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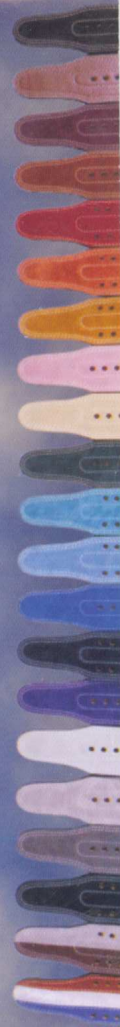
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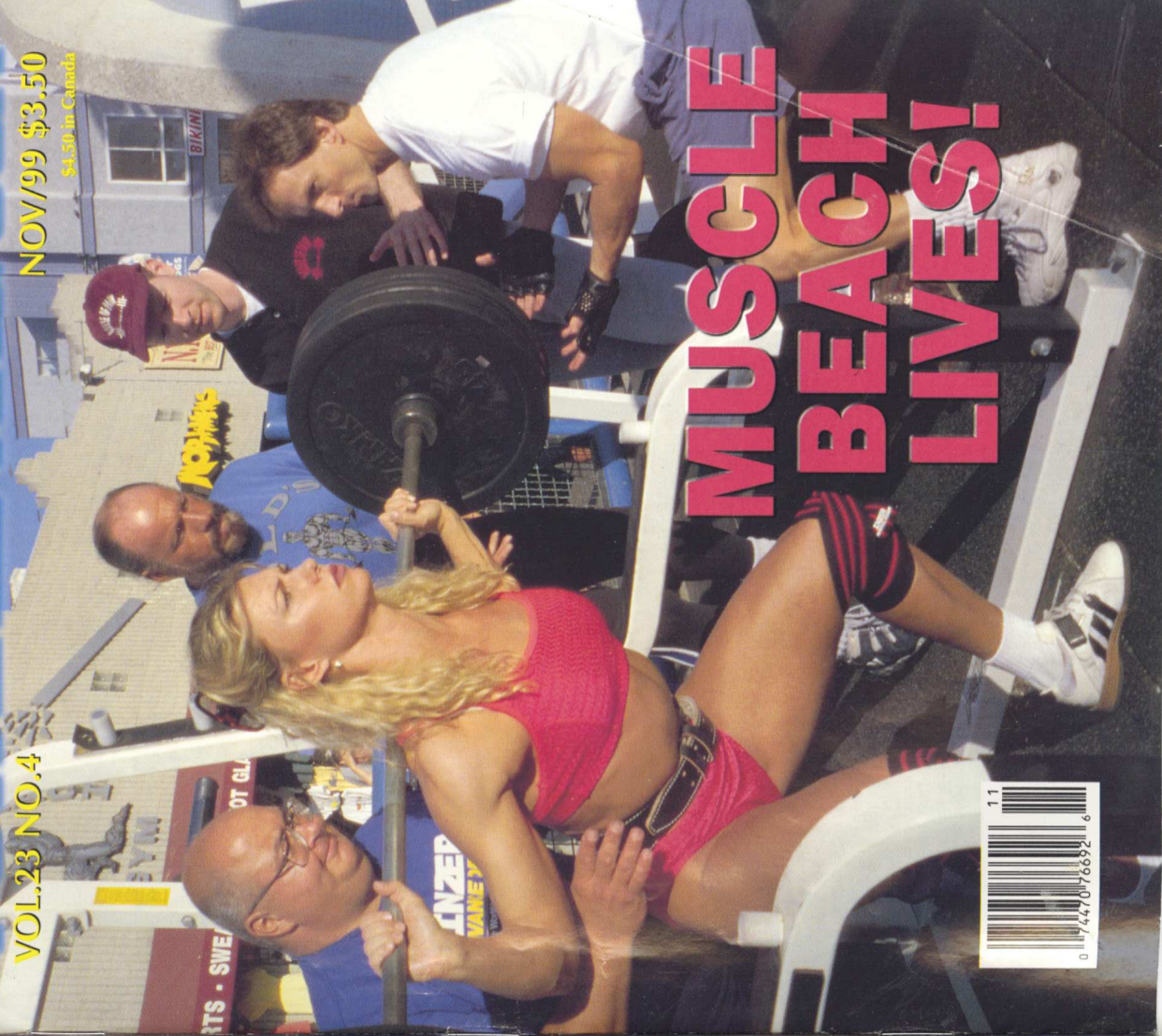
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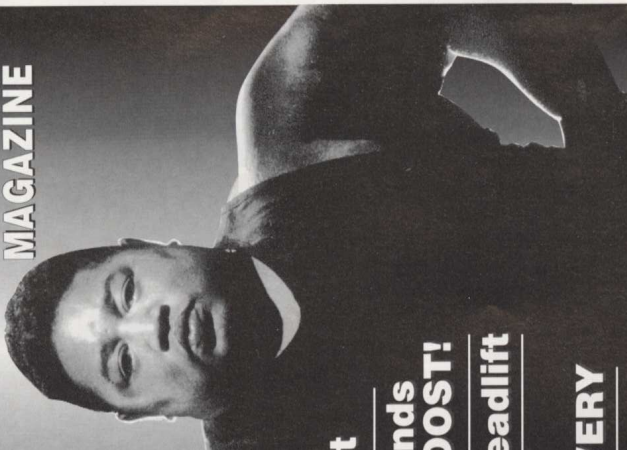
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ON THE COVER.... Gea Johnson squatting at Muscle Beach, spotted by Chuck LaMantia, Jack Armstrong, Scott Bryner, and Rob Gaskin in a photo by Ned Low of POWERLIFTER Video

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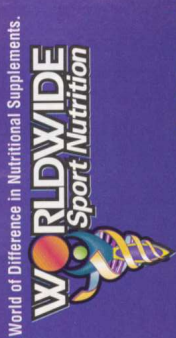
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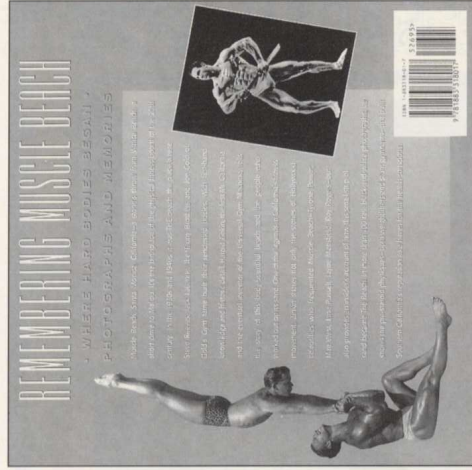
"MUSCLE BEACH" ... just on the surface of the words it sounds like the ideal place to go for any body development and how that quality might be demonstrated in the sun and on the sand. Hundreds of thousands, perhaps even millions have made the journey to this center of "mythic reality" over the years. One person with a unique perspective on Muscle Beach is, as would be expected, a pioneer—one who was there in the beginning and one who has been able to follow this magical place through the decades of change since then. That person is Harold Zinkin, co-author with Bonnie Hearn, of the new book "REMEMBERING MUSCLE BEACH". If you're very sharp when it comes to physical culture memories, you might recall that Harold Zinkin was actually the first Mr. California bodybuilding title winner, achieving that distinction back in 1941 (even though he didn't like posing his muscles), and that he won the National AAU Weightlifting Championship in the light heavyweight division back in 1945, and in 1949 that the 176 pound Zinkin lifted 356.5 lbs. over his

head at the Continental Professional Open. Beyond that, however, Harold's greatest mark was his invention and promotion of a weight training device which, at one point in time, was in virtually "universal" use in weight training facilities around the nation, and by that I mean none other than the aptly named "Universal Machine". Harold sold his interest in the company some years back, but still resides in Fresno, California where all those machines that were found throughout the country had been built. Powerlifting's Bob Pecker has business dealings there with the still active Zinkin, and Bob recently introduced us to Harold and Bonnie's "REMEMBERING MUSCLE BEACH" after talking about the old days with Harold and learning that the book was soon to be made available. The release of the book has apparently been synchronized with a major public relations campaign to bring back interest in the Muscle Beach area, and there has been a great deal of coverage in the local papers, etc. on the glory of the old

George Eiferman was quoted at the beginning of Chapter Five or REMEMBERING MUSCLE BEACH, "Muscle Beach was like a Roman holiday. We'll never have that again." However, Muscle Beach has been reborn in recent times, physically and in spirit. The new lifting facilities are the scene to bodybuilding contests as well as powerlifting and strength related competitions, and you can find people out on the rings and other gymnastic apparatus as well.

Uncountable numbers of men and women spent what they would recall to be some of the best days of their lives on Muscle Beach. Harold Zinkin was himself inspired by the place and the people, and although the look that inspiration and went elsewhere with it to pursue his very successful business interests, he has never forgotten how great Muscle Beach was. He can remember the days when the words "Muscle Beach" were printed larger than "Santa Monica" on maps of the area. The list of famous lives that have touched and been touched by Muscle Beach is impressive. Among the hundred or so rare photos published in the book, is one with Joe Godd posing at the right hand of Harold. Yes, that Joe Godd - the one who started Gold's Gym and later World Gym. The list Muscle Beach people goes on to include: Jack Lalanne, George Eiferman, John Grimek (to whom the book is dedicated), Pudgy Stockton, Vic Tanny, Armand Tanny, Mae West, Clark Gable, Jayne Mansfield, Mickey Hargitay, Steve Reeves, Terry Robinson, Sig Klein, wrestler Baron Leone, gymnast extraordinaire Glenn Sundry, as well as many, many others.

It will be hard to capture the spirit of those great pioneers, but it will be wonderful for upcoming generations of Muscle Beach goers to try. Everything that happened back then was new - women lifting weights, for example - and such spontaneity cannot be duplicated. The photographs that liberally adorn the pages of this book and document the history of that exciting time and place are the great treasures of this publication. They are not merely shots of muscle pumpers with great smiles and even greater tans - although there's plenty of that. There are photos which must have been technically very difficult for the subjects and photographer both to arrange, of some of the most spectacular hand-balancing and human pyramidal contortions you can imagine, some



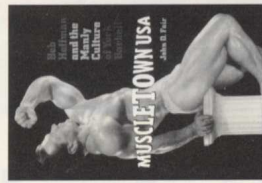
of which persist only in imagination - they are, literally, stunts that have never been duplicated since, anywhere in the world.

The mark of Muscle Beach on the United States and the rest of the world should not be underestimated. Early in the book, Harold notes a sign he found recently - from the original location of Muscle Beach - that declares it to be "The Birthplace of the Physical Fitness Boom of the Twentieth Century". That claim might just be the truth.

Actually started by gymnastic enthusiast Paul Brewer, Jimmy Pfeiffer, and Al Niederman in 1933, the term "Muscle Beach" was not positively accepted for some time, by gymnasts or the outside world, but one product of Muscle Beach had a profound impact on American society only a few years later. John Kornoff was a gymnast and one of the few football players who worked out with weights at the time. World War II and military service interrupted his education, but he kept taking his furloughs at Muscle Beach and after a photographer saw him and took some shots, he ended up bare chested and carrying a rifle on the cover of LOOK magazine (Nov. 17, 1942), exemplifying the spirit that America needed to win the war. According to Harold, "I believe that his photo on LOOK's cover was the beginning of a change of attitude regarding fitness, an attitude that culminated years later in President John F. Kennedy's focus on fitness, which even then seemed revolutionary." That statement just might be the truth, as well.

(REMEMBERING MUSCLE BEACH (128 pages, 125 black and white photos) will be made available from Powerlifting USA, Post Office Box 467, Camarillo, CA 93011 for \$26.95, plus \$4.00 for postage and handling)

The response to our offer of the new book MUSCLE TOWN USA by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is \$23.50 plus \$4 shipping and handling per book. Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.



Here's veteran lifter and PL USA cartoonist Robert O. Smith's impression of the book: "I grew up waiting for my Strength & Health and Muscular Development magazines to arrive in the mail - my first published cartoon was in S&H about the isometric rack - then about the HI Protein shake - My pictures were used in the Boys Club section and my lifting (Olympic style) was reported in the back pages ... Not so little 13 year old Bob Smith from Auburn, California. He has a 47" inch chest - was written up and big Hoffman kids wrote in from all over to try to top it. So when Bob Hoffman was disparaged by others I NEVER believed it ... He was exactly to me what he said he was, his 'bragging' as I saw it, was just to give us an example of what can be accomplished if you live like Bob says he does - in effect - I was a 'good' kid - because I believed in the gospel of Bob Hoffman. It's easy to be a teen burden without church or guidance or heroes. It wasn't till later that some people put doubts in my gullible mind about my hero. When I met Mr. Universe Chuck Sipes at "AAU odd lift" contests in San Francisco, I began to wonder if this WEIDER star was such a great and helpful and friendly person, how could Bob's stab at ALL Weider bodybuilders be COMPLETELY true? Chuck wasn't a Vartecose Monster - Chuck wasn't a one dimensional dummy. Chuck was truly a great guy! So maybe Bob was wrong about some things. THEN when Doug Hepburn told me that Hoffman tried to bribe him to throw the contest so USA could beat the Russians in 1953 - I wondered if some of the bad stuff that was filtered down by hearsay wasn't true after all! I KNEW something was wrong when the great John Grimek wasn't given what Bob promised before his death -- well, with all these questions and mysteries -- of steroids and attrition of USA's Olympic Lifting leadership were answered. It was interesting to see that when there was hardly any lifting going on at all in the 1900s, there were 3 federations claiming to be the REAL organization (some things never change). As a youth, I always wanted to leave my little hometown and train at Musclevorn USA ... I always wore my York Barbell Club tee shirt everywhere -- yeah, I was a Bob Hoffman kid -- And to this day, even knowing the truth -- I'm glad there was a Bob Hoffman, warts and all. Because without him Weightlifting, Powerlifting, and Iron sports of all kinds would be floundering - and you and I wouldn't be having the satisfaction of getting stronger as we get older ... The book is honest, well documented, and interesting to people from the York era and beyond! Buy it - it's vital history..."

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Gea Johnson ... seen squatting on the cover, has ambitions of making the U.S. Olympic team for Sydney in both weightlifting, where she competes in the 138.5 lb. division, and in the heptathlon, where she has placed 2nd nationally in '89 and '90. A CTE scholar winner in high school and an Academic All American, she was the first Ms. Fitness title winner, and she has squatted 286 for 5 reps in the high bar squat. Gea is featured in two segments of the latest POWELLIFTER Video Magazine, and in Jeff Everson's PLANET MUSCLE Magazine (Box 260500, Highlands Ranch, CO 80163)

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Mama always said, "Life is like a box of chocolates: you never know what you're going to get." Over the past few years, this statement has become highly popularized, but rarely do we really see just how true it is. Many months ago, this axiom became intimately true for me as life gave me an unusual chocolate. Fortunately, this piece of chocolate was perfectly made and tasted scrumptious - an epicurean delight.

Let me explain! About nine months ago, I took a trip to Mexico to visit my fiancée (now wife). While at the airport awaiting a connecting flight, I sat down next to a distinguished gentleman who looked to be about 60 years old. After a few moments, we exchanged greetings and began talking about who we were and what we did for a living. I told him my name and that I researched naturally occurring compounds for use as nutritional supplements. Not seeming very interested, he told me that he was Dr. William Mullendorf from Germany and that he was currently researching compounds called cholestanols for a small pharmaceutical company. After telling him about all of the steroid research that I've been involved in, he explained to me that he used to live in the former East Germany and studied anabolic steroids for a government sponsored lab. According to him research into steroid anabolics efforts never ceased in the 70's and 80's in East Germany (like it did in most other countries).

When I asked him about what he thought of common anabolic steroids like oxandrolone and trenbolone, he chuckled as if to imply that I said something wrong. He went on to explain that these were basically crude compounds that were given up on by his research team nearly two decades ago. At this point I thought that maybe he was lying to me so I began to scrutinize every word that he uttered. As I listened, I began to feel rather inferior and not as knowledgeable on steroid anabolics as I once thought. Dr. Mullendorf told me about one steroid that was discovered in 1978 that was 100 times as potent as testosterone in vivo but only one tenth as androgenic. Work on this steroid supposedly failed when they found that it caused uterine and testicular cancer.

