

Powerlifting-U.S.A

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NO. 9
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\$1.50

WOMEN'S NATIONALS

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.
Pantothenic Acid	300 Mg.
Niacinamide	300 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	500 Mg.
Manganese	7.2 Mg.
Iodine	225 Mcg.
Iron	18 Mg.
Potassium	50 Mg.
Zinc	50 Mg.
Digestive Enzymes	
Betaine HCL	100 Mg.
Pancitram	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 

STRAIGHT BAR TALK

BY THE EDITOR

WHAT THE 24th DEPARTMENT... Tony Fitton has heard rumors that he has been banned by the IPF lately. Joe Zarella tells me he has received a copy of a letter from Vic Mercer stating that he has been banned for 2 years for not providing for his own referees in two previous articles on the 77 and 78 World Championships. As modest as it may be for me to say so, there is a thousand people who read Tony's apology in the January issue of POWERLIFTING USA which hit the streets well before the February 13th deadline imposed by the IPF. Vic Mercer receives PL USA every month. Just as numerous IPF officials do... so what gives, Vic?

NO CONNECTION DEPARTMENT... although Penny Stillwell and Clay Patterson were simultaneously suspended from Powerlifting activities at the Women's Nationals, there is absolutely no connection or relationship between their cases... some people misconstrued what was said in last month's issue.

DECLARATION OF THE WORLD CHAMPIONSHIPS... Joe Zarella says that it is the National Committee's decision not to send a team to the World Championships, at this time, because of the World Championships and that the IPF has no right to demand that the IPF VS. USPF... after some phone calls from Guy Patterson, Jim Taylor, etc. Joe Zarella was ready to compromise on the situation, a few weeks ago, and send a team to London on the condition that we would hold the World Cup in the United States the following year... after receiving a "threat" from Vic Mercer that left no option, Joe withdrew his conciliatory gestures feeling that he was not being dealt with in good faith... there have been maneuvers since then as well, with no result. I understand that Vic Mercer has been telling English lifters to get ready for the World Championships in England this year, but Conrad Cotter, as official representative of the National Olympic Committee, along with Terry Todd and some other World Championship representatives, for a meeting with Vic Mercer and Wally Hollander.

TELEVISION UPDATE... some speculation will come out of this meeting. Although money television will come out of this meeting, it is not the principal of the thing as important part of this conflict. The principal of the thing is also significant, in Joe's mind... he says "how would you feel if the National Committee told you that you had to lift at a certain location on a certain date, and that if you didn't, you would be banned?"

TELEVISION UPDATE... actual figures for the contracts with CBS for the 1981 Women's/Men's Seniors are \$44,500,000 and \$50,000 for 1982... for 1980 we will get \$14,000 for the Women's and \$22,000 for the Men's... incidentally, the 1979 Women's meet got a 9.4 rating (very high), and the Men's Seniors got an 8.6 (high)... in all, 40 million people saw Powerlifting, between the two shows.

THE MISSING LINKS... if you did not receive a February issue, or received it late, you know, some areas of the country did not get normal deliveries... a bundle of magazines for the state of Hawaii disappeared, and I want to take steps to avoid that situation in the future.

DROP THE SQUAT? Bill Clark is the latest advocate of this course... reasons being that it is hard to judge, takes too long at meets, etc. I have found that a common denominator among the people that hold this opinion is that they are strong supporters of Olympic lifting. I have to disagree with Bill on one point... he feels that dropping the Olympic press was better for that sport. I think there is a strong correlation between the dropping of the Olympic press and the decline in the number of participants, number of meets, and relative performances at the National Championships in the past few years which can easily be documented. If there are any reports that the IPF is dropping the press, it is likely to be approved by the IPF committees in order to shore up membership (the dropping of 3rd attempts in order to shore up membership is much more likely), and in the remote chance that it would come to pass, I can assure you... that, if no one else picked up the ball, there are several people who would willingly band together to form a new organization that would include the squat, specifically.

CLASSIFICATION AWARDS... new Chairman, Larry Eggleston, reports some problems... some people do not read the instructions on the new forms and neglect to fill them out completely... 1/2 of them neglect to include a stamped, self-addressed envelope for return of the award. The new forms were made effective December 1st, and old forms will not be accepted under any circumstances in the near future, especially for Masters and Elite awards.

THE NEW DRUGS... a study on monkeys conducted by John Richardson, PhD at Ohio State University revealed that the drug Peractin provided significant increases in bodyweight and strength than Dianabol. With the same side effect being drowsiness... as opposed to the more serious effects of anabolic steroids. A report by Billy Karr of the National Strength Research Center notes other research on cyproterone (Peractin) verifying linear growth acceleration, though the growth may not be in lean bodyweight increases. I have seen the drug manufacturer's data sheet on Peractin... some of the adverse reactions to the drug include hemolytic anemia, tachycardia, convulsions, nausea, anaphylactic shock, etc. so it is nothing to be casual about... no drug is.

PROPOSED RULE CHANGES... they are due into Joe Z. Box 43, Hudson, New Hampshire 03051 before March 31, for consideration under the IPF timetable... actually, these are clarifications, not changes... some of the clarifications mentioned include: 1. Make sure that all lifters carrying referees conduct weights and lifts on the same or different lifting world records... at local meets particularly, this is another difficulty... can be bar stop in the squat, this is another difficulty answered in the present rule book... hopefully, things like this will be answered in the near future.

ISOKINETICS... machines utilizing this principle could represent the assistance exercises of the future. Hollis Evert has done some research on them as part of his Master's Degree and determined that most isokinetic machines weren't being used properly for strength increases. Dr. Fred Hatfield and Jeff Everson had some research planned to compare isokinetics with other forms of strength development, there's a notion that greater stimulation of nerve fibers can be achieved by isokinetic exercise than by any other means.

WHAT ARE WE GOING TO DO WITH ALL THIS MONEY?... the original affect of Joe Zarella's administration, which started in 1977, people had to drop out of Australia from which several were that the National Committee they couldn't afford the trip, international trips without having our championships, etc. that was accomplished... through the card fees and TV money, in fact, there's likely to be quite a surplus of funds in the treasury in the years to come. One thing Joe Z. has on his mind to utilize the extra \$, would be a system of getting less financially able lifters to the various National Championships, and perhaps some kind of scholarship program to bring talented lifters up the ranks as well as getting them an education, both worthy goals.

MRL
MAY 3rd, 4th

WOMEN'S WORLDS

to be held at the University of Lowell, in Lowell, Massachusetts

Official meet hotel is the Holiday Inn in Tewksbury, Massachusetts... all reservations for lifters and fans are to be made through JOE ZARELLA, BOX 43, HUDSON, NEW HAMPSHIRE 03051 or telephone for information to 617-667-1641

TICKETS... \$5 per day, or \$8 for both days (2000 advance so reserve yours now!), contact JOE ZARELLA, BOX 43, HUDSON, NEW HAMPSHIRE 03051.

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International Powerlifting Federation

JANUARY 12, 1980

TO WHOM IT MAY CONCERN:

IT IS THE DIRECTORATE OF THE EXECUTIVE COMMITTEE AND THE DISCIPLINARY COMMITTEE OF THE INTERNATIONAL POWERLIFTING FEDERATION THAT THE FOLLOWING DECLARATION BE KNOWN:

FACT: JOE ZARELLA, USA NATIONAL POWERLIFT CHAIRMAN, HAS NOTIFIED IPF VICE-PRESIDENT BURKE THAT HE WILL NOT PARTICIPATE IN AMERICAN LIFTERS TO PARTICIPATE IN THE IPF WORLD CUP IN LONDON, APRIL 15, 1980.

OPINION: THE ABOVE ACTION IS SEVERELY INJURIOUS TO INTERNATIONAL POWERLIFTING AFFECTING ALL NATIONS IN MANY WAYS.

THE USA BOYCOTT IS AN ACT OF AGGRAVATION DUE TO THEIR FAILURE TO RECEIVE SANCTION FOR THE WORLD CUP THEMSELVES, AND DOES NOT REPRESENT THE WISHES OF USA POWERLIFTERS, AND SPECIFICALLY DAMAGING TO THOSE AMERICAN POWERLIFTERS DESIROUS OF COMPETING IN THE WORLD CUP.

THEFORE: IT IS DECLARED: THAT THE FOLLOWING ACTIONS WILL BE TAKEN:

- SANCTIONS WILL NOT BE GRANTED THE USA FOR THE FOLLOWING EVENTS:
 - THE 1980 HAWAIIAN INVITATIONAL
 - THE 1980 WOMEN'S WORLD CHAMPIONSHIP
 - THE 1980 NORTH AMERICAN CHAMPIONSHIP
 - THE 1980 WORLD MASTERS CHAMPIONSHIP
 - THE 1980 WORLD POWERLIFT CHAMPIONSHIPS
- WHERE RESCHEDULED, THE 1980 WORLD CHAMPIONSHIPS MAY BE DIRECTED NOT TO ACCEPT TO THE USA TEAM ENTRY.

FURTHERMORE: IT SHALL BE SUSPENDED FROM ALL INTERNATIONAL PARTICIPATION FOR ONE YEAR INCLUDING THE WORLD GAMES AND 1981 WORLD CHAMPIONSHIPS.

- DURING SUCH SUSPENSION, NO WORLD RECORDS WILL BE ACCORDED ANY USA LIFTER.
- A FINE OF US \$15,000.00 BE ASSESSED THE USA COMMITTEE, PAYABLE PRIOR TO THE LIFTING OF SUSPENSION.

SUMMARY: IT IS WITH GRAVE CONCERN THAT THE IPF VIENS AN AGGRAVATED BOYCOTT BY AN INDIVIDUAL IN POWER TO SPEAK, UNQUESTIONED, FOR AN ENTIRE NATION OF ATHLETES UNIFORMED AS TO SPEAK FOR THEMSELVES. IT IS ALSO A VERY GREIVOUS CONSEQUENCE THAT SUCH INDIVIDUAL IS COSTING THE IPF AND ITS PROMOTER A SUM OF \$15,000.00, DEPRIVING THOUSANDS OF OTHER NATIONS THE RIGHT TO COMPETE FOR WORLD RECORDS AND DAMAGING RELATIONS DUE TO BROKEN CONTRACTS WITH THE NATIONAL BROADCASTING COMPANY AND LONDON'S CRYSTAL PALACE.

BY DIRECTIVE, THIS DATE, OF THE IPF EXECUTIVE COMMITTEE

V. MERGER, GREAT BRITAIN	F. LAMP, AUSTRALIA
C. MADONNO, ZAMBIA	M. BOSE, INDIA
A. BOSTROM, SWEDEN	

POST SCRIPT:

PATTERSON, BURKE, AND PETTIT OF THE USA ARE RESPECTIVELY OMITTED FROM DECISION ON THIS DECLARATION FOR OBVIOUS REASONS.

New Masters Chairman

AN OPEN LETTER TO MASTERS POWERLIFTERS

FROM TOM ELDRIDGE, NATIONAL MASTERS CHAIRMAN

AS THE NEWLY APPOINTED NATIONAL MASTERS CHAIRMAN, I WOULD LIKE TO TAKE THIS OPPORTUNITY GRACIOUSLY OFFERED BY POWERLIFTING-USA, TO ADDRESS ALL POWERLIFTERS OVER THE AGE OF 40.

FIRST, A POINT OR TWO ABOUT MYSELF. I'M TOM ELDRIDGE, AGE 45, COMPETING ACTIVELY IN THE 198 POUND CLASS FOR EIGHT YEARS. I AM A BATTALION CHIEF WITH THE LOS ANGELES COUNTY FIRE DEPARTMENT, MARRIED, WITH FIVE CHILDREN, MOSTLY ALL GROWN. I HAD THE PLEASURE OF MEETING MANY OF YOU AT LAST YEAR'S NATIONALS IN WEIRTON. I'M THE GUY THAT DICK JUDD BLEW OFF THE PLATFORM. HI DICK, HOW'S THE FAMILY?

SECONDLY, I'D LIKE TO PERSONALLY THANK BILL CLARK FOR HIS MANY YEARS OF LABOR IN ORGANIZING AND MANAGING OUR MASTERS PROGRAM. EVERY MASTER LIFTER ONES BILL A LOT OF GRATITUDE. WITHOUT BILL, WE PROBABLY WOULDN'T HAVE A MASTERS PROGRAM.

I WISH TO CONTINUE THE PROGRAM IN MUCH THE SAME MANNER THAT CERTAINLY AND HAPPILY I'LL HAVE TO RELY UPON YOU AND TO GET TO THE RESULTS, PICTURES, RECORD APPLICATIONS, AND ANYTHING ELSE OF IMPORTANCE THAT YOU WOULD LIKE CREDIT FOR OR PUBLISHED.

I DON'T PLAN ON ANY WHOLESALVE CHANGES BUT THERE ARE A COUPLE OF AREAS OF IMPORTANCE THAT WE ALL NEED TO PAY CLOSE ATTENTION TO. BY MANDATE, ALL AMERICAN NATIONAL AND WORLD RECORDS MUST NOW BE SUBMITTED IN KILOS BEFORE THEY WILL BE CONSIDERED FOR ACCEPTANCE. THAT GOES FOR THE MASTERS, TOO. I FULLY UNDERSTAND THE IMPACT OF THIS STATEMENT BUT IT'S NOT AS IF WE WEREN'T WARNED IN PLENTY OF TIME. IT'S BEEN 8 YEARS NOW AND FINALLY WE HAVE BEEN MANDATED. WHAT I AM REALLY TRYING TO SAY IS THAT MASTERS MUST FOLLOW THE RULE BOOK TO THE LETTER, THE SAME AS EVERYONE ELSE. WE ARE ABOUT TO ENTER THE ERA OF INTERNATIONAL MASTERS POWERLIFTING AND OUR CREDIBILITY MUST BE UNQUESTIONED. ALL OUR REGIONAL CHAIRMEN, OR THEIR AGENTS, ACQUIRE KILOS AND SCALES. 45 POUND PLATES CAN BE TUNED DOWN AND RESTIMATED TO KILO DENOMINATIONS. MANY 45'S MAY ONLY WEIGH 44 POUNDS TO BEGIN WITH. 25 POUND PLATES CAN BE TUNED DOWN TO TEN KILOS. THE PROBLEM AREA IS, OF COURSE, THE 2-1/2 AND 5 KILO PLATES, BUT YOU DON'T NEED MY CHANGE. THE LIFTING SETS ARE, BUT ONE AREA WE MUST CHANGE. WE NEED TO UPGRADE ALL OUR EQUIPMENT, ENCOURAGE MEN AND WOMEN TO BECOME ACTIVE MASTERS, ENCOURAGE OUR PRESENT MASTERS TO GET THEIR NATIONAL AND INTERNATIONAL REFERRES' CARDS, INSIST ON COMPETENT REFERRES AND OFFICIALS AT YOUR MEETS, WORK AT GETTING LARGER CROWDS AT YOUR MEETS, INSIST ON YOUR LIFTERS BEING MEAT AND CLEAN, AND ON, AND ON.

PARDON MY EXUBERANCE, BUT WE WILL GET OUT OF POWERLIFTING JUST WHAT WE PUT IN. POWERLIFTING IS GROWING RAPIDLY AND I WANT TO SEE THE USA WEIGH OUR 1980 NATIONAL CHAMPIONSHIPS MEET PROMOTER. IS PROMISING AN OUTSTANDING MEET THIS COMING OCTOBER. TENTATIVE PLANS LOOK LIKE IT MAY HAVE TO BE A 3 DAY MEET. WE HAVE AN EXCELLENT SITE AND EQUIPMENT SO MAKE YOUR PLANS NOW TO ATTEND. I WILL BE WORKING VERY CLOSELY WITH MC YEAGH AND PROMISE YOU EVERYTHING WILL BE DONE TO PROVIDE THE BEST OF EVERYTHING FOR THE LIFTERS AND THEIR GUESTS.

FINALLY, I MUST ASK YOU FOR YOUR CONTRIBUTIONS SO THAT WE CAN CONTINUE THE NEWSLETTER. BILL CLARK PLANS TO STAY ACTIVE AND PUBLISH THE POWERLIFTING NEWSLETTER FOR WEIGHTLIFTING. I WILL BE STARTING FROM SCRATCH AND CANNOT DO IT WITHOUT FINANCIAL HELP. DIP IN AND SEND ME SOME MONEY, NOW. ALSO SEND ME ANY AND ALL RESULTS RELATING TO MASTERS POWERLIFTING.

HOPE TO SEE YOU ALL IN OCTOBER. MORE LATER,

SINCERELY,
/S/ TOM ELDRIDGE
1821 MELBA LANE
ARCADIA, CA 91006

ERROR... Last month's Top 100 Lightweight list did not indicate the fine squat of Andre Villars... 457 at the Gulf States meet... 11/10/79. PL USA apologizes.

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WOMEN'S NATIONALS

ing and growing in the future...it's a great sport, and blowing away the mythology about women's lifting just as they are blowing away the record books.



97 lb. class...a lot of intrigue in this division...because of class-switching, by veteran and novice strategists alike. Rachel Silverman, television writer from Berkeley, and Joan Fruch both started highest in the squat...with 205...but that's all Rachel got whereas Joan went on to 220 and even tried a sensational 237, well also made all her benches...formerly Carol Solomon of New York, began to make her move, after nearly bombing in the squat. In the deadlift Joan tried a 264 and missed, but she had already won the contest, none of the other competitors were after her any longer...the battle take Rachel...who was, incidentally, only in her second meet. There were two entries in this class from the very good Purdue team, Christine Conrad, and Joette Webber...all with beautifully designed uniforms, lots of team spirit, and the wise coaching of Pat Malone, they were the finest example of a team entity that I have ever seen at any weightlifting event.

Jill Ganger, along with her husband Dave, Natalie Kahn, and many others, worked diligently to put on a quality meet...Jill delivered a son only weeks before the meet...unfortunately it was by Caesarian section, which wiped out her training, but she competed anyway...put on a very courageous and determined performance.

Lots of entries in the 105 lb. class, which made it quite a bit more interesting than in previous years...Pam Meister won once again (got her face in Newsweek magazine, did you see that?), and was really on track in the deadlifts, finishing with a 330, after missing 275 in the squat and 137 in the bench press. Linda Madzey, now of Wyoming, left 20 kilos on the platform through missed attempts herself...making only 4 good attempts in the contest...the Purdue entry...Kathy Tuite, missed all her third attempts or she'd have pressed for a higher spot as well. In her previous 8 months of training, Kathy has put over 100 lbs. on her squat, and Pat Malone anticipates her to be totalling over 750 by next years meet. Kathy holds the Indiana State record for the 220 yd. dash, 24.5 seconds and in college she participated in both crew and rugby, to go along with her Master's degree in photography.



the day came when Pam Meister walked off the stage with all her loot from the trophy presentations.

....report by Mike Lambert.....

This, my first Women's Nationals, impressed this writer and the audience in several regards...first...these women are competitors...in every sense of the word...gender has nothing to do with a lifter's intensity on the platform, second...Powerlifting does not produce female Lou Ferrigno's...muscularity in any of the lifters present was only of the most pleasing variety...women's lifting will be growing and besides...it must be kind of fun for these pioneers to make her move, after nearly bombing in the squat. In the deadlift Joan tried a 264 and missed, but she had already won the contest, none of the other competitors were after her any longer...the battle take Rachel...who was, incidentally, only in her second meet. There were two entries in this class from the very good Purdue team, Christine Conrad, and Joette Webber...all with beautifully designed uniforms, lots of team spirit, and the wise coaching of Pat Malone, they were the finest example of a team entity that I have ever seen at any weightlifting event.

Beautifully peaked for this meet, Joan Fruch ran away from her competition by virtue of superior squatting, as shown above.



Purdue team-mate Donna K. Malone lifter lifted pretty much along with Kathy, except in the bench press...which kept her in fourth place. In fifth, the first woman powerlifter in California...and one of the first serious ones in the World, Natalie Kahn used all her experience to lift herself very effectively into 5th...she really looked drained by losing the weight to make it into this division, but it didn't seem to affect her lifting too seriously...fellow Californian, Stella Martinez, squatted very deep, very slowly...in a close stance...technically excellent form.

In the 114s, Terry Dillard of Iowa, put on another consistent, quality performance. Well ahead of her competition from the start, she had little to push her but personal discipline...which she has plenty of. She came close with tries at a 303 squat and 336 deadlift. Theresa Ann Mobley, who is planning to become an MD, lifted well...made 7 out of 9...and scored another bundle of points for Purdue. Free spirit Maria Iribarren actually whistled to herself while waiting for the bar to be raised for her squat attempt.

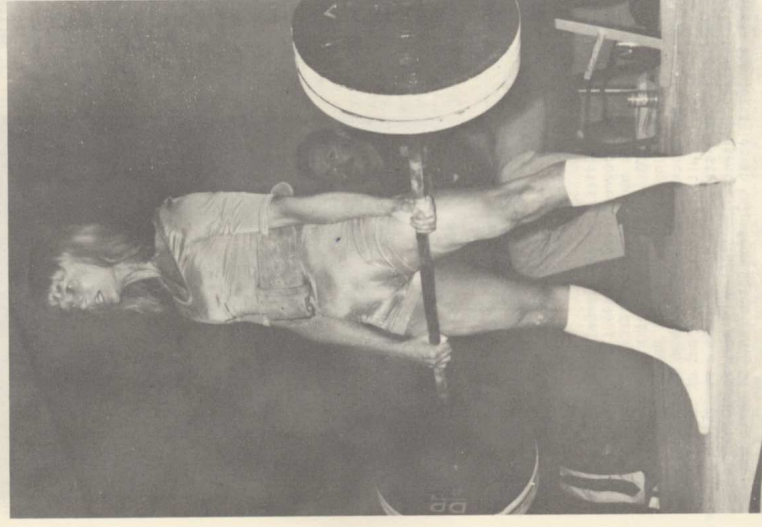
Her squats were definitely of the crash and dive variety, but she is one tough deadlifter...and with an attempt of only 5 lbs. more on her third...she would've gotten second place.

ON THE COVER...148 lbs., Helen Conzors. This photo and all others of the Women's meet by Lambert...reprints are available...was indicated in the ad else-where in this issue.



Outstanding bencher, Sue Elwyn, tried a World Record 176 weighing only 123!!

Another Purdue lifter stole some thunder in the 123s with several World Record lifts...Julie Austin is her name...and she pulled herself into 3rd place...with some superior efforts. Veterans Sheila Hopkins and Michele Klimesh had days they would like to forget, unfortunately. Californian Peggy Russell tried a World Record squat of 132.5kg...despite being such a tall girl...and Cherie BEZOP, medical student, Karen Gajda, was extraordinarily impressive with this World Record 369 Deadlift.



Carol Jo Fisher, ably coached by Pat O'Brien, proved a tough competitor...just like the two girls from Indiana, Diana Malone and Lisa Zappia Gayla Crain had to seek medical attention after her effort to make weight, and withdrew...as did Rebecca Chalker, whom, I believe, attempted to compete wearing a "Return the Snah" t-shirt. In the 123s, veteran Sue Elwyn had a tough battle with Missy Orth, who had only been training a couple of months. Missy, one of Karen Gajda's Sports Fitness Institute training partners, showed impeccable form, brute power, and a very athletic appearance...still in her teens, Missy is going to be a factor in the years to come.



Rebecca Joubert squatting 270.

Emmis lifted well off a recent back injury. Chuck Boornazian did some good announcing during the contest...while his wife did some good lifting as well in this division.

Gajda was the cream of the crop at 132, took 3 tries to get in a squat, and then popped a WR 145kg on a 4th...also, on a 4th she tried a WR 402 deadlift, but was not too close. She has glutes and erector muscles to compare with any top male lifter. Inaba for example. Becky Joubert's coaches were the ultimate Odd-Couple: John Kuc and Clay Patterson...whatever differences might have existed between the two, as a result of recent events, were put aside...for the sake of seeing Becky do as well as she could. They worked together...side by side. Becky did not have an easy time of it, because a tough-minded Massachusetts lifter, Kathy Lind...put some heat to her, despite a painful shoulder irritation that kept her from doing nearly as well as she had hoped for. Penny Stillwell entered this class, and weighed in...she withdrew, ostensibly on grounds that there was no AAU banner present at the Championships (this is, I understand, a requirement of the AAU Code for National Championships).

Penny was served with papers of suspension from powerlifting for three years, as was Clay Patterson...and she will have an opportunity to appeal that decision at a meeting of the Executive committee at the Memphis Open. I have seen the charges against her and I have hopes that the situation can be resolved short of the 3 year suspension. I don't know the exact nature of the charges against Clay...all I can say is that I hope that the National Committee has done their homework in these matters...suspension is a serious matter. (Several members of the Executive Committee assure me that they are certain of their case). Joan Cameron got 5th place, and admitted to Tony Piazza that she didn't even know who Mike Bridges was, so Tony bought her a subscription to PL USA.

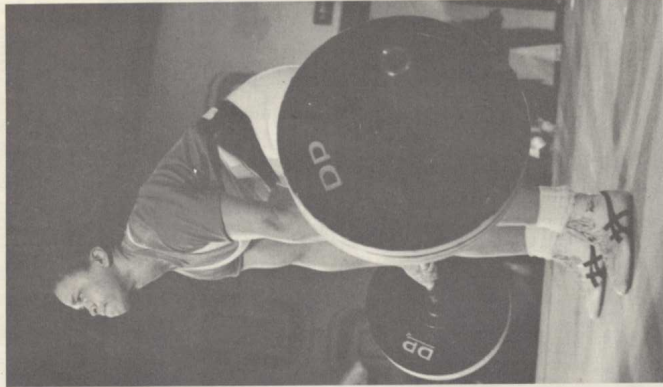


ABOVE...Kathy Lind, and her friends, have relocated and completely rebuilt the face of the Rock Barbie Club...they have some fine young lifters coming along now.

good to get as many people involved as possible at first. Tremendous potential was shown...records should continue to fall like rain in the next few years, as more women get involved and as those involved get stronger through increased competitiveness and better training methods. In the 181s, Eileen Schmitzer, whom I believe was wearing another "Return the Shah" t-shirt was disqualified. These incidents involving the Feminist Women's Health Center lifters got coverage from the local ABC station and in the Los Angeles Times. Lyle Schwartz explained to the press that the rules state that emblems or slogans on lifting t-shirts, other than team or national insignia, are forbidden...so, since "Return the Shah" was not registered as a club, the situation was the same as if they had an advertisement for a certain brand of beer emblazoned on their shirts.

Lorna Griffin and Lisa Vogelsang have added to their other athletic achievements another dimension...both much improved from previous competition at the Whittier Open, they both indicated that they could go a lot further in this sport, should they choose to continue. Lorna is tall, blonde, lean...with a large frame...she showed brute power on all lifts. Lauren MacFarlane brought home third and some additional points for the Purdue team that had the team title locked up long before...in truth, they should have had the trophy presentation at the airport, when they stepped off the plane. The Suppers...last year's confrontation between Ann Turbyne and Jan Todd was a classic event in the short history of Women's Powerlifting...which made the buildup in tension and anticipation for this year's meet even more emphatic. Jan, who weighed in at 216, had squatted 500 in training...but little had been heard of Turbyne's recent progress...she entered the meet at the last minute, which caused a stir among the handicappers for this class. Vicky Gagne missed making weight for the 181s, where she would have "cleared their plows", as they say...and so became an additional factor in the contest.

