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THOMPSON

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World Series of Powerlifting

Man in Football 1980-World Series of Powerlifting



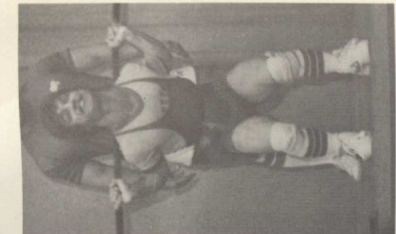
On the surface, it didn't seem plausible...a bearded Englishman passing out directions to a crew of Southern backs and bellies...the verbal con- Alabama...the man's British accent... what could be the reason... In this case it was excellence in the form of a power meet. Tony Fitton's direction of the World Series of Powerlifting at Auburn University on April 19th was masterful...of course, it helps a great deal to have the help of a major sponsor like Diversified Products Inc., and the carte blanche support of the Auburn University Athletic Department, but you have been a top level lifter...er knows what life and death...and de- cameras and hoopla...this was a lift- er's meet.

I've seen a few meets, and this one was definitely very well-organized, thanks to the vast memory powers of Tony, who didn't miss a trick in the preparatory stages...and it was a very enjoyable production for the fans...perhaps it could come off very well... on May 24th/25th on CBS Sports...as it was a fast-paced competition that provided what can only be termed an eruption of records...John took 2 tries to make 440, but his squats went well, as did the benches...Chuckie, on the other hand, did not have things so much to his liking...490 took 2 tries before yielding, but bench, all Chuckie could get was his opener with 286...2 attempts to match his World Record 303 failed. Only one deadlift attempt to the good for Chuckie, a double effort with 380 got only to Chuckie's high sticking point. THIS...the stage was set...a triple incentive for John heading...after an opener at 451 that was so easy not even a plate rattle was heard during the entire performance of the lift...a be a World Record b) set an American record total c) win the contest.

John's normally multiple-tension loading began to transform...one could start to see a look in his eyes and on his face that spoke of the joy of someone else, but you couldn't quite come up with who...the who pro- bably being that spirit of the Powerlifter in all of us...the extreme of utter concentration and desire...they were extremely close...win's continuing the pattern of two...both John's efforts at this historic parade...they were extremely close...win's form broke only slightly at the most critical point...otherwise...more history would have been made in this meet. Reading's style on this lift is certainly among the finest in the world...inclusive of all bodyweight classes.

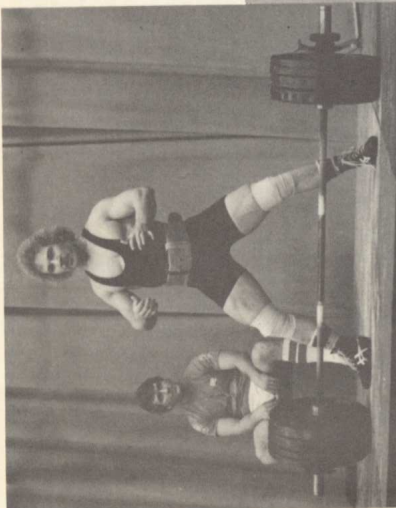
Stalling and personable, Lamar Gant, the Colorado meat-cutter, sailed through making weight this time, thanks to some tips from Tony Fitton and Dr. Tony Banks. His 253 lb. opener in the squat made me assume that he was only going to concentrate on the deadlifts, but...there is, of course, a lift in between the two and Lamar had obviously done some work on it during the previous few months of training. Lamar had a leg injury and didn't take it after the 253...552 and 418 went easily, least we forget, on a good day...480 or so...so a 1400+ total at 123 is a possibility. With the arrival of bench time, Lamar began to cook...his extra...292, 308, 314(WR), and 190(WR) on 4th attempt) all went substantially the same. A ridiculous 540 opener set the stage for his 2nd attempt at the World Record of 622. As I viewed the lift through the camera lens, I thought to myself...oh, it's moving too slow...he can't make it...but just as I whisper- ed that into my mind's ear, I realized...the lift was finished...I've finally determined Lamar's secret!!!...his sticking point is at the completion of the lift! Following this lift he decreed 633 in similar fashion...and with both these attempts he set new total dead circle...because I didn't think...I think he announced this next lifter in the on- net his match...otherwise, we could have been there all night...as if 6 World Records weren't enough in one outing!

But...the fireworks weren't nearly over...Mighty Joe Bradley...bristling after his bout in Mississippi, anxious to show the World a thing or two, was ready to do some big numbers. His 523 opener was an up/down affair...just to a formality, he then selected the World Record poundage of 540...one with ease, but not to the satisfaction of the judges...so what does Joe do!!!? He tries it again, with a much wider foot stance and makes it deep and easy. I can't recall any lifter ever before making such a drastic change...with such World Record effectiveness. With another formality dis- tances were set...the previous 1st deadlift record of 573...nothing like your basic 39 pounder...the previous 1st deadlift record of 573...golly...is there! The 573 was...basically...once again (incredibly), it seems that more is available where that came from. After each record, Joe sprang from under the bar... shook his fists in the air, in a very entertaining way...I'm sure he'll come across very well on the TV presentation. On his 2nd attempt in the bench, he jumped to 363 and made it well...374 proved too much, though...the deadlifts, where Joe has occasionally show World Record potential, did not go with the same flair as the previous two events, but they did lead to 2 World Record totals...third Joe's final try at 578 came up a ways and then catapulted him forward, where...after a snub...he landed on the seat of his superstitious, laughing, Dr. Squat...is our cool dude...expect many more records as this season progresses...as this was performance as this was not one of his better days...3 tries is what it took in the lift contest...Lamar Gant.



490 was a toy for Chuckie Dunbar
Lambert photo

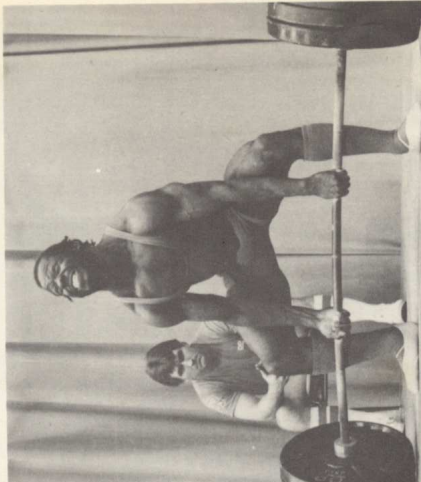
Stacey Dale couldn't put his normal explosiveness into this 633 DL, but it came up anyway. Lambert photo



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George is adamantly against the use of drugs in powerlifting. This is a man who was Senior National Champion in 1979 and who, in 1978, came very close with a 352 bench press...which would have tied the World Record...accomplishments that can not be ignored. His philosophy is certainly one of the reasons for his healthy, athletic appearance. Mr. Hamell is someone to admire and emulate.



George Hamell...only very solid perfor- mances that bode well for us internationally in the 80s...Crain's 600 opener was easy...but, in a contest like this...with relatively few competitors...the timing of attempts can unpredictably go awry...and this is what happened to RICK, who was really rained out.

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Clyde Wright turned a 4 attempt day into a 1532 total. Lambert photo

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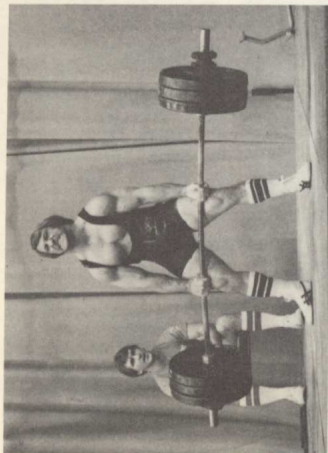
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114	490*	286	369	1146	
C. Dunbar	440	209	451	1102	
3. Reading	418	314*	#633*	1366*	
L. Gant	540*	#363*	562	1466*	
J. Bradley	451	314	512	1278	
G. Hamell	600	336	633	1570	
R. Crain	562	341	606	1532	
C. Wright	722*	462*	650	1835*	
185	750*	440	622	1813	
D. Wright	639	248	672	1559	
F. Hatfield	750	451	750	1951	
198	667	451	755	1873	
M. Thomas	672	440	705	1818	
V. Anello	733	484	—	—	
E. Frantz	771	418	705	1895	
R. Estep	775	440	810	2017	
220	672	529	—	—	
D. Reed	845	—	—	—	
T. McCormick	722	485	810	2017	
275	672	529	—	—	
D. Young	845	—	—	—	
L. Kibbey	843	551	848	2248	
SEM	P. Wrenn	914	523	755	2248
D. Kenady	J. Ames	727	529	600	1857
P. Wrenn	B. Kazmaier	826	633*	—	—
L. Ames	* WORLD RECORD	# 4th attempt	319	good	—
B. Kazmaier	# 4th attempt	573	good	—	—

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With this lift, Ron Collins' immortal 1857 record total would have crumbled, but it wasn't passed. Lambert Photo

Meanwhile, Dennis had no difficulty in the squats...moving from 683 to 716 to a World Record 749 in the same head-down, power-drive style, which...while not photogenic, is certainly effective...well on his way to a World Record total, now, right?...second! A stunning lift on his opening bench of 440 (normal "bird" weight for Dennis the Brave) with 462...has consistently made of late...unperturbed, Dennis opened with 527...jumped to 672...weight that would do a job on the rest of the meet...total 6772...Twice he pulled it beautifully...as near to both Dennis's physical limit and the bounds of the rules as it is possible to be without achieving success. This close encounter with an 1862 total should whet Dennis' appetite even more...his legendary resilience and determination in the face of adversity has brought him a long way, only one step more is necessary to set up a confrontation with the World Record on this November.

The 1960s used to be a very popular class...and, if not for some poor luck...it would have been an extremely competitive. After all the credits and debts were squared up...bottom line was Walter Thomas putting together another...the latter giving him that World total leading to a World Record total of 1951...Walter opened easily at 710, made 749 in like fashion...then went to 771 which appeared to be a good lift...it was however, turned down by the judges...why?...they gave Walter another try at it, but his mental 'set' seemed to have disappeared and it was missed badly...Walter made all 3 benches, he hauled up 705 and 749 without extreme difficulty...the latter giving him that World total mark, he went on to try a 766 to move the mark up even more, but it was no go...Walter has to be the...all are, how 771 462 and 771 would add up to 2000+. In his new weight class, Walter is bigger all over from the 181 days, and is quite impressive looking. Despite the prowess he's already demonstrated, you have to say that once he gets used to the new bodyweight a lot more pounds could go on that total. I think this total meant a lot to Walter...after his 749 deadlift, the normally not-to-less Oklahoma raised his arms in a victory salute and actually smiled! It was too quick for me to catch on camera, you'll just have to take my word for it...unless they show it on TV.

