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CONTEST!**

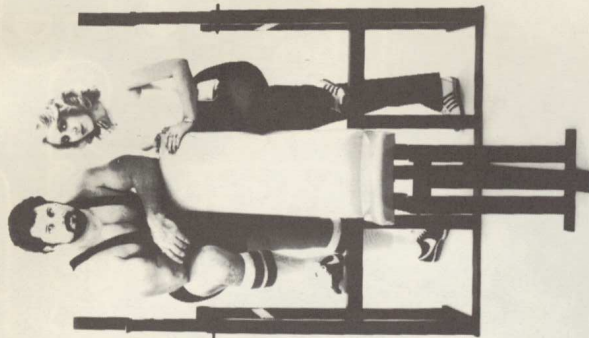
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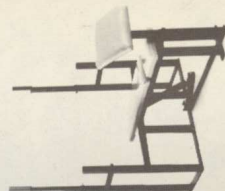
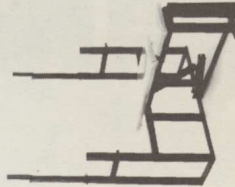
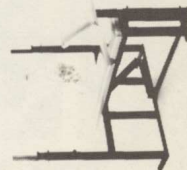
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advisers, and enthusiasts who have made our success possible through their own love for the sport...this is their magazine.

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CONTENTS

VOLUME 4, NUMBER 3
SEPTEMBER/1980

JIM MCCARTY.....Ron Szanyi.....	4
WORLDS STRONGEST MAN FLASH REPORT.....	5
WOMENS NEWS.....	5
TEENAGE NATIONALS FLASH REPORT.....	6
TRAINING WITH JOHN KUC.....	7
BENCH PRESS BIBLE.....Pete Vuono.....	9
STARTIN' OUT.....Gaudette/Patten/Morris.....	11
MORE FROM KEN LEISTNER.....	13
INJURIES: WHAT TO DO ABOUT THEM..Ponzi.....	14
PHYSIOLOGICAL RESPONSE TO EXERCISE..Everson.....	16
LETTERS.....Stubber/Gaugler/Eldridge.....	19
FOR THE RECORD (WOMENS EDITION).....	21
CRAINS CORNER.....Rickey Dale Crain.....	23
TOP 100 SUPERHEAVYWEIGHTS.....	26
NUTRITION CORNER...Jack DiGangi.....	28
CALENDAR.....	29
CLASSIFIED ADS.....	47

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NEXT MONTH...look for articles on two of the most successful Master lifters in history...Ernie Frantz and Jack Barnes, PLUS a further explanation of the deepening crisis in our sport that may lead to TWO USA teams at the World Championships.

ON THE COVER...multiple title holder/record holder and this years Senior National Champion, Vince Anello.

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Powerlifting-U S A

JIM MCCARTHY

by RON SZANYI

The golden hair, lanky frame, and cherubic looks of Jim McCarthy probably made many of his competitors at the 1980 Nationals dismiss him as a guy who sneaked into the meet by judging his qualifying total up a bit. After a brilliant display in the squat and deadlift, people began nodding their heads...the surprise had been total and his victory in the 67.5 kilo class a reality. Here, in the words of Ron Szanyi, is the tale of this major new factor on the International lifting scene:



ABOVE...Jim congratulates fellow competitor, Jay Rosciglione, after the award ceremonies at the El Dorado Nationals. Lambert photo.

One sight that has amazed most people as they struggle through the weight room at Indiana State University has been the dynamo on the platform hoisting big poundages. The dynamo is none other than Jim McCarthy. McCarthy is one of the rare breed that enjoys success in both Powerlifting and Olympic lifting, he has even tried his hand at physique display. Like other weight enthusiasts, Jim's indoctrination to weights grew from the desire to improve wrestling ability. While at the early age of 15 Jim met Herb Glossbrenner and was coaxed into giving Olympic lifting a try. Jim enjoyed his new endeavor so much that he quit wrestling to pursue weightlifting full-time. It wasn't until four years later that Jim discovered Powerlifting. Already having achieved success as an Olympic lifter, Jim quickly found steady improvement in his powerlifts. His training led him to a 390 240 425 effort at 132 for a first place finish in Findlay, Ohio. Later that year, in March, Jim squatted a Teenage American record of 420 and totaled 1135 for another first place finish at 132. In April, Jim moved up to the 148 class for the Indiana State meet. At his new bodyweight Jim went 440 270 490 and garnered second, losing on a controversial deadlift call. Jim returned to Olympic lifting once again after this for a short while, under the tutelage of Marty Schorff. As the summer gelled around, Jim found himself once again engaged in Powerlifting. In July, at the Region 6 championships, Jim went 475 280 495 and then at the Wuncie Open he came up with 525 290 525...both at 148 and both good for first place. Most of Jim's early success did come in Olympic lifting, where he has been 3 time Indiana State Champ, 2 time Region 6 champ, 2 time Teenage National champ, and holder of 24 State records. Jim feels that Olympic lifting has helped his powerlifts and vice versa, as is reflected in his training.

MONDAY...Power snatches: 12 sets of 3-1 reps. Benches: 5-5-3-1-1-4-4-6. Dips: 5 sets of 5 reps with weight. Squats: 6-5-3-1-1-3 (heavy)-2 or 1-5-5, followed by Olympic or quarter squats.

WEDNESDAY...Power cleans: 10 sets of 3. Push jerks: 8 sets of 3. Deadlifts: 6-5-1-1-1-1-1-3-5-7. Rows: 3 sets of 8. Pulldowns: 3 sets of 8.

THURSDAY...Power snatch: 12 sets of 2. Bench: 7 sets of 4. Close-grip bench: 5 sets of 6. Full Olympic squats: 8 sets of 3. Press behind neck: 3 sets of 6.

FRIDAY...Power cleans: 10 sets of 2 from the knees. Power squat: 10 sets of 3. Curls: 5 sets of 6. DB curls: 3 sets of 8.

SATURDAY...Stiff leg deadlifts: 6 sets of 6 while standing on 3 45 lb. plates. Rows: 5 sets of 6. Wide grip chins: 3 sets of 6. Pulldowns: 3 sets of 8. Press behind neck: 5 sets of 6. Shrugs: 5 sets of 3-6.

Jim believes that to improve, he must train heavy 90 per cent of the time. With exceptions for injury, training should be done 4-6 days per week. Enthusiasm runs so high with Jim that he deviates from his training schedule and attempts maximum lifts every workout, almost without exception. Another aspect of training that Jim believes in faithfully is stretching, although he feels that his shoulder flexibility may hamper his bench pressing somewhat. Nutrition plays a major part in Jim's training. Some of his beliefs include: a lifter needs 1 1/2 grams of protein per pound of bodyweight which should be obtained by eating well balanced meals, a lifter needs a multiple vitamin supplement, a lifter should limit junk foods, and a lifter should drink 8-12 glasses of water per day. As far as steroids go, Jim feels they are a real part of lifting and that they are here to stay, but that they are greatly over-rated.

As for long term goals, Jim aspires to be both a World Powerlifting champion and an Olympic champion on the overhead lifts. Much of his motivation has been fostered by individuals like David Rigert, Gary Logston, Jim Taylor, and Vince Anello. Jim hopes to be able to continue to improve for many years to come, and often appears to fulfill the opinion of many people who know him, who believe that he lives to lift.

EDITOR'S NOTE...Herb Glossbrenner takes particular pride in the recent accomplishments of Jim McCarthy. Herb says that Jim's SMART STRENGTH has been winning meets for him whenever it came down to the wire. Jim feels confident of beating almost anyone in the nation at this time, with the exception of Ricky Crain, whom he would like to lift against only when he feels reasonably sure of victory. His strength is really quite amazing, after the Juniors he squatted 550x2, so he obviously wasn't even peaked. He also can still manage a 253 snatch and 325 clean and jerk, despite not having really practiced those lifts much, and Herb feels that makes him unquestionably the best all around Olympic/Powerlifter at 148 in the USA, if not the entire world. His deadlifts at the Juniors were, of course, hampered by some loading problems, or he could have made more than a little more on his total.



ABOVE...Jim concentrates deeply before attempting each bench press. Lambert photo.

WORLDS STRONGEST MAN REPORT

	Log Lift	Weight Toss	Truck Pull	Uphill Race	Refrigerator Race	Bar Band	Girl Lift	Silver Dollar Lift	Battery Lift	Tug of War
Don Reinhardt	7.5	5.0	9.0	6.0	0.0	0.0	0.0	0.0	0.0	--
Bill Kazmaier	9.5	9.0	7.0	10.0	9.0	10.0	10.0	10.0	8.0	20.0
Lars Hedlund	9.5	6.0	6.0	8.0	8.0	8.0	9.0	7.5	7.0	5.0
Wayne Coleman	2.0	3.0	2.0	3.0	4.0	5.0	4.0	5.0	9.0	--
Geoff Capes	5.5	8.0	8.0	9.0	10.0	9.0	4.0	3.0	3.0	10.0
Gerard Dupris	3.5	1.0	3.0	5.0	6.0	4.0	4.0	5.0	4.0	--
Bishop Dolegawicz	5.5	10.0	4.0	7.0	7.0	6.0	6.5	5.0	5.0	0.0
Larry Kidney	3.5	4.0	5.0	4.0	3.0	2.0	8.0	9.0	6.0	--
Jerry Hannan	7.5	7.0	1.0	1.0	2.0	3.0	6.5	7.5	10.0	--
Cleve Dean	1.0	2.0	10.0	2.0	5.0	7.0	2.0	2.0	2.0	--

WSM/80 this year's contest took place in Great Gorge, New Jersey over the week of August 18th through 23rd. Listed above are the individual point scores per event for each contestant. Kaz and Lars Hedlund tied in the log lift with identical efforts of 348 pounds. This was basically a clean and jerk type movement. In the 56 lb. one hand weight toss, a new World Record was established by winner Bishop Dolegawicz, who tossed the implement over a crossbar 17 feet high. Big Cleve Dean won the truck pull with a time of 29.34 seconds, while Kaz took the uphill wheelbarrow race with a record time of 14.40 seconds. British shotputter Geoff Capes won the refrigerator race in a time of 11.38 seconds, while Kaz won the bar bend event, twisting up an 11/16 inch steel bar with more ease than any of the other competitors...Kaz continued a very big day by winning the girl lift (924 pounds) and the Silver Dollar deadlift with 956 pounds. In the car battery

lift, Olympic lifter Jerry Hannan won by holding out a 60 lb. battery for 48.75 seconds. Kaz also won the Tug of War in a non-competitive final with Geoff Capes. When all the points were added up Kaz was the winner with 102.5 points. In 2nd was Lars Hedlund with 74.0 points, 3rd-Geoff Capes 69.5, 4th-Bishop Dolegawicz 56.0, 5th-Jerry Hannan 45.5, 6th-Larry Kidney 44.5, 7th-Wayne Coleman 37.0, 8th-Gerard Dupris 35.5, 9th-Cleve Dean 33.0, 10th-Don Reinhardt 27.5. Don retired early with an injury.

Television coverage of this event could come as early as this October, but keep your eyes on the TV guide to be sure. There were lots of funny happenings at this contest, and we will hopefully have a more detailed report in the next issue of PL USA. Thanks to Mr. and Mrs. Keaggy for the results of this contest.

The ADJUSTABLE ROMAN CHAIR/HYPEREXTENSION BENCH featured in the September IRON MAN magazine is now being manufactured by Ultimate Equipment. Send for free catalog to 3314 S. Troost, Tulsa, Oklahoma 74105

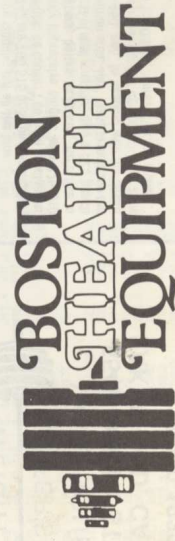
HIST-O-REE! Australia's BEV FRANCIS, lifting at the Australian Nationals, became, in one fell swoop, the first woman to officially bench press 300 pounds, the best performer ever according to the Malone formula, and the owner of the highest total in the world, regardless of bodyweight class, when she went 440 303 440 1184 weighing 78 kilos. It was a perfect, according to Terry Gibbs who phoned in this late flash report, meet for Bev, she went 9 for 9, and in fact, received only one red light from any judge on any of her lifts. There could be more on the way...Bev trains with five other girls, all of whom can squat at least 300 and bench at least 220!! There were numerous other fine performances from the Australian girls, but no World Records.

