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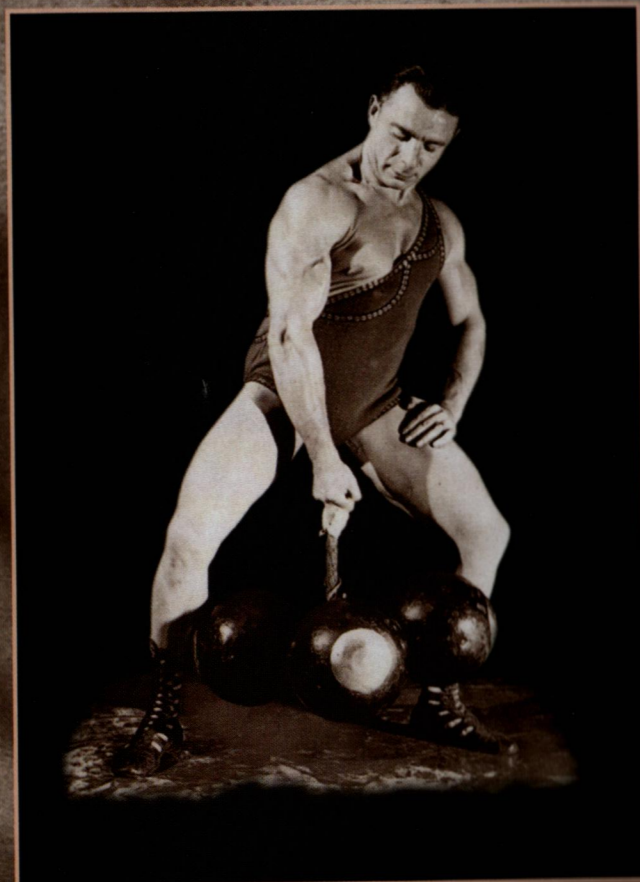
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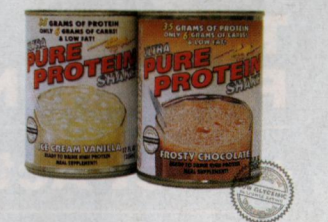
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MUSCLE MENU

- Volume 23, Number 8 - March 2000 -

USAPL WOMEN'S NATIONALS.....Leslie Look.....	6
WPC WORLDS PT. 2.....Herb Glossbrenner.....	10
WORLD'S STRONGEST MAN.....Derek Cope.....	14
WORKOUT OF THE MONTH.....John Kuc.....	16
POWER SCENE.....Ned Low.....	17
WPO MESSAGE.....Kieran Kidder.....	18
ASK THE DOCTOR.....Mauro Di Pasquale MD.....	19
WEAPON 12.....Rick Brewer.....	20
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	22
DR. JUDD.....Judd Biasiotto Ph.D.....	24
CONJUGATE METHOD.....Louie Simmons.....	26
STARTIN' OUT.....Doug Daniels.....	32
TOP 20 WOMEN'S RANKINGS.....Mike Lambert.....	34
TOP 20 TEENAGE RANKINGS.....Mike Lambert.....	36
TOP 20 MASTERS RANKINGS.....Mike Lambert.....	38
CHEMICAL EXERCISE.....Derek Cornelius.....	40
WNPFWORLDS.....Troy Ford.....	42
COMING EVENTS.....Mike Lambert.....	49
UNCLASSIFIED ADS.....	86

ON THE COVER.... USAPL Women's National Superheavy-weight Champion Liz Willett. (photograph by Sioux-z Hartwig)

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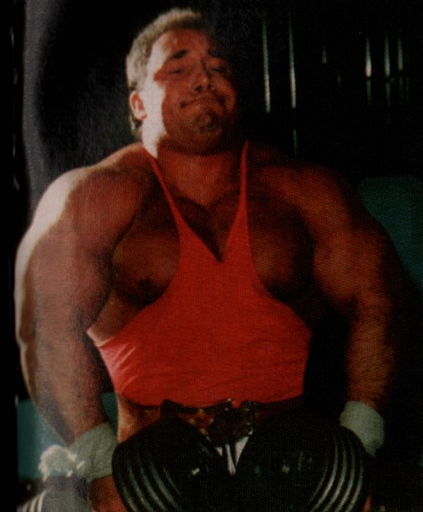
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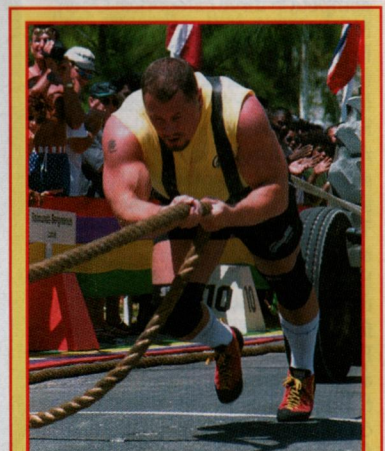
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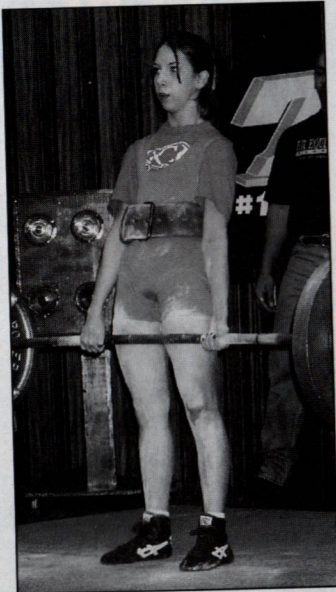


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Johnny Graham and the Phantom Corps soldiers of Fort Hood hosted the first Nationals of the Millennium at the Plaza Hotel in Killeen, Texas. The Women's Nationals is actually three meets in one. Over 100 women of all ages came from all over the nation to compete in three categories: Open, Masters, and Juniors. It is the qualifier for Open and Master World teams, and a consideration qualifier for the Junior World Team. The Fort Hood soldiers were helpful in making sure the contest ran smoothly and professionally. The spotter/loaders were excellent. There were no attempted misloads and the lifters were safe at all times. Even so, a lifter who shall remain nameless in the 82.5 class still got into a bit of trouble with those darn F-bombs! Rickey Dale should have a good time editing that one! Although the hotel was a bit overbooked, Johnny G. Was there to quickly remedy the situation by unselfishly rearranging his own rooms. Thanks Johnny! The Women's Committee meeting assembled Friday and it was decided that Sue Hallen would become our new Women's Committee chairperson. Sue is excited about the position and is looking for input from the female PL community. Sue consistently gives her all at contests by filling roles as lifter, coach, and referee. She'll do a great job in this position. Let's give her our support, ladies!

Overseas friends came to witness this event including Russian President Vladimir Bogachev, and Danish lifter Lone Rasmussen. Vladimir, along with his lovely interpreter, Julia Zerdeva, attend much to the credit of the US Women's team coach Larry Maile. These two have developed a positive rapport over the years. They discussed topics including powerlifting's Olympic status, and Friendship meets between U.S. & Russian lifters. This could afford the possibility for each nation's representative team to live & train together for an extended time! We U.S. gals consistently hang with the Russians after the World Championships. Everyone knows they have the best vodka! Besides, they're great fun! This would not only be a tremendous opportunity. Lone, the Danish 67.5 lifter, was on hand to support U.S. contestants and promote her business, ER Equipment. She donated a pair of squat/bench racks to Johnny Graham. Much to the thanks of all the lifters, they were used for this meet. These racks have a great manual adjustment that's easy & quick. Competitors were thrilled to be able to adjust their bench height too! I was told that these racks are the first

USAPL Women's Nationals as told to Powerlifting USA by Leslie Look



Stephanie McMillian (97 lb.s) in a Ford/Cunningham photograph.

ever to be automatically IPF approved. The world is that we'll be seeing them again in Argentina, where the Women's Worlds will be held May 24th-28th.

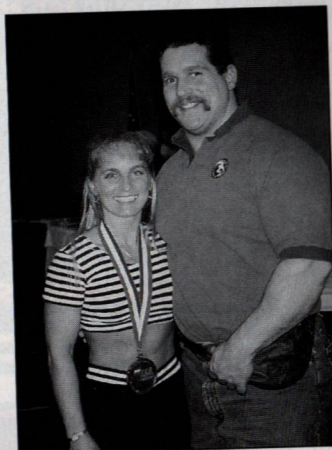
DAY 1 - Lifting began on Saturday with the lightweight women. Junior phenom, Stefanie McMillian, powered through her lifts with ease, handily winning the 44s and the Best Junior lifter award with 322.5. She will be attending the Jr. Worlds and is certainly an asset to their team. Cathy Solan, the Masters 40-44 champion, took second in the Open, with a fine day, finishing up with 2990 and she will represent the Women's World team. Vanessa Talbot took the bronze with 262.5 and the silver for the Masters division went to Donna Alminos with 225. Absent from the contest was New York's Beth Grater and Alaska's Zindy Coss. Unfortunately, Beth also missed the Masters Worlds in South Africa. As a pedestrian, she was struck by a car and flipped six times in the air. Amazingly, she did not break any bones (probably due to her incredible shape). Her landing, although a ten on the judge's scale, did cause some damage. This resulted in a doctor's recommendation not to attend the Worlds, a bruised spirit, and extremely limited training capabilities. Get well soon, Beth. We miss you!

Sioux-z Hartwig (Quadzilla) held on to her title in the 48s. Tigger bouncing her way to a 142.5 squat and deadlift accompanied by a 70 bench. Right on her heels was Best 14-15 Teen lifter and all around

supergirl Jennifer Maile with 347.5. Jennifer has the most amazing hip flexibility I've ever witnessed. With her genetics, she is bound for great things in this sport. Her brother, Justin, was there along with the rest of the town of Anchorage, Alaska. Trust me folks, the Alaskan Iron Maiden team is gargantuan. They took up the entire lobby of the hotel! That's a whole mob of strong girls! Carmela Baqui finished third with a respectable 280 followed closely by Joanna Campo with 270. Chenger Mehmedbasich won the Masters 40-44, and Judy Gedney took the 55-59s as well as Best Lifter for that group with a successful 297.5. Judy has had a tough time at the last two Nationals and definitely pulled it all together for this one. Kirk Karwoski was very impressed with this performance. Kimberly Goff was the Junior champion with 315.

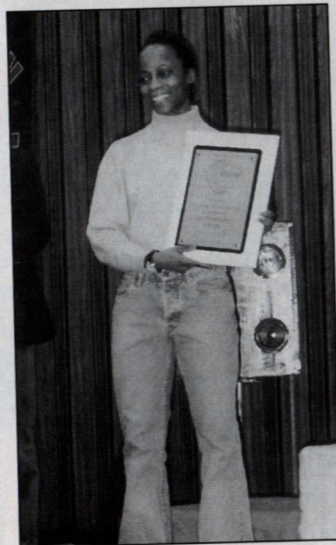
Jackie Davis was back to defend at 52 kilos, and retained her title with an outstanding 177.5 deadlift to help her toward a 397.5 and the Best Lightweight lifter award. Jackie's total consistently places her in medal contention at the IPF Worlds. We hope to see this strong lady join us in Argentina. Sally Bowers finished a strong 2nd in the Open and took the Masters with 322.5 Anita Dopkosky finished third with 272.5 Teen champs were Andrea Cullum in the 18-19 and Marissa Jimenez in the 14-15 who finished with 340 & 235, respectively. Andrea Andries won the Juniors with 325.

Dominating the 56s was MAC Barbell's Sandy Mobley with 410. Sandy is a Master but consistently wins the Open and improves every meet! She and Sioux-z train to-



105 lb. Champ Sioux-z Hartwig with coach Kirk Karwoski (photograph courtesy of S. Hartwig)

gether with Kirk Karwoski, Anita Dopkosky, Cathy Solan, Veronica Aguila, and Bob Myers. How would you like to be a member of that gym? Kirk is a consistent and enthusiastic supporter of our American National team. He's always there to spice things up a bit! We love you, Kirk (a.k.a. Mike Myers). By the way, how's your "turtle-head"? Carrie Hicks took silver in this class and won the Masters 45-49 division. In third was Kathy Conway, the Junior champ, with a strong 150 in the deadlift to end with 322.5. Lanette Lopez captured the 40-44 Master class with 295.



Jackie Davis was able to defend her 114 title. (Ford/Cunningham)

New York's lively Ellen Stein took possession of the top honor in the 60s Open and Masters 45-49 with help from her strong 177.5 deadlift to finish with 410. She also nabbed Best Middleweight and 45-49 Best Master lifter. Ellen was a little concerned with her weight, the night before she was six pounds over! No worries, a few prayers to the BM gods & a quick toothbrushectomy cured that! You did get a new one, right? James Benemerito assisted both Ellen and the second place finisher Christie Fernia who led the squat & bench, but finished a close second in the total with 405. Close on her heels with a 402.5 was National office sensation Angie Overdeer. This lady puts in extra effort for the USAPL, thanks so much for all your efforts Angie! This class was the most competitive, both in volume and in weight lifted. These three ladies, along with returning National Champion Jennifer Rey, were neck and neck all the way to the deadlifts. J. Rey had a tough time, injuring her shoulder in the squats and going into the deadlift 2/6. Although she was definitely strong enough to pull

her deads, stress exhaustion and technical errors caused a bomb. Heal up, J. Rey, you'll come back strong than ever next year. We miss you already! Alaska's strong benching junior, Jill Darling, took Open fourth and the Junior gold with the strongest bench of the class at 105 to end with 390. Veronica Aguila took second in the Jrs. with 352.5, followed by Vera Miles with 302.5 and Roseboom with 242.5. Katie Dingle-Craig (I'm sorry, but that name has to be great at parties), the spunky Alaskan, took second in the 45-49 Masters and 6th, following Allison's 370, with 342.5 in the Open. Teen honors went to Nicole Sperbeck, who as also the meet's 16-17 Best Lifter. Nicole's family came all the way from Alaska to support her fine efforts and also generously offered to pick up President Bogachev from the Houston airport. This class hosted the eldest competitor, Elma Day Beck, who competed in the 75-79 class and finished with 180. May we all be blessed with such healthy longevity. You go, girl!

Phantom Corps' Donna Covington took top honors in the Open and Masters 40-44 67.5 class, earning her a spot on the Women's World team with a 420 effort. She was followed by a fabulous deadlifter, Rhonda Clark, who pulled her way to silver with a 202.5. This DL was only 7.5 kilos behind her own subtotal! This had to surprise 3rd and 4th place finishers Beckwith and Roberts, who each had considerably larger subtotals. They finished tied in the total with Beckwith the victor due to lighter bodyweight. Roberts was younger, however, and strongly took the Junior gold. Newcomer Kim Callier, coached by Wade Hooper, was second in the Junior division. Wade is a big supporter of the Women's program and has attended many Women's Nationals. Wade was so excited to be there this year, he could hardly control his bootythiasm. The friendly Kathy Miller, my travel companion from Michigan, made her National debut and took 6th. Teen honors went to Gretchen Nosbisch in the 16-17s with 342.5 and Terese LeBlanc in the 18-19s with 292.5 Eula Compton won the Masters 55-59 with 280.

Day 2 - The Purple People Eater, Linda Jo Belsito, retained her 75 kilo dual Open/Masters National Championship status, dominating with 460. Every piece of Linda's equipment was bright purple. If you need fashion advice, you know who to see. As always, Linda lifted with flawless technique, despite the loss of her beloved dog just before the competition. Linda dedicated this performance to her memory. Katie



Some of the Best Lifters ... (left to right) Ford, Look, Maile, Stein, Sperbeck. (not shown in his Nelson/Ford photo is Stephanie McMillian)

Ford finished second in the Open and Seized top honors in the 18-19 age division, finishing with 410 and acquiring the Best 18-19 Teen lifter of the contest. Christy Newman followed close behind for bronze, ending with 407.5 and the Junior title. Sandra Perron, team Alaska's distance Minnesota cousin, ended fourth after some bench difficulties. Let me just tell you, this female has some serious pipes! I know she'll be back to take that bench record for a ride. Keep your eyes open for her at Bench Worlds! Ruth Welding finished 5th in the Open and second behind Linda Jo in the Masters 40-44. Ruth is a key element in Women's national contests. She consistently and unselfishly judges and coaches. We appreciate all your hard work Ruth! Marsha Serre, another worker bee and USAPL's Secretary / Treasurer attained 1st in the 50-54 bracket, while Regina Hackney won the 60-64s and was Best Lifter for that division.

I, Leslie Look, repeated victory

in the 82.5s and was the Best Heavyweight lifter, breaking Jan Todd's ancient deadlift record with 215 in the process. The word is that Jan attended the meet on Saturday. It would have been an honor to meet her. She actually competed against Ann Turbyne, the woman who introduced me to powerlifting, back in the late 70s and early 80s. It's a small world after all. I traveled to Nationals by myself this year and would like to thank some qualify people who took me under their wing. Larry Maile must be a little tired of me kissing his ass, but here I go again. As always, Larry picked great numbers and was a perfect overseer. Fellow Alaskan coach Dennis Tweeten was right there the moment I needed help with equipment or warmups. My knight in shining armor, Tony Harris, cared for every possible detail from getting my unfathomably tight suit on, to wrapping my knees, to chilling my impatient self out! Hopefully Tony and fellow Hawaiian resident



Leslie Look won the 181 lb. class once again. (S. Hartwig photograph)

P. J. Couvillion will be joining us in Argentina. Maybe Tony can raise some money for the trip doing Elvis impressions. If you've never seen Tony do Elvis, it's a trip! Thanks for your support and for your extra special care! Much appreciation to my faithful training partner Chris Clark. If any 125 guys are reading this, remember that name. You'll see it again. P.S. - Betsy O., where are you? Laura King won the Teen 18-19 division and Junior gold went to Alicia Troxell. Andrea Sortwell moved in the 82.5 after being unable to make weight for the 75s, but bombed in the squat. Her husband Mitch was there for support and was especially helpful on the platform during the competition.

The 90 kilo class grew leaps and bounds this year as many 90+ lifters saw the class as an open opportunity. Top Open and Master 50-54 honors went to Alaskan giggmeister Harriet Hall. She's got a one liner for everything. I cam home with some new material! Harriet battled it out with former Junior World Team member Geneva Williams. This was definitely a class to watch! Geneva finished 5 kilos ahead in the squat, but Harriet (who was pleased as punch to make 2 squat attempts for the first time ever) came back with a dual National Open and Master Bench record of 120. It all came down to the last deadlifts. When Harriet pulled 190, Geneva had to pull her third to win. She took what she needed, but it just wasn't there. We hope to see them both back next year! Welcome back, Geneva. Li-ane Cataldo, coached by former 67.5 champion Tammy Dianda, finished third with 447. Colorado's Linda Schaefer looked especially svelte after dieting down. She ended fourth with the heaviest deadlift in the class. Give those levers some time to adjust to the new mechanics, Linda, and your lifts will roll right along. Leah Gooden won the teen 16-17 with Ashante Trufant winning the Juniors with 355. Paulette Calhoun claimed the Masters 40-44 with 370.

