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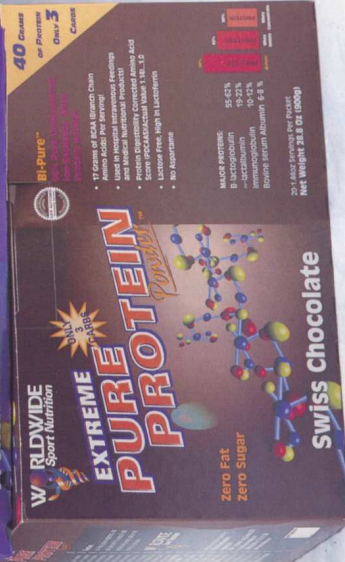
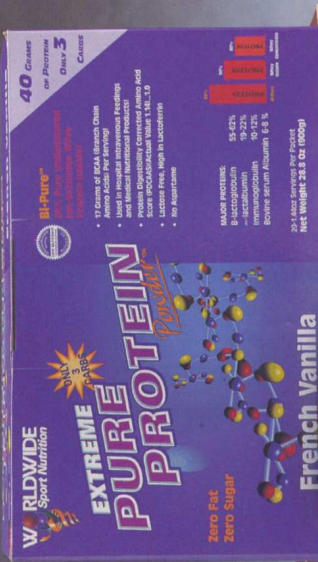
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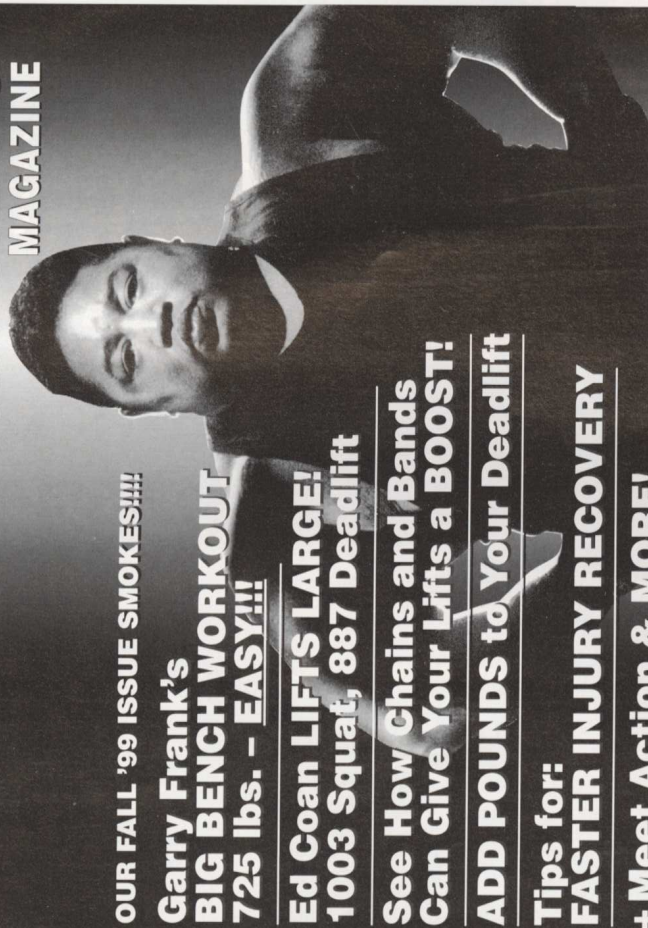
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ON THE COVER... World Masters Champ Scott Roberts & Dr. Larry Miller (inset) who just made a triple bodyweight bench

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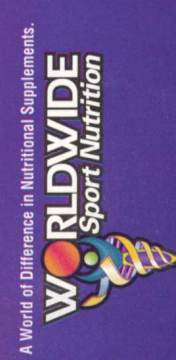


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IPF WORLD MASTERS

by Alex Galant, USAPL Masters Team Coach



When a team does as well as the USA Powerlifting Team did at the International Powerlifting Federation's World Masters Championships in Sun City, South Africa, it's easy, and tempting, to do a simple "rah, rah, aren't we great" article.

Unfortunately, as coach (and as someone who's lifted in IPF championships since 1989) I always think of Dickens when the competition's ended - "It was the best of times, it was the worst of times."

Best of times? First place women's division, first place men's 40-49 division, second place men's 50+ division, more overall and individual lift medals than we expected, a fairy tale for a venue, and a masterful job of meet direction by Alan Ferguson (who somehow found time to win another world championship).

Worst of times? Lifters/friends from our team, and long time friends from other countries, who didn't achieve their goals. It doesn't matter whether that goal was finishing, coming in the top five, or winning the gold. As one who's experienced it, there's no agony of defeat like the agony of not meeting your goals at an IPF world championship.

I purposely didn't write fail, or failure, because none of the lifters failed. Yes, the USAPL team had some people bomb out, we had some people miss crucial lifts, and some people just had bad days. But anyone willing to travel 1/2 to 3/4 of the way around the world on their own nickel and compete against the best in the world has my admiration, and should have yours, for putting themselves on the line against the best in the world. The



Emotion on the Winners Stand
... Linda Jo Belisito completes an unprecedented double - World titles in both olympic lifting and powerlifting in the same year for the first and last time in this Millennium. (photo courtesy Linda)

lot of great lifting and dutch lifting. Men's Masters 50+. Second, by four points, to a very strong Japanese team. A lot of "if only's" here. Bob Cortes sustained a serious hand injury before leaving the USA that hurt his deadlift. CJ Batten coasted 10 days before the meet because of a business emergency. If Bob had been healthy and CJ had won, maybe not. I don't deal in maybes. What's definite is the Japanese men rose to the occasion and did what they had to do to win - they earned the trophy and deserve it.

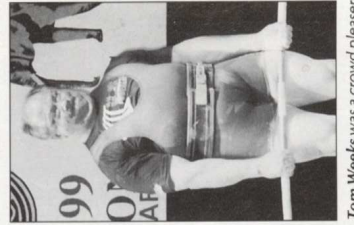
AWARDS AND HIGHLIGHTS:
Most historic moment - Linda Jo Belisito won the gold in the women's heavy division, making her the first woman (and I think the first person) to win a world championship in weightlifting and powerlifting in the same year.

Best asst. coach - beats me... there were so many. Because this was a veteran team there were a lot of people that I asked to help coach at different times - they were all real help to the lifters. Here they are, in no particular order - Gene Bell, Linda Jo Belisito, Freddie Higgins, Johnny Graham, Ian Burgess.

Best cheerleader/helper - no competition here. Nolan Crabbe of Hawaii was always there, always helped in the warm-up area, could always be heard cheering, and never seemed to get tired.

Best helper - another group award (it was that kind of year). Everyone helped at least one day, and most helped 2-3 days, but a few team members really stand out - Mike Roy (he's two-time world champion and never stopped helping), Lloyd Weinstein, Arval Bridges, Bill Scully, Linda Jo Belisito, Sue Hallen, and Nolan Crabbe.

Best lift - usually one lift really stands out. This time there are a few: Linda Jo Belisito's medal winning last deadlift, Tom Weeks' and



Tom Weeks was a crowd pleaser

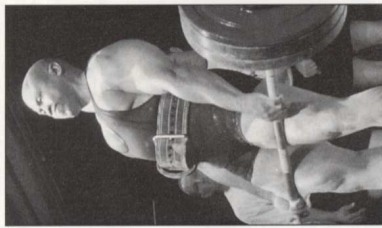
Mike Roy, gold medalist at 75 kg and Best Lifter Men's 40-49 group

Plions: Women: Linda Jo Belisito - 67.5+ division; Men 40-49: Freddie Higgins - 56K; Lloyd Weinstein - 67.5K; Michael Roy - 75K; Gene Bell - 90K; Scott Roberts - 100K; Men 50-59: Dave Clark - 100K

IPF Best Lifter Placing: Women: Linda Jo Belisito - 3rd place, women 40-49; Men 40-49: Mike Roy - 1st place men's light; Gene Bell - 1st place men's heavy.

IPF Team Standings: Women's Masters - we narrowly beat the

always-strong British women's team because we had more lifters entered. That's okay, you're supposed to fill as many of the nine slots as possible. Men's Masters 40-49. Domination. We won more gold medals than any other country. A



Gene Bell ... consistently great

John Dumont's second attempt deadlift to lock up medals. Dave Clark's last pull for the gold. Sam Alduenda's last pull to stay in the meet. Johnny Graham's second squat after totally losing the bar on his first attempt.

Most heartbreaking lift - two picks here. 1. Johnny Graham's last deadlift for the gold that got three reds. It took enormous strength and commitment to get the lift up, only to be called for not locking out. For the second time, he fell short of the gold by just 2.5 kg.

Those of us privileged enough to be Johnny's teammates hope he won't retire as promised, but will come back to finally win that gold. 2. Robert Cortes' last warm-up deadlift - that's when he knew each lift would be an adventure in pain. Bob had hurt his hand at work a couple of days before the meet and wasn't sure how it would hold up. After squatting, benching, and warming up for deads, the pain was enormous and probably cost him a medal. In fact, the pain was so bad he had to pass on his third attempt.

Best comeback - Sally Bowers bombed out last year, but came back to take a silver in the squat in her weight class.

Best newcomer - three picks (it was that kind of year). Scott Roberts was great at 100 kg. He'll be a force for some time. Ruth Welding, who also lifted well, refereed at her first IPF world championship and did a fine job in a pressure-packed situation. Donna Covington hasn't been lifting long, but you couldn't tell from her crowd pleasing (and team pleasing) performance.

Unsung hero - P.J. Couvillon, USAPL's IPF Cat. I referee at the meet who worked many, many hours with IPF Technical Committee Chair John Stephenson to ensure the meet was properly handled

Reflections of a Masters Lifter Feeling Long in the Tooth
- "This is written just two days after competing in the IPF Masters Worlds in beautiful Sun City, South Africa. As I age I've observed that the physical aftermath of these major competitions has gone from mere muscular discomfort to something resembling a near-death experience. I'm feeling many years older than my age of 55 - positively ancient, a fossil ... pain so bad I want someone to anesthetize me. Everything hurts and I'm a wreck. All of South Africa has marched across my body, all in single file, one at a time. Every old pec, quad, and hamstring tear herefore long forgotten has returned to haunt me. Every detached muscle group, once strong, now no longer able to carry a load, joins the chorus of pain. Every fading mark of the surgeon's scalpel for tendon and ligament repairs, long healed, now hurt almost as much as the day they were injured.

I'm in South Africa and images of the lion in winter move slowly through my exertion-numbed brain. It even hurts to breathe, the intercostals and upper erectors begging my ribs not to move. I try to sleep but the pain awakens me, just to remind me of what happened the day before yesterday at the meet. I had my butt handed to me by one of the greatest masters lifters of all time, and one of the greatest gentlemen it has ever been my pleasure to meet, Alan Ferguson. When I consider that Alan organized this best of all Masters Worlds ever, was physically present every single day of the competition, and THEN lifted on the fourth day well enough to win a Best Lifter trophy, I'm utterly blown away. Suddenly I feel REALLY OLD. Got beaten also by the excellent Norwegian against whom I competed two years ago in Budapest. Not complaining, mind you. I bronzed in the squat, the bench, the deadlift, and the total - four medals - feels good. Color me bronze.

Thus, it is with some feeling of accomplishment that I reflect upon the foregoing. This superb meet and spectacularly gorgeous venue have provided a wonderful experience that I will cherish always, long after the pain has subsided. As the day draws to a close I sit here in the hotel restaurant trying to muster the courage simply to move and when, slowly, a smile starts to push its way across my face, and I begin to have visions of next year's Masters Worlds in Prague.

Waiter! - Another bottle of wine, PLEASE."

Further thoughts on Alan Ferguson - Alan is a rarity in this pop culture world of shallow self-absorption. He is a genuinely humble and modest man who seldom speaks of personal accomplishment. It is for others who know him well to give you insight into this quiet and complex man. They talk of a life that reads like something out of Indiana Jones. They speak reverentially of his years as a world class rugby player, of his courage under fire while in military service to his country, of his manifest patriotism, and of his generous spirit in giving back to the community and to the South Africa he loves. In listening, one's powerfully struck by the sense of awe, respect, and admiration they have for this remarkable man.



Alan Ferguson at the '97 Mens Worlds

John Dumont



Andy Christo pulls for the gold in the deadlift at 90 kgs, men's 50+ as far as weigh-ins, jury, refereeing, etc.

Most entertaining lifter - Tom Weeks really got the crowd revved with his psyche (not psycho) routine.

Greatest relief/joy for the coach - Freddie Higgins winning his gold after two silver medals. Andy Christo taking the gold medal in the deadlift. It's good to see nice things happen to really nice guys.

Best performance by a broken down little old guy - Iain Burgess, 60K/Men's 50+, injured his groin a few weeks before the meet and wasn't sure what would happen. Well, he persevered and came through with a bronze medal. How does he do that? - Gene Bell had a "bad day" because of a back injury and still won the best lifter-heavy award for men 40-49.

Hardest worker - four way award here: Alan Ferguson, our meet director; Heiner Koberich, IPF General Secretary and the main man at the secretary's table for every world championship; the announcer - Rassie Smit, and Dr. Smith.

Best guest - Graham Fong, IPF President, came to the meet, worked the jury table, gave out awards, and did some meeting and greeting (it is an election year). I always enjoy my time with Graham (we first met in 1992 in Australia). We don't always agree, but the conversations are always interesting. Also, I want to add my condolences about the All Blacks.

That wraps up another IPF Masters World Championship. Now we all get to heal up and try to lift well enough to be on the YZK Team in Prague.

(meet results on page 82)



Larry Miller & Mike Hara ... 165 & 149 champs

of 385 lbs. Aaron Kardi who finished second in the open division lifted raw but decided to compete in the open division only. After checking the meet and noticing no marks or noises it became apparent to me that I had used the wrong shirt which explains why I only got my opener of 435 lbs. You're never too old to make mistakes and learn from them. Joe Warpeha set a junior record of 407 lb. The suspense picked up in the 181 lb. class. 198 lb. American Record holder Dennis Cheri dropped weight and was competing against National Record holder Leonard McCormick. Dennis opened light and Leonard missed his opener. Both took 479 lbs. on their second and Dennis was the heavier lifter, but he had the

higher lot number. It was up to Leonard to decide what to do on his third attempt. Dennis second attempt looked a little shaky. Leonard decided to go to 496 which he got easily. Dennis had to go to a heavier weight for the win and decided on 501 lbs. The weight went up easily and Dennis won the class while establishing a new national and lifetime record. Waiting in the wings was Scott Keman who lifted 479 lbs. which was a new police and fire record. Had Dennis and Leonard missed their thirds, Scott would have walked in the back door. The good news is that both Dennis and Leonard will be going to the Worlds. Ryan Davis set a junior record with a bench of 402 lbs. Jim Klostergaard



Robert DeCourt - 198 lb. winner

upped his Master's record to 413 lbs. and Master lifter Stewart Wiegand class. Last year's champ Hung Pham repeated as he out distanced Steve Petreniak and Bernie Miller. Steve Petreniak set a lifetime record of 286 lbs. In the 132 lb. division, Robert Allen finished first with a 325 lb. bench. Gary Morrison competed in the Masters division. I haven't seen Gary for quite a few years but as some of you may remember, he was the editor of the ADFFPA Newsletter. Mike Hara established a new record in the 149 lb. class with a fine lift of 429 lbs. It was my first chance to meet Mike. According to Mike, I gave him some advice over the phone a number of years ago. He is a likeable person and it looked like he was good for another 10 lbs. Last year's winner, Lance Slaughter came up a little short and did Chuck Brunson. Teenagers Charlie Kish and Jesse Kemp set records in their respective divisions with lifts of 286 lbs. and 308 lbs. Craig Burton set a Masters record with a bench of 292 lbs and Kevin Goodell set a Military record with a bench of 264 lbs. The 165 lb. division had a number of individuals in the raw division. James Zubeck from Chicago finished first with a lift

set a record with a lift of 319 lbs. Teens Adam Harrison and Jared McDonald set National records both with lifts of 292 lbs. in their respective divisions. Johnny Martinez topped the military record to 402 lbs. Bob DeCourt, last year's 198 lb. winner returned for another win with his opening attempt of 501 lbs. Bob tore a shirt on his second and passed on his third due to shoulder pain. Master lifter Jim Vrabel set a record with a bench of 446 lbs. as did John Mitsopoulos with a bench of 385 lbs. Mike Crawford set a record in the police and firemen division with a bench of 446 lbs. Anthony Succarotte continued his recent misfortune by missing his opener in the 220 lb. class and then ripping 2 shirts on his next 2 attempts. That left the door open for Ohio's Ralph Young who finished with a bench of 501 lbs. Youngster Dr. Anton Reel topped his National Bench record to 170 lbs. in the 75-79 age group. Master lifter James Bourisau also topped his record a few pounds to 352 lbs. and Charles Daggert established a new masters record of 259 lbs. Dave Johnson won the Lifetime division with a bench of 473 lbs. The 242s saw another battle between American Record holder Raoul Donati and last year's National Champ, Dave Doan. While those two battled it out, lifter Dwayne Meeks almost passed them both as he barely missed his third attempt lift of 562 lbs. Raoul finished with a fine 545 lb. bench. Bob Engleman broke the masters record in the 55-59 age category with a lift of 385 lbs. Well, there was no doubt as to who the man to beat in the 275 lb. class was - Horace Lane. Horace had to drop weight and said it took a lot out of him. He seemed to be conservative and finished with a 611 lb. bench which looked as if he was lifting 135 lbs. Horace's coach C.J. Batten broke the record for his age group with a bench of 462 lbs. Last year Beau Moore was snuck in Florida due to a hurricane, but this year Hurricane Floyd gave Beau a break and came in early so that Beau could compete. Beau finished with a 617 and just beat Jeff Lewis who missed 622 on his third attempt. Master lifters John Magee and Brian Gray set records in their respective age groups with lifts of 473 lbs. and 407 lbs.