Over the next two hours he told me some incredibly interesting information. According to him the former East Germans had two agendas with their steroid program -- to find a cure for many disease

The East German Breakthrough! as told by Derek Cornelius, Syntax Innovations

states and to greatly enhance athletic performance to gain dominance in world competition sports. About 30 minutes before my plane flight, he began talking about a series of steroids that they had discovered which were extremely refined and targeted. These steroids had very little, if any, androgenic potential and were even shown to be anti-androgenic in certain tissues such as skin and hair. In fact, according to Dr. Mullendorf, these steroids greatly improved acne conditions as well as stimulated hair production in androgenic alopecia. Amazingly, he told me that these compounds were highly anabolic -- on the order of methandrostenolone (commonly known as Dianabol). I wanted to ask him more but didn't get a chance because my plane was about to leave. We traded phone numbers and I was on my way.

If this was all to the story, it would still be truly amazing, but as you will find out, it gets better, much better! Several weeks after returning from my flight, I called Dr. Mullendorf to inquire more deeply into his research. I also asked him for a sample of one of these super-anabolics to try for myself, but he seemed disinterested and made a quick, passing satirical joke. He then went on to explain other aspects of these steroids, such as zero conversion into estrogenic compounds, zero liver toxicity, and zero negative effect on cardiac function and blood pressure.

I made a joke about how I wished these compounds were naturally occurring. Being able to sell such a compound would revolutionize the industry and literally transform the way athletes train. I was expecting him to chuckle again and ignore my joke, but instead he mentioned that indeed one of them was naturally occurring. According to him the compound was named vinoxolone and was found in very minute quantities in the hippocampal region of the brain. When he told me this, I became so excited that I could barely talk. I told him about the possibilities of marketing this compound here in the U.S. At first, the task seemed too large to accomplish since I couldn't even obtain a sample. However, Mr. Mullendorf knew a few contacts in Germany and was able to obtain a few grams.

We obtained ten test subjects and gave them the vinoxolone --

content and function, independent of the androgen receptor, to positively affect anabolic processes. Over many years, they elucidated the 3D steroid model which would be highly potent in creating a positive nitrogen balance.

The research culminated when they were finally able to realize both of their goals in one compound. Actually, they discovered whole series of compounds which were useful. Unfortunately, vinoxolone wasn't the most potent but another compound they called SF287, I would like to have brought this to the market but it isn't naturally occurring so my hands were tied. Vinoxolone, though, was about fifth on the list for potency and considered a viable compound.

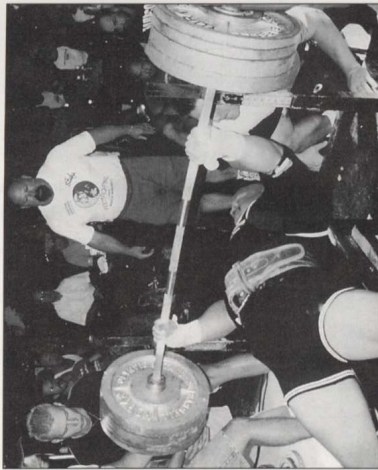
Vinoxolone will surely change the face of this industry as well as many others. Here is a compound that doesn't need to be cycled, has no negative side effects except headaches in sensitive individuals and works phenomenally. To prevent others from copying and running vinoxolone, Dr. Mullendorf and myself are currently applying for a U.S. patent on it.

A perfectly made, scrumptious, cream filled chocolate is sitting right in front of you -- make sure you get it!



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It's not often, if ever, that a club loses a world record by one of their lifters to another club member. Well that has happened more than once at Westside. George Halbert owned the 242 world record bench at 688 pounds, which he did on March 6, 1999, until Kenny Patterson reduced his bodyweight to 240 and made 690 on August 8, 1999. How do these two men train? What percent do they use, which



The DYNAMIC DUO ... Kenny Patterson has benched 690 at 242. (seen at left) and George Halbert has benched 688 at 242. (right, above)

TRAINING

The DYNAMIC DUO as told to Powerlifting USA by Louie Simmons

special exercises do they do, and what do they do on max effort day?

Let's start with speed, or the dynamic method. This is done on Sunday, and Kenny and George train together. Far from meet time, they perform 10 sets of triples with short rest periods, about 45 seconds. Most of the grips are close, the index finger touching the smooth, for half the sets and not wider than the little finger



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Let's start with speed, or the dynamic method. This is done on Sunday, and Kenny and George train together. Far from meet time, they perform 10 sets of triples with short rest periods, about 45 seconds. Most of the grips are close, the index finger touching the smooth, for half the sets and not wider than the little finger

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touching the power ring.
The percentage used on speed day is never more than 60% of a shirtless bench P.R. It is roughly 50-55% of their contest best.

After the bench sets they do triceps. The triceps are the most important muscles for bench pressing. Kenny and George do a lot of two-arm dumbbell extensions. They both have done 125's for 10 reps. J.M. presses are also heavily used, sometimes working to over 500 for 3-5 reps. As a guide, J.M. Blakley did 3 reps with 530 in a workout at Westside just prior to doing a 690 bench. To do a J.M. press, lower the bar in a straight line above the throat. Stop 3-5 inches above the body, hold and press straight up. The delt are taken out of the lift, leaving only the triceps to do the

work.
When the old reliable exercises stopped working, George came up with a great triceps exercise: a 5-board press with 150 pounds of band tension. The bar is pushed forward to keep all the stress on the triceps and to minimize delt activity. Understand that George and Kenny do many other exercises for the triceps, but these are three very good ones.

George and Kenny agree that delts are the next important muscle group. They both do a variety of latwork: one- and two-arm dumbbell rows, chest-supported rows, barbell rows with different grips, and pull-downs with a variety of attachments. Sled pulling also supplements the lat work.

For the delts, heavy front raises are occasionally done, but most of George's special core exercises.

Although he does countless pressing movements, here are some of his favorites. George does board presses off 2, 3, or 4 boards, working to a max single or triple, sometimes with bands. He also does the 5-board press with bands for the triceps and floor presses with chains, sometimes up to 200 pounds, again working up to a max single or triple. (If George is trying to gain weight, he does triples. If he is maintaining his weight, he will do singles to a new max.) Steep inclines with a close grip help build the triceps and the anterior delts.

George changes the resistance by adding weight, chains, or bands. This has made him one of the few to hold two all-time world records.

Kenny's work on max effort day is somewhat different from George's. During the last 6 weeks before a meet, he will include 2- and 3-board presses. He does these for a single, always for a max. He also does floor press with only bar weight but sometimes with chains if the meet is more than 6 weeks away. Two weeks before a meet he benches in the lightened method using Flex bands connected to the top of the power rack. The bar is suspended from the bands, which reduces the bar weight by 155 pounds. This method works much like a bench shirt. The last workout is 4 days before the meet. Kenny does a rack lock-out with a bar position that allows him to lock-out his best bench press fairly easily.

Both Kenny and George use countless exercises for the bench. On each max effort day, they do one core lift and 3 or 4 special exercises for the bench. Both the speed day and the max effort day take no more than 1 hour. They also do special exercises for the bench on two other days a week.

George and Kenny have both held two world records at one time or another and now are trading the 242 record back and forth. It doesn't hurt that 21 lifters at Westside have done a 550 or more bench, so the pressure is always on. We believe these two will both bench 700+ at 242.

If you would like to bench like George and Kenny, do what they do: before a meet work on bar speed and push up the special exercises.

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POWERLIFTER

V I D E O M A G A Z I N E

Infinite Power Workout is a half-hour fitness show, nationally televised, and I had a chance to talk with Joe and show the viewers how powerlifters train differently than bodybuilders. The show is aimed at a broad audience, but powerlifters can benefit from the excellent information on training, health and nutrition, and overall fitness.

You can check out where it airs in your area by visiting www.vitaminic.com, which also has lots of info on Cie Allman, who was a terrific host and who invited me on the show in the first place. As for Joe, we'll be seeing and hearing more from him in powerlifting and strongman contests, and you can check out his website at www.joedangeles.com

One man who hasn't traveled to L.A. is Jamie Harris, who's still in Pennsylvania, but he has closed Harris' Monster Factory. Jamie is now with the Predator supplement company, in addition to his duties as champion of the Mason-Dixon Wrestling Federation.

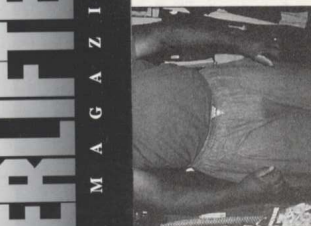
Jamie is just one of the big bench pressers featured in **POWERLIFTER VIDEO's** new special edition, **THE BENCH PRESS**. **POWERLIFTER** has taken the Star Workouts of five of the greatest bench pressers ever - Ted Arcidi, Anthony Clark, Jamie Harris, Greg Warr, and Dave Waterman - and combined them into one heavy-duty video. Then it added a visit with Louie Simmons and The Westside Barbell Club for a close-up look at their intense bench press training, plus a segment with John Inzer on how to get the most out of your bench shirt.

The video has just come out and it's available for \$29.95 (+\$2.95 s&h) at 1-800-BARBELL (800-227-2355).

That's it for now. Have a Happy Thanksgiving, and stay strong. Ned Low



Two of the Big Names you're going to be seeing in the brand new special edition of **POWERLIFTER VIDEO** which is entitled "THE BENCH PRESS", include Anthony Clark & Jamie Harris. (Low photos)



Dave Fitzgerald at Cold's Gym

November in Calgary will be the WPC World's and that's where big Garry goes next. We had fun during Garry's visit to LA, and we wish him lots of records in Calgary.

Another powerlifter who traveled out to Southern California is Dave Fitzgerald, but he came for more than just a couple of days. Dave moved out here last year and we caught up with him one afternoon at Gold's Gym in Venice. Dave is no longer at the Los Angeles Lifting Club; he's doing most of

touching the power ring. The percentage used on speed day is never more than 60% of a shirtless bench P.R. It is roughly 50-55% of their contest best.

After the bench sets they do triceps. The triceps are the most important muscles for bench pressing. Kenny and George do a lot of two-arm, dumbbell extension. They both have done 125's for 10 reps. J.M. presses are also heavily used, sometimes working up to over 500 for 3-5 reps. As a guide, J. M. Blakley did 3 reps with 530 in a workout at Westside just prior to doing a 690 bench. To do a J.M. press, lower the bar in a straight line above the throat. Stop 3-5 inches above the body, hold, and press straight up. The delt is taken out of the lift, leaving only the triceps to do the

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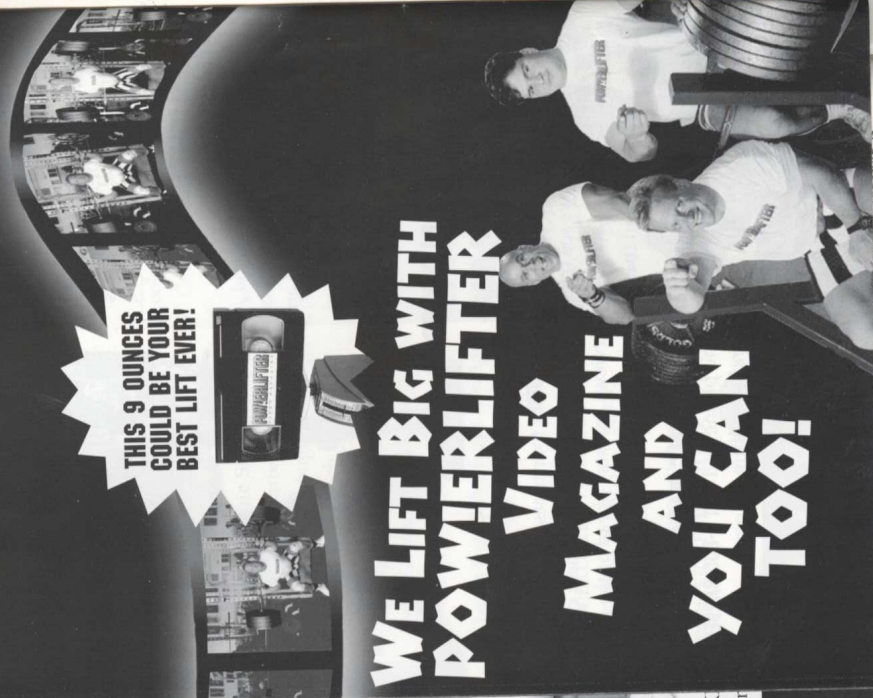
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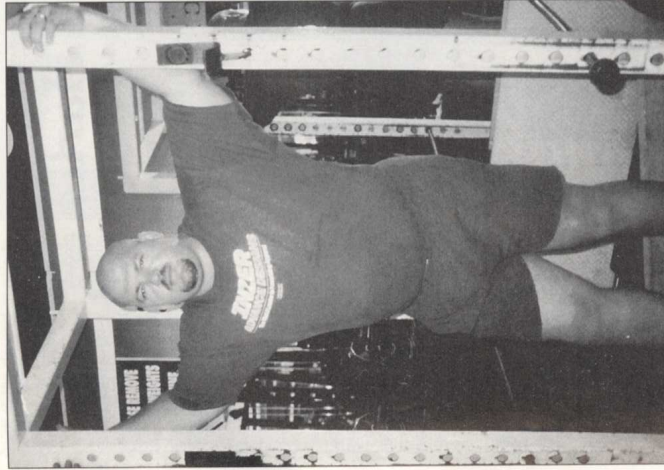


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If you would like to bench like George and Kenny, do what they do: before a meet work on bar speed and push up the special exercises.

A new world record in the bench press? In the deadlift? The three lift total?

Louisiana's Garry Frank is aiming at all these records, and he's got the strength to break them. 6



Garry Frank is set for the WPC Worlds in Calgary, Alberta, Canada

his training in Long Beach and is heading back to the East Coast for the Iron Island Gym's Halloween Bench Wars meet. Dave has benched 630 in competition, and



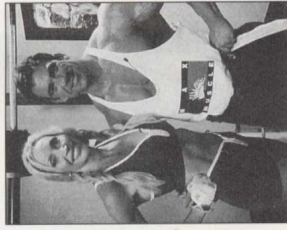
Dave Fitzgerald at Gold's Gym

POWER SCENE

he'll be looking to top that.

And he's gone Hollywood (at least a little). Dave is in the new Elizabeth Shue movie "Molly," which premiered in October.

New Jersey's Joe DeAngelis moved out to L.A., but that was years ago. As you can see in the picture, Joe is a bodybuilder, and he's been very successful, winning the Mr. Universe and Mr. America titles. He's also a very strong guy, and has done a few powerlifting meets. At last year's APF California State Championships, he hit 750, 455, 730 for a 1935 total, and that was with an injured shoulder.



Cie Allman and Joe DeAngelis of the "Infinite Power Workout"

Joe is a spokesman for New Jersey's Universal Labs, and you may have seen him in some of their ads, for products such as Animal Slak and Animal Pak. I met Joe when I appeared on the Infinite Power Workout tv show, which Joe co-hosts with the lovely Cie Allman.

Infinite Power Workout is a half-hour fitness show, nationally televised, and I had a chance to talk with Joe and show the viewers how powerlifters train differently than bodybuilders. The show is aimed at a broad audience, but powerlifters can benefit from the excellent information on training, health and nutrition, and overall fitness.

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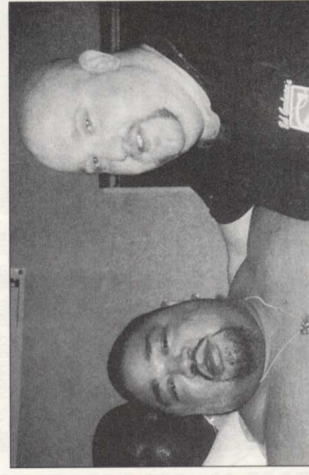
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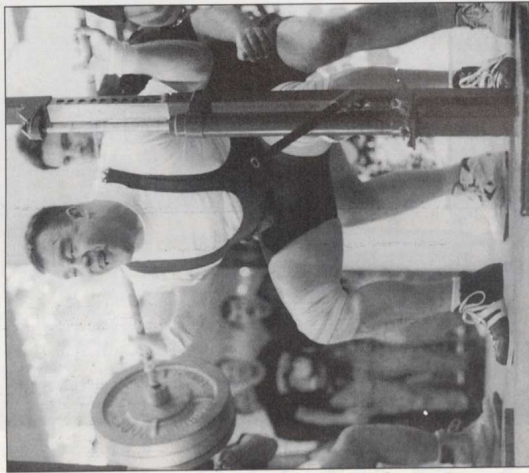


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INTERVIEW

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

Dr. Michael Hartle as interviewed for PL USA by Dr. Larry Miller



LM: Michael, how about some background information.

