks and gratitude is given to Jim Kelly who sponsors all of Audley's lifting endeavors.

So what does the future hold for Audley Baker? Short term lifting goals are to hopefully total 975 Kg. and long term goals include a 400 Kg. squat and 1000 Kg. total.

By the time this article is printed the W.D.F.P.F. Worlds will have been contested. Should Audley win this meet he would have become the most successful 145 Kg lifter ever in W.D.F.P.F. history. Regardless of the outcome at the Worlds, Audley has already achieved a world record squat, a 955 Kg total, and Best Lifter award at the 1999 European Championships, against a great field of talented athletes. Ask any lifter or fan of drug free lifting in Britain who is the biggest and strongest lifter in the British Drug Free Powerlifting Association and the answer will be the same - the Man - Audley Baker.

RIBOSE

by Bob Kennedy, Vitamin Discounters

I would make a bet that over the past 5 years that 95% of all readers of this magazine have tried supplements such as creatine, androstene, dhea, and many others. I would also bet that most users of these products were disappointed with the results except for creatine. The supplement industry does have many effective products however many of the products advertised to athletes are questionable. I remember the first bottles of creatine that I tried and within two near normal after 48 hours and athletes who did not consume Ribose had decreased levels three days after training! This means that you are digging into your recovery system every time you train with lowered ATP and that means slow or no gains. In a perfect situation where our bodies never had lowered ATP, you would have the ability to train almost endlessly and your gains would be out of this world. Ribose will bring ATP back to normal unlike any other substance.

The next question is how much to take. Research is continuing on this subject however my experience shows that if you take 1 teaspoon one hour before working out and 1 teaspoon directly after workout, you will achieve fantastic results. It is also important to take Ribose on your off days to continue the building of your ATP levels. The results in many athletes can be seen within three days! The safety of Ribose is impressive and we know this because of the many medical studies that have been done on it. The only complaint is loose stools and this only occurs at very high dosages. The only caution is to not allow Ribose to get hot because it can convert to creatine which must be cycled, Ribose can be taken with no need to cycle. Ribose can be taken with creatine, however this article does not allow me to get into the proper cycles for that. Please feel free to call Bob Kennedy or Ed Jones at Vitamin Discounters, 1-800-548-1556.

Based on my experience with Ribose, I believe that it will be the next superstar in the supplement industry.

"Based on my experience with Ribose, I believe that it will be the next superstar in the supplement industry."

to lift heavy weights quickly diminishes. The body builds and stores ATP on its own and the more ATP that you have in your muscle, the better your potential will be in the gym. Creatine works on the ATP level by providing a raw material for reforming ATP from creatine phosphate. The problem with creatine is that it is used up in 30 seconds of maximum activity and when the creatine is used up, secondary systems kick in which attempt to rebuild ATP levels and Ribose makes that possible. Ribose works by salvaging the compounds that are produced in lifting so that ATP

POWER SCENE

present the Belgium National Championships live on the Internet. A who's who of Belgian lifters should be competing. We'll let you know in a future column what website will carry the contest and



Nance Avigliano utilizes additional chains and rubber band resistance in her deadlift workout taped at the Los Angeles Lifting Club

242, has a new athletic activity. That's Neil running his first marathon, the Long Island Marathon, and he finished it. Way to go, Neil! Running with a slightly injured knee, and weighing 186 lbs., he finished in 4 hours and 31 minutes, and was still benching 370 while he trained.

Next year Neil is looking to do the marathon in under 4 hours and also compete in AAU powerlifting meets. Neil's best squat is 720, and his best deadlift is 650 (both at 242). He says that at age 39, he's looking forward to many more years of both sports.

As for Neil's brother Chris, I spoke with him a couple of weeks ago, and he's still retired, from powerlifting, and I don't think he's planning on running any marathons.

Powerlifting invades the web! Power Scene has discovered an

Powerlifting invades the bodybuilding world! Olympia's biggest title, Mr. Olympia, is being contested in October in Las Vegas, and Joe Weider announced that he has arranged a world record bench press exhibition there. Dave Waterman, who holds the world record at 198 lbs. with a 620 lb. bench press, will attempt to break that record. Joe Weider's Mr. Olympia will take place at the Mandalay Bay Hotel in Vegas on Saturday, October 23; for ticket info, call 702-632-7580.

Powerlifting invades the movie world! This past weekend I checked out Jean Claude Van Damme's newest movie, *Universal Soldier: The Return*, and there was Hank Hill, former PL USA cover guy and 900 lb. squatter, on the silver screen. In his scene, as a good guy, Hank fights Bill Goldberg, of WCW wrestling fame.

Powerlifting invades the running world! Neil Confessore, who's benched 535 lbs. weighing only



Dave Waterman as he appeared on the July 1999 cover of PL USA.

Powerlifting invades the movie world! This past weekend I checked out Jean Claude Van Damme's newest movie, *Universal Soldier: The Return*, and there was Hank Hill, former PL USA cover guy and 900 lb. squatter, on the silver screen. In his scene, as a good guy, Hank fights Bill Goldberg, of WCW wrestling fame.

Powerlifting invades the running world! Neil Confessore, who's benched 535 lbs. weighing only



Neil Confessore running (and completing!) his first marathon.

WOMEN'S TOP 50 ALL-TIME 56 kgs. (123 lbs.) as ranked by Herb Glosbrenner



Rachel Mathias lead the impressive list of 300 plus bench pressers.

SQUAT	NAME	DATE
529	WARMAN,M	10NOV96
457	LIGGETT,M	06JUL91
452	SHAFER,R	29JAN83
446	ALTIZER,B	07MAY95
439	JOHNSON,F	15MAY88
430	FRANTZ,D	15FEB87
429	BLAKELY,A	20OCT94
429	STEENROD,V	01JUN85
429	BAKER,K	21NOV91
429	SCHWENKER,V	31MAY96
(10)		
426	TEYER,J	26JUN98
425	BOYCE,A	24NOV96
418	MYERS,T	03NOV94
407	CUNEN	10DEC88
405	EASTERS	28APR84
405	EASTERS	07APR90
402	AYERBACH,J	01FEB86
402	HOFFMAN,A	18JUL88
402	BOUDREAU,C	11JUL97
391	KIZEKE	07OCT84
(20)		
385	RHODES,J	06JUL96
380	JOHNSON,D	22NOV82
380	LINEAN,C	11APR86
380	MATHIAS,R	31JUL99
380	KELLI,M	21OCT84
380	LEKANCEEP	29MAR97
380	DIAMOND,M	06NOV96
378	CRAIN,C	19APR80
375	TURNER,M	27MAR93
(30)		
374	18AUC90	
374	FABADLOK	21NOV91
374	ADAMS,I	21JUL95
374	DENONL	04NOV98
370	ARNOLD,T	30OCT98
369	MATTER	07MAY83
369	LEMASTEL	11AUC84
369	RYKOSKI,T	23APR88
369	GRAY,A	01MAY91
369	FLORES,S	07APR91
(40)		
369	PERETI,L	31MAY96
363	WARDS	20FEB82
363	WARD,S	05APR86
363	KOURTIS,K	21FEB87
363	KONST,C	30JAN88
363	SCHEIDT,P	08FEB88
363	KACZUR,L	03DEC88
363	CHAMPION,L	04FEB89
363	WEISBERG,C	07AUG93
360	BUTLER,C	19OCT85

BENCH PRESS	NAME	DATE
308	MATHIAS,R	21AUG94
308	RINEHART,T	06MAR99
302	BLAKELY,A	11DEC93
265	BOYCE,A	13DEC97
264	SCHWENKER,V	06NOV97
255	ALTIZER,B	21NOV97
255	LIGGETT,M	02MAR96
250	SWARTZ,M	08JUL96
249	ROEJ,J	03NOV90
(10)		
248	STEENROD,V	26JAN85
248	FIELD,J	07MAR92
248	WARMAN,M	19AUG95
248	GRAY,A	11JUL97
245	FORD,W	21APR96
242	AYERBACH,J	06JUL91
242	RAIDKA	17JUL95
242	WEISBERG,C	15JUL95
240	VISCUSO,D	18FEB90
240	LIPPERT,J	02MAY98
(20)		
240	ARNOLD,T	26JUN98
235	PACKARD,C	16AUG87
235	BATRAJ,P	28MAR92
235	HUGHES,A	06SEP97
231	CUNEN	10DEC88
231	DIAMOND,M	21NOV91
226	DAKING,J	27FEB99
225	SIMONSA	27FEB99
225	BILLINGS,C	23MAR91
(30)		
225	BREY,T	04JUN95
225	RHODES,J	06JUL96
225	WILSON,D	AN87
220	PALMIERU,L	0CT86
220	KOURTIS,K	21FEB87
220	LASS,D	19DEC88
220	DOUGLASE	30JUL90
220	FLORES,S	23NOV91
220	SHELAU,N	02DEC95
(40)		
220	KELLI,M	01FEB87
220	MOORE,D	20FEB99
215	SHENOW,L	04JUN89
214	HOLEA	21APR95
214	POWELL,C	01FEB86
214	HUEYA	18AUC90
214	COUCH,K	31AUG91
214	DAV,I	08MAY93
214	PERETI,L	31MAY96
214	LOOMIS,L	06DEC97



Mary Warman's hugs 529 squat put her in the total lead as well. (photo by Herb Glosbrenner)

TOTAL	NAME	DATE
1196	WARMAN,M	10NOV96
1173	LIGGETT,M	16JUL86
1146	SHAFER,R	29JAN83
1124	STEENROD,V	01JUN85
1107	ALTIZER,B	18MAY85
1102	BOUDREAU,C	11JUL97
1100	AYERBACH,J	01FEB86
1080	BAKER,K	21NOV91
1075	BOYCE,A	24NOV96
(10)		
1070	FRANTZ,D	18APR87
1070	BLAKELY,A	30OCT93
1058	MATHIAS,R	31JUL99
1058	MEYER,S	27OCT95
1050	TEYER,J	30OCT98
1041	CUNEN	10DEC88
1030	MATTER	07MAY83
1030	JOHNSON,D	22NOV83
1015	JOHNSON,F	15MAY88
1015	EASTERS	07APR90
(20)		
1014	DIAMOND,M	06NOV98
1003	GRAY,A	02MAR91
997	HOFFMAN,A	16JUL88
986	TARVER,B	02MAR91
986	LEKANCEEP	19SEP98
975	WEISBERG,C	05NOV92
970	HUEYA	18AUC90
965	CALDWELL,M	22APR95
964	HARTMANN,D	05NOV88
(30)		
964	KELLI,M	01FEB87
957	CRAIN,C	19APR80
953	KOURTIS,K	21FEB87
953	REV,J	22FEB99
940	ARNOLD,T	26JUN98
940	KACZUR,L	03DEC88
948	PERETI,L	31MAY96
945	RHODES,J	06JUN96
937	RAIDKA	17JUN89
937	FLORES,S	07APR91
(40)		
935	FALMIERU,L	OCT86
931	POWELL,C	01FEB86
931	FABADLOK	21NOV91
926	CANDELARIA,D	30MAR87
925	TURNER,M	27MAR93
920	GETZ,M	07FEB88
914	TODMAN,E	01NOV81
914	WARD,S	05APR86
910	BUTLER,C	19OCT85
909	KIZEKE	05OCT85



Mariah Liggett DLs back in '81.