Last year Dennis Brady came to Cleveland and compete and he asked



Raoul Donati & Ralph Young 242 & 220 champs

if it would be possible to bring our spotter, Eric Curry, out to his meet. Dennis paid his hotel and air fare. Eric shared duties with Ed Riley who did his usual "come on now" and "show me" routine. Eric approached each and every lifter in order to see how they wanted to have the lift off performed. He would then attempt to psyche up each lifter. I think he received more "thank you's" than anyone else combined. A Bench Press seminar was given on Saturday after the first day of lifting. It was conducted by C.J. Batten, Horace Lane and myself (Larry Miller), it was well attended by some 50 or so lifters. I think everyone left having learned something.

Best lifter trophies went to Men - Horace Lane, Women - Bettina Altizer, Masters - Larry Miller, Juniors - Joe Warpeha, Teen - Jessie Kempf. In the team competition, Team Titan finished first followed by Team Nebraska. Well, now it is on our way to Finland for those it is on our way. It will definitely be a cold trip and hopefully we can perform as well as we did last year in Germany.



Horace Lane and Beau Moore, National Champions in the 275 lb. and SHW classes. (all photographs courtesy of Dr. Larry Miller)



Becky 'The Body' Skal holding her nephew. (Joe Oregina photo)

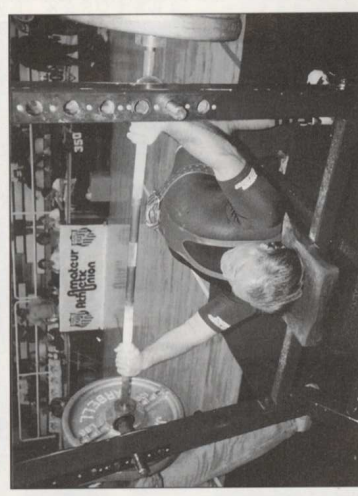
Hurricane Floyd was blowing up the East Coast, as hurricanes usually do in late summer, and it blew lifters from Florida, North Carolina, Maryland, New Jersey, New York, Massachusetts and Rhode Island all the way over to Erie, in Western Pennsylvania. They all decided to stay and compete against lifters from thirteen other states for the title of A.A.U. National Bench Champion, and qualify to compete at the World championships to be held in California.

Ruth Snyder started things off with her 125 pound success in the 97 class, for an American open and submaster raw record, then Becky Skal followed with her Gold medal in the 123 class by way of a Junior raw record of 145. Jerrilyn Lippert set a big record with her 265 pound lift in the assisted 132 class and topped it off with a fourth attempt success of 270. Glenn Murphy was the lone 114 male lifter and he managed a raw masters record with 195, and Justin Deifel won the open and teenage raw division with his record attempt of 190 in the 123 class. The



Damian Fronzaglia with his son Roman. Damian did 435 in the 275 165 lb. class, an assisted AAU American Record. (Joe Oregina)

A.A.U. Bench Press Nationals as told to Powerlifting USA by Joe Oregina



Gary Shaanholz won the 45-49 age group, 198 lb. class, and set a new AAU American Record of 385 lbs. at the AAU Bench Press Nationals, and qualified for the AAU World Championships in Atlantic City, NJ.

Women	Men	Assist.	Teen	Junior	Master	Raw	Assist.
97	123	132	145	165	181	200	213
I. Yu	R. Lora	L. Lippert	R. Skal	R. Skal	R. Skal	R. Skal	R. Skal
330	390	215	145	165	181	200	213
M. Wilner	D. Johnson Sr.	D. Kopyczyński	R. Skal	R. Skal	R. Skal	R. Skal	R. Skal
265	335	390	390	390	390	390	390
D. O'Connell	R. Ames	J. Seelinger	M. Skal	M. Skal	M. Skal	M. Skal	M. Skal
460	255	300	300	300	300	300	300
S. Submaster	R. Moore	F. Fischer	T. O'Connell	T. O'Connell	T. O'Connell	T. O'Connell	T. O'Connell
335	385	485	385	385	385	385	385
R. Moore	R. Moore	F. Fischer	R. Moore	R. Moore	R. Moore	R. Moore	R. Moore
460	460	485	460	460	460	460	460
M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore
320	320	320	320	320	320	320	320
M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore	M. Moore
500	500	500	500	500	500	500	500
C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson
500	500	500	500	500	500	500	500
C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson	C. Edmondson

looked like the raw 165 class was going to be an all out battle between Tom Platano and Otne Bey, but Bey just couldn't get one in, so Platano was the champ with an American raw record of 390. Ralph Lara and Mark Skat battled it out for second and third, respectively. In the assisted 165 class, Damian Fronzaglia and Tony Williamson did some giant lifts for first and second. Fronzaglia set a new record with 425 and was also successful with a fourth attempt of 435. Williamson settled for the silver with a fine 395. Tom Wright was the raw champion at 181 with an American record of 425 with Duane Martin on his tail with a 400 pound finish for the silver. Jeremy Stoner won the teen division with a teen record of 280. In the assisted division Angelo Pounch won gold with 385 while Luis Ledesma went silver with 360. Miguel Hernandez dominated the 198 class with his winning raw record of 460. Chris Act and Dan Thiery battled it out for the silver with Act winning on bodyweight with 410. Karl Kopyczynski won the submasters with an American record of 390. Brian Whith was the big winner in the 198 assisted division with his 460 success and a fourth attempt, junior record of 470. At 220 pounds, raw records were set by Nate McLane,

132 class blasted off some big lifts with Phil Detore winning the assisted open and masters record of 355. Meanwhile Mike Milano showed some great potential when he did 180 for a teen American raw record and topped it off with a fourth attempt success of 190. A great battle in the 148 raw class put Roy Folken in first when he tied Mike booth with 350, winning on bodyweight. Joseph Yu won the assisted division with 330. Mike Kuhns won the teen raw division with a teen record of 165 at 13 years of age, and Roger Thinkham won the Masters with a raw record of 255. On paper it



(Left to Right) Tom Platano - 165 1st place raw, Tom Wright - 181 1st place raw, and Tony Williamson - 165 2nd and assisted.

with a teenage 190 pound mark, Chris Manes with a teen 340 pounds and Joe Guastella with a masters (75-79) 210 pounds. In the 220 assisted division, Dave Depaolo set the submaster record with 490, while Dennis Marnikovic set the masters record with 445. Gary Edmondson had a field day in the 242 class, winning the raw and assisted divisions with his raw 500 pound success, for the American record. Derrick O'Connell took silver in the raw division with 460 for a submaster record, and Don DeToor took silver in the assisted division with 485. Frank Schlofer placed third in the assisted with a submaster record of 480. Brad Lovejoy won the masters (40-44) with a record fourth attempt of 350 pounds. At 275, Brian Hage won the raw, with 430, while Bill Beck took second with 400. In the assisted division, Joe Panzavelli went gold with 500, while Joe Matise Jr. went bronze with a Junior American record of 440, to give Dave Gregorich the silver with 445. Ray Cross won the raw and assisted masters (50-54) with his raw record of 350. Seven 319 pounders battled it out, with Paul Brown winning the Raw and placing second in the assisted with his 520 pound success for a masters record. Rance Davis won silver in the raw with 400, and Lonnie Anderson took the bronze with 400. Travis



Twin Doc Power ... Joseph Yu (left) and his twin brother John Yu both won their weight classes at the AAU Bench Press Nationals. Joseph is a radiologist in Columbus, Ohio competed in the 148 lb. class and John, who is an optometrist practicing in Beaumont, Texas, competed in the 165 lb. class. (photo courtesy of John)

Rogers won the assisted 319 division with the highest lift of the contest, 550 pounds, and made an attempt at 600. Mike Elssner took the bronze with 480. Suppers were won by Jeff Miller with 435 (assisted) and Dan Falinski won the masters

(raw) with a masters record of 375. I want to thank all the fine competitors for their great sportsmanship and appreciate all the "Thank You's" I received from many of them for a great meet. Also, a Giant Thanks to the many, many helpers that made

Yours Strongly, Joe Oreniga.

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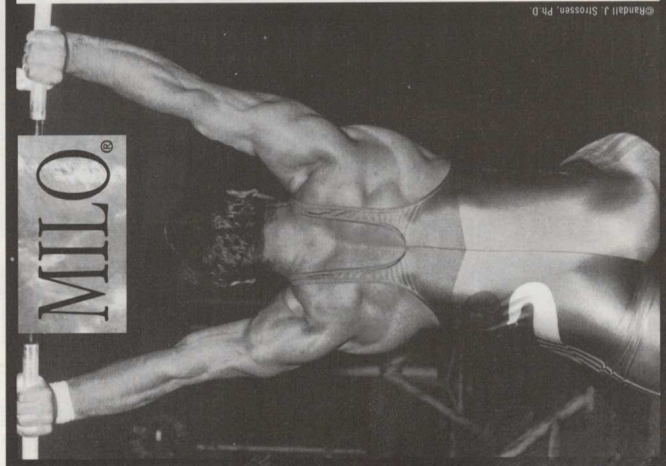
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More From Ken Leistner

I received a letter from a gentleman named Mike Sufak. In truth, I receive up to thirty or more letters per week, each and every week. When I had the Iron Island Gym and was more accessible to the public, I would receive at times, up to sixty to one hundred letters each week. I answer many of these but time obviously does not allow all to be answered, especially those whose queries are answered or have been answered in the numerous articles I have written in *PL USA* and other publications. Mr. Sufak's letter contained elements of what, to me, were heroism, determination, and desire. Perhaps that sounds dramatic but relative to his training, he made a choice that allowed him to maintain his relationship with his physical activity and the ever present desire to remain strong. There are a number of lessons here, much that relates to my recent columns on maintaining one's passion, towards training. The letter read as follows:

"Hi, my name is Mike Sufak. I am writing to say thank you! About 2 years ago I wrote to you requesting an article you had written and published in *Powerlifting USA*. It was printed about 10 - 15 years ago. It explained how some very strong men worked out in alternate ways, other than powerlifting. I was interested in the routine of the 'Butcher Boy'. In the article, you said his name was George. He deadlifted cars and trucks, did pullups for max reps with his bodyweight and did pushups for speed and max reps.

I asked for this article because I ran into financial difficulties and couldn't afford to work out at my local gym anymore. I wanted to continue working out though, and I needed the details of the Butcher Boy's routine.

You were kind enough to send me the article. Thank you. I have used it for the past 2 years. Recently, my financial situation has improved and I went back into the gym to see how much strength I had lost using such a simple routine. I was amazed I didn't lose an ounce of strength! Actually I got stronger - including my squat - which was know what I would have done without the information you gave in that article. Now though, when I work at the gym, I wonder sometimes if I shouldn't be using 'Butcher Boy's' routine. Then a couple times a month, I find myself in the park doing it.

By the way, I'm not strong

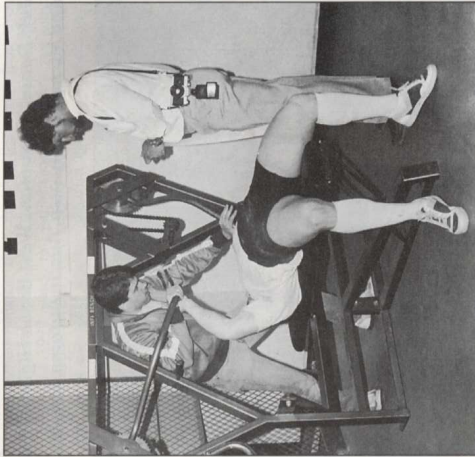
enough to deadlift a car, but I do deadlift the bleachers at the softball field in the park for as many reps as possible, just like George. Thank him also, for me," signed Mike Sufak

I advised Mike to use the Butcher Boy program once per month and he got back to me soon after. "I have taken your advice and use the 'George' routine once every other week. It's a nice change of pace to get back outside and do a workout out of doors. Once again, thank you for all your help."

This gentleman had some hard financial times. I wanted to present his letter and I offered the option of not giving the details as to why he could not go to the gym. Mike was honest about it, "Please feel free to use my letter. There is no need to change anything in it. I am not ashamed that I had difficulties in my life and did the best I could to overcome them". Amen to that.

Mike used a program originally published in the December 1985 issue of *The Steel Tip* newsletter. George, a butcher's apprentice at that time, was a former New York State high school wrestling champion and trained by lifting the back end and, eventually, the front end of cars in a deadlift type of movement, pushups, and chins/pullups. This was the program I detailed to Mike so that he could continue his quest for strength. He overcame a lot. Instead of crying about his situation, losing time that could be spent getting stronger, Mike trained. He may have trained unconventionally, but he trained properly in that he was consistent and progressive. He did not succumb to his dire situation, he did not moan about it, he did not feel sorry for himself. He trained! Mike did not allow the lack of a training facility, a real gym, to obscure his desire to be stronger. Instead, he trained! This is the type of passion I referred to previously, in the past issues of *PL USA*. How many complain that "The bench is too soft. I can't do my benching today"? How many "just don't feel like training today"? Here's a guy who should serve as a positive example for every lifter, for every serious trainee. If there is a will, in the truest sense of the word, there is a way and he found one. Mike Sufak did what had to be done and did so consistently for two years. His reward was actually an increase in all of his lifts, a testament to his hard work. There are no excuses short of true physical injury or impairment, only alibis. Mike Sufak is an example of the truth of that statement.

Dr. Ken Leistner



Dr. Ken Leistner has been helping athletes get stronger for decades. Above he explains the nuances of high intensity training to 220 lb. lifter Steve Lumpee as Buddy Duke looks on. (Kathy Leistner photo)

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Power Technology

Information Management Successes of Powerlifting Meets by Jeff Daniel, Beaumont West Brook High School and Michael Whitworth, Austin Automation, Inc.

Anyone who has ever hosted, participated in, or even attended, a powerlifting meet has felt the pain involved in the process of tabulating the meet results. Many Texas high school meets have more than 200 lifters from 10-20 schools. This number of athletes and the vast amount of data that is collected and the necessary computations with this data can easily overwhelm even an entire math department enlisted to determine results! As a direct result of this information overload on the meet scores, athletes are never really sure of their individual standings within their respective weight classes until the end of the meet, coaches can only guess how well their teams are doing, and spectators in the stands have little or no idea what is going on.

Waiting times of two hours or more for final meet results are common at many meets. Who wants to hang around a smelly gym that long after a meet waiting for results? In an effort to speed up the process of calculating meet results, the Texas High School Women's Powerlifting Association (THSWPA) sought automation help from Austin Automation, Inc., a well-known firm with a wealth of experience in applied software automation and who had recently developed Real-Time Football and Real-Time Basketball. These two organizations partnered together to develop a software automation solution to ease the immense burden placed upon meet scorers and to provide useful and timely information to the individual lifters, their coaches, and the spectators.

After several meetings to discuss the information management challenges of powerlifting meets and analyzing the current state of the art for results tabulation and distribution, it was decided to create an automated computer software system for results calculation - Powerlift Meet Manager (PMM) - and a THSWPA web site for results distribution as well as dissemination of other pertinent THSWPA business - www.thswpa.org.

The requirements for the scoring program were simple:

1. Develop a program that accepted all the necessary information for each lifter.
2. Calculate all results automatically according to THSWPA specific rules.
3. Print out informative and easy to read reports without any human manipulation.
4. Runs on inexpensive Windows 95/98/NT computers.
5. Reasonably priced so every meet director could afford to purchase it.
6. And oh yeah, don't forget to make the system so easy to use that anyone can run it.

Austin Automation, Inc. worked closely with Steve Simmons, pow-

erlifting coach of Howe High School and the 1999 THSWPA Region VI Director, to develop Powerlift Meet Manager. Coach Simmons was an invaluable resource to the project with his wealth of knowledge concerning the rules and needs of the THSWPA and the THSWPA as well as his years of experience hosting very successful meets and attending many successful and many not-so-successful meets. This combination of powerlifting domain experience provided by Coach Simmons coupled together with Austin Automation, Inc.'s expertise in software automation, proved to be a formidable team in tackling the challenge presented by the THSWPA.

Coach Simmons explained the need to be able to quickly enter teams, lifters, and body weights immediately after the weigh-in period the morning of the meet so the screen provides swift entry by the scorer by selecting a particular sex/weight class combination and presenting just those athletes in a spreadsheet-like view in exactly the same order as they appear on the expediter form. The scorer can then directly enter lift attempts straight from the expediter form without having to search for particular lifters.

With the specific THSWPA and THSWPA rules programmed into PMM the user can generate and print a detailed report for the sex/weight class just entered that ranks each lifter within their sex/weight class by total weight lifted as well as overall by applying the previously assigned Schwartz/Malone coefficient - simply by pressing a button! The scorer can also generate and print current team standings reports as of the most recent event

scoring system would be prepared to begin accepting lift attempt input from each flight or round of lifters per platform. Custom expediter forms were developed for officials to use during weigh-in and for use at the platform to record the lifters' attempts. Immediately after weigh-in, copies of the expediter forms are sent directly to the meet scorers to input the teams, lifters, and body weights. Lifters are automatically assigned to the proper weight class per their sex, UIL class per their team affiliation, and the proper Schwartz or Malone coefficient based upon their sex and body weight.