Walter's World Record in this class, which didn't seem extremely disappointing to him...he can be...always points for anyway. Once again...he was only 5 for 6 this time, but that was almost...total time...he had to take 667 in the squat twice, but came back for a nice final lift in the bench with 451...I'm not amazed how he consistently adds 5 lbs. to his lift in almost every meet? He opened with a paltry 755, then jumped to 821 for a new World Record and a 1940 total...this weight moved better than his attempts at the Worlds in Dayton, but right at the top...his grip popped open, and...he passed his third, which is not like Vince, but he said he was tired.

Roger prepped for this meet by spending 3 weeks out in California under the tutelage of the old master, George From...and he seemed very ready, having eliminated the unsteadiness in the squat that plagued him at the Worlds and the rounding of the back that hurt him at that meet also. His squats with 688 and 733 were very solid, and 760 was a very good choice for a final attempt, but right at the bottom his suit blew (wasn't one of the...with light...I never know if he could have made it or not...with light...trying to figure out a way to walk...out being too conspicuous...but, after realizing that there was a crew of girls working



ABOVE...a wide stance success for Walter Thomas...and a World Record total! Lambert Photos

LEFT...after a bloom suit forced him to dump the bar, Roger seemed to be unshakable. The spotters had to catch several runaway bars...saved some lifters from big injury.

ing the scoreboard behind him, he and his open-air suit trotted off the stage quite nonchalantly. I had seen Roger get several singles with 470-480 in the bench as he was actually tuning down his training for this meet, and he had discussed the possibility of an attempt at 500...so, it was a shock when his opener with 451 went no-where, at least as far as his right arm was concerned. The main from the irritation was caused by his muscles to shut down under load. At any rate, he could not be...a couple of days after, it was still stiff, but did not seem to be extremely serious. Roger...is definitely looking forward to the Seniors. Incident...his total at 1957, but he was noticeably disappointed in his showing...via phone calls, letters, promises of free training facilities...and...that's who.

What a nice person Ernie Frantz is...aside from his prodigious strength, that was my impression of the man. Three weeks after his first showing at the Illinois State meet, he came down to Auburn for another go at the 1900 barrier, missing a 3rd attempt 694 squat but his chances however, as did the 451 bench that wouldn't go...a 705 deadlift was no problem, but 755 just barely eluded him at the top on two tries. Aside from the age factor, it is remarkable that any power athlete could put so much on his total in such a short time...he has to be considered another big factor in this class at the Seniors, which should be the most competitive division in many years.

Steve Miller was at the meet, but he was injured and did not compete...leaving the field to Dennis "Dennis Wright" Reed...that's what he was called a couple of times...to his dismay, Dennis did not have a big meet...he's worried that people are going to start considering him a "homeown" lifter if he doesn't put something together at the big meet soon...I've ever seen...everything seemed normal until he got about half way up...his first squat...the most bizarre attempts I've ever seen...nobody knew what to do, the bar just standing there like that. Actually, he later explained that he had gone too low with that squat and on the way up he simply blacked out with it. He came back to make it rather strongly, but two tries at 793 were just too heavy for him. After his 705 opener in the D-lift, he came back with an equally bizarre crap in his leg...it simply stuck out straight, stiff as a board. Like a ballet star on point...and it wouldn't come un-cramped...plus, he couldn't put any weight on it without excruciating pain...you can imagine his difficulty in maneuvering his way down the steps from the lifting platform, even with the assistance of his close friend, Ernie Frantz.

At 242, we had another solo effort...as Doug Young lifted in the 275 lb. class, and Terry McCormick was left to his own devices. Didn't take long to find out what kind of day it was going to be for Terry...his opener squat...called 722...was actually overloaded to 8101 he came down with it rather strongly, but...kind of absurdness...unusual for him, and certainly a side effect of the overload. Having just...still feeling the brunt of the leading error in the benches, his 465 was hard...and he made no more...by the time...deadlifts...he showed that he is definitely back and definitely a contender. He had hoped for lifts of around 788 523 810 and at least 2100 in the total...Terry is exceptionally modest when it comes to comparing his capabilities to John Kuc's, maybe he shouldn't be.

Jon Cole was listed as an entry at 275, but was not present...so, Larry Kidney and Doug Young attempted to carry on the show themselves...but they had some problems. Doug actually looked 'cut' at 263, it's hard to imagine...242 limit...more with the amount of muscle mass he possesses now. He blasted up his squats until it came to a crawl...705 which he changed abruptly at the bottom speculation was that it was at this point that the bar was open...he only his opener in the bench, and developed a problem in one arm that kept him from lowering the bar...but did not show for attempts at 793 and 843...letting time expire, much would be necessary for him to qualify for his own...but did not show for attempts at 793 and 843...letting time expire, probably a gesture of sportsmanship to some of his fellow competitors...allowing them some rest from the fast pace of the meet.

It was "IT" (as in Roman Natteral 2) much for Larry Kidney...a combination of a new Super-Suit II and a pair of the new Super-squats...so much additional support that he was unable to gauge the depth...they were all easy, but they were all high...once he got to the new gear, he should be devastating. Larry's background in legs...plus being the top strength athlete in his class, makes him an ideal candidate for a position on the National Committee...he could walk through the ocean of little legal technicalities that has paralyzed action between the IPF and USPF very easily.

BELOW...this is where it happened for Kaz...his quad popped, the bar dropped, and he's about to go flying forward to end up face down on the platforms, meantime the spotters are trying to handle 887 lbs. of airborne steel without dropping it on him. Lambert photo



McCormick pulls in a defiant 810 Lambert photo

WORLD'S STRONGEST TEENAGER

by BOB FORTENBAUGH, Coach of DAN WOHLER



EDITOR'S NOTE...there's little doubt that Dan Wohlbeber is the 'World's Strongest Teenager' is quite legitimate...the only question that remains is whether or not he may become the World's Strongest Man...with the kind of prowess Dan is making, the answer should be soon in coming. In the meantime, Dan's coach and mentor, Bob Fortenbaugh, has provided PL USA readers with an inside look at Dan...where he's come from...where he's been...and where he may be going.

Dan began training with weights five years ago at the young age of fourteen. He is now nineteen. He and a friend decided to combine the limited equipment they had and began to train. However, it wasn't long before Dan's friend got interested in other things, as many young people do, so Dan was on his own.

When he was sixteen he started competing. I saw him at a few contests around our area, but never paid much attention to him. Nonetheless, John Florio would always talk to him and tell me about "this kid with the good deadlift." In the spring of '78 John Black saw him at a contest and asked him to come down to the gym and meet some of the team members. When John told me this kid was coming down, I checked out some of his past performances. When he came down, I was immediately impressed...Dan loaded plates for us, but didn't say a word. After taking all things into consideration, I took John Black aside and told him that I wanted this kid on the team because I felt that someday he would be a good lifter. Little did I know at the time...he wouldn't be a good lifter, instead he would be a great one.

In Dan's first contest...he bombed...since then he's had ups and downs. He started his lifting career at 198 but quickly advanced to 220. When he came to us in 1978 his best total was 1530 with individual PRs of 530 325 660. He and John Florio started a friendly rivalry and soon after a bet was made on the upcoming WCA Nationals. Whoever lost at this meet would have to shave their head...in front of the audience! There were some wild workouts leading up to the meet with each lifter pushing the other. Although John out-totaled Dan (1825 to 1800), Dan won the bet on Schwartz formula. Dan didn't make John shave his head, still...they had pushed each other to new heights. Dan had smashed every known teenage 220 record via 640 405 755...in six months of intensive training, he had improved his total almost 300 lbs.

His next contest was the Nationals in California. He wanted to go 220, but was forced into the 242s due to troubles with his bench press...once again, he had some fantastic training sessions, but one week prior to the meet and deadlift, he made all his attempts in the squat and deadlift, he was able to come up with 805 350 700 1855 at the State Championships on March 9th and went 905 400 800 2105 at the lift he missed was an 840 deadlift that fell out of his hands 3/4s of the up due to the poor knurling on the bar.



VIVA LA DIFFERENCE...and the difference is 40 lbs. bodyweight, 13 months of training, and 265 lbs. on the bar. Top photo (by Chuck Borowiak) shows Dan at 258 coming up with a magnificent 905 squat at the Ohio State meet. Lower photo (by Jarrriel Koplin) shows Dan missing 680 forward at the YMCA meet in December of 1978...he was credited with 640. The squat form in both shots is similar, however in the 905 he looks to be more solidly under the bar, with his head still up, but his back not quite so upright as before. This kind of flexibility and strength in the back is the trademark of another great Ohio lifter, Larry Pacifico.



ABOVE...Dan benches 375 at the Moon meet...his pec problem has left it's mark, now he is plagued by a shoulder irritation.

LEFT...Dan shows good muscularity even at 258...as seen in this shot of his 810 DL...Dan tried a little experiment with diuretics in order to make it down to the 242s, but it didn't work out successfully...so...275s is his class from now on.

Both photos by Chuck Borowiak

I've seen a lot of squats in my time in powerlifting, but never have I seen such an explosive squat with that kind of weight.

What are the inner workings of Dan Wohlbeber like? After totaling 2105 he was judged the outstanding lifter and presented with a beautiful five foot trophy. Dan promptly turned around and gave the trophy to John Black and the rest of his teammates. Dan would personally like to thank Jack Siders, John Florio, John Black, Boss the Boss, Jeff Betzel, Mike Ruedel and Jim Riedel. Without these people's financial and moral support he might never have gone as far as he has. I have never seen such humility in one so young.

Before Dan started working out at Black's Health World he had one of the wildest routines I ever saw. He worked out seven days a week and deadlifted five of those days! The bar he had would only hold 530 pounds, so that's the most he would ever use in training. Right now Dan trains four days a week with a light/heavy system.

MONDAY.....light benches
TUESDAY.....light squat heavy deadlifts
FRIDAY.....heavy benches
SATURDAY.....heavy squat, light deadlifts

He also does various assistance exercises in conjunction with the powerlifts. He will train for a contest using low reps...as the contest approaches he will cut down on reps further and drop the assistance work. Some of his best lifts in the gym prior to his recent contests were 905 squat, 380 bench, and 825 deadlift.

