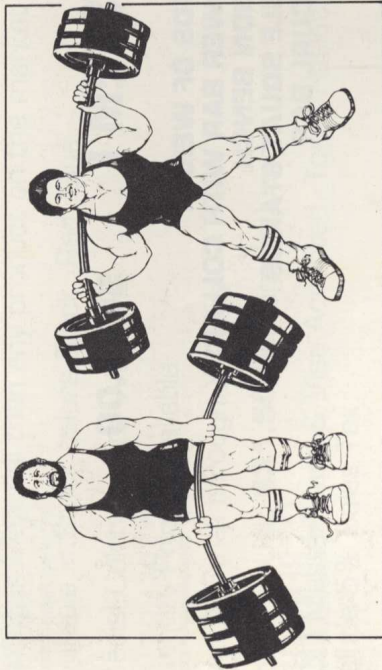


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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, referees, administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.

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NEXT MONTH...a profile of rugged Jim Cash and an interesting look at lifting formulas by veteran investigator Dave Willoughby.

ON THE COVER...Doug Young pulls 744 at his own Texas State Open meet, qualifies for the SRs, and begins a major comeback.

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WOMEN'S NATIONALS

Pat Malone's production was an exemplary one, very well organized, with loads of dedicated and capable helpers, an excellent meet site, and many duplicate touches, such as results typed up and duplicated before the awards ceremony of each session and a non-sid platform, super post-competition banquet. I really think he and his



Donna Wicker and a super 292 deadlift attempt level international events, men or women. Pat had about \$2,000 on the meet, but he knew that would be the case going into the contest. As mentioned last month, the \$1 entry symbolized a lot... it was a meet for the lifter.

It was rough going in the 97.5... Joan Fruth won the battle with the scale, but it exhausted her for the war with the weights... missing 242 in the squat twice before cutting it high on her final. A determined Donna Wicker (who has dropped a weight class each year of competition and improved her performance each time) took advantage of all opportunities and won over female bodybuilder Cheryl Jones, who was very impressive. In 3rd, diminutive Teri Hoyt showed super benching power and great coachability (unlike the Cable Television of some of their male counterparts on the national platform, the women and their assistants worked together very well at this meet). Patty Cantwell from Colorado lifted well

work. Barb A. Burwood, stand. The 97.5 of Fruth

position... if you know of anything available drop PL USA a line and we'll pass it along to her.

Kathy Tuttle's Number Two total of 710 represents fine improvement for this talented photographer whose work has appeared in MUSCULAR DEVELOPMENT, and behind her competition was fierce for 3rd. Finally pulled out via Liberty Winter's 270 deadlift, just edging out sultry Carla York. Diane Horn showed as much flexibility in the back as Lamar Gant when setting up for the benches, she finished just ahead of Joette Webber, whose transformation from last year was amazing... now she's a tigress on the weights and put her main force into every attempt. Jeanna Guerrero dropped squats and stumbled with deadlifts, but gave it her all... with more experience she could have been a bigger factor. Hawaiian lifter Leila Ishiki made only 4 attempts, hurting her chances to place higher, but also showed solid potential to improve.

Sue Elwyn had the 114s pretty much to herself, tried and missed a big 165 bench press, and the mail carrier from Massachusetts (I wonder if she delivers any PL USAs on her route?) won big with a 727 total... Sheila Pugh took 3 tries to get both her squat and deadlift in and was relieved to place 2nd... Colorful Cathy Kestel, just getting over the



Terry Dillard was her usual superlative WR self... flu, was bedecked in purple shoes, socks with square steel tubing, welded throughout for greater strength. Made for Olympic Bar.



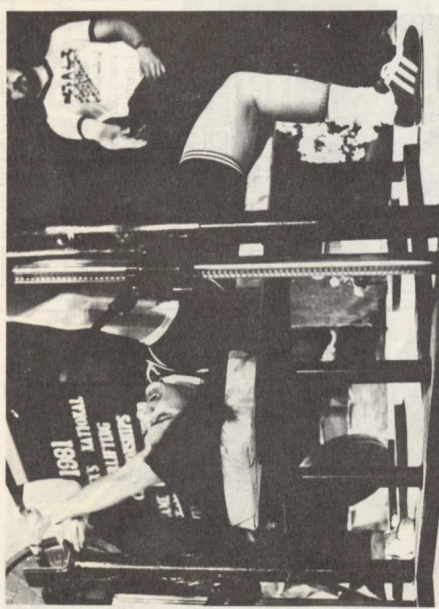
Gayla Crain follows brother Ricky to the Worlds 114s... to no avail. Purdue's Julie Austin had a vociferous cheering section, but finished well off previous placings. Cherie Emis's parents got their first look at PL, and showed some excitement. The handicapper's favorite for the 60kg division, Missy Orrin, could not get a squat passed, and left the door open for some tough competition, won by Eileen Todaro, who overcame difficulties in the squat. Sue Toy had a close behind... and another lifter back was Kathy Lind, who has finished in this position before.



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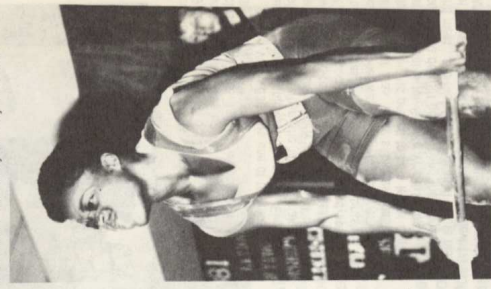
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Left: Annette Jackson deadlifted herself into readiness for this World Record bench of 220 lbs.

In the 148s, Jennifer Weyland was the Big Name to Beat, and surprising Annette Jackson came closer than anyone has in a long, long time. Jennifer squatted super, but crunched her back and paid for it later with some severe pain. Her World Record bench was an opener... with two tries at 237 ending in failure. A 402 1st attempt 0-lift gave her the victory, but she tried a 424 just to be sure. Next person to break her 452.5 kg record will be the first 148er past the 1000 mark. Annette made a 3 deadlifts, in very strong fashion, setting a WR with her final and securely locking away 2nd place over Dora Bewitt. Hawaii's sturdy, noted lifter led the rest of the pack, including included Pennsylvania's very blond Cathy Spellman. When the meet opened in Hawaii her pillow talker with Mike Bridges), and Auburn University's Kathy Sanscoe.



Annette Jackson's World Record 429 deadlift

Terri Ploney moved up to the Middleweights and took the class with ease, but certainly did not have the kind of meet she had hoped for in the deadlift. After going 6 for 6, and really revving up the crowd with her hand waving, arm swinging psych-up routine, she made her 385 opener deadlift smartly, but 435 was a very stubborn opener. It was evident that she really wanted the lift, as tears streamed on the verge of failing after her final miss with it. After taking a year off from the nationals, she's matured in many ways and is a much more out-going person, according to Jill Ganger. In 2nd, Arlys Johnson, a very active athlete in other sports, including snookering, gained some big points for her Arizona teammates, who were extremely happy to have their place finish in the team competition. Another all-arounder, in the deadlift, was Teri Hoyt. With this support she could be a big winner in the future, but she has many interests, one reason her bench wasn't as high as she might have wished is that she strained her shoulder while passing a tonball behind her back. Education competitors Ruth Wehling and Physical Education graduate Cheryl Walz posted some nice lifts as did the other competitors in this class.

Incidentally, at this point the team competition heated up between Pat Malone's team and Bud Mucci's Olympic Health Club. Pat had a lot of girls entered in the meet, but only 9 of them

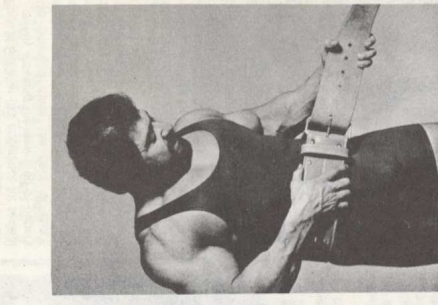
WOMEN'S NAT'L PL CHAMPIONSHIPS-2/7-8/81 (KILOS) W. LAFAVETTE, INDIANA

44 KG	107.5	45	132.5	285*	102.5	67.5	135	305
D. FLOER	107.5	50	120	237.5	120	47.5	135	302.5
M. JONES	95	65*	110	270	110	55	132.5	292.5
T. HOYT	97.5	42.5	125	265	105	50	132.5	282.5
S. CARTER	100	45	115	260	130	82.5	165	377.5
P. CANTWELL	87.5	57.5	112.5	257.5	132.5	77.5	160	370
J. GEDNEY	85	42.5	122.5	250	132.5	65	165	357.5
J. GANGER	85	47.5	107.5	235	120	77.5	160	357.5
T. GREENLEAF	70	37.5	110	217.5	125	55	155	335
M. HITT	80	37.5	102.5	200	122.5	62.5	142.5	327.5
K. FICHOIL	83	42.5	102.5	200	97.5	50	137.5	285
J. OKAM	99	42.5	102.5	200	107.5	52.5	125	285
B. VENTURINO	87.5	45	109	215	145	100*	182.5	452.5*
M. VENTURINO	87.5	45	109	215	150	87.5	190	435
A. JACKSON	150	87.5	145	340*	150	87.5	190	435
A. MAROULLIS	137.5*	55	145	322.5	142.5	77.5	152.5	372.5
K. TUTTE	122.5	55	145	322.5	132.5	72.5	157.5	362.5
C. SPELLMAN	102.5	45	122.5	270	125	85	150	360
M. WINTER	92.5	57.5	117.5	267.5	137.5	65	150	352.5
D. HORN	121.5	42.5	122.5	265	122.5	80	147.5	350
M. WICKER	87.5	40	115	235	120	82.5	142.5	345
M. PRIGER	87.5	40	115	235	145	70	145	335
D. JONES	80	40	115	235	120	70	145	335
J. GUERRERO	82.5	40	97.5	225	115.5	60	132.5	300
L. ISHIKI	82.5	40	97.5	225	115	60	132.5	300
R. SOKOL	92.5	37.5	102.5	222.5	102.5	47.5	145	295
S. ELWYN	112.5	72.5	145	330	142.5	75	149	349
S. PUGH	107.5	60	137.5	305	190*	75	175	440
J. JESTLOWSKI	107.5	60	137.5	305	137.5	85	177.5	397.5
C. SHERIDAN	100.5	60	130	297.5	130	85	177.5	397.5
M. ROYAN	105	67.5	112.5	287.5	130	90	170	390
M. THOMAS	105	60	112.5	277.5	125	90	170	390
A. TUTTE	90	65	110	265	120	90	170	390
J. THOMAS	92.5	65	110	265	120	90	170	390
A. TUTTE	92.5	65	110	265	120	90	170	390
M. GODSILL	82.5	55	105	252.5	120	82.5	142.5	345
T. LINK	82.5	55	105	252.5	120	82.5	142.5	345
V. CHUNG	95	47.5	107.5	250	120	82.5	142.5	345
J. JOHNSON	48	47.5	107.5	250	120	82.5	142.5	345
J. JOHNSON	48	47.5	107.5	250	120	82.5	142.5	345
V. STEENROD	48	47.5	107.5	250	120	82.5	142.5	345
V. KESTEL	48	47.5	107.5	250	120	82.5	142.5	345
56 KG	152.5	70	180	402.5*	155	77.5	132.5	365
G. FRANK	152.5	70	180	402.5*	145	60	130	330
D. CANCELARIA	142.5	70	180	402.5*	145	60	130	330
R. SHAVER	142.5	70	180	402.5*	145	60	130	330
C. PARDUE	132.5	75	140	347.5	145	60	130	330
M. LIGGETT	105	70	167.5	342.5	145	60	130	330
P. DEFFEY	130	52.5	137.5	325	145	60	130	330
J. HUSTON	122.5	62.5	137.5	322.5	145	60	130	330
C. HICKMAN	122.5	55	137.5	315	145	60	130	330

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* WORLD RECORD # BEST LIFTER

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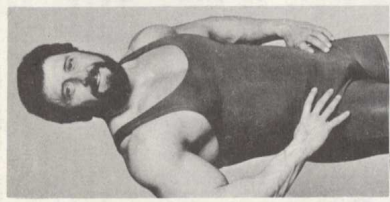


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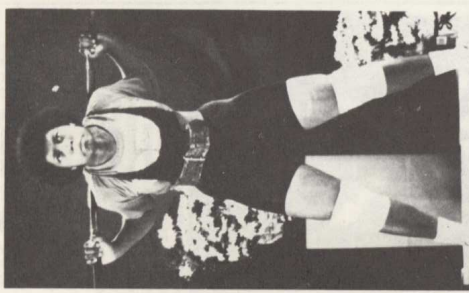
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and her improvement over last year was marked. She jumped from a successful 457 deadlift to a World Record 490, but it came up hair way, Lisa Vogelasing, in 3rd, and as a track background, and showed good improvement as well. Jan Svendsen bombed out of last year's meet, but learned from her experience to fit nicely in this year's competition.