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BENCH BIBLE PRESS

A comprehensive guide to bench pressing by long time powerlifter Pete Vuono, especially for beginners, but applicable to the top level trainer as well...brought to you in 6 parts.

4. OVERCOMING STICKING POINTS.
 - THESE ARE THREE MUSCLE GROUPS WHICH ARE INVOLVED IN BENCH PRESSING: THE PECTORALS AT THE START, THE ANTERIOR DELTOID THROUGH THE MIDDLE AND THE TRICEPS AT THE FINISH. OTHER MUSCLES ASSIST BY STABILIZING THOSE MUSCLES WHICH PRESS.
 - IT IS MY OPINION THAT THE BEST WAY TO DEVELOP THOSE MUSCLES WHICH ARE INVOLVED IN BENCH PRESSING ARE:
 1. TO WORK THE BENCH IN SUCH A WAY AS TO MAKE THE LIFT HARDER TO PERFORM BY CHANGING THE ANGLE; OR TINKING, OR USING ANOTHER APPARATUS.
 2. TO MAKE SURE THAT THE POSITION OF THE BAR IS IN THE SQUARE POSITION.
 3. TO MAKE THE BAR DEPENDENT OFF 4-6 INCH BLOCKS, ADD AN APPARATUS TO MAKE THE LIFT HARDER.
 4. TO ISOLATE THE MUSCLES INVOLVED WHICH ARE RESPONSIBLE FOR GIVING YOU THE STICKING POINT. A MUSCLE CAN BE WORKED BETTER THROUGH SPECIFIC ISOLATION EXERCISES RATHER THAN WORKING IT ALONG WITH OTHER MUSCLES AT THE SAME TIME. FOR EXAMPLE, UNDERHAND CHINS WORK THE BICEPS AND LATS, BUT IT IS BETTER TO WORK THE BICEPS BY DOING STRICT CURLS THAN BY DOING CHINS, FOR CURLS ISOLATE ONE MUSCLE ONLY.
 5. TO DISCUSS THESE TWO POINTS SEPARATELY. IN ORDER TO MAKE THE BENCH HARDER BY CHANGING THE ANGLE, TINKING, OR BY USING AN APPARATUS, WORKER SHOULD BE AWARE OF THE FOLLOWING:
 - A. BENCH PRESSING CHANGES THE ANGLE TO MAKE THE LIFT HARDER, A BUT STILL WORKS THE MUSCLES INVOLVED.
 - B. BENCH PRESSING WITH DUMBBELLS FORCES YOU TO BENCH FROM A LOWER POSITION AND ALSO CONCENTRATE ON BALANCE.
 - C. BENCH PRESSING WITH LONG PAUSES (FIVE TO TEN SECONDS), MAKES THE LIFT HARDER BY HOLDING IT AT THE CHEST FOR LONGER PERIODS OF TIME.
 - D. BENCH PRESSING WITH A CHEST GRIP MAKES THE LIFT HARDER BECAUSE IT PUTS MOST OF THE STRESS ON THE TRICEPS FURTHER ELIMINATING THE DELToids AND PECTORALS.
 - E. BENCH PRESSING WITH A CAMBERED BAR FORCES YOU TO BENCH FROM A LOWER POSITION, INCREASES THE STICKING POINT, AND FATIGUE OF THIS MOVE IS TO DO THE EXERCISE WITH LONG PAUSES AT THE CHEST.
 - EACH OF THESE EXERCISES COULD DEVELOP YOUR BENCH BECAUSE EACH ONE CLOSELY DUPLICATES THE LIFT BUT IS DONE IN A DIFFERENT MANNER, SO AS TO MAKE THE LIFT HARDER. BEAR IN MIND, HOWEVER, THAT THESE EXERCISES MAY NOT NECESSARILY DEVELOP YOUR PARTICULAR STICKING POINT. YOU MUST THEREFORE ANALYZE YOUR BODY AND KNOW WHICH MUSCLE INVOLVED IN BENCH PRESSING GIVES YOU THE BIGGEST AMOUNT OF TROUBLE. ONCE YOU HAVE FOUND WHICH MUSCLE IS CAUSING YOUR STICKING POINT, YOU SHOULD LISTEN TO EXERCISES ACCORDING TO THE MUSCLE AND STICKING POINT INVOLVED, WHICH YOU MAY WANT TO CHOOSE FROM TO HELP DEVELOP YOUR BENCH PRESS. REMEMBER TO ONLY CHOOSE ONE OR TWO SUCH MOVEMENTS SO AS NOT TO OVERTRAIN OR TO FOCUS TOO MUCH ENERGY ON THE ASSISTANCE EXERCISE AND NOT ENOUGH ON THE BENCH PRESS.

- BOTTOM POSITION: PECTORALS**
1. 33" WIDE DIPS WITH ELBOWS OUT THE SIDE.
 2. LOW ANGLE INCLINE PRESSES WITH A 30 DEGREE ANGLE.
 3. DUMBBELL INCLINE PRESS, 30 DEGREE ANGLE, PALMS FACING ONE ANOTHER.
 4. ON BENCH.
 5. DUMBBELL BENCH PRESSES, PALMS FACING ONE ANOTHER.

6. BENCH PRESS WITH A CAMBERED BAR.
7. BENCH PRESSES WITH EXTREMELY LONG PAUSES.
8. DECLINE BENCH PRESSES.
9. FLAT, INCLINE, OR DECLINE FLIES.
10. PUSH-UPS ON BOXES WITH WEIGHT ATTACHED TO THE BODY.
11. CABLE CROSsoVERS FLAT, INCLINED OR DECLINED.
12. FLAT, LYING LATERAL RAISES (USE LIGHT DUMBBELLS).

- MIDDLE OF THE BENCH PRESS: ANTERIOR DELTOID.**
1. INCLINE PRESSES SET AT ABOVE 30 DEGREES.
 2. MITYNKA PRESSES STANDING OR SEATED.
 3. BEHIND THE NECK PRESS STANDING OR SEATED.
 4. DUMBBELL PRESSES.
 5. PRESSING AT DIFFERENT POSITIONS OFF THE POWER RACK.
 6. BARBELL FRONT RAISE LYING OR STANDING.
 7. BARBELL FRONT RAISE ON INCLINE BENCH.
 8. PARALLEL BAR DIPS.

- FINISH OF THE BENCH PRESS: TRICEPS**
1. CLOSE GRIP BENCH PRESS.
 2. LYING TRICEP PRESS FROM FOREHEAD TO LOCKOUT.
 3. LYING TRICEP PULLOVER AND PRESS. (BAR GOES BELOW HEAD LEVEL)
 4. LYING DUMBBELL TRICEPS PRESS (PALMS FACING ONE ANOTHER.)
 5. STANDING BARBELL TRICEPS PRESS.
 6. STANDING DUMBBELL TRICEP PRESS (ONE DUMBBELL IN ONE HAND ALTERNATING HANDS).
 7. PARALLEL BAR DIPS (ELBOWS OUT ON DESCENT, ELBOWS IN ON ASCENT).
 8. TRICEPS PRESS DOWN ON LAT MACHINE (IN FRONT OR BEHIND THE BODY).
 9. HUNG BENCH WITH HAND AND FEET UP ON BENCHES (HANDS BEHIND THE BODY).
 10. DUMBBELL TRICEPS KICK-BACK.
 11. CLOSE GRIP STANDING PRESS.
 12. BARBELL TRICEP EXTENSION ON INCLINE OR DECLINE BENCH.
 13. CLOSE GRIP PRESS ON INCLINE BENCH.

IT HAS BEEN SAID BY EXPERIENCED LIFTERS TO CHOOSE AN EXERCISE FOR YOUR STICKING POINT WHICH MOST CLOSELY RESEMBLES YOUR BENCH PRESS. THIS WAY OR MAY NOT BE TRUE ACCORDING TO THE INDIVIDUAL PERFORMING IT. CHOOSE ONLY ONE OR TWO EXERCISES WHICH YOU FEEL WILL WORK AND WHICH SUITS YOUR NEEDS.

As part of the Mr. Atlantic Seaboard contest on July 27th, veteran promoter Ed Jubinville put on a special deadlift contest. Victory was determined by who could do the most reps with double bodyweight. The results of the contest were very interesting:

Boyle	Name	Weight Lifted	Reps
150	Norm Hebert	300	40
140	Fred Pfister	280	38
135	Stephen Hoff	310	33
130	Kevin Iskierski	300	33
120	Paul Bryant	320	31
200	Glenn Chiprien	200	24
135	Glenn Chiprien	270	22
170	Stephen Chouquette	340	18
175	Stephen Chouquette	350	14
135	John Marino	270	13
165	George Lea	330	12

Norm Hebert's winning performance of FORTY reps with 300 pounds has to be one of the all-time great strength/endurance feats. Just to put it in perspective, Barry Chiprien is a bonafide 700 man in the deadlift, and he managed 26 reps with 400. Thanks to Ed Jubinville for these results and congratulations to him for another fine contest...attendance was over the 1200 mark at this meet!



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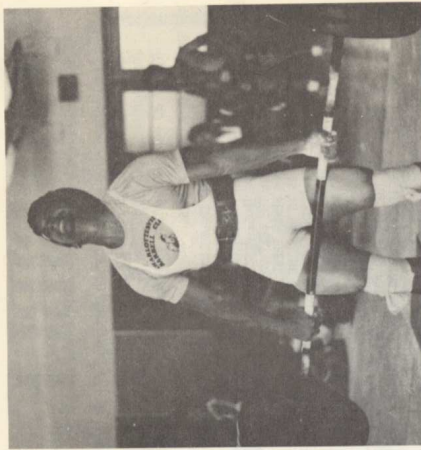
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More from Ken Leistner



Bound for glory. Willie Morris reports that Bobby Hildebrand is really going to be some kind of lifter... he's been training for less than a year and is only about 400 pounds from going Master. Thanks to Willie for the picture.

MEL HENNESSY STORIES. Lots of legend still surrounds this man. One tale goes that he once got a little miffed at one of his training partners, so picked up a little makeshift Frisbee and kind of flipped it at him, the makeshift Frisbee was a 45 lb. plate!

He reportedly got miffed one other time when the doorbell rang just as he was getting dressed. Ripping open the door, attired in just a pair of shorts, clearly revealing his larger than life musculature, he started out a "Waddy want!" to the young and diminutive delivery boy on his doorstep, who...upon seeing this Hulkish apparition, peed his pants.

EUROPOWERLIFTING. ...new president of the European Powerlifting Federation is Norway's Helge Slave. Secretary is Arnold Bostrom of Sweden. It was decided that the 1981 European Championships will be held in Parma, Italy and the 1982 Championships in Munich, West Germany. The proposal from Sweden to test for amphetamine at the Championships was accepted.

Room Clerk. "...We haven't got a room for you."
Irate PL fan. "...Listen, if Larry Pacifico was here you'd find a room for him, wouldn't you?"
Clerk. "...Well, yes, I suppose so..."
Fan. "...Good...he's not coming, let me have his room."

'LIFT LONG & PROSEPER. ...that's what Mr. Spock would say, if he was a Pler...that's what Todd Sailer of Anoka, Minnesota thinks anyway. Todd used to train with Japanese Superheavyweight Nakamura when he was in the Marines.

Well, once again we're on the move. I am happy to interpret a personal note and inform the readership that it is now Dr. Leistner and that conference can be mailed to the care of Dr. Robert Olinick, 71-12 Main St., Flushing, New York. It was with much sadness that I left St. Louis, at least in terms of the training. The coaching staff in St. Louis was a team of having the likes of Bill Barrell, Curly Wattley, and Royce Williams in one locale. These men were lifters and gym owners and they will be missed. Hopefully, we can get the whole staff together in the New York City area going once again. At least the whole staff is getting ready to compete and that makes two of us for now.