Jan opened at 424...got reds. For depth I assume, took it again...but stepped back before receiving the signal (the platform was a little wobbly...I noticed it flex repeatedly when lifters were operating on it...there were quite a few lifts lost on balance, unfortunately...I'd have to guess that it was the fault of the platform)...meanwhile Turbyne smoked 424, 440, 451 without a problem...putting extreme pressure on Jan...who jumped to 484, missing a 200...but the door was wide open for Ann...judges approving. In the bench, Jan punched out a 198, missing a 200...then coming back to make it. Her subtotal lead...and she took full advantage...making 248, missing 259, then coming back to make it. Her subtotal lead was a very serious 28 lbs. In the deadlift...things sorted out quickly...Jan opened well out of her grasp, Ann smoked 430...after that she took care of 451 and 468 as well...with the contest well out of her grasp, Jan took a tug on 479 and passed her third. Turbyne's total was a staggering 1179...she's a remarkable athlete. At 192 and a fraction, she is very trim and athletic looking...presently she's doing PR work for a firm back East. Not exactly your standard stereotype, is she? She got a lot of help from Coach Ernie Gilbert, who



ABOVE...the great Stephanie Moody wins another major Championship.

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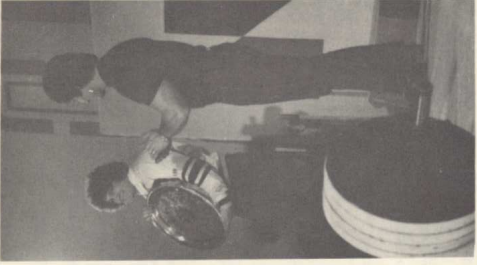
In the 148s, Jennifer Reid showed a lot of disdain for the former records, and finished over 100 lbs. ahead of her nearest competitor...her attempt at a 203 bench press was quite remarkable for a woman of her bodyweight...she also tried a 402 deadlift, but missed it. Judy Glenney, wife of former Olympic lifter Gary Glenney, showed that something of Gary's success has rubbed off onto her...as she squatted and deadlifted with the best of them in this class. In the deadlifts especially...some real determination showed through...after a real struggle...sometimes pulling her way out of position...to get the bar moving at all, she pulled 330 all the way to completion. Kathy Sansacie, from New York, via Auburn University...was all Judy could handle...with just a little improvement either of these girls could challenge Reid at the next meet. Gerverson, Helen Comors missed all her third attempts...but still ended with a good total.

At 165, veteran Stephanie Moody dominated without any competitive pressure. Perhaps if Cindy Reinholdt returns next year...or if the lifts of Australian Bev Francis or the girl from England prove not to be fiction at the Women's Worlds, then Stephanie will get some of that much needed motivation to improve even further. She made a good try at a 369 squat...and two fierce efforts at a World Record 214 bench press...plus a good pull at the same 402 that seemed to have everyone whammed. Purdue stacked up more points for second place, with tall Ruth Heiding going 9 for 9 to out-distance Heidi Lynn Kauti, who went 6 for 9. Patricia Soto, who lifts for Roger Wright's club in Fresno, California was another one of the relatively novice lifters who showed a lot of promise for the future. By the nature of the entry requirements...namely, that one have competed at least once before (that's it!) a lot of less seasoned lifters were able to lift in this meet. That will probably change for next years contest, but it's records should continue to fall like rain in the next few years, as more women get involved and as those involved get stronger through increased competitiveness and better training methods.

In the 181s, Eileen Schmitzer, whom I believe was wearing another "Return the Shah" t-shirt was disqualified. These incidents involving the Feminist Women's Health Center lifters got coverage from the local ABC station and in the Los Angeles Times. Lyle Schwartz explained to the press that the rules state that emblems or slogans on lifting t-shirts, other than team or national insignia, are forbidden...so, since "Return the Shah" was not registered as a club, the situation was the same as if they had an advertisement for a certain brand of beer emblazoned on their shirts.

Lorna Griffin and Lisa Vogelsang have added to their other athletic achievements another dimension...both much improved from previous competition at the Whittier Open, they both indicated that they could go a lot further in this sport, should they choose to continue. Lorna is tall, blonde, lean...with a large frame...she showed brute power on all lifts. Lauren MacFarlane brought home third and some additional points for the Purdue team that had the team title locked up long before...in truth, they should have had the trophy presentation at the airport, when they stepped off the plane. The Suppers...last year's confrontation between Ann Turbyne and Jan Todd was a classic event in the short history of Women's Powerlifting...which made the buildup in tension and anticipation for this year's meet even more emphatic. Jan, who weighed in at 216, had squatted 500 in training...but little had been heard of Turbyne's recent progress...she entered the meet at the last minute, which caused a stir among the handicappers for this class. Vicky Gagne missed making weight for the 181s, where she would have "cleared their plows", as they say...and so became an additional factor in the contest.

Jan opened at 424...got reds. For depth I assume, took it again...but stepped back before receiving the signal (the platform was a little wobbly...I noticed it flex repeatedly when lifters were operating on it...there were quite a few lifts lost on balance, unfortunately...I'd have to guess that it was the fault of the platform)...meanwhile Turbyne smoked 424, 440, 451 without a problem...putting extreme pressure on Jan...who jumped to 484, missing a 200...but the door was wide open for Ann...judges approving. In the bench, Jan punched out a 198, missing a 200...then coming back to make it. Her subtotal lead...and she took full advantage...making 248, missing 259, then coming back to make it. Her subtotal lead was a very serious 28 lbs. In the deadlift...things sorted out quickly...Jan opened well out of her grasp, Ann smoked 430...after that she took care of 451 and 468 as well...with the contest well out of her grasp, Jan took a tug on 479 and passed her third. Turbyne's total was a staggering 1179...she's a remarkable athlete. At 192 and a fraction, she is very trim and athletic looking...presently she's doing PR work for a firm back East. Not exactly your standard stereotype, is she? She got a lot of help from Coach Ernie Gilbert, who



Ann Turbyne, seen at left, taking care of a 451 squat, and lifter award, presented to her by Frank Zane, 3 time Mister Olympia.

Her intensity in lifting matches that of any of the champions on the men's side of the sport. Many of the men lifters, who served as loaders at the meet, remarked on her capabilities, favorably.



is literally "half the man he used to be"...from Superheavyweight to Marathon runner...quite a transformation. Not to be forgotten in this class was the lifting of Vicky Gagne, who particularly impressed Larry Pacifico. She is now the youngest girl to go over 1000 lbs. in the total...she had a great day, missed only one bench, and then came back to make it...but, unfortunately, her third place finish will remove her from initial consideration for the teams that go to the Women's Worlds. Her 3 for 3 in the deadlifts...one right after another, was a real crowd pleasing experience. Wanda Sander and Sharlene Bills lifted creditably in this class as well, but the competition was very tough.

As a Selection Committee Member For A Day" (since most of the regular members were not present at this meet) I sat through quite a discussion on who should be selected to go to the Women's Worlds...ultimately, we went along with the recommendations of the Women's Subcommittee, that the first team be comprised of winners at this meet, and that the second team be comprised of the runner-ups, but the decision was complicated by the awkward compromise arrived at by the IPF...allowing 2 teams of American (or any other nation that wants to send more than one team) girls...with points and places open only to the first team...they would be eligible to set World Records, though. Additionally, lifters like Vicky Gagne made us try to find ways to allow for hardship cases...but there is no objective way to do that, so the outcome was simple. Hopefully, this situation will not occur again.

One other matter...as part of her suspension, Penny Stillwell was forbidden to enter the Women's Subcommittee meeting, held after the meet. Penny did attempt to enter the meeting...police were present...there was no hassle, though. Penny has indicated that she will retain a lawyer as a result of the various things that happened to her at the meet.

After the meet, there were a lot of men nodding their heads and saying...they, that was a great meet...myself included...all the elements were there, it was quite enjoyable. The meet promoters and their assistants did a fine job...that was not without a bundle of headaches...the contract with NBC was not finalized until the Elevench hour, and the hotel wanted to renege on some of the room arrangements...Jill Ganger, Dave Ganger, Natalie Kahn et al had that "frazzled" look in their eyes after everything was all over...the kind of non-ecstasy that only a first time major meet promoter can know. NBC did televise the event...rather extensively, Larry Pacifico and Merlin Olsen doing the commentary...as soon as I hear a date for the showings, I'll let you know...but it's best, as they say in I'veeeland...to "consult your local listings" in order to be sure that you don't miss it.

So...it's on to the Women's Worlds...here's hopes that sanction troubles with the IPF can be worked out in time)...Joe Z sez things are going super for that contest...2,000 advance tickets have already been sold...at the recent planning session he held for the meet Joe was confronted with 106 volunteers...off that report, I'd say that things are going to work out alright.

women's corner

The "official" team for the Women's Worlds, after all lifters were informed of the Selection Committee decisions and the status of the Second team...is as follows: 97 lb...Joan Fruth/Carol Santandrea, 105 lb...Pam Meister/Linda Madzey, 114...Terry Dillard/Teresa Ann Mobley, 123 lb...Sue Elwyn/Melissa Orth, 132 lb...Karen Gajda/Rebecca Joubert, 148 lb...Jennifer Reed/Judy Glenney, 165 lb...Stephanie Moody/Ruth Weiding, 181 lb...Lorna Griffith/Vicky Gagne, SHW...Ann Turbyne/Jan Todd...with the first lifter in each class being the one eligible for the title and able to score team points...and the other there for the opportunity to compete and set records. Lisa Vogelsang had a track&field commitment and withdrew herself from consideration...thus, sentimental favorite Vicky Gagne was placed on the 2nd team. Many of the male lifters present at the meet felt that the women on the 2nd team would not be very interested in going and that there would be a lot of drop-outs...but, it was not the case...maybe women have different motives and ambitions when it comes to such things. At the Women's Subcommittee meeting after the meet, much was discussed...it was felt that in the future, since they can not score points, the best 9 lifters, regardless of bodyweight or class, as computed by the Malone formula would constitute the 2nd team, assuming a 2nd team is allowed next year by the IPF. Official Coach of the Women's World team was Pat Malone, with the Manager being Mabel Rader.

1980 WOMEN'S NATIONAL 2/1 CHAMPIONSHIP
RESULTS 25-26-27 JAN 80

44KG - 97 L	55	115	970
J. PROTH	100	47.5	262.5
A. TORRES	92.5	42.5	245
S. SILVERMAN	90	42.5	245
C. WEBER	77.5	45	235
J. CHIRIACI	77.5	42.5	235
J. SPECTOR	77.5	37.5	200
48 KG-105#			
P. METZGER	112.5	60	322.5
L. WHITE	100	57.5	300
D. MALONE	100	47.5	282.5
N. KAHN	87.5	42.5	260
S. MARTINEZ	87.5	42.5	260
R. SOKOL	70	45	212.5
P. HENRY	65	45	212.5
52 KG-114#			
T. WILLIARD	125	52.5	330
M. WILSON	100	47.5	282.5
K. TRIBARREN	90	42.5	272.5
C. FISHER	90	42.5	260
D. MALONE	97.5	40	247.5
L. CAMPBELL	87.5	40	240
E. SHALLEY	80	50	220

60 KG-132#	117.5	75	145	337.5
R. ORTH	122.5	72.5	142.5	337.5
J. JUSTIN	117.5	65	150	332.5
S. WOPKINS	120	60	137.5	317.5
A. THOMAS	112.5	60	127.5	300
C. BRADY	102.5	52.5	140	295
P. BUSSELL	117.5	60	115	292.5
E. ENGLISH	72.5	52.5	117	242.5
K. RETES	77.5	42.5	100	220
K. BRISICK	67.5	42.5	102.5	212.5

67.5 KG-149#	135	65	167.5	367.5
R. JOUBERT	122.5	62.5	162.5	347.5
K. LINDO	122.5	57.5	155	345
J. CAMERON	100	60	125	282.5
M. SHAW	87.5	42.5	125	255
T. MC CLINTIC	77.5	35	110	222.5
K. KELLY	70	35	110	222.5

4TH ATTEMPT FOR WORLD RECORD IN SQUAT- SUCCESSFUL 145.
 37.5 KG-149#
 J. BELNEY 120 72.5 150 352.5
 K. SANDOZIE 125 77.5 147.5 350
 H. CONNORS 125 62.5 137.5 332.5
 C. ATILSON 100 62.5 140 322.5
 E. MATSON 100 52.5 117.5 270
 J. LEA 87.5 45 120 232.5
 5. ANIT
 75 KG-165#
 T. WELDON 160 95 172.5 427.5
 H. KAVI 117.5 67.5 152.5 337.5
 D. ENHONZ 112.5 57.5 147.5 317.5
 P. SODIUNG 100 57.5 136.5 290
 32.5 KG-181#
 L. TRIFFIN 152.5 95 190 437.5
 L. JOELSSANG 120 97.5 160 367.5
 L. SYDORAK 127.5 82.5 125 305
 E. SCHNITZER
 OVER 32.5 KG-OVER 181#
 A. TUBINE 205 117.5 215 535
 J. JARDE 170 95 197.5 462.5
 J. JARDE 155 95 165 415
 S. BILS 97.5 55 120 272.5
 THANKS TO GAVE AND JILL SANGER FOR RESULTS.
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Temple University
OPEN

Temple University Recreation Services wishes to announce the TEMPLE UNIVERSITY OPEN POWERLIFTING MEET, to be held April 26, (Sat.) 1980. The meet will be a two platform meet with weigh-in at 8:00 a.m. with the meet starting at 10:00 a.m. Following the meet will be a Demonstration-Seminar conducted by the World's Strongest Man, DON REINHOUDT, \$5 admission FOR INFORMATION, CONTACT:

Linc Gotshalk, Meet Director
 Pearson Hall, Temple University
 Broad and Montgomery
 Philadelphia, Pennsylvania 19122
 The meet will be held at Temple University, Broad and Montgomery, Philadelphia

The Women's Subcommittee will continue to act as an advisory group to the National Committee Selections Committee, at least until the USPF comes to a decision regarding ANU affiliation. Donna Malone and Terry Gillard were elected as Athlete's Representatives to the National Powerlifting Committee which will meet in Madison, Wisconsin. Interested parties should contact Terry at Box 623, Spencer Iowa or Donna at RR 2, Fort Branch, Indiana and express their opinions as a means for the lifting public determine National Committee policy...5 Women on the National Committee will chair a committee to Pat Malone will chair a committee to determine qualifying totals for the Women's nationals by the Madison meeting. Lifters will have from July to January to post such a qualifying total for next year's meet. Bids for the Women's meet must be presented to the National Committee at the Madison...in the future it may be possible to bid on and receive approval on bids at the Women's Nationals.

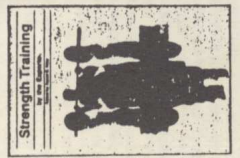
Rule interpretations (not changes) are being sought by Joe Zarella, Box 43, Hudson, New Hampshire 03051. send them in if you have any useful interpretations of rules that seem vague or inadequate. Mabel Rader has been nominated for the Powerlifting Hall of Fame, as an administrator...and as a Powerlifting Pioneer. Michelle Klimesh and Kathy McGraw are the new Records Chairwomen...mail applications to Michelle at 18 Ambleside Ct., Danville, California 94526. Women's classification awards can be obtained from Larry Eggleston, 409 N. 8th Avenue, Hopewell, Virginia 23860.

Although Jan feels the Women's Subcommittee has a long way to go before justifying autonomy, much progress was made towards that end at the meeting in Los Angeles. Jan encourages all lifters to provide input, meet results, announcements, training advice, etc. to her bulletin...you can contact her c/o 3212 Mavery Parkway, Opelika, Alabama 36801 205-745-6060

One disheartening postscript...Kathy Lind's shoulder disorder has been diagnosed as "teicpatal tendinitis" in both shoulders...hopefully this will clear up with rest. Kathy worked very hard in order to do well in this meet, and it's a shame she's encountered this kind of injury difficulty.

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 ...CENTRAL VIRGINIA CLASS I AND UNDER, 28 June, Millie Morris, Box 5 Rt. 810, Stanardsville, Virginia 22973 804-985-7660
 ...1st ANNUAL GEORGIA TEENAGE CHAMPIONSHIPS, March 15th, 1980...contact Tom King, c/o the Augusta Body Shoppe, 2113 Kings Way, Augusta, Georgia 30901 404-733-0965

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Dedication:

..this issue of PL USA is dedicated to Ken Leistner. In a shocking turn of events, Ken suffered a stroke a few weeks ago...and later a minor heart attack. It was determined that he had suffered two previous minor heart attacks late last year. Ken's recovery from the stroke has, amazingly to the Doctors involved with his case, been complete. The heart problem is related to an anomaly in his blood chemistry (ironically, Ken is your least likely candidate for a heart problem, at a trim 150 lbs., and a runner as well as a weight trainer) which seems to accelerate the tendency to atherosclerosis, or plugging of the arteries. So unlikely a candidate for a heart problem was he that his first attack was not diagnosed, the doctors simply could not believe the indications. Apparently the plugging can be controlled, and it is completely possible that Ken will be able to live a normal life in the future, even as far as weight training and jogging, though actual competition is probably out of the picture.

Though I'm certain that many of you would like to call or write Ken and express your concern, I hope you will restrain yourselves...Ken is still recovering, tires easily...even from a phone conversation...and, with his graduation from school in jeopardy, a very young son just out of the hospital....he certainly deserves a respite from answering individual training questions and such.

Ken has had a very rough past few months, losing his father, problems with the premature delivery of his son, and now this...he came very close to "buying the farm" as they say...still, his enthusiasm for the sport is strong, and he wants to continue to participate, if not competitively, then administratively...or otherwise. Our hopes for a quick and complete recovery go with you, Ken.

Mike Lambert

More from Ken Leistner

MOST PL USA READERS ARE FAMILIAR WITH MY APPROACH TO SQUATTING AND DEADLIFTING. IF ONE WERE TO CONSTRUCT A ROUTINE TO USE OVER A LIFETIME, IN ORDER TO ACCRUE THE BENEFITS THAT WEIGHT TRAINING IS SUPPOSED TO OFFER, MY SUGGESTED APPROACH IS THE WAY TO GO, I FEEL. HOWEVER, WITH ONLY SLIGHT MODIFICATION, THE SO-CALLED AND AFOREMENTIONED PRE-MEET PERIOD, ONE COULD MAINTAIN AND IN FACT, INCREASE HIS MUSCULAR STRENGTH AND CARDIORESPIRATORY CAPABILITIES FOR THE REST OF HIS TRAINING DAYS (NOTE: I SAID TRAINING DAYS, NOT COMPETITIVE DAYS ALTHOUGH THEY

COULD BE ONE IN THE SAME). IF THE PROPER FOUNDATION IS BUILT, THE PRE-MEET CHANGES ARE ALL THAT WOULD BE NECESSARY TO HOME IN FOR TOP CONTEXT PERFORMANCE. LET ME ELABORATE.

I REALLY ENJOY OLYMPIC LIFTING. IT'S A LOT MORE INTERESTING TO WATCH THAN POWERLIFTING AND MORE AESTHETICALLY PLEASING. THE FACTORS THAT MAKE THIS SO ALSO CAUSE ME TO VIEW OLYMPIC LIFTING IN A JAUNDED LIGHT. THE PROCUREMENT OF THE INTRINSIC SKILLS NEEDED TO SNATCH AND JERK PROPERLY ARE NOT REALLY APPLICABLE TO MUCH OF THE HEAVY OLYMPIC LIFTERS I SEE. MANY COACHES WILL TELL YOU THAT THE HEAVY OLYMPIC LIFTERS ARE PER TO THE FOOTBALL FIELD FOR EXAMPLE, BUT THAT SAME QUALITY PER FOOTBALL CAN BE BUILT WITHOUT TAKING THE TIME AND EFFORT NEEDED TO LEARN THE LIFTS (AND REMEMBER, TO DO THE LIFTS PROPERLY, I.E., SAFELY, ONE MUST PUT A LOT OF TIME INTO TECHNIQUE WORK). THIS IS ALWAYS DISTURBED ME. I FELT THAT TRAINING FOR THE LIFTS WAS SOMETHING EXTANT FROM THE REALITY OF LIFE AND IN A GREAT SENSE, THE REALITY OF OTHER BRANCHES OF ATHLETICS. LITTLE CARDIOVASCULAR BENEFITS WERE TO BE HAD IF ONE ADHERED TO THE USUALLY SUGGESTED REGIMES PROPOSED BY THE MANY "EXPERTS" IN THE FIELD. MAN, I'D DO SOME POWER SNATCHES AND REALLY WONDER JUST WHAT THE HELL I WAS DOING THEM FOR. WELL, IN ORDER TO SNATCH BETTER. THAT, OF COURSE, IS FINE AND DANDY FOR THE SNATCH LIFTER, BUT FOR ONE INVOLVED IN TRACKET, FOOTBALL, STREET FIGHTS, AND LOTS OF RUNNING, AS I SAID, I OFTEN FELT LOST IN SPACE.

POWERLIFTERS, IF THEY TRAIN AS THEY SHOULD, ARE A BIT CLOSER TO ATHLETIC REALITY, BUT ALSO TEND TO BE SEVERELY LIMITED IN APPLICATION. THE SKILL AND TECHNIQUE NECESSARY TO PERFECT THE POWERLIFTS IS CONSIDERABLE BUT NOT TO THE EXTENT OF THE BIATHLON. THE RAW POWER BUILT CAN BE IMMEDIATELY APPLIED TO OTHER ATHLETIC PURSUITS. THIS IS NOT TO SAY THAT THE STRENGTH BUILT WITH SQUAT CLEANS CAN'T BE APPLIED AS WELL, BUT IF TIME IS A FACTOR, THERE WILL BE A LOT LESS TIME TO MAKE THAT APPLICATION. IF YOU ADHERE TO A SCHEDULE OF TRIPLES PROPERLY, OF COURSE, IF YOU ADHERE TO A SCHEDULE OF TRIPLES TO SINGLES, YOUR HEART AND LUNGS WILL RECEIVE LIMITED STIMULATION. THE ENTIRE BODY AND MIND TRAINING IS TO MAINTAIN THE BODY. HOW MANY GUYS WATCH A WOMAN BARK DOWN THE STREET AND SAY, "YEAH, SHE'S GOT A NICE ASS, BUT SHE ALSO HAS GOOD BODY PROPORTION BETWEEN FEMUR LENGTH AND TIBIA LENGTH. ANKLE SHOTS GOOD SYMMETRY TO THE KNEE. I OUGHT TO HIT HER UP FOR A DATE." THIS IS MY TRIP AND IF YOU KNOW ANY WITH A SIMILAR PASSION, YOU KNOW THAT ONE SYSTEM (SIMPLY SPEAKING), IN THIS CASE THE MUSCULAR STRENGTH SYSTEM, HOLDS NO SUPERIORITY TO THE CARDIO-RESPIRATORY SYSTEM. THEY ALL COUNT AND MY TRAINING COVERS ALL OF THOSE BASES. I HONESTLY FEEL THAT PROPER TRAINING CAN ALLOW YOU TO HAVE YOUR CAKE AND EAT IT - YOU CAN BE STRONG ENOUGH TO BE A TOP POWERLIFTER AND STILL HAVE ALL OF THE OTHER ATTRIBUTES OF A TOP ATHLETE - SPEED, COORDINATION, MUSCULAR COORDINATION, GRACEFUL MOVEMENT.

TWO DAYS PLAN FOR MEMPHIS ON MARCH 2 WAS TO FOLLOW MY USUAL EVENING DAY LIFT TRAINING (TWO DAY LIFTING, ANHONY, PRE-CONTEXT PREPARATION PHASE UNINTERFERED BY THE EFFECT OF TRAINING OVER 8 WEEKS. TO BE TOTALLY ACCURATE, I TOOK OF AN OVERALL CLINIC ON PROPER TRAINING AND REHABILITATION OF INJURIES). AS MENTIONED IN LAST MONTH'S PL USA, PROBLEMS WITH MY LEGS (SEVERE ENOUGH TO SEND ME TO THE HOSPITAL FOR EVALUATION - THE LAST PLACE YOU COULD EVER GET ME SHORT OF ANY POLICE STATION IN THIS COUNTRY), AN INABILITY TO WALK FOR DAYS AT A TIME, DID NOT ALLOW ME TO TRAIN AT ALL SINCE THE LAST WEEK IN NOVEMBER. THE ANGRUSH THE ENTIRE FAMILY WENT THROUGH IN RELATION TO MY PROBLEMS, AND MOVES OF THE ENTIRE HOUSEHOLD IN TO HELP PER TO PROBLEMS, AND USUAL ROUND OF EXAMS, LECTURES, ETC. TRAINING DAYS ARE MONDAY AND FRIDAY. TRADITIONALLY, MONDAY AND THURSDAY HAVE ALWAYS BEEN MY DAYS. MAINLY BECAUSE FRIDAY EVENING WOULD FIND MY COUSIN TOMMY, MY WIFE, AND ME, MEANDERING DOWN TO CHIMINOTON OR LITTLE ITALY AND GENERALLY RUN LOAD UP ON ALL THE FOOD WE COULD STUFF DOWN AND GENERALLY RUN AMUK ON THE LOWER EAST SIDE. AS NATIVE NEW YORKERS KNOW, A WALKING TRIP FROM SIXTH AVE AND HOUSTON ST. DOWN TO CHIMINOTON VIA FORTSHIE OR THE BOMBERY IS ALWAYS GOOD FOR ANY NUMBER OF EXCITING INCIDENTS. ANYWAY, MON, AND FRIDAY IS THE SAME AS MONDAY AND THURS. (REALLY, JUST WRITE IT OUT ON PAPER) SO IT DOESN'T REALLY MATTER.

TODAY IS JANUARY 21ST AND IT IS AT THIS POINT THAT THE PRE CONTEXT PHASE BEGINS. I INTEND TO CARRY THROUGH ON IT, IF I AM ABLE, WITHOUT THE LAYING OF THE GROUND WORK, ALTHOUGH THE EFFECTS OF THIS PHASE WILL BE OBVIOUSLY LIMITED, THROUGH THE POTENTIAL FOR INJURY WILL BE INCREASED. FOR THE SAKE OF READER INTEREST, HOWEVER, I'LL LAY IT OUT DAY BY DAY SO THAT OTHERS WILL HAVE A BETTER IDEA OF HOW I GO ABOUT THINGS.

1/21 SQUATS ARE DONE WITH A WARMUP OF 12 REPS & THEN DOUBLES, BUT ONLY 3 OR 4 OF THEM TO TOP WEIGHT. BENCHES ARE DONE TO SEE IF I CAN IN FACT BENCH. MY TORN PEC IS NOT IMPROVING, DESPITE PULLING OUT ALL THE REHABILITATIVE STOPS, SO I DECIDED TO EASE INTO THE BENCH TO MONITOR MY PROGRESS, BUT BUILD BENCHING STRENGTH OFF OF OVERHEAD WORK. SLD STANDS FOR STIFFLEGGED DEADLIFT ON A HIGH BLOCK, DOING A SET OF 12 AND THEN AN ALL OUT SET OF 6, TWO SETS THAT'S IT & I'M DONE ENOUGH, BELIEVE IT OR NOT, I'M A POWER LACK AND LOCKING OUT THE BAR. STANDING HEAD PRESS. ONLY 3 SETS HERE. ABS MEANS HEAVY SIDEBENCS, ONE SET OF 30 REPS AND ONE SET OF WEIGHTED SITUPS, REPS TO VARY FROM 15 TO 50 REPS.

1/22 PRETTY SELF EXPLANATORY. ONLY 3 SETS OF 6 REPS FOR WARMUP. 205X8, 315X8, 405X4 TO THE BACK. 15 FROM BOTTOM OF PATELLA AND ONLY 3 OR 4 SETS TOTAL. ONLY TWO SETS ON CURLS (OR TO "FAILURE" AS THEY SAY), IT WILL BE ENOUGH.

