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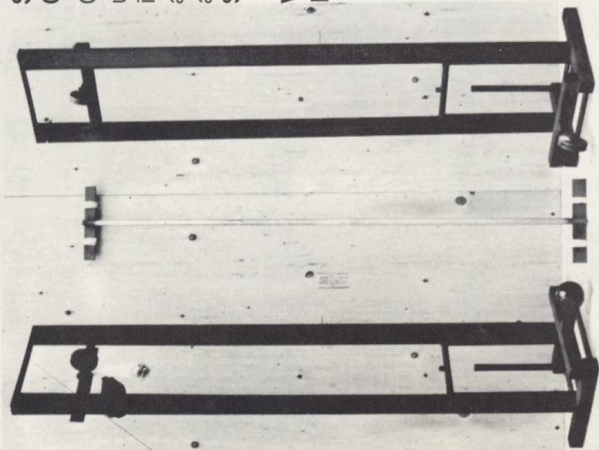
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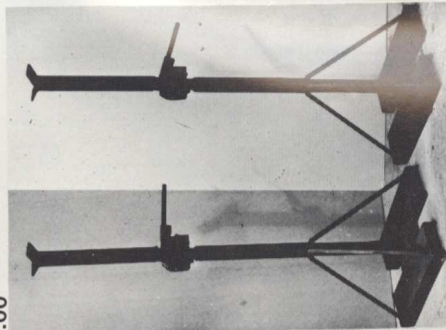


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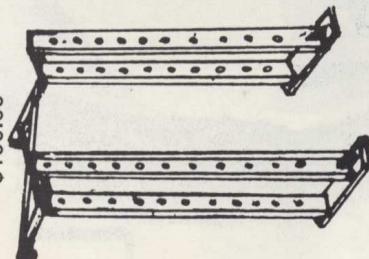
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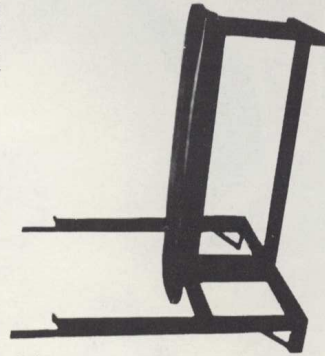
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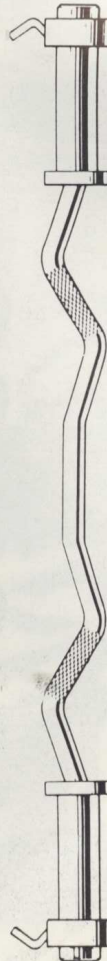


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1981 SENIOR NATIONAL POWERLIFTING CHAMPIONSHIP REPORT

by MIKE LAMBERT



Lifters wanted it, so now you've got it...the response to last month's SCORECARD for the Juniors was so overwhelmingly positive that we've decided to include it for all major contest reports...ENJOY!

Scorecard

Weight Class	Bwt	S01	S02	S03	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
52kg/114lb	50.9	479	479	479	303	319	319	782	358	365	365	1140
C. Dunbar	51.5	336	374	462	198	214	226	589	380	418	429	1008
B. Heath	51.1	303	325	344	203	244	244	507	451	504	548	959
B. Sanders												
56kg/123lb	55.9	407	440	457	242	253	264	705	473	512	534	1218
E. Millan												
60kg/132lb	59.6	501	562	562	303	344	344	799	501	529	540	1339
L. Gant	60.0	440	468	484	303	314	344	777	584	589	529	1278
V. Williams	59.6	479	561	561	297	297	297	777	584	589	529	1278
F. Ruettiger												
67.5kg/148lb	65.8	573	644	644	369	402	448	975	545	578	600	1554
J. Bradley	67.3	568	660	660	314	330	341	842	562	614	614	1504
R. Rosciglione	66.8	545	594	594	319	319	319	865	557	594	614	1460
J. Finch	67.0	501	534	534	341	369	369	843	534	573	600	1416
J. Bolln	66.9	529	557	557	314	330	336	859	473	496	507	1355
R. Verdonck	66.9	529	557	557	314	330	336	859	473	496	507	1355
C. Wright	67.4	564	660	660	356	356	356					
J. Warner	67.4	564	660	660	356	356	356					
B. Wahl	67.2	569	569	569	369	369	369					
K. Reed	67.2	462	473	473								
75kg/165lb	74.8	705	727	727	424	446	451	1157	644	683	705	1862
R. Gaugler	74.3	600	617	628	380	380	394	1008	622	622	622	1631
M. Fautau	74.8	578	628	628	363	364	364	942	578	639	639	1521
C. Herrin	74.6	588	682	682	353	354	354					
R. Crain	74.7	573	573	573								
J. Rouse	74.7	573	573	573								
82.5kg/181lb	82.0	744	744	744	473	518	523	1267	666	738	777	2006
M. Bridges	82.4	644	672	688	402	418	429	1118	672	705	733	1824
I. Cruzien	81.6	644	683	683	402	448	448	1118	644	655	666	1785
T. Carpio	81.6	644	683	683	402	448	448	1118	644	655	666	1785
B. Takala	82.2	705	727	727	394	402	410	1071	617	639	672	1747
B. Ellis	81.8	650	684	684	418	451	451	1069	600	655	655	1669
P. Aston	82.2	562	562	562	435	435	435	705	683	737	737	1388
C. Smith	81.9	722	722	722	449	449	449	1212	628	628	628	1628
R. Wright	82.0	722	722	722	449	449	449	1212	628	628	628	1628
90kg/198lb	89.5	749	771	771	451	473	484	1256	699	722	744	2000
W. Thomas	89.4	705	744	744	451	473	479	1179	733	744	744	1912
E. Frantz	89.9	664	664	664	435	451	457	1113	755	894	894	1868
V. Anello	89.8	650	677	694	457	457	457	1151	683	683	705	1835
R. Woods	89.8	650	677	694	457	457	457	1151	683	683	705	1835



Chuckie smiled, but it was high

yourself on the CBS broadcast of the event, but they did not tape the lifting due to an apparent change in programming priorities in their sports organization. They did, of course, uphold their financial obligation for the right to televise the event.

The first lifting session on Saturday morning included the 114s, 123s, and 132s and seemed to lack some of the lustre of the following classes. I guess everyone was just trying to wake up. Chuckie Dunbar seemed especially lethargic in the squat, forebodingly missing 2 close attempts before coming through on a last chance third. Once his blood started boiling after the near bomb-out, he came out for a 4th attempt at 518, which was rocketed up in the fashion we all like to see in Chuckie lift in, but was turned down 2 to 1. Chuckie tried World Records in the bench twice, but they were too heavy and ended the day with only 3 successful attempts (one deadlift got timed out rather than being missed outright). Thinking positively, how many flyweights

plugged him between attempts; he will be a quality lifter on the international scene if he gets the chance. Of course, behind Lamar is not the best place to be if you want to get that chance. Francis Ruettiger came in hoping for an upset, but was also manhandled with only 3 passing lifts in 9 tries.