MH: I am 31 years old and married to Montique. We are both Doctors of Chiropractic. We have two children, Colin who is 9 and Anthony who is 4. We practice and live in Ft. Wayne, Indiana.

LM: How and when did you get started in the sport of Powerlifting?

MH: My first competition was the old Anoka Open in Minnesota in April of 1987. Initially in high school, after football, I got involved with the old bench press, bicep routine for the bench scene. After high school, I stayed in Minneapolis attending the University of Minnesota and got involved with some guys who trained at the old Elite Gym owned by Jerry Jones and a few other powerlifters who convinced me to start training the squat and deadlift along with the bench press. That's how I got involved in the sport. I had a little setback when I herniated a disc in my lower back while training. I was scheduled to have surgery on my lower back, but elected to see a Doctor of Chiropractic and got me back together and got me back in the gym.

LM: What are your best lifts and where have you competed?

MH: My best squat at 275 is 683, best bench is 473 and my best deadlift is 633 all of which were done in 1998. I have only done 3 meets as a 275 lbs. lifter. My first Men's Nationals was in 1996 in St. Louis at Mike Cissell's meet where I finished in sixth in the 242 lb. class. The next year I competed at Dennis Brady's meet in Chicago and then in Denver at Andrea Sottuel's Men's Nationals. The last few Nationals haven't been great totals for me, primarily due to work involvement, both professionally and for USAPL. In the past, my involvement on the Executive Committee of USAPL as Vice President has taken up a great deal of my time.

LM: In what capacities have you served for USAPL?

MH: I started out as a State Referee and then became a National Referee. I was State Chairman for Minnesota for 3 years. I was Meet Director for the Minnesota State Championships for 5 years. I was then the Collegiate Chairperson 1.5 years. After that

weights. I have also been working the stabilization muscles of the trunk over the last year. We have been doing a lot of abdominal work. I have been concentrating on the transverse abdominus which is the deepest muscle in the abs. People talk about pushing your abs out against the belt whereas what I am doing is actually sucking my abs (my belly button for a frame of reference) in as hard as I can before I start to lift. This helps to stabilize the lower back and pelvis before lifting heavy. It works a lot better than pushing out against a belt.

LM: What goals do you have in powerlifting down the road?

MH: My goal is to squat 800, bench 550 and DL 750. I would like to compete at an IPF Worlds. Somewhere down the road, when I have a bit more free time, I would like to be the President of USAPL.

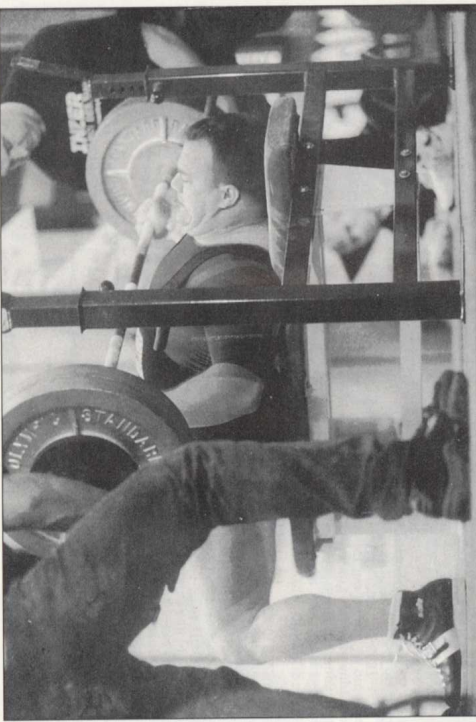
LM: What type of supportive gear do you use?

MH: I use Titan Dual Quad Custom Suits for Squatting and Deadlifting and I use the Crain Bench Shirt. I use Titan Red Devil knee wraps. I also use Safe squat shoes. Any funny stories that have happened to you as a powerlifter?

MH: When we had our special meeting in Chicago in March of 1997 to discuss unification with the USPF, I ordered food from the restaurant to be delivered to us during the meeting. Roy Bennerito knows that I love to eat a lot and I had placed a rather large order of food. Roy went ahead and changed my food order to a salad or something. I lost 2 pounds that night, and Roy thought it was pretty funny. In 1997 I had to lose about 14 lbs. to get down to the 242 lbs. class for the Men's



Dr. Mike Hartle was assisted by USAPL President Mike Overdeer at the '96 ADFFA Men's Nationals in St. Louis.



Dr. Dr. Hartle drives up a bench press attempt, once again at this year's USAPL Men's Nationals in St. Louis.

Nationals in Chicago. I was having problems at the time with my squat suits and on my second attempt, I blew my squat suit to the point where the whole back was torn. With a bathroom full of people and me being Vice President of USAPL, I didn't want to just turn around, so I ended up walking backwards off the platform to the warm up area. The crowd thought it was pretty funny.

LM: How did you enjoy your recent trip to Germany as Coach for the IPF BP Worlds?

MH: That was great, quite enjoyable. I have always enjoyed coaching and started out on the high school scene. This was the highest level of coaching that I have attained to date. I love working with athletes both as a coach and a doctor. I also enjoyed working with Coach Dr. Larry Matle. He is a very knowledgeable and intelligent individual. Larry worked the scorer's table and I worked with the athletes. Germany was a great experience. Mingling with the other countries was fantastic. It was also interesting coaching 2 - 275 lb. US lifters, Horace Lane and Misi Inoke, going against each other. They were both able to set World Records. Eventually hearing the "Star Spangled Banner" play made it an exciting event to be part of.

LM: You've had a chance to meet quite a few lifters over the years. Who comes to mind the most?

LM: What needs to occur for PL to get to the Olympics?

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and ancillary expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warwick, 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 a lifetime natural powerlifter. 3 years ago I used your Anabolic Diet to win a local championships. I believe it is truly the best muscle and strength building diet bar none. I have a couple of questions that I would appreciate greatly if you could briefly answer for me. Firstly, do you think taking vanadyl sulphate for the first couple days of the carb depletion would put a person in ketosis quicker and thus make the fat burning period longer before the carbs are reintroduced? Would this limited use be toxic to the liver?

Secondly, I have been taking 5g of glutamine prior to training, 5g right after and then 5g about 3-4 hours later, in the middle of the night. I read somewhere that glutamine easily converts to carbohydrate, and I do not want it to affect my ability to achieve ketosis and maintain it. What do you think of the glutamine supplementation schedule I have been following? Will it take me out of ketosis? Thanks for all your help. Eric

DEAR ERIC: The whole business of staying in ketosis is overplayed. In time the body makes more efficient use of the ketone bodies so that staying in ketosis is not a prerequisite for doing well on the Anabolic Diet.

Glutamine is converted to glucose in the liver through a process called gluconeogenesis. However it's a good idea to use the breakdown glutamine because otherwise the body would tend to supplement glutamine and increase protein degradation to get the glutamine it needs for the gut and the immune system. Supplemental glutamine thus acts to spare muscle protein as well as its other actions such as increasing protein synthesis and bolstering the immune system so as to help the body cope with an exhausting training schedule and prevent, at least to some extent, overtraining.

I think that the short term use of vanadyl sulphate wouldn't do any harm either to the diet or your liver. Try it and see if it helps. If it doesn't do much, then don't use it. Best of luck, Mauro Di Pasquale MD

DEAR MAURO: I read that exposure to sun can affect muscle growth, but the article I read didn't say how. I would really appreciate it if you could give me a little more info on how it affects muscle growth since I live in Hawaii and get a "little" sun every once in a while. Thanks for any info that you can pass my way. Terence

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DEAR TERENCE: Exposure to sunlight has a good effect on the circadian rhythm, mood and sleep. As such it has an indirect positive effect on serum testosterone and growth hormone and decreases serum cortisol. All these changes have a positive effect on the anabolic response to exercise. On the other hand, too much exposure can be bad for skin and increases the incidence of skin cancer even with the use of sunscreen. The trick is to get just the right amount of sun. Mauro Di Pasquale MD

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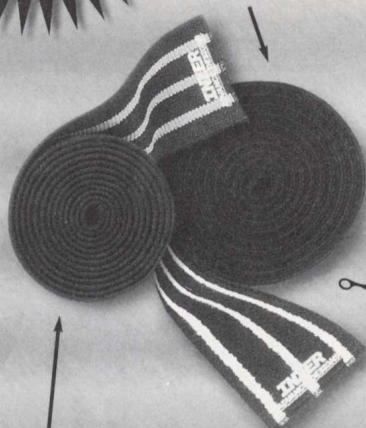
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TRAINING

A Balding Man's Advice on Powerlifting Technique, Part III by Rob Wagner, M.Ed., C.S.C.S., Manager University Strength and Fitness, University of Pennsylvania



Rob Walker is a renowned practitioner of the narrow stance squat

It has been a year since I started my series on the "balding man's advice on powerlifting technique" (Part I in the Sep/98 edition of *PL USA* and Part II in the Jan/99 issue). Let me review what has been covered to this point. The set up of the squat is an integral part of the lift. The methods of bar placement, foot placement and stance are aimed at keeping the combined center of gravity of the bar and body over the foot throughout the range of motion. I also discussed breathing and stabilization of the trunk during the set up of the lift. In this article, I hope to elaborate on the stabilization and go into detail on the descent and ascent of the squat.

If you recall, I mentioned that a series of back injuries left me in the lurch for squatting. I could set up and get ready to squat but found that as I started to descend my body had forgotten the movement. The struggle was maintaining the tightness and upright posture of my torso. This affected my drive out of the bottom of the squat. Usually I found myself completing heavier lifts in a bent over fashion resembling the Good Morning lift. Do you remember about ten years ago when one of the catchers for the NY Mets lost the ability to throw the ball back to the pitcher? When it came to squatting, I felt I had lost the ability to squat.

The most difficult part of this was remembering how I used to squat. Videotape was only helpful in demonstrating proper technique. However, it didn't allow me to internalize the feeling of the squat motion. Feedback from individuals was not much of a help either because I already knew what I was doing wrong. I just couldn't fix it. Instead, it took some long and expensive hypnosis sessions and experimental electric shock therapy to rattle my subconscious mind — just kidding. What it did involve was analyzing what was different now as compared to the past. The obvious answer was the back injury. It seemed my body was protecting the injured area by avoiding the movement that led to the injury. This forced me to redevelop these movement patterns again which required internalizing the movement in the correct fashion with little or no weight and slowly progressing toward the heavier weights. Using this approach did help me recover my old form. I have included some of the things I learned and it leads me to where I left off in the last article.

The Descent - I will assume that the information mentioned in previous articles in the series has been put to use. When the bar is taken from the racks what happens

hips should lead the knees, but this may not be as easy to observe in all lifters. It almost looks like both adductors and tendon structures are both stretched. The muscle is fairly stiff and actually stretches to a greater degree. As these tissues stretch, they become deformed. This deformation can be seen as the tissue storing energy. The faster the rate of descent the greater the deformation due to the increased work demands that the speed places on the tissue. When we stop stretching the tissue, it wants to snap back to its normal shape. An extreme example is a rubber band. Stretch it beyond its normal shape and what happens? Muscle and tendon tissues may not be as pliable as the rubber band, but the potential energy is available. In order to take advantage of this energy you have to act quickly. The faster you transition from the descent phase to the ascent phase, the more elastic energy you can use. The longer you wait after stretching the muscle the more energy you will lose. The time frame I am referring to is in the tenths and even hundredths of a second range. Every fraction of a second counts here.

Another phenomenon related to the speed of the descent are the reflexes that muscles elicit during

movement. In each muscle, you have a large number of stretch receptors called muscle spindles that regulate the rate of stretch of muscle. These reflexes tell the muscle to contract with a significant force to overcome the rate of stretch that the muscle has undergone. This protective mechanism keeps your body from collapsing to the ground when your foot slips off the curb. It has been shown in research studies that this reflex response also occurs after the initiation of voluntary movement. This means that the contraction force generated by the stretch reflex provides additional muscular force to assist with the voluntary movement. My personal feeling is that the elastic energy plays a larger role than the reflexes, but both are at work here as long as the speed of descent is sufficient. Does this mean you have to free fall your squats? Of course not. The speed should only be increased to a point where the lifter can still control the weight. The area where speed comes into play during the squat is at the bottom end of the descent prior to going below parallel. If you watch most squatters they will be controlled through most of the movement, then they speed up the last third of the movement. The thing you want to avoid is controlling the motion all the way down almost to

a stop before the ascent. You will find that as you master this technique you can initiate the speed earlier in the movement and possibly facilitate the elastic energy even more. Also keep in mind that most of the equipment worn while squatting like suits and wraps have elastic components that will also store and exhibit elastic energy. One other point about increasing your speed of descent is that the shorter the time spent descending the less energy you will use in this portion of the lift. A final note, of course there are exceptions to the speed approach, but I think that if you look at the physiological evidence, increasing the speed of the descent can have a positive impact.

As you descend focus on several things, the pressure in the feet, the tension in the quads, the speed of the descent and the tension and positioning of the torso. It's tough to do all at once so here are my suggestions. As you start to descend, focus on the tension in the quads first. Then as you approach the bottom just above parallel, focus on the speed. At the bottom of the squat focus on torso position. By reinforcing the upright torso at the bottom of the movement you help avoid the hips first style squat that leads to a good morning. When training the squat always descend

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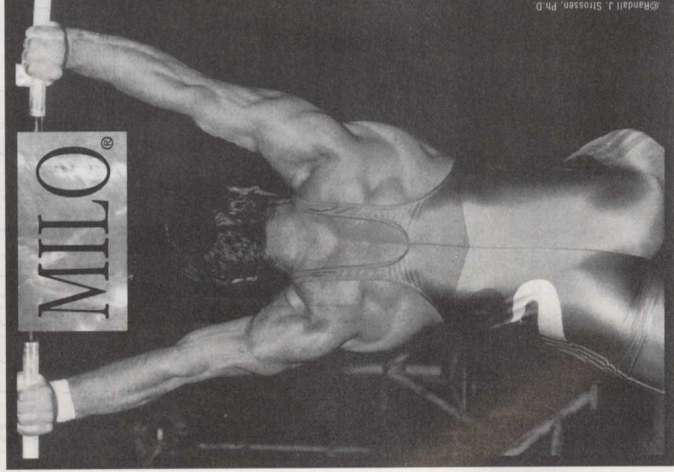
O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing — what you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

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If your knee soreness causes you to need knee wraps to deadlift, I would consult a doctor to address a potential joint problem.

Lastly, form and execution can really make a difference. Set up is first. Many lifters tend to position their bodies too far from the bar. This causes the bar to be pulled in as well as up to lockout. Leverage is increased and the chance for injury is increased. A key to competitive lifting is to decrease the distance the bar must travel to complete the lift. It must be pulled in as well as up, the chance for injury is increased. You can lift more weight over a shorter distance than a longer one, and it's not just physics, that's common sense. Set up no farther away than 2-3 inches from the bar. If you are actually touching the bar with your fingers, you may suffer skin scratches, but powerlifting is not necessarily painless.

Grip width is also important. The narrower the grip, the less distance the bar must travel. This allows you to assume a more upright position, closer to lockout, and potentially use more leg power. If you get a deadlift conventional, try gripping at shoulder width, just outside the start of the knurling. Sumo deadlifters can go narrower, straddling the knurling and the smooth part of the bar. There are a limited number of lifters who gain some type of leverage advantage by using a wider grip, but give a narrower grip a try first.

Also, try to maintain an upright posture when starting the pull. This will lower the distance that the bar must travel, as well as bringing more of the strong leg muscles into play. Flexibility can help here, so don't overlook its importance. Hamstring and hip flexibility can also work in your favor on the other lifts also. Any combination of these three tips can give you a max deadlift an instant boost without increasing your strength one bit.

With all that taken into consideration, you can still blow everything by making an all too common error at lockout. In their desire to demonstrate a complete lockout to the judges and crowd, some lifters lean back so far that they cause their knees to bend. This would result in a red light from an alert judge. A fully upright position with your shoulders just slightly back will satisfy the judges without such extreme and possibly costly execution, which is also a waste of energy.