1/23 SINGLE IN SQUAT WITH WRAPS. PRESS IS ONLY 150 LBS. ON PRESS IS IN BACK, ONE FROM FLOOR-44 ONE FROM START TO EYE LEVEL.

1/24 SQUAT-47 BENCH-235-240-X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/25 SQUAT-49 BENCH-250X1 PRESS-100X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/26 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/27 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/28 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/29 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/30 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/31 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/32 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/33 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/34 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/35 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/36 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/37 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/38 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/39 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

1/40 SQUAT-46 BENCH-250X1 TRICEPS-55-55-55 REPS DL IN BACK-44 TRICEPS PRESSDOWN-112;16 CURL-112;16 ABS

AND THEY'VE GIVEN THE SERIOUS TRAINEE YET ANOTHER PLACE TO TRAIN. NEW YORK CITY DOESN'T OFFER THE FACILITIES THAT THIS AREA DOES.

THE FITNESS CENTER IS LOCATED OFF OF MEXICO ROAD IN ST. PETERS AND CATERERS TO THE SERIOUS POWERLIFTER, BODYBUILDER, AND HIGH SCHOOL/COLLEGE ATHLETE. CLAUDE ALSO MAKES A VERY FINE POWER BELT, CERTAINLY NICE ENOUGH TO RIVAL BOB MORRIS' PRODUCT (AND ALL OF YOU KNOW BOB MORRIS' BELTS CHECK OUT THE FELLS CENTER WHEN I MENTION OUT OF MY BASEMENT FOR A SESSION, THAT WILL NO DOUBT BE MY NEW TRAINING HANGOUT).

I TRAINED TODAY WITH JAY ROSSIGLIONE AND TOM SUMNER. JAY IS WELL KNOWN TO PL-USA READERS (FOURTH AT THE NATIONALS) BUT TOM IS A NEWCOMER AND ONE CRAZY MOTHER. HE'S BIG, STRONG, TOUGH AND SLIGHTLY HELL-BENT. A MIXTURE THAT WILL EVENTUALLY LEAD TO SUCCESS. HE'S A YEAR AWAY FROM NATIONAL LEVEL LIFTING BUT HIS COLLEGE FOOTBALL BACKGROUND HAS GIVEN HIM GOOD MENTAL TOUGHNESS THAT WILL TAKE HIM FAR IN POWERLIFTING.

I WOULD LIKE TO MENTION THAT WE TOOK THAT WORKOUT AT GEORGE TURNER'S NORTH GYM. MEN, I'VE RARELY SEEN A GYM SO PACKED AND MOST OF THE GUYS THERE WERE QUALITY LIFTERS. IT'S FRIGHTENING BUT INDICATIVE OF THE SUCCESS THAT PROMPTS THE POWERLIFTERS TO FIGHT FOR THE OPPORTUNITY OF PROMISING THE POLYMER FLOORING FACILITY. AND THEN DELIVERING IT. I SUSPECT THAT IF TURNER WANTED TO FORM A TEAM AGAIN, IT WOULD BE ABLE TO GO NATIONAL AND DO WELL (DAVIS, ROSCIGLIONE, SUMNER, MICKHAM) AND ALMOST ALL OF THE MEMBERS WOULD COME OUT OF THE NORTH GYM. POTENTIALLY AWESOME!

I'D WATCH MIKE ZIMMER IN MEMPHIS. THIS SCRAMY 6'5" STRING BEAN HAS LIFTED UP NICELY AND IN ABOUT 9 MONTHS TIME HAS INCREASED HIS FLITS BY OVER 150#. HE'S STILL A NOVICE IN THE TRUEST SENSE OF THE WORD, BUT GIVE HIM ANOTHER TWO YEARS. FINALLY, I'D LIKE TO MAKE A PUBLIC APPEAL TO DR. GEORGE FERKINTIAN: YOU AINT MUCH OF A LIFTER, BUT YOU SURE DO KEEP FERUSION HUMMING!

MANY LIFTERS HAVE CALLED ME AND ASKED QUESTIONS ABOUT BOTH THE MEMPHIS OPEN AND THE ELDOADO MEET OF BOB ROSS. I TOO, WONDERED WHY TWO OF THE FINEST MEETS WERE RUNNING HEAD TO HEAD THE SAME WEEKEND, DRAWING LIFTERS FROM THE SAME AREA. I'VE HAD THE OPPORTUNITY TO SPEAK WITH MR. ROSS AND MR. TAYLOR AND I'D LIKE TO OFFER SOME OF MY OWN THOUGHTS. KEEPING WITH MR. ROSS' DEDICATION TO THE ORIGINAL FOUR BIGGER MEETS AND CONCERN THEM THE OPPORTUNITY TO WATCH SOME OF THE BIGGER MEAS IN ACTION. THE ENTIRE TOWN GETS BEHIND HIM AND FOR THE LAST 8 YEARS. ALL OF THIS COMMUNITY ENERGY HAS BEEN PARLAYED INTO ONE OF THIS COUNTRY'S FINEST MEETS.

JIM TAYLOR TOO, IS HIGHLY RESPECTED BY THE POWERLIFTING FRATERNITY. HIS DESIRE HAS BEEN TO GIVE THE LIFTER A MEET THAT HE WILL ENJOY AND REMEMBER. I ASKED HIM, IN A LESS THAN TACTICAL MANNER, "WHY HAVE YOUR MEET THE SAME WEEKEND AS BOB ROSS?" JIM EXPLAINED THAT HIS COMMITMENTS TO THE GAME AND TO HIS FAMILY, IN ADDITION TO THE ALREADY SCHEDULED MEETS IN HIS AREA, LEFT HIM WITH BUT A FEW DAYS TO CHOOSE FOR THIS, THE INAUGURAL MEMPHIS OPEN. FRANKLY KEN, I DON'T REVENGE THE LIFTS IN A CONFLICT WITH BOB ROSS. I HAVE ASKED, WE ABOUT THAT, & I'D SAY THAT THIS IS THE ONLY REGRET I HAVE ABOUT MY MEET. I'VE GOT THE HIGHEST RESPECT FOR BOB, AND HE ABOUT A GREAT JOB AT HIS MEET. I REALLY HATE TO CONFLICT WITH HIS DATE BUT I HAD NO CHOICE. I HOPE BOB AND OTHERS UNDERSTAND THAT.

BOTH MEN HAVE PREVIOUSLY DISPLAYED THEIR DEDICATION TO THE GAME AND MOST IMPORTANTLY (FOR ME), THE "AVERAGE" LIFTER. I'VE HAD NOTHING BUT PRAISE FOR BOTH OF THEM AND I FEEL THAT THIS SITUATION IS UNFORTUNATE ONLY BECAUSE IT WOULD BE NICE TO LIFT AT BOTH MEETS. BOTH WILL OFFER WORLD RECORDS, GREAT LIFTING, AND MEETS ORGANIZED WITH THE LIFTER'S WELFARE IN MIND.

KEN

Obviously, this material was written before Ken had his stroke. When he was planning on competing at the Memphis meet. Regarding the Memphis meet, some of the lifters that were going with Ken to that meet are doing super...Jay Rosciglione squatted 575 for 2 and a 600 single at 153, Bill Davis tripped 685 in the squat and singled 755, while Bryan Wadie hit a 760 squat in training...Ken's best wishes go with these lifters in their quest for victory at this major meet.

LES STEVANS FORMERLY OF THE GYM, HAS JOINED FORCES WITH CLAUDE COFFMAN, ST. LOUIS NEWS

THE NEWS IS ONE MORE GREAT TRAINING FACILITY LES STEVANS FORMERLY OF THE GYM, HAS JOINED FORCES WITH CLAUDE COFFMAN,

T-SHIRTS

WE OFFER OUR NEWEST T-SHIRT, "THE CADILLAC OF T-SHIRTS". COLORS, WHITE, YELLOW, POWDER BLUE, TAN, RED, GREEN, NAVY, ORANGE. SIZES S-M-L-XL-2X-3X-4X (MEN) AND S-M-L-XL (WOMEN). PRICES: \$6.50 EACH, 2 FOR \$12. FOR S-M-L-XL FOR 2X-3X-4X ADD \$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.

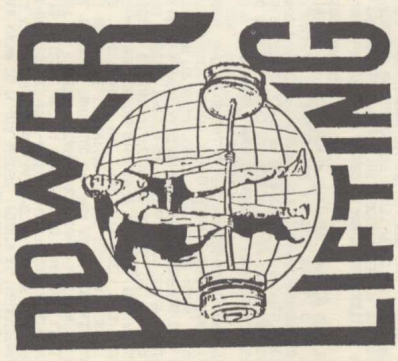
(ALSO...USA WORLD TEAM CHAMPS LOGO)

WE ALSO DO CUSTOM ART WORK FOR CLUBS, INDIVIDUALS, TEAMS, ETC.

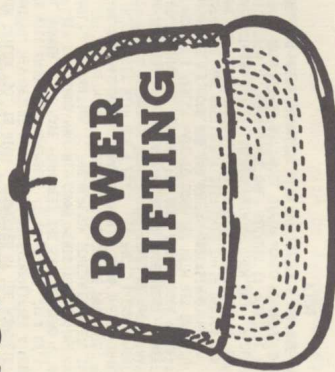
ALSO AVAILABLE: SILK SCREEN IRON-ONS. JUST 25 SECONDS AND A HOT IRON AND YOU CAN SCREEN ANY T-SHIRT, SWEAT SHIRT, JACKET, ETC. ANY OF THE LOGOS ABOVE ARE AVAILABLE FOR BOTH MEN AND WOMEN AT \$1.50 EACH, OR 4 FOR \$5.00...PLUS SHIPPING CHARGE OF \$.50 PER ORDER.

JUST STATE THE COLOR OF THE GARMENT YOU WISH TO SILK SCREEN AND WE WILL SEND YOU THE COLOR IRON-ON TO CONTRAST WITH THE COLOR OF THE GARMENT.

(ADD \$1.50 SHIPPING PER ORDER)



POWER CAPS



THE FOLLOWING LOGOS ARE AVAILABLE FOR THE POWER CAPS.... "WORLD CHAMPIONS USA", "POWERLIFTING USA", "PUMPING IRON", "BENCH PRESS". THE HATS ARE \$5.00 EACH PLUS \$1.00 SHIPPING. THE HATS ARE 100% POLYESTER FRONT, AND MESH REAR...ONE SIZE FITS ALL...COMPLETELY WASHABLE.

TRAINING WITH JOHN KUC

THIS IS THE FIRST IN A SERIES OF MONTHLY ARTICLES...EACH INSTALLMENT WILL BE A DIFFERENT ASPECT OF THE TRAINING PROGRAM OF JOHN KUC...MULTI-TITLE HOLDER, MULTI-WORLD RECORD HOLDER, AND WORLD CHAMPION...AFTER LENGTHY CONSIDERATION AND AN EXTENSIVE INTERVIEW, WE HAVE COME UP WITH THESE KERNELS OF LIFTING WISDOM...WHICH SHOULD BE USEFUL IN ANYONE'S TRAINING PROGRAM.

Stretching

More and more...stretching is seen as a valuable adjunct to any training program...many lifters at the intermediate to advanced level of proficiency incorporate some kind of stretching movements before each workout...they are usually not very time-consuming...not complex, but they are typically followed with near dogmatic dedication...why??...because they help prevent the injuries that are the bane of lifters.

Like John, I fear injury more than any competitor...because they can wipe out any hope of progress in an instant, and hang with you for months. John has managed to avoid major injuries over the years, but the minor ones have always been a plague...sometimes keeping him off the platform altogether...particularly when he was contemplating his comeback after a very long layoff.

A few weeks before one of his recent competitions, he was once again going through the frustration of trying to train heavy...around...an injury, when he decided to visit a local practitioner...a chiropractor, with a Chiropractic degree, by the name of Dr. Jerry Reisinger, (a few of you may remember that name...he was a good individual...lives near Reno). Jerry is a good doctor...uses many electrical devices in everything "natural"...from chiropractic to the healing of injuries. Jerry and John worked out a special stretching routine...to be done before and after each workout.

The routine consists of 3 movements...the first requires one to lay on the floor...bring your knees up and, folding the calves back, towards the chest...with the hips still on the floor...You twist your head one direction and rotate your hips the opposite...alternating the direction of the twist every rep. John does 30 of these...followed by a form of the toe touch, where he sits on the floor...legs spread, and alternately touches his feet to the opposite toe...and so on. This movement is specifically designed to stretch the hamstrings, and it also helps pelvic alignment. John follows this set with 30 leg raises, and that completes the routine...which, once again, is done before and after each workout...no matter which lift is being worked.

The results?...John has suffered none of the typical injuries that used to bother him since incorporating these moves into his routine. Randy Wilson is another lifter who absolutely swears by stretching...as an injury preventive measure...and, of course, Dr. Fred Hatfield's P.M.F. theory, as documented in a previous issue of PL USA, emphasizes stretching...though from a different perspective, one that promotes the idea of a specific type of stretching to build strength.

Most powerlifters are not extremely conscious of their level of fitness...and therefore not too high on the pre-fitness concept...but a lifter gets better and better, coming closer and closer to his ultimate potential, the threat of injury becomes very real. With the consequences of major or long-lived injuries being so devastating, it becomes very important for lifters to protect themselves against those little pulls and tears that can become big pulls and tears. John Kuc does consider his "fitness" as a major part of his total training program, and stretching is one form of insurance he wouldn't be without in his quest to maximize his performance on the platform...perhaps it can be a factor in your progress as well...why not give it a try?

(NEXT MONTH...FORCED REPS!...HOW THEY PUT 200 LBS. ON JOHN'S TRAINING POUCHES...AND WHY YOU CAN'T DO THEM FOR MORE THAN SIX MONTHS)

USA WORLD TEAM T-SHIRTS



JUST LIKE THE SHIRTS WORN BY OUR LIFTERS IN DAY-TON. A QUALITY SHIRT, RED IN COLOR, WITH A SILK-SCREENED "U.S.A." INSIGNIA

ACROSS THE CHEST, AS SHOWN...IN SIZES MEDIUM, LARGE, AND EXTRA LARGE...\$6.95 EACH, PLUS \$1.00 POSTAGE/HANDLING PER ORDER.

also...Worlds Strongest Men

UNDER SPECIAL LICENSE



DID YOU SEE THE CONTEST ON TV? NOW, YOU CAN HAVE AN OFFICIAL WORLDS STRONGEST MAN CONTEST T-SHIRT...IN YELLOW WITH LARGE BLUE DESIGN ON BACK SMALL ONE ON THE FRONT. IN SIZES MEDIUM, LARGE, AND EXTRA LARGE...\$7.45 EACH PLUS \$1.00 POSTAGE AND HANDLING PER ORDER...DO IT NOW!!!

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

SEND ORDER TO:

J.J. By Zampy Lee Cream



R.C.

FOR THE RECORD

SCHOOL, GYM RECORDS... ANY KIND OF RECORDS. SEND TO POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93010

ICELAND RECORDS	FINNISH RECORDS	EUROPEAN RECORDS	NORWEGIAN RECORDS	SWEDISH RECORDS	WORLD RECORDS
114 SP 170.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR	120.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR	120.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR	120.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR	120.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR	120.0 K. JOHANNSSON 187.5 A. THOMAS 120.0 B. SHILOV 35. V. HANSEN 167.5 L. JOSEFSSON 485 C. DUNBAR

THIS SECTION IS RESERVED FOR ANY AND ALL KINDS OF LIFTING RECORDS... EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, ASSOCIATION, MEET, CLUB RECORDS.

Enclose stamped envelope (after 9 PM/405-275-3689)

need training info, nutritional ideas, prices on equipment (discounts available). Give me a call to place an order or just B.S. a bit about the iron game.

RICKEY DALE BRAIN 1509 N. MINNESOTA, SHAWNEE OKLAHOMA

Injury Questionnaire

Ralph Gardner's experience is widespread, academically, professionally, and as an athlete, coach, administrator, & author. I ABSOLUTELY encourage all readers to fill out the survey and send it in, as the results of a comprehensive response from the lifting community will be of benefit to us all. Please take the time to fill in the blanks and send in the information. Thanks. M R L

IS THIS AN INJURY THAT OCCURRED PRIOR TO YOUR STARTING LIFTING OR AN INJURY NOT RELATED TO LIFTING BUT STILL BOTHERS YOU?

PLEASE EXPLAIN: YES _____ NO _____

HAVE YOU HAD INJURIES WHILE TRAINING? YES _____ NO _____

WHICH OF THE FOLLOWING LIFTS DID THE INJURY OCCUR? SQUAT _____ BENCH PRESS _____ DEADLIFT _____ OTHER WHICH? _____

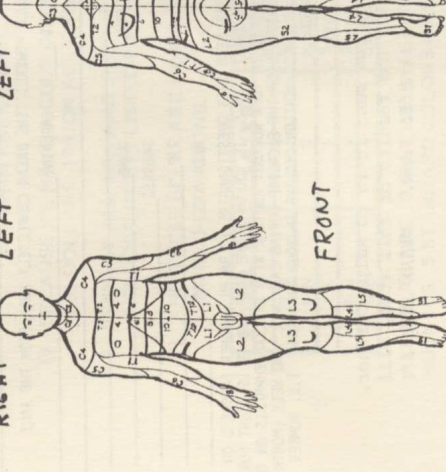
WHAT PHASE OF THE LIFT DID THE INJURY OCCUR? (BE SPECIFIC) _____

DOES THIS INJURY STILL BOTHER YOU? YES _____ NO _____

HOW FREQUENTLY? _____

WHERE IS THE PAIN LOCATED? _____

USE DIAGRAM ALSO TO MARK THE PAIN(S) AREAS; ALSO NOTE WHERE THE PAIN FIRST STARTED AND WHERE IT SPREAD TO.



DO YOU HAVE ANY INJURIES AT THE PRESENT TIME THAT ARE HINDERING YOUR TRAINING PROGRESS? YES _____ NO _____

YEARS OF TRAINING _____

THE FOLLOWING IS AN INJURY QUESTIONNAIRE WHICH IS FOR THE PURPOSE OF GATHERING INFORMATION THAT WILL HELP AMERICAN LIFTERS TO AVOID AND/OR COPE WITH PRESENT INJURIES. YOUR COOPERATION IS REQUESTED. FILL OUT AND MAIL TO THE ABOVE ADDRESS. THANK YOU FOR YOUR COOPERATION. THE RESULTS WILL BE PUBLISHED.

BIRTHDATE _____

DATE OF TRAINING _____

NATURE OF PAIN: SHARP PAIN, SORENESS, DULL ACHES, NUMBNESS, TINGLING SENSATION, BURNING SENSATION, TENDERNESS, THROBBING, COLDNESS, MUSCLE CRAMP, MODERATE PAIN, MINOR PAIN, OTHER (EXPLAIN) _____

(continued on next page)

IMAGE INTERNATIONAL POWER BAR... \$186.00 F.O.B. THE BAR BUILT FOR POWER... used in more National and International championships than any other bar... more powerlifting records broken on this bar than on any other bar!

POWERLIFTING BELT... \$29.95 so they last up to 6 months..... \$3.50

NEW DEADLIFT SHOE... 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 shoe size... \$9.95

BUMPER STICKERS 99¢ each/2 for \$1.50/3 for \$2. free with any order

POWERLIFTING WORLD'S GREATEST SPORT

need training info, nutritional ideas, prices on equipment (discounts available). Give me a call to place an order or just B.S. a bit about the iron game.

RICKEY DALE BRAIN 1509 N. MINNESOTA, SHAWNEE OKLAHOMA

ASSIMILATION IS THE KEY

IF YOU CAN'T ASSIMILATE WHAT YOU EAT, IT WON'T MAKE YOU ANY STRONGER. TESTS SHOW SOME SUPPLEMENTS HAVE FAR BETTER ASSIMILATION THAN OTHERS. NOW... THE SUNASO BALANCED NUTRITIONAL PROGRAM IS HERE. THE FINEST AVAILABLE! MAKE SURE YOU BODY IS GETTING WHAT IT NEEDS!!! FREE INFORMATION AVAILABLE!

60 DAY SUPPLY... \$24.50
 HI-PROTEIN... \$12.95
 TIME RELEASE CHRONO-C... \$6.50
 TIME RELEASE SUPER B COMPLEX... \$8.90
 (OHIO RESIDENTS ADD 5% TAX) (SHIPPING C.O.D.)

FINNISH DEADLIFT ROUTINE... Rog Benjamin thinks there must be some distant connection between the Finns and Don Blue... in '67 Don had the 148 mark with 600, Bob Burnett had a 667 at 165, and a Mr. Jackson had the 181 AR with 689... all of them at Kansas State Prison... with only 360 lbs. to train with! They got so strong with that weight they started doing Dis off coke crates, an idea obtained from Don Cuddy. Blue used to put Roger and Mike Arthur through some innovative and painful workouts... once, upon completing 400x10, Roger was told to keep the belt on, count to ten, then hit nine reps, count to nine, do eight, etc. One set of 55 reps with 400 lbs. gave him the best soreness in his traps that he's ever experienced. Rog feels the reason the Finns are pulling World Records is their adherence to reps and foundation work in their programs.

(continued from previous page)

AT VARIOUS BODY WEIGHTS BUT DURING THE SAME PERIOD OF TIME AT EACH OF THESE BODY WTS. WHAT WERE YOUR BEST LIFTS FOR THE FOLLOWING?
T = TRAINING C = CONTEST

	1 REP	2 REPS	3 REPS	4 REPS	5 REPS	6 REPS
SQUAT						
BENCH						
D.LIFT						

WHAT PART OF THE LIFTS IRRITATE THE INJURY? _____

IS THERE ANYTHING THAT YOU DO THAT HELPS TO RELIEVE YOU? (EXPLAIN) _____

DO YOU WARM UP WELL? YES ___ NO ___ DOES A GOOD NIGHT SLEEP RELIEVE THE PAIN? Y ___ N ___ IS THE PAIN? STEADY ___ INTERMITTENT ___ CHANGE LOCATION? _____

HOW LONG DOES THE PAIN LAST? (MIN, HRS, DAYS ETC.) _____

HOW MANY DAYS A WEEK DO YOU WORK OUT? HOW MANY DAYS ON EACH LIFT? (SPECIFY) _____

DO YOU FOLLOW A TRAINING CYCLE? YES ___ NO ___ DOES THE INTENSITY VARY DURING THE CYCLE? YES ___ NO ___ EXPLAIN: _____

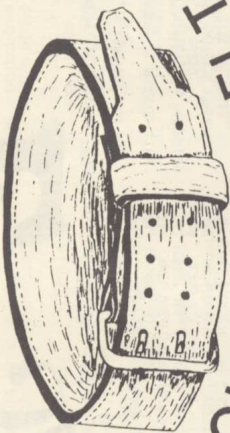
ATTENTION!!! Please fill out this questionnaire and send it in to Ralph Gardner, 922 N. Verdugo Road, Glendale, California 91206. The results of this study will be published in a future issue for all lifters to benefit from. **THANK YOU!!!!**



JOE STEELE, ATHLETE OF THE YEAR 1979... meet promoter and coach, Joe takes teams to over 15 contests per year and is the major force behind PL at the World Gym East in New Haven, CT. One of his pupils, Vin Cupo, says that training under Joe has been the greatest learning experience of his life. **RIGHT... Joe receives his award from Ron Mangum at the World Gym East banquet, January 19th. photo courtesy Vin**

PAT'S POWER PRODUCTS

Patrick E. Malone
R.R. 2
Fort Branch, IN 47648



CYCLONE BELTS

WHY BUY FROM US?

- I. BECAUSE WE ARE A WHOLESALE DISTRIBUTOR, DIRECT TO THE LIFTER
- II. BECAUSE WE HAVE THE LARGEST VARIETY AND THE BEST QUALITY EQUIPMENT AT THE LOWEST COST.
- III. BECAUSE WE HAVE A FULL MONEY BACK GUARANTEE ON ALL BELTS —30 DAYS FREE TRIAL—
- IV. BECAUSE WE HAVE A CLUB DISCOUNT.....5% ON ALL ORDERS OVER 200 DOLLARS, 10% ON ALL ORDERS OVER 500 DOLLARS
- V. BECAUSE ALL TAX AND SHIPPING IN THE CONTINENTAL UNITED STATES IS INCLUDED IN THE LISTED PRICES.

VI. AND THESE BELTS ARE NOW BEING WORN BY MANY NATIONAL AND WORLD CHAMPIONS.

MODEL NO.	LAYERS	COVERING	THICKNESS	PRICES
4 N	1	Natural	9-11 mm	\$ 29**
5 N	2	Natural	10-12 mm	\$ 46**
6 N	3	Natural	12-13 mm	\$ 53**
4 S	1	Suede	10-12 mm	\$ 49**
5 S	2	Suede	11-13 mm	\$ 57**
6 S	3	Suede	12-13 mm	\$ 67**

ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG, ZINC PLATED BUCKLES. .5 STANDARD COLORS OF SUEDE..... ROYAL BLUE, NAVY BLUE, BLACK, BROWN AND RUST.

'SPECIAL OPTIONS'

1. OTHER COLORS OF SUEDE 2 DOLLARS EXTRA.
2. NATURAL LEATHER DYED ANY COLOR.....5 DOLLARS EXTRA
3. CHROME PLATED BUCKLES.....5 DOLLARS EXTRA
4. WRITE FOR MORE INFORMATION ABOUT OTHER CUSTOMIZING OF BELTS.

