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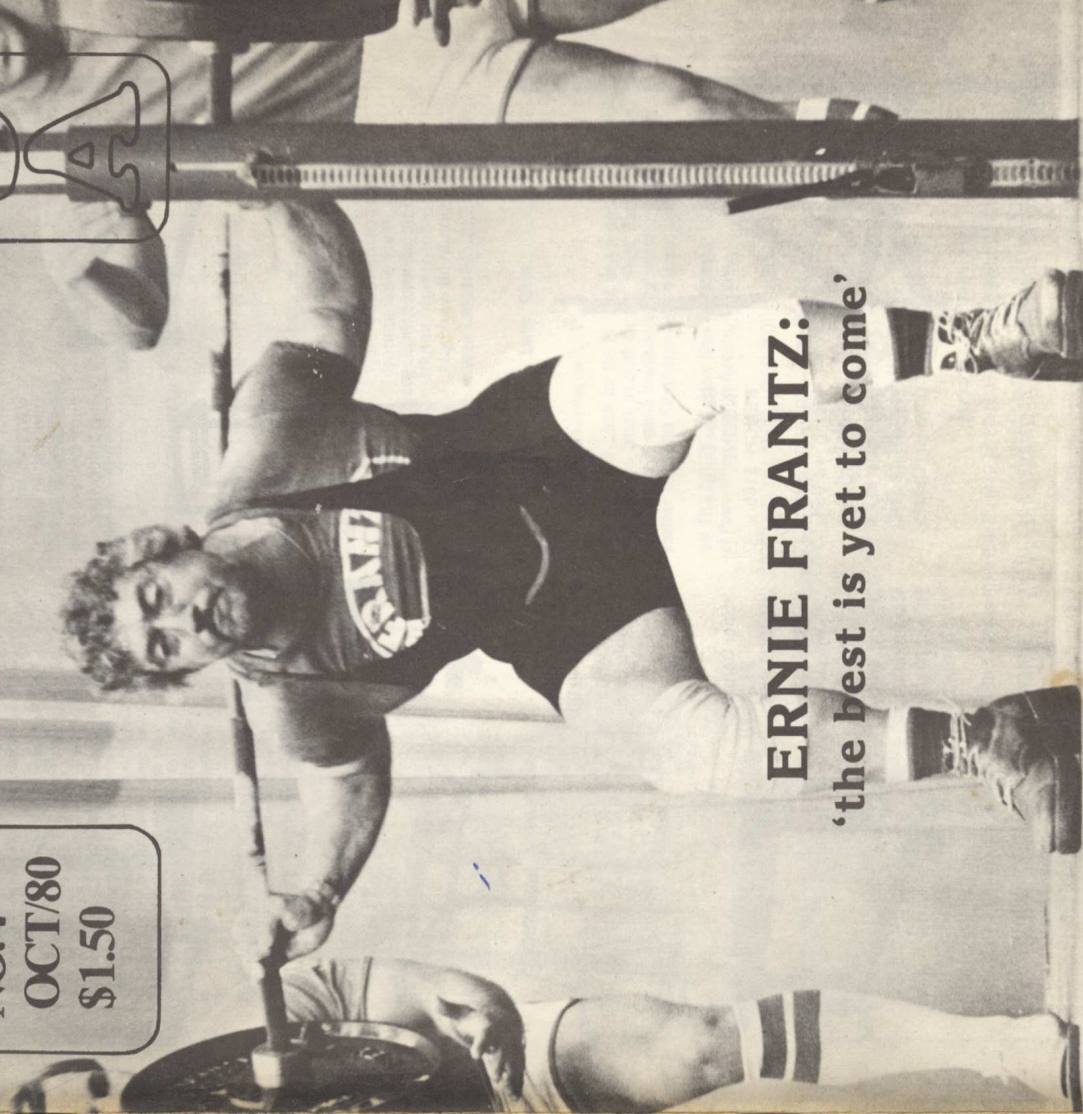
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## Powerlifting-U S A

Post Office Box 467  
Cambridge, CA 93010

EDITOR-IN-CHIEF *Mike Lambert*  
INTERNATIONAL EDITOR *Tony Fitton*  
FEATURE EDITOR *Ken Leistner*  
SUBSCRIPTION SERVICES *Jean Lambert*  
PUBLISHER *Mike Lambert*

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**NEXT MONTH...look for the PL USA on-the-spot report of Mike MacDonald's latest assault on the World Record list. Mike doesn't like to make predictions, but there's the possibility of another Oklahoma Grand-type performance.**

**ON THE COVER...Masters lifter Ernie Frantz at the World Series of Powerlifting meet in Auburn, Alabama. Lambert photo.**

# ERNIE FRANTZ

## 'the best is yet to come'

by Corkie Julian

**RESUME: Ernie Frantz**, Ernie, is 46 years old, now married to upcoming lifter Diane Frantz. He lives in Oswego, Illinois near Chicago and is employed at the Joliet Correctional Center as a Recreation Supervisor. He has been in weightlifting for 26 years.

Ernie attended Southern University majoring in Law Enforcement and at one time was a Chief of Police. He has also been a union carpenter, but physical fitness has always been his main interest. For over 20 years he has been physical instructor in various weightlifting disciplines, as well as specializing in health food supplementation. In the 1950s he was very active and successful in Olympic lifting and in the following decade he got started in Powerlifting. In 1967 and again in 1974 he was runner-up in the Mr. USA contest. Aside from setting numerous state records, he set a World Record in the total in 1975 and tied it again this year. In 1974 he won the World Championships in the 181 lb. class.

We thank Ernie's friend, Corkie Julian, for submitting this fine article with even more information on one of the very best lifters in the world, regardless of age.

It is a sunny afternoon. Many people are enjoying the day with their families by attending a local festivity. Today there will be an extra treat. Vic and his brother Ernie are present with their strength and aerobic team. Quickly a handful of people are drawn into a large crowd as people are interested in these men watching them present. The show begins with the men forming a human hand and leg position. In the next few minutes the growing rapt crowd roars with excitement. In the next few minutes people will witness stunts and exhibitions they may never see again. Many can be heard saying, "that's incredible" and "truly it is as these men perform. During the late 50's and early 60's you may have been fortunate enough to have seen the act. One of the men from this team is the feature of this article. His name is Ernie Frantz and from this early beginning some 26 years ago he has had a deep belief that physical fitness is important to all.

For various reasons the strength and aerobic team broke up the act and for Ernie it was on to better things. Already possessing one of the finest physiques anywhere he began training heavily on the Olympic lifts. At that time they included the Clean and Jerk, Snatch and Overhead Press. It wasn't long before state records were realized. With the emergence of Powerlifting at the end of the 60's, Ernie was one of the first to organize meets and present them as to see that this new sport would catch the public's eye. This wasn't an easy period for the early powerlifters. The public just didn't seem to want to understand these fine men in the 60's Ernie won many powerlifting contests and with these wins were most often "Best Lifter" awards. Having a heavily muscled body he decided to enter the "Mr. U.S.A." in 1967. He almost took the title and many thought he was the winner but 2nd was announced over the loud speaker system. Ernie took this decision with great pride and signaled to his fans "the best is yet to come!"

Being a police officer for many years Ernie has always offered offenders an opportunity to become involved with weights. He states "Many times you find that these young men are inwardly fine people...all they need is some direction in life's way, many times weightlifting is a positive thing for them." Ernie has been a Sergeant and Chief of Police a position he held for over 5 years until he came to the realization that this was too "political" a job. His joy comes from seeing some handsome officers to join the Weider boys and did venture out to the West Coast. There he became close friends with greats such as Larry Scott and Franco Columbu. When I asked him of them he said "At the time Larry Scott was on top

and had the best arms of any man alive". However, he still feels that the best total physique he has ever seen was that of Jack Bellinger.

During the late 60's and early 70's Ernie continued to win many powerlifting and physique contests and by now was highly recognized as one of the best in the world. His big day came at the 1974 World Championships where he totaled 1691 in the 181 lb class and won! Still having his tremendous physique, he was challenged by a few of the competitors in the "Mr. U.S.A." contest which was held in conjunction with the Powerlifting World Championships. Many of them came to regret this because Ernie battled it down to the wire with Pat Neve who was finally given the win. Again much to the disappointment of many of the fans who sided with Ernie. What a day! He had won the Worlds Championships and placed 2nd in the "Mr. U.S.A."! Offers from out West flocked to his office in the weeks to come, however, he and his brother Vic had recently purchased a small Health Studio. Feeling "settled down" in Aurora, Illinois, he declined these offers and concentrated on establishing his own gym. 1975 was another fine year for him as he went up to the 198 lb class and broke the World Record Total by lifting 1780.

In 1976 he went into competitive retirement to concentrate on business finances and although he didn't compete, he hosted many area and state contests. In this period of time Ernie was in fantastic shape and through the urging of some of his fellow training partners (including myself) he entered the "Mr. Midwest" contest held at Learning Towers "Y" in Moline, Illinois. Let me say at this time that he was in the best shape of his life! And a long time friend of his who was then recently crowned "Mr. Olympia" was the guest poser. This was none other than Franco Columbu. By now it's almost anti-climatic to tell you Ernie was once again robbed of a title and was placed 2nd once more. Over 2000 people in attendance boomed the decision. Many thoughts were in the air, "could it be that someone had been angered by Ernie's decision not to go out to the West Coast and train with the "big boys"?

I was backstage with him after the contest and Franco was there too, as they discussed what different paths of life they had taken in the years since Ernie had left California. Both were in their posing briefs and were extremely impressive.

(continued on following page)



ABOVE: Ernie benching at the World Series of Powerlifting meet. Lambert photo

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With the recent purchase of a larger building he had his work cut out to get his new gym in "ship-shape". After all, he had well over three hundred members to think of. Believe me, he thinks of each one of them as a special person, he's that kind of a man. Last June, I received the honor of becoming his personal training partner. Truly what an honor it has turned out to be! I have learned more of the powerlifting game in one year than what most will experience in a lifetime.

With the emerging of the new decade, the 1980's, it seems Ernie has held to the words he gave his fans at the 1967 "Mr. U.S.A.". "The best is yet to come" has arrived! At the State Championships held in Chicago he won the 198 lb division with a super total of 1857. All Master World Records were shattered. Immediately came offers for the "London Cup" and "The World Series of Powerlifting". There was quite a bit of disagreement concerning the London Cup in England so he went to the World's Series in Auburn, Alabama, where he again posted a new total of 1818. I knew this was a down day for him because he had totaled over 1900 in our practice sessions and they were strict lifts. So, again it was back to the drawing board. We worked each other like possessed men, hitting max after max in preparation for the upcoming Nationals in Wisconsin. That's when news came of a meet in Moline, Illinois. Ernie gave it great consideration and decided to enter. His father had passed away on Good Friday and I knew this was destiny on his mind. What a perfect "Father's Day" it was! Ernie had a perfect day - 9 for 9. And the end result was a 1951 total via a 722 squat, and 457 bench press and a 777 deadlift! It was good enough to tie him with Walter Thomas as the greatest 1980er ever!

Ernie is fast becoming unbelievable. At age 46 he presently holds 16 Master World's records and is one of the strongest men at any weight over 40 to have ever walked the earth. The polite humbleness of this man has earned him the hearts of many followers over the past 26 years and it all started way back when he and his little brother Vic formed their strength and aerobic team which delighted the crowds. Keep your eye on Ernie Frantz for the years to come....there may be even more great things to come.

**WOMEN'S RECORD REHASH**...Michelle Klimesh Silva, National Records Champion reports that Mary Ryan should be the record holder in the bench for the 48 kg. class rather than Linda Madzey. They both lifted the same 67.5 kilos on the same day, but Mary was lighter. Jan Todd has informed her that the squat record in the 181' class, listed as 170 kilos for Vicky Gagne, should be 182.5 kilos by Jan Todd herself.

Don Crain has an update on the Women's World records...apparently, Sue Elwyn's 165 mark at 123 was set prior to November 4th, 1979...which, despite much confusion, is the date on which World Records for Women were thereafter recognized by the IPF. This would make Gayla Crain's 142 lb. mark the official World Record, according to Don, however, Sue did get a 159 bench at the Women's Worlds. Don has consulted with Clay Patterson on the matter, however.

Nate Foster says that the World Records at 114 for Women should be 331 Crain, 159 Elwyn, 365 Crain, and 821 Crain. At 123 the records should be 341 Crain, 165 Friedman and Elwyn, 369 Crain, and 858 Crain. Crain's records at 132 are 378, 148, 171, 91, 407, 1245, and 957, 171....Nate knows because he added up the weights and made out the applications.

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After years of struggling for its very survival, bodybuilding has at last become a first rate sport. No longer does the public look with scorn and mockery at physical competitors. Instead, they are major athletic events drawing thousands of spectators. Bodybuilding has earned the respect of the public and bodybuilders have proven themselves to be among the finest athletes in the world.

But all this advancing competition hasn't come without growing pains. From the very start physical organizations had to be organized by inter-organizational feeling. Each of the several physique organizations has laid claim to being the best for the athlete. And, in fact, scars are deep and the battlefield is strewn with the remains of many confrontations.

It appeared that all this might be over with the AAU-IFBB affiliation. Instead the situation grew worse. This affiliation has created a dynasty with thousands of Americans. Bodybuilders left with no choice but to fall in line like good little soldiers. Exploitation of bodybuilders for personal ends appears to be increasing. But the purpose of this letter is not to stir up old stew. Rather, it is to offer a long needed breath of fresh air. It's time to offer bodybuilders a real choice once again. It's time to form an organization for the sole purpose of bettering bodybuilding - an organization owing allegiance to no commercial interests - an organization of, by and for bodybuilders.

The Amateur Federation of American Bodybuilders in the United States is strictly for the Amateur. We believe our organizations members should have the right to compete in any other organization's contests, regardless of whether it is AAU, WABBA, WBBB, etc....after all, this is an inherent right of the American amateur bodybuilder in our great democratic country. FREEDOM OF CHOICE.