The bold and beautiful Supers was led by Lizabeth "loved by all" Willett. Her faithful coach Darin Richardstud was there to keep Lizzy in line. Willett powerfully led the class and finished with the heaviest total of the contest despite a tough 4/9 day. She was plenty strong on her 2nd attempt squat with 227.5 but was called twice on depth. She handled a successful 137.5 bench with ease, but made some technical errors and ended 1/3. Lizzy, sweetie, you ARE the great untapped, you have so much raw strength. Your road will be long and

(article continued on page 73)

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"I competed in my first powerlifting competition in August of 1997. I have done four to six meets a year since then, competing in the women's 148 lb. class. I quickly realized how much work the meet directors and other volunteers put into their meets. My husband and I are both state as well as national level officials in three different powerlifting associations. We have worked at numerous meets as referees, platform managers, expeditors, spotter/loaders, scorekeepers and even emcee. As a referee, I am used to people disagreeing with some of my calls. But an incident happened at a meet a couple of weeks ago that made me really think about things, and prompted me to write this letter.

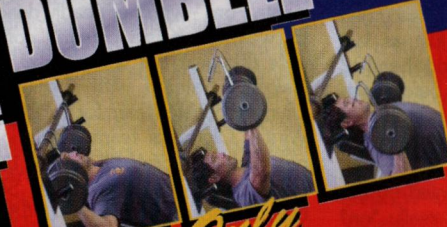
A spouse of a lifter who disagreed with my calls on the squat flights, chose to voice her opinion to me. That was fine, until she used profanity and insulted me, as well as the other referees. She also gave the meet director a hard time. I've always enjoyed officiating as well as lifting, and I was a little taken aback by this behavior. I hope this letter will serve as a reminder to all lifters as well as the spectators they bring, that without the meet directors, referees, and all the other VOLUNTEERS, there would not be any competitions for us to attend. Our sport would be nothing but a memory.

I want to publicly say "THANKS" to all those people who make it possible for me to compete in this sport that I love. *Lisa Denison*"

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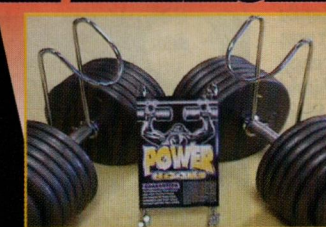
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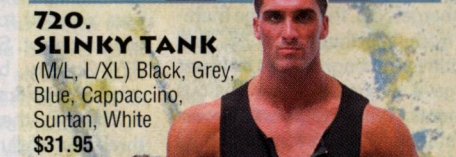
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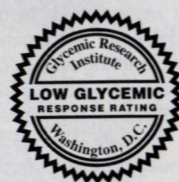
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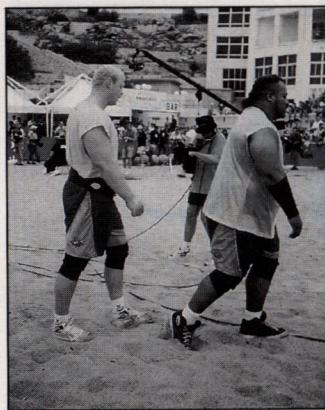
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Samuelsson & Onosai do battle

The beautiful island of Malta was the venue for the World's Strongest Man competition for 1999. A total of 30 athletes came to Malta with the hope of qualifying for the final and maybe, just maybe, lifting up the Met-Rx winners trophy. The potential reach of the television networks expecting to broadcast this event was over 450 million households worldwide and with that sort of exposure all competing athletes were determined to do their best and get past the initial hurdle - the qualification rounds.

The qualifying heats ran for 4 days after which 20 of the original 30 athletes were eliminated from the competition. The format for the qualifying heats were simple: 5 qualifying heats with 6 men per heat and 6 events per heat. The top two of each heat would qualify for the final.

The first qualifying heat was comprised of some great athletes which made for an exciting competition with some surprises. The men battling it out in the first heat were as follows; Magnus Samuelsson - the defending champion, Mark Philippi - world class powerlifter and strongman, Joe Onosai - looking huge at 186 kg. bodyweight, Grant Edwards - an ex track and field athlete, Israel Sanguinette - a relative unknown from Spain, and Jamie Barr one of Britain's representatives in Malta.

The first event in this heat pitted all 6 men against each other simultaneously in the Carry and Drag. Two 100 kg. sacks had to be carried down a 25 meter course, loaded into a boat, and then the boat had to be dragged back down the course. This was a very tough event, with none of the men completing the course, but when the whistle was blown at the end of the allotted time, Jamie Barr had pulled his boat the furthest with Magnus Samuelsson a close second. Joe Onosai had a slow start with the sacks, but pulled the boat well, to gain third place. Mark Philippi, Grant Edwards and Israel Sanguinette got 4th, 5th and 6th respectively.

The truck pull was the next event with a 17 ton truck having to be pulled down a set course. Joe Onosai did brilliantly here, winning the event by less than half a second from Magnus Samuelsson. Unknown to many,

World's Strongest Man as told to Powerlifting USA by Derek Cope

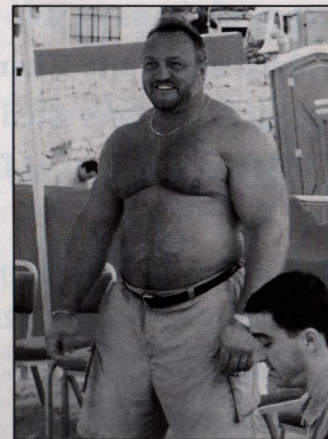
Magnus had suffered with the flu just prior to the event and was having problems with his recovery after each event. Jamie Barr continued to impress, gaining 3rd place in the truck pull with Philippi, Edwards and Sanguinette once again finishing 4th, 5th and 6th.

So, after two events there was an intriguing 3-way tie for first place with Onosai, Samuelsson and Barr altogether. The loading race was next, another tough event, with 5 items to be picked up, carried and then loaded on to a raised platform. The items were a sack, a barrel, a log, an anchor and a 250 kg. chain. An added hazard to this event was an unusual downpour of rain which required a temporary halt in the proceedings. It was in this event that the Australian Grant Edwards sustained a bad hamstring tear while attempting to load the barrel and this injury obviously affected his chances to make it to the final. Samuelsson showed his athleticism here winning the event by a fairly large margin. Scotland's Jamie Barr was again in the money, picking up 2nd place in front of Mark Philippi and Joe Onosai.

The Hercules Hold was next, with the athletes required to resist the force of two huge steel cylinders in the shape of pillars. The event was held at Haggar Qim in Malta, the site of a megalithic temple along with stone age statuettes, so the 'pillar theme' of the Hercules Hold fit in well with the location.

Grant Edwards, with his hamstring heavily strapped, gave his competitors all a surprise by winning this event with an excellent 37 second hold. Samuelsson came 2nd followed by Barr and then Philippi. Coming in 5th, Joe Onosai greatly affected his chances of qualifying.

The log lift was the 5th event of the heat, with the powerlifters expected to shine. The log had to be cleaned to the chest, then pressed overhead, then re-



Kaz is doing the commentary, but looks like he could be doing the competition (Cope photos)

turned to the floor before being cleaned again. The powerlifters in this heat did shine with Onosai and Philippi gaining joint 2nd place with 9 repetitions apiece. However, Samuelsson, in effect, secured his qualification to the final by winning this event with an impressive 10 repetitions. Samuelsson, by the way, has long arms which give him a long stroke in this lift. In an interview with Samuelsson conducted for PL USA, he admitted to me that along with his normal training he had made shoulder training his main focus for the whole year and his efforts clearly paid off in this event.

The medley was the final event with huge tires required to be flipped followed by the loading of two 100 kg. objects and then an anchor and chain drag. Samuelsson won this event fairly easily, it has to be said, followed by the athletic Scotsman Barr.

The final placings for the first heat were Samuelsson 1st, Barr 2nd, with Joe Onosai and Mark Philippi gaining a joint 3rd place each, just failing to qualify along with Grant Edwards and Israel Sanguinette.

Although recovering from the flu Magnus Samuelsson served notice to the rest of the contenders that he would be a player in the finals.

2nd QUALIFYING HEAT

The men contesting the 2nd qualifying heat were as follows; Jouka Ahola - W.S.M. Champion 1997 and runner-up 1998, Pieter De Bruyn - training partner of Gerrit Badenhorst, Stephen Brooks - 2nd in Britain's Strongest Man contest; Brian Neese - strongman from the U.S.A.; Levi Vaoga - ex sumo-wrestling champion from New Zealand; Rene Minkfitz - a seriously big athlete from Denmark.

The 1st event - the Carry and Drag - saw all 6 competitors compete at the same time. Two 100 kg. objects, a cannonball and a Maltese Cross had to be carried down a course, loaded onto a sled and then the sled was dragged back down the course. The total weight of the sled, once loaded, was over 300 kilos! Not one of the athletes could complete the course in the allotted time, yet Rene Minkfitz won this event and by doing so let Jouka Ahola know that he wasn't going to have everything his own way. Ahola came 2nd followed by Vaoga, De Bruyn, Brooks and Neese.

The Husefelt Stone carry was next and the competitors were required to carry this 180 kg.+ rock for distance. Apart from the immense weight, breathing is also a problem for the competitors, as the rock is carried at chest height. Minkfitz was in the lead with a distance of 57.99 meters, but Ahola was last to go and did what was required with a distance of 66.10 meters. It was obvious that Ahola could have done

more but this tactically aware competitor was saving his strength. Placings in this event were Ahola, Minkfitz, Vaoga, Brooks, Neese and De Bruyn.

A very tough event was next - the Atlas Stones. Five stones ranging from 105 kg. to 165 kg. had to be lifted and placed on a high platform, indeed, it was the height factor that made this such a hard event, even for ones who had experience with stone lifting. Only one man could manage all five stones and that was the ever impressive Jouka Ahola. He was followed by Minkfitz, Vaoga, Neese, De Bruyn and Brooks.

The Axe Hold was the next event - the competitors were required to hold a 12.5 kg. axe in each hand in the crucifix position for time. Peter De Bruyn, going first, set an excellent time of 55.50 seconds for the others all to chase, but no competitor could match his time. Ahola finished 2nd, followed by Vaoga, Minkfitz, Brooks and Neese.

At this stage Ahola looked like a certain qualifier, but there was only 3 points separating the next two athletes - Minkfitz and Vaoga.

The next event would be a crucial one, and it turned out to be just so. The Car Deadlift Hold is an event where the competitor has to lift a car to the finished deadlift position and hold it for the longest time possible. Lifting straps for the grip were allowed and two athletes competed at the same time with the added factor that both men faced each other. Minkfitz and Vaoga went head to head here in a titanic struggle that produced the two best times in this heat. Vaoga looked the more comfortable, yet Minkfitz just hung on in there for a gutsy win. Vaoga was 2nd followed by Ahola, De Bruyn, Brooks and Neese - who, at this stage, retired from the competition.

The Medley was the last event in this heat and this was the same format as the 1st qualifying heat. Ahola demonstrated his explosive power and fitness in winning this event and was followed by Brooks, Vaoga, De Bruyn and Minkfitz. Final standings for this heat were Ahola and Minkfitz, who qualified for the final followed by Vaoga, De Bruyn, Brooks and Neese.

3rd QUALIFYING HEAT

The 3rd qualifying heat pitted some great athletes against each other. There was Gerrit Badenhorst - powerlifting great and experienced strongman; Svend Karlsen - Norwegian strongman with an awesome physique; Janne Virtanen - training partner of Jouka Ahola; Niko Noga - American football great; Jorma Paananen - a Swede with a relatively hard 150 kg. bodyweight; Glen Ross - the Irishman who won Britain's Strongest Man in 1999.

The 1st event was the Carry and Drag. Two 100 kg. sacks had to be carried down the course, loaded into a boat, and then the boat dragged back down the course. Once again no athlete could complete the course, but when the event was finished the Finn Janne

Virtanen had pulled his boat the farthest followed by Ross, Badenhorst, Paananen, Karlsen, and Noga.

The Husefelt Stone Carry was next, the athletes having to carry the 180+ kg. rock for distance. Paananen set the pace with a gutsy 65.34 meter effort. Neither Ross, Badenhorst or Noga could match that distance, but Karlsen could - achieving 66.11 meters. Janne Virtanen went last and beat them all with 67.66 meters and with two wins out of two events was beginning to make his mark in the competition.

The loading race was next with 5 items having to be loaded on to a platform. The weight of the items isn't the main problem - it is the awkwardness of the objects, which were a sack, barrel, log, anchor, and chain. Two men at a time were matched against each other with the best times coming out of the Virtanen - Karlsen competition. Virtanen just beat Karlsen and these two men were followed by Badenhorst, Paananen, Noga, and Ross.

The Hercules Hold was next. With a loading of around 170 kgs. pull on each arm, in the shape of pillars, this event tested each competitors grip to the limit. Amazingly Janne Virtanen picked up his fourth victory in a row, followed by Noga who picked up valuable points by placing second. Ross managed third place followed by Paananen, Karlsen and Badenhorst.

The log lift was next and the competitors were required to clean and press the 110 kg. log, then place it on the floor and clean it again. Not only is upper body power tested here, but also fitness and endurance. Glen Ross proved he was the 'Log Daddy' (as he put it) with 11 repetitions, followed by the muscular Niko Noga who got 9 reps. Karlsen and Badenhorst both got 8 reps apiece and Virtanen and Paananen also tied with 7 reps apiece.

The last event of this heat would decide who would follow Virtanen into the finals. After 5 events the two athletes who could qualify were either Karlsen or Ross, but Ross had a torn calf and the last event was the medley - involving tire flipping, anchor and chain dragging as well as carrying.

Janne Virtanen could have coasted in this event, but showed his mettle by winning it. Karlsen secured his qualification to the finals by gaining 2nd place,



Jouko Ahola of Finland holds on to the car en route to another impressive World's Strongest Man victory

followed by Paananen, Noga, Ross and Badenhorst.

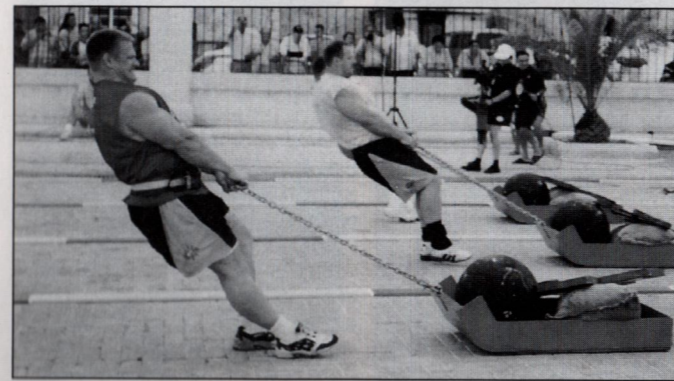
The final standings for the 3rd heat were Virtanen, Karlsen, Ross, Paananen, Noga and Badenhorst. By winning an incredible 5 events out of 6, Janne Virtanen showed that he would be a major force in this years W.S.M. final.

4th QUALIFYING HEAT

Another cosmopolitan heat with 6 athletes fighting for the top places which would ensure qualification for the final. The contestants in the 4th qualifier were; Torfi Olafsson - the huge 181 kg. strongman from Iceland; Hugo Girard - the big and well-muscle powerhouse from Canada, Ken Brown - a highly regarded contender from the U.S.A.; Hubert Dorer - a powerlifter from Austria; Regin Vagedal - a seasoned competitor and hero in his Faroe Island home; and Lee Bowers - the English representative in this heat.

The 1st event was the now feared Carry & Drag; it being feared because no one from the other heats had completed the course. Two 100 kg. objects, a cannonball and a Maltese Cross had to be carried down the course, loaded into a sled, and then the sled dragged back down the course. As was by now expected, no one completed the course, but the events produced a close contest between the Canadian Hugo Girard and Regin Vagedal. The placings were Girard, Vagedal, Brown, Olafsson, Dorer and Bowers.

The 17 ton Truck Pull was next with



Berend Veneberg ... dragging the sled - World's Strongest Man Style

a higher bodyweight being a distinct advantage. Olafsson used his considerable bodyweight to his advantage to complete the course in a very good time of 38.88 seconds. This proved to be the winning time and athletes behind Olafsson were Girard, Vagedal, Bowers, Brown and Dorer. At this stage of the competition, Girard was leading, but Vagedal and Olafsson were tied for 2nd place and, indeed, these two would battle it out for the rest of the contest.

The next event in this heat was the Loading Race with a sandbag, barrel, log, anchor and chain being required to be loaded on to a platform of varying heights. The two biggest men in this heat Girard and Olafsson showed their fellow competitors a surprising turn of speed which resulted in Girard 1st, Olafsson 2nd, followed by Brown, Vagedal, Dorer and Bowers.

The Axe Hold in the crucifix position was next. Ken Brown put in a great time of 51.19 seconds which none of his competitors could match, until the turn of Hugo Girard, who stunned the crowd with an amazing 63.91 seconds. 3rd place went to Vagedal, followed by Dorer, Olafsson and Bowers.

The Deadlift hold was next, where the competitors had to lift a car to the finished deadlift position and hold it for as long as possible. When the testing of the cars was carried out, prior to the competition, it was decided that the cars by themselves were too light, so additional weight in the form of a huge sandbag was placed in each of the car's trunks. Olafsson and Vagedal went head to head in this event, both athletes realizing the importance of a win over the other. It was a fantastic competition, both athletes going to their absolute limit with Vagedal putting the car down less than 2 seconds prior to Olafsson. Girard, again, was impressive and garnered 1st place followed by Olafsson, Vagedal, Brown, Bowers and Dorer.

After 5 events, Hugo Girard was out in front with an unassailable 29 points, but only 1 point separated Olafsson and Vagedal, 21 and 20 points respectively. It would come down to the last event - the Medley. In this event a 300 kg. tire had to be flipped twice, then two 100 kg. objects loaded on to a waist high table, and then an anchor and chain had

to be dragged over the finish line. Although assured of qualification, Hugo Girard attacked the event with gusto, but the win by Olafsson was crucial. Olafsson was neck and neck with Vagedal right to the chain drag when Vagedal pulled up injured. The results of the Medley was Olafsson, Girard, Brown, Dorer, Vagedal and Bowers. This produced the final standings of Girard, Olafsson, and then Vagedal and Brown sharing joint 3rd, followed by Dorer and Bowers. Just two more qualifiers to find, and these would come out of the 5th Qualifying heat.