The Superheavyweight division became much more interesting than it appeared, it would on paper. Genda Delon was one of Pat Malone's lifters, a newcomer. Wanda Sander had totaled a rather non-descript 914 in last year's meet and Annie McElroy was an unknown. All were up against the reigning Queen of the sport, Jan Todd, fresh off World Records in the squat, (545), deadlift, (479), and total (1229) from the previous weekend. With Ann Turbyne apparently hanging it up, Jan was a shoe-in for victory, and a trip to the Worlds, which was another near-certain victory. Sometimes things don't always turn out as you'd think, though. Rumor had it that Jan was going to take it relatively easy in the squat and concentrate on becoming the first Woman to



Terry Plomey shamed gravity with this 418 WR

counted for team points. Bud didn't know which 9 he was up against, but he did know that he had some big surprises up his sleeve in the heavier classes, and that, indeed, is where he pulled out the victory.

Young Vicky Gagne is one of the most popular and well-liked athletes in the sport. Everyone felt sorry last year when she failed to make weight, and this year was nearly a repeat. Finally, after weighing and reweighing several times, she made it. Bud Mucci said that she wiped some tears from her eyes on the final weigh-in, "busted them aside, and that was enough to bring her within the limit. That was Vicky's biggest battle or the one she wanted to win. World Records in the squat and deadlift. In 1980 she lifted 500 lbs. in the squat and 479 in the deadlift. Results of a new set of WBS from Bev Francis, resulting in a reported 1201 total, motivated Vicky to go for 507 (reported) to get the total mark as well. Vicky's father, Bernie, who looks more like her brother, encouraged her for the momentous effort, which she approached with deep concentration. She explored the bar off the floor, her body a visage of strain and determination, slowly it neared the top, finally pausing dramatically, but, did it stop? She finished the lift and as she lowered the bar back to the platform, those famous dimples flashed in a hopeful victory smile. She raised her hands overhead as the crowd cheered, then, she turned for the lights, first a white and a red, then, when the final light did not appear (the ref was apparently caught up in the excitement and had forgotten to throw his switch) Vicky clasped her hands in mock prayer, the answer to which was a red. She took her disappointment like a trouper, and the fans were still satisfied that they had seen a significant bit of Women's Strength history...500 had been raised up in as close as one could come to official record fashion.

Lorna Griffin is America's top female discus thrower and one of it's most improved athletes for 1980. She's still a bit behind the Eastern Europeans, but remains a bright hope for the United States in the 1984 Olympics. She could have well utilized the experience of competing in this year's Olympics, but the blue warmups that identified her as a member of the 1980 USA Olympic team ended up traveling to Washington DC instead of Moscow. On the other hand, those circumstances allowed her to concentrate heavily on the weights



Jan Todd mustered all for 468, but it wasn't to be form to join the huddle of her supporters in the staging area. Jan approached the bar quickly and pulled it better than half way up before slowing...and stopping, obviously short of completion. The clock ticked off the seconds on her final attempt...now things were dark and desperate. There was no thought of the 500 lb. barrier at this point...survival of her chances for the championship was the issue. Jan rushed, the bar once more, and again pulled it strongly off the floor, but as before it shuddered to a stop, far from the promised land. Wanda's check had become victory. Congratulations to Wanda Sander for a surprising and hard-earned victory.



462 gave a happy Wanda Sander the victory. Not to be forgotten, Annie McElroy was like found money for Bud's team. Her actual training time for the meet was only a few weeks, and she shows the potential to be next year's surprise in this division.

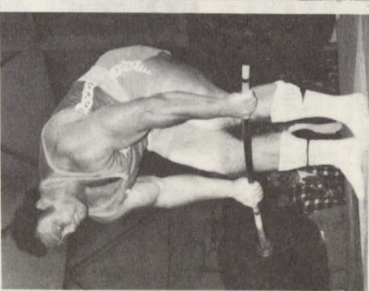
To sum up, Class winners are the World team with Frantz and Sue Taylor among the alternates. Pat put on a SuperMeet and moves up many notches in my estimation as a meet promoter. Train hard, Ladies, and we'll see you all in Hawaii!!

After pulling up 507 and getting two reds, Vicky Gagne said, 'that's okay, I'll get it next time', her hand during the week, which apparently required some stitches. She opened 72 pounds under her World Record with 473, and came up easily, but it was not passed. She took it again, went deeper, and got three whites for her effort. She then passed her third attempt. Before all this took place, Wondrous Wanda Sander had panted a good 424, before missing 435. Wanda passed her very well, while once again, Jan passed her third attempt. At sub-total time, Bud Mucci's previous discredited statements that "Wanda might push Jan" began to gain some credence as Wanda trained Jan by only 5 kilos. Still, Jan was the World Record holder in the final discipline and few thought she could actually be beaten at this point. The plot thickened as Wanda made her opening 407, then missed 440 on a technicality. Jan proceeded to open with 451. Wanda made a strategic choice to go for 462, a lift which, if successful, would obviate Jan's opener and force her to make at least her next listed attempt at 468. Wanda pulled it solidly and joyfully scooted off the plat-

POWER ODYSSEY

Don Reinhoudt's 2420 total at Super has en- joyed Rock of Gibraltar-like endurance for several years... quietly mocking the new crop of Supers that had emerged since the days of Don's domain... anyone of them seeming potentially capable of approaching the mark, given the right circumstances, but "right" circumstances are hard to come by on the national and international platform. Paul Wrenn, and of course, Bill Kazmaier. The massive foursome had trouble enough determining which among themselves was the best, and 2420 seemed far away when 2300 proved to be a real enough barrier by itself.

After another painful, Senators experience, Bill was left out of the limelight... and he used the time



Above it all started with Kaz benching 600x3 and Dling this 850 easily on January 17th in Virginia photo by Willie Morris

Above 925 was a solid, deep success in Georgia and Kaz was on his way to a WR 2425 total. photo courtesy Kaz

to re-plot his course, try a few new training ideas, and focusing his fearsome attention on all three lifts at once. Little information escaped the weight room at Auburn University, where Bill began his super-cycle. As time went on the training pound- ages at each stage reached higher levels than ever before, the new techniques he experimented with proved eminently successful, and he began looking for a meet. Casually someone mentioned the West Georgia Open... referees could be brought in, it was only a short distance from Auburn... why not? Kaz set his sights on January 31, and ad- vanced his training to the final level of prepara- tion. Rumors began to circulate around the coun- try... Kaz is in really good shape... he's going to total 2500... 2 weeks before the meet, he took a little jaunt up to Bill Dunn's Strength Seminar at the University of Virginia... after all, he is a Strength Coach... and what better chance to blow off a few fooballers than by taking a couple of public workouts. The seminar participants were stunned... by Kaz's last deadlift workout and his next to last heavy bench go-round.



Below the HEAVIEST Double Bodyweight Bench Press in the history of man and a WR 661 for Kaz photo courtesy Kaz

Bill's final bench workout ended with a triple with the existing World record poundage... and it was obvious that the 633 was about to become yesterday's news. Bill's awesome display of power took place in the auditorium of Columbus Junior College, in the form of an effortless 848 opener in the squat, followed by an easy 925. He had originally intended to go for a WR 975 on this set, but a twinge in his glute made him back off and pass the final try, in the bench, it was 3 suc- cesses with 395, a WR 639, and another inspired success with 1000 kilos. A World Record 661. On this attempt, the bar actually wavered from Kaz's careful control. He was forced to drive his elbows against his body to save the lift, instead of throw- COLUMBUS, GA.

114	M. COLLINS	368	457	337	902	374
G. CRAIG	140	72.5	51.5	364.2		
A. DICKERSON	110	80	116	20	310	
G. CRAIG	97.5	45	125	267.5		
122	H. SLATON	110	57.5	45	212.5	
J. SCARBOROUGH	88.5	32.5	16.5	277	716	1/4
132	V. WILLIAMS	88.5	32.5	17.5	283	1/4
S. BRAZ	130	95	25	175	400	
C. MARRICK	147.5	97.5	172.5	369.5		
T. GULLUS	124.7	72.5	147.5	344.7		
M. DEAN	102	62.5	125	289.5		
J. STINKS	275	102	225	803	878	1/4
B. MC CLURE	130	92.5	130	352.5		
P. CHAPPELL	111	70	145	306.5		
T. ISHIEE	88.5	70	145	303.5		
B. SCARBOROUGH	93	62.5	142.5	298.	1/2	
165	R. HELLER	217.5	127.5	245	590	
J. OUTZ	185	120	215	520		
M. CLONTS	150	110	240	500		
K. PEARS	182.5	105	210	497.5		
167	H. HAMMOND	527	150	565	1242	1/4
S. HAYES JR	250	142.5	250	642.5		
C. LINDSEY	215	167.5	215	597.5		
J. SANDERS	207.5	122.5	245	575		
G. SMITH	155	127.5	195	477.5		

STATE RECORDS: BEST LIFTER IN LT DIV					
140 SQUAT, 150 COLLINS; 151.7 K DL;					
M. COLLINS: 368.2 K TOTAL					
M. OLSEN	527.5	142.5	567.5	1236.5	
K. STEINER	217.5	155	250	622.5	
T. THOMPINS	215	165	217.5	597.5	
D. THOMAS	227.5	120	240	587.5	
V. HERBERT	180	137.5	227.5	545	
220					
K. SHAWER	205	145	227.5	577.5	
K. PITTMAN	185	135	250	570	
E. SHELTON	170	132.5	182.5	532.5	
R. FREEMAN	152.5	85	205	442.5	
242	T. BIRD	650	407	1057	1657
C. GALALUCA	250	162.5	235	647.5	
C. CORNETT	227.5	160	227.5	615	
J. TODD	247.5	92.5	217.5	557.5	
P. PIERCE	85	65	195		
R. ENGLISH	667	402	575	1644	
B. FLOYD	240	165	235	640	
R. CORDLE	147.5	122.5	192.5	462.5	
J. KNOX	227.5	190		417.5	
SHW	925	661	837	2423	
B. KAZMAIER	420	300	380	1100	
J. SMITH	250	205	257.5	712.5	

WORLD RECORDS:
1. J. TODD: 247.5 K (55) 4 #) 30 -JUL-
2. J. TODD: 217.5 K (47.5 #) 10 -JUL-
3. J. TODD: 185 K (42.5 #) 7 -OCT-
4. B. KAZMAIER: 290 K (66.2 #) 7 -OCT-
5. B. KAZMAIER: 300 K (66.2 #) 7 -OCT-
6. B. KAZMAIER: 1100 K (242.4 #) TOTAL SHW
7. MOST WEIGHT LIFTED BY 2 LIFTERS (MEN & WOMEN IN 1 MEET: 1560 K - B. KAZMAIER & J. TODD.

ing the elbows away from the body into his normal drive position. Remarkably, he made the lift anyway, but tore his pec slightly in the process. His worries left him quickly as the vaulted 2420 mark was in finalizing proximity. A laughably easy 744 deadlift gave him the highest Super total in many years, but 837 was all he needed to force the record book open once again. In the lift, he made with comfort to spare... so far, all his at- tempts had met with white lights from interna- tional referees. All the Taylor James One, and James Two lifts would be a World Record, and the day would be a World Record deadlift. 887 was loaded on the bar, Kaz approached with his trademark of ferocious intensity and tore the bar upward, higher, higher until finally the lock came out, but the transit had been slow and sluggish, and when the lights came on, only one was while.

Finally, the mark of Don Reinhoudt had been surpassed, and a new dominant Superheavy had arrived, but there seemed room for so much more... Kaz's could-have-been lifts added up to 975-661-887-2523. With that much in reserve, Kaz was hungry for another chance to go for the glory... 2 weeks later, at Doug Young's meet in Texas was to be the scene.

Referee Jim Taylor witnessed Don's record lifts at his Chattanooga Open several years back, but had to admit that Kaz's lifting was the greatest display of power that he'd ever seen... to Jim, Kaz looked good for 960-960, 670, and 875 and he says I can quote him, 'we'll see a 2600 total from Bill if he stays healthy.' Bill's confident and training guru, Tony Fitton, feels that Bill could, in- credibly, go 1000 in the squat, 700 in the bench, and 900 in the deadlift, but perhaps not all at the same time, since Kaz's biggest problem of late is that he's coming so huge that getting the squat bar in the proper position on the back with those massive arms in the way is difficult.