For those who wrote and asked me about Kevin Tobert, he has fully recovered from the surgery performed on his foot which prevented him from participating in the last three games played by the Naval Academy last season (including the Army game). Kevin was at our house earlier this week and we trained with him yesterday. Following his football career, he intends to get into powerlifting. Consider this as his starting point, and more importantly, consider that he squats with the bar high on his back with a close stance (olympic style), benches to a point very high on his chest, and only does DL from the floor once every few months; he did a few sets of five in the squat with over 500 pounds; he DL 675 from the floor and stifflegged DL from a high block, close to 500 for five. At 5'9 inches and 216 pounds he should have a fine senior year. One of the many college football publications has a great photo of him leveling someone and springing the other back loose. The epitome of power in action and a fine example of the benefits of proper power training. Kevin has retained every single routine he has ever used (ie, every one I have given him) and beginning next issue, we'll start presenting these routines to show how Kevin built the size and strength he currently possesses, step by step, with photos. This should serve to inform the beginners and the more advanced trainees.

In last month's issue of PL USA, DL Fabricators of St. Louis had an ad for their 'Power Cage'. DL is actually Darrell Clemons and his dad Bill and two nicer guys you will not meet. The power cage, like all of the equipment they build, is a monster: big, sturdy, and without a doubt, substantial enough to survive the rigors of any pro football camp (what it was designed to do). Most of our readers know that I come from a long line of ironworkers and have the skills and the means (via our family shop) to build anything I care to for my home gym. I like to think that I make the best equipment available, for me, as I am designing it specifically for my own needs. Well, instead of building my own stuff, for the first time ever, I actually bought equipment. Right. Spent cash money, as they say, when I didn't have to spend a cent to have exactly what I wanted. Before leaving St. Louis, Bill and Darrell made me a bench (with telescoping uprights to accommodate my wife's very short stature), free standing lat pulley (high and low pulleys that do not have to be supported or bolted), and a calf machine (to help pump blood into the occluded artery in my leg). We're currently considering this leg curl/extension table, a very neatly designed piece that is put together, well, at least as well as I could do it for myself. Remember, I had to pay for this equipment, and pay the freight to N.Y. What finer endorsement can I give to anyone??

The next logical question is "Why? Frankly, Darrell has done some training himself, primarily as an adjunct to his racketball play, thus he knows the requirements for effective apparatus. His dad has been at it for almost 25 years, having built and repaired grain elevators and bulk materials handling equipment. Hey, Darrell's been welding since he was 11 and he's now 27, think he can weld? I was impressed with the concern for safety and most importantly, I learned of them by word of mouth. I was surprised that they took an ad, even in PL USA. They've sold their stuff all over the country, but always at a reputation for honest, integrity, quick delivery, and usefulness. For those in the St. Louis area, they're a well known name to the shop (strictly family run-Darrell, Bill and one other guy) and they're completely equipped, the famous Bodybuilding Gyms of St. Louis and St. Charles. Like I said, and redundant but I'm willing to pay for the equipment, pay freight charges, and still feel I got as good as I'd likely have made it myself. Well, that should say it all.

I have a routine I'd like to present to our readers. Now I can't vouch for this one, I haven't used it. However, I was sitting around with Mike Wittmer, olympic lifter, and a top notch one at that, and we were talking lifting (ok not just lifting) tasks based on the top a routine for me, one and done from the olympic lifters point of view. This is not to be confused with Starr's previously published routines (also from the olympic point of view). I have great respect for Mike's opinions and thought some of you, especially if you're looking for a change of pace, would be interested in a very fine PL routine. It's an 8 week program, peaking to max attempts at the termination of the 8 week period. Give it a go:

WHO'S GOT THE RECORD?...Ken Wheeler, coach of Mary Ryan, points out that Madzey pressed the same as listed World and American record holder Linda Madzey at the Women's Nationals (67.5kg at 105 bodyweight) but was two pounds lighter. Sounds like she should be the rightful record holder. Doesn't really matter since the next time Mary lifts she should put the record out of sight...recent training sessions have seen her make 130x10, 135x8, and 145x5.

- Week 1
 - Day 1
 - Squat x 8
 - Bench x 8
 - Cleans x 3
 - Leg remedial*
 - Day 2
 - DL x 5
 - Top DL x 3
 - Push Press x 3
 - Day 3
 - Squat x 5
 - Bench x 5
- Week 2
 - Cleans x 3
 - Stifflegged DLx5
 - Leg Remedial*
- Week 3
 - Squat x 8
 - Bench x 8
 - Cleans x 3
- Week 4
 - Squat x 3(80 percent)
 - Leg remedial
 - Curis
- Week 5
 - Squat x 1(max)
 - Cleans x 3
- Week 6
 - Squat x 2(max)
 - DL x 3(70 percent)
 - Leg remedial*
- Week 7
 - Squat(light)
 - Curis
 - Cleans x 3
 - Push press x 3
- Week 8
 - DL & squat
 - single with 70 percent

- Notes: Leg remedial refers to leg curls and extensions for sets of 10 reps. Percentages are for those reps indicated. As an example, Bench x 2(90 percent) would be a double with 90 percent of what one could do for a max double, not 90 percent of a single max. Where exact percentages aren't given or if it says 'light', etc. it is expected that the intelligent lifter can feel his way out that day. There's lots of emphasis on cleans and that refers to power cleans, caught high, not full squat cleans. Mike, Bill Starr, myself, and others feel that quickly DLing, good assistance exercises for the DL, but one can get burned out there. DLing thus, cleans with varying intensity serve to keep the pulling muscles strong and worked and provide a certain amount of explosiveness, something not often thought about by the powerlifter, forgetting that all lifts are explosive if done with maximum intensity and good technique. Curis are done strictly for the protection of the biceps tendon, also helped by the power cleans. Again, this could provide a good change of pace for most lifters, especially the intermediate. Work is limited on very heavy days, and there is a good mix of heavy days and back-off days preventing staleness and bringing one to a peak for a meet or before going on to another training plateau.
- I'm hoping that Mike will include some comments I made a few months ago re: teenage lifting activity. This is high school football season. I'd like to again encourage all PL men to get involved with the sports programs at their local level and offer your expertise. As yet another example of what could happen, Ron Fenneck, gym owner in Ruston, MO did this and now has a young man by the name of Bill Almany working under him, a 17 year old, 148 pounder who has done 550-300-540, some very impressive lifting for one so young. The kids are out there, they just need the guidance.
- To all my friends in the N.Y. City area, stay in touch. And to all my lifting friends across the country, the responsibility of building and maintaining a new professional practice will prevent me from announcing this year's World Championships in Arlington, Texas. It is with much regret that I will miss the meet and the opportunity to inundate the public airwaves with my strange sense of humor, but such is the price of trying to support a family and launch a new endeavor.

Max singles on all 3 lifts.

/s/ Ken Leistner

BIG MAC HELPS OUT...reader Michael Stewart says that Mike MacDonald really helped him out with a routine that he uses at 181, put almost 5 per cent on his bench in only 3 weeks. Mr. Stewart affirms that Mike MacDonald really is the Best Bench Presser in the World. By the way, Mac has moved to Camarillo (see his new address in his advertisements this month) and California lifters should be treated to a bunch of new records.

QUOTABLE QUOTES. ...from the Mick brothers, of Connecticut...one goes 'God is my steroid!'...and another is 'What we don't lift...we eat!!!'

DAV GODDARD'S BENCH ROUTINE. ...Cozy Cozine relates that while Dan may not have been ready for a 600 bench at El Dorado, he was probably good for 550-560 and a 1900 total. Next year he will be back, and, hopefully, he'll open with the Meet record poundage. Dan believes in a lot of assistance work, as you can tell by his physique. The entire workout goes like this...warmup, 5 sets of 6 regular bench presses, 3 sets of 3 paused benches, 5 sets of 6 close grip benches, 5 sets of 6 in the lying triceps extension, 5 sets of 6 in the seated front press, 5 sets of 6 in the incline press, and 5 sets of 15-20 in the dumbbell curl. Dan's impressive physique was no mistake, he worked very hard for it...5 ft. 11 in., 240 lbs., 19 inch arms and a 54 inch chest. Not too many powerlifters around with a better build than that.

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More from Ken Leistner

I have mentioned the dire straits that Malverne H.S. (N.Y.) and a number of schools in that area, currently find themselves in. High school athletics is an area that I tend to be sensitive about. Believing that the kids should participate and enjoy themselves, as opposed to limiting participation so that the team can win. Why? It is true that many high schools today utilize weight training in some form to assist their athletic programs. Most do not push a powerlifting program, and it is this very thing that can make a huge difference in our sport ten years down the road. Whether we care to admit it or not, we powerlifters (although you could include bodybuilders and Olympic lifters) are a very strange lot. Many of us participated in school athletics because we were naturally bigger and/or stronger than our classmates. However, many of us were always marching to a different drummer and were no doubt loners to a greater or lesser extent. Preferring the solitude of the gym/garage/basement and the comradely lift of iron weights and benches to the social activities of the school. I remember my first varsity lift and I couldn't find a partner. I usually chose to work on New York and make the party. Man, Jenette will be there, you can get leaded, you know. Hell, we can always turn the place out things get too slow. Well, the weights always seemed more inviting, and I'll guarantee you that a lot of kids, potentially first class powerlifters, big strong kids, those who are too shy, withdrawn, antisocial, or whatever to get into team sports (and how many coaches can you think of that turned you off enough to never ever participate in anything smack-dink in the middle of team participation), are walking the halls of your local high school, just wishing for something to do (constructively), and powerlifting would be the perfect outlet. A lot of kids can't afford the dues, even if they're reasonable, to go to the local spa or gym, and the high school would be a perfect setting for training. Again, I encourage all PL USA readers to scrutinize their local situation, talk with local coaches, and get all of those "non-varsity" kids on the weights. The varsity kids are training anyway, and with a little instruction, well, every team begins somewhere, and for us, the investment in equipment isn't all that great. Please think about it and put some of your energy back into the community.

Jeff Welker and Rich 'Bop' Mollo are two high school coaches doing big things for their kids and for the sport, although there is much distance, culturally and geographically between them. Jeff is the football coach at Roxanna, Illinois, H.S., a town dominated by oil refineries (the teams call themselves the 'Shells', having nothing to do, or so I was supposed to believe, with the Shell Oil refinery down the street) and tough kids. He has hand built a great weight facility and has his boys participating in all manner of powerlifting contests from the Ozark meet to the Illinois state H.S. meet. (All states should have a state meet.) Although Art Jones catches a lot of flack from anti-Nautilus people, he singlehandedly built a dynasty, a legend if you will, at Deland H.S. in Central Florida. They compete at the bench press and clean and jerk there. I recall that Mr. George Eider (and please, I have no bone to pick with him and don't care to start any type of difficult conversation) wrote a scathing piece related to the so-called impossibility of competing in the number of meets that Deland H.S. supposedly won in a stated period of time. In Florida, the winning team gets credit for winning the meets, and credit for a win against any team entered in that meet. Thus, it is conceivable that a team could come in first in the state finals and get credit for a win, and credit for seventeen additional wins, if there were seventeen other teams in the meet. In either case, Art's kids devastated everyone they faced, and I know, because I was there and watched it all go down. Simply, those fellows just trained much harder than most other athletes I've seen. Welker's kids do it similarly. In fact, Jeff puts so much energy into the sport, that he even holds high school bench press meets, something that is rather easy to do, in theory anyway, and allows many, many adolescents to blow off some steam. At his recent bench press tour, Roxanna won, and 77 athletes had a great time. Rich Mollo is one of those legends that comes back to coach his high school football team. 'Bop' as a teenager, was truly a legend in his own time and space. Although he was known for tearing the doors off of automobiles when suitably riled, he left goals for every Lawrence H.S. (N.Y.) athlete to shoot for. Lyle Alzado gives him much positive ink in his biography, and notes that Mollo's garage was the site for his after-school lifting workouts, the ones that laid the ground work for his own professional greatness. He had more weight in this garage than any local gym had of course, most of it in the top corner. Originally from the high school, but that's beside the point. The best of the best of the best of the best were the ones benefiting from them) and you could find a high state of excess or 400 when 300 or so were standing. I can't remember the exact number of kids (sexual excitement. He started at a young age, where he continued to hit the iron under Jerry Claiborne, Maryland's present coach and real advocate of weightlifting).