NAME _____ PH. _____
 ADD. _____ city _____ state _____ zip _____
 Waist size _____ Model no. _____ Color _____ Chrome buckle _____

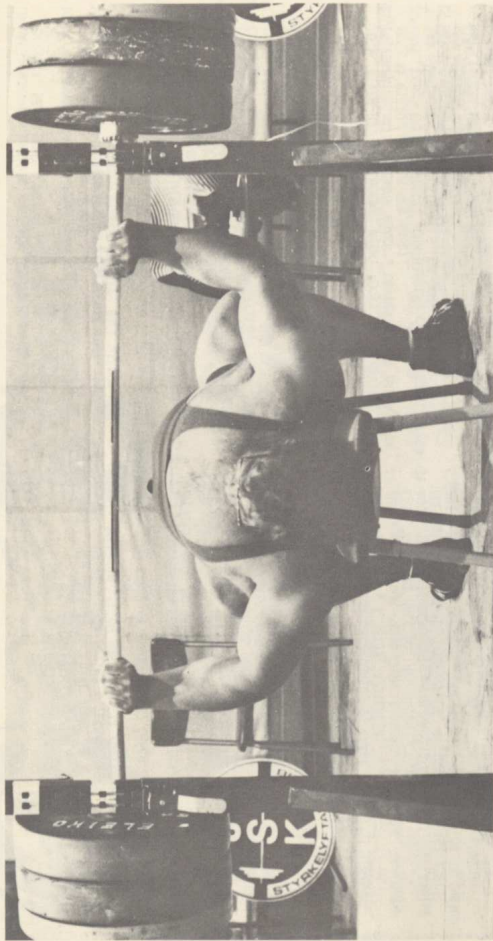


- 14/15 MAR... NATIONAL COLLEGIATES, JOHN PETTITT, BOX 761, CEDAR HILL, TX 75104, 817-924-2597.
- 15 MAR... HELLSTON POWER MEET, TIM GILLIS, DRIVING PARK RD, HELLSTON, OH 45692, 384-2201.
- 15 MAR... GEORGIA TENNIS OPEN, BODY SHOPPE OF AUGUSTA, 2113 KINGSWAY, AUGUSTA, GA 30905.
- 15 MAR... GREENWICH OPEN NOVITICE/NOVICE, FRANK TIBELLI, c/o GREENWICH ASSC, 597-6902, EXT 4, JOE CRISTIANO, 2128 W. COLONIAL DR ORLANDO, FLA 32804 (305-425-1766).
- 15 MAR... JOE DAVE KEENER, 11322 "I" E. 21ST ST, TULSA, OK 74129, 918-437-6298.
- 16 MAR... CAJU NOVICE, NORM ZALE, LEANING TOWER YMCA, 6300 W. TOUHY, VILLES, ILL 60648.
- 16 MAR... U.S. MILITARY EUROPEAN CHAMPIONSHIPS, DUSTY CALDWELL, BOX 83, APO NY 09293.
- 19 MAR... HAWAII INTERNATIONAL P/L CHAMPIONSHIPS, SHERATON-MAIKI, HONOLULU, HI.
- 21/22 MAR... NEVADA OPEN, KEN TRUJILLO, 4775 S. TOPAZ #177, LAS VEGAS, NEV 89121.
- 22 MAR... MASSACHUSETTS STATE, BORIS DUEPASTI, BRIDGEWATER RAYHAM REGIONAL HI SCHOOL, MT. PROSPECT ST, BRIDGEWATER, MASS. 01902, EXT 4, JOE CRISTIANO, 2128 W. COLONIAL DR ORLANDO, FLA 32804 (305-425-1766).
- 22 MAR... MASCATINE OPEN, STEVE LEE, RR 4, BOX 69, MUSCATINE, IOWA 52661, 319-264-2104.
- 22 MAR... NEBRASKA STATE TENNIS CHAMPIONSHIPS, DAVE SOOCHOR, RR 1, BOX 22, DUMPHAY, NEB 68632.
- 22 MAR... CHEESAPEAKE BAY REPETITION BENCH PRESS MEET, BODY SHOP/TEO TAYLOR, 7700 GERMAN HILL RD, BALTIMORE, MD 21222, 301-288-3652, 301-288-2222.
- 22 MAR... VIRGINIA STATE MEET, BILL MARTIN, 406 MILLWOOD AVE, WINCHESTER, VA 22601, 682-2095.
- 22 MAR... CALIF. STATE JRS, JIM LEW, 875 BROADWAY #6, SAN FRANCISCO, CA 94133, OPEN BENCH, 1305 HEADQUONE DR SE, WASHINGTON, DC 20004, 606-455-5173.
- 23 MAR... WOODBRASKA STATE, BILL KUCERA, 117 B W 26TH ST, KEARNEY, NEB 68847.
- 23 MAR... NEW HAMPSHIRE STATE, WALT NADEAU, 345 MADISON ST, BERLIN, NH 03570.
- 29 MAR... OPEN ARK-LA-MISS/LOUISIANA STATE, ED DAVID, TWIN CITIES YMCA, 1809 GLENWATER AVE, MONROE, LA 71201.
- 30 MAR... CAJU SR, PAUL RUPPRIGHT, 27440 LAKE SHORE DR, RICHTON PARK, ILL 60471.
- 30 MAR... WEST VIRGINIA STATE, LUKE TAMS, 833 THIRD ST, NEW MARTINSVILLE, W VA 26155.
- 30 MAR... 29TH ANNUAL GREAT LAKES OPEN, JOE ORENITA, 3639 W. RIDGE RD., ERIE, PA 16506.
- MAR/APRIL... HI SCHOOL STATE MEET, KELTON KUPPER, MACARTHUR HIGH SCHOOL, WYBONNET, MISSISSIPPI, 216-355-6646.
- 5 APR... WABY GROUNDIN, MEMORIAL OPEN, 215 CHABRON ST, BELLE RIVER, ONTARIO, CANADA NOR 1A0 519-728-2595.
- 5 APR... NORTH CANTON EASTER HOLIDAY NOVICE MEET, N. CANTON YMCA, 200 S. MAIN ST, NORTH CANTON, OH 44720, ATT: PAUL BEINLICH, 216-499-2587.
- 5 APR... MISSISSIPPI STATE BENCH PRESS MEET, LARRY PLUMLEE, 1026 DEL NORTE, PASCAGOULA, MISS 39567.
- 5 APR... SOUTHEASTERN OPEN, EDDIE BODKIN, PO BOX 526, CHATTANOOGA, TN 37401.
- 5 APR... CAPITOL DISTRICT CHAMPIONSHIPS, JAMES R. STINE, ASSC. PHYSICAL DIR, ALBANY YMCA, 274 WASHINGTON AVE, ALBANY, NY 12203.
- 5 APR... CALIF. STATE NOVICE OPEN, DICK KILLHAM, 729 S. E. 2ND ST 10/17/17 APR. AFRG/ASIAN/PACIFIC CHAMPIONSHIPS, FRANK LAMP, 1731 ALBANY HIGHWAY, KENNY W.A. 6107, AUSTRALIA.
- 12 APR... REGION II, CHUCK CARROBAS, BX 451, WAS PAX RIVER, MD 20670, 301-373-5630, 301-882-1989.
- 12 APR... REGION 9/TEXAS STATE NOVICE/TAFF, CHAMPIONSHIPS, RUBIN OLIVO, PAN AMERICAN CENTER, 2100 EAST THIRD ST, AUSTIN, TX 78702, 512-478-9193.
- 12 APR... SOUTH DAKOTA STATE, LARRY ROBINSON, 1100 E. DAKOTA, PIERRE, SD 57501.
- 12 APR... CANTON OPEN, JIM KESSLER, 3045-6TH ST SW, CANTON, OHIO 44700.
- 12/13 APR... NEW YORK STATE MEN'S/WOMEN'S CHAMPIONSHIPS, TIM WEIDMAN, GREATER ORANGE Y, 81 HIGHLAND AVE, MIDDLETOWN, NY 10940.
- 12-13 APR... NEW JERSEY OPEN NOVICE, F.A. NICOLINI, 98 CHICASAW DR, OAKLAND, NJ 07436.
- 13 APR... BENCH PRESS CHAMPIONSHIPS, PETE VUONO, DR. FOREST WHEEL BROOKLYN, NY 0240.
- 13 APR... CLASS III MEET, MIKE FEIGHT, RED 1, CLYDE, KS 66938.
- 13 APR... SR MICHIGAN STATE, PRESIDENT, MSU ALC RM 201, MENS IM BLDG, E LANSING, MI 48824.
- 13 APR... SR OLYMPICS, JAY MC VEAGH, BX 935, VICTORVILLE, CA 92392.
- 13 APR... CONNECTICUT STATE, BOB KENNEDY, c/o PLAINVILLE YMCA, 149 FARMINGTON AVE, PLAINVILLE, CT 06062.
- 15 APR... LONDON WORLD CUP, CLAY PATTERSON, BX 6024, ARLINGTON, TX.
- 19 APR... AMERICAN CUP, TONY FITTON, DEPT OF PHYS., ED, AUBURN UNIVERSITY, AUBURN, ALA.
- 19 APR... BENCH PRESS MEET, BOYS/WOMEN/OPEN/NOVICE, GRIMM'S SPR, 7800 STATE HIGHWAY 10, WELLS, ME 04794, 479-5710.
- 19 APR... TOPAZ #177, AS VEGAS, NEV 89121, KEN TRUJILLO, 4775 S. TOPAZ #177, LAS VEGAS, NEV 89121.
- 19/20 APR... MILLER-HILKES-BARRE YMCA OPEN, DAMON YOUNG, HILKES BARRE YMCA, 40 WEST NORTHAMPTON ST, MILKES-BARRE, PA 18711.
- 20 APR... KENTUCKY DEADLIFT CONTEST, NORM MAUCK, ATH. DEPT. BELLARMINE COLLEGE, NEBURG RD, LOUISVILLE, KY 40205, 502-452-4381.
- 20 APR... DEL MAR TRI-STATE MEET, DON STARR, 1423 CHAPLE RD, HAVRE DE GRACE, MD 21078, 301-939-2598.
- 26 APR... MICHIGAN STATE HI SCHOOL CHAMPIONSHIPS, JIM SUTHERLAND, 2257 HEATH RD, HASTINGS, MI 49058, 616-948-2462.
- 26 APR... TEMPLE UNIV OPEN, DON WEINHOOD, SEMINAR, LINC GOTTSCHALK, PERSKON HALL, TEMPLE UNIV, BROAD AND HOGWORTHY, PHILADELPHIA, PA 19122.
- 26 APR... GOLD STATE, CARL JOHNSON, 315 MTH VEM AVE, LONGMONT, CO 80501, 303-710-1100.
- 26 APR... JINCOLN PLACE OPEN BENCH PRESS MEET, THOMAS MILLER, 1717 K MC ARDIE AVE, PITTSBURGH, PA 15207.
- 26 APR... 3TH OKLA HI SCHOOL MEET, HOLLIE EYVETT, 3314 S. TROOST, TULSA, OK 74105.
- 26/27 APR... REGION VII, DICK MINTKEN, 1906 M. SHORE DR, DELAFLD, WIS 53018.
- 27 APR... BUCKEYE OPEN, JOHN BLACK, 8809 PLATTEN AVE, CLEVELAND, OH 44102, 216-961-6430 OR 216-476-9699.
- 27 APR... MAINE STATE MEET, RICH LABBE, 104 BENTON AVE, WINSLOW, ME 04902.
- APRIL... HOLIDAY IN DIXIE, BOB GLASSCO, 902 KIRBY PLACE, SHREVEPORT, LA 71104.
- APRIL... ILLINOIS LEGISLATE, MIKE PACYGA, UICC, 7139 S. SAWYER CHICAGO, ILL 60628.
- 3 MAY... TEXAS HI SCHOOL CHAMPIONSHIPS, MICKIE RIGGS, DESOTO HI SCHOOL, DESOTO, TX 75115.
- 3 MAY... EASTERN OPEN MASTERS, JIM MESSER, 206 FAIRVIEW RD, NORRISTOWN, PA 19401.
- 3 MAY... MIDWESTERN POWER, CHAMPION CHARLIE BROWN, 2320 N. 72ND, OMAHA, NE 68134.
- 3 MAY... INDIANA STATE, BUD DOMKEN, 400 EDGAR ST, EVANSVILLE, IN 47710.
- 3 MAY (TENTATIVE)... ARIZ STATE MEET, c/o THORBECKE'S ENTERPRISES, BX 57, SCOTTSDALE, AZ 85251.
- 3 MAY... FREESTATE OPEN NOVICE BENCH PRESS, THE BODY SHOP, 7700 GERRMANNHILL RD., BALTIMORE, MD 21222, 301-288-2222.
- 3 MAY... CALIF STATE NOVICE/MASTERS, JIM LEM, 875 BROADWAY #6, SAN FRANCISCO, CA 94133, 415-433-2376, 9-11 PM WCA, CULLOMHEE, MC 28723, 704-227-4078.
- 3/4 MAY... WOMEN'S WORLDS, JOE ZARELLA, PO BOX 43, HUDSON, NH 03051.
- 4 MAY... DELAWARE STATE, GERALD KELLY, CENTRAL YMCA, 11TH & WASHINGTON STS., WILMINGTON, DE 19801.
- 10 MAY... NEW ROCHELLE INVITATIONAL, J. Copland, 175 Memorial Highway, New Rochelle, NY 10801

- 10 MAY... NORTHERN ONTARIO INTERMED. CHAMPIONSHIPS, BRUCE CHESTER, SEARCHMONT, ONTARIO, CANADA POS LJO, 705-788-2571.
- 10 MAY... ROANOKE VALLEY OPEN, ROANOKE BBC, BX 1961, ROANOKE, VA 24009.
- 10/11 MAY... REGION I CHAMPIONSHIPS, SYRACUSE YMCA, 340 MONTGOMERY ST, SYRACUSE, NY 13202, ATT: BILL WILSON, WILFLITTING DIR.
- 11 MAY... Pacific Seminar, J. Copland, 175 Memorial Highway, New Rochelle, NY 10801 (admission...\$15)
- 17 MAY... SR METROPOLITANS (TENTATIVE) NEW YORK, NY.
- 17 MAY... SPOKERIFF INVITATIONAL, RICK WALFORD, 401 EL MONTE PLACE, WHITTIO SPRINGS HI SCHOOL, MANITOU SPRINGS, CO 80829.
- 17 MAY... SACRAMENTO OPEN, JIM LEM, 875 BROADWAY #6, SAN FRANCISCO, CA 94133.
- 17 MAY... MICHIGAN STATE, PRESIDENT, MSU ALC RM 201, MENS IM BLDG, E LANSING, MI 48824.
- 17/18 MAY... JESSY BLM NEORIAL CHUCK LIZIK, AMBRIDGE VFW, 11TH AND DESS AVE, AMBRIDGE, PA.
- 18 MAY... MICHIGAN TEENAGE, FRED WALLACE, c/o WADOMB YMCA, 10 N. RIVER RD, MT CLEMENS, MI 48043, 313-468-1411.
- 23,24,25 MAY... NATL STRENGTH COACH'S CONVENTION IN DALLAS, TX NCSA BX 81410, LINCOLN NEB 68501.
- 24 MAY... BENCH PRESS CONTEST, JOHN HARRIS, c/o PLAINVILLE YMCA, 149 FARMINGTON AVE, PLAINVILLE, CT 06062.
- 25 MAY... CAJU WOMEN/TEENAGE, BOB GAJDA, SPORTS FITNESS INST. 882 ROOSEVELT RD, GLEN ELLYN, ILL 60137.
- 25 MAY... NORTH AMERICANS, JOE ZARELLA, BX 43, HUDSON, NH 03051 617-861-6441.
- 26 MAY... STATE MEET, KEN TRUJILLO, 4775 S. TOPAZ #177, LAS VEGAS, NEV 89121.
- 31 MAY... WASHINGTON HI SCHOOL, EAU CLAIRE HEALTH CLUB, 410 DODGE ST, EAU CLAIRE, WIS 54701.
- 31 MAY... GREATER HOUSTON OPEN, BENNIE HINDOM, 25 IDOWELL, HOUSTON, TX 77022, 713-694-2381.
- 31 MAY... DAKOTA IRON OPEN, MIKE BERG, RR 1 BX 116, CAMISTOTA, SD 57012.
- MAY... MILWAUKEE MUNICIPAL MEET, DICK MINTKEN, 1906 M. SHORE DR, DELAFLD, WIS 53018.
- MAY... NORTHERN COLO MEET, AL DOMINGUEZ, 2818-23RD ST, GREELEY COLO 80631, 386-6903.
- MAY... BIG DRUG FREE MEET, "JAY" KRETS, J'S GYM, WINDSOR VILLAGE, STATESBORO, GA 30568.
- 1 JUNE... CLOSED STATE, BENCH PRESS MEET, JOE STEELE, WORLD WIDE, 11111 W. 111TH ST, MIDWAY, MO 64801, 816-837-0000, FAIR-ONE COLLEGE, COUNTY 61 NORTH, POTTSVILLE, PA 17901, 717-429-2449.
- 7 JUNE... UTEP OPEN, UTEP BBC, c/o INTRAMURALS, PO BX 32, MEMORIAL GYM, UNIV OF TEXAS, EL PASO, TX 79968.
- 7/8 JUNE... NATL P/L CHAMPIONSHIPS, BOB ROSS, 202 W. GROVE, EL DORADO, ARK 71730, 501-863-6141/4738.
- 8 JUNE... OPEN BP MEET, BILL BORTING, BX 13, SALTSBURG, PA 15681.
- 14 JUNE... LAUREL FESTIVAL OPEN, KARL BYERLY, 26 MAPLE, BROOKVILLE, PA 12825.
- 15 JUNE... LANSING OPEN, TONY VETTRAINO, 6061 WINTERSET, LANSING, MICH 48910, 517-882-4023.
- 21 MAY... PAX RIVER, MD 20670, 301-373-5630, 301-882-1989.
- 28 JUNE... SEAWAY BENCH AND DEADLIFT, JOHN PLOCHTA, 1111 E. EVANSTON AVE, MUSKOGEE, MI 49442.
- 1-5 NOV... WORLD CHAMPIONSHIPS, CLAY PATTERSON, BX 6024, ARLINGTON, TX 76011, 214-647-2115.
- 8 NOV... EDWARDS S. HUDSON MEMORIAL MEET, HAL HUDSON, 600 FANNIN ST, HOUSTON, TX 77002, 713-237-1182.
- 8 NOV... ILLI SOUWA BENCH PRESS MEET, REPERT GARRIS, 808 W. TRINITY, CHICAGO, ILL 60612, 312-767-1100.
- 22 NOV (TENTATIVE) CLASS II MEET, TX STATE, CENTER, KANSAS CITY MO., ORANGE CO. CLOSED (TENTATIVE), TIM WEIDMAN, 81 HIGHLAND AVE, OAKLAND, NJ 07436.
- 6 DEC (TENTATIVE)... MISSOURI STATE MEET, MISSOURI STATE PRISON, 13 DEC... BROOKLYN OPEN, (TENTATIVE), BROOKLYN, NY.
- 14 DEC... NEW JERSEY STATE MEET, MAX S. IRON DEN, c/o AMERICAN LEGION POST 78, 174 NICKERBOCKER RD, ENGLEWOOD, NJ 07630.
- DEC... ARLINGTON OPEN, DOUG PATTERSON, 2218 ROSEDALE, ARLINGTON TX 76012, 817-640-0107.
- JAN/81... CLASS III MEET, JONCANTON, TX.
- FEB/81... TEXAS STATE OPEN, DOUG YOUNG, BROMWOOD, TX.
- 28 JUNE... CENTRAL VIRGINIA CLASS I & BELOW OPEN, WILLIE MORRIS, BX 5 RT 810, STANDARDSVILLE, VA 22973.
- 28 JUNE... MID AMERICA DL, MIKE JONES, B X 271, HOME, TX 75079.
- 29 JUNE... EASTERN OPEN NOVICE & TEENAGE MEET, MAX S. IRON DEN, c/o AMERICAN LEGION POST 78, 174 NICKERBOCKER RD, ENGLEWOOD, NJ 07630.
- JUNE... HI SCHOOL STEINER, COLO.
- JUNE... LAKE REGION CHAMPIONSHIPS, LEE TANGELIN, 714-3RD AVE, DEVILS LAKE, ND 58301.
- JUNE... TEXAS POLICE OLYMPICS, HOUSTON TX.
- 11/12/13 JULY... SR NATIONALS, DR FRED HATFIELD, DEPT OF PHYS. ED, UNIV OF WISCONSIN, MADISON, WIS 53706.
- 26 JULY... WESTERN PLAINS OPEN, ED NELLOR, OMAHA ATH. CENTER, 2217 N 1ST PLAZA, OMAHA, NE 68134.
- 26 JULY... SANTA CRUZ OPEN/NOVICE/WOMEN, JIM LEM, 875 BROADWAY #6, SAN FRANCISCO, CA 94133.
- JULY... FREEMAN'S OLYMPICS, TOM ELDRIDGE, 1621, MELANIE LANE, ARCADIA, CA 91006.
- 2/3 AUG... TEENAGE NATIONALS, BOB GAJDA, SPORTS FITNESS INST. 882 ROOSEVELT RD, GLEN ELLYN, ILL 60137, 312-790-1660.
- 2/3 AUG... ROOSEVELT RD, GLEN ELLYN, ILL 60137, 312-790-1660.
- AUG... KENTUCKY STATE MEET, JIM WILSON, 1731 ALBANY WY, KENTUCKY, KY 40301.
- 17 AUG... U.S. BENCH PRESS CHAMPIONSHIPS, JOE STEELE, WORLD GYM EAST, 468 FORT HALE RD, NEW HAVEN CT 06512.
- 18 OCT... EASTERN US OPEN (MENS AND WOMENS) THE BODY SHOP, 7700 GERMAN HILL RD, BALTIMORE, MD 21222, 301-288-2222.
- 18 OCT... NORTHSTAR OPEN, KEIT GOODE, RT 2 E BX 34 A, FLOODWOOD, MN 55736.
- 18 OCT (TENTATIVE) KANSAS STATE POWER, FT LEAVENWORTH, KS.
- 18-19 OCT... NEW JERSEY DIST. F.A. NICOLINI, 98 CHICASAW DR, OAKLAND, NJ 07436.
- 26 OCT (POSSIBLY) NATL MASTERS, JAY MCVEAGH, BX 939, APPLE VALLEY CA 92307.
- 1-5 NOV... WORLD CHAMPIONSHIPS, CLAY PATTERSON, BX 6024, ARLINGTON, TX 76011, 214-647-2115.
- 8 NOV... EDWARDS S. HUDSON MEMORIAL MEET, HAL HUDSON, 600 FANNIN ST, HOUSTON, TX 77002, 713-237-1182.
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- DEC... ARLINGTON OPEN, DOUG PATTERSON, 2218 ROSEDALE, ARLINGTON TX 76012, 817-640-0107.
- JAN/81... CLASS III MEET, JONCANTON, TX.
- FEB/81... TEXAS STATE OPEN, DOUG YOUNG, BROMWOOD, TX.

LIST OF REGION 6 OFFICIALS

- MICHIGAN AAU OFFICE: BOB ROSS, 202 W. GROVE, EL DORADO, ARK 71730, 501-863-6141/4738.
- LATHROP, WICH 48076, 313-957-3320
- KENTUCKY ASSOCIATION: DOUG SEBERICH, STATE CHM. 601 LAKE SIDE AVE., ROOM 8 CLEVELAND, OHIO 44114, 216-241-5115
- WEST VIRGINIA ASSOCIATION: DAVID JEFFERIES, STATE CHAIRMAN RR #1 GROVE AVE, MINERAL WELLS, VA. 26150
- LUKE LEM, 875 BROADWAY #6, NEW MARTINSVILLE, W VA 26155
- INDIANA ASSOCIATION: JERRY L. WELLS, STATE CHAIRMAN 333 NORTH PENNSYLVANIA ST SUITE 927 DAYTON, OHIO 45405
- INDIANAPOLIS, IN 46204 317-637-3303
- OHIO AAU OFFICE: GEORGE TERRY, STATE CHM. 945 COLLEGE N.E. SHARETT HOBBART ARENA TROY, OHIO 45373 513-939-5145
- ILLINOIS CENTRAL ASSOCIATION: LYLE SCHWARTZ, CHAIRMAN THE PIT, INC. BARRELL CLUB 400 WEST BRIAR PLACE CHICAGO, ILL 60657 312-435-5793
- INDIANAPOLIS, IN 47710 812-442-0617
- ILLINOIS CENTRAL AAU OFFICE: RON EVERETT, STATE CHAIRMAN 205 WEST HACKER DRIVE 11 HALL STREET CHICAGO, ILL 60606 312-782-4229
- CHESTERFIELD, INO 46017 317-378-6281
- INDIANA AAU OFFICE: JERRY L. WELLS, STATE CHAIRMAN 333 NORTH PENNSYLVANIA ST SUITE 927 DAYTON, OHIO 45405
- INDIANAPOLIS, INO 46204 317-637-3303
- OHIO AAU OFFICE: GEORGE TERRY, STATE CHM. 945 COLLEGE N.E. SHARETT HOBBART ARENA TROY, OHIO 45373 513-939-5145

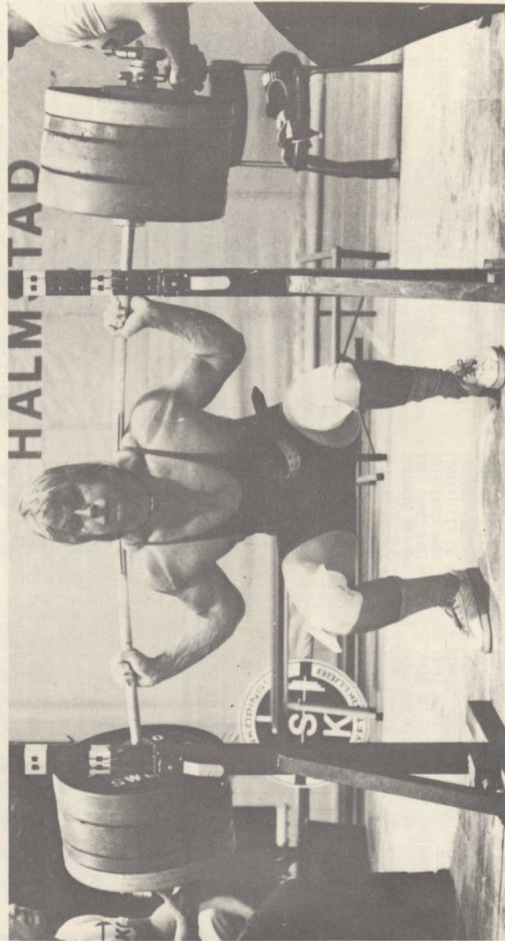


For these championships the Swedish Weightlifting Federation tried out the idea of two attempts only for each of the three lifts. This proved to be very successful from the viewpoint of the organizers, officials, referees and the audience as time need for the meet was cut down considerably. Some lifters were positive recognizing the benefits but most lifters would prefer three attempts. However, those lifters who preferred three attempts were not strongly opposed to the two attempt only idea and they may very well accept it when more used to it. For any national meet except the most important, the Senior National Championships, two attempts only would be ideal, especially if more than 25 lifters a day are expected to lift. Another way to cut down on time needed for a meet would be allowing only a few lifters in each weight class, based on qualifying totals, third attempts.

In the squat Conny Nilsson went 310, got three white lights for a European record 342.5kg and two white lights for a World Record 355.5kg. In the bench Lars Hedlund went 260, 275 and got three white lights for a World record 283kg. Other European records were by Kent Andersson (100kg) with a 350kg squat and by Per Svantesson (60kg) with a 145kg bench. Conny Nilsson got a Nordic record total of 823kg with only second attempts, only 5kg short of the European record.

The regional championships are conducted between Norrland (Northern Sweden), Svealand (Central Sweden), and Gotaland (Southern Sweden)...on various dates throughout December, separate locations...183 lifters competed in total, the results are printed with the other meets in this issue.

Photos of Lars Hedlund's WR BP and Conny Nilsson's WR SQ courtesy Arnold Boström.



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tips from TONY D.

POKER RACK WORK

IN MY OPINION NOTHING BEATS POKER RACK WORK FOR POWERLIFTING SUCCESS. I REMEMBER WHEN A 600 SQUAT WAS STILL SOMETHING TO BE PROUD OF - I DID AN EASY 585 WITH VERY LITTLE TRAINING ON THE ACTUAL SQUAT AT ALL. JUST MAINLY 1/4 SQUATS AND 1/2 SQUATS IN THE RACK. I HEAVED AROUND 245 OR 50 AND REALLY TRAINED VERY LITTLE AT THAT TIME. ONE DAY I'D DO 1/4 SQUATS - MAYBE 8 OR 10 SETS OF 3 OR 5'S WORKING UP 100 LB PER SET. ON ANOTHER DAY I'D START AT 1/2 SQUAT POSITION AND ONCE AGAIN DID 8 OR 10 SETS OF 3 SQUATS. AFTER 4 OR 5 MONTHS OF THIS I STARTED TO DO POKER RACK WORKS. AFTER 1-1 1/2 MONTHS I WAS DOING 35X5, 42X4, 31X3, 40X2-495. 5 SINGLES. I NEVER PUSHED ANYTHING IN THE RACK DID I WORK FAIRLY HARD. I LIKED RACK WORK. YOU COULD TRY CHEAT & EVERY REP WAS FROM A DEAD STOP.