DEADLIFT	NAME	DATE
485	LIGGETT, M	NOV88
479	SHAFER, R	22JAN83
460	JOHNSON, D	22NOV83
460	FRANTZ, D	18APR87
457	STEENROD, V	31MAY87
455	BOUDREAU, C	17MAY97
441	MATTER	07MAY83
441	SCHWENKER, V	31MAY96
435	AYERBACH, J	26JAN85
435	MEYER, S	27OCT95
(10)		
435	WARMAN, M	06NOV98
435	CUNEN	20MAY89
429	ADAMS, I	19AUG95
424	GRAY, A	01MAY91
424	FORD, W	21APR96
420	AYERBACH, J	07APR91
420	MATHIAS, R	15JUL95
420	DIAMOND, M	25MAR97
410	BAKER, K	21NOV91
418	DEVOLITZ, T	07MAY94
(20)		
418	ALTIZER, B	18MAR85
415	JOHNSON, F	13MAY88
413	KACZUR, L	03DEC88
411	CALDWELL, M	05OCT88
410	BRAN, A	06JUL96
407	KIZER, E	19APR90
407	COWAN, J	05OCT85
402	TODMAN, E	06JUN98
402	TODMAN, E	20FEB82
402	HARTMANN, D	20NOV82
(30)		
402	MANNING, C	31MAR83
402	WALKER, B	11MAY85
402	LINEAN, C	13APR86
402	GALCIN, S	11MAY96
402	SVRCHEK, I	14SEP96
402	LEKANCEEP, P	19SEP98
400	CATO, D	11JUN83
400	JOHNSON, D	11APR86
400	DRAPER, G	06JUN87
400	FRANKS, K	11APR87
400	STEWART, F	04APR98
(40)		
398	RAMOS, L	03DEC94
396	POWELL, C	01FEB86
396	SORTWELLA, A	12AUG89
396	HOFFMAN, A	16JUL88
391	TARVER, B	01MAR91
391	ROBINSON, K	15OCT94
391	REY, J	23MAY98
390	DEGENERRO, M	26NOV88
390	BONGIOVANNI, I	22FEB92
390	TEYER, J	30OCT98

More From Ken Leistner

One of the overlooked necessities of powerlifting success is passion. It's an obvious but neglected factor that has changed the face of the game in the past years. In the "old days" you really needed to enjoy your training and competition bouts in order to continue making the sacrifices necessary to progress and do as well as possible. Before the younger generation begins to shout and stomp, let me clarify this statement with one or two examples.

In the late 1960s, my friend Jack Lawrence and I were graciously allowed to live in Bill Pearl's Gym on Manchester Avenue in Los Angeles. Bill had bought the gym from George Redpath and had established it as one of the finest workout facilities in the country. Unlike today, where the number of Monolifts and Hammer machines determine "the best gym for a lifter", Bill's willingness to give sound advice, be there for the membership, keep a clean place where the atmosphere was comfortable socially and encouraging for one's training, and the presence of other lifters and athletes made it a solid training area. If one wanted more of a bodybuilding atmosphere, they could travel from Inglewood, where Pearl's Gym was, to Venice, where the original Gold's Gym was located. Even though bodybuilders were the backbone of the gym (and these were the pre-Arnold days), there were a number of lifters and football players present to provide a good training boost. For those who passed training, you could drive over to Culver City and train with the fabled Westside lifters in the garage gym of Bill West, and do it in the company of George Frenn, Bill

with the best guys possible. In the New York City area, there were even fewer places to train if you wished to be a lifter. Some of us trained at home, but were fortunate to have Tony Pandolfo's gym near us. While the presence of Chris Dickerson, Dennis Thierino, Tony Mesa, home of big, unusual equipment and local bodybuilding successes did not necessarily make this a "lifting gym", most of these guys, as many did in the 1960s, trained heavily on their squats, bench presses, and deadlifts as part of their bodybuilding preparation. You could always go into the gym and find guys to go heavy with. If not, there was a gym in Staten Island where Joe Weinstein and a few others trained and that was really it. Everyone else and for those who know how to get around in Los Angeles, did anyone point is that, today, you can go into any small town and find one, two, or three training establishments. Every one of them will have a bench, an Olympic or power bar, plates, and some type of rack to squat off of. While there may not be competitive lifters, or many of them on the premises, no one will look at you sideways if you load 600 on the bar and do a double in the deadlift. In the time period I have been describing, just lifting weights and looking as suspect to the general public. You found refuge in the gym because there were others who were similarly motivated, though not very many of them. If the media said anything about "being a lifter" it was invariably negative. When a local man shot and killed another in this area, I can recall that this case drew tremendous attention because the man who was accused and ultimately convicted of murder was a "lifter". In every story, and there were many, it mentioned this fact and in more than a few, insinuated that the fact that he was a weight trainer, explained or contributed to the explanation as to why he was driven to murder. Obviously, to a large segment of society, only "toccoes" and "de-

rangd individuals" lifted weights seriously, and what kind of emotional disturbance led one to be concerned with their muscular development? You had to want to lift! You had to drive hitchhike, take two or three buses or subways in order to find a good lifting atmosphere. At times, you had to do the above to find a lifting facility. In some cases, you had to travel to find any type of training facility. We had men and women come to the Iron Island Gym when I was the owner, and tell us that there was "no way" they could return to their regular gym and train. "You guys have Monolifts, electric squat racks, Sutherland, Pisanella, Leistner bars, special deadlift bars, kello or pound plates, this is heaven for a lifter. The other lifters are so helpful, you have chalk everywhere, they don't even let us use chalk at my gym". While Ralph and I would be flattered, the primary point was missed - that one can train anywhere and do so effectively if they are motivated to do so. Having safe equipment is a necessity, but having adequate equipment will allow one to do as well as possible in almost every case. I'm glad that we could provide such an excellent training atmosphere at the Iron Island Gym (and this continues under Michele and Ralph since my departure) and that I've been fortunate that Kathy and I have been able to afford to maintain a fully equipped and wonderful training facility at the home office as well as in the garage and that I too enjoyed doing squats and deadlifts with bars for example and racks that made my efforts fully focused. However, I am also quick to point out that my first "barbell" consisted of a truck axle that my father and I liberated off an abandoned haul left on the empty lot next to our house, and we adorned it with flywheels and sewer covers used as plates. My "dumbbells" were metal pails filled with cement. I bench pressed over 400 pounds and squatted 500 on that axle and flywheel and sewer cover construction, benching on a homemade bench and using an iron sawhorse for a rack for both squats and benches. In retrospect, I was doing a half squat just to get the barbell in position to begin to squat.

I wanted to train and improve and was fortunate enough to do so. While I never met the standards I had continued to set for myself, I enjoyed my training, stayed motivated, gained tremendous self knowledge through my training, and any failure stemmed not from a lack of a training facility or equipment but from my own inadequacies. One needs to have the desire and passion to continue to improve and use whatever is available to do so. While you can still drive ten minutes in any direction, in many if not most parts of this country and find a place to squat, bench press, and deadlift, you still have to have the desire to do so and do it to the best of your momentary ability, every time you do so. And then, you should thank your lucky stars that you had the opportunity to have the time and facility to train.

Go to any gym during peak hours and you may have trouble getting a bench to work on right away, the bench press is not popular. Most lifters, even non-competitive ones, have a bigger bench near or at the top of their lifting goals and spend a lot of time and effort trying to succeed. However, in my opinion, many lifters are unknowingly holding themselves back by using too narrow a bench grip width, lying somewhere around shoulder width. Most of the time the reason for using a narrow grip is lack of proper coaching and knowledge. Many lifters started using a closer grip because their first barbell set came with some instructions to basic exercises that told them to bench with a "shoulder width grip" and they never looked back or any further. With time, this grip most likely produced results and the lifter grew comfortable with it and saw no need to change. However, there eventually comes a time when progress in the lift abruptly halts or slows down and the lifter usually looks for a new routine or supplement when at least a partial solution may be a technique change revolutionizing around grip width. With such a narrow grip, the lifter is not using the full potential of his pectoral musculature, but relies on the much smaller and weaker triceps to do most of the work. I say potential, because if the lifter doesn't approach widening his bench grip correctly, their bench will actually drop. Generally the wider the grip, the more involvement of the chest or pectorals. If a lifter has trained for an extended length of time with a shoulder width grip (within a few inches), he has not placed enough demand on his pectorals to develop them to a high strength level. In the past talks with bench sensation, Rick Wall and Chris Confessore, they both conveyed to me their use of a narrower grip early in their careers, but moved their grip out later and became two of the greatest benchers in history. They moved away from relying on their triceps power and made use of more of their upper body strength, most of the contribution coming from the pectorals. There is yet another advantage to a wider grip that I will explore later.

The best way to strengthen the pectorals is to slowly increase your bench grip over a period of time. Even a small change in width, as little as one inch farther out on each side, would substantially alter the involvement of the pectorals and change the physics of the lift. Also don't expect to take your grip out from shoulder width to the 81 centimeter competition limit and immediately add 33% to your bench. Injury prevention is another reason not to go out too wide too quickly. Your shoulder, chest, tendons and ligaments should be slowly introduced to the different stresses. Let's look at how a lifter on a 12-3-6 week off-season training cycle might want to work on widening his grip. On week 1-3, take your grip out 1 finger width more than normal on each side. You may not be able to get the same number of reps you would normally get with your usual grip because of the reasons I explained earlier, but stick with it. If you get your grip out even 1 to 2 widths

you get 90% of your reps on weeks 1 and 3, take your grip out an additional finger width for weeks 4-6. If not, stay at that width for 3 more weeks then move out. Two fingers widths may not sound like much, but remember it's actually 4 widths as you went out 2 widths on each side. Depending on your lifting cycle will depend on your fully new gains into your bench. Your off-season is the best time to try to widen your grip out, but come meet time, use the method that will yield the best results. When looking for methods to increase your strength, look farther than just a new routine or supplement, look at your technique. Get a grip on your bench and you may get a grip on some new personal records and make that wait for the bench at the gym more worthwhile.

In that 12 weeks, consider this venture a success. Be careful not to go out too far because the wider you go, the more stress on your shoulders, etc. Obviously, a 5-foot tall lifter would be extremely hard pressed to go to the 81 centimeter-inch limit; size is a factor. On the next cycle, try to go out a bit more if there's room. Just remember to do it slowly.

If you are already using a 81 centimeter grip, you cannot go any wider than the legal width in competition, but training with a wider grip still can strengthen the chest which can add up to a bigger bench with the max legal width grip. Some lifters are meant to be close grip benchers, but I think they're a minority. Even those lifters can benefit from a few weeks of benching with a wider than normal grip. A more powerful chest is a plus no matter what width grip or style you use and using a wider grip in training is a superior way to develop it. I mentioned earlier that there is another benefit of using a wider grip: that is you will have less distance to push the bar up. That's just pure physics. The less distance you have to go; the more you can lift even with the same amount of strength.