Dan's immediate goals are to get his weight up to a full 275 and give some competition to the rest of the lifters in his class at the Senior Nationals.

If Dan is able to get his bench up, I feel that he could be one of the greatest powerlifters ever. I'm sure time will prove me correct.

Bob Fortenbaugh



BLACKS... Dan & John Black flank the latest team trophy with (l-r) Boss the Boss, Mike Ruedel, Jeff Betzel, John Florio, Jack Siders, and Tim Riedel standing. Photo by Chuck Borowiak.

A great team, and a great bunch of supporters for Dan...any one of them would do anything they could for him.

tips from TONY D.

THE POWER SQUAT

Tony and I were talking the other day about the origins of the modern day "Power Squat" style...by that term meaning squats characterized by having the bar as low on the back as allowable, wide stance placing of the feet, sticking your butt out, trying to keep your knees over your ankles...the kind of squat that most of the top squatters of today practice.

Tony feels that the most lifters start out doing pretty much of an Olympic style squat...bar high on the traps or neck, narrow stance, lots of forward body lean at the bottom, etc... and stand on their heels...that way substantially, even though they feel they may be working the Power Style...until they get one knowledgeable grab the bar into the Power Style...and get into the Power Style. The difference came in the late 60's... recalls one guy who worked up to a 540 squat in training, in Olympic style...went to a contest, made a 550...everybody told him that his squat was beautiful and deep, but that if he would change his style he could do a lot more...next contest, same bodyweight, 2 months later...he went 630...BUT... after making that 630, he dropped all Olympic style squats in his training and just did Power Style...and his max squat went to 650...which makes a case for including some Olympic style squats in the Power Style...as an assistance movement, in order to maintain and increase the strength of the muscles of the lower quadriceps, which are not so actively stressed by the Power Style squat.

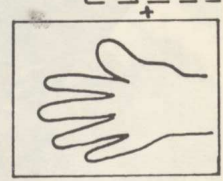
To return to the point, Tony feels that in the early days of lifting, when guys got away with canvas shorts and multiple ace bandages, that kind of paraphernalia allowed the Olympic squat style to remain, but when that stuff was outlawed the new pioneers on the lift developed the Power Style in order to catch up to the old, inflated marks of the previous era of extreme banding and surpass them.

One characteristic I've noticed is that aside from regular movement in their routines...that will activate the tissue in the lower quads, deep in the tissues, this seems to promote continuous progress in the lift, more so than when pure power squats are done to the exclusion of all else.

JEFF EVERSON'S SENSATIONAL FOOTBALL CONDITIONING BOOK IS NOW AVAILABLE...called "Wisconsin Football Training...a Winning Approach" it contains theory, training programs, and excellent illustrations...plus much more...emphasizing strength, power, speed, agility, flexibility, overtraining and nutrition for the high school and college level athlete. I highly recommend this book for anyone interested in a good conditioning program on football players...at only \$5 per copy, contact Jeff Everson, the University of Wisconsin, 120 Weight Room, 1440 Monroe, Madison, Wisconsin 53706 for yours.

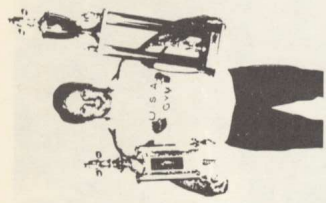
NIGHTY JOE BRADLEY...Jeff Everson reports that he recently made a 620 squat in training...plus a 645 that was a shade high...the man who first totaled 11 times bodyweight is now knocking on the door of 12 times bodyweight!

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One of the hottest lifters on the East Coast is Bruce Takacoast. He's squatted 600 at 165 & 620 at 181. (+ 665 in training) He started lifting while stationed with the Army in Alaska, and is now attending M.I.T. before heading for West Point to serve as a Strength Coach. McCann photo

THE SANTA MONICA MUSCLE BEACH GYM...preservation of an era. (aka Ocean View) Hotel in Santa Monica, is the present training base for George Frenn...and, for three weeks prior to the Auburn meet, Roger Estep...but it is also the training grounds for many of the muscle beach crowd of years back...plenty of storied circles about the great lifters of the good old days. It is basically a no-nonsense, no-nonsense club...closest to the beach that Gold's or any of the other big gyms...of weight and rugged equipment...no crowds, and abundant respect for people who can move big weights.

Frenn...who has never really been out of shape during the past few years...capable of 700+ in the squat and 725-750 in the deadlift, continues to throw the hammer hard and lift heavy, despite a biceps tear, back surgery that removed two discs, and a full time job as a teacher.

Roger was very impressive in the training session with George that I witnessed...a 480 bench, a 725 squat that was absolutely dead, and a 395 power clean to eye level...strength, plus an unimaginably powerful looking physique.

PICKING SIDES DEPARTMENT...the officers of the El Dorado Barbell Club, hosts of the Nationals, have written to Jim Taylor and requested that he not attend the meet. It's a shame to see so many good people at odds with each other lately...it's going to hurt the sport in the years to come, that's for sure.

HAWAII TEAM AT THE NATIONALS...they have some real talent with Hilly at 123, Morishima at 132, Chong and Medeiros at 148, McClaverty at 165, Navares and Silva at 181, Drapal at 242, plus Gus Retiwisch and Dwayne Fely at Super...expenses will keep some of them home, though. Drapal spent a lot of time with Mark Dimiduk over in Hawaii and is convinced that he can do a big total soon at 242.

ANOTHER WOMEN'S RECORD...Jan Todd reportedly squatted 507 at a meet in Tokyo recently...priming for a showdown with Ann Turbyne at the Women's Worlds, which she technically can not win...as she is a member of the non-scoring USA Women's second team.

GOOD GUY OF THE MONTH...

this award goes to Mr. Jack Sideris who bought a gift subscription for John J. "Skip" Felice Jr., now up at Marion, in Illinois.

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POWERLIFTING

by TONY FITTON

PONDERINGS

A Nostalgic Look at PL

Working Out With George Frenn

Written 7 years ago for a revival of *Tony's* magazine in Britain, this article reveals much about the great George Frenn and the very active 242 lb./Heavyweight class at that time.

AT THE TIME THE BRITISH TEAM FIRST WENT TO AMERICA FOR THE POWERLIFTING INTERNATIONAL IN LOS ANGELES, THE AMERICAN HEAVYWEIGHT CLASS WAS SEEING SOME OF THE MOST FRENZY COMPETITION IN THE CLASS THAT PROVIDED THE OPPORTUNITY FOR VERY BIG LIFTERS WITHOUT THE GREAT BULK REQUIRED BY THE SUPER-HEAVIES. JOHN KANTER CAME QUICKLY TO LIGHT WITH A 765 SQUAT AND 2000 POUNDS TOTALS. MEL HENNESSY HAD BENCH PRESSED 571 AND GARY YOUNG DEADLIFTED 770. GEORGE FRENN'S NAME NEVER SEEMED TO BE OUT OF THE AMERICAN MAGAZINES DURING THAT PERIOD WITH RESULTS AND RECORDS; ALSO JOHN COLE WAS COMING STRONGLY TO THE LIMELIGHT & TAKING UP THE CHALLENGE IN A VERY DEFINITE WAY AND MAKING HIS INTENTIONS KNOWN. AN EXTRACT FROM THE AMERICAN RECORD SECTION OF A MAGAZINE AT THE TIME WILL GIVE SOME IDEA OF THIS COMPETITION.

242 LB CLASS: JOHN KANTER, PHOENIX, ARIZ. SQUATTED WITH 743½ LBS. TO EXCEED THE PREVIOUS RECORD OF 732 HELD BY GEORGE FRENN.
 + JOHN COLE, TEMPE, ARIZ., SQUATTED WITH 750 LBS TO EXCEED THE PREVIOUS RECORD OF 743½ HELD BY JOHN KANTER.
 + JOHN COLE, SET A NEW TOTAL RECORD OF 1975 (485-740-750) TO EXCEED THE RECORD OF 1905 WHICH HE PREVIOUSLY HELD.
 + JOHN KANTER, PHOENIX, ARIZ. SQUATTED WITH 760½ LBS TO EXCEED THE PREVIOUS RECORD OF 750 HELD BY JOHN COLE.
 + JOHN KANTER, SET A NEW TOTAL RECORD OF 2000 LBS (535-760-205) TO EXCEED THE PREVIOUS RECORD OF 1975 HELD BY JOHN COLE.
 + JOHN COLE, TEMPE, ARIZ., SET A NEW TOTAL RECORD OF 2005 LBS (495-745-765) TO EXCEED THE PREVIOUS RECORD OF 2000 LBS HELD BY JOHN KANTER.
 + GEORGE FRENN, NORTH HOLLYWOOD, CALIF. SQUATTED WITH 770 LBS TO EXCEED THE PREVIOUS RECORD OF 765 THAT HE HELD PREVIOUSLY.
 + GEORGE FRENN, SET A NEW DEADLIFT RECORD WITH A LIFT OF 775 LBS TO EXCEED THE PREVIOUS RECORD OF 770 HELD BY GARY YOUNG.

WITH INTEREST LIKE THIS ONE COULDN'T FAIL TO IMPROVE, BUT IT WAS FINALLY LEFT TO GEORGE FRENN AND JOHN COLE TO TAKE THE RECORDS SKYWARD, AS KANTER MOVED BACK DOWN. THESE 2 LIFTERS WERE ADVERSARIES IN THE STRICTEST SENSE OF THE WORD, AND DID NOT HAVE A GREAT DEAL OF FRIENDLY FEELING FOR EACH OTHER, AND EACH KNEW IT AND HARBOURED IT.

FRENN HAD BEEN SQUAT AND DEADLIFT KING FOR A LONG TIME WITH A RELATIVELY BULKY BUILD. HE HAD BEEN KING FOR A LONG TIME WITH THROTTING, TOO MUCH BENCH PRESSING GAVE HIM A RESTRICTED THROM, SO HE ONLY TRAINED ON IT PRIOR TO A MEET. HOWEVER, IT WAS OBVIOUS HE WAS GOING TO HAVE TO GO MORE ON THE BENCH PRESS TO BEAT THE EVER IMPROVING COLE. PRIOR TO THE AMERICAN NATIONALS OF 1970, FRENN HELD THE SQUAT RECORD AT 770 AND DEADLIFT RECORD AT 775 AND COLE HELD THE TOTAL RECORD AT 2040. IN THE NATIONALS IN WHICH FRENN DID NOT LIFT COLE WON WITH A RECORD TOTAL OF 2060 (520-760-780), THE DEADLIFT WEIGHTING 779½ ALSO FOR A RECORD.

