

# Powerlifting-U S A

The National/International Powerlifting Magazine

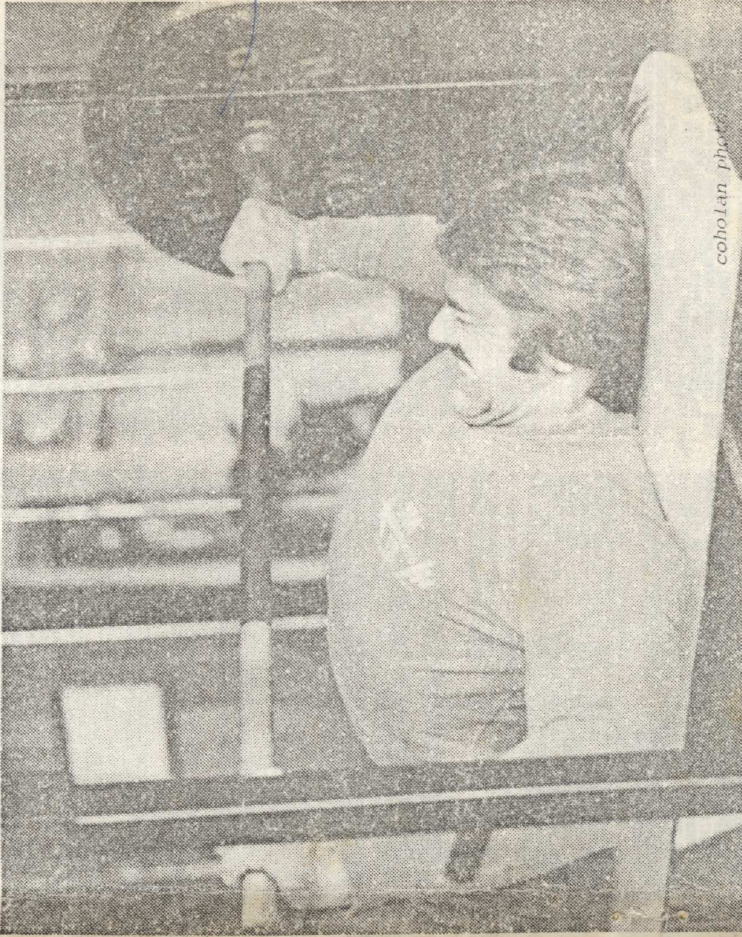
\$10.00 for 12 issues (sent 1st class), \$15.00 for foreign subscriptions (airmail). Checks payable to "POWERLIFTING-USA", P.O. BOX 467, Camarillo, California 93010  
Editor---Mike Lambert  
\*\*\*\*\*

**VOL.3**

**NO.7**

**JAN/79**

**Worldwide Record Rampage!**



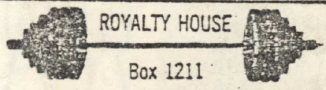
cobolan photo

**IN THE GYM WITH...DOC!**

**Powerlifting-U S A**  
Post Office Box 467  
Camarillo, CA 93010

FIRST-CLASS MAIL  
U.S. POSTAGE  
PAID  
Camarillo, CA  
Permit No.7

DOUGLAS PETERSEN 4/6  
608 WOODLAWN AVE  
MUSCATINE, IOWA 52761

**ROYALTY HOUSE**  
Box 1211  
Oklahoma City, OK 73101

DISCOUNT PRICES from Dick Burke's Mail Order Company on York Barbells and Equipment shipped from York to you. Write for FREE price list or call 405/942-5606. The Power Bar is available with pound or kilo sets at no extra cost. Visa or Master Charge accepted. We are stocking Olympic Sets, Bars & Plates in OKC at no discount but can ship immediately or you come & get'em. Address is 3721 N.W. 25, Okla. City, OK 73107



# DOC

... Joseph Rhodes got the nickname "Doc" from the legendary Doc Blanchard, former Heisman Trophy winner at least Point... who attended and graduated from St. Stanislaus High School in Bay St. Louis, Mississippi (site of the 1979 Senior National Championships) as did Joe himself, who was born in Bay St. Louis. Perhaps they are similar athletes... simply operating in different domains of the athletic spectrum, both men are held in the highest of esteem by their peers, both were the best at what they did, both are perfect examples of what everyone would like to see in an athlete. Among his many virtues: Doc Rhodes (whose is almost renowned, and it is not easy for him to speak about his accomplishments....I have to say that I respect the kind of commitment it took on Doc's part to provide the information in this article....thank you, sir.)

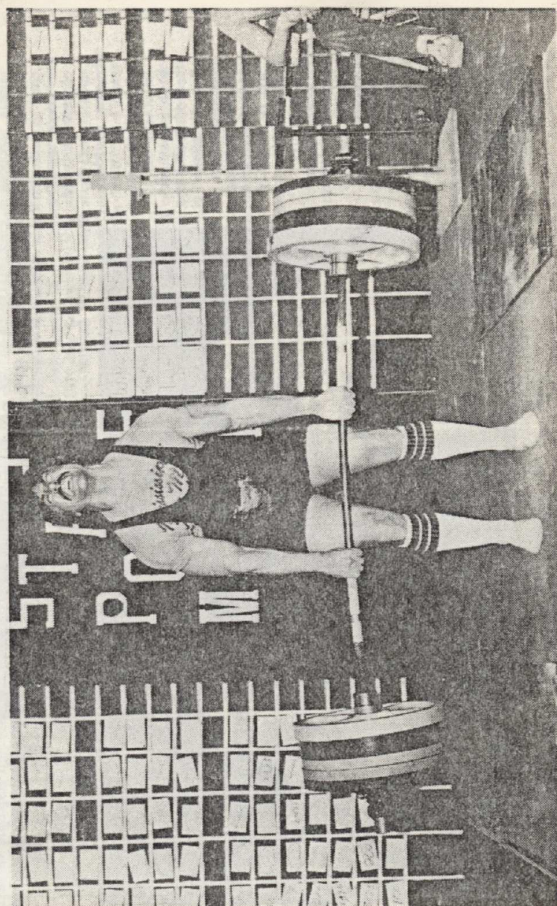
The other dimensions of his life are balanced with this immense in lifting....now 32, his first appearance in national competition came in the 1966 Juniors, followed by the 1967 Seniors...which he came very close to winning. In 1969 he was married to his wife Karen...they have two sons...Brad (4) and Chad (2)...incidentally, Brad, weighing a mere 33 pounds, recently deadlifted 72 pounds! (must be in the genes....) A year later, in 1970, Doc won both the Junior Nationals and the Seniors. Doc graduated from the University of Southern Mississippi and has attended the Jackson School of Law...after being employed as a Purchasing Agent for Lifton Systems, involved with the construction of many of the Navy's new destroyers and Surface Effect Ships, for ten years, he and his wife Karen have recently opened the Rhodes Fitness Center in Gulfport, Mississippi...and, for a number of years, they have also run a successful trophy business.

Doc began training the powerlifts, on a seasonal basis at least, twenty years ago...when he was twelve years old...this was done with the encouragement and supervision of Mr. J. E. Lovacono (presently Strength Coach of Mississippi State University)...mainly to develop Doc's potential as an athlete...since he was trying to develop strength, the powerlifts were a part of his training from the beginning...his first meet was the 1965 Louisiana State Championships...he placed 2nd, and from then on he was booked by the competitive aspect of powerlifting.

The high point of Doc's career thus far would have to be his come from behind victory at the World Championships in Perth, Australia...as far as the television media coverage, that footage was probably the most dramatic ever filmed. An interesting sidelight to that lift is that, after his 2nd attempt deadlift of 520, which went fairly well, the group coaching Doc (Paciflo, Gaugler, Orsini, and Burke) told him he needed 649 to win, knowing full well that was all Doc felt confident of making and also knowing that he needed, in fact, a 655 to win...to which the bar was loaded...in retrospect, Doc feels this was excellent strategy. Inspired by the team's enthusiasm and his desire to win a World Championship for his family, he ignored the periodic cramping in his triceps...and proceeded to slowly haul up the winning poundage...a sight that brought tears to the eyes of a lot of U.S. powerlifters who saw it in person or on the television.

Deadlift unless the judge tells him to put it down...his determination is tremendous. Doc's ability to psyche is a key factor in his success on the platform...he recognizes that fine line of difference in psyching...it must be controlled, because it is an expenditure of nervous and emotional energy.

"Excessive psyching affects coordination, thereby impairing the lifter's technique". Doc's optimum psyche



Doc deadlifting at the Mississippi State meet...his best venture at 181 so far. Cobolan photo

## FOR THE 125 KG CLASS WERE COMPUTED BY INTERPOLATION. THE FOLLOWING ARE ROUNDED TO THE NEAREST KILOGRAM OR POUND.

QUALIFYING TOTALS FOR THE 1980 NATIONAL CHAMPIONSHIPS:	
WEIGHT CLASS	QUALIFYING TOTAL
52	865
56	841
60	837
67.5	965
72.5	1181
82.5	1339
90	1464
100	1567
110	1680
125	1652
SHM	1740
	1816
QUALIFYING TOTALS FOR THE 1980 SENIOR NATIONAL CHAMPIONSHIPS:	
WEIGHT CLASS	QUALIFYING TOTAL
52	835
56	813
60	802
67.5	1227
72.5	1489
82.5	1597
90	1722
100	1797
110	1899
125	1965
SHM	2030

12. JOHN PETTIT ANNOUNCED THAT ANYONE WISHING TO SUGGEST "INTERPRETATIONS OR CLARIFICATIONS" OF THE INTERNATIONAL POWERLIFTING FEDERATION TECHNICAL RULES SHOULD SEND THESE TO THE NATIONAL CHAIRMAN, JOE ZABELLA, PO BOX 43, HUDSON, NEW HAMPSHIRE 03051. THESE SUGGESTIONS MUST BE SUBMITTED AS SOON AS POSSIBLE (NO LATER THAN 11:00 P.M. EST) AND MUST BE WELL IN ADVANCE OF THE MARCH 31, 1980, 1 P.M. DEADLINE.

13. JOHN PETTIT ANNOUNCED THAT ALL CATEGORIES I AND II INTERNATIONAL POWERLIFTING REGISTRATION REFERENCE MUST BE REGISTERED THROUGH THE NATIONAL CHAIRMAN, JOE ZABELLA. REGISTRATION IS ACCOMPLISHED BY SENDING TO THE SECRETARY OF THE UNITED STATES POWERLIFTING FEDERATION EIGHT DOLLARS (CHECKS SHOULD BE MADE OUT TO INTERNATIONAL POWERLIFTING FEDERATION) AND A RESUME OF ONE'S OFFICIATING EXPERIENCE SINCE THE ISSUANCE OF ONE'S BOOK.

THE MEETING WAS ADJOURNED AT 5:00 P.M.

/S/ CONRAD P. COTTER  
SECRETARY



At the Whittier Open, the fine BP'er Jerry Kahn had the kind of look of you see when Natalie Kahn (no relation) yelled out from the balcony "I can deadlift more than that!" PL USA photo

2. BUD MUCCI MOVED THAT THE NATIONAL A.A.U. POWERLIFTING COMMITTEE ADAPT THE NAME, "UNITED STATES POWERLIFTING FEDERATION, INC" OR "U.S.P.F." JAN TOOD SECONDED. PASSED UNANIMOUSLY.

3. SELECTION OF OFFICERS OF THE UNITED STATES POWERLIFTING FEDERATION. - ITEMS 1-6)

1. THE FOLLOWING PERSONS WERE NOMINATED FOR CHAIRMAN: JOE ZABELLA, TONY CARPINO, AND GEORGE ZANGAS. JOE ZABELLA WAS ELECTED USING SECRET BALLOTS.

2. THE FOLLOWING PERSONS WERE NOMINATED FOR MEMBERSHIP ON THE EXECUTIVE COMMITTEE (THREE TO BE ELECTED): DENNIS BURKE, TONY CARPINO, JACK HUGHES, BOB PACKER, LYLE SCHWARTZ AND JAN TOOD.

BOB CRIST MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF 3 OF THE NOMINEES. GEORGE ZANGAS SECONDED. TONY CARPINO MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF 2 NOMINEES. BOB PACKER SECONDED. PASSED.

3. THE FOLLOWING PERSONS WERE NOMINATED FOR MEMBERSHIP ON THE INTERNATIONAL SELECTIONS COMMITTEE (TWO TO BE ELECTED): DICK BURKE, NATALIE KAHN, RAMONA KENNEY, LARRY PACIFICO, BOB PACKER, AND JOHN PETTIT. MABEL RADER DECLINED NOMINATION.

IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER SECONDED. PASSED.

4. WATSON LAWRENCE MOVED THAT THE TERM OF OFFICE OF EACH OF THE UNITED STATES DELEGATES AND ALTERNATE DELEGATES TO THE INTERNATIONAL POWERLIFTING FEDERATION BE INCREASED TO FOUR YEARS. BOB CRIST MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. JOHN PETTIT SECONDED. PASSED UNANIMOUSLY.

5. THE FOLLOWING PERSONS WERE NOMINATED TO SERVE AS UNITED STATES DELEGATES TO THE INTERNATIONAL POWERLIFTING FEDERATION (TWO TO BE ELECTED): LYLE SCHWARTZ, TERRY TOOD AND JOE ZABELLA. DENNIS BURKE MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. JOHN PETTIT SECONDED. PASSED.

6. LYLE SCHWARTZ AND JOE ZABELLA WERE ELECTED.

7. THE FOLLOWING PERSONS WERE NOMINATED TO SERVE AS UNITED STATES ALTERNATE DELEGATES TO THE INTERNATIONAL POWERLIFTING FEDERATION (TWO TO BE ELECTED): TERRY TOOD AND BOB PACKER. TONY CARPINO MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. DICK BURKE SECONDED. PASSED.

8. DENNIS BURKE MOVED TO CREATE AN ELECTIVE POSITION OF TREASURER. BOB CRIST MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER SECONDED. PASSED.

9. DENNIS BURKE MOVED TO CREATE A "BALLOT PLAN". A PLAN FOR SURVIVAL AFTER SEVERING THE UMBILICAL CORD CONNECTING AMERICA WITH THE UNITED STATES. DENNIS BURKE MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB PACKER SECONDED. PASSED.

10. BOB CRIST MOVED THAT IN ORDER FOR A BALLOT TO BE VALID IT MUST CONTAIN THE NAMES OF TWO NOMINEES. BOB CRIST SECONDED. PASSED.

11. JOHN PETTIT SUBMITTED THE QUALIFYING TOTALS FOR THE 1980 NATIONALS AND SENIOR NATIONALS WHICH HE HAD COMPUTED AT THE REQUEST OF THE NATIONAL CHAIRMAN BY AVERAGING THE RESULTS OF EACH OF THESE MEETS FOR THE PAST FIVE YEARS. THE QUALIFYING TOTALS

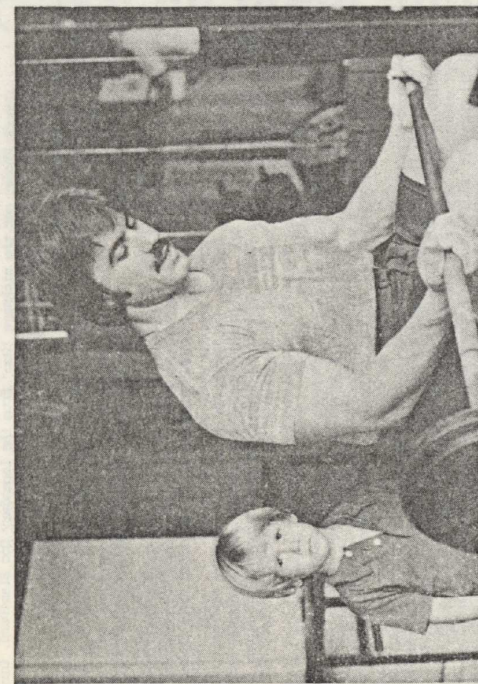
OF

corresponds to the amount of weight on the bar and the significance of the lift...it is enough to allow for aggressive lifting without hampering his lifting form.

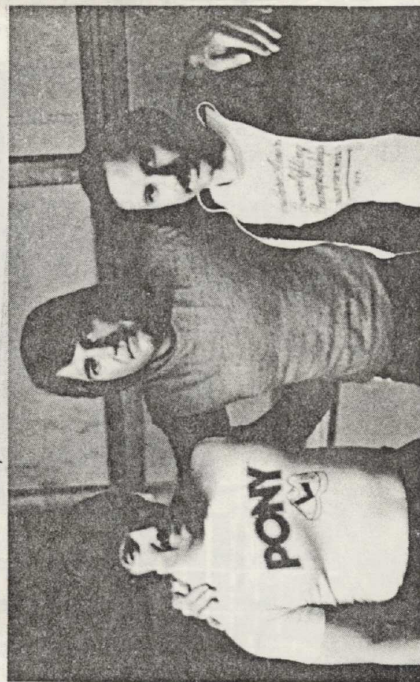
When someone has been into powerlifting as long as Doc has, it is certain that he's seen and tried many, many different training routines...the distillation of all this experience is the evolution of his present training routine, which is based on lots of advice from other top-notch lifters, experimentation with various weight percentages, intensities, workloads, variations, rest periods, etc.

He has learned to concentrate mainly on PROPER TECHNIQUE, BALANCE OF STRENGTH among various muscles, STRETCHING, and an EFFICIENT training program. Doc says, "the results of the most efficient program possible will be nil, if you are lacking proper technique"...his second priority is muscle relativity or balance...throughout the lift...he has found it beneficial and prudent to keep all muscle groups progressing at the same rate...if my legs become stronger relative to my back, deadlift groove problems will involve...so he tries to maintain a balance. He can not overemphasize the importance of stretching...when involved in vigorous exercise the affected muscle becomes shorter and tighter...stretching lengthens the muscle, reduces susceptibility to injury. An efficient training program is one based on constant variation in reps, workload and rest between sets...and adequate rest between workouts...this arrangement is mandatory in order to fully realize the benefits of a stressful workout.