The program at the high school is quite busy, and has, without a doubt, the best training set up in the New York City area. More importantly, he has so many kids training on the 3 lifts that you can barely walk in what is a very spacious gym. The results have been predictable as many of his players have been breaking off to major colleges where they have been able to step in immediately and play primarily as a result of their superior strength. No doubt the fine coaching they get goes a long way, but when you have 17 year old boys squatting up around

400 for reps, while the 'average' high school football player, does perhaps 300 at best, well, the outcome is predictable. Ralph Paolola, a former classmate of mine, originally began the training program years ago (before moving to the junior High to coach wrestling) and Rich Mollo is continuing what has become a tradition. Lawrence athletes are bigger and stronger than any others we face all year. Every now and then they'll have a problem with depth, but the kids they do have, besides being tough, are always strong. This statement from another coach in the area, I encourage any interested coach in the N.Y. area to contact Rich and check out his program. And I encourage once again, all my fellow lifters to get involved!

KEN LEISTNER

INJURIES ABOUT THEM!



ABOVE... a dramatic example of the after effects of a muscle tear. On July 13th, Steve Ponzi lifted in the Seniors and went 699 551 744 1994. However on his 2nd squat attempt (699), he tore his quadriceps. This photo was taken three days after the injury, note the discoloration and large degree of swelling, photo courtesy Ponzi.

Steve's injury at the Senior Nationals was very painful, but he was able to continue after medication. He feels that the injury may have been caused by insufficient warmup...mainly lack of stretching. He was the first lifter of his session, which upset his normal warmup routine. For several days after the meet blood flowed into the knee area and down the calf to the ankle. Steve wanted the injury to heal naturally so his treatment has been limited to continuous use of cold water poured over the injury, for up to 6 days after its occurrence. He has found that this relieves the pain of the injury, and the swelling, and the injury seems to be healing at a faster than normal rate. Hopefully, Steve will come back 100 per cent soon. Such things are a part of the sport, and while realistic, lifters will be prepared. In serious injuries, medical attention is always indicated, particularly in tears...where reattachment may be a problem if things are delayed.

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LETTERS.....

This letter is intended to reach all involved in Powerlifting and to ask ourselves a few serious questions. First and one of paramount importance is: What are we doing to help promote the sport of powerlifting? Spinning off from that thought I wonder if we have in fact selected the "BEST" possible team to represent the United States in the World Championships. (Assuming that is the purpose and goal of the selection committee). Choosing only those who won the Senior Nationals appears to be too cut and dry, too inconsiderate, and a cop out.

For example, two years ago, Larry Pacifico was injured and subsequently bounced out of the Seniors. He was still considered the best representative for a chance to win at the Worlds. He was put on the team and naturally won. The rules have not changed and unfortunately the situation has occurred once again. There is undoubtedly more reason to put him on the team now. In no other sport in the world exists the kind of winning streak that Larry Pacifico has in Powerlifting. To win ten World titles in a row would be unprecedented. If we want exposure for the sport then why not use this kind of publicity?

By selecting the winners of the Seniors, we do not allow or take into consideration temporary injuries (strained biceps), freak occurrences (rule infraction) or unusual lifting conditions (unbearable heat). Larry experienced all three of these. He had torn the ligaments in his right knee one week after pulling an 815 deadlift in Los Angeles, which was only 9 days before the Seniors. The incident involving his just third attempt is probably least important since he only needed one attempt to win. What is important is the fact that after benches he had a 105 lb. lead over second place, had just set a new world record in the squat and under normal conditions could have broken his own world record total. Considering all that happened, and his past performances, it is very difficult for me to understand how one can justify the selection of a "BEST" team without Larry Pacifico on it. He has never been so far ahead of his competition before, and never had a better subtotal.

No one could guarantee Larry would win the 220 lb. class at the 1980 World Championships, but he deserves the opportunity! Powerlifting owes this to him! Larry has done as much for the promotion of the sport as any single person in the history of the game and we are turning our back on him. What a shame. To Larry Pacifico, I apologize, because you my friend are being ripped off.

Eric Stuber

Dear Mike,
After reading the letter from Dick Pacifico in the August issue of PL USA concerning the events in Madison, Wisconsin, I feel that I must reply.

First of all concerning the matter of Corpus Christi getting the bid over Dayton, let me list the details of our proposal: 1) Paid air fare and motel rooms (3 nights) for returning champions, 2) same for 10 officials, 3) meet to be held at Memorial Coliseum (seating capacity 5500) located on Corpus Christi Beach, 4) Contracted the running of the meet with Strength Systems (Pettitt, Keicher), 5) Reserved 120 rooms at La Quinta Royale for lifters and spectators. Shuttle service provided from hotel to meet site.

As you can see, we matched their offer in many ways but I will agree that they had a few other offers which we didn't (closed circuit TV in warmup rooms, championship rings, rooms for magazine editors, skywalk from hotel to meet site, refreshments in warmup room). All of these I consider to be insignificant except the skywalk to the meet site which should be a necessity in Dayton after the incident at last year's World's where a lifter was stabbed while jogging in the street.

Concerning the reason behind the committee members vote, there could be many reasons behind it other than politics. Maybe they were offended by all the bragging about the thousands of dollars made off the '81 Srs? Would it be the intention to make even more if awarded the '81 Srs? Could it be they wanted to go to a town where the people and promoters want to support Powerlifting rather than just make a dollar.

As far as splitting Powerlifting into 2 federations, it would be outrageous and of benefit to only a chosen few. I haven't worked in any other sport (Boxing, WBA/WBC, Football NFL/AFL, etc.)

Now, on to the lifting! I am the coach in question and I believe Chip McCain is the lifter referred to. Every novice lifter I know is aware of the rule regarding 5 lb jumps between 1st and 2nd attempts nullifying the 3rd attempt. There is no need for an interpretation, it is very clear and the rule would have been a sad situation for any member of the jury. I do not intend to inform the lifter in question of the rule before the event. How many times have you seen this happen? I will admit I knew what was happening but felt it wasn't my place to inform Larry of his mistake. Let me explain: I was coaching two friends and felt that it would be betraying them by helping a competitor's strategy. This is not to say that they would've wanted me to keep it a secret but they didn't know what had taken place until it was over. The reason I didn't overlook it and allow a 3rd attempt to be taken was because of what happened in '78 regarding another bombout. There was no fear of his hook grip nor did any panic overcome me or Chip.

In closing, Dick writes about the more than one occasion where decisions and determinations were made with only self gain as the motivation impetus. He says

think about it! I didn't! I came to the conclusion that he must be talking about the '78 Srs where a defending champion bombed out but was still selected for the World's!

This year's SRS finally eliminated the politics regarding the selection of the World team. The ten lifters selected seemed to go more than anybody else. You would know why? It's simple, THEY WENT! I will be at the '80 World's in Arlington, Texas as a member of the USSR team which is the only legit powerlifting federation in America.

/s/ Rick Gaugler

Dear Mike,

After reading the letter in the August issue from Dick Pacifico, I feel compelled to respond with a side reference of my view.

I was one of the older lifters and my 16 year old daughter, Mary, was working the scoring table in recreating the incident in my mind. I recall that there were many lifters making attempts at the 683 and 688 mgm. Larry's first attempt at 683 was given 3 red lights; my red was given because it appeared he made almost no attempt to get his shoulders back. I sensed that because the weight was so light for Larry that he made the common mistake of being over confident, and neglected to think the lift through. I appreciate Dick's attitude holding the referees blameless in "playing politics", but resent his implications that other lifters are as good as Larry's were later passed. Even video tape cannot show what the referees see from 3 different angles. Neither I, Bud Mucci, nor Bill Decker have any axes to grind or nothing to gain in regards to the outcome of the meet. After discussing the entire incident with Mary we are in full agreement that the mistake had been made before anyone realized it. It was when Larry requested his third attempt that Mary noticed on his card the 2% kilo increase. She then informed the 9 time World Champion that he had bombed, setting off the whole tragic scene. At that moment I, like most everyone else in the room was shocked and agrieved simultaneously. Mary would have advised Larry of his mistake had she seen it before his second attempt. Had surrounding conditions been more calm and pleasant she would have immediately seen it. Mary was outstanding at her thankless job. Most people don't know about the pressure it involves from demanding powerlifters. Those that do, don't like to keep score. Fault cannot rest on her.

The rule book clearly states that no referee shall have any knowledge or standings of the lifters as the meet progresses. For Dick to imply that the referees, jury and scorer probably knew that Larry was about to do what he did is a cop-out. It would be physically impossible for referees or jury to keep track of every lifter's many attempts. For one, would not have hesitated to warn Larry had I realized what he was doing, and believe the others would have done likewise.

The meet was at a high level of excitement and some confusion at this point. In spite of the excitement, if anyone is to blame it must fall on whoever was coaching and handling Larry Pacifico. Larry himself, being a World Champion 9 times over must surely know the rule book backward and forward. It is inconceivable that Larry and/or his brother have neglected the situation before. I fully agree with Dick that it is other lifters of power sportsmanship who choose to say nothing. It was a display of badly for Larry, being a lifter as well as an official, can certainly understand his feelings. Larry is one of the greats in the sport of powerlifting and even though his heart may be broken should not allow this one incident to deter him from attaining his goal of ten times World Champion.

Yours for the betterment of powerlifting.

/s/ Tom Eldridge
National Masters Powerlifting Chairman

ANTI-INFLAMMATION DRUG... Dale Shear 'ree reports that a drug called Morrin, plus ultrasound therapy helped clear up some very painful shoulder problems. Available in 400 or 600 milligram dosages, it apparently does not tear down tissue in the manner of cortisone.

NEWS FROM DOWN UNDER... Terry Gibbs reports that Bev Francis has done some more big lifting at 165...a 418 squat, 292 bench press, and 1107 total...he also reports that Bev can run the 100 meter dash in 11.6 seconds. 198 lb. ace, John Capolla just put together a squat of 672 with a deadlift of 749 to total 1818. Alex Kaplica, weighing 301, squatted 771. World Champ Sue Roberts has squatted 281 and deadlifted 319 at 105 bodyweight and done 286 and 330 in the 114 class. We hope to have news of the Australian championships in this issue, also courtesy Terry Gibbs.

BACK ISSUE WANTED... Michael Stewart, Route 9, Box 729, Hickory, NC 28601 would like to buy a copy of Volume 11, Number 7 of Powerlifting USA, which no longer have in stock. He says he'll pay twice whatever you paid for yours. If you want to sell drop him a line.

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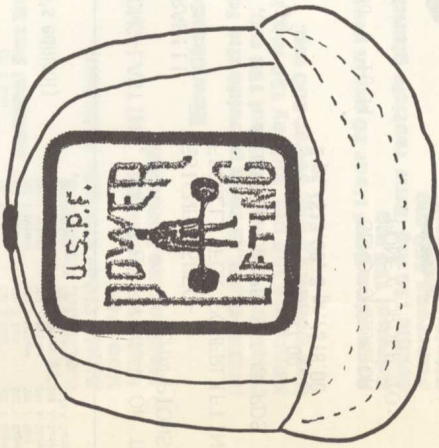


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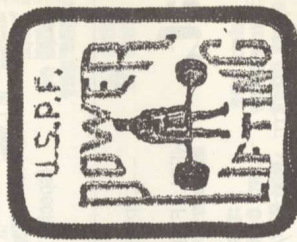
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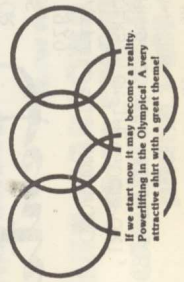
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Crain's Corner

Question: How do you use isometrics in your routine? (F. Hicks).
Answer: I don't.

Question: Is there any major differences between the Elite and Super Suit? (J. Diskill)?
Answer: I will consider all three major types of suits, Elite, Super Suit, and Miracle... in answer to this question. The Super Suit is tighter in the thigh and has smaller straps, which can cut in. The Super Suit II seems to have tighter stitching than the regular Super Suit. The Elite suit is not so tight in the thigh, but is more likely to slide up the thigh... it has wider straps than the Super Suit. The Miracle suit is very similar to the Elite suit, however it has wider straps... and, of course, more color choice. It is also cut somewhat higher around the lats, which could make it better for the squat, but less advantageous for the bench or deadlift.