IN THE INTERNATIONAL MATCH WITH BRITAIN, FRENN WAS GOING ALL OUT TO EXCEED THE RECORD AND TOP COLE. HE HAD TRAINED ALL THE BENCH FOR SOME TIME LONGER THAN USUAL AND DID 465 A VERY EASY 815 SQUAT (WEIGHED 819½ FOR RECORD) AND AFTER OPENING WITH A 720 DEADLIFT TWICE FAILED WITH 785 (SEE PHOTOS) ATTEMPTING THE TOTAL AND DEADLIFT RECORDS. IN THE MEANTIME JOHN COLE HAD ALSO BEEN IN HARD TRAINING AND ON NOVEMBER 1ST IN EL PASO, TEXAS, HE MADE 525-780-2090 FOR RECORD AND ON NOVEMBER 15, AS A GUEST LIFTER AT A POLICE EVENT IN LOS ANGELES, HE MADE HIS 810 AGAIN ON TOTAL AND DEADLIFT. GEORGE FRENN THEN MADE HIS BID AGAIN ON DECEMBER 15. AS A GUEST LIFTER AT A POLICE EVENT IN LOS ANGELES, THIS TIME HE HIT THE FORM HE WAS AFTER. HE BENCHED 520, SQUATTED 840 (WEIGHED 853½) AND DEADLIFTED 740 FOR A 2100 TOTAL AND BECAME THE FIRST LIFTER TO OFFICIALLY TOTAL 2100. HIS



George Frenn, *Dling* at the L.A. Police Academy a few years ago. He's still capable of 700+ in the SQ & DL Fitton Foto

PERFORMANCE CERTAINLY WAS A MILESTONE IN POWERLIFTING HISTORY, AND IF THE 653½ SQUAT WAS ANYTHING LIKE THE 815 HE SAW, THEN IT MUST BE RATED AS ONE OF THE GREATEST EVER DISPLAYS OF POWER. AFTER THESE PHENOMENAL LIFTS GEORGE FRENN SEEMED TO BOM OUT ENTIRELY, MAINLY FOR PERSONAL REASONS. I HAVE GATHERED SINCE, ON LEARNING ABOUT FRENN'S 2100 COLE SAID HE WOULD SOON BEAT IT.

SATURDAY ONE GEORGE GENERALLY TRAINED AT THE WESTSIDE BAR-BELL CLUB WHICH WAS A DOUBLE GARAGE CONVERTED INTO A PURELY POKER GYM AT THE BACK OF BILL WEST'S HOUSE. MOST OF THE TOP LOS ANGELES AND WEST COAST POWERLIFTERS TRAINED THERE FROM TIME TO TIME, SO A GOOD ATMOSPHERE WAS GENERALLY GUARANTEED. 3 TYPICAL WORKOUTS JUST PRIOR TO HIS 819 SQUAT AND MISSED ATTEMPT AT 785 DEADLIFT, ARE OUTLINED BELOW. EVERY SET PERFORMED IS INCLUDED AND THE LINES INDICATE WHEN KNEE BANDAGES WERE PUT ON.

SATURDAY		TUESDAY		SATURDAY	
SQUAT	DEADLIFT	BENCH SQUAT	DL (TIRED)	SQUAT	DEADLIFT
275 X 5	245 X 5	275 X 5	425X10	245 X 5	245 X 5
335 X 4	335 X 4	335 X 5	425 X 5	335 X 4	335 X 4
425 X 2	425 X 3	425 X 5	(NOT TIRED)	425 X 2	425 X 3
535 X 2	535 X 2	535 X 5	500 OR	535 X 2	535 X 2
525 X 2	625 X 2	525 X 2	525 X 10	525 X 2	525 X 2
595 X 1	785 X 1	595 X 1	595 X 1	595 X 1	595 X 1
775 X 1	775 X 1	785 X 1	785 X 1	785 X 1	785 X 1
625 X 10	775 X 2	875 X 1	735 X 1	735 X 1	750 X 1
	900 X 5	900 X 5	735 X 2	750 X 2	750 X 1
			960 X 3		

ALL WORKOUTS FOLLOWED THIS SEQUENCE INCREASING THE TOP POUNDS OR LOADING AN EXTRA HEAVY SET WHEN FEELING CAPABLE. THE BENCH SQUATS WERE DONE DOWN TO QUITE A LOW BENCH, PAUSING AT THE BOTTOM, ROCKING SLIGHTLY BACKWARDS, SO THAT VERY LITTLE WEIGHT WAS ACTUALLY TAKEN BY THE FEET, AND THEN ROCKING BACK AGAIN AND DRIVING UPWARDS.

HAVING STAYED WITH GEORGE FOR ABOUT 3 WEEKS, ENJOYING HIS MOTHER'S FABULOUS HOSPITALITY, I CAN VOICE FOR THE FACT THAT HE ATE A CONSIDERABLE AMOUNT OF FOOD, AND DRANK A FAIR BIT OF MILK, WHILST TRAINING HARD. EVEN THOUGH TRAINING HARD FRENN SQUAT AND DEADLIFT HE WOULD STILL KEEP IN THESE YOU'D CONSIST WITH A COUPLE OF SESSIONS AND A LITTLE RUNNING, WHICH PROBABLY HELPED KEEP HIS PHYSIQUE IN GOOD TRIM ALSO. BEING A TEACHER OF PHYSICAL EDUCATION, HE FOUND THIS EASY TO WORK IN DURING THE DAY.

IN CONCLUSION, PERHAPS THE MOST IMPORTANT ASPECT OF GEORGE'S TRAINING TO EMPHASIZE ONCE AGAIN IS THAT HE TREATED HIS LIFTING VERY SERIOUSLY, PUTTING IT ABSOLUTELY NUMBER ONE IN HIS LIFE.

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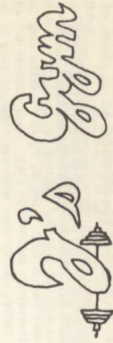
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women's corner



KATHY TUITE with her 2nd place trophy from the 1979 Nationals.

Photo courtesy Webber

THE KATHY TUITE STORY...by Joette Webber

All her life "Tu" has been involved in sports. At West Lafayette, she set the state record in the 100 yd. dash and the 200 yd. dash, while attending Purdue. She played Field Hockey for the Women's Athletic Club team that placed 5th in the Women's AU (National) tournament in crew, rugby, and, of course, played a big role in the Purdue team victories at the 1979 and 1980 Women's PL Championships. As a training partner, she does her best to drive each of us to our best ever workouts with a very positive attitude towards each lift. When not involved with lifting, she works in the Audio-Visual Production Department at Purdue, putting her Masters Degree in Education to good use. She started lifting in February of 1979, totaling 525...after several meets, a 2nd place in the 79 Nationals, and only 6 more lifts to go. She started Webber's 1983 class at the Midwest Regionals, then placed 3rd in the Nationals, then obtain her Elite classification at the Memphis Open with a 683 total and WR50 attempt...pretty good for only 1 yr. of training.

Despite all her accomplishments, she has one goal left...that is a National title, which she has missed twice. Once Kathy gets her mind set, there isn't much that can stop her, so the workouts won't be getting any easier. An example of her will power is the deadlifts. I once saw her give up on a deadlift at the Midwest Regionals...after 6 months of both daily and myself reminding her each workout of what she had done. She came back in her latest contest and put her mind over matter. Kathy believes that if we concentrate on putting in with the motto we have both acquired, "To accomplish great things we must not only act, but also plan...dream, but also believe."

On behalf of the Purdue Women's Powerlifting Team and myself, I would like to thank you, Kathy Tuite, for being one exception...at Elite lifter.

Joette Webber

THE ROSS PROPOSAL...in view of recent scheduling problems, participated between the Memphis Open and the El Dorado meet. Bob Ross has come up with the following proposal that the National Committee sanction all powerlifting proposals that the Association or regional authorities...that older established contests be given prime consideration for existing dates during the year...that no major contests be held on the same date within a 500 mile radius...that at least a six week interval exist between contests in the same area. Bob feels that before the big TV contracts, nationwide publicity, and involvement of the "mercenaries"...local meet directors bore and still bear the burden of losses in the sport, and they deserve at least this much protection.

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- REGION III...North Carolina, South Carolina, Georgia, Southeastern
- REGION IV...Florida, Florida Gold Coast
- REGION V...Hawaiian
- REGION VI...Central, Indiana, Ohio, Kentucky, Lake Erie, Michigan, West Virginia
- REGION VII...Wisconsin, Minnesota, Midwest, Iowa
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- REGION X...North Dakota, South Dakota, Montana, Wyoming River
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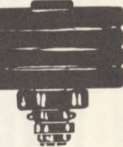
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Nutrition Corner

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BY JACK DIGANGI R.D.

(continuation of last month's guest contribution from Jeff Everson.....)

FATS AND CARBOHYDRATES HAVE LONG BEEN CONSIDERED THE PRIMARY ENERGY SOURCES FOR ATHLETIC COMPETITION. AS A RESULT OF THE TOTAL ENERGY PRODUCTION, THIS WAS BASED ON URINARY NITROGEN LEVELS AND WAS BASICALLY FINALIZED IN 1921. HOWEVER, STARTLING NEW EVIDENCE, WHICH INCLUDED SKELETAL ANALYSIS, HAS REVEALED THAT PROTEIN MAY BE RESPONSIBLE FOR AS MUCH AS 10 TO 18% OF THE TOTAL ENERGY PRODUCTION. FATS HAVE AN ENERGY YIELD OF NINE, FOUR KILOCALORIES PER GRAM, WHILE CARBOHYDRATES AND PROTEIN HIGHERS FUEL CARBOHYDRATES CAN COMBINE MORE EFFICIENTLY WITH OXYGEN IN PROVIDING ENERGY. CARBOHYDRATES ARE GENERALLY THE PREFERRED FUEL SOURCE. CARBOHYDRATES ARE OXIDIZED AND YIELD ABOUT FIVE KILOCALORIES PER LITER OF OXYGEN CONSUMED. FAT, WHEN OXIDIZED, YIELDS ONLY FOUR AND SEVEN-TENTHS KILOCALORIES PER LITER OF OXYGEN CONSUMED.