Doc's training program is based upon a yearly cycle, divided into 4 or 5 shorter cycles. He starts off with a rest period of from 4 to 6 weeks after the previous year's training. This "rest" period is actually quite active...he does the powerlifts once per week, light, and he includes some bodybuilding and jogging. His training cycles run from 8 to 12 weeks. The longer cycles are done at the beginning of the year, because they produce more fatigue...shorter



Dad does some wrist-curls, while son Brad checks out the cameraman. *Coholan photo*



Doc...with friends....Bud Ravenscroft and Leroy Mable. *Coholan photo*

Precision, technique, balance, control...a way of lifting and a way of life for Doc Rhodes. *Coholan photos*

Cycles are used towards the end of the year. Each of the four to five yearly cycles are divided into two phases. Phase one includes high stress training, the second phase is for peaking. A typical bench press program for eight weeks would go like so: start out with 60%-70% max weights for 5 to 7 reps per set. The total load, the weight on the bar, and the average intensity gradually increases to a maximum of 85% for five rep sets. The 85% weights are handled during the fourth week before the contest...in the third week before the contest, Doc's peaking routine begins...which consists of one to three rep sets, with 90% weights and higher. The last heavy workout ends with a maximum single approximately 9 to 10 days before the meet. Four days before the contest, he works up to a starting poundage for a single rep. During phase one, the stress period, high reps and heavy workload should be worked for no more than two weeks consecutively...in order to offset fatigue and overtraining...for variation he tries a week of triples...85% to 90% weights...and less workload, to facilitate recovery. Bench presses are done 3 to 4 times weekly...medium, light, and heavy workouts typically.

His squat training is essentially the same, except the high stress training ends approximately 5 weeks before the meet...this is due to the more fatiguing nature of the squat work. The last heavy workout is approximately 13-14 days before the contest, and he works up to a starting attempt 6-7 days before the contest...his squat workout is done twice per week...medium and heavy days.

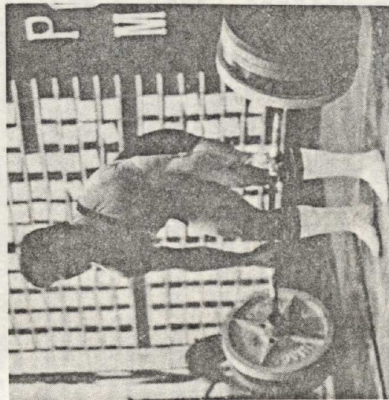
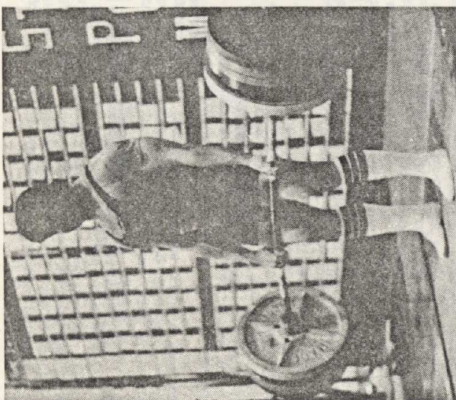
A recurring back problem keeps Doc from using a high stress training program on the deadlift...thus he is forced to train with lighter weights and no assistance work...such as deadlifts off boxes. Normally he trains very light during phase one of the cycle, but takes 3 or 4 heavy workouts in the last 4 weeks before the contest...6 rep sets for maximum stress. His last heavy workout is done 10-8 days prior to the competition...depending on the condition of his back. For example, 11 days prior to his guest-lifter appearance at the Bay 1978 New Orleans Novice and Junior meet he did 590 for 6 reps (2 were dead stop), and felt great...whereas for the Senior Nationals that year, due to his back condition, he ended his deadlifts 17 days before the meet...with 570x6...but still felt good for the meet.

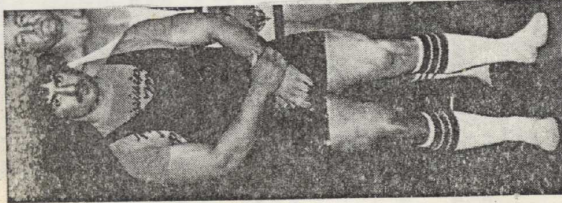
BENCH PRESS...approximately 20% of his reps are done close grip...he includes lying triceps extensions, upright pressing movements, curls, and lat work.

SQUAT...strict squats with the bar resting high on the neck and with a close stance account for 20% of his reps in this exercise...and he includes leg extensions and leg curls as well.

DEADLIFT...the only assistance exercise he can do is hyperextensions. Additionally, he does sit-ups 3 times per week (with weights)...and stretching and flexibility work at least once per day.

Making weight...has not typically been a problem for Doc, except for his sometimes journeys down to the 148 lb. class...mainly because he maintains a low caloric diet usually. He usually trains about 8 lbs. over the limit, limits his food intake somewhat the Wednesday before the meet...drops the final 5 or so lbs. via dietetics in the last 24 hours before the meet. This amount of weight loss does not seem to affect his strength, but he has experienced some cramping problems...due to an electrolyte imbalance...from using salt and potassium...and this has dictated his move to the 181 lb. class.





At a full 181, Doc is a mighty impressive looking lifter.  
Cochran photo

As far as supplementation goes, first and foremost, Doc tries to maintain a balanced diet...with approximately 100 grams of protein daily...and he specifically tries to avoid carbohydrates of low nutritional value. He does take in enough of the right kind of calories to keep his energy level up however. During meet preparation he takes 500 mg. of Vitamin C daily, a multiple vitamin/mineral supplement, some zinc supplementation, 600 units of Vitamin E daily, and some P-15.

Commenting on the use of drugs in powerlifting, Doc says that drugs alone will not produce a world-class lifter. Before drugs should even be considered, a lifter must develop proper lifting techniques, formulate efficient training programs, and dedicate him/herself to the sport.

Each lifter to compliment others than to say anything about himself, Doc has a lot to say about the men he's met and lifted with over the years...Doug Young...a disciplined athlete, and a warm person...whom I truly respect...Larry Pacific...has continued to win in spite of immense pressure...one of our finest lifting diplomats...Rick Gaudier...when you talk about dedication, you should talk about Rick Gaudier...Walter Thomas...his gentleness is exceeded only by his humbleness...Jerry Joyner...stern competitor, and as good a deadlifter as there is in the game...Jerry McCormick...a gentleman on and off the platform...a superb mental lifter...Les Noble...a fine and considerate person. I could not ask for a better training partner...George Crawford...a long time friend...the picture of an athlete...John Orsini...a super-good Christian...a bad back has prevented even greater lifting on his part...John Orsini...a gentleman in every sense of the word. I have great admiration for John...possesses extensive knowledge of the game...Tom Farchione...very capable lifter...and capable of more in the future...Jerry Jones...has persisted at the top for many, many years...Dennis Burke...capable manager, with effective rapport with the lifters...Lamar Gant...considered by many to be the best overall...Mike Bridges...what can I say that has not been said...a lot of character...on and off the platform."

And what do the lifters think of Doc...I'm sure I could get a glowing testimonial from every lifter mentioned above...and many others, but I'll just include the comments of a local Mississippi lifter who wrote me recently, "It's hard to describe just how much respect I have for Doc, both as a lifter and as a person. In my opinion, he truly exemplifies all of the positive qualities that an outstanding athlete should possess. The Senior Nationals in Bay St. Louis was my first exposure to a large number of world caliber lifters and comparing most of the lifters to Doc, it only solidified my original impressions of Doc. Although unable to lift because of an injury sustained prior to the meet, he took the setback with dignity and courage that is truly remarkable considering today's inflated ego's." Next, and courage that the man who got him started...J. E. Loiscano...also, Doc's parents, his brother, and his sister have always supported his efforts. They often sacrificed so that he could train properly and compete. For the past ten years his wife Karen has contributed immensely to his success...often this lifting has placed a considerable strain on her...especially prior to a meet, when the pressure becomes intense. Since 1972, Frank Venturini...a friend and trainer/coach...has been a great help in Doc's many accomplishments. Without these people, Doc knows that he would amount to far less than he has become...beyond this, however...I truly recognize that my lifting has been God's will. The Lord must be everyone's number one priority. Without the Lord, I could not approach the platform confidently, for I derive everything from Him, and truly lift for the glory of his name."

These final words from Doc...an athlete who is not motivated, can not be dedicated or disciplined...the essential elements for success...my philosophy, in training as well as life, is an individual can accomplish anything he/she desires...based on faith and dedication/hard work...according to God's will."

# THE POWER WRAP

\*\*\* A NEW, SYNTHETIC MATERIAL. DESIGNED SPECIFICALLY TO WITHSTAND THE STRESSES ONLY A POWERLIFTER PLACES ON WRAPS \*\*\*  
 1 PR. SUPERWRAPS COSTS \$5, WEIGHTS 7 OZ., AND LASTS 2 MONTHS.  
 2 PR. POWER WRAPS COSTS \$10, WEIGHTS 8.5 OZ., AND WILL LAST ONE YEAR!!!!!!

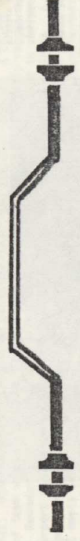
\*\*\* ARE YOU TIRED OF REPLACING WRAPS? IF SO, TRY THESE. THEY ARE EXPENSIVE, BUT THEY ARE THE BEST. IF YOU DON'T FEEL THEY ARE, SEND THEM BACK FOR A FULL REFUND!!!

POWER WRAPS/\$10-PR. LINCOLN HEALTH CLUB  
 SEND MONEY 838 N. 48TH STREET  
 ORDER TO: LINCOLN, NEBRASKA 68504

PS...WE STILL CARRY SUPERWRAPS FOR THOSE WHO DESIRE MEDIOCRITY!!!!!!

MACS GYM PRESENTS

## The Cambered Bench Press Bar



THE ULTIMATE IN BENCH PRESSING BLAST OFF POWER AND PECTORAL DEVELOPMENT

35 POUND OLYMPIC STYLE BAR.....\$95.00 POSTPAID  
 20 POUND REGULAR STYLE BAR.....\$65.00 POSTPAID

--- IMMEDIATE PROCESSING OF ORDERS ---

--- SENT U.P.S. ---

--- C.O.D. ORDERS ACCEPTED ---

\*\*\*\*\*

RAW GLANDULAR SUPPLEMENTS INCREASE STRENGTH, ENDURANCE, ENERGY, MUSCULARITY, MUSCLE DENSITY

5 TABLETS CONTAIN:

PITUITARY.....	25 MG	KIDNEY.....	150 MG
ADRENAL.....	150 MG	HEART.....	150 MG
THYMUS.....	150 MG	PROSTATE.....	150 MG
PANCREAS.....	150 MG	RNA.....	100 MG

\*\*\*\*\*

Start is just finishing up a new book entitled Defying Gravity...How at weightlifting...defying with the help of my supplements...etc. The book should be available by late spring. One thing he to do is list all the gyms in the country in the reference section, so ANY GYM OWNER or LIFTER who would like to have his facility...just drop Bill a line with the following information...name of gym, address, phone, equipment available...and send it to BILL STARRK, 1405 E. Road, Forest Hill, Maryland 21050.

...that some of the same individuals who were involved in bringing the National AAU Registration Committee should have a very favorable hearing...hard fought...happy...that all charges made against...Committee after a hearing at the National Convention, the decision...greatly appreciated...send inquiries to Bill Wilson, Syracuse YMCA, 340 Montgomery Street, Syracuse, New York 13202  
 I have a copy of a letter that Dick Reno sent to Joe Zarella that emphasizes the necessity to establish an organizational structure at the state and local level to serve the needs of powerlifters, BEFORE abandoning the AAU. There are a lot of local AAU associations that send out newsletters, meet

quating, still weighing only 230...he has a...size...maybe we should call him Baby Kaz...just kidding...look...at...in a coming issue of PL USA. Willy Bill, is showing up for...The Pacific Northwest...February 1984 up in Washington State. Some good California lifters are...Planning on competing as well as a number of the fine lifters in that corner of the U.S.A. For further information contact Willy Bills at 10450 151st Ave. SE, Renton, Washington 98035 (206-271-4857)  
 Another fine meet, as it is every year, is the 1980 Region I championship...this year scheduled on May 10 and 11th at the Syracuse, New York YMCA...world records are expected and the required officials will be there...a local brewery is sponsoring the affair, and there will be a banquet following the meet. The Syracuse YMCA is making a major effort to help be...I have a copy of a letter that Dick Reno sent to Joe Zarella that emphasizes the necessity to establish an organizational structure at the state and local level to serve the needs of powerlifters, BEFORE abandoning the AAU. There are a lot of local AAU associations that send out newsletters, meet



announcements, provide stationery, etc. for lifting administrators...this is the kind of return that we get for our registration fees...communication men at the National AAU office were not so forthcoming...I think the head couldn't list out all the services they do provide...Powerlifting community...for example, a lot of lifters have gotten funds to compete in national...at the AAU association in Southern California over the year...something that does not happen in other associations...Dick points out that we need persons in authority to schedule, enforce...to keep records, disseminate information, encourage lifting clubs to...coach and encourage the development of new...lifters, etc. Dick doesn't think that functions on the National level will...after the proposed AAU structure...by, but what about service to the aver...the likelihood of the AAU... Dick also thinks the use of kilos at local...local fan goes, he thinks in pounds, and kilos is something that you roll your...own from.

**IFP SANCTION ON PL USA**...at the IFP convention prior to the Worlds in Dayton, it was decided by the Discipline Committee that PL USA should be...published in the letter indicating the position of the IFP that certain articles...referring to the reports by the 1977 and 1978 World Cham...pionships. This letter was necessitated by the fact that the Discipline...that I did not allow responses to Mr. Fitton's articles in the Committee's eyes...matter was brought up informally by Vic Mercer when I was in Philadelphia. This...earlier this year...at that time, I replied that it was not my policy to do this...that I could not recall receiving any such letters or comments. In my written...reply to the IFP, in response to their letter, I reiterated this...I also stated...not's...I am perfectly willing to publish those comments critical of Mr. Fit...know who made the comments regarding Tony's articles, but they are wel...come to step forward and let me know what's on their mind...Tony knows...this is my policy and is agreeable to it.

**IFP SANCTION ON TONY FITTON**...on the grounds that Tony Fitton's...articles on the 2 previous World Championships represented one...at referre criticizing other international referees in a public forum...in certain...date next spring or he will be banned by the IFP...apparently this means that...RESKONSE OF...FITTON...The IFP has instructed me to print a re...traction apologizing for both articles...brought the sport into disrepute, and while not to either cooperate with the...freedom of the press, the ultimatum was issued to either cooperate with the...or be banned from Powerlifting activities for the next two years...retraction in order to write that to say, as it is hard to speak whilst biting one's...tongue. So through the medium of this magazine I wish to apologize to the...would be well served for malguing the integrity of their designated officials...affiliated Nation of the IFP.

**DR. HATFIELD'S NEW BOOK**...The Science of Powerlifting is really going...to be something...I have read the rough draft of most of the chapters, and the...lifters will be interested in this...this, I can honestly say, is a book that all Power...It should be available in late 1980...reference of training information.

**DEMOCRACY IN POWERLIFTING**...it was pointed out to me that even...ed up at the National Convention in Las Vegas they would not have had a...vote in the proceedings. The only people who can vote policy on the sport...of Powerlifting are those appointed to the National Committee, and Assoc...ation Chairmen...who are elected by registered powerlifting clubs in their...association, if not appointed by the overall President of the Association...POWERLIFTERS HAVE NO DIRECT SAY ABOUT HOW...THEIR SPORT IS GOVERNED. The old saying 'WHICH KING DO YOU WANT TO...to the National meetings' doesn't cut much ice with me...to assume that one BIG reason that they don't come to National meetings is...that they don't have a vote in the proceedings. If a majority of the group that...does come to the meeting...and, effectively, runs the sport...REALLY AND...TRULY BELIEVED THAT...THE SPORT IS FOR THE LIFTERS, THEN WHY...Up pops another beleaguered cliché... 'Well, if you're the American Powerlifting Nation...30% of them will bother to cast a ballot each election'. Here, if you're only 20...group the freedom to vote, the freedom not to vote goes right along with it...more important than the actual voting in any given election is the freedom...to choose.

I am one of those who goes to the National meetings, and I don't think the...vote in the election...change in anything near the proportion...that is intended. For example, in the meeting for train referees...Las Vegas...called to establish a new policy for train referees...tion Committee at...tion determined in the Powerlifting USA survey of it's readers...that they

wanted the winners of the Seniors to go to the World's...by a 2 to 1 margin...had no effect on the decision that was made...despite being brought to the...floor. Are the opinions of lifters so unimportant as that, in determining how...the National Committee will run the sport.

To be fair, it should be pointed out that Powerlifting got in to the AAU...through Olympic lifting's back door over 20 years ago, and the AAU structure...was such that the present National Committee inherited a long tradition that...is undemocratic...I know that the National Committee...whether it breaks...I know that the National Committee...situation...a document that simply tells us how...must come up with a new con...ONE LIFTER, ONE VOTE...that's the way I see it. Unfortunately, I don't...there, there is a clear opportunity to establish democratic rule in this sport...lifter's input into whatever is on a new constitution, and I see even less of the...unofficial at this point, by contacting the administrators in your area and in...ing what you would like to see the National Committee do on the issues...that should be of no, the lifters are a very long way from com...trolling their own destiny.

**WORLD CUP CONTROVERSY**...IFP VS THE NATIONAL COMMITTEE...This situation has deteriorated into a major crisis of the sport. Apparently...and apparently, because there is a madhouse of rumor...and confusion concerning the position that the London ver...sion of the World Cup will take place in London in 1980...with an American team present. This team will not be selected by the Nation...al Selection Committee, because it is not a team competition...the lifters are...being invited by the IFP to come and compete as individuals. It is also my un...derstanding that the IFP will not sanction the Alabama version of the World...Cup...this, this contest has become the American Cup...with the top 2 or 3...lifters in each class invited...some athletes have indicated that they will...lift with them...I have some reservations about American lifters who go to...London will have some action to take...I have seen no official document to this effect. Apparently, NBC...cussed this World Cup concept with the IFP in October, but negotiations were...broken when the BBC, who NBC would have worked through, went on strike...interested in the idea. If it were to be held in Auburn, Alabama. The question...whether or not the CBS group had the go-ahead from the IFP, despite what...ever.

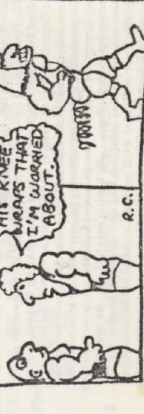
There's nothing inherently wrong with both the National Committee and the...IFP having some disagreement, but it seems to be a good one or not, because many of...that point. For the National Committee to break away from the AAU and...still be the official representative of the United States to the IFP, the con...stitution of the new organization must be officially accepted...otherwise, the...AAU is still the U.S. representative. Given the present relationship between...the National Committee and the IFP, there is some real doubt that it would...be approved, whether the constitution is a good one or not, because many of...who want to be head of the AAU.

On the other hand, the IFP should realize that with the United States out...of international powerlifting, their revenues from television would probably...evaporate, and...indeed...if the U.S. should get together with just a few other...nation and form another international organization, the IFP would have little...to do.

It is obviously the best interest of both the IFP and the National Com...mittee to work together on these international contests. I write a letter to all...the parties concerned...including the television people...showing, very simply...that both contests could take place, each network could film a line event, twice...as many lifters would gain international experience, revenues could be earned...by both the IFP and the National Committee, etc. In short, everybody wins...I see response to this suggestion has essentially been absent.