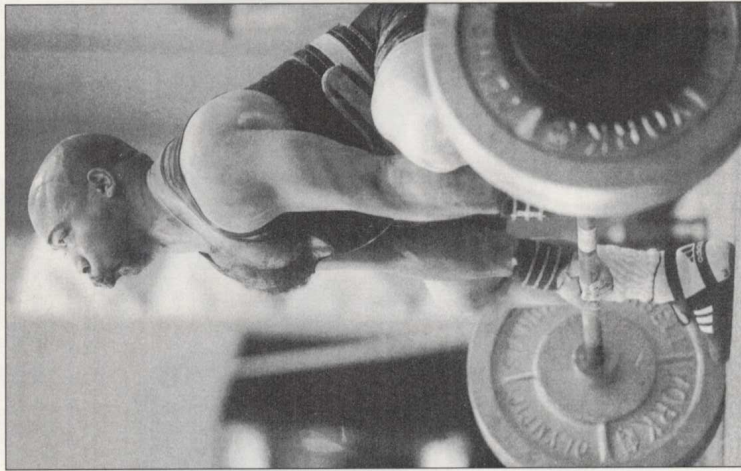
Getting a big max deadlift is more than a great routine, supplements, and supportive gear. Evaluate the suggestions in this article to see if they apply to your current practices. A minor change or two can make a difference in your meet results. You still may not want to sweat the details, but sometimes a little sweat can go a long way.

Doug's Web address: members.aol.com/dadam12345/default.htm

STARTIN' DEADLIFT

A special section dedicated to the beginning lifter

DEADLIFT DETAILS as told to Powerlifting USA by DOUG DANIELS



Attention to Detail ... Keith Scisney at the '99 USAPL Men's Nationals.

base during the set-up and pull off the floor. For conventional deadlifts, I recommend house slipper type shoes or actual house slippers. They provide the features just outlined and fulfill the requirements for competitive footwear. Some lifters wear wrestling shoes, but they cost a bit more than house slippers. Sumo lifters may want to try a cross-trainer shoe for more ankle support. The key to remember is to get shoes with a low, flat heel. A high heel

will angle you forward and could decrease your leverage position and require you to pull back as well as up, wasting energy and actually making you lift more!

I have an issue with using knee wraps while deadlifting. They are invaluable for the squat, but for the deadlift, they can be counter-productive. Their use could result in locking the knees out prematurely, greatly lessening the contribution from your legs.

The saying is "don't sweat the details" and in many cases, this is true, but sometimes a little attention to detail can make a substantial change in your results. Most of our readers want to explore almost every possible training technique, lifting gear and new supplement to get bigger lifts on meet day. Perhaps this attention to detail can pay off and complement all your other efforts. In this article I'll cover a few details that can make a difference in your deadlift.

The frictional resistance the bar encounters as it drags across the body from the floor to lockout is an obstacle that can hinder our success, but it is easy to conquer. The first method to reduce this friction is to use talcum or baby powder on the front of your shins, knees, thighs and the bottom of your lifting suit legs. This will allow the bar to slide up the body a bit easier. Take the container of powder and splash it on these areas then turn the container upside down (with the opening shut, of course) and spread it around with the bottom, being very careful not to get any on your hands. If you get any talc or baby powder on your hands, you are likely to decrease the strength of your grip on the bar. For best results, apply and spread the powder in the "on-deck" area and not on the lifting platform. This is a safety issue as excess talcum powder could cause a lifter or spotter to slip and fall. If you notice any excess powder on the platform, ask the spotters to clean the area before you lift.

Those bald-headed swimmers can provide all deadlifters with a major performance tip also. They shave their heads to decrease resistance in water and, in doing so, the decrease their time. We don't need to shave our heads, but by shaving the front of your thighs from the knees to just above where the bar stops at lockout will also help reduce friction. This can be done the day prior a meet to spare any of you macho guys out there any grief, but - in the long run - no one will care much about that if this simple act turned out to be the difference between a successful lift and an unsuccessful one.

To help maintain your grip on the bar, we need to increase friction. The chalk or magnesium carbonate on your hands near the platform, but unfortunately, it either can get stolen or used up by the time your turn comes up. I suggest bringing your own stash of chalk in a Tupperware container for easy access and storage. In this case, it's okay not to stare if you don't want to. Over the course of the meet, the bar may actually develop a build-up of chalk on the knurling. If so, ask the spotters to scrape the excess off before you lift.

Footwear can be a key here too. The best deadlift footwear is thin to reduce distance the bar must travel, with non-skid soles to provide a stable

emphasizing the glutes. Narrow stance squatters tend to benefit more from the first technique while the wider stances tend to prefer the latter. Sometimes you may find yourself stalling at the top end of locking out. This is usually due to getting out of the groove. In these situations, shifting the pressure in the foot forward and back can aid you in completing the lift as long as your torso is upright. This may only be useful on max lifts and you may never need to do this on lighter reps, unless you get way out of the groove.

Summarizing the squat articles could take a whole page but I will make it brief. The set up is a very important part of the lift. It has to be performed effectively and efficiently to ensure a successful squat. Rack heights, stepping out, and bar placement are all components of this stage of the lift. Using the proper stance and foot positioning will allow you to maximize the biomechanical advantages of your body. By maximizing the biomechanics, you can be sure that you are getting the best results possible. During the squat try to increase the speed of the descent and strive to keep the torso as vertical as functionally possible. Finally, remember the most important thing - push like hell. In Part IV of the series, I will be covering the bench press.

the elbows up, and torso position all come into play in the ascent. If any of these fail, so can the lift. One other factor is the breath you took before descending. You have two options to consider when it comes to breath holding as you ascend through your sticking point. You can let the air out in a controlled manner or hold the breath until you're finished the lift. Breath holding is very important during the lift. It helps maintain your torso's internal pressure throughout the lift, which can help in supporting the spine. An additional means of using this pressure is creating the val salva effect. By pushing outward with your arms into the front of the belt, you actually develop pressure and stability with the back of the belt. You can also try to leverage your stomach off the top of your thighs if you have that size of belly.

While all these other factors are at work you will need to continue to push with the legs and keep the pressure centered in your foot. As you approach the top of the lift, you may find that shifting the pressure in the foot towards the heel aids the lock out. There are a couple of ways to complete the lift in terms of your muscle usage. The first is to drive the legs, emphasizing the quads, until they are locked out. The other version is to drive the legs and then pull the hips through and forward

attention to the speed at which the chest or upper torso moves not the legs and hips. If you can briefly envision what happens when your hips move too soon you might agree that it usually leads to disaster in the squat and deadlift. Shooting the hips in the squat usually leads to a missed lift or a fatigued back and neither will help your total.

Focusing on the speed of the chest or torso helps the ascent of the lift in two ways. First, it aids in keeping the COG's in line. In the last article, I mentioned that the combined Center of Gravity (COG) of the bar and body was closer to the upper torso. By moving within our upper torso, it helps keep the COG over the foot and reduces the tendency to lean forward. The second function of this approach is that if you're thinking about getting the torso moving then you can't think about pushing the hips quickly. In sports psychology this is called dissociation (thinking about one thing to distract you from another). In either case, the control of the speed of the hips and maintaining an upright posture are both integral steps in the ascent of the squat.

As you ascend the same factors that were important during the set up and descent are important here as well. Maintaining the bar placement and head position, keeping

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Dr. JUDD

In Pursuit of Success, Pt. 5 as told to Powerlifting USA by Judd Biasiotto Ph.D.



Ted Arcidi in his prime in a promotional shot for the Schisler Brothers' Buckeye Barbell.

been said that he is the Neostadamus of the stock market. How does he do it? Intelligent risk-taking, that's how! Through hard work Dorsey became an expert in reading and tracking the history of specific stocks each and every day. By studying the history of stocks he became a master at forecasting and predicting the future price of those stocks with incredible accuracy. Sure, her mistakes now and then, but overall he has an extreme high accuracy rate. By taking calculated risks Dorsey has forged out a multi-million dollar business for himself in an extremely high risk industry.

As I've already mentioned, I believe that in order to reach the pinnacle in your field you have to learn to live on the edge, to enjoy the element of risk and danger—at least to a reasonable degree. Look back through the annals of time and I think you'll find that people who had the courage to take a chance, who faced their fears head on, were those who shaped history. The people who played it safe, who were afraid to take a risk, who have to ever heard of them? I love what Theodore Roosevelt said about this very issue. He says:

"It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again because there is no effort without error and shortcomings, who knows the great desolation, who spends himself in a worthy cause, who at the best knows in the end the high achievement of triumph and who at worst, if he fails, who fails daringly, knows his place shall never be with those timid and cold souls who know neither victory nor defeat!"

Sports are full of great physical specimens, but there is a real shortage when it comes to athletes who are willing to play their game with

When I was working with the Kansas City Royals Baseball team my roommate Branch B. Rickey III met a guy who was willing to let us buy into a condominium project that was being constructed in Florida.

The deal was that we could purchase up to ten condominiums at a price of \$10,000 a piece. At the time \$10,000 was a pretty good chunk of money, but the deal was extraordinary, if everything went as planned there was a good chance that we could double or triple our money in no time. Still there was a risk—there is always a risk. At the time the area was fairly underdeveloped, consequently there was a chance that the condominiums would not rent or sell.

Also because it was beach front property the taxes were extremely high. Unlike Branch, I didn't have the money to invest long-term. I would have to borrow the money at a fairly high interest rate and then hope that I could turn the property over in a short period of time. Otherwise, I would lose a lot of money. It wasn't exactly a sure thing. Believe me, I lost a lot of sleep deliberating over that decision. In the end I decided against making the investment. I was afraid I would lose too much money if things did not work out.

Every time I think of that decision I could kick my butt. In less than five years those condominiums were selling for more than \$100,000. Today they are worth over a quarter of million dollars apiece. If I had taken that chance I would probably be living on the beach in the Bahamas with two chicks beside me. Instead I'm sitting here talking about taking needless, senseless, incalculable risks. Like running with the bulls or attempting a five hundred pound squat when your personal best is three hundred pounds, which proves nothing except that you have the brain of an infant. What I'm talking about is intelligent, calculated risk-taking in which the action in question is a risk that has a legitimate cost-reward relationship.

Let me give you a prime example of what I am talking about. A couple of months ago I had the opportunity to hear a presentation by Tom Dorsey, a stock market guru. I sat there for three straight hours listening to his lecture on stock charting. I was totally spellbound by his presentation. I didn't understand a damn word he said, but I loved every minute of it. Believe me he is that gifted a speaker. One thing I did grasp though was that the stock market, like sports betting, is risky business. It offends people who love security and predictability. This is an area where a lot of mistakes are made. It is certainly not a business for the faint at heart. Actually, that's what Dorsey does. He predicts the future. In fact, it has

Ted out of his house. Actually, you really couldn't blame his Dad. After all, he had invested over ten thousand dollars in Ted's education, and like I mentioned, 700 pounds in a bench press at that time seemed to be only ridiculous. The world record was 633 pounds. Ted was probably the only guy in the world who thought the lift was possible. Anyhow, after he got kicked out of his Dad's house, he rented a cellar in Newton, Massachusetts, to live in. It was primitive at best. Ted called it "the catacomb."

The floor and walls were constructed of stone and there were no windows in the cellar. At night it would get so cold in the cellar that he would have to sleep on the screen porch in the backyard under the stars. Actually, the only thing he had in the cellar was a small gas heater, a couch, and an old fashion chain-drawn toilet. He could cook his meals on the gas stove and he took his showers at the gym. To say the least it was a Spartan existence. Most guys would have said, "To hell with this," and gone back home. Not Arcidi; instead, he looked at his situation as something positive.

"My living conditions were great," he said. "It gave me a chance to really focus on my goal." And focus he did. If there was anything else significant going on in the world at that time Arcidi was definitely unaware of it. He was totally riveted on his one objective - 700 pounds. He was go-

loss. To love is to risk not being loved in return. To live is to risk dying. To try is to risk failure. But risks must be taken because the greatest hazard in life is to risk nothing. The person who risks nothing, does nothing, has nothing and is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love, live. Chained by his own fears, he is a slave. He has forfeited freedom. Only a person who risks is free!

That last line really gets me because it's so true. If you're not willing to risk, you have nothing - no growth, no change, no freedom. And when that happens, you are no longer involved in living; for all practical purposes you have no life - you're dead, you just don't know it.

So RISK for God's sake. Be a part of life. You have the power to be or do anything you want. You can produce miracles if you have a mind to. You have the magic, you just have to tap into it. Get in touch with it, make things happen, live - pursue - to the stars, push on to new galaxies. If you don't you will never know your GREATNESS!

ing to make that lift come hell or high water. Nothing was going to stop him.

Well, to succeed in his quest to become the first man in the world to bench press 700 pounds. Because Arcidi had the courage to put himself and his career on the line, he was able to go beyond himself and into the stars. He went beyond the boundaries of what most men believe was possible. For an athlete, there is no moment more precious in life. It is the so-called "white moment" - the moment in time that an athlete trains a lifetime to experience. There is no amount of money, no amount of power, or status and no position in life that can equal the experience. It's totally awesome.

Of course, Arcidi took a big chance to achieve greatness, but everything in life is a risk. I want to read something to you that I found in the book, *Chicken Soup*. To laugh is to risk appearing the fool. To weep is to risk appearing sentimental. To reach out for another is to risk involvement. To expose feelings is to risk exposing your true self. To place your ideas, your dreams before the crowd is to risk their

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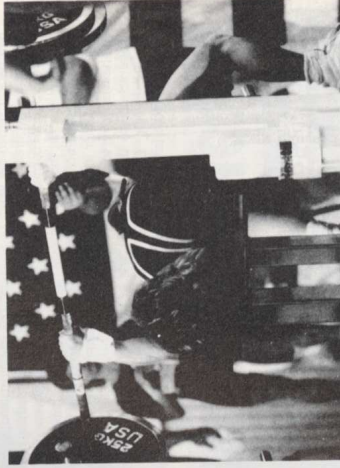
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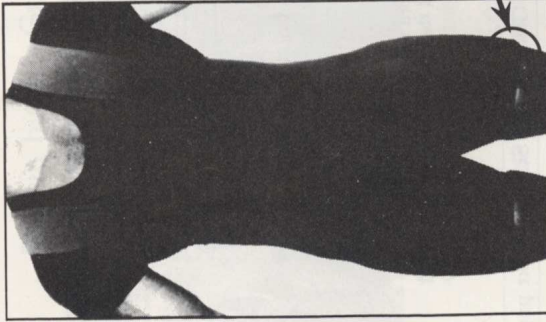
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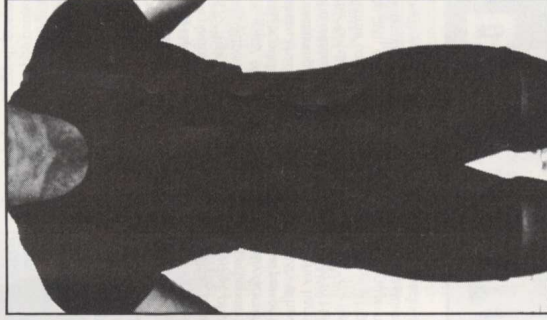
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Walk Away From Death as told to Powerlifting USA by Marty Gallagher

Recently, an another superheavyweight Iron Immortal died from a heart attack at age forty-five or thereabouts. Typically, when I read of these tragedies, I search my memory banks and then write some sort of tribute. Rarer than eulogize yet another fallen warrior, for whom it's too late, and at the risk of sounding presumptuous, I thought a slightly different approach might be appropriate and perhaps even helpful in preventing a future tragedy. It is my contention that a shockingly large percentage of national and international-level superheavyweight powerlifters eat too much, do nothing insofar as cardiovascular training and then die early.

Retired superheavyweight lifters are particularly susceptible to this fatal phenomenon. Typically, the 'at risk' big man lifter reduces or quits weight training - but doesn't quit the enormous eating habits that got him big enough and dense enough to handle world record poundage. Superheavyweight Powerlifters consume too many calories and in particular they eat way too much saturated fat.