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*SINCERE THANKS TO TONY FITTON, TONY CARPINO, JOHN THREE, LARRY REED, STEVE BENHAM, BRAD STUBBS, TONY FITTON, JOHN ROBERT FOOTBALL TEAM FOR MAKING THE TRIP TO TEXAS.
THANKS TO TOM KILCHNER FOR RESULTS.

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MARK CHAILLET

His Story by Willie Morris



Mark went for all the marbles at the Juniors with a big deadlift attempt.

I had just hung up after calling Mark Chaillet to arrange for this interview by phone for 11 pm on the following day. For about 15 minutes I just sat by the phone thinking of the various qualities that I feel a great lifter should possess. Naturally he should be super strong and very aggressive but he should also be humble as well as understanding and courteous to those lifters who are less talented than himself. Having known Mark for about two years, and having spoken with several people who are closer to Mark than I am, I can honestly say that he is all of the above and more.

After reading this article Mark may think I am laying it on a little heavy, but I can assure you Mark, there are a lot of people who know and respect you and they too feel that the above is Gospel.

Now, I would like to tell you about the Mark Chaillet of yesterday and today. Mark was born 24 years ago in Washington, D.C. and was raised in nearby Temple Hills, Md. He has two brothers, one older and one younger, and one sister, Mark's father, a former police officer who is now retired, is one of Mark's most ardent supporters.

Like many jewelers, Mark got his start at lifting weights in Olympic weightlifting at a young age. When he was about seventeen years of age Mark became more and more interested in bodybuilding. After earning some money and with the help of his father, Mark formed the Temple Hills Barbell Club which quickly attracted other lifters.

Mark's club was started as a non-profit organization and it remains the same today. All club members train free of charge.

The Temple Hills club began holding some local meets. In time these meets became larger, more successful, and more competitive. Today the Temple Hills open is quickly becoming a "meet to make" on the East coast.

During this period of growth in the club, Mark attended the University of Maryland. He spent four years at Maryland where he majored in agriculture. Mark also played collegiate football but suffered a serious injury in his first year. In 1980, after several years of impressive lifting in the Temple Hills meet as well as other meets on the East coast, Mark decided to compete in the Junior Nationals. He came close to winning the 220 lb class with his final deadlift, but ended up placing third with an impressive 1879 total.

Mark then returned to Temple Hills and began training for his club's annual meet where something big just had to happen. What happened was a fantastic 2030 lb total in the 242 lb class. At this point things were really looking up for Mark.

Just prior to the Temple Hills meet 9 times World champion Larry Pacifico got together with Mark. The result was that Larry offered Mark a job as manager of one of his health spas in Indiana where he could train under Larry's guidance. Mark is quick to show his appreciation for Larry's help, for under his wing the sky is the limit.

"YOUR BODY IS THE TEMPLE OF THE LORD" — CORINTHIANS 3:17



"I CAN DO ALL THINGS THROUGH CHRIST" — PHILIPPIANS 4:13



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Recently, Mark's squat has been moving up very fast under the hand of Larry P. seen lighter at meet time. He also believes that you must handle very heavy weights in the gym if you want to lift heavy weights in competition. Mark likes to train according to how he feels. If he begins to feel that he is getting stale he will back off a little for about a week. Mark plans to remain in the 242 lb class. However, in a year or two he may drift up into the 275s. Mark does have a large bone structure which makes him ideally suited for the heavier weight classes, in particular the 242s.

From a nutritional standpoint, Mark does not believe in huge doses of protein. He does, however, take quite a few desiccated liver tablets each day along with a good multiple vitamin and mineral supplement. He also eats very well and will sometimes drink a beer to help recuperate from a heavy workout.

Mark wants it known that he is grateful to Bob Seile of Temple Hills who has been and still is one of his best friends. Bob's help has been most beneficial in Mark's powerlifting career.

This writer, along with a lot of other Mark Chaille fans and friends, can't wait to read the next chapter in the Mark Chaille story. With the way things have been happening recently this chapter can only be just around the corner.

From a friend to a friend.

Willie Morris

PS. I would like to thank Mark for having enough faith in me to allow me to do this story on him. I am sorry, Mark, but I don't feel I did you justice. You are worthy of much better and in the near future, after you win a World championship, maybe someone else will do better.

EDITOR'S NOTE:
Late word from former Temple Hills lifter, Mike Miller, is that Mark has gone 770x4 in the squat and 600x3 in the deadlift. The next chapter, Willie referred to will make for interesting reading!

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DMSO. What it's all about/Mike Divito

Up in the land of clear blue skies, cold mountain streams and erupting volcanoes comes a by-product of paper and wood pulp manufacturing. It has long been used as an industrial solvent. We know it in recent months by the name DMSO or dimethyl sulfoxide. Just as the name suggests, it is a clear, colorless liquid with a slight scent of sulfur.

What is DMSO? It is a small and fairly simple molecule, composed of two methyl groups and a sulfur with an oxygen atom in a pyramidal shape (CH₃)₂SO. It is available in four different strengths: 50 percent, 70 percent, 90 percent and 99 percent. The first two strengths are not commonly used; the 90 percent and 99 percent are the two groups most frequently used to treat athletic injuries, sprains or chronic conditions like arthritis.

DMSO was first discovered by Dr. Alexander M. Sayezet in central Russia in 1866. The substance was nearly totally forgotten for almost ninety years, being used only once in 1867. In 1963, it was patented as a drug by Crown-Zellerbach, and that is when controversy over the product's use, other than as a solvent, began.

During that same year researchers at the University of Oregon medical school tested the substance. They reported that when applied to the skin, DMSO was absorbed and circulated throughout the body, and that it quickly reduced pain and inflammation. As one may guess, soon thousands of people suffering from every ailment started using DMSO.

What Pharmacologic properties does DMSO have along with solvent properties? Here are but a few.

It will improve circulation.
It will reduce swelling and inflammation.
It will pass through most tissues of the body and will also take other chemicals with it.

DMSO is now gaining widespread use throughout every walk of life. No serious side effects in humans have been reported, but as with any product, there will always be a few that may have allergic reactions. Such possible effects are skin rash, headaches and nausea.

The most common ailment is arthritis. We all know how debilitating it is to try and move after extended periods of inactivity and strength loss are just two of the major bad side effects that can result from the injury. The legal aspect says we can not suggest such products as DMSO. Specific uses since we are not allowed to recommend medicine without a license. What I can suggest is that you try using DMSO. It is to take an excerpt word for word from the PERSECUTED DRUG, THE STORY OF DMSO, by Pat McGrady SR.

A total of 47 athletes were treated for sports associated conditions. 30 of them acute sprains, strains, dislocations, serious cuts and the like. 7 of them with the syndromes which follow long immobilization for broken bones, and 10 for tennis elbow and other chronic conditions the result of a long series of "Microtraumas". A wide range of sports were included- gymnastics, track and field events, basketball, judo, diving, swimming, weightlifting, skiing, cycling, polo and fencing.

The patients were treated with three times a day for two days and twice a day thereafter by dabbing or pouring 90 percent solution DMSO on the affected areas. In case of acute trauma, pain was relieved rapidly, sometimes spectacularly, swelling subsided and function was recovered - so spectacularly as to compel us to urge our patients to observe greatest caution in order to avoid further damage to a joint which may not have healed completely.

Chronic conditions, some of which had become acute again, also responded rapidly with relief of pain, reduced swelling and increased function. DMSO also promoted rapid recovery and return to action following immobilization for fractures.

The complete absence of undesirable collateral reaction, its ease of application, and the few precautions that should be observed make it (DMSO) a medication for a wide use in medical therapy, and also an urgently needed medication in sports related traumatology.

(A. Venerano, et al., Institute of Sports Medicine, Italy, Gazz. Int. Med. Chir. 70:1605 (1965).
DMSO has been used for countless other applications. For those who would like to obtain a paperback book going into greater detail about the subject entitled DMSO by Lawrence D. Cobb, please send \$2.95 plus 50 cents shipping. California residents add 6 percent for sales tax. Send to LIFE NATURAL FOODS, 906 Linden Ave., Carpinteria, CA 93013, 805-684-3440.

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'THE PARALLEL SQUAT'

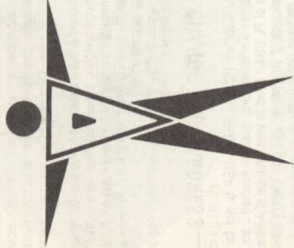
by Henry Plard

There can not be a competitive lifter in the world that has not had the misfortune of being 'red-lighted' for a 'parallel squat'. For those of you who fall into this 'elite' group, I dedicate this article.

1. There is no such thing as a 'parallel squat'.
 2. The so-called 'parallel squat' is either slightly above parallel or slightly below parallel.
 3. A judgment call should always give the benefit of doubt to the lifter.
 4. Therefore, if the squat is properly judged to be 'parallel', giving the benefit of the doubt to the lifter, the squat should be justly ruled a good lift.
- Now let's hear it from the 'good guys' in the back of the room... (these are the guys who always get dust on their suits from squatting to the floor while watching the lifter's guttural those white lights). To these guys who may be thinking that I am promoting legalization of squats that are obviously above parallel... bit your tongues... this article is only meant to jar the minds of those judges who are busy 'hopping cones' trying to decide which button to press.

Lifter to Big Lifter: 'Why do you keep scratching yourself?'
Big Lifter: 'Cuz I'm the only one who knows where it itches.'

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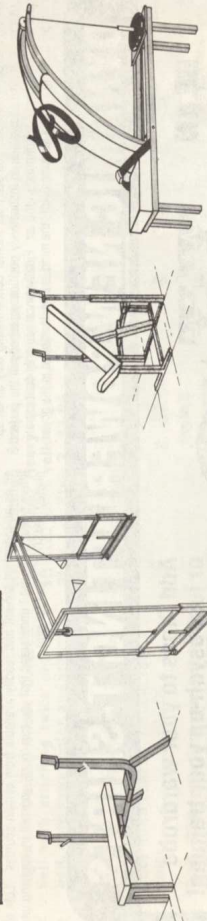
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SCIENCE OF THE SQUAT

by Pete Vuono

By popular acclaim, Pete Vuono is following up his well-received series on the bench press with a series of articles dealing with squat training. These articles present a comprehensive approach to reading and training them, and should prove a real eye opener for lifters of all levels. If you wish to correspond with Pete his address is 342 Forest Ave., Brockton, Massachusetts 02401.

3. POWER RACK TRAINING.
The power rack itself can have several advantages for the powerlifter. First, it can help isolate sticking points at whatever stage the trainee has a problem. Second, it can help to overload the body and thirdly, it is quite safe due to the power rack pins.

By setting the bar at one's sticking point, the trainee can: a. isolate the sticking point physically by doing repetitions from the point of the weak area, b. isolate the weak area mentally because the trainee must mentally concentrate on one area only, the point at which he or she starts from, and c. can add isometrics to the routine for an extra method of training.

To isolate a sticking point (at the parallel position for example), simply set the bar on the pins at parallel and squat upward starting from the downward position. This will help you to physically attack the weak area in a more concentrated effort due to the fact that taking the weight off the bar and moving backward has been eliminated. Therefore, you start off fresher, concentrating only on an upward thrust. It also allows you to instinctively position your body in the perfect groove since the bar is suspended in the air. Finally since you only concentrate on simply blasting out of a sticking point, the mind is also developed in the power

rack to better focus energy to one particular spot. Since you start from the weak area, the mind will think of and concentrate only that area and not about all the areas of performing the squat which have been eliminated.

You should set the bar at whatever area or point that is your particular area of weakness and do 10 sets working up to three to five repetitions. Do this routine only once per week. When your regular squat routine eliminates sticking points to another usage of the power rack stick to the same routine. Now set another set of pins 10 inches above the first set. Squat under the bar and push the bar off the first set of pins up to the second set and hold isometrically for five seconds. Do 3 to 5 reps for about 3 sets. If you wish to work on your sticking point further, upon finishing your third set, take out the top set of pins and simply push the bar to lockout for 3 to 5 sets more of single repetitions. The isometrics are just an application of an additional method to your power rack training so that you use isometrics and isometrics conjunctively.

The power rack can also be used in such a way that you can do one quarter or one half squats safely with huge weights to help overload your body. You can also use the power rack for negative training by taking the bar off a high set of pins and having a partner take the pins out. Now slowly lower to an awaiting second set of pins set at a parallel position.

Finally, I would suggest that you perform these variations only once per week as an adjunct to your regular training.