Your triceps will still get a good workout using a wider grip. You can include a few sets of close grips after your benches for additional triceps work. Close grips, shoulder grip width, seem to be the exercise of preference for many big benchers for building triceps power. Even if you have no intention or desire to widen your grip, a few sets of wider grip benches in your training cycle will help variety and hopefully new gains into your bench. Your off-season is the best time to try to widen your grip out, but come meet time, use the method that will yield the best results. When looking for methods to increase your strength, look farther than just a new routine or supplement, look at your technique. Get a grip on your bench and you may get a grip on some new personal records and make that wait for the bench at the gym more worthwhile.

Doug's Web address: members.aol.com/ddan12345/default.htm

Get a Grip on Your Bench as told to Powerlifting USA by DOUG DANIELS



Gary Frank has the right grip for his bench. Here he opens with 639 at the APF Seniors (Herb)

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The high-school pole vaulter is lining up to run. He looks at the cross bar as the sweat drops from his brow. The track coach waits expectantly at the side of the pit. As the vaulter picks up his pole and checks his grip, he calls out, "raise the bar another two feet!"

The coach sighs and replies, "quit fooling around, you haven't made this height yet! Do it again the right way! Remember the films."

The vaulter sets the pole down and says, "raise it two more feet - that would be a new record, and while you're at it - move the foam pads back 10 feet! I'm also going to jump farther than ever before!"

Red-faced, the coach steps forward his hard-headed athlete, "You have to clear 16' 9" before you try 18'9" and there are no points for distance! The bar stays where it is, and so does the foam pit! Do it now or hit the showers!"

Wake up you, sleepy-headed powerlifters, this could be you! We have a "no limit" mindset, and rightfully so. But truthfully, a little common sense must be employed.

After watching two friends bomb out in meets they could've won, I was reminded: there may be no permanent limit, but each peaking cycle has temporary limiting factors. Each 1000 mile journey may begin with a single step (GHANDI), but each step must be taken. You can not "skip to the good part" like reading Cliff Notes for a school test!

I had a good friend who peaked in high school. At that time the record was 1881/4" and so that was his ultimate goal, but he didn't try that height in practice - or in meets - because he was still struggling to get 16'. He got a full scholarship by making the "smaller" vaults. If he had insisted on trying the record at every practice (or meet), he would've only gotten good at crashing into the crossbar. He certainly wouldn't have been awarded a track scholarship for THAT. He didn't waste energy trying to jump further because it didn't matter in his event. Powerlifters would do well to remember this when they pick their attempts. Also when they read bodybuilding training routines.

Why don't we open with a world record every time? Because there are steps which must be taken. If the warm-up fails so goes the lift. Think of your opener as your last warm-up, since the timing of your warm-ups may be inconsistent. Some lifters seem to be especially good at bombing with weights that are beyond their ability.

When I was a boy I loved to build with dominos. I could stack them very tall if I made the tower skinny. But then it might fall over if someone else threw a Matchbox car at it. The German military call this vulnerable formation "Truppenkorper" but we'll

TRAINING

Ever Stack Any Dominoes? WEAPON 9: LIMITS

as told to Powerlifting USA by Rick Brewer

increments, and each step much be taken. You may steal a few dominos along the way, but you are still limited to a set amount. If our recuperation abilities were truly unlimited, then we would completely re-write the record book at every meet. But there are limits. They may be short term, but they are real.

Looking back at my training log, I can see that I drastically overtrained when I was younger. I would've been a whole lot stronger... if I had rested more, and lifted less. I couldn't understand my slow progress from meet to meet - given all the time I invested. If I were to attempt to duplicate my old training regimen - I couldn't. Not enough testosterone; workouts to close the gap between us and the next record... but the truth is: the steps come in small now.

All weightlifters are limited to one set to dominos. It doesn't matter what supplements you take or what age you are, you still have only one set of dominos. You can add sets and reps and new exercises in a volumetric (bodybuilding) approach to overcome all of your weaknesses - but the "touser of power" won't get very tall. It may seem like we need to add a couple of extra hours to our workouts to close the gap between us and the next record... but the truth is: the steps come in small now.

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At the High School Nationals this year, I spoke to many over-trained kids who totaled lies at each successive meet. They lifted heavy for five days a week, while running for football. Then they maxed out a few times and did a meet every other weekend! Why didn't they get any stronger? Must have been their lack of money for supplementation, or their worn-out lifting equipment? When they tired, their "coaches" pressed them harder. It couldn't be that they were overtrained? Nah!

I know a few high-school lifters who dropped out of football so they could reduce their workload and improve recuperation. Needless to say, their totals shot way up. Bill Starr is rolling his eyes in disgust at coaches who refuse periodization and lock every football player into a weakening regime. (More on this in later article).

Field Marshall Helmuth Graf von Moltke wrote the definitive text on Germanic warfare as practiced through the end of WWII. Moltke actually originally distinguished himself originally by directing the German Prussian campaigns against Austria in 1866 and then France 4-5 years later, but his writings during his tenure as Chief of General Staff showed his potential as one of the greatest military geniuses of all time.

A theme which appears too many times to count in Moltke's writings is that, "the smaller, the formation (Truppenkorper) and the more narrow its front, the easier will be the envelopment of its defensive position." (The hint outlines another flank defense, or wing attack).

"Duh", you say? "Takes no genius to see that! Fair enough, but consider your domino stack. Are you peaking your power in a narrow competitive summit (Truppenkorper), or are you broadening your workload base? You must have the (narrow/tall domino stack) peak for competition, but you must guard it closely. If you are peaking for a powerlifting meet, you must be on guard against the envelopment of overtraining. Rewind. Overtraining will take you in the flank, if you don't prepare for it by reducing accessory workload. Limits can be good.

As I write this, I have 3 days until my next meet, and my back hurts. My back pain is directly due to over-training. It caught me off guard (in the flank) as I tried to make up for lost time in meet prep. I may be too stupid to learn, but you don't have to be.

"A sow, after washing,, returns to wallowing in the mire." (2 Peter 2:22b). Don't just read and learn; you must apply these truths to benefit.

Next month: Two actual gladiators spectators give us a lesson.

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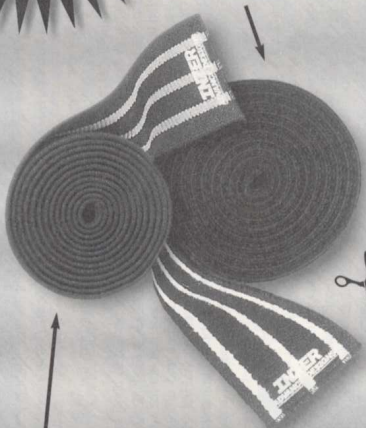
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Patrick Hall
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came off the platform he looked at me and said, '584 or 589?'

Two other trusted voices agreed and the attempt was turned in.

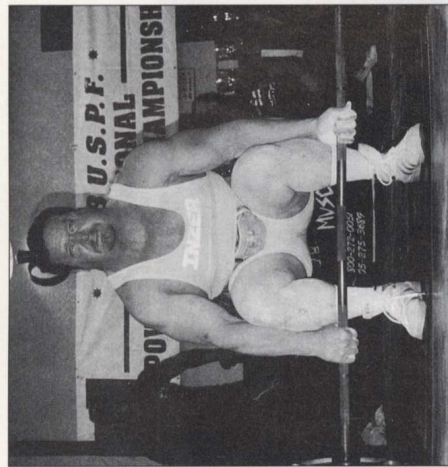
That was the second and biggest mistake of the contest. Coan blasted the weight off his chest, and actually straightened his left arm, but his right arm stalled within 2 inches of lockout and started to quiver. It was glaringly apparent.

The referee looked at the shimmy arm, frowned, shook his head and yelled, "Back it!" Three red lights and deservedly so. This was a six pound over-reach that, in this man's opinion, cost Ed Coan a 2500 pound total. Had we called 584 instead of 589, I sincerely believe he would have locked out the right arm. Had he made a 584 bench he would have been able to achieve 2500 with an 897 pound deadlift and there is no question in my mind that he would have pulled it. Paul, Ed's training partner, agreed: "I have total confidence up to 900." A little wind went out of the sails of Team Ed at that juncture. However, if there is one guy in the world capable of blowing your freaking mind when the chips are pushed to the center of the table, it's Ed Coan, so on we trudged.

An Iron Irony Befalls the Iron Icon

From his first squat until his third bench, less than one and a half hours had elapsed. Now it was time to deadlift and he needed a big one to salvage the day. He took four warm-ups, if memory serves, 255, 455, 655, 745. He barely got his warm-ups in before it was time to lift. They were flying through the lifts. It takes less than a minute to move from one deadlifter to the next. Ed Coan's first with 832 pounds would yield him a 2427 pound total on his opener. I had distinct memories of being a party to Ed's only bomb out. In Bloomington, Minnesota back in 1987 Coan opened with 832 and couldn't lock any of them out. I was his coach that day. Some of the *100 pound plates were a little overweight, but, hey, whose to say these 100's weren't a little heavy too? All this ran through my mind as he chalked up and walked out. He stood up with 832 like it was 255 and my fears dissipated.

The crowd's ecstatic conceptions stopped in mid-yell, like a car crashing into a concrete wall at 70 miles per hour, when two red lights came on. Whoa! Oh Mama! As Kramer on Seinfeld would say, Marty's mind was blown. Everybody then got kinda angry - like when the school administrators took the spiked



848 was the only deadlift try that went well for Ed... in the judges' eyes.

He stood over the bar, took three deep breaths, then dipped, contracted his massive body, and ripped the weight skyward. Locked-out in an instant! Whoa! Hot damn! Coan held the barbell aloft for a few extra seconds before replacing the barbell. Two reds and a white! No lift. Ecstatic joy was smashed in a heartbeat. To everyone's credit not a cross word was directed to either judge by any member of Team Coan, however, I'm not counting dirty looks and evil thoughts.

Ed will lift at the USPF World Championships to be held in Las Vegas in December. "I will total 2500. Look for 1034 - 1042 in my squat, 595 bench, 902 deadlift." The Las Vegas meet last year was one of the best any of us had ever attended. Why? We paid \$22 a night for a rice room that overlooked the Fremont Street Experience, which was packed with cool shops, cheap restaurants and all the nightlife a young man could hope to handle. The hotel restaurant was open 24 hours and served rib dinner for \$2.95 and steak for \$3.50. When it was announced that the meet would be held at the same location, lifters cheered, going up and thanking USPF officials. It was comical. Come to Vegas, eat cheap good food, stay in nice hotels, revel in adult Disney Land and watch Coan shatter 2500. What better use of their time could any red blooded American Powerlifter make?