Food is broken down into energy within the body and a gram of fat contains slightly less than nine calories. A gram of protein or carbohydrate contains a mere four and a half calories per gram. For a man intent on bulking up as large as possible as fast as possible, fat calories, dense and compact, are the ticket. Fat calories pack twice the caloric 'bounce per ounce' as protein or carb calories and, boy, do they ever taste good! Allowing taste to dictate our diet can be fatal. High fat food is delicious and it gives food a wonderful, seductive and easy flavor. The bulking lifter can eat twice as many calories when they choose fat over protein or carbohydrates. The problem is that dietary fat is easily converted to body fat. To use an automobile analogy, the big lifter develops a body akin to that of a 1967 Cadillac Eldorado - but the heart muscle of the lifter does not enlarge to accommodate the increased load. Metaphorically, the lifter has a heart designed to power a 1967 VW Beetle but his 65 horsepower heart motor now must power a 5000 pound Cadillac body: what an incredible strain on his little blood-pump. For a few short years, hugeness is okay; the human body is incredibly resilient, but if the lifter doesn't pare the pounds eventually the little heart muscle can suffer a blowout. Or it will wear out from overuse.

The miraculous heart muscle pulses 60-90 times a minute, sending blood coursing through the veins and capillaries to receptive muscles and organs with the precision and

placed his elbows on the bed and commenced to chow-down. His huge distended stomach hung all the way to the floor and there was no daylight showing between his open window and behind him. Looking like a pregnant rhino, his face hovered a scant six inches above the pizza box as he devoured the entire thing in 10 minutes flat, steam shovel style, like he was strip mining a hill for coal. He gobbled his pepperoni and sausage and then went scavenging for leftovers from the other three boxes. Feeling better, he took a nap.

I once asked George Hechter how it felt to be able to squat 975 and pull 840 weighing 364. "For two days a year, the Nationals and the Worlds, it's great - the other 363 days a year it sucks!" George ran into health problems and reduced down to 242 and set a slew of records, but wise men like George and Hugh and John Kuc are the exceptions, not the rule. Too many huge guys are attached to their 'sea food' diet and it comes back to bite them at some point. And it needs to be that way. Incorporating two new lifestyle changes - substitution dieting and light cardiovascular training - can spell the difference (quite literally) between life and death.



George Hechter made a most amazing physical transformation, going from a 964 584 871 2369 performance as a 354 lb. superheavyweight at the 1987 Hawaii Invitational meet (left) to 865 556 826 2247 at 240 lbs. bodyweight at the 1987 Hawaii Invitational meet (at right).

DIET: Rather than try and get a red-blooded powerlifter on a fancy-bodybuilder diet - one which they won't adhere to anyway - we offer the substitution diet for your consideration. All of us have had foods we naturally gravitate towards (those high in fat and sugar) and we all have some good foods (high in protein or carbs while low in fat and sugar) that we like. The idea is to identify the 'good' foods and substitute them for the 'bad foods' you currently consume in quantity. The beauty of this approach is that you never feel hungry because anytime you have a craving for bad food, you eat a substantial amount of good food in its place. You smother be hunger and satiate the desire. Plus, every time you replace a fat food with a protein or carb food you can eat the same volume of food and cut your calories in half (8.5 calories per gram of fat versus only 4.5 per gram for protein). A gram is a gram and if you previously ate a quart of Ben & Jerry's or a sixteen-ounce pizza, you now may eat an equal volume of protein or carbohydrates and eliminate artery-clogging saturated fat while simultaneously cutting your calories in half. It is a good deal: you reduce the deadly saturated fat with muscle-building protein or natural carbohydrates

and cut your calories. Don't eat fatty carbs like cakes, bread or pastry. Stick to grains, rice, vegetables and potatoes. Cooked fat-free these carbs are clean carbs. Clean protein actually stimulates the basal metabolic rate, causing the body to burn more calories as it gears up to meet the challenge of digesting protein. Dietary fat, on the other hand, is easily compartmentalized into fat storage. A note of caution: avoid protein foods that are loaded with saturated fat. Fish, chicken (minus the skin), lean beef, goat, turkey, organ meats, egg whites, skim milk and protein powder are great sources of clean protein. Main-meat carbohydrates like bread, pasta and pastries will cause spikes in insulin. Insulin converted and compartmentalized into fat storage instead of being used as energy. Avoid them. Natural carbohydrates have a far lesser impact on insulin and are recommended as the preferred carb sources. Fiber carbs - actually dampen insulin spikes and a diet high in clean protein and fiber, low in refined carbs and moderate in starch carbs, is the fastest way to lose fat.

CARDIO CONDITIONING FOR POWERLIFTERS: Powerlifters take a dim view of cardio training

ing - aerobics - and contemptuously consider cardiovascular training effort, irrelevant and at odds to their stated purpose: maximizing size and strength. And there is a good case to support that viewpoint. We are talking aerobics for health, not strength. Aerobics, it is widely felt, weakens a competitive powerlifter and any benefits are offset with negatives. Few hard core lifters would be caught dead riding an exercycle, walking a treadmill or jumping up and down on a stair-stepper. The broad consensus among the power elites is that cardio is counterproductive to the goal. Yet, it has been scientifically and medically proven that three to five, twenty-minute sessions at 60% (or more) of maximum heart rate will perform maximum per week will perform miracles for the heart, lungs, internal organs and glands. Cardiovascular training flushes the human plumbing system: capillaries, veins, tubes, heart and lungs all benefit from regular aerobic exercise. Internal organs strengthen and improve function when subjected to regular, systematic doses of aerobic exercise. There might be a compromise solution for the powerlifter intent on losing fat. There is a type of aerobic exercise that will provide great cardio stimulation without being so intense as to interfere with strength building - walking.

LOW STRESS AEROBIC ACTIVITIES: A big man with little or no background in cardio training can hit 60% to 70% of their age-related heart rate maximum with a brisk walk around the block. And that's all that's needed. No need to join a health spa, no need to purchase an expensive exercise bike or treadmill, forget all that stuff and get outdoors and take a brisk walk. Walk outside for ten minutes as quick as you can then put a forefinger on your carotid artery or wrist pulse and count the beats for six seconds. Multiply this number by 10 to determine how fast your heart is beating. Then compare this to your age-related heart rate maximum to determine your aerobic intensity. What's the formula? Simple: 220 minus your age will provide you your 100% heart rate maximum. Then determine 60% or 70% of this number.

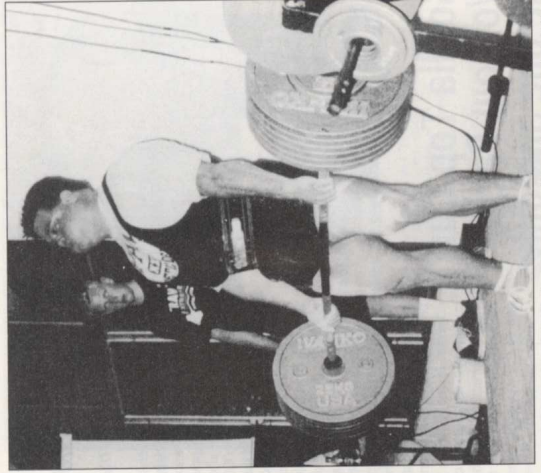
AGE 30 40 50
100% 190 180 170
70% 133 126 119
60% 114 108 102

Start with a ten-minute walk at 60%. Put on a WalkMan, get outside and take a good fast walk. Do this three or four times a week on days that you don't lift. If you no

longer lift, get back in the saddle. Add a few minutes walking per session until you are hitting twenty minutes per session. When you can walk for twenty minutes at 60% try to bump that up to 65% and eventually 70%. Increase the intensity by walking faster and swinging your arms a little more. Stick in that good outdoor oxygen and push a little. 3-4 sessions a week at 60-70% of age related heart rate maximum would do wonders for the internal plumbing of a cardio-challenged lifter. Walking avoids the bone jarring pain of jogging or running - no rips or tears from walking.

I have had occasion to interview bodybuilding dominator, Dorian Yates for Muscle & Fitness and one thing that struck me: Yates' aerobic program often consisted of a brisk walk around his post neighborhood with his dogs. In the off-season Yates would walk for thirty minutes, three times a week. Weighing 300, he had no problem hitting 70% of age related heart rate maximum using a brisk walking pace. Unlike his American competitors, many of whom spent two hours a day on bikes and stair-steps, the bullstrung Yates felt that too much cardio affected his weight training and he preferred to confine his aerobics to off-days. Wise advice that is applicable to the massive powerlifter who wants to incorporate some health-preserving cardio into their training. In addition, most lifters who are walking in conjunction with their powerlifting report improved digestion and a nice increase in appetite. The metabolism will kick up when you undertake a brisk walk and this stimulates the digestive process. Foods are processed better and when saturated fat is cut back, the athlete sees an almost overnight improvement in the way they look and feel.

If fat calories are replaced with 'clean' calories, muscle is retained while the life threatening factors of body fat and artery constriction are improved. Confine cardio training to low-impact walking done on off-days and no strength loss will occur. On the contrary, the lifter will be able to work harder and longer as a result of their new-found endurance and improved nutrient assimilation. All around it's a good deal - particularly when the alternative is so dire and bleak. So take a chance and take a walk. Hell, no one even needs to know you're doing 'aerobics' or going on a diet: as far as anyone is concerned, you're just taking a walk. You can literally walk away from death if you just get off the strait-laced, exchange that cheeseburger with mayo on Wonder Bread for a lean steak and a salad and then go outside and take a walk!



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Phase 2: Weeks 5-8. **Week 5:** Mon. 480x4, WF 360x3x3, **Week 6:** Mon. 510x1 WF 360x3x3, **Week 7:** Mon. 540x1 WF 360x3x3, **Week 8:** Mon. 570x1 WF 360x3x3.

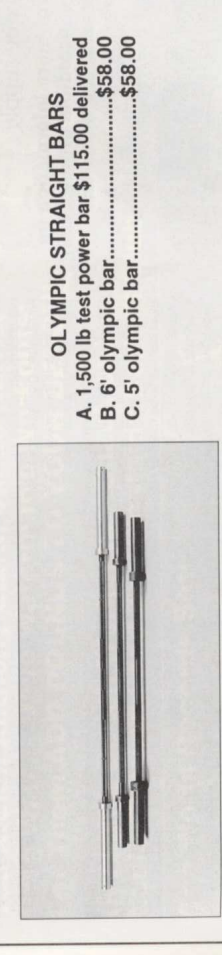
Phase 3: Weeks 9-12. **Week 9:** competition week. **Meet day:** Sat. attempts: 575, 610, 625.

I have found that 3-4 minutes rest in between sets during Weeks 1-4 work best. During Weeks 5-8, I cut the rest down to 2 min. while

Greg Payne has recently become one of Hawaii's greatest deadlifters doing the 3x3. I have also found that it is important to get all the reps for the sets even if this means taking a longer rest time. So far I have been making great progress with the 3x3 system without adding any additional assistance exercises. With the 3x3 program I have finally been able to pull 804 and will be looking towards 815 by the end of the year.

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tain blocks of wood for foot placement in bench pressing. It works a lot better than moving and repositioning the wood.

Some other notable performers I saw included George Escher, 84, who has lived in Hawaii since 1960. He is retired, but still busy with many other things. He is a member of the local powerlifting community. He has grandchildren who lived in this neat--Natalie and Aaron Parr, ages 14 and 16 respectively. The church pastor, Gary, is a native of Hawaii. He has been a member of the church for many years. He has such a wholesome recreational activity in his church, Keith Ward, the recent 2nd Champion--WW in the Masters 40-44 age group.

Sonny Komoto, 76, is an islander who doesn't have much pull. However, when put to the test, he can pull a little more than expected. He is amazing 308 @ 165. People might raise an eyebrow, but Sonny gets tested frequently and has finished one year. Blaine Hayashi, 36, was 2nd in this meet--Natalie and Aaron Parr, ages 14 and 16 respectively. The church pastor, Gary, is a native of Hawaii. He has such a wholesome recreational activity in his church, Keith Ward, the recent 2nd Champion--WW in the Masters 40-44 age group.

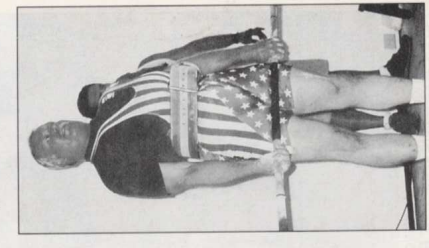
Along the challenges will be John "Tokey" from CA and Flavio Drams, BBA. This will decide once and for all the island strong boy is none other than Greg Payne, 23. At 280 172 lbs, he's really put together and is good on all the lifts. He recently had a drug test and passed with flying colors. He has a wife and two children. He has a big strength. He has TOTD 1962 under RAW conditions as well. Greg has been tested so many times that it's almost a waste of time to test him. He is big and strong. He has TOTD 1962 under RAW conditions to top against Andrew Stewart at the 2000 AAU AAU meet in Nashville, TN next June 3-4. Don't miss this one!

The 40 and up Masters division, heading out his teammate and buddy Mr. Martin (I hold more records than you do). Dr. Keith Ward, a former AAU and USAPF, full time. Don has been involved with the sport for a long time. He is a member of the AAU and USAPF. He has a wife and two children. He has a big strength. He has TOTD 1962 under RAW conditions to top against Andrew Stewart at the 2000 AAU AAU meet in Nashville, TN next June 3-4. Don't miss this one!

I would like to thank Keith Ward and all the other members of the AAU and USAPF. They have made my journey through life a lot easier. I hope to continue to be a part of the AAU and USAPF community for many years to come.

Martin Drake was well on his way to a gold medal in the 220 lb. class. He was a member of the AAU and USAPF. He has a wife and two children. He has a big strength. He has TOTD 1962 under RAW conditions to top against Andrew Stewart at the 2000 AAU AAU meet in Nashville, TN next June 3-4. Don't miss this one!

Blaine Hayashi, 36, was 2nd in this meet--Natalie and Aaron Parr, ages 14 and 16 respectively. The church pastor, Gary, is a native of Hawaii. He has such a wholesome recreational activity in his church, Keith Ward, the recent 2nd Champion--WW in the Masters 40-44 age group.



Martin Drake pulls in 440 lbs.



Terry Hladky, age 11, puts up a 40 kg. bench press. (Herb G. photos)

Boned Matt* and Keith Grenham, two summer missionaries from GA, both lifted in the competition and they also provided a mental coaching reminder to the beach and the Pacific Ocean. Keith also owns KENEKES BARBECUE - a local eatery that is very popular. It easily outshines the multi-million dollar Terry Hladky/1795. 40 82.5 132.5 207.5 M. Matsumura/74/147 40 90 130 130 Aaron Hadow/17/175 66 155 205 245 Conrad Pratt/17/176 46 85 135 135 Luke Parr/16/158 50 85 135 135 George Escher/83/184.5 30 75 80 110 Keith Grenham/20/142 57.5 92.5 150 150 Ian Stallings/16/233.5 62.5 125 207.5 Lori Watson/23/103 66.5 125 207.5 Aaron Hadow/17/175 66 155 205 245 Jason Hadow/17/175 66 155 205 245 Brent Hira/25/245 86 175 251 261 Bernard Au/35/121 107.5 150 257.5 John McDonald/32/172 127.5 205 332.5 Chik Fami/17/174.5 140 200 340 Abe Parashov/26/197 135 220 355 Sonny Komoto/76/165 140 207.5 345 Martin Drake/48/202 145 252 397 George Escher/83/184.5 30 75 80 110 Cameron DeLo/40/201.8 145 252 397 Jan Desolo/42/162.25 150 240 387.5 Ryan Shum/28/220.5 175 300 377.5 Keith Ward/44/209.25 180 225 370 Blaine Hayashi/36/174.25 215 342.5 562.5 Makom Aho/31/225 210 255 465 Blake Haysashi/30/174.25 215 342.5 562.5 The 2nd Annual AAU Push-Pull Hawaii State Raw Powerlifting Championships were held Sunday July 31, 1999 at the First Baptist Church of Oahu. Youth director of the church is Keith Ward, 44, a gentle fellow with a fondness for helping out others. With the backdrop of the Lord to promote good character. He is a teaching, loving, and learning experience and Keith is a natural for it. When I was asked by Mr. Ward to finalized travel preparations for on July 29th at Los Angeles International Airport. We conveyed Martin Drake, and long time Iron Game subscribers, Donald and Fran Lineo, who were to serve as the officials for the event.