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SMELLS It used to be that the dominant odor at any power meet was oil of turpentine, one of the ingredients of HEET and other such rubs. Nowadays, everyone has DMSO breath. Use of the stuff is spreading like wildfire out here in California...where hand painted signs, "DMSO", followed a telephone number, can be found on freeway overpasses...and even in Phoenix, the roadside fruit stands proclaim "WE HAVE DMSO" in place of the "ORANGES"...6 lbs./\$1 sign. Scientific evaluation of human use of the substance is still taking place, but it is widely used as an industrial solvent and readily available from certain sources. Lots of lifters swear by it, but I understand that you can "burn" yourself by applying undiluted DMSO to a painful joint.

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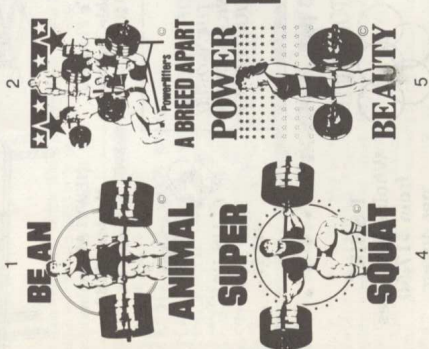
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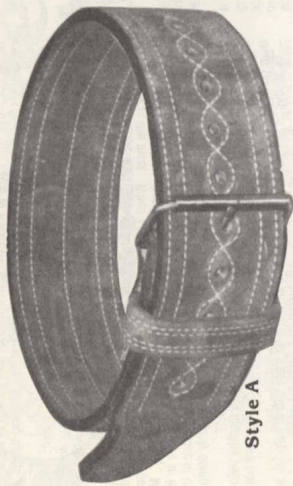
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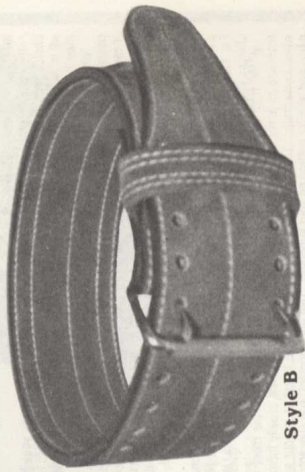


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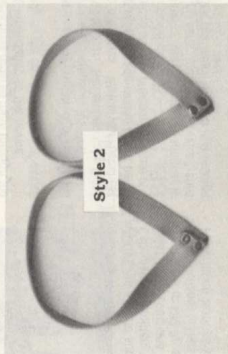
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Startin' Out

A special section dedicated to beginning lifters.

HINTS FOR YOUR FIRST MEET

You've trained for a few months and want to test your abilities in a powerlifting meet. What should you expect? If novice meets (below Class II) are held in your area, make this your first choice. Not that these meets are easy, on the contrary as many as 15 lifters turn up in all but the lightest and heaviest classes, but most competitors will also be in their first or second meet.

Now that you've found a meet, give yourself at least 8 weeks to prepare. If possible, use a tapering period, and heavy duty belt. Start using these on your heavy lifts. Try to train in the same gym where you are accustomed to balance problems especially in the squat as that is the most important lift. Use the longer bar and 100 pound plates. See the information at a powerlifting badge, Class IV or III (info. from Larry Eggleston, 409 N 8th Ave., Hopewell, VA 23860).

Check with the meet director, if plates will be in kilos or pounds; this can make a difference especially in the bench, where small weight changes can throw you. For example, you've psyched for a 235 bench, and the weights are kilos, your choices are 231 1/2 or 236 kg.

If you train alone or with a small group the warmup room at the meet will resemble an asylum; so prepare yourself. Good announcers will usually indicate when to warmup. Try to have a partner accompany you to assist in your warmups and also for putting on your supersuit. Use his judgment, you concentrate on lifting. Just remember the warmup room will be nothing like your normal training conditions.

At most meets you'll be asked for your starting attempts in each lift, so know them ahead of time. Most meets now incorporate 2 sessions; usually the 114, 123, 132, 148, 165 lift together, and 181-supers in the next session. Keep this in mind; if some lifters are warming up with 100 pounds more than you they are probably in a heavier class. Beware of lifters with Senior National, Junior National, Cuban National or whatever t-shirts; these guys ordered them through the magazine like the rest of us, but they can be intimidating to the novice. Judging will be your main concern, especially on the squat. Judges at novice meets won't pass quarter-squats.

Practice good depth, starting with a weight you've squatted 5 reps; this sounds light but no one remembers the clown who bombs in his first meet. You'll relax considerably after three white lights appear. Remember make those first attempts like brownsticks, and enjoy the other two. Watch your benches, pause for the clap at chest (practice this), and wait for command to return bar to bench-rack once lift is pressed. Don't be afraid to ask the officials if unsure of a rule.

With these tips in mind, check ahead of time for the following in addition to your regulation gear: extra lifting suit, smelling salts, muscle rub, extra t-shirt (they get ripe after the squat), combination lock (for peace of mind in a strange locker room), Gatorade and orange juice.

Once at the meet, just relax and enjoy yourself, picturing every attempt completed perfectly just before your turn to lift.

Art Fox, the author, is 35 years old, started powerlifting two years ago and is studying exercise physiology at the University of Pittsburgh.

MULTIPLE PLATFORM MISUSE? Iain Burgess competed in a meet recently where 3 platforms were used with the groupings determined by starting attempts rather than weight classes. In his opinion, this is a possible powerlifting in one platform meet. It is a real shame that this is possible. I am a powerlifter in the same class as the lifters at this meet, and I am disappointed that the same platform was used for all lifts. I am disappointed that the same platform was used for all lifts and competition where the better DLer would know what he needed to pull for the win. Additionally, differences in equipment, judges, etc. from one platform to the other might be significant in determining placings within a class.

MAKE YOUR TRAVEL PLANS EARLY. Frank Lamp relates the following tentative information about upcoming World Championships:

- 1982 Worlds West Germany
- 1983 Worlds Canada or Gt. Britain
- 1984 Worlds Los Angeles or Australia
- 1985 Worlds Australia, if U.S. gets 1984

1982 Women's Worlds Sydney, Australia
Keep in mind that this information is tentative. Frank also reports that it was agreed that the first four in each weight class at the Calcutta Worlds, plus one random selection in each weight class, will be tested for "narcotic analogues" plus one other category of amphetamines.

MORE HINTS FOR YOUR FIRST MEET

By Rocky Amorse

As you approach your first contest you must prepare yourself mentally as well as physically. Sponsorship goes hand in hand with both mind and testing. As athletes, you give your mind and creates a score, at a meet, lose the respect of those who came to watch the performance, as well as that of his fellow competitors. Instead of being a "sorehead", concentrate on working harder for your next meet.

One month prior to entering a tournament, I keep saying to myself: Work harder to win. I repeat this over and over again as I go through my warm up routine and my workout. I try to squeeze three more reps out of a set when I feel like I can't even do one more. You have to get yourself psyched up!

Three weeks before the meet, I go through the same procedure. I will go through at the tournament: 3 squats/3 bench press/3 deadlifts of the weight I plan to use in the meet. When I have finished with that, I continue with my normal workout depending what day it is: squat day, bench day or deadlift day. My tournament workouts are done about every 3 days up to meet time. I try to increase my starting weight and of course a heavier max so that by the day of the contest I am at my peak. I also relax the day before the tournament, only doing a warmup routine and psyching myself up for the meet.

You should be at the weight class you want to compete in two months before the tournament. Last minute diets are of no use and actually do you more harm than good.

As always, if any beginners would like to write me for more info or help, do so.

Rocky Amorse
35 Pearson St.
Rochester, NY 14612



ABOVE: in a photo supplied by Dr. Billy Jack Tallon, Chairperson of the National Collegiate Committee, two of the Louisiana Tech lifters attempt a 905 lb. two man deadlift at a Louisiana Tech basketball game with 5500 spectators in attendance. On the left is 132 lb. sophomore Richard Beck and on the right is 148 lb. junior Doug Holland. These demonstrations create interest in the Louisiana Tech Powerlifting team as well as the sport in general.

PERSISTING*

The prizes of life are at the end of each journey, not at the beginning; and it is not known just how many steps are needed to reach the goal. Failure may come after the thousandth step, yet success may be behind the next step. Never will I know how close the prize lies unless I take another step. If that is not successful I will take another step. I will persist until I succeed.

You must persist until you win. You must persist until you win at your goal, at your daily routine and in your spiritual life.

(From "The Greatest Salesman in the World" by Og Mandino, courtesy South Carolina Basketball and Jake Boyer)

POWER BUGS

Researcher at Emory University in Georgia are implanting electrodes in the backs of cockroaches in an effort to determine the differences between fast and slow twitch muscle fibers. The Los Angeles Times reports that Dr. Darrell Stokes has found that their muscles are similar in design to human skeletal muscle tissue and that short of continuous human biopsy, this method allows convenient observations leading to information about whether specific types of muscle fiber are developable or limited by the initial hereditary blueprint of the individual.

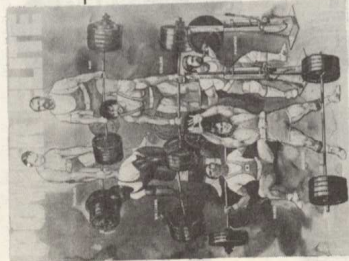


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As expected, my good buddy Bill Starr had a few comments and I'll just tool on down the road with them. It is an ideal lift to add to a training program, especially for coordination and as a means to get some extra pulling work into the routine. As a light day, 5-6 sets, topping out at 205 (which is very light for most lifters), 135, 155, 185, 205 all for five's/425 lbs, a nice addition without a lot of stress. Lifters rarely include a quick movement in their routines. Not good. Research shows that strength increases more rapidly when exercises are altered as regards to speed of movement, slow, moderate, fast. PL gets plenty of the first two, but little or none of the latter. (Amend to that). Speed is an important variable in developing overall strength. Only by including a quick movement is the body able to learn and re-learn speed. Power cleans work more than just the DL muscles' rear delts and brachials for example. It is an ideal exercise to teach a lifter the correct line of pull. I agree that heavy power cleans have an element of danger so I do not encourage max power cleans. That is, when it's so heavy the form gets shaky, then I switch them to high pulls. I teach my lifters the power clean as I think they must learn the mechanics of the total pull. It makes all advanced work much easier.

There you have it. Comment from one of the most knowledgeable men around. I think my bias has come from watching some of the better PL lifters in the country try the lift. No doubt that if the time is taken to learn it from scratch, problems can be circumvented. Most guys don't wait to put the time in, after all, they're PL men not DL men, right, so their form puts them in a compromising position.

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My wife made a beautiful orange lifting suit for Mike Wittmer's appearance at the Olympic Weightlifting Trials this year. I bought him a contrasting blue suede belt, new blue suede Adidas shoes, and new warmups in orange and blue. If nothing else, Mike looked and felt the part of a competitor at a prestigious event. No fancy ass outfits won't take you lift better, only hard work in the gym will do that, but it's important to have a good self image, especially during competition and a nice set of warmups will go a long way towards this.

8. Belt - you can get a great belt for \$50.00 but a nicer one for another fifteen or twenty dollars. Many lifters have stated that you get a better bite with a suede covered belt and I agree. And again, think of your appearance. A lot of guys like the natural leather look, but a nicely color coordinated outfit (and I'm not pushing for purple neccessarily) will really help most guys heads. Red suit, high white socks with red stripes, white t-shirt, red or black or two tone belt. Nice look, most guys usually make up, but anxiously, I always went for the best-olympic set. Real lifting suits, etc. etc. I always helped me. I've pushed Bob Morris' belts before, and I'd be the best (although Pat Malone and others also make a nice belt). Bob's belt is the best. I also feel it's the finest quality and looks. No matter what you get your belt, get a good one and know that you're wearing the very best.

9. Chalk and salts - okay. I guess but if this includes pharmaceuticals, keep listing. Even for the clean lifter who won't use speed or steroids, there's a need for reusable cold packs, tape, wrist wraps, a razor, to trim callouses, high skin, and, although I don't advocate the use of any drug, many guys need some similar preparation, caffeine, niacin pills, quick drying absorbent (if you re-lift wrap around super suits), heat (like Creamer's red hot or atomic balm). Skin lube or vaseline and any number of other things.

10. Gym bag - where can you get a gym bag for ten dollars, one that won't fall apart in two weeks. Hell, maybe I ought to move to Canada.

Thus, while Dave hit almost all the high spots, I just felt that it would have been an omission to hold back some of the above comments. I do agree with Dave, we need safe and odor free lifting, but we also need some good looking lifters, both as representatives of the sport, and as presentatives of themselves on the platform.