So, about the future of international powerlifting. The IFP should make one consider...be Powerlifting, but, rather...Power itself. Power over Powerlifters, by...people far removed from the little gym downtown...or the set of weights in...the garage...that represents the little people...who are the essence of the...sport. As Gus Reinwick told me...our sport leaped ahead with the tele...ving of the 77' Worlds...and with subsequent televising of meets, but we...representing very fact.

Let's hope that this...happened coincident with the emergence of...TV's contract for Powerlifting events reaching the \$50,000+ mark?



# FREE SUPERWRAPS SUPER SUITS NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) ..... **\$32.00\***
  - **SUPERSUIT** Natural Color (white) ..... **\$24.00\***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46.

## Help Increase Your Total

The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, SUPERSUIT II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDE SHOULDER STRAPS for GREATER BODY SUPPORT.

## Free Pair of Superwraps with Each Suit Purchased!

The finest POWERLIFTING SUIT AVAILABLE. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company, and its authorized dealers. The numbered sizes give you a better fit ... DO NOT ACCEPT substitutes.

Also ... Superwrap Sale — 3 pair — \$11.00\*  
Heavy duty knee wraps cut to official length with zig-zag stitched ends to insure no fraying.

Orders processed same day as received ... Immediate Delivery

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Supersuit II  Navy Blue  Royal Blue  Scarlet Red  \$ \_\_\_\_\_  
Supersuit  Natural Color  \$ \_\_\_\_\_  
Superwraps (Quantity) \_\_\_\_\_ \$ \_\_\_\_\_  
State size or height & weight: \_\_\_\_\_ (State) \_\_\_\_\_ (Height) \_\_\_\_\_ (Weight)

Check or Money Order must accompany orders.  
\*Overseas orders add 20%.

MARATHON/A. Zangas Co. Phone: (213) 375-3802 / 541-5919  
1229 Via Landeta, Palos Verdes Estates, CA 90274

**Mac**

**LATE NEWS!!!**

Mike MacDonald just benched a whopping 550 at 187½ in training ...off this recent progress, he's looking at 560 at Memphis and 580 at the Seniors, at 181!!!!



Note MacDonald's phenomenal upper pectoral development in this photo (courtesy Dimiduk). Also note his extreme muscularity at 181, benching a World Record 522.

Mike's current list of records goes like this...181 lb. class: 470, 474.5, 476, 479.5, 484.75, 491, 501.75, 509.25, 512.5, 517, 522.1, 198 lb. class 523.25, 534.5, 539, 539.75, 540, 545, 550, 551, 561, 220 lb. class 545.75, 555.75, 562.25, 573.25, 576.5, 580, 580, 242 lb. class 567, 577, 580, 603, 603.20 official World Records. 11 unofficial...by the way, this list goes back to 1973 when World Records were first accepted. Mike doesn't count anything made prior to then, though other lifters do when making up their own list of records, he points out. Mike's back seems to be in fine shape once again...he's predicting something close to 700 DL next time he lifts...he did a 670 at 198 with little training on it, a few years back. At Gary Glanzer's Central States Open meet, he took it easy with a 515 attempt on this lift...but felt good for 525 off not too much prior training. The elusive triple bodyweight bench press should be his in 1980, he feels certain of 545 at 181, and 600 at that weight eventually...but before then he wants to move the 198, 220, and 242 marks up over the 600 mark...at 5'10", he's at least 6 inches taller than the other top benchers in his class. Memphis may be his next big record breaking contest, since a slow business cycle in Duluth (it has 180 bars and only one gym!!) kept him from going to the expense of travelling to the Las Vegas meet, though he's not sure at what class...he's already qualified for the Seniors at 181, and would like to qualify in several other classes, if possible. Mike feels his closest potential competition at 181 would be Bridges, but he feels that, based on the gains he made going from 148 to 165, 500 may be Bridge's limit in that class. Mike has some words he would like to pass along...**"DON'T HANG UP YOUR BELT TOO EARLY"**...**"Don't retire yourself mentally or physically before your time. Get off the steroids, alcohol, and other drugs or chemicals...how can one develop a positive attitude when these evils are deteriorating the mind and body. Get on a good nutrition program and set reasonable goals. Think about breaking world records for yourself when you are 30 years old by learning and knowing your short term limitations. Be patient and consistent and above all, build late mental psyche through better nutrition. I may be 31 years old, but I have the mental ambition of 19 year old starting out. I want a 600 bench press in the 181 class, but I know it takes time. After all, if everything came right away, what could you look forward to in life? Psyche yourself up and don't rely on others to encourage you. Be your own person. Don't hang up your belt too early."**

**women's corner**

Jan Todd noted the cooperation between men and women on the National Committee, all resolutions of the Women's Subcommittee were approved by the full committee without a single male or female dissenting vote. For this year's nationals, it will remain that qualification is dependent only on having competed in one sanctioned meet. Qualification procedures for future nationals will be decided upon in the Women's Committee meeting prior to the Women's Nationals in Los Angeles Jan. 26, 27. **NO OFFICIAL WORLD RECORDS FOR WOMEN CAN BE SET, EXCEPT SINCE NOVEMBER 7, 1979.**

**P.S.** 3 wks. after going 800 480 660 1940 at 255 lbs., Gary Legston was unloading some freight and had a major problem going in through the triceps of a 20" arm to pin the boys. They sent him home to be exceptionally hard...cards and letters to Gary Legston, Room 306, Henry Co. Memorial Hospital, New Castle, Indiana 47362 would be appreciated...also on the Indiana injured list is veteran Ron Hale, blew a pec via a 400 BP, and Larry McWhorter, state DL recouran, via gunshot wound.

**NOW!  
First Time Available**



**SUPER SUIT II.....\$32.00**

**BEST POWER SUIT AVAILABLE**

- \* NEW, STRONGER SPANJIAN MATERIAL
- \* NEW, WIDER SHOULDER STRAPS
- \* COLORS...NAVY, ROYAL BLUE, AND RED
- \* SIZES...24-48...LARGER SIZES AVAILABLE

---FREE PAIR OF SUPER WRAPS WITH PURCHASE OF EACH SUIT---

**BILL PEARL'S "KEYS TO THE INNER UNIVERSE" WITH ORDERS OF 12 OR MORE**

**REGULAR SUPER SUITS STILL AVAILABLE.....\$24.00**  
(SIZES.....26-48.....WHITE ONLY)

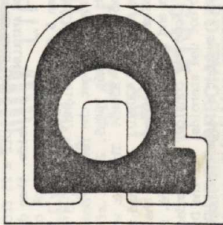
**3 PAIR SUPERWRAPS.....\$11.00**    **LIFTING STRAPS (PR.).....\$5.50**  
**SUPERBELT (BY BOB MORRIS).....\$56.00**

**1979 WORLD CHAMPIONSHIP T-SHIRTS**    **T-SHIRTS.....\$5.50**  
(WHITE & RED)

**TANK TOP...\$6.00** (YELLOW/NAVY OR SKY BLUE/NAVY)

**PACIFICO**

**SPECIAL SHIRTS WORN BY LOADERS.....\$9.50**  
(NAVY/WHITE)



**ENTERPRISES**

**INCLUDE SIZES FOR BELTS AND SHIRTS**  
**SPECIFY WEIGHT CLASS FOR SUITS.**  
**ADD 15% FOR ORDERS OUTSIDE U.S.A.**

**PACIFICO ENTERPRISES**  
**P.O. BOX 14152 NR**  
**DAYTON, OHIO 45414**



FINANCIAL ACCOUNTING - 1979  
HAWAII INTERNATIONAL POWERLIFTING  
CHAMPIONSHIPS:

TRAVEL (LIFTERS).....	\$13,856
TRAVEL (OFFICIALS).....	\$1,715
TRAVEL (SUPPORTERS).....	\$1,500
POSTERS.....	\$1,500
FLYERS.....	\$320
HOTEL (LIFTERS).....	\$800
SECURITY FOR MEET.....	\$1,330
TROPHIES.....	\$740
CAR RENTAL.....	\$986
REIMBURSEMENT FOR MEET OFF STATION WORK.....	\$150
INTEREST ON PERSONAL LOAN.....	\$180
SALES TAX.....	\$1,200
TUDED (APPROX.).....	\$1,200
BIXIKI CONTEST ANNOUNCER.....	\$150
DAVE JOHN'S AD IN PROGRAM.....	\$200
TELEPHONE BILLS.....	\$400
TICKET PRINTING.....	\$310
BANK LOAN INTEREST.....	\$448
MEALS AT SHERATON/PARTY.....	\$1,400
KILO HEIGHTS + FREIGHT.....	\$1,200
EXPENSES (POSTAGE.....)	\$284
TO NATIONAL MEETS.....	\$300
RAY VERDORCK.....	\$450
MIKE SCOTT.....	\$250
GARY WATNABE.....	\$350
BIXIKI CONTEST PRIZE.....	\$450
ANNOUNCERS FEE.....	\$2,100
TOTAL EXPENSES.....	\$47,376



Ricksey Daiz Crain with a 645 lb. opponent at the Oklahoma Classic, weighing 148, he missed a WR+++ 675 twice, trying for the total record. photo courtesy Crain.

NEW JERSEY STATE CHAMPIONSHIPS  
2 DEC 79

114. CAFFERON	300	170	360	830
J. PEREZ	275	185	340	800
K. MILLER	225	140	240	605
B. BROWN	190	115	210	545
B. COBURN*	210	130	215	715
123.				
V. SCALPO	440	240	445	1085
S. GILBERT	375	215	375	965
D. GILBERT	140	120	220	480
134.				
J. SHAW	300	260	400	960
J. WHITE	300	205	345	850
S. FINAZLIO	300	205	345	850

ONE HAS BEEN ABLE TO GET OFF SOME OF THE BILLS THAT ARE BEING PAID. HE FELT THAT IT WAS IMPORTANT TO PUT MONEY DOING SO IN ORDER TO LIFT BETTER TOP LIFTING TALENT, FURTHERMORE, MAKE LIFTERS PRODUCE MORE WEIGHTS IN POWERLIFTING...GUS ALSO SPENT A LOT OF MONEY TO BRING ALONG UNDERSTANDING...GUS HAS 257 CHECKS BECAUSE HE RECORDED HIS MEETINGS, FAMILY ASPECT OF A LIFTERS LIFE IS EXTREMELY IMPORTANT...AND BRINGING A "REWARD" FOR THEIR PATIENCE AND UNDERSTANDING...GUS HAS 257 CHECKS SEND DEF. TO CALLING TO COPY AND THE EXPENSES, SHOULD THEY BE INTERESTED.

148. THE FALCONIO-DEMARIA BATTLE WAS ONE THE FANS WILL LOOK FORWARD TO A BIG SQUAT...WHICH MIGHT MISS THINGS, BUT BET MARCHIO GAMES THROUGH FOR A STRONG WIN...IN THE 1985, LEN PERFORMANCE...MISSING ONLY A 20 LB FOR 9 MIKE GREEN, WHO FINISHED 3RD...JUNLY 18 YEARS OLD...GAINED 100 LB WEIGHT TO MAKE THE 220S...JUST MISSED 400 LB...SECOND PLACE MAN, FRED 645 DEADLIFT...THOUGH WITH A STRONG 645 275S, GOM HAINES MADE A BIG IMPRESSION...ESPECIALLY WITH A 790 DEADLIFT, AND...GARRITANO...FORWARD THE JARRELLA, FOOTBALL BLOCK-BUSTER FROM ST. CECE-PIZZA IN FT. LEE...AS WELL AS BEING DEFENDING NATIONAL COLLEGIATE SWIM DEEP 710 SOON A GOOD DAY WITH A VERY SULT...LOW REPORTS THAT LOTS OF THE 10.00 A NUMBER ON THE ANVILION MORE, THEN DID 5 more, took off a Wednesday 3 sets of 5 in the bench squat, to get the feel of heavy wts. My first workout was 310x5, 230x5, after 8 weeks I did 400x5, 400x5, 350x5. The next week I did 490 single, easy and 420x10. If I had acted with some restraint I could have avoided the stale-ness that set in. Some may consider my poundages more, but I do it because I suspect a large contingent of the present day Supermen would do likewise."

**WORLDWIDE RECORD RANPAGE!!!!!!!!!!!!**

Ray Verdonck cracked the AR 50 at 132 3 times to bring it to 507, the following weekend Ernie Millan put it up to 514...Al Andrade benched an unofficial WR of 363 at 132...Conny Nilsson of Sweden broke the 198 lb. WR 50 with an effort of 783.75, Chip McCain broke the total record with 1945 at 198 (via 744 402 799) and Clay Patterson took the 242 mark at 2133. Rumors that the Texas meet had light weights have been dispelled...an independent source weighed the weights used before and after the contest and they were on. Also in Sweden, Hedlund got the bench press record back via 623.75. At the Purdue Open, Bryan Wedie 50'd 715 at 181 and tried a 740, which he had made in training...Dennis Reed squatted an 800 at 220, but card holders were not present. At the Heart of Dixie meet, Tom Hardman got the bench press record back via 591, missing 600...and Troy Hicks just missed a World Record deadlift at 165. Other very notable lifting includes Mike Faureau's 1500 at 148...other European results, courtesy Ulf Morin, include Per Svantesson's RR 319 BP at 132, Kent Andersson's 771 squat at 220, Nilsson's 1818 total at 198...I hear Olympic lifter Jim McCormick 540 315 580 1435 in training at 148.

Gus Reibisch's Hawaii International list of invitees includes Inaba, McKenzie, Crain, Jones, McDermold, Yoc, Kitchey, Dumitruk, Shaw, Phillips, Kitchey, McCormick, Hedlund, Kenady, and Kozmaier. He does not expect a TV contract this year, World Cup sales have effectively splashed that, nor does he have as many rooms available at the hotel, so he can't afford the travel expenses for the lifters, nor their girlfriends and wives, that he has offered in the past. The posters for his meet are already out, and they are fantastic. PanAm and the local gyms are really coming through to support Gus this time, and a sell-out crowd of 5000 is expected once again.

Heard that Paul Whitney just missed a 735 squat weighing 223, but expects to make it at his Red River Open next Jan. 19th.

MEET TO MAKE...Central Arkansas Open, another fine Ken Brown-Cody Humphrey production, write N. Little Rock Barbell Club, 2700 Willow Street, N. Little Rock, Arkansas 72114.

**MADE BY SPANJIAN**

**SUPER SUIT** NATURAL COLOR. SIZES: XS(32-34), S(36-38), M(40-42), L(44), XL(46), XXL(48) (SEND HEIGHT AND BODYWEIGHT INFO)..... **\$20.00**

**SUPER POWER BELT** 10 CM. WIDE...1.3MM THICK, WHITE STITCHING, ZINC PLATED STEEL BUCKLE, (SEND WAIST SIZE)..... **\$55.00**

**SUPER WRAPS** AN EXCELLENT TRAINING WRAP.....Pair **\$5.00**

**SUPER WRAPS II** THE COMPETITION WRAP.....Pair **\$10.00**

**LIFTING SUIT** 100% STRETCH NYLON. S-XL...NAVY, MAROON, OR ROYAL BLUE...SUITS ARE TRIMMED IN WHITE...OTHER COLORS AND SIZES MAY BE SPECIAL ORDERED...\$17.00)..... **\$14.00**

**LIFTING BELT** 10 CM WIDE...5MM THICK...BRASS PLATED, DOUBLE PRONG BUCKLE...S(24-28), M(28-34), L(34-42), XL(42-50)..... **\$29.00**

**TRAINING STRAPS** (SEND FIRST MEASUREMENT)..... Pair **\$5.50**

**CHALK** MAGNESIUM CARBONATE, FOR A NON-SLIP GRIP. PER POUND (EIGHT 2 OZ. BLOCKS)..... **\$6.00**

**WEIGHT LIFTERS' WAREHOUSE**

5542 SOUTH STREET  
LAKEWOOD, CA 90713

213-920-1232

**SUPER SPECIAL: ORDER A SUPER SUIT AND SUPER POWER BELT.....RECEIVE ONE PAIR OF SUPER WRAPS FREE!**





# CUSTOM MADE WEIGHTLIFTING EQUIPMENT

FOR PROFESSIONAL GYM OR HOME USE  
POWER RACKS, BENCHES, LIFTING BELTS,  
SUPERSUITS, WRAPS  
SELECTORIZED CABLE EQUIPMENT  
NATURAL SOURCE FOOD SUPPLEMENTS

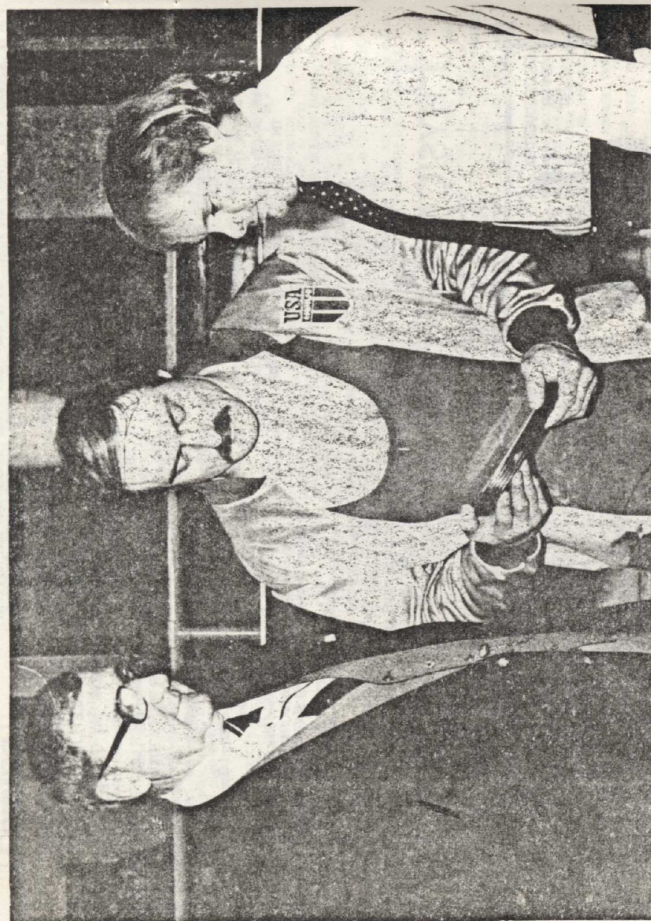


**Complete Weight Training Facility for Men and Women**  
**Individual Instruction**  
**Open 7 Days 9 a.m.-9 p.m.**

2149 TARAVEL ST.

SAN FRANCISCO, CA. 94116 (415) 566-7086

Catalog \$1.50



**JOHN YOC DAY** at Lehigh Junior High School in Pennsylvania was a great success. Here, John receives a plaque, commencing the occasion. From National Champion, Jake Boyer, and school principal, Mr. G. Z. Blighaus...several hundred students watched John demonstrate his prowess on the weights and were very impressed with the World Champion. Jake hopes to make Lehigh the "Four Capital" of Junior High Schools, (the coaches there)...and their motto is "Bunk Up, or Leave Town!" photo courtesy Boyer.