Such an organization is here! The American Federation of Amateur Bodybuilders (AFAB) has been reborn! We have formed to offer an alternative to all the disgruntled bodybuilders, meet promoters and gym owners. Beginning immediately AFAB will be sanctioning contests at all levels - local, state, regional and national. In the interest of democracy, representatives will be named from each of the 50 states. Each will have voting rights and all representatives will vote in the selection of national officers. Power blocks will not be allowed. Balanced representation is our goal.

We need your support and vote of confidence. If you are active in bodybuilding or meet promoting, you should contact us immediately. Together we can build a truly representative bodybuilding organization. Join the movement, write us today.

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**'SHRINKING RECORD' EXPLANATION**...Kilos is the measurement system recognized by the IPF and Clay Patterson explains that in 1975 or 1976 the IPF ruled that World Records set in pounds must be rounded down to the nearest even 2.5 kilo increment. Sometime in the fall of 1977, Clay indicates that the IPF ruled that no World Records set in pounds could be accepted. The first ruling affected Don Reinhardt's records and one of MacDonald's benches, although the 576.5 pound mark at 220, set on a kilo set at the Senior Nationals, which was rounded down to 573 has not been explained as yet. The reason that Bill Seno was trying to break MacDonald's record at 242 in 1979 with 578 and in 1980 with 574 was not that MacDonald's record had been shrinking, but in 1980 they happened to know that the called 573 actually weighed heavy by an amount sufficient to break the existing record, while in 1979 this was not the case.

**WHAT EVER HAPPENED TO ANDY DELIVER?**...the American Teenage Record holder in the squat at 196 with a 677 effort that exceeded the 672 effort we listed for Chip McCain, has disappeared a severe back injury that has prevented him from squatting or benching despite valiant efforts to do so. He had surgery involving a lumbar arch reconstruction and fusion of the 5th lumbar vertebrae to the sacrum...he's now in a back brace for the next few months, after which time he will no longer be a teenager, but hopes to come back anyway.

another great master lifter...**JACK BARNES**



Jack Barnes has been one of the most prolific and enduring strength athletes in our sport. He started setting records back in the sixties, trading marks with Tom Wernitzer in the 181 class, and recently broke the Masters squat mark with a 749.5 effort in the 196 class. Other evidence that the 5 better than ever includes his 694 squat at 181. (who broke his own State record...set a mere nine years earlier. The 1971 World Champ, who stands 5 ft. 4 inches tall, was once heard to say that he squatted 400 pounds the first time he ever tried the lift, but it hasn't all been easy. In the mid 60s he severed tendons in his wrist in an accident and was told he would never lift again. Jack didn't ask for a second opinion, he just headed for the weight room and six years later he was World Champion.

Thanks to Ron Lambert and George Chrisman Jr. for the information in this mini-article.

**British Team at the Worlds.** International Editor, Tony Fitton, phoned right at the deadline for this issue and informed me that the British team is comprised of Bhauro at 114, Galvez at 132, Pengelly at 148, Fiore & West & Collins distributed among the 165/181/196 classes in an, as of yet, unspecified order. Noble and Stevens at 220, Arthur White at 242, and Andy Kerr at Super. Missing are such potential point scorers as Zelofsky, Dave Carter, Eamon Toal, and Phil Stringer...apparently because circumstances do not allow them to attend the periodic team squad meetings.

**STILL REMARKABLE.** reader Kevin Isherski reports that Norm Heberts 40 rep deadlift performance at Ed Johnson's meet was actually done with 290 pounds rather than the 300 listed in the results. That makes it 96.66 per cent of the performance we had reported...obviously, it remains a tremendous physical achievement.

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WR DL 123-Julie Sheafier got it at the Reno Open, details next month.

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**CRISIS!**  
in  
**POWERLIFTING**

In an effort to present several sides of the complex issues that are facing American Powerlifting as the World Championships approaches, PL USA has opened its pages to the opinions that follow. Hopefully, after reading the following material and considering it carefully the grass roots lifter will have a better understanding of the situation and perhaps be able to contribute to the solution of our difficulties.

..from Tony Carpio

Dear Mike,

The numerous letters and comments which have appeared in the last two issues of Powerlifting USA have prompted me to write this letter. Several people have commented on the NPA, 1980 Senior Nationals, and the fact that two American teams will compete at the Worlds. All the letters had various degrees of truth, but much of what was said was opinion or the writer's feelings on the issue, not a member of the selection committee, an athlete representative, and the NBC commentator for the 1980 Senior Nationals, I feel I have fairly knowledgeable on the issues. The following are my feelings on what is happening on the World Series of Powerlifting Controversy.

For those of you who are not familiar with the events surrounding this incident, the following may be of some benefit and enlightenment.

(a) NBC and the British Powerlifting Federation signed a contract for the World Cup meet. Some of the best lifters in the world were invited to lift, including several Americans.

(b) NBC had to work with the BBC (British Broadcasting Co) in order to film the event.

(c) The BBC suddenly went on strike.

(d) Individuals in the USA put together the World Series of Powerlifting Meet, and sold the package to CBS. (The BBC still was on strike).

(e) NBC and the British Powerlifting Federation wanted to go forward with the World Cup as originally planned.

(f) Joe Zarella forbid all American lifters to compete in the World Cup.

Question: Why not let a contingent of American lifters go if there are lifters who wish to compete? The World Cup was set up prior to the World Series of Powerlifting, but Zarella chose to not allow Americans to compete, thereby lessening the competition at the World Cup. It would seem like some compromise should have been reached so that the British Federation could make a good showing for NBC, I won't go into the individuals or the money issues which surround these two meets, but as you might guess, it is messy.

(h) The NPA was formed when a group of American lifters, desiring to lift in the World Cup, formed this federated provisional membership to the NPA. It meant that (1) NPA lifters could legally set World Championships, and (2) the NPA became entitled to enter a team in the 1980 World Championships.

(i) Larry Pacifico, who was asked to act as a TV commentator for NBC, was asked by Terry Todd not to participate in the World Cup.

(j) Larry Pacifico decided to act as the NBC TV commentator, despite Terry Todd's strong urging not to do so. Larry felt that (1) NBC and the World Cup promoters were being short changed by Zarella's position not to allow any USPF lifter to compete, (2) the NPA was a legitimate Federation and a provisional IPF member, and (3) the NPA lifters had a bonafide right to compete.

(k) The World Cup took place but was not as successful as hoped due to the lack of big name American lifters.

(l) The World Series of Powerlifting was a record breaking extravaganza. In looking back on this incident, Joe Zarella has told several people (myself included) that he regrets how he handled this controversy. However, the bottom line is that his refusal to allow USPF lifters to compete in the World Cup, even though a good number were willing to, had the following effect:

- The NPA was formed - legitimately.

\* Animosity between IPF President Vic Mercer and USPF President Joe Zarella hit an all time high.

\*The World Cup, which was planned prior to the World Series of Powerlifting, was a disappointment.

\*NBC felt that they had gotten shortchanged due to the lack of USPF lifters. Oh, by the way, CBS has the contract for the 1981 Senior Nationals and NBC (who started out with us from the beginning) wants nothing to do with the USPF based on the above incident and how the USPF negotiators handled negotiations for the 1981 Sr. Nationals. This whole TV issue could take up an entire volume of Powerlifting USA.

2. The 1980 Sr. Nationals in Madison.

(a) The selection of Corpus Christi for the 1981 Sr. Nationals was fair and square. Pacifico's offer was better, but one could easily argue that Corpus Christi is a much nicer city to visit than Dayton, Ohio (beaches, sunshine, etc.). In short, the decision could have gone either way...and Corpus Christi won on a very close vote. What I feel was very questionable is that Pacifico was led to believe, unintentionally according to Joe Zarella, that he had to make his bid for the 1981 Seniors at the 1980 Nationals in Arkansas. This made Pacifico's bid known to everyone prior to the 1980 Seniors when bids were actually due. Even if no one made use of this information, it would certainly upset me to expose my offer only to be told the vote would take place two months later. Perhaps sealed envelope bids should be used in the future to avoid a repeat of this.

(b) Larry Pacifico's bombing out in the deadlift was Larry's own fault. He and his coaches blew it, and Larry even admitted this on TV. You can get excited at times and overlook obvious things, and that's what happened to Larry. It was not Rick Gaugler's responsibility to warn Pacifico of the situation that was developing (i.e., the 2.5 kg increment rule). Gaugler's responsibility was to help Chip McCain and Tony Johnson as best he could. Whether or not Rick should have waited until Larry took a 3rd attempt is not of any consequence since the end result would have been the same...the lift would not have counted. The only thing gained by waiting is that if Larry had missed his 3rd lift also, there would have been no need for a protest. I believe Rick would have done this if he had thought about it. However, he was under pressure to get his lifter on the platform to lift, and you cannot possibly think of everything. While I don't question Gaugler's action, I do question the fact that the announcer called Larry out for his "second attempt" and announced it as such. If he knew it was Pacifico's final situation then he should not have done that. The result was tragic for Pacifico, but you cannot blame any single individual for causing him to bomb. However, no one helped him not to bomb out either!

(c) The selection of the World team members has been a running argument for 3 years. My personal feeling is that a "winning" team should be selected...not necessarily the winners of each class. I thought that the objective was to win the World team title...not reward the winners of the Seniors by sending them to the World Championships. My reward for winning the Seniors is that you are the Senior National champion. In 1980 the selection committee was supposed to select the World team as follows: (1) Those winners of the Seniors who exceeded the totals of all foreign lifters automatically go, and (2) the remaining team slots were to be filled out that the best team is selected. Prior to the selection committee meeting, statements were made by the athlete's reps that the lifters wanted to see the winners of each class selected. This was brought up at the selection committee meeting and that motion was passed. I did not point out that for 1980 the selection committee was still supposed to select a team as described earlier, not necessarily all the class winners. Hence, Dunbar, Verdonck and Crain were not automatic team members. If the selection committee really had selected the "best" team, Pacifico probably should have been picked over Dunbar, Verdonck and Crain since he'd be more likely to win a first place than any of the above three would. However, the selection committee did what we felt the lifters wanted...we selected the winners unanimously. The point I'm trying to make is that consideration of Pacifico for the World team is totally consistent with the selection committee's guidelines. It was proper to consider him, as well as several other lifters who did not win first. If Gaugler had bombed or Bridges, I feel these men should have been picked regardless. You pick a winning team, not one that might win. My recommendation for selection of a team is as follows:

(1) those winners of the Seniors who exceed the totals of all foreign lifters automatically go, and (2) the remaining team slots be filled such that a "winning" (not "best") team is selected. This gives you some latitude in your selection process. You can select someone who could score equivalent team points over someone who bombed out, even if the lifter who bombed out is better. Or, you could pick someone who did not "bomb" out. We need to be sure we field a winning team. By the way, I feel the 1980 USPF team represents a winning team.

3. The National Powerlifting Association (NPA).

As described earlier, the NPA was formed legally, and with cause over the World Cup incident. As a provisional member of the IPF they are eligible to lift as a team at the Worlds...the same as the USPF. Gaugler's comment that the USPF is the "only legit powerlifting Federation in America" is therefore not accurate. Both federations are legitimate. The NPA was formed as an alternative to the USPF. Personally see nothing wrong with this. You should be allowed an alternate, provided it's legal (and as best I can determine the NPA is legitimate). The NPA is not out to destroy or absorb the USPF. As I understand it, the NPA would like a relationship with the USPF like the one between the IFA and IFBB in bodybuilding. I do not see how the creator/existence of the NPA hurts the sport of powerlifting. It seems to me it has worked in boxing (WBA/WBC and football (NFL/AFL). Why not let it exist. It has merit lifters will support it and it will sur-



## ISSUE, ORGANIZATION

- Under the new constitution of the USPF, the athlete's representatives have one (5) in number. This means that out of a membership of over 10,000 we have (5) votes. (The old constitution at least gave us twelve votes.)
- At the A.A.U. convention held in Las Vegas last year, the voting body of the National Committee voted to incorporate the National Committee of the A.A.U. into the UNITED STATES POWERLIFTING FEDERATION, INC. The words "of the A.A.U." were not included. (Now, after the NPA's recognition into the IPF, the USPF apparently changed its corporate charter without the full vote of the membership. The USPF is now trying to show a connection with the A.A.U. other than registration and insurance. The U.S. Congress, by law, made the A.A.U. have all its sports incorporate and provide themselves with self-management.)
- At the 1980 Senior National Committee meeting, a new constitution was voted for by the USPF to follow. By proper administration of said constitution, the full body of the USPF should have nominated new officers, across the board, and taken a full membership vote. (As stated by the USPF no changes in officers took place. The same incumbent officers voted themselves back in office). This was in direct violation of the very constitution they just voted to uphold. (Editors note: The point that is being made here is that under normal circumstances, the NPA did presume that institution of a new constitution would require elections. However, existing officials were carried along from the old National Committee to the USPF government.)

## ISSUE: LEADERSHIP

- The USPF has lost to Powerlifting the television network of NBC!!! Why did this happen? (The NPA has the full support of NBC sports television, and will negotiate with NBC for its National Championship and World Team Trials. Two big meets a year, for a number of years). NBC is also the network that supported NPA and the IPF at the World Cup. The IPF delegates might ask themselves who boycotted the World Cup, and who saved it?
- Who are the leaders that sent this letter to all top U.S.A. Powerlifters? (Make no mistake, any member of our federation (official or whatever) who participates in any way in the World Cup in London should realize that he is placing his whole future career as a U.S. lifter or official in extreme jeopardy. Without question, the position of our Executive Committee is and will remain that we will move to indefinitely suspend any member of our federation who participates in the event scheduled April 15, 1980 in London.)

From: Joe Zarella

(The Executive Committee did not have jurisdiction to do so. Using their own motives the USPF misinterpreted the lifters of the U.S., the IPF and NBC Television. Thereby, boycotting the World Cup and denying U.S. Powerlifters a great event. The NPA will see that this never happens again.)