Question: What is your philosophy on the psychological aspects of lifting, i.e., getting psyched for a lift. And what kind of attitude do you try to keep prior to a big upcoming meet? (J. Diskill)
Answer: At a meet, the main thing is to keep in control of yourself. Each lifter psyches up in his own way, of course, but you have to stay in control of yourself... otherwise you'll be running all over the platform with the bar. You should not get so psyched up that you can't maintain your normal form in the lifts. I've calmed down quite a bit myself as far as yelling and screaming before the lift... too much of that stuff tends to drain you.

As far as my attitude prior to a meet, I have each workout broken down to a specific percentage I'm supposed to lift, each workout builds on the next, leading up to the weight I want to make at the meet. I stress keeping my equipment, form, and psyche up routine just the same as it will be in the meet. And, I make each workout just like a meet, regardless of whether there's only 500 on the bar or 800. I go through it the same way.

Question: How do you go about training for your bench press? (J. Diskill)
Answer: I'm using a routine I got from Walter Thomas. After a warmup I work up to 6 sets of 4 reps each with a given weight, which I try to increase each week. The 4th rep of each set is paused for 3 seconds. Afterwards I move my grip in and do a burnout set. I do no auxiliary work when I'm at 148, but at 165 I do include some. I've found that benching twice per week is plenty, in fact, before the Auburn meet, where I got my best bench ever at 148. I was only benching once per week for the last 4 weeks. Even for the bench and deadlift, one good, heavy, hard workout per week can be enough for good gains.

SEND IN YOUR TRAINING QUESTIONS...to CHAIN'S CORNER, Box 467, Camarillo, California 93010.



NEW 220 THREAT... Bob Chrosniak of Florida continues his upward surge with a big, deep 600 squat at the Tampa Open. His 1970 total puts him number 2 on the all time World list. Photo courtesy Chip Hultquist, who had a nice day himself at 165 via 570 380 600 1550. Chip says he plans to claim the title of being the only man with 23 inch thighs to squat 600...very soon.

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Dear Mike,

How the hell are you? Thought I would write you an official letter. As I am sitting here pondering over powerlifting I was thinking about all the funny (to me) things that confront us in the meets or in the gym for that matter. It is funny to me to listen to all the great lifting abilities some guys have even while lifting with torn muscles. One of these days I'm going to ask a powerlifter 'How ya feeling and if he says 'Pretty good.' I would really like to have a good day today. I think I will faint! Instead, we hear 'Well, I pulled a pec last week-bench is way down (3 pounds maybe)... knees hurt- haven't squatted in 3 weeks... elbows hurt so bad can't even pick my nose' (now that would be a bad injury). Then what do we see? 'Yes. They go out and have a damn good day - total high - and then it's back to the bitching. 'If my back hadn't hurt so bad I'd pulled 20 more pounds... but I understand it, I did that weight for 4 last week in the gym...' (I read it as 'but I understand it, I did that weight for 4 last week in the gym...' Sure, these people don't squat high in training! Surely they can't. No need.

Really had fun at the Nationals (JRS) at Elorado. The shoulder injuries, pulled muscles, torn muscles, the injuries to do 825, bomb at 750 syndrome present at the meet. Fortunately that syndrome didn't overtake too many, although I may be more contagious to Texas (31 percent of the bombasters were from Texas). I really did enjoy the meet. The meet was very well run. (You're welcome, Pettitt) but we've heard about so many aches and pains. I got to wondering why we're here-hell, most of them were about to die!

On to the lighter (or lighter) side of training. We come to everybody's favorite 'I've got a friend who...' Well, the best, to me, of all times is by a 242er from a southern state (between Louisiana and Alabama) who 'usta bench '500 for 10', '505 for 5', '6 with 500' (I haven't talked to him lately so I don't know if it's changed. (By the way his best in a meet is 473). But Alas! He's been outdone. As I was working out the other day (I had shot my shoulders with Novacaine-drained my knees-and lead my elbows) a kid (shall I say Mullett) asked me how much I was benching. I said '405' (remember--shoulder pain and bad elbows). Mullett said 'that's not too much'. I said, 'it is to me - boy, somewhat irritated. 'Well, I have a friend who's got this friend and his cousin benches over 500'. 'Really?' 'How much does he weigh?' (as if it mattered). 'Oh, about 195'. 'Really?' 'Where does he work out?' I asked. Mullett replied 'in his garage'. 'Of course, how stupid of me'. I think he thinks I believe him!

Yours in jest,

RANDY WILSON

HOORAY FOR NBC!... wasn't their coverage of the Senior Nationals, shown on August 24th, the most terrific PL coverage you've ever seen on the tube? I thought so, and that's why I had a letter of congratulations typed out and in the mail less than fifteen minutes after the program had aired. You should send in your opinion also...write NBC SportsWorld, Thirty Rockefeller Plaza, NY, NY 10020.

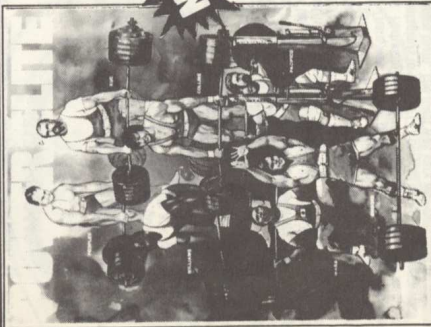
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Nutrition Corner

BY JACK DIGANGI R.D.

EATING AFTER THE WEIGH-IN

After the weigh-in, most lifters are hungry and ready for something to eat. What you eat and/or not eat will very definitely affect the day's lifting.

You need energy -- sustaining energy. Carbohydrates are considered the most readily available source of CHO (carbohydrate). Throughout the week, a balance of both simple and complex CHO are recommended. Let's take a look at a typical breakfast and analyze which foods are better suited for the day's lifting. Juice: Any kind of juice or fruit, about a 4-oz. serving will provide an abundance of vitamin C and a type of sugar (CHO) called d-saccharide (fructose), or fruit sugar. From here the sugar is broken down into glucose and galactose, and then sugar. From here the sugar is broken down into glucose and galactose, and then sugar. From here the sugar is broken down into glucose and galactose, and then sugar.

CHO-digestion, absorption, etc., and show what affects its utilization. I'll cover how you eat a breakfast about 7:30 a.m., or so. When the waitress brings this first course, drink/ eat it before anything else!

Grain: A grain food such as pancakes, waffles, French toast, grits, toast, etc., will provide a better source of energy than will protein foods such as eggs, meat, etc. The syrup will enter the bloodstream quite rapidly, and provide energy in about 1-2 hours. The butter or margarine is a fat and will take much more time to yield energy -- from 4-6 hours, again depending on a variety of factors. The grain products will enter the bloodstream as energy in about 2-4 hours. Therefore, if you eat a breakfast about 7:30 a.m., or so, your energy level will attain and remain at a consistent level, from 8-9-10 mg/100 cc of blood) throughout the morning.

Avoid fried foods, fats, to an excess such as butters, margarine, foods such as eggs, sausage, bacon and milk. These foods take longer to digest and consequently will stay in the stomach longer than what would be considered beneficial. Your immediate energy needs is of a short to medium energy assimilation. Practical and because of their chemical nature, take too long to be of any practical use after the weigh-in.

During the meet, eating should be geared to give short to medium energy release. Foods such as fresh, and dried fruits, and fruit juices are not only your best energy source, but your most practical and convenient foods for eating, storage at the meet, etc.

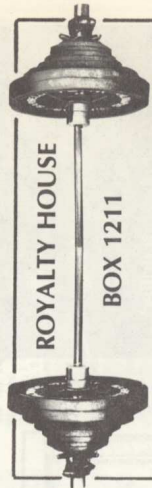
Foods from home such as sandwiches (ham, cheese, peanut butter) are far better than your energy supply than the typical "last-hour" sandwich. Again, the fried food will take too long to digest.

Time your eating schedule. If you lift in the a.m., section, figure a short to medium energy delivery.

If you're lifting in the 2nd session, then a protein food without fats or oils, will give you an energy sustained time of 4-6 hours, then supplement your energy with short term energy foods. This is, of course, depending on your bodyweight.

Remember that you'll need a short to medium energy source throughout the meet, and digestion will generally take about an hour or perhaps longer depending on the particular food, mix of foods and your emotional state.

Strongly yours,
Jack Digangi, R.D.
Public Health Nutritionist



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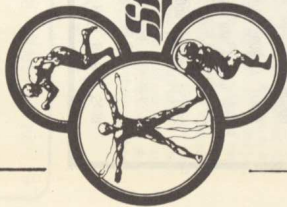
alendar of Events

- 13/14 Sept/Middletown Open, Tim Weidman, 81 Highland Ave., Middletown, New York 10940
- 14 Sept/2nd Annual Deadlift Championships, Mitch Mitchell, 3212 Isabelia, Midland, Michigan 48640, 517-835-7395
- 7 Nov/World Championships, Clay Paterson, Box 6024, Arlington, TX 76011, 214-847-2115
- 8 Nov El Paso Open, Gary Bissell, 1219 N. Oregon No. 104, El Paso, Texas 79902
- 8 Nov/25th Annual Boston Open/Masters/Women's, Rich Pickwell, Asst. Physical Ed. Director, Boston YMCA, 316 Huntington Ave, Boston, Mass 02115, 617-536-7800
- 8 Nov/All-South Bench Press meet, Rembert Garris, 808 W. Trinity, Durham YMCA, Durham, NC 27707
- 15 Nov/Whittier, Open, Glen Maur, 15600 La Forge, Whittier, CA 90609, 213-943-0193
- 15 Nov/Dward S. Hudson Memorial Meet, Hal Hudson, 600 Fannin No 305, Houston, TX 77002, 713-237-1182
- 15 Nov/Temple Hills Open/Potomac Valley/Novice/Women's, Temple Hills WLC, 5809 Temple Hills Rd, Temple Hills, MD 20031
- 15 Nov Invitational Meet, Kenady's Gym, 3832 River Rd. N., Salem, Oregon 97303
- 15 Nov Badger Open, c/o Jim Verhaagen, 2613 N. 10th St., Sheboygan, Wisconsin 53081
- 15 Nov/Brookville Open below class II, Karl Byerly, RD 3, Bx 18, 26 Maple St, Brookville, PA 15825, 814-849-2083 or 814-849-7355
- 22 Nov/Southeastern US Bench Press Championships, Dwight Chandler, 3013 Autumn Ave., Albany, GA 31707, 863-5811 or 438-8869, Ext 247
- 22 Nov/Oklahoma Classic Open/Novice, Dave Keener, Eastside Athletic Club, 11322 1/2 East 21st, Tulsa, OK 74129, 918-437-6298
- 30 Nov/Greengrass County Closed (Tentative), Tim Weidman, 81 Highland Ave, Middletown, NY 10940
- 6 Dec/Bartlesville Open Bench Press, Bartlesville YMCA, 101 NE Osage, Bartlesville, OK 74003, Rick Cornish...918-338-0713
- 6 Dec/M.A. JR. and Sr. Championships, Doug Klinger, Slippy Rock Barbell Club, Slippy Rock College, Slippy Rock, PA 16057, 412-794-2510
- 6 Dec/Champion, Rocky Mountain Open, Tim Rychman, 3302 S. Jefferson St, Lakewood, CO 80121, 986-8019
- 6 Dec/Midwest Open, 11th Midwest Open, J.S.R. Weightlifting Club, Tom Beadie, Bx B, Anamosa, IA 52205
- 6 Dec/Jr. Iron Man and Woman, Paul Love, 3050 Story Rd, San Jose, CA 95127, 408-926-3765
- 6 Dec/Tentative, Missouri State meet, Missouri State Prison, Dec Canton Open, Nelson Kelly, Robertson Memorial YMCA, 100 Park St., Canton, NC 28716 704-648-3742
- 13 Dec/Summer Texas Classic, Doug Patterson, Metro Athletic Club, 1601 N.W. Dallas St., Grand Prairie, Texas 75050
- 14 Dec/Vel Jersey State Meet and Open Meet, Max's Iron Den, c/o American Legion Post 76, 174 Knickerbocker Rd, Englewood, NJ 07630
- Dec/Jan Texas Regional Collegiate
- 10 Jan 91/Class II and below, John Pettit, Bx 761, Cedar Hill TX 75104
- 10 Jan YMCA National Championships, Gary Bemford, 40 W. Long Street, Columbus, Ohio 43215
- 21 Jan/Jan Jr States, Doug Gamm, 831-1st Ave NE, Delwin, IA 50662
- 24 Jan Southern Iron Open, Chip Hultquist, 5655 Cypress Circle, Tallahassee, Florida 32303
- 31 Jan/West Penn Open, Leo Noble, 109 Cottonwood Ct, Corapolis, Pa 15108, 412-761-1955/412-264-1933
- 1 Feb/New England States, Rich Labbe, 6 Pleasant Court, Waterville, Maine 04901
- 22 Feb/Beddelt Contest, Norm Mallick, 1027 E. Burnett Ave., Louisville, KY 40217, 502-636-1662
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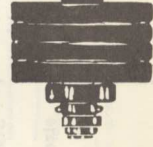
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 402 292 507 1222
 275 PATUM
 D. MC CLINE 424 303 440 1168
 B. POPE 320 265 446 1031
 R. MILSTEIN 402 276 402 1030
 T. MOSSBARGER 595 375 638 1588
 SPECIAL TROPHIES: 595 375 638 1588
 BEST QUARTER: BOB PACKER
 BEST LIFTER: GLENN SHORLOCK
 BEST OILER: GLENN SHORLOCK
 BEST POWERLIFTER: GLENN SHORLOCK
 JONES 91-97#
 D. GANGER 171 88 231 490
 105
 E. LIST 143 83 204 430
 FUGISAKI 132 88 165 386
 J. HUGHES 110 72 165 347
 P. GASPER 204 138 276 617
 D. HARTMAN 182 105 226 513
 D. RONDILLO 176 94 215 485
 V. VANDERREITH 176 94 215 485
 SPECIAL TROPHIES: GANGER
 BEST LIFTER: DANETTE HARTMAN
 BEST BENCHER: DANETTE HARTMAN
 BEST OILER: JILL GANGER
 BEST WOMAN POWERLIFTER: JILL GANGER
 SCORE TABLE: ANITA MILSTEIN FOR
 EDGROVE FOR TAKING CARE OF THE
 LORDS WHO WORKED AND TO THE
 LORDS WHO WORKED LONG HOURS.
 132
 T. VERHAGEN 254 226 375 854
 M. MATTHEWS 248 143 342 733
 T. FELIX 182 193 287 661
 C. CLINTON 154 143 336 534
 196
 WILSTEIN 292 276 347 854
 J. HERNANDEZ 187 149 314 661
 SPECIAL TROPHIES:
 BEST QUARTER: TONY VERHAGEN