2ND ANNUAL GLENDALE YMCA MEET		3RD ANNUAL MID-WEST OPEN		10TH ANNUAL MID-WEST OPEN	
J. ANAS	570	350	395	J. CLUDE	315
F. GANSE	345	305	155S	L. CHEEVER	225
M. GIFFORD	305	225	360	H. STONE #	285
L. WICKHAM	242	242	180	L. STONE #	210
M. SHOLLOCK	200	215	490	T. MAUPIN	635*
M. ELDRIDGE	175	95	285*	D. BELLEFON	355
B. GONZALES	255	350	585	D. BELLEFON	385
F. BUCKWART	225	240	385	D. FELLER	450
S. GREEN	230	135	345	P. HARTLEY	280
A. IRIBARREN	255	185	350	P. HARTLEY	250
E. GILBY	425	300	500	P. HARTLEY	390
B. MASUCCI	400	310	470	P. HARTLEY	320
J. WEEBER	390	300	475	P. HARTLEY	320
D. HERRIGAN	300	215	400	P. HARTLEY	320
M. JARDIGAN	275	230	380	P. HARTLEY	320
A. IRIBARREN	250	155	400	P. HARTLEY	320
J. GILBERT	320	275	380	P. HARTLEY	320
J. HEELING	300	280	380	P. HARTLEY	320
J. LOPEL	200	280	380	P. HARTLEY	320
T. ELDRIDGE	560	395	565	P. HARTLEY	320
S. JAMESWELL	460	315	540	P. HARTLEY	320
D. HOLLAND	430	315	520	P. HARTLEY	320
T. CHANNING	425	340	500	P. HARTLEY	320

**FINALLY!!!**

# T-SHIRTS

FROM THE BEST GYM IN THE EAST

## ALL SIZES

# \$8.00

SEND CHECK OR MONEY ORDER TO:

**CENTRAL CITY Gym**  
1537 MAIN..ROOM 504  
SPRINGFIELD, MA 01103

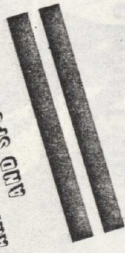
GOLD OR NAVY

INDICATE SIZE & COLOR

# ANABOLIC STEROIDS

Are you really risking your liver, kidneys, heart or overall health by taking them? How about cancer and your sex life? How do steroids work and how much can they help increase muscle size and strength?

**ANABOLIC STEROIDS AND SPORTS**



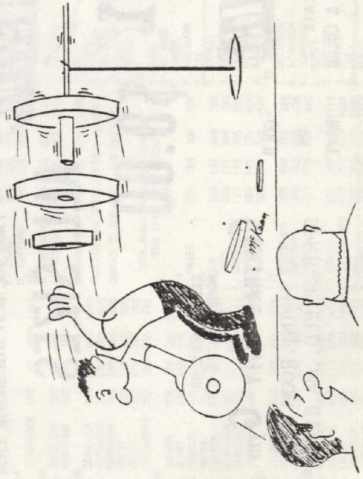
A COMPLETE REPORT ON THE COMPARATIVE RISKS AND BENEFITS OF STEROID USE TO INCREASE MUSCLE SIZE AND STRENGTH

by James E. Smith

In any endeavor, always use your head first. Knowledge is power. Be informed about the most controversial topic in sports today. Get the whole story from a world authority.

**ORDER TODAY! \$9.95**  
*(plus \$1.00 Postage and Handling from)*  
**SPORTS SCIENCE CONSULTANTS**

*Sports Science Consultants are available for Seminars, Clinics and Personal Consultations. Write for rates.*



"MOST EFFICIENT PLATE LOADER I'VE EVER SEEN!"

Inn Burgess points out that the points won by the 2nd in the Supers and the 3rd in the 1988 in the Worlds could as well have been won by the 1979 National Changes in the 123, 132, or 220 class...and the team standings wouldn't have been hurt...and long as non-winners were taken account, why wasn't Jeff Bradley selected at the Pacific State Open, Joe went 500 530 U.S. weightlifting 1430 weighing 139, meeting a 600 squat 365 bench press and 560 deadlift.

## ATLANTA OPEN BP

- 137 B. BEV 79
- G. BRADLEY 220
- D. AITAL 45
- 132 C. TRAYERS 240
- 146
- A. MATHEIS 320
- D. BACIS 320
- B. SULLER 250
- 166
- M. HITCHER 380
- A. SUTERREZ 350
- 181
- P. LOMBARDI 345
- C. CHAVIN 345
- 198
- D. DUNCAN 415
- G. BRADLEY 380
- B. BENNETT 415
- R. VAUGHN 405
- 292
- T. TULLAS 540
- B. SELLERS 420
- S. SOUSA 370
- 308
- M. HOCKEY 485
- J. PORTER 430
- J. SMITH 430

BEST LIFTERS WERE MATHEIS AND ATLAS  
THANKS TO DECK  
ACRO FOR RESULTS  
MISPRINTING 10  
TONY ATLAS, IT'S  
SAD THAT HE'S  
DIED  
INDIANA OPEN BENCH  
PRESS (MET-11/18/79)

- R. DEL SALLO 220
- G. KELLOGG 195
- 332
- J. GRIFFIN 210
- G. WILSON 240
- M. BORG 235
- 148
- L. WANNER 315
- H. COLBERT 270
- 184
- E. HARBOIS 325
- 5. PHILLIPS 325
- J. BETHUNGER 325
- 279
- M. DAVIS 300
- D. BUCKEN 300
- 181
- D. JULY 325
- B. DICKSON 330
- F. WATSON 300
- 198
- V. GANIEL 415
- C. W. GANIEL 370
- J. LAW 370
- F. WASH 325
- 220
- ZO RESHAM 435
- J. NICH 600
- 242
- N. JAMES 465
- SIM VAN ASSEL 315
- 300
- D. LITTOFIELD 380
- 4. HUBMAN 240

LOWER BODY WEIGHT  
TEAM POINTS:  
29  
PT WAYNE LIFTS: 21  
U.S. WEIGHTLIFTING  
MEET DIRECTOR: JEFF  
BEECHER CONSULTANT:  
THANKS TO JAMES  
SMITH FOR RESULTS

## ADVANCED SUPPLEMENT LINE

ENERGIZERS...FOR THE HARD TRAINING ATHLETE...CONTAINS MEAT GERM, DESSICATED LIVER, BEE POLLEN, IRON, DHA, GINSENG, B-COMPLEX, MULTI-WHEAT POWDER AND MORE!  
75 LARGE CAPS FOR \$4.95 AND 150 LARGE CAPS FOR \$8.95  
B-35...FULL LABORATORY STEROID CAPS...SOME OF THE INGREDIENTS ARE QUITE RARE. A SUPER GREEN LABOURATORY STEROID...75 LARGE CAPS FOR \$5.95 AND 150 FOR \$10.95  
MULTI-GRADED HERBAL FORMULA...A MILK, EGG, AND FRUCTOSE FORMULA. 14 GRAMS PER TABLESPOON. FIBRE TABLETS FOR \$5.95  
FRASE 11 PROTEIN...A MILK, EGG, BEEF, LIVERS, AND FISH FORMULA. 15 GRAMS OF FRASE 11 PER TABLESPOON. ONE POUND FOR \$6.50  
FRASE 11 PROTEIN...OUR ULTIMATE FORMULA. MILK, EGG, GINSENG, SNAKE, DHA, AS- GLUCIC ACID, AND THE FOLLOWING RAW GLANDS, ADRENAL, PROSTATE, SPLEEN, THYMUS, PITUITARY, HEART, SPRAIN, AND PANCREAS PLUS DIGESTANTS. 20 GRAMS OF PROTEIN PER TABLESPOON. A GIANT BARGAIN. ONE POUND CAN FOR \$8.95  
DURA-STAR...A HERBAL FORMULA. SOME USERS HAVE REPORTED INCREASES IN ENERGY AND STAMINA WITHIN TWO WEEKS. 50 CAPS FOR \$3.50 AND 100 CAPS FOR \$6.50  
CIRCULATION BOOSTER...A PRE-WORKOUT FORMULA TO HELP MUSCLE PUMP, ENDURANCE, AND STAMINA. 30 CAPS FOR \$4.95 AND 100 CAPS FOR \$8.75  
NEW PRODUCTS!!!...HIGH VOLTAGE...HERBAL STIMULANT W/125 MES. CAFFEINE 100/35-.95  
INDIVIDUAL AMINO ACID AND B-COMPLEX CAPS...100 FOR \$7.95  
FULL SPECTRUM G...A COMPLETE VITAMIN C COMPLEX FORMULA. 100 FOR \$5.95  
GLAND GAINER...A DOUBLE DOSE OF ADRENAL, ORCHIC, PROSTATE, ETC., IN A BASE OF RAW LIVER. 50 FOR \$5.25 AND 100 FOR \$9.95  
MORE NEW PRODUCTS!!!...DIGESTIVE ENZYMES...A BLEND TO AID IN THE DIGESTION OF PROTEINS, FATS, AND CARBS. 50 FOR \$4.00 OR 100 FOR \$7.50  
FENUGREEK AND COMFREY CONCENTRATE...FOR INTESTINAL CLEANSING. 50 FOR \$3.00 OR 100 FOR \$5.50  
ORGANIC TOOTH POWDER...TWELVE NATURAL HERBS, MINERALS, AND PLANT EXTRACTS FOR TOTAL CLEANSING. \$4.00  
YEAST CONCENTRATE...A RICH SOURCE OF THE B VITAMINS, INCLUDING B15, AND RIVA AND DVA. 1 LB. FOR \$5.00  
NUTRA-DIA...A POWERED NUTRITIONAL SUPPLEMENT MADE FROM EARTH AND PLANT MINERAL CONCENTRATE. RED BEET POWDER, WHEY, ROSE HIPS, COCONUT, POLLEN, ELEVEN VEGETABLE CONCENTRATE, LIVER, ALOE VERA, CAROB, GINSENG, BORE MEAL, APPLE PECTIN, PAPAYA, GOLDENSEAL, ALFAFA, KELP, LECITHIN, AND MORE!  
1 LB. FOR \$8.95  
FORMULA LSM...\$15.00  
GERM OIL CONCENTRATE...100 FOR \$10.00  
DESSICATED SPLEEN...100 FOR \$10.00

## WRITE TO:

DR. G.K. KROKLOTZ  
7968 E. 59TH, #52-2  
TULSA, OKLAHOMA 74155  
(CALL \$1 POSTAGE!)

## CELLULAR MINERAL ANALYSIS

MAKE GAINS WITHOUT BRUISES...IF YOU HAVE A REALITIOUS PLAN FOR YOUR BODY, YOU MUST MEASURE THE BONES AND STRENGTH FROM INSIDE.

UPDATE ON MIKE BURCH...couldn't make the site cuz he bought a house and couldn't afford the trip...after that he got talked into trying for the US Olympic bobbed team and turned in the fastest time, then ripped a leg muscle, just as he was closing in on a 2:00 total, oh well...he's started training back again...step by step, see that joe-ee looks great at 260 now.

BURCH...the s...he didn't did not bob out of the Boston open as indicated in the Dec/79 issue. He actually bobbed 5:30 6:15 1460, sorry, Al. Also...training should have made the 123 top 100 list for his 260 lb. bench press...sorry Tim...401 Rival St., River Falls, Wisconsin 54022...interested for lifters if successful contact Les Form...in Minnesota, Wisconsin, Illinois, Michigan, Iowa, and the Dakotas...REPEAT...if interested, write Lee.

IMAGE INTERNATIONAL POWER BAR...\$186.00 F.O.B.

USED IN MORE NATIONAL & INTERNATIONAL POWERLIFTING CHAMPIONSHIPS THAN ANY OTHER BAR...MORE POWERLIFTING RECORDS BROKEN ON THIS BAR THAN ANY OTHER BAR

POWERLIFTING BELT...1.10 CM OF POWER.....\$29.95

BUMPER STICKERS...99¢ EACH/2 FOR \$1.50/3 FOR \$2.00

I AM A POWERLIFTER

POWERLIFTING WORLD'S GREATEST SPORT

A FREE BUMPER STICKER WITH ANY ORDER

\*DO YOU NEED TRAINING INFO, NUTRITIONAL IDEAS, PRICES ON EQUIPMENT (DISCOUNTS AVAILABLE)...PLACE AN ORDER OR JUST BURN A BIT ABOUT WHAT FROM OKLAHOMA 74801 (AFTER 9 PM & WEEKENDS...405-275-3639)\*enclose stamped, self-addressed envelope



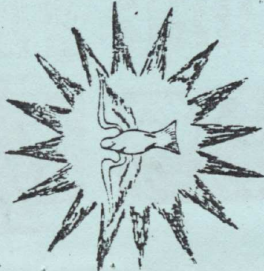
THE NEW DEADLIFT SHOE IS NOW HERE...GET CLOSER TO THE FLOOR, BETTER POSITIONING, LESS DISTANCE TO PULL THE BAR...A NYLON SLIP-ON SHOE WITH A LEATHER SOLE FOR A BIG, BIG DEADLIFT...SEND \$9.95

# TOP 100

## featherweights 132

(COMPILED FROM RESULTS AVAILABLE FROM JANUARY 1979 THROUGH DECEMBER 1979)

SQUAT		BENCH PRESS		DEADLIFT	
1	525 Bradley, J 4/7/79	600 Andrade, A 12/8/79	600 Bradley, J 4/7/79	1460 Bradley, J 4/7/79	
2	514 Millan, E 12/16/79	340 Bradley, J 2/3/79	565 Gray, D 3/17/79	1319 Millan, E 12/16/79	
3	507 Verdoncek, R 12/8/79	325 Hummel, G 8/18/79	562 Hummel, L 2/17/79	1316 Hummel, G 8/18/79	
4	485 Biasiotto, J 3/17/79	315 Hummel, L 8/18/79	540 Gant, L 3/3/79	1311 Mable, L 2/17/79	
5	455 Rybicki, C 12/9/79	315 Clos, J 5/5/79	540 Hummel, G 8/18/79	1290 Gant, L 3/3/79	
6	451 Garza, O 7/13/79	310 Mathis, A 1/27/79	535 Rybicki, C 10/28/79	1272 Verdoncek, R 12/8/79	
7	451 Hummel, G 8/18/79	305 Luna, B 2/3/79	535 Millan, E 12/16/79	1260 Biasiotto, J 3/17/79	
8	445 Gant, L 3/3/79	305 Berry, J 12/15/79	518 Ruettiger, F 12/9/79	1230 Ruettiger, F 12/9/79	
9	440 Luna, B 4/7/79	303 Verdoncek, R 12/8/79	510 Ruettiger, F 12/9/79	1210 Burgess, I 6/2/79	
10	440 Ruettiger, F 12/9/79	300 Maccker, J 12/1/79	505 Biasiotto, J 3/17/79	1200 Luna, B 4/7/79	
11	435 Mable, L 2/17/79	300 Perkins, G 8/11/79	501 Monyete, M 7/13/79	1200 Rybicki, C 10/28/79	
12	435 Privitor, J 6/10/79	295 Gant, L 3/3/79	500 Cross, M 12/15/79	1195 Gray, D 5/26/79	
13	429 Monyete, M 7/13/79	295 Gant, L 3/3/79	500 Goude, K 1/20/79	1175 Clos, J 5/5/79	
14	420 McCarty, J 4/79	292 Burgess, I 5/19/79	490 Snoblock, G 12/9/79	1157 Garza, O 2/10/79	
15	415 Burgess, I 6/2/79	292 Benson, T 7/13/79	485 Clos, J 5/5/79	1157 Garza, O 2/10/79	
16	415 Jacobs, R 1/1/79	290 Bash, J 3/11/79	485 Morris, J 9/79	1140 Dykes, T 7/28/79	
17	410 Hagerly, T 3/10/79	285 Biasiotto, J 3/17/79	475 Hagerly, T 3/10/79	1139 Benson, T 7/13/79	
18	410 Wright, A 6/2/79	285 Cole, G 10/14/79	473 De Santis, L 3/23/79	1125 Goude, K 1/20/79	
19	405 Lichtenberger, M 3/10/79	281 Morishima, E 12/8/79	473 Verdoncek, R 8/18/79	1125 McCarty, J 4/79	
20	405 Hutch, J 7/1/79	280 Clark, R 4/7/79	470 Castro, M 2/3/79	1118 Morishima, E 12/8/79	
21	405 Dykes, T 7/28/79	280 McCarty, J 6/79	470 Bjerre, L 12/1/79	1110 Jones, V 12/1/79	
22	405 Miller, K 10/6/79	280 Jones, V 12/1/79	465 Dykes, T 7/28/79	1105 Hagerly, T 3/10/79	
23	402 Kacarab, P 3/23/79	280 Ruettiger, F 12/9/79	462 Luna, B 7/13/79	1100 Andrade, A 2/17/79	
24	402 Morishima, E 12/8/79	275 Courtney, C 5/5/79	460 Nahhawa, N 1/27/79	1100 Miller, K 10/6/79	
25	400 Mathis, A 1/27/79	275 Parker, M 5/12/79	460 Jones, L 7/28/79	1096 Desantis, L 3/23/79	
26	400 Bryan, B 3/3/79	270 Richardon, P 6/79	457 Dykes, T 7/28/79	1090 Cross, M 4/21/79	
27	400 Rodriguez, O 6/29/79	270 Rachwal, T 1/20/79	452 Garza, O 5/19/79	1090 Privitor, J 6/10/79	
28	400 Cole, G 10/14/79	270 Nahhawa, N 1/27/79	452 Dykes, T 7/28/79	1085 Drew, J 9/29/79	
29	400 Cangiam, E 10/14/79	270 Erkhard, S 3/11/79	455 Hargett, J 11/3/79	1080 Bettin, R 9/22/79	
30	396 Gray, D 5/26/79	270 Senator, G 3/31/79	451 Benson, T 7/13/79	1075 Foster, C 5/5/79	
31	396 Benson, T 7/13/79	270 Shackelford, W 4/21/79	450 McMillan, O 6/5/79	1070 Cole, G 10/14/79	
32	396 Garza, R 12/15/79	270 Jona, J 6/7/79	450 Foster, C 5/5/79	1070 Trujillo, B 3/3/79	
33	396 Garza, R 12/15/79	270 Jona, J 6/7/79	450 Torrey, C 2/18/79	1070 Caver, R 9/79	
34	396 McFarling, O 5/6/10/79	270 Gabriel, J 11/17/79	450 Torrey, C 2/18/79	1069 Jacobs, R 12/15/79	
35	390 McFarling, O 5/6/10/79	270 Millan, E 12/16/79	450 Hensley, G 3/3/79	1065 Lichtenberger, M 3/10/79	
36	390 Ray, D 6/23/79	270 Millan, E 12/16/79	450 McCarty, J 4/7/79	1065 Wright, A 6/2/79	
37	390 Battin, R 9/22/79	265 Fossler, B 3/11/79	450 Uusk, 6/2/79	1060 Fleming, P 3/23/79	
38	385 Andrade, K 1/20/79	265 Fossler, B 3/11/79	450 Sall, T 9/79	1055 Kacarab, P 3/23/79	
39	380 Nahhawa, N 1/27/79	265 Fleming, D 6/10/79	450 Turner, D 12/9/79	1052 Davis, D 2/17/79	
40	380 Nahhawa, N 1/27/79	265 Reeves, L 9/29/79	450 Corra, T 12/9/79	1052 Benson, T 7/13/79	
41	380 Olean, J 2/4/79	265 Brown, C 11/3/79	450 Uusk, T 3/17/79	1048 Tennor, G 3/23/79	
42	380 Kuntoka, B 4/13/79	265 Houle, R 11/17/79	446 Uusk, T 3/17/79	1045 Dykes, T 7/28/79	
43	380 Kaja, K 9/29/79	264 Davis, D 2/17/79	446 Dum, S 3/23/79	1045 Dykes, T 7/28/79	
44	380 Jones, V 9/30/79	264 Piro, D 3/17/79	445 Zarnbaugh, M 10/13/79	1045 Wards, P 12/8/79	
45	380 Pumphrey, J 10/6/79	264 Monyete, M 7/13/79	440 Privitor, J 3/3/79	1040 Parkers, G 8/11/79	
46	380 McNeal, C 11/30/79	260 Smith, T 3/10/79	440 Federan, J 3/11/79	1040 Cangiam, E 10/14/79	
47	380 Ednfield, J 12/15/79	260 Nitka, T 3/10/79	440 Wong, C 4/21/79	1035 Lusk, J 6/2/79	
48	375 Trujillo, K 3/10/79	260 Krause, B 5/13/79	440 Wright, A 4/22/79	1030 Woods, V 10/20/79	
49	375 Clos, J 5/5/79	260 Krause, B 5/13/79	440 Miller, K 10/6/79	1030 Kuntoka, B 4/13/79	
50		260 Moods, V 6/23/79	440 Hutch, J 7/1/79	1030 Hutch, J 7/1/79	