During the meet, as rounds or flights are completed for each platform, it is important to be able to enter lift attempts for each athlete quickly and report the current standings so the athlete and coach can determine the tactical situation, i.e. where does the team stand at this point in the meet and what weight should the lifter attempt next. To enable this decision process, copier forms are sent to the scorers for immediate data entry after each round or flight. The lift attempt data entry screen provides swift entry by the scorer by selecting a particular sex/weight class combination and presenting just those athletes in a spreadsheet-like view in exactly the same order as they appear on the expediter form. The scorer can then directly enter lift attempts straight from the expediter form without having to search for particular lifters.

that are suitable for posting and handed to an announcer who can then provide the spectators with up-to-date team standings once again simply by pressing a button and without any special knowledge of the specific rules of how to compute the results.

But what about regional meets, or even the state meet? The THSWPA rules to advance to the state meet are fairly complex because they attempt to have each UIL classification and region represented equitably. This complexity causes serious headaches for the regional meet scorers and directors who had in the past had to manually determine the state qualifiers (and state champions) and kept athletes and spectators sitting around for hours waiting for the final results. These THSWPA and THSWPA specific rules were also programmed into PMM so meet results for all types of meets - invitational, regional, and state - are available immediately after entering the last lift attempt.

PMM was put to the test during several invitational meets during the 1999 regular season, the THSWPA/THSWPA Region VI Regional Meet at Howe High School, and the THSWPA State Meet in Killeen. In all cases near real-time results were available and posted

performances of their own and opposing teams.

Due to the diligent efforts of several THSWPA members and Austin Automation, Inc. software engineering staff, powerlifting meets can now be scored faster and easier with 100% reliable results enabling lifters and coaches to plan strategy during the meet utilizing near-real-time results as well as increasing spectator interest level in the competition by keeping them informed about team standings after each event.

Jeff Daniel has been president of the Texas High School Women's Powerlifting Association since 1997 and has coached three state championship teams at Beaumont West Brook (1999) and Vidor High Schools (1996-97). Coach Daniel can be reached via email at hysquat@hotmail.com and voice at (409) 981-7491.

Michael Whitworth is president of Austin Automation, Inc., a software automation company that specializes in automating the data collection, analysis, and distribution of real-time sports statistics information. Michael can be reached via email at mwhitworth@satrust.com and voice at (512) 441-1336.

1. Integration of PMM with Association web site for approval by regional directors and then posting for all to view.

2. On-line meet registration for meet directors - meet directors register their meets on a web site from which electronic invitations are sent to coaches who then submit their rosters and pay meet registration fees with a credit card.

3. On-line searchable lists of all Association sanctioned lifts, lifters, and current rankings for each region and the state.

4. On-line Association registration - application and fees will be collected via Internet rather than paper forms and checks.

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When you think of the off-season in sports, you think of football's break after the Pro Bowl until the start of the pre-season. For baseball, it's from the conclusion of the World Series to early April, though for the Chicago Cubs, the off-season usually starts around mid July. For most athletes, the off-season does not mean that training to improve performance stops. Most professional teams enforce off-season training programs. Athletes spend time on the weights, aerobic machines and even in the tape room reviewing past performances, looking for ways to get better. For powerlifting, the off-season is not clearly defined, as there is no competitive season as such - contests take place all year round at all levels of competition. Just what is a powerlifter's off-season and what is its purpose? How should we train during that period? Let's start with the first question. This author defines the off-season as the time during your training year when you are not specifically training for a contest. That could be the time just after a meet, or up to 8-10 weeks prior the next one. Training during off-season can be dramatically different than when you are nearing an upcoming contest.

There are three major goals of the off-season. The first is to improve on weaknesses, whether they are a specific lift or part of a lift. The second is to improve on strengths; why not! The last goal is to rest both the mind and body from heavy contest training. Hitting big lifts during contest training can add up over time. The mind can also tire from continually trying to push the body. This type of training, if continued for too long, can result in a drop in motivation or even injury.

Exercise selection and training methods, as mentioned earlier, can vary dramatically from contest training. I recommend lifters include exercises outside of the 3 powerlifts during the off-season, but with an emphasis on exercises that resemble the 3 lifts for the most positive transfer of strength. You should not concentrate on performing the actual powerlifts in competition style at this time.

For squatting, close stance squats should be your exercise of choice. Keep your legs at shoulder width and try to keep the back upright and flat as possible. Avoid using a belt, squat suit, or wraps at this time. Leg presses can be used on light days. They can provide stimulus to the thighs and hips, while allowing the lower back a chance to recover. Include a few sets of leg curls to balance your development against your frontal thigh strength and do some calf work for better stability in

lowering the bar. Relax the arms and let your traps to the lifting. Lifting straps are invaluable here. Don't limit your strugs in an attempt to strengthen your grip.

You can not overcook the importance of strong abs for powerlifting. Ab crunches can be done 2-4 times per week for best results. Strong abs aid in stabilizing the torso in proper lifting position for all 3 powerlifts. Biceps power also contributes to all 3 lifts. Work these 2 times per week for 3-6 sets. Use a full range of motion for best results. Flexibility also can not be overlooked. Increasing your flexibility, especially in the hamstrings, can help prevent injury and also improve your lifting form, which in turn can result in bigger totals. Keep this up 12 months of the year.

Repetitions should be higher, between 6-15, during the off-season than what you are used to during your training contest phase. If you train a lift twice per week, one day can be lighter, maybe 80% of the heavy day. Rest between sets should be much less than usual. We may take 10-15 minutes between heavy deadlifts during contest training, but strive to pause only 1-3 minutes between sets here. Using lower weight and higher reps will allow this higher pace. Increase weight only when your strength allows you to use good form. I can not mention enough in my articles that a contest judge does not care how much you can cheat out, so do not cheat yourself by using sloppy form just to use heavier weights. Keep in mind that you will have to lower the weights used in close stance squats, wide and close grip benches and deadlifts off the blocks in comparison to your normal competitive style due to increased range of motion, etc. If you are not sure of what weight to start with, 50% would be a safe starting point and slowly adjust upward from there.

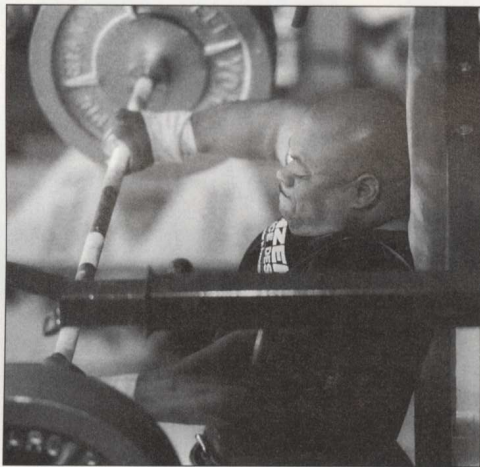
As you can see, there really is no off-season when it comes to developing power or improving athletic performance in general. The off-season is just as important to your progress as your contest season is. Each time period has its appropriate goals and training methods. Take about 7-10 days off from weights after a major contest and start up your off-season training. If you do not have a good off-season plan and are experiencing results not up to your expectations, try some of my ideas. Training to improve your performance never stops, because the off-season is really in!

Doug's Web address: members.aol.com/daddam12345/default.htm

STARTIN' OUT

A special section dedicated to the beginning lifter

The Off Season is "In" as told to Powerlifting USA by DOUG DANIELS



A Productive Off-Season can all you to get "in" good shape for whatever major competitions you are peaking for later in the season, like Willie Cramer at the USAPL Men's Nationals in St. Louis this year.

make the back muscles to do the pulling back or down. This might take a little practice to get the hang of, but the results will be worth using lighter weight. Yes, that last sentence is not a misprint!

To work the back, perform deadlifts off the block to the exclusion of regular deadlifts. Stand on a sturdy platform or plate that allows a little extra range of movement while not letting the bar crash into your feet at the lowest position, perhaps about 2-3 inches high. This exercise really develops the pull from the floor. Even if the start of your deadlift is strong, the extra power developed will help the bar to be pulled past any sticking point higher up due to the increased velocity of the bar. Shmugs are the top pick for lockout power. Be sure to get a full range of motion, pulling up to your ears and holding it for a count and then

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and quite another to live it. I don't know how everyone can be a star on the Net but never shine at meets. Why don't these people lift? They may discuss one method of training without realizing that there are numerous methods that must be linked into a yearly or multiyear plan.

Second, training technology in every sport has risen to new heights. When someone such as Vladimir Zaitsovsky presents a simple-to-read book like *Science and Practice of Strength Training*, many lifters merely glance at it without investigating the findings of this truly intelligent man. He has several books available by calling 1-800-747-4457 in the U.S. or 1-800-465-7301 in Canada. His findings result from studying 1000 elite athletes. Another worthwhile book is *Supertraining* by Mel Siff, a biomechanics expert who has collaborated with many strength and speed experts from the former Soviet Union. One in particular is Yuri Verkhoshansky, the father of plyometrics. This exceptional text is a must for your library. This book can be ordered by calling Elite Fitness at 614-309-6176. Books like these have enabled me to total 2100 at 51 years old.

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gains through multi-joint movements. While the rack is a proven strength aid, it does have its drawbacks, which have been discussed. At Westside we use the rack to test strength gains but not for strength building. For max effort work, box deadlifts, board press, and box squatting to different box heights are also looked upon more as progress testers. But with the addition of bands or sometimes chains, these exercises become a favorable strength building resource.

Why do bands work? They increase the range of displacement, thereby requiring that more force be applied. This causes a longer acceleration phase, while reducing the deceleration phase. By box squatting with Flex bands, one can develop maximal force throughout the full range of motion. This is impossible without the elasticity of the bands. Remember, this type of work is performed on max effort day.

Here, I would like to recommend two training tips. First, please refrain from spending too much time on the Internet. I spend countless hours reading and experimenting in the gym. I personally have never spent one minute on-line. Learning how to be a top 10 lifter cannot be done in front of a computer. It's one thing to talk lifting

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the overloading of the eccentric phase, the lifter's first task is to stop the mass with as short an amortization phase (stopping and reversing) as possible and raise the bar concentrically. With a barbell alone, the strength curve is not accommodated. However, with the bands, the weight is deloaded at the bottom to accommodate the body's strength curve. That is, the top weight of 915 pounds is reduced to 750 at the bottom through a reduction of band tension. If you were to use 915 pounds of true weight, it would become much too heavy near the bottom third of the lift, possibly causing injury.

The second benefit of bands is that they develop greater accelerating strength. The bands cause the weight to be lowered faster (you are pulled down). This creates more elastic energy, which accumulates in the body and causes a faster and stronger muscular contraction, and thus a bigger lift.

Many wonder why a 60 meter runner can't compete with a 100 meter runner. The answer is acceleration. While both runners exhibit quick, or starting, strength, a 60 meter runner will start to decelerate at 60 meters, and the 100 meter specialist will continue to accelerate closer to the 100 meter mark before deceleration affects his performance. Moe Green's greatest acceleration was between 80 and 100 meters. The same happens with a barbell lift, along with a reduction of muscular work, as tested by Johnny Claxton in his study of the kinematics of explosive upper body movement.

When starting a barbell upward, and just prior to releasing the shot, the strength needed to start the bar is much greater than the weight on the bar, i.e., starting strength. However, as the joint angles increase favorably, a deceleration begins. But if bands are added to the bar, the acceleration phase must continue longer than normal.

Imagine you are a shot-putter, and just prior to releasing the shot, your hand speed slows down. You won't throw very well. A shot is 16 pounds, and the only way to throw farther is to throw it faster, if your strength stays the same.

We look at a 400, 500, or even 600 pound bench press like the shot put. Your personal best is going to stay the same unless you can move the barbell faster. This is one-third of the solution. Max effort work that is equal in time elapsed to your max bench press is another third, and of course hypertrophy is the final third. Hypertrophy can be accomplished by resistance training or electrostimulation. While the latter will increase muscle mass, it is extremely hard to induce strength

TRAINING

The Method of Maximal Resistance

as told to Powerlifting USA by Louie Simmons

Kent Johnston (left), strength coach of the Seattle Seahawks, and **Bill Gillespie** (right), strength coach of the Washington Huskies, use training methods like those of Westside's (photograph provided courtesy of Louie Simmons [seen at center] of Westside Barbell Club).

bars to test our absolute strength on different pins or boxes. There is a problem, though, when doing maximal effort training off pins or boxes. For example, when a lifter can start off an 11 inch box, why can't he exert 855 pounds of force at the 14 inch position. The reason is not enough acceleration. On all levels it takes great effort to overcome inertia. Without momentum, the bar speed will remain very slow with maximum loads. That is basically why different pins or boxes are required a step by step change, which disturbs the kinematic chain. However, when box squatting, not only does the eccentric phase contribute to the concentric phase but because these elements are linked together, the kinematic chain is held intact.

Although each box or pin will maximally load the squat at each starting position, how can we maximize the entire range of motion? With all the special strengths but no coordination, we have gained nothing. In *Supertraining*, Mel Siff and Yuri Verkhoshansky said that the perfection of movement through the kinematic chain is accomplished by three factors: (1) an increase in

If you are to raise your standard, you must use the method of overload. This could mean increasing intensity of the load by volume or by changing the group of exercises to ones that are new, exceeding your previous volume once you become accustomed to these exercises.

What about the use of a power rack for, let's say, squatting. A power rack would allow you to maximize the squat by enabling you to lift the most weight at different pin settings. For example, let's say a lifter can squat 600 pounds. The rule is that about 10% more weight at the top of the squat is to be used. That is 660 at lock-out. As the bar is lowered over time to the next pin level, let's say 2 inches at a time, a reduction of weight lifted is a certainty. As the bar is lowered from pin to pin, the weight quickly becomes less than the original 600 pounds. With no eccentric work being done, the lifter must overcome inertia, making the lift very awkward.

By starting at, let's say, 10 different pin settings, the squat motion becomes erratic, not smooth. This is because a step change occurs. Building strength is great, but without coordination it is almost worthless. Years ago we did a lot of rack squats, but found it helped our deadlift more than the squat. We did feel stronger but very uncoordinated. The kinematic chain was greatly disturbed.

One lifter had started a box squat program at four levels. In 1991 he made an 821 and was turned down with 843. His box records were 855 on a 14 inch box, 805 on 13 inches, 750 on 12 inches, and 680 on 11 inches. The records were done one box height at a time over the course of a year. Unlike rack squatting, he lowered himself onto the box, keeping all muscles tight, except the hip flexors were relaxed for a moment on the box and then re-flexed. As you can see, lowering an inch at time resulted in a 50 pound decrease, and going from 12 to 11 inches resulted in a 70 pound decrease. The lower the box, the farther you must sit back. The same is true when doing rack work, but because there is no eccentric phase, it is very hard to duplicate the correct squat form. When yielding down to a box and then overcoming the load concentrically, the kinematic chain is identical to that in regular squatting. When box squatting, some muscles are held static and some are relaxed. But both types of muscle work are overcome by dynamic work. The combination is one of the best for the development of explosive and absolute strength.

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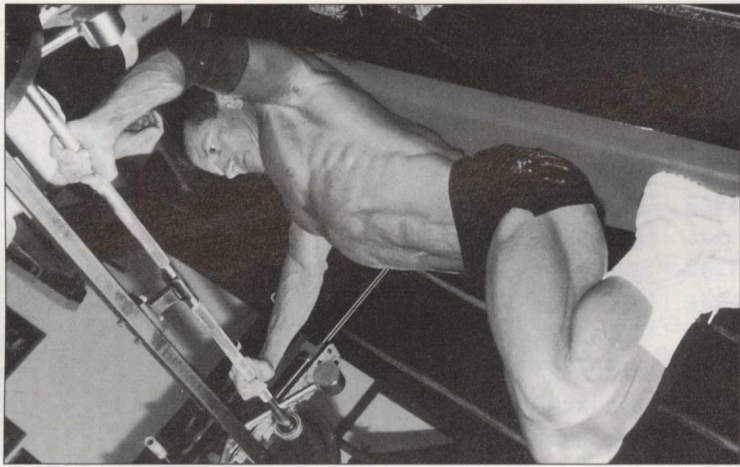
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Dr. JUDD

In Pursuit of Success, Pt. 6 as told to Powerlifting USA by Judd Biasiotto Ph.D.



I had a wonderful experience recently, one that I would like to share with you. This is a once upon a time escapade ... so brace yourself. I was in the gym working out when a number of bodybuilders started "ragging" me about being an "over the hill" powerlifter. I don't know if you are aware of it, but there is a good-natured rivalry between powerlifters and bodybuilders. Well, it's more like they have an aversion for each other. It's probably because they don't really appreciate and/or comprehend each other's idiosyncrasy. For instance, powerlifters don't understand why every time a pretty girl walks by a bodybuilder, he immediately goes into a posing routine, or why bodybuilders walk like they are trying to carry an ear of corn without using their hands. Conversely, bodybuilders don't understand why the only thing powerlifters can talk about is steroids, more steroids, and themselves. Like I said, good-natured rivalry.