MANY ATHLETES ARE NOW PRACTICING DIETARY ALTERATIONS THAT CAN INDUCE A TEMPORARY SUPERCOMPENSATION OF GLYCOGEN STORES. THIS HAS BEEN REFERRED TO AS GLYCOGEN OR CARBOHYDRATE LOADING. FOR FOUR OR FIVE DAYS THE ATHLETE DELETES CARBOHYDRATES FROM THE DIET WHILE CONTINUING TO TRAIN. THEN THE ATHLETE EATS THIS WITH A VERY LARGE CONSUMPTION OF CARBOHYDRATES FOR THREE TO FIVE DAYS PRIOR TO COMPETITION. THIS PRACTICE APPEARS TO BE SUPERIOR TO THE WARRIOR BUT IS OF LONG, ENDURANCE EVENTS SUCH AS SHORT, INTENSE EFFORT. MANY SUGGESTIONS HAVE BEEN MADE THAT SIMPLE ELEVATIONS OF DIETARY CARBOHYDRATES PRIOR TO COMPETITION MAY AID PERFORMANCE. UNFORTUNATELY, MANY LIFTERS ARE CUTTING CARBOHYDRATES PRIOR TO COMPETITION IN ORDER TO LOSE WEIGHT. THIS OCCASIONALLY PROVES NECESSARY AS EACH POUND OF STORED GLYCOGEN STORES WITH IT THREE POUNDS OF WATER TO MAINTAIN METABOLIC EQUILIBRIUM. FROM A PHYSIOLOGICAL STANDPOINT, THE PRACTICE OF DRINKING TEN TO TWELVE POUNDS OF WATER TO MAINTAIN METABOLIC EQUILIBRIUM IS APPROXIMATELY AS COMPARABLE TO FAT'S 25%, WATER THAT IS LOST IS PROMPTLY IN CALORIES AND INTERSTITIAL COMPARTMENTS. THIS IS ANALOGOUS TO SLOWLY CUTTING DIETARY CARBOHYDRATES WITH A QUICK FAST. SLOWLY CUTTING DIETARY CARBOHYDRATES IS BETTER BECAUSE YOU LOWER THE CARBOHYDRATE STORES WHICH INCREASES STORED WATER OVER A PROLONGED PERIOD. THE ENERGY LEVELS CAN BE KEPT HIGH THE DAY OF THE EVENT BY A MIXED CARBOHYDRATE-PROTEIN MEAL EARLY IN THE MORNING AND BY INGESTION OF A GLUCOSE LIQUID SOLUTION THAT WILL MAINTAIN THE BLOOD SUGAR AT A LEVEL ABOVE 200 MG/100 ML OF BLOOD THROUGHOUT THE COMPETITION. THE EFFECTS OF A GLUCOSE SOLUTION ARE MORE PRONOUNCED WHEN THE BLOOD SUGAR LEVELS ARE LOW. MANY LIFTERS HAVE BEEN LAMENATED BY OBTAINING THIS TASTEY, SWEET, LEMON FLAVORED LIQUID SOLUTION. OBVIOUSLY THIS TASTEY SUGAR TOO SHARP PENETRATION, SO AS NOT TO ELAVATE THE BLOOD SUGAR TOO MUCH CONCENTRATED SUGAR OR USING A LARGE Caffeine ingestion has a negative effect. Caffeine ingestion one hour prior to training or lifting, significantly elevates blood sugar. However, it also mobilizes free fatty acids and liver glycogen. The net effect of this is the induction of a hypoglycemic or low blood sugar condition. This results when the pancreas increases its output of insulin in response to the sudden elevation of blood sugar. Side effects from this include dizziness, nervousness and fatigue.

AMEROBIC (WITH ATHLETIC COMPETITION DEMANDS ENERGY FROM BOTH ANAEROBIC AND AEROBIC (WITH OXYGEN) SOURCES. IN ENERGY OF LONG DURATIONS AND HIGH INTENSITIES AND EARLY IN THE PRIME ENERGY SOURCE WITH HIGH INTENSITIES AND EARLY IN THE BOUTS. CARBOHYDRATES BECOME THE PRINCIPAL ENERGY SOURCE AFTER TEN MINUTES OF CONSTANT WORK. APPROXIMATELY 50% OF THE ENERGY YIELD COMES FROM ANAEROBIC PATHWAYS AND 50% COMES FROM AEROBIC PATHWAYS. IN CONTRAST TO THIS, AFTER TEN MINUTES OF CONSTANT EXERCISE, THE ENERGY YIELD IS SUCH THAT 95% COMES FROM AEROBIC PATHWAYS AND 15% FROM ANAEROBIC PATHWAYS. HOWEVER, IF THE ATHLETE IS ABLE TO GO FOR A FAIRLY LONG PERIOD OF TIME, AT AN INTENSE RATE, ANAEROBIC MECHANISMS ARE PROBABLY CONTRIBUTING HEAVILY. BODYBUILDERS WHO HAVE BEEN FOLLOWING A LOW CARBOHYDRATE DIET FOR LONG PERIODS OF TIME, ARE UNDOUBTEDLY STARVED FOR ANAEROBIC ENERGY. AEROBIC SYSTEMS, THEY ARE UTILIZING STORED GLYCOGEN AVAILABLE IN BLOOD AND FREE FATTY ACIDS. POWERLIFTERS AND BODYBUILDERS WHO TRAIN FOR SHORTER &

MORE INTENSE SESSIONS UTILIZE CARBOHYDRATES IN THE FORMS OF AVAILABLE BLOOD SUGAR AND MUSCLE PHOSPHAGENS. AS ALLUDED TO EARLIER, ENERGY FOR SHORT BOUTS OF EFFORT IS DERIVED FROM AVAILABLE STORES OF BLOOD GLUCOSE. COLLECTIVELY, THE STORED ENERGY SUPPLIES FOR SHORT WORK EFFORTS ARE REFERRED TO AS THE MUSCLE PHOSPHAGENS. THIS INCLUDES CREATINE PHOSPHATE AND ATP (ADENOSINE TRIPHOSPHATE). CARBOHYDRATES ARE METABOLIZED IN A PROCESS KNOWN AS GLYCOLYSIS. THE ULTIMATE PRODUCTS ARE PYRUVIC ACID, LACTIC ACID AND ATP'S FOR ENERGY. IN THE METABOLIC MACHINERY, THERE ARE TWO ENERGY ATP'S PRODUCED FOR EVERY UNIT OF GLUCOSE. WITH AEROBIC MECHANISMS, INVOLVING OXYGEN, SEVEN-EIGHT ATP'S ARE PRODUCED FOR EACH UNIT OF GLUCOSE. NEW EVIDENCE INDICATES THAT THERE ARE ENZYMES PRESENT WITHIN THE MUSCLES THAT THERE ARE ENZYMES THAT BOLIZE LACTIC ACID BACK TO PYRUVIC ACID. THIS WAS FORMERLY THOUGHT TO OCCUR ONLY IN THE LIVER.

AS ALL WEIGHT ATHLETES KNOW, WITH INTENSE EXERCISE EXCESS LACTIC ACID ACCUMULATES. THE RESULTANT LOWERING OF PH STIMULATES THE RESPIRATORY CENTER TO INCREASE BREATHING TO GET RID OF CARBON DIOXIDE AND ATTEMPT TO NORMALIZE THE PH OF THE BLOOD BATHING THE BRAIN. THIS IS THE BASIC REASON FOR HYPERVENTILATION DURING SEVERE EXERCISE. THE LEVELS OF LACTIC ACID CAUSES SEVERE DISCOMFORT (THE BURN) AND THE MUSCULAR AND NERVOUS SYSTEMS ARE INHIBITED. WITH ADEQUATE REST PERIODS, LACTIC ACID IS METABOLIZED AND REMOVED FROM THE BLOOD SUPPLY IN THE MUSCLE, BY RETURNING TOMAROS NORMAL AND SOON EXERCISE MAY BE RESUMED.

STRENGTH ATHLETES SHOULD INSURE THEMSELVES OF A SUPPLY OF FRESH (PREFERABLY NOT FROZEN AND DEFINITELY NOT CANNED) CARBOHYDRATES DAILY. IN ADDITION, THE APPROPRIATE LEVELS OF COMPLETE PROTEINS, ESSENTIAL FATTY ACIDS, VITAMINS AND MINERALS SHOULD ALSO BE INCLUDED. PROTEIN REQUIREMENTS APPEAR POSITIVELY RELATED TO SIZE, AGE AND NUTRITIONAL STATUS. HARD WORKING ATHLETES ARE FREQUENTLY FOUND TO BE IN A CATABOLIC STATE OR IN NEGATIVE NITROGEN BALANCE. PROBABLY THE BEST WAY TO COUNTER THIS SITUATION IS TO INGEST SMALL AMOUNTS OF COMPLETE AND ASSIMILABLE PROTEIN AT PERIODIC TIMES THROUGHOUT THE DAY. RATHER THAN CONCENTRATE ON MEALS IN DURING MEALS, WHICH WOULD ILLICIT A DIFFERENT ENZYME MOBILITY. PROTEIN REQUIREMENTS HAVE BEEN PLOTTED BY MOST RESEARCHERS IN GROUPS AT ONE GRAM PER DAY PER KILOGRAM OF BODYWEIGHT. THIS SUGGESTS SUPPLEMENTATION WILL BE NECESSARY, NOTABLY, ON INTERNATIONAL TRIPS AND IN THE CASE OF MEET PREPARATION, WHERE FOODS ARE SELECTIVELY BEING DELETED TO CUT BODYWEIGHT. THERE ARE MANY COMMERCIAL HIGH PROTEIN, LOW CALORIE FOOD SUPPLEMENTS AVAILABLE.