# Premier HEALTH EQUIPMENT

125 NORTH GUADALUPE  
SAN MARCOS, TEXAS 78666  
512/392-9035

## Preview next page

All Premier Health Equipment is designed and constructed to give long life under heavy use. It is designed for use in a gym, health club, school or even a home. It is made from heavy duty steel and will require a minimum of maintenance.

Why take a chance when now the best is available to all.

# Powerlifting-U S A

SUPPLEMENT TO

Post Office Box 467

Comarillo, CA 93010

#### STANDARD EXERCISE BENCH, FLAT

Multiple purpose exercise bench for a wide variety of exercises. Every gym should have several. 44 inches long, 16 inches high.

\$49.95



#### LEG PRESS MACHINE

Seated leg press machine. Comfortable seated unit to help etch in the thighs. Gain strength, endurance, & size. Well padded.

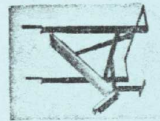
\$155.00



#### INCLINE BENCH, ADJUSTABLE

Fully adjustable back and standards. Well padded. Heavy duty steel construction. ALSO AVAILABLE—NON-ADJUSTABLE WITHOUT RACKS

\$144.50



#### SEATED SCOTT BENCH

A must for full bicep development. Adjustable height to fit all lifters. No gym should be without at least one. A real favorite for blasting the biceps.

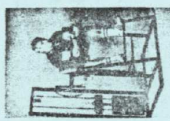
\$72.50



#### SEATED SCOTT BENCH CURL MACHINE

Seated scott bench with 200 pound selectorized weight stack; E-Z curl bar, adjustable seat.

\$429.95



#### SEATED CALF MACHINE

Nothing will isolate the soleus as well as this unit. A must for total calf development. Allows for total stretch and burn.

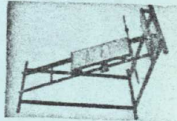
\$79.50



#### HACK MACHINE

Free standing, plated loaded, 36" wide, 63" tall. Will help cut up the legs fast. Builds size and shape without adding to hip girth.

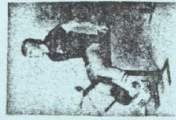
\$209.95



#### LEG EXTENSION-FLEXION

Plate loaded. Builds size, definition and shape. Outstanding thigh isolator unit. Excellent for knee rehabilitation. Heavy duty steel construction.

\$169.95



#### PEC DECK

Plate loaded. Add to basic bench press strength; Isolates the pec for more rapid growth and development. Excellent for bodybuilders—

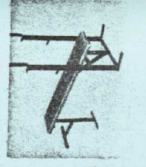
\$219.95



#### DECLINE BENCH WITH RACKS

Decline bench with racks effectively works the chest from a new angle. For the lower portion of the pectoral to help gain size, shape and strength.

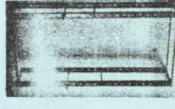
\$97.50



#### POWER RACKS

Has three inch steel channel, 18 inches wide for working inside for total safety. Comes with four pins. Pin holes on four inch channels.

\$192.50



#### ABDOMINAL BOARD, SINGLE

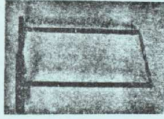
Wall mounted abdominal board fully adjustable for different angles and degree of difficulty. Helps harden the stomach muscles.

\$81.50



Solid mounted bars to allow even weighted dip with ease. Will help add size and strength to the pectoral, shoulders and triceps. A real must for a bodybuilder

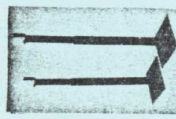
\$51.95



#### SQUAT RACKS

Super heavy duty and fully adjustable. High back catches to help line up bar after lifting. Will not topple. Heavy duty

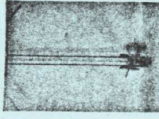
\$89.50



#### LAT PULL MACHINE

Wall mounted, plate loaded. Allows many movements. Wide bar to help widen the lat spread. Gives that V-taper look.

\$117.95



#### PULLOVER MACHINE

Plate loaded, excellent unit for building back-chest separation. Helps expand rib cage. Allows for resistance in the full range

\$197.95



#### LAT ISOLATOR

Plate loaded, effectively isolates the lats in a pull-up motion; eliminates the bicep, the weak link in back training, for total isolation

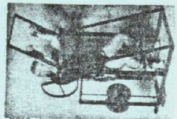
\$205.98



#### TRICEP ISOLATOR

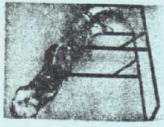
Plate loaded, works triceps effectively by not allowing any cheating. Adds new power to bench press. A must for size and shape

\$169.95



Hyper-tension bench is ideal for working the lower back—designed to allow more full range of motion. Add strength to the back like never before. A must for all athletes.

\$82.50



#### ROMAN CHAIR SITUP

Designed for super abdominal work. Hit the abs from a new angle. Can be used to effectively work the obliques. Helps chisel in the abs

\$49.95



#### E-Z CURL BAR

Made of one inch steel, bar is shaped for more comfort during heavy curl work. No forearm or wrist discomfort. More natural motion during curl.

\$17.95



#### CABLE CROSSOVER MACHINE

Plate loaded machine can add more size and shape to the pectorals. A must for all competitive bodybuilders. Can be used for chest, arm & shoulder work.

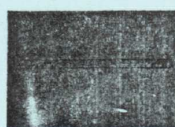
\$191.00



#### FLOOR CABLE MACHINE

Plate loaded; excellent for many applications—chest, shoulders, biceps, tricep, and even legs. Extremely handy to have.

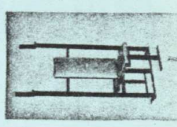
\$89.95



#### SEATED MILITARY PRESS BENCH

With racks; has spotter's stand in back for effective spotting and forced reps. Allows greater pressing in greater safety.

\$98.50



Premier

# HEALTH EQUIPMENT

## FIXED DUMBBELLS-PLATE WELDED-BLACK

10# pair	\$12.80	70# pair	\$ 70.00
15# pair	\$18.90	75# pair	\$ 73.50
20# pair	\$21.60	80# pair	\$ 78.40
25# pair	\$26.50	85# pair	\$ 81.60
30# pair	\$30.60	90# pair	\$ 86.40
35# pair	\$35.00	95# pair	\$ 91.20
40# pair	\$40.00	100# pair	\$ 96.60
45# pair	\$45.00	105# pair	\$101.20
50# pair	\$50.00	110# pair	\$105.80
55# pair	\$55.00	115# pair	\$110.40
60# pair	\$60.00	120# pair	\$115.00
65# pair	\$65.00	125# pair	\$120.00
DBR 1	\$ 95.00	Dumbbell Racks (Holds 17)	\$ 95.00
DBR 2	\$ 85.00	Dumbbell Racks (Holds 10)	\$ 85.00

## FIXED BARBELLS-PLATE WELDED-BLACK

20# each	\$18.00	75# each	\$42.00
25# each	\$21.00	80# each	\$43.20
30# each	\$24.00	85# each	\$44.20
35# each	\$26.25	90# each	\$46.80
40# each	\$28.50	95# each	\$49.40
45# each	\$30.50	100# each	\$52.00
50# each	\$32.00	105# each	\$53.55
55# each	\$34.00	110# each	\$55.00
60# each	\$36.00	115# each	\$57.50
65# each	\$37.70	120# each	\$60.00
70# each	\$39.20	125# each	\$62.50

125 North Guadalupe St.  
San Marcos, Texas 78666

Phone  
512/392-9035

### SQUAT

51	375	Hirabayashi, D	5/26/79
52	375	Drew, J	9/29/79
53	374	DeSantis, L	4/21/79
54	370	Cross, M	3/31/79
55	370	Rexroth, R	4/22/79
56	370	Beasley, J	5/26/79
57	370	Low, B	6/17/79
58	365	Thibault, T	2/18/79
59	365	Trujillo, B	3/3/79
60	365	Gillott, P	3/25/79
61	365	Albin, J	4/28/79
62	365	Conaway, D	10/14/79
63	363	Wodraska, R	4/14/79
64	360	Mertz, R	3/17/79
65	360	Venator, G	3/31/79
66	360	Hiruzza, S	4/7/79
67	360	Giaretto, R	4/9/79
68	360	Foster, C	5/5/79
69	360	Dykes, L	6/10/79
70	360	Dykes, L	7/28/79
71	360	Stevens, C	12/8/79
72	355	Murray, R	12/9/79
73	355	Womack, A	6/16/79
74	355	Blatze, M	8/11/79
75	350	Speedy, J	2/17/79
76	350	Davis, J	5/26/79
77	350	Hensley, D	12/15/79
78	350	Schock, J	1/13/79
79	350	Sryan, T	3/17/79
80	350	Stevens, S	4/7/79
81	350	Husk, J	6/27/79
82	350	Stine, G	6/12/79
83	350	Caver, R	3/7/79
84	350	Brown, C	11/13/79
85	350	Peppido, G	1/13/79
86	350	Polizzano, S	12/6/79
87	350	Tempert	3/17/79
88	341	Upson, S	3/23/79
89	341	Oler, J	4/13/79
90	341	Cook, J	4/13/79
91	340	Merger, R	2/24/79
92	340	Ferguson, P	2/3/79
93	340	O'live, R	4/21/79
94	340	Knoll, D	5/19/79
95	340	Beaver, B	7/28/79
96	340	Perkins, B	8/11/79
97	340	Krause, G	9/11/79
98	340	Peck, P	11/10/79
99	336	Rausa, Z	2/24/79
100	336	Sheehan, E	2/24/79

### BENCH PRESS

260	Racite, J	12/2/79
259	Steele, G	1/26/79
259	Cook, J	4/13/79
259	DeSantis, L	4/21/79
259	Peerman, D	6/7/79
259	Barcelona, G	10/27/79
259	Bryant, J	12/15/79
255	Trujillo, B	3/3/79
255	Miller, K	10/6/79
255	Griner, R	11/3/79
255	Perron, B	11/17/79
255	Delong, G	11/18/79
253	Garza, O	7/13/79
253	Whitmore, W	9/29/79
253	Jacobs, R	12/15/79
253	Hensley, D	12/15/79
252	Kestler, A	10/7/79
250	McMillian, J	1/6/79
250	Albin, J	4/28/79
250	Newberry, T	6/5/79
250	Corr, T	6/17/79
250	Baker, M	10/27/79
248	Kacarab, P	3/23/79
248	Wodraska, R	4/14/79
248	Goude, K	1/20/79
248	Scarlatia, J	3/3/79
245	Hamon, J	3/10/79
245	Gillott, P	3/25/79
245	Hunt, J	4/7/79
245	Stine, G	6/12/79
245	Kirkland, G	6/12/79
245	Jordine, J	9/22/79
245	Drew, J	9/29/79
245	Backman, S	12/16/79
242	Stemper, S	12/16/79
242	Kutoka, B	4/13/79
240	Ferguson, P	2/3/79
240	Scazzia, L	2/18/79
240	Van Roy, T	3/10/79
240	Panzelli, B	3/24/79
240	Proctor, D	4/7/79
240	Donabedian, V	4/18/79
240	Brown, I	6/1/79
240	Eichner, G	6/16/79
240	Wheeler, D	8/5/79

### DEADLIFT

440	Moody, V	10/20/79
435	Davis, D	2/17/79
435	Lichtenberger, M	3/10/79
435	Low, B	6/17/79
435	Scarlatia, J	11/10/79
435	Morishima, E	12/8/79
435	McNeal, C	11/30/79
430	Mathis, A	1/27/79
430	Giaretto, R	4/7/79
430	Ondrlish, T	4/7/79
430	Houle, R	11/17/79
429	Jacobs, R	12/15/79
425	O'Leary, J	2/14/79
425	DePriest, C	3/10/79
425	Rekroth, R	4/22/79
425	Sheets, L	4/28/79
425	Krause, B	9/1/79
425	Conaway, D	10/14/79
425	Ronditas, N	12/11/79
424	Rausa, Z	2/24/79
424	McNeal, C	11/30/79
420	Keiser, D	4/21/79
420	Stevens, S	4/21/79
420	Hampton, J	5/26/79
420	Bee, C	9/22/79
420	Cangemi, E	10/14/79
420	Yasutake, C	10/20/79
420	Mendez, P	12/8/79
418	Lott, J	3/3/79
418	Jonas, M	10/21/79
418	Bryant, J	12/15/79
415	Obson, S	7/7/79
415	DiRuzza, S	4/7/79
415	Fliver, R	4/21/79
415	Fleming, G	6/10/79
415	Lawson, G	6/12/79
415	Pest, D	6/28/79
415	Collette, R	11/10/79
415	Collins, L	12/1/79
413	McClure, L	11/30/79
413	Metz, R	12/15/79
413	McClure, L	2/24/79
410	Beacon, D	2/24/79
410	Sheatz, P	3/3/79
410	Musarra, L	3/10/79
410	Brown, C	3/31/79
410	Pierce, J	4/21/79
410	Pannell, A	4/21/79
410	Kumpfer, D	5/5/79
410	Peck, P	11/10/79

THIS LISTING IS PROVIDED COURTESY OF POWERLIFTING USA MAGAZINE, P.O. BOX 467, CAMARILLO, CA 93010. \$10.00 FOR A 1 YR. SUBSCRIPTION) PLEASE POST IN YOUR WEIGHT ROOM AND ADVISE POWERLIFTING USA OF ANY ERRORS OR OMISSIONS FOUND.....THEY WILL BE CORRECTED IN A SUBSEQUENT ISSUE.

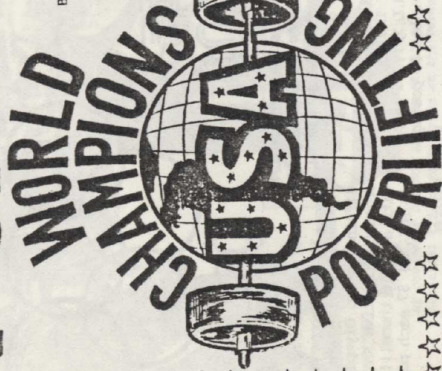
COPIES OF PREVIOUS TOP 100 LISTINGS FOR ALL OTHER CLASSES ARE AVAILABLE. PLEASE SEND 2 15¢ STAMPS FOR EACH LIST YOU DESIRE TO P.O. BOX 467, CAMARILLO, CA 93010 AND THEY'LL BE SENT TO YOU LIST CLASS) THE PATCHES SEEN AT LEFT ARE AVAILABLE TO THOSE WHO QUALIFY WITH LIFTS IN THE TOP 100, TOP 50, OR TOP 20 IN EITHER THE SQUAT, BENCH PRESS, DEADLIFT, OR TOTAL ON THE MOST CURRENT TOP 100 LIST PUBLISHED FOR THEIR WEIGHT CLASS...IF YOUR NAME IS ON THE LIST...OR IF YOU MADE SUCH A LIFT IN ANU COMPETITION SINCE THE LAST LIST FOR YOUR CLASS WAS PUBLISHED...THEN YOU ARE ELIGIBLE!!! THE TOP 20 PATCH IS \$4...THE TOP 50 AND TOP 100 PATCHES ARE \$3.50...THE SQUAT, BENCH PRESS, DEADLIFT AND TOTAL PATCHES ARE \$2 EACH (CALIFORNIA RESIDENTS ADD 6% SALES TAX) AS A SPECIAL GIFT FROM DAN DEWELL, HIS 'POWERLIFTING' PATCH IS AVAILABLE FREE WITH PURCHASE OF POWERLIFTING USA PATCHES FOR THOSE WHO QUALIFY AS TOP 20 LIFTERS IN ANY CATEGORY. SEND YOUR CHECK OR MONEY ORDER TO "PATCHES" BOX 467, CAMARILLO, CA 93010...THEY ARE HAND-EMBROIDERED ON A SPECIAL BLACK FELT BASE DESIGNED TO CONTRAST WITH ANY COLOR WARMUP...IN GOLD, SILVER, RED, WHITE AND BLUE.....ORDER RIGHT NOW!!!