## ISSUE: FINANCIAL OBLIGATION

- The USPF has handled its financial affairs in an unorthodox manner. The USPF has admitted to its own committee members that it has not earmarked trust property (money) and commingled funds of the USPF. THIS IS ILLEGAL. (Some states stretch the earmarking duty into a rule of damages...i.e., holding the trustee (treasurer) absolutely liable for the safety of trust assets which he has commingled. The USPF's treasurer does not even have the money! It follows from what has just been said that the trustee is forbidden to mingle trust funds and other funds. It is a breach of trust for the trustee to deposit trust funds in a bank account in any other name which contains individual funds as well.) The NPA must answer to the Powerlifters of the U.S. with a full independent audit of the treasurer and subsequent legal action.

- Why does the IPF have two Committee members (past or present) on charges before the IPF's Disciplinary Committee? Who are they and why?

The before mentioned issues and many more will be addressed to at the World Congress. The main reason the NPA is sending a team to the World Championships is so we may attend the Congress with our delegates, Dave Keagy and Larry Pacifico, to bring to light the individual wrong doings of the USPF's leaders.

Powerlifting is a sport for the Athlete, not a sport for Administrator's personal gains. The NPA is an organization for the athletes, run by athletes. This is not a "one man loophole" organization as the USPF puts it. Just look over our 1980 World Championship team!!! The athletes on the team do not feel like they are "sneaking in the back door". (Many have won in the past and have been denied the front door by the USPF). Mike Bridges deserves to enter the front door... and the NPA will see that he does.

In closing, we too, appeal to you (and all readers of this letter) to put aside all personal and political considerations and to decide this issue of (NPA or USPF) in the best interest of the future of Powerlifting in the United States.

Respectfully submitted,

Executive Board  
National Powerlifting Association of the United States.

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## NATIONAL ATHLETES REP. Dave Waddington, Mike Bridges

Delegates to IPF Congress: Dave Keagy, Larry Pacifico

## NATIONAL POWERLIFTING ASSOCIATION OF THE UNITED STATES 1980 WORLD CHAMPIONSHIP TEAM

SUPER: Dave Waddington

242: Steve Wilson

220: Chip McCain, Larry Pacifico

198: Ernie Franz, Fred Hatfield

181: Mike Bridges, Tony Carpio

165: James Rouse

132: Joe Bradley

PLEASE MAKE NOTE: IF THE NPA IS A "ONE MAN LOOPHOLE" TEAM, LIKE THE USPF STATES, THEN WHY IS A MEMBER OF ITS OWN EXECUTIVE COMMITTEE AND A MEMBER OF ITS OWN TEAM LIFTING FOR THE NPA?

## ..from the Editor

**EDITORS OPINION**...First off, it is very difficult...even for those intimately involved with this problem...to know exactly what the true facts are. My motive for publishing the various communications in this issue is to let the various sides have a say and my motive for the following opinion is to sort through all I've heard to arrive at whatever partial conclusions I can. Some of the letters published have had portions edited when I felt they were either blatantly unproven allegations or excessively personal attacks. I emphasize that most of the communications are heavily opinionated and I hope that readers of this material will not dwell on whatever harsh words that may be present, rather...I hope you will read carefully and consider all viewpoints before making a decision of your own.

**The Positive aspect of the USPF**...the USPF, in the sense of practical reality, is Powerlifting in the United States. Regardless of its alleged defects, it is running Powerlifting and any change in that status would likely be chaotic and divisive at best. I honestly feel that an attempt to put the rug out from under the USPF, for reasons valid or invalid, would do great harm to the lifters and sport in this country and that fact must be considered by rational foes of the present USPF. The USPF is comprised of hundreds of very dedicated, hard working, almost totally uncompensated supporters. Without them, the sport would not exist in this country, and if the USPF is destroyed, we will be without most of them.

I honestly believe that we do have the opportunity for progressive and democratic change through the reconstitution of the USPF. In fact, some of the people now involved with the NPA were clearly pleased with the progress that

was made at the National Committee meeting in Madison, though they did not think all wrongs had been corrected, obviously. The process of change is many times burdensome, but a well-organized political organization could be much more effective in initiating change than the present fragmented approach.

Great progress has been made by the USPF and the National Committee before it was incorporated in the financing of our sport. We now have several major meets televised each year and the prospects for the future are reasonably good in that respect. We don't have to beg to get our lifters overseas, and we don't have to burden the lifters themselves, team members or not, with the entire effort.

**On the Negative side**...Powerlifting has grown very fast in the past years, and certain aspects of the administration of the sport have not kept pace. There are large loose ends around to keep us all busy for a long time to come. One key area is finances. To my knowledge the National Committee has never had a full or partial independent accounting of the funds it has received. Despite numerous requests and the establishment of the office of Treasurer, verbal approximations of the funds available is all that has been made public knowledge. There are difficulties in tracing back all the \$1 contributions, etc., and difficulties in obtaining the Federal IRS approval for the non-profit organization status we seek, but a simple statement of how much money we have in our account, verified by outside accountant could have done a lot to head off the situation we now find ourselves in.

Additionally, part of the toll we are now paying is a result of ill-advised actions on the part of the National Committee in the past, foremost being the abortive attempts to have Clay Patterson and Penny Stillwell banned. Also, we now find ourselves at odds with the IPF and perhaps with many IPF members over the World Cup issue and other matters. The ultimate reasons for this enmity we have developed are not so obvious. Compromise was a possible option at many points along the path, but it did not come about.

**What's the NPA got to offer?** At least, you must admit that the NPA has done it's homework and wedged itself between the IPF and the USPF very effectively. They have provided a voice for some ideas that don't seem to be in favor of a more democratic organization than the IPF.

They apparently have the backing of NBC, and ideally, could actually end up getting more lifters involved in top notch competition and more television exposure for the sport than we would otherwise end up with in the future, but this would require a degree of cooperation from the USPF that is not available at the moment.

**On the other hand**...the NPA is presently a small organization compared to the USPF, and it is admittedly not capable of effectively running the sport at the moment. The thought of sending another team to the World's, even though compromised, of the lifters who may prove to be as strong internationally as the winners from the Seniors, goes against the grain of our concept of fairness and decency in sport when compared to the USPF guys who clearly earned their spots on the roster in Arlington.

**What do I think?**...though there seems to be at least a symbolic effort on the part of the USPF to stop the NPA team from competing, fueled by a communication from a European official who promises the Euro-block will vote to have the USPF as the official IPF member and furthermore, to stop the NPA team from lifting, I don't know how serious it can be. The NPA has letters from both Vic Mercer and Clay Patterson that practically guarantee their entry into the meet as well as the IPF provisional membership in the IPF, and...in my opinion, they have the IPF consent not for that loophole, allowing "provisional membership", we might never have gotten into this mess). I just recognize that it is part of the existing rules, and if the IPF doesn't stick to that, then we will face total anarchy. It looks to me like both teams are legitimately (under the IPF definitions) eligible to field a team in Arlington. This is not to say that the NPA team will actually lift...there is the possibility of some kind of compromise between the USPF and NPA taking place at any time. Most of the members of the NPA team have made some contingency plans to lift in other meets, if things don't work out. Some would gladly step down if they could win some concessions from the USPF. Don't blame the members of this team too severely...most people in their situation would do just about the same. The ultimate goal of all top lifters is the World Championships and most of them have done just about everything possible already to make it to their present level of achievement, and any kind of "legitimate" path to the Worlds is worth the gamble.

There is dispute about who really got the NPA thing going again after it's reported demise at the Selection Committee meeting in Madison. I suppose it doesn't really matter who started it up again, but it shouldn't be a dark secret if the NPA effort is to be a wholly noble one. It doesn't really matter too much that two teams will be lifting at the Worlds, assuming the NPA team actually does participate...what really matters is what happens afterwards between the NPA and the USPF. In the event that the IPF votes to accept the NPA over the USPF, we have the worst possible situation...the USPF with no direct means to get it's boys to the logical goal of their lifting efforts...international competition, and the NPA with symbolic leadership minus the direct means or capability to effectively administer the sport. If the IPF accepts the USPF, the issues the NPA has raised will not die. The only reasonable approach is for the principles in both organizations to work closely together.

Though it is seldom stated, another of the thrusts of the NPA is to blunt the influence that they feel Terry Todd has on the National Committee. They feel that Joe Z. has been used by Terry to achieve aims that may not be in the best interests of Powerlifting. Terry will be facing charges from the IPF in Arlington.

and could possibly be removed, to some degree, from the administration of the contest as a result of the IPF disciplinary actions. I do not have evidence to convince me that Terry Todd has unduly directed the policies of the USPF, but as I pointed out before, the behavior of the USPF has at times seemed unreasonable, if one assumes that the good of the lifter is the basic motive of the organization. Terry and wife Jan have been elected to various positions on the National Committee and some NPA members would like to see them removed. I feel that the elections were democratic, and should be upheld for their term, unless proof of wrongdoing is available to direct the Committee to do otherwise. Also, don't ignore the influence of TV on our problem. The oft-quoted example of the WBA/WBC in boxing deserves closer inspection. Now that each network has it's own set of champs to promote (which conveniently avoids the expensive practice of having to bid directly against one another in most instances for the rights to televise the "true" championship in any given weight division) there has been more boxing on TV. Can we say that it brought more money into it? We can say that it has brought more money into it. NBC might gladly encourage the NPA to proceed with its efforts so that a similar situation might be created in powerlifting.

**Recommendations**...let's get rid of the hotheadedness and paranoia that has infected our sport. The only winner in this situation in the past few months has been Ma Bell, and the only exercise that some lifters have been getting has been jumping to conclusions. Example...one fellow mentioned to me a few weeks back that Joe Z.'s phone was out of order. Later, when it was mentioned that someone else was planning to call Joe, I let him know that I had heard his phone was out of order. Next thing you know, the story all over the country is that Joe Z. has disconnected his phone and run away with the Powerlifting funds. This piecing together bits of unrelated information toward some conspiratorial conclusion has gone too far. It is time for everybody's hide to thicken up and get about the business of doing what's right for the sport...not just for the elite group of lifters at the top, not just for the vested interests in the administration of the sport...how about just for the thousands of guys who just want to lift weights, powerlifting style. Stop worrying about what you says about so-and-so, and start worrying about where we're going to be when the majority of lifters, who have had no legitimate voice in what is transpiring, get fed up with all the "leaders" and stop believing in anything to do with PL. I think the USPF ought to have a decent public accounting of the funds we have on hand, and I think the NPA ought to go to work within the constitution of the USPF to right the wrongs they perceive to exist, the IPF ought to close the disruptive loopholes in their constitution, and those who can't put aside their personal animosities ought to go in to arbitration until we can think of a good reason why their revengeful motives ought to take precedence over the best interests of Powerlifting itself.

Mike Lambert

**The latest developments**...Joe Zarella has agreed to an independent audit of the USPF powerlifting funds. Details remain to be worked out regarding the actual conduct of the audit, but this represents a big chance for the USPF and NPA forces to get together and eliminate their differences. Furthermore, Joe Zarella reports that changes look good for the USPF to contract with the AAU for registration, sanctions, etc. The details will probably be worked out at the AAU convention in Miami in early December. Furthermore, the difficulty reported by Joe Zarella in transferring the USPF funds to Treasurer Conrad Carter because of the IRS delays in granting the USPF federal non-profit status will be eliminated by association with the AAU which already has IRS non profit status. Fears that the AAU, rumored to be in financial difficulty, would have access to USPF funds have been allayed as a result of Joe's visit to AAU house. The AAU will apparently maintain our funds independently and timely financial reports will be readily available.

PL USA has consulted legal counsel regarding the NPA statements concerning "commingling" and "earmarking of funds" as regards the USPF and were advised that with the facts available any such charges could not be definitely substantiated. The NPA does stand by the statements, however, should they be demonstrated incorrect, ideally by an independent audit, a public apology will be forthcoming. What this is really all about is Joe's practice of paying USPF obligations with checks drawn on a New England Powerlifters Association checking account.

**Bits and Pieces**...Mike Bridges has told Joe Zarella that he is switching from the USPF team to the NPA team. 1st alternate Jerry Jones will be taking his place on the USPF team.

Joe Zarella has assured Wally Holland of Great Britain that the kind of hassles we saw in the last year's World Cup, as regards USA participation, will never be repeated in the future. Joe Zarella has agreed to personally pay for the audit of the USPF funds, which will be conducted with a CPA and impartial witness present. It will be possible, at least partially, the foreign competitors who might be bummed out as in at the Worlds due to the presence of 2 teams from the USA, Clay Patterson will be awarding medals through fifth place.

## what can you do?

One thing you can do is send in your nomination for Athletes Representatives. These are the guys to whom you can give your opinions so they can be heard on the national level. Send in your nominations for the election, which will be held next month through PL USA, to Box 467, Camarillo, California 93010.

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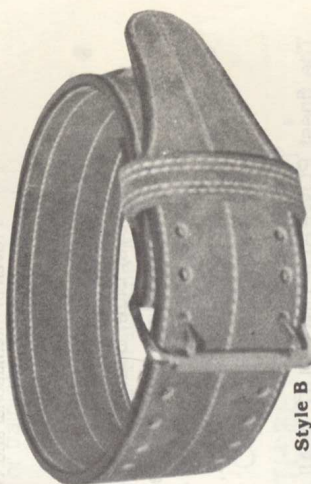
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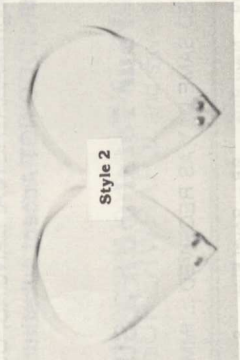
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## Nutrition NEW SERIES!!! Corner

BY JACK DIGANGI R.D.

The ninth edition of the R.D.A. has just arrived, and I briefly want to cover what they are and how they work for you. The R.D.A. (Recommended Dietary Allowance) is designed by the Committee on Dietary Allowances, Food and Nutrition Board, National Academy of Sciences, and the National Research Center, etc. This is about a 200 page report from various disciplines—Biological, Medical, and the National Academy of Engineering, etc. It is a condensed report that I recommend you add as a nutritional reference as part of your Powerlifting library. If you want the book, write: Office of Publications, National Academy of Sciences, 2101 Constitution Avenue, N.W., Washington, D.C. 20418.