IT HAS BEEN WELL ESTABLISHED THAT MANY ATHLETES DRASTICALLY LOWER THEIR CARBOHYDRATES AND FATS FOR LONG PERIODS OF TIME IN AN ATTEMPT TO CUT WEIGHT WHILE FOLLOWING A DIET OF PATTING IN REGIMENTS OF LIGHT TRAINING WHILE FOLLOWING A DIET OF THIS NATURE MAY, IN THE CONCEPT OF METABOLIC SPECIFIC METABOLIC ADAPTATIONS. IT IS CONCEIVABLE THAT WITH PROLONGED TRAINING LEVELS MIGHT BE PROGRESSIVELY INCREASED AND THAT PROTECTION IN SPECIFIC INSTANCES, SERVE AS SUBSTANTIAL ENERGY SOURCES. IT MAY BE THAT COMPETITIVE BODYBUILDERS UTILIZE MORE PROTEIN THAN THE AVERAGE SIMILAR WEIGHTED PERSON WHO FOLLOWS A NORMAL DIET AND DOESN'T TRAIN (EVEN THOUGH THE RESEARCHERS TELL US THIS IS UNLIKELY). AT ANY RATE, IT IS DEMONSTRABLE THAT SOME OF THE AMINO ACIDS (NOTABLY ALANINE) CAN BE REVERSELY SHUNTED THROUGH GLUCOSE METABOLISM AS GLUCOGENESIS. HOWEVER, THE GENERAL EFFECT OF EXCESS AMOUNT OF PROTEIN IS INCREASED URINARY NITROGEN EXCRETION AND STORAGE AS FAR AS MOST PEOPLE EXCESS NITROGEN WILL NOT BE STORED FOR NECESSARY VITAMIN AND MINERAL SUPPLEMENTATION MAY BE NECESSARY DURING ILLNESS, IN TIMES OF MENTAL AND PHYSICAL STRESS, DURING PREGNANCY, WHILE IN HEAVY ATHLETIC TRAINING, WHEN ONE SMOKES OR DRAINS EXCESSIVELY, OR WHEN ONE IS NOT THOUGHTFUL ENOUGH TO FOLLOW A WELL-BALANCED, COMPLETE DIET. THERE IS SOME CLINICAL EVIDENCE AND PLENTY OF EMPIRICAL SUGGESTION, THAT VITAMINS C & B-COMPLEX ARE HELPFUL. VITAMIN B IS PARTICULARLY IMPORTANT IN GLUCOSE AND PROTEIN METABOLISM AND IN CONVERTING CARBOHYDRATES TO GLUCOSE. VITAMINS A AND B TOGETHER WITH ZINC AND MAGNESIUM HAVE BEEN REFERRED TO AS "THE ENERGY VITAMINS".

RESEARCHERS HAVE INDICATED THAT IN NORMAL STATES MICROELEMENTS AND MOST ESSENTIAL AMOUNT REQUIRED TO PARTICIPATE IN A COGNIZABLE METABOLIC PROCESS. THE EXCESSES ARE OF NO VALUE. EMPIRICAL EVIDENCE IS FREQUENTLY MADE EXHULTING THE EFFECTS OF LARGER THAN RECOMMENDED DOSES OF VITAMINS. AT ANY RATE, IN AN AGE OF ATHLETIC SPECIALIZATION, IT BEHOVES THE COMPETITIVE ATHLETE TO UNDERSTAND AND APPLY THE PRINCIPLES OF NUTRITION, SO AS TO MAXIMIZE ALL THE ASPECTS OF CHAMPION PERFORMANCE.

1 ASTRAND AND RODAHL, TEXTBOOK OF WORK PHYSIOLOGY. SOUTH DAKOTA NEWS. AL GREICHUS, MENTOR OF MANY GREAT LIFTERS AND STUDENTS AT SDSU, HAS MOVED TO CALIFORNIA, SAN LEANDRO TO BE EXACT. DR. GARY THIBODEAU IS CARRYING ON HIS WORK WITH THE YOUNG MEN WHO LOCAL LIFTERS SEEMED UP FOR BIG THINGS THIS YEAR. NORMAN AND LOCAL LIFTERS ARE GOING LIKE 425 250 450 1125 AT 123, AND NEICMEER DAVE P100 HAS BEACHED 300 IN PRACTICE AND SEEMS GOOD FOR A 1200 TOTAL AT 132... THANKS FOR THIS NEWS TO TIM MCCARTHY.

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UP FROM DOWN UNDER, Terry Gibbs from Sydney, Australia, recently completed a "power tour" of the U.S. He is a very fine representative of the sport, we should hear more from him in the years to come.

SQUAT-FIGURE TROPHIES....Got a good recommendation from a friend who has purchased the Squat figure trophies from Olympia trophy....he sez they're excellent.

ERROR....Doug Peterson's 480 squat was missed on the TOP 100 1959's list a couple of months ago...would have placed him #86.

JERRY REISINGER, the "naturalist" who provided John Kuc with some very valuable stretching exercises, got a very painful injury to his left arm. He was properly diagnosed by local M.D.s. He spent a lot of \$ on tests, lost 13 pounds, couldn't sleep, eat, or move....was kept on Codeine all the time. Finally, he took the advice of a friend and went to see Jerry Reisinger, who showed him the same exercises that John described in his article on stretching, plus another one that was very valuable...rotating one's hips while hanging from a bar....the first "hang" eliminated all his pain...and, since incorporating this move into his warmups for lifting and running, he has had no further pain.

BRIDGES....WHERE WILL IT ALL END? Larry Stone tells me that Mike gave in exhibition at a high school gym one day which he witnessed, where he squatted 800 weighing 168 in the warmup room he saw Mike punch out a 500 gp as well. Larry recalls not too long ago when he and a buddy, on a lark, went over to Mike's house to get him to autograph "his magazine"....which he did, and Larry still has it...."his magazine" was an issue of Superman comics.

THE VIEW FROM CONNECTICUT....BOB KENNEDY...comments by Bob in a previous issue should not be misconstrued...rather than knocking any specific paraphernalia (suits, wraps, belts, etc.) he commented about the trend we may be following....he fears the money for each athlete eye money...strapped into all sorts of gear for each athlete...Bob points out that John Q. Public's image of an athlete, Bob points out that Alexey rather than Rigert or Vardanian...our image as a sport may be at stake.

MORE TIPS FROM DR. KNOWLTON OF THE ANDERSON CLINIC

DESSICATED SPLEEN....During our research, we have lifters report increases in poundages by taking a couple of dessicated spleen tablets before they lift. We are not sure how this works, only that positive results have been reported.

Newest member of the 1800 club at 198 is 24 yr. old BUDDY DUKE from Dothan, Alabama....got his base of strength in his father's ice business....cutting, bagging, and delivering 300 lb. chunks...and loading fresh produce into transfer trucks. He got into lifting in 1977 at 181 lbs. Total of 400 310 520 1230...the all time record at Troy State, the all time record of SHM Terry Smith, and in 2 1/2 yrs. his best competition lifts have gone to 650 430 720 1800, at 198. He trains six days per week...on a heavy-light system...heavy 895 on Saturday, DL lockouts on Sunday, heavy squats on Monday, light benches on Tuesday, and on Wednesday he does heavy DL's and on Thursday he does light squats. He holds all the state, association and regional records in his class and is shooting for the National title in EI Dorado this year. Thanks to the "HAWK" James Hawkins for this information.

LEFT....BUDDY AT 700 DL IN TRAINING.
 Photo courtesy Hawk

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"WADU"....Dave Waddington's training for the North Americans is going quite well, as attested by a recent 850kg squat to his 95%, which is about 30 lbs. more than his second attempt to be near certain-ly at the 1981 other heavy day. Dave does triples (shooting for 900kg at this writing) and pauses the final rep at the bottom. says that's a real key to his progress.



ABOVE...Mike Zimmer's 1st 600 DL at the Memphis Open. He's core a long way from the max of about 850 lbs. He was able to handle when he first started about a few months ago. photo courtesy Leistrant

MERLE'S STRONGEST MAN CONTEST...there's been some schedule changes...looks like it will be held either in Lake Geneva, Wisconsin or Pittsburgh, PA in association with the 1981 Mr. Olympia. There'll be some wild new events for this version of the popular show. THEXSON VITAMIN COMPANY...will sponsor 2 or 3 of their top lifters to various major meets this year, rather than limiting their support to meets where a team title is up for grabs.

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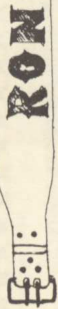
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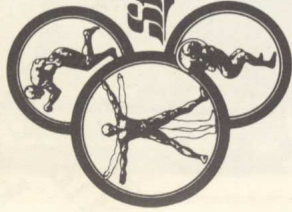
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P. O. Box 761 / Cedar Hill, Texas 75104

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

(from date of shipment, against ripping of material)
2 METER LENGTH
A.A.U. APPROVED

ELITE. COMPETITION SUITS

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

ELITE wraps...\$11.50

ELITE suit.....\$44.00

SEND CHECK OR MONEY ORDER TO:
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BOX 761
CEDAR HILL, TEXAS 75104

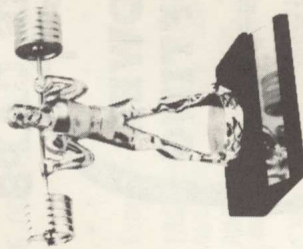
ALL PRICES INCLUDE POSTAGE AND HANDLING (INCLUDE HEIGHT AND WEIGHT INFO)

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

include MASTERCHARGE/VISA expiration date card number

THE SQUATTER IS IN!

OLYMPIC TROPHY AND AWARDS CO.



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

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Oklahoma City, OK 73101

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

NEBRASKA STATE	TEENAGE-ZONPHAN, NE.	OPEN	405	300	455	1160*
1. SMITH	350	455	400	1015		
2. STADLER	330	340	375	355		
3. WAGNER	355	345	340	340		
4. SCHULZ	355	345	340	340		
5. WAGNER	355	345	340	340		
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100. WAGNER	355	345	340	340		

THANKS TO JIMMIE SPODOR FOR RESULTS.

* NEW RECORD (NEB. TEENAGE)
* NATIONAL RECORD (TEENAGE)
OPEN TEAMS: ILL. CTR.
1ST: WESTERN NEB. PL.
2ND: ILL. CTR.
3RD: DONIPHAN

H.S. TEAMS:
1ST: OMAHA NORTHWEST HS.
2ND: OMAHA CENTRAL HS.
3RD: CRYPTON HS.

OUTSTANDING LIFTERS: LANGHORST
OPEN WY. CLASS: MARK SCHELLEN
OUTSTANDING LIFTERS:
M. HART
D. KENNEDY
H.S. WY. CLASS: TERRY EVANS
STEVE EVERETT

GREAT LAKES

29TH ANNUAL GREAT LAKES CHAMPIONSHIPS
3/30/80-ERIE, PA.