(and originally he was, admits Ernie with a wink). Ernie's law school and CPA job demands leave little time for training, so his total is most respectable and represents a quality Senior National Championship title for him despite the lack of other contestants.

Lamar Gant typified the problem facing lifters in this initial session as he too managed only 3 good attempts overall and finished up almost 200 lbs. down from the fantastic total he and Joe Bradley forced each other to at the Worlds in Arlington. I'd guess that weight loss had an effect on Lamar this time, but in the deadlift his long fingers actually lost their grip on one occasion and the 639 pound bar dashed back to the platform in strict accord with the planet's gravitational demands. Victor Williams had a super day, contrary to the trend, and seemed to get stronger as the weight went up. 8 for 9, despite a puzzling stomach disturbance that

plugged him between attempts; he will be a quality lifter on the international scene if he gets the chance. Of course, behind Lamar is not the best place to be if you want to get that chance. Francis Ruettiger came in hoping for an upset, but was also manhandled with only 3 passing lifts in 9 tries.

Best Lifter: 1st Day, Mike Bridges
2nd Day, Walter Thomas
Team Champions:
Diversified Products (44)
Black's Health World (21)
Fitness Systems USA (21)
Barbee's Health Club (18)

Weight Class	Bwt	S01	S02	S03	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
100kg/220lb	89.8	683	760	760	396	424	424	1080	661	705	705	1741
T. Johnson	89.0	589	633	633	468	468	468	1058	501	501	501	1559
G. Thompson	89.1	672	705	722	468	504	504	1190	666	683	705	1741
R. Estep	89.5	722	722	722								
C. Sanger	89.6	744	744	744								
J. Black	89.0	684	684	684								
R. Noonan	89.0	785	785	785								
110kg/242lb	99.6	746	746	746	446	468	479	1251	749	744	821	2072
J. Cash	99.5	749	782	804	446	468	479	1251	749	744	821	2072
F. Hatfield	98.3	688	688	688	451	473	484	1311	705	744	755	2017
R. Moran	98.3	705	733	749	347	347	347	1135	672	665	705	1807
P. Bradshaw	98.6	633	666	683	418	429	446	1129	677	755	755	1807
B. Duke	100.0	782	804	792	518	540	540	1300	777	777	777	1807
L. Pacifico	99.9	782	782	782								
J. Jones	98.0	755	755	755								
J. Sideris	98.0	755	755	755								
J. Florio	99.6	746	746	746								
110kg/242lb	109.2	626	626	626	336	363	380	1251	749	815	821	2072
D. Wohlbeier	108.9	626	626	626	336	363	380	1251	749	815	821	2072
M. Chaillet	108.9	626	626	626	336	363	380	1251	749	815	821	2072
S. Wilson	109.5	744	744	744	451	473	484	1251	777	815	821	2066
M. Schellen	108.6	744	744	744	451	473	484	1251	777	815	821	2066
B. Davis	109.7	779	799	804	468	484	484	1278	722	760	788	2039
M. Schellen	108.6	744	744	744	451	473	484	1251	777	815	821	2066
C. Smitko	109.7	779	799	804	468	484	484	1278	722	760	788	2039
M. Dilmduk	104.0	755	788	804	429	451	468	1256	760	777	777	2017
C. Stevens	109.8	749	788	804	429	451	468	1256	760	777	777	2017
M. Phillips	109.8	749	788	804	429	451	468	1256	760	777	777	2017
S. Miller	109.8	749	788	804	429	451	468	1256	760	777	777	2017
D. Schneider	108.4	664	664	664	429	451	462	1229	705	760	760	2000
B. Clayton	109.3	777	777	777	479	484	484	1262	628	661	665	1923
125kg/275lb	124.1	865	909	909	512	529	534	1394	760	788	826	2182
E. Hackett	123.6	804	854	870	518	540	554	1410	760	788	782	2171
D. Shaw	124.5	722	722	722	507	523	523	1289	766	788	810	2077
B. Dempsey	124.6	777	777	777	507	523	523	1289	766	788	810	2077
T. McCormick	123.9	744	792	792	484	518	523	1328	738	777	777	2066
SHW	154.3	903	953	975	507	523	540	1515	777	826	887	2342
P. Wrenn	136.0	881	914	914	523	545	545	1460	821	884	884	2281
D. Kenady	140.7	836	864	864	529	551	551	1488	733	777	777	2066

1981 Senior Nationals
11 & 12 July, 1981
Corpus Christi, Texas

Worries among fans and lifters about this year's Senior Nationals being another hellish one, with heat, humidity, and even hurricanes to contend with were tossed aside once the facilities were checked out. While Corpus Christi, Texas is normally quite warm and wet, it was not unbearable outside and the air conditioning in the very large Memorial Coliseum was adequate enough to eliminate a couple of variables from the inventory of things that lifters get distressed about. I thought that Larry Wheeler, Rob Haley, John Pettit and the many people who assisted them did a fine job on the contest. It was well organized, with no memorable hangups; the program was an excellent one, beautiful t-shirts were available, and the crowd was good sized, though dwarfed by the immensity of the auditorium. I'd like to say you should see what it was like for

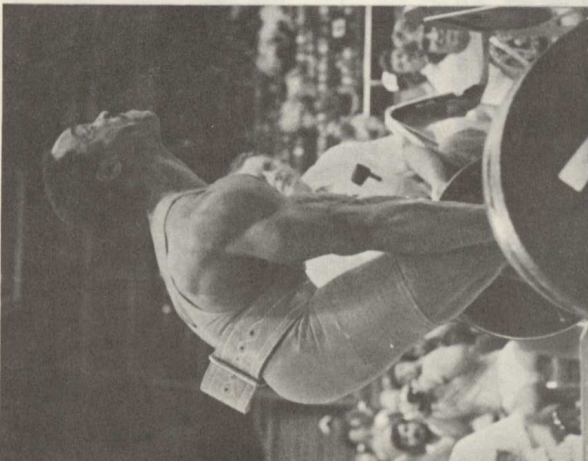


percentage was not out of the realm of possibilities for him. Each attempt was intricately close to providing a great upset in this class. Jim Finch was a popular 3rd place finisher, ably assisted by Vince Anello. Neatly as wide as he is tall, he showed a try platform disposition for all his attempts, particularly on the benches, where the almost bit the Texas dust. Jim Bolin, who lifts for Ernie Franz's team, was a solid 4th in his class. Attempts. Unfortunately, they didn't get to show us how good the really was in the squat and bench, due to some Big Verdonck's venture into the 148s, was not his most productive meet of late, but he is in the difficult position of constantly gaining muscular bodyweight and the tiresome battle of trying to lose down to the featherweights.

The list of bombers in this class was impressive. Clyde Wright felt very confident coming into the contest, but injured his back on 3 tries to get one dramatic attempt in. His benches were painful to watch and he had been exclaiming to attempt. Clyde has had 1560 or more in him for a long time, all he has to do is put all his talents into one honest effort at the right time and he will go on to international stardom. Jim Warner (aka Mr.