Blaine Hayashi BPed a 473 at 181

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Don Hasky bought a big tote box which com-

AAU Hawaii State RAW Push-Pull	31 JUL 99 - Waimanalo, HI (kg)	DL	TOTAL
LiterAge/bodywt.	BP	DL <td>TOTAL</td>	TOTAL
Lara Riedinger/10/99.5	20	42.5	62.5
Sara Ke/17/108	32.5	70	102.5
John Elton/17/108.5	35	75	110
Erin Tamm/17/109	35	75	110
Cornelia Basquill/32/103	35	100	135
Michelle Parr/14/111.5	40	75	115
Natalie Parr/14/111.5	40	75	115
Terry Hladky/17/195	40	82.5	132.5
M. Matsumura/74/147	40	90	130
Aaron Hadow/17/175	40	90	130
Conrad Pratt/17/176	46	105	145
Luke Parr/16/158	50	85	135
George Escher/83/184.5	30	75	105
Keith Grenham/20/142	57.5	92.5	150
Ian Stallings/16/233.5	62.5	125	207.5
Lori Watson/23/103	66.5	125	207.5
Aaron Hadow/17/175	66	155	245
Jason Hadow/17/175	66	155	245
Brent Hira/25/245	86	175	261
Bernard Au/35/121	107.5	150	257.5
John McDonald/32/172	127.5	205	332.5
Chik Fami/17/174.5	140	200	340
Abe Parashov/26/197	135	220	355
Sonny Komoto/76/165	140	207.5	345
Martin Drake/48/202	145	252	397
George Escher/83/184.5	30	75	105
Cameron DeLo/40/201.8	145	252	397
Jan Desolo/42/162.25	150	240	387.5
Ryan Shum/28/220.5	175	300	377.5
Keith Ward/44/209.25	180	225	370
Blaine Hayashi/36/174.25	215	342.5	562.5
Makom Aho/31/225	210	255	465
Blake Haysashi/30/174.25	215	342.5	562.5

members of our welcoming committee were "big



Blaine Hayashi BPed a 473 at 181



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Name That Sport! Name That Dead Monk? (senseless murder is wrong, unless it helps my column or entertains the masses.) as told by House Of Pain's Rick Brewer

Think of a blue-collar sport, defined by strength, wherein specially trained contestants struggle against one another in front of an audience. Thinking of powerlifting? Think bigger audience. Maybe I should tell you that the audience exceeded 80,000 - and that only one contestant survived and that the event occurred in ancient Rome. Moral combat between gladiators! A vivid, heroic image comes to mind when we think of gladiators. I always wanted to be a gladiator. Be honest, didn't you? Let's look closer, and see if there is anything to learn.

The origin of the sport goes back before Christ, when primitive people believed that blood was the most valuable thing which could be offered to the gods. Human blood was the most precious, hence the custom of human sacrifices common to many pagan religions. It became customary in early Roman circles to kill the slaves of an important person who died - to bless their owner in the afterlife. But slaves were valuable, and so this was soon considered too wasteful. Combat between the slaves became preferred, since the strongest slaves survived for future use (by the surviving heirs).

By the 1st century BC the contests had lost their ritual significance, and were pursued for entertainment. At about this time, the gladiatorial schools were placed under state control to prevent these "private armies" from overthrowing the government (stay with me for two more paragraphs).

Different styles of gladiators evolved (like different powerlifting federations), with the main classes consisting of condemned criminals (damnati) who were killed even if they won their fight, slaves bought for the purpose, prisoners-of-war, and volunteer "freemen" who either sold or leased their talents and were bound by oath.

Consider the freemen who sold their freedom, giving up life in one of the richest civilizations known to man, for board and wages as gladiators. They did not "fight to the death" as we would like to believe, but rather fought until modestly wounded. As soon as a wound was visible to the 80-85,000 people in the audience, the audience cried "I-abet!" and the outcome depended on the whim of the crowd. The vanquished gladiator could raise his forefinger for mercy; if the crowd decided he had fought well and this should live to fight again, they waved handkerchiefs signifying the victor should spare him. If they turned thumbs down, he was immediately put to death... and the law of courageous dueling required the gladiator to allow himself to be mortally stabbed without cry or protest. There was no fight at this point, and it was not a very pleasant picture. Imagine the "heroic" wounded gladiator standing to mutely allow himself to be mortally stabbed.

DH1 say allow himself to be stabbed? As the crowds grow bored with even-handed combat, women and dwarf's were sent into combat. Keep in mind that women were not allowed on the stage of the theatre in Rome. (Men played the female roles, wearing feminine masks). They were not allowed to act, but could enter the arena and fight to the death! Wild and unknown beasts

It's true! There are many aspects of football that are hotly debated, but the fact is that you can tell him how to develop stronger players. Take the coach to a powerlifting meet and let him see how exciting and rewarding it can be. If YOU are the coach, take a few players to a powerlifting meet. Pump up their imagination and see what happens!

Credit where due: my hat is off to the Texas high school coaches who bring over 500 lifters to the USAPL Texas High School State Championships! Similarly, last year WISCONSIN lifters had about 40 people drive across the country to the High School Nationals fantastic support!

These coaches have done a great job at involving the parents, etc. Baseball coaches, I'm also talking to you! The outdated notion that stronger players are slower has been SOUNDLY disproven. It was first disproved in scientific studies which showed that greater strength levels decreased sprint times, provided proper stretching preceded the run. Next, it was trumped in the real world by the fact that top players around the country now train with weights - without exception. Find the pro-team without a weight room.

Rugby, boxing, hockey, strength prevails. Find a sport where weaker players dominate and you have found a NON-SPORT. Please don't bring up golf. TOO LATE - you made me vomit on my desk!

Got a couple of e-mails about the "RANCOR" article, but powerlifting is a perfectly legitimate outlet for that. CARNIVOROUS INSTINCT. Yes, we are carnivores whether you like it or not and there is nothing wrong with a "killer instinct" as long as it is aimed in a safe direction. (Similarly, "slut appeal" doesn't make a girl a bad person.)

Next month, you found a few new lifters - now what?

NOTE: Last month, I mentioned two spectators at the gladiator fights. If I remember correctly, another man attended the gladiator fights and felt compelled to stop them due to his Christian principles. He was a monk, and he dropped from the crowd into the arena to stop the men from killing each other in about the 6th century AD. The gladiators turned on him and killed him in a sickening display that caused the emperor to ban future conflicts. I cannot find this info, so if you are a history scholar - please e-mail the name of the monk, the emperor, and the year to:

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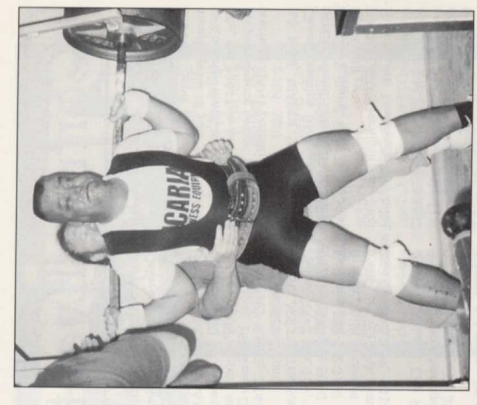
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Bill Centano locks out 835, the highest squat in ANPPC history, and went on to take 1st at 242 Open and Master 40-44 242 & Best Master Lifter at the ANPPC World Cup.



Best Lifter in the Open Men's Division, Tom Carnaghi, gets 800 at 198 open for a new ANPPC World Record.

meets was at the age of 601. The grandmaster of the sport, Paul Westling, won again in the 70-74 age group. Paul Westling, 195, set a new world record of 290 in the 70-74 age group. He also set a new world record of 290 in the 70-74 age group. He also set a new world record of 290 in the 70-74 age group.

with a 175 squat, 260 bench, and a 250 deadlift on his way to a 685 total. Another great young lifter is the best overall deadlifter in the world. This led to one of the best overall deadlifts in the world. This led to one of the best overall deadlifts in the world.

with a 175 squat, 260 bench, and a 250 deadlift on his way to a 685 total. Another great young lifter is the best overall deadlifter in the world. This led to one of the best overall deadlifts in the world.

Table with columns for ANPPC World Cup, 24 Jul 99 - Tuscola, IL. Lists various lifts and records for different age groups and divisions.

Table with columns for East Coast Classic Bench Press, 24 APR 99 - Swanzey Cir., NH. Lists various lifts and records for different age groups and divisions.

Table with columns for Ho Leung locks out 240 kgs. for the gold medal in the 75 kg. class at the CPU Canadian Men's Open. Lists various lifts and records for different age groups and divisions.

Table with columns for 17th USAPL Shendandoah Open, 24 Apr 99 - Woodstock, VA. Lists various lifts and records for different age groups and divisions.

Table with columns for USA Pennsylvania State Meet, 22 May 99 - Selinsgrove, PA. Lists various lifts and records for different age groups and divisions.

Table with columns for CPU Canadian Men's Open, 12 May 99 - Charlottetown, PEI. Lists various lifts and records for different age groups and divisions.

Coming Events

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

5-7 NOV, WABDL World BP/DL Championships (Holiday Inn Airport, Portland, OR) Gus Rethwach, Box 5292, Bend, OR 97708, 541-389-0600

6 NOV, USAPL Michigan State (Aim High Sports, Dimondale, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48066, 248-813-9866 or 616-5447-6464

6 NOV, AAFP Southern States (drug tested), Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-677-4000

6 NOV, USAPL Top Dog PL/BP, M. Villareal, 895 N. Bayshore West, San Jose, CA 95112, 408-275-6449

6 NOV, MD/VA/DC Masters/Submasters, Doc Jenkins, 1910 Dual Hwy., Hagerstown, MD 21740, 301-791-7934

6 NOV, IFA South Carolina State Law Enforcement "Big Badge Bench #2"

plus "The Open Strongman Contest" (Columbia, SC) Floyd Powe, 103 Afion Ct., Summerville, SC 29485, 843-875-1434

6 NOV, 11th Central USA Open (Cape Girardeau, MO - PL - open, teen, master) Ter, novice; BP - open, teen, master) Mike Cisell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225, mcs904082@aol.com

6 NOV, APF Pine Tree State BP, Russ Barlow, RR#2 Box 126, Turner, ME 04282, 207-225-5070 or Shane McKenna, 207-442-0180

6 NOV, AFA Southeast Florida BP (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@aol.com

6 NOV, Alabama Elite Powerlifting, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946

6 NOV, 3rd Cecilia City Bench and Deadlift Classic (men/women open, teen, junior, submaster, master) Tom Sliver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974.

6 NOV, Mike Stone Memorial/Southeastern Championships (Tullahoma, TN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

6 NOV, USPF Texas Cup (open, beginner, 40-49, 50+), submaster, women, teen men & women, BP - Austin, TX)

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Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-7115

20 NOV, USAPL SE Alaska Meet, Ira Rosen, 4414 Mint Way, Juneau, AK 99801, 907-789-1491

20 NOV, Minot Family YMCA BP, IP, SC, Boyd Strand, 105 14th St. SE, Minot, ND 58701, 701-852-0141 or Gary Clock 701-838-3203

20 NOV, AAU New Jersey BP & DL, Capt. Tony Garreff, 6101 Thirteenth St. #220, Mays Landing, NJ 08330, 609-625-6407, Garreff@bellatlantic.net

20 NOV, USAPL Mass State Open PL (men, submaster, master, grandmaster, teen, jr., spec. olympics, women's open & masters) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 8-10pm

20 NOV, (new date) AAU Tennessee Open Powerlifting Championship (men, women, teen, submaster, master) Al Williamson, 901-989-0198

20 NOV, Omaha Open, Keith Machuda, 4808 Cass, Omaha, NE 68132, 402-444-5596

20 NOV, 2nd Southern States BP & DL, Tilo's Gym, 245 Fairfax, Brownsville, TX 77820, 956-504-3324

20 NOV, USA "RAW" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

20 NOV, AFA Texas State PL & Lx Star BP/DL Classic (Deer Park, TX) Scott Taylor, Box 33927, El Jobean, FL 33927, 941-697-7962, apa@aol.com

20-21 NOV, AAU Drug Free World BP (Vieta, CA - raw/open - men/women - youth, teen, jr., open, military, law, submaster, master, physically challenged - qualifier)

emy Meet, Brian Reed, Dept. BSKL, U.S. Military Academy, West Point, NY 10996, 914-446-5678

13 NOV, USAPL Northwest Women's Regional, Paula Houston, 7805 196th S.W. # C, Edmonds, WA 98026, 425-697-3878

13 NOV, Eastern American Bench Press (open, over 40, women, novice, teen) Weightlifting Equipment of GA, Inc., 150 Sogebush Rd., Stockbridge, GA 30281, 770-474-2633

13 NOV, Arkansas BP Open (raw only - teen, jr., open, submaster, master - all wt. classes - Mobern, AR) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014

13 NOV, AAFC Bench Press (men, women, teen, masters) All American Fitness Center, 1910 S. Tate, Corinth, MS 38834, 662-286-6060, aaf@aoutga.com

13 NOV, APF Southern States, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-677-4000

13 NOV, 4th USAPL Oklahoma State (Adams Course, OK) Cheryl Auld Singleton, 405-324-1272

13 NOV, 3rd Crossgates BP, Crossgates A.C., 4038 Pontchartrain Dr., Silahl, LA 70458, Travis Smith, 504-646-2364, Garrett Acofin, 504-646-1115

13 NOV, ANPPC Drug Free USA Nationals (teen, women, men open, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775

13 NOV, West Penn Iron Men BP & BP/DL, Mr. Komo (PL Coach) Box 99901, Pittsburgh, PA 15233, 412-761-1955, Ext 267

13 NOV, AAU North Carolina State Bench Press (Henderson, NC) Ben Zak,

Box 978, Grandy, NC 27939, 252-453-6116

13 NOV, APA Texas State BP (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@aol.com

13 NOV, USAPL Dungeon Power Works Fall Classic BP/DL (Three Rivers, MI) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

13 NOV, Mid-South Touch 'n Go BP, Al Williamson, 800 N. Pugh Rd., Henderson, TN 38340, 901-989-0198 (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oklaheola, IA 52577, 515-673-5240, hammes@tds.net

14 NOV (new date), Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Gym, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

14 NOV, CPA Quebec Bench Press, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466

15-21 NOV, WPC World Championships, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L1T0, 403-938-3067

17-21 NOV, IPF Men's Worlds (Frento, Italy)

19-21 NOV, WNPFC World Championships (PL, BP, DL, SQ), WNPFC, Box 142337, Fayetteville, GA 30214, 770-996-3418

19-22 NOV, IFA Sr. Nationals & National Bench Press Challenge, Mark & Ellen Chaillet, York Barbell, 3300 Board Rd., York, PA 17405, 717-767-6481, FAX 717-764-0044

20 NOV, USAPL Idaho State/Open,

required) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

20 NOV, Ozark Open IIBP/DL Classic (Fritchektown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

20 NOV, USAPL Longhorn Classic, Kim Backwith, 8216 Burleson Rd., Austin, TX 78744, 512-385-5420

4 DEC, Wilkes-Barre Family YMCA Open, Makr DiPippa, 40 W. Northampton St., Wilkes-Barre, PA 18701, 570-823-2191 ext 132

4 DEC, YMCA of Greater Des Moines BP, Brett Feely, Riverfront YMCA, 515-282-9622 or Steve Van Dam, Ankeny YMCA, 1102 N. Ankeny, Ankeny, IA 50021, 515-965-8800

4 DEC, Police & Firefighter Qualifier (open, power sport, youth - Kansas City, KS) James Duree, 913-596-7326

4 DEC, USPF Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (ll. 3989 AA)

4 DEC, Pocket Samson AAU East Coast Bench Press Classic (Holiday Inn, men/women, open, teen, submaster, master, jr., law, fire, special olympians - 1st 75 lifters), Pocket Samson, Box 1314, Cumberland, MD 21501, 301-759-4707

4 DEC (new date), Ozark Push & Pull (Walton Life Fitness Center) Casey Rigby, 1330 SE 14th St., Bentonville, AR 72716, 501-204-1000

4 DEC, 46th APF Iron Man PL / BP / Physique (Fresno, CA) Bob Cooper 559-439-4394 or Jeff Budwig, 559-249-0860

4 DEC, Immaculate Heart of Mary 4th annual Holiday Bench Press, Ron DeAmits, 6531 New Rd., Youngstown,

Westside Invitational

Promoted By Elite Fitness Systems

FEBRUARY 20TH 2000

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Columbus, OH
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IPA