The R.D.A.'s are standards toward the goal of good nutrition. It has been revised every fifth year since its beginning in 1943. It changes as the nation itself changes. (The R.D.A. is designed for the people of the United States only) and as scientific knowledge reveals the necessity to change. It is the standard for public health programs, schools, industry, food labeling, educational programs, and developing new food products, etc.

The R.D.A.'s are the levels of intake of essential nutrients considered, in the opinion of the Committee on Dietary Allowances, to be adequate to meet the known nutritional needs of practically all healthy persons. (1) Remember, this is a guide, not an exact individual nutrient requirement. In actual practice, the figures are set to exceed the actual need. Intakes below the R.D.A. on any given day should not be considered inadequate, but may lead to a level that is considered unsafe. It states specifically that these are for healthy populations, and does not cover special dietary stress such as chronic diseases, metabolic disorders, infections and the use of medications.

Setting the actual figures generally meets with strong disagreement among the scientists. For example, the R.D.A. states, "the requirement for a nutrient is the minimum intake that will maintain normal function and health," i.e., for an adult to maintain bodyweight, or to defer specific deficiency signs, as in the water-soluble vitamins. Therefore, the criteria used is set up to cover the lowest range necessary to include these requirements. Yet, the information on some nutrients is not complete, and therefore judgments must be assumed.

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The R.D.A.'s have one basic underlying assumption—food selection is made from a wide variety of food choices. Recommendations were previously set for those essential nutrients only when sufficient data were available. However, pan-totenic acid, biotin (members of the B-complex vitamins) and vitamin K, six trace elements, copper, chromium, floride, manganese, molybdenum and selenium, and the electrolytes, sodium, potassium and chloride have been established at an estimated safe level. The data on which the suggested intakes are based are less than those of the established nutrients.

Our body is a very adaptive system enabling it to survive safely during brief periods of specific nutrient deprivation, i.e. vitamin C. The body has regulatory mechanisms that can conserve essential nutrients if the supply is limited.

The body, for example, can conserve energy through reduced activity and lowered metabolic rate. Also, constituents released during the catabolism of tissues may be redistributed and reutilized in more vital areas of the body.

The body can store some nutrients when the consumption exceeds the need, i.e. vitamin A may be stored over a period of time lasting for months in some individuals. Therefore, "food intake (nutrient adequacy) can and should be looked at during a 5-8 day period, rather than on a daily basis.

Work, physical activity and athletic activity increase energy (calorie) expenditure. As physical activity increases, generally so does food intake. With the increase of food intake, nutrient intake is also elevated as would the necessity for the energy-related nutrients such as B-1, B-6, etc. Carbohydrate utilization (energy) is directly related to increased activity.

Any activity that increases sweating, also increases the need for sufficient water and salt. If the activity is extended, it may lead to significant losses of other essential nutrients such as again the water-soluble vitamins.

If you would like just the R.D.A.'s (the list of figures), I would be happy to send you the sheet if you'll send a self-addressed, stamped envelope.

Strongly yours,

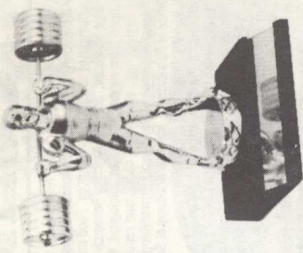
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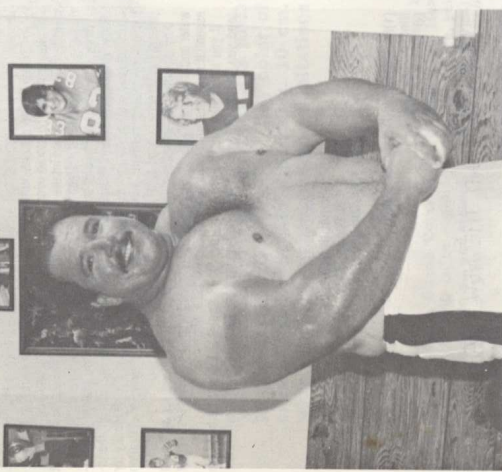
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**THE NEWEST 'BIG' CONTEST**...is the U.S. Invitational, promoted by Wayne Coleman, alias Billy Graham Superstar of wrestling fame. It will take place on December 6th at the beautiful Star Theatre in Phoenix, Arizona. The Star is a theatre-in-the-round, and a beautiful way to present the sport to the public. Top lifters from around the nation are being invited. Dave Draper will guest pose, and the meet may possibly be televised. Jon Cole will reportedly be among the many legends of the sport going for some new World Records. Wayne has retired from wrestling and is into promotion of powerlifting in a big way, so if you have any chance at all, be there for this powerlifting extravaganza.

For further information, contact Wayne Coleman, Superstar productions, c/o Thorbecke S., 2801 N. Scottsdale Rd., Scottsdale, Arizona 85257.

**WORLD'S STRONGEST MAN T-SHIRTS**...we have a limited quantity of OFFICIAL World Strongest Man Contest T-shirts on hand. They come in Size XL (46) only, beautifully silk screened on a high quality yellow t-shirt, with the Worlds Strongest Man contest logo in blue plus a dollar postage...for a total of \$8.45. NOW...While they last, only \$6.50 each, and we'll pay the postage. Once these shirts are gone, we won't be making up any more. The slowest of this years contest will be coming up shortly (watch your local listings), so make all the local gym rats think you were actually there...order yours today!


**BIG DON**...after injuries at the Worlds Strongest Man contest (he reportedly pulled his hamstring 3 times and his right biceps twice) Don Reinhardt has been in bed for two weeks. No surgery was undertaken; the doctor recommended complete rest for at least a month however. It's too bad that he got hurt as he felt he had never been in better shape. His training lifts included a 965 squat, 900 double in the deadlift along with a 925 single, a 610 bench press, 575 pound incline press, 455 seated press, and a 365 tricep extension...plus 330x2 on the barrel press, which wasn't used at this year's meet. Don was also running a quarter of a mile 3 times per week and doing 100 situps per day. He feels like he is coming along well, although he can't walk well yet and he's accepting winning courses that him in a positive way. Look for Don to start advertising training courses that show the secrets of his incredible strength through the pages of PL USA in the near future.




**IN SHAPE**...Don Reinhardt shows a lot of mass in this recent picture, looking bigger than ever. Hope he recovers soon. photo courtesy Don.

**MOUNTAINEER OPEN**...always a super contest. This year's version, Oct. 18th, may have entries from Black's Health World, Sandusky, Luke's Wild Bunch, and Larry Pacifico called about coming and lifting 2425. The Women's division will have at least 2 World Champions lifting, and there's a novice division for those below Class II. For info contact Mountaineer Barbell Club, Box 925, Parkersburg, WV 26101.

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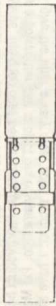
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**POWER INVITE!** Anyone travelling through the Ventura, Camarillo, Santa Barbara, California area has a welcome invitation to train at Rich Abbott's garage facility in Ventura (805-948-3405). Rich has a great, heavy-limbered iron and steel super-crude setup. Power rack, platform, dumbbells, everything. Also his wife Edit and he have a great garden that pumps out organically grown vegetables all year round, also they feature home baked whole grain rye bread (heavy). Raw goat's milk, and fertile eggs. (Anyone desiring red meat will have to bring their own).

**CAUTION**...Rich's wife is not too grooved into Powerlifting, generally hates it, and is highly suspicious of anyone over 165 lbs. but no matter, you'll be dealing directly with Rich, a 148 lb. 45 year old fanatic celebrating his 30th year in the 'irons'. At the moment, he's elevating the DL from a mere athletic event to one of profound emotional significance.

One workout with a liter of like fanaticism/intensity would do more for Rich's progress than a month of Dyanabol, or whatever the deuce it is that some of you guys use.

Rich says if Edit answers the phone, tell her you weigh 114 and are a 4 foot 8 inch ches tall. On second thought, the Superheavyweights probably better not even phone.

**THE PENNSYLVANIA REPORT**...Bob Gaylor reports that Jim Williams is training hard once again and plans to wipe Kaz's bench mark off the books. Bob may do a little article on Jim's current training program for a future issue of PL USA. John Kuc is training very hard for the Worlds and is hoping for a 2200 total, but finds this sour about the two federations lifting a real bummer. Bob reports that his son John David deadlifted 120 pounds on August 15th...at 5 years of age...this done to beat the mark of another 5 year old (115) done a few months ago.

**GOOD PLACE TO TRAIN**...the Southern Iron Strength/Fitness Center, 1425 W. Tennessee St. in Tallahassee is now open. They will be specializing in strength training for athletes and just good old powerlifting.

**Dr. Knowlton...Governor**...Dr. G.K. Knowlton, who offers specialized services through his ads in PL USA, was featured as the cover story on the August issue of Body Forum magazine. Dr. Knowlton was interviewed on his views about supplementation, exercise, and the way to stay healthy. As you may know, Dr. Knowlton has developed his own line of unique food supplements designed especially for the athlete.

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# More from Ken Leistner

Although some of my columns may read like a collection of random thoughts, most of them do take a while to put together. This month, however, I thought I'd clear my head of a number of things, disjointed though they may be. The first order of business and one that I am glad to mention, is that I am no longer associated with the Queens Chiropractic Group and am in the process of establishing my own Chiropractic office. Once it is functioning (November 15 is the projected date, if not sooner) all offices are welcome to stop by and make inquiries regarding lifting, nutrition, injury rehabilitation, etc. Meanwhile, we have finally established what I hope will be a permanent residence (anywhere over two weeks is fairly permanent with me) at 39 Putnam Bl., Atlantic Beach, N.Y. 11509. All mail should be directed that way.

A very distressing aspect of PL is that we have few people who are willing to put in the necessary time and energy to run a quality meet. Thankfully, more and more lifters are getting interested enough to put on a meet in their respective areas. I hate to knock any of them considering that it's a thankless job at best, most often unappreciated by the participants themselves, and with little financial return. However, with a bit of imagination and planning, most meets that are now mediocre, could be excellent. There are a few individuals in our sport that know how to run a meet properly, because they have long experience at it, enjoy doing things that are aggravating, or, have taken the time to analyze the logistics of a professionally run event. One of these individuals is John Pettit. John has, of course, held a number of positions in the political hierarchy of PL (and I for one would like to again see him active at the National level, perhaps as National Chairman, with no disrespect meant for Joe), but is best known for his ability as meet director. Strength Systems, which is actually John and Tom Keltner, have run a number of National meets and will be running this year's world meet, and no one does a better job. There are those who find John difficult to deal with but even these people will be quick to admit that John and Tom do unquestionably, the best job possible of running a power meet in such a way that the lifters, audience, and meet promoters walk away smiling, often with a financial profit as well. To further assist the sport, John is holding a meet director's clinic on the Thursday of the Worlds, Nov. 6. I believe that pre-registration is \$20 or \$25 at the door, and either way, it'll be a bargain. If any of you intend to run a meet of any size, be it local, association, region championships, etc., this is a clinic to make. Anyone who holds a meet obviously has a great deal of fortitude and energy and John will tell you how to smooth out the rough edges. To benefit our sport, I urge everyone, lifter and promoter alike to attend, and then take the ideas presented back to your locale and promote the sport.

I also mention John because of the equipment he sells. I stated last month that DCL Fabricators in St. Louis made a number of things for me (and in answer to a few letters, yes, I paid for them, cash money, baby), the first time that someone has. More specifically, I have always made my own equipment, but in fact, have bought benches and/or racks from others at times, usually when living out of N.Y. and unable to get to a welding shop myself. Pettit was one of those who sold a bench to me, and a set of squat racks. The record compiled by Champion Image Barbell speaks for itself, having provided all equipment for a number of World and National meets. I got my stuff through John because he can deliver quickly. The material of course, comes from Clay Patterson's company and as I once said in an earlier article, it could withstand anything short of atomic warfare. Their new facility allows them faster production and the equipment is still heavy duty and suited for both home and commercial establishments.

I have dealt with Ed Jubenville for over fifteen years. For many, many years, Ed made equipment for Weider and others, and was the only manufacturer of note on the east coast. He now has a new line of benches, racks, etc. made of heavy tubing. Frankly, the equipment he originally made, which he still sells, is superb, but the new line is as professional looking as you can buy and strong enough for the serious powerlifter. One of the things I like about Ed, and this will come as no surprise to those that know him, is that he's easy to talk with and willing to customize anything that he makes. If you need one of the pieces shorter, taller, or adjustable for any reason, call him, tell him what needs to be done and presto, it's done. It has always been a family business, known for quality and integrity and this tradition continues. Malverne H.S. used to have a fully-outfitted-Jubenville weight room which withstood exceptional abuse. He's one more outlet to contact for your needs.