5th QUALIFYING HEAT

This qualifying heat proved to be another close battle which would go right down to the wire in the last event. The 6 contestants for this final qualifying heat were Latvian Raimonds Bergmanis - a very successful Olympic lifter and strongman; Berend Veneberg of Holland - an experienced professional strongman; Whit Baskin of the U.S.A. - sporting a great physique with low bodyfat; Andreas Hofmann - a 6 ft. 7 in. giant from Germany; Laszlo Fekete - an experienced stone lifter from Hungary and at 41 the oldest athlete in the competition; Bill Pittuck - the English representative in this heat.

The Carry & Drag kicked off this heat with two 100 kg. items having to be carried and loaded into a sled and then the sled dragged back down the course. Once again no one completed the course, but the results were close requiring careful measuring of the distance covered by the contestants to determine the placings. Whit Baskin got a great start here winning the event followed by Veneberg, Fekete, Bergmanis, Hofmann and Pittuck. A distance of 23 centimeters separated the top three placings, such was the closeness of the competition.

The truck Pull was next. Whit Baskin surprised many here by winning the event and beating some experienced competitors. Veneberg stayed close by gaining second, followed by Hofmann, Bergmanis, Fekete and Pittuck. Of interest here was an accident that the B.B.C. chose not to show in their final

(article continued on page 74)

WORKOUT of the Month

My bench press training was influenced by Jim Williams and Pat Casey. I use the word "influenced" because I am not the same as Jim Williams or Pat Casey. Accepting their routines as the last word and never thinking or innovating for myself would have eventually lead to a halt in progress. These two men have obviously perfected routines that worked best for them. You will do well by seeking all the advice you can from champions; then put it together with a knowledge of yourself and make a routine that is right for you.

The following program is designed for the intermediate lifter. It is based on a 300 pound bench press. I have not taken bodyweight into consideration, but a 165 pounder and a 220 pounder will progress at different speeds. As far as gains from this routine, a 220 lb. person starting at 300 lbs. should look for 325-330 while a 165 pounder might get 310-320. In my mind, a 15 lb. increase from this routine should be considered good progress, but 15-30 is the range depending on bodyweight, experience, and effort put into the workout. Regardless of bodyweight the key to this program is the worksets. You must really work hard and add weight whenever possible.

One very important rule is do not sacrifice good form in order to handle more weight. All you will do is develop bad lifting habits which will be very difficult to break. A good guideline for adding weight is when you have completed two consecutive workouts.

This is a sixteen week program divided into two eight week sections. The Bench Press Workout is to be done twice per week. I advocate training the way you compete. This means all reps should be done with pauses.

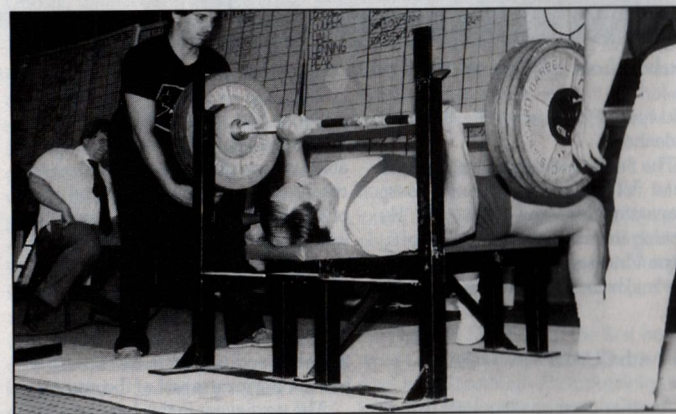
For the first eight weeks, do the same bench press workout both days of the week. The second eight weeks will have a different routine for each day.

8 WEEK BUILD-UP ROUTINE

WEEK 1

Bench Press - 135x10, 175x8, 6 reps with 215, 235, 245, 255x2
Dumbbell Flies 3x10
Close Grip Bench Press

John Kuc's Bench Press Routine



John Kuc was one of the greatest lifters in Powerlifting history. He won it all at the IPF level, at differing bodyweights, and then came back to win virtually everything in sight under the ADFPA banner.

185x10, 205x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 2 & 3

Bench Press 135x10, 175x8 6 reps with: 220, 240, 250, 260x2, 220x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 210x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 4

Bench Press 135x10, 185x8, 6 reps with: 225, 245, 255, 265x2, 220x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 215x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 5, 6 & 7

Bench Press 135x10, 185x8, 6 reps with: 230, 250, 260, 270x2, 230x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 220x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

WEEK 8

Bench Press 135x10, 185x6, 6 reps with 235, 255, 265, 275x2, 230x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 225x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

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

WEEK 8

Bench Press 135x10, 185x6, 6 reps with 235, 255, 265, 275x2, 230x8
Dumbbell Flies 3x10
Close Grip Bench Press 185x10, 225x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

The second eight weeks will concentrate more on the Bench Press. The reps will be lower and the bodybuilding will decrease. The first and second bench press training day will have a different amount of reps.

WEEK 9

1st Day Bench Press 135x10, 175x6, 215x6, 3 reps with: 245, 265, 275x2, 245x6
Tricep Extension 3x8
Pushdowns 3x8
E-Z Curl 3x8
Dumbbell Curls 3x8
2nd Day Bench Press 135x10, 175x8, 215x6, 245x3, 2 reps with: 275, 285, 285x2, 260x4
Same Bodybuilding as 1st day.

WEEK 10

1st Day Bench Press 135x10, 175x8, 215x6, 3 reps with: 250, 270, 280x2, 245x6
Tricep Extensions 3x8
Pushdowns 3x8

E-Z Bar Curls 3x8
Dumbbell Curls 3x8
2nd Day Bench Press 135x10, 175x8, 215x6, 250x3, 2 reps with: 280, 290, 290x2, 265x4
Same Bodybuilding as first day.

WEEK 11 & 12

1st Day Bench Press 135x10, 175x8, 220x6, 3 reps with: 255, 275, 285x2, 250x6
Tricep Extension 3x8
Pushdowns 3x8
E-Z Curls 3x8
Dumbbell Curls 3x8
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 2 reps with: 285, 295x3 270x4
Same Bodybuilding as first day.

WEEK 13

1st Day Bench Press 135x10, 175x8, 220x6, 3 reps with: 255, 275, 290, 285, 250x6
Pushdowns 4x8
Dumbbell Curls 4x8
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 2 reps with: 285, 300, 295x2, 270x4
Same Bodybuilding as first day.

WEEK 14

1st Day Bench Press 135x10, 175x8, 220x6, 255x3 1 rep with: 290, 300, 310, 280x3
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3 1 rep with: 290, 305, 310, 280x3

WEEK 15

1st Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 315 285x3
2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 3 reps with: 285, 285

WEEK 16

Contest on Saturday. Tuesday of that week: Bench Press 135x10, 175x8, 220x4, 255x2, 1 rep with: 290, 305. At the contest, your attempts in the bench should range something like 280-285, 300-310, 320-330, depending on the progress you've made in the routine.

The weights will have to be adjusted for individual needs. Regardless of weights used, strive to complete all sets in every workout. If you can do this you will make progress.

POWER SCENE recently ran across one of our favorite athletes, November PL USA covergirl Gea Johnson, and she had an interesting tale to tell. Gea is the number one ranked Olympic lifter in the U.S. in her weight class - and until powerlifting gets into the Olympics, Olympic lifting is the only way for a lifter to go for that Olympic gold - and she's also one of the country's top heptathletes. The heptathlon is a seven event competition that includes running, throwing and jumping events.



Gea squatting at GOLD's GYM.

Anyway, just like lots of powerlifters do, Gea got injured, and after all the non-surgical ideas didn't solve the problem with her foot, she went under the knife. Surgery in late September by Dr. Carol Frey was successful, but that only begins the path to recovery and success.

So, if powerlifters had the Olympics to aim at, this is the type of training regimen and support team that elite powerlifters would be using. First, basic weight training, with workouts written by your strength coach, in this case Joe Horrigan, who also serves as strength coach for the NHL's Los Angeles Kings.



Stretching against the gym wall

POWER SCENE

the necessary equipment for her workout.)

Six days a week of training, and one day off, and that's not even much of a day off. Gea is one of the few women athletes spon-



Gea takes advantage of the wide range of equipment at GOLD's

Then you'd have to work on your core stability, flexibility, and range of motion, to enhance your lifts, and that's where Dr. Brendan Murray comes in. He serves as a treading doctor of the U.S. Olympic lifting team, and he's good - I know because I went to him for work on my back - and he'll focus on my bio-mechanics and improving the "firing" of your muscles.

For mind management and learning how to exercise and focus your mind, Gea has a mental coach, Dr. Dennis Deaton. To help organize all of this, plus help with sponsorship opportunities, powerlifting coach Jack Armstrong is part of the team. And we still haven't even gotten to the sport specific training.

Chuck Debus coaches Gea in all seven events, working to build proper mechanics and techniques, and putting her drills to unlearn bad habits and bad form.

We caught up with Gea at GOLD's Gym in Venice, where she works on the core strength training and flexibility needed to maintain world class status in both the heptathlon and weightlifting. As you can see from the photos, there's a combination of traditional work, such as the squat, and some less traditional exercises, such as stretching up against the wall.

We didn't have room for pictures of all the other exercises she does, but there are a lot, and the workout takes place in all four of the large rooms that make up Gold's. (Gold's is probably one of the few places that has all

sored by Weider, so there's a need for time for personal appearances and photo shoots (MUSCLE & FITNESS had a five page pictorial and article on her last Fall.)

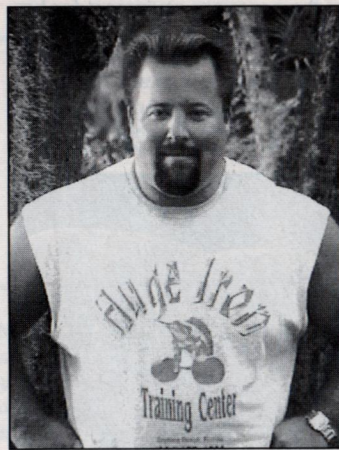
So, guys and gals, if powerlifting does make it to the Olympics and more media coverage, and you want to be a star, this is what you'll be looking at - lots of workouts, lots of coaches and support personnel, lots of time spent with the media and sponsoring companies, very little free time, and maybe a medal. Sounds good - let's hope that powerlifters get that opportunity.

'Til next month, stay strong, and keep enjoying the world's strongest sport.

NED LOW



After her workout.. Gea heads home



As the powerlifting world is quite aware that I'm creating the WPO (TM), the world's first professional powerlifting federation of its kind, my intentions are to secure a network contract to broadcast WPO (TM) powerlifting on a regular basis. Fortunately, this seems to be happening a little faster than anticipated. Since introducing WPO (TM) to the powerlifting world I have been in contact with a production company that will come to Daytona Beach on March 18th for the first qualifying contest for the WPO (TM) Pro meet on May 20th. My original game plan for the May 20th contest was to have that meet professionally video recorded to submit it to various networks, drawing interest and possibly airing WPO (TM) Powerlifting on television. The production company, A-Ray Productions, recommended that we shoot a pilot and then present the pilot to the various networks. The purpose of producing the pilot on March 18th, the first WPO (TM) qualifier meet (sanctioned APF) is to possibly with some luck, hard work and good faith have the May 20th meet air on television in the fall. Nothing at this point is concrete but surely is a great possibility.

Since the WPO (TM) is rapidly evolving I have made some small changes to the overall criteria of WPO (TM) which are very good, to say the least. Money will still be awarded - \$1000 for first, \$500 for second and \$250 for third in each class from 132 up to SHW. Cash bonuses for world records and world records regardless of weight class will also be awarded. In addition I will also have three Super Open weight classes - Lightweight, Middleweight and Heavyweight. Everyone should already be aware of how the Super Open will work. If you are one of the lucky three to obtain the WPO (TM) World Powerlifting title, whether it be the Lightweight, Middleweight or Heavyweight, your title will accompany a

\$5,000 check as well as a WPO (TM) title belt. From that point the lucky three will start their reign as the WPO (TM) Lightweight, Middleweight or Heavyweight Powerlifting Champion of the World. The Championship titles will be held for a period of one year, until the next WPO (TM) Championship meet, where the existing title holders can defend and retain their titles or new champions will be crowned.

One change will be made concerning the qualifying criteria for the WPO (TM). As indicated in the January issue of *Powerlifting USA*, IPF and WPC lifters that have competed in the last five years are eligible to lift in the WPO (TM) meet on May 20th without qualifying on March 18th. This stipulation was made so that WPO (TM) will be appealing to international lifters as well as lifters here in the United States. I understand there is a little problem with the lifters here in the states because not everyone has competed in the IPF or the WPC. Therefore, I have added this one little incentive ... If you have lifted in either the APF Senior Nationals, the USPF Senior Nationals, the USA Powerlifting Nationals or the IPA Senior Nationals within the last 5 years and have met the necessary qualifying totals required to compete in the WPO (TM), you, too are eligible to compete in the May 20th WPO (TM) Contest. You must supply documentation from the meet director to verify your totals or if your results from the national contest you competed in can be physically seen in *Powerlifting USA*, then all systems are GO for you to lift in the WPO (TM).

Questions have been asked on exactly how the WPO (TM) refereeing will be conducted and what the criteria will be concerning equipment. Again, as stated in the January issue of *Powerlifting USA*, the WPO (TM) equipment rules will be strictly enforced. Single layer briefs only. Single layer polyester or single layer canvas squat suits only. Double

\$ W.P.O. \$

denim or double polyester bench shirts only. Single layer deadlift and single layer canvas deadlift suits with single layer briefs only. There will be no exceptions to this rule. As far as the refereeing goes, the WPO (TM) by no means has the intention of becoming a domineering federation that will throw its weight around to exercise its political power. Instead it will focus on the elite lifter, who is the federation. Without the lifter the federation is nothing! If the lifter gets a red light for whatever reason or infraction, they will not be scolded, talked down to or spoken to in any condescending manner. You will be treated like the superior athletes that you are. The same is expected in return. As far as going below parallel in the squat or any of the other lifts for that matter, I believe from the referee's standpoint that if he has to think about the call for more than a second, or two, and it is not cut and dry whether the lift is good or not, then the lifter should be given the benefit of the doubt, passing the lift. On the other hand, with world records the exact opposite will be enforced. If a referee has to think about if a world record has been properly broken or not then I will encourage the referee to give the lifter a red light. You do not want to strip another lifter's world record unless it is properly exercised, whether it is the squat, the bench or the deadlift. Lifting records published in the Guinness World Book of Records will be used by the WPO (TM) as the world records to beat. Now who can argue with that? Also, lifters can receive a

copy of the Office WPO (TM) rule book which will be coming off the press soon, most probably by the time you are reading this!

As I mentioned earlier the lifters will be treated with respect. WPO (TM) officials as well as myself will expect the same at all times. So please control your emotions. With that in mind, emotions don't need to get heated because there is money on the line. To assure that there is peace and good sportsmanship at all times I will be using a tactic, which I refer to as "platform control." A couple of men, in addition to the spotters, will be peacekeepers, overseers, making certain that no type of bad sportsmanship is tolerated. If you cause a scene because of bad sportsmanship or any other type of commotion, you will be ejected from the contest. Be a gentleman at all times.

One drawback of powerlifting is that contests tend to be excessively long, especially the major contests that take two days at National meets, 3-5 days at international contests. These contests are just way too long and need to be condensed for television's sake. As most people know when sporting events are being filmed most of the footage is edited. In order to combat the excessive length of powerlifting, there is a solution. My friend, Russ Barlow from Maine, was very instrumental in coming up with this concept to "speed up" powerlifting. In addition to the warm up area, which will be very well equipped and accommodating for the lifter, will be Platform #1. Platform #1 will be behind the scenes where all lifters will do their opening attempts. If you were successful with making your opening attempt on the squat, bench and deadlift only then will you go out to Platform #2 in front of the cameras - in the limelight. If you do not make your opening attempt you cannot go up in weight. You will go back to Platform #1 and retry your opening attempt, which will be your 2nd attempt. If you are unsuccessful with your second attempt on Platform #1 you will bomb out of the

(article continued on page 72)

Ask the Doctor

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

DEAR MAURO: I've been powerlifting for many years and have held some American records for the bench press. Recently I was diagnosed with cancer but was treated successfully for it. However, lab work at the time of my diagnosis and treatment showed a mildly elevated kidney function. I've included my results for you to see.

On my doctor's advice I discontinued protein and creatine supplements and reduced my daily protein intake to 65-75 grams per day. I've included some recent kidney function tests that were taken while I was on this lower protein diet.

My question is whether it is safe for me to resume protein supplements and/or creatine.

Thank you for your advice and any recommendations you might have.

DEAR SIR: There isn't any significant difference in your reading before and after restricting your protein intake and stopping the creatine. This is consistent with what I've found in many athletes that I've tested. To give you the short answer, I've found and it's been reported that unless you have significant pre-existing renal dysfunction (which I don't believe you have) there is very little to gain by restricting protein and creatine intake.

I'd carry on with both (after all, creatine is simply a modified amino acid), but just to make sure, I'd keep track of your BUN and creatinine levels. Let me know if you run into any problems. **Mauro Di Pasquale M.D.**

DEAR MAURO: I am writing to you in response to my torn quadriceps muscle, which was torn for over three years. To this date, I still have not received my full power back, but my lateral movement is much better. I am also able to run much better this year, so I will be trying to compete once again this year in powerlifting.

I seem to have torn my triceps muscle in my right arm. It was so bad last year I could only bench press 135 lbs. My bench used to be around 405 lbs. This accident happened over a year ago, and now I am only able to bench 275 lbs. max. I can not press heavy dumbbells over 110 lbs. because my right tricep doesn't have the strength to push them. I would like to know if it's too late to have it surgically repaired, and if I had it done, is it a big operation? How long would I have to stay in the hospital, and how long would it be before I am able to use that arm again?

I hope that you can be of some assistance to me. I also thank you for your assistance and advice in the past. **Don. C.**

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DEAR DON: It all depends on the severity of your tricep tear. It really needs to be seen by an orthopaedic surgeon. Once he assesses it, he can tell you whether it's worthwhile fixing and how long the operation and convalescent period will be. I'm afraid that I really can't help you with any specifics since I haven't seen your arm.

Let me know now things turn out. Sincerely, **Mauro G. Di Pasquale M.D.**

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Have you seen the Latin phrase "Vae Victus" on a House of Pain shirt? (We've had a few questions.)

Vae Victus was first used by Brennus the Celt when his barbarian army defeated the Romans about 2400 years ago. The Romans sued for peace, and agreed to pay 2000 pounds of silver for their lives. When it was weighed in the huge balance-beam scale, Brennus drew his still bloody and gigantic sword and threw it onto the scale - signifying that they must pay that much more.

The Romans protested, "That wasn't the deal!"