P.S. After my indictment of the power clean, I've received comments expressing bewilderment as to why I continue to do it myself. Well, remember that I was referring to the POWERLIFTER, and at this point, I see myself as an individual who will spend the rest of his life doing what he enjoys doing in the weight room and doing what will hopefully add vitality and longevity to the lifespan, and the power clean, especially with about 30 seconds between sets, fills both counts well. I have comment from two individuals and would like to share them with you.

Irv Mondshain has been one of the pervasive influences on my life. He's currently the track coach at the Univ. of Pennsylvania and has developed one of the best programs in the country. Irv held a number of records in the old days, and prior to becoming one of my high school coaches, he was a member of the 1948 olympic team, a decathlon man supreme, whose performance was all but destroyed due to illness prior to and at the games. I believe he finished fifth but had been favored to win, having held a number of national records. He still uses weights and was, no doubt, one of the earliest athletes in this country to utilize them as an adjunct to his other training. At 56 years of age (at least, that's all he'll admit to), he can still squat 475 (no wraps, of course), and his routine consists of squats, stifflegged DL, power cleans, presses or benches, and curls. He combines this with full court basketball four or five days per week, swimming, and any number of other physical pursuits. Irv has stated many times that "any athlete should use the power clean because it builds speed, explosive power, and a good foundation for strength for all other activities. If it's done correctly and with concentration, there should be no risk of injury." This from one of the real pioneers, and one of the greatest athletes to ever walk the earth, and that is no joke. He can still bury most kids on a basketball court, run all day, and lift with the best of the masters.

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makes you feel good. I vividly recall that I was called out of class one fine May day my junior year of high school. I couldn't figure out why I was being suspended or what fight I had had that week. My only thought was there goes again, boy, is the old man gonna be kicked this time. Instead of getting the royal boot, I was asked, "Do you want to miss school tomorrow and not get into trouble?" I missed so much school normally, this was like giving Willie Sutton carte blanche to Citibank, so of course, I said, "Yeah, okay." The catch was that I had to be at school at 5 a.m. in order to be taken to the Merchant Marine Academy where I would represent my school in something called the Annual Marine Physical Fitness Test. At 5 a.m.? I had made the mistake, during the regular course of gym class, of doing lots of situps, pullups, pushups, etc. in the Marine Fitness test, and now there was going to be a nationwide contest, and worse yet, the Marines would be the judges. Well, when I got the meet site, I realized I was in trouble. There I was in torn sneakers, old blue gym shorts, a black t-shirt, an old grey sweatshirt, and sweatpants, the old balloon king, embrozzated with the name of Michigan State Spartans (a gift from one of the guys who went on to play college ball there), looking at all these other dudes with sharp looking stuff on and I mean sharp, jack. Some guys were in wrestling or basketball warmups, and some wearing matching shorts and shirts, some with coaches and water bottles, man, talk about Alice in Wonderland! As it turns out, most of these guys had also been practicing for this thing, like for months. I had passed on spring track and quit baseball in order to sharpen up my ah, you know, my social type skills, so I was really in poor shape and had been since the end of football season (which of course, was when I had been tested). Oh well, another mess.

Hey, as it turned out, I was beat before I began, and although I no doubt could have done better (I finished in the top third or so, in the state), my horrible appearance had me putting myself down as soon as I looked around. The only reason all the others didn't laugh at me, I'm sure, was my shaved head and ear-rings, a rarity in 1962. I'm a great believer in looking good, looking good, looking good.

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big pec/beach fun and sun look. I'll bench in the meet, and any other meet I may enter but not do it otherwise. I'll press overhead because the lift makes some kind of sense to me and doesn't hurt. I'll do most of my DL's stifflegged, off a high block, very slowly, controlled, and carefully as I feel that it's properly done, especially for 12-30 reps, it offers the musculature of the hips and back a great workout, as well stimulating the cardiovascular system. I'll do power cleans for the same reason. Will my competitive lifts be very good? Obviously not. But I will enjoy myself. Most of us seems to forget that to compete is to complete with oneself and it's hard to be s.s. yourself that you're doing great when you've gotten better through the use of ergonomic aids. It may be tough for the ego to handle, but I've decided, in my own case at least, that it's better, more enjoyable, and certainly safer and healthier to total 1200-1300 while pursuing all of the benefits that solid PL training are supposed to offer, than pushing for 1500-1600 in the usual way. If my son will use the iron in a manner which will give him a lifetime of strength, fitness, and increased health benefits, I don't give a rat's ass what he does competitively. I can only wish that for everyone else and their sons too.

Now that the heavy stuff is by the boards, a few comments on some of the articles that have appeared recently in PL USA. Yes, the editor critiques his creations. Startin' Out has proven to be a very popular and useful feature, but I feel that some comments are in order. With no disrespect meant to anyone, some beginners are going to get themselves killed following some of the suggestions published. I think that today's America has offered some terrific advice to his fellow lifters, but as we heard it all so many times, it's given us too much. For what it's worth, I'm going to try to do a few things, I think you're over-doing it. Back off on the heavy work and think you're really making some great jumps. Dave Roberts' used to be aimed at the order and a very nice man too. I enjoyed his article but want to add a few things to it, hopefully, Dave, you won't object. I think you underestimated the bill a bit, although the general guidelines are terrific. Let me take it point by point:

1. Boots: well, you might save some money here because some guys like flat soles better than heels, and sneakers will do the trick. Lots of guys resolve/heel their work boots and do well with them too.

2. Socks: where can you get good athletic socks at two bucks a pair? Not in N.Y. or Calif., I assure you.

3. Supporter: I'm not into underwear myself so I can't comment on this one. I'd like to see a couple of them and see how they might go for that, but think at least a few bucks more otherwise. And in regards to t-shirts and socks, I have a few things to say. It's more important on the platform, but even in the gym, we all do well if we like the way we look. The first thing I did when I became football coach at Malverne H.S. was to order new uniforms for the kids. And not just any uniforms either, bright orange jerseys, big blue numbers, white sleeve inserts with numbers, fancy ass blue and orange striped pants and oh my yes, the kids loved it, just loved the way they looked and played that way. Wearing a good quality t-shirt, especially if it says something on it, something you like to identify with, puts your head in the right place and that's only augmented by color coordinated socks. Geez, there's nothing worse than forgetting your workout bag and having to lift in your black or brown street socks, and/or your plain white t-shirt on. Yeah!!

5. Suit - you can get them for \$30.00 or even \$24.00 each, but I honestly feel that the investment should be greater. Don't settle for the cheapest one. If you're going to take the time to lift and compete, do it right. Hold out on other things, and buy an Elite Suit, a Miracle Suit, one of Ernie Frantz's suits. Try them all and use the one that you're happiest with, not the one that a world champ down the street is happiest with. The suit(s) you wind up with may cost a bit more than Dave's suggested price, but you'll lift knowing you're wearing the best suit for your purposes.

6. Knee wraps - okay there.

7. Warm up suit - maybe you can still buy a grey sweat shirt and grey sulpants for \$15.00, who cares? Who cares? Like the socks, shirts, and suit, get what

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stronger and take on added shape and density. This is especially important when moving up a bodyweight class, reaching max bodyweight for a class, or just hardening up the physique.



Dave Shaw, preparing to bench a big one at the 1980 Hawaii meet.

World Team T-shirts

Advertisement for USA World Team T-shirts, featuring an image of a t-shirt and promotional text.

Yes, if the exercise is learned correctly, the power clean does have a place in the powerlifter's program, but that's a big if.

I'd like to give a blow by blow description of Dave Shaw's routine, but first I want to offer some of the wise comments given to me by Mr. Wilbur Steeler of Kansas.

The squats he does on this day seldom go over 425x5. Example: 245x10, 335x5, 425x5, 2 sets. Leg curls, 20 reps, then 2 sets of 15 reps.

Friday, it's a work and stretching, then heavy squats, progressing 20 lbs per week and doing reps until heaviness of weight forces to drop.

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THE MATERIAL - special heavy duty polyester contains no elastic to rot or stretch out. The finish of the material prevents any biting in on the straps or legs. Virtually rip proof.

THE PATTERN - designed originally and exclusively for Powerlifting by a current World Record holder. Not a converted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so that the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.

The Elite Suit does not give a false sense of security. While other suits are tight only at the straps or seams, the Elite Suit has extra material taken out of the hips and legs to really support.

THE CROTCH -through three years of development, the new crotch design offers the ultimate in strength. Using the 'Saddle Seat', the stress is evenly distributed along the back crotch seam. No diamond inserts or sharp corners to cause sudden blowouts.

THE GUARANTEE -unconditionally guaranteed for 3 months from shipping date against ripping or defects in workmanship.

BUY ELITE -IT MAKES SENSE \$38.00
(plus \$1.50 postage)

sizes 26-40 in Black, Navy, and Red. Team prices on orders of 8 or more. Give height and weight info, 1st and 2nd choice of color.

SALE: Old Elite Suits \$20.00 while supply lasts!!

ELITE

ELITE SALES, INC. POST OFFICE BOX 17711 AUSTIN, TEXAS 78760

ELITE COMPETITION WRAPS **\$8.50**

Designed specifically for Powerlifting competition and training. Due to synthetic materials used, these wraps **WILL NOT RIP**. When squatting, the wrap stretches to the bottom position and then stops stretching - essential for an explosive start. The best on the market!!

SPECIAL - SUIT AND WRAPS \$43.00

LEATHER GRIP \$6.00

Special formula designed to help the Powerlifter keep his grip. No more tender hands, no more torn callouses. Three weekly applications will toughen skin, build and harden callouses, and keep you hanging on to those heavy deadlifts.

GYM and GARMENT BAGS \$17.50

Heavy duty canvas with rust proof zippers and side pocket. United States Powerlifting Federation insignia. Bag is 9 in. by 21 in. Both available in red or blue.

ELITE SALES OFFERS THE LIFTER THE FINEST IN SERVICE, AS WELL AS COMPETITIVE EQUIPMENT

- ↑↑ All items in inventory, sent air mail -- no waiting
- ↑↑ VISA/MASTERCARD accepted. Include number and exp. date
- ↑↑ C.O.D. orders by mail or phone
- ↑↑ Express Mail Delivery (24 hour) if requested. Freight collect.

IMPORTANT

Include \$1.50 postage per suit, wraps, and bag. \$.75 for leather grip

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Great Nutrition Values for the Powerlifter

Marathon™ Nutrition SuperPak. A Monthly Nutrition Program.

As powerlifting becomes more of a science, vitamin and mineral supplements become just as important to you as your training routines. Your daily allocation of vitamins A, D, E, B-Complex, C-Complex, minerals and necessary enzymes in convenient single pack without sacrificing potency. The B-Complex and C-Complex vitamins are sustained released over a 6-8 hour period for optimum utilization of these most important nutrients throughout your day. The minerals are in an ortho molecular** base to provide maximum assimilation of Calcium, Magnesium, Iron, Zinc and other essential minerals the body requires. A proper balance of the important oil soluble vitamins E, A and D are provided to complete your nutrition program. Enzymes are also included to insure proper assimilation of all nutrients.

- Each packet contains eight tablets:
 - Vitamin E (d Alpha Tocopherol)..... 25,000 IU.
 - Vitamin A (Fish Liver Oil)..... 1,400 IU.
 - B-COMPLEX FACTORS SUSTAINED RELEASE*
 - Folic Acid..... 400 mcg.
 - Vitamin B1 (Thiamine HCl)..... 125 mg.
 - Vitamin B2 (Riboflavin)..... 125 mg.
 - Vitamin B3 (Nicotinic Acid)..... 125 mg.
 - Vitamin B6 (Pyridoxine HCl)..... 125 mcg.
 - Vitamin B12 (Cobal. Conc.)..... 125 mcg.
 - Biotin..... 125 mcg.
 - Choline..... 125 mg.
 - Calcium (Oyster Shell)..... 125 mg.
 - Inositol..... 125 mg.
 - Para Amino Benzoic Acid..... 1,000 mg.
 - VITAMIN C BIOFLAVONOID FACTOR SUSTAINED RELEASE*
 - Natural selected Rose Hips..... 500 mg.
 - Vitamin C (Ascorbic Acid)..... 500 mg.
 - Lemon Bioflavonoid..... 50 mg.
 - Rutin (Buckwheat)..... 1,000 mg.
 - Calcium (Oyster Shell)..... 1,000 mg.
 - Iron (Polypionate)..... 150 mcg.
 - Magnesium (Oxide)..... 150 mg.
 - Copper (Glucuronate)..... 400 mcg.
 - Zinc (Glucuronate)..... 2 mg.
 - Phosphorus (Glucuronate)..... 10 mg.
 - Manganese (Glucuronate)..... 10 mg.
 - *In an ortho molecular base of: Magnesium Oxide, Ferric Oxide, Calcium Oxide, Potassium Oxide, Aluminum Oxide, Phosphorus Oxide, Sodium Oxide, Titanium Oxide, Sulphur, Molybdenum, Manganese Oxide, Chromium Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide and Zinc Oxide.