WHEN I DECIDED TO SQUAT 600 I WENT UP OVER A YEAR OR SO TO 585 AND DURING THIS PERIOD I DON'T BELIEVE I EVER FAILED WITH A SINGLE POKER RACK HELPED ME GAIN ANYWAY. THIS SHOWS HOW EASILY I TRAINED AT THIS TIME YET THE WHEN YOU CAN GET UNDER 600 IN A 1/2 SQUAT AND STAND UP WITH IT YOU KNOW YOU'RE ALMOST LOW ENOUGH AND THIS GIVES YOU CONFIDENCE. WHEN YOU CAN 1/4 SQUAT 900 OR 1000 FOR REPS, WELL 500 OR 600 ON YOUR SHOULDERS NO LONGER FEELS HEAVY. RACK WORK BUILDS CONFIDENCE. I WOULD ADVISE ANY INTERMEDIATE LIFTER TO INCORPORATE RACK WORK INTO HIS ROUTINE. PROBABLY IN THE "OFF SEASON" OR FOR A MONTH OR SO AFTER A MEET OR PERHAPS ONCE EVERY 2 WEEKS ON A REGULAR BASIS. HEAVY PART OF THE RACK TRAINING IS YOU CAN GET HUNG UP ON SOME GUYS (LIKE ME) REALLY FAVOR THE RACK WORKING UNDER THEM. FOR THE "STAY AT HOME" LIFTER THIS IS OR BUT FOR THE COMPETITOR, THIS COULD BE DISASTROUS!

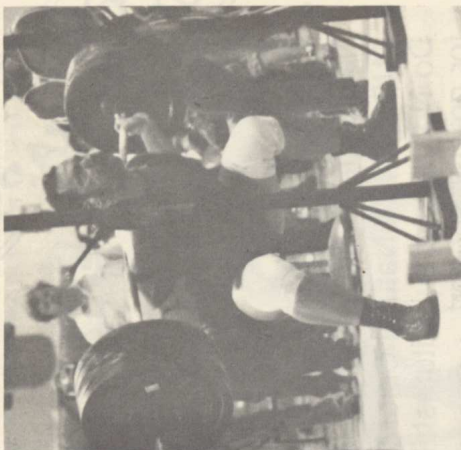
I WARN YOU. BE SURE TO CONTINUE TO WORK THE ACTUAL LIFTS REGULARLY AND HARD SO YOU WON'T LOSE TECHNIQUE OR STYLE. THE "THEORY OF MAXIMUM FATIGUE" WAS UTILIZED BY DOCTOR TERRY TODD AND DR. CRAIG WHITEHEAD DURING THE MIDDLE 60'S AND IT DEALS WITH PROPER USAGE OF THE POKER RACK FOR BOTH POKER AND MUSCLE SIZE. YOU SHOULD REMEMBER: ADDING MUSCLE SIZE AND DROPPING BODY FAT WILL CHANGE (INCREASE) YOUR LEVERAGE WHICH ALSO WILL INCREASE YOUR STRENGTH. EACH OF THE LIFTS IS BROKEN DOWN INTO 3 POSITIONS; LOW-MED-HIGH. USING THE MAX-FATIGUE THEORY YOU PUSH OR PULL FROM BOTTOM PINS TO A SECOND SET OF PINS PLACED 5 INCHES HIGHER. LET'S USE THE BENCH AS AN EXAMPLE. YOU WOULD PUSH FROM ONE SET OF PINS TO THE OTHER. ON THE BENCH YOU WOULD PUSH FROM ONE SET OF PINS TO THE OTHER. ON THE SQUAT YOU WOULD SUGGEST 2 OR 3 SETS IN EACH POSITION OR 5 OR 6 SETS IN THE ONE POSITION YOU NEED THE MOST WORK IN (STRICTLY POINT ZONE). IN SHORT, IT'S UP TO YOU TO DECIDE HOW MUCH OR HOW OFTEN TO USE THE POKER RACK.

LET US ASSUME YOU WANT TO WORK THE RACK ONCE A WEEK FOR ALL 3 LIFTS. HERE'S AN EXAMPLE ROUTINE:
BENCH - WARMUP (3X10 TO 12 REPS)
RACK WORK - LOW POSITION - 2 SETS - 3 REPS HOLD LAST REP AGAINST TOP PIN AND ISOMETRICALLY CONTRACT FOR 8-10 SEC.
MED. POSITION - REPEAT
HIGH POSITION - REPEAT

SQUAT - WARMUP (3X10 TO 12 REPS)
LOW POSITION - 2 SETS - 5 REPS - HOLD LAST REP AGAINST TOP PIN AND ISOMETRICALLY CONTRACT FOR 8-10 SEC.
MED. POSITION - REPEAT
HIGH POSITION - REPEAT

DEADLIFT - WARMUP (3X5 TO 8 REPS)
ONE POSITION FROM KNEE TO LOCKOUT - 5 SINGLES UP TO MAX WEIGHT HOLD AT LOCKOUT 5 TO 8 SECONDS.
USING MAX FATIGUE THEORY ON THE BENCH YOU'D PUT THE BAR ON PINS JUST ON YOUR CHEST AND A 2ND SET OF PINS 5" ABOVE. NOW YOU DO 3 SETS OF 3 REPS FROM ONE SET OF PINS TO THE OTHER. ON THE 3RD REP WHEN YOU PRESS FROM ONE SET OF PINS TO THE OTHER THROUGH THE 2ND SET OF PINS WITH ALL SCOP UP FOR 8 TO 10 SECONDS. TODD WOULD THEN LOWER THE BAR DOWN TO THE 1ST SET OF PINS AND TRY A FOURTH REP!! AFTER A 10 SECOND ISOMETRIC HOLD... THIS IS WHAT IS MEANT BY THEORY OF MAXIMUM FATIGUE. TODD AND WHITEHEAD FIGURED USING THIS "3 REP-150 HOLD AND TRY A 4TH REP" WAY OF USING THE RACK WOULD STIMULATE 50% MORE MUSCLE FIBERS. THE MORE MUSCLE FIBERS YOU UTILIZE THE MORE MUSCLE YOU GROW AND THE STRONGER YOU GET. TRY IT AND SEE.

/s/ ANTHONY DITILLO
145 INGLEE PLACE
ELIZABETH, NJ 07206
PH 201-354-9733 AFTER 5 PM.



Joe White's debut squat at 275, 750 at the Gloversville Open (Patten photo)

HEAVIEST TEN TIMES BODYWEIGHT TOTAL, AND... BARGAIN TRAINING COURSE.

AT A BODYWEIGHT OF 191#, WALTER THOMAS OF OKLAHOMA CITY MADE LIFTS OF 335, 202.5 & 335 FOR A TOTAL OF 972.5 KILOS. THIS TRANS-LATED TO POUNDS IS 738.5, 446.25 & 738.5 FOR A TOTAL OF 1923.5# THESE TREMENDOUS LIFTS WERE MADE AT THE RED RIVER POWERLIFT CHAMPIONSHIPS IN ARMORE, OKLAHOMA ON JANUARY 19 IN THE RAMADA INN BALLROOM. MEET WAS PUT ON BY JOHN HUNT WHO WENT ALL OUT WITH \$700. OF BEAUTIFUL TROPHIES.

1923# TOTAL AT A BODYWEIGHT OF 191# WALTER BECAME THE 1ST MAN IN THE WORLD TO TOTAL 10 TIMES BODYWEIGHT IN 3 WEIGHT CLASSES, THOSE BEING 165#, 181# AND 198#. IT ALSO MEANS THAT HE BECAME THE HEAVIEST POWERLIFTER TO REACH THIS PINNACLE. THAT HE HAS ALWAYS WANTED TO USE FOR HIM BUT BECAUSE OF WEIGHT GAIN EARLIER WHEN HE LIFTED 3 DAYS A WEEK KEPT HIS WEIGHT IN CHECK. THE NEW ROUTINE IS FOR ONLY 2 SESSIONS A WEEK.

WALTER IS LIFTING ON THIS NEW ROUTINE IN AN EFFORT TO GAIN WEIGHT FOR THE 198# CLASS AND, OF COURSE, ADDITIONAL STRENGTH & POWER. SINCE HE DOES NOT TAKE ANY FORM OF DRUGS, GAINING WEIGHT HAS COME SLOW FOR WALTER AT HIS HEIGHT OF 5'6". THE TWO DAY A WEEK ROUTINE GIVES HIM LOTS OF REST FROM EXTREMELY HEAVY WORKOUTS, AND HIS WEIGHT GAINS SHOULD COME WITH TIME.

AT THE BEGINNING OF THE ROUTINE, WALTER WEIGHED 192#. AT THE END OF 6 WEEKS, IT ROSE TO ONLY 194#. HIS LIFETIME BEST SQUAT WAS 705# THE THIRD WEEK HE DID A LOW 730#. THE NEXT WEEK 750# & THE NEXT WEEK 760#. ALL SQUATS MADE IN TRAINING ARE MADE BELOW PARALLEL. THEN A SLACK OFF FOR THE MEET. 55# JUMP IN ONLY FIVE WEEKS.

THE BENCH HASN'T RESPONDED YET BUT WILL WITH A SLIGHT CHANGE IN THE ROUTINE. IN THE MEET WALTER TRIED A 700# SQUAT JUST TO SEE WHAT IT FELT LIKE. IT FELT TOO HEAVY. HIS FINAL DEADLIFT OF 739# FELT SURPRISINGLY LIGHT. WALTER HAS JUST RECENTLY ENTERED THE 198# CLASS. HAVING LIFTED AT 181# IN THE 1979 WORLD CHAMPIONSHIPS IN NOVEMBER. IT LOOKS LIKE HE IS HERE TO STAY. YOU MAY RECEIVE A COPY OF THIS NEW ROUTINE BY WRITING TO HIS COACH. ADDRESS IS BOX 1211, OKLAHOMA CITY 73101. ENCLOSE \$500.00 IN PAYMENT.

THIS IS THE SAME MEET WHERE ANOTHER OKLAHOMAN BROKE THE 181# WORLD SQUAT RECORD WITH A LIFT OF 738.5 # AND SET A NEW AMERICAN TOTAL RECORD OF 1,835#. HIS NAME IS DENNIS WRIGHT.

signed, Dick Burke

PS..there is no typo in the price of the course, that's the way Dick wanted it. MRL.

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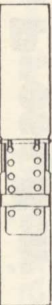
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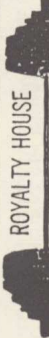
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123	617	--
132	622	666
148	645	744
165	694	815
181	760	870
198	815	925
220	804	975
242	859	1003
275	810	1036

KIND OF PUTS HIM IN A CLASS OF HIS OWN, DOESN'T IT??

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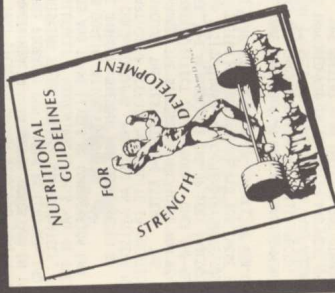
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180	B. BUDOLICK	200	165	305	670
180	S. FORTBONE	180	145	255	590
180	F. FORTBONE	188	--	--	--
190	T. TEMPLE	305	205	400	910
190	D. KAMPER	300	210	390	900
190	M. GASK	300	210	390	900
290	H. COLBERT	290	240	350	880
270	L. NEMBERY	275	210	340	825
225	L. KNIGHT	275	210	340	825
300	S. PELLO	275	160	300	735
300	C. DUNCAN	440	325	520	1285
300	R. PARKER	400	270	405	1075
300	R. JAMES	400	270	405	1075
300	D. WOLF	375	220	430	1025
350	J. HALPREN	420	300	400	1065
345	D. WALTER	320	210	450	985
325	R. SKINNER	290	180	350	790
295	E. LAUCKNER	235	200	315	750
198	R. HAMILTON	240	175	275	690
385	C. GRANT	540	305	505	1350
350	C. LANG	475	280	510	1265
330	A. HUGHES	370	245	500	1115
420	H. GRESHAM	400	300	400	1065
370	G. FOLLEY	390	260	410	960
315	C. WAY	320	240	380	940
420	Z. BARR	305	235	365	905
420	B. NICHOLS	255	210	425	890
315	S. HAYDOCK	530	370	610	1510
300	E. BOYES	510	320	550	1380
390	M. ROBINSON	460	310	515	1285
390	F. SANDILLO	470	320	495	1265
390	D. LITCHFIELD	470	320	495	1265
370	H. MARTIN	430	345	450	1225
BEST LIFTER LT	A. BENDER	420	295	465	1180
BEST LIFTER HT	R. KLAUS	400	310	400	1110
BEST LIFTER MW	R. KLAUS	385	225	370	885
CLASS: VAL GRESHAM	S. TULIP	260	210	360	830
TEAM SCORE:					

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CLUB: 19 PFS

198	G. ROCK	580	340	570	1490
198	J. HOPKINS	570	315	555	1375
198	E. CARO	465	320	570	1385
198	A. PUTRELLO	510	345	500	1340
198	T. UNDERWOOD	495	305	550	1340
198	C. ENGER	505	290	525	1320
198	C. FISKE	470	335	500	1305
198	A. CORATTI	500	300	500	1300
198	N. NORTON	470	315	440	1085
198	D. MORRISON	375	280	430	1085
198	P. TALBOT	310	280	440	1030
220	G. STEVANS	650	455	700	1775
220	T. KEIDRANO	550	390	635	1575
220	T. KEIDRANO	560	340	620	1520
220	P. BRAMM	540	330	575	1445
220	D. LITTLE	505	310	545	1380
220	D. LITTLE	470	270	480	1220



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440	A. HEINS	440	245	420	1105
440	R. HARRIS	350	280	335	965
440	D. KILMER	405	290	--	--
242	GLEN STEVANS IN THE 220 CLASS WAS ALREADY THE BEST LIFTER IN THE I.L. * JOHN MARTIN SET A NEW YORK STATE RECORD FOR THE BENCH PRESS. SPONSORED BY GLOVERSVILLE YMCA. * JOHN MARTIN SET A NEW YORK RECORD FOR RESULTS DIRECTOR, CON P.S. PL USA PHOTO: ED PATTEN, TELLS ME JOE JOE MISSED A 770 SQUAT CIPHER HIS 750 UPBARS. * JOHN REIDY WAS ALREADY THE BEST LIFTER IN THE VESSEL IN HIS LEG THE *MAYDAY BEFORE. ED SAM KEN BENCH 360 AND DL 710 AT 275 - HIS SQUAT IS AROUND 330-840 - * JOHN MARTIN TO "UNLEASH" HIM THIS SPRING.				
625	J. HOBNER	625	495	610	1640
625	M. DEPRINO	575	340	570	1485
625	M. DEPRINO	550	350	570	1470
625	E. EISENBERG	495	340	565	1400
625	R. KLAUS	435	315	435	1120
625	B. DEAN	425	305	470	1200
275	J. WHITE	790	420	675	1945
275	A. MARTIN	640	500	560	1700
275	D. MC GETTRICK	635	320	520	1375
275	SIM	575	420	580	1575

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Steroids and the Powerlifter

SOME ADDITIONAL INFORMATION FROM JEFF EVERSON, STRENGTH COACH, GRADUATE STUDENT, AND RESEARCHER AT THE UNIVERSITY OF MICHIGAN REGARDING THE PRESENT KNOWLEDGE OF ANABOLIC STEROIDS AS THEY RELATE TO UNITED STATES ATHLETES. PRESENTED AS PART OF A LECTURE GIVEN TO OLYMPIC SHOT AND DISCUS THROWERS-- JANUARY 20, 1980, SAN JOSE, CALIF.

ETHICAL POSITION STATEMENTS:

ATHLETES, PHYSICIANS, MEDICAL ADMINISTRATORS, COACHES AND SPORTS PARTICIPANTS OF ALL INTERESTS REMAIN UNANIMOUSLY OPPOSED TO THE USE OF ANABOLIC STEROIDS IN SPORT. HOWEVER, REALISTIC & RATIONAL FOLLOWERS OF COMPETITIVE PHYSICAL CULTURE ARE AWARE OF THE DISPARITY BETWEEN MISHFUL THINKING AND ACTUAL PRACTICE. SOME ATHLETES HAVE A FEAR OF BEING AT A PHARMACOLOGICAL DISADVANTAGE TO OTHER ATHLETES.

AMERICAN ATHLETES, IN PARTICULAR, HAVE THE BELIEF (WHETHER WELL-FOUNDED OR NOT) THAT EUROPEAN SPORTSPERSONS ARE UTILIZING AID TO ESCAPE STEROID DETECTION, WHILE WE ARE NOT. UNTIL TESTING PROCEDURES CAN TOTALLY AND EFFECTIVELY ELIMINATE STEROID USE, ATHLETES APPEAR TO BE WILLING TO CONTINUE THEIR USE, DESPITE THE WARNINGS FROM THE OLYMPIC COMMITTEE AND DESPITE THE REPUTABLE ETHICAL OR MORAL VIEWPOINT. BUT FURTHER AHEAD TO PRESENT AN EDUCATIONAL FORUM ON STEROID DETECTION, COACHES AND ATHLETES, AS CONCERNS THE PRESENTLY USED STEROIDS INCLUDE:

A. 17 ALPHA-ALKYLATED SYNTHETIC ANDROGENS (ORALS):

1. DRETON
2. METANDREN
3. HALOTESTIN (ULTRADREN, ORA-TESTYL)
4. OXYMETHOLONE (ANDROV, ANAPOLON, ANADROL-50)
5. METANDIOL
6. DLANABOL
7. NILEVAR
8. ANAVAR

NON-17 ALPHA-ALKYLATED ANDROGENS (INJECTIONS):

1. PRIMOBOLAN DECAT
2. PRIMOBOLAN ACETATE (ORAL)
3. DECA-DURABOLIN
4. DURABOLIN

TESTOSTERONE ESTERS:

1. PROPIONATE (ORETON)
2. CYPIONATE (DEPTO-TESTYL)
3. ENANTHATE (OLEO-TESTYL)
4. SUSTANON-250 (A MIXTURE OF ESTERS)

B. INDEXES, POTENCIES, AND EMPIRICAL USE

INDEXES REPRESENTING ANABOLIC TO ANDROGENIC EFFECTS ARE TOTALLY RELATIVE TO THE PARTICULAR TEST ANIMAL USED AND TO EACH TESTING METHOD. IN ESSENCE, THEY MEAN LITTLE. NITROGEN RETENTION, AS MEASURED BY URINARY ASSAY, IS MORE VALUABLE.

ALL SYNTHETIC STEROIDS SEEK THE ANABOLIC ACTION OF TESTOSTERONE WHILE AVOIDING THE VIRILIZING ANDROGENIC ACTION. MEDICALLY CONTROLLED STUDIES USING NO MORE THAN PHYSIOLOGICAL DOSES HAVE GIVEN CONFLICTING RESULTS. MANY UNCONTROLLED VARIABLES ARE RESPONSIBLE FOR THIS.

EMPIRICALLY, STRONG CLAIMS ARE MADE FOR THE ANABOLIC ACTION OF ANADROL-50, ANAVAR, DIANABOL, DECA-DURABOLIN, DEPTO-TESTOSTERONE AND DEPTO-TESTYL. ANABOLIC ACTION APPEARS TO BE POSITIVE LEVEL DECA-DURABOLIN, PRIMOBOLAN ACETATE, WINSTROL (STROMBA) AND MAXIBOLAN APPEAR TO BE WEAKER ANDROGENICALLY. MOST OF THE ABOVE STATEMENTS ARE NOT BASED ON CONTROLLED STUDIES.

C. MEDICAL CONSIDERATIONS

WITH DOSAGES RANGING FROM 10 MG/DAY TO 350 MG/DAY, ADVERSE SIDE EFFECTS SEEM VERY POSSIBLE. ATHLETES USE CYCLES AND DECREASING DOSAGE SYSTEMS TO LESSEN ADVERSE SIDE EFFECTS. ORAL STEROIDS APPEAR TO BE HEPATOTOXIC AND ALTER APPETITES, SERUM DRIVE AND GLUCOSE TOLERANCE. THERE APPEARS TO BE NO JUSTIFICATION FOR ORAL COMPOUNDS, ESPECIALLY NILEVAR, WHICH IS HIGHLY ANDROGENIC. WINSTROL, ANAVAR AND MAXIBOLAN SUBSTITUTED INJECTIONS BOLD EFFECTS AND ARE LESS DANGEROUS. THE RISK OF CONTAMINATION IS LESS HARSH TO THE LIVER. INFECTION, UNLESS MEDICALLY ADMINISTERED, AND POSITIVE REPRESENTATIVE OF HIGH ANDROGENICITY, PROBLEMS MAY BE INCREASED SPERM PRODUCTION, INCREASED LIBIDINOSITY, HYPERTROPHY, REDUCTION OR DEPRESSION OF PITUITARY FUNCTION AND PROMULGATION OF CANCEROUS GROWTHS.

BLOOD VALUES SHOULD BE MONITORED DURING STEROID USE. THE FOLLOWING IS A LIST OF ITEMS AND THEIR RESPECTIVE NORMAL VALUES:

FASTING GLUCOSE	75 - 125	MG%
BLOOD UREA NITROGEN	6 - 25	MG%
URIC ACID	4 - 8.5	MG%
BLOOD PRESSURE	120/80	MM HG
CHOLESTEROL	135 - 300	MG%
TRIGLYCERIDES	30 - 175	MG%
CPK	0 - 180	MU/MIL (ELEVATIONS FOLLOWING EXERCISE)
LH	100 - 225	MU/MIL
S.G.P.T.	0 - 50	MU/MIL
S.G.P.T. (FOLLOWING ANY INJECTION)	0 - 100	MU/MIL
ALCALINE PHOSPHATASE	15 - 100	MU/MIL
BILLIRUBIN	.1 - 1.1	MG%

NORMAL VALUES ARE BASED ON AN AVERAGE-SIZED PERSON AND DO NOT REFLECT THE TREMENDOUS MUSCLE MASSES AND LARGE PROTEIN TURNOVER OF AN ATHLETE. INTENSE WORKOUTS CAN APPRECIABLY RAISE BLOOD ENZYME LEVELS. THE CASE STUDIES PRESENTED IN THE LITERATURE HAVE BEEN SOMEWHAT CONTRADICTORY.

NOTHING CAN BE STATED ACCURATELY ABOUT CHOLESTEROL AND TRI-GLYCERIDES. SOME STUDIES SHOW ELEVATIONS, BUT MANY SHOW DEPRESSIONS. GENERALLY, STEROIDS ELEVATE BLOOD PRESSURE. ATHLETES ON STEROIDS RETAIN WATER AND GAIN WEIGHT. THEY ALSO TRAIN MORE INTENSELY. ALL OF THESE FACTORS ELEVATE PRESSURE.

ENZYME LEVELS ALSO FLUCTUATE. S.G.P.T. IS VERY SPECIFIC POSITIVELY. S.G.P.T. MUST BE REQUESTED AS A STANDARD PART OF A LABORATORY SAMPLE. ELEVATIONS ARE THOUGHT TO REPRESENT LIVER INFLAMMATION AND/OR PROTEIN-ENZYME INDUCTION. EVIDENTLY, S.G.P.T. CAN RISE SIGNIFICANTLY WITHOUT OVERT SIGNS OF LIVER DISEASE (PROVIDED THE ALKALINE PHOSPHATASE AND BILLIRUBIN REMAIN WITHIN NORMAL LIMITS). EVEN THOUGH MUCH OF THE ENZYME ELEVATION IS RELATED TO INTENSE WORK, THE S.G.P.T. SHOULD NOT CONSISTENTLY BE HIGHER THAN THE S.G.O.T. ATHLETES ON HARD WORKOUTS WITH LARGE MUSCLE MASSES, MAY READ 40-50 CONSISTENTLY ON S.G.P.T. AND 40-75 ON S.G.O.T. S.G.P.T. WILL RETURN TO NORMAL UPON CESSATION OF STEROIDS. THIS PROCESS, TAKES ANYWHERE FROM ONE TO EIGHT WEEKS. HOWEVER, IF BILLIRUBIN AND ALKALINE PHOSPHATASE ELEVATED DURING STEROID USE, THE PROCESS WILL TAKE MUCH LONGER.

TO MINIMIZE SIDE EFFECTS, MANY ATHLETES USE ONLY PHYSIOLOGICAL DOSES (10 MG PER KG BODYWEIGHT) DURING THE OFF-SEASON. LARGER DOSES ARE USED IN CYCLES OF THREE WEEKS ON-TWO OFF OR FIVE WEEKS ON-TWO OFF OR ONE OF ANY INTELLIGENCE. STAYS ON STEROIDS FOR MORE THAN SIX WEEKS IN A ROW, DOSES LARGER THAN A PHYSIOLOGICAL DOSE APPEAR TO GIVE ADDITIONAL RESPONSES, BUT NOT IN PROPORTION TO THE AMOUNT USED. WITH HIGHER DOSES, MORE WATER IS RETAINED AND THERE IS MORE NATURAL ANDROGEN SUPPRESSION.

D. TESTING PROCEDURES

MEDICAL PROFESSIONALS ARE DOWNT ABOUT ENDING THE USE OF STEROIDS IN SPORTS. MOST HAVE THE BASIC ASSUMPTION (SUPPORTED BY MUCH OF THE LITERATURE) THAT STEROIDS DO NOT WORK AND THAT ATHLETES ARE NEEDLESSLY RISKING THEIR HEALTH. IN NORMAL DOSES AND ON INEXPERIENCED SUBJECTS, THEY PROBABLY DON'T WORK AS CLAIMED, AND, YES, MANY ATHLETES ARE RISKING THEIR HEALTH. UNFORTUNATELY, IT IS A RISK THAT MANY TAKE WILLFULLY. UNKNOWNLY, THIS MAY BE THEIR OWN ANSWER TO THE ENDLESS AND INANE LEVELS OF COMPETITION AND THE QUEST TO REACH SPIRALING QUALIFICATION STANDARDS.

EVERY SYNTHETIC ANABOLIC STEROID CAN BE DETECTED BY RADIOIMMUNOASSAY OR GAS CHROMATOGRAPHS. PROVIDED AN ANTISERA HAS BEEN PRODUCED FOR THE PARTICULAR STEROID METABOLITE IN QUESTION. THIS WOULD CONCEIVABLY INCLUDE THE TESTOSTERONE ESTERS. THE SOLUTION OF THE ESTER CHANGES, FOLLOWING THE BODY, AND THE ADDITION OF A DIBROMIDE OR DIACETATE TO THE BODY, ONCE THE ESTER PART OF THE METABOLITE OF THE STEROID IS ENDED UP BY ANALOGOUS PART OF THE METABOLITE OF TESTOSTERONE, WHICH IS DIHYDROTESTOSTERONE. AS OF 1976, NO ANTISERA HAD BEEN DEVELOPED FOR THESE ESTERS. AS THESE COMPOUNDS WERE NOT THE PROBLEM, ATHLETES CAN ONLY SPECULATE ABOUT 1980.

PHYSICIANS WILL HAVE AVAILABLE AT MOSCOW, RADIOIMMUNO-ASSAY METHODS, AS WELL AS GAS CHROMATOGRAPHS AND MASS SPECTROMETERS. RADIOIMMUNOASSAY IS BECOMING MORE SPECIFIC AND ACCURATE. ITS RELIABILITY IS BEING IMPROVED AND IT IS FASTER AND MORE ECONOMICAL THAN OTHER TESTS. THE PRESENT PLAN INCLUDES RADIOIMMUNO-

ASSAY SCREENING WITH POSITIVE REPORTS BEING VERIFIED BY GAS CHROMATOGRAPHS. THE MASS SPECTROMETRICS WILL BE USED TO IDENTIFY THE PARTICULAR AGENT. AS CONCERNS INDIVIDUAL EVENTS, THE FIRST FOUR PLACEWINNERS WILL BE TESTED, AS WILL SOME COMPETITORS SELECTED RANDOMLY.