Brennus said simply, "VAE VICTUS!" (Woe to the Conquered! Or Winner Take All!)

Eager to escape with their lives, the Romans paid the additional silver tucked their tails - and ran away.

Although "Vae Victus" is more impressive when accentuated with a bloody sword, it is a common idea. If "Woe to the Conquered" sounds unusual, how about "To the Victor Belong The Spoils," or "Winner Take All"? "Second Place is First Loser?" These are simply English variations of the same Latin phrase. It is a compelling principle.

Most of us like this principle. Would boxing matches be more interesting if the loser didn't get paid? What do you think? (This is a simple application of Vae Victus logic.)

Even if you don't agree with this philosophy, it is deeply etched in your mind and you still want to win. Admit it. When my 3 year old son "Pancho" plays a game, he may not understand all the rules, but he wants to win! We all love to win. We love to win the lottery, a race, a Powerlifting meet, or even a Nintendo game with a younger player.

We might want to win a Pokemon game, if there really was a game behind all of that marketing hype (I know there is supposed to be a Pokemon game, but do you know children who want to play or buy?) 'Nuff said about that.

Back to "Winner Takes All." Sometimes this mindset causes us to "eat our young" as powerlifters. This not only discredits us, but it hurts the future of the sport. We should be helping other lifters get started (Weapon 10: Mentoring), rather than trying to eliminate them from competition. Most top-level lifters are happy to assist new powerlifters, but there are a few slugs who don't want competitors in their class. As if "winning" an empty class is something to be proud of. If the trophy is that important, just go buy a few!

Let's assume for a moment that you have no altruistic interest in the powerlifting success of your fellow gymrat. Should you still train with them? If so, why? Let's learn from a draft horse:

A long time ago there was a pulling contest for draft horses at the County Fair. Equestrian powerlifting - you've

WEAPON 12: TEAMWORK (Barbarians and draft horses) by Rick Brewer

gotta love it! Competition boiled down to the two top-dogs; with one pulling a two-ton sled. Four thousand pounds - real horsepower. The challenging horse then pulled 4,500 pounds to win the event!

What next? Since neither horse could bench press, the people started looking for something else to bet on. Finally - "How much can they pull together?" Simple math should tell you that they could pull about 8,500 pounds. They hooked them up; and the two together promptly pulled 12,000 pounds!

Synergy is the scientific term for combined power that is greater than the sum of its components. Even horses who have not trained together exhibit synergy, by pulling more than the sum of their abilities. What if the two horses had trained together? What could they have pulled? Even more.

If you want to pull like a Clydesdale, maybe you should train with a partner. Work together to push each other through weaknesses. Of course, if you can already pull more than a 12,000 pound sled then you can ignore this info - it may not apply to you.

Have you noticed that some of the best lifters at any given meet are on TEAMS? Why is this? Could it be that

having consistent training partners contributes to your own success? As you push/coach/critique each other - both lifters benefit. Success breeds success. You help your training partner with their weakness, and they help you with yours. Or at least they spot you, and help put on your bench shirt. New insight, strategies, assistance exercises; and less excuses and B.S.

Brennus the Celt didn't conquer alone. He had a TEAM! (A team of half-naked barbarians may be just what your next PL meet needs.) But wait, you say, he wasn't a powerlifter - OK. Remember when we talked about adding strength training to the repertoire of other sports teams? Head Football Coach Russ Collett (Falls Church, VA) added a powerlifting program to their off-season training and guess what happened? Let him tell it:

"As for the benefits of a new powerlifting program, I give it all credit for the growth of our program! We have nearly 100 students in our football program this year. That number is up by almost 50% from last year. The powerlifting programs that we have established here at Falls Church have generated a newfound enthusiasm. Coach Lawrence and I have both been

pleasantly surprised.

I truly feel that we have been successful because we actively lift ourselves. At this time I have not competed yet but plan to in the next year. Coach Lawrence and two of our young ladies traveled to Albany, New York to compete in the APA Nationals in September. Even though Coach Lawrence DROPPED 500 pounds on his chest, he did continue and was able to capture the drug tested APA National Title in his weight class. (Either 308 or 319) You probably know better than I. As for both girls, they also captured junior national titles, setting five records among themselves. We are very proud. There are pictures on the APA web site!"

Now they have 50% more football players, and they are all STRONGER! What football team doesn't need this? (Take this magazine to your high-school or college coach and ask him.)

Before you say that is fine for the football program, but what quality of Powerlifters do they have? Let me say that I saw some of their powerlifters at the USAPL High School Nationals last year and they were impressive! (Congratulations, Coach Collett!)

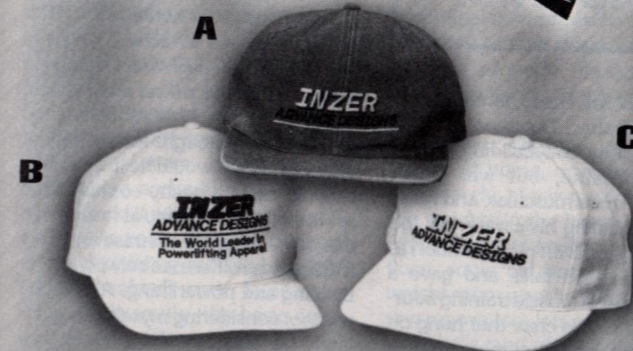
Judge for yourself. Check out the teams at your next meet. Go to a WABDL World Championship and see the Oregon Team. Terry Luehrs coaches an outstanding gang of lifters who share more camaraderie than a barrel of monkeys. Desire plus good coaching succeeds. The team approach overcomes genetic limitations. Goes around shortcomings. Overcomes. WINS. VAE VICTUS!

Don't want it? If you look at top powerlifting competitors - record setting lifters - it is difficult to find one who trains alone. Think you can't find a partner because no one is as strong as you? Think again. No powerlifters in your area? Get some started. What do you look for in a training partner? Tenacity over strength. You don't want someone to show off, you want them to push you. Drive over verbal skills. You don't need another friend to bond with, and you don't need to waste time in your workout. Remember the Roman Legionary training motto; "every drill is a bloodless battle, and every battle is a bloody drill."

Celtic barbarians had teams and they were stronger than you are. Draft horses pull harder in teams, and they are stronger than you are. To get the most benefit from your team, train with them - don't just link up at the meet for points. If you want to be a serious competitor, train like you mean it. In a team. Push as hard as you can without injury. Let your partner spot you. Then there will be no surprises.

Working together, you can overcome any adversity. More on this next time, with railroad spikes and hog pans.

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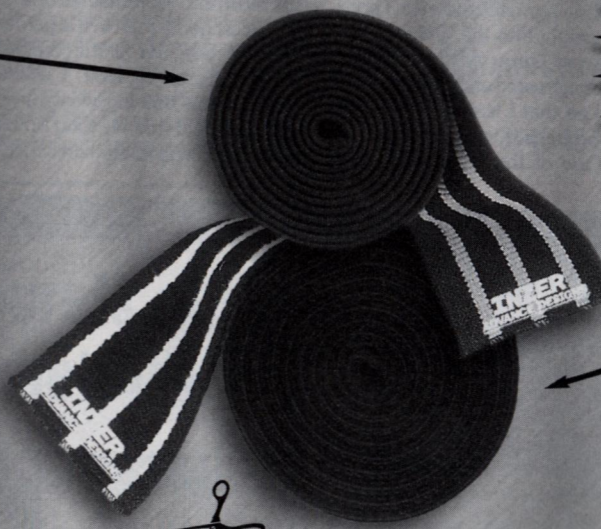
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As the winter months normally remain rather warm in the New York City area, I was recently reminded of what winter is supposed to be about in a harsh manner. After the months of November and December gave us consistent weather in the 45-60 degree range, with perhaps three or four days of true "winter type weather", I was greeted with a temperature reading of 16 degrees this morning, along with a howling wind. Usually, I take the garbage out, walk around the neighborhood a bit, and sit behind my desk around 4-4:30 AM, ready to begin my day of work which starts at 6 AM. I was not dressed for the cold blasts of wind and was actually shivering when I returned to the house. Later on this day, I went into the garage to train my son Sol, as he is still home from college for the holiday season. We were blowing "smoke" as we gasped for breath in the cold, unheated garage. This made me think about the training environments that most lifters contend with and their advantages and disadvantages.

A powerlifter does not need a lot of equipment to train properly. In the early 1960s, one of my hangouts was the health food store owned and operated by bodybuilding legend Leroy Colbert. For the old-timers out there, you will recall

More From Ken Leistner

that Leroy was a true success story. He was a poor kid out of Harlem who hooked on to bodybuilding and despite almost being killed in a motorcycle accident and thus losing the ability to do most types of lower body exercise, he built one of the first legitimate, muscular twenty inch arms. He was also a good businessman who had two thriving health food stores in the New York City confines, one which also served as an outlet for Weider's equipment. I used to go to his store on a Saturday afternoon if I wasn't working one of my many part time jobs, or when it wasn't high school football season, sit in the back of the store, and have the benefit of Lee's training wisdom and many numerous stories. I got a good insight into the Weider organization as Leroy was one of Joe's long time, trusted employees. It was from Lee that I learned what truly went on behind the scenes.

One of the fellows that also

came to visit Leroy, at times, was Dave Draper. Dave was not yet the all time bodybuilding star he later became, but was huge, strong, quite muscular, and really just beginning his career. He too would listen with rapt attention as Lee spun his tales and gave a great deal of muscle training information to this crew that hung on his every word. A number of years later, I visited Dave when I first arrived in Southern California. He had, by now, established himself as one of the all time great physique stars of the 1960s. He had won the Mr. America title and a number of other major awards. He had a local television show he starred in and yet remained one of the nicest gentlemen in the game. When I saw him at the Weider store in Santa Monica, I asked him how his training was going. He explained that his long hours made it difficult to stay on sched-

ule, although his level of dedication insured that no matter what, he was at the gym. At that time, he trained in the old "dungeon" in Muscle Beach, a haven of rusty, old equipment that also boasted having Hugo Labra and others of that caliber as steady members. I mentioned to Dave that he should consider a home gym. After all, back home in New York, my training partner Jack and I trained in the garage, with a power rack, bench, and lots of bars, dumbbells, and weight. Dave thought for a moment and said, "That would be impossible. I would need a pretty sophisticated set up to train properly at home". To this day, I recall that phrase and how it defined the difference between bodybuilding and powerlifting. Although I was not considering myself a "powerlifter" as such in the mid to late 1960s, even though I had, in fact, competed as one, my training was very basic. Even in the days predating most exercise "machines", Dave needed a lot of equipment to bring his physique to the top levels of the day; high pulley for lat pulldown and triceps pressdown, low pulley for cable row, and various shoulder movements, a lot of dumbbells of various denominations, benches that either adjusted for angle or a number of angled benches for presses, flies, and curls, leg extension and leg curl table, leg press device, a rack for holding the barbell for squats or overhead work, and this would be the basic set up for a physique of Dave's caliber. To squat, bench press, deadlift, row, overhead press, and dip, which more or less was all I ever did, as was true for most of the lifters in our area for many years, not much more than the power rack and bench were needed.

Things haven't changed that much. Despite the "march of science" and the many theories of training that could have you fill a small warehouse with oversized beach balls, balance beams, chains, rocks, bungee cords, expensive biomechanically designed machines, and any number of other devices, powerlifting can still be successfully approached with just the basic level of equipment. This is not to say that all of the aforementioned items could not help a lifter. Almost anything can be made to work well within one's program, but would any of it be absolutely essential? If one wishes to squat a lot of weight and does nothing but barbell squats for various sets and reps, and perhaps some partial movements in the squat, I



It didn't take much equipment to turn out a lot of great lifters from Villanova's weight room, seen back in 1978.

believe that they could achieve their ultimate limit in that great exercise. If one wants to deadlift a lot of weight and does the deadlift, stiff-legged deadlift, a hyperextension that could be done off of a regular bench with feet held in a power rack, barbell or dumbbell rows, chins, and various supporting movements, the typical trainee could no doubt eventually reach their ultimate limit in the deadlift.

If one wants to bench press a lot of weight, they could bench press, overhead press, do either with dumbbells and add pipes for dipping or do it within the power rack. There is room for variation with partial pressing movements, lock-outs, dumbbell work. In all cases, for this example, the basic equipment will suffice.

If you can train at home, I believe the lifter should. Atmosphere is important. We often received compliments at the Iron Island Gym regarding the training environment. I've mentioned this previously in *PL USA* and, yes, the equipment was great, but the group of lifters was great, providing the impetus to do more, go harder, and not miss workouts. You can have this at home, especially when you don't need the money or space for a lot of equipment. A garage or basement gives room enough for a bench and rack,

and room for plates, bars, and dumbbells or dumbbell bars. One can not only train at their own "leisure" but, for the sake of this article, train in their own environment. Powerlifting is very much mental and emotional. The "thinking that you can" mindset is a strong determinant of one's final contest results and, yes, while you certainly have to train and prepare properly physically, the emotional aspect is a key ingredient.

In the "old days", most lifters trained at home, or at the Y, and more rarely, at a gym. The Ys had the weights in the basement, usually with water leaking across the floor, some old benches - as the weight room was the last place that saw renovation, lots of barbells and dumbbells, and often, a few home made, heavy duty pipe or angle iron construction pieces. Gyms were not health clubs or spas, they were down and dirty gyms with the basic equipment and a group of men (almost never was a woman seen in the gym in the early and mid 1960s) who just wanted to lift. They came out of that atmosphere where they lifted in relative isolation in spartan surroundings and then traveled to a meet. The meets at York were exciting in part because they were held in "the" gym of gyms, next to the Hall Of Fame, yet, it was still a

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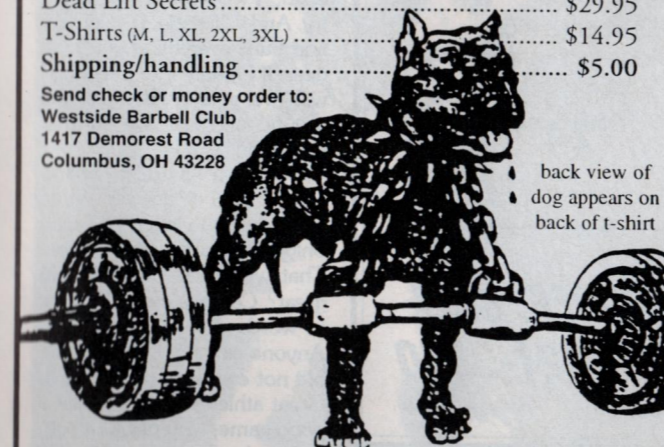
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lifting gym that hosted the competition. Other meets were held at the KOC Hall, VFW Hall, or another YMCA. I remember my first "fancy" meet and, in truth, I didn't care for it. The meet was held at a hotel, something that began in the mid to late 1970s. The thinking, accurate and efficient, was that the lifters would stay in the hotel, eat in the hotel, and then compete in the hotel. It was great for hotel business, and a draw for the meet director, but, in my opinion, it destroyed the appropriate lifting atmosphere. Getting ready to squat in a beautiful hotel ballroom with cathedral ceilings and chandeliers, a carpet that stared at you and said "do not spit!", and amenities that were previously unheard of killed the mindset of many guys who were used to something a bit more rustic. No, this is not a walk through a nostalgic field of dreams, but a request that one think about what they bring to their lifting each workout.

It's a test of discipline, and one that should allow you to bring your full mental and emotional being into it. Some can do it anywhere, some do better with the proper setting. While that is personal preference, trying limit squats to the sound of hip hop or disco music, admonitions not to use chalk, self con-

sciousness if one bellows to the heavens or screams under a heavy squat, are impediments, not incentives to success. I always think of powerlifting as it was done in basements and garages throughout Pennsylvania, New York, Massachusetts, and Illinois. All of these places were in the forefront in the rise of the sport in the early and mid 1960s. Yes, Bill West and his crew got the ink in Weider's *Muscle Power* magazine from 1965-1968, but the grass roots of lifting was in the more industrialized areas of the northeast where most lifters did in fact train in the garage, basement, YMCA, or local meeting hall. If you can find one or two reliable training partners with at least an equal level of dedication, consider home training. I've hammered home this point in other columns, but give thought to your training atmosphere. You may not relish an unheated garage in 3 degree weather as we encountered this past weekend, with the wind chill estimated at 40 below zero, but we deadlifted in the driveway without any hesitation. Cold? Yes, but better than the carpeted palaces designed to inspire the hordes onto a fitter lifestyle. Give it some thought and see if your training quarters can't better reflect your desire for improvement.

Dr. Ken Leistner

Last month we were talking about courage and how important it is for an athlete to face his fears. If you recall, we said that a courageous individual is not someone who is never afraid. All brave people experience fear. Being afraid is a perfectly appropriate response when one is threatened or confronted by a fearful thing. As Leo Rosten says, "those who do not know fear are not really brave, for courage is the capacity to confront what can be imagined." That's the type of courage we are talking about - acting bravely when we don't really feel brave.

We also mentioned that if you look at the really successful people in life, they are people who are willing to face their fears, willing to risk, willing to live on the edge now and then. These are the people to whom the world belongs. If you don't have the courage to face your fears, to experiment with your life, you'll never reach your ultimate capacity. You have to have the courage to be all that you can be. The courage to create your own destiny.

Now here is something else you need to understand. There is a world of difference between what an athlete says and what an athlete does. In other words talk is cheap. Anyone can talk, but not everyone can act. I've known a lot of athletes who have written a check with their mouth that their butt couldn't cash. They will talk all sorts of "trash," but when it comes to backing it up, they fold. William Bennett said something I believe is significant. He said, "Saying you'll do something may take one kind of courage, but actually doing it requires a different type. Real bravery lies in deeds, not words." I like that statement.

Do you remember Aesop's tale about "The Brave Mice?" - the one where the old cat was catching all the mice in the barn, so the mice got together to make a plan to get rid of the cat. And what they decided to do was to tie a bell around the cat's neck when he was asleep so that when the cat was around they could hear him. Do you remember what happened? All of the mice at the meeting wanted to be the one to tie the bell to the cat, but none of them were willing to take the risk, when it came time to do it. A lot of athletes are the same as the "Brave Mice." They talk a good game, but they don't play one.

Dr. JUDD

In Pursuit of Success, Pt. 8

COURAGE Part II, as told by Judd Biasiotto Ph.D.

When I was competing I had a tendency to run my mouth about what I was going to do. My father would always say, "Fuc the non verda," which is Latin for "Don't tell me, show me." Like Bennett and Aesop, my father was aware that actions speak louder than words. I'm not the only blabbermouth though; I hear guys in the gym all the time talking about how great they are, about what they are going to do when they compete, but when competition comes they're never there. They always have excuses - "my shoulder hurts, my back is bad, my training is not going right". It's a joke. They want to tie the bell on the cat, but when the cat shows up, they run and hide - they're cowards. Courage is facing your fears - not running from

them.