In any event, they were saying that although I was a fairly good powerlifter, there was no way in the world I could ever bodybuild. To which I responded, "Anyone can bodybuild." Gumbo could bodybuild. Heck, you guys are bodybuilders, so couldn't he that hard? And then they said "OK, then you do it." And I said, "OK, I will." Of course, I really didn't have any intention of doing it. I'm mean, let's be real, I was 52 years old at the time and at best I had the body of an eleven year old stamp collector. A relatively plump stamp collector. I hate to admit this, but I looked like I had been training at the International House of Pancakes rather than at the local gym. I was probably more a candidate for the pudgy belly Olympics than a physique contest. Consequently, my chance of competing in bodybuilding was about as good as Mr. Ed competing in the Kentucky derby. In other words, I was just running my mouth ... that's all. I had absolutely no intention of entering any contest. Everyone in the gym knew I was just bluffing, but they weren't going to let me get away with it. The next day they presented me with an application to "THE GEORGIA," the biggest bodybuilding championship in the state.

That's when the "trash talk" really started. "You won't go," they said. "You don't have the guts to compete in a real sport ... You're an old man ... I've seen better legs on a high chair ... You do have arms like Schwarzenegger, Maria's not Arnold's ... and on ... and on ... Naturally, I talked my share of trash too, but I still wasn't about to back up anything I was saying. Like

of body sculpting. Everything else savors of antichrist. I knew that's what I would be up against if I decided to compete at the Nationals. I was also aware that there was a good chance that I would be defeated and that just would be competitive at that level to require tremendous sacrifice, suffering, and determination. To be perfectly honest though, I really wanted to go to Nationals. I wanted to see how I would measure up against the very best athletes in the sport. I've always felt that to be the best you have to compete against the best. I would much rather come in dead last at the Nationals than first place in the All-Backyard or All-Neighborhood Championships. I mean that title that is basically bogus. Even Aristotle made the distinction between titles and merit when he wrote, "Dignity does not consist in possessing honors but in deserving them." Besides, in sports and in life you have to risk. You have to take chances if you want to be somebody. You have to reach out, put yourself on the line, if you're not willing to risk, you can't grow, you can't experience all the wonders of life. I firmly

believe that in order to reach the top, an athlete has to know how to live on the edge. He has to enjoy the element of risk and danger ... at least to a reasonable degree. With that in mind, I decided to go to the NPC Nationals. It was an easy decision. As a result we started again. This time I was determined to squeeze out the maximum of what I had left. As far as I was concerned there was no tomorrow. As before, I drove myself unmercifully. I pushed steel, heavy steel, for three hours a day, six days a week. Each training day, I would push myself to the limit, both mentally and physically. Some days I worked my legs so hard that I could barely walk out of the gym. I also gave my back, chest, arms, and abdominal muscles similar attention. I did sit-ups until my "abs" screamed in pain. I never showed myself no mercy. I never worked as hard in my entire life. My intensity and drive easily transcended anything that I experienced during my entire bodybuilding career. Some days my entire body was actually racked in pain.

When my training was complete, I was literally ripped to the bone. My bodyfat was 2.7 percent and my muscles were thick and dense. Remarkably after less than 10 months of training I was ready to compete against the best of the best. Think

achieving that goal and you are committed to achieving that goal.

After the Regional Championships Chuck got this really insane idea. He wanted me to train for the NPC National Championships. Now let me explain something to you right now. The NPC National Bodybuilding Championships is the biggest and most competitive amateur bodybuilding contest in the world. The athletes that compete at this level are basically professionals. They have their own trainers, nutritionist, and choreographers. Most of them don't even have real jobs. They train three to five hours a day and they typically use gargantuan amounts of steroids and other performance enhancing drugs. Believe me, these guys place a higher priority on their sport than they do on work, family, interpersonal relationships, and even their own health. In fact, they seem quite willing to sacrifice the very essence of life just to achieve greatness. Nothing matters to them - just their sport. In short, their whole world is

about that for a second. Here I was a 52 year old, drug free, over the hill powerlifter primed to compete at the biggest and best amateur bodybuilding championship in the world. Like I said nothing is impossible, nothing is beyond the scope of man.

Now here is something else you need to know. I'm just an ordinary guy, just like you. I have no special gifts that God gave me. I'm not a Michael Jordan or an Albert Einstein; I'm just an everyday guy. Anything I can do you can do, and better. I promise you that. All it takes is commitment, sacrifice and hard work.

Anyway, when it was time, I, the greatest bodybuilders - the very best that America had to offer - on stage at the World Congress Center in Atlanta, Georgia. Here was Mr. Ed at the Kentucky Derby. I had gone beyond the boundaries of what most people believed was possible for a man my age and abilities. In fact, I had gone beyond what I thought was my breaking point and I succeeded. For an athlete, there is no moment more precious in life. It is the "white" moment. The moment in time that an athlete trains a lifetime just 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 is totally awesome.

Guess what happened? I was extremely competitive, but I got beat. It was one of the greatest experiences I've ever had as an athlete. The feeling was unadulterated ecstasy. A feeling as good as squating 603 pounds at a bodyweight of 130 pounds, as good as any record I ever broke, and as good as winning any gold medal I ever won.

Now I know exactly what you are thinking "Biasiotto, what are you talking about, you got beat?" You are perfectly right. I did get beat, but I didn't lose. I was the very best that I could be. That is the essence of sports and that is the essence of life. To be your very best at what ever you do. It's the ultimate achievement. Besides that, I learned a lot. I learned that I could be anything I wanted to be, provided I had the courage to suffer a little, struggle a little, and work a little. I also learned that happiness comes only when we push our hearts and minds to the furthest reaches of our capabilities. Most importantly, I learned that if you really believe in yourself, you can go against the odds and WIN!

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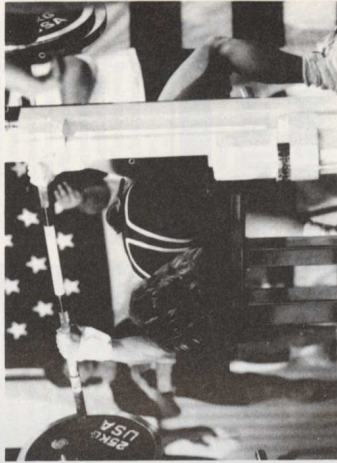
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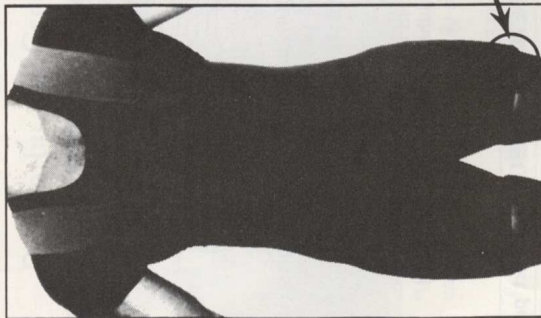
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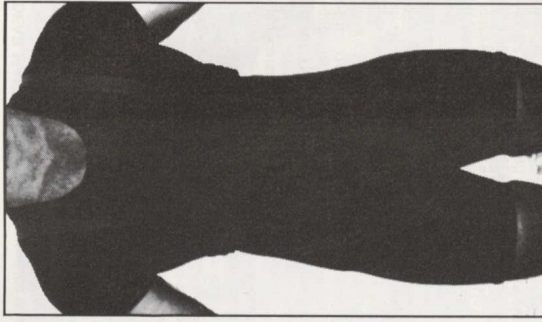
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Ask the Doctor

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DEAR MAURO: I am once again seeking your advice. At a recent competition I detached my adductor longus from the pubic bone. The way it felt was during my second squat attempt. I was about half way up and I felt some pain and then sensed an unraveling in my groin (left). Luckily, the weight came off my back pretty well and I landed on the head judge. I am waiting to get an MRI tonight to confirm the detachment. The only question I have is that if the adductor longus is not that involved why would it pop, or would the fact that it tore away give evidence that it was reeled on. The only other conclusion I can draw is that due to chronic injury to that muscle, that I had for the past 7 months, that the stretch placed on it in its weakened state caused it to rip. Everything else is going well. I was actually able to run on it on Friday. However, there seems to be little advice on whether to rest or leave it be for the powerlifter. Any thought or ideas that you may have on this would be appreciated. **Tom**

DEAR TOM: The adductor longus was the weak part of your squatting muscle chain. It ruptured because it was taking too much of the strain. Had it not been there in the first place the other muscles would have compensated, as they will if you don't have it repaired. I always look at it as a chain in which say four of the links are tied together with rope. As the chain is put under stress, the first thing to go is the rope, then the metal links will take the stress of the pull. Not a great analogy, but it works for me. The adductor longus and some other muscles in the body aren't meant to take the tremendous loads that powerlifting and other sports put on them, so they get injured and sometimes rupture.

You're right about the lack of advice. First of all the injury is relatively rare, although the adductor longus (AL) is often implicated in cases of chronic groin pain. In these instances where the usual therapies prove ineffective, the AL tendon is selectively severed. I've included a citation and abstract that gives you an idea of the results of such tenotomies. From looking at the literature, it appears that rupture of the AL doesn't result in any significant loss of strength or function. However, in some cases there is likely a little of both. Reattachment of the proximal end of the AL might be an option, but apparently it isn't done often likely because of the lack of factual info on the proximal insertion area in the first place and the probability of ongoing groin pain. I'm not sure just how much a dysfunctional AL would affect your strength since I usually see it

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as being a highly oxidative slow-twitch anti-gravity muscle. On the other hand, there's no way to know if overall your best option is to have it reattached. If it had happened to me I'm not sure what I would do. Likely I'd opt to leave it alone especially if it was getting better as it seems to be in your case. However, it's not an easy decision to make. I hope that this information is of some use. Let me know what happens and what you decide. **Mauro**

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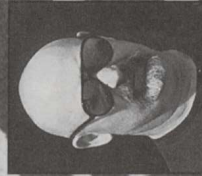
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POWER SCENE

This is the December issue, so that means we're leading off with our annual Christmas shopping guide for all you hard to please powerlifters. When your wife or girlfriend, or another relative, or your lifting buddy, asks what you want, or need, well, here are some ideas.

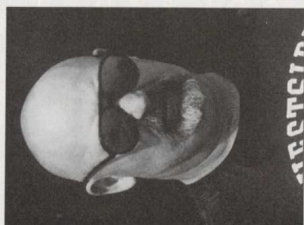
You can reach them toll-free at 1-800-BARBELL (800-227-2350).

Also on the video screen, you can pick up Ricky Crain's "To Squat Or Not To Squat", which features segments on form and style, powerlifting paraphernalia, lifting routines, nutrition and supplements, and a history of the squat. Crain's Muscle World also carries a full line of powerlifting items, including clothes, suits, books and videos, and supplements. Their toll-free number is 800-272-0051.



Ted Arcidi looks incredibly massive in the footage of his training program contained in the new video "The Bench Press" produced by POWERLIFTER Video

POWERLIFTER Video has just released its first Special Edition tape, "The Bench Press", and its got the bench workouts of Anthony Clark, Ted Arcidi, Jamie Harris, Dave Waterman, and Greg Warr, a look inside The Westside Barbell Club with Louie Simmons showing one of their intense bench workouts, plus footage of world record lifts, for \$29.95 + S&H.



Legendary Louie Simmons, whose reputation for training innovation is growing by leaps and bounds, is also featured on the new video "The Bench Press"

Or, as a Christmas special, you can get "The Bench Press" video for free when you subscribe to POWERLIFTER Video. The current issue features a monster bench workout with Gary Frank, some mega lifting by Ed Coan, coach's corner on how to use bands and chains to boost your lifts, and two segments with star lifter Gea-John

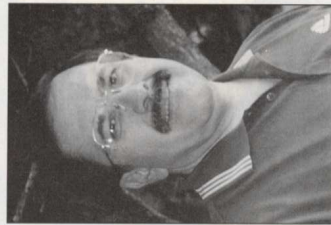
Finally, House of Pain Ironwear has several great jackets for Christmas gifts. The newest one is a leather wool varsity jacket in solid black with top-grain cowhide sleeves and trim and a full-quilt lining, nicely modeled by House of Pain owner Rick Brewer in front of their new building. House of Pain also has great sweats, t-shirts, and caps, and every time I wear anything from House of Pain, people always comment on it. Their toll-free number is 888-HOFFPAIN (888-463-7246).

And now time for something different. I received a call a couple of weeks ago from Art Venegas, the head coach for men's track and field at UCLA, and one of the world's premier throwing coaches (as in shot putting, javelin and discus throwing). Art is now in his 20th year at UCLA and has coached dozens of national, world, and Olympic champions, and gives speeches and seminars all over the world.

As part of staying on the cutting edge of coaching his athletes, he's constantly looking for ideas from related fields, including powerlifting. Art has studied techniques from powerlifting legends like Louie Simmons and Fred Hatfield, and he's looking now at some of what's going on at the Los Angeles Lifting Club. I visited with Art for a couple of hours, and we discussed his ideas on how he trains his athletes.



Rick Brewer with his new Varsity Jacket



Art Venegas, coach of the UCLA Men's Track and Field program

Next month we'll cover Art's ideas, and how they might make you a better powerlifter. Until then, stay strong, have a Merry Christmas and a Happy New Year's, and lift big. Ned Low

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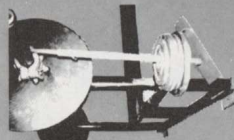
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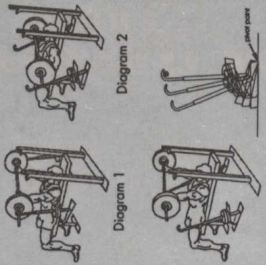
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Question: I am a 20 year old male who plays football for Penn State. For obvious reasons, I've been gaining the off-season. I can't even begin to describe how much my lifting has increased my performance on the field. Recently, though, I have been unable to gain any extra weight. I am 230 pounds and need to be at 250 pounds. HELP!

Answer: Well, I could just tell you to eat more food, but I have a sneaky feeling that you've been doing this as much as possible. To put it simply, gaining weight requires that you ingest more calories than you expend. You have two options: One is to find novel ways to increase the amount of calories you ingest and second is to find a method to alter your metabolism so that fewer calories are expended.

Until recently, there were two basic ways of drastically increasing the amount of calories that a person consumes. The easiest was to start eating voluminous amounts of extremely fatty, tasty fast foods, such as french fries and hamburgers. Believe me, this works! I have seen people literally gain twenty pounds in 6 weeks by eating in this fashion. Before anybody thinks that Burger King is the answer that we've been looking for, please consider two points. First, fast food has a tendency, an extremely high tendency, to be very unhealthy. Not only are the foods drenched with saturated, trans-fatty acids, but all of the carbohydrates are extremely processed and refined. Regular consumption of these foods will inevitably facilitate diabetes, stroke and/or a heart attack. ... conditions and illnesses no one wants to experience. ... especially athletes. Some of you might argue that health consequences aren't a concern because you would only eat this way for a short time period. This is where I'll introduce my second point — that these high fat, highly processed fast food diets make you fat. Now for those who don't mind gaining a considerable amount of fat, this might be an acceptable solution if used sporadically. However, most people that I know, especially athletes, want to keep their fat store to a minimum while increasing muscle mass.

Some people think that they're benefiting their bodies by consuming a high calorie powdered weight gainer mixed with water or milk. If you read the manufacturer's labels, you would think that they are extremely healthy and promote only lean body mass gains. Unfortunately, this is far from the truth in fact, this is far from the truth in fact. Well, they are low fat, drinks are really no better for you than eating fast food. Well, they are low fat, however, they contain maltodextrin as their carbohydrate source which is worse for you than eating sugar. Basically, the calories from maltodextrin will be stored mostly as body fat and not as proteinaceous tissue. Even worse, the quality of the protein used in these formulas is pitiful. Now, for you who are snickering and thinking that you're O.K. because you consume

Questions of Power as told by Derek Cornelius, Syntrax Innovations

"meal replacement powders", think again! The contain the same ingredients — the same horrible maltodextrin and the same cheap protein. Fitness magazines and the nutritional manufacturers companies that own them have fooled millions of people into thinking that they're doing something good for themselves. The sad truth remains though that these MRPs are just helping people to get and stay fat.

I know, I know! I have just depressed thousands of people who depend on one of the above foods as a staple part of their diet. Indeed, I have created a problem... now I will provide some solutions. Over the years, I have repeatedly found that eating a healthy diet full of fiber, healthy fats, quality protein and truly complex carbohydrates is the best approach. Unfortunately, this type of diet can take valuable time to prepare. Furthermore, it tends not to be a calorie dense diet which means it can be difficult to consume a large amount of calories. When it is not practical to eat larger quantities of nutritious, whole foods, the best approach is to consume pure, unrefined oil. The absolute best for this is flax oil. Make sure any flax oil that you purchase is expeller pressed, unfiltered, unrefined and has a clean, buttery and nutty taste. If it is at all bitter, then stay away from it. The bitterness is due to oxidation of the health promoting benefits. Over the years, I have seen many individuals gain significant weight taking a high quality flax oil. Since flax oil is 100% fat, it might seem that it would cause nothing but gain in those who consumed it. However, just the opposite seems to be the case. Even in high dosages this amazing supplement doesn't put on large fat stores in those who use it. Even better is the fact that flax oil has such powerful health-promoting benefits. It has more essential fatty acids (EFAs) than any other food source. EFAs are necessary for proper metabolic levels, healthy skin and hair, prostaglandin formation as well as the proper functioning of many other biological processes. Because oils are extremely calorie dense foods, small volumes can be ingested, which contain considerable calories. A mouthful of oil will contain approximately 400-500 calories. Take a mouthful in the morning and a mouthful at night and you have just increased your daily caloric intake by 1000 calories! A mouthful of flax is great to take before bedtime because it provides a steady and long-lasting flow of calories throughout the night. Furthermore, as food as other carbohydrate containing foods are not ingested, there will be no subsequent rise in blood glucose and insulin levels. This is significant because blood glucose and insulin levels

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the idea several months ago that higher dosages could possibly be very effective to alter bodyweight and proportions. I experimented with 50-100 grams per day and obtained phenomenal results. Yes, CLA is very effective and very beneficial for your health, but there is a catch — it tastes absolutely horrible. To give you an idea, imagine taking bacon grease and letting it sit in the hot sun for about a year. Now take this epicurean delight and fill your mouth with it. YUCK! I have been searching for a good tasting CLA, but until now have not had any success. I will report on any new developments on this breakthrough in future issues.