Teel) of Sydney, Ohio was also very confident coming in. The lean, squatting machine came up nicely with 584 but blew a suit in transit, and his jump to 600 brought no joy either. Bob Wahl was impressive at the Juniors, but had apparently peaked for that meet and Kelly Reed was in big trouble with his squats from the start.

Something should be said about the judging at the meet. Many lifters were very upset by it, but that is not something new at Seniors meets, where tougher standards than local contests are common. To characterize it, I should say that it was quite strict on depth and people were forced to adapt, if they could. I can't recall any lifts that were passed that obviously should not have been, but on the other



ABOVE: Lamar, the Pulling Machine with 639 just before he lost his grip...RIGHT: Bradley's opener was done with beautiful form...BELOW: Clyde Wright's back injury in the squat bombed him out of the benches.



shown potential for several years, came in with a 600 squat, made and passed despite a blown out suit. He also yelled his way up and out of a 628. After a scare in the benches, he lost track of the deadlifts and was forced to run out to the bar for his opener, after only a very light warmup set. He made the lift, but quickly fell to the platform, almost as if he had been shot in the back. What was initially called a cramp turned out to be a muscle tear in the upper back, as the purplish bloom of internal bleeding down his arm and back later verified. At the time he didn't know how badly he had been hurt and went on to try a WR 699, but it was, predictably, failed. Usually confident and proficient George Herring continued on a rather bad roll of luck, starting with his lifting at the Region 3 meet a few weeks earlier. He fell out from under a 528 squat and couldn't manage it on his 3rd and had similar 1st attempt only presentations in the other lifts. Jim Rouse was a victim of the tight squat judging and had some words of protest with the jury afterwards. Before the meet, he was hoping to win and another dazzling World Record in the bench was a possibility if things went right.

The 181s were an entertaining class, with veterans and some new faces tangling with varying degrees of accomplishment. Many of them are, of course, ready to start a fund to send Bridges back to the planet he came from. He is awarded very impressive regard by his peers, more so than any other champion in the sport. Judging from the judging (one judge reportedly gave 21 red lights in a row), the squat would be an unlikely obstacle for Mike.

around as he had expected. He was ambivalent about lifting in the meet, but figured he was going to be there anyway to sell his wares at one of the vendors tables and that he might just get lucky and get a jump on Gaugler in the squat. His conservative opener of 683 made his clear back was not to be this day. All 3 tries were hard and high, but at last he made the effort under less than ideal circumstances. Gaugler's opener was also a 705 pounds and he was definitely ready for a confrontation. Rickey Dale has had some torn ligaments in his back that have not come

hand there were many borderline lifts that garnered red lights. The strictness was quite consistent on both days. I thought. Crain, or Gaugler get together, as they did at the 1979 Meetdown in Mississippi Seniors in Bay St. Louis, it is something to look forward to, but on this occasion Bridges was up a class, and Crain was down in his lifts, but Gaugler was definitely ready for a confrontation. Rickey Dale has had some torn ligaments in his back that have not come

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Walter took it on home to OK City



perly to his masterful power on this day.

In 2nd was Jim Grudzien whose only flaw in this competition was being in the same class with you know who. Jim's averaged about 8 good attempts out of 9 in his past few meets and is a living, breathing example of what smart lifting and training can do to your total. He made all 3 squats, all 3 benches and 2 line deadlifts, giving him a ten times bodyweight total in a class that hasn't seen too many displays of that ilk. He suffered with a leg injury earlier this year, after just coming back from a devastating shoulder dislocation, and still produced some remarkable lifts. Tony Carpio had some injury problems and was unsatisfied with this performance. In the deadlift, his unusual poundage selection was necessary because he just didn't know how far he could push himself. Bruce Takala brought his Finnish speaking father to the meet (he had an enjoyable opportunity to chat with Jaska Parviainen, who was officiating at the meet) to watch, and then put on a nice show. Surely he even have gotten the 699 squat he tried had not time run out on his final attempt at it. Bill Ellis can really squat and he proved it with a nice 705 opener (he and Rick Gaugler both had similar lifting gear and made nearly identical attempts). He worried coach Paul Barbee in the benches before coming through with a good one and continued on with 2 solid deadlift attempts. Paul Asth was another favorite, along with Bill and Rick, with the Corpus Christi crowd and showed stunning

muscularity. His total was not a fair indication of his overall abilities, as big jumps and bench injuries hindered him. Rickey Smith of Shawnee, Oklahoma came in quite an unknown but didn't remain that way. His 143 bench drew attention and in a more favorable way so did his line 683 deadlift and try at 727. Incidentally, an injury necessitated the singular, marginal offering in the BP.

The sad story of the class was Dennis Wright. He made nice squats of 327.5 and 340 kilos, and came back to get a beautiful 462 bench after a surprising miss, but in the deadlift each of his attempts at 628 saw him missing painfully and clutching the back of his leg. He has a sciatic nerve problem that acted up once again and kept him from what he felt he could have done on that day. Dennis handles such tribulations very nobly. He's come back again and again from adversity of all sorts, and is one of the class individuals of the strength world.

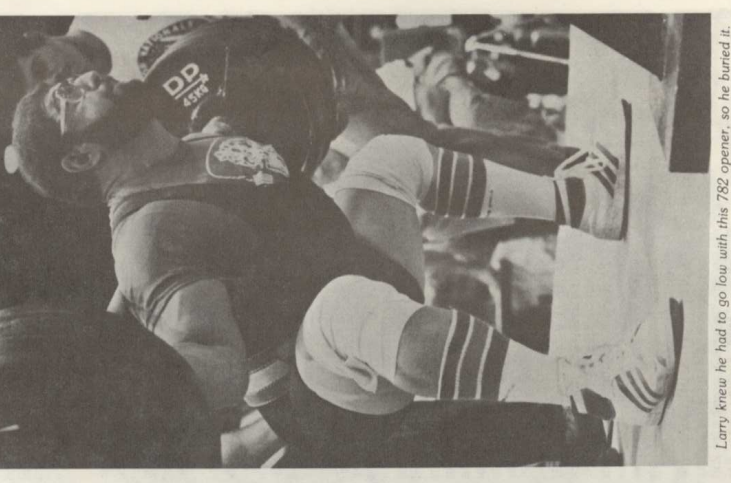
Bornis continued to impact in the 198 lb. class, and squats that were even a 1/4 in. too high were given reds. John Black, Roger Estep, Gary Sanger, and Ron Noonan were all victims with at least two of them of the mind that their last attempt was definitely low enough. Bill Ennis (with his belt well down on his hips) and Rich Woods were able to get all 3 squats passed, but Bill had some trouble in the benches making only his opener. He took 501 and missed it, indicating that the announcer had distracted him, and was granted another attempt, which was another uneven failure. In the deadlift, Bill pulled all 3 attempts up easily, but couldn't satisfy the judges, who apparently didn't like the way he put his shoulders back. Rich added a nice bench and deadlift and put together a PR total that would have done him great benefit at the Juniors. He could be the next 1900 plus lifter in the 198s, if he keeps the squat and deadlift moving so well.