You know I love stories, probably because my father was a magnificent storyteller. In fact, I know of no one who could tell a story better. The way he would describe the characters of a story and their escapades was magical. He would bring everything to life in your mind's eye. My sisters and I would sit at his feet for hours listening to his tales. Over the years he created a treasure chest of adventure and enlightenment for us. It was great. Of all the stories he told us, my favorites were about the warriors of Sparta. As you are probably aware, Sparta was a city-state in ancient Greece that was famous for its military might. In fact, many historians believe that the Spartans were the most feared and coura-

geous warriors in the history of the world. Even today, the name Sparta is synonymous with courage. I think that's why the stories about Sparta are so exciting and inspiring to me. One of the most instructive stories that my father told me about Sparta was the Laconic Answer. The story is a primary example of what we are talking about - that real courage lies not in words but in deeds. That what a man says is not so much important as what a man does. I'd like to tell you the story. It's a great tale, one that's been passed on from century to century.

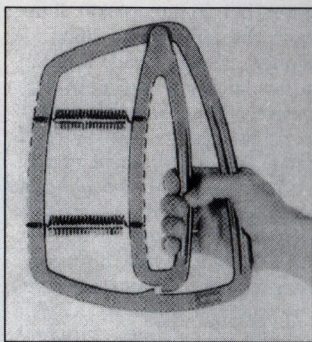
In ancient days, the country of Greece was divided into several independent city-states, each with its own king. Macedonia, in the northern part of Greece, was one such city-state. Macedonia was ruled by Philip, a warlike king whose objective was to rule all of Greece. In order to fulfill his objective, Philip raised one of the mightiest armies in the world, and then declared war upon the other city-states. Within no time, he forcibly unified most of Greece's cities. He kicked butt everywhere he went. Actually, he was feared not only in Greece, but throughout the known world. Feared by everyone, that is, but the Spartans. The Spartans, who lived in the southern part of Greece, in an area called Laconia, were pretty fair butt kickers themselves. As I mentioned earlier, they were known for their military might and bravery. They were also known as a people who used few, but well-calculated words to express themselves. Even today a short answer is often described as "Laconic."

Philip knew that if he was to rule all of Greece, he would have to conquer Sparta, a task that would not be easy. So he raised the greatest army he could and took them to the borders of Laconia. He then sent the Spartans a message, "If you do not submit at once," Philip threatened, "I will invade your country. And if I invade, I will pillage and burn everything you hold dear. If I march into Laconia, I will level your great city to the ground and salt the earth it stands on."

After a few days, Sparta sent Philip their answer. When he opened the letter, he found only one word written there. That word was "If. Isn't that great? Courage doesn't come in words; it comes in deeds. Anyone can say they're great, but not everyone can prove it. Great athletes don't just talk a good game, they play one too. Remember that.

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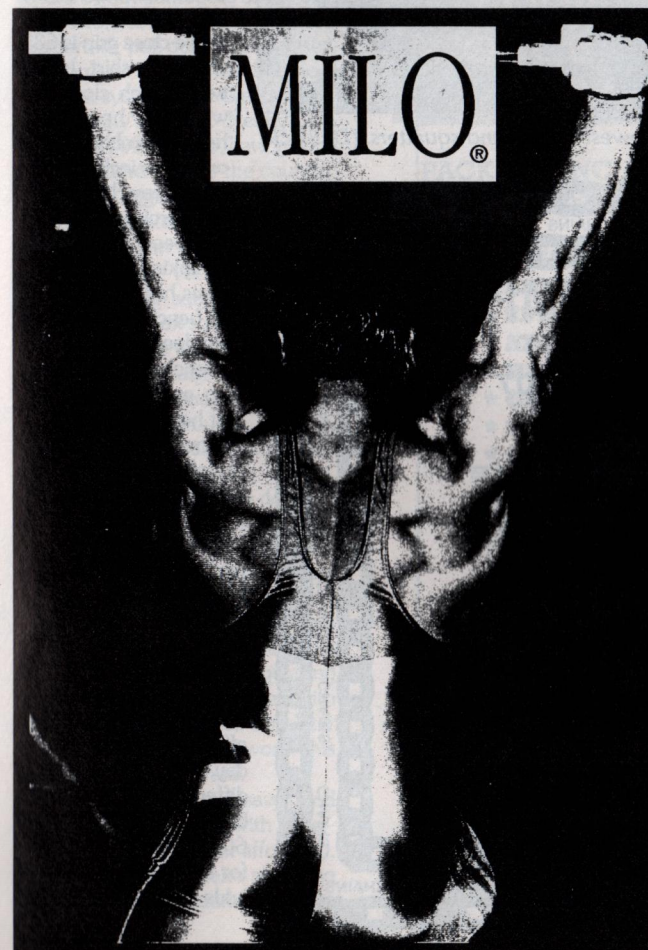
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When lifters repeatedly use the same simple method of training to raise their strength level, they will eventually stall. Like the scholar who must utilize many sources of information to achieve a higher level of knowledge, the lifter must incorporate new and more difficult exercises to raise their standards. Many have the theory that to squat, bench, or deadlift more, you simply have to do the three lifts. If it were that simple, no one would need special exercises, machines, or systems of training. But we know this is not true.

Because lifters have different body types, they may excel at one lift but struggle with another. The great Lamar Gant was the only lifter I have known who held the world record deadlift and bench at the same time. There are men who hold three world records in the deadlift, yet can't make the top 10 bench list. Their muscles in the upper body are, I'm sure, as strong as anyone's, but they are limited by body structure, e.g., short torso, long arms. Many of us are affected by this. But is there an answer?

In the early 1970s, the Dynamo Club in the former Soviet Union had 70 highly skilled Olympic lifters. They were introduced to a system of 20-45 special exercises that were grouped into 2-4 exercises per workout and were rotated as often as necessary to make continuous progress. They soon found out that as the squat, good morning, back raise, glute/ham raise, or special pulls got stronger, so did their Olympic lifts. When asked about the system, only one lifter was satisfied with the number of special lifts; the rest wanted more to choose from. And so the conjugate system was originated.

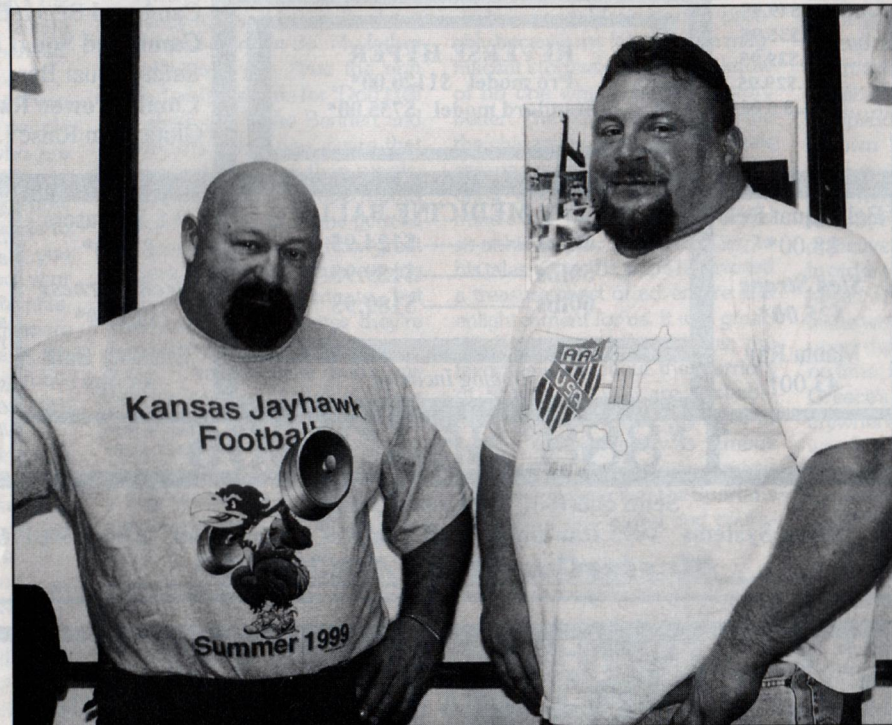
When you have a body type that lacks, say, the muscles that squat and yet you squat on a regular basis, then a coupling of special exercises for the glutes, hamstrings, hips, and lower back are needed to fortify those areas. These special exercises will enable you to raise your squat once more.

Think about it. If you read only one book, no

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The Conjugate Method

as told to Powerlifting USA by Louie Simmons



Louie Simmons and Mike Ruggiera, Westside's newest 900 pound squatters. (D. Black)

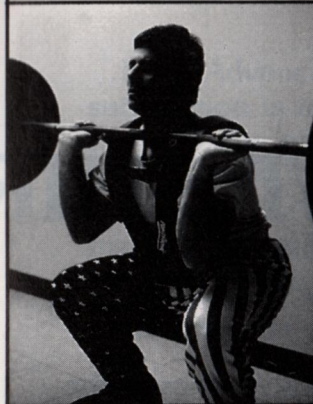
matter how many times you read it, you will only learn so much. If you only squat, you will get only so strong because no new stimulus is introduced. This may not happen in the early stages of training, but as you become more advanced, you will need a more strenuous method of training. This training will indeed help your motor potential and help you to perfect your technical skill.

Before I present some examples of conjugate training, think about this. How much could you bench press the first time you tried? 200? 300 perhaps? Now how did you achieve that level of strength without ever having benched before? You did it through simplified training such as pushups and pullups. Those of you who could bench 300 the first time will never double that amount without doing specialized work to raise your strength, right?

Here are some examples of the conjugate method. Glen Chabot bench presses only twice a month. Both times he uses a close-grip style. He can do 405 for reps in the low teens. His best single close grip is 635 without a shirt. In between each close-grip workout, he rotates heavy dumbbell work on a flat or incline bench or very heavy bodybuilding exercises for lats, delts, pecs, and triceps. This linking of special exercises has given Glen a 705 bench press at 275. Glen does not arch when he benches and has fairly long arms. He realized that he needed a special program to fortify his pressing muscles. This is a simple but very effective training program.

A more complex system is Kenny Patterson's. He will do floor press, chain press, board press, incline press, and overhead press, just to name a few, rotating to a different exercise each max effort day. On dynamic day, Kenny uses three different grips on the bench press and uses 60% of his no-shirt max for 8 sets of 3 reps. He adds a lot of triceps ex-

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tensions with dumbbells or the barbell, rows (one-arm, two-arm, chest-supported), pull-downs, delt raises, and forearm work. This is a more complex system than Glen's, but it suits Kenny's needs. Kenny is a legitimate 700 bencher, having done it several times across the country.

Mike Ruggiera and myself just made 900 squats. It was a 50 pound increase for him and a 40 pound increase for me, yet we did not do a single regular squat in between meets. We do box squats on speed day with a large amount of bands and weight. We also use the Reverse Hyper machine and do glute/ham raises, pull-throughs, and abs. I pull a weighted sled before my squat workouts.

On max effort day, we do good mornings (five varieties), belt squats, speed deadlifts (60% for 6-8 singles), and Safety Power Squat Bar squats to different box heights. Mike also pulled his first 800 deadlift, without having done any conventional squats and no big deadlifts. After squatting he does deadlifts for singles with 60% for speed, and three days later he maxes out on special work: this is the conjugate method.

To push up a squat, heavy good mornings or squatting with different bars is done on max effort day. The different bars make squatting very awkward and extremely hard to

do, much harder than a regular squat. (The same is true of box squats; they are harder than competition squats.) On max effort day we may do a type of squat on week 1, a good morning on week 2, and a front squat on week 3, each exercise contributing to the next week's exercise, which in turn will build a bigger squat by strengthening the weaker muscle groups and perfecting form.

The training is linked together, enabling you to raise your total. For instance, to build the glute and hamstring areas, push up your reverse hyperextensions as hard as possible until your progress slows. Move on to pull-throughs for a week or two, until progress in these slows as well. Then go to glute/ham raises, and again push as fast and hard as possible. Then pull a sled walking forward to build the glutes/

hamstrings. It is possible to continuously gain strength in any body part by switching special exercises. As the effectiveness of the exercise decreases, switch to another one. By training in this manner, it is possible to raise all types of strength throughout the year.

On max effort day the entire volume consists of unidirectional loading. One training workout contributes to the next. Keep in mind that if you train a lift at 90% or more for more than 3 weeks, your central nervous system is negatively affected and your progress will go backward. But by switching exercises each week (for the high-level lifter), you can use 100% and more each week. The sequence of exercises you use does not matter, as long as the load is maximal. The time it takes to do a maximum effort, for example in a low box

squat with a Manta Ray, takes at least as long as max deadlift or squat. This is called "time under tension".

The conjugate method also improves SPP (special physical preparedness; e.g., speed deadlifts, plyometrics) and GPP (general physical preparedness; e.g., sled dragging). This is the most effective method to gain strength continuously throughout the year, with no ridiculous off-season. No one can afford to take time off. By maintaining the speed work for the three lifts and increasing general work (e.g., upper and lower body sled work, lats, abs, triceps) you won't go backward. There are many methods of training, but by incorporating the conjugate method, you can't miss.

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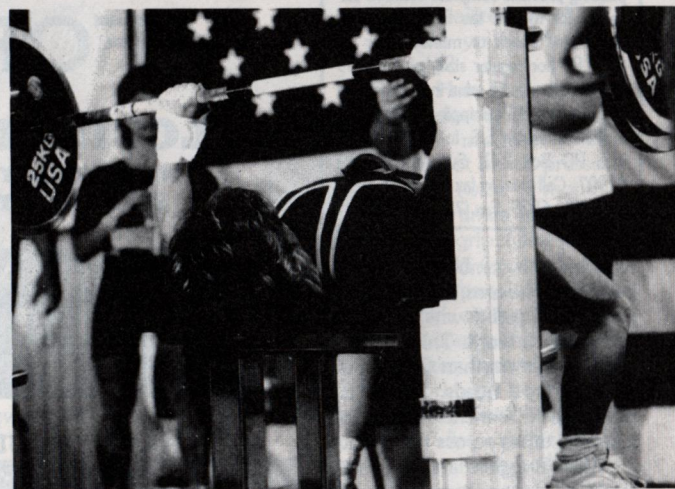
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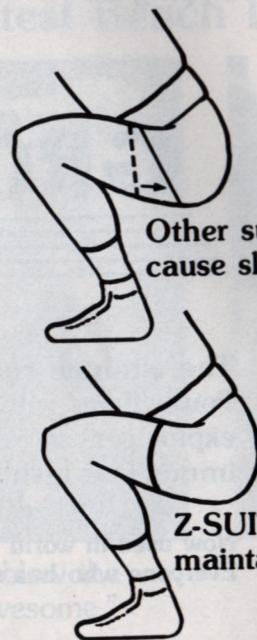
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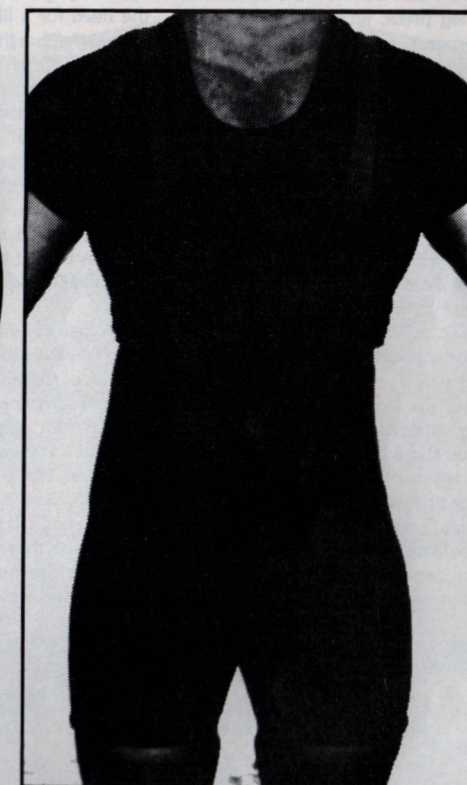
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There are three major purposes for assistance exercises; first to strengthen a powerlift, second, to add variety to training and third; to train around an injury. One exercise fitting this description is the leg press. First, it allows a lifter to work the thighs and hips when the lower back is tired and needs rest. The leg press is also a perfect candidate for light days when you may choose not to squat at all. This can be a real plus for a lifter whose leg strength is sub par, but chooses not to squat more than once per week. If a lifter is suffering from an injury which prevents squatting altogether, the leg press can help maintain leg power while the lifter recuperates.

Now that we know the benefits of the leg press, let's examine how to incorporate it in your training schedule. First, let's examine the types of leg presses available. One type is the 45-degree leg press on a sled, another is the 'universal' style in which the lifter sits down and presses the weight straight-ahead. Eagle offers a leg press in which the lifter lays flat on a movable sled and pushes away from the base. Which one you choose depends, of course, on what is available. Also, some leg presses offer more comfort to each individual lifter. Comfort is an important factor in deciding which one to use if you have several choices.

If the leg press is new to you, progress slowly with weight increases, as you should with any new exercise. The leg press allows the lifter a high range of motion on the lower end of the lift. Lowering the weight to extreme low positions, say knees to your chest, requires flexibility. Unless you have or develop that degree of flexibil-

STARTIN' OUT

A special section dedicated to the beginning lifter

Leg Press for Power

as told to Powerlifting USA by DOUG DANIELS

ity, an injury can easily occur. I doubt the need for a lifter to use such extreme stretches in the leg press. Simulate the depth in the squat and achieve that depth on every rep, that way, increases in strength can be measured. Too many lifters have a tendency to decrease the range of motion as the weight increases and regard that as an increase in strength when, in truth, less work is performed and less benefit is gained. This is the equivalent to high squatting on the leg press.

A flaw I have noticed with many lifters is when they come out of the bottom of the squat, their knees bow inward together as they rise out of the bottom. Not only can this cause injury, but it is a very inefficient use of leg power. Many lifters are not aware of this unless a coach or training partner sees it. If this is a problem you experience, the leg press can help. As you press the weight to completion, concentrate on keeping your knees

straight, parallel to each other throughout each rep. Because your knees are in clear view, you can see them buckle in first hand. If necessary, lower the weight on the leg press until you can maintain this position. Increase slowly while maintaining this form. If you combine this type of form with new attention and similar adjustments in your squat, this problem will be history and bigger squats will lay ahead.

Another common flaw I have noticed many lifters exhibit is that when they push up, is their heels lose contact with the leg press' base where their feet rest. This causes the lifter to lose substantial leverage because much less power can be transferred from the legs and hips this way as opposed to when the entire bottom surface of foot is in contact with the footrest. This can be solved by first, once again, identifying you have this problem. Next, develop ankle and Achilles tendon flexibility so you can keep your entire bottom of your foot flush with

the base throughout the whole movement. Some leg press machines offer an adjustable foot base so you can set the angle to best match your ankle flexibility. You can also experiment with placing your feet higher or lower on the leg press foot base.