AS OF EARLY 1978, THE MEDICAL LITERATURE REPORTED THAT PHYSIOLOGICAL DOSES COULD BE DETECTED AS FOLLOWS (ASSUMING A DOSE OF 10 MG/DAY FOR FIVE DAYS):

1. DIANABOL-10 DAYS FOLLOWING CESSATION
2. WINSTROL-3 DAYS FOLLOWING CESSATION
3. ULTRADREN-HALOTESTIN-10 DAYS FOLLOWING CESSATION
4. OXYMETHOLONE (ANDROV, ANAPOLON, ANADROL-50)-10-14 DAYS FOLLOWING CESSATION
5. MORETHANDROLONE-8 DAYS FOLLOWING CESSATION.

THIS IS AMAZING SENSITIVITY FOR A COLLECTIVE DOSE OF ONLY 50 MG. AFTER INGESTING A PHARMACOLOGICAL DOSE OF 40 MG PER DAY FOR 35 DAYS (A TOTAL OF 1400 MG), THESE TESTS WOULD CERTAINLY HAVE A DEGREE OF RETROSPECTION OF MUCH GREATER DURATION. HYDROLYZING ALL SAMPLES INCREASES SENSITIVITY. LARGER DOSES OF ORAL USE WOULD ALLOW FOR DETECTION IN THE FOUR TO FIVE WEEK RANGE. WITH TESTOSTERONE ESTERS, RAPIDLY (BASED ON HALF-LIVES) WHILE CYPIONATE WILL PERSIST FOR LONGER PERIODS. THESE SUBSTANCES WOULD, OF COURSE, NEED TO BE BANNED SUBSTANCES TO BE TESTED AT THE TIME OF PUBLICATION. WINSTROL WAS THE LEAST DETECTABLE OF THE ORAL STEROIDS, Owing TO A PECULIARITY IN ITS CHEMISTRY.

SOME ATHLETES HAVE REPORTED EXPERIMENTING WITH PERIACTIN (CYPROHEPTADINE HYDROCHLORIDE), AN ANTIHISTAMINE WITH THE UNUSUAL PROPERTY (FOR AN ANTIHISTAMINE) OF STIMULATING THE APPETITE AND THUS, INCREASING WEIGHT GAIN. SOME AGENTS WITH ANTIHISTAMINES MAY BE ON THE BANNED SUBSTANCES LIST. AT LEAST ONE ARTICLE HAS

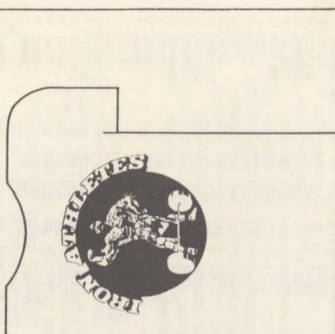
APPEARED IN THE SCIENTIFIC LITERATURE COMPARING PERIACTIN FAVORABLY WITH STEROIDS IN INDUCING WEIGHT GAIN. THIS IS AN AGENT THAT CARRIES A MEAL OF ADVERSE SIDE EFFECTS AND ALSO AVOIDS MEDICAL MONITORING. ATHLETES ARE WELL ADVISED TO STAY AWAY FROM GROWTH HORMONE AND THE ANTI-ESTROGENS OR PITUITARY POTENTIATORS. GROWTH HORMONE, IN THE ADULT, HAS ITS MAIN ACTION ON CARBOHYDRATE METABOLISM AND DOESN'T HAVE ANY APPRECIABLE EFFECT ON PROTEIN ANABOLISM. THERE HAS NOT BEEN ENOUGH PERTINENT RESEARCH ON THE ANTI-ESTROGENS OR PITUITARY POTENTIATORS TO EVEN MERIT DISCUSSION.

THE ANSWER TO STEROID CONTROL LIES IN PERIODIC, FAIR AND EFFECTIVE TESTS. EDUCATION CONCERNING THE MEDICAL REIFICATIONS IS PARAMOUNT IF THE PRESENT TRENDS OF USAGE ARE TO BE REVERSED. WHEN TESTING PROCEDURES ARE UNIFORM AND FAIR, WORLDWIDE ACCESS IS THAT THE MAJORITY OF ATHLETES WILL GLADLY GIVE UP THE STEROIDS.

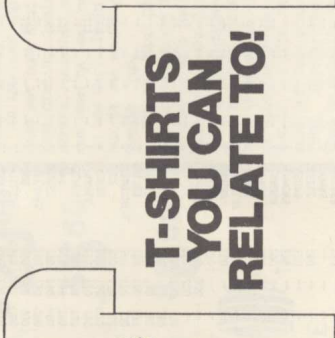
JEFF EVERSON

FORMERLY A TRACK AND FIELD ALL-AMERICAN, TOP-RANKED OLYMPIC LIFTER AND EXCEPTIONAL BENCH PRESSER, JEFF IS NOW SERIOUSLY INTO BODYBUILDING--("ZANE BARNER", HE SAYS) AT A BODYWEIGHT OF 240. HE'S ALSO TRAINING A FEMALE LIFTER WHO, AT 175 BODYWEIGHT, HAS PAUSED A 195 BENCH, TRIPLED 300 IN THE SQUAT, AND DONE 275 X 6 IN THE DEADLIFT.

POSTSCRIPT...Jeff called the other day to report a recent statement by an IOC official at Lake Placid...they are apparently having trouble with testosterone use in place of banned anabolic steroids...they can detect abnormal levels of this substance, but it will be at least 2 years before any testing for it will be instituted, because it is not a banned substance. (Naturally it would be ridiculous to ban something that is present in anyone's body at all times, it is the levels of presence that must be determined and evaluated.)



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Crain's corner

A new feature that we want to get started is "Crain's corner" in which Rickey Dale Crain, multi-title holder, multi record holder, will answer your training questions through his column in the magazine. All lifters with training problems or questions are encouraged to write in..we can't answer all questions, but we'll try to concentrate on the more common ones. Send your postcard to "CRAIN'S CORNER", BOX 467, CAMARILLO, CALIFORNIA 93010

a NEW training Feature!

ARE YOU A 2 ATTEMPT DEADLIFTER......after 4 years of missing his 3rd attempts, Nate Foster has finally accepted that fact...his 2nd attempts were always easy, but the third never moved. Since he bends forward in the squat somewhat and uses his erectors, by the 3rd attempt deadlift, he had already done "5" so to speak. Previous to his last meet, he had done 590 for a triple...and went 600 665 640 .making a PR by 15 lbs. For previous contests, he had done as much as a 620 triple, and a 640 double...and would go 600 640 475. In his words, "taking 70 lb. jumps is scary, but it works".

Nate went back over his last 25 meets and determined a relationship between triples...45...5s in training equating to a max single...for TRIPLES the ratio turned out to be about 1:1.3...in other words, take your best triple before a meet, multiply by 1.3...and that's what you ought to be capable of getting in the contest...he tried his formula in his last state meet and went 8 for 9 instead of the usual 4 or 5 for 9 attempts...the figures may differ slightly for various lifters but the idea of using them to more accurately gauge attempts could be very valuable.

Nate is the guy who spent a goodly part of his off hours from a military tour in Europe yanking on an ancient stone that local strongmen have tried to lift for height for years...he ended up breaking and re-breaking the record many times, and now...150 lbs. stronger in the deadlift, he will be going back to set the mark even higher.

UP AND DOWN THE SCALE... George Elder must have set some kind of World Record with his recent dieting...losing from 320 to 167 in a few months...another record, of sorts, may have been set when he went off the diet...gained 22 pounds in one day...32 in three days!! UNBELIEVABLE... but it was verified by witnesses at the Camarillo Health Club.

ANOTHER DEADLIFT TIP...AND A VALUABLE ONE.
I overheard Larry Kidney and John Kuc talking at the Women's Nationals in L.A. about head position during the lift. They were in agreement that it is incorrect to start the lift with your head and neck arched backwards...just keep your head in a normal position...looking straight ahead or slightly below...otherwise when you come to the end of the lift...when you'll need that arched head and neck position to help you complete the lift. Another thing that Kidney mentioned was that he normally trains his deadlifts in stiff-leg style, except for the heaviest attempts prior to a contest, where he tries to kick in the legs at the start, but at the finish of a limit deadlift, you are in stiff leg style near the end of the lift anyway, so you might as well train the lift for that critical position anyway.



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Editor, Mike Lambert

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1. WALKER	2. WALKER	3. WALKER	4. WALKER	5. WALKER	6. WALKER	7. WALKER	8. WALKER	9. WALKER	10. WALKER	11. WALKER	12. WALKER	13. WALKER	14. WALKER	15. WALKER	16. WALKER	17. WALKER	18. WALKER	19. WALKER	20. WALKER	21. WALKER	22. WALKER	23. WALKER	24. WALKER	25. WALKER	26. WALKER	27. WALKER	28. WALKER	29. WALKER	30. WALKER	31. WALKER	32. WALKER	33. WALKER	34. WALKER	35. WALKER	36. WALKER	37. WALKER	38. WALKER	39. WALKER	40. WALKER	41. WALKER	42. WALKER	43. WALKER	44. WALKER	45. WALKER	46. WALKER	47. WALKER	48. WALKER	49. WALKER	50. WALKER

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"THIS IS THE FIRST TIME A VEHICLE HAS BEEN OFFERED TO THE WEIGHT LIFTERS OF AMERICA WHEREBY THEY CAN HELP THEMSELVES RAISE FUNDS FOR THEIR SPECIFIC NEEDS."

JOHN ORSINI
NATIONAL LIFTER

MANY U.S.A. CELEBRITIES ARE TAKING PART IN THE "LIFT-A-THON." EACH ONE WILL PERFORM THEIR MAXIMUM ON THE BENCH/INCLINE PRESS. WE WOULD LIKE YOU TO BECOME PART OF OUR "LIFT-A-THON" BY SPONSORING ANY ONE OF OUR "CELEBRITIES" BY PLEDGING AN AMOUNT OF MONIES ON A "PER POUND BASIS."

BULK UP.....OR.....?

UNFORTUNATELY -- AND I SPEAK FROM PERSONAL EXPERIENCE -- THERE IS TOO MUCH EMPHASIS ON BULKING UP JUST FOR THE SAKE OF ADDING A FEW POUNDS TO THE TOTAL. I KNOW IT'S VERY IMPRESSIVE TO BE BIG AND IT'S GREAT TO SEE DOUG YOUNG TURN SIDENAYS TO FIT THROUGH A DOOR, AND I KNOW THE BIG MEN ATTRACT THE CROWDS AND THE TV MONEY. WE ALL WOULD HAVE LIKED TO SEE JO WHITE SQUAT THAT MASSIVE TONN, BUT I WOULD LIKE ALSO TO SEE HIM STAY ALIVE AND IT IS GOOD TO SEE THAT HIS BODY WEIGHT IS NOW DOWN.

REALLY, I THINK THAT 75% OF MEN OVER 250 BODY WEIGHT ARE A BEARLY ATTACKING AND HEAVY LIFTING TO HAPPEN. AS COACHES HAVE YOU EVER SEEN AN OLD BIG MAN BY OWN EXPERIENCE GOES LIKE THIS -- ABOUT 13 YEARS AGO BODY WEIGHT WAS 198 -- TO LIFT MORE I DECIDED TO BULK UP, BY EATING MUCH PROTEIN AND A LITTLE DIAMABOL FOR BUILD UPS TO COMPS. MY WEIGHT WENT TO 250.

THE END RESULT...VERY STRONG AND VERY UNHEALTHY. BLOOD PRESSURE 175/110, RESTING HEART BEAT 80 AND WOULD PUFF JUST PUTTING ON A SUPER SUIT.

WITH DOCTORS ADVICE AND A FRIGHT FROM THE DEATH OF MY FATHER THROUGH HEART ATTACK, AND MUCH INSPIRATION FROM READING THE LITTLE PIECES BY "FRED GRACE" IN "IRON MAN", I STARTED LONG DISTANCE JOGGING, AND MUCH SWEAT THROUGH OUR 36° SUMMER, LITTLE LITTLE I HAVE REACHED 50 MILES PER WEEK PLUS MY WEIGHT TRAINING. MY WEIGHT IS NOW 165, BLOOD PRESSURE 130/75, RESTING HEART BEAT 45.

THE BIG PROBLEM OF COURSE IS MY TOTAL IS WAY DOWN, BUT AT LEAST I FEEL GREAT.

KEVIN CARTER
BRISBANE, AUSTRALIA

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ABOVE...Jack Fedexan in March of 1978 with a try at a World Record DL of 565 at 131..he got it to just above his knees when his grip gave out...that's when the lifting straps were developed.

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AT THE BUFFALO TEENAGE CONTEST...16 yr. old, 297 lb., Gary Giglia, photo by Sm. Shepard

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THEY SURE HIT ON A GREAT SHOW & THE PEOPLE LOVED IT. I WOULD LIKE TO ALSO ATTACHED PLEASE OF THE RESULTS ALSO POWERLIFTING CONTEST WHICH HAS HELD ON FEB. 3, '80 WAS SPONSORED BY THE BUFFALO POLICE DEPT. AND THE BUFFALO FIRE DEPT. THESE WERE 85 CONTESTANTS PARTICIPATING IN THE CONTEST. WHILE THESE KIDS RESPONDED TO OFFER-ENT CLUBS IN THE CONFIDENCE AND SECOND EFFORT THAT PHILIP, IS IN ALL THROUGHOUT THEIR THERE WERE, ALSO,

DAVID WEST, ER BUFFALO POLICE DEPARTMENT. "FOR BEING ALL TEENAGERS AND MANY OF THEM ARE IN THE ONLY POLICE DEPT. IN THE COUNTRY TO RUN A POWERLIFTING ATHLETES COMPETITION." "I'M SURE THE TEENAGERS DO ALSO. IT'S A GREAT INCENTIVE FOR THEM TO TRAIN AND WEIGHT LIFTING KEEPS THESE KIDS OUT OF TROUBLE & DEVELOPES SELF-CONFIDENCE AND SECOND EFFORT THAT PHILIP, IS IN ALL THROUGHOUT THEIR THERE WERE, ALSO,

AS MENTIONED LAST MONTH, A PRO WRESTLER RECENTLY COMPLETED IN A BENCH PRESS CONTEST...WINNING, AND IS PUBLICIZING HIS LIFTS AS STATE AND AMERICAN RECORDS. THIS IS A CLEAR VIOLATION OF THE AAU CODE. ATHLETES COMPETING WITH PROFESSIONALS CAN HAVE THEIR CARDS PULLED...SO IT'S A SERIOUS MATTER FOR ALL THOSE WHO COMPETED IN THAT MEET.

REINMOUNT RECENTLY GOT BACK IN TRAINING. FOR THE NEXT WORLD'S STRONGEST MAN CONTEST, AND HE'S ALREADY SQUATTING 900...OF THAT START HE SHOULD BE CLOSE TO OR BEYOND THE 1000 LB. MARK IN TRAINING, BY CONTEST TIME.

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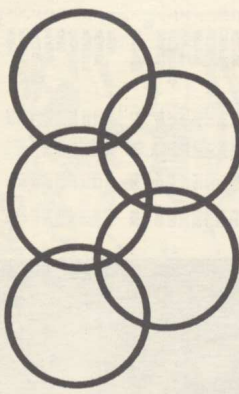
114	A. YOUNG	255*	185	330*	770*
115	M. MIDDLE	220	130	520	970
116	T. DURLING	190	150	300	640
117	R. YANKEY	140	125	240	505
118	R. HOPKINS	140	115	190	445
119	D. ROBISON	240	200	315	755
120	K. HOBBS	245	195	305	745
121	L. CARTER	220	190	325	735
122	J. STIVERS	235	---	330	---
123	D. MURRAY	350	320	425	1005
124	S. OWENS	330	355	400	985
125	B. BROWN	240	215	320	955
126	D. BROWN	250	300	335	785
127	J. WATKINS	250	170	350	770
128	J. SMITH	185	140	270	595
129	J. WRIGHT	330	300	385	---
130	J. WILLIAMS	305	220	360	885
131	S. WOODS	305	195	370	910
132	S. WOODNET	280	160	350	810
133	R. PORTER	670*	445	550	1565
134	J. EDWARDS	400	330	450	1180
135	B. BARKER	310	300	425	1035
136	M. BROWN	355	310	460	1025
137	T. ZILKER	325	180	350	855
138	D. WALK	225	230	355	810
139	ZD SPARR	710*	445*	600*	1845*
140	R. HEAR	420	300	410	1230
141	R. POTTS	325	275	425	1025
142	S. BAKER	340	235	430	1085
143	B. LAIRMORE	410	325	415	1210
144	J. O'NEWY	475	360	555*	1410
145	J. PURYEAR	460	305	490	1275
146	J. FURROSS-T	140	---	185	---
147	J. SUTTER	160	---	235	---
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3RD: JIMMY WELLS
4TH: MONIEE JACKSON
5TH: VICKI SCHULTZ
WOMEN'S TEAM CHAMPIONS:
DUSTY'S ANGELS
OBER 30 ANGELS
DUSTY CALDWELL, ED BELDON

***AT THE SOUTHERN EUROPEAN POWERLIFTING CONTESTS...RECORDS WERE SET JAN 28-29 EUROPEAN RECORDS WERE SET THREE MEN AND 22 WOMEN. TWENTY OF THE WOMEN RECORDS WERE BY AVIANO LADIES.**
WOMEN'S TEAM, DUSTY'S ANGELS IS MADE UP OF HIGH SCHOOL GIRLS, AVIANES MILITARY GIRLS, WHO ALL BUT ONE, STARTED LIFTING WITHIN 2 MONTHS. THEIR FIRST LIFTING WAS AT THE CONTEST. A CONSTANT HANDBLUSK, WORKER AT VEARLY EVERY SESSION WITH NO INJURIES. THE GIRLS HARD WORK PAID OFF AT THE CHAMPIONSHIPS. THEY ARE NOW THE "AFTER A LONG, MISERABLE AND EVEN UNHEALTHY DIET, MONIEE CALDWELL MADE IT INTO THE 105 LB CLASS. HER LIFTS USA AND FINISH IN THE WORLD IN THE COMMON ENGLAND, BENTWATERS ENGLAND. JAMSTEIN GERMANY, DIEBROUCKEN GERMANY. RAY GENTRY, SPORTS DIRECTOR AT BENTWATERS ENGLAND. CAME TO AVIANO TO LEARN HOW TO HOLD A POWERLIFTING COME A LOT. HELPED OUT TENTATIVELY AND GAVE SOME GOOD ADVICE. LOOK FOR SOME GOOD CONTESTS IN THE UNITED KINGDOM SOON.
NEXT CONTEST WILL BE THE WORLD ITALY POWERLIFT ON SUNDAY 24 FEB AT THE RECREATION CENTER. THE US MILITARY EUROPEAN CHAMPIONSHIPS WILL BE HELD HERE ON SUNDAY 18 MARCH. POWERLIFT WILL PROBABLY BE HELD IN THE FALL. HOPEFULLY, I CAN GET SOMEONE GENERALLY LOCATED GERMANY TO HOST IT.

THANKS TO DUSTY CALDWELL FOR RESULTS

POWERLIFTING



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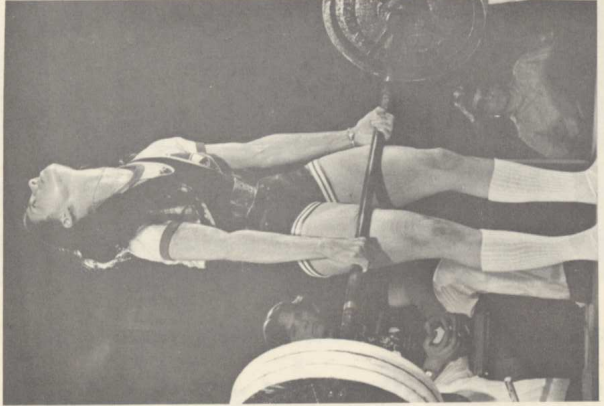


POWER LIFTING



TEXAS STATE TEENAGE-CLIFTON, TX-2/9/80

COLOSSUS BENCH		PRESS CONTEST	
1	1/26/80-BALTIMORE..90	114	HANGAN 17.5 60.0 140.0 297.5(16-17)
2	BEVERLY**	32.5	65.0 115.0 259.5(14-15)
3	GILBERT	140	70.0 110.0 220.0(14-15)
4	GLOVER	35	57.5 95.0 90.0 212.5(14-15)
5	LANCOT	190	147.5* 90.0* 127.5* 365.0(14-15)*
6	LITTLE	148	135.0 65.0 117.5 304.0(14-15)
7	CHAMLEY	300	115.0 65.0 117.5 304.0(14-15)
8	CHAMLEY	290	135.0 65.0 117.5 304.0(14-15)
9	LEE	245	135.0 65.0 117.5 304.0(14-15)
10	WENIG	240	135.0 65.0 117.5 304.0(14-15)
11	MAYER	195	100.0* 65.0 162.5* 327.5(14-15)*
12	MAY	165	95.0 62.5 152.5 317.5(16-17)
13	MAY	165	95.0 62.5 152.5 317.5(16-17)
14	MAY	165	95.0 62.5 152.5 317.5(16-17)
15	MAY	165	95.0 62.5 152.5 317.5(16-17)
16	MAY	165	95.0 62.5 152.5 317.5(16-17)
17	MAY	165	95.0 62.5 152.5 317.5(16-17)
18	MAY	165	95.0 62.5 152.5 317.5(16-17)
19	MAY	165	95.0 62.5 152.5 317.5(16-17)
20	MAY	165	95.0 62.5 152.5 317.5(16-17)
21	MAY	165	95.0 62.5 152.5 317.5(16-17)
22	MAY	165	95.0 62.5 152.5 317.5(16-17)
23	MAY	165	95.0 62.5 152.5 317.5(16-17)
24	MAY	165	95.0 62.5 152.5 317.5(16-17)
25	MAY	165	95.0 62.5 152.5 317.5(16-17)
26	MAY	165	95.0 62.5 152.5 317.5(16-17)
27	MAY	165	95.0 62.5 152.5 317.5(16-17)
28	MAY	165	95.0 62.5 152.5 317.5(16-17)
29	MAY	165	95.0 62.5 152.5 317.5(16-17)
30	MAY	165	95.0 62.5 152.5 317.5(16-17)
31	MAY	165	95.0 62.5 152.5 317.5(16-17)
32	MAY	165	95.0 62.5 152.5 317.5(16-17)
33	MAY	165	95.0 62.5 152.5 317.5(16-17)
34	MAY	165	95.0 62.5 152.5 317.5(16-17)
35	MAY	165	95.0 62.5 152.5 317.5(16-17)
36	MAY	165	95.0 62.5 152.5 317.5(16-17)
37	MAY	165	95.0 62.5 152.5 317.5(16-17)
38	MAY	165	95.0 62.5 152.5 317.5(16-17)
39	MAY	165	95.0 62.5 152.5 317.5(16-17)
40	MAY	165	95.0 62.5 152.5 317.5(16-17)
41	MAY	165	95.0 62.5 152.5 317.5(16-17)
42	MAY	165	95.0 62.5 152.5 317.5(16-17)
43	MAY	165	95.0 62.5 152.5 317.5(16-17)
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46	MAY	165	95.0 62.5 152.5 317.5(16-17)
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63	MAY	165	95.0 62.5 152.5 317.5(16-17)
64	MAY	165	95.0 62.5 152.5 317.5(16-17)
65	MAY	165	95.0 62.5 152.5 317.5(16-17)
66	MAY	165	95.0 62.5 152.5 317.5(16-17)
67	MAY	165	95.0 62.5 152.5 317.5(16-17)
68	MAY	165	95.0 62.5 152.5 317.5(16-17)
69	MAY	165	95.0 62.5 152.5 317.5(16-17)
70	MAY	165	95.0 62.5 152.5 317.5(16-17)
71	MAY	165	95.0 62.5 152.5 317.5(16-17)
72	MAY	165	95.0 62.5 152.5 317.5(16-17)
73	MAY	165	95.0 62.5 152.5 317.5(16-17)
74	MAY	165	95.0 62.5 152.5 317.5(16-17)
75	MAY	165	95.0 62.5 152.5 317.5(16-17)
76	MAY	165	95.0 62.5 152.5 317.5(16-17)
77	MAY	165	95.0 62.5 152.5 317.5(16-17)
78	MAY	165	95.0 62.5 152.5 317.5(16-17)
79	MAY	165	95.0 62.5 152.5 317.5(16-17)
80	MAY	165	95.0 62.5 152.5 317.5(16-17)
81	MAY	165	95.0 62.5 152.5 317.5(16-17)
82	MAY	165	95.0 62.5 152.5 317.5(16-17)
83	MAY	165	95.0 62.5 152.5 317.5(16-17)
84	MAY	165	95.0 62.5 152.5 317.5(16-17)
85	MAY	165	95.0 62.5 152.5 317.5(16-17)
86	MAY	165	95.0 62.5 152.5 317.5(16-17)
87	MAY	165	95.0 62.5 152.5 317.5(16-17)
88	MAY	165	95.0 62.5 152.5 317.5(16-17)
89	MAY	165	95.0 62.5 152.5 317.5(16-17)
90	MAY	165	95.0 62.5 152.5 317.5(16-17)
91	MAY	165	95.0 62.5 152.5 317.5(16-17)
92	MAY	165	95.0 62.5 152.5 317.5(16-17)
93	MAY	165	95.0 62.5 152.5 317.5(16-17)
94	MAY	165	95.0 62.5 152.5 317.5(16-17)
95	MAY	165	95.0 62.5 152.5 317.5(16-17)
96	MAY	165	95.0 62.5 152.5 317.5(16-17)
97	MAY	165	95.0 62.5 152.5 317.5(16-17)
98	MAY	165	95.0 62.5 152.5 317.5(16-17)
99	MAY	165	95.0 62.5 152.5 317.5(16-17)
100	MAY	165	95.0 62.5 152.5 317.5(16-17)



ABOVE...Terry Dillard pulls a big DL at the Women's Nationals...photo by Jim Grass

New Chairman of Women's Powerlifting for the IPP, Mrs. Roz Basile, will be in Lowell for the Women's World Championships and will hold a meeting there to discuss the Women's international situation. If you have comments but are unable to attend write her at 19 Rosen St., Epping, NSW 2121, AUSTRALIA before 24 APR.