Of course, DCL, as mentioned last month, is a first class outfit. For those of you who have wives, girlfriends, and/or children who are interested in training but who are too small to use a standard olympic power bar comfortably, check DCL out for a five foot olympic or olympic-type (non revolving sleeves) bar. We have one and this allows my wife Dian to train comfortably on the non-competitive lifts. And, as most of us know, for some reason, it's easier to use a smaller, shorter bar for press behind neck, curls, and other movements. And again, check out their Power Cage. I must that I've said enough about equipment for a while. I had a lot of letters regarding this, and hopefully, this should take care of most of them. Oh, yeah, as long as I'm wrapping up equipment, at least for the time being, let me mention that a number of manufacturer's will have displays at the Worlds. One of these will be Bob Morris, the famous belt maker. I've already

used parts of two columns talking about his belts, and yet, I still get letters, at least four or five a month, that ask a specific question about these belts. One rather irate writer asked me why I haven't said anything about another brand of belt. Frankly, everyone who makes belts presents to us, the lifters, a good product. Those products that can't cut it advertise in PL USA for a few months and then fall by the wayside, the good ones persist because their product holds up to the rigors that only a powerlifter can subject his equipment to. Pat Malone, Ed Bokkin and others give the lifter a very nice, solid product. I have admittedly never used these belts, but others tell me that they are durable, nice looking, etc. and if this is the case, I encourage you to buy them. However, I have used Bob's belt, most of the leading lifters use his belt, and I'm assuming this by personal observation, not by any poll I might have taken), and as I have previously related a professional belt holster maker, one of the top men in the U.S., examined the Morris belt and declared it to be superlative. Thus, the reasons for my enthusiastic recommendation. Bill Davis has one of Bob's belts and no one, I mean no one is rougher on equipment than Big Bill and that belt looks to be brand new to this day. For those who may have had some difficulty getting the belt off after a heavy squat, Bob has altered the buckle a bit and it is now quite simple to get off without any assistance. The previously used buckles had a longer tongue and were difficult to spring loose if the belt was pulled very tight. For those who have an old Morris belt (and for those with any brand of the buckle a bit, and/or difficulty), Bob suggests that you shorten the tongue of the buckle a bit, and/or bevel it, (write or call him and he'll give you the specifics) for easy release.

I made myself a promise to stay clear of political hassles, at least for a while in the U.S., I'll offer some comment. As it stands, things could be a mess. Without meaning to offend the existing power structure, some change would not be the worst thing that could occur. Anyone attending a national meeting realizes that a certain do that those running the sport have a thankless task. It is difficult, arduous, and very non-rewarding, and lifters, we most often don't contribute constructively, although we're quick to bitch. These men give much of their time and energy to the sport out of love for it. Still, there are many men who may, in time, prove to be more competent than those currently in power. However, the manner in which the NPA has arisen, makes me feel that any changes that come from the challenge of the NPA, will be made in an atmosphere shrouded in negativity. Note that I did not say that the NPA is a negative alternative, on the contrary, lots of top notch people involved. I do feel though, that the current rise of the NPA has come about, not due to the desire to fill a void, but rather, to push through certain, specific objectives, which may or may not be to the benefit of PL in general, and most importantly, the lifter in particular.

Rumor has it that the NPA will ensure, or that a compromise between the USPF and the NPA will stipulate that a certain individual will be removed from any official capacity in the sport. This may or may not be beneficial to the sport, but even if it is, this is not the way to get things done. Removal at this time would be done in an atmosphere of intellectual violence. The lifting of Larry Pacifico is not such a simple matter. There is no doubt that the sport itself will suffer, as regards publicity, if Larry does not get the chance to cop a tenth consecutive title. However, what's fair is fair, and I have to register disagreement with Eric Stuber. Larry was left off the team this time around, due to a selection process that he himself advocated.

Prior to the lifting, all were in agreement that a particular process of selection would be used. It was felt that Larry was an unfortunate victim of injury and the heat (sorry, but rules are rules and there's no excuse for not knowing them), but as the selection process was agreed upon previously all lifters, regardless of ability, affiliation, etc. had the same chance to make the World team and the same chance not to make the World team. Any lifter, good, bad or mediocre, could have suffered from injury and the heat, and yes, a rules infraction. The rules dictated that it happened to Larry on this day. The fact that he is unquestionably a great lifter, a great champion, and a great force and factor in the sport augments the tragedy but is very much besides the point in this case. Yes, as a fan of PL, I'd love to see him pursue another title, but in accordance with selection procedures which were agreed upon, at least by the majority of those who make these decisions, and yes, even by Larry himself (as I understand things), he did not earn a spot on the official team and thus, should not lift. Nor should Tony Johnson, Lou Simmons, or Joe Bradley. Are these men great lifters? Yes, do they deserve a spot on the World team this year? NO. And for better or worse, even though change in the upper echelon of the sport would be positive (as change most often is), although those in the NPA are honest, competent, and would not doubt do a fine job, I can't endorse them under the current circumstances. For all those who have asked, that's how I feel about things.

**WOMENS OPEN** in the Northwest! It takes place November 14th in Salem Oregon. Contact Ramona Kenady, 5040 Chehalis Dr. N., Salem, Oregon 97303 for further details.

**CENTRAL STATES DATE CHANGE**...the date for Gary Glanzner's big Central States meet has been changed to NOVEMBER 8th from November 1st. Place remains the same...Des Moines, Iowa.

**REGION 7 WOMENS MEET CANCELED**...meet director, Jan Steel, has moved to Nebraska and this meet, scheduled for October 18th in Ames, Iowa has been cancelled.

# Flash!!

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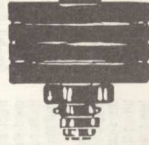
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# Startin' Strong

A special section dedicated to beginning lifters.

Reader: Mick Thompson of London, England has some advice for the beginning lifter concerning "Beginners Doom"....demonstrated by way of hypothetical example.

Jack and Bill are interested in lifting and to pursue their end they contact the local weightlifting club. They see some lifters hoisting apparently ponderous weights in the gym and are immediately attracted to this kind of activity. The lifters themselves know deep inside that Jack and Bill should be guided into some kind of conditioning program at the start of their venture, but Bill is an "extremophile" with great legs and Jack is into swimming and push-ups...having already achieved a fair build. The pair are red hot keen and the lifters are anxious to see their potential. Bill cranks out a rough 220 lb. half squat....great man...chorus their potential. Bill is put on 5 sets of 5s with 150-170. Jack grinds out 2 with a 120 bench press and his projected routine involves sets of 5 with 100 plus pounds. After three weeks of this, Bill's back is ruined, Jack's deloid is torn...both have blown it and feel about 90 years old. The comment from the "Power Pit"....good potential but they didn't have what it takes....who's up for the next set?

Anyone, whether rookie or advanced, starting a new movement or routine should not try their limit to establish training poundages. The secret is to begin with a low, low weight....around 50 per cent for the given sets and rep scheme. (50 per cent of what is possible for the reps and poundage you could handle with your existing power level at the start of the routine....reason? you may have the strength, but in now way do you possess the recuperative power to cope with workouts at the start of a new routine or lift specialization.) The first few workouts should be easy, as you should only add resistance a little each session on a definite regulated progression scheme. As time advances you will carefully advance past your existing power and development limits....as far as your mental projective ability cares to take you.

SPECIAL TIP FROM MICK THOMPSON....my experience concerning the bench press makes me doubt the necessity of multiple sets of this lift. Two years ago I embarked on a press from the chest routine using a power rack. 2 or 3 times per week I trained according to the following program. Bench press....x10 light, 1x6 bench press....max. 1x30-40 lbs. less with a narrow grip for max reps. Rack....1x6 from the bottom position....1x6 from above the navel. Following the program I achieved 6 deadstop bench presses with 320 using a 20 inch grip. 5 reps flew up and only the 6th was hard. On the narrow grip (12 inches) I proceeded to rep out 17 with 270. I weighed 195 (no steroids), and I regret not having gone for a limit single at this time. After the above routine I became involved with more conventional bench programs interspersed with frequent staleness, layoffs, and no progress. Recently I purchased a course called "The Battle of the Bench by Benie." It was a simple routine....3 sets of 5, 3, 1....working to 7, 5, 3....then increasing the weight by 10 lbs. per set. When a sticking point nears, you move your handspacing in a grip and do two more sets of 5 and 3 reps....shooting for 7 and 5. When sticking again, two more sets are added, with the grip reduced another grip-width. In order to really strengthen the groove, single while shooting off in front of some friends, which finally burned me out. I now intend to re-embark on this course. In order to bypass 400 pounds. The question is, are many sets of benching really necessary....or are the number sets of benches directly proportional to the amount of Dantaboi you're chewing?

Graham Miller, a Britisher now living in Switzerland, has some always pertinent words for the beginner on that curse of the lifting platform....bombling out.

We read in match reports about a good number of bombs, or near-bombs. It happens often enough that I thought I'd write a few words on the subject of poundage selection. (Only my personal opinions, of course, not gospel.) Firstly, I feel that any intelligent lifter must accept that (other than in injury or "face-saving" situations) bombing is never justified. Given that, a proper selection of starting poundages should avoid "the bomb." There are two important points here. One is that you select a realistic first attempt weight....a poundage that you can take with full confidence, but one that is also useful to you. You only get 3 attempts and it doesn't make a lot of sense to start so light that you effectively waste one of them. If you realistically plan to finish up with an 800 squat, I would submit that it's silly to start 100 pounds below that. (There are actual examples of that.) Likewise, don't start too high....the obvious cause of many bomb-outs. Know yourself, but also know that there's a point beyond which "confidence" becomes "optimism", which can soon turn into plain blambling.

The second important point is that, if you have chosen a truly realistic weight on your opener, and you get it failed....don't go up! Take it again. Unless your first attempt was ridiculously low, then going higher after a failure may well be a risk you could do without. So often it doesn't work out, even with small increases. I don't find it all that impressive to see a lifter fail 865, then take 903 and fail that as well.

It's hard to lay down the law in powerlifting, because every lifter is different and every competition brings different considerations. But there are general guidelines and lessons to be learned all the time. You train to compete, and you compete in order to total. What matters in this sport is what you actually achieve on the competition platform....not the lifts you failed, or the ones you did in training prior to the meet. It's the scoreboard that counts. Bombers can't take lifts.

Yours Truly, Graham Miller

Ed Miller, of Raleigh, North Carolina, has some words of wisdom for you beginning lifters out there. he's been through the same kind of things that may be facing you today.

For many beginners, the totals contained in PL USA and others are unbelievably high, seemingly unattainable. I suspect that some become discouraged when they see how great the difference is between their best performance and the best efforts of a Bridges, Pacifico or Kuc. For the beginner, it can not be emphasized enough that though these champions probably have certain genetic predispositions conducive to quality powerlifting, they all have "their dues" through years and years of dedication to the sport of powerlifting. The man pictured in Powerlifting USA doing a 700 pound squat quite probably began by aking out a single or double with 135 as a 12-14 year old. They have all felt the sense of accomplishment that comes with the first bodyweight bench after months, perhaps years, of steadfast dedication. Having been with the road myself recently, I'd like to share some personal insights with others who are entering this sport.

After two-three years of completing coursework for my B.A. degree and securing a job, all of which involved 10 separate moves and four different cities, my weight training had become sporadic to say the least. A series of knee injuries did not add to my training enthusiasm. By May 1979, I decided that if I did not get serious with my training soon, I would never achieve my full potential in Powerlifting. My first move, one of my best, was (1) to locate a gym which emphasized powerlifting, staffed and frequented by state and collegiate powerlifting champions. After two weeks of general lifting and form work, I tested myself with a three attempts per lift workout to find out exactly where I stood. My best efforts at a bodyweight of 174 was a 155 squat (my knee injuries were evident), a 175 bench and a 285 deadlift. Imagine, a 615 total for a 174 lb. powerlifter. With nowhere to go but up, I applied myself wholeheartedly to my training, rarely missing a workout. My second smart move was (2) to read all powerlifting material and listen to the advice of more experienced lifters. My subscription to PL USA was a big help. Now, after 1 year of regular training, I have reduced my bodyweight to 169-170 (striving to reach 165) and, retested myself during a Saturday workout. Following all rules (one piece suit, below parallel squat, etc.) and that's best efforts are now 325 220 400. This total of 945 may not turn heads, but it's an increase of 330 pounds, over 50 per cent.

No matter how low your starting efforts are, you've at least set yourself apart from "the crowd" by stepping into the gym and trying to make yourself stronger. There is no substitute for hard, frequent and intelligent work.

Perhaps the greatest key to success in powerlifting (and life) is to believe in yourself. A quitter may look at my original 615 total, throw up his hands, plop down in front of the TV and watch life pass him by. A believer will look upon it as a challenge, an opportunity to achieve a small measure of success each workout session.

To all beginners: (1) select a good gym that emphasizes powerlifting; (2) listen to more experienced lifters; (3) read training and nutrition articles; (4) design your workouts to fit your needs; and (5) believe in yourself!

Yours for a healthier tomorrow, Ed Miller

Rocky Amorese is a newcomer to Powerlifting, just like the majority of you reading this column are, and the following is an explanation of the squat routine he trains by

To start out, a good stretching workout is essential with special attention to your lower back and legs. I suggest doing this stretch workout for at least 15-20 minutes prior to beginning your squats.

STRETCHING ROUTINE: 1 set of Roman Chair sit-ups/3 sets of 20 reps. Back flies with hands locked behind your head/2 sets of 10 reps. Leg curls over rows with 70 per cent of your max for that exercise/2 sets of 10 reps. Leg curls/2 sets of 10 reps. Leg extensions/1 set of 25 reps. Deep knee bends in squat form. 1 repeat this routine again when I complete my squat workout.

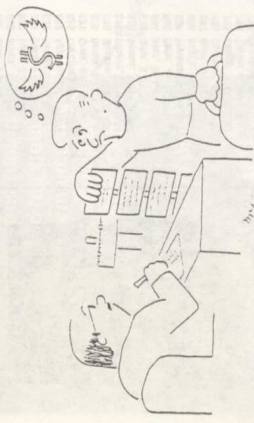
SQUATS: (Before I begin it may be better to note that my weight is 138 lbs.) 1) ALWAYS begin with a set of 10 reps with 135. Besides being the very last part of my stretch routine, it prepares your body for what is about to be accomplished. If you have a hidden injury that may prevent you from working out, it is better to

find out with 135 lbs. than say 225 lbs. or more. 2) If everything feels okay, then set up for your next squat which for me is 205 lbs. at 4 reps. 1 rest approximately 3-4 minutes between my light sets, and 4-5 minutes between my heavier sets. I usually rest about 10 minutes before I attempt a new max. 3) Next is 225 for 1 rep. 4) Next is 250 for 2 reps. 5) Next is 275 for 1 rep. 6) Next is 300 for 1 rep. 7) At this point I begin my warmdown. All my workouts are based on a pyramid system where you go up to your max and then descend to your base beginning. The exception to this would be on the day that you are attempting a new max. In that case you would descend to 100 lbs. above your base beginning. From 300 lbs. drop to 250 lbs. set at 2 reps. 8) Next is 225 at 4 reps. 9) Next is 205 at 2 reps. 10) Next is 185 at 1 rep. 11) Finally, 135 for 10 reps. On one workout day my descent (warmdown) routine changes on the last 3 sets. I drop from 225 lbs. to 185 lbs. skipping the 205 lb. set. 1) Then do a set of pause squats of 3 seconds for 5 reps. 2) Then drop to 135 lbs. and do another set of pause squats of 1.5 seconds for 5 reps.