The leg press can also be used as an assistance move for the deadlift. The leg press simulates the leg drive during the deadlift. For best results, perform your leg presses with the same leg spacing as your deadlift pull. This favors conventional deadlifters more than sumo lifters, but it still offers benefits to them also. Sumo lifters should use a shoulder width or slightly wider stance for best overall results. Keep your range of motion with the squat in mind and the deadlift will benefit the simultaneously.

The leg press is sometimes classified as a

pseudo-isolation exercise, but unlike other isolation exercises, such as the stiff-legged deadlift, a lifter can generally use more weight in the leg press than he can use in the targeted squat. This is because the lifter does not need to balance or control the weight during execution. The weight is also in perfect alignment so that involved muscle groups can effectively move it. Considering the fact that some muscle groups are isolated in the exercise and some are excluded, it does qualify as an isolation exercise, albeit hybrid.

As with any exercise, safety must always be considered. Make sure any leg press you use is in good working order and the weights you use are loaded securely and evenly. If you are going to attempt extremely heavy weights, have a few spotters stand by. If you miss a rep in the leg press, it may be too heavy for one spotter to get it off you. A 500 pound squatter can be pressing around 750-1000 pounds. This can add up to some substantial weight and would be next to impossible for you alone or even with one spotter to get the weight back in the rack. This is a good exercise in which to reconsider the notion of trying to get one last, tough rep in.

Lastly, let's look at how we can incorporate the leg press in our training schedule. The key thing to remember is not to overtrain. I would recommend squatting once per week and leg pressing on light days to the exclusion of squats. This way, your lower back will remain fresh and not be overly stressed by the demands of squatting and deadlifting. Sets and reps are up to you. I suggest keeping reps in line with your current cycling set-up. Drop the leg press from your routine the last 3 weeks prior a meet to avoid overtraining.

Another use of the leg press can be for calf training. Place the balls of your feet on the lower part of the machine. Be sure to get a full range of motion for best results. Strong calves add to your stability in and out of the rack as well as controlling the weight during the actual lift. Another benefit of working your calves is to help balance their size in comparison to the size of your thighs, which tend to get bigger with heavy squats and, oh yeah, leg presses.

Leg presses are not a substitute for the squat, but by incorporating the leg press in your training schedule, lifters can strengthen their legs and hips and not over stress the lower back in the process. It also provides an injured lifter with an avenue to maintain and build power while recuperating. Adding variety to your workouts is also another benefit. There are several reasons to use assistance exercises and the leg press meets the criteria.

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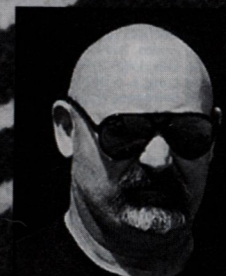
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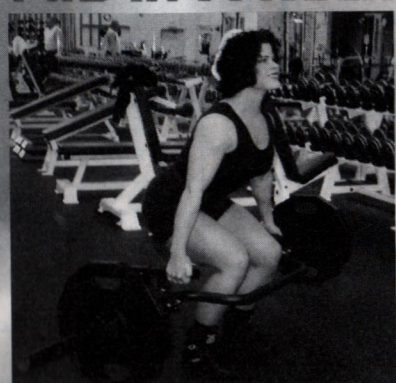
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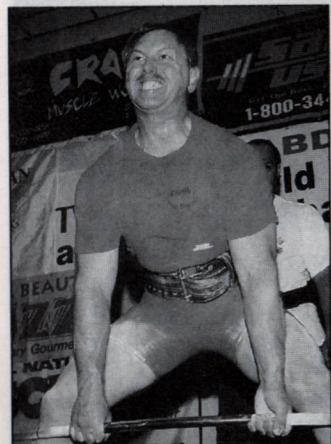
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MASTERS TOP 20

These are the TOP 20 Master powerlifters in the United States for the year 1999. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or body-weight, and - in the latter case - we don't know which weight class to credit the efforts against.



Jerry Capello tops the 220 list in the deadlift and total (Baertlein)

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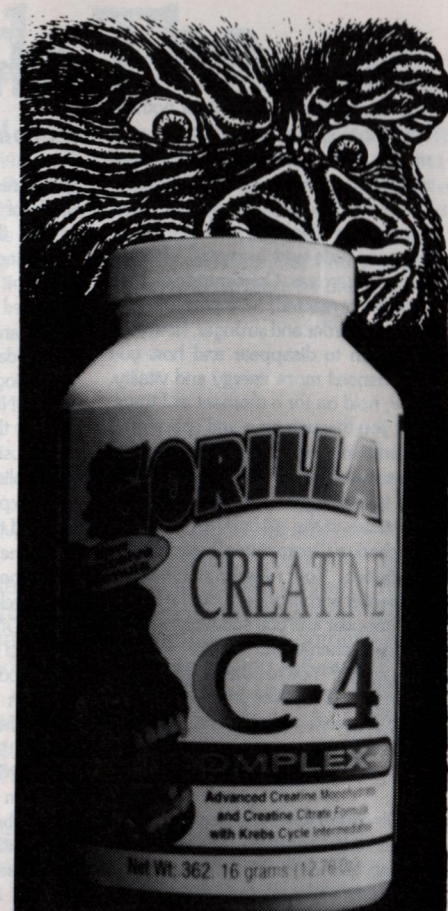
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- 198 lb. BENCH
 - 556 Schwenger, 1/6/99
 - 496 Piggee, D.1/1/99
 - 490 Marinkovic, D.2/6/99
 - 479 Yokley, J.3/6/99
 - 474 Olso, R.6/20/99
 - 472 Kanemoto, K.9/25/99
 - 435 Smith, B.1/30/99
 - 435 Newman, D.5/9/99
 - 435 Reikind, M.5/22/99
 - 435 O'Dwyer, R.7/10/99
 - 430 Fidler, J.8/21/99
 - 424 Benford, G.5/22/99
- 220 lb. BENCH
 - 705 Capello, J.3/28/99
 - 688 King, B.10/29/99
 - 683 Costa, L.6/20/99
 - 680 Young, 3/20/99
 - 672 Dienberg, D.4/18/99
 - 672 Pessell, G.11/20/99
 - 672 Fisher, K.12/18/99
 - 665 Burlingame, D.10/31/99
 - 661 Cole, D.5/6/99
 - 660 Dingle, G.5/1/99

- 198 lb. DEADLIFT
 - 755 Meyers, T.7/25/99
 - 722 Cole, D.11/6/99
 - 683 Ferstler, C.7/3/99
 - 661 Richards, J.8/14/99
 - 660 Wilcox, S.10/23/99
 - 650 Boyd, J.3/21/99
 - 645 Lewis, R.6/12/99
 - 644 Bell, C.10/24/99
 - 639 Steele, K.5/23/99
 - 633 Solan, D.12/31/99
- 220 lb. DEADLIFT
 - 705 Capello, J.3/28/99
 - 688 King, B.10/29/99
 - 683 Costa, L.6/20/99
 - 680 Young, 3/20/99
 - 672 Dienberg, D.4/18/99
 - 672 Pessell, G.11/20/99
 - 672 Fisher, K.12/18/99
 - 665 Burlingame, D.10/31/99
 - 661 Cole, D.5/6/99
 - 660 Dingle, G.5/1/99

- 198 lb. TOTAL
 - 1768 Bell, C.10/24/99
 - 1735 Anderson, B.9/26/99
 - 1658 Compton, R.11/6/99
 - 1650 Richards, J.8/14/99
 - 1647 Benford, G.5/22/99
 - 1615 Boyd, J.3/21/99
 - 1614 Taghivand, B.2/13/99
 - 1614 Kanemoto, K.5/22/99
 - 1609 Solan, D.12/31/99
 - 1595 McDowell, 11/20/99
- 220 lb. TOTAL
 - 1757 Capello, J.3/28/99
 - 1741 Pessell, G.11/20/99
 - 1735 Fulton, D.10/29/99
 - 1730 Sulphing, P.8/29/99
 - 1724 King, B.10/29/99
 - 1720 Henderson, 11/20/99
 - 1719 Roberts, S.5/23/99
 - 1690 Ferro, B.10/31/99
 - 1680 Beaudoin, S.5/1/99
 - 1675 Muslo, M.4/11/99



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I'm going to do something here just a little bit unorthodox. Ready?! Close your eyes, relax, and think of nothing but empty space. Now, imagine with me for a moment about all the hard work you've done in the past to get into shape. Picture all of the running, bicycling, stair climbing, sit-ups, bench presses, curls and a myriad of other intense exercises. Concentrate on how your body reacted, how your muscles became harder and stronger, how your fat began to disappear and how you experienced more energy and vitality. Now, hold on for a moment as I transport you through time and space onto the sofa in your home. Imagine sitting there watching your favorite TV show and taking a pill. As you relax, the chemicals in the pill start to react with your body and something fantastic starts to happen. Your muscles start becoming harder and stronger, your fat begins to disappear and you suddenly notice a surge of energy and vitality! What is happening? You're obtaining the same results with the pill as you did with all of the hard work and exercise.

WAKE UP!!!

Obviously what you have just imagined is not possible as of yet, but we are getting quite a bit closer to its reality every day. Although we can't mimic all of the effects of exercise with chemicals, we can simulate some of them with new, very innovative, technology. I am talking about chemical compounds that have the ability to drastically increase your metabolism, "work" your muscles, and burn a great deal of body fat. The result is a leaner, harder, stronger, more fit body!

This whole concept of chemical exercise began nearly a year ago when I was researching a compound called 2,4-dinitrophenol (DNP). This amazing phenol was discovered in the 1800s and used mainly for dynamite manufacturing purposes. Back then, very little information was known about how DNP interacted with biological processes. Moreover, there were no agencies such as OSHA which regulated the handling of dangerous or toxic compounds. As a result, several workers in various dynamite manufacturing facilities handled the DNP freely — no respirators, no gloves, nothing! This might not have been a problem except that DNP is lipophilic (fat-loving) and readily absorbs through the skin. In combination with breathing DNP's vapors day after day, the workers began building up considerable quantities of DNP in their bodies. At first, symptoms were mild such as sweating, light fever, increased appetite, and insomnia. However, as the days passed, the DNP levels in their bodies steadily increased. It was only a matter of time before these poor souls began developing more serious side effects — extreme exhaustion, profuse sweating, high fever and disorientation. Eventually, as you might have guessed, a few of these men died. Upon investi-

Chemical Exercise!!!

as told by Derek Cornelius, Syntrex Innovations

gation, researchers discovered very high levels of DNP in their bodies — they labeled the cause of death as DNP poisoning. DNP is so potent that even a little bit absorbed through the skin or breathed in via fumes can cause a significant effect — especially when this occurs day after day. Reports of these poisonings prompted researchers to study DNP. Although, the reason wasn't clear at the time, they knew that DNP was causing a hyper-acceleration of the metabolism. Basically, their bodies were expending too much energy, too fast and thus the symptoms of exhaustion, sleeplessness, etc.

In the early 1900s, some researchers developed the bright idea that because DNP greatly increased the metabolism it would be an effective weight loss product. They formulated varying dosages of DNP and carefully monitored the effects on overweight and normal test subjects. Without exception, DNP potentially increased their metabolism — sometimes in excess of 100% above normal. Once the dosage/effect ratio was established, companies began selling DNP as a sure-cure for obesity. A lot of promises were made about the results that DNP would deliver, but unlike many things, the promises WERE fulfilled! With heightened metabolisms, individuals on DNP lost significant amounts of weight in just a short time. Others took a lower dosage just to stay lean and lithe. Unfortunately, some people decided that if a little was good then a lot would be better. This type of careless thinking brought a sure end to DNP sales in the United States. High dosages generated negative side effects and negative side effects generated negative reports. Not long after, the newly formed FDA put a halt to DNP being sold in the U.S. for weight loss purposes.

Who would have guessed that we would now be studying a fat loss technology that was developed over a half century ago? Actually, pharmaceutical companies in the last several years have been spending literally millions of dollars trying to perfect the technology behind DNP for weight loss! My own experience with DNP began about a year ago when several acquaintances and I experimented with a reasonable dosage to record its effects. Within a few hours of the first dose, we all began feeling a little hot and sweaty. As time passed, we became chronically restless and tired — even to the point of feeling

"With DNP, a little is good, but beyond a certain dosage it becomes toxic, even deadly..."

out of breath. After two weeks we all lost between 7-10 pounds. Indeed, this is incredible in itself; however, it gets better, much better. During the three days following, something totally unexpected occurred. These "human guinea pigs", myself included, gained an amazing 3-5 pounds. We discovered very quickly that this increase in weight was due primarily to lean body mass gain and not to fat. Furthermore, upon returning to the gym everyone reported that they maintained or increased their strength.

These results intrigued me to the point of doing in-depth research on DNP and the mechanism behind its fabulous metabolism increasing ability. What I found out was quite complex; I will attempt to put it in simple, easily understandable terms. DNP is what is known as a classical uncoupler of oxidative phosphorylation. Oxidative phosphorylation is the mitochondrial process which oxidizes organic substrates such as pyruvate and uses the resultant energy to convert ADP into ATP — the high-energy molecule that the body uses for fuel. Basically, the energy from the oxidation is funneled through many complex chemical reactions until finally ATP is formed. The chemical reactions are called coupling sites since they connect (or couple) the flow of energy with the flow of electrons in the chemical reaction.

Imagine with me for a moment many pipes attached end to end via valves. Now, imagine the pipe connected to a water supply. When the water is turned on it will flow through the pipe until it reaches a valve. As long as the valve is open the water will continue to flow. Closing the valve prevents the flow of water. Pay close attention now! Pick out a joint along the pipeline and imagine poking a hole in the pipe at this point. Water begins to flow through the hole and is wasted. To keep the same amount of water flowing through the pipe beyond the hole you would have to go back to the water supply and increase the flow. If you can understand this, you can understand what happens with oxidative phosphorylation and uncoupling. The pipes are representative of chemicals, the water representative of energy and the valves representative of the electrons (energy) at which the chemical reactions occur. Basically, an uncoupler pokes a hole in the chemical pipeline (at the place of a valve/chemical reaction) allowing energy to escape and be wasted. To compensate for the wasted energy and reduced production of ATP, energy containing substrates such as pyruvate are oxidized at greater rates to free more energy to be used in the process (same as increasing the flow of water). For reference, an inhibitor is analogous to shutting off the valve — energy flow

is halted or prevented. We are interested in the phenomenon of uncoupling and not of inhibition. Controlled uncoupling of oxidative phosphorylation can be a very positive thing while inhibition of this process usually brings disastrous results. Interestingly, most uncouplers in high dosages actually become inhibitors and cause toxic phenomenon.

Thus, as an uncoupler, DNP makes oxidative phosphorylation inefficient. Normally this process is about 60% efficient; DNP steps in and makes the process only 40% efficient. As with any energy converting process, the energy which is not converted is wasted as heat — in this case, body heat. To maintain its normal supply of ATP, the body steps up its production (metabolism). In this whole process an incredible amount of calories are burned! What's even better is that nearly all of these calories come from fatty acids, i.e., adipose tissue!

Although the processes are quite different, DNP and physical exercise have similar end results. Both drastically increase the metabolic rate as well as create a high demand for ATP. If the demand exceeds the ability of the mitochondria to produce ATP, exhaustion results. The process of "getting in shape" is actually the body's adaptive response to the demand placed upon it during physical exercise. DNP is like physical exercise because it too makes the body work harder to produce a sufficient amount of ATP to fuel its energetic requirements. In fact, DNP places a higher demand on oxidative phosphorylation than exercise. Not only does DNP affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physical exercise so it does with chemical exercise. It is for this reason that all of the DNP experimenters felt stronger, healthier and more vital upon ceasing its usage.

Without a doubt, many of you are thinking that you would like to try some DNP on yourself. Potent fat loss with no muscle loss (and possibly muscle gain) is only a dream for many people who long to be fit and lean. Although tempting, my advice is to stay away from DNP! Not only does it have explosive properties, but it is very difficult to obtain. Furthermore, the more DNP you take the more fat loss you will have. This leads to the temptation to take more and more in hopes of achieving better results. Unfortunately, the "more is better" philosophy will cause devastation when it comes to DNP. With DNP, a little is good, but beyond a certain dosage it becomes toxic, even deadly — remember the workers in the dynamite facility! Don't lose hope, though. I have been working on a naturally occurring uncoupler which seems to be safer and better the DNP. If all goes well, I will be reporting on this in the next issue.

Keep your eyes open — you won't want to miss this!

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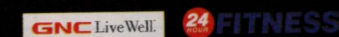
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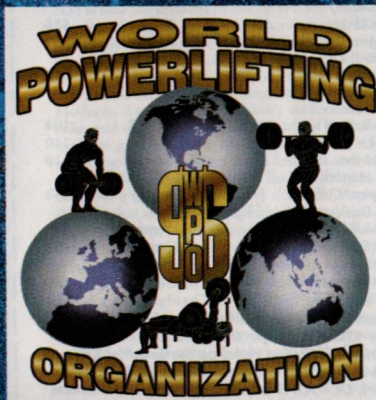
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Coming Events

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4 MAR, WV State High School PL, Rick Dee3m, Parkersburg H.S., 1511 Blizzard Dr., Parkersburg, WV 26101, 304-863-3747

4 MAR, Larry Frederick Memorial BP Challenge, North Penn YMCA, 608 E. Matn St., Lansdale, PA 91445, Steve Unrath, 215-368-1601 ext 230.