Cools
 Presents

1980 World Powerlifting Championships

November 7-9, 1980
 Rodeway Inn, Arlington, Texas



Class	Competition	Gen. Adm.
50KG / 54KG	19:00 Noon	\$ 5.00
60KG / 67.5KG	5:00 P.M.	5.00
75KG	9:00 A.M.	8.00
82.5KG	9:00 P.M.	8.00
90KG	7:00 P.M.	18.00
100KG	10:00 A.M.	5.00
110 110 + KG	9:00 P.M.	15.00

Schedule of Times
 Friday, Nov. 7
 Saturday, Nov. 8
 Sunday, Nov. 9

Ticket Prices:
 Nov. 7 \$ 8.00
 Nov. 8 8.00
 Nov. 9 8.00
 Weekend Pass 18.00

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:
 CHAMPION SPORTS AGENCY, INC.
 P. O. BOX 6024
 HOUSTON, TEXAS 76011
 PHONE (714) 647-9115

Accommodations

The Rodeway Inn will be the size of all events and will be the home of all lifters and officials during their stay at the World Championships. Over 100 rooms have been blocked for the event. Contact the Promoter for Reservations.

Tickets

Reserved tickets will be sold on a first come - first served basis. Tickets for the event will be available for \$5.00 per day or \$12.00 for a weekend pass. General admission passes will be available for \$5.00 per day or \$12.00 for a weekend pass. Seated tickets are available for \$12.00 per day or \$24.00 for a weekend pass. Seated tickets include a complimentary breakfast and a complimentary T-shirt. Contact the Promoter for Reservations.

T-Shirts

The Standard T-Shirt displaying the emblem on this brochure is now available for \$5.50 each in sizes Small, Medium, Large and Xtra-Large. A special Multicolored T-Shirt is also available for \$12.00 each in sizes Small, Medium, Large and Xtra-Large. These very special shirts will be collectors items. Order in sizes Small, Medium, Large or Xtra-Large.

ROOM RESERVATIONS
 Double 144 - 148 Single 154 - 158
 Twin-Double 144 - 158
 Arrival Date _____ Departure Date _____
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 Enclosed for total of tickets listed above
 Amount Enclosed \$ _____

WORLD CHAMPIONSHIP T-SHIRT
 \$5.00 Each
 \$12.00 Each
 \$24.00 Each
 Large
 Xtra-Large
 Total Amount Enclosed \$ _____
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WORLD CHAMPIONSHIP CARICATURE T-SHIRT
 \$5.00 Each
 \$12.00 Each
 \$24.00 Each
 Large
 Xtra-Large
 Total Amount Enclosed \$ _____
 Name _____ Address _____ City _____ State _____ Zip _____

TOGETHER
 Nov. 7 Reserved \$ 5.00
 Nov. 8 5.00
 Nov. 9 5.00
 Weekend Pass 18.00
 Name _____ Address _____ City _____ State _____ Zip _____
 Enclosed for total of tickets listed above
 Amount Enclosed \$ _____

SEND ALL ORDERS, RESERVATIONS AND INQUIRIES TO:
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SUPERSUIT II (stronger material)
 Navy Blue, Royal Blue, Scarlet Red \$32.00*

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Do Not accept substitutes! These suits are custom sized to fit for greater support.

Available in sizes: 26, 28, 30, 32, 34, 36, 38, 40, 42, 44

ONE FREE PAIR OF SUPERWRAPS WITH EACH SUIT PURCHASED!

Also... SUPERWRAP SALE--3 pair--\$12.00*
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Orders processed same day as received
 Immediate Delivery.

*Overseas orders add 20 per cent for shipping

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 Address _____
 City _____ State _____ Zip _____

Check or Money Order must accompany orders.

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

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Navy Blue _____ Royal Blue _____ Scarlet Red _____

SUPERSUIT (natural color) \$ _____

SUPERWRAPS Quantity _____ \$ _____

State size or height and weight

size _____ height _____ weight _____

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NOW IN COLOR

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Do Not accept substitutes! These suits are custom sized to fit for greater support.
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Free Pair of Superwraps with Each Suit Purchased!
Help Increase Your Total

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT. These numbered size supersuits are exclusively available through MARATHON/A. ZANGAS, Company. The numbered sizes give you a better fit ... DO NOT Accept substitutes.

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Name: _____
Address: _____
City _____ State _____ Zip _____

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

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

Supersuit II Navy Blue Royal Blue Scarlet Red \$ _____
Supersuit Natural Color \$ _____
Superwrap II _____ (Quantity) \$ _____
Superwrap _____ (Quantity) \$ _____
State size or height & weight: _____ (Weight) _____ (Height) \$ _____

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M. JACKSON	425	380	500	1305	D. HULL	235	155	390	680
R. DOUGLAS	420	330	430	1195	E. PAOLI	220	125	275	620
R. THARRATT	385	270	480	1135	R. KNIGHT	195	140	255	585
M. CURRY	350	235	410	995*	J. FURBY	148	-	-	-
M. MOHAM	665*	435	660	1760*	S. LOKER	300	230	340	870
R. GREEN	545	340	630	1475	S. WALKER	295	165	385	825
M. STEINBAR	410	260	350	970	K. SHAWLA	285	155	385	825
M. STIFF	540	340	440	1420	K. MARKLE	280	145	350	775
L. STRANDER	580	395	570	1535	D. FRITSCHEN	250	185	300	735
R. STEFFER	535	385	570	1440	B. ALBERT	150	120	260	660
B. LOTTUS	525	430	530	1485	D. KOALIA	220	220	-	-
B. WESTON	500	370	610	1480	J.F.S. BOX	185	140	260	640
M. WILSH	490	320	480	1390	S. PYLE	400	180	425	1005
D. FRANKHOUSE	500	430	530	1460	J. HERMAN	390	240	380	1000
R. SAENZ	480	250	525	1255	J. MCKINNEY	310	250	370	845
L. COON	460	245	445	1150	T. MARKELL	300	205	420	925
M. SHAW	425	-	-	-	R. TRUJILLO	240	170	350	760
M. BISCARDI	605	430	645	1720	R. THOMAS	225	155	275	655
R. WELSH	480	330	570	1380	G. TRUJILLO	415	300	520	1225
M. ALLES	505	310	550	1385	K. CROPP	390	360	405	1055
M. HORTON	405	400	555	1360	R. HUNTER	335	255	355	955
M. PICKENS	565*	345	555	1465*	D. WOLF	300	250	355	905
M. WILSON	520	335	495	1355	R. WALTER	220	-	-	-
T. TAIT	275	180	355	810	D. VALTER	220	-	-	-
R. MURPHY	640	385	575	1485	D. VALTER	220	-	-	-
R. ESPINOSA	525	365	520	1430	D. VALTER	220	-	-	-
R. BOLAN	515	365	520	1430	D. VALTER	220	-	-	-
R. STRIGGOM	530	300	560	1390	D. VALTER	220	-	-	-
M. WILSON	435	275	515	1295	D. VALTER	220	-	-	-
M. KARAS	395	335	425	1155	D. VALTER	220	-	-	-
R. ARNOLD	315	315	460	1090	D. VALTER	220	-	-	-
J. SCHROEDER	310	390	440	1040	D. VALTER	220	-	-	-
J. ARBEY	448	270	465	1215	D. VALTER	220	-	-	-
K. KRZYANER	440	-	-	-	D. VALTER	220	-	-	-
R. BELTER	500	330	550	1440	D. VALTER	220	-	-	-
C. STEAR	400	400	550	1340	D. VALTER	220	-	-	-
M. MEYLAN	430	360	550	1340	D. VALTER	220	-	-	-
M. MITCHELL	500	325	500	1325	D. VALTER	220	-	-	-
J. DOUGLAS	515	375	620	1310	D. VALTER	220	-	-	-

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HURRICANE WRAPS...\$10.00
CYCLONE BELTS-send waist size...\$30.00
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DEADLIFT SHOES-send shoe size...\$10.00
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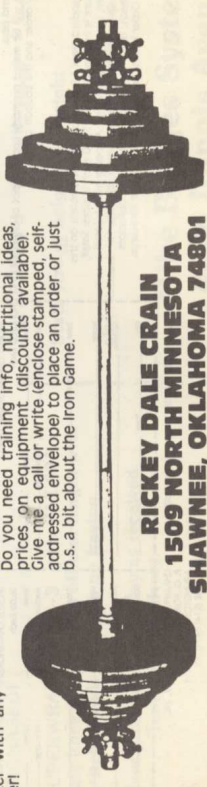
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OFFICIAL IPF RULE BOOK.....\$3.75
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J.J. (cartoon character) T-SHIRTS..(specify size and color).....\$10.00

catalogue of equipment.....\$5.00

Do you need training info, nutritional ideas, prices on equipment (discounts available). Give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game.

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 117 COBBIN 250 230 330 815
 118 PYLE 175 175 380 630
 119 HANLON 330 275 455 1060
 120 DISARATE 300 275 450 1025
 121 FREED 300 235 465 1000
 122 PARENT 300 295 300 895
 123 HUGHES 190 215 975
 124 STENART 350 215 535 1100
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 128 PARENT 315 205 275 790
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 130 WOLFEY 415 260 610 1185
 131 PETERSON 415 270 480 1165
 132 GORDON 405 240 500 1145
 133 DUGGINS 400 250 455 1095
 134 ADNEY 350 220 470 1040
 135 FEINEL 340 275 420 1035
 136 DRANKIN 295 210 365 865
 137 MULLIGER 455 290
 138 M. DAVIS 430 270 450 1150
 139 BERNARDON 375 230 450 1055
 140 MORGANO 300 275 340 940
 141 MORGAN 515 335 525 1375
 142 MATHIAS 435 360 500 1395
 143 LATHAM 400 300 455 1155

BEST LIFTERS: CHARLES LIDDARD, M. DAVIS, J. MORGAN, J. MATHIAS, ADLEY STEVENSON, ANNOUNCER.