As I mentioned before, after I complete my squat workout, I once again go through my stretching routine adding a set of 30 reps of bent knee situps and a set of 25 reps of elevated push-ups set on a chair, hands in front. Remember, you may take a whole and gradually go up far past the 300 mark. For informational purposes, my workout schedule goes like this: Monday: Bench Press; Tuesday: Squat; Wednesday: Bench Press; Thursday: Deadlift or Squat; Friday: Bench Press; Saturday: Squat or Deadlift; Sunday: Total rest. One additional fact I almost forgot to include is that while working on your strength, I know most everybody hates to run but believe me, it definitely adds strength to your legs and builds up your stamina. I'll go into this more when I talk about my deadlift routine in a future issue. I hope to run 3.6 miles a day, however, you should start out with 1 mile and work up from there. I also compete in 10K races, that's the reason for the greater distances I run.

Sincerely, Rocky Amorese

If YOU lead you have some good ideas or recommendations that would be useful to the lifter, just "Startin' Out" please send them in to POWERLIFTING USA, Box 467, Camarillo, California 93010.



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## 1980 CLASS II Powerlifting Championships

(November 8th, 1980)

THE AUGUSTA BODY SHOPPE and the AUGUSTA HILTON CONVENTION CENTER is proud to present the 1980 Class II Powerlifting Championships. This would be a great opportunity for the Class II lifter and below to compete for a beautiful 1st place trophy and lift in an atmosphere that was made for a champion. For information on this meet and our annual Teenage Powerlifting Championships (Feb. 28, 1981) please contact:

**TOM KING**  
1218 Northwood Rd.  
Augusta, Georgia 30909  
404-733-1028

**WISCONSINIENS....**Jim Verhagen relates that Charles Williams is still very young, despite limited training facilities he is reportedly good for 600 400 700 at 177 bodyweight. He also heard that Luis Alieca may be going 165. Richard Luckman is out of the penal system and despite a couple of months without training he did 500x5 in the d-lift weighing 145.

**STERIOD INDUCED SCHIZOPHRENIA?....**The Journal of Clinical Psychiatry reports the case of a 17 year old lifter who was diagnosed as schizophrenic. The causative factor was identified as steroid usage. With the cessation of steroid use and initiation of prescribed medication the patient recovered....patient is now weightlifting, working and doing well. Thanks to Don Haley for this information.

**INDIANA, JR. AND SR. STATE MEET....**will take place Feb. 28th at the National Guard Armory Anderson, Indiana. Contact Everett's Gym, 4 Main St., Chesterfield, Indiana 46017

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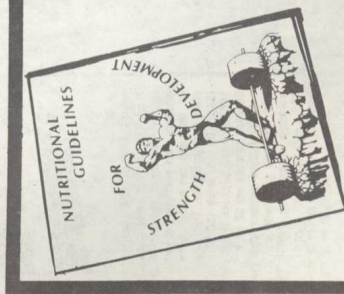
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# TOP 100

For USA lifters competing from September 1979 through August 1980

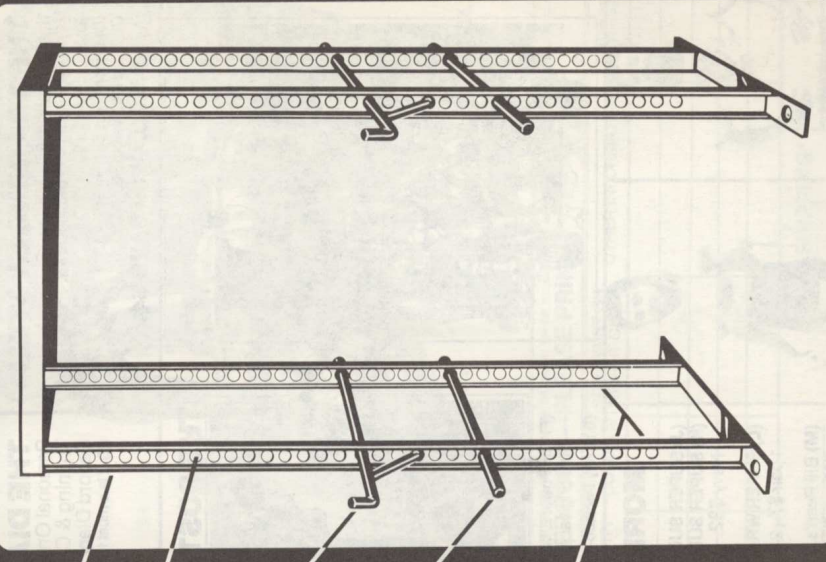
	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	502 Dunbar, C 11/2/79	385 Dunbar, C 7/12/80	485 Redding, J 2/17/80	1146 Dunbar, C 11/2/79
2	400 Redding, J 2/17/80	285 Escobedo, R 6/22/80	485 Castro, M 6/21/80	1102 Redding, J 2/17/80
3	400 Ellis, M 6/23/80	270 Stewart, M 6/7/80	485 Castro, M 6/21/80	1095 Castro, M 6/21/80
4	400 Ellis, M 6/23/80	270 Stewart, M 6/7/80	430 Paterniti, N 2/16/80	1055 Heath, D 1/19/80
5	374 Escobedo, R 6/23/80	265 Kahn, J 1/12/79	425 Eliu, M 11/10/79	1014 Paterniti, N 5/17/80
6	358 Escobedo, R 6/23/80	260 Blaker, P 4/22/80	410 Castro, M 6/21/80	1010 Castro, M 6/21/80
7	358 Escobedo, R 6/23/80	255 McKay, K 3/22/80	415 Ship, M 6/7/80	1010 Castro, M 6/21/80
8	358 Escobedo, R 6/23/80	255 Sandoval, M 4/26/80	415 Jankowski, P 8/16/80	975 Steinfield, J 7/12/80
9	352 Schmidt, J 6/7/80	248 Stantied, J 7/12/80	407 Adams, L 6/15/80	955 Sandoval, M 4/26/80
10	347 McLaren, R 8/9/80	248 Stantied, J 7/12/80	407 Tons, F 9/9/80	955 Sandoval, M 4/26/80
11	336 Torral, J 6/7/80	235 Clark, F 4/26/80	402 Snyder, S 8/9/80	942 Hornicich, G 6/7/80
12	336 Torral, J 6/7/80	231 Paterniti, M 5/17/80	391 McLaren, R 8/9/80	925 Shaw, A 4/26/80
13	336 Lewis, D 6/9/80	230 Kea, R 12/28/79	385 Riess, M 5/10/80	925 Shaw, A 4/26/80
14	336 Lewis, D 6/9/80	225 Dillbeck, J 7/12/80	385 Riess, M 5/10/80	925 Shaw, A 4/26/80
15	330 Hornicich, G 6/7/80	220 Burgado, E 6/17/80	375 Thoma, S 9/30/79	925 Shaw, A 4/26/80
16	325 Sandoval, M 4/26/80	225 Ellis, M 4/19/80	380 Horne, V 11/9/79	910 Pickle, D 5/26/80
17	325 Sandoval, M 4/26/80	220 Miaz, J 1/26/80	380 Miaz, J 1/26/80	910 Pickle, D 5/26/80
18	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
19	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
20	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
21	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
22	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
23	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
24	315 Jay, D 4/7/80	215 Landry, 9/30/79	380 Miaz, J 1/26/80	905 Zook, B 8/9/80
25	314 Jankowski, P 8/16/80	215 McGonigal, K 4/12/80	374 Flannery, J 3/14/80	881 Lewis, D 6/9/80
26	310 Duracha, T 5/3/80	214 Snyder, S 8/9/80	370 Andrews, S 4/13/80	875 Jay, D 4/26/80
27	305 Peterson, P 2/10/80	210 Ueh, J 1/26/80	365 Perera, A 5/23/80	860 Peterson, P 2/10/80
28	305 Peterson, P 2/10/80	210 Ueh, J 1/26/80	365 Perera, A 5/23/80	860 Peterson, P 2/10/80
29	305 Peterson, P 2/10/80	210 Ueh, J 1/26/80	365 Perera, A 5/23/80	860 Peterson, P 2/10/80
30	305 Peterson, P 2/10/80	210 Ueh, J 1/26/80	365 Perera, A 5/23/80	860 Peterson, P 2/10/80
31	300 Ueh, J 1/26/80	209 Redding, J 4/12/80	368 Lewis, D 6/9/80	855 Horne, V 11/9/79
32	300 Ueh, J 1/26/80	209 Redding, J 4/12/80	368 Lewis, D 6/9/80	855 Horne, V 11/9/79
33	300 Ueh, J 1/26/80	209 Redding, J 4/12/80	368 Lewis, D 6/9/80	855 Horne, V 11/9/79
34	292 Adams, L 6/15/80	205 Peterson, P 2/10/80	365 Trell, J 6/7/80	855 Horne, V 11/9/79
35	292 Adams, L 6/15/80	205 Peterson, P 2/10/80	365 Trell, J 6/7/80	855 Horne, V 11/9/79
36	292 Adams, L 6/15/80	205 Peterson, P 2/10/80	365 Trell, J 6/7/80	855 Horne, V 11/9/79
37	286 Sandoval, M 4/26/80	205 Pickle, D 5/26/80	360 Ghr, A 3/22/80	840 Rivera, T 3/31/80
38	286 Sandoval, M 4/26/80	205 Pickle, D 5/26/80	360 Ghr, A 3/22/80	840 Rivera, T 3/31/80
39	286 Sandoval, M 4/26/80	205 Pickle, D 5/26/80	360 Ghr, A 3/22/80	840 Rivera, T 3/31/80
40	286 Sandoval, M 4/26/80	205 Pickle, D 5/26/80	360 Ghr, A 3/22/80	840 Rivera, T 3/31/80
41	281 Sumner, C 8/9/80	200 McLaren, R 8/9/80	352 Escobedo, R 6/23/80	837 Tels, E 6/9/80
42	280 Courtney, J 3/29/80	200 Young, A 8/30/80	350 Jay, D 4/26/80	835 Clark, F 4/26/80
43	280 Courtney, J 3/29/80	200 Young, A 8/30/80	350 Jay, D 4/26/80	835 Clark, F 4/26/80
44	280 Courtney, J 3/29/80	200 Young, A 8/30/80	350 Jay, D 4/26/80	835 Clark, F 4/26/80
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46	280 Courtney, J 3/29/80	200 Young, A 8/30/80	350 Jay, D 4/26/80	835 Clark, F 4/26/80
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99	275 Landry, 9/30/79	198 Larso, L 8/9/80	350 Quier, E 6/21/80	820 Medina, K 8/15/80
100	275 Landry, 9/30/79	198 Larso, L 8/9/80	350 Quier, E 6/21/80	820 Medina, K 8/15/80



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**RECORD BREAKERS...** Robin Piascik (left) and Joan Tramonte got new records in the Florida State meet. At the same contest Mike Fiacreau totaled 1600 at 165 on only 3 attempts. He came close with a 675 deadlift, according to Jeff Temple (who supplied PL USA with the photo above). Jeff had his best ever squat, deadlift, and total and got 3rd in the 1988. Bob Ely tried a State record squat of 585 in the middleweights, but missed. He is supposed to be good for 600 plus by November. Thanks to Jeff Temple for this report.

STATE OF FLORIDA CHAMPIONSHIPS 3/30/88-M. MIAMI BEACH, FLORIDA

114. R. MIEGEL	270	180	310	760	575	340	650	1565	
S. MAVER	240	170	265	675	550	405	605	1560	
123. B. BERNANDEZ	135	60	210	405	350	325	580	1455	
T. RABAZA	290	200	380	970	242	425	350	1245	
A. RODRIGUEZ	290	190	315	795	J. GARCIA	580	445	600	1625
13. T. RABAZA	290	200	380	970	J. GARCIA	580	445	600	1625
A. RODRIGUEZ	290	190	315	795	T. BAKER	515	405	535	1455
13. T. RABAZA	290	200	380	970	P. SHALOSKY	500	350	500	1350
A. RODRIGUEZ	290	190	315	795	D. MONIZZACCA	640	400	565	1605
13. T. RABAZA	290	200	380	970	S. COOPER	550	350	560	1440
A. RODRIGUEZ	290	190	315	795	J. FORD	680	375	650	1705
13. T. RABAZA	290	200	380	970	REGIONS PARTICIPANTS BROKE NEW STATE RECORD.				
A. RODRIGUEZ	290	190	315	795	1. TRAMONTE-SQUAT 230 *A. HORNIS RECORD.				
13. T. RABAZA	290	200	380	970	2. J. TRAMONTE-SP 140*				
A. RODRIGUEZ	290	190	315	795	3. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	4. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	5. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	6. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	7. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	8. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	9. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	10. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	11. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	12. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	13. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	14. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	15. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	16. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	17. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	18. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	19. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	20. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	21. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	22. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	23. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	24. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	25. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	26. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	27. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	28. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	29. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	30. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	31. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	32. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	33. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	34. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	35. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	36. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	37. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	38. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	39. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	40. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	41. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	42. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	43. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	44. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	45. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	46. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	47. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	48. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	49. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	50. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	51. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	52. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	53. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	54. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	55. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	56. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	57. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	58. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	59. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	60. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	61. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	62. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	63. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	64. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	65. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	66. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	67. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	68. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	69. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	70. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	71. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	72. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	73. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	74. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	75. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	76. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	77. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	78. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	79. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	80. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	81. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	82. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	83. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	84. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	85. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	86. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	87. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	88. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	89. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	90. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	91. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	92. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	93. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	94. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	95. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	96. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	97. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	98. M. FACTEAU-OIL 450*				
A. RODRIGUEZ	290	190	315	795	99. M. FACTEAU-OIL 450*				
13. T. RABAZA	290	200	380	970	100. M. FACTEAU-OIL 450*				

**SENIOR NATIONALS COMMENTS.** Bill Myers of Illinois was disappointed in the presentation at Madison. He had attended the Worlds in Dayton and expected the same kind of promotion for this year's Seniors. Bill pointed out the crowded and hot conditions, as well as the fact that the reserved seats were not actually reserved. Bill also stated that it was impossible to get a hot dog from the hotel restaurant and that all 20 of the pop machines in the hotel were sold out. He thought the trophies were a bit small and that the trophy presentation ceremony could have been better. Bill's point is that the meet did not cater well to the spectators.