Since we've dealt with the issue of calories consumed, I now want to discuss ways of getting your body to utilize ingested calories more efficiently. This will allow you to gain weight with fewer calories than you would normally consume. My favorite method is to take 1 mg of Trac per day. If you can remember my previous article, Trac is a thyroid hormone derivative which causes substantial fat loss at 2-4 mg per day. At this dosage, your metabolism will be normal or slightly increased and will be stilled from your muscle to your fat. This means that adipose tissue will be preserved while muscle tissue will be catabolized for fuel. Taking 1 mg per day actually lowers your metabolism which causes you to burn fewer calories than you normally would. At first, this sounds unproductive but remember that Trac causes a shift in metabolism that Trac gets catabolized for fuel. At this dosage level, the metabolism in fat cells is about normal, while the metabolism in muscle tissue is drastically reduced. Any extra calories consumed above baseline tend to support proteinaceous anabolic processes instead of just increasing the size of adipose stores. Thus, we have a compound that will allow you to gain weight with fewer consumed calories... weight that is predominantly muscle and not fat.

Two other compounds that can be used to effectively put on lean mass are Ipriflavone and Methoxivone. Both of these compounds are anabolic, modified isoflavones that cause your body to improve the way it utilizes calories. Several theories exist as to how these compounds might work. One is that they decrease protein turnover by modifying proteases called calpains. Another is that they modify respiration in a way that energy conversion in the mitochondria is more efficient. Regardless, these isoflavones are very effective for improving body proportions and improving overall health.

Either method that we have discussed today should help you achieve your goals. If you combine the two methods together, you are almost guaranteed to put on considerable size without gaining an enormous amount of fat. Whatever you do, please stay away from fatty, fast foods and cheap MRPs and your weight smartly!

USPF National Masters/Submasters as told to POWERLIFTING USA by Mike Wlosinski

The 19th annual USPF Submasters/Masters Nationals was held at the beautiful Adam's Mark Hotel in Buffalo, New York. Fifty-four hundred square feet of ballroom provided the backdrop for this most

USPF Submasters/Masters Nationals 25, 26 SEP 99 - Buffalo, NY (kg)

made an outstanding debut with a 495 kg total. Anthony, in his first

three lift meet, trains at Pft Bull Gym in Buffalo, New York. Pft Bulls THE

first with a 585 kg. total and was also presented with an award of appreciation for his fourteen years of generous service to the USPF. Larry is one of the true pioneers of the sport.

Cheektowaga's own Jack Toy had a nice day with a 480 kg total. In the 100 kg 55-59 year-old class, Robert Wood posted a 600 kg total. In the 100 kg 60-64 year old class, Binghamton's bench presser extraordinaire, Louis Spasato, pressed a New York State record 157.5 kg to win the first place trophy. In the 100 kg 70-74 year old class, long-time lifter Melvin Huff took another championship title back to Forestville, New York with a 477.5 kg total.

The men's submasters 110 kg class had Indiana gym owner John Pedigo win his first national championship with a 667.5 kg total. The 110 kg 40-44 year old class pitted two New York State lifters, Eric LeBlanc of Syracuse and Tom Stevenson of Tonawanda, against one another. LeBlanc powered through the bench and deadlift events to a big 710 kg win. Stevenson, who competes on the local circuit got his first taste of competition on the national level and garnered the second place position with a 555 kg total. In the 110 kg 50-54 year old class, Frank Salamone took only his opening attempts on the three lifts to coast to an easy victory. This first-time national champion posted a 577.5 kg total. In the 125 kg 55-59 year-old class, William Morris from Virginia hurt his back severely in the squat. He had to take a token



William Morris in three different federations, winning the USAPL title in New Orleans, Louisiana in May, the NASA title in Nashville, Tennessee in June, and culminated with the USPF win in Buffalo, New York. He now plans to compete at the WPF/USPF World Championships in Las Vegas this December.

deadlift, and that was still a killer attempt. Despite his bad luck, he still managed to total 480 kg. We wish him a speedy recovery and hope all is well. The men's submasters 140+ kg class saw squatting sensation Dr. Michael Cochran open up with a New York State record 345 kg lift. Unfortunately, his initial lift was not indicative of his subsequent performance; to say that Mike had an off day would be an understatement. Mike had hoped to accomplish some big things at the meet, but it was not to be on this day. He has an official 907 kg total under his belt already and was looking to eclipse that with a 1000 kg total. But after being involved in a car accident three weeks prior to the contest, Mike suffered from a severe case of post-concussion syndrome. Of course, this giant of a man will make no excuses for his lackluster lifting - it was still enough to give him the top spot in the class and state records in the squat and total. Once again we look forward to a full recovery and anxiously await the return of Mike to the platform. In the 140+ kg 45-49 year old class, Big Dennis Nolan from Fort Edward, New York took The Kid Rydelek, Jeff Miller, Tom Schmidt, and Dennis Michino. Special recognition goes to Paul Childress, Josh Thomson, Mike The Giant, Anderson Sean "Mad Dog" Kelly, and Pete "Pft Bull" Rebel. You guys won't be forgotten!

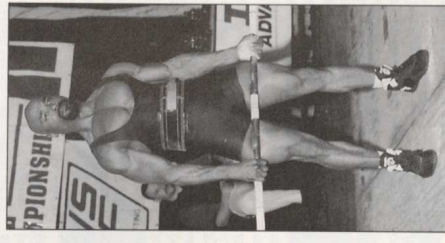
Last but certainly not least, the ladies who led up all of the loose ends and made everything come together with the behind the scenes work, a big thank you to Zadia Amorosi, Renee Jaworski, and Bonnie Glica. (thanks to Mike Wlosinski for report)

some early squats troubled off with the line lifting of Charles Fabrizio Jr. from Danbury, Connecticut competing in the submasters 90 kg class. Chuck ended his lifting day with a huge deadlift of 302.5 kg! In the 90 kg 45-49 year-old class, Ohio's Dr. Phil Accordino emerged victorious with a 600 kg total. The 90 kg 70-74 year-old class had retired oil geologist Rex Monahan win with a 395 kg total. Rex also dazzled the spectators with a one-handed deadlift demonstration that brought down the house. The 90 kg 75-79 year old class saw Ohio's Charles Lee Sr. who is noted for the beautiful championship rings that he offers, take home another one of his many national championships.

In the 100 kg submasters class, Anthony Fumaro from Mechanicsville, New York put up strong lifts across the board in an 8 for 9 day posting a 767.5 kg total that earned him outstanding lifter honors in the heavyweight division. The 100 kg 40-44 year-old class, current national and world record holder Shawn O'Kealey was looking for an American record bench, but the weight loss from the night before really hurt him. His bench press put him so far out in front of the pack that he ended up winning the class by more than 70 kg. Former Olympic lifter Thomas Telesco had some of the most beautiful squats one could ever hope to see at a powerlifting meet. Thomas took second place on this day in Buffalo. Rickie Harvey of Baldwinsville, New York rounded out the group with a third place total of 575 kg. In the 100 kg 50-54 year old class, former USPF New York State Chairman Larry Bagnoli placed

Big Don Reinhardt presents a trophy to Jon Pedigo from Indiana, winner of the men's submaster 110 kg. class.

made an outstanding debut with a 495 kg total. Anthony, in his first three lift meet, trains at Pft Bull Gym in Buffalo, New York. Pft Bulls THE



Johnny Elsberry of Niagara Falls, NY, who has one of the best physiques in powerlifting, took home the title in the men's 75 kilo class, 40-44 age group.

prestigious powerlifting event. Meet director and Region I Chairman Mike Wlosinski chose to run his first meet in grand style; no expense was spared to ensure that the lifters had the best of everything - from the accommodations to the world class equipment used in the contest. In the warm up room, the lifters were furnished with three platforms, each having Serpa hydraulic jack stands for the squat, Forza benches for the bench, and power bars with York speed collars and over 700 pounds of Ironko competition calibrated plates per platform were also used. This is honestly the best equipment I have ever seen in a warmup room - most meet directors don't use equipment like this on their contest platforms! And speaking of contest platforms, this one featured Jan Shendow's prototype Sorntex hydraulic jack stands for the squat, a Serpa hydraulic bench for the bench press event, and an Ivanko chrome, calibrated, color koto set along with the Texas power bar and York speed collars - unbelievable!

Co-meet director and USPF New York State Chairman Steve Helmicki procured the best trophies and T-shirts that money can buy. Beautiful Niels Anderson sculptures adorned the trophy table, putting a gleam in the eye of every lifter who saw them. Steve chose to use a picture of York Barbell Hall of Fame inductee and World's Strongest Man, Don Reinhardt for the front of the meet T-shirt. The picture showed big Don squatting 870 for seven reps with just a thin leather belt - the "Old School" view. Needless to say, from a lifters point of view, this was certainly not the meet to miss!

Joe Scalzitti from Downers Grove, IL showing great form in the squat which helped him take the men's 82.5 kg class in the 40-44 age group.

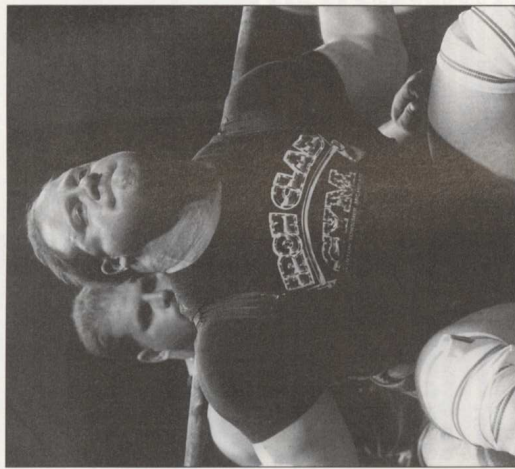
Saturday's events were kicked off with the women's 48 kg 45-49 year old class. New York City's



Joe Scalzitti from Downers Grove, IL showing great form in the squat which helped him take the men's 82.5 kg class in the 40-44 age group.

Best lifters, def - Df Not In Finish.

WEAPON 10: MENTORING (Stand up and yell!) by Rick Brewer, House of Pain



A Massive Mentor... Big Jim Voronin squatting at the APF Seniors.

After church on Sunday morning, a young boy suddenly announced, "Mom, I've decided I'm going to be a preacher when I grow up."
"That's great," mom replied. "What made you want to be a minister?"
"Well," the boy said, "I'll have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell than to sit still and listen."

True enough! Likewise, it's more fun to get on the platform and lift, than to sit in the audience and watch. Last month we talked about bringing some lifters from your gym (or sports team) to your next meet. Bring them a few times, and even the most timid lifter will want to get up there and compete! (They can help other lifters as they become hooked on the sport - someone always needs a little help with wraps, suit straps, chalk, etc.)

Once the new competitor has decided to enter a meet, what is next? First, pick a local competitor to act as coach/mentor. Napoleon trained his troops to move toward the sound of the guns, and that is what the strength lifter must do. Follow the strength lifter to the action. Don't ask a body-builder how to train for powerlifting; and don't read *Men's Health* for tips on technique. Find a powerlifter to help you build your base and develop technique. Then, they can help you pick REALISTIC goals for your first meet. Subscribe to this magazine, borrow or buy strength books, and immerse yourself in training tips so you can begin to gather a few tips and routines that work for you.

Train with powerlifters if possible. Strength begets strength. It is hard to train with strong people without getting stronger. Good coaching and the proper mindset make all the difference - it is the difference between the gladiator spectator who was sucked into the sport, and the monk who gave his life to stop it (last month's article). When other powerlifters give you techniques and strategies that have worked for them, you will initially have to try them (in total) to verify results.

Remember Aesop's lion who pretended to be on his deathbed, and therefore invited all of the forest animals to visit him and pay their respects. The fox was suspicious of the lion, so he waited warily in the brush while all the other animals went in. None came out. After awhile, the lion came out, looking very healthy and very full. The lion called out to the fox, "Friend fox, why haven't you come to pay your respects? Do you not care for our friendship?"

The fox replied, "I know you are dying, and am eager to visit you on your deathbed. However, I see many tracks leading into the cave, and none coming out except yours. It must be very crowded. Tell some of our friends to come out, and then I will come in."

Of course, the lion could not produce any living friends, and was therefore outwitted. The moral of the story

tern and muscles said "thanks!" Jim hit the nail on the head with the recovery tips since overtraining is the biggest problem among new powerlifters. Big Jim on technique development and persistence:

I should wait awhile before trying on right suits and wraps. For the first few training cycles, a new lifter should try to build a base and also get their technique right. Wearing the gear is a different groove. If a lifter has not had a chance to build his or her technique, the gear can throw them off and lead to bad habits developing that will be hard to break. (Marty Gallagher wrote an article in *Milo* last year that addressed this perfectly.)

Another point: Technique. A novice lifter should do two things here. One is that they should develop a form and technique that fits their build, and that allows them to use their natural body levers. Many times you will see a novice lifter imitating (or trying to imitate) another lifter's technique that does not suit them. This leads to injury as well as no gains. Dave Pasanella utilized a very wide stance that worked for him. I cannot use this as well, so I go narrower. We know that your hips play a big part in the squat, and a wider stance is beneficial, but this worked for Dave and he did it well. It may not work for you. Use what is best for your build.

Again, the other thing is to perfect that technique so that it is almost second nature when you are on the platform or in the gym. Your body will go on "autopilot" and it will seem natural.

Finally, they should not be afraid to experiment with a new routine and ask questions. If they start a routine, stay with it. Too many trainees switch after two or three weeks just because they don't see a bench, or a twenty pound body-weight gain. You don't know if a program works unless you stick with it. Also, they MUST keep a training book. There is no possible way to remember it all in your head. This way you can look back and see what worked, what didn't work, and what might have worked and write your routines based on this. Lee Haney, who had won the Mr. Olympia seven or eight times was asked if he had his trophies on his mantle. He said no, but he had ALL his training logs from the time he started. That was what got him there.

Good points, Jim! OK, everybody, start that training log with a good workout and stick with it. Quit whining about how weak you are, and start getting stronger! Any of you coaches have additional tips to offer e-mail them to: houspain@iash-net

Next month: looking forward or backward?

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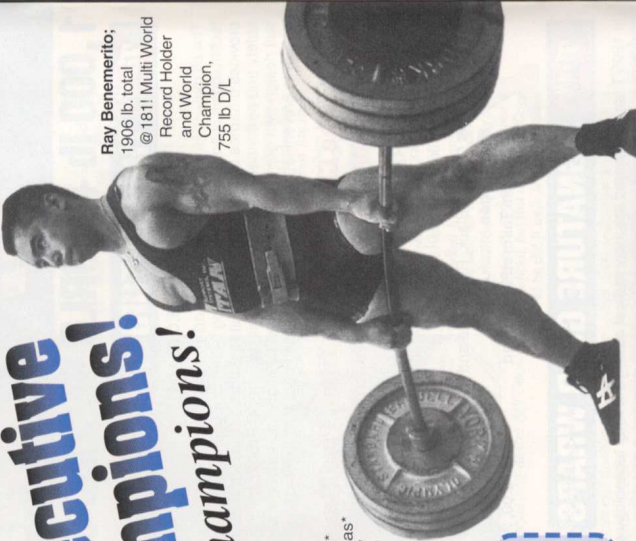
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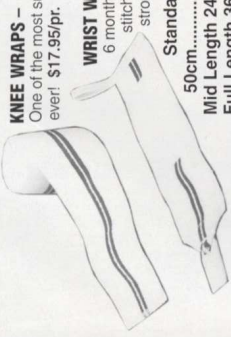