**NEXT MONTH:** light weights





# T-SHIRTS



WE OFFER OUR NEMEST T-SHIRT, "THE CADILLAC OF T-SHIRTS", COLORS, WHITE, YELLOW, POWDER BLUE, TAN, RED, GREEN, NAVY, BLACK, ORANGE. SIZES S-M-L-XL-2X-3X-4X AND 5-44-XL (WOMEN). PRICES: \$6.50 EACH, 2 FOR \$12. FOR S-M-L-XL FOR 2X-3X-4X AND \$1 EACH. OTHER LOGOS IN STOCK: MEN'S WORLD DEADLIFT POWERLIFTING, USA DEADLIFT POWERLIFTING, BENCH PRESS, SQUAT, 3 LIFTS, MUSCLE POWER, PUMPING IRON, WOMEN'S 3 LIFTS, SQUAT, BODY BEAUTIFUL, DEADLIFT, MUSCLE POWER, PUMPING IRON. WE ALSO TO CUSTOM ART WORK: INDIVIDUALS, TEAMS, CLUBS, ETC.

(ADD \$1.50 SHIPPING PER ORDER)  
SEND CHECK OR MONEY ORDER  
TO: J.W. McVEAGH CO.  
P.O. BOX 935  
VICTORVILLE, CA 92392

# MEMPHIS OPEN

3 DAYS!!!  
FEB 28-MARCH 2

..... THIS IS THE BIG ONE..... :.....139 AWARDS IN ALL!!.....  
**women**...TROPHIES FOR TOP THREE LIFTERS...BY FORMULA  
**masters**...TROPHIES FOR TOP 5 LIFTERS...ALSO BY FORMULA  
**novice**...FOR LIFTERS BELOW CLASS III, 5 PLACE TROPHIES!  
**open**...FIVE LARGE TROPHIES FOR EACH CLASS!!! (114 & 275)

(NO CHARGE FOR LATE ENTRY, NO CHARGE FOR TEAM ENTRY)  
PROBABLE ENTRIES...PAUL WRENN, CHUCK DUNBAR, TOM HARDMAN, BIG LUKE, BRYAN WADIE, JIM ROUSE, JACK WILSON, ROGER ESTEP, DAVE WADDINGTON, ETC. GENUINE SOUTHERN HOSPITALITY TO ALL ENTRIES!  
CO-DIRECTED BY JIM **contact**» JIM TAYLOR  
TAYLOR AND DEAN LOTZ, 130 LOMBARDY  
FORMER ALL-AMERICAN AND ATLANTA MEMPHIS, TENNESSEE 38111  
FALCONS STAR...MEET TO BE RUN BY JOHN PETTIT OF STRENGTH SYSTEMS (901-454-0198)  
EXPECT AN OUTSTANDING PRODUCTION.....DON'T MISS THIS MEET!

# FREE SUPERWRAPS SUPER SUITS NOW IN COLOR

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) ..... \$32.00\*
  - **SUPERSUIT Natural Color** (white) ..... \$24.00\*
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46.
- Help Increase Your Total**

The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDE SHOULDER STRAPS for GREATER BODY SUPPORT.

## Free Pair of Superwraps with Each Suit Purchased!

The finest POWERLIFTING SUIT AVAILABLE. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company, and its authorized dealers. The numbered sizes give you a better fit ... DO NOT ACCEPT substitutes.

Also ... **Superwrap Sale** — 3 pair — \$11.00\*  
Heavy duty knee wraps cut to official length with zig-zag stitched ends to insure no fraying.

Orders processed same day as received ... Immediate Delivery

POWERLIFTING STRAPS

GUARANTEED TO KEEP YOUR HANDS FASTENED TO THE BAR, A MUST FOR TRAINING... SEND CHECK/MONEY ORDER TO:  
MARK FEDERAN  
15701 BEN-HOFF DRIVE  
MAPLE HTS., OHIO 44137

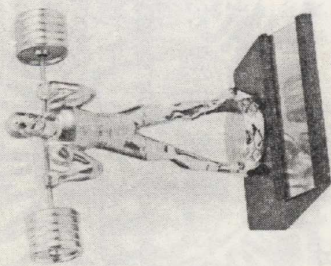
ONLY! INCLUDE A TRACING OF YOUR HAND & WRIST ON A SHEET OF PAPER.....

**\$6**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

# THE SQUATTER IS IN!

## OLYMPIC TROPHY AND AWARDS CO.



proudly presents the trophy figure you've all been waiting for. Please place orders 4-6 weeks in advance of your contest as this figure is a custom made figure and not a stock item.

Call or Write for **FREE Catalog**  
**4408 N. Milwaukee Ave., Chicago, IL 60630 USA**  
**(312) 545-0449**

MISSOURI STATE POWER MEET	JEFFERSON CITY, MO
114 ECKHOFF	205 150 330 685
115 DOVE	130 145 275 610
116 DOWLE	200 120 250 570
117 WISTEK	300 200 460 1110
118 JOHNSON	330 240 350 920
119 HOPPER	325 235 350 910
120 PRIVITOR	400 205 425 1030
121 COLLINS	330 215 415 960
122 WRENIN	495 375 495 1075
123 WILSON	375 235 450 1060
124 ALLEN	135 85 135 525
125 RICHARDS	260 84
126 HARRIS	460 340 530 1330
127 BAYLES	475 320 510 1305
128 JEFFERSON	375 250 330 1155
129 SCHMIDT	400 290 460 1150
130 SUTTON	400
131 WESER	400

PROBABLE ENTRIES... PAUL WRENIN, CHUCK DURBAR, TOM HARDIMAN, BILLY WADIE, JIM ROUSE, JACK WILSON, ROGER ESTEP, DAVE WADDINGTON, DAVID ETC. GENUINE SOUTHERN HOSPITALITY TO ALL ENTRIES!

CO-DIRECTED BY JIM **contact** » JIM TAYLOR  
 TAYLOR AND DEAN LOTZ, 130 LOMBARDY  
 FORMER ALL-AMERICAN AND ATLANTA MEMPHIS, TENNESSEE  
 FALCONS STAR... MEET TO BE RUN 38111  
 BY JOHN PETTIT OF STRENGTH SYSTEMS (901-454-0198)  
 EXPECT AN OUTSTANDING PRODUCTION.....DON'T MISS THIS MEET!

### REGION IX COLLEGIATE MEET

15 DEC 79	BOSTON, MA
114 K. TRIGG	176 126 282 545
115 COOKMAN	154 99 231 485
116 BLAKE	259 165 336 760
117 BRUSHNELL	248 165 341 755
118 MILLER	395 242 407 1035
119 PATTON	314 214 407 936
120 BOESMAN	281 143 363 816
121 BOSSPACK	283 139 246 621
122 CASANOVA	479 292 479 1220
123 WASHINGTON	352 259 435 1041
124 PAPILLER	314 220 413 947
125 BORMAN	292 197 352 832
126 GREGO	363
127 JACKSON	435 341 501 1278
128 HILL	395 236 473 1096
129 GAY	336 264 424 1025
130 HERRIKSEN	382 236 370 976
131 SCOTT	303 259 374 936
132 VENABLE	429 176 424 925
133 MASSON	501 303 523 1327
134 MIERS	363 242 490 1096
135 MANNING	363 275 446 1085
136 MOCKEL	303
137 ANGELO	303
138 JAMES	561 319 638 1498
139 HENNE	466 282 490 1278
140 GRISP	402 282 446 1140
141 GOODWIN	352 301 424 1074
142 ALEXANDER	275 220 383 859
143 SANDRUS	529 395 567 1520
144 MCCANN	418 330 490 1239
145 HALL	473 297 451 1223
146 HERRERSON	567 402 589 1559
147 SHERMAN	501 303 512 1316
148 REGALDO	451 370 446 1230

TEAM STANDINGS:  
 LOUISIANA TECH.....56  
 WISCONSIN STATE.....11  
 NORTHWEST LOUISIANA STATE.....7  
 TEXAS CHRISTIAN.....5  
 KILGORE JUNIOR COLLEGE.....5  
 MIDLAND JUNIOR COLLEGE.....0  
 JIM TAYLOR NATIONAL COLLEGIATE CHAMPION FOR THESE RESULTS.  
 LOUISIANA TECH CAPTURED THE 3RD STRAIGHT REGION IX COLLEGIATE TITLE.  
 (NORTHWEST LOUISIANA UNIVERSITY) WITH OVER LOUISIANA TECH'S PAUL PATTON AND BEY CASANOVA'S NATIONAL RECORDS.

13th place  
 14th place  
 15th place  
 16th place  
 17th place  
 18th place  
 19th place  
 20th place



LIKE NEVER BEFORE, THIS BOOK WILL TELL YOU HOW TO MAKE THOSE QUALITY GAINS... THAT DISTINGUISH THE WINNER FROM THE LOSER. NOW YOU CAN FIND OUT HOW TO IMPROVE YOUR STRENGTH, SIZE, AND MITRITION... AND HOW TO KEEP RECORDS OF YOUR PROGRESS... LEARN THE SOURCES FOR BALANCED MEALS... UNDERSTAND PROPER SUPPLEMENTATION!!!  
 50 PAGES... ILLUSTRATED  
 INFORMATIVE... AUTHORITY  
 FIND OUT WHAT YOU'RE MISSING!!!  
 GET AHEAD... GET STRONG!  
**\$3.50**  
 GET THIS BOOK TODAY!!!

**YOU can make QUALITY GAINS**  
*Faster than before!*  
 Dear Glenn: Please send me one copy of your new book, "Nutritional Guidelines for Strength Development." Make check for \$3.50 - 50¢ post-charge. I'll enclose my business card. 125 N. Goodalope St., San Marcos, TX 78666.  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Texas residents add 5% state sales tax.

# Official I.P.F. Powerlifting Rulebook

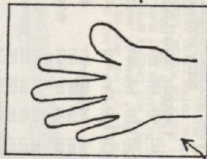
...THE OFFICIAL RULES OF THE SPORT, IN A CONVENIENT, POCKET-SIZE BOOKLET WITH SCHWARTZ FORMULA AND KILO CONVERSION CHART... APPROVED BY THE I.P.F. UNTIL 1992.  
 SEND YOUR CHECK OR MONEY ORDER FOR AS MANY COPIES OF THIS RULEBOOK/REFERENCE VOLUME AS YOU WANT TO:  
 "POWERLIFTING USA", POST OFFICE BOX 467, CAMARILLO, CALIFORNIA 93010

**POSTERS** is a full 20" by 24" poster of your latest "big" lift, or whatever other picture you like... good for the gym, your room, anywhere. POWERLIFTING USA will turn any black and white print or negative... or even a color print (add \$1 for color negative or slide) into a giant, full-size black and white poster... which is sent back to you by First Class Mail in a sturdy mailing tube, along with your original photo... a picture of you, or your favorite lifter... a picture you took yourself... anything!!! Enclosed \$7.50 (includes POWERLIFTING USA, Box 467, Camarillo, CA 93010 (also available: 8x10s...\$5.00, 5x7s...\$4.00)



"STRENGTH TRAINING... BY THE EXPERTS"  
 INCREASES CONTRIBUTORS FROM ALL AROUND THE WORLD MAKE THIS VOLUME A MUST FOR YOUR REFERENCE LIBRARY. STRENGTHENED AND IMPROVED MODERN EMPLOYED IN RETAIL... INTENSITY, SPECIFICITY, ASSISTANCE EXERCISES ARE ALL DISCERNIBLY... TRY TO UNDERSTAND THE LOGIC OF UP-TO-DATE TRAINING METHODS AS APPLIED IN AN "STRENGTH GREAT BOOK... "STRENGTH TRAINING... BY THE EXPERTS" \$6.95 PLUS \$1.50 HANDLING

# POWERLIFTING STRAPS



GUARANTEED TO KEEP YOUR HANDS FASTENED TO THE BAR, A MUST FOR TRAINING...  
 SEND CHECK/MONEY ORDER TO:  
 MARK FEDERAR  
 15701 BENDHOFF DRIVE  
 MAPLE HTS., OHIO 44137  
**ONLY!** INCLUDE A TRACING OF YOUR HAND & WRIST ON A SHEET OF PAPER...  
**\$6**

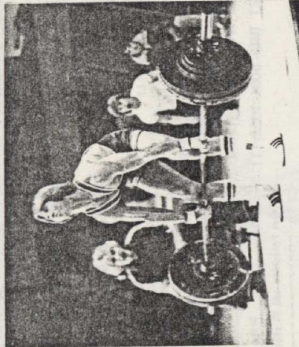
BETTER THAN ANY PRESENTLY IN USE!  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SEND CHECK OR MONEY ORDER TO  
 "POWERLIFTING USA", BOX 467,  
 CAMARILLO, CALIFORNIA

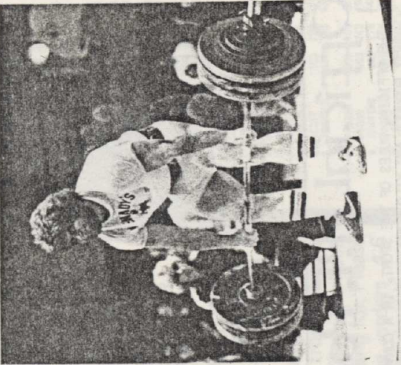
\$7.45

DEADLIFT MEET  
PRINEVILLE, ORE  
NOVEMBER 11-14

A. DUFF	240
C. BLISS	175
12. SMITH	350
F. HARTOVIE	340
R. SHAFER	250
D. WORTON	235
12. C. BAE	410
M. LAWRENCE	400
C. COOK	385
S. LOUIE	455
D. COOPER	450
B. PIERCE	435
D. CONLAN	455
T. CLASON	450
J. MONTILLO	435
B. COREY	505
C. KINCHIDE	455
R. SCHWAB	450
19. BRODIE	555
M. ELLIENSON	530
L. BOSTA	525
D. WOOTER	480
24.2. SCHIBRET	540
OPELKA	510
M. ELLIS	425
R. WHIT	360
1.2. HEBLY	280
C. BAE	410
M. LAWRENCE	400
R. CARRIVE	375
S. LEGGETT	400
J. MANGELTZU	415
K. NISHIMURA	420
K. CAMARJO	430
M. PUGH	440
D. MORGENTHAU	445
T. JAMES	440
M. WOOD	435
E. WORTON	440
E. BERTER	425
J. LEINIEUX	320
J. LUPU	570
B. BERN	545
D. HORTON	545
D. GAZZETO	520
19. J. FLORA	645
R. HETLAJE	645
J. KOEHLER	545
J. NORTH	600
D. HORTON	730
D. MORTON	650



**ABOVE - Mike Ellis with a 425 deadlift, and Riccort Dick Morton, who runs Doyle Kennedy's new gym, pulling a great 730.**  
Both of these guys should be factors at the McClelland in 1980. Coherent photos



**...MIKE SCOTT POLITT OUT FOR FAR HAWAII'S LIFTERS HAS COME TO THE GYM TO CHECK OUT THE NEW PRESS. I HEARD THAT DALE YOSHIZU ALSO TRIED AT JOE BENCH PRESS & AL ANGRAD PULLED A REC ON A 369 AT ANGRAD'S GYM. YOSHIZU IS IT THEIR OFFICIAL OFF OUTLITS. IT WAS A CLASS AFFAIR... THERE WERE 5 TEENAGE AMERICAN MARK SET ALSO... POLITT WON'T BE IN THE 1980 OLYMPIC POLICE DEPT; THEY PLAN ON MAKING A REAL RUN AT THE NATIONAL POLICE OLYMPIC TEAM TITLE NEXT YEAR. THE POLICE DEPT WILL BE THE ONLY ONE WITH THE POWER BELT TO LARGER QUARTERS (3300 SQ. FT.) WHICH SHOULD MAKE IT THE LARGEST & SWIFTEST IN THE AREA. YOSHIZU AND HARRY FOR THESE RESULTS AND BEST OF LUCK TO THEM IN THEIR EXPANSION PLANS.**

1979 HAWAII STATE P/L CHAMPIONSHIP  
12/8/79-HONOLULU, HAWAII

**WOMEN'S DIV**

M. KAKAI	190	99	225	514
A. MAROLIS	286	165	330	782
P. LAVALA	275	126	281	683
MEN'S DIV				
253	154	330	738	
275	165	286	727	
325	309	363	991	
297	248	363	909	
270	154	341	765	
507*	303	462	1278	
402	291	435	1118	
385	363*	325	1074	
292	181	336	809	
48	275	556*	1317*	
487	314	507	1278	
347	330	418	1096	
397	377	418	1118	
314	248	402	964	

**1979 SECONDARY BRITISH P/L CHAMPIONSHIPS-12/9/79**

114	529	352	584	1469*	
123	418	209	424	1052	
132	469	440	225	451	1118
R. CALDWELL	407	259	440	1107	
M. MCKEITH	407	209	--	--	
148	496	386	507	1289	
165	496	374	595	1466	
K. ELLIOTT	496	374	595	1466	
P. LONGLEY	529	281	529	1319	
A. SHALL	485	238	485	1256	
181	507	418	551	1477	
198	595	319	518	1432	
5	639	363	573	1576	
6	551	358	606	1515	
7	633	347	710	1691	
8	683	407	600	1691	
9	639	424	696	1669	
10	628	363	633	1631	
11	694	429	639	1765	
12	694	429	639	1765	
13	694	429	639	1765	
14	694	429	639	1765	
15	694	429	639	1765	

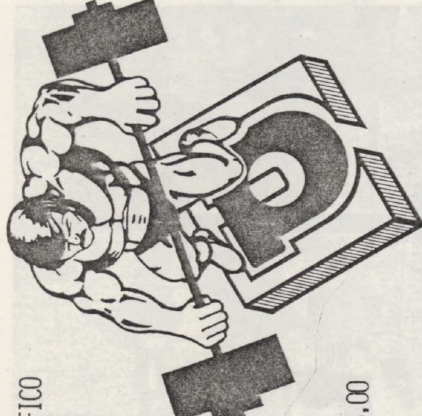
**\*\*STATE/AMERICAN/UNOFFICIAL WORLD RECORD\***

**BADGER STATE OPEN-MILWAUKEE, WIS.**  
12/8/79

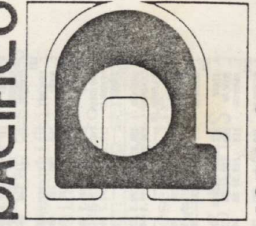
114	240	195	315	750
123	350	205	505	1060
132	295	220	370	885
148	400	280	445	1125
D. EXING	400	185	325	915
168	515	375	560	1310
181	480	305	510	1260
D. WOODRITH	445	320	440	1185
198	500	350	580	1430
210	400	330	470	1020
220	500	350	580	1430
230	425	315	520	1260
240	420	260	515	1195
250	380	240	490	1070
260	455	245	550	1065
270	425	315	520	1260
280	420	260	515	1195
290	380	240	490	1070
300	455	245	550	1065
310	425	315	520	1260
320	420	260	515	1195
330	380	240	490	1070
340	455	245	550	1065
350	425	315	520	1260
360	420	260	515	1195
370	380	240	490	1070
380	455	245	550	1065
390	425	315	520	1260
400	420	260	515	1195
410	380	240	490	1070
420	455	245	550	1065
430	425	315	520	1260
440	420	260	515	1195
450	380	240	490	1070
460	455	245	550	1065
470	425	315	520	1260
480	420	260	515	1195
490	380	240	490	1070
500	455	245	550	1065