114	N. PATERNITI	330	225	430**	985**
L. BLUECKI	245	215	260	720	
C. FOST	395	130	250	605	
J. BATTON	195	125	235	555	
V. MUNDARINO	150	125	250	525	
123	P. DIFRANCISCO	295	275	385	895
M. LIQUORI	270	175	320	765	
N. LIQUORI	200	130*	325*	655*	
M. CAPPY	275	160	--	--	
132	M. MOEN	360	210	425	995
K. JACKSON	300	235	405	940	
J. COON	185	95	250	530	
J. MUSCARALLA	250	300	--	--	
144	M. MESSITY	465	315	580	1360
A. JONES	400	270	500	1170	
T. DAUGHERAUGH	440	270	450	1160	
S. LORING	380	260	470	1110	
G. NOBLE	360	250	42*	1030	
M. D'ISANGI	300	200	400	900	
J. PECORARO	230	170	350	870	
J. MILLER	220	110	325	655	
145	J. WELCH DL	545	405*	610	1560**
B. FLEWING	540	330	540	1410	
H. HIRSH	500	360	530	1310	
S. STEELE	460	300	530	1290	
J. ROSSIN	495	270	520	1285	
J. LAMNNA	415	305	495	1170	
M. PEARSON	475	310	475	1160	
R. BAGATSKAI	375	270	300	1145	
D. SCHULTZ	440	285	410	1115	
F. KUTINI	350	230	425	1055	
M. TRAMA	330	245	415	990	
D. JOHNSTON	350	235	400	985	
J. FEDSCO	340	230	--	--	
D. LEIDAKER	345	--	--	--	
G. BENFORD	--	--	--	--	
181	M. HARR	620	380	650	1480
T. FISHER	560	370	670	1455	
J. MILLER	500	345	625	1370	
M. BAIRD	475	325	545	1345	
R. SWEENEY	480	300	550	1315	
J. WATZIE	425	280	500	1205	
D. ALLO	410	250	450	1110	
M. KLEIS	--	--	--	--	
186	M. CASASSO	640	390	650	1480
G. GRASER	525	350	600	1475	
N. SCHWARTZ	510	325	575	1410	
J. MALONE	505	315	500	1335	
J. ABATE	445	320	530	1305	
T. ADUCCI	450	395	535	1270	
P. RICHMOND	410	270	500	1180	
M. CALUSO	--	--	--	--	
220	M. SCHMIDT	680	430	600	1710
P. ROSENSTERN	615	350	735	1700	
R. PIRMAN	550	385	630	1565	
T. WARTON	535	375	575	1525	
T. BEAUMONT	535	315	575	1425	
E. WALTER	500	320	605	1425	
K. NASLUND	300	325	520	1415	
R. WABAGHA	440	330	575	1285	
J. ISRAELSON	370	295	475	1140	
D. FALLAGAN	455	365	--	--	
232	S. EICHERT	610	420	625	1655
N. SMITH	640	350	575	1565	
E. BALLINGER	585	375	605	1545	
J. HUBERER	520	385	590	1520	
C. LUDER	460	320	500	1420	
A. KNAPP	500	300	500	1300	
L. COON	430	245	430	1105	
275	M. ORTIO	690*	430	600	1720*
L. FRASER	640	375	600	1615	
B. KNAPP	600	360	560	1510	
S. REPKO	555	305	525	1375	
R. TARR	510	--	--	--	
SHM	780	430	640	1990	
T. HAGAN	450	320	560	1270	
H. SELLING	--	--	--	--	

**NVA RECORD
*MOPUS PA RECORD
***OUTSTANDING LIFTERS LT. AT.
JACK WELCH, HWY AT. MIKE CASASSO.

THANKS TO JOE OREGIA FOR RESULTS.

WE WISH TO THANK ALL OF THE OFFICIALS, SCOREKEEPERS, & ALL OF THE JUDGES WHO GAVE THEIR BEST & BEST TO SEE YOU ALL BACK NEXT YEAR.

QUIET... JEREMASERS:
115: MURPHY JONES
200: MIKE SMITH
300: KEITH NASLUND
400: WALTER WILGETT
500: LISA MILLER
600: JENNY COON
700: JERRY WELCH
800: HERMAN SELLING
900: OVER AGE 39
1000: ERIC MONTI
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500: LISA MILLER
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700: JERRY WELCH
800: HERMAN SELLING
900: OVER AGE 39
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500: LISA MILLER

alendar of Events

ENRY BLANK EIT-
QUETTE... send
meet directors
a stamped, self-
addressed envelope
and don't
call collect!

- 17 MAY... POWERLIFTING INVITATIONAL, RICK WALFORD, 401 EL MONTE PLACE, MANITOW SPRINGS ST. SCHOOL, MANITOW SPRINGS, CO 80629.
- 17 MAY... DELAWARE STATE, GERALD KELLY, CENTRAL YMCA, 11TH & WASHINGTON STS, WILMINGTON, DE 19801.
- 17 MAY... SACRAMENTO OPEN, JIM LEM, 875 BROADWAY #6, SAN FRANCISCO, CA 94133.
- 17 MAY... NORTH AMERICANS AT KENT STATE UNIVERSITY, MARK SCHMIDT, 1773 SPRING RT 59, #7, KENT, OHIO 44242, 216-673-2881.
- 17 MAY... STATE TRYING, BENCH PRESS MEET, JERRY RINGI, 4101 WASHINGTON AVE, MEMPHIS, TN 38107, 904-350-2711.
- 17 MAY... OPEN MEET, KEN TUNNEY, DEBORAH YMCA, 151 N. PEARLE AVE, DECATUR, GA 30030.
- 17 MAY... ILLINOIS STATE INTERMED. CHAMPIONSHIPS, KARL HUNT, SEARCHMON, ILL.
- 17/18 MAY... CANADA, LOS 130, 758-2871.
- 17/18 MAY... EUROPEAN CHAMPIONSHIPS, ZURICH, SWITZERLAND.
- 17/18 MAY... NEW JERSEY OPEN TEENAGE MEET, BERT MARCITO, 87 JACKSON AVE, N. PLAINFIELD, NJ 07060.
- 17, 18 MAY... JERRY BLUM MEMORIAL, CHUCK LIZIK, AMBRIDGE VFA, 11TH & DUGS AVE, AMBRIDGE, PA.
- 18 MAY... MICHIGAN TEENAGE, FRED WALLACE, c/o MACOMB YMCA, 10 N. RIVER RD, MT. CLEMENS, MI 48043, 313-468-1411.
- 23/24 MAY... DRUG FREE ALL STAR POWERLIFTING & BENCH PRESS CONTEST, JIMMY KREIS, J'S GYM, WINDSOR VILLAGE, STATESBORO, GA 30588.
- 23/24 MAY... NATL STRENGTH COACH'S CONVENTION IN DALLAS, TX.
- 24 MAY... CENTRAL CALIF WOMEN'S MEET, MOUNTAIN HEALTH CLUB, BOX 807, FRAZIER PARK, CA 93225, 805-245-3955, 4:30-6:30 PM.
- 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, 682 ROOSEVELT RD, GLEN ELLYN, ILL 60137.
- 25 MAY... SOUTHERN BENCH PRESS, JOHNNY PEEBLES III OR SAM TENENBAUM, JR, JENKINS COMMUNITY CENTER, BIRMINGHAM, ALA 35209-8795-0411.
- 25 MAY... BENCH PRESS CONTEST, ED JUBINVILLE, 4775 S. TOPAZ #177, 26 LAS VEGAS, NEV 89121.
- 31 MAY... GREATER HOUSTON OPEN, BENNIE HINDMON, 25 IDWELL, HOUSTON, TX 77022, 713-694-2381.
- 31 MAY... DAKOTA IRON OPEN, BERT, RR 1 BX 116, CAMISTOTA, SD 57012.
- 31 MAY... PENNSYLVANIA HI SCHOOL CHAMPIONSHIPS, JEFF MOYER, 17TH & TURNER STS, ALLENTON, PA 18104.
- MAY... MILWAUKEE MUNICIPAL MEET, DICK MINTKEN, 1906 W. SHORE DR DELAFIELD, WIS 53018.
- MAY... ALPINE COUNTY ORESTY CALDWELL, BX 83, APO NY 09293.
- MAY... NORTHERN COLO MEET, AL DOMINGUEZ, 2818-2380 ST, GREELEY, CO 80631, 356-6903.
- 1 JUNE... CLOSED ELM CITY BP MEET, JOE STEELE, WORLD GYM EAST, 468 FORT HALE RD, NEW HAVEN, CT 06512.
- 7 JUNE... SCHUYKILL CO CHAMPIONSHIPS, TRUDY MILLARD, FAIRLANE VILLAGE MALL, RT 61 NORTH, POTTSVILLE, PA 17901, 717-429-2449.
- 7 JUNE... UTEP OPEN, UTEP BARRELL CLUB, 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 CORDADO, APO 71730, 501-863-6141/47439.
- 8 JUNE... OPEN BP MEET, BILL BURNING, BX 13, SALLSBURG, PA 15681.
- 14 JUNE... SR METROPOLITAN, FELIX GOMES, 370 RUTLAND RD, BROOKLYN, N.Y.
- 14 JUNE... DUNCAN OPEN, KEN GRAY, 1213 N 8TH DUNCAN, OK 73533.
- 14 JUNE... SOUTHERN MARYLAND OPEN POWER, CHUCK CARNOBAS, BX 451 WAS PAX RYER, MD 20670, 301-373-5630.
- 14 JUNE... MID AMERICA OPEN TEENAGE, RANDY LANE, PO BX 83, GALLALAH, NE 69153.
- 14 JUNE... LAUREL FESTIVAL OPEN, KARL BYERLY, 26 MAPLE, BROOKVILLE, PA 12825.
- 14 JUNE... REGION II, JERRY OCHS, 1623 S 1ST ST, ABERDEEN, SD 57401.
- 14 JUNE... NATL ARM WRESTLING CHAMPIONSHIPS, ED JUBINVILLE, BX 662, HOLYOKE, MASS 01904.
- 15 JUNE... QUAD CITY OPEN, JERRY GUZARDO, c/o UPPER ROCK ISLAND YMCA, 2040-5380 ST, MOLLINE, ILL 61265.
- 15 JUNE... NEW ENGLAND OPEN BP CHAMPIONSHIPS, MR. JOHN SAFFRON, TRI-COMMUNITY YMCA, 43 EVERETT ST, SOUTHERIDGE, MASS 01550.
- 15 JUNE... LANSING STATE, TONY VETTRAINO, 6061 WINDERMERE, LANSING, MICH 48910, 517-882-4023.
- 21 JUNE... LEHIGH VALLEY OPEN, GEORGE HUMMEL, 939 N 20TH ST, ALLENTOWN, PA 18104, 215-432-6311.
- 28 JUNE... SEAWAY BENCH AND DEADLIFT, JOHN PUCHTA, 1111 E. EYANSTON AVE, MUSKOGEE, MI 49442.
- 28 JUNE... CENTRAL CALIF. CLASSIC AND WVA 292/3.
- 28 JUNE... YOUNG YONG/PAM MEISTER POWERLIFT EXHIBITION, "WOMENS INVITATIONAL BODY-BUILDING CHAMPIONSHIPS", FRANK AND CHRISTINE ZANE, BX 366, SANTA MONICA, CA 90406.
- 28 JUNE... MID AMERICA DL, MIKE JONES, BX 211, HOME, TX 75059.
- 29 JUNE... EASTERN OPEN NOVICE & TEENAGE MEET, MAX'S IRON DEN, c/o AMERICAN LEGION POST 78, 174 KNICKERBOCKER RD, ENGLWOOD, NJ 07630.
- 29 JUNE... BRITISH SENIORS, BIRMINGHAM, ENGLAND.
- JUNE... COLO. STATE HI SCHOOL MEET, COACH JOHNSON, JEFFERSON HI SCHOOL, DENVER, COLO.
- JUNE... LAKE REITON CHAMPIONSHIPS, LEE TANGELIN, 714-3RD AVE, DECATUR, GA 30030.
- JUNE CLASSIC 111 BELOW MEET, KEMADY'S GYM, 3832 RIVER RD, N. SALEM, ORE 97130.
- JUNE... TEXAS POLY OLYMPICS, HOUSTON.
- 12/13 JULY... SR NATIONALS IN MADISON, WIS. JEFF EVYERSON, c/o WEIGHT ROOM, DEPT OF ATHLETICS, 1440 MONROE ST, MADISON, WIS 53706.
- 19 JULY... BENCH PRESS MEET, BILL STEVENS, 7904 EASTERN AVE, BALTIMORE, MD 21224, 301-288-9528.
- 22 JULY... WESTERN PLAINS OPEN, ED NELLOR, OMAHA ATHLETIC CTR, 2271 N 91ST PLAZA, OMAHA, NE 68134.
- 26 JULY... NORTH AMERICAN OPEN BP CONTEST, RON BANESSIDI BOCKER, RON ENGLISH, 600 N. J. CISION POST 78, 174 KNICKERBOCKER RD, ENGLWOOD, NJ 07631.
- 26 JULY... SANTA CRUZ OPEN NOVICE/WOMEN, JIM LEM, 875 BROADWAY #6, SAN FRANCISCO, CA 94133.
- 27 JULY... OPEN PHYSTIQUE AND DL CONTEST, ED JUBINVILLE, 4775 S. TOPAZ #177, HOLYOKE, MASS 01940.
- JULY... FIREMAN'S OLYMPICS, TOM ELDRIDGE, 1621 MELANIE LANE, ARCADIA, CA 91006.
- 2/3 AUG... TEENAGE NATIONALS, BOB GAJDA, SPORTS FITNESS INST, 682 ROOSEVELT RD, GLEN ELLYN, ILL 60137, 312-790-1660.
- 2/3 AUG... AUSTRALIAN CHAMPIONSHIPS, FRANK LAMP, 1731 ALBANY HWY, KEMMICK, W.A. 6107, AUSTRALIA.
- 17 AUG... EAST 1468 FOOT HALE RD, NEW HAVEN, CT 06512.
- 31 AUG... BP CONTEST, ED JUBINVILLE, BX 662, HOLYOKE, MASS 01940.
- 31 AUG... TRI-STATE DEADLIFT, NORM MAUCK, ATHLETIC DEPT, BELLARME COLLEGE, NEBURG RD, LOUISVILLE, KY 40205, 502-452-8381.
- AUG... OZARK CHAMPIONSHIPS.
- 6 SEPT... METROPLEX CLASS II, JOE MC COY, 308 HELEN DR, ARLINGTON, TX 76011.
- 14 SEPT... CHIPPEWA OPEN DL, MITCH MITCHELL, 3212 ISABELLA, MIDLAND, MICH 48640, 517-835-7395.
- 20 SEPT... NEW JERSEY OPEN BP, F. A. NICOLINI, 98 CHICASAW DR, DAKLAND, NJ 07436.
- 4 OCT... TEXAS HILL COUNTRY MEET, RUBEN OLIVIO, PAN AMERICAN CTR, 2100 ERS THEODO ST, AUSTIN, TX 78702.
- 5 OCT... NEW JERSEY OPEN, TIM WEIDMAN, 81 HIGHLAND AVE, EASTERN U.S.A. OPEN (MENS AND WOMENS) 18 HIGHLAND AVE, NEW BRITAIN, CT 06101.
- 18 OCT... NORTHSTAR OPEN, KENT GOULDE, RT 2 BX 34A, 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 MC VEAGH, BX 939, APPLE VALLEY, CA 92307.
- 6 NOV... (TENTATIVE), CLASS III MEET, LYKINS CENTER, KANSAS.
- 7-9 NOV... WORLD CHAMPIONSHIPS, CLAY PATTERSON, BX 6024, ARLINGTON, TX 76011, 214-647-1115.