BELOW...Jan Todd squatted with nearly a ton. Photo by Kathy Tuile

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---STRONG, LONG-LASTING, AND THE NEW WRAP OF THE CHAMPIONS!
POWERLIFTING WRAP!!!
---DESIGNED SPECIFICALLY FOR POWERLIFTING
---MEETS AAU/IPF STANDARDS
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NATIONAL COLLEGIATES, 1978-79 CHATTANOOGA OPEN

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114. CARNEVALE 185* 140* 250 575*
 M. JAMES 125 95 100 420
 A. WALKER 135 75 180 390
 J. WILSON 100* 160* 140* 800*
 J. WINSLOW 145 100 215 460
 L. VANDERGRAM 150 85 160 395
 132. BRADDOCK 215 180 110 705
 K. WATSON 205 155 325 685
 148. SHERWOOD 310 275* 405 990
 R. TICKER 300 240 385 925
 C. JICKERSTON 420 240 420 1080
 C. PRICE 280 225 310 810
 M. SULLIVAN 200 210 300 710
 D. HOUSTON 235 180 290 705
 165. BENDER 230 130 300 660
 D. WATKINS 400 275 440 1115
 C. CHANEY 385 280 440 1105
 J. HALSH 420 240 420 1080
 T. RUSS 320 265 450 1035
 R. VANNEY 350 255 430 1035
 J. YARBOR 400 285 385 1070
 K. GIBBS 310 230 400 930
 S. WILLIAMS 315 210 395 920
 181. TOPP 470 335 550 1355
 G. HOGAN III 380 285 440 1105
 S. EARL 370 275 430 1075
 A. LAMPRELLA 355 200 500 1055
 P. HOGAN 300 250 450 1000
 M. DENNIS 325 245 350 920

198. PATTERSON 390 260 400 1050
 N. SPAN 385 275 435 1035
 H. CRIPPER 305 220 440 965
 220. ROBINSON 650* 370* 500* 1620**
 F. PAGOFFIE 475 375* 525 1375*
 B. DANIEL 400 310 500 1210
 S. GILLES 475 245 460 1180
 M. WINCHESTER 530 375 605* 1510*
 M. ULRICH 435 415 525 1375
 J. RAZD 430 380 440 1250
 W. WILHELM 375 295 425 1095
 ** INDICATES OUTSTANDING LIFTER

REID ROBINSON—220 # CLASS
 THANKS TO FELLOW CO-DIRECTORS ART JUDGES: LEO JUDY DANIELS AND JUDGES: LEO JUDY DANIELS AND ASST. JUDGES: JERRY STROKER, JERON MURPHY & OTHERS INCLUDING LARRY BURDON AND ALSO MANAGED MOST OF BURDON TO HANDLE PART TIME DUTIES: SGT. MC CLINTOCK, WHO LENT FREELY HIS EXCELLENCE ON THE MICRO WITHOUT FELLOW LIFTER-PARTNER, INVARIABLY SUFFER, THANKS FINALLY TO ALL THE SORTEKEEPERS, AND LOADERS WHO ARE FORGOTTEN, BUT ARE SO ESSENTIAL TO THE LAST WHITE STRIPES. FINANCIAL BOOK KEEPING COMMISSION. LASTLY, THANKS TO ALL THE LIFTERS.

PS- TERRY TROPHY WON BY THE ANCHORAGE HEALTH CLUB.
 REID ROBINSON IS A FRIEND OF OTTILE KEMAY AND THIS IS HIS FIRST MEET AT 220 LBS. HE BROKE ALL THE STATE RECORDS AND WAS NOT REALLY PUSHING HIMSELF.

THANKS TO RYTH ANNUAL CHUCK WIGGLES MEMORIAL NEW MEM ASSOC. CHAMPIONSHIP ALBUQUERQUE CENTRAL YMCA, 1/19/78

J. J. GARCIA 250* 190* 380* 820*
 A. ORTEGA 210 170 305 685
 T. CHAVEZ 185 185 300* 470*
 280* 190 355* 825
 A. SILVA 270 175 340 785
 132. V. BARELA 240 170 300 710

1ST ANNUAL RED RIVER CLASSIC—HARDMORE, OK, 1/19/78

- 32 KG. WRIGHT 92.5 60. 115. 267.5
 R. DENNIS 72.5 55. 127.5 255
 56 KG. H. NUNLEY 140. 87.5 170. 397.5
 M. STEPHENSON 135. 87.5 171.5 395
 D. MCWALLES 82.5 40. 120. 247.5
 60 KG. P. PECK 185. 105. 195. 485.
 M. BARNETT 145. 102.5 145. 392.5
 G. GONZALES 97.5 72.5 135. 305.
 E. WODRASKA 137.5
 67.5 KG. 200. 127.5 185. 522.5
 G. KILLASNO 180.5 127.5 190. 500.
 V. BEARD 152.5 130. 195. 477.5
 B. WEAVER 160. 125. 182.5 467.5
 C. FOWLER 152.5 107.5 172.5 430.
 R. ORBART 137.5 100. 190. 427.5
 J. TAYLOR 130.5 105. 190. 425.
 M. WALLACE 112.5 75.5 135. 325.
 75 KG. 215. 145. 242.5 602.5
 J. WINEY 190. 155. 212.5 557.5
 M. DOMIS 197.5 132.5 222.5 552.5
 M. FINLAYSON 197.5 127.5 195. 490.
 80 KG. COBBMAN 112.5 95. 192.5 400.
 J. TERRELL 125. 85. 155. 365.
 D. JONES 48*
 4TH ANNUAL WRIGHT 125. 212.5 295. 632.5

4TH ANNUAL WRIGHT RECORD OF

R. SPARLING 335 KG. 195. 245. 580.
 T. SPAN 240. 145. 225. 577.5
 R. JONES 187.5 147.5 227.5 562.5
 R. MCWATERS 200. 127.5 222.5 550.
 J. ALLEN 130. 124.5 162.5 417.
 90 KG. W. THOMAS 225. 202.5 335. 872.5
 D. WARDNER 227.5 165. 227.5 610.
 F. SAGE JAN 182.5 150. 220. 552.5
 J. BUBEN 200. 120. 222.5 542.5
 V. GARCIA 162.5 142.5 182.5 487.5
 D. WALL 137.5 124.5 182.5 487.5
 100 KG. MEMBERSHIP 44*
 D. BURTON 285. 192.5 272.5 750.
 K. GRAY 250. 167.5 222.5 640.
 K. REEDER 167.5 130. 237.5 560.
 J. HAWLEY 192.5 130. 237.5 560.
 110 KG. G. HARRISON 242.5 136.5 260. 607.5
 P. JONES 192.5 120. 185. 427.5
 125 KG. P. ADAMS 242.5 147.5 355. 645.
 E. METZBURG 192.5 147.5 330. 570.
 M. FISHER 130. 112.5 185. 427.5
 127.5 70. 157.5 355.

TEAM CHAMPIONS: OUNGAN POWERLIFTERS
 BEST LIFTER AT 90: DENNIS WRIGHT
 BEST LIFTER AT 100: WALTER THOMAS

NOTE: DENNIS WRIGHT ON A 4TH ATTEMPT BROKE THE PREVIOUS WORLD RECORD SQUAT IN 82.5 KG CLASS WITH A 235 KG/518 LB SQUAT. DENNIS ALSO BROKE THE PREVIOUS AMERICAN RECORD TOTAL WITH A 822.5 KG/1815 LB TOTAL.

NOTE: J. WALTER THOMAS, AT 90 KG WENT OVER 10 TIMES BODYWEIGHT WITH A 192.5 LB. THE ONLY MAN EVER TO DO THIS 3 YR CLASSSES HE IS ALSO THE HEAVIEST MAN TO GO OVER 10 TIMES BODYWEIGHT.

NOTE: THESE RESULTS ARE LATE IN THE DAY SEVERAL THINGS ARE GOING ON AT THE BEING... I'M A PAPA - A WIFE MARGARET GAVE BIRTH TO A 2 OZ BOY WHO WILL BE BORN WITH HIS OWN HUNT FOR BATTLES. HIS NAME IS JOHN ALLEN HUNT - REMEMBER IT WELL. HE WILL SOON BE IN AT 114 LB. A REAL GOOD TURNOUT FOR THE MEET. THANKS TO PEOPLE LIKE RICKY DRAIN, RODNEY HART, BILL SAYER, GLENN GILL, DON JONES, LINDA REEDER, MY WIFE, AND THE ATLANTA, OK. HI SCHOOL CHEERLEADERS WHO WENT WITH SMOOTH. WE'LL BE TALKING TO YOU SOON.

YOURS IN STRENGTH,
 DON SIMMONS

PS: A PL USA CONGRATULATIONS FOR A FINE MEET AND TO MARGARET AND JOHN HUNT ON THE BIRTH OF THEIR SON.



DAVID MORRIS WITH AN EFFORTLESS, SLOW SQUAT OF 650. Photo by Don Simmons

DON SIMMONS TELLS HE A LOT OF SQUATS THE TROPHIES WERE HUGE AND BEAUTIFUL... SOUNDS LIKE KING'S OWN REALLY DID IT UP RIGHT. DIMMICK MISSED TWO WHEELS SLIGHTLY ON A 680 SQUAT TRY. HE HAD BEEN BENCHING 485 IN THE GYM, REPORTEDLY... LLOYD WHEATMAN CAME FAIRLY CLOSE WITH A 580 SQUAT. DAVID MORRIS CLOSER TO 575. DAVID MORRIS IN THE 1985... DAVID MORRIS SQUATTED A 610.700 IN WHAT SEEMED TO BE SLOW MOTION... LIKED IT WITH HIS BENCHES. LIFT TO OVERTAKE BROADBENT PARTNER WHO HELD ON FOR A BIG PERSONAL VICTORY... BRATTON, SUFFERING FROM A BUIN ON HIS LEG AND HIS MARK 770 RESULT A TRY. THE BUIN WAS THE RESULT OF A STOCK CAR RACING ACCIDENT. PAUL WHEATMAN WENT TO EXHIBITION RESULT IN AN EAST 815 AND 850 ON BORROWED EQUIPMENT. NO TELLING WHAT HE'LL DO WITH A CUSTOM FITTED SUPER SQUAT BELT. A LITTLE OVERTRAINED FOR THIS MEET FOR THE REPORT.

TONY CARPINO SHOWED HE'S BACK IN THE HUNT AT 181.1. THIS 680 WOULD PROBABLY HAVE GONE IF NOT FOR AN ENJURY. Photo by Don Simmons

680

THE KING'S CLASSIC-1/19/80-CHARLOTTE, NORTH CAROLINA

- 255 175 320 750
 V. MORIE 270 185 285 740
 F. PROVEZANO 300 145 295 640
 S. BAKER 210 120 250 580
 C. HARDE 195 130 250 580
 M. THOMPSON 205 135 235 575
 K. ROBERTS 200 90 185 435
 S. HEAVER 160 90 185 435
 123. PUGH 315 160 330 805
 T. BRIDGER 385 270 440 1090
 132. BURGESS 295 215 340 980
 J. EDGFIELD 295 255 425 975
 R. BOYTE 300 255 400 955
 J. BRYANT 375 190 375 920
 J. HAINS 275 235 320 830
 C. MILLSON 470 315 555 1340
 D. AUSTIN 410 310 480 1200
 S. HARRISON 380 280 420 1080
 T. SIMON 380 250 395 1010
 R. PARQUE 420 205 385 1010
 C. NORTHGATE 270 230 455 955

- 410 310 520 1220
 M. BRANSON 435 285 475 1195
 G. CROCKETT 425 295 425 1145
 S. KELLY 300 250 425 975
 650 450 650 1750
 S. KNIGHT 595 325 615 1535
 L. AUBERT 560 350 615 1525
 R. WATSON 500 340 600 1440
 G. GRAMAM 500 330 600 1440
 J. HAMMOND 500 330 600 1440
 F. JENNINGS 480 350 515 1350
 M. MILLER 465 350 515 1320
 F. MILLINELLI 465 350 515 1320
 C. MONROE 445 350 500 1295
 J. MOGARNER 415 350 575 1085
 J. WAGNERS 415 350 575 1085
 J. WAGNERS 415 350 575 1085
 J. HALSEY 270 220 450 940
 C. RICE 370 160 395 925

- 360 305 415 1130
 220. MORRIS 700* 405 660 1765
 D. WARRIS 585 405 685 1575
 B. SMITH 545 365 600 1510
 B. STRAUSS 510 380 500 1390
 C. PECKSON 505 355 625 1380
 J. TEAGUE 485 270 575 1335
 B. WASH 475 275 475 1225

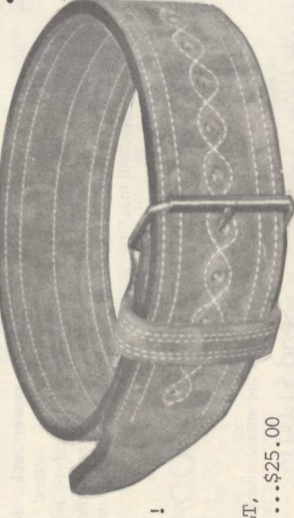
- 735 470 700 1905
 B. EDMONSON 540 355 635 1530
 515 335 525 1375
 C. FALVELLO 450 330 430 1210
 A. MILLER 460 300 440 1200
 700 480 640 1820
 B. PORTER 685 420 700 1895
 H. FITZSIMMONS 500 355 555 1410
 J. GAMBLE 500 355 555 1410
 C. HOWARD 535 315 565 1415
 M. JAMES 540 345 530 1415
 J. SHEFFIELD 560 325 510 1395
 D. JARRES 480 305 510 1195
 S. PHELL 395 380 450 1195

* STATE RECORD

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WEAR THE BELT THAT CHAMPIONS AND RECORD HOLDERS WEAR!!!! MANY COLORS OF SUEDE!

ACCEPT NO IMITATIONS!!! FINEST IN QUALITY HEAVIER BUCKLES



STYLE A) Deluxe suede covered belt with stitching twice around belt and around holes. With either 4, 3, or 2" buckle Each.....\$25.00

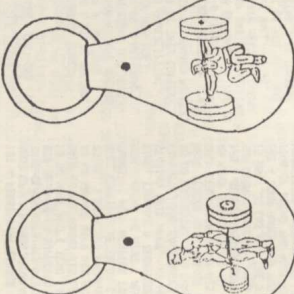
STYLE B) Suede covered belt has stitching around belt and down center. Double row of holes..with 4, 3, or 2" buckle..Each.....\$65.00 (ALL SUEDE BELTS INCLUDE CHROME BUCKLE AT NO EXTRA CHARGE)

STYLE C) Double thickness belt has stitching once around belt, down center and around holes..with 4, 3, or 2" buckle.....\$60.00

STYLE D) Single thickness with double row of holes. 4, 3, or 2" buckle. Each.....\$30.00

NEW! Key Rings Exclusively for the Powerlifter \$1.79

(POSTPAID) 2 styles



PLEASE STATE SIZE, STYLE, COLOR CHOICE AND BUCKLE PREFERENCE

Name _____ Acct. No. _____
 Address _____ State _____ ZIP _____
 City _____ Size _____ Signature _____
 Style _____ BUCKLE Size _____
 Color _____ 2nd Choice _____ Exp. Date _____

MASTERCARD/VISA

BOB'S CUSTOM LIFTING BELTS,....689 CLARK AVENUE
 POMA, CA 91767
 (714)-623-5680

POWERLIFTING WAS 3RD WITH 460-500-550 AND A 1310 TOTAL. THE SUPER CLASS HAD ONLY ONE COMPETITOR AND IT WAS KIRBY FOSTER OF BUCK. ONE UNEXPLAINED DEADLIFT 135 BUT HE CAME TO BENCH AND DID WITH A FINE 465 LBS.

THE CROMO WAS REALLY RESPONSIVE & SEVERAL LIFTS. THE LIFTERS THROUGHT ON THE DAY WAS 1200. LOCAL T.V. FILMED THE ENTIRE MEET AND ALL TROPHY WINNERS AND A PERSONAL INTERVIEW WITH THE SEVERAL LIFTERS. THE LIFTERS WERE MORE THAN HIGH FOOTBALL PLAYERS WHO DID THE SPOTTING AND LOADING. NO BARS WERE DUMPED AND NO ONE WAS HURT. THANKS TO THE STAFF FOR MAKING THE MEET SO EASY TO STAND UP TO. THANKS TO MIKE HANKINS FROM GREENVILLE HEALTH CLUB, GREENVILLE, SC CAROLINA FOR THE EXCELLENT JOB OF ANNOUNCING AND SPOTTING. THANKS TO L.A. POWERLIFTING TEAM WHO SPONSORED THE CONTEST AND REALLY DID ALL THE WORK. ESPECIALLY BUDDY DUKE, DAVID BELL AND STEVE WOOD.

(THANKS TO JAMES T. HANKINS)

TECHNICAL ARKANSAS OPEN POWER MEET
 N. LITTLE ROCK, ARK-2/6/80

132	WALL	250	140	300	690
148	HALL	385	245	450	1080
165	HOLLAND	390	250	325	1000
165	DUALLS	275	185	400	940
425	CRAG	285	475	1185	
375	RALEY	250	430	1095	
345	SHANIC	345	250	1005	
345	WALSH	245	410	1005	
270	BERRY	340	345	855	
270	REED	275	205	335	815
260	MARTIN	160	370	790	
605	JACKSON	375	630	1610	
490	HUMPHREY	310	575	1375	
340	BROWN	205	465	1010	
345	NICOLS	300	400	945	
585	SMITH	360	645	1590	
615	PORTER	340	550	1505	
560	BECKAM	265	520	1345	
385	EDWARDS	335	455	1175	
390	HAYES	220	480	1090	
420	NERI	230	435	1085	
330	PREEMAN	225	410	865	
220	KENNEDY	125	425	600	
700	SPARR	450	700	1850	
550	SHELLY	420	645	1615	
470	GALL	350	600	1420	
450	SMITH	220	575	1235	
465	PERSON	270	500	1235	
430	RAZIER	275	450	1200	
242	BETZ	125	465	1200	
505	ROSS	355	605	1565	
580	OSBORNE	365	545	1490	
470	MCQUEEN	325	525	1415	
470	LAHARRE	340	500	1370	
585	ROSS	400	585	1575	
560	JIMZISP	350	450	1375	
300	LAYLOR	175	400	875	

OUTSTANDING LIFTERS:
 AT CLASSES 128 THRU 181-R. BELL
 AT CLASSES 198 THRU 319-S. SPARR
 OUTSTANDING TEAM ENTRY:
 EL DORADO BCC
 N. LITTLE ROCK BCC FOR RESULTS
 THANKS TO CODY HUMPHREY, PRESIDENT
 OF ALABAMA POWERLIFTING ASSOCIATION

TEAM CHAMPS: L.A. POWERLIFTING-1ST
 JUTOPA HEALTH CLUB-2ND
 HARBURG BARRELL WITH
 THE 1980 ALABAMA STATE POWERLIFTING
 CONTESTS LOADED WITH THE BEST OVER-
 ALL LIFTING IN THE HISTORY OF POWER-
 LIFTING IN THE STATE OF ALABAMA. IF
 YOU WISHED THIS ONE, YOU MIGHT HAVE
 IT WAS SCOTT MILLER OF L.A. POWER-
 LIFTING ALL THE WAY WITH A 175 SQUAT
 AND 300 BENCH AND 400 DEADLIFT FOR A 540
 TOTAL. JAMES HANKINS FROM GREENVILLE
 DID THE SPOTTING AND LOADING. NO BARS
 WERE DUMPED AND NO ONE WAS HURT.
 THANKS TO THE STAFF FOR MAKING THE MEET
 SO EASY TO STAND UP TO. THANKS TO
 MIKE HANKINS FROM GREENVILLE HEALTH
 CLUB, GREENVILLE, SC CAROLINA FOR THE
 EXCELLENT JOB OF ANNOUNCING AND SPOTTING.
 THANKS TO L.A. POWERLIFTING TEAM WHO
 SPONSORED THE CONTEST AND REALLY DID ALL
 THE WORK. ESPECIALLY BUDDY DUKE, DAVID
 BELL AND STEVE WOOD.

1980 ALABAMA STATE POWERLIFTING CONTESTS

175	MILLER	165	300	640
180	HUGHES	100	230	510
180	COOPER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510
180	WALKER	100	230	510

TECHNICAL ARKANSAS OPEN POWER MEET
 N. LITTLE ROCK, ARK-2/6/80

132	WALL	250	140	300	690
148	HALL	385	245	450	1080
165	HOLLAND	390	250	325	1000
165	DUALLS	275	185	400	940
425	CRAG	285	475	1185	
375	RALEY	250	430	1095	
345	SHANIC	345	250	1005	
345	WALSH	245	410	1005	
270	BERRY	340	345	855	
270	REED	275	205	335	815
260	MARTIN	160	370	790	
605	JACKSON	375	630	1610	
490	HUMPHREY	310	575	1375	
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330	PREEMAN	225	410	865	
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700	SPARR	450	700	1850	
550	SHELLY	420	645	1615	
470	GALL	350	600	1420	
450	SMITH	220	575	1235	
465	PERSON	270	500	1235	
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470	MCQUEEN	325	525	1415	
470	LAHARRE	340	500	1370	
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260	MARTIN	160	370	790	
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385	EDWARDS	335	455	1175	
390	HAYES	220	480	1090	
420	NERI	230	435	1085	
330	PREEMAN	225	410	865	
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470	MCQUEEN	325	525	1415	
470	LAHARRE	340	500	1370	
585	ROSS	400	585	1575	
560	JIMZISP	350	450	1375	
300	LAYLOR	175	400	875	

INTRODUCING

ELITE®

COMPETITION WRAPS



Strength Systems

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!!

SEND CHECK OR
ELITE suit.....\$44.00
ELITE wraps...\$11.50
STRENGTH SYSTEMS
BOX 761
CEDAR HILL, TEXAS
75104

(INCLUDE HEIGHT AND WEIGHT INFO)
POSTAGE AND HANDLING

NEW PHONE NUMBER.....214-299-5585

NAME	WEIGHT	1ST	2ND	3RD	TOTAL	REMARKS
M. VERHULST	385	240	390	1015		
M. HEEDUS	370	190	405	965		
T. SOLTYS	370	480	415	895		
P. SCROLL	490	480	460	1030		
T. MAUPIN	530	315	330	1375		
B. BUCKLEY	525	270	490	1285		
M. SHERIDAN	500	300	505	1310		
M. SZARY	450	350	505	1205		
M. LARSEN	485	235	475	1195		
P. COVIC	440	260	480	1180		
M. CALABRESE	435	375	435	1045		
B. BERDMANN	360	250	420	1030		
P. GATTONO	315	205	470	990		
T. WAGER	300	335	545	1380		
T. D'ANGELO	550	270	530	1350		
G. DAVIS	475	340	500	1315		
C. JULIAN	450	305	450	1205		
R. JOUTIAS	430	370	420	1110		
M. HEDWIG	375	275	460	1110		
M. LOVELADY	360	285	475	1020		
A. GANTIN	350	245	375	970		
J. PFEFER	280	240	380	900		
J. DORR	575	350	585	1510		
J. DUFFY	465	360	550	1375		
J. MILES	445	360	530	1335		
J. FERRO	420	360	560	1340		
J. COFFIN	450	330	530	1310		
C. HONARD	440	320	515	1275		
S. OSTEGIC	365	285	425	1075		
S. MCDULLY	250	280	360	970		
HITCHCOCK	585	385	585	1555		
J. GRAEGER	565	380	575	1520		
J. DEBRULINE	520	280	515	1415		
R. FALCIONI	500	300	495	1290		
R. CANADA	400	315	525	1240		
G. ANDREKS	325	185	435	945		
J. JOHNSON	575	440	575	1590		
R. LOUGH JR	445	335	575	1355		
M. PACIGA	450	300	495	1245		
T. METER	450	310	550	1310		
M. ECKLEY	450	310	550	1310		
E. REED	420	300	445	1165		
TOTAL TEAM STANDINGS:						
SPORTS FITNESS INSTITUTE: 1 PT						
WEST CENTRAL: 20 PTS						
SHERIDAN: 13 PTS						
WEST SUBURBAN MOCA: 6 PTS						
WEST SUBURBAN MOCA: 3 PTS						
PONTIAC: 1 PT						
FRANKLIN HEALTH CLUB: 1 PT						
OFFICERS CLUB (CO): 5 PTS						
JEFF ORR WAS THE BEST LIFTER FOR OVER 165 LBS & UNDER.						
THIS MEET WAS ONE OF THE FINEST EVER HELD IN THE HISTORY OF POWERLIFTING. KYLE ALON SMOKOVY IN FULL FORCE HELPED IN THE PREPARATION OF THE RULE BOOK WAS USED IN FULL FORCE.						
ILLINOIS JR STATE CHAMPIONSHIP						
SPONSOR: THE FOX VALLEY HEALTH CHAMPIONSHIP						
STUDIO 2/O VIC AND ERNIE FRANTZ.						
J. MATOS 300 220 330 855						
J. VOLPE 210 115 245 570						
K. MERSON 185 160 225 570						
J. ARMSTRONG 310 190 370 870						
B. PADRIGA 340 250 355 895						
TERRY TODD relates that Lamar Gant was recently talking to some guys in the gym, who commented on the scolliosis condition of his back..Lamar replied."yeah, man, I got 1095 lbs on the spine!"						

PATCHES



POWERLIFTING USA ACHIEVEMENT PATCHES TELL THE WORLD JUST HOW STRONG YOU ARE! HAVE YOU MADE A LIFT THAT PLACES YOU ON THE TOP 100 LIST FOR YOUR CLASS... IN ANY LIFT?... ARE YOU A BENCH PRESS, DEADLIFT, OR TOTAL... THEN YOU ARE ELIGIBLE FOR THESE SPECIAL PATCHES. EMBROIDERED ON A BLACK FELT BASE IN SILVER (GOLD FOR THE TOP 20), RED, WHITE AND BLUE... TO QUALIFY... TELL ME WHAT YOUR LIFTS WERE... WHEN AND WHERE THEY WERE MADE... AND INDICATE WHICH PATCHES YOU WANT... TOP 20, TOP 50, TOP 100... SQUAT, BENCH PRESS, DEADLIFT, OR TOTAL... THE TOP 20 PATCH IS \$4.00, THE TOP 50 AND TOP 100 PATCHES ARE \$3.50 EACH, AND THE LIFT IDENTIFICATION PATCHES ARE \$2.00 EACH. YOU CAN ORDER ANY NUMBER OF THE PARTICULAR PATCHES THAT YOU QUALIFY FOR... PUT THEM ON WARMUP SUIT, AND YOUR GYM BAG, OR ANYWHERE ELSE YOU LIKE, THE UNIQUE COLOR SCHEME OF THE PATCH DESIGN CONTRASTS WITH ANY OTHER COLOR. HUNDREDS OF THESE PATCHES HAVE BEEN SOLD TO LIFTERS ALL OVER THE COUNTRY. OUR STOCK HAS JUST RECENTLY BEEN REPLENISHED AND WE ARE READY TO FILL YOUR ORDER FOR POWERLIFTING USA ACHIEVEMENT PATCHES IMMEDIATELY... DON'T WAIT ANY LONGER. EACH TIME A LIST IS UPDATED, IT BECOMES HARDER AND HARDER TO MAKE IT THE NEXT TIME AROUND... IF YOU QUALIFY... ORDER RIGHT AWAY. SEND YOUR ORDER TO "PATCHES", BOX 467, CAMARILLO, CALIFORNIA 93010... MAKE CHECKS PAYABLE TO "POWERLIFTING USA"... SEND THAT ORDER IN RIGHT NOW!!!!

NAMES ON BELTS.....ETC.