PETE MILLER, OFFICIALS: GARY DINGEE, RICHARD BROWN, BOB WILSON, ANNOUNCER. THANKS TO: IAIN BURGESS FOR RESULTS.
 *HERE'S THE RESULTS OF OUR NOVICE MEET HELD ON JULY 12/80. ALTHOUGH THE TURNOUT WAS SMALL FOR A VERY COMPETITIVE MEET IN THE AFTERNOON, ESPECIALLY 181 & 198. ALTHOUGH IT WAS 90' OUTSIDE AND WE BECAUSE WALLY HAD ALL THE PHYSICAL SET UP DONE THE NITE BEFORE. EVEN THO ALL THE LIFTERS WERE NOVICES WE HAD ONE LIFTED ON A LIFTING CONCEPT UNDER CLASS (1) AS YOU SEE NO ONE BELIEVED QUITE TIGHT BOTH SESSIONS STARTED ON TIME AND PETE MILLER REMARKED THAT THIS WAS THE LIST OF LIFTERS WHO WERE LIFTING A POWER MEET IN THE DAVENPORT FACILITY FOR SUCH FUTURE MEETS THE PVA CHAMPIONSHIPS.

2ND ANNUAL LAUREL FESTIVAL OPEN 6/14/80-BROOKVILLE, PA

114. PATTON 195 125 240 560
 R. ERDELJAC 200 125 235 560
 R. ZARATEMI 358* 210* 425* 990*
 G. DEOLLO 300 200 350 850
 J. ZENTRANICH 210 175 390 675
 C. METTEL 155 105 225 480
 D. HEATH 155 105 225 480
 132. GRIFFITH 405 235 360 1000
 M. BOSTON 275 210 375 860

M. ZMITRANICH 225 205 420 850
 J. WELCH 270 175 350 790
 J. OLSZEK 255 175 360 695
 J. DZIELETA 280 175 365 660
 B. CHRISTY 185 145 320 560
 J. LIEBEL 205 145 320 560
 J. JOSTA 490* 295 455* 1330*
 K. LAM 460 320 560 1230
 J. VALCHINE 450 320 520 1270
 M. WILSON 450 320 520 1270
 N. RAKOVAN 490 310 480 1280
 M. NOBLE 380 300 500 1160
 C. BARTMAN 395 310 455 1160
 G. COLLINS 355 255 375 985
 J. BATTALIA 355 255 380 970
 J. JUMNER 380 - - -
 D. WILSON 525 465 530 1520*
 J. MULLER 510 320 645 1475
 E. WILKER 485 375 520 1380
 E. MAGNESS 485 375 520 1380
 M. ROSENTRATER 420 300 470 1200
 D. MC CLAIN 430 300 470 1200
 D. FRANK 670 355 600 1705
 C. LORIO 670 355 600 1705
 G. SICHERI 650 330 590 1670
 M. WILSON 600 320 515 1375
 K. WAKAT 550 305 560 1515
 D. SCHMIDT 600 340 535 1475
 G. PBEACHEL 600 340 535 1475
 D. PHILLIPS 500 300 510 1310
 D. PHILIP 495 340 505 1250
 G. WALKER 620 390 650 1660
 B. JADICK 575 420 590 1595
 R. TARR 550 330 570 1450
 T. MYERS 525 415 500 1440
 S. MILLER 575 335 525 1435
 A. STEIGER 540 385 475 1210
 S. GAYLISH 670* 460 656* 1695*

SHM LINWAY 605 400 595 1600
 L. HENRY 625 350 535 1510
 B. COTER 455 310 550 1315
 * THANKS TO KARL BIERLY FOR RESULTS

280 200 320 800
 280 150 280 710
 400 210 375 985
 300 195 360 895
 260 135 295 750
 245 135 359 730
 250 165 300 705
 200 95 285 560
 245 140 280 665
 200 70 215 485
 200 70 215 485
 200 115 290 605
 165 90 225 480
 180 105 270 555
 150 80 195 430
 245 270 500 1210
 450 280 475 1205
 375 255 490 1120
 385 315 410 1110
 345 210 480 1035
 320 280 400 1000
 305 200 380 885
 285 145 360 790
 420 285 - - -
 450 300 520 1270
 405 275 440 1120
 390 285 450 1095
 330 125 430 885
 330 330 365 1030
 330 365 650 1645
 395 540 1325
 500 335 480 1315
 440 260 480 1180
 460 305 545 -
 505 280 515 1300
 430 285 450 1145
 535 375 635 1545
 490 350 485 1325
 425 215 430 1070

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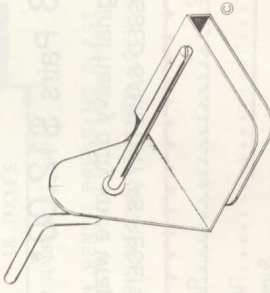
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HI-DESERT ENTERPRISES
presents
1980 NATIONAL MASTERS POWERLIFTING
CHAMPIONSHIPS
October 24, 25, 26, 1980

SCHEDULE OF EVENTS

Friday, October 24, 1980	Saturday, October 25, 1980	Sunday, October 26, 1980
1st session powerlifting 9:30 AM	3rd session powerlifting 9:30 AM	National session weightlifting 10:30 AM
2nd session powerlifting 4:30 PM	1st session weightlifting 4:30 PM	Banquet 8:00 PM
National Masters Business meeting 10:00 PM		

AGE/WEIGHT:
Competition in 5 yr. age groups by weight classes. Starts at 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Weight classes in kilos: 52 kg., 56 kg., 60 kg., 67.5 kg., 75 kg., 82.5 kg., 90 kg., 100 kg., 110 kg., 125 kg., over 125 kg.

TIME:
October 24, 1980...inspection of gear 7 AM, Weigh-ins...7:30 AM to 9 AM. Rules briefing 9 AM-9:15 AM. Lifting starts at 9:30 AM for classes 52 kg., 56 kg., 60 kg., 67.5 kg., 75 kg.
October 24, 1980...inspection of gear 2 PM. Weigh-ins 2:30 PM to 4 PM. Rules briefing 4 PM to 4:15 PM. Lifting starts at 4:30 PM for classes 82.5 kg., 90 kg.
October 25, 1980...inspection of gear 7 AM. Weigh-ins 7:30 AM to 9 AM. Rules briefing 9 AM to 9:15 AM. Lifting starts at 9:30 AM for classes 100 kg., 110 kg., 125 kg., and over 125 kg.

AWARDS:
1st place Gold, 2nd place Silver, 3rd place Bronze, in each weight class, in each age group. Women lifters will not be required to compete against male lifters. Also trophies for best Squatter, best Bench Presser, Best Deadlifter and best Powerlifter will be awarded in each age group. There will be one final award for the best 1980 National Master Powerlifter over-all...determined by the Schwartz formula and National Masters formula combined.

CHAIRMAN:
Joe Zarella, National Powerlifting Chairman
Tom Eldridge, National Masters Powerlifting Chairman
Jay McVeagh, Meet Director

CO-CHAIRMAN:
Dick McClune, Ruth McClune, Jeanine Eldridge, Rose McVeagh

LOCATION:
San Bernardino County Fair Grounds, Victorville, CA 92392

CLASSES: Open to all class ratings.
FEES: Required entry fee...\$25.00

DATA: Each lifter please send brief resume of lifting career...so that it can be placed in the program for the meet!

BANQUET SITE: The Green Tree Inn, \$10.00 for adults, \$6 for children under 12 yrs. old. There will be 6 entrees, 12 salads, 12 desserts, 12 vegetables, beverages include milk, tea, coffee, fruit juices, all you can eat. Please send monies for banquet with entry fee if interested. I feel that by having the banquet at the end of the meet, everyone can relax and have a good time.

We will have all new equipment to meet all standards for both powerlifting and weightlifting. All judges will be National and International Card holders. All equipment will be inspected by Jay McVeagh, meet director.

SANCTION:
S.P.A.A.U...Bud Mucci, Chairman

Detach: Mail lower portion, Keep upper portion.....

1980 NATIONAL MASTERS POWERLIFTING CHAMPIONSHIPS ENTRY

Please enter me in the _____ kg. class, in the _____ age group. For the above event I have enclosed \$25.00 for the required fees. Make check or money order to Hi-Desert Enterprises and mail to P.O. Box 939, Apple Valley, CA 92307

ATHLETE RELEASE: In consideration of acceptance of my entry, I do hereby, for myself, heirs, and administrators waive and release any and all claims I may have against Hi-Desert Enterprises, San Bernardino County Fair Grounds, the County of San Bernardino and their representatives for any and all injuries suffered by me during the event. I certify that I have no physical defects which would prevent me from competing and I understand that I compete at my OWN RISK. I waive any right to any interest in pictures taken of me during the event.

NAME _____
SIGNATURE _____
ADDRESS _____
ZIP _____
PHONE _____
BIRTHDATE _____
SEX _____

HI-DESERT ENTERPRISES
presents
THE FIRST WORLD MASTERS POWERLIFTING
CHAMPIONSHIPS
October 24, 25, 26, 1980

SCHEDULE OF EVENTS

Friday, October 24, 1980	Saturday, October 25, 1980	Sunday, October 26, 1980
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October 25, 1980...inspection of gear 7 AM. Weigh-ins 7:30 AM to 9 AM. Rules briefing 9 AM to 9:15 AM. Lifting starts at 9:30 AM for classes 100 kg., 110 kg., 125 kg., and over 125 kg.

AWARDS:
1st place Gold, 2nd place Silver, 3rd place Bronze, in each weight class, in each age group. Women lifters will not be required to compete against male lifters. Also trophies for best Squatter, best Bench Presser, Best Deadlifter and best Powerlifter will be awarded in each age group. There will be one final award for the best 1980 National Master Powerlifter over-all...determined by the Schwartz formula and National Masters formula combined.

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FEES: Required entry fee...\$25.00

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SANCTION:
International Powerlifting Federation, Clay Patterson, Secretary

Detach: Mail lower portion, Keep upper portion.....

1980 WORLD MASTERS POWERLIFTING CHAMPIONSHIPS ENTRY

Please enter me in the _____ kg. class, in the _____ age group. For the above event I have enclosed \$25.00 for the required fees. Make check or money order to Hi-Desert Enterprises and mail to P.O. Box 939, Apple Valley, CA 92307

ATHLETE RELEASE: In consideration of acceptance of my entry, I do hereby, for myself, heirs, and administrators waive and release any and all claims I may have against Hi-Desert Enterprises, San Bernardino County Fair Grounds, the County of San Bernardino and their representatives for any and all injuries suffered by me during the event. I certify that I have no physical defects which would prevent me from competing and I understand that I compete at my OWN RISK. I waive any right to any interest in pictures taken of me during the event.

NAME _____
SIGNATURE _____
ADDRESS _____
ZIP _____
PHONE _____
BIRTHDATE _____
SEX _____

CLASSIFIED
CLASSIFIED ADS AND SPECIAL MEET
ANNOUNCEMENT SECTION

\$1.00 per line per insertion...figure 35 letters and spaces per line.

Iron Man Magazine...honest coverage of all three facets of the Iron Man Game Powerlifting, Olympic lifting and Physique...40 years of top lifting and sport...\$7.50 for 1 year (6 issues) Iron Man Publishing Co., 512 Black Hills Avenue, Alliance, Nebraska 68301

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Bold design on quality 50/50 cotton-polyester shirts. Striking colors, different for each weight. Avail in 200, 250, 300, 350, 400 pound designs. Sizes: S-M-L-XL-XXL-XXXL (XXL & XXXL in white cotton only). Send just \$7.00 each to: SPORTS-CHEEN, Dept. P, P.O. #1, Box 94, Milledale, Indiana 46184. (Gyms...inquire about quant. disc. & custom imprint.)