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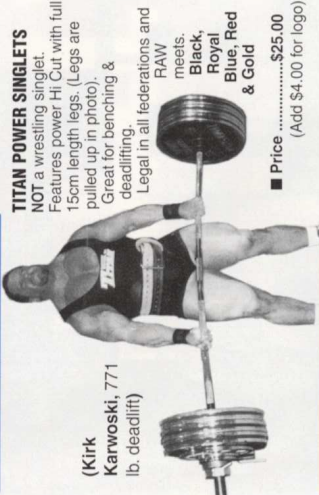
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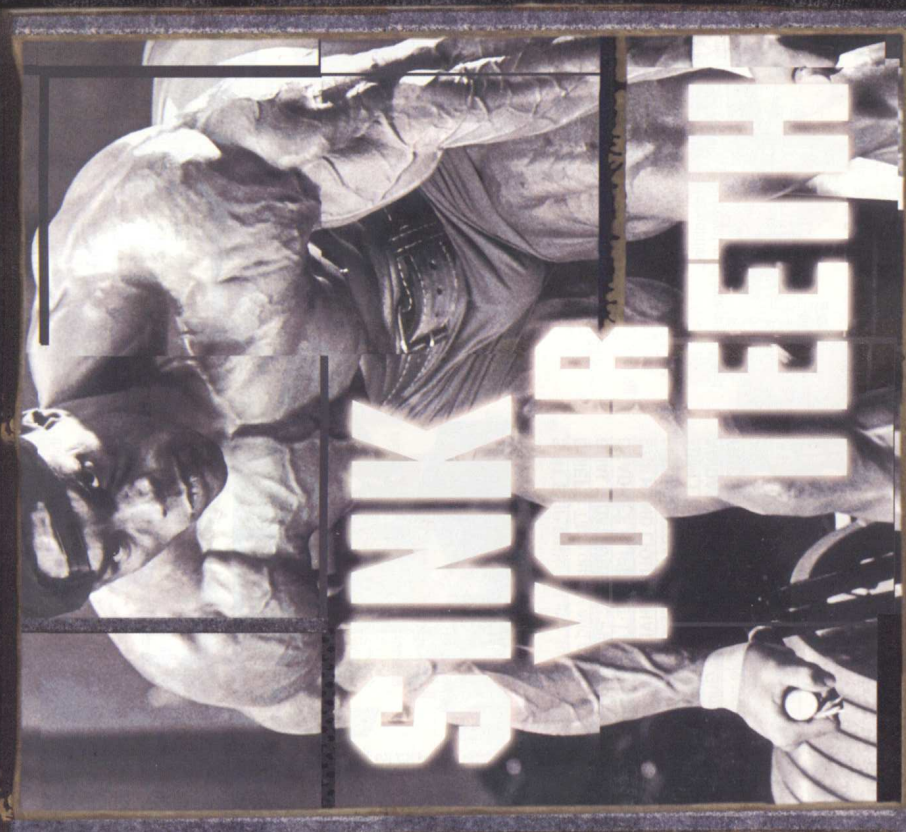
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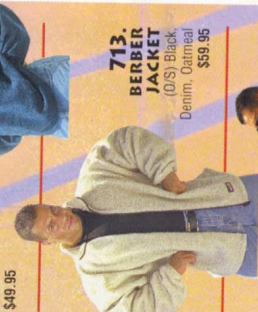
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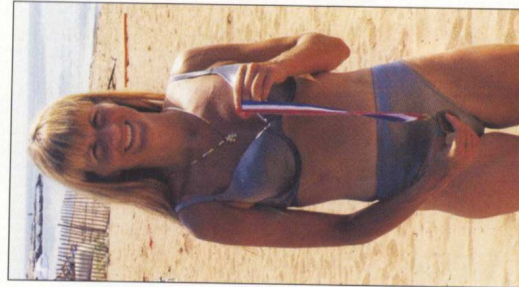
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29 AUG 99 - East Haven, CT

Women	200
97 Submasters	N. Wellins
K. Steele	C. Solet
89w	275
C. Solet	Macera
181	225
C. Solet	181
275	260
Macera	260
Men	200
181	350
J. Steele	350
225	350
Macera	350

Place: Silver Sands Beach Club, Meet Director: Joe Steele, Judge: Joe Steele, Side Judges: Mark Hogan and Neal Wellins, Sponsor: Silver Sands Beach Club, 2nd annual A.P.A. Silver Sands Beach Press Championship, 1999. Joe Steele, 2nd year in show, Kimberly Steele, lifting in her first meet in two years, set a new submasters world record, with an 89 lb. lift in the 97 lb. class. Ms. Steele, who had a 100 lb. lift in the 181 lb. class, set a world record in this meet where she set a world record two years ago. There was a total of ten lifters taking part in the contest was held on the beach at Silver Sands Beach Club for its members. (By Joe Steele)

Coming Back Strong... Joe Steele's wife Kimberly (seen at right) made a record setting return to powerlifting at the APA Silver Sands Beach Press Championships, following a two year lay-off which was made necessary by the need for some rest after the birth of her third child (every one by exception!). She's also celebrating a recent birthday!

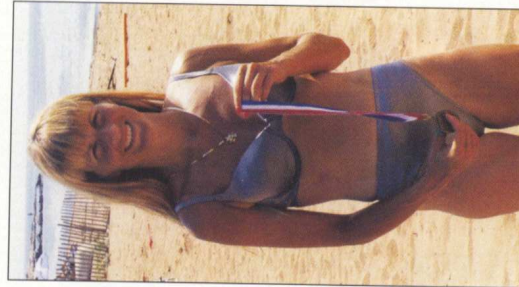


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- 4 DEC, Wilkes-Barre Family YMCA Open, Wilkes Barre, PA 18701, 570-823-2191
- 4 DEC, YMCA of Greater Des Moines BP/Brett Fowler, Riverfront YMCA, 515-282-9622 or Steve Van Dam, Ankeny YMCA, 1102 N. Ankeny, Ankeny, IA 50021, 515-965-8800
- 4 DEC, Police & Firefighter Qualifier (open, power sport, youth) - Kansas City, KS James Durue, 913-596-7236
- 4 DEC, USPF Southeastern Cup, Buddy Durue, 3011 Bristol Ave., Marietta, GA 30067, 404-893-9988
- 4 DEC, Pocket Classic AAU East Coast Bench Press Classic (Hobby) in 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 (Firesto, CA) Bob Packer 559-439-4394 or Jeff Bueckig 559-288-0860
- 4 DEC, Immaculate Heart of Mary 4th annual Holiday Bench Press, Ron DeAmick, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
- 4 DEC, 4th Western New England Open BP (men, women, teen, Jr., submaster, master, notice—deadline 11/20) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
- 4 DEC, Ohio Open Winter BP/DL, Jr. State, 9705 S. Sunnyside Rd., Dublin, OH 43017, 614-225-5324
- 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., Monroec, NC 28110, 704-289-4940
- 4 DEC, USAPL Kentucky State/Bluegrass Open PL/BP Championship, Steve Corona, 1614 S. Green St., Henderson, KY 40482, 502-626-8334
- 4 DEC, 50th Light 126 W. Sale, Tuscoo, Dr. Duce, 126 W. Sale, Tuscoo, IL 61983, 217-253-5429
- 4 DEC, APA Eastern USA BP/DL/SC (Wallingford, CT) APA, Box 27204, El Jobean, CT 06031, 941-697-7962, apa@aowl.com
- 4 DEC (new date), Christmas Bench Press Classic, John Shifflett, Box 941, Stauntonville, VA 22973, 804-985-3932, jshiff2239@aol.com.

- 4.5 DEC, USFPA, DE, CT, Reg. IPL/ BP (drug tested—open, teen, Jr., collegiate, pol./fire/ml, submaster, master) Tom Revoir, Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhr@Ballantinc.net
- 4.5 DEC, Elite Superman of the Century 5 Lift (4th - olympic lifts, 5th - powerlifting) MCFP Nationals, IN 317-578-3624
- 4.5 DEC, Men's Powerlifting Championships (USA) Powerlifting Club, 4211 15th St, East, Tuscoo, AZ 85601, 520-929-4244
- 11 DEC, USAPL, 2nd Toys for Tots PL/ BP, Willie Maslin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964
- 11.12 DEC, USAPL National Polift/Law & Fire PL/BP, John Shifflett, Box 941, Stauntonville, VA 22973, 804-985-3932, jshiff2239@aol.com
- 12 DEC, 2nd King Fitness Pound for Pound (most reps and tonnage) Ryan Reynolds, 185 N., 1832577, 0770, 732-550-9020
- 12 DEC, High School BP Nationals (all wt. divs. / boys & girls / 14-16, 17-19) & Last Chance APF/AAFP Push & Pull plus New Millennium BP (teen, Jr., open, master, men & women) Les Cramer, Box 1205, Gulf Breeze, FL 32561, 850-934-2880
- 12 DEC (new date), 2nd AAPF Michigan State PL/BP (men/women/open, teen, Jr., submaster, master) John Maddox, 17035 Arlington Ave., Allen Park, MI 48106, 313-988-2417
- 12 DEC, WNPF Sarge McGray National BP/DL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 12 DEC, Christmas for Kids BP/DL Classic (Mattson, IL) Dr. Darrell Latch, 126 W. DC residents - Laurel H.S., Laurel, MD Mark Daniel, 301-317-5572

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Meet Director: James (Radar) Capehart
Capehart (972) 253-8575
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Meet Site: Plano Convention Center, Plano, TX

Awards for 1st thru 3rd place will be presented in all weight classes and divisions

2000 APF/AAPF TEXAS STATE POWERLIFTING, BENCH PRESS & DEADLIFT CHAMPIONSHIPS

This is a national qualifying meet. Out-of-state lifters are welcome to lift in out-of-state division.

Meet Director: James (Radar) Capehart
Capehart (972) 253-8575
Date: Feb. 5 & 6, 2000

Meet Site: Reverchon Park Recreation Center, Dallas, TX

Awards for 1st thru 3rd place will be presented in all weight classes and divisions.

FAX 531-675-5033
JUN, USAPF, New England States Bench Press, Greg Kontas, Box 483, Whitman, MA 02882. 781-447-6714, 8-10pm
JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) AN-PPC, Box 1484, Mt. Vernon, IL 62684. 618-244-5775, anppc@aol.com

From a satisfied Coming Events advertiser: "Thank you for advertising our event in your great magazine. Approximately 1/3 of our out of town lifters saw the ad and called us. We will be submitting another ad in the next few months. Once again, thank you very much."

- 6 MAY, WNPFF North American BP/DL and Iron Man & ISA North American BP/DL and Iron Man (Atlantic City, NJ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com
- Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866/619-256-4700
- 15 APR, SLP, Tennessee State PL (Tennessee) (Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com)
- 15 APR, USAPF (new dates) USAPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) Virginia Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.exts.net/physiqtraining
- 6,7 MAY, USAPF, National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-439-5466 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm)
- Q-Matly, Bruce Lyons, Northeast Regional, 10000, 757-573-4644, 508-823-5729
- 7 MAY, USAPF Spring BP (NHSPL) Jamie Follows, Box 375, Belmont, NH 03220
- 13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 14 MAY, AAU Pennsylvanian SI, BP (Teen, Jr., men, women, submaster, master - raw and assisted) Bob Verner, 514 Loreto Rd., 8th Fl., Philadelphia, PA 19122-2620, 215-862-5400
- 910 W. Alton Ave., Dr. Darrell Latch, PL 32176, 904-677-4000
- 20 MAY, LIFETIME NATURAL POW-ERLIFTING SOCIETY NATIONALS, Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 22 APR, APF, Hard Core Open BP/DL Classic (Carroll, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 29 APR, 21st Row Drug Free Powerlifting & DL Classic (separate meets) Siegel, Eren, Jr., submaster, master) Siegel, Eren, Jr., 304 Dalis St., Clearfield, PA 16830, 814-765-3214, eren@clearnet.net
- 29 APR, APF, Alabama Spring Classic, Robbins Fitness Advantage, 421 15th St., East, Tuscaloosa, AL 35401, 877-313-4946, WNPF Virginia PL/BP/DL/SQ & ISA BP/DL, Fayetteville, VA 22973, 770-996-3418, wnppf@aol.com
- 29 APR, USAPF, Zamboro Valley Open, Steve Johnson, 405 5th St., NW, Kassel, MN 55944, 405-634-4730
- 30 APR, Hillsboro Power & Fitness BP/DL (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 30 APR, USAPF, All American BP (Tay-lor) Power-Gym, Joe McCoy, 5700 S. 34th St., Bob Granko, 5742-0668
- APR, USPF Pennsylvania BP (Philadelphia) (Raw, submaster, master, Jr., Int) Bob Keller, Box 829, Ambler, PA 19002, 215-542-9941, rhk@BellAtlantic.net
- APR, PL West Colorado Classic, Sorrell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
- APR/MAY, AAUPC 100% Raw High School Nationals (men/women - all) AALUPC age/wt, Walter Sperry, 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com
- 3 JUN, USPF New England BP, Dave Follansbee, 865 Second St., 770-996-3418, 915-676-1545,
- 16 SEP, 2000 East of the East, Fred Vanderveen, Box 279, Friesland, MD 21826, 410-742-9201
- 16 SEP, USPF 18th Drug Free New Jersey PL & BP/DL meet (raw & assisted), Eren, Jr., submaster, master, law ent., fire, novice, out of state) Joe Piva, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
- 17 SEP, Wisconsin Open, IL BP/DL Classic (Madison, WI) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 18 SEP, USAPF, Wisconsin Open (men/women) (San Luis Obispo) Gene Etraxada, 805-544-0155
- 7 OCT, WNPPSA Palmetto BP/DL (IronMan) Greenville, SC WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com
- 7 OCT, 6th APF Wokwetine Open (men/women: open, teen, Jr., submaster, master) Dan DeFalco, 19461 Volland, Roseville, MI 48066, 810-294-7055 after 6pm
- 8 OCT, Greater Indianapolis Region (Raw, submaster, master, Jr., Int) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 8 OCT, USAPF Push/Pull (NHSPL) Jamie Follows, Box 375, Belmont, NH 03220
- 14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 14 OCT, Alabama Championships, Robbins Fitness Advantage, 421 15th St., East, Tuscaloosa, AL 35401, 877-313-4946
- 15 OCT, Chocogedoll Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@aol.com
- 17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)
- 16 SEP, 2000 East of the East, Fred Vanderveen, Box 279, Friesland, MD 21826, 410-742-9201
- 16 SEP, USPF 18th Drug Free New Jersey PL & BP/DL meet (raw & assisted), Eren, Jr., submaster, master, law ent., fire, novice, out of state) Joe Piva, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
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- 17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)



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23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ.
www.supergames2001.co.nz,
28 29 APR, USAPL, Box 24775, Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44116,
440-439-5464
8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl., #300, Indianapolis, IN 46225,
317-327-2001, 222.2001wplfg.org.
12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68502, 402-703-3672
Oct 20-21, WAPL World BP/DL Championships, (L. Westerman, WV) Chris Rethuich, Box 5292, Bend, OR 97708, 541-389-0600

P.S. when writing include a Stamped, Self-Addressed Envelope for the meet (meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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NOV, 2000 WABDL World BP/DL Championships (Rio De Janeiro) OR 97708, Box 5292, Bend, OR 97708, 541-389-0600 Classic BP/DL Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
2 DEC, APE 47th Iron Man Pl. / BP / Physique (Freno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
3 DEC, WNPF 3rd Sarge McCoy BP/DL IronMan (Bordenstown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com
7-10 DEC, 2000 IFF World Bench Press, Casper, WY BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946
9 or 16 DEC, USPF Winter Classic DL (Camorillo, CA) Chris Kostas, 661-242-8116
10 DEC, Christmas for Kids BP/DL Classic (IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
10 DEC, 8th Row Drug Free Coal Counting BP & DL Classic (separate meets - open, teen jr., submaster, master) Sleight Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
16 DEC, Christmas BP/Curl, John Shufflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-

11,12 NOV, USPF American Championships (Burbank, CA) Chris Kostas, 661-242-8116 or Steve Denton 661-664-7724
12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
14-19 NOV, 2000 IFF Men's Worlds (Arling, Japan)
18 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
18 NOV, USAPL Great Alaska PL Challenge & 9th Annual Biggest Bench, Jamie Burns, AK 99803, 907-789-5900, jrburns@fortress.com
18 NOV, WNPF Georgia Nationals (PL, BP, DL, SQ) & ISA BP/DL IronMan (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com
19 NOV, SLP Missouri Regional "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
20 NOV, Thanksgiving BP/Curl, John Shufflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valting@aol.com
NOV, USAPL M. States Open (Kosha, Box 483, W. Man, MA 02382, 781-447-6714, 8-10pm

21 OCT, Max Flex BP & DL Classic (all divs) - 11th Hobo Pro (Tuscola, IL) Box 1971, Crystal Lake, IL 60039, 847-277-7760
27-28 OCT, 18th Row Drug Free Central PA Open (open, teen, jr., submaster, master) Segal Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
28 29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
28 29 OCT, WNPF Lifetime Drug Free Worlds (Dartmouth Beach, FL) Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com
4 NOV, Mike Stone Memorial (South-eastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
4 NOV, USPF BP & DL Champion-ships, Ted Isabella, 35 Weston Ave., Crystal Lake, IL 60039, 847-277-7760

4 NOV, USAPL Stated Michigan Championships BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447
4,5 NOV (new date), AAU Drug Free Worlds & Int'l BP (youth, teen, jr., enf., military, physically challenged - open/rw - men/women - M-100, quiete, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
11 NOV, SLP Kentucky State BP/DL (Ct. Co. Kentucky) Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
11 NOV, WNPF/ISA East Coast BP/DL

NOV, 2000 WABDL World BP/DL Championships (Rio De Janeiro) OR 97708, Box 5292, Bend, OR 97708, 541-389-0600 Classic BP/DL Dr. Darrell Latch, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429, sonlight@adcomnet.net
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NOV, USAPL M. States Open (Kosha, Box 483, W. Man, MA 02382, 781-447-6714, 8-10pm

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Meet Director:
Larry Kye

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Midwest USA Open BP/DL

Table listing names and scores for Midwest USA Open BP/DL. Includes names like Brett Kramer, Tomaszewski, and scores for various lifts.



All In The Family... (left to right) Shawn O'Kelley (BP 450 - Best Lifter), Kerri O'Kelley (DL 205), Joe O'Kelley (DL 475 - PR). Photo by Latch

PR: At 198 there was a battle between the eventual lifter, Shawn O'Kelley, and the eventual deadlift champion, Kerri O'Kelley. Shawn O'Kelley was a...

Table listing names and scores for WPC Austrian Nationals. Includes names like Nick Hammer, Tim Merrick, and scores for various lifts.

WPC Austrian Nationals 19,20 JUN 99 - Lienz (kg)

Table listing names and scores for 3rd Florida Push-Pull. Includes names like J. Bair, R. Weich, and scores for various lifts.