As for the top placers, Walter Thomas came in looking distinctly tank-like with thick new armor plate adorning his arms, pecs and thighs. His lifting was as awesome and capable as his appearance would imply. 749 pounds came back up from the bottom in shock at the ease with which it was handled. 771 was hardly more of a task for Walter, but he passed his final try after backing out slightly. His benches were more of the same stuff, paused at the chest longer than necessary and then shoved up without distress. The deadlifts seemed more of a match for Walter's abilities, but they were all posted on the scoreboard as attempts with the 2000 total, and he becomes the heaviest man in history to go ten times bodyweight. Lyle Schwartz fits that Ernie Franz's chances depended on getting at least 2 squats on the board. His 705 opener was all he ended up

with (not bad for a guy in his late forties), and the chase was effectively over for 1st, but Ernie's 2 additional benches and a deadlift gave him a 1912 total and 2nd. Vince Anello might have had something to say about that position on the scoreboard, but he jumped instead to the World Record poundage of 821. Vinny has come to the well for a big one many times, but this time it wasn't there and he passed his 3rd. Vince's difficulties in the squat were similar to many other big names, but he managed a 2/1 decision on his 3rd to stay in the meet. Tony Johnson dropped down to this class from the 220s and quickly got a squat in with a very easy and explosive 683. He waited until the bar reached 760 before re-appearing, but the gamble didn't pay off. That squat and his last 705 deadlift would have put him in the position to challenge Rich Woods for 4th. It was mentioned that Tony may move back to his previous stomping territory, Corpus Christi, where he has a great following and many friends. Gil Thompson qualified for the Seniors and obviously hoped to get an official 501 bench on the books in the tough arena there is. He appeared to hurt

himself in the squat, and had other difficulties in the bench, and therefore took only one DL to total and finish off his day.

The 220s seemed to be the spot for the biggest fireworks of the meet, what with several wry big names meeting squarely head on. The field lost one entry when Chip McCain tore his quad on a relatively light training weight, with one leg swollen up to 33 inches circumference. He had been satisfied with his lifts going into the meet and would have been another factor in the crazy equation for this class, but will have to wait another year. His doctor was well satisfied with the surgical procedure and predicted a



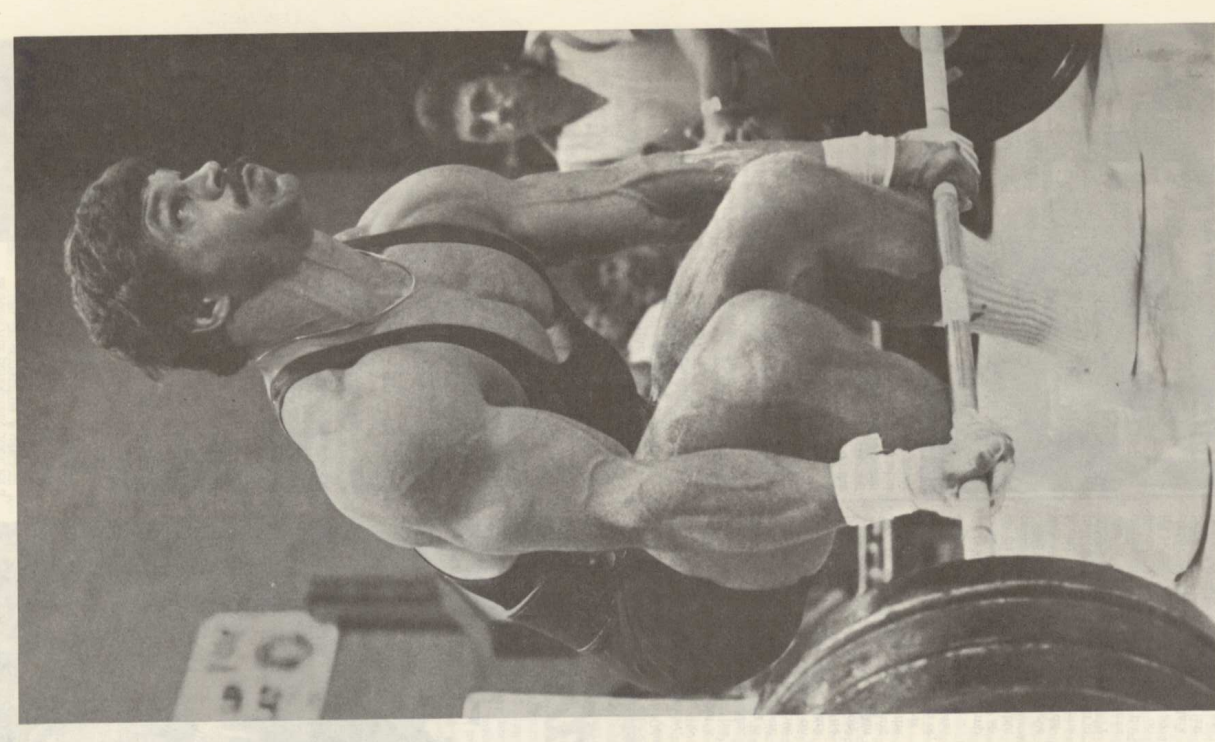
Larry knew he had to go low with this 782 opener, so he buried it.



return to 98% of full capacity for Chip. Hatfield's workouts coming into the meet were astonishing, including 455x4 in the bench, 850x3 in the squat (Randy Wilson was flabbergasted, and felt that Fred could have done 6 reps with that weight), topped off by a 905 single, slightly high.

Many knowledgeable ones were thinking Conan' Cash was the man to beat in this meet, and they weren't wrong. His improvement in the squat has been so good it has him worried about his reputation as a deadlifter. 749 and 782 were easy, and then he stunned everybody by MAKING an 804 after one of his feet slid outward about 6 inches during the lift. He went down, turned 3 progressively darker shades of purple until the weight began to chug upward like a slow freight train inching up a steep grade. I would have thought that a slip like that would rip out a lifter's undersides permanently. Jim's longest training cycle ever proved to be too long for his bench, which had gone stale, but the 468 was important for the total. In the deadlift, the first two attempts were as easy as you would surmise, and the 777 turned out to be the winning lift. He went on to try 821 twice (actual weight: 820.77 according to Jim Waters), but after having won the contest, he couldn't muster up much energy. As great as Jim's victory was, he had wanted to total 2100 badly and with a training set in the deadlift of (hold on to your chair) 805x6!! you can see where his confidence came from.