ATTENTION ALL SERIOUS POWERLIFTERS! Having problems with Nutrition? Pinpoint your exact Vitamin & Mineral needs through Personalized Computer Analysis. Control your own health! Send only \$19.00 to Pro Vita, 1419 Cedar Ave., Long Beach, California 90813

INCREASE WORKOUT ENDURANCE. 21 grain 100 per cent Argentine Beef Liver-500 tabs SAVE! Send \$15.00-Life Natural, P.O. Box 30718 Santa Barbara, CA 93105 Free Catalog with order, others \$1.00

Chip Hultquist will be hosting the Southern Iron Open on January 24th, in Tallahassee, Florida. Trophies thru 5th for the top Women, Masters, and in each class. A FLORIDA team will be fielded for this event and a challenge has now been issued to any other state to give them some competition! They feel they can give any other state a run for their money. Contact Chip at 5655 Cypress Circle, Tallahassee, Florida 32303.

12 Oct Metro Detroit Open Bench, Glen Underhill, Gladiator Gym, 20349 Encorse Rd., Taylor, Michigan 48180 313-388-0411

27 Sept. Southern Idaho Open, Barbara Hess, Box 289, Jerome, Idaho 83338, 208-324-3389.

Dad and son need used portable/free-standing Power rack. Reasonably priced. Lee & Shane Gesbeck, 18030 So. Kedzie, Hazel Crest, Illinois 60429 or call after 6 pm 312-798-2142

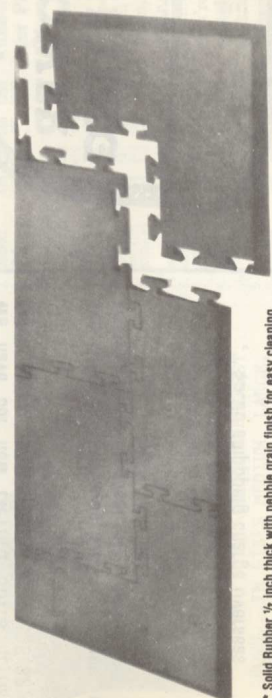
LARRY PACIFIC STRENGTH SEMINAR at Homer Center High School, Homer, City, PA, 6 miles south of Indiana, PA (the home of Indiana University of Pennsylvania). The date is November 15th, 7:00 PM. Tickets are \$5, available at the door, or write Homer City Power Team, 138 Harrison St., Homer City, Pennsylvania 15748 or phone 412-479-3089.

The Oklahoma AAU and the Eastside Athletic Club invite you to the OKLAHOMA POWERLIFTING CLASSIC (Open and Novice) Saturday, November 22nd, 1980 at the McClure Recreation Center, 2 platforms/2 sessions/AAU-IPF rules enforced/motel accommodations available. For more information, contact Dave Keener at 918-437-6298 or at the address below...and don't forget the Southwestern USA Open Championships on September 20th.

Pastside Athletics Cbb

11322 "I" East Twenty first Street
Tulsa, Oklahoma 74129

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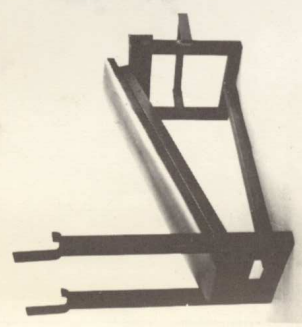
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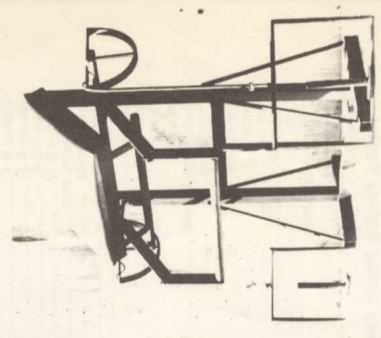
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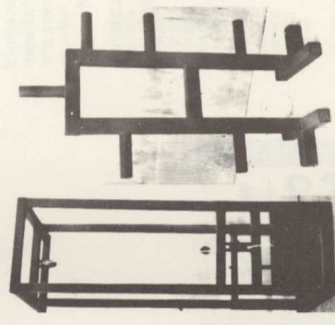
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Super Deluxe PLATE HOLDER
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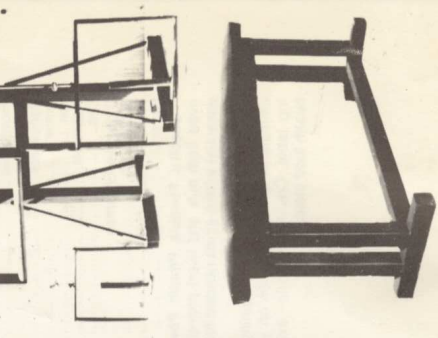
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Comes complete with new,
never wear smooth
running pulleys. Pulley
set at right height
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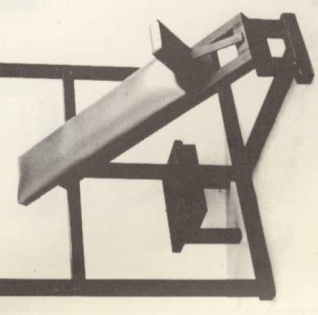
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Ball bearing operated
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square steel
tubing, welded
throughout
for greater
strength.



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as at left
with 4 feet long,
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heavily foam
padded and
vinyl covered.

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LETIC TRAINING CENTER

114.
C. LOCARD 145 315 460
P. SPINELLI 150 230 380
D. SMITH 265
B. MCCORRISTON 135 220 325
R. HAYES 155 240 345
C. FITZPATRICK 65 100 165

123.
J. DEVAULT 175 305 480
J. HILL 115 285 390
D. OTTINGER 215 330 545
J. SHORT 165 315 480

48.
O. MC WILLEN* 250 525 775
J. PHILLIPS 245 470 715
J. WOOD 260 410 670
J. CARSON 230 410 640
C. COOK 115 300 415
R. DIFIORE 948

19.
L. ZOLTO ---
65 BURTIS 280 520 800
A. PARKER 270 420 690
J. LIVINGSTON 255 420 675
A. SILVESTER 285 390 675
J. BREEN 235 390 615

181.
J. BREEN* 365 500 865
S. CLEMENTE 300 350 950
J. DANIEL 270 420 690
H. SCHWABER 270 420 690
F. ESCHIE 300 380 680
T. JACOBI 260 375 635
P. KANG 185
R. CAR 165 400 585

198.
ER: JULI GOULD-WORLD
M. MARINI 315 585 900
R. SEAGRAVES 225 450 825
J. SCALONE 265 365 630
J. SPALL 225 375 600
C. FITZPATRICK 355 525 865
J. MCCORMACK 270 420 690
L. LONGERS: JOHN GIOLINI 220
J. FEENEY 375 550 925
K. DANENPORT 365 500 965
R. BULANER 220
J. BARRAY 180
J. KEMAN 115
A. ASHFELD 350 540 890
K. SOMMER* 390 570 960
P. SCHWABER 260
P. FLOOD 230 400 630
M. LAUGER 300
P. SCHOLZ 260
A. HERRER MELAN 245

275.
B. KATES 365 485 750
S. EDWARDS 325 480 815

280.
J. EDWARDS 325 480 815
B. DENOTES FEMALE COMPETITOR
S. WURPHY 320
J. WELCH 310
J. WELCH 310
W. HENRY 305

181.
J. FINK OR 365
C. HUBBARD 365
A. FANNER 330
J. CANNON 330
P. JOHNSON 310

425.
C. CAPUTO 446 303 501 1251
C. ZINK 402 282 391 1085
S. MC CLURE 330 220 424 975
D. WYRICK 418 275 501 1195
J. VILLINES 396 259 440 1096
242. GEESE 496 325 622 1443#
J. FURNAS 551 330 562 1443
R. COOK 540 286 501 1328
R. WOODSON 418 283 485 1118
J. JONES 391 284 482 1118
275. STUART 479 402 501 1383
D. JOHNSON 391 325 551 1257
L. FINE 203 165 319 688

148.
B. ALAMY 413 281 518 1212
J. FOMER 398 314 440 1041
165.
G. MALONEY 518 314 545 1377#
J. BOONIC 526 281 651 1091
181.
M. MARELE 512 297 518 1328
M. FINLAYSON 507 295 516 1261
D. BEERY 405 286 501 1234
C. CRUBBS 424 275 490 1212
J. CRUBBS 391 270 422 1063

19.
B. WRIGHT 755* 485* 628 1868#
501 501 4TH

2ND SOONER CLASSIC P/L CHAMPIONSHIP
7/19/80-NORMAN, OKLA

WOMEN
J. THOMPSON 1077 82 209 479
114.
J. DAVIS 203 165 319 688
J. THOMPSON 154 126 209 490
R. PETERS 259 165 327 1362
J. VILLINES 396 259 440 1096
23.
W. MOORE 209 154 286 650
R. JOHNSON 292 192 363 848
J. FANNER 242 192 325 496
J. WEDR 145 110 242
D. COOPER 297 225 435 959
J. FANNER 220 176 303 699

165.
S. REILLY 385 248 440 1074#
S. RICHARDSON 363 259 424 1063
R. COOK 330 148 380 859
T. BAILEY 382 275 ---
181.
J. FINK OR 369 297 446 1112
C. HUBBARD 391 270 402 1063
A. FANNER 170 115 181 468
J. CANNON 402 ---
P. JOHNSON ---
C. CAPUTO 446 303 501 1251
C. ZINK 402 282 391 1085
S. MC CLURE 330 220 424 975
D. WYRICK 418 275 501 1195
J. VILLINES 396 259 440 1096
242. GEESE 496 325 622 1443#
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J. JONES 391 284 482 1118
275. STUART 479 402 501 1383
D. JOHNSON 391 325 551 1257
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J. FOMER 398 314 440 1041
165.
G. MALONEY 518 314 545 1377#
J. BOONIC 526 281 651 1091
181.
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M. FINLAYSON 507 295 516 1261
D. BEERY 405 286 501 1234
C. CRUBBS 424 275 490 1212
J. CRUBBS 391 270 422 1063

19.
B. WRIGHT 755* 485* 628 1868#
501 501 4TH

THANKS TO MARLON FOR THESE RESULTS.

6. CHRISTENSEN 534 385 540 1460
D. FINNAS 472 369 556 1405
J. RUBEN 424 281 512 1277

220.
D. BURTON 650 402 501 1554
R. PETERS 529 325 507 1362
J. VILLINES 396 259 440 1096

242.
H. EYETT 894* 452 608 1665
B. COOK 544 374 540 1455
G. COLLINS 694 424 683 1892
J. WEDR 145 110 242
OUTSTANDING LIFTER

TEAM TROPHIES: VOICES: MAC ARLINGTON
TEXAS: OPEN: DUNCAN POWERLIFTERS,
DUNCAN, OK.

MEET DIRECTOR: MARLON FISHER
JAN. 1980-81. THE MEET WAS A SPECIAL
ONE. THANKS TO THE REFEREES
AND LOADERS: WITHOUT THESE PEOPLE,
THE MEET WOULD NOT HAVE BEEN A
SUCCESS. THE LIFTERS:
198: GORDON MALONEY FROM MICHITA
KS* CAME IN 1ST FOR THE SECOND YEAR
IN A ROW AND HAS WON THE STATE 2ND
YEAR IN A ROW ALSO. JIMMY GRANTHAM
FOR DUNCAN, OK BROKE WALTER THOMAS
OLD BENCH PRESS RECORD AT 165 WITH
198: DENNIS WRIGHT IN BOTH SQUAT AND
NEW STATE RECORD IN BOTH SQUAT AND
BENCH AND TOTAL THEN TOOK A 4TH
PLACE IN THE BENCH COMPETITION & DID
A REAL EASY 501 BENCH.

242: HOLLIE EVETT FROM TULSA, OK HAD
A FINE DAY EVEN WITH AN INJURY THAT
HEAVILY LIMITED HIS LIFTING. HE
TWOELF HE WAS SLIGHTLY BE-INJURED HIS
ELBOW ON HIS LAST BENCH, THIS CAUSING
HIM TO MISS A 230 DEADLIFT WHICH
WOULD HAVE PUT HIM OVER THE 2000 LB
MARK.

275: GARLON COLLINS FROM SAND SPRINGS,
OK* JUST MISSED THE STATE RECORD OF
AN 1820 LB TOTAL IN HIS BEST
LIFT.

"I WOULD LIKE TO THANK ALL THE LIFT-
ERS WHO CAME ALL THE WAY FROM TEXAS
AND OKLAHOMA TO PARTICIPATE IN THE
MEET FOR PROVIDING THE MEET SITE."