Ed with his Seniors look... will he break 2500 in Vegas this December?

lifter rather than informing the officials that he was dropping out, thereby shortening the time frame, would call for a weight and then allow time to run out. This gave Coan additional precious recuperative minutes, but we could only stall for so long and as Coan strode to the lifting platform for his third attempt deadlift with 876, the crowd stood up and raised the proverbial roof. Ed uses a conventional style these days and his stance is wide.

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TRAINING

CIRCA-MAXIMAL PHASE as told to Powerlifting USA by Louie Simmons

Success in powerlifting requires a process known as periodization. This simply is a yearly plan divided into several phases. The final phase is of course, the competitive phase. Many coaches fall to plan the training of their lifters correctly, resulting in premature peaking and a less than top performance at contest time.

The next time you're at a major contest, listen to all the gym lifts that were done just prior to the contest that somehow are reduced 50-100 pounds at the contest.

While we at Westside use the three methods of strength training (the dynamic, the maximal, and the repetition method), they are applied in a yearly plan consisting of many microcycles.

Cheating is also a supramaximal method. Although this overloads the body in some areas, it neglects other areas. Ballistics is the third supramaximal method. This we do

while speed benching with great success. It consists of lowering the bar very quickly with about 60% of a 1-rep max, catching it 2.4 inches off the chest, and reversing it as quickly as possible to the top.

Here I introduce a 5 week phase called the circa-maximal phase. In the literature the weights used during this phase are in the 90-97.5% range of a 1-rep max. The reps aren't

forced, nor are they assisted by the lightened method, and they aren't performed in a limited range of motion. Rather, full range movements are done.

Four lifters experimented with this training phase: myself, Todd Brock, Dave Tate, and Rob Fuenar. They had official squats of 810, 820, 875, and 900. After completion of this phase the average gain in the contest squats was 36 pounds (30-50 pound range).

The training was done in a wave cycle, moving up for 3 weeks and then starting over for the fourth week. Bands were attached to the squat bar. For 6 weeks, the weight on the bar was 365 (weeks 1 and 4) for 8 sets of 2 reps, 385 (weeks 2 and 5) for 8 sets of 2 reps, and 405 (weeks 3 and 6) for 8 sets of 2 reps. This represents two waves. The band tension on the box was 70 pounds at the bottom and 115 pounds at the top.

Tension is calculated by standing a 2 x 4 vertically on a scale under the bar with the bands attached to the Monolith. Read the scale with the bar at shoulder height and then at the height that it would be while sitting on the box. Subtract the bar weight and this will give you the tension of the bands in pounds at the top and bottom of the squat. The first 6 weeks look like this:

wk 1	wk 2	wk 3
top	480	500
bar wt.	365	385
bottom	435	455
wk 4	wk 5	wk 6
top	480	500
bar wt.	365	385
bottom	435	455

Now weight plates are added.

wk 7	wk 8	wk 9
top	540	570
bar wt.	425	455
bottom	495	525

The tension on the bar is 115 at the top and 70 at the bottom.

For weeks 10-12, more band tension is used, by looping the bands around the bottom of the power rack. The tension is now 220 pounds at the top and 130 at the bottom. It looks like this:

wk 10	wk 11	wk 12
top	645	675
bar wt.	425	455
bottom	555	585

Now we enter the circa-maximal phase. It is 5 weeks. More bands are loaded on.

Week 13	14	15	16	17
top	685	715	735	685
bar wt.	425	455	475	425
bottom	585	615	635	585

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During this phase the tension on the bars is 260 at the top and 160 at the bottom.

During weeks 18 and 19 a deloading process is implemented. For week 18 the bar weight is at its heaviest, 475, and is reduced to 425 week 19. The band tension is reduced from 260 at the top to 115 and reduced from 160 to 70 pounds at the bottom. This period is to restore quickness and acceleration.

The following week, the average increase in the squat for the four participants was 36 pounds, and remember the weakest squatter had an 810 squat. This is a very respectable jump for the high-caliber squatters that were tested.

Don't let the amount of band tension plus bar weight fool you: the average box squat record among those tested is 750 pounds. Also remember that this training is always done off a just-below-parallel box.

During the circa-maximal phase, the literature recommends the percentages to be in the 90-97.5% range. During our circa-maximal phase, our errors on the bottom are about 77.5% (885 pounds) and at the top 97.5% (735 pounds), as advised in Supertraining by Siff and Verkhoshansky.

Why does this system work? (1) Training with near-max weights will undoubtedly make one very strong. (2) It doesn't tax the CNS because a wave form of periodization is used,

going up for 3 weeks and starting over with week 1 weights, roughly 77.5%. We know that if weights of 90% and more are used for 3 weeks or longer, the CNS will surrender to the stress. That is why it is necessary to reduce the percentage for one or more weeks. (3) By using a large percentage of resistance with the bands we have achieved a method of forcibly stretching the muscles during an active contraction, which produces a greater force than would be developed with just bar weight. The bands magnify the role of the reflexes through yielding to overcoming the load.

(4) The final 2 weeks are a deloading phase, which carries with it a delayed training effect.

In summary, this is a 5 week circa-maximal phase that is introduced only after a 12 week preparatory phase, followed by a 2 week deloading phase, which acts as a restoration process as well as testing the ability to accelerate and reverse a load.

The special exercises that we used on the speed day were reverse hyperextensions, pull-throughs, glute/ham raises, sled work, top half of deadlift for high reps, and ab work.

The speed day/circa-maximal phase day was Friday. Max effort day was Monday. The test subjects switched a max core exercise every week, followed by 2-4 special exercises.

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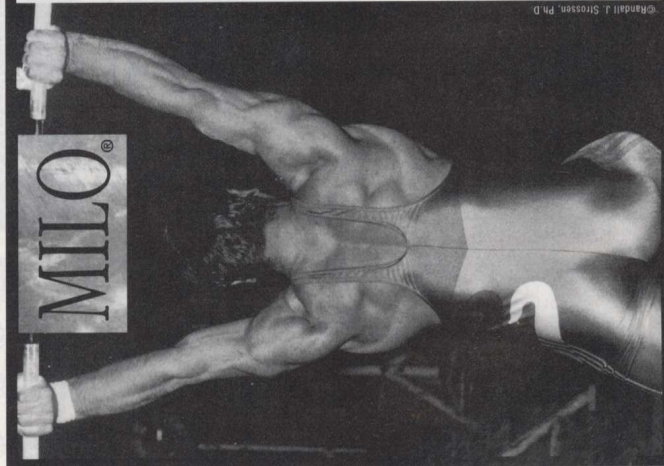
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Ask the Doctor

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 questions 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 am currently taking OAC (Kinesiology) and am doing a project on various philosophies of experts in the fitness and health field. I have read many of your articles and have a few questions, if you could please take the time to answer them. You are the inventor of the Anabolic Diet. How can one not eat carbohydrates and still have energy throughout the day? And how can one eat so much fat and still be healthy? Is this diet meant for everyone? Supplements, should the average Joe tinker with them or should they be reserved for professional athletes? Should high school athletes use them? Thank you for your time. **Charles**

DEAR CHARLES: For lack of time I'll have to give you some short answers to your questions. First of all the Anabolic Diet was meant for competitive or competitively minded bodybuilders and powerlifters and other athletes that compete in sports that have weight classes. For those who are just interested in looking fit and minimizing their body fat while maintaining muscle mass, I'm just completing another related book called the Metabolic Diet.

You can't eat unlimited amounts of saturated fats continuously without running into some health problems. However, for short periods of time coupled with intensive exercise there are no adverse effects from the higher fat content of the Anabolic Diet. As far as the low carb content, your body can make the relatively lower level of glucose that it needs through gluconeogenesis. For both the info on gluconeogenesis and for an in depth discussion of protein needs of athletes you might want to read my new book, *Amino Acids and Proteins for the Athlete: the Anabolic Edge*, published by CRC Press (www.crcpress.com).

I think that all athletes can use supplements and that they should be cycled according to the type and stage of your training. High school athletes can benefit from them if they're in serious training. **Mauro Di Pasquale MD**

DEAR MAURO: I was talking to a peer in my strength development class and we were discussing the fact that athletes used to take wheat germ to improve oxygen uptake back in the day. I got to thinking about possible benefits of a tablespoon of the wheat germ in my protein shakes twice daily. Do you think this would prove to be effective? Thanks. **Billie**

DEAR BILLIE: I agree with you about wheat germ. It's a highly nutritious food and contains about 25 percent protein, vitamin E, selenium, EFAS, many B vitamins and many other nutrients. I think it would be a very useful addition to your protein shakes. **MGD**

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DEAR MAURO: How safe is Pro-HGH? Larry R.

DEAR LARRY: Pro HGH is supposed to stimulate IGF-1 secretion and thus give some anabolic effects. It's a relatively safe product since it won't increase GH or IGF-1 beyond physiological levels and thus won't increase the incidence or severity of certain cancers such as prostate cancer. On the other hand it's not likely all that effective. I haven't seen any convincing data that tells me that it is. **MGD**

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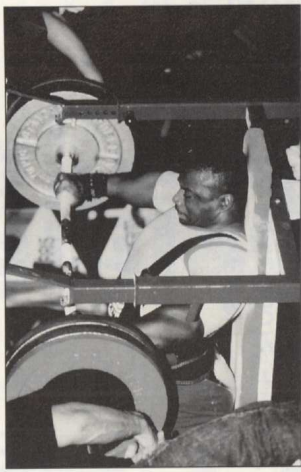
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INTERVIEW

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

IPF Champ HORACE LANE as interviewed for PL USA by Dr. Larry Miller



LM: Horace, let's start out by getting some background information about yourself.

HL: I'm 34 years old, and I work as a Warehouse Dockman for USF Holland trucking company in Detroit, Michigan. My wife Pamela and I have 3 children. Our oldest daughter is Brittany (10), next is Dasia (7), and my son Horace is 6.

LM: When did you get started in lifting?
HL: I have been lifting since I was about 12 years old for sports. I played baseball, football, and basketball. I became more serious with the weights after I sustained a hip injury. I started out bodybuilding and quickly found out that strength and power was what I was after. I was told by a powerlifter, Tim Burdette, that could be good at it, so I entered my bench press contest and took first in the notice and 2nd in the open division. I was then hooked and hungry to do better.

LM: What records do you hold?
HL: I hold the USAPL Bench Press Nationals record, which is 578; the

He is BIG! Horace Lane benching at the '99 USAPL Men's Nationals.

tional record with a bench of 629 lbs., all as a 275 lb. lifter.

LM: Do you have any remaining goals in the bench press or are you considering any 3 lift meets?

HL: My goal in the bench press for 1999 would be 650 lbs. and one day to do 700 lbs. at my present body weight. As for 3 lift meets, I wanted to total 1900 at this year's past USAPL Nationals, but I did qualify with an 1840 total including a 625 squat, a bench of 615 and a 600 lb. deadlift. For next year's Nationals I'd like to total 2100.

LM: What do you do regarding diet and supplements?

HL: I usually stay around 275-280. I have been having trouble maintaining my weight lately and have weighed in at a few contests around 269. I eat lots of chicken, turkey, and pasta. I keep my protein intake high and drink lots of water. I take supplements, including amino acids, creatine, vitamins, minerals, and whey protein.