DIGESTIVE ENZYMES

Amylase Activity (Starch digestion) capable of digesting 45,000 NF Units
 Lipase Activity (Fat digestion) capable of digesting 45 grams of fat
 Protease Activity (Protein digestion) from natural Trypsin and pepsin
 Chitinase 15,000 N.F. units capable of digesting 30 grams of pure protein.

LYPASE ACTIVITY (Fat Digestion)
 3600 N.F. units capable of digesting 30 grams of pure dietary fat
 150 mg.
 Pancreatin, EX
 Natural Whole Papaya
 Natural Diatomaceous adsorptive Colloid
 Betaine Acid HCl
 100 mg.
 390 mg.

* Sustained release** is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

SuperPak a total nutritional program. Convenient to use at home, on the job, or while travelling.

30/\$18.00 60/\$33.00

marathon™ NUTRITION

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

100/\$5.75 250/\$12.50 500/\$24.00



Sometimes Labels Are Confusing.

Compare Marathon 2 Gram Liver tablets with your current liver supplement. Each tablet contains:

- Desiccated liver..... 2,000 mg. (30 grains)
- B-12..... 50 micrograms
- Protein 90%..... 2 grams

Brand	Potency	Content	B-12	Protein
Marathon 30 grain	2000 mg.	50 mcg.	2 grams	90%
A	20 grain	1300 mg.	25 mcg.	?
B	15 grain	1000 mg.	25 mcg.	?
C	10 grain	650 mg.	?	?

Marathon Nutrition 2 gram Liver tablets come out on top with 54% more liver per tablet than the nearest competitor. Each tablet has a slick protein coating for easy swallowing. Marathon Nutrition uses only the highest quality Argentine Beef Liver providing you with the very best quality available.

A five (5) tablet serving will provide the following nutrients:

- Argentine Beef Liver..... 10,000 mg.
- B-12..... 250 mcg.
- Protein..... 10 grams.
- Calories..... 40
- Carbohydrates..... 0
- Fat..... 0.035 grams

Nothing matches desiccated liver as a strength, stamina and energy builder. A must for every powerlifter or serious trainee.

Try One or More of These Other Specially Selected Marathon™ Supplements Recommended for the Powerlifter

Shop by Phone or Mail ★

Multi-One with Stress Factors
 A One-a-Day High Potency vitamin and mineral
30/\$5.00 60/\$9.50 90/\$14.00 180/\$24.00
One-Daily-Formula 100 (sustained release)*
 A One-a-Day multi-vitamin and mineral tablet featuring 100 mg. B-Complex formula. sustained release.*
30/\$6.00 60/\$11.00 90/\$17.00

Balanced B-Complex 125 mg.
 (sustained release)*
 High potency B-Complex formula
30/\$4.50 60/\$7.75 90/\$10.95

Maxi-Mins High potency mineral complex
 Two tablets contain:
 • Calcium 1000 mg. • Magnesium 500 mg. • Zinc 22.5 mg.
 • Potassium 95 mg. • Iron 30 mg. • Iodine 150 mcg.
 • Manganese 10 mg. • Copper 3 mg. • Selenium 50 mcg.
 • Chromium 20 mcg. • Betaine HCl 100 mg.
 • Glutamic Acid HCl 100 mg. • Vitamin D 400 IU
90/\$4.50 180/\$7.95 360/\$16.00

Vitamin E 400 IU d'alpha or mixed tocopherols
90/\$6.95 180/\$12.95 360/\$23.95
Vitamin E 1000 IU d'alpha tocopherols
 High potency vitamin E
50/\$7.75 100/\$14.50 250/\$35.00

*Sustained release** is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

★ If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here. □

Super Bio-C. a sustained release vitamin C-Complex
 Each tablet contains: vitamin C 500 mg. naturally selected Rose Hips Powder 500 mg. Bioflavonoid 500 mg. Rucin 50 mg.
50/\$3.75 100/\$7.00 250/\$15.00 500/\$28.00

Vitamin C 1000 mg. with Rose Hips
 (sustained release)*
50/\$3.25 100/\$6.00 250/\$14.00
Vitamin C 1500 mg. with Rose Hips
 (sustained release)*
50/\$4.50 100/\$8.50 250/\$19.00

Milk and Egg Protein 1 lb. \$6.50
 Good taste. easy mixing. highest protein efficiency
2 Gram Fructose Tablets (Chewable)
 Great energy boost during training or competition
100/\$3.50 300/\$9.00

One-Gram Liver (15 grain) with B-12
 Argentine Beef Liver, a 90% Protein
100/\$3.00 250/\$7.00 500/\$13.00 1000/\$24.00

Brewers Yeast Tablets 500 mg.
 Natural source of RNA and Chromium
250/\$2.75 500/\$5.00 1000/\$9.25
Potassium 99 mg. tablets
90/\$2.25 180/\$4.25

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
SuperPak					Super Bio-C w Bioflavonoids				
2-Gram Liver					Vitamin C 1000 mg. w/R/H				
MULTI-ONE w/Stress Factors					Vitamin C 1500 mg. w/R/H				
ONE DAILY FORMULA 100					Milk Egg Protein	16 oz.			
B-Complex	Balanced 8-125				2 Gram Fructose Tabs				
Maxi-Mins	Mineral				1 Gram LIVER TAB				
Vite E d'Alpha	400 IU				YEAST TABS	500 mg.			
Vite E MIXED	400 IU				Potassium	99 mg.			
Vite E d'Alpha	1000 IU								
TOTAL \$									

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IMPORTANT

In order to accurately analyze your bone structure and leverage, send two pictures of yourself in only gym shorts (front and back), as well as your training history and best lifts.

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\$50.00

You will not receive a generalized routine - make sure you do not send general info. Be specific!

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1989 ARIZONA INVITATIONAL HIGH SCHOOL POWERLIFTING MEET

NAME	WEIGHT	SQUAT	BENCH	DEADLIFT	TOTAL
114. J. GREN	220	150	315*	685*	
115. K. VIATOR	230	135	295	660	
116. C. DAVIS	170	140	280	590	
117. P. OSWELL	210	130	250	590	
118. B. CROUCH	220	110	240	570	
119. M. COONRUBIK	240	120	265	535	
120. D. TINSLEY	160	-	-	-	
121. R. HOOPER	160	-	-	-	
122. K. ROBINSON	123	-	-	-	
123. R. SCOTT	310*	195	375	880*	
124. T. NGAR	300	210*	350	860	
125. K. BOGGS	310	175	390*	855	
126. K. WOOD	310	175	390*	855	
127. X. FRITZ	215	130	285	630	
128. K. HADLEY	200	140	260	600	
129. T. PODY	215	-	-	-	
130. J. HAMPTON	365*	190	475*	1030*	
131. M. DAVIS	295	285*	415	915	
132. R. LEWIS	305	155	365	825	
133. R. WILSON	290	170	340	800	
134. J. MAROTTO	290	170	340	800	
135. C. SHAN	250	215	275	740	
136. T. LINDSEY	250	150	305	705	
137. D. JOHNSON	220	135	295	645	
138. D. JOHNSON	220	135	295	645	
139. B. MARREL	185	120	250	535	
140. B. MARREL	185	120	250	535	
141. B. BURN	415	260	420	1095	
142. K. MC NURAN	380	185	440	1005	
143. U. DALLEY	340	240	400	980	
144. L. BOSTER	330	215	330	1035	
145. K. DOBSON	335	215	450	1000	
146. T. PERRY	290	195	475	960	
147. S. BARROW	335	210	400	945	
148. F. CONCELLO	180	270	370	820	
149. F. CONCELLO	180	270	370	820	
150. T. HALL	290	230	350	870	
151. T. HALL	290	230	350	870	
152. K. WALL	325	175	350	850	
153. K. WALL	270	190	390	850	
154. M. WILSON	450**	220	470	1140	
155. R. KICKLEBY	300	185	350	835	
156. S. SEXTON	250	210	300	760	
157. F. TISSON	245	145	330	720	
158. D. BOLDEN	310	235	365	910	

NAME	WEIGHT	SQUAT	BENCH	DEADLIFT	TOTAL
159. T. SMITH	370	320*	440	1130	
160. K. MONSICO	240	-	-	-	
161. R. MURPHY	265	195	350	800	
162. ALEXANDRIA SH-21	19 P.TS:	47H:	57H:	200:	
163. BLONDIE LUNCH & BOLTON	14 P.TS:	57H:	77H:	190:	
164. J. SMITH	485*	390*	525	1400*	
165. G. WILEY	485*	295	585*	1365	
166. J. CHESTMAN	405	250	500	1155	
167. SOUTHWOOD, SHOCKLEY & ST MARTY'S	290	230	420	940	
168. P.TS:	-	-	-	-	
169. DENOTES MEET RECORD	-	-	-	-	
170. ** DENOTES TIED MEET RECORD	-	-	-	-	
171. JACK TALTON FOR RESULTS.	-	-	-	-	



WINNER of the 161 lb. class at the Louisiana Tech Invitational High School meet is Randy Smith of Springhill High School. photo courtesy Billy Jack Talton.
DATE CHANGE due to his recent commitment to lift at the Hawaii Invitational Powerlifting Championships, the Larry Pacific Seminar, originally scheduled for March 21st in Saratoga Springs, New York has been rescheduled for March 28th. For further information, contact Mike Casarelli, c/o the Champion Fitness Center, 512 Broadway, Saratoga Springs, NY 12866

Power Suit Ten

By Strong-Lon of California
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T.M.



(Proven at International and National Competitions)

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- Help increase your Squat - Deadlift and Total - \$75.00
- You can wear a (body size) Strong-Lon Power Suit
- For a Better Fit - Greater Performance - More Comfort.

A Special Design for Women

Original Patented Design and Material

Strongest Powerlifting Suit Material in the World
The Greatest Body Support Ever
No Hurt Straps and Leg Seams

No other like it in the world (Do not accept substitutes)
 Available in Sizes: 26-28-30-32-34-36-38-40-42

Orders processed same day as received

Indicate 1st, 2nd, and 3rd Choice of Color

Power Suit Ten

Black Purple

Royal Blue Rich Brown

Maroon

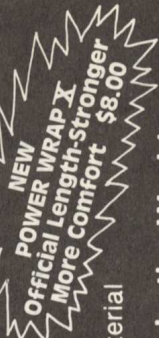
State _____

Size _____ Height _____ Weight _____ Hips _____

City _____ Address _____ Zip _____

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

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Larry Pacifico

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Newly developed and refined techniques for the advanced and beginners. You will easily add up to 100 pounds to your Squat no matter what your weight class of competition.

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"I have never been more motivated by my improvement since I've been using the Pacifico method."
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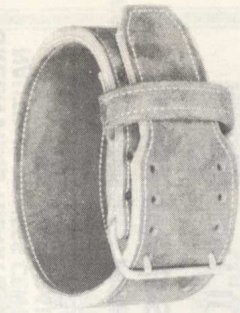
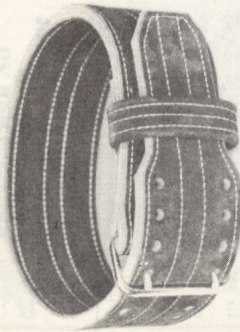
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4S3C

4S3

MODEL NUMBER	NO. OF LAYERS	TYPE COVERING	APPROXIMATE THICKNESS	BUCKLE PLATING	BUCKLE WIDTH	STYLE STITCHING	BELT PRICES
2N1	1	Nat.	7-mm	chrome	2"	none	24.00
3N1	1	Nat.	7-mm	chrome	3"	none	28.00
3S1	1	Suede	9-mm	chrome	3"	1	42.00
4N1	1	Nat.	7-mm	zinc	4"	none	31.00
4N2	2	Nat.	11-mm	zinc	4"	1	51.00
4N3	3	Nat.	13-mm	zinc	4"	1	61.00
4N2C	2	Nat.	11-mm	zinc	4"	2	55.00
4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2	Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3	Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1	Suede	10-mm	zinc	4"	1	54.00
4S2	2	Suede	12-mm	zinc	4"	1	64.00
4S3	3	Suede	13-mm	zinc	4"	1	74.00
4S1C	1	Suede	10-mm	chrome	4"	2	60.00
4S2C	2	Suede	12-mm	chrome	4"	2	70.00
4S3C	3	Suede	13-mm	chrome	4"	2	80.00
4S1CD	1	Suede In.	10-mm	chrome	4"	2	69.00
4S2CD	2	Suede In.	12-mm	chrome	4"	2	79.00
4S3CD	3	Suede In.	13-mm	chrome	4"	2	89.00

1. All belts except Model No. 2N1 have double prong buckles.

2. Fifteen colors of Suede offered: Black, Navy blue, Royal blue, Light blue, Light green, Gold, Red, Gray, Purple, Maroon, Light brown, Dark Green and Sand.