3rd Florida Push-Pull 17 Jul 99 - Daytona Beach, FL

Table listing names and scores for 17 Jul 99 - Daytona Beach, FL. Includes names like J. Bair, R. Weich, and scores for various lifts.

created a 'trophy hog' minded mentality where every powerlifter and his brother refer to themselves as world champions, in turn denying the true elite powerlifters their rightful status as legitimate world class iron athletes. I feel adamant that a professional federation is the only recourse if this sport is to ever reach its zenith.

The WPO will be uncharacteristic compared to any other federation that exists in the sports history. First and foremost, the spotlight will be on the elite powerlifter, for it is the nucleus of the federation and will govern the sports success and popularity. The WPO will allow the athlete to win a respectable amount of money which until now has been virtually impossible. Finally and most importantly, the WPO's primary objective is to educate and captivate mainstream society through television coverage nationally and abroad. I feel this is our sports opportunity to embark on a new era where powerlifters will be recognized and held in the same regard as other professional athletes. If you are an elite powerlifter of today or an aspiring prospect of tomorrow, your dedication and devotion is required in order for professional powerlifting to exist. In turn, as your president I will utilize all my resources and knowledge to ensure that the powerlifter can have a satisfying career personally and financially. Just as importantly I will be a positive voice for the sport who will strive for world wide recognition so the powerlifter will be perceived as one of the premier professional athletes of the New Millennium.

The May 20th contest will be professionally video recorded to be used as a demo tape that will be presented to FOX, ESPN, and other various networks with the main objective being to contract a network to broadcast WPO powerlifting contests for the public's entertainment. There will be many tactics that will be exercised in order to make the sport easier to follow and enjoyable for the general public. As far as the athlete is concerned, there will be money awarded by class and in the future three overall winners who will win substantial amounts of money that could change their lives. In the next issue of Powerlifting U.S.A. there will be extensive details regarding all information pertaining to the W.P.O. so stay strong and keep focused because professional powerlifting is about to become a reality!!!!

Sincerely, your W.P.O. President, Kieran Kidder

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

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Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

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(limited availability)

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OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s.m) \$10.00

VIDEOS

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



Christina Delima with her awards at the World Gym APA Summer Bench Press meet. (by Joe Steele)

10th World Gym APA Summer Bench Press
 Team placements: 1st place - 78 points - Yugoslavia, 2nd place - 74 points - USA, 3rd place - 66 points - Malaysia, 4th place - 62 points - Germany, 5th place - 42 points - England. (Thanks to the WPA for providing the meet results)

Country	Points
Yugoslavia	78
USA	74
Malaysia	66
Germany	62
England	42

21 AUG 99 - Hamden, CT

Country	Points
USA	275
Yugoslavia	270
Malaysia	270
Germany	270
England	270

Joe Steele, Place: First Place, Head Judge; Joe Steele, Time: 1 hour; Side Judge: Ron Bohmer and Andrew Brana; Sponsors: World Gym of Hamden and the City of Hamden; Meet Report: The 10th Annual APA Connecticut Masters Bench Press Championships went very well with a total of seven master lifters competing for a total of 285 lbs. World record set by Fred Steele at 285 lbs. World record with a 175 lb. lift in the 132 lb. class. Sam Cannady set a new World record with a 285 lb. lift in the 148 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 165 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 182 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 205 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 220 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 240 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 260 lb. class. Fred Steele set a new World record with a 285 lb. lift in the 285 lb. class. (Thanks to the WPA for providing the meet results) (by Joe Steele)

APA Bay State Open BP & DL
 10 OCT 99 - Worcester, MA

Country	Points
USA	440
Yugoslavia	425
Malaysia	425
Germany	425
England	425

14 AUG 99 - New York, NY

Country	Points
USA	452
Yugoslavia	430
Malaysia	430
Germany	430
England	430

26 SEP 99 - New Haven, CT

Country	Points
USA	452
Yugoslavia	430
Malaysia	430
Germany	430
England	430

14 AUG 99 - New York, NY

Country	Points
USA	452
Yugoslavia	430
Malaysia	430
Germany	430
England	430

26 SEP 99 - New Haven, CT

Country	Points
USA	452
Yugoslavia	430
Malaysia	430
Germany	430
England	430

14 AUG 99 - New York, NY

Country	Points
USA	452
Yugoslavia	430
Malaysia	430
Germany	430
England	430

Powerman Push/Pull
 12 JUN 99 - Radford, VA

Country	Points
USA	345
Yugoslavia	335
Malaysia	270
Germany	420
England	340

USAP Florida State
 11, 12 SEP 99 - Palatka, FL

Country	Points
USA	650
Yugoslavia	640
Malaysia	640
Germany	640
England	640

18 SEP 99 - Ocean City, MD

Country	Points
USA	177.5
Yugoslavia	142.5
Malaysia	235
Germany	242.5
England	205

18 SEP 99 - Ocean City, MD

Country	Points
USA	177.5
Yugoslavia	142.5
Malaysia	235
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DONT TRAIN ALONE - ALWAYS USE SPOTTERS. - HURT - ALWAYS CONSULT YOUR DOCTOR

atmosphere. As the last session from the bench was completed, the crowd was in a state of excitement. In the Special Division, Dominic "The Dominator" pushed up 92.5 kg (203 lbs.) in the 148 lb. class. Ronnie Gruber, Female Pro Master, pushed 67.5 kg (150 lbs.) in the 148 lb. class. In the 165 lb. class, the crowd cheered as the OC Beast of the East 500-lb. saw several new members. Allen Hicks pushing 235 kg (518 lbs.), Peey Cropp pushing 242.5 kg (534 lbs.), John Grube pushing 232.5 kg (512 lbs.), and Kevin Smith pushing 232.5 kg (512 lbs.). Total 187.5

Country	Points
USA	187.5
Yugoslavia	152.5
Malaysia	120
Germany	127.5
England	205

Left to Right... Meet Director of the Powerman Push-Pull - Sam Austin, Overall and Deadlift Champion Kelly Climevelli, and Bench Press Champion Rodney Draper, and Sidney Climevelli at bottom. (courtesy of Sam Austin).

Country	Points
USA	644
Yugoslavia	640
Malaysia	640
Germany	640
England	640

Beast of the East (kg)
 18 SEP 99 - Ocean City, MD

Country	Points
USA	177.5
Yugoslavia	142.5
Malaysia	235
Germany	242.5
England	205

Beast of the East (kg)
 18 SEP 99 - Ocean City, MD

Country	Points
USA	177.5
Yugoslavia	142.5
Malaysia	235
Germany	242.5
England	205

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 18 SEP 99 - Ocean City, MD

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Old Settlers Days Bench/Deadlift

18 AUG 99 - Hillsboro, IL

Rench Press:

Table with 2 columns: Name and Weight. Includes entries for Open Women, Men, and specific lifters like R. Toelken and J. Taylor.

181 It was Mike Taylor who had a great day... Mike Taylor won Best Lifter...



Mike Taylor (left) won Best Lifter at the Old Settlers Days Championship with his 370 bench at 181. Promoter Dr. Darrell Latch (right) supplied us with the photograph.

being was all alone, but still got all three lifts... Mike Taylor won Best Lifter...

Team Weber Strength Powerlifting 14 Aug 99 - Camanche, IA. High School Results table.

Would you like to add 100 pounds to your squat and deadlift? Louie Simmons' Reverse Hyper Machine.



WESTSIDE BARBELL. 1417 DEMOREST RD., COLUMBUS, OH 43228. PHONE (614) 278-0923.

Blindley, Daren Miller, Richie Kilian, Adam Nissen, Ryan Johnson, and Sean Conwell. Allon Wagner...

Summer Benchfest 27 JUN 99 - Denver, CO. Women's Open, Master 50+, Heavy.

USAPL Indiana St./Iron Dawg Open 8 May 99 - Columbus City, IN. Bench Press, SHW, Men Submaster.

USAPL Midwest Open 1 May 99 - Lincoln, NE. Bench Press, SHW, Master 40-44.

APF Alabama State Push/Pull 4 SEP 99 - Tuscaloosa, AL. 242 Open, BP, DL, Total.

USA Powerlifting membership application form with fields for Name, Address, City, State, Zip Code, Date of Birth, Age, Sex, U.S. Citizen, Yrs. In Club, and purchase options.

Allen Bessor, 17 years of age, with a 345 lb. national bench press record in the 165 lb. class at the Iron Dawg Open. Shirley Lincoln.

Table with 4 columns: Name, Open, BP, DL, Total. Lists lifters like M. James, P. Brauer, T. Brown, etc.

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Table with 4 columns: Name, Open, BP, DL, Total. Lists lifters like M. James, P. Brauer, T. Brown, etc.

Master Lifter Charles Lee Sr. took 1st place in the 74-79 age group, at the USAPL Iron Dawg Open, directed by USAPL President Mike Overdeer. (Shirley Lincoln photo)

Table with 4 columns: Name, Open, BP, DL, Total. Lists lifters like M. James, P. Brauer, T. Brown, etc.

USAPL 3rd Iron Falcone Invitational 7 AUG 99 - Haledon, NJ. Women, Men.

USAPL Squat Nationals 24 Jul 99 - Charlottesville, VA. JUNIOR MONK, JUNIOR 20-23, MASTER 40-44, etc.

USA Powerlifting membership application form with fields for Name, Address, City, State, Zip Code, Date of Birth, Age, Sex, U.S. Citizen, Yrs. In Club, and purchase options.

Table with 4 columns: Name, Open, BP, DL, Total. Lists lifters like M. James, P. Brauer, T. Brown, etc.

Table with 4 columns: Name, Open, BP, DL, Total. Lists lifters like M. James, P. Brauer, T. Brown, etc.

ATTENTION all NATIONAL & WORLD CHAMPION POWER-LIFTERS. Now you can proudly wear a beautiful ring symbolizing the years of training effort that you devoted to achieve the honor of being a CHAMPION. These rings are produced by "JOISTENS".



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2. Give your name as you wish it to be engraved inside the ring.
3. Specify your ring size.
4. Engraving up to 6 letters can be on each ribbon on both sides of the 2 headstems; examples - BENCH-PRESS, DEADLIFT, A-DFFA, IPF, USPF, MASTER, OPEN, DIV.
5. Accompany all orders with full payment by MONEY ORDER ONLY.

The gem in the bezel is a beautiful smooth fire blue spinel. Rings are available in the following metals:
 Lustrium (white non-gold) \$226.80
 Questrum (yellow non-gold) \$250.00
 10K Yellow Gold \$498.00

Champions before the current year add \$30.00 and your ring will show the year in which you Championed.
 Shipping and insurance are included in ring price. Your ring is shipped directly from Joistens. Ohio purchasers add 6% Ohio Sales Tax.

Send order, money order, and requested data and make payable to:
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 1755 Shawnee Rd.
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 (419) 229-5346

Allow 6-8 weeks for delivery, 10-12 weeks on orders placed October-January.



Open & Masters Team Champs - Natural Power - Front Row - Jerry Ramsey (Canada), Martin Drake, Orlando Phillips; Back Row - (left to right) Chris Meier, Bob Evans, Imancio Irazarre (Puerto Rico), Dave Dreyer, Richard Schoenberg, Alvin Walden, Stacey Sparks, Itaru Tomita (Japan). Photograph provided to PL USA courtesy of Martin Drake

regional Raw World Championship Raw logs. With 380 Raw was way too easy. Dave Cummings also the arrival of Rudy and a few of those tough east coast boys the real war will be for 60-64 181 lbs. The Raw 50-54 class. Seventy Year Old Max Bonani surprised! Brad Fraley and Aurilio Vasquez and Seventy Nine year old Robert Pauly proved to be a real challenge. The 181 pound Raw was edged Aurilio by the slimmest of margins for the win in impressive style.

220 pound class: Todd Campo continued his rapid improvement here with Raw 350 in the Raw 220-240 class. He defeated the 181 pound Raw novice winner, Nic deBot.

Men's Heavyweights: Nicky Valente arrested the Able and Dan Davis (Heavy Metal Gym) locked up a solid 365. Mario Valente arrested the 181 pound Raw 402 to take the Raw 402. Master John Woods demolished the 181 pound Raw 402 to take the Raw 402. Master John Woods demolished the 181 pound Raw 402 to take the Raw 402. Master John Woods demolished the 181 pound Raw 402 to take the Raw 402.

242 Classes: Seventeen year old Nate Masters seen in American Record breaking style.

from Master ideographer Cathy Andrews work. Nareshachan lifted his brother David Simpson, who was 175 lbs. and 5'7" tall. He was in the 157 Raw class, while David was in the Raw Masters 400 class, while David was in the Raw Masters 400 class, while David was in the Raw Masters 400 class.



529 Raw Opener - with a close grip - by Richard Schoenberg. (courtesy M. Drake)

sons of World Champions, John Yaker, Edie Teller (Natural Power) had a lifting moment! The 157 lb. extraordinary 182 pounds in the 114 pound class. He was coached by Fred Kral and Tom Miller, who were in coaching this young star. Speaking of Mikeback, who isn't there days, he made a joke out of 219 pounds and could easily have done 330. By the way, the great lifter continued at 123, with yet another lift. The great lifter continued at 123, with yet another lift. The great lifter continued at 123, with yet another lift.

Open & Masters Team Champs - Natural Power - Front Row - Jerry Ramsey (Canada), Martin Drake, Orlando Phillips; Back Row - (left to right) Chris Meier, Bob Evans, Imancio Irazarre (Puerto Rico), Dave Dreyer, Richard Schoenberg, Alvin Walden, Stacey Sparks, Itaru Tomita (Japan). Photograph provided to PL USA courtesy of Martin Drake

181: In the 16-17 Raw Teenage division, Mickey Cohen edged out Rudy Alvarez 275 to 270. With victory, Mickey captured the Raw Teen class. Mickey captured the Raw Teen class. Mickey captured the Raw Teen class. Mickey captured the Raw Teen class.

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Combined Team Champions - The Monster Crew - Front Row - Linnette Vasquez; Back Row - (left to right) Sunday Simms, Kingston Lee, Obie Hampton. (photograph provided courtesy of Martin Drake)

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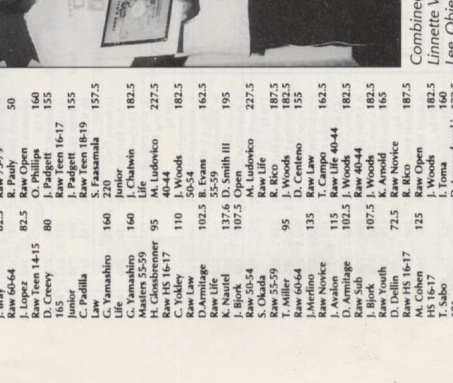
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Combined Team Champions - The Monster Crew - Front Row - Linnette Vasquez; Back Row - (left to right) Sunday Simms, Kingston Lee, Obie Hampton. (photograph provided courtesy of Martin Drake)

USAPL 2nd battle on the Beach
24 JUL 99 - Mt. Clemens, MI



Above: Bruce McKinby (Masters Best Iron Man Lifter) attempts a 600 lb. deadlift. Below: Don Serpion got a 450 bench press at 220! (photos courtesy Tony Diccico)

220	D. Serpion	450	625	1075
	D. Williams	385	480	845
	D. Foy	355	615	970
	M. Rafkin	335	535	870
	W. Linkens	525	585	1110
	V. Diferonzo	325	600	925
	Head Judge: Dick van ECL. Side Judges: John Cucciano, Announcer Craig W. Terry, Best Lifter (Bench open) OHS Gregorik, (Bench Masters) Mike Fleming, (Ironman Open) Mark Ostrowski, (Masters Best Iron Man Lifter) Don Serpion 220 450-49 bench division drew 16 lifters, with three masters lifters proving that "age doesn't matter." Anthony Jones, David Frankhouse, and Bruce Edwards all dog in the class with an opening 400 lb. bench and two near misses at 480 lbs. Jim Predeck made a nice showing benching 350 lbs. at a bodyweight of 215 lbs. He also opened at 220 lbs. with a 375 lb. lift. Young Alex Orsette, weighing 165 lbs., bench pressed more than double his bodyweight with a 415 lb. lift. Don Serpion, who was competing in the 220 lb. class, hit a strong personal best of 380 in the 198 lb. class, as always Big Jim Griffin, Gregory hitting a 500 lb. bench press. Even more impressive was the fact that he lifted without the use of supportive equipment and weighed just 231 lbs. in the 198 lb. class. Don Serpion also set a personal best in the crowd with his effortless opener of 580 lbs., an			

Ironman	Open	165	270	460	730
	K. Hudson	295	385	670	1050
	J. Barak	270	370	640	
	J. Barak	270	370	640	
	S. Coble	315	460	775	
	J. Crowe	325	555	880	
	B. McKinby	430	585	1015	
	B. McDonald	325	475	800	
	Open	165	270	460	730
	A. Orsette	340	445	885	
	J. Orsette	215	385	580	
	M. Ostrowski	425	625	1050	
	P. Santogrosi	255	325	580	
	T. Bowen	145	325	470	
	J. Bowen	300	500	840	
	B. McKinby	305	505	810	
	D. Nickelson	275	450	725	

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for Renewal	Country
Street Address				City
State or Province			Zip Code	
Telephone	Date of Birth	Age	Sex	Pro. Elite/Am
Sign if above answers are correct. Parents sign if under 18 years.			Date	
Registration Fee:	Adult \$25	High School and Special Olympics \$15		

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Charliff, 2536 Eastern Blvd., #1515, York, PA 17402

AAU Happenings... from AAUPC President Harry Halverstad, who provided the following message: "CHANGES ARE IN THE FUTURE FOR AAU POWERLIFTING. The testing. Trained professional ex-NCAA does it. The USOC is considering it. What is it? We are talking about the way in which we do drug testing. How are we changing it? Let's talk about this more. AAUPC is currently putting this program together with the same people that are currently doing the same thing for the NCAA. We believe this approach will help provided you, the athlete, with the best competitive program develops, we will be keeping you informed. The AAU Powerlifting Committee"

AAU POWERLIFTING OFFICERS

NATIONAL CHAIRMAN, Harry Halverstad, 3756 Toronto Road, Cameron Park, CA 95682, (530) 676-9729, E-mail: hhwkidd@ps.net.