Tough squat judging kept Fred Hatfield from trying what he knew he'd need to beat Cash. First he lurched with 826 before setting up, took it again for 2 reds, and then another time for 2 whites, with none of the attempts being particularly hard. His benches went beautifully, and he could have done more probably, in the deadlifts 705 was easy, but 744 and 755 met with grip problems despite being pulled strongly. Fred is a fine sportsman and congratulated Jim with a smile on his championship. These guys are going to push each other a lot in the next couple of years. Squat bombs claimed the right of John Florio (who had some of the better looking squats among those not passed), Jerry Jones (3 tries and a "Sassy Jolly"), and Jack Siderts (who had made sure he was squatting 850 parallel before the meet but couldn't get set up right on any of his attempts) to continue in



Cash lifted conservatively before jumping to a World Record 821, but with the contest won, the fire was out.

the contest, which opened the door for enterprising young Ray Moran, who struggled the whole session with red lights but made sure he secured at least one success per lift. Local gym owner, Phil Bradshaw received heroic adulation from the audience and did well enough to win a \$100 bet from Rick Gaugler, and DP lifter Buddy Duke did everything well except in his Larry Pacifico. His obvious desire to win World Championship Num-



Chaillet made one long pull, but couldn't manage another one.

ber 10 was at stake at this meet, which events have seemed to conspire against in several previous, well-known episodes. Larry saw the pattern in the judging, and thus took 782 in the squat (despite doing 840 in training) to be sure of getting one in, but did not expect it to be so hard. 844 would not go, but his benches opened up nicely with 518, which went so well that Larry began thinking in terms of 562, but 540 was inexplicably missed on his first try and he tore a lat slightly on the deadlift. Larry had a big surprise planned as his training had been going very well, all the way up to an 843 with straps. He could not explain why the 777 stopped abruptly on him twice the let time run out on his 2nd attempt (other than perhaps the chiropractic treatment he received between lifts made him too loose). Larry was not pleased with his performance and has gone into retirement, possibly temporary. He'd like to let his barb recipitate

as John Kuc periodically does, for a year and then see what happens. Additionally, he has a bid in for the 1982 Seniors in Dayton, where he put on a tremendous World Championship meet, and would like to dedicate his efforts toward that end, should the Executive Committee accept his bid, without the problem of trying to lift in the meet at the same time.

With John Kuc out of the picture by his own choosing, the 242 lb class became much more of an open contest, though an amazingly resurgent Steve Wilson was the best pick coming in. Kuc always seemed to have so much of a cushion that he could miss a couple of lifts and still win handily, but that luxury was not Steve's or anyone else's in what became the most vigorously contested title of the Championship weekend. The eventual winner was an oddsmaker's longshot (except if you were a member of Black's Health World team) in the form of Dan Wohlbeier, who took the title despite a shoulder that was temporarily separated and a 380 bench. Danny built the suspense by making his opener squat of 826, getting reds for it, dumping it on his 2nd try and then jumping to 870 for a World Record. Coach John Black had seen one after another of his troops crash and burn and after that 2nd attempt of Danny's with 826 he even began to doubt himself. Luckily for Danny, Black's Health World, and the possible victims of post-meet mayhem, Danny's bold jump was an electrifying 2/1 success, which actually came to 867.77. Dan's squats are a go/no go proposition. If his explosion is not in the groove, the results are disastrous, but if it is in the groove, the impossible becomes reality. He jumped even further to 903 on a 4th, but that was a bit too heavy. Danny did come out of his shell on that final attempt and got a little crazy, banging his head on the bar before his attempt, creating what Phil Rosenstern calls Excedrin headache Number 242, plus a bit of a bloody mess. It was in the squat



that Danny separated his shoulder, and one of the chiropractors working the meet fixed that up, but it took a significant amount off his bench anyway. In the deadlifts, Danny was letter perfect, reeling in 3 big ones in his uniquely efficient pulling style. Push came to shove with second placer Chaillet on Dan's 2nd attempt, which Mark matched, giving him the bodyweight edge. But as the congratulations came in to Mark, Dan was out on the platform reading for another pull that was just like the previous one, a smooth success that belied a tremendous amount of strength endurance as he was following his earlier attempt with little rest. Mark had the final trump card in his hands, with his final attempt at the identical 821, but couldn't play it.

3rd went to a disappointed Steve Wilson, who had some sort of difficulty in every lift except the one that tore his muscular body apart in Arlington, the deadlift, where 771 was a solid lift in which Steve displayed little concern for the history behind the long red scar on his biceps. My vote for the most exciting newcomer went to Mark Schellen, whose progress since last year's Teenage meet has been extraordinary. He reminds me of an early Tony Fitron with a bench, and would seem to have an outstanding future in the sport. Bill Davis was another lifter who had a shot at the title (just look how everyone was bunched at subtotal time), but didn't

ago but was turned down, possibly for hitching the last few inches up. Dempsey impressed many people with his huge arms and tight physique, and did some nice lifting into the deadlifts where 777 stumped him.

The World's Strongest Man Contest was too much of an attraction for Kaz and Wadd, and financially they made their choice to compete a rewarding one. Doyle and Paul were also invited but chose to concentrate on the Seniors. Wadd's opener wasn't too hard, but his jumps to 981 were just too much. His benches seemed comfortable, but on his first deadlift he pulled the weight nearly to the top before it snapped out, ripping open his hand once again, and preventing him from continuing.

As has happened previously, the stage was set for Doyle Kennedy and Paul Wrenn. Paul's squats were all easy, smiling successes, including the solid, deep World Record lift. Doyle also squatted well (though not like the 983 he got in training), but had to take his 545 bench over again. At this point his mission was clear, but Paul had his own ideas. After going 6 for 6 and accumulating an incredible 1515 subtotal, he opened easily with 777, then took a good 826 for another set of white lights. Paul's success forced Doyle to take 881 to win. If he made it, then Paul would have to take the same or more to get the victory back. Doyle yanked 881 very high on two occasions, but the effort seemed to pull him out of position for the finish. The heat was off, but Paul took a World Record 887 anyway. It was one of the best attempts I have seen made with this weight. He had it in hand until the final inch or so, when his grip popped loose; man, was it close. I believe that if you ask Paul, he will give credit for some of his deadlift prowess to the Finnish deadlift routine published in POWERLIFTING USA. Doyle said that Paul looked bigger, tighter, and was certainly stronger than he'd ever seen him before and that he earned the victory. Doyle was disappointed that he didn't approach more closely his training lifts, but wasn't making excuses. It was one of his best ever totals, and if he had made the final deadlift, it would have been a big new PR for him. As for Paul, had he made that final deadlift, he would have totaled an excellent 2402.

Other Happenings. Las Vegas proved to be a bid for the Juniors, but approval was withheld pending some feedback on the cost of hotels in the area. Tulsa may also get a bid in for that meet. No bids were received for the 1982 Seniors, but after hearing that no one bid, several parties came up with proposals, including 2 listed below. Larry Pacifico also put in a bid. Black's Health World was considering it, and other parties may be interested as well. The Executive Committee will make the decision. I was asked to publish the following bids, but doing so does

not indicate a preference on my part. Corpus Christi (Haley/Wheeler) agree to provide the new convention center as meet site with A/C. (2) Pay airfare of this year's winners for 10 Inter-Subsidize travel costs for 10 International referees. (4) Provide 1/2 room rate for 3 days for lifters. (5) Provide suite for 3 Executive Committee members. (6) Provide shuttle between motel and meet site. Thomas, Cash, Wohlbeier, Hackett, and Wrenn.

WORLD MASTERS TEAM will be selected to represent the USA in age groups 40-49, 50 and over. If you are interested in being on one of the 2 ten man teams, contact Ernie Frantz, 21 N. Broadway, Aurora, ILL. 60504.