3. All belts are 100-mm wide and IPF and USPF legal.

4. Stitching Style 1 is one time around belt; Style 2 is two extra rows.

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

WAIST SIZE _____ MODEL NO. _____ COLOR _____ COLOR INSERT _____



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123	D. MIBULECKY	185	100	240	525
132	J. CASTRO	380	225	505	1110
148	C. SILVA	315	190	400	905
	J. BROWN	280	205	360	845
	J. GONZALEZ	260	165	300	680
	G. BULISE	310	200	-	-
	T. VELEZ	525	225	575	1325
	S. AZARLAN	405	225	500	1115
	J. SOMINSKI	300	250	465	1075
	G. SPINNER	385	255	415	1055
	U. GERIGANTI	445	335	530	1310
	B. ANKOLD	465	275	480	1220
	M. KLUS	405	270	520	1195
	K. CRITTELL	435	300	490	1175
	M. UTEGO	445	320	500	1195
	R. SULLIVAN	380	300	450	1130
	198				
	L. GLEBEIN	555	330	560	1445
	H. RODRIGUEZ	460	280	535	1275
	T. WOODS	455	260	450	1145
	M. CLAWBORG	375	240	475	1090
	220				
	B. CARLSON	605	380	670	1665
	R. KISSNER	520	340	675	1535
	S. SPARKS	460	290	530	1325
	R. MAREAU	465	290	550	1305
	D. DANMAN	520	-	-	-
	242				
	D. BESS	635	380	610	1655
	C. MANFIELD	510	300	550	1370
	275				
	T. FOWNE	635	450	615	1700
	R. SADOWSKI	515	300	535	1400
	R. MILLER	525	290	530	1345
	TEAM STANDINGS: 61 PTS				
	1. MILWAUKEE YMCA-10 PTS				
	2. WISCONSIN STATE-10 PTS				
	3. MILWAUKEE YOUNG MEN'S ATHLETIC CLUB-10 PTS				
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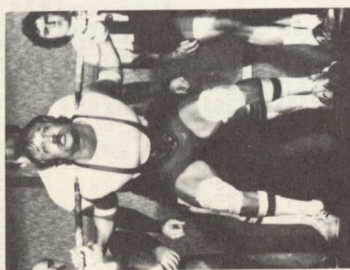
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Lincoln, NE 68504
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114	J. HOPPER (F)	200	135	230	565
	B. ALEXANDER (F)	145	90	195	430
	123				
	B. BALDRIDGE (F)	45	45	85	135
	300	210	340	850	1886
	R. STEINACKER	572	445	660	1777
	R. BRADLEY	560	300	600	1460
	S. DUNHAM	560	300	600	1460
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	132				
	D. SARGENT	350	220	400	860
	L. JOHNSON	220	120	270	650
	148				
	M. JONES	425	290	455	1170
	D. MOORE	335	225	410	980
	D. WEINBERGER	350	225	445	975
	B. JACOBES	325	205	445	975
	165				
	M. FEIGHT	450	310	555	1315
	V. COLLIER	405	275	500	1190
	C. SCRIVENER	350	200	450	1030
	178				
	T. THOMAS	535	300	550	1435
	J. MITCHELL	500	300	615	1415
	D. MORLAN	485	305	600	1390
	B. BOYLES	530	315	550	1385
	H. BELL	510	300	470	1290
	J. MOORE	450	315	505	1270
	A. SPINNEY	375	225	400	950
	J. BOUM (M)	295	225	400	880
	198				
	M. POTTER (M)	615	364	667	1641
	F. WILMOTH	585	350	630	1565
	K. BROWN	460	305	460	1335
	R. PETERSON	420	235	495	1150
	M. RYAN	380	260	490	1095
	220				
	J. CASH	744	460	815	2019
	B. STIRLING	450	390	570	1520
	J. CHASTIN	410	305	570	1295
	M. FARNEY	435	280	500	1215
	J. THOMPSON (F)	240	135	250	525
	240				
	T. THOMPSON	656	475	700	1831
	181				
	T. CARLSON	405	310	525	1240
	P. WELDON	350	290	450	1090
	S. PETERSONS	315	300	400	1015
	275				
	D. RICHARDS	600	370	535	1505
	425*				
	USAFE RECORD				
	US MILITARY EUROPEAN RECORD				
	TEAM CHAMPIONS: AVIANO				
	THANKS TO DUSTY CALDWELL FOR RESULTS.				
	114				
	M. ROSE	270	190	410	870
	D. MALLERIK	200	150	235	585
	123				
	T. CORNATI	160	105	260	740
	M. ROSS	160	105	250	575
	132				
	M. PATANE	390	250	420	1060
	T. WHEBERY	310	210	325	965
	J. HILL	285	175	350	810
	148				
	J. MISZAK	415	270	420	1105
	G. LAUCKEN	390	240	400	1030
	E. FAZIO	390	240	400	930
	G. LAUCKEN	310	215	390	875
	J. LEVELLE	310	215	390	875
	B. AGNEW	240	135	270	645
	M. SHERWOOD	-	-	-	-
	156				
	M. PHILLIPS	560	405	560	1525
	T. PANCILO	475	300	540	1315
	M. RYAN	410	285	420	1115
	J. RUDAN	410	285	420	1115
	P. LEE	385	300	415	1100
	A. CALOGERO	340	285	405	1030
	R. FERRO	325	245	350	925
	M. PHILLIPS	325	245	350	925
	R. VANDOLIK	300	240	340	880
	R. JARVIS	310	230	420	1000
	J. UCCARO	310	230	420	1000
	J. UCCARO	310	230	420	1000
	J. DAGGETT	255	185	375	815
	J. CRITTELL	255	185	375	815
	M. CINQUANTI	-	-	-	-

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114	M. BOTO	235	125	260	620	1730
	K. ANDERSON	185	90	245	520	1565
	F. REINER	160	85	240	485	1015
	C. PURVIS	145	90	240	475	
	D. HANDBURG	215	160	315	650	1730
	J. WHITNER	220	135	295	650	1730
	J. BUNN	200	115	285	620	1665
	T. TILLARD	480	200	500	1100	
	K. GILLETTE	395	220	325	910	
	G. FINNER	315	270	420	910	
	L. MILYNT	325	200	340	865	
	M. WATSON	260	180	270	710	
	J. BAKER	445	315	475	1235	
	K. OWENS	410	225	475	1110	
	K. WY	400	240	385	1025	
	D. GILBERTSON	350	250	410	1010	
	A. MARLIS	350	250	410	1010	
	L. HUSKERT	325	225	350	920	
	D. LYONS	325	225	350	920	
	M. LYONS	300	150	330	780	
	M. LYONS	250	170	325	745	
	K. CHRISTENSEN	225	155	300	680	
	K. KERRIS					
	J. COLLINS					
	L. LES	540	315	545	1400	
	D. PETERSON	475	295	540	1360	
	G. STREETER	475	335	490	1300	
	M. HENRY	475	335	490	1300	
	L. WONG	430	290	480	1200	
	B. GRIFFIN	435	270	455	1160	
	R. SHERRAD	430	280	425	1135	
	D. STEVENSON	375	235	425	1035	
	T. SMITH	375	235	425	1035	
	S. SAWYER	320	230	420	1030	
	F. HANSTON	300	275	390	985	
	K. DOLFIN	345	200	420	965	
	K. WOLFGANG	290	165	385	840	
	D. BEYERS	240	210	385	835	
	D. WAINES					
	D. ALBERT	450	310	500	1260	
	D. JONHANSER	400	330	485	1215	
	G. GUSTAFSON	425	305	480	1210	
	J. KOLL	380	285	520	1165	
	R. SCHNEEWALTER	470	290	400	1120	
	B. BAKER	425	235	435	1115	
	G. RAUHUISER	360	240	415	1015	
	K. KUCH	300	230	400	990	
	M. WATSON	250	130	300	680	
	J. NEWTON					
	S. FAIR	600**160	585	1615		
	L. LEE	575	365	600	1540	
	C. CRIDER	580	365	540	1485	
	G. KINDERMAN	475	320	585	1380	
	T. SHAW	480	340	550	1360	
	G. MCWELL	440	310	525	1275	
	J. RASMUSSEN	415	315	490	1220	
	D. FOSTER	430	270	475	1175	
	C. BRISCAL	325	225	450	925	
	T. DOTTERMEICH	405				
	Z. ZONICK	600	350	605	1555	
	C. COLLIE	540	385	535	1460	
	D. LYONS	525	330	525	1380	
	K. JACOBSON	485	340	550	1360	
	G. MIDE	500	325	510	1335	
	G. KOSMAN	400	315	600	1315	
	M. HEITTS	440	300	570	1210	
	R. SCHMIDT	350	315	440	1105	
	M. D. GRAY					
	M. D. TOON					
	242					
	MORRILL	580	340	600	1520	
	F. FOSTER	550**500	540**1150			
	R. SCHNEIDER	450	340	560	1350	
	B. BERRY	450	340	560	1350	
	L. STEWART	400	285	450	1335	
	T. ROLLINS	500	325	450	1275	
	M. TONKAY	400	280	450	1140	
	A. GRESSINGER					
	275					
	M. BARRO	510	305	510	1420	
	K. SCOTT	540	340	515	1325	
	L. HEARTH	500	310	515	1325	
	L. LONG	385	275	480	1140	

RAF BENTWATERS INVITATIONAL P/L CONTEST-1/24/81-JIS MILITARY IN EUROPE MEET.
114. CALDWELL (F) 215 110 245 570
M. GUNSON (F) 125 95 145 425
A. DONLEY (F) 145 100 190 410
L. HOLLAND (F) 110 75 190 375
M. SALDANHA 170 120 215 435
N. CANTU (F) 170 120 215 435
M. LEPTINO 280 220 390 890
3000 2270 (4TH)
148 SANDERS 380 320 435 1049M
3500 2420 425 1015M
L. ADRIEL 305 275 435 1015
T. DANIELS 305 275 435 1015
S. ALLEN (CO) 300 215 425 940
D. HILL (F) 110 65 185 360
M. HILL (F) 110 65 185 360
165
450 310 500 1260
D. ALBERT 400 330 485 1215
G. GUSTAFSON 425 305 480 1210
J. KOLL 380 285 520 1165
R. SCHNEEWALTER 470 290 400 1120
B. BAKER 425 235 435 1115
G. RAUHUISER 360 240 415 1015
K. KUCH 300 230 400 990
M. WATSON 250 130 300 680
J. NEWTON
S. FAIR 600**160 585 1615
L. LEE 575 365 600 1540
C. CRIDER 580 365 540 1485
G. KINDERMAN 475 320 585 1380
T. SHAW 480 340 550 1360
G. MCWELL 440 310 525 1275
J. RASMUSSEN 415 315 490 1220
D. FOSTER 430 270 475 1175
C. BRISCAL 325 225 450 925
T. DOTTERMEICH 405
Z. ZONICK 600 350 605 1555
C. COLLIE 540 385 535 1460
D. LYONS 525 330 525 1380
K. JACOBSON 485 340 550 1360
G. MIDE 500 325 510 1335
G. KOSMAN 400 315 600 1315
M. HEITTS 440 300 570 1210
R. SCHMIDT 350 315 440 1105
M. D. GRAY
M. D. TOON
242

SW MAKE 655 450 625 1730
J. STEPHENSON 600 390 575 1565
P. NEW STAGE RECORD
114. BELL 200 85 200 485
J. GUERBER 170 100 220 500
S. SIKKEMA 180 100 220 500
F. WENLER 325 195 340 860
C. BALTARAZ 305
M. HAMPTON 340 150 445
S. POSKAWKA 350 255 300
E. HECKS 365 210 385 960
T. DEWITT 315 225 405 945
M. FRANKEL 310 235 350
M. WARNER 315 185 370 870
G. MEGLY 300 195 310 805
B. THORAS 250 210 340 800
450 275 475 1200
425 285 485 1155
400 260 425 1100
390 215 480 1085
350 255 455 1060
325 445 1020
335 235 430 1000
305 210 360 875
M. TAYLOR
K. SIKKEMA
J. NICHOLS 450 300 500 1250
J. SIMONOVICH 380 305 475 1160
T. BERMAN 415 290 455 1150
M. SALDANHA 420 300 425 1145
M. PATRICK 400 295 450 1145
J. SANDERS 305 265 425 1095
S. STEVENSON 325 225 400 1060
M. MARKU 345 225 390 960
R. BELCHER 300 215 425 940
R. BELCHER 300 215 425 940
R. BELCHER 300 215 425 940
M. SHKITSKI 475 330 540 1345
J. CAMPO