ASSISTANT CHAIRMAN, Bill DePorter, 350 Budd Ave, #48, Campbell, CA 95008, (408) 370-3048, E-mail: william_deporter@aolp.com

TREASURER, vacant

CO-NATIONAL CHAIRMAN, Nick Theodorou, 5 Stonecroft Drive, Easton, PA 18045, (610) 248-1894, FAX# (610) 258-6800, E-mail: ntritek@aol.com

SECRETARY, Nancy Halverstad, 3756 Toronto Road, Cameron Park, CA 95682, (530) 676-9729, E-mail: hhwkidd@ps.net.

We do not handle the chain-of-custody form. We do not handle the sample collection. We do not handle the testing. Trained professional ex-NCAA does it. The USOC is considering it. What is it? We are talking about the way in which we do drug testing. How are we changing it? Let's talk about this more. AAUPC is currently putting this program together with the same people that are currently doing the same thing for the NCAA. We believe this approach will help provided you, the athlete, with the best competitive program develops, we will be keeping you informed. The AAU Powerlifting Committee"

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The Strongest Shall Survive...
this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

POWERLIFTING BASICS: TEXAS STYLE - The Adventures of Lope Deik - by Paul Kelso. Follow Paul, Lope Dik, Proacher Haley and LaVonda Sue as they and the Wampus Cats struggle to form a powerlifting club (and live to tell about it). Learn the Secret Death Stits of weight training, Kelso's Laws and the truth about the Straightmark Machine in the book Mike Lambert, Publisher, PL USA, has called "... the ultimate blend of hilarity and common sense in strength training ... it's great!" You'll be rolling on the floor while hepping up Paul's Twentysix Sets Of Less theory and the dozens of specific courses and meat preparation tips. The ongoing story walks with the meephears all the way to his or her first meat opening attempt - and coaches and veterans everywhere will recognize Paul's battle to straighten out the Club Handheld "... a true iron classic" - Steve Holman, editor, IRONMAN "... (Kelso) knows what works... and tells a great story... I recommend this one." says Dr. Ken Leister, Iron Island Gym, and Joe Pym, AAUPC, agrees "... buy this book." "Aren't you the guy who wrote those stories?" asked Randall Strossen, of Iron Mind Enterprises. Yes, Paul Kelso has written these wild takes and a hundred other articles during his forty-plus years in the iron-game, including The Kelso Strong System and dozens of reports from across Asia. Now he has gathered the Texas-Style stories, "mostly 95% true", challenging insights and his overview of the game into a "training novel" unlike any book on the market. Everyone who trains - greenhorn to oldtimer - will get a kick out of the situations and solutions in this unique work.

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- Paul Griffith - Member-at-Large, 114 Chickasaw, Jacksonville, AR 72076, E-mail: llye@netscape.net
- Larry Kye - Member-at-Large, 114 Chickasaw, Jacksonville, AR 72076, E-mail: llye@netscape.net
- Spero Tshornikidis - Youth Chair, 8121 Needwood Rd. Apt. #104, Denver, MD 20855, (301) 990-2874, E-mail: rawpower@erols.com
- Martin Drake - Meet Director Chair, CA 92567, (909) 928-4797, E-mail: ntrifw@pe.net
- Larry Larson - Law and Legislation, 155 Balcher St., Holbrook, MA 02343, (781) 767-0764
- Joe Oregina - Referee's Chair, 4468 Denwood, MD 20855, (301) 990-8121, E-mail: 8121-833-3727

ASSOCIATION OFFICE COPY

This is a membership application for membership in the International Powerlifting Association. For information on registration and program call 1-800-AAU-USA or visit our website at www.aauusa.com. AAU membership provides each member with an opportunity to participate in AAU events. The membership fee covers the cost of the membership card and the primary coverage for all properly sanctioned AAU events and supervised practices of members clubs. Specific details on coverage can be obtained from your local AAU Association.

Adult Athletes in the Following Sports: Olympic Weightlifting, Modern Pentathlon, Multi-Events, Wrestling, Judo, Judo, Karate, Taekwondo, Shotput, Discus, Throwball, and Weightlifting

Adult Athletes in the Following Sports: Powerlifting, Strongman, Wheelchair Sports, Football, Soccer, Water Polo and Wrestling

Adult Non-DG Athletes in the Following Sports: Figure Skating, Tennis, Soccer, Basketball, Chess, Martial Arts, Judo, Judo, and Volleyball

Regular Fee	20.00	'AB' Fee	23.50
Youth Athlete	10.00	Regular Fee	20.00
Coach	14.00	Not Available	25.00
Adult Athletes in the Following Sports: Powerlifting, Strongman, Wheelchair Sports, Football, Soccer, Water Polo and Wrestling	12.00	Not Available	25.00
Figure Skating, Tennis, Soccer, Basketball, Chess, Martial Arts, Judo, Judo, and Volleyball	20.00	Not Available	25.00
Membership	35.00	Membership	35.00
Association Code		Association Code	
SPORT CODE		SPORT CODE	
P		L	
AAU National Headquarters	2000	AAU National Headquarters	2000
AAU National Headquarters	2000	AAU National Headquarters	2000
AAU National Headquarters	2000	AAU National Headquarters	2000
AAU National Headquarters	2000	AAU National Headquarters	2000

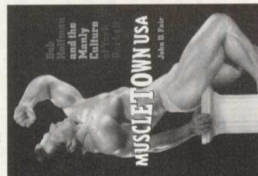
AAU National Headquarters
PO Box 10,000
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The response to our offer of the new book **MUSCLE TOWN USA** by John D. Fair has been overwhelming - this insightful examination of the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron 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 the veteran lifter and PL USA cartoonist Robert O. Smith's impression of the book: "After finishing Muscle Town USA and sending off an impression of it to you, I find myself drawn back to reading 'quickly read' sections over again. As I might be a little more affected by its revelations being a beginning weightlifter in the 50's really lived the HOFFMAN credo -- when Hoffman said something, I was SURE it was true... And my opinion, initially, was all YORKE men. And USA champions. And at one time I, too, didn't see where these odd lifts were going to get a serious audience (odd lifts evolved to POWERLIFTING). I might have been influenced to think 'if you don't lift it OVER YOUR HEAD no one will care'. How wrong I was and now powerlifting is a main interest in my life... but still I have questions that quickly got covered in John D. Fair's new book - And also my childhood assumption that USA's Olympic weightlifting went down the tubes because Hoffman kept our boys 'clean' and the nasty of Russians won because they used drugs - was naive and incorrect... it was interesting to see the documentation of what happened, when and who really did what... liked the book and recommend it to anyone who wants to know the modern history of barbell sport. There are some areas where he details business profits and losses and that can be interesting... but it seems to get better when we're back to Bob, the York gang, their personalities and the lifting, but you get to trace early powerlifting and see that there's always been 'my federations bigger than yours' and marking of territory in the sport -- I think every barbell lifter in the world would like to unlock the contents of this book, especially Bob Hoffman fans and people who remember Strength & Health magazine, Hoffman's HI-Protein, Energol - the first time they lifted in a contest on a real YORK barbell adn how all that seemed (maybe because Bob made you BELIEVE) to work better than all the stuff that's super-hyper engineered for mondo results that you find today. To today's new powerlifters, the book won't put 50 lbs. on your bench press. So if all you buy are books that make that promise... pass on this... this is for people like a guy I met on the way to the WDPFF Worlds in the Phoenix airport. He saw my powerlifter tee shirt and said he was an old YORK fan - when I mentioned the book, he couldn't write down the info fast enough!

For Review ... here are two great video offerings for your consideration. First up is POWERLIFTER VIDEO Magazine's special edition "THE BENCH PRESS" (price is \$29.95 plus \$2.95 S&H from POWERLIFTER VIDEO, Box 599, Beverly Hills, CA 90213, 1-800-BARBELL). This is literally the best of several years of PLIVID MAG's Bench Press coverage, including workouts of some of the truly great benchers of all time, Louie Simmons' instruction on the lift, and classic footage of some of the greatest bench presses ever made. Included is training footage of Anthony Clark, Jamie Harris (fifteen 705x2), Louis Simmons and those fabulous Westside Barbell Club lifters; and some of the competition footage includes Anthony's world record 735 in 1994 and Jamie Harris' 740 in '95. Dave Waterman is highlighted in a workout from 1997 where he hit 510 with no shirt. One of the most incredible lightweight bench presses - Greg Warr - goes through his bench press routine, and John Irwin offers some very practical bench shirt tips as well. See the incredible upper body development of Ted Arcton, on the comeback trail, and you'll roll on the floor in laughter at Jack Armstrong's benching "excesses". The information presented here alone is well worth the investment. But the spectacle of seeing so much massive musculature on the move is candy to the eyes of any bench pressing fanatic. (see the ad on page 35 of this issue for further information). Also new on the bench pressing front is the J.M. Blakley's "BUILDING THE PERFECT BEAST" video which is completely dedicated to development of competition bench pressing technique (he has another tape just on training in the works as well). J.M. is such a well-spoken individual with a very presentable appearance and his unique background of top level competition and performance as well as a high level of academic training make the content of the tape effective, useful, and inspiring. With his intellect and desire, J.M. has brilliantly analyzed aspects of bench pressing that you may never have even thought about: including subjects like shoulder placement, ribcage position, stability, as well as foot position, arch, grip, bar descent, bar drive, etc. The production value of the video is outstanding, with some great music choreographed with some compelling competition footage of J.M. According to J.M. "The video info comes from my education background in kinesiology and physics, but many techniques also come from my own personal experiences in injury management and prevention. What that really means is: I've had to learn this stuff the hard way. But I'm proud of what we've done and I am confident it will help many". For further information see the on the opposite page.

W.D.F.F. News - "the latest affiliations to the World Drug-Free Powerlifting Federation are ECUADOR and ALGERIA. Two lifters from Ecuador, John Constantine and Christian Acune, took part in the recent World Bench Press and Dead Lift Championships in Antwerp, Belgium. The full registration of Algeria is expected very shortly. The ANBBP President Moussa Messour visited Antwerp as a guest and will be invited for talks in the near future to finalise out-of-meet drug testing details in his country. Italy was well represented at the highly successful Antwerp meet with a national team of 19 lifters in their first-ever WDPFF meet. Russia, Ireland, Scotland and Kenya also showed, as well as the usual big teams from Belgium, England and France. The USA managed four lifters, who performed well and were a credit to their country. Full results in PL USA soon." Andrew Cominos, (President - W.D.F.F.)

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(this article is continued from page 10)

the meet. The top three places all ended with the same total of 787.5 kgs. All three medals were awarded by bodyweight. Rokochy of the Ukraine beat his countryman Didovik for the gold and Germany's Seibel took third place. It was anybody's medal until the last lift. America's Char Gahaagan wound up in 8th place, but he had a medal lift and the winning lift in his hands before the light was over.

100 kg. class: this class was the personal territory of young Nicolai Suslov. This quiet, baby-faced young man, who will compete as a junior for 3 more years, went 9 for 9. With seeming ease he put up the biggest total of the meet. His 365 kg. squat looked like his first squat. Suslov's 927.5 kg. total put him 87.5 kgs. in front of second place Palokangas of Finland. The total gave him the Champion of Champions award, nosing out Ting of Chinese Taipei. It looked like a practice run for Nicolai and it was. His coach told me that Nicolai would be competing in the Men's Open Worlds in Italy, so he took care that his lifts were just a tune-up. With first place sewed up, Finland's Palokangas took the Silver and Zakirov of the Ukraine was third. Ted Depoe, from Shelton, Washington, was 8th. Ted's start was a little shaky, as he missed his opening squat. He had a challenge in the bench, but got it together for the deadlift. He felt he left a lot behind in the deadlifts. Every powerlifter should have a moon as supportive as Ted's. She was just great and Ted was fortunate to have an all-in-one support staff, cheerleader, and caretaker.

110 kg. class: two parts of the former Soviet Union, the Ukraine and Russia were at it again, both on and off the lifting platform. It was a close battle between the two lifters as well as the Russian coach and the head referee, who was from the Ukraine. The Russians lost both battles, but the Ukrainian referee stayed and the Ukrainian lifter eked out a win. Finland's Kokkola was third, barely beating Luethke of Germany. 125 kg. class: Bondarenko of Russia pulled a gold medal. Three lifters had a shot at the silver medal. USAPL's Tony Cardella, the Go-Heavy webmaster, faltered in the squat, getting just his opener. Tony came back in the bench press with a personal best and a bronze medal with 225 kgs. Then Tony faltered again, getting only his first deadlift. That let 2nd place go to the Norwegian lifter. Then it came down to Andy Dornier of Germany and Tony Cardella for third. They

tied and Dornier, being the lighter, got the medal. Tony was very disappointed, as he was just one lift away from a medal all day. Ryan Goldin, from Tucker, GA, was right behind Tony. Ryan pushed up his personal best on the bench for the 2nd biggest bench of the class, and a silver medal for the bench press competition.

The 125+ kg. class was won by Roman Utraintsev of Russia. He, like Suslov, did what he had to do for the win, using this contest to ready himself for the Men's Open in Italy. There were just 4 lifters, and some disappointment for the Uzbekistan team. They had hoped for their first gold medal in this class, however, due to a mistake in their travel arrangements, they had to leave before the class began. Their big lifter spent a week in Nymburk but had to leave before he could lift. A number of us tried to figure a way to change his travels, but there were not many options from Nymburk to Tashkent in Uzbekistan. Andy Thompson of Great Britain reeled in the silver medal. Mike O'Donnell from Michigan, brought the men their 2nd medal of the contest with the bronze. Mike missed his opener in the squats, but then he got it together and made the next 8 lifts. He got himself a new personal best in the bench and deadlift, as well as the bronze medal.

The contest moved smoothly and quickly, looked great. They did a last paced, excellent job that was important to a smooth running contest. Heiner Kobertch was on his computer at the table from start to finish every day, ensuring that the meet ran well. Former Czech powerlifter, Katerina Palkova, did a fine job announcing in English and Czech. Leona Blehova assisted at the scoring Russian. Both girls confirmed the stories of how beautiful the Czech women are. All of the staff involved in the contest worked hard and long, ensuring a well-run championship. Jiri Hofnik was "the Man", handling the paperwork, releases, and even the Czech lifters. Czech President, Miroslav Vacek, was pleased to host the event. The Czechs have done an excellent job in hosting a number of international events. President Vacek offered a special thanks to John Irwin and Inzer Advance Designs, the principal sponsor of the Jr. World Championships. President Vacek acknowledged the help Inzer Advance Designs has provided to powerlifting in the Czech Republic. A fine banquet and dancing late into the night preceded our departure from the Czech Republic. A good job by all and to all our Czech friends "Ja Qui" and "Nashabalabani"

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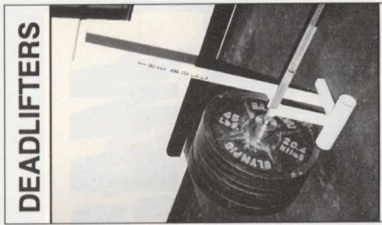
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Left to Right ... Beth Beaston - teamnurse / massage therapist, World Masters Team Coach - Alex Galant, and competitor Ellen Stein celebrate at the at the mid-week beach party at the Sun City resort.



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217.5 Kg	235.0	165.0	2350	250.0	815.0
225.0 Kg	235.0	165.0	2350	250.0	815.0
232.5 Kg	235.0	165.0	2350	250.0	815.0
240.0 Kg	235.0	165.0	2350	250.0	815.0
247.5 Kg	235.0	165.0	2350	250.0	815.0
255.0 Kg	235.0	165.0	2350	250.0	815.0
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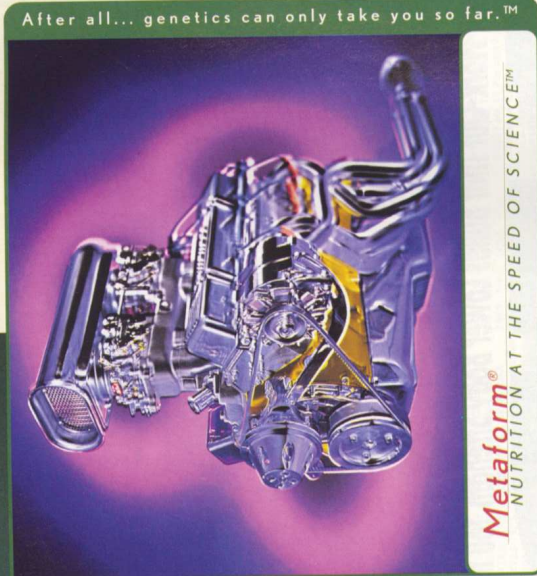
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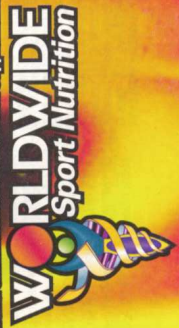
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