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114	123	148	165	181	198	270	242	275	308	SHW
10633	1157	1245	1394	1526	1642	18324	1890	1946	2000	20333
WORLD N	97	105	114	123	148	165	181	198	SHW	IPVA
496	535	562	617	639	694	739	766	777	876	
For More Information Call: ELITE FITNESS SYSTEMS 614-309-6176										

OH 44515, 330-792-6670
 4 DEC, 4th Western New England Open BP (men, women, teen, Jr., sub-master, master, novice - deadline 11/20/99), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 4 DEC, Ohio Open "Winter" BP/DL, Power Station, 1821 University Bl., Middletown, OH 45043, 513-385-9134
 4 DEC, 12th Elkhart Bench Press Classic, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683
 4 DEC, AAU N.C. State PL (teen, open, submaster, master) John Howie, 209 Myers St., Monroe, NC 28110, 704-289-4940
 4 DEC, USAPL Kentucky State/Bluegrass Open PL/BP Championship, Steve Green, 1614 S. Green St., Henderson, KY 42420, 502-826-8354
 4 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 4 DEC, APA Eastern USA BP/DL/SC (Wallington, CT) APA, Box 27204, El Jobean, FL 33981, 941-697-7962, apa@aol.com
 4 DEC (new date), Christmas Bench Press Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932
 4 DEC, USPF PA, DE, CT, Reg. II PL/BP (drug tested - open, teen, Jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net
 4.5 DEC, Elite Superman of the Century 5 Lift (4th - olympic lifts, 5th - powerlifts) WEPDF (Indianapolis, IN) 317-578-3824
 4.5 DEC, PL West Colorado State

4 December 1999
46th annual IRON MAN Powerlifting Championships and the IRON MAN Bench Press Challenge
Open, master, submaster, teen, women, junior
Trophies: 1st, 2nd, 3rd - all wt. classes/divisions
Location: Center Point Athletic Club, 3003 N. Maroa Avenue, Fresno, California

For information call Bob Packer at 559-439-4394 or Jeff Budwig at 559-248-0860

Open PL/BP and Best of the West PL/BP (Denver, CO) Sortwell Productions, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075, a.leonwell@worldnet.att.net
 5 DEC, River Valley Classic BP, John Comerzki, 113 Halloran Dr., Breeseport, NY 14816, 607-739-7322
 5 DEC, APF/AAPF Texas No Gear Championships, Bill Holland, 300 West Northern Ave., Saginaw, TX 76179, 817-847-6082
 10-12 DEC, WPC Austria World Cup Bench Press & Powerlifting (Vienna, Austria) Franz Mares, Tel/Fax +43 1 20349968
 10-12 DEC, PF World Bench Press (Vaasa, Finland) Tom Reacor (women, teen, master, open) Tom Reacor and Bill Lyons, Norwich Family YMCA, 68 N. Broad St., Norwich, NY 13815, 814-765-3214

607-336-9622
 11 DEC, USAPL Push Pull Holiday Classic, Power Prom, 23106 19th Dr. SE, Bothell, WA 98201, 425-486-5864
 11 DEC, Robbins Fitness Advantage Bench Press Contest, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-373-4946
 11 DEC, USAPL 3rd Try for Tots PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
 11.12 DEC, USAPL National Police/Law & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiff239@aol.com
 12 DEC, High School BP Nationals (all wt. divs./boys & girls/14-16, 17-19) & Last Chance APF/AAPF Push & Pull plus New Millennium BP Lee Cramer, Box 1205, Gulf Breeze, FL 32561, 850-934-2880
 12 DEC (new date), 2nd AAPF Michigan State PL/BP/DL (men/women) open, teen, Jr., submaster, master) John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-642-2002 or John Cucurean, 810-598-2417
 12 DEC, WNPF Sarge McCray Natural BP/DL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
 12 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
 12 DEC, 7th AAU Raw Coal Country BP & DL Classic (separately - open, teen, Jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

15 JAN, Mid Virginia BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
 15 JAN, USPF Winterfest Met (NHSP) Janis Fellows, Box 375, Belmont, NH 03220
 15.16 JAN, Strength & Track Clinic (Louis Simmons, Al Oerter, Brian Oldfield, Al Vermeil) Marty Schnorr, 503 E. Main St., #4, Toledo, IL 62468, 217-348-0819 or 217-345-3767
 16 JAN, Winter Blues Invitational Power Meet (Grand Rapids, MI) Jon Smoker, 30907 C.R. 16 W., Elkhart, IN 46516, 219-674-6683
 22 JAN, AAU New York State BP/DL Champion Fitness Center, 787 Pre-emption Rd., Geneva, NY 14456, 315-789-9483
 22 JAN, USAPL Wisconsin State, Scott Webster, 2997 Freedom Rd., Onondaga, WI 54155, 920-890-1065
 22 JAN, WARDI California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-214-IRON
 22 JAN, USAPL Southern Region Collegiate Classic, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
 28-30 JAN, USAPL Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
 29 JAN, Capital District BP/DL, Tom Corazini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext. 16
 29 JAN, USAPL Florida State BP, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268

29 JAN, APF West Coast Push/Pull (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
 29 JAN, USAPL MD State PL/BP (Baltimore) - drug tested - open, teen, Jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net
 5 FEB, Sportsfest (La Quinta, OK) Cheryl Auld Singleton, 405-324-1272
 12 FEB, IPA California State PL/BP & National Qualifier, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)
 12 FEB, APF/AAPF Nevada State BP/BP, Anthony, 2640 Westwood Ave., Las Vegas, NV 89109, 702-655-0825
 12 FEB, USAPL Michigan PL, Mike Michelski, 1111 Marshlyn, Niles, MI 49120, 616-687-8186
 12 FEB, USAPL Bill Beckwith Memorial BP & DL Qualifier (Wayland, MA) Rich Van Eck, 46451 Peninsula Dr., Grand Junction, MI 49050, 616-521-4031
 12 FEB, USPF 12th Drug Free East Coast Classic PL/BP (new & assisted, open, teen, Jr., submaster, master, low & lite, novice) Joe Egan, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
 13 FEB, USAPL Top Gun BP (Troy, MI), Dennis Frederick, MD 20678, 947-565-1991
 19 FEB, Westfield Shoppingtown USPF Fall Powerlifting Championships, Box 2124, Fall Plover, WI 53007
 20 FEB, IPA Westside Invitational BP/DL (Pensacola, FL) Daniel

11 MAR, 4th APF Michigan Sr. State PL (men/women: open, teen, Jr., sub-master, master, novice) Dan DeFalcis, 19461 Volland, Roseville, MI 48055, 810-294-7055 after 6PM please
 11.12 MAR, USAPL Massachusetts State Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-1644 ext 680
 18 MAR, USAPL The Battle of the Great Lakes III PL & BP (Cleveland, OH - H.S. - FRSO - JRSR, JRS, Men & Women Open, masters 40-49, grandmasters 50-59, great grandmasters 60+, police/military/fire, raw, collegiate, novice, 1st meet) Gary Konago, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608 (h), bench500@msn.com
 18 MAR, OH Dominion BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
 18 MAR, CPC Western Canadans, Allan Sprague, Box 150, Mile House, BC, Canada, 250-296-3676 or Jon Wolbers 250-989-1545
 18 MAR, USPF New Hampshire State, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489
 18.19 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570
 24-26 MAR, USAPL High School Nationals, Joe Lewis, 4120 City Rd. A, Oshkosh, WI 54901, 920-233-7605
 25 MAR, USAPL Capital City Push-Pull Classic III BP and/or DL, L.C.G.

Dec. 4th, 1999
12th Elkhart Bench Press Classic
4 ft. Trophies \$200 - Overall Best Lifter
Jon Smoker
30907 CR 16 West Elkhart, IN 46516
219-674-6683

(Holiday Inn West, Columbus, OH) Elite Fitness Systems, Box 14037, Columbus, OH 43224, 614-309-6176
 12 FEB, USPF Florida State, Bill Bessley, 4215 Cammen St., Tampa, FL 33609, 813-289-3063
 25-27 FEB, Arnold Classic BP, Arnold Fitness Expo, 1243 Worthington Woods Blvd., Worthington, OH 43083, 614-431-2600
 26 FEB, USAPL Tri-Fitness Millennium BP & DL (open, women, teen, master) Mark Cinque, 230 W. Dares, Mench Park, Prince Frederick, MD 20678, 947-565-1991
 26 FEB, Tropical Gym & Fitness S.E. Florida BP/DL (open, teen, Jr., women, Tropical Open, 4970 W. 19th Rd., Margate, FL 33063, 954-Fall Powerlifting Championships, Box 2124, Fall Plover, WI 53007
 26 FEB, WABDL S.E. USA Regional BP/DL (Pensacola, FL) Daniel

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517-483-1227 or after 8:00PM EST
 Jeff Buchin, 517-669-9368
25-26 MAR, AAU Drug Free World Cup (national qualifier) Joe Ortega, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
26 MAR, 1st Pittsburgh Area Monster BP and/or DL (men & women) Mike Barrowe, 301 Springwater Ct., Moon, PA 15108, 724-457-2708
26 MAR, Bay State Correctional Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02066 or 771-8474 ext 160
30 MAR, 6th USAPL American Open/PL/IBP (Philadelphia - drug tested - open, teen, Jr., collegiate) Bill Hill, Box 829, master) Rob Keller, Box 829, PA 19002, 215-542-4941, rhk@bellatlantic.net
APR, USAPL National Masters (World Qualifier - Cleveland, OH) open, teen, Jr., submaster, master) Dan DeFelice, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6PM please
26 JUN, PL West Summer Benchtest, Sorinelli Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
JUN, USAPL New England States Bench Press, Greg Koska, Box 483, Whitman, MA 02392, 781-447-6714, 8-10pm
JUN, ANPPC Drug Free High School Nationals (boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, rhk@bellatlantic.net
20 MAY, Blue Ridge BP/Curl Strong Support, AAU USA 4th Suburban North VMU/BBP/Chaste (Chasapeake, PA) S. N. N. N., 4260 Springhill, Bethlehem, PA 18020, 104-69-0384 or Nick T. Anderson 610-258-1894
3 JUL, Lower Midwest Open BP on the Square (Saginaw), IA - open, novice, teen, submaster, master, women) Wayne 52577@ids.net 515-673-3240, rhk@bellatlantic.net
8 JUL, Max Flex BP & DL Classic (all dis. - Buffalo, NY) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
8 JUL, Intl. Bova's Cup DL (women, men, Jr., master team) Karl Greiner, Flunzt, 25, 840332 Landshut, Germany, 108, Nuevo, CA 92567, 909-928-4797
3 JUN, USPF New England PL/BBP/Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489
9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoenemaker Dr., Killean, TX 76543, 254-526-0779, jrnick52@hotmail.com
10 JUN, APF Calif. State BP (IBA) Budwig, 559-248-0860
17 JUN, Max Flex BP & DL Classic (all dis. - Memphis, TN) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France
24 JUN, Max Flex BP & DL Classic

delphia - drug tested - open, teen, Jr., collegiate, po/fire/ml, submaster, master) Rob Keller, Box 829, Amber, PA 19002, 215-542-4941, rhk@bellatlantic.net
APR, USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.exs.net/physiqtraining
APR, PL West Colorado Classic, Sorinelli Productions, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075
APR/MAY, AAUPC 100% Raw High School Nationals (men/women - all AUPC age/wt. classes) Dr. Sparto Atholntidaki, 8121 Neetwood Rd., #104, Derwood, MD 20855, 301-990-2874

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on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447
27 JUL, NASA Tri-State Nationals (Monolith, no entry fee for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST
29 JUL, Max Flex BP & DL Classic (all dis. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
12 AUG, Max Flex BP & DL, Nebraska (all dis. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
12 AUG, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
19 AUG, MidAtlantic BP/Curl, John Kostas, Box 483, Whitman, MA 02392, 781-447-6714, 8-10pm
NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02392, 781-447-6714, 8-10pm
NOV, 2000 WABDL World BP/DL Championships (Rio DeJanelo) Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600
OR 97708, 541-389-0600
2 DEC, APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic) 16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
13 MAR - 1 APR, Supergames, Keith Schulz, Box 22266, Hingham, St., Christchurch, NZ, www.supergames2001.co.nz
28-29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-5464
16 JUN, 2001, World Police & Fire Games #3000, Indianapolis, IN 46225, 317-327-2001, 2002.2001wpf.org.
12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
OCT 2001, WABPD World BP/DL Championships (Houston, TX) Gus Rehwisch, Box 5292, Bend, OR 97708, 541-389-0600
P.S. when writing include a Stamped, Self-Addressed Envelope for the meet director to return an entry. (USA meets only). If you phone, please note if there is a specific time to call and DONT CALL COLLECT.
P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.
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Contact: David Jeffrey President United States Powerlifting Federation
 Tel: 304.489.2428 Fax: 304.489.2733
 E-mail: Jeffreyd@Netassoc.net

6 MAY, USAPL 4th Detroit Rock City Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48068, 248-813-9866/616-5447
6 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6-30pm-8:30pm)
APR, AAU Northeast Regional Qualifier, Bruce Lynch, 165 Paul Revere, Arundel, MD 21010, 410-326-8923/5790
7 MAY, USAPL New England States Bench Press, Greg Koska, Box 483, Whitman, MA 02392, 781-447-6714, 8-10pm
JUN, ANPPC Drug Free High School Nationals (boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, rhk@bellatlantic.net
20 MAY, Blue Ridge BP/Curl Strong Support, AAU USA 4th Suburban North VMU/BBP/Chaste (Chasapeake, PA) S. N. N. N., 4260 Springhill, Bethlehem, PA 18020, 104-69-0384 or Nick T. Anderson 610-258-1894
3 JUL, Lower Midwest Open BP on the Square (Saginaw), IA - open, novice, teen, submaster, master, women) Wayne 52577@ids.net 515-673-3240, rhk@bellatlantic.net
8 JUL, Max Flex BP & DL Classic (all dis. - Buffalo, NY) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
8 JUL, Intl. Bova's Cup DL (women, men, Jr., master team) Karl Greiner, Flunzt, 25, 840332 Landshut, Germany, 108, Nuevo, CA 92567, 909-928-4797
3 JUN, USPF New England PL/BBP/Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489
9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoenemaker Dr., Killean, TX 76543, 254-526-0779, jrnick52@hotmail.com
10 JUN, APF Calif. State BP (IBA) Budwig, 559-248-0860
17 JUN, Max Flex BP & DL Classic (all dis. - Memphis, TN) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France
24 JUN, Max Flex BP & DL Classic

Rubber bands — sure I've tried em — but they take all day to chew!



spirit. Gloria was awarded outstanding lifter... open women, Yohanna Proctor won the 144 with 143...

24 Hour Fitness presents Budweiser Record Breakers 30-31 JUL 99 - Bend, OR



Amy Hughes bench pressed 248 at 132 at the 24 Hour Fitness Budweiser Record Breakers meet.



Dean Keranen pulled 501 @ 148

240 Teenage 16-19 opened with 440 3/4 and... 242 Trevor Crandall, one of Magruder's...

240 Teenage 16-19 opened with 440 3/4 and... 242 Trevor Crandall, one of Magruder's...

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Table listing names, titles, and scores for the 24 Hour Fitness meet. Includes names like Johnson, Decker, and scores in various weight classes.

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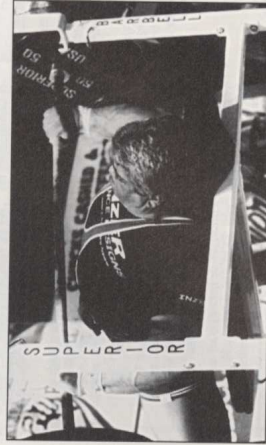
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They've gassed! Juiced! They only clean up for the competition! They're not serious about doping control! The Russians? The Ukrainians? Nope. These were statements com-

heartedly. Expenses were approved for an all out blitz that ultimately proved successful.

So it comes down to this, no one including the IPF will ever hand us an essay or uncontested title. What we were given was an opportunity to make a difference.

These very countries that used to ask the questions stated in this opening are now among our allies. A trust has been hard earned and a foundation has been laid. The first message has been sent, loud and clear, if the USA can change, clean up it's act, then every country should be able to. So, as President Fong

and our own President Mike Overdeer have stated, it's time to stand up and be counted, time to make a difference. We need to remember that what we asked not only to join but also to help lead a crusade. We need to look very deep within ourselves, look at our history and ask how we succeeded domestically.