Decisions were also made that associations will now consist of entire states as opposed to the AAU system of divisions. State records are to be set only in State meets from now on, and a Novice is defined as someone who has never won 1st place in a meet.

WORLD MASTERS/NATIONAL MASTERS

**Weightlifting
Snatch
Clean & Jerk**

**Merner Field House
North Central College
Naperville, IL, USA
Oct. 23, 24, 25, 1981**

**Powerlifting
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Deadlift**

**Hosted by Frantz Health Studio, North Central College
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This event will include the following 4 Championships

- World Masters Powerlifting Championships
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- U.S. National Masters Weightlifting Championships

**Powerlifting events sanctioned by USPF & IPF
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For Entries, Information, Help, Accommodations, etc.

**Watson Lawrence
30W457 Arbor Ln. RR 3
West Chicago, IL USA 60185
(312)-231-1807**

**Ernie Frantz
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21 N. Broadway
Aurora, IL, USA 60505
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BOB'S CUSTOM LIFTING BELTS

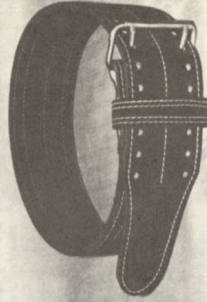
ORIGINAL Designer of Suede Powerbelts



Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....\$75.00

Heavier Buckle with Roller

Any Color of Suede



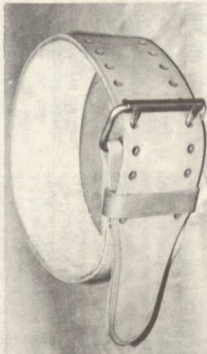
Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....\$75.00



Style (C) Double thickness belt has stitching once around belt, down center and around holes..\$60.00

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was just too heavy, however. Meanwhile, Cash took the 804 he could have had at Corpus Christi 2 weeks earlier and made it with a grinding effort. He also tried 848 on a 4th, but the bar was too heavy to control the attempt and he re-racked. In the benches, Cash got all 5. Fred decided to go for that 501 that was easy, so easy that his subsequent 507 was a surprising miss. That bench represents a tremendous comeback from very serious shoulder surgery. Fred's grip enabled him to get in the deadlifts, and left the stage to Gene. Jim, who tucked away Penfit's venerable total mark with a 2066 of his own. Jim then went for the deadlift mark, but apparently didn't get his shoulder back enough to please the refs. On a 4th attempt, he did it strongly and precisely for a World Record of 821. Jim's 2 line records plus the nearly dozen of Jim Lem's made for a quality contest. He and Fred were the epitome example of serious, but friendly, competition on the highest levels.

In the 242s last minute Gene Kunit (the First Official subscriber to POWERLIFTING USA Magazine way back in 1977) and Scott Palmer (with an injury obviously hindering his normal benching capability) did their dangdest and got just as much video tape coverage as the other lifters. With no 275 lb. class being officially contested, Shaw shared Super honors with Doyle. Dave chose his attempts accurately and totaled well, while Doyle took some big jumps that were just off the mark.

World Games I represents good thinking in its emphasis on the use of existing facilities and keeping the costs of such a festival to a minimum. I was very impressed with the degree of overall organization of the Games and feel that Powerlifting is fortunate to be a part of them. The medals that our athletes won in this competition should only increase in prestige as time goes by.

(see p. 63 for World Games results)

Champ, Dr. Mauro, DiPasquale, Mauro had squatted 710 in training and was hoping for 690 at this meet, but the tightness of the judging threw him off a bit. He came up with 644 very easily on a 3rd, after repeating his opener, but it wasn't acceptable. He also inquired about the exact weight of Gauger's World Record deadlift at our Seniors, but 666 proved too formidable a barrier.

The 181s were a super competition between Dennis 'The Driver' Wright and Jim '8 for 9' Graham. Jim, along with Cash, had a better meet than the Seniors, missing out on 9 for 9 when he pulled up and the door 9 683, so quick as to send the refs signal, so quick as to send the door 710 on his 3rd which would have led to an 1835 total. Dennis came up with a 760 squat, which wasn't passed, but bunched a nice 473 after a troubling miss with a 435 opener. His sciotic nerve problem continued to bother him in the deadlift and opened Victory Door for Guadalupe.

In the 198s, records came in a downpour as everything Jim Lem touched was a World Masters mark. He actually came up with a 655 squat for one while light on a 4th attempt, and also tried 4th of 385 in the bench and 639 in the deadlift. He's not getting older, he's getting BETTER. Walter Thomas lifted almost too far within his capabilities at the Seniors, and wanted to use this meet to go for Bridges total record. His 744 squat was easy, but 799 felt too heavy out of the rack, so he just put it back in. In the bench, Walter was shocked into starting light (402) after being 'near-pinned' with 418 in warmups. He went on to 451, and then an EASY 501 and sheepishly admitted that he had finally gotten warmed up. He put together another fine wire services credited him for, and tried a 788 deadlift to add on to it without success.

In the 220s, Fred Hatfield took heed of the judging trend and easily buried an 810 opener for 3 white lights. The World Record of 848



Jim Cash got a thrill receiving his award from the President of the General Assembly of International Sports Federations (GAISF), Mr. Keller.



MacVicar's stroke was 2 in., maybe Gary Hunnicutt and Mark Shijo graciously filled in unfamiliar weight classes (at the opening ceremonies Arnold Schwartzegger asked Gary if he was on the bowling team!), but there was solid competition between Hummel and Ito. George was recently elected to a position in a new drug free powerlifting organization and is a Senior National champion who made it without drugs (he came close with a World Record bench back in 1978) and Ito was very entertaining vocally and strengthening, going 6 for 6 after missing 2 495 squats and forcing George to a deadlift that was just marginally more than he could handle.

Records were a possibility in the 148 lb. class, but judging much like our Senior Nationals bombed both possible champs out of this class. Bradley's 3 tries with 573 were extraordinarily slow and untypically awkward, whereas Moir's trio of tries with his 606 opener were all easy, but apparently high as well. It's tough to see fine champs like these make the great effort to prepare for such a competition in a facility, but they were gentlemen about it. Moir was hoping especially to get some records, because he didn't expect to have enough cardholders at his Nationals and he also doesn't expect to be able to afford the trip to Calcutta this time.

Ray Neeley did what he could for the USA on short notice, but was not a match for former World



The PL segment of this noble sporting effort turned out very well despite some foreboding pre-meet difficulties. Expected TV revenue did not come through, forcing the IPF to limit its expenditures, but the Japanese lifters were great sportsman and made the trip on their own. The US team for the event was in constant flux, and with only a week's notice local lifters had to be recruited to fill in when some of our best lifters couldn't make it. Some national and international PL officials showed a very lukewarm attitude towards the competition, but the day was saved when Jim Lem, Jim Waters, Ron Morris, and many other helpers volunteered to do the necessary work to bring the meet off along with IPF representative Dennis Burke. Hell, we even had the Mediterranean Fruit Fly to worry about, but the lifters and these minor problems and the crowd at Marriot's Great America Amusement Park got their money's worth.