4 MAR, Walker's Gym BP Classic (men, masters, teen, women, police, fire, military - open & raw) Walker's Gym, 220 E. Broadway, Hopwell, VA 23860, 804-458-7918

4 MAR, APF Bike Week Bench Bash & Deadlift, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

4 MAR, USAPL Dakota BP (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-799-5316

4 MAR, SLP Missouri State "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 MAR, USPF Central California BP (Frazier Park) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724

4 MAR, WABDL Oklahoma State BP/DL, Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

4 MAR, All Church Meet (open to all church members and church sponsored teams) Pastor Peter Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410

4 MAR, Police & Firefighters Nationals (Holiday Inn KCI, Kansas City, KS, 816-456-2345) James Duree, 913-596-7326

5 MAR, ANPPC Central USA PL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5 MAR, USPF New Jersey High School Drug Free Championships, Paul Sacco, 609-567-0046

11 MAR, 4th APF Michigan Sr. State PL (men/women: open, teen, jr., submaster, master, novice) Dan DeFelice, 19461 Voiland, Roseville, MI 48055, 810-294-7055 after 6PM please, ddefelice@medlaone.net, www.apfmichigan.com

11 MAR, WNPF New York Bench & Pull (Armonk - near White Plains) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com

11 MAR, WEPOF World Superman (PC, BP, DL) WEPOF, 6278 N. Summer Cir., Douglasville, GA 30135, 770-949-9299

11 MAR, USAPL Nebraska Law Enforcement BP & DL (certified law enforcement, incl. corrections - open, master, submaster, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

11 MAR, USAPL 3rd Judgment Day/

Eclipse 2000 Drug Free BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115, ext 230

11 MAR, NASA Ohio State (Springfield, OH) NASA, Box 735, Noble, OK 73068, 405-527-8513

11 MAR, WPA World Cup BP (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa

11 MAR, USAPL Military Nationals (San Diego area, CA) Chris Turner, 619-238-7168 (h)

11 MAR, March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 MAR, AAU State Championships (raw/assist., open, submaster, master, youth, teen - natl. judges, world qualifier) Keith Ward, 41-857 Kalaniana'ole Hwy., Waimanalo, HI 96795, 808-259-5266

11 MAR, 16th Mike Giardina's Biggest Bench Press (open men, women, teen, submaster, masters) Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 (after 6pm)

11 MAR, Hawaii State PL (raw/assist., age 5-95, all divisions, World PL qualifier) Keith Ward, 41-857 Kalaniana'ole Hwy., Waimanalo, HI 96795, 808-259-5266

11 MAR, USPF Texas State (Dallas, TX - Men & Women, open, BP, class I, teen, 40-49, 50+, submaster, 20-23) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460

11 MAR, APF Central Calif. Open/Novice, PL/BP (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

11, 12 MAR, 6th USPF American Open PL/BP (Philadelphia - drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

11, 12 MAR, USAPL Massachusetts State Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680

12 MAR, USAPL Washington County Open (PL, BP, DL - open, teen, master, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

12 MAR, Wisconsin Open BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

12 MAR, WNPF Northeastern (PL, BP, DL, SQ - Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com

15 MAR, APA New England Collegiate & High School & Regional BP (New Haven, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa

18 MAR, XPF 3rd N. Sam Houston Bench Press, Leg Press, and Deadlift State Championships, Greg Shaw, N.H.H.C., 333 Sam Houston Pkwy., Houston, TX 77060, 713-814-7331

18 MAR, Ironman BP, DL & Record Breakers, Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

18 MAR (new date), WPO Qualifier (APF sanction), Huge Iron, 910 S. At-

lantic Ave., Ormond Beach, FL 32176, 904-677-4000

18 MAR, APF Maine State Open BP, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

18 MAR, ANPPC Drug Free World Cup Intl. Bench Press (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775

18 MAR (new date), APF Alabama Spring Classic, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

18 MAR, 11th Cabin Fever DL plus BP, Mike Schroen, Box 92, Goshen, IN 46527, 219-537-9329

18 MAR, Snake River BP/DL (non-sanctioned - Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6PM, 208-523-0600)

18 MAR, USAPL Illinois State/Great Rivers Open PL/BP (open, women, teen, submaster, master, police & fire, d.o.c.) Mark Molsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

18 MAR, AAU Arkansas State (open to all, Eureka Springs) Rusty Stafford, Box 699, Berryville, AR 72616, 870-423-2000

18 MAR, AAU Iowa Planet Fitness Push Pull Challenge (assisted & raw, teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrat@willinet.net

18 MAR, WNPF Alabama Open, Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952

18 MAR, NASA Pennsylvania St. (Pittsburgh, PA) NASA, Box 735, Noble, OK 73068, 405-527-8513

18 MAR, Y2K Muscle Power Bash BP/DL Classic (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-

253-5429, sonlight@advancenet.net

18 MAR, Miami County Championships (high school, masters, open men & women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720/3197

18 MAR, Old Dominion BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

18 MAR, CPC Western Canadians, Allan Sprague, Box 150, Mile House, BC, Canada, 250-296-3676 or Jon Wolbers 250-989-1545

18, 19 MAR, AAU USA BP & USA DL (youth, teen, jr., novice, open, submaster, master, law enf., military - open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

18, 19 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

19 MAR, WPF/EPC PL Team Championships (Aldershot, England) Carl Smith Tel/FAX +43-316-817683 or cmsmith@netway.at

19 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

19 MAR, WNPF Western New York (Niagara falls, NY - national qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

24-26 MAR, USAPL High School Nationals, Joe Lewis, 4120 Cty Rd. A, Oshkosh, WI 54901, 920-233-7605

25 MAR, USPF Houston Muscletech Class, Keith Scruggs, 713-782-3389

25 MAR (new date), USAPL The Battle of the Great Lakes III PL & BP (Cleveland, OH - H.S. - FR/SO - JRSR, JRS, Men & Women Open, masters 40-



2000 PRO FITNESS POWER LIFTING SCHEDULE

MARCH 18, 2000 - IRONMAN BENCH, DEADLIFT AND RECORD BREAKERS CHAMPIONSHIP. LOCATION : Pro Fitness, Rockaway, NJ

MAY 20, 2000 - HEAVY METAL CLASSIC - FULL MEET. LOCATION: Hopatcong High School, Hopatcong, NJ

AUGUST 12, 2000 - NJ BENCH PRESS OPEN. LOCATION: Pro Fitness, Rockaway, NJ

SEPTEMBER 17, 2000 - POLICE AND FIRE NATIONALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North Newark

NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Hopatcong High School, Hopatcong, NJ

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AAU Fred Rogers/Paul Smart BP/DL
Oct 99 - Savannah, NY

Table listing participants and results for the AAU Fred Rogers/Paul Smart BP/DL Oct 99 - Savannah, NY. Categories include WOMAN, MEN, and BENCH with various weight classes and lifters.



Participants at the Fred Rogers/Paul Smart Memorial Bench Press Championships. (Michelle Rogers)

State Record. The 2nd Annual Fred Rogers/Paul Smart Bench Press/Dead Lift in Savannah, New York featured some fine lifting and quite a few state records. On the women's division Lisa H. Delasacruz set a state record in Bench 150 lbs. and dead lift 230 lbs... In the 148 Jamie Sykes bench 185 and DL 300. In the 181, 50-54 John Hopf with a bench of 285, in the 198 Open Jonathan Smith with a 290, 198 Submaster Raw Leo Chicelli with a state record of 415. In the 20-23 Raw what a battle with Chris Vaccaro with a state bench 305, DL 525 just edged out close friend Doug Wilbert bench 295 DL 500. In the 220 Open Sam Young took honors with bench 350 220, 40-44 Wayne Carroll with 375 bench, 242 Raw Dave Kingwater with bench 365, 242, 50-54 John McAllister with a state record 400, 242, 35-39 my friend R.L. Murray with an off day still got 440, 275 Open Robert Sprague in his first meet 325, 275, 35-39 Scott Carter 380, 275 Raw Chris Demcovich 440, 319, 35-39 Big Dawg Steve Rogers with a state record 450. In Deadlift only 12 year old Logan Cole with state record 165. 220 Raw Mike Hall with 535, 242 Raw Tom Kristoff 620. As all these people above, we love the sport of powerlifting and hope that the politics of lifting don't ruin it! I would like to thank special people who help me get this meet off every year: first my wife Michelle, without her this would not happen. The people who set up and tear down: RL Murray, John Murray, Terry Stafford, Jim Lee. The spotters: Rich Molisani and Joe Cole. Great job guys - Savannah Elementary staff. Referees Tom Kristoff, Nancy Odit, Lyne Hanvey, and announcer Cody Bartlett. Another great job done by all who helped. This meet will take place every September it is in memory of my best friends, my father Fred Rogers and my childhood friend Paul Smart. I miss you guys. (thanks to 'Big Dawg' Steve Rogers, AAU/PC/New York State Chairman, for providing these results to PL USA)

NC Regional PL/BP/PS (kg)
30,31 Oct 99 - Hickory, SC

Table listing participants and results for the NC Regional PL/BP/PS (kg) 30,31 Oct 99 - Hickory, SC. Columns include BENCH, SHW, M. Price-int, D. Creech-jr, C. Hoskins-jr, B. Barbour-m1, T. Baroody-m1, J. Early-m1, D. McMillan-m1, W. Ferguson-m1, S. Vandernick-sm, K. Payne-m5, B. Barbour-mp, and Power Sports.

187 lbs. F. Sumner-dlm2 65 122.5 127.5

Table listing participants and results for the 187 lbs. F. Sumner-dlm2 65 122.5 127.5. Includes lifters like B. Wilson-mp, W. Ferguson-mp, B. Barbour-m1, T. Baroody-n, S. Vandernick-p, M. Price-p, S. Vandernick-sm, D. Connor-sm, E. Glassberg-wp, M. Cranford-cwts, and B. Blackwell-p.

NASA NM PL/BP/PS (kg)
13 Nov 99 - Albuquerque, NM

Table listing participants and results for the NASA NM PL/BP/PS (kg) 13 Nov 99 - Albuquerque, NM. Includes lifters like M. Green-M, K. Ballentine-S, J. Pharms-S, J. Williams-S, D. Mirand-S, D. Campbell-S, T. Price-S, S-Shape, Sp-Spangdahlem, H-Hohenfels, M-Mannheim, Team Champions: 1st Belgium, and 2nd Spangdahlem AB.

4th USAPL Palmetto PL/BP
16 Oct 99 - Laurens, SC

Table listing participants and results for the 4th USAPL Palmetto PL/BP 16 Oct 99 - Laurens, SC. Categories include WOMEN BENCH, Master (55-59), Open 123 lbs., C. Fisher, L. McGill, B. McGill Jr., P. McDaniel, E. Wright, M. Jackson, L. Hoffman, K. Cushman, Open Power WOMEN 132 lbs., C. Lee-16, J. Thompson, R. Hackney-60, and 198 lbs. lifters.



Regina Hackney set a USAPL American Women's Masters record in the deadlift of 294 lbs. at the 4th annual USAPL Palmetto Classic PL & BP Championships. (photograph by Bob Burchett provided via Dan Lark)

Table listing participants and results for the 4th annual USAPL Palmetto Classic PL & BP Championships. Includes lifters like I. Zwick, P. Tanner, M. Branham, S. Clontz, J. Haller, D. Green, G. Faulkenberry, L. Turley, L. Hongland, S. Yeargin, E. Pryor, B. Duncan, C. Matos, G. Pernell, and G. Peñell.

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NOTE: Parent/Guardian signature required if member under 18 years old. Includes fields for Member's Signature and Parent/Guardian Signature.

284th BSB Powerlifting (kg)
13 Nov 99 - Spangdahlem AB, GER

Table listing participants and results for the 284th BSB Powerlifting (kg) 13 Nov 99 - Spangdahlem AB, GER. Includes lifters like M. Green-M, K. Ballentine-S, J. Pharms-S, J. Williams-S, D. Mirand-S, D. Campbell-S, T. Price-S, S-Shape, Sp-Spangdahlem, H-Hohenfels, M-Mannheim, Team Champions: 1st Belgium, and 2nd Spangdahlem AB.



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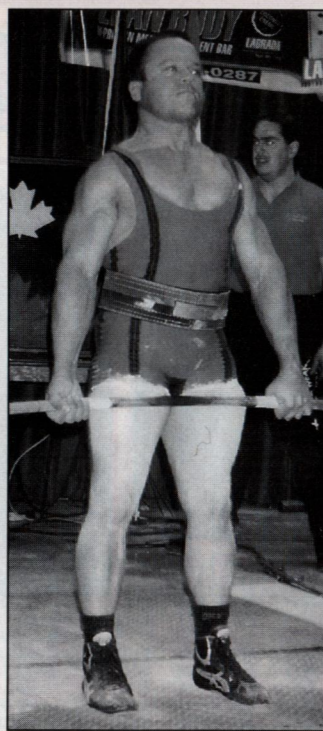
(article continued from page 11)

hands for grip enhancement. His final lift was 683. It came right up with strength and authority - held strong. His final result of 2138 moved him into 2nd place on the All Time World List in the 198s right behind Ed Coan's 2204 done twice back in 1985. If you figure in the 881 SQ he wasn't credited with, it adds up to 2160. Jess's showcase was by far the outstanding performance of the whole meet.

220: Kevin Hammerton, GBR, regained the WPC World title @ 220 that he'd won in 1997. Kevin's landslide victory gave GBR their final gold tally of 3 in the Men's Open. Several other aspirants fell by the wayside. First to retire was defending champ Gerhard Depner (AUT). Charles Maxwell, USA, also failed to register his SQs (804). The USA's chance for a silver medal was left up to Texan Mike Meza. Mike survived the SQ, getting his 804 opener, then missed two with 826. Mike got called for his 496 (inadequate lockout) - and moved up to 501! This time - good lift! Unfortunately he couldn't a DL passed. The USA had two bombers - oh my! This class accounted for two other donuts: neither Staudinger (CAN) nor Vanderberg (RSA) got a squat passed.

Jukka Alto (FIN) picked up the bronze medal, getting but 1 SQ (661) and 1 BP (463). He pulled two (705) for 1890. Andrew Dexter (CAN) came to do battle. He won for Canada their only medal of these championships in the Men's Open - a big silver! Andrew was on a roll, missing only one lift all day. He came back to make his missed 2nd attempt 672 SQ good on his final try. Dexter was flawless after that: BP - 474, 490, then 501. In rapid fire succession - DL: 650, 694, and 716. TOT 1890 good job. Hammerton, looked strong. The British Bull needed 3 tries to secure his big 826 SQ opener. His 2nd looked good, but earned 2R. He went way low with final, which was ground up for 3W. His SQ technique makes his lifts look easy, even with maximum effort. Kevin reached 501, his 2nd BP. In the DL he made all of them convincingly: 705, 727, and finally 749. TOT of 2077 is an impressive result and most deservedly earned under tough conditions. He's champ still and is unquestionably GBR's best powerlifter in the WPC.

242: Harri Hissa (FIN) came through on his final SQ - 727 - after missing it on a 2nd. He did likewise in BP, getting his final 507 lift following a rejected 2nd round lift. Would you believe it Harri pulled the rabbit out of his hat on the DL



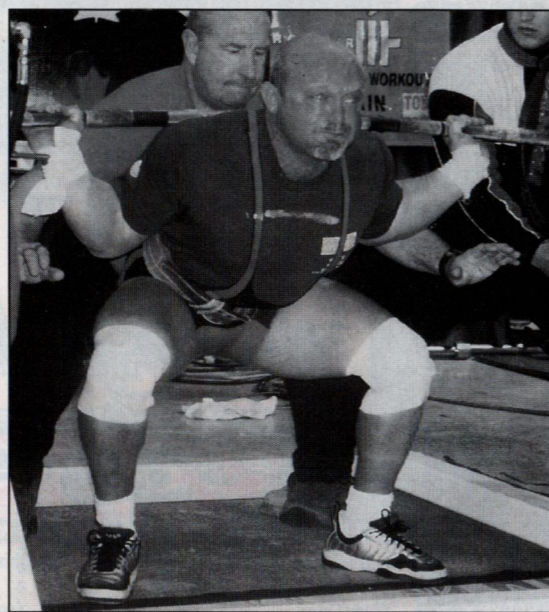
Neville Primich of South Africa

also. Following his 744 2nd attempt miss he came through for a good final effort. Harri might have just saved energy by just skipping the second round and jumping from first to 3rds. His TOT of 1978 was a fine performance for a bronze medal. USA's Dennis Muratori has to be one of the toughest men alive. In the SQ, he busted right through the sticking point with 826 for a very good lift. He took 843 down and up as well, but only got one judge's thumb up. He repeated. I thought he'd get it but it was 2R once again. In the BP, he knocked off 474, followed by a powerful 501. Then calamity befell him. Using his thumbless grip, he was putting the works to 518. About three quarters of the way up, it suddenly popped out of his hands. Before the spotters had time to react it fell full force on his chest. I figured he had to have broken ribs, but Dennis came out acting as though nothing had happened. He pulled up 661, then 699. He even finished up 716, but got reds for it. TOT 2017 and a silver medal for Muratori. Dennis gets my vote for the STUD OF THE YEAR.

USA's Paul Urchick was in a real jovial mood during the whole championships. Now for the second straight year he's champ. He lifted with his usual determination, even

though he didn't make the lifts he wanted. Paul opened with 859 and got his depth called by Ernie Frantz (perfect) just to be safe. He went to 903, got up, and received 2R, presumably for depth. On his 3rd, he sat a tad lower and started up. Midway it stalled, and he dumped it. Paul pressed 507 and 523, but couldn't fully lock out with 534. Finally, he went a perfect 3 for 3 in the DL - 705, 733, and finally 749. His 2132 TOT is quite commendable under eagle eyed judging.

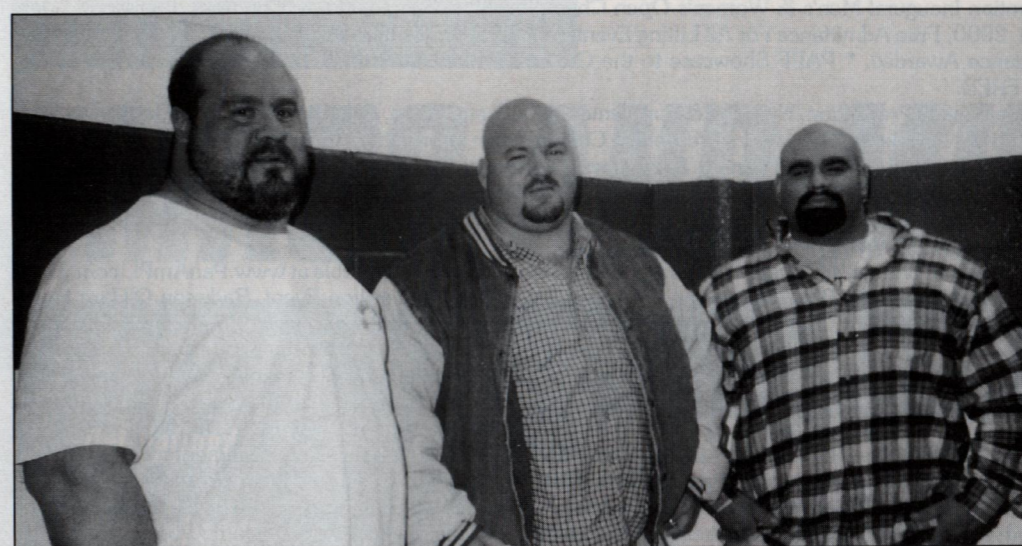
275: Ano Turtianen was simply unbeatable this year. He won his first WPC title two years ago in Blackpool. There he took out the strong American duo of Trevizo and Obradovic. Returning last year in Graz, he sought to derail the USA locomotive - Craig Gallo - but instead eliminated himself opening with a 574 BP, a European Record try, and failing three times. No such poor judgement this year. He proved to be a true squat master getting all 3: 837, 881, & finally a strong deep 898. BP: a 529 opener was EZ. Next his 573 try earned 3R, but he came back on a 3rd got it! With a toy (for him) 749 DL, he had his 2nd World title. That taken care of, he went to 815 and pulled that like a feather. He had a huge 2287 TOT. His final try was a monster 865, trying for 2336. That weight stopped him. He won this category by a whopping 231 lbs. margin and joined his teammate Selkainaho as a gold medalist for Finland. USA's hopes rested on the powerful shoulders of Shelby Robbins and Jon Grove, the APF Seniors Champion. Grove SQed 749, but 793 pinned him both times. Jon became the 3rd American to bomb out, as in the BP he failed 3 times to



Jesse Kellum earned the Best Lifter in the Men's Open.

get it accepted. His final lift looked good to me, but they said his foot moved. This left Seniors runner-up Shelby Robbins of Alabama to go it alone. He sweated an ocean to make weight with his trademark cellophane "raincoat", and came in right on the weight limit. Shelby smoked his 760 opener, then jumped big to 843. He lost his balance and came down on his right knee, rescued by the spotters. I figured he'd hurt himself, but nope! He came back on his 3rd and roared right up with it - yes! It's good! Robbins got one in with 496; went to 540 for a miss. He bounced right back and made it on his 3rd. Shelby put the works to both 628 and then 672 DLs, and sewed up 2nd place (2055 TOT). Steffan Hayn, GER, posted 3 SQs (738), and got one lift each in BP & DL (429 & 639 respectively) for 1807 and 3rd place.