**1979 OREGON SHIMED DEADLIFT MEET: BEST PULLER-181 A OVER: BEST LIFTER-181 A OVER: BRUCE SWILLIAMS - BACINE SPORTS & FITNESS; JIM YERHAEN, CURTIS HRIGHT, JIM GREGG, MIKE HYOKE, BOB NORMAN, CHUCK LOWMAN, BERNHARD OF THE UNIFIED COMMUNITY CENTER FOR THESE RESULTS.**

**PLUS...THE BEST BUY IN LIFTING EQUIPMENT... BARBELLS, BENCHES, OLYMPIC SETS, SQUAT STANDS...WE CAN GIVE YOU THE BEST BUY... SEND FOR CATALOG.**



**NEW FROM PACIFICO ENTERPRISES: POWER ELITE T-SHIRTS & TANK TOPS**



**PACIFICO ENTERPRISES**  
P.O. BOX 14152  
DAYTON, OHIO 45414

**T-SHIRTS  
WH/RED TRIM  
RED/WH TRIM  
S,M,L,XL...\$6.00  
TANK TOPS  
SKY BLUE/NAVY TRIM  
YELLOW/NAVY TRIM...\$6.50**

**OVER 500 SOLD AT THE WORLD CHAMPIONSHIPS**

**"POWER ELITE"**



**FL. LAUDERDALE YMCA OPEN**

123	50	BP	DL	T
137	285	185	195	765
E. MILIAN	514**270	535*	1319*	
144	556*	370	630*	1500
165	430	275	470	1173
181	300	210	335	845
181	175	260	350	785
J. TEMPLE	390	300	450	1140
R. MONTILO	400	240	475	1055
D. KEENEY	260	210	460	950
198	385	295	540	1220
A. TREGIA	420	350	500	1270
K. WERTZ	350	330	390	1040
220	600	355	645	1600
B. WITOM	530	300	550	1450
242	600	370	600	1500
O. MINIZ-ZACCA	750*	430	640	1820
*STATE RECORD & BEST LIFTER, # NEW AMERICAN RECORD				
RANON MIGUEL WEIGHED ONLY 118 IN HIS 1ST MEET... SHOULD BE GOOD AT 132... AFTER THE SENIORS HE TOLD HE HE WAS RETIRED AND GOING TO LIFT... GUESSES HE'S ONLY "SEMI-RETIRED"... HE'S ONLY LIFTING FOR 3 YEARS... PACTURED AND UNBELIEVABLE DAY... OVER THE LAST YEAR AND MORE ON ALL LIFT... LUCKY BOY... MORE... 10'S TRAINING PARTNER CARLOS VALDES DALE... SAYS (ERNESTO)... AT THE SRS... HE DIDN'T HAVE THE KIND OF DAY TO THESE RESULTS.				

**ABOVE - Andre Villars of Rivercoaks High School in New Orleans broke the Louisiana State Record by equalling this 457 at the Gulf Coast meet on November 10th. Andre is 17 yrs. old and weighs 148 lbs. photo courtesy Mabry**

# INTRODUCING

# ELITE®



## COMPETITION WRAPS



P.O. Box 761 / Cedar Hill, Texas 75104

From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. These are the best wraps on the market and, if bought from Strength Systems, they are **GUARANTEED FOR 3 MONTHS**

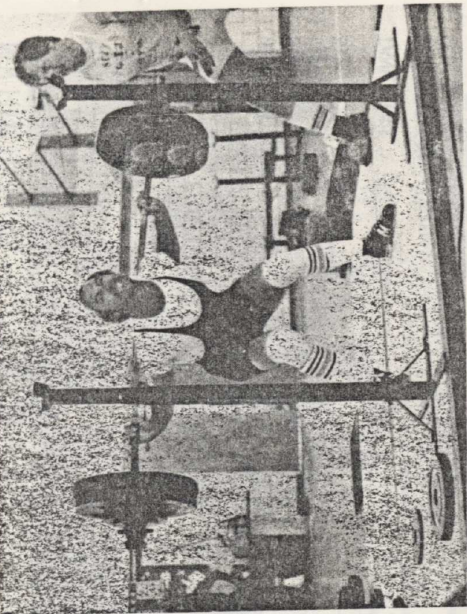
(from date of shipment, against ripping of material)

2 METER LENGTH  
A.A.U. APPROVED

## ELITE® COMPETITION SUITS

The suit you have been hearing about. Now being worn by virtually all the top men in our sport. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Red, and Royal Blue. (specify 1st and 2nd choice). Team prices available on orders of 8 or more. Get the advantage the champions are getting, order Now!!

ELITE wraps....\$11.50  
ELITE suit.....\$44.00  
\* BOTH.....\$49.00  
SEND CHECK OR MONEY ORDER TO: STRENGTH SYSTEMS  
BOX 761  
CEDAR HILL, TEXAS 75104  
817-924-2597 (8-12 AM)



Mike Factorau with a 550 squat. Mike predicts a 1600 total in 1980 photo courtesy Jeff Temple

HEART OF Dixie MEET  
OPEN DIVISION

15 Dec 79	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200																													
114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200

SON WAS NOTABLE IN THE 1985 HICKS TRILED A WORLD RECORD REARLIFT, BUT IT WAS APPARENTLY TOO MUCH FOR HIM. HE LOOKS FOR TRY AT THE NATIONALS, ONCE AGAIN. THE WALKER CHIP MULL-QUIST, TRAINER OF TERRY FOWNEY, IS ON THE BECH RECORD AT 140 KG. IN THE IMPRESSIVE, FINISHING WITH A 1500 TOTAL LAST YEAR. FOWNEY WAS UNABLE TO GET HIS STEAM ON HIS LAST REARLIFT. IN THE 2205 REPS, LARRY SHEPARD FROM SASKATCHEWAN GOT A PR BEHIND FROM SASKATCHEWAN. SHEPARD WAS TRIPING AND IN TRAINING. HE WILL PRO- HIS RECENT STYLISH IMPROVEMENT AND HIS REARLIFT RECORD IN THE 215 PIZE IN THE BECH PRESS. WHERE TOM HADAM GOT THE WORLD RECORD RACE FROM DOING VIKING. ED 600 INDIANER. SHOULD GET IT SOON. JUDITH, WITH THE JUDGE, JOHN ALLISON FOR THE STATE MEET. ERIC COOPER HOLDS THE SUPERHEAVYWEIGHT DIVI- TO COME IN THE SUPERHEAVYWEIGHT DIVI- PRINT AND THE RESULTS, AND COMBATIL- MEET TURNED OUT TO BE.

LYKINS CLASS III POWER MEET  
9 DEC 79 KANSAS CITY, MO  
114  
115  
116  
117  
118  
119  
120  
121  
122  
123  
124  
125  
126  
127  
128  
129  
130  
131  
132  
133  
134  
135  
136  
137  
138  
139  
140  
141  
142  
143  
144  
145  
146  
147  
148  
149  
150  
151  
152  
153  
154  
155  
156  
157  
158  
159  
160  
161  
162  
163  
164  
165  
166  
167  
168  
169  
170  
171  
172  
173  
174  
175  
176  
177  
178  
179  
180  
181  
182  
183  
184  
185  
186  
187  
188  
189  
190  
191  
192  
193  
194  
195  
196  
197  
198  
199  
200

ASSOCIATION RECORD

133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200

# ASSIMILATION IS THE KEY

If you can't assimilate what you eat, it won't make you any stronger. Some supplements have far better assimilation than others, tests show. NOW...the Suiasa balanced nutritional is here, the finest available...Make Sure Your Body is Getting What it Needs!!! Free Information Available!

To order, or ask for free information, write to:

ANELLO ENTERPRISES  
7718 Ragall Pkwy  
Middleburg Hts., OH 44130  
(shipping C.O.D.)

60 day supply...vitamins, Minerals, Herbs.....\$24.50  
HL-Protein, 16 ounces.....\$12.95  
Time release Chrono-C, 250mg, 120 tablets.....\$6.50  
Time release Super B Complex.....\$8.90  
(OHIO RESIDENTS ADD 5% TAX)

## INSIDE POWERLIFTING

Terry Todd

HEY...IT'S HERE...THE FIRST BOOK IN THE SERIES ABOUT POWERLIFTING AND ITS BENEFITS IS REALLY AN INSIDE LOOK AT THE SPORT THROUGH THE EYES OF A POWERLIFTER. TERRY TODD'S NEW BOOK, "INSIDE POWERLIFTING," IS THE FIRST IN A SERIES OF BOOKS THAT WILL BRING YOU THE INSIDE INFORMATION ABOUT COACHING, TRAINING, AND THE SPORT OF POWERLIFTING. PHILLIPS, YOUNG, MACDONALD, AND HELLO, REINHOLD, PACIFIC, AND COLLIER. THIS IS THE FIRST BOOK TO BE WRITTEN BY A POWERLIFTER WHO HAS BEEN A COMPETITOR. OVER 100 PHOTOGRAPHS AND ILLUSTRATIONS SHOW YOU THE JEALOUSY OF HOW CLOSE TERRY GOT TO BEATING THE WORLD RECORD IN THE 220 LB. CLASS. THE COST IS NOTHING COMPARED TO THE VALUE YOU'LL OBTAIN FROM THIS BOOK. IT'S A MUST-READ FOR ANY POWERLIFTER, TRAINER, OR COACH. YOU'LL REFER TO IT AGAIN AND AGAIN. FOR INSPIRATION AND TRAINING IDEAS. IT STARTS OFF WITH A MOVING INTRODUCTION BY THE GREAT AMERICAN POWERLIFTER, LARRY PARKER. TERRY TODD'S OWN BE- MARABLE CAREER, FOLLOWED BY AN INTERESTING CHAPTER ON JUST HOW TO TRAIN FOR POWERLIFTING. (PLUS REVEALING COMMENTARY ON STERIODS). THE SECTION ON THE SOUVENIR FEATURES MARY PHILLIPS AND COLLIER AND LARRY PACIFIC TELLERS OF THEIR OWN EXPERIENCES. EVEN A CHAPTER ON JAN TODD, AND A REVIEW OF THE RULES: TRY IT, MAN!

YOU'LL FIND IN THE BECH PRESS DEPT. ANALYSIS OF BODY BUILDING, YOUNG AND MIKE MACDONALD (INCLUDING A PICTURE OF JUST HOW MIKE LIVES HIS SPECIAL BRITISH BIG LIG LIVES). HOW TO DEADLIFT AND THE 100 GREAT- EST POWERLIFTERS IN THE WORLD, RICH COLLIER AND LARRY PACIFIC TELLERS OF THEIR OWN EXPERIENCES. EVEN A CHAPTER ON JAN TODD, AND A REVIEW OF THE RULES: TRY IT, MAN!

PLEASE SEND ME COPY(IES) OF "INSIDE POWERLIFTING" BY TERRY TODD FOR \$14.95 EACH. MAKE MY ORDER PAYABLE TO: ANELLO ENTERPRISES, 7718 RAGALL PKWY, MIDDLEBURGH HTS., OHIO 44130. PLEASE MAKE CHECK PAYABLE TO POWERLIFTING USA. (ALLOW 6-8 WEEKS FOR DELIVERY)

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

22.23 FEB., Oklahoma State Meet, Men & Women, Rickley Dale Crain, 1509 N. Minnow, Shawnee, OK 74801 405-275-3689

60 day supply...vitamins, Minerals, Herbs.....\$24.50  
HL-Protein, 16 ounces.....\$12.95  
Time release Chrono-C, 250mg, 120 tablets.....\$6.50  
Time release Super B Complex.....\$8.90  
(OHIO RESIDENTS ADD 5% TAX)



Counting the progress of the sport of powerlifting, we would like to thank the following people for their help and support: Larry Parker, Terry Todd, and Mike Macdonald.

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95



INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95  
INSIDE POWERLIFTING  
BY TERRY TODD  
\$14.95

### Drug Free Meet

International Powerlifting and Open Bench Press Invitational. 11/17/79 St. Petersburg, FL

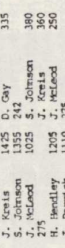
Rank	Name	Weight	Squat	Press	Deadlift	Total
132	J. Jones	1080	132	230	350	712
133	T. Dixon	770	100	220	330	650
134	M. Beacham	1070	148	250	350	748
135	G. White	695	148	250	350	748
136	G. White	495	60	170	270	500
137	J. Blasiotto	1235	160	280	370	770
138	G. Wright	1110	160	280	370	770
139	J. Blasiotto	1235	160	280	370	770
140	G. Wright	1110	160	280	370	770
141	J. Blasiotto	1235	160	280	370	770
142	G. Wright	1110	160	280	370	770
143	J. Blasiotto	1235	160	280	370	770
144	G. Wright	1110	160	280	370	770
145	J. Blasiotto	1235	160	280	370	770
146	G. Wright	1110	160	280	370	770
147	J. Blasiotto	1235	160	280	370	770
148	G. Wright	1110	160	280	370	770
149	J. Blasiotto	1235	160	280	370	770
150	G. Wright	1110	160	280	370	770

Among the 63 lifters were elite lifters, Polon National, College National, Georgia Prison, Georgia State, Georgia State American, and former Georgia and Alabama State Champions. The drug test administered was a urine analysis. NOV 30/DEC 1

Rank	Name	Weight	Squat	Press	Deadlift	Total
114	D. PICKLE	248	181	352	782	
115	J. STEINFELD	330	231	347	---	
116	D. FROTTA	192	138	303	694	
117	C. MICHAEL	380	209	424	1014	
118	C. MICHAEL	308	181	413	903	
119	M. ARNETTE	451	264	529	1245	
120	J. RUSH	584	297	253	---	
121	J. GILL	407	347	---	---	
122	J. ORSINI	529	336	556	1421	
123	T. BARDISCH	473	303	501	1278	
124	B. GOODWIN	600	424	628	1653	
125	K. HOBENLICH	472	---	---	---	
126	J. JONES	771	376	710	1879	
127	J. JONES	685	435	610	1730	
128	G. MAIR	551	385	628	1565	
129	F. MILAN	568	374	578	1521	
130	J. GENTILE	518	352	606	1577	
131	S. MILLER	733	501	733	1966	
132	M. FRAY	655	341	650	1657	
133	M. MORRIS	600	363	672	1636	
134	M. MORRIS	545	350	529	1425	
135	C. PATTERSON	424	325	551	1300	
136	T. BAKER	727	473	683	1884	
137	M. ALLEN	727	---	---	---	
138	T. TABACK	699	424	705	1829	
139	R. DALBY	622	418	501	1543	

### Las Vegas Royale

Las Vegas Royale meet directors, Ken Trujillo and Richard Peters.



CAESAR'S PALACE SEEMED PLEASED WITH THE MEET SO LOOK FOR MORE BIG ONES IN VEGAS FROM KEN AND RICH. MILLER AND JONES WERE THE STARS BOTH LIFTING VERY WELL. MILLER WENT 8 FOR 9, BUT THE ARIZONA LIFTERS REALLY MADE THE MEET, AFTER SEVERAL BIG NAMES DROVE OUT ON THE FIRST DAY. THORBECKE'S GYM IS ENJOYING A RENAISSANCE, WITH ROCK AT THE NATIONALS AND I HAVE TO BELIEVE THEM. THEY HAVE A LOT OF DEPTH AND A LOT OF LIFTERS WHO WILL SCORE SOME POINTS. One of the best lifters at the meet, John Orsini, looked super on the squats.

Rank	Name	Weight	Squat	Press	Deadlift	Total
220	R. Banks	1600	370	375	---	---
221	B. Lockett	1445	370	375	---	---
222	G. Franklin	1400	360	360	---	---
223	J. Jones	1230	360	360	---	---
224	D. O'NEILL	1425	360	360	---	---
225	S. Johnson	1355	342	342	---	---
226	J. McLeod	1025	275	275	---	---
227	H. Bentley	1205	275	275	---	---
228	J. Parrish	1110	275	275	---	---
229	R. Johnson	1110	275	275	---	---
230	J. Powell	1065	275	275	---	---
231	J. Rowan	1410	360	360	---	---
232	M. Nelson	1410	360	360	---	---
233	J. Rowan	1410	360	360	---	---
234	J. Rowan	1410	360	360	---	---
235	J. Rowan	1410	360	360	---	---
236	J. Rowan	1410	360	360	---	---
237	J. Rowan	1410	360	360	---	---
238	J. Rowan	1410	360	360	---	---
239	J. Rowan	1410	360	360	---	---
240	J. Rowan	1410	360	360	---	---

Lydia conducted by Dr. Richard Trujillo, Ken Trujillo, Dr. Bob West, and PhD Larry Weiss. The first Drug Free Powerlifting meet is now history. The world lifters know that they played according to what they could lift. not what they took. Meet directors Joe Sasser, Jennifer George, Paty Lepton, Jennifer George, Richard Peters, Jeff Carver, Balazs, Bill Ash, Jerry Jeffers, Rusty Chambers, Pat Myrell, Special thanks to the town of Las Vegas for their support in this competition. Student Instructors at Georgia Southern College.