Lifters reported that the Opening ceremonies of the competition were particularly memorable. President Reagan even sent in his letter of congratulations to the organizers, and Secretary General of the GAISF, Mr. Palmer, pointed out along that World Games was a lot further along than the first Olympic Games. He and other officials seemed well pleased with the Powerlifting portion of the Games. Inaba came in looking for records in the squat and total, and came very close to the latter. He took 501 after missing 495 on depth for an untypically hard success. In the deadlift he needed 501 to get the



Inaba was close to World Records

Spirulina

BY Mike DiVito

Many lifters and athletes have asked me recently on what alternatives there are for a good source of protein other than the usual red meat, poultry, and fish. The first answer that comes to mind is Eggs. This is nature's most complete protein, that is, it contains the 8 essential amino acids the body needs to manufacture the remaining 14. The second complete protein is SPIRULINA.

WHAT IS SPIRULINA

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As mentioned above, spirulina contains the 8 essential amino acids, plus 10 others giving it a total of 18 of the 22 amino acids. Most athletes think by eating large quantities of meat and poultry they are getting all the protein they need. Nothing can be further from the truth. There are amino acids missing, such as valine, tryptophan, methionine and cysteine. What this means to you is you must eat other protein sources containing these essentials to insure proper protein intake. Along with spirulina being a complete protein it has the highest natural source of Vitamin B12, 250 percent higher than liver. It also contains high levels of vitamins: B1, B2, B6, D, E, H, and K as well as all the essential minerals, trace elements, cell salts and enzymes essential for your metabolism.

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tage of spirulina on the world market, this accounts for its high cost. As more nations start their spirulina solar farms, production will increase thus decreasing the cost for one of nature's most complete foods.

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Author - Mike DiVito

than 6,000 I.U.'s. You would have to eat six medium size carrots to get the amount of vitamin A as you would get in one tablespoon of Spirulina.

VITAMIN B 12 - 4 tablets of Spirulina are equal to the amount of Vitamin B12 in two glasses of milk or two eggs or a cup of cottage cheese. It has 2 1/2 times as much B12 as liver.

CALCIUM - Gram per gram, spirulina has about the same amount of calcium as milk. Spirulina has 3 times more calcium than a 80 gram serving of chicken or 60 grams of spaghetti.

POTASSIUM - 3.7 times as much of spirulina has the same amount of potassium than the same amount of POTASSIUM.

PROTEIN - Most lifters are concerned about the amount of protein intake during the day. One must keep in mind that by taking in too much protein one overworks the kidneys, and what is not digested is deposited as fat, an unwanted item if in excess.

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RIPPED

for POWERLIFTING/Clarence Bass

Ask Bill Ennis how he has moved up so many notches in the 198 lb powerlifting ranks. He'll tell you he has a secret. He'll tell you he has a way of explaining that he increased his total weight from 175 lbs to 200 lbs in 9 months. He'll tell you he has a way of explaining that he increased his total weight from 175 lbs to 200 lbs in 9 months. He'll tell you he has a way of explaining that he increased his total weight from 175 lbs to 200 lbs in 9 months.

When I learned Bill Ennis had reduced his bodyfat to 5.5 percent and increased his total from 184 to 193 lbs, I was like you, I wanted to know how he did it. Bill told me the most important thing he did was to use body composition tests. He was already at the top of his weight class. To increase his total while staying in the 198 lb class he knew he would have to replace fat with muscle. In other words he had to put more muscle in his 198 lb body. For every pound of muscle he gained, he had to lose a pound of fat. Under water weighing (hydrostatic weighing) told Bill how much of his bodyweight was fat which could be replaced with muscle.

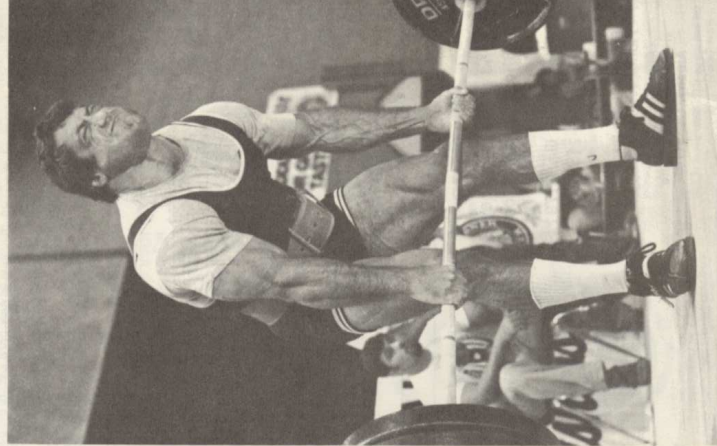
Bill's first underwater weighing on April 15, 1980, showed his bodyfat was 9.8 percent. Vicki Dillon, founder and president of Bill Body Accounting, explained to Bill that 15 percent bodyfat is considered good. For males over 20 percent is obese and under 10 percent is lean. At 9.8 percent Bill was already quite lean, by normal standards. Some male athletes, however, have reduced their bodyfat to 3 percent or lower. The body must have fat to protect the internal organs and assist in the functioning of brain and nerve tissue. The fat that's necessary for good health is called 'essential fat'. Exercise physiologists generally consider 3

percent to be the essential fat level. Fat in excess of 3 percent is 'storage fat' and can be lost or replaced with muscle. Bill's first weighing showed that his 204 lb bodyweight was 20 lbs fat. He needed 6 lbs of essential fat. He targeted the remaining 14 lbs of storage fat for elimination. To accomplish this goal he refined his diet and training program. At the time of the first test Bill's diet was mainly milk, meat and cheese, i.e., high protein, high fat and low carbohydrate. He lowered his fat intake and increased his carbohydrate consumption while keeping his protein intake moderately high. To reduce the fat in his diet he switched from red meat to fish and chicken and eliminated egg yolks, which are high in fat. He dropped milk fat content to consume low fat cottage cheese. To up his carbohydrate intake he ate plenty of raw vegetables and ate plenty of fruit daily. He kept his total calorie consumption stable because he wanted to maintain his bodyweight at 204. His switch in emphasis from fat to carbohydrate gave him more energy so he could do more reps in an hour. He concentrated on one lift each training session. This is basically the same training system that Bill had used before. In the past, however, after hitting his maximum poundage he would back off and do several sets for reps. He decided that lowering the weight for reps was counterproductive: it cut into recovery capacity and slowed his gains. Bill also added some bodybuilding assistance exercises, lat work, leg extensions and triceps extensions. He believes this helped more balanced diet and greater training intensity speaks for itself. He lost 8.82 lbs of storage fat and gained 8.22 lbs of muscle. Bill emphasized that body composition testing was the main reason for his improvement. Knowing his exact body composition gave him a specific goal and motivated him to improve his diet and training to accomplish that goal.