There is money to be made on meets like these, more than you would think. With that as an incentive, meet promoters should eagerly bid on such national contests, and, with good competition for the bids, the result should be better contests for both the lifters and fans. Yet frequently there is only one or two bids for the various national contests. The way to insure better meets is for meet promoters to get organized and actively compete for the privilege of putting on a national championship.

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5 N	2	Natural	10-12 mm	\$49**
6 N	3	Natural	12-13 mm	\$59**
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5 S	2	Suede	11-13 mm	\$59**
6 S	3	Suede	12-13 mm	\$69**

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 C. DICKEY 185 90 250 600\*  
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 K. SODORA 110 90 200  
 R. HENNING 250\* 130\* 275 655\*  
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 148 B. EGERT 455 270 450 1175\*  
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 156 BRAMM 320 285 420 1005  
 P. MCGEE 440 270 520\* 1230\*  
 R. AEBER 445\* 270 500 1215  
 R. BUSCHRENER 375 270 490 1205  
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 R. BROWN 530 395\* 530 1455\*  
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 N. SMITH 370 230 410 1010  
 R. HALE 590\* 390\* 570 1550\*

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 B. WATKINS 365 340 480 1180  
 B. DAVIS 400 245 515 1185  
 J. WHITEHEAD 440 275 465 1180  
 T. BROWN 335 270 460 1045  
 T. VOLLE 400 250 440 1040  
 5. DAUGHERTY 560\* 480\* 710\* 1850\*  
 L. SPRAGUE 540 410 660 1600  
 S. CASTLE 500 405 500 1420  
 D. BRENER 550 400 500 1450  
 B. DONOVAN 490 245 570 1325  
 J. DEMARCUS 430 255 495 1180  
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 J. BURKE 650 440 665 1555\*  
 T. MARTIN 700 440 615 1725  
 R. DAVIS 560 385 665 1650  
 C. WELTON 550 380 575 1505  
 E. MC CARTNEY 385 200 440 1025  
 700\* 475\* 680\* 1855\*  
 540 410 660 1600  
 700 440 615 1725  
 560 385 665 1650  
 550 380 575 1505  
 385 200 440 1025  
 700\* 475\* 680\* 1855\*  
 540 410 660 1600  
 700 440 615 1725  
 560 385 665 1650  
 550 380 575 1505  
 385 200 440 1025  
 700\* 475\* 680\* 1855\*  
 540 410 660 1600  
 700 440 615 1725  
 560 385 665 1650  
 550 380 575 1505  
 385 200 440 1025  
 700\* 475\* 680\* 1855\*  
 540 410 660 1600  
 700 440 615 1725  
 560 385 665 1650  
 550 380 575 1505  
 385 200 440 1025

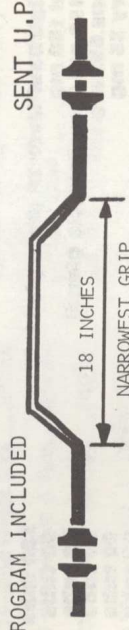
TEAM STANDINGS:  
 1. TOROYO 67  
 2. FINLAY 54  
 3. STONEY 45  
 4. S. N. C./RICHMOND-36  
 5. N. C./RICHMOND-36  
 THANKS TO HERB GLOSSBRENER FOR BE-  
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 O.HIO. THE TROPHIES WERE OUT OF THIS  
 WORLD - AFT HIGH FOR 1ST PLACE. HERB  
 MISSED WINNING WHEN HIS 3RD SQUAT  
 BOTH DAYS PASSED. OUTSTANDING LIFTING  
 FRIEND-  
 LY INTENSE COMPETITION. OLYMPIC  
 LIFTER WAYNE MARLOW TOOK 2ND AT 181  
 WHILE VETERAN RON HALE TOOK THE 198  
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 SPARTANBURG, SC-7/80

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 COX 375 280 390 1045  
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 PHELPS 300 300 340 875  
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 WOFFORD 410 280 510 1200  
 THOMPSON 335 180 360 900  
 D. MC QUEEN 350 200 435 980  
 W. DOUGLAS 375 250 335 980  
 198 J. BOWEN 610 330 655 1505  
 J. SARKIS 520 340 600 1460  
 D. BRADY 535 380 515 1430  
 L. MAPER 405 255 580 1240  
 S. JOSTEN 365 175 495 1025  
 S. CURRY 320 240 475 955  
 220 R. MORRAN 700 435 655 1790  
 S. ROBERT 380 285 530 1175  
 M. CLARK 400 250 500 1175  
 M. STROHMAN 350 230 400 980  
 J. GREENE 575 355 635 1565  
 B. TRES 460 285 465 1210  
 J. PAAR 425 305 485 1180  
 G. NORTON 415 285 490 1160  
 K. DELUCIA 385 320 445 1150  
 SH. SM 875 460 550 1885  
 B. SCOTT 470 290 515 1275  
 W. ALLES 415 285 480 1160  
 G. BENLEY 415 285 480 1160  
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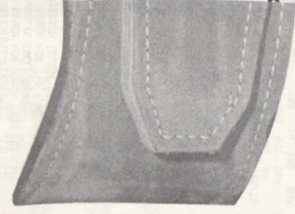
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Ms. Smith, winner at the Spartanburg County championships, prepares to deadlift. Photo courtesy, Don Simmons. Don's own daughter, Tammy, can deadlift 50 pounds at 32 pounds bodyweight.

SPARTANBURG COUNTY CHAMPIONSHIPS	
SPARTANBURG, SC-7/80	
132	N. TURNAGE 185 95 215 495
133	R. SMITH 220 110 275 605
148	M. BONHAM 305 225 435 965
R. LONE 320 200 380 900	
166	FARMER 250 260 280 730
R. COX 375 280 390 1045	
181	THRIFT 350 250 425 1025
181	PETTY 300 300 340 975
C. JAMES 500 330 530 1360	
D. HOFFORD 410 280 510 1200	
158	THOMPSON 335 180 360 900
B. FARKES 405 265 475 1145	
J. PAYNE 360 260 470 1090	
220	BRAY 500 360 550 1390
THANKS TO DON SIMMONS FOR RESULTS.	
LANESING MICAL OPEN-LANESING, MICH 6/15/80	
114	R. MORAN 700 435 655 1790
F. HARRIS 300 350 525 1175	
S. ROBERTS 300 350 525 1175	
M. CLARK 400 250 500 1175	
M. STROHMAN 350 230 400 980	
242	M. BRESNE 575 355 635 1565
B. TRES 460 285 485 1230	
J. PAAR 425 305 485 1180	
G. NORTON 415 285 480 1160	
K. DELUCA 385 285 445 1150	
S.M. 385 285 445 1150	
B. SCOTT 675 460 550 1685	
M. NULLEN 470 300 500 1270	
G. BENTLEY 415 265 480 1160	
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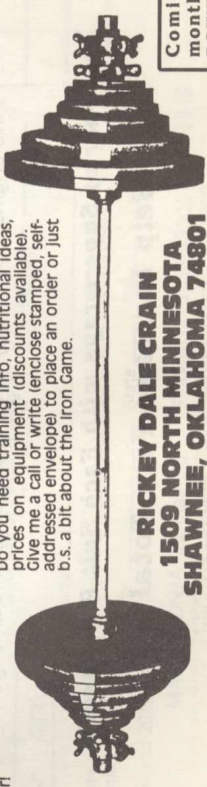
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SUPERSUIT														
SUPERWRAP II QTY:														
SUPERWRAP QTY:														

State size or height & weight: \_\_\_\_\_ (height) \_\_\_\_\_ (weight)

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148	445	290	450	1185
S. WARRER	280	250	300	350
S. VALSER	280	250	300	350
SENIOR	400	240	410	1050
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T. CHINOS	230	185	380	775
165	525	350	560	1430
C. McLAVERY	505	355	475	1245
J. EDWARDS	405	360	410	1170
M. WILSON	370	295	430	1095
J. YOUNG	380	245	450	1075
C. FREDERICK	370	230	400	900
SENIOR	380	275	450	1105
A. BRIDGES	335	240	405	980
D. JELICA	310	225	395	930
181	520	375	565	1460
T. MILLER	505	300	370	1375
4. STEPHENS	415	300	425	1140

**ASSISTANCE NEEDED IN RESEARCH PROJECT**

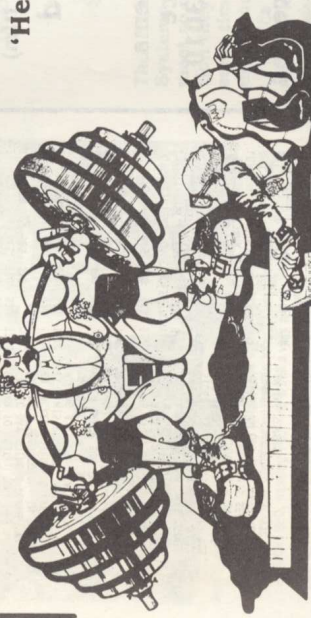
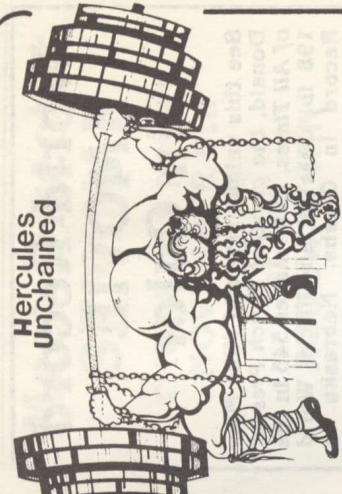
Pictures, slides, movies of POWERLIFTING are needed. Negatives are fine, I'll have prints made, movies I can duplicate...any pictures, slides, or movies of local, state, Jr.s., Sr.s., or Worlds will be very helpful. I need the material for my Masters thesis and eventually a PhD based on 'POWERLIFTING. THE DOMINANT FORCE'. POWERLIFTERS (Male and Female) help me to help 'our sport' reach its fullest potential, where it belongs. All materials will be returned safely and a fee paid if desired. PLEASE HELP, CONTACT:

Keith 'Jake' Boyer  
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Lehighton, Pennsylvania 18235

220	540	360	500	1500
S. SIEMERT	485	345	585	1415
R. SINS	320	340	420	1260
T. WELCH	335	320	410	1265
R. LANGAN	485	330	470	1285
E. WHITE	580	355	620	1555
SENIOR	490	330	475	1295
L. SANDTON	430	300	400	1215
R. PAGAL	415	300	400	1215
J. TITONE	705	455	605	1735
24. KASKETT	585	250	660	1535
M. WELCH	585	330	650	1545
SENIOR	475	315	505	1295
M. HILL	475	315	505	1295
H. YENIP	475	315	505	1295
T. WEDEL	475	315	505	1295
SH. WILSON	675	440	650	1765
D. CARTER	550	405	485	1440
A. SATO	410	350	575	1335
D. COBBIN	700	375	605	1680
SENIOR	610	340	650	1600
D. CAIN	400	225	350	975
B. ANDERSON	600	360	615	1575
THANKS TO BUD MUCCI FOR THESE RE- PORTS THAT HE AND MORRIS BY THE MASSAU COUNTY POLICE DEPT. MORRIS ENDED REID AND BUD MUCCI IN THE HEAD REFEREE'S SEAT. BUD RE- LIFTING SUITS WERE WORKING ON A MEDAL. BUD ESTIMATES THAT HE THE BUD JUDGE CALLS DURING THAT'S A RECORD. NATIONAL PRISON MEET 1980 SENIOR NATIONAL PRISON MEET 7/80				

114	325	150	325	700
R. VOLTS	315	150	315	680
L. ECKHOFF	260	150	260	670
C. HEE	350	275	425	1050
123	315	180	375	870
T. BARRELL	300	210	350	860
R. ROSADO	225	185	240	650
R. DAVIS	675	420	720	1815
E. JACKSON	575	375	675	1620
THANKS TO BILL CLARK FOR RESULTS	95	100	135	330

# FANTASTIC NEW T-SHIRTS



'Hercules Unchained'  
Cory Kneuer, A.S.I.D. Commissioned Design Artist, presents three new T-shirts specifically for Powerlifters

looks a little high to me  
'Looks a Little High to Me'

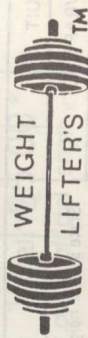
All T-shirts are two color silk screen:  
'Looks High to Me'..light blue and navy on a tan shirt. 'Hercules' is gold and red on a blue shirt. The 'Deadlift' shirt is red and black on a gold shirt. All shirts (M,L,XL) are available in regular or tanktop style, XXL in ply regular, white only. M,L,XL in either style, any design...only \$6.50. XXL in regular only, any design...only \$6.75.

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Please include \$1.00 postage/handling for each shirt ordered.