MANY OF US POWERLIFTERS CANNOT FIGURE HOW HAVING OUR NAMES ON OUR BELTS CAN POSSIBLY HAVE ANY EFFECT ON THE OUTCOME OF POWER MEETS. IN ALL FAIRNESS WE FEEL THAT MANUFACTURERS OF THE KILLO SETS, WHICH HAVE BEEN FORCED UPON US, ALSO BE PROHIBITED FROM DISPLAYING THEIR NAMES ON THE PLATES. I'M SURE SOME FOLKS WILL PRO-FIT IT FROM THE NEW RULES. BUT IT SURE WON'T BE THE LIFTERS. POWERLIFTING SURE IS BECOMING EXPENSIVE THESE DAYS -- I'M NOT SURE HOW A NOVICE LIFTER OR SMALL CLUB PROMOTER CAN AFFORD TO GEAR UP. WE HAVE TO AGREE WITH YOU, MIKE -- LET'S PUT POWERLIFTING LEGISLATION BACK INTO THE HANDS OF POWERLIFTERS. LET US EACH HAVE A NOTE AND SAY SO ON OUR SPORT IN ORDER TO AVOID BEING STUCK WITH ANNUAL, ABSURD RULES CONCERNING THE LIFTS, BEING FORCED TO APPROVE GEAR, AND THE EQUIPMENT FOR NEW, SPECIAL (AND EXPENSIVE) APPROVED GEAR. WE'VE BEEN KEEPING UP WITH ADDITIONAL BUCKS FOR SPECIAL POWERLIFTING CARDS EVERY TIME THE NATIONAL COMMITTEE DECIDES TO LEVY SUCH A "TAX."

UNIFORMS.....ETC.

DEAR JOE AND MIKE, TO SAY A WORD ABOUT LIFTING UNIFORMS WOULD BE BECOMING OBSCURE. THE UNIFORMS WE'VE USED IN THE PAST ARE BECOMING OBSOLETE. THE ISSUE OF UNIFORMS IS GOING IN REPEATING CYCLES. FIRST, A GOVERNING BODY SETS STANDARDS AS DID THE IFF A FEW YEARS BACK. THEN AS HUMAN INGENUITY AND THE DESIRE TO EXCEL TAKE THEIR COURSE, UNIFORMS BECOME MORE AND MORE EXTREME AS WE DISCOVER WAYS TO WORK AROUND THE OLD RULES (AS WITH SUPER SUITS). DISSIDENTS SPEAK OUT, AND GROW IN NUMBER AS TIME DRAGS ON. FINALLY WHEN THE CRUSADERS ARE A MAJORITY AND EVERYONE IS THOROUGHLY MAD AT EVERYONE ELSE, THE RULES ARE REVISED IN THE HEAT OF BATTLE, AND THE CYCLE BEGINS AGAIN. I WOULD SUGGEST:

1. RECOGNIZE AND ENCOURAGE INGENUITY - LIFTERS, NOT RULE COMMITTEES, MAKE UNIFORMS BETTER.
2. RECOGNIZE THAT UNIFORMS NEED TO BE REVISED IN A MATTER-OF-FACT, CALM WAY EVERY TWO OR THREE YEARS FOR NEW IMPROVEMENTS TO BE ENDORSED AND EXCESSES TO BE OUTLINED.

SECOND, IT'S TIME WE SAW THE DIFFERENCE BETWEEN EXCESSES AND IMPROVEMENTS. WE MUST DO EVERYTHING POSSIBLE TO INCREASE SAFETY IN THE SPORT WITHOUT JUST ADDING ARTIFICIAL AIDS. IN THE FOLLOWING LIST:

1. INCREASE SAFETY, NO CHANGE IN POUNDAGE.
2. INCREASE SAFETY, INCREASE POUNDAGE.
3. NO CHANGE IN SAFETY, INCREASE IN POUNDAGE.

...#1 AND #2 ARE IMPROVEMENTS, AND #3 IS AN EXCESS. I INCLUDE SOME EXAMPLES TO SHOW MY OWN OPINIONS.

KNEE WRAPS: A #2, AND MEDICALLY SOUND. IN FACT, I WOULD NOT RESISTATE TO MAKE THEM LONGER AND WIDER IF IT IMPROVES SAFETY.

ELBOW WRAPS: A #2 AND MEDICALLY SOUND. I HAVE READ A NUMBER OF TIMES THAT THE ELBOW IS THE MOST FRAGILE JOINT IN THE BODY, AND YET WE WRAP KNEES INSTEAD. YES, EVERY-ONE'S BENCH WILL GO UP, BUT THAT'S NOT IMPORTANT AS LONG AS EVERYONE LIFTS UNDER THE SAME RULES. THE IMPORTANT THING IS TO MAXIMIZE SAFETY FIRST. IF THE ONLY REASON WE DON'T WRAP IS BECAUSE OF AN EMOTIONAL OVER-REACTION TO PAST EXCESSES, OUR RULES ARE IN SAD SHAPE.

SUPER SUITS: A #3! YES, THEY BRING EVERYONE'S SQUAT 30 POUNDS CLOSER TO THEIR DEADLIFT, BUT SO WOULD A PORTABLE GYM BESIDES THE BAR. WE MAKE US \$50. POORER AND THEN MAY WEAN LIFTERS OFF OF THEM BY DECREASING SAFETY. BY ALLOWING US TO SQUAT MORE WITH A BODY THAT'S NO STRONGER.

LET'S GROW UP, GET THE BICKERING AND EMOTIONAL DRAMA AND PROMOTE THE SAFEST AND YET MOST BONA-FIDE LIFTING POSSIBLE.

YOURS TRULY,
/S/ DAVID FREDRICKSON

History of the Jr. Nationals

...complete results of all previous Jr. Nationals, all the way back to the first one in 1965... plus pictures! 96% of all top lifters get their start in Junior National competition, and you can use this historical program to chart their progress and, if you're thinking of entering the Junior Nationals yourself, you can scope out your competition. For your copy of this Souvenir program from the 1979 Junior Nationals, plus the history of all Junior Nationals, send \$1. for each copy desired to POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93010. Your copy will be sent out via first class mail.

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: _____

Indicate 1st, 2nd, and 3rd choice of color.
 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

1980 TEENAGE QUALIFYING TOTALS

WEIGHT CLASS	AGE GROUPS	14-15	16-17	18-19
114 1/2	575	680	780	
123 1/2	615	700	850	
132 1/4	655	750	920	
148 3/4	750	860	990	
165 1/4	810	930	1,070	
181 3/4	850	1,000	1,150	
198 1/4	870	1,035	1,190	
220 1/4	890	1,075	1,230	
242 1/2	910	1,100	1,260	
275 1/2	925	1,125	1,280	
SH	935	1,150	1,300	

TEXAS STATE OPEN-CORPUS CHRISTI, TX, 2/21/80

Table with 3 columns: Name, Weight, and Score. Includes athletes like A. Alexander, B. Coleman, C. Dugan, etc.

Table with 3 columns: Name, Weight, and Score. Includes athletes like D. Eames, E. Jackson, F. Johnson, etc.

....lifters thought last year's meet was the best ever, but the 1980 version updated a lot of opinions... Rick Gaugler raved about the meet, said it was the best he'd ever seen in a recent letter to PL USA...

The media was also present... TV stations... with live coverage from on stage... plus newspaper reporters and photographers...

...to the lifting... Gaugler did Super... he squatted a 688 with some to spare, benched a 440 on a hurt pec (gave 446 a ride as well)...

Now!

TEE-SHIRTS from



THE HOTTEST POWER GYM IN THE EAST!

Just \$8.00

Sizes S, M, L, XL GOLD or LIGHT BLUE Colors

Also available with this psych-up training logo on your back: "Blood Muscle & Bones" - no extra charge.

Send check or money order:

U.S.A. GYM 8 School St. Westfield, MA. 01085

PHIES PER CLASS. THE 114 & 123 LB CLASSES WERE OUR LIGHT MEN. WINNER OF THE 12 LB CLASS WAS PAUL GREGG... TONY FITTON ABOUT RICK'S LIFTING, BRIDGES PAUSED... FOR A SIGNIFICANT AMOUNT OF TIME... BEFORE SAYING, "WELL, I GUESS I'LL JUST HAVE TO START TRAINING HARDER..."

Other Corpus Christi lifters did well... Bill Ellis, weighing but 174, went 672 374 617... Tony Johnson, now at 198 squatted 722 so easy on his second and third attempts it looked like he could have tripled with it...

Major action in the 245...fast-rising Benmet Clayton set a new World Record in the squat with 815...only to have it broken by Mary Phillips with 827. Benny missed several attempts in the remaining two lifts, and taking 3 tries to get it well...

TIRENT. WATCH OUT ALL YOU 165 ERS IN NEW ENGLAND... JOHN VARRONE IS ONE OF THE MOST FEARFUL LIFTERS ON THE PLATFORM (WHERE IT COUNTS) THAT HE DOES NOT APPROACH IN THE GYM... ALL OF JOHN'S LIFTS ARE STRICT AND CORRECT... HE HAND PRESSED TO FIND A WAY AT THE ARROUND JOHN...

THE CORPUS CHRISTI SESSION BROUGHT OUT THE CLOSED STATE RECORD IN THE SQUAT ON BE HEARD 240... WEDDICK 150... LIFT CHAMPION... S. EATON 350... WILL WELLS 120... LUBBERS 325... STOCKBROKER... M. WILTBANKS 275... M. HOLMES 350... 147...

LOUISIANA STATE BENCH PRESS MEET-7/19/80... BP 55... R. WILSON 46... D. LARENTZ 380... B. BECKER 350... GORUBA LOOKED GOOD... RANDY WILSON'S 460... THANKS TO RANDY FOR RESULTS... CONTEST... THANKS TO RANDY FOR BEHAVIOR... PLACING THE COMPETITION... YOU WERE ALL A PART OF YOUR SPORT... BOB KENNEDY... JOHN SAUNDERS...

PLAINTIFFS OPEN (CLASS II & ABOVE)... 132. BRITZ/16/79-PLAINVILLE, CT... P. GIFFITH 400... 235 405... 1960 305... 280 405... H. HOFFMAN 400... 270 515*... 1185 435*... 230 470... 1185 395... 520 425... J. ISCRICK 395... 520 445... K. JACOBSON 385... 280 420... F. KENYON 165... 508*... 110 530... 1245 450*... 270 460... 1340 515*... 320 575... G. SCORAZZINI 440... 330 570... C. PIAN 500... 290 500... B. ROSENTHAL 425... 300 475... J. KACZENSKI 400... 300 500... 1200 625*... 350 525... R. SKRIVAN 550*... 385 505... R. SIMMONS 500... 300 525... B. KURDZIEL 405... 315 505... D. RUDY 405... 315 505... J. PERSHAF 425... 310 425... 1160 550... 375 710*... A. BACUS 400... 325 590... M. WILSON 530... 242... P. GIGLIOTTI 500... 390 590... 1530 600*... 310* 630* 1540*... BEST LIFTER (MORNING): J. VARRONE... TEAM TROPHY: TOMAS HALL STUDIOS... TIME OF MEET: 10 HOURS... ** OPEN STATE RECORD... ** EXCEEDED CLOSED STATE RECORD...

"28 LIFTERS ENTERED THE SHORTER... MORNING SESSION WAS THE SWIFTEST... OF THE MEET BECAUSE THE QUALIFICATION WAS CLASS II OR BETTER... A NUMBER OF COMPETITORS WERE KEPT TO A MINIMUM DESPITE HAVING FIVE TRIES... HE IS TRYING TO FORCE ME OUT OF MY RE-...

...regardless, the next week he helped Doug Young open his new gym in Brownwood, Texas with an easy exhibition squat of 810... furthermore, he told Randy Wilson at the Women's Nationals that he felt capable of as much as 890 and he will soon be off to the Swedish "Battle of the Giants" contest to get his World Record in the bench at 275 back... Rene Garza said that Mary looked good for 20 lbs. more at least, beyond the 827... Rob Haley had this to say about Mary... "a real credit to the sport of powerlifting. A fine person. We were fortunate to have him as a lifter here in Corpus Christi..."

Everyone can't wait for another meet to be held in Corpus Christi... this town really knows how to support the lifters... the tremendous energy and excitement of the crowd helped Gaugler, Rob Haley, and Chip McCain for all the lifters for a future national meet?!. Thanks to Rene Garza, Rick Gaugler, Rob Haley, and Chip McCain for all the information in this report.

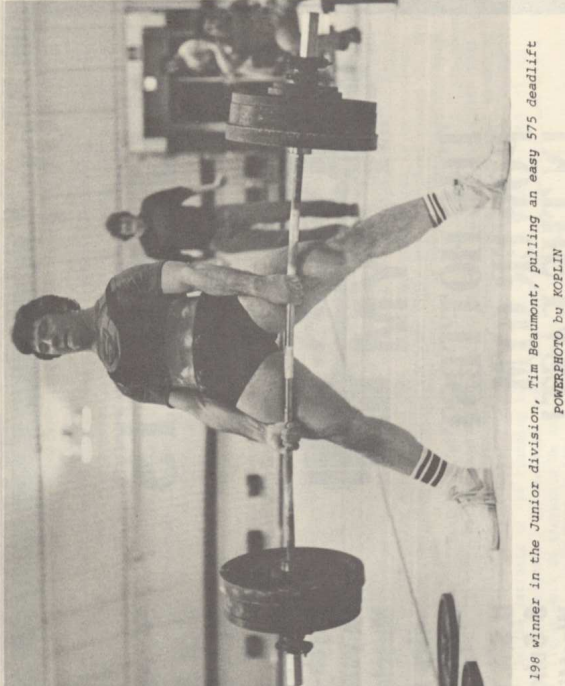
LAKE ERIE DISTRICT CLEVELAND STATE UNIV-1/19/60

114	KESTEL	180	100	185	465
123	VALES	285*	185	335	805
D. LENHART	220	105	270	595	
132	COMBS	320	185	425	940
K. YOUNG	285	250*	385	920	
C. BROOKS	280	190	400	870	
C. JORDAN	280	140	350	770	
B. MARKS	190	135	260	585	
S. SWIDER	425	295	500	1220	
D. ESTEP	400	245	425	1070	
D. SHEFFIELD	360	200	445	1005	
M. WILSON	380	300*	475	950	
T. SANTORA	380	300*	370	940	
S. SLEBOCIK	310	260	370	940	
165	B. HIRSH*	490*	295	575*	1360
M. WILSON	380	270	460	1110	
R. WILFORD	380	270	460	1110	
J. DEPASKE	380	250	430	1060	
181	M. WELCH	550	310	575	1465
M. WELCH	550	310	575	1465	
B. FERRINI	490	290	595	1375	
B. PIGNATIELLO	550*	290	530	1370	
M. ALEIS	470	280	560	1310	
M. WELCH	440	295	515	1280	
J. STUCKE	440	295	520	1280	
R. KEAR	380	265	470	1115	
JOHN SANTORA	320	330	355	1005	
196	BEAUMONT	550	300	575*	1435
T. ICKES	525	340	525	1390	
G. TRAIL	535	315	520	1370	
G. LONE	380	340	440	1160	
E. PINKINS	390	340	440	1160	
G. PRICE	370	290	420	1090	
220	M. HILL	540	330	630	1500
G. DRESCHEL	515	310	450	1275	
G. REBON	475	300	480	1235	
J. SANDERSEN	450	330	450	1230	
G. HARDON	350	270	350	910	
275	D. HEATH	400*	200	435*	1035*
B. VALES	285	185	375	885	
B. WOODS	270	175	315	760	
132	G. COLE	430*	290	425	1145
R. GIBUSE	370	235	450	1085	
G. WOODS	370	235	450	1085	
G. YOUNG	285	250	385	920	
148	J. WARNER	525*	275	500	1300
S. SWIDER	465	295	500	1255	
D. ESTEP	400	245	425	1070	
J. SANTORA	280	300	370	950	
165	B. HIRSH	490	295	575*	1360
J. DEPASKE	380	250	430	1060	
181	M. WELCH	550	310	575	1465
B. FERRINI	490	290	595	1375	
J. PIGNATIELLO	550	290	530	1370	
J. MAPLE	530	295	515	1300	
B. STOCK	440	290	520	1250	
JOHN SANTORA	320	330	355	1005	
M. SCHMIDT	660	435	650	1735	
T. ICKES	525	340	525	1390	
T. MORRE	620	360	590	980	
220	SWENDEYER	675	405	675	1765
M. HILL	540	330	630	1500	
G. DRESCHEL	515	310	450	1275	
242	J. SELLER	525	330	600	1445
J. SANDERSEN	475	300	480	1235	
G. HARDON	350	270	350	910	
SHM	650	400	690*	1740	

* DENOTES FINAL MEET RECORD

OUTSTANDING LIFTER AWARDS:
JR DIV: BOB HIRSH & MORRIS HILL
SR DIV: BOB HIRSH & MARK SCHMIDT

TEAM CHAMP: JR DIV: BLACK'S HEALTH WORLD
SR DIV: BLACK'S HEALTH WORLD



198 winner in the Junior division, Tim Beaumont, pulling an easy 575 deadlift
POWERPHOTO by KOPLIN



John Maple lost this 600 behind him....thankfully, no one was hurt
POWERPHOTO by KOPLIN

Special thanks for this meet go to Tibor Pohle, Joe Rossin, Bob Hirsch, the Cleveland State Weightlifting Club, the Cleveland State staff, Frank Picha, Rick Nussey, Bob Fortenbaugh, Black's Power Team, Bill Plat, Pat Souchik, Michele Wertz, Olympic Health Club of Sandusky, and all announcers and scorekeepers.

Thanks to Meet Director John Black for these results...he'll be sponsoring the Buckeye Open once again this year.....on April 27th.

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150	ROBINSON	170	280	600
L. LINDSEY	185	115	250	450
C. ALBERT	115	75	210	400
R. TRAYLOR	135	75	175	385
S. HADWIN	260	205	365	830
T. BLACKMAN	250	165	300	715
N. NGAR	195	185	310	690
N. WILSON	240	135	275	650
N. MCKENLEY	165	145	300	610
J. MISCARVER	175	135	250	560
V. JORDAN	170	125	225	510
M. BUNGS	165	115	230	510
B. DUNN	305	210	365	880
B. WILSON	310	185	350	840
J. SUTTON	290	185	355	830
J. SPENCER	260	170	385	815
J. SWAYNE	270	165	370	805
L. JOHNSON	185	150	310	635
K. BEYTON	148	105	215	465
N. PRATON	460	265	500	1095
S. WINNIN	340	230	450	1015
S. WINNIN	325	235	395	955
J. GUENTERO	310	265	360	935

310	105	345	845	
S. WILSON	250	190	380	820
T. FLANKER	255	210	300	765
S. WILSON	240	190	300	740
K. BOATY	285	170	300	730
D. MOORE	180	220	285	685
R. DAVIS	220	140	300	655
R. FLURY	190	170	295	655
B. MC LEMORE	415	260	505	1170
R. MC MIRAN	410	240	465	1105
J. HARRISON	370	260	420	1050
D. GREEN	395	195	330	1020
J. RUBENS	305	205	420	940
J. TUCKER	300	200	400	900
S. JENKINS	270	180	435	885
G. SALTER	265	250	360	875
S. WILSON	295	170	355	820
S. PILES	250	215	325	790
M. NOEL	265	165	355	785
S. BRASHWELL	285	170	370	770
G. GOLDEN	230	225	300	755
B. STEADMAN	200	160	300	720
D. PRICE	205	160	300	715
S. DETIUS	430	295	575	1300
R. JACKSON	430	280	450	1160
R. KICEY	375	250	450	1045
T. CUMPLER	365	200	470	1035

300	265	400	965	
C. KIMBLE	325	200	915	
J. WILSON	300	190	400	890
R. COLEMAN	260	170	400	830
M. MILLS	275	150	375	800
R. METERS	270	140	360	780
C. ALEXANDER	475	315	535	1275
E. JOHNSON	385	240	430	1085
K. WILSON	310	215	410	925
J. ROBERTS	300	250	340	880
E. WATSON	255	165	360	775
E. WATSON	275	210	390	775
L. JOHNS	350	350	560	1260
L. WATSON	450	280	525	1235
D. HARRIS	465	295	535	1265
J. SMITH	445	230	470	1105
D. HARRIS	350	235	425	1010
D. WATLEY	310	215	445	910
C. CAMPBELL	260	190	400	890
J. HARR	325	175	375	875
J. M. KAY	245	205	350	800
G. JONES	260	185	400	765
G. DAVIS	275	215	370	855
K. MALABO	325	195	420	815
K. MOODY	365	200	470	1035

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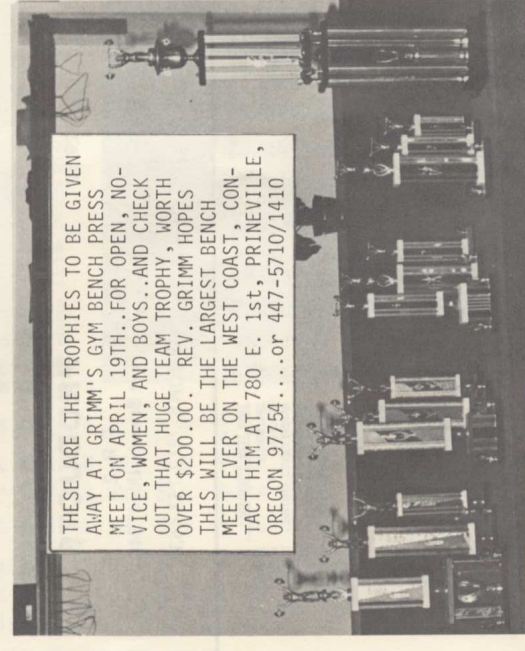


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1. ELMER	8	LANS	290	190	400	880	4	500	400	400	400	400	400
2. PAINTILL	325	220	375	880	8	3000	1060	400	400	400	400	400	400
3. SHIMMER	325	220	375	880	8	3000	1060	400	400	400	400	400	400
4. GASK	300	190	350	850	8	2800	1040	390	390	390	390	390	1185
5. MABELAND	245	195	310	750	7	2300	1040	390	390	390	390	390	1185
6. PATTON	245	195	310	750	7	2300	1040	390	390	390	390	390	1185
7. SHILLY	245	195	310	750	7	2300	1040	390	390	390	390	390	1185
8. PARKER	180	120	250	550	6	1800	1000	350	350	350	350	350	1080
9. OODLITTLE	180	120	250	550	6	1800	1000	350	350	350	350	350	1080
10. DOWING	165	100	200	450	5	1500	900	300	300	300	300	300	980
11. DOLLA	300	215	365	875	9	3000	1200	400	400	400	400	400	1045
12. BOSTON	300	215	365	875	9	3000	1200	400	400	400	400	400	1045
13. TARDIBONE	300	215	365	875	9	3000	1200	400	400	400	400	400	1045
14. DICKY	420	280	450	1095	13	4200	1590	500	500	500	500	500	1375
15. SHANK	420	280	450	1095	13	4200	1590	500	500	500	500	500	1375
16. POMPPELLI	445	320	515	1290	14	4450	1695	535	535	535	535	535	1465
17. FERGUSON	385	350	500	1235	12	3850	1465	465	465	465	465	465	1365
18. DELUCA	470	310	445	1225	11	4700	1445	465	465	465	465	465	1360
19. BENNIE	425	335	465	1225	11	4250	1465	465	465	465	465	465	1360
20. STENLEY	405	265	500	1170	10	4050	1440	445	445	445	445	445	1345
21. PETERSON	375	315	450	1140	9	3750	1400	420	420	420	420	420	1300
22. LETMARI	390	275	465	1130	9	3900	1380	415	415	415	415	415	1285
23. DALESANDRO	405	270	460	1120	9	4050	1360	410	410	410	410	410	1280
24. RUND	390	270	460	1120	9	3900	1360	410	410	410	410	410	1280
25. BRADY	405	270	460	1120	9	4050	1360	410	410	410	410	410	1280
26. HECKMAN	375	275	465	1130	9	3750	1360	410	410	410	410	410	1280
27. D. MCGOY	360	240	420	1020	8	3600	1280	395	395	395	395	395	1200
28. M. FRATIS	315	260	380	995	8	3150	1200	365	365	365	365	365	1145
29. REBERG	275	140	385	770	7	2750	1020	315	315	315	315	315	1000
30. MALKRATH	430	375	570	1375	11	4300	1570	465	465	465	465	465	1405
31. FALGAGAN	465	340	505	1375	11	4650	1570	465	465	465	465	465	1405
32. CRICK	510	360	505	1375	11	5100	1570	465	465	465	465	465	1405
33. JOHNSON	465	340	505	1375	11	4650	1570	465	465	465	465	465	1405
34. FOX	465	340	505	1375	11	4650	1570	465	465	465	465	465	1405
35. BRAY*	470	325	475	1270	10	4700	1475	475	475	475	475	475	1360
36. ANTIPOPOULOS	445	320	500	1265	10	4450	1465	445	445	445	445	445	1360



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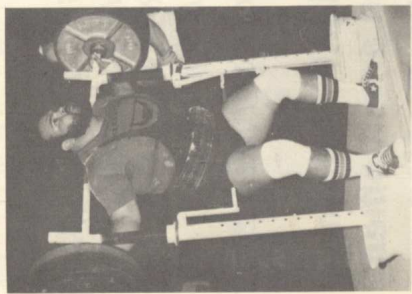
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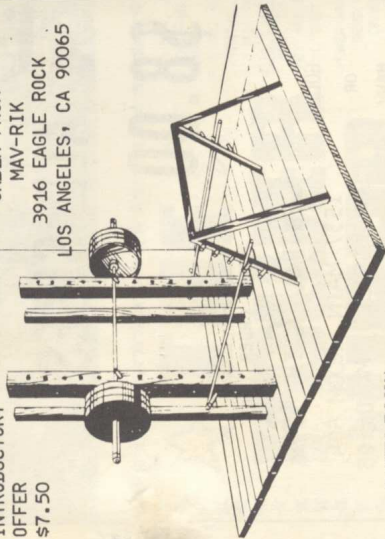
...a fine meet, held in the "outback" of Fresno, between a couple of our recent deluges in California, highlight of the meet being Arminington Rafael's WR BP at 148, 412. He even gave 416 a try. PHOTOS...upper right, 710 squat at 275, 412...upper left, Manuel Barrocal snatched this 710 squat at 275...right...Jim Grudzien had a splendid outing...644 424 666 1736 at 181. Lower right...Danny McDermott took this 429 bench press out to town and got another state record. All photos by PL USA.

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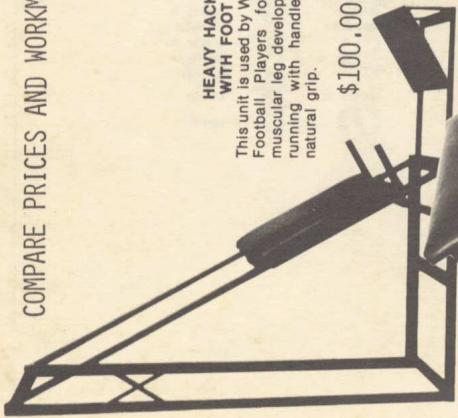
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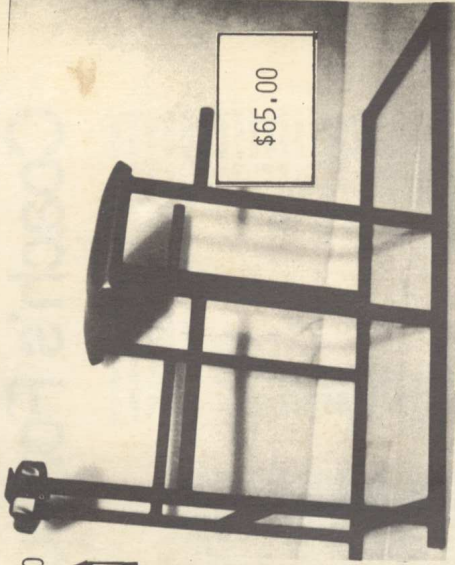


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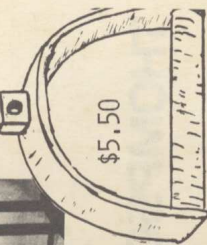
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