SUPER SUIT
MADE BY SPANIZAN
NATURAL COLOR. SIZES: XS(32-34), S(36-38), M(40-42), L(44), XL(46), XXL(48) (SEB) (SEB) (SEB)
HEIGHT AND BODYWEIGHT (INP).....

SUPER POWER BELT \$20.00

SUPER WRAPS \$55.00
10 OZ. WIDE...1 1/2" THICK, WHITE STITCHING,
ZINC PLATED STEEL BUCKLE, (SEB WAIST SIZE).....

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

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

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

LIFTING BELT \$29.00
10 OZ. WIDE...SMM THICK...BRASS PLATED,
DOUBLE PRONG BUCKLE...S(32-34), M(38-40),
L(44-46), XL(48-50).....

TRAINING STRAPS \$5.50
CSBO FIT MEASUREMENT.....

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

WEIGHT LIFTERS
WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232
ACCEPTED

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

"The Original"

PORTABLE SPOTTERS

Allows the squat and bench press to be done safely.
The spotters catch the weight if the lift is missed.
Featured in "IRON MAN" Magazine, January 1980

Manufacturer:
ULTIMATE EQUIPMENT
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- NORTH CANTON EASTER HOLIDAY NOTICE**
MEET-NORTH CANTON, OHIO-4/5/80
- 114 B. HEDDING 140 85 220 445 85 220 445 *MASTER LIFTER (AGE 42)
C. KUDERLE 250 170 350 770 MEET DIRECTOR: RICK MUSSEY
D. KELLY 250 170 350 770 MEET DIRECTOR: RICK MUSSEY
E. DIE 300 150 150 450 JUDGE: RICK MUSSEY, JEFF JALOVIC,
F. HUGHES 300 150 150 450 JUDGE: RICK MUSSEY, JEFF JALOVIC,
G. GREEN 300 150 150 450 JUDGE: RICK MUSSEY, JEFF JALOVIC,
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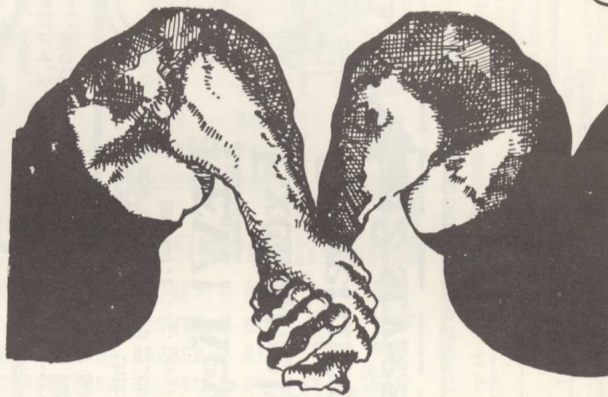
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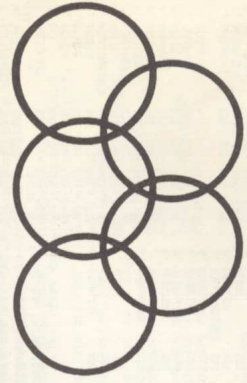
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NAME	WEIGHT	DATE	WEIGHT	DATE	WEIGHT	DATE	WEIGHT	DATE
T. KEATON	375	275	440	1070	120	395	220	385
FIELDERS	400	310	405	1010	1	310	225	365
W. BAKER	375	325	410	910	2	325	235	380
W. BAKER	375	325	410	910	3	325	235	380
W. BAKER	375	325	410	910	4	325	235	380
W. BAKER	375	325	410	910	5	325	235	380
W. BAKER	375	325	410	910	6	325	235	380
W. BAKER	375	325	410	910	7	325	235	380
W. BAKER	375	325	410	910	8	325	235	380
W. BAKER	375	325	410	910	9	325	235	380
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W. BAKER	375	325	410	910	16	325	235	380
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W. BAKER	375	325	410	910	18	325	235	380
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W. BAKER	375	325	410	910	65	325	235	380
W. BAKER	375	325	410	910	66	325	235	380
W. BAKER	375	325	410	910	67	325	235	380
W. BAKER	375	325	410	910	68	325	235	380
W. BAKER	375	325	410	910	69	325	235	380
W. BAKER	375	325	410	910	70	325	235	380
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W. BAKER	375	325	410	910	76	325	235	380
W. BAKER	375	325	410	910	77	325	235	380
W. BAKER	375	325	410	910	78	325	235	380
W. BAKER	375	325	410	910	79	325	235	380
W. BAKER	375	325	410	910	80	325	235	380
W. BAKER	375	325	410	910	81	325	235	380
W. BAKER	375	325	410	910	82	325	235	380
W. BAKER	375	325	410	910	83	325	235	380
W. BAKER	375	325	410	910	84	325	235	380
W. BAKER	375	325	410	910	85	325	235	380
W. BAKER	375	325	410	910	86	325	235	380
W. BAKER	375	325	410	910	87	325	235	380
W. BAKER	375	325	410	910	88	325	235	380
W. BAKER	375	325	410	910	89	325	235	380
W. BAKER	375	325	410	910	90	325	235	380
W. BAKER	375	325	410	910	91	325	235	380
W. BAKER	375	325	410	910	92	325	235	380
W. BAKER	375	325	410	910	93	325	235	380
W. BAKER	375	325	410	910	94	325	235	380
W. BAKER	375	325	410	910	95	325	235	380
W. BAKER	375	325	410	910	96	325	235	380
W. BAKER	375	325	410	910	97	325	235	380
W. BAKER	375	325	410	910	98	325	235	380
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