LM: What are your views on drugs and drug testing?

HL: Drugs have no place in sports. I'm 100% against them. Drug testing should be done on all the top 3 finishers at all contests. I'm also in favor of out of meat testing.

LM: What type of lifting programs are you on?

HL: I have been working with C.J. Barren and he has changed my technique quite a bit. I have widened my grip, and I am trying to increase my arch. I train my bench heavy once a week and when I get close to a contest, I train my bench twice a week,

one heavy day and one lighter. I do heavy sets of five reps, dumbbells, declines, and power rack lockouts. I get up to about 640 lbs. for my 6 inch lockouts. With my bench, C.J. had me doing sets of 5 reps and I was adding 10 lbs. a week and I got up to 540 lbs. for sets of 5 reps. For my triceps, I do skull crushers and the heavy lockouts and tricep pushdowns.

LM: Have you had to overcome any injuries over the years?

HL: I periodically have problems with my right shoulder, so I have to stretch and warm it up before I lift.

LM: What type of equipment do you like to use?

HL: I use the Crain Bench Press shirt and that's about it. I just recently started to use the bench shirts and will have to start using some of the other equipment.

LM: How have you dealt with the transition from local meet competitor to an IPF World Champion?

HL: It hasn't been much different than before to me. I'm still in the gym training, trying to get stronger. A lot more people recognize my name and accomplishments. I'd like to get better known, eventually, as a great lifter versus being just a bench presser.

LM: The world competition was by far my biggest competition to date. It was all that I had expected it to be and I am looking forward to going back again.

LM: Are there any people in the sport who have gained your respect?

HL: Of course. C.J. Barren would be a great deal about lifting and to have the confidence that I can do whatever I think I can do and to yourself for seeing the potential in me and hooking me up with C.J.

LM: How have you enjoyed your friendly competition with Miss Inoke, who tied you at the BP Nationals (and lost on bodyweight) and competed head to head with you at the IPF (BP) Worlds in Germany?

HL: Miss Inoke is a great lifter and he is sunning for me. We have developed a friendly rivalry and I know that the both of us will continue to get stronger and I look forward to competing against him in the future.

LM: Any additional comments you would like to make?

HL: I would like to thank my wife Pamela and my children for being there for me, Titan Supports Systems and owner Pete Alaniz, Power House Gym, my co-workers at USF Holland Local, 299 Dr. Mauro DiPasquale, and a special thanks to C.J. Barren and Mark for all their help and support.

WORKOUT of the Month

speed/volume work if it comes up four or less days before the Meet; Weeks 10-12: same as Weeks 1-3; 3rd 315.

All bench reps should be lowered fairly slowly and blasted up. No bouncing off your chest, not even that little cheat dip the last inch or two that so many of us love to do! Use three different grips each workout for the eight sets of triples, a La Louis Shriner's narrow (index finger at the knurl end), mid, and wide grip. Use the grip that works best for you with the four and the singles. A couple minutes between triples sets; 4 or 5 minutes between the fours; 5 or more minutes for the singles to anticipate movements at the Meet. Warm up according to personal preference, but remember warm-ups are not work sets, don't overdo them.

Assistance for the speed/volume days: Weeks 1-3: one set of incline dumbbells w/ emphasis in palms facing each other, to emphasize the triceps; for 20 reps; one set of dumbbell-shoulder presses, palms facing each other, for 20 reps; one set of pull-downs for 10 reps. Weeks 4-6: one set of modified close-grips, index finger at the knurling, elbows out, bar lowered to the throat, for 15 reps; pushdowns, close-grip, elbows out; two sets of 20 reps; one set of pull-downs for 10 reps. Weeks 7-9: Rack workout from approx. 4 inches, 7 inches, and 10 inches above the chest. Start from the pins and pause each of five reps from each position, close-grip, index finger at the knurl end; pull-downs for one set of 10, weeks 10-12: same as Weeks 1-3.

Assistance for the heavy days: Weeks 1-3: french press with an EZ curl bar, close-grip, for one set of 20; pull-downs for one set of 30 reps; dumbbell curls for one set of 10 reps. Weeks 4-6: behind-the-neck press, pause reps off the pins in a rack set at about the base of your skull, a set of 10 reps, then add weight for a set of 5 reps, then return to weight you used for the 10 reps and do it for 12 or more; pull-downs for one set of 30 reps; seated bar curls, wide grip, bar resting on thighs, for 10 reps. Weeks 7-9: incline bench, index finger at knurl end, 5 reps with a weight you can handle for 10 reps, 3 reps with what you can do for 5 or 6 reps, then a heavy single; pull-downs

for one set of 30 reps; Close-grip EZ bar curls for one set of 10 reps; Weeks 10-12: same as Weeks 1-3.

Always end each session with back extensions or reverse hyper's, weighted set for 10 reps to build and then 30-50 reps unweighted to flush out the lower back.

If you decide to repeat the routine for another 12 weeks, whether to continue your success or to coincide with the 24 week squat and deadlift routines, simply add 5 lbs. to your speed/volume days, and the amount of your PR increase-5, 10, or 15 lbs.-to the heavy days. For example: Week 13: SV, 220x4x4; H, 240-250 TG, 185x3x8 sets; H, 245-255 TG, 230-240 Pause, etc., etc.

For assistance movements, Weeks 13-15 would be the same as for Weeks 4-6; Weeks 16-18 the same as 7-9; Weeks 19-21 the same as 1-3 and 10-12; and Weeks 22-24 the same as Weeks 4-6 and 13-15. Add at P.O. Box 73, Norfolk, MA 02066.

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weight to an assistance exercise whenever you were able to get more reps than were called for in the previous workout that you did that exercise, but only if you got those reps with good form. Cheat reps don't mean that you got any stronger, just that you got trickier, and tricks work with the judges!

The tricks that will work are hitting the muscle groups from differing angles while varying the tri-weekly assistance tonnage and staggering the weekly heavy day mini-cycle with the bi-weekly speed/volume mini-cycle and the tri-weekly assistance mini-cycle. This muscle confusion approach guarantees a unique workout experience nearly every week, particularly when used in conjunction with the two, three, and four week mini-cycles of the squat and deadlift routines.

If you have any questions or need my help, write me, Bruce Anderson, at P.O. Box 73, Norfolk, MA 02066.



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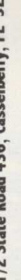


Bruce "The Troll" Anderson with training partner John Nikas spotting. (photograph courtesy of R. Seymour)

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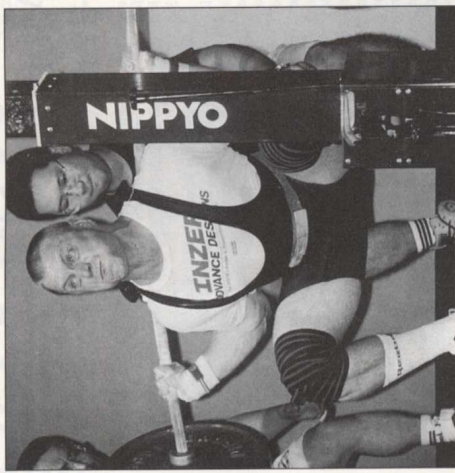
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Russia-Japan Friendship Meet as told to POWERLIFTING USA by Paul Kelso

Perfect form. That's what struck me while watching the six athletes brought from Russia for the third 'friendship' contest with Japanese lifters in Tokyo, August 7th. This relaxed affair was a delight for everyone to participate in or watch, and a positive hint of the future, even as the Japanese mourned the senseless slaying of one of their own.

Cynics have suggested that the rapid Russian rise in the world powerlifting hierarchy is because lifters are on salary from the authorities and have open access to equipment, travel money and pharmaceuticals prepared by friendly scientist in the dungeons of a castle in the Ural mountains. I made that last up; I'd better take it back or it will be quoted as fact on the internet forums. Let me put it this way: You can't get that kind of execution out of a springe. Technical perfection of each lift was the order of the day for the visitors. There were no western-style platform historians such as violent psyching and slapping each other silly before lifts. There was concentration.

What are the Russians doing, I wondered? I sought out the young translator, Oleg Markov, and immediately came under scrutiny from several Russian officials who were giving me the hairy eyeball. Russians, in my experience, seem to be initially dubious of outsiders, but the officials here warmed up and became open once they decided I was not connected to an alphabet agency more clandestine than PL USA. Oleg, speaking Russian, Japanese and a little English, worked through my wife's Japanese and fine English by way of my Texan and poor Japanese, and translated to and



Absolutely dead-solid perfect form—exhibited by Nikolai Kuznetsov.

powerlifting was established in two cities, there are now training centers or clubs in eight towns. PL Vladimir A. Podkornov is the 61 year old head of the famous Locomotive athletic club, established in 1936. The club was one of the sponsors for this year's group. Igor N. Popov, 44, works with the Irkutsk city athletic association and school programs.

Here's the way they tell the tale of current day powerlifting in Russia. There are now about 2300 active PLers in the country. After the breakup of the old Soviet Union, not a lot of night-life or activities in Irkutsk and the arrival of the Japanese was akin to the circus coming to town.

Women constitute 70% of those training for powerlifting in Russia! When Russian media interview the lifters after a contest, they always zero in on the women. Most of the men in Russian PL are former weightlifters. It was obvious to me from their squat ascents, hips under, knees opening, chests up, that all three men here had performed about a million squat cleans.

In a seminar held Sunday the 8th, Vladimir Bogachev, president of the Russian organization, spoke of training methods. The training techniques are basically the same as everyone else's. No secrets were revealed, nor witnessed during an August 10th workout at the Yoshida's Power House Gym in west Tokyo.

All the Russian lifters gave us

our money's worth. Nikolai Kuznetsov, 27, 100kg class, didn't seem to know this was an exhibition and although clearly superior to Japan's Nakamura, gutted out a perfect day and posted 340 212.5 345 for a big 905kg total. Watch for him at Trento. Svetlana Teslava, 44kg world champ, cruised 9 for 9 to a 345 score, well off her 412.5 WR total. She'll be married soon. Valeri Volodjko, 90kg, appeared to be at his limits with a 782.5. European champ Irina Orekhova finished at 442.5 in the 67.5s, behind Japan's Ayoko Ikega at 455. Both are capable of much more. Kobayakawa of Japan, second at the Japan Nationals in July in the men's 82.5, missed four lifts, but still got 712.5 whose dark features had some thinking he was Japanese.

Inaba was off in the 52s, as were many of the 14 Japanese lifters so soon after their nationals. He managed only his usual 4 times body-weight plus opening squat of 215 and a 225 DL for 540. TV comedian Nahe Yakkun, whose name roughly means 'soup pot-water kettle', improved to his best 52k total yet at 517.5 and upped his Japan BPR to 145. Japan's 44 year old H. Nozaki posted one of the weaker line scores I've seen, going 200 190 200 for 590 at 67.5, but that 190 MWR BP beats his own mark set one month ago by 10kg.