Now, how can we succeed internationally? No one is going to change the world for us just as no one changed the USA for us. Hard work and perseverance eventually tipped the scales on that front. On the battle at the world level to bring

international front, the international community of the IPF helped us as a nation to help ourselves. They trusted USAPL with their confidence and made us their official USA affiliate. Now they turn to us to maintain our human resources, our ideals, our morals, our ethics, our skills to help move the entire sport forward.

NOTICE TO LIFTERS

Several recent incidents have shown the need to educate USAPL lifters on some specific rule differences between the IPF and the USAPL. Failure to be aware of these differences may result in a lifter being ineligible to compete in IPF competition or may result in a suspension of a lifter by the IPF for an infraction of IPF rules.

1) Lifters of officials in which participate in competitions in which honor to our federation and to our country? Will it or should it be easy? Nothing of this magnitude ever is. However, if we as a nation can produce super lifters such as Ray Benvenuto, Dan Austin, Dave Rickens, Bob Bell, Brad Gillingham, The Two Tony's, etc. who can flourish under the most tested environment in the USA, then we can produce more! And if we can focus our diplomatic energies to help reshape the sport, then yes, we can win in the biggest, most contested federation in the lifting world.

USAPL National Contest Qualifying totals

Table showing USAPL National Contest Qualifying totals with columns for Men, Women, and various weight classes (Open, Teen, Junior, Collegiate, Master).

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

USAPL Classifications (kg.)

Table showing USAPL Classifications (kg.) for MEN and WOMEN across various weight classes.

USAPL was also the creation of the ADFPPA, now USAPL, to become the IPF affiliate. Why? Because the creation of the ADFPPA was also the creation of the ADFPPA, now USAPL, to become the IPF affiliate. Why? Because the creation of the ADFPPA was also the creation of the ADFPPA, now USAPL, to become the IPF affiliate.

lifers who have been banned by the IPF, also participate. Lifters are determined in such contests may be participate in eligible to lift in IPF meets such as World Championships. A lifter could be selected to represent the U.S. on a National Team, travel to the World Championships, and not be allowed to lift. The IPF, under their constitution and bylaws, can suspend that lifter. They may not choose to do so, but they can do so. If you lift or officiate in a meet where a banned lifter participates, you may not be allowed to lift at an IPF meet, or you may be suspended.

USAPL takes no position on a lifter or officials participating in the meet sanctioned or sponsored by any person or organizations within the U.S. You may lift where you choose. You may, however, be subject to sanctions by the IPF, which is an international body. Complicity with American law, USAPL acknowledges your right to choose where you compete, but is unable to defend you against sanctions such action may bring from the IPF.

If you are not eligible for IPF competition, you will not be offered a position on a USA National Team. You may compete in USA Powerlifting events, and may win a National Championship. This does not necessarily make you eligible to compete internationally. That is determined by the IPF. Please note: The IPF suspended lifter list is available on the IPF web page. Neither USAPL or the IPF will notify you that you are lifting in a meet against a lifter who is banned. That is your sole responsibility.

Doping Control

Buddy Duval of Quest Diagnostics Laboratory states that ALL other federations combined (including USAPL) was the first and possibly still the only federation to out of meet test defending championships. This on top of in competition testing. So, consider this statement when considering what federations you want to lift with.

can compete as Juniors until their 24th birthday. In the IPF, lifters are only considered Juniors until the end of the calendar year in which they turn 23. That means that you could be considered a Junior in the USA, but not for the purposes of international competition. If you were selected as a 23 year old AND YOU WILL TURN 24 during the same year, you were to go to the same year, you were to be deemed ineligible for you were to go to the Junior World Championships. As a result, you would not be eligible for a position on the Junior National Team, even if you win the Junior National Championship.

IPF Agenda Items,

(1) Increase Masters categories for men to include three groups, i.e. from 40 years to and including 49 years, from 50 years to and including 59 years of age and from 60 years upwards. Increase Masters classes for women to include two groups, i.e. - from 40 years to and including 49 years and from 50 years upwards.

(2) Placings for the 60+ group for men and the 50+ for women be placed by Wilks formula. All other classes would be determined by totals.

(3) Reduce classes to no more than 9 for men and 8 for women. (Remember this is a proposal only. If you don't like it, let the officials know. Likewise, if you do like it, let them know that as well.)

USAPL Comhusker-State Games

Table showing USAPL Comhusker-State Games results for various weight classes.

USAPL Ultimate Fitness Push/Pull

Table showing USAPL Ultimate Fitness Push/Pull results for various weight classes.

(4) Minor foot movement, as in the deadlift, should be permitted, as this does not give the lifter any advantage.

(5) Touching of the bar by the spotter shall only be a cause for disqualification under item 7 of the rules. A lifter who is disqualified takes some of the weight thereby assisting the lifter upwards or the contact corrects the lifter upwards or the contact corrects the lifter upwards or the contact corrects the lifter upwards or the contact corrects the lifter upwards.

(6) The spotter loaders may assist the lifter to return the bar to the racks.

(7) Hall of Fame nominations include our own Don Haley. Many lifters are aware of the many deletions of service Don has given to the sport. Don was one of the first presidents of our sport in the 1960's, was responsible for writing the first set of rules for the sport, and was instrumental in the emergence of USAPL as the IPF affiliate and largest powerlifting federation in the USA.

Doping Control

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So, consider this statement when considering what federations you want to lift with.

Table showing USAPL Comhusker-State Games results for various weight classes.

USAPL Ultimate Fitness Push/Pull

Table showing USAPL Ultimate Fitness Push/Pull results for various weight classes.

Table showing 1981 results for various weight classes.

USAPL Texas State

Table showing USAPL Texas State results for various weight classes.

Table showing USAPL Texas State results for various weight classes.

Table showing USAPL Texas State results for various weight classes.

Table showing USAPL Texas State results for various weight classes.

Table showing USAPL Texas State results for various weight classes.



The ALL WAYS HEALTHY Power Team - First Place Team Champions at the USAPL California State Meet (left to right) Tony Falbo, Mario Montalvo, Bruce Lee, and Frank Siebert. Not pictured - Nick Best, Rich Cirigliano, Doug Diemel, Betty Lee, Joe Randazzo, Bryan Lyeoka, Marina Cummerow, Best Lifter at the meet was Nick Best, Best Master Heavy Lifter was Betty Lee, and Best Masters Light Lifter was Rich Cirigliano. (photograph taken by Erik Crough, and provided courtesy of Frank Siebert)

Table listing USAPL California State Meet results for various weight classes (52 kg to 110 kg) and divisions (Men, Women, Novice, etc.).

USA Powerlifting membership application form with fields for name, address, city, state, zip, age, sex, and U.S. citizenship.

USA Powerlifting membership application form with checkboxes for membership options and purchase amounts.

USA Powerlifting logo and contact information for membership applications.

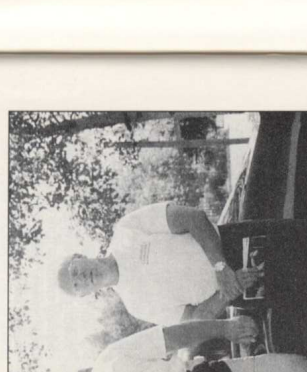
USA Powerlifting membership application form with checkboxes for membership options and purchase amounts.

WPA Affiliate Chairpersons: Scott Taylor - WPA & APA President, Box 27204, El Jobean, FL, Phone/Fax (941) 697-7962. Other chairpersons listed include Marcel St-Laurent, Rolf Gerig, Minna Rehn, Frank Pfraumer, Marc Ficcara, Shawn Beaulieu, Flavio Danza, Lou Terarimo, Ontario, Canada M3C 1Y2, Thierry Lefprovisi, Denis Chasse, Martin Theriault, Kramer Bergman, Mario Roy, Nick Busick, VA, OH, PA, 1484 Cove Rd., Weirton, WV 26062, Tony Alias, Lincoln St., Lewiston, Maine, Danny/Verinda McMullen, Skyland Dr., Gastonia, NC 28052, JOHNNY SHEAKLEY, Russell Jackson, Louisiana 70460, Curtis Gibson, WA 30281, Wes Golden, Hagerstown, MD 21740, Jay McCartney, Freddy Liaisis, Sebastian Burns, Jeffrey Copeland, Lou Cortezzo, Joseph Steele, Haen, CT 06512, Johnny Sheakley, Riverside Dr., Clarksville, TN, James Kagrice, Lakeside, CA, David Barino, SC, Sebastian Burns, Bill Crawford, Nantuxis, Jerry Tancil, TEAMAMCII@aol.com

APA Bench & Deadlift Meet 19 Jun 99 - Macon, GA. Results table with columns for Bench, Deadlift, and Total for various weight classes and divisions.

APA Backorder Bench & Deadlift 24 Jul 99 - Florence, SC. Results table with columns for Bench, Deadlift, and Total for various weight classes and divisions.

USA Powerlifting membership application form with checkboxes for membership options and purchase amounts.



Chris Coffman won the Junior and Drug Free 198 classes at the APA BP/DL meet in Macon Georgia with a 355 Bench. (photograph provided courtesy of Scott Taylor)

Application for Registration American Powerlifting Association. Form with fields for Last Name, First Name, Initial, Date of App., Street Address, City, State or Province, Country, Zip Code, Telephone Number, Date of Birth, Age, Sex, Mail and make checks payable to, Social Security Number, Registration Fee: \$20 High School Athlete: \$10, Parents Initial, I Certify that the above answers are correct.

USA Powerlifting membership application form with checkboxes for membership options and purchase amounts.



Left to right: Jesse Kellum and Biggest Bench on the River Meet Director Reed Breche and below J.M. Blakely gets ready to rumble with Judge Sarge Pendley and spotter Travis St. Komain watching.

Biggest Bench on the River
17 Apr 99 - New Roads, LA

Open	SHW	425
A. 12	O. Cowan	340
A. 14	R. 148	350
A. 16	A. Bridges	44
A. 17	S. 165	41
A. 18	S. 180	115
A. 19	S. 200	385
A. 20	D. 41	400
A. 21	D. 81	400
A. 22	D. 158	390
A. 23	J. 198	400
A. 24	J. 200	415
A. 25	E. 200	415
A. 26	S. 200	370
A. 27	A. 200	370
A. 28	A. 200	370
A. 29	A. 200	370
A. 30	A. 200	370
A. 31	A. 200	370
A. 32	A. 200	370
A. 33	A. 200	370
A. 34	A. 200	370
A. 35	A. 200	370
A. 36	A. 200	370
A. 37	A. 200	370
A. 38	A. 200	370
A. 39	A. 200	370
A. 40	A. 200	370
A. 41	A. 200	370
A. 42	A. 200	370
A. 43	A. 200	370
A. 44	A. 200	370
A. 45	A. 200	370
A. 46	A. 200	370
A. 47	A. 200	370
A. 48	A. 200	370
A. 49	A. 200	370
A. 50	A. 200	370

USAPL Bash on the Bayou
24 Apr 99 - W. Monroe, LA

	SQ	BP	DL	TOTAL
D. 114	125	70	170	365
D. 115	135	70	185	390
D. 116	145	75	195	415
D. 117	155	80	205	440
D. 118	165	85	215	465
D. 119	175	90	225	490
D. 120	185	95	235	515
D. 121	195	100	245	540
D. 122	205	105	255	565
D. 123	215	110	265	590
D. 124	225	115	275	615
D. 125	235	120	285	640
D. 126	245	125	295	665
D. 127	255	130	305	690
D. 128	265	135	315	715
D. 129	275	140	325	740
D. 130	285	145	335	765
D. 131	295	150	345	790
D. 132	305	155	355	815
D. 133	315	160	365	840
D. 134	325	165	375	865
D. 135	335	170	385	890
D. 136	345	175	395	915
D. 137	355	180	405	940
D. 138	365	185	415	965
D. 139	375	190	425	990
D. 140	385	195	435	1015
D. 141	395	200	445	1040
D. 142	405	205	455	1065
D. 143	415	210	465	1090
D. 144	425	215	475	1115
D. 145	435	220	485	1140
D. 146	445	225	495	1165
D. 147	455	230	505	1190
D. 148	465	235	515	1215
D. 149	475	240	525	1240
D. 150	485	245	535	1265
D. 151	495	250	545	1290
D. 152	505	255	555	1315
D. 153	515	260	565	1340
D. 154	525	265	575	1365
D. 155	535	270	585	1390
D. 156	545	275	595	1415
D. 157	555	280	605	1440
D. 158	565	285	615	1465
D. 159	575	290	625	1490
D. 160	585	295	635	1515
D. 161	595	300	645	1540
D. 162	605	305	655	1565
D. 163	615	310	665	1590
D. 164	625	315	675	1615
D. 165	635	320	685	1640
D. 166	645	325	695	1665
D. 167	655	330	705	1690
D. 168	665	335	715	1715
D. 169	675	340	725	1740
D. 170	685	345	735	1765
D. 171	695	350	745	1790

Teenage Men Heavyweight 330 530 1600
Outstanding Lifters: Lightweight - Eric Johnson, Heavyweight - Emie Richards, (courtesy of USAPL)

USAPL East Coast Bench Press
12 Jun 99 - Wayne, NJ

Women	Open
A. 126	A. 126
A. 127	A. 127
A. 128	A. 128
A. 129	A. 129
A. 130	A. 130
A. 131	A. 131
A. 132	A. 132
A. 133	A. 133
A. 134	A. 134
A. 135	A. 135
A. 136	A. 136
A. 137	A. 137
A. 138	A. 138
A. 139	A. 139
A. 140	A. 140
A. 141	A. 141
A. 142	A. 142
A. 143	A. 143
A. 144	A. 144
A. 145	A. 145
A. 146	A. 146
A. 147	A. 147
A. 148	A. 148
A. 149	A. 149
A. 150	A. 150

The first annual East Coast Bench Press Championship... (text continues about the event and participants)

I.H.M. Festival 99 Bench & Deadlift
12 Jun 99 - Youngstown, OH

Bench Press	Deadlift
Women	450
A. 148	Open
A. 149	Open
A. 150	Open
A. 151	Open
A. 152	Open
A. 153	Open
A. 154	Open
A. 155	Open
A. 156	Open
A. 157	Open
A. 158	Open
A. 159	Open
A. 160	Open
A. 161	Open
A. 162	Open
A. 163	Open
A. 164	Open
A. 165	Open
A. 166	Open
A. 167	Open
A. 168	Open
A. 169	Open
A. 170	Open
A. 171	Open
A. 172	Open
A. 173	Open
A. 174	Open
A. 175	Open
A. 176	Open
A. 177	Open
A. 178	Open
A. 179	Open
A. 180	Open

1st WNPF Delaware Natural
19 Sep 99 - Newark, DE (kg)

Men	170
A. 181	Open row
A. 182	Open row
A. 183	Open row
A. 184	Open row
A. 185	Open row
A. 186	Open row
A. 187	Open row
A. 188	Open row
A. 189	Open row
A. 190	Open row
A. 191	Open row
A. 192	Open row
A. 193	Open row
A. 194	Open row
A. 195	Open row
A. 196	Open row
A. 197	Open row
A. 198	Open row
A. 199	Open row
A. 200	Open row
A. 201	Open row
A. 202	Open row
A. 203	Open row
A. 204	Open row
A. 205	Open row
A. 206	Open row
A. 207	Open row
A. 208	Open row
A. 209	Open row
A. 210	Open row

At the first WNPF Delaware State Meet were: (front row, left to right) Lance Bravard, Brent Wright, and Liz Hahn. Backrow - Shawn Lathimer, John Wallace, Gehn Handlin, Larry Davis, Rob Jaddock, Marvin Walker.

Edwards	210	102.5	205	517.5
Open row	187.5	142.5		
Police row	187.5	142.5		
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
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Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595
Open	210	142.5	237.5	595

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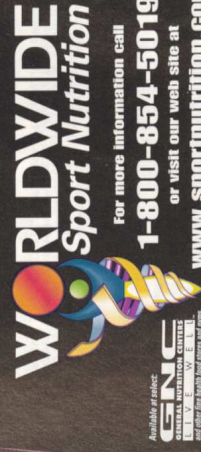


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