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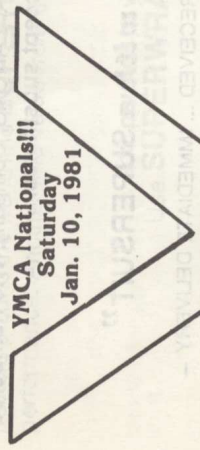
each shirt states:  
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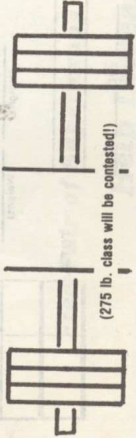
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## AUSTRALIAN NATIONALS - 8/31, 22, 23/80 STONE, AUSTRALIA (KILGS)

44 KG	55 KG	67.5 KG	82.5 KG	95 KG	110 KG	125 KG	150 KG	175 KG	210 KG
P. BAILEY	77.5	30	85	95	110	125	150	175	210
S. ROBERTS	70	55	145	320	520	580	650	750	850
K. MCKLEMAN	120	40	112.5	225	350	450	550	650	750
SZ. G. STEERS	117.5	47.5	130	295	450	550	650	750	850
D. WATSON	95	40	115	240	350	450	550	650	750
V. BLAGOVJEVIC	110	55	125	270	380	480	580	680	780
S. BOUNTREE	120	55	155	330	480	580	680	780	880
T. SANDROUOH	115	55	157.5	327.5	480	580	680	780	880
C. SANDERS	112.5	55	160	340	490	590	690	790	890
G. SMITH	105	52.5	120	277.5	390	490	590	690	790
60 KG	70	62.5	155	357.5	510	610	710	810	910
H. WITTESCH	115	70	166	370	520	620	720	820	920
M. LEWIS	90	65	130	285	400	500	600	700	800
F. OLLIVER	125	60	150	335	480	580	680	780	880
A. PARKER	127.5	72.5	132	312.5	450	550	650	750	850
B. SHREY	122.5	73.5	147	312.5	450	550	650	750	850
75 KG	125	60	157.5	342.5	490	590	690	790	890
C. GARDNER	130	72.5	140	332.5	480	580	680	780	880
M. GARDNER	135	57.5	140	332.5	480	580	680	780	880
A. BOLJANIC	135	57.5	140	332.5	480	580	680	780	880
82.5 KG	200	137	542	1000	1300	1600	1900	2200	2500
B. FRANCIS	200	137	542	1000	1300	1600	1900	2200	2500
M. BIRCH	95	40	115	250	350	450	550	650	750
E. LANG	130	67.5	145	342.5	490	590	690	790	890
95 KG	145	80	212.5	447.5	600	700	800	900	1000
P. ZABALLA	125	75	167.5	367.5	510	610	710	810	910
J. DEAKIN	100	75	155	330	450	550	650	750	850
56 KG	100	85	195	405	550	650	750	850	950
A. HENNETT	130	90	170	390	540	640	740	840	940
A. BEVINE	135	77.5	165	377.5	520	620	720	820	920
D. BOYCE	135	77.5	165	377.5	520	620	720	820	920
60 KG	105	107.5	200	407.5	550	650	750	850	950
C. COLEIRO	105	95	190	407.5	550	650	750	850	950
M. AUSTIN	155	105	210	430	580	680	780	880	980
67.5 KG	120	110	220	440	600	700	800	900	1000
A. MASKIEL	120	110	220	440	600	700	800	900	1000
B. HEIR	120	110	220	440	600	700	800	900	1000
B. WELER	120	110	220	440	600	700	800	900	1000
J. BOYCE	205	130	222.5	557.5	750	850	950	1050	1150
J. ANDERSON	192.5	127.5	220	520	700	800	900	1000	1100
T. BURELL	200	115	220	495	650	750	850	950	1050
T. BURELL	200	115	220	495	650	750	850	950	1050
T. SLAVSIDES	172.5	105	190	467.5	620	720	820	920	1020
P. PUGH	172.5	105	190	467.5	620	720	820	920	1020
75 KG	217.5	155	295	705	950	1100	1250	1400	1550
M. BARRELL	215	125	265	605	800	900	1000	1100	1200
T. MOON	217.5	140	245	602.5	800	900	1000	1100	1200
R. HARD	225	130	230	585	780	880	980	1080	1180
J. LAMP	220	112	235	565	760	860	960	1060	1160
82.5 KG	245	172.5	275	682.5	900	1000	1100	1200	1300
B. CALLAGHAN	245	172.5	275	682.5	900	1000	1100	1200	1300
T. SANDROUOH	270	124.5	250	647.5	850	950	1050	1150	1250
T. SANDROUOH	270	124.5	250	647.5	850	950	1050	1150	1250
T. SANDROUOH	270	124.5	250	647.5	850	950	1050	1150	1250
T. SANDROUOH	270	124.5	250	647.5	850	950	1050	1150	1250
G. SIMS	210	137.5	240	607.5	800	900	1000	1100	1200
D. HAWKETT	145	105	195	445	600	700	800	900	1000
J. CAPPOLA	315	180	310	805	1050	1200	1350	1500	1650
S. SANDRINI	300	170	290	750	1000	1150	1300	1450	1600
T. OAKLEY	272.5	175	287.5	715	950	1100	1250	1400	1550
A. WILSON	215	160	265	630	850	1000	1150	1300	1450
T. BYRNE	217.5	150	220	587.5	780	980	1180	1380	1580
100 KG	310	172.5	330	917.5	1200	1400	1600	1800	2000
J. MCDONNAN	345	155	325	850	1100	1300	1500	1700	1900
D. TODD	330	145	295	660	900	1100	1300	1500	1700
P. PEARSI	322.5	165	250	637.5	850	1050	1250	1450	1650
P. COCCORFT	320	145	250	625	850	1050	1250	1450	1650
J. WATSON	310	170	220	585	780	980	1180	1380	1580
J. DARBY	290	185	305	780	1050	1250	1450	1650	1850
T. LONSDALE	285	195	290	770	1000	1200	1400	1600	1800
C. PARAGLIA	245	157.5	270	742.5	950	1150	1350	1550	1750
A. WILSON	225	160	250	635	850	1050	1250	1450	1650
125 KG	300	192.5	370	952.5	1250	1500	1750	2000	2250
M. BARBER	300	192.5	370	952.5	1250	1500	1750	2000	2250
THANKS TO "TERRY GIBBS FOR RESULTS."									

## AUSTRALIAN NATIONALS

World Champ Sue Roberts attracted the media, but not the kind of performance she would have liked... she missed a 130kg SD, 60 kg BP, and 150 kg deadlift. In the 56 kg division, there was a fierce struggle twix Jill Bamforth and Angie Routtree. Angie missed the 100 kg WR DL, but Jill made it at 140 kg. In the 44 kg category and the team title as it turned out, it was elsewhere. Bev Francis's performance was equivalent to Roger Bannister's treatment of the 4 minute mile barrier... SMASHING! She seemed near her limit only on the bench, which leaves promise of a 1200 total not too far in the future.

At 114, Len Steen came close to the 1000 total mark, while at 123 Tony Zapata, veteran international lifter, was not in evidence. A slippery platform in the deadlift, however, did not make matters any easier. Len made a tripled 462 in the deadlift in the meet, but settled for 440 and the victory at the meet. Glen Wassell moves up a division per year, ala Mike Bridges, it seems... and the added bulk apparently made the sumo style deadlift more appropriate for him, as he has switched over, with some degree of success. Bruce Weidell put the experience gained in 5 World Championships to good use when he came up with a solid 4th attempt in only 3.82 seconds in the 661 kg deadlift of 661. There was a rematch of the Western Australian championships at 82.5 kg... with Bernie Callaghan pulling 33 pounds more than at his previous meeting with Tom Yunak, and the result was the same.

At 90 kilos, little defender John Coppola had no easy go of it... as Steve Santorini toyed with a 661 squat 3 times before getting past the technicalities. In the 220s, Joe McGowan... he of herculean back fame, put some good numbers together in the squat and deadlift, but fell short in the bench. He had attempted at 727 in the deadlift, 750 would not go, however. John Darby cruised in taking the 242s, attempting only one lift in both the squat and deadlift, and National Short Put Champion Matt Barber found another good use for his strength and won comfortably.

Notable absentees include Al Kapica and Mai Warkie, but when you consider the fact that the state of Victoria won't lift with in Australia, and the cost of air transportation, it's not hard to guess why they didn't show.

Site of the meet was the famed Sydney Opera House, one of the most prestigious and expensive cultural buildings in the world, according to Frank Lamp. For the first time in history all 7 states were represented at this meet. The state of Victoria won the coveted Carouse. Since then the lifters and Bruce Weidell won the Best Lifter honor. Bev Francis took the similar honor in her division and the South Australian team took the Yuris Sterns Perpetual trophy team award for the women. Frank Lamp was particularly proud of his son, Warren, competing in his first Senior Championships and his wife Lori, who sat for her category I referee's card.

Lamp and Terry Gibbs for their excellent reports on the meet from which the preceding material has been... well, robbed I guess one could say.

MFL



The World's First 300 lb. bench press by a Woman!... captured here by Terry Gibbs, Bev Francis makes history! Her performance has to be considered nothing short of perfection, setting a standard that other women may take years to approach, except perhaps Gayla Crain. Women's Powerlifting has a major new Superstar.



Bona Fide international threat... John Coppola did not make the 744 deadlift that he was preparing for in this picture by Terry Gibbs, but his total was nevertheless World Class and indicative of continued progress by the Aussies. The struggle just to place in the Top Five of the World Championships Team competition is going to be very serious this year.



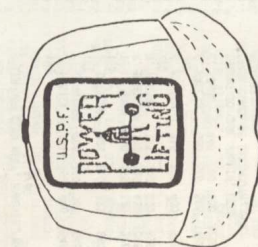


# THE ULTIMATE EQUIPMENT

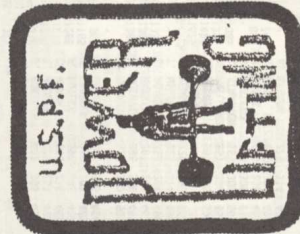


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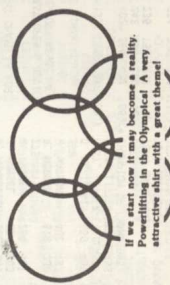
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**POWER LIFTERS**



strong enough to bear the strain... man enough to take the pain...

The shirt you've all been waiting for! The logo says it all!

44 K	82.5	40	112.5	235	275	160	325	770
L. VENTURINO	77.5	40	90	207.5	148			
45 K	70	45	107.5	222	105			
H. NEIDER	67.5	47.5	107.5	222.5	105			
46 K	-77.5	-	-	-	-			
47 K	110	57.5	157.5	328*	181			
B. BALLAS	99	65	130	290	150			
48 K	92.5	50	115	257.5	165			
S. ENRIQUEZ	65	40	95	200	100			
R. METZ	85	45	105	215	110			
A. JACKSON	132.5	80*	162.5	378*	200			
V. VONDERREITH	85	47.5	97.5	230	110			
E. REBEZ	55	45	120	220	100			
O. ENRIQUEZ	120	57.5	167.5	335	181			
M. JUNG	95	60	137.5	312.5	175			
49 K	89.5	50	112.5	235	160			
J. GAGNE	170	97.5	192.5	468*	198			
M. GAGNE	87.5	65	125	277.5	150			
50 K	147.5	82.5	157.5	387.5	215			
M. SANDERS	122.5	70	120	312.5	165			
C. ENRIQUEZ	405	275	455	1135	220			
* CALIF STATE RECORD								
** WORLD RECORD								
51 K	500	325	540	1375	220			
N. DENYELLY	385	275	380	1045	165			
B. WHITFIELD	385	275	380	1045	165			
M. POPKE	350	250	400	1000	165			
M. WHITE	295	225	315	825	135			
J. WALEY	315	315	315	315	135			
G. SPRINGER	505	385	525	1515	220			
B. PREIFFER	485	365	500	1345	220			
J. WOOD	275	225	425	1025	165			
J. DRAPAL*	700	470	700	1870	220			
K. KOLONT	315	135	425	675	165			
MEET DIRECTOR: JOHN WOOD								
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THANKS TO JIM DRAPAL FOR RESULTS.								

**Mike MacDonald Systems introduces**

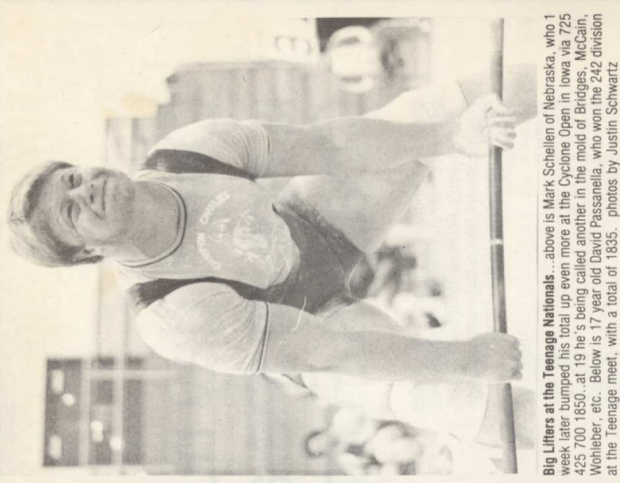
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Camarillo, California 93010  
1-805-484-1310



**Big Lifters at the Teenage Nationals...**...above is Mark Schellen of Nebraska, who 1400 lbs. deadlifted, and up even more at the Cyclone Open in Iowa via 725 lbs. deadlifted. Below is 17-year old Doug Passanella, who won the 242 division at the Teenage meet, with a total of 1855. photos by Justin Schwartz

**ANOTHER BIG MEET...THE AMERICAN CUP...**...December 14th is the date, the 300 room Sawmill Creek resort in Huron, Ohio is the place. Promoters Rick Mussey and Dave Waddington are looking forward to the big names in Ohio Powerlifting to participate. (Roger Estep may do a seminar). For further information on this meet contact Dave Waddington, 1801 E. Shoreway, Sandusky, Ohio 44870 419-607-8813.

**DATE CHANGE...**...the Canton Open in Canton, North Carolina, originally scheduled for December 6th, has been moved to December 13th, to accommodate the schedule of Paul Wrenn, who may make an appearance at the meet. Paul's frustrating performance at the Seniors was found to be in his lower back, by the way, which wiped out several weeks of very serious training for Paul.