Sometime in the future, Susumu Yoshida's idea is to invite three countries, adding perhaps the U.S.A., to send five top lifters each. Lifting would last only 2-3 hours and the affair would be much more audience and media friendly. Sounds good to me.

Murder most foul: The murder and dismemberment of Chika Fukuda, 26, has the Japanese PL world in shock. She was a rising 56kg lifter, third at the '98, Japan BP Nationals with a 90kg effort, and lifted at the '98 Asians in Korea. Sports tabloids and the more sensational press have printed a lot of speculation, but no formal arrest has been made as I write.

Chika disappeared July 9. Her burned torso was found July 15, in the Lake Hakone area near Mt. Fuji, and her right arm in Nagoya Bay. According to FOCUS news magazine, the body parts were identified as Chika's through DNA testing, made possible as her mother had saved her umbilical chord, an old tradition here.

For cryin' out loud, does it take a horrific death for powerlifting to get publicity? To my knowledge, not one picture or word about the Japan Nationals or the Russian's visit was presented by Japan's major media.

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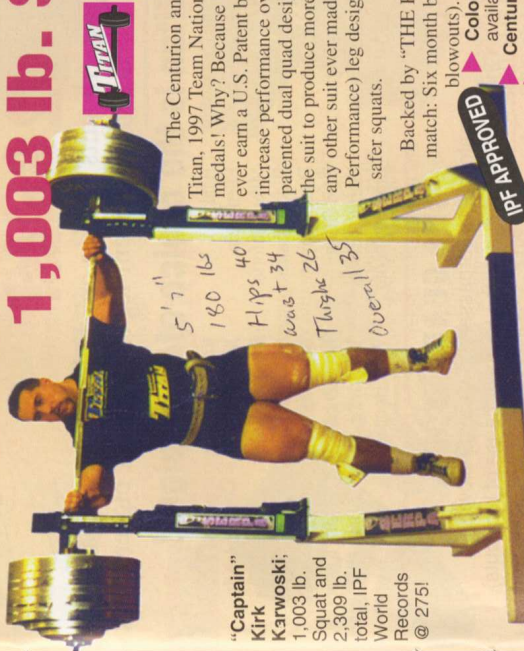
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International Understanding was achieved despite several language barriers at the Friendship meet. From left to right, Igor Popov, Vladimir Podkorytov, Oleg Markov - translator, and Paul Kelso. Tragically, Mr. Popov, who had a history of heart trouble, passed away after a heart attack on Aug. 11th, after swimming at a beach during an outing with Russian and Japanese lifters in Niigata the day before he was scheduled to return to Russia. (photographs courtesy of Paul Kelso)

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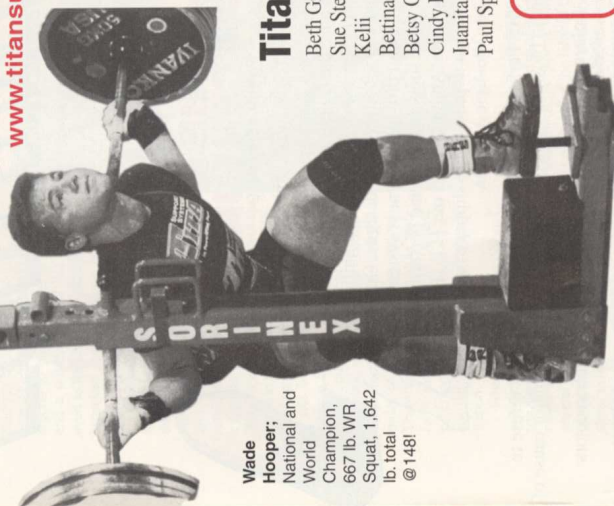
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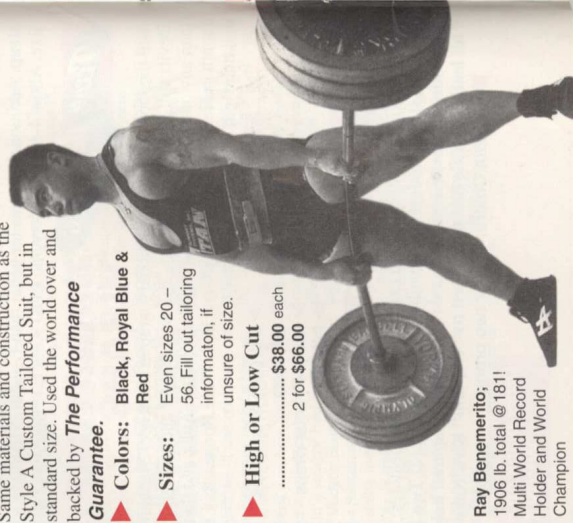
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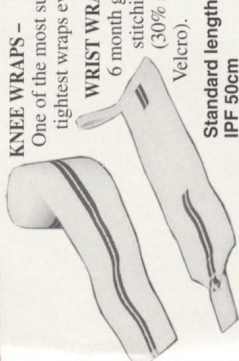
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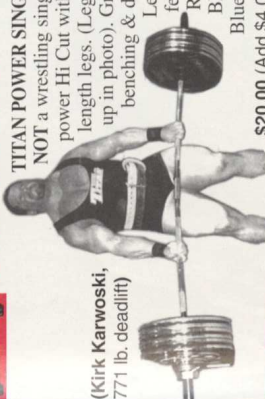


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Sortwell Productions LLC/Powerlifting West presents Colorado State / Best of the West Powerlifting & Bench Press Championships

December 4 & 5, 1999 -- Denver, CO
"Continuing the tradition of drug tested, quality competitions to serve the lifters in the region"
 Competition Director: Andrea Sortwell, 303-425-7075, 303-423-6528(f), a.sortwell@worldnet.att.net
 Powerlifting West is the name of the series of independently run drug tested lifting events in Denver, hosted by Andrea Sortwell / Sortwell Productions LLC. This is not a new association and no membership card purchase is required. Previously used rules, regulations & referees will apply.
 Annual Powerlifting West events will also include:
 Colorado Classic PL - late April, 2000
 Summer BenchFest - Sunday, June 26, 2000.

16 OCT, 2nd Marshfield YMCA BP/DL (all lift, classes & age divisions) Mike Gillette, 212 S. Vine Ave., Marshfield, WI 54449, 715-384-9696, gillette@comcast.net
16 OCT, Big River Classic NAWA BP & PL Regional (Day and Tobo) Johnson, 1626 E. Co. Rd. 196, Bkheville, AR 72315, 870-763-9094, danjob@aol.com
16 OCT, Big Halmer Championship (open, teen, master, women, spec. olymp., BP, DL) Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, Dan O'Brien, 504-568-9622
16 OCT, (tentative) USAPL Open Bench Meet (Maryland), Sean Welch, 301-776-6785
16 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
16-17 OCT, USAPL New Jersey State, Pro Fit, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156
17 OCT, 1st King Fitness Pound for Pound (most reps & tonnage) Ryan Vella, 3253 Hwy 35 North, Hazlet, NJ 07730, 732-335-0911, FAX 335-0912
17 OCT, Southern Illinois Open Raw BP/DL Classic (Carbondale, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
17 OCT, CPA Quebec Championships, Marcel St. Laurent, 457 7ieme Ave. Nord, St. Sherbrooke, Quebec, Canada J1E 2S2, 514-346-9466
19-24 OCT, IFF World Masters (South Africa)
23 OCT, USA Mon Valley Fitness Center 4th BP/DL Classic, Mon Valley Fitness Center, Box 567, Rt. 88, Dunley, PA 15062, 724-483-2438, Rhonda Collins
23 OCT, IPA California State Bench Press (Powerhouse Gym, Daly City, CA) John Ford, 650/757-9506
23 OCT, 2nd Fall PL Championships (Mike Goodall, Hartsville, SC 29550, Carolina Ave., Hartsville, SC 29550, 843-383-4547)
23 OCT, 2nd annual WEOF Maryland Monster Bench Press (open, women, submaster, master, open & raw - Glen's Gym) Stiles Forum, 7520 Third St. Rd., Louisville, KY 40214, 502-373-804-458-7198

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1067
23 OCT (new date?) Southern States
 Brownsville, TX's Gym, 245 Fairfax, Tuscola, IL 61953, 217-253-5429
24 OCT, WNPF Alabama Open (Northport Civic Center) Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 36743, 205-333-9952
23 OCT, APA, Maine State PL (Lewiston, ME) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@aol.com
23 OCT, 11th Indian Summer Meet, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
23 OCT, Power Station Bench Press (Tulsa, OK) Nick, 918-459-5956
23 OCT, USAPL Raw III Bench Meet, Willie Mathis, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
23 OCT, Greater Indianapolis Regional BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
23-24 OCT, Testosterone Showdown (Curl, PL/BP) John, Shifflett, Box 941, 221C, Macomb, IL 61455, 309-298-1781
23-24 OCT (NEW DATE), AAU World (Assisted / Open and Raw) men and women, all divisions (Atlantic City, NJ) Tony Garreff 609-625-6407, Steve Caldwell 609-625-8176
23-24 OCT, USAPL Virginia State PL/BP, John, Shifflett, Box 941, Shenandoah, VA 22973, 804-985-3932, shifflett239@aol.com
24 OCT, USAPL New England States Open BP (men, submaster, master, grandmaster, teen, jr., spec. olympics, women's open & master) Greg Kostas,

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1067
23 OCT (new date?) Southern States
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9 OCT, APF Bench Bash for Cash & Atlantic Coast Bench Press Championships
6 NOV, AAPF Southern States (drug tested)
13 NOV, APF Southern States

ALL CONTESTS WILL BE HELD AT THE NEW HUGE IRON TRAINING CENTER IN DAYTONA, UNLESS OTHERWISE MENTIONED



NPW Women's Nationals Winners (left to right) Veronica Aguilera - 129 winner, Amy Morley - 198 winner, Elizabeth Torres - 122 winner, Annette Schneidmiller - 139 winner, Nicole Brooks - 154 winner. (Ford)

Table with columns: Branch Press, Name, Age, Sex, Date of Birth, Lifetime Record, and Total. Lists winners from various NPW events.

NPW Summerfest 99 18 Jul 99 - Atlanta, GA

Table with columns: Branch Press, Name, Age, Sex, Date of Birth, Lifetime Record, and Total. Lists winners from the Summerfest 99 event.

NPW New Jersey Championships 25 Jul 99 - Bordentown, NJ (kgs.)

Table with columns: Branch Press/Men, Name, Age, Sex, Date of Birth, Lifetime Record, and Total. Lists winners from the New Jersey Championships.

Wallace hit a 402 lb. raw bench at 180 lbs. he just missed a 413, John is 21 years old and a big force in the WNPF. Ledesma from Pa. made a 363 lb. bench at 253 lbs. in the master over 70 class. Roy Pells from Pa. made a 363 lb. bench at 253 lbs. in the master over 70 class. Roy Pells from Pa. made a 363 lb. bench at 253 lbs. in the master over 70 class. Roy Pells from Pa. made a 363 lb. bench at 253 lbs. in the master over 70 class.