114. BELL 200 85 200 485
J. GUERBER 170 100 220 500
S. SIKKEMA 180 100 220 500
F. WENLER 325 195 340 860
C. BALTARAZ 305
M. HAMPTON 340 150 445
S. POSKAWKA 350 255 300
E. HECKS 365 210 385 960
T. DEWITT 315 225 405 945
M. FRANKEL 310 235 350
M. WARNER 315 185 370 870
G. MEGLY 300 195 310 805
B. THORAS 250 210 340 800
450 275 475 1200
425 285 485 1155
400 260 425 1100
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350 255 455 1060
325 445 1020
335 235 430 1000
305 210 360 875
M. TAYLOR
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J. NICHOLS 450 300 500 1250
J. SIMONOVICH 380 305 475 1160
T. BERMAN 415 290 455 1150
M. SALDANHA 420 300 425 1145
M. PATRICK 400 295 450 1145
J. SANDERS 305 265 425 1095
S. STEVENSON 325 225 400 1060
M. MARKU 345 225 390 960
R. BELCHER 300 215 425 940
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J. GUERBER 170 100 220 500
S. SIKKEMA 180 100 220 500
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C. BALTARAZ 305
M. HAMPTON 340 150 445
S. POSKAWKA 350 255 300
E. HECKS 365 210 385 960
T. DEWITT 315 225 405 945
M. FRANKEL 310 235 350
M. WARNER 315 185 370 870
G. MEGLY 300 195 310 805
B. THORAS 250 210 340 800
450 275 475 1200
425 285 485 1155
400 260 425 1100
390 215 480 1085
350 255 455 1060
325 445 1020
335 235 430 1000
305 210 360 875
M. TAYLOR
K. SIKKEMA
J. NICHOLS 450 300 500 1250
J. SIMONOVICH 380 305 475 1160
T. BERMAN 415 290 455 1150
M. SALDANHA 420 300 425 1145
M. PATRICK 400 295 450 1145
J. SANDERS 305 265 425 1095
S. STEVENSON 325 225 400 1060
M. MARKU 345 225 390 960
R. BELCHER 300 215 425 940
R. BELCHER 300 215 425 940
R. BELCHER 300 215 425 940
M. SHKITSKI 475 330 540 1345
J. CAMPO

114	T. BELL	200	85	200	485	1730
	J. GUERBER	170	100	220	500	1565
	S. SIKKEMA	180	100	220	500	1565
	F. WENLER	325	195	340	860	1730
	C. BALTARAZ	305				
	M. HAMPTON	340	150	445		
	S. POSKAWKA	350	255	300		
	E. HECKS	365	210	385	960	
	T. DEWITT	315	225	405	945	
	M. FRANKEL	310	235	350		
	M. WARNER	315	185	370	870	
	G. MEGLY	300	195	310	805	
	B. THORAS	250	210	340	800	
	450	275	475	1200		
	425	285	485	1155		
	400	260	425	1100		
	390	215	480	1085		
	350	255	455	1060		
	325	445	1020			
	335	235	430	1000		
	305	210	360	875		
	M. TAYLOR					
	K. SIKKEMA					
	J. NICHOLS	450	300	500	1250	
	J. SIMONOVICH	380	305	475	1160	
	T. BERMAN	415	290	455	1150	
	M. SALDANHA	420	300	425	1145	
	M. PATRICK	400	295	450	1145	
	J. SANDERS	305	265	425	1095	
	S. STEVENSON	325	225	400	1060	
	M. MARKU	345	225	390	960	
	R. BELCHER	300	215	425	940	
	R. BELCHER	300	215	425	940	
	R. BELCHER	300	215	425	940	
	M. SHKITSKI	475	330	540	1345	
	J. CAMPO					

114	D. TANKOR	450	340	475	1265	
	J. STEPHENSON	420	310	500	1230	
	J. O'BRIEN	420	310	500	1230	
	J. O'BRIEN	420	310	500	1230	
	J. O'BRIEN	420	310			

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		Suit Size		Suit Size		Suit Size	QTY.
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SUPERSUIT™							
SUPERWRAP™ II							
SUPERWRAPS™							
Special Instructions							Total

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WHO'S WHO IN POWERLIFTING

Whether you're a Big Name or No Name, send in your picture and details to this new feature.



Lars Hedlund is still in the recovery phase of his comeback from a severe injury to both his legs. He has been in a solid cast... on both limbs since the incident, and his once 300 plus bodyweight is now down to an unbelievable 230 pounds. What's even more unbelievable is that the giant Swede has continued to train the bench and still manage 550 now!



Robert Belcastro of Chicago is seen above receiving congratulations from the World Record holder James Rouse after Bob benched a solid 450 Tower YMOCA meet on December 7th. The lift was a three white light 3rd attempt. Bob has been training his bench a long time, and has finally made it into the record book.



Mark Schmidt is one of three Kent State Power team lifters who have totaled Elite, along with Russ Iona and P.J. Meduri. Teammate Todd Monroe narrowly missed his Elite at the YMOCA Nationals. In existence for only 3 years, they've already hosted the North American Championships, produced 4 National Referees, and run a litigation for the March of Dimes.



World Gym East's Julie Gould received the 1980 Connecticut Woman Athlete of the Year award, along with Russ Iona and P.J. Meduri. Teammate Todd Monroe narrowly missed his Elite at the YMOCA Nationals. In existence for only 3 years, they've already hosted the North American Championships, produced 4 National Referees, and run a litigation for the March of Dimes.

DONTON WMA BENCH PRESS 581 DIV CLASSIC OPS 32/66/85
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A. TONKES
222 385 FOR THE CONTEST ALONG WITH JOHNNY PEEBLES III
255 390
AND THE KAISER. (THANKS STRENGTH SYSTEM CENTER PEEBLES III, FOR RESULTS) 123

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N. DANIEL 183 315
183 290 AUTHOR, CHARLES GAINES

MR. MID EASTERN P. SACCA 325
STATES BENCH PRESS J. SHAWACH 275 220
GLASSBORO, NJ J. SWEENEY 275 220
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R. ORGANTINI 315 C. KELLY 435
155 D. NOVELLI 315 D. BARBEE 435
180 BRYAN 380 D. J. RILEY 480
J. JESOLOWSKI 125 E. JOHANEZIN 345 E. RILEY 480
C. PITTOUNCOLOS 270 J. RAPHAE 330 J. ARENA 385
J. CIFRINI 270 J. SMI ANTACCIOTTA 445
M. DANIELO 300 J. BEJIMONE 370 B. EDWARDS 330

F. ADLER 315
420 TEAM TROPHY: HOLY MOUNTAIN CLUB, BEST LIFTER
380 THANKS TO MIKE.
455 CHAMK FOR RE-435 SULTS
480 ANOTHER CONTEST ON 2/28/81 & 4/4/81
THANK YOU, MIKE CORNIX.

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WEIGHT _____ HEIGHT _____ CHEST _____ HIPS _____ LEGS _____
COLOR CHOICE _____ SECOND _____
KNEE WRAPS _____ TRAINING STRAPS _____



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Suede covered (Send waist size and color choice).....**\$65.00**



LIFTING BELT
10 cm. wide...5mm thick...Brass plated, double prong buckle...S(24-28), M(28-34), L(34-42), XL(42-50).....**\$29.00**



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Announcing 'THE SUIT'

I would like to make Powerlifters aware that Strength Systems, Inc. has returned to the production of lifting suits. As of January 1, we discontinued the marketing of the Elite Suit. We are proud to introduce our new product, THE Suit. There are no fancy names for this suit but with a new design and much stronger material, we feel that it is the best product on the market. We are not limited in our choice of colors but are happy to arrange for special orders. And, as with all Strength Systems, Inc. products THE Suit is unconditionally guaranteed.

By the way, Strength Systems, Inc. has plenty of chalk available to lifters at retail and quantity prices.

To Powerlifting and Its Future,
TOM KELCHNER
President
Strength Systems, Inc.

Another 'FREAK' Accident..... Mike Bridges was spotting Power Elite Team lifter, John Topsoyglou, in the bench at an exhibition recently. During the lift with, for John, a routine 360 a loud 'pop' was heard and the bar came crashing back down on John's chest. Larry Pacifico came running up and indicated that John should take it easy as he felt it was a pec tear. John said he felt like his arm was broken, but that seemed to incredible to be true, but...upon examination, it was found that he indeed had broken his arm, a bizarre lengthwise hairline fracture as I understand it. This injury is a real shame (let's all wish John a quick and complete recovery), because his training had been going remarkably well...reportedly including a double in the squat with 730 near the middleweight limit...as well as solid improvement in the bench and deadlift as well.

ATTENTION INTERNATIONAL REFEREES!!

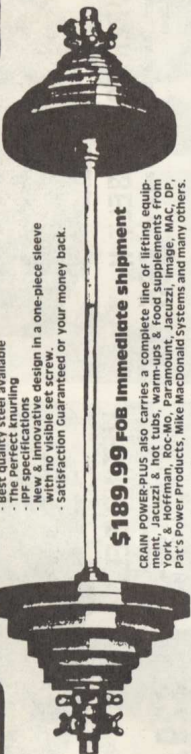
ALL INTERNATIONAL REFEREES WHO RECEIVED THEIR CREDENTIAL PRIOR TO 1979 MUST RENEW THEIR CARD IN ORDER TO KEEP IT VALIDATED! TO DO SO YOU MUST SEND THE \$8 RENEWAL FEE TO RAMONA KENADY, 5040 CHEVALS DR. N., SALEM, OREGON 97303 or call her at 503-595-1949. You MUST renew prior to March 31, 1981 or your card will be invalid!!



World's Largest Powerlifter...as seen above in this portrait by Mary Etridge, is the redoubtable Durwin Piper...who is hovering between 380 and 400 lbs. lately. If the cap is correct, he's probably the World's Largest Space Cadet as well.

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- MIRACLE SUIT-send color & size.....\$34.50**
- DEADLIFT SHOES-send shoe size.....\$10.00**
- SMELLING SALTS.....\$3.50.....2 for \$5.00**
- CHALK-8 blocks / 1 lb.....\$8.00**
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FOR THE RECORD

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GOOD NEWS from WEIGHTLIFTERS WAREHOUSE!

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2. 2 POWER SUITS for \$35.00 (each suit...\$17.50)

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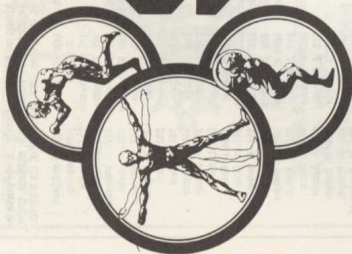
'ADVICE' FROM THE STAGE Bernie Corral relates that a young contestant approached 25 year veteran lifter Jerry Englebert at the Western Montana Open (where he went 610-365-670 at 220 lbs. and 45 years) and politely asked for some advice on the deadlift. Jerry's reply was 'Grab the bar and pull like hell.'



FACTORY'S WEDDING in this slightly 'doctored' pic from left Temple, we see Bob Eby, Mike Brannon, Jack Kaplan, Jeff Temple, and Ron Vitkin in the back row, left to right, while seated we have Chris 'King of Hearts' Gones, and Mike 'Rat' Faclair. All are from the Gold Coast gym and all are 500 plus squatters.

For the Record Fouled-up The January list of records for Kentucky was in error according to John Hurle, 2601 Lindsay Ave. J-4, Louisville, KY 40206. Any Kentucky lifter who desires a State record application should contact John at 502-893-5140 after 6:30PM. We have published an update for Kentucky as well as Virginia (courtesy Willie Morris) in this month's edition.

One tough training cycle... Washington D.C. Steve Sulzer has been trying to get back to lifting, but it hasn't been easy... first he had a case of strep throat, then his wisdom teeth were pulled, and his shoulder got hurt, and to top it off he got mono-nucleosis. One good thing, though, despite the aches and pains he made it past the bar exam... he can only go up from this point.



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Thomas R. Kelchner
President

Co-Promoter Of The 1980 World Powerlift Championships

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