308: Last year's champ Richard Coates was sidelined all year with injuries and was unable to defend his title. In his absence, the USA had two strong representatives. Grand old warrior Scott Warman returned to the battlefield. He'd won at the Seniors and was here seeking his 8th WPC World title. His back-up was Art LaBare, the burly Costa Mesa, Californian. Art was a man with a purpose. He wouldn't be satisfied with anything less than gold. Two others with great expectations were Heiser Kuttroff from Germany, and the Canadian Deacon of Dunk himself, Allen Meehan. The partisan crowd was rooting for their home boy. Kuttroff was a powerful, yet unknown force. LaBare, 39, lifted with the vigor of young man. He opened with 771 and tentatively eased himself into the hole and blasted up like a rocket. He went straight to a PR 859, descended shakily, and hunked it right up. He got two reds. Undaunted, he repeated - and got up this time - okay! Kuttroff made a dramatic impact. He began at 815, and exploded up. He increased to 881 - no sweat, and finally he went to a powerfully executed, deep 903! Wow. I'd seen Allen Meehan, CAN, before. He SQs deep. Coming in with a huge PR of 970 set 3 weeks earlier at Russ Barlow's Pine Tree



The Mass That Moves Iron!!! the USA Big Boys (left to right) Jim Voronin, Garry Frank, and Aaron Ross

Open, Al started with 854. This looked like a toy. On an increase to 920, he lost his balance, but roared back to blow it away on a 3rd. Warman came in @ 903 and made it look like the bar was empty. He went straight to an enormous 953, and handled it also - but was ruled shallow. On a last ditch effort, tapping his reservoir, he went down and up - and it was ruled good! At this point Scott appeared to be in the driver's seat, but the others were able to gain lost ground in the bench. Warman has had two shoulder operations, and had trouble touching his chest with 479, which was missed. His second attempt went up unevenly, and was judged no good. Only on his final try did he make good. Meehan couldn't budge his 485 start. He went to 496, and drew 2R. He also stayed alive by making it on his do-or-die last chance. LaBare dueled the German for BP supremacy. Both men began at 551, and both lifts looked strong. Kuttroff went to 584, and got by, but it was no go with 595. Art took 584 also. He quivered through his 2nd attempt, but was rejected. He did it again strongly. This time they said his foot moved. The DL would decide the distribution of medals. Meehan raised 661, then 699. He got 716 up, but saw 2R. 2116 TOT - 4th place today. Kuttroff made them all: 639, 683, and finally a hard fought 716. He had 2204. Art went after him, jumping from 688 to a good 744, which locked up the bronze - 2155! Warman began with 771 and had 2204, leading the pack, though tied with Kuttroff, but at a much lighter bodyweight. LABARE DARED to go for all the marbles. Warman passed his 2nd attempt to gain rest and see what he needed, if Art got his final lift. LaBare stepped up to tackle 793. If successful, he'd cause

a three way tie and would have the silver, but not gold, in a three way tie. Up the 793 came. He channeled every ounce of his being into making the lift. He got it up, but sagged ever so slightly on his right side. They said he didn't have that side locked out - no lift! Nevertheless, it was a courageous effort. Scott had the platform all to himself for his last lift, and lift it he did - 826 lbs. with nary a hitch or hesitation. It went so easily it left everyone wondering just how much more he could do. It was heartwarming to see a great champion return to his former glory. He's a quiet, polite, humble giant who deserves our congratulations, honor and respect for delivering one more time.

SHWTS: Last year GBR's great champion Peter Tregloan, 40, won his 6th title, topping USA's Voronin. Powerhouse Pete saw the right opportunity to retire, and will always be remembered as a champion! The average bodyweight of this year's six behemoths was 357.7 lbs. 2,146.3 total lbs. of beef on the hoof. Thomas Wegschuder, the Austrian back up man, was deadlocked with USAs Gary Frank for runner-up heaviest man. Both men scaled 374.8. Big Jim Voronin, the Titanic Texan, came in as the biggest behemoth @ 376.9. Josef Newrkia, AUT's top man was 347.2. Dereck Renberg tipped the Fairbanks at 336.4 while Tyler Spearin, CAN, was the shortest and lightest @ 336.2. Spearin was built like a barrel on legs. His features were punctuated by a dark fuman-chu moustache. We thought Tyler was history. After he failed 672, he went to 716 and missed that too. Tyler gutted out his 3rd, and got 2W, which had the crowd cheering their hometown hero. Renberg, the other Maple Leaf hopeful, sat deep and got all 3 -

733! The Canadian duo end up trailing the pack. Dereck got an 1846 TOT for 5th while Tyler occupied 6th with 1785. Wegschuder and Newrkia dueled to see which possessed the most AUSTRIAN POWER; but more importantly, which would claim the coveted bronze medal. Newrkia dominated in the SQ, horsing up 859 as opposed to Wegschuder's 771. Both men were close, strengthwise, on the bench. Josef pulled further ahead of his teammate, 551 to 540, and now up on him by 99! Newrkia, 38, had three good pulls to finish with 688 - TOT 2099 on an 8/9 day. Wegschuder, the superior puller, had a lot of deficit to make up. He hoisted 749 on his 2nd lift, then went for what he needed, 793, to get 2105, which would pluck the bronze from his teammate's pocket. He missed, so Newrkia got the bronze, just as he did last year. Now, the two USA mega-monsters fought to decide the title. Neither Jim Voronin, 34, nor Gary Frank, also 34, had won a World title. Now the mastodons collided. Frank, the ex-pro football NOSE GUARD, opened at 843 - NOT SO HARD - good lift. Gary watched as Voronin missed his 881 opener. Gary took the same weight, but drew reds for depth even though he handled it easily. Jim came out for his 2nd try. They dilly-dallied adjusting the "Greig lift's" arms. The delay was just enough for Jim to have had his wraps on too long and he misgrooved it. Frank lifted it again, but it wasn't low enough. Voronin came stomping out like an angry giant. FEE-FI-FO-FUM! This time, he blew it right up perfectly, and looked good for much more. On to the BP. Voronin, with his palms forward doing 639. The final try for big Jim was 650. He lifted it easily, for a

lifetime PR. Frank got rushed on his warm-ups. He came out for 661, but it sagged on the left arm before he finished it - no good. Hi repeat was okay for 2W. Gary wasn't fooling around and went up to a PR 705, but missed. Voronin led by 39, but that was not nearly enough, even though he lifted splendidly in DL, pulling 705 to sew up 2nd. Next came a PR 749, also good, before he missed a 755 final try - TOT 2281. Frank got caught with virtually no DL warmups - only 225x5 before he was called out for his opener. It was a whopper - 848 - and he smoked it like the plates were filled with helium. Gary was World Champ right off the bat. He jumped big to 903, wanting to increase his TOT from where it stood (2353) to 2408! Gary worked himself into a frenzy, came stomping out, grabbed the bar, and ripped it right up. It didn't quite lock on his right hand side - 2R. His final attempt wasn't as close. This massive lift brought to an end these magnificent championships.

In closing, I'd like to thank the Greigs for a remarkable job. An event of this proportions is a tremendous order. I'll rate it 4 stars! I must mention that the judging was strict, but mostly fair and consistent all week, until the final day where the squat judging deteriorated. A few bogus lifts got by, and the official who was passing them was removed from his chair after the damage was done. I thought the BP judging was too tough on the lifters, especially on the final day. In the past I've bitched about loose judging. The same applies for being too much of a hard ass.

Enough said on that. Now let's talk about respect. One official came all the way from East Coast to judge. He notified those on the referee's committee that his intention was to come. He was not given the simple courtesy to be informed anything otherwise. When he arrived he was told that he was not on "the list". This is after he spent all his money on plane fare, lodging for the week, etc. He was treated with disrespect - VERY TACKY.

My special thanks to Neville Primich and the RSA PL Federation who presented me with a beautiful plaque of appreciation honoring my journalistic dedication for publicizing and supporting the Powerlifting movement. That was the icing on my cake for this fabulous week I spent in Calgary, Alberta, Canada. I'm overwhelmed. Thanks again Bruce for a great competition. Ernie Frantz praised me for lifting well, for a man with no arms or legs. Does that make me physically challenged?

Herb Glossbrenner

Pan American Powerlifting Federation Inaugural Men's & Women's Open Championships, Symposium & Congress. Radisson O'Hare Hotel, Chicago USA, April 5th to 9th, 2000. Free Admittance For All Lifting Events: * All Day Powerlifting Symposium, \$175 with 2 Buffets Meals Provided, Certificate of Attendance Awarded. * PAF Showcase to the Greatest Powerlifters of All Time - FREE. * PAF Lifting, Demonstration and Sponsor Areas - FREE.

All-Day Powerlifting, Strength Training, Injury Prevention, Nutrition & Supplementation Symposium. One-Time Event: All-Day Powerlifting Symposium Featuring Some Of The Top People In The World Presenting Cutting-Edge Information On Diet, Nutrition & Nutritional Supplements. If you're interested in learning about the latest Training Techniques, Nutritional Advice, and Cutting-Edge Strength and Mass Supplements then plan to be here. YOU WON'T GET A SECOND CHANCE! Each Attendee Will Receive A Certificate of Attendance. All profits from this symposium and championships go towards the development of Amateur Powerlifting in the Americas. Brought to you by: Mauro Di Pasquale, M.D., President of the Pan American Powerlifting Federation (PAPF).

The PAPF is hosting their Inaugural Men's & Women's Championships April 5th to 9th. Full details available at www.PanAmPL.com. Date: Wednesday, April 5th, 2000. Time: 8:30 AM to 9:30 PM. Venue: Pan American Powerlifting Federation Event. Radisson O'Hare Hotel, Chicago, 6810 Mannheim Road, Rosemont, IL 60018. Discount Hotel Rates are available on registration by fax. Admin: David Anderson-Tyrrell, 774 Fig Street, Golden, CO 80401

Wednesday, April 5. The agenda for this symposium will be as follows: 08:30-08:45 - Introduction and Comments by Mauro Di Pasquale 08:45-09:30 - History of Powerlifting - Further Inside Powerlifting by Terry Todd. 09:30-10:15 - Working with the Elite Powerlifter by Eric Serrano 10:15-10:30 - BREAK. 10:30-11:15 - Basic and Advanced Training for Powerlifting by Robert Wagner 11:15-12:00 - Advanced Strength Training by Charles Poliquin 12:00-12:45 - The Deadlift - the Ultimate Measure of Strength? by Ray Benemerito 12:45-13:30 - LUNCH BREAK - Buffet 13:30-14:15 - Powerlifting Injuries by Ken Kinaken. 14:15-15:00 - Stability Training and injury prevention/enhancing overall strength by Michael Hartle. 15:00-15:15 - Nutrition for the Powerlifter - Introduction by Mauro Di Pasquale 15:15-16:00 - Supplementation Pyramid for Strength-Power Athletes by Jose Antonio 16:00-16:15 - BREAK. 16:15-17:00 - Cuffing-edge research on enhancing lean Muscle Mass by Rehan Jelali. 17:00-17:45 - Effect of Macronutrients on Serum Testosterone and Cortisol by Thomas Incledon. 17:45-18:30 - A Power Lifters Guide To Altering The Testosterone -Cortisol Ratio With Nutritional Supplements by Chris Street 18:30-19:15 - SUPPER BREAK - Buffet 19:15-20:00 - Women and Strength by Jan Todd 20:00-20:45 - Confidence: A winners Formula by Dan Wagman 20:45-21:15 - Q&A Period- Ask Away Please! 21:15-21:30 - Closing Remarks by Mauro Di Pasquale. Please note that there may be some unavoidable last minute changes to the agenda. Registration Fees: Morning Attendance Only - \$75 including coffee break. Afternoon & Evening Only - \$125 including coffee break and Dinner Buffet. All Day Attendance - \$175 including coffee breaks, Lunch and Dinner Buffets.

Thursday, April 6. 9:00 AM Technical Meeting for Lifters & Officials

Thursday, April 6. 10:00 AM PAPF Inaugural Congress (closed to public)

Thursday, April 6. Men's & Women's Lighter Body Weight Classes: 1 PM to 6 PM. Weigh In 11 AM to 12:30 PM Lifting begins 1 PM and continues into the evening to 6 PM. Sponsors displays and tables will be situated in the Foyer adjacent and continuous with the Grand Ballroom, the site of the competition.

Thursday, April 6. Meet Some of Powerlifting's All-Time Greatest Lifters. 7 PM toll PM. A Tribute to The Powerlifting Greats of the Americas. Includes introductions, videos and question and answer sessions. The following have confirmed their attendance: Joe Bradley, Jimmy Moir, Rick Gaugler, Ernie Frantz, Walter Thomas, Tom Campbell, Fred Hatfield, Larry Pacifico, Terry and Jan Todd

Friday, April 7. Men's & Women's Light to Middleweight Classes. 9 AM to 6 PM. Weigh In 7 AM to 8:30 AM Lifting begins 9:00 AM and continues until 6 PM

Friday, April 7. Exhibition and Strongman Stunts. 8 PM toll PM. Come and see the festivities! Some of the World's Strongest men will be there to dazzle you with their feats of strength.

Saturday, April 8th. Men's & Women's Light Heavyweight Classes. 9 AM to 10 PM. Weigh In 7:00 AM to 8:30 AM Lifting begins 9:00 AM and continues until 10:00 PM

Sunday, April 9th. Women's Heavyweight & Men's Heavyweight and Super Heavyweight Classes 11 AM to 5 PM. Weigh In 8:00 AM to 9:30 AM Lifting begins 10:00 AM and continues until 5:00 PM. Banquet and Closing Ceremonies 7:00 PM Onwards. Sumptuous Buffet with drinks.

Venue: Radisson Hotel O'Hare Grand Ballroom, 6810 N. Mannheim Road, Rosemont, IL 60018 USA, Phone: (847) 297-8464, Fax: (847) 297-8744

Drug Testing - Comprehensive Drug Testing will include the top three and one random lifter in every class. Up to half the lifters entered will be drug tested. This will be the most drug-tested meet in history.

Attention All Spectators Please mention the PAPF in order to obtain the special low hotel rates that have been negotiated by the PAPF for all those attending this special event. Special Hotel Rates for the PAPF Events: \$85 USD for singles or double occupancy. 800 rooms reserved for the five nights. In order to obtain this special price you must reserve by March 1st., 2000 by contacting the Radisson direct. As well, for the best air travel rates contact David Anderson-Tyrrell by e-mail David@PanAmPL.com. There will be a courtesy shuffle service between the O'Hare International Airport and the Radisson Hotel O'Hare.

Attention Competitors, Officials and Invited Guests. Hotel accommodation and admittance to the banquet will be provided free of charge by the PAPF for all lifters, officials and invited guests. Also there will be no country or lifter entry fees, and no drug testing fees charged. These expenses will be absorbed by the PAPF through sponsorship opportunities. The only events that will have restricted access are the PAPF Congress which will be by invitation only and include the PAPF Executive Committee and the PAPF National Federation Officers. The PAPF Banquet is open to attendees with a US\$35.00 admission fee per person.

Attention Exhibitors. The symposium and championships will be attended by a number of industry leaders in the fields of clinical nutrition, sports performance supplementation, lifting equipment, books and service organizations. All exhibitors will provide information about new products and services. If you would like to find out more about the PAPF Entry-Level or Full Sponsorship packages then please visit our website www.PanAmPL.com or e-mail david@PanAmPL.com for further details or answers to your questions.

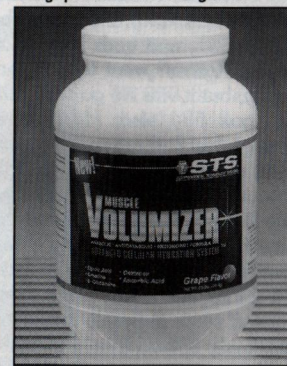
Refund Policy Refund requests must be received in writing and postmarked prior to March 1, 2000. A processing fee of \$25.00 will be charged for all refund requests. The PAPF is an Umbrella Federation for all IPF affiliated powerlifting federations in the Americas.

Pan American Powerlifting Federation, 774 Fig Street, Golden, CO 80401 USA, Phone (303) 989-0831 or Fax: (303)-989-1075

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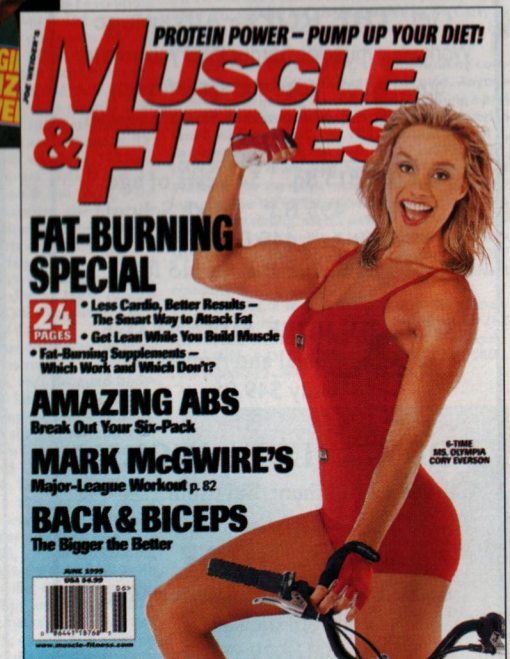
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