Delaware won the 1999 Branch Press title. Team Red Tomado coached by Team McConell won the Deadlift title and Team Rectify won the Deadlift title. In assisted lifts, 105 lifters from 22 states showed up for the 1999 Branch Press. Some of these lifters will be on their way to Belgium for the WNPF World Championships and many will attend the 1999 Branch Press in the fall. There were two seasons of lifting with the women and men up to 181 lbs. in session one and 198 lbs. in session two. Everything went well, good attendance. Out of meet testing results are in with 20 fallers and the WNPF is delighted with the results. We had a big crowd with at least 200 spectators in the gym. The meet was held at the Days Inn Hotel in the south. Unfortunately on the west coast, details will be out soon. We have had a lot of interest in the meet. We had a big crowd with at least 200 spectators in the gym. The meet was held at the Days Inn Hotel in the south. Unfortunately on the west coast, details will be out soon. We have had a lot of interest in the meet.

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Table with columns: Branch Press, Name, Age, Sex, Date of Birth, Lifetime Record, and Total. Lists winners from the 10 Jul 99 - Lancaster, PA event.

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World Natural Powerlifting Federation (WNPF) Membership Registration form. Includes fields for name, address, city, state, zip, age, sex, and contact information. Also includes a registration fee of \$15.00 and a \$30.00 adult fee.

INDIANA OPEN II BP/DL CLASSIC
5 JUN 99 - Indianapolis, IN

BENCH PRESS

198	Danlan Kait	425*	
330	Gregg Henderson	365*	
440	Michael Woods	365*	
470	S. O'Kelly (BL)	242	
440	Chad Caley	405	
410	Howard Lander	410	
505.5	F. Mechvac	505.5	
315	Jonathan O'Brien	315*	
606.9	DEADLIFT		
210	Jim Kocher	210	
210	Eric O'Keefe	440	
210	Allen Class	440	
210	Master Men	40-49	340
340	Gary Landers	340	
375	John King	375	
375	F. Mechvac	375	
375	Master Men	70-79	375
325	Allen Class	325	
325	David Harding	325	
325	Bill Streib	325	
325	Wiley Tyler	325	
350	M. Johnson (BL)	350	
570	West World Gym on June 5, 1999. Thanks once again to owners Doug and Scott for hosting the Indiana Open II Bench Classic. A special thanks also to my son Joey Latch and Joe Colpepper for their fine job of operating the Indiana Open II Bench Classic. (Thanks to Dr. Darrell Latch for the results and report of this meet!)		

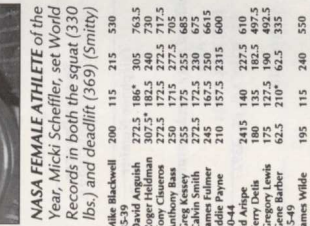
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340	Gary Landers	340	
375	John King	375	
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Best Lifters at the Indiana Open II - (left) Shawn O'Keefe for the Bench Press and (right) Mark Johnson for the Deadlift. (Darrell Latch)

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THE PIT ... team champs at the NASA National Masters/Submasters meet include (front row, left to right) Dick Conner, John "Bad News" Burris, Gretia Jackson, Jim Kell; (back row) Arlen Hofman, Wes Lowey, Doug Humphrey, Curt Reimtz, Derek "Squat" Wallace, Roger Mason, Allen Hokman. Missing: Dano "The Man" Hall, Pat Tyring, Dennis Sims. (from The Pit)

NASA Submasters/Masters
5,6 JUN 99 - Nashville, TN (kg)

BENCH PRESS:

119	Jerry Combs	107.5
30-34	55-59	140
127	60-69	232.5
132	70-79	232.5
132	80-89	232.5
132	90-99	232.5
132	100-109	232.5
132	110-119	232.5
132	120-129	232.5
132	130-139	232.5
132	140-149	232.5
132	150-159	232.5
132	160-169	232.5
132	170-179	232.5
132	180-189	232.5
132	190-199	232.5
132	200-209	232.5
132	210-219	232.5
132	220-229	232.5
132	230-239	232.5
132	240-249	232.5
132	250-259	232.5
132	260-269	232.5
132	270-279	232.5
132	280-289	232.5
132	290-299	232.5
132	300-309	232.5
132	310-319	232.5
132	320-329	232.5
132	330-339	232.5
132	340-349	232.5
132	350-359	232.5
132	360-369	232.5
132	370-379	232.5
132	380-389	232.5
132	390-399	232.5
132	400-409	232.5
132	410-419	232.5
132	420-429	232.5
132	430-439	232.5
132	440-449	232.5
132	450-459	232.5
132	460-469	232.5
132	470-479	232.5
132	480-489	232.5
132	490-499	232.5
132	500-509	232.5
132	510-519	232.5
132	520-529	232.5
132	530-539	232.5
132	540-549	232.5
132	550-559	232.5
132	560-569	232.5
132	570-579	232.5
132	580-589	232.5
132	590-599	232.5
132	600-609	232.5
132	610-619	232.5
132	620-629	232.5
132	630-639	232.5
132	640-649	232.5
132	650-659	232.5
132	660-669	232.5
132	670-679	232.5
132	680-689	232.5
132	690-699	232.5
132	700-709	232.5
132	710-719	232.5
132	720-729	232.5
132	730-739	232.5
132	740-749	232.5
132	750-759	232.5
132	760-769	232.5
132	770-779	232.5
132	780-789	232.5
132	790-799	232.5
132	800-809	232.5
132	810-819	232.5
132	820-829	232.5
132	830-839	232.5
132	840-849	232.5
132	850-859	232.5
132	860-869	232.5
132	870-879	232.5
132	880-889	232.5
132	890-899	232.5
132	900-909	232.5
132	910-919	232.5
132	920-929	232.5
132	930-939	232.5
132	940-949	232.5
132	950-959	232.5
132	960-969	232.5
132	970-979	232.5
132	980-989	232.5
132	990-999	232.5
132	1000-1009	232.5
132	1010-1019	232.5
132	1020-1029	232.5
132	1030-1039	232.5
132	1040-1049	232.5
132	1050-1059	232.5
132	1060-1069	232.5
132	1070-1079	232.5
132	1080-1089	232.5
132	1090-1099	232.5
132	1100-1109	232.5
132	1110-1119	232.5
132	1120-1129	232.5
132	1130-1139	232.5
132	1140-1149	232.5
132	1150-1159	232.5
132	1160-1169	232.5
132	1170-1179	232.5
132	1180-1189	232.5
132	1190-1199	232.5
132	1200-1209	232.5
132	1210-1219	232.5
132	1220-1229	232.5
132	1230-1239	232.5
132	1240-1249	232.5
132	1250-1259	232.5
132	1260-1269	232.5
132	1270-1279	232.5
132	1280-1289	232.5
132	1290-1299	232.5
132	1300-1309	232.5
132	1310-1319	232.5
132	1320-1329	232.5
132	1330-1339	232.5
132	1340-1349	232.5
132	1350-1359	232.5
132	1360-1369	232.5
132	1370-1379	232.5
132	1380-1389	232.5
132	1390-1399	232.5
132	1400-1409	232.5
132	1410-1419	232.5
132	1420-1429	232.5
132	1430-1439	232.5
132	1440-1449	232.5
132	1450-1459	232.5
132	1460-1469	232.5
132	1470-1479	232.5
132	1480-1489	232.5
132	1490-1499	232.5
132	1500-1509	232.5
132	1510-1519	232.5
132	1520-1529	232.5
132	1530-1539	232.5
132	1540-1549	232.5
132	1550-1559	232.5
132	1560-1569	232.5
132	1570-1579	232.5
132	1580-1589	232.5
132	1590-1599	232.5
132	1600-1609	232.5
132	1610-1619	232.5
132	1620-1629	232.5
132	1630-1639	232.5
132	1640-1649	232.5
132	1650-1659	232.5
132	1660-1669	232.5
132	1670-1679	232.5
132	1680-1689	232.5
132	1690-1699	232.5
132	1700-1709	232.5
132	1710-1719	232.5
132	1720-1729	232.5
132	1730-1739	232.5
132	1740-1749	232.5
132	1750-1759	232.5
132	1760-1769	232.5
132	1770-1779	232.5
132	1780-1789	232.5
132	1790-1799	232.5
132	1800-1809	232.5
132	1810-1819	232.5
132	1820-1829	232.5
132	1830-1839	232.5
132	1840-1849	232.5
132	1850-1859	232.5
132	1860-1869	232.5
132	1870-1879	232.5
132	1880-1889	232.5
132	1890-1899	232.5
132	1900-1909	232.5
132	1910-1919	232.5
132	1920-1929	232.5
132	1930-1939	232.5
132	1940-1949	232.5
132	1950-1959	232.5
132	1960-1969	232.5
132	1970-1979	232.5
132	1980-1989	232.5
132	1990-1999	232.5
132	2000-2009	232.5
132	2010-2019	232.5
132	2020-2029	232.5
132	2030-2039	232.5
132	2040-2049	232.5
132	2050-2059	232.5
132	2060-2069	232.5
132	2070-2079	232.5
132	2080-2089	232.5
132	2090-2099	232.5
132	2100-2109	232.5
132	2110-2119	232.5
132	2120-2129	232.5
132	2130-2139	232.5
132	2140-2149	232.5
132	2150-2159	232.5
132	2160-2169	232.5
132	2170-2179	232.5
132	2180-2189	232.5
132	2190-2199	232.5
132	2200-2209	232.5
132	2210-2219	232.5
132	2220-2229	232.5
132	2230-2239	232.5
132	2240-2249	232.5
132	2250-2259	232.5
132	2260-2269	232.5
132	2270-2279	232.5
132	2280-2289	232.5
132	2290-2299	232.5
132	2300-2309	232.5
132	2310-2319	232.5
132	2320-2329	232.5
132	2330-2339	232.5
132	2340-2349	232.5
132	2350-2359	232.5
132	2360-2369	232.5
132	2370-2379	232.5
132	2380-2389	232.5
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132	2400-2409	232.5
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132	2480-2489	232.5
132	2490-2499	232.5
132	2500-2509	232.5
132	2510-2519	232.5
132	2520-2529	232.5
132	2530-2539	232.5
132	2540-2549	232.5
132	2550-2559	232.5
132	2560-2569	232.5
132	2570-2579	232.5
132	2580-2589	232.5
132	2590-2599	232.5
132	2600-2609	232.5
132	2610-2619	232.5
132	2620-2629	232.5
132	2630-2639	232.5
132	2640-2649	232.5
132	2650-2659	232.5
132	2660-2669	232.5
132	2670-2679	232.5
132	2680-2689	232.5
132	2690-2699	232.5
132	2700-2709	232.5
132	2710-2719	232.5
132	2720-2729	232.5
132	2730-2739	232.5
132	2740-2749	232.5
132	2750-2759	232.5
132	2760-2769	232.5
132	2770-2779	232.5
132	2780-2789	232.5
132	2790-2799	232.5
132	2800-2809	232.5
132	2810-2819	232.5
132	2820-2829	232.5
132	2830-2839	232.5
132	2840-2849	232.5
132	2850-2	