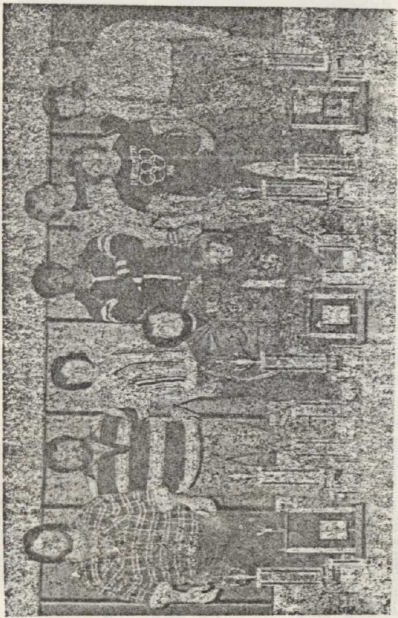
### Michigan Junior State Meet

16 Nov 79 Lansing, Michigan

Rank	Name	Weight	Squat	Press	Deadlift	Total
123	D. MORTE	290	185	380	855	
124	D. BUCKNER	135	100	185	415	
125	J. VEGAS	115	90	185	385	
126	J. BROWN	115	90	185	385	
127	J. BROWN	115	90	185	385	
128	J. BROWN	115	90	185	385	
129	J. BROWN	115	90	185	385	
130	J. BROWN	115	90	185	385	
131	J. BROWN	115	90	185	385	
132	J. BROWN	115	90	185	385	
133	J. BROWN	115	90	185	385	
134	J. BROWN	115	90	185	385	
135	J. BROWN	115	90	185	385	
136	J. BROWN	115	90	185	385	
137	J. BROWN	115	90	185	385	
138	J. BROWN	115	90	185	385	
139	J. BROWN	115	90	185	385	
140	J. BROWN	115	90	185	385	

181-200 RESULTS NOT AVAILABLE HOWEVER IT IS KNOWN THAT AT LEAST TWO LIFTERS DID THE FOLLOWING:

Rank	Name	Weight	Squat	Press	Deadlift	Total
660	K. FISHER	400	725	1785		
661	M. FISHER	520				
450	K. CLARK	375	475	1300		
390	D. CHIPCHASE	285	505	1175		
385	D. BAILEY	285	465	1140		
380	J. PARR	300	450	1100		
375	J. PARR	300	450	1100		
365	J. OGDON	300	450	1100		
360	J. OGDON	300	450	1100		
480	SHM	215	600	1205		
420	R. HOLMES	250	450	1070		



Michigan Jr. State Team Champions, back row left-right, Kevin Fisher, Rich Smerz, Reid Dunford, Floyd Givens, Keith Clark, Tim Kiddy front row, left-right, Mitch Mitchell, Kipp Mitchell, Jeff Hallada, Doug Neplan photo courtesy Mitchell

BELOW...THE ARTWORK FOR THE IRONLIFTERS T-SHIRT IS THE FINEST I'VE EVER SEEN!!!!!!

**T-SHIRTS YOU CAN RELATE TO!**

Rugged 50% cotton — 50% polyester for long wear and comfort. Shrink resistant Yellow or light Blue with two color design

Style A.      Style B.

send check or money order to:

Power Dynamics  
P.O. Box 1615, Portland, Maine 04104

Name: \_\_\_\_\_ Style: \_\_\_\_\_ Size: \_\_\_\_\_  
Address: \_\_\_\_\_ Color: \_\_\_\_\_  
City: \_\_\_\_\_ Only: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Enclosed: \_\_\_\_\_

**\$7.00** postpaid

Sizes S-M-L-XL

RESULTS FROM CANADA



Chris Snowden in a very deep squat.

photo courtesy Schmidt CAREFULLY GAUGED HIS ATTEMPTS TO END UP WITH ENOUGH TO HOLD REVENGES TO HIS FATHER, WORLD 148 CHAMP JIM MOIR, OUTSTANDING RICK MARETTE AS 198-7 MARK ANTHONY IN HIS 1ST CONTEST. MARK ANTHONY HAD SLIGHTLY LESS THAN 200 LBS. TO GO ON HIS BARBELL. HE HAD TO GET TO THE BARBELL TO GET TO THE BOARD FOR THIRD. JOE DUFFIELD SHOWS THE 24 LBS. OF TRAINING ALONE ON HEAVY SQUATS. ANTHONY WAS OBVIOUSLY UNCOMFORTABLE AND WAS OBVIOUSLY MORE DEPT. HE WAS REQUIRED TO REACH PARALLEL AND BREAK IT OFF. RICHARDS WON ON ONLY 1ST ATTEMPTS TAKING NO MORE. BILL LINDSAY HAD SOME CLOSE ONES INCLUDING A 500 SQUAT, WHICH COULD HAVE BEEN 550. MARTIN BARRETT, RECOVERING FROM A SEVERELY BROKEN LEG STILL SQUATTED 450, UP 60 LB FROM JULY. HE STARTS CLOSE TO HIS LIMIT IN THE 4TH ROUND TO GO TO BATTLE FOR SECOND. SHM - JOHN BODS, WEIGHED IN AT 316, HEAVY 145, FOR A BEST EVER TOTAL. HE METTED FOURTH. BILL LUPKA MISSED 675 DL 2 TO 1 FOR 2ND AND BEST LIFT. IN HIS 1ST MEET ONLY BY SERGE MOREAU OF THE NORTHERN COLLEGE AND LARRY SHEPARD FOR THEIR COOPERATION IN FEBRUARY 1981. FINNELL, D. SCHMIDT, D. NICOLSON, THE SPOTTERS, LOADERS, AND ALL ELSE INVOLVED. I WOULD LIKE TO THANK HENRY LAMBERT FOR HIS PREVIOUS OPPORTUNITY IN LIFTING HIS. DAN SCHMIDT

MASTERS...new National Chairman is Tom Eldridge, 621 Melrose Ln., Arcadia, 1621 WORLD RECORDS ARE NOW RECORDED FOR 40+ & 50+ Lifters. THE \*\*\* PROVIDED ITS USUAL CO-OPERATION AND HELP (INCLUDING STAFF JUNIOR LEADERS AND PROGRAM CHANGES). I SERVED AS MEET OFFICER FOR ALL BUT CHAMPIONSHIPS. OUR RECORDS SHOWED A FALLURE RATE OF LETTERS SOME PLEASING OPPORTUNITY TO INSURE A QUALIFYING TOTAL FOR HIS INTERMEDIATE PROVINCIAL CHAMPIONSHIP IN FEBRUARY 1981. HE HAD 9 PM AND HAD SOME 48 LIFTERS. IT APPEARS THAT TO KEEP THE AUDIENCE AND MAKE THE BEST USE OF THE ELEMENTS (FIELD CARD) MAY HAVE TO BE USED FOR ALL BUT CHAMPIONSHIPS. OUR LETTERS' FACE FACTS: IF THE WHOLE SHOW RUNS IN AN AFTERNOON, YOU'RE WELL SERVED. IF THE WHOLE SHOW RUNS IN A MORNING, YOU'RE WELL SERVED. (2 PLATFORMS, 1 BENCH)

NORTHERN ONTARIO NOTICE

Table with columns for Ontario, Quebec, and Nova Scotia, listing names and scores for various weight classes.

ALL IMPROVED LIFTER \* THE FIRST ANNUAL NORTHERN ONTARIO MEET WAS HELD IN KIRKLAND LAKE. THE MEET WAS A SUCCESS AND DREW SOME 24 NOTICE LIFTERS (HAVING COMPLETED 2 MEETS OR LESS) WHOSE NAMES ARE LISTED IN THE COMPETITION LIFTER OUTSIDE THE COMPETITION LIFTER. KIRKLAND LAKE CLUB RAN A SMOOTH BUT SLOW MEET DUE TO THE MIXTURE OF ROUND AND SQUAT. THE MEET WAS A SUCCESS AND DREW SOME 24 NOTICE LIFTERS (HAVING COMPLETED 2 MEETS OR LESS) WHOSE NAMES ARE LISTED IN THE COMPETITION LIFTER OUTSIDE THE COMPETITION LIFTER. KIRKLAND LAKE CLUB RAN A SMOOTH BUT SLOW MEET DUE TO THE MIXTURE OF ROUND AND SQUAT. THE MEET WAS A SUCCESS AND DREW SOME 24 NOTICE LIFTERS (HAVING COMPLETED 2 MEETS OR LESS) WHOSE NAMES ARE LISTED IN THE COMPETITION LIFTER OUTSIDE THE COMPETITION LIFTER. KIRKLAND LAKE CLUB RAN A SMOOTH BUT SLOW MEET DUE TO THE MIXTURE OF ROUND AND SQUAT.

REARERS: /S/ DAVE ROBERTSON

TAMPA NOTICE & WOMEN'S CHAMPIONSHIPS

Table listing names and scores for Tampa Notice & Women's Championships across various weight classes.

Table listing names and scores for Rocky Mountain Open across various weight classes.

THESE RESULTS:

26th ANNUAL WR. TEAM MAN CONTEST

Table listing names and scores for the 26th Annual WR. Team Man Contest across various weight classes.

Table listing names and scores for the 26th Annual WR. Team Man Contest across various weight classes.

THESE RESULTS:





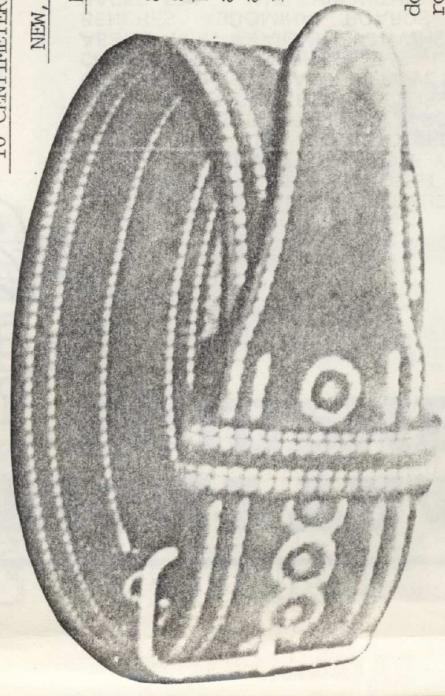
# BOB'S

# CUSTOM LIFTING BELTS

WEAR THE BELT THAT CHAMPIONS  
AND RECORD HOLDERS WEAR!!!!  
FINEST IN QUALITY  
ACCEPT NO IMITATIONS!!!

10 CENTIMETERS WIDE

NEW, HEAVIER BUCKLES  
MANY COLORS  
OF SUEDE!



Style A) ..Deluxe suede covered belt has stitching twice around belt, center, and around single row of holes...\$75.00

Style B) ..Suede covered belt has stitching once around belt and down center, double row of holes...\$65.00

Style C) ..Double thickness belt has stitching around belt, center & around single row of holes...\$60.00

Style D) ..Single thickness with double holes.....\$34.00

Shown above is Style A) Styles A, B, C, D also available with three inch buckle!

Specify style, waist size, & color choices. Allow 6 weeks delivery.

Name \_\_\_\_\_ Acct. No. \_\_\_\_\_  
 Address \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 City \_\_\_\_\_ Waist Size \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Style \_\_\_\_\_ 2nd Choice \_\_\_\_\_ Signature \_\_\_\_\_  
 Color \_\_\_\_\_

BOB'S CUSTOM LIFTING BELTS, 111689 CLARK AVENUE  
POYONA, CA 91767

(714)-623-5680

1980

UNITED STATES POWERLIFTING FEDERATION OF THE A.A.U., INCORPORATED---COMMITTEE MEMBERS

SEC.-TREAS.: DR. CONRAD COTTER\*

CHAIRMAN: JOE ZARELLA\*

EXECUTIVE COMMITTEE

(ELECTED)  
JAN TODD\*

(APPOINTED)

- DR. LYLE SCHWARTZ\*
- ED JUBINWILLE\*
- GEORGE ZANGAS\*
- BOB CRIST\*
- TERRY TODD\*
- JACK HUGHES\*
- PETE MILLER\*
- PEARY RADER\*
- JIM TAYLOR\*
- LARRY PACIFICCO\*

MEMBERS-AT-LARGE

- TOM ELDRIDGE\*
- WATSON LAWRENCE\*
- BOB PACIGER\*
- DENNIS BURKE\*
- MIKE LAMBERT\*
- JIM WITT\*
- MABEL RADER\*
- PETE MILLER\*
- BOB HISE, SR.\*
- JIM TAYLOR\*
- JACK HUGHES\*
- JAN TODD\*
- MORRIS WEISBROT\*
- RUDY SABLO\*
- DAVE MAYOR\*
- BOB ROSS\*
- ERNE GILBERT\*
- LARRY EGGLESTON, CHAIRMAN
- JAMES LOWE
- ERNESTO MILLAN
- MIKE SCOTT
- FRANK PICHA
- PEARY RADER
- DICK BURKE
- BILL DECKER
- MIKE BERG
- DOYLE KEMADY
- JIM LEM
- REID ROBINSON
- HERB GOMING

HALL OF FAME COMMITTEE

- DICK BURKE, CHAIRMAN
- LARRY PACIFICCO
- TERRY TODD
- PEARY RADER
- ED ZERCHER
- MILBUR MILLER

CLASSIFICATION AWARDS COMMITTEE

- LARRY EGGLESTON, CHAIRMAN
- JOE ZARELLA
- BOB HOFFMAN
- DR. TERRY TODD

NATIONAL REFEREE'S COMMITTEE

- MIKE LAMBERT, CHAIRMAN
- DAVE MAYOR, CHAIRMAN
- PETE MILLER
- LYLE SCHWARTZ
- CONRAD COTTER
- RUDY SABLO
- DENNIS BURKE

PUBLICITY COMMITTEE

- MIKE LAMBERT, CHAIRMAN
- DENIS RENO
- TOM KELCHNER
- CHUCK LOHMAN
- JOHN GRIMEK
- LAW & LEGISLATION

FINANCE COMMITTEE

- DR. CONRAD COTTER, CHAIRMAN
- DR. ZARELLA
- GEORGE ZANGAS
- BOB HOFFMAN
- DR. TERRY TODD

INTERNATIONAL SELECTIONS COMMITTEE

- JOHN PETTITT, CHAIRMAN
- BOB PACKER
- PEARY RADER
- TERRY TODD
- LYLE SCHWARTZ
- BOB ROSS
- DENNIS BURKE
- JOHN TERPAK
- DOUG YOUNG
- TONY CARPINO
- BOB ROSS
- DR. GLENN HAMMER
- TONY FITTON
- DR. EARL MEDROM, M.D.
- COACHING TECHNIQUES COMMITTEE
- DICK BURKE, CHAIRMAN
- JIM TAYLOR
- GEORGE ZANGAS
- BOB ROSS
- ERNE GILBERT

ETHICS & CONDUCT COMMITTEE

- JOE ZARELLA, CHAIRMAN
- LARRY PACIFICCO
- DR. LYLE SCHWARTZ
- JOHN TERPAK
- GEORGE ZANGAS
- BOB CRIST
- PETE MILLER
- DR. TERRY TODD
- JIM TAYLOR
- JACK HUGHES
- ED JUBINWILLE

MASTERS COMMITTEE

- BERNIE BRAND
- BOB BACON
- BILL SNYDER
- JACK HUGHES
- JIM LEM
- WOMEN'S COMMITTEE
- YOUTH DEVELOPMENT COMMITTEE
- BOB ROSS, CHAIRMAN
- KENT GOUDE
- BILL CLARK
- RICKY CRAIN
- BUD DOMMEN
- TELEVISION & SPECIAL EVENTS
- JOE ZARELLA, CHAIRMAN
- DR. TERRY TODD
- RUDY SABLO
- LARRY PACIFICCO

RECORDS COMMITTEE (MEN'S)

- JOHN PETTITT, CHAIRMAN
- BOB ROSS, TOM ELDRIDGE, JACK HUGHES

RECORDS COMMITTEE (WOMEN'S)

- MICHELLE KLEMISH, CHAIRPERSON
- KATHY MC GRAM

One a day nutrition  
is not for the athlete.  
Coach's Formula is.


Coach's Formula is a program developed for the special nutritional needs of athletes. Six Coach's Formula tablets daily provide a constant flow of balanced nutrients. And the potencies are the ultimate.

- |                     |             |
|---------------------|-------------|
| Vitamins:           |             |
| Vitamin D           | 10,000 I.U. |
| Vitamin E           | 1,000 I.U.  |
| Vitamin C           | 1,000 Mg.   |
| Vitamin B-1         | 150 Mg.     |
| Vitamin B-2         | 100 Mg.     |
| Vitamin B-6         | 100 Mg.     |
| Vitamin B-12        | 500 Mcg.    |
| Inositol            | 300 Mg.     |
| Nicotinic Acid      | 200 Mg.     |
| Choline             | 200 Mg.     |
| Inositol            | 200 Mg.     |
| Folic Acid          | 400 Mg.     |
| PABA                | 100 Mg.     |
| Biotin              | 30 Mcg.     |
| Minerals:           |             |
| Calcium (phosphate) | 1,000 Mg.   |
| Phosphorus          | 500 Mg.     |
| Magnesium           | 300 Mg.     |
| Manganese           | 200 Mg.     |
| Iodine              | 225 Mg.     |
| Iron                | 18 Mg.      |
| Potassium           | 90 Mg.      |
| Zinc                | 50 Mg.      |
| Digestive Enzymes:  |             |
| Beitane HCL         | 100 Mg.     |
| Pancreatin          | 100 Mg.     |
| Pepsin              | 100 Mg.     |

Coach's Formula Protein Powder (derived from milk and liver) provides all the essential amino acids needed for building muscle tissue.

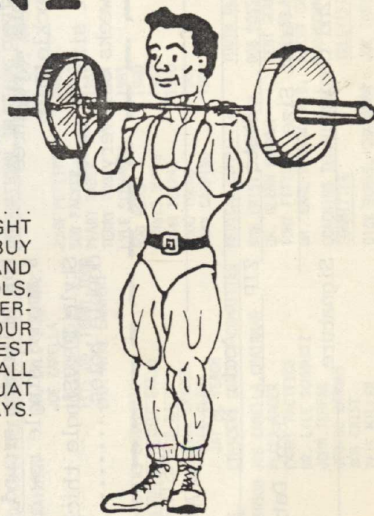
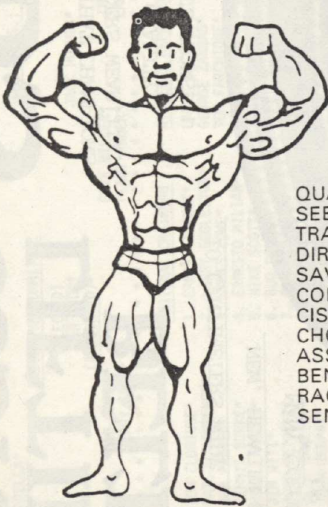
If you're serious about training, put the ultimate in athletic nutrition on your training table. Coach's Formula—available in health food stores.



THOMPSON 

# WEIGHT TRAINING EQUIPMENT

AT PRICES YOU CAN AFFORD



QUALITY AT LOW PRICES. TIGHT BUDGET . . . SEE US. MAKER OF THE STURDIEST WEIGHT TRAINING EQUIPMENT AVAILABLE. YOU BUY DIRECT FROM THE MANUFACTURER AND SAVE \$\$\$'s. USED NATIONALLY IN SCHOOLS, COLLEGES, YMCA'S, HEALTH CLUBS. EXERCISE LIKE THE PROS AND IMPROVE IN YOUR CHOSEN SPORTS. OVER 90 ITEMS—LARGEST ASSORTMENT AVAILABLE ANYWHERE. ALL BENCHES, ABDOMINAL BOARDS, SQUAT RACKS, ETC. . . WE SHIP WITHIN 14 DAYS. SEND FOR ILLUSTRATED CATALOG.

JUBINVILLE HEALTH EQUIPMENT  
P. O. BOX 662, HOLLYOKE, MA. 01040