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From the Desk of W.E.P.O.F. President James McCarty ... I'm writing to thank everyone that has helped promote our federation in its first year of operation. We are very pleased with our progress, already having over 400 registered lifters in 8 states. We are getting responses for our Superwoman meets (power clean, BP & DL) from all over the world. The Superwoman Nationals will be held Oct. 9th in Indianapolis. Our Elite Superwoman meet will be held Dec. 4th & 5th. The olympic lifts will be contested Sat. and the powerlifts on Sun. This will be the last time to qualify for the "Superman of the Century" rankings. We started our federation to promote olympic and powerlifting. The superman meets allow lifters to compete in a 3 lift competition that are not able to squat. We also feel the power clean brings in more speed, flexibility and athletic challenge to the sport. In the elite superwoman meets, the 5 lifts will determine the superior athlete. W.E.P.O.F. will also hold full power meets, olympic meets, bench press and deadlift meets. Stiles Cornum, our acting vice president, is planning to hold the 2000 Superwoman Nationals in Louisville, KY. Steve Buxton, our Illinois State chairman is planning the high school superman nationals in Martinsville, Illinois during the year 2000. Everyone in the federation is working hard to get into the high schools where we can find new talent for both sports. We are putting together a business plan, and searching for financial backing to open a sports training center here in Indianapolis, emphasizing the training of young athletes for the olympic team and other non-olympic sports. Our federation is looking for anyone interested in participating at any level: state chairman, meet director, board member, etc. Certificates will be awarded to all record holders at the end of the year. Also, anyone ranking in the top 50 of the "Superman of the Century" rankings, their certificates will be certified by national statistician, Herb Glossemer. We are currently organizing our record books and classification standards. We have our national record lists: open, masters, women, and teens. Our referee tests are also available at request. Our address and phone numbers have changed: Address: W.E.P.O.F., c/o James McCarty, 7812 Market St. B., Indianapolis, IN 46256. Phone Numbers: Home (317) 578-3824. Office (317) 915-0233. E-mail: JMcC878244@AOL.COM. Our web page will be up soon with training advice, equipment, supplements, t-shirts, and much more to offer the strength athlete. Thank you, James McCarty

WEPF Kentucky State
24 Apr 99 - Louisville, KY

BP	DL	Total
40-44	40-44	40-44
45-49	45-49	45-49
50-54	50-54	50-54
55-59	55-59	55-59
60-64	60-64	60-64
65-69	65-69	65-69
70-74	70-74	70-74
75-79	75-79	75-79
80-84	80-84	80-84
85-89	85-89	85-89
90-94	90-94	90-94
95-99	95-99	95-99
100	100	100

NASA Teen/Jr./Int. Nationals
22 May 99 - Kansas City, MO (kg)

BP	DL	Total
40-44	40-44	40-44
45-49	45-49	45-49
50-54	50-54	50-54
55-59	55-59	55-59
60-64	60-64	60-64
65-69	65-69	65-69
70-74	70-74	70-74
75-79	75-79	75-79
80-84	80-84	80-84
85-89	85-89	85-89
90-94	90-94	90-94
95-99	95-99	95-99
100	100	100

Track Dover

Men	Women
15-16 year olds	15-16 year olds
17-18 year olds	17-18 year olds
19-21 year olds	19-21 year olds
22-24 year olds	22-24 year olds
25-29 year olds	25-29 year olds
30-34 year olds	30-34 year olds
35-39 year olds	35-39 year olds
40-44 year olds	40-44 year olds
45-49 year olds	45-49 year olds
50-54 year olds	50-54 year olds
55-59 year olds	55-59 year olds
60-64 year olds	60-64 year olds
65-69 year olds	65-69 year olds
70-74 year olds	70-74 year olds
75-79 year olds	75-79 year olds
80-84 year olds	80-84 year olds
85-89 year olds	85-89 year olds
90-94 year olds	90-94 year olds
95-99 year olds	95-99 year olds
100	100

THE GYM from Flora, IL provided two teams for the 1999 NASA Teen Nationals in Kansas City, Mo. Members of the two squads were (front) shecanna Wreger Boozer; (kneeling, l-r) Andy Lake, Kim Bright, Stecanna Wreger, Kelli Harr, Mandy Upton, Kendall Slaughter, David Reavis, Adam Forth, Josh Hinkle; (back, l-r) Jason Sanders, Klint Griffith, Callie Jo Etteson, Bryan Mann, Mandy Upton, Bethany Schwamiger, Lauren Elizabeth Rudy and Mitch Gukk. The teams featured six current, or former NASA division Athlete of the Year.



THE GYM from Flora, IL provided two teams for the 1999 NASA Teen Nationals in Kansas City, Mo. Members of the two squads were (front) shecanna Wreger Boozer; (kneeling, l-r) Andy Lake, Kim Bright, Stecanna Wreger, Kelli Harr, Mandy Upton, Kendall Slaughter, David Reavis, Adam Forth, Josh Hinkle; (back, l-r) Jason Sanders, Klint Griffith, Callie Jo Etteson, Bryan Mann, Mandy Upton, Bethany Schwamiger, Lauren Elizabeth Rudy and Mitch Gukk. The teams featured six current, or former NASA division Athlete of the Year.

APF Founders Day Invitational
26 Jun 99 - Raymond, ME

Men	Women
15-16 year olds	15-16 year olds
17-18 year olds	17-18 year olds
19-21 year olds	19-21 year olds
22-24 year olds	22-24 year olds
25-29 year olds	25-29 year olds
30-34 year olds	30-34 year olds
35-39 year olds	35-39 year olds
40-44 year olds	40-44 year olds
45-49 year olds	45-49 year olds
50-54 year olds	50-54 year olds
55-59 year olds	55-59 year olds
60-64 year olds	60-64 year olds
65-69 year olds	65-69 year olds
70-74 year olds	70-74 year olds
75-79 year olds	75-79 year olds
80-84 year olds	80-84 year olds
85-89 year olds	85-89 year olds
90-94 year olds	90-94 year olds
95-99 year olds	95-99 year olds
100	100

Body Factory Invitational
5 Jun 99 - Pen Argyl, PA

Men	Women
15-16 year olds	15-16 year olds
17-18 year olds	17-18 year olds
19-21 year olds	19-21 year olds
22-24 year olds	22-24 year olds
25-29 year olds	25-29 year olds
30-34 year olds	30-34 year olds
35-39 year olds	35-39 year olds
40-44 year olds	40-44 year olds
45-49 year olds	45-49 year olds
50-54 year olds	50-54 year olds
55-59 year olds	55-59 year olds
60-64 year olds	60-64 year olds
65-69 year olds	65-69 year olds
70-74 year olds	70-74 year olds
75-79 year olds	75-79 year olds
80-84 year olds	80-84 year olds
85-89 year olds	85-89 year olds
90-94 year olds	90-94 year olds
95-99 year olds	95-99 year olds
100	100

CPC Car-Am Championships
7-8 Aug 99 - Alberta, Canada (kg)

Men	Women
15-16 year olds	15-16 year olds
17-18 year olds	17-18 year olds
19-21 year olds	19-21 year olds
22-24 year olds	22-24 year olds
25-29 year olds	25-29 year olds
30-34 year olds	30-34 year olds
35-39 year olds	35-39 year olds
40-44 year olds	40-44 year olds
45-49 year olds	45-49 year olds
50-54 year olds	50-54 year olds
55-59 year olds	55-59 year olds
60-64 year olds	60-64 year olds
65-69 year olds	65-69 year olds
70-74 year olds	70-74 year olds
75-79 year olds	75-79 year olds
80-84 year olds	80-84 year olds
85-89 year olds	85-89 year olds
90-94 year olds	90-94 year olds
95-99 year olds	95-99 year olds
100	100



Chris Lajoie with a 650 bench weighing 255 at the Founders Day Invitational (photo from Beau Boyle)

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DATE OF BIRTH: _____ MO: _____ DAY: _____ YR: _____ AGE: _____ SEX: _____

U.S. CITIZEN: _____ YES _____ NO _____

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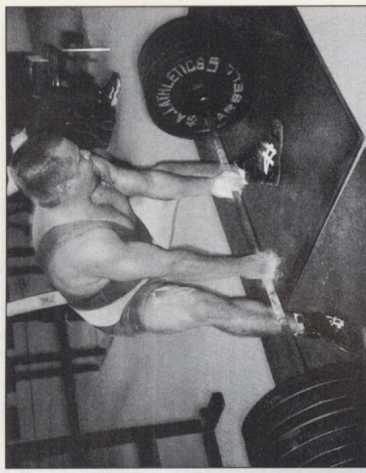
The Jim Thorpe Olympians Powerlifting Team, who won 1st place in the high school division at the 4th AAU Suburban North YMCA BP/DL meet. 1st row, Mike Mecres, William Gonzalez, Ngyoi Mukasa, Coach John McCowan; 2nd row Coach Mark Rosenberger, Tom Couch, Peter Gomezley, Rick Rehrig, Missing: Earl Kunkel, Dave Melicharek, Vince Casiano. (Diego Laluz Jr, photo courtesy of Nutritional Technologies)

Table with 2 columns: Name and Weight. Lists athletes like Dan Stevenson, Kelly Himsbaugh, Barb Miller, etc.

6 Jun 99 - Calasauqua, PA
Bench Press
Women - 114 lb. Raw
50-59 Assisted 280
Dan Stevenson

Table with 2 columns: Name and Weight. Lists athletes like Dan Stevenson, Kelly Himsbaugh, Barb Miller, etc.

6 Jun 99 - Calasauqua, PA
Bench Press
Women - 114 lb. Raw
50-59 Assisted 280
Dan Stevenson



Kenny Garrett gets ready to pull 660 for Best Lifter honors in the deadlift at the Ozark Open II Bench Press and Deadlift Classic. (Lutz)

275 lb. John Bullock looked strong with a 385 to his 181 lbs. (14-15) A. Dyce 330* 230* 420* 980*

Table with 2 columns: Name and Weight. Lists athletes like Dan Stevenson, Kelly Himsbaugh, Barb Miller, etc.

275 lb. John Bullock looked strong with a 385 to his 181 lbs. (14-15) A. Dyce 330* 230* 420* 980*

Advertisement for L-Glutamine supplement featuring a cartoon character and the text 'WHAT'S IT MADE OF? POWERLIFTING'S MOST VALUABLE SUPPLEMENT... L-GLUTAMINE!!'

Table with 2 columns: Name and Weight. Lists athletes like Dan Stevenson, Kelly Himsbaugh, Barb Miller, etc.

Table with 2 columns: Name and Weight. Lists athletes like Dan Stevenson, Kelly Himsbaugh, Barb Miller, etc.

Advertisement for MAC Barbell Equipment featuring images of gym equipment and the text 'Gimmicks don't make you stronger. Get back to basics with MAC!' and 'Call today for our catalog and pricing information.'

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Magnesium	YES	NO	NO

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