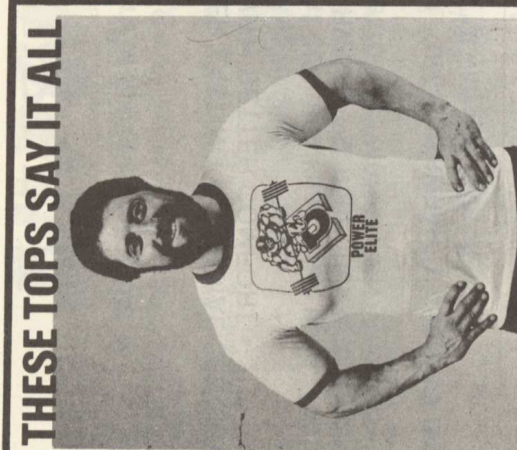
DATE	LEAN WEIGHT	FAT WEIGHT	FAT PERCENT	TOTAL
4/15/80	184.5	20.0	9.8	1731
7/9/80	186.51	15.67	7.75	1818
11/29/80	192.72	11.18	5.5	1906



Clarence Bass's Best Selling Book, **RIPPED, The Sensible Way to Achieve Ultimate Muscularity**, charts his course through bodybuilding, leading to the discovery of a tremendously productive combination of training and diet. Mr. Bass is back in competitive lifting, leading him to believe that Powerlifters can benefit from his discovery also.



The Master of this type of power conditioning is Clarence Bass seen here below. Bill had severe difficulty in the deadlifts at the Sempro, but still demonstrated how he has been able to convert low body fat percentage into pounds on the platform.



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Nutrition Corner

BY JACK DIGANGI

VEGETARIANISM

My objective in reviewing this topic is to give you an unbiased look at the facts. I don't wish to convince or dissuade anyone. Of the total population, only about 1 percent are vegetarians. Of these, a small number may plan and consume a diet nutritionally incomplete. In the last decade, however, vegetarianism has grown chiefly among young adults. Reasons for this generally stem from a philosophical, religious or health-related basis rather than cultural or economic.

There are various classifications of vegetarianism. The true or pure vegetarians will only consume only plant foods. Often the term 'vegan' is used to describe one who consumes no red meat, fish, eggs, dairy products or poultry. Lacto-vegetarians consume many products as well as plant foods. Lacto-ovo vegetarians consume dairy products such as milk, cheese as well as eggs. The 'semi-vegetarian' will only exclude the red meats, beef, pork, veal, etc.

In a recent study, about 90 percent of the vegetarians studied included some other 'health giving' food such as herbs, teas, ginseng along with asserted vitamin/mineral supplements. This suggests that a belief in vegetarianism relates to a health seeking diet rather than a palate preference. There is a very little evidence to support that vegetarians suffer any ill-effects from this type of diet. The studies I've read offer such a heterogeneous population, poor nutritional records and insufficient laboratory and medical examinations to warrant only a broad generalization.

One of the hazards of this type of regime is following the diet as a philosophy rather than a diet for nutritional intake. Each time you reach a PR in the squat, the body has demanded of your diet an adequate supply of (among other nutrients), proteins, B2, B12, Calcium, Magnesium, Iodine, and Zinc. Yet, these are the nutrients which are most likely to be inadequate in the vegetarian diet.

Energy intake in the vegetarian diet is rarely a concern. Plants supply an abundance of CHO for your workouts. PROTEIN: In a past article, 'The Basis of Protein,' I described how you could combine various cereals to form complete proteins. Most pure vegetarians who are serious about their diet should be aware of this and ingest the necessary amount of protein daily.

Lacto-Ovo vegetarians seldom lack B12 or protein in their diet. Fortified milk, cheese and eggs supply an abundance of these two nutrients. Even among the most avid 'steak and potatoes' lover, iron still may be in short supply (the R.D.A. suggests 10 mg of iron for men and 18 mg for women). Among vegetarians, iron inadequacy may be even more accentuated.

Studies show that phytate (inositol hexophosphate) in the popular whole grains may inhibit the absorption of iron. Combine the large amount of whole grain with the absence of red meats and the situation becomes critical. Remember, iron and protein combine to form hemoglobin, the vehicle for oxygen. Zinc can also be lacking in the vegetarian as the bio-availability of this mineral is low in plants. Additionally, the phytates in whole grains will bind the zinc rendering it unavailable. On a broad generalization, vegetarians generally have lower body weights than meat eaters. Also vegetarians are less likely to suffer from osteoporosis. Pure vegetarians seem to show a lower serum cholesterol level, lower liver protein cholesterol, and a lower level of triglycerides, all of which is very desirable.

Remember, if you're serious about your training you need to be as serious about your diet. PRs require thought - both on the platform and on the table. Strongly yours, J. P. Digangi, R.D. Nutritionist

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Class I	882	953	1025	1152	1257	1350	1422	1506	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472
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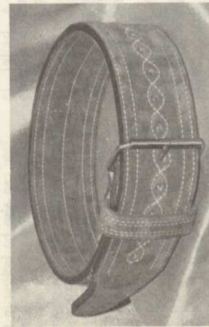
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Tom Eldridge

'Defying time and gravity'
by TRAINING EDITOR Ron Fernando.

Powerlifting is one of the few sports that people can pursue past the so-called 'productive' years - pursue not only to the depths of their personal athletic abilities but actually set World-beating standards to boot. Witness the stellar performances of Ernie and Diane Frantz, Ron Collins, Precious McKenzie, and dozens of other veteran PL people and one will definitely believe that yes, life does feature one of the game's outstanding Master lifters, Tom Eldridge. Tom epitomizes the Master lifter - a person deeply involved with both career and family but also with a firm sense of commitment to better himself on the lifting platform.

Tom started lifting weights in 1951 before yours truly made his appearance) and concentrated on Olympic weightlifting. He was quite an outstanding weightlifter, reaching such noteworthy lifts as a 250 military press, 255 snatch, and 320 dead lift and jerk. Tom, however, was competing in the Golden Age of American Olympic lifting where such past greats as Anderson, Kono, the George brothers, Vinci, Berger and Shepard brought home a number of gold medals and made the Russians choke on their Borsch. - and his chances of attaining Olympic recognition were apparently slim. He took up powerlifting at a relatively late age -38 - but has progressed so fast that he may never stop. He presently holds several World's records in his age group in the squat and also holds all of the California records as well. Tom has some extremely interesting ideas regarding training and proper application of them may net a very nice total for some of the readers of Powerlifting USA. His system is reminiscent of the Mike Bridges school of thinking, but the system is actually derived from that Master Extraordinaire Ernie Frantz. Basically it involves performing each of the 3 lifts 3 times per week with very little assistance work thrown in. What is done is merely a variation of the standard power moves. What's amazing about this program is that there is no mention of cycling 'poundages. EVERY WORKOUT IS DONE TO THE MAX!!' Tom was admittedly a bit skeptical about using this routine at first and claimed that his body killed him for the first week, but amazingly enough, it shocked his system into a record breaking total. Recently at the Fireman's Olympics, he (Tom, by the way, is a Battalion Chief in the local Fire Department and the Fireman's Olympics is his biggest event of the year) out totalled EVERYONE - not only in his age group, but his weight division as well. His lifts were a 600 squat, a

Still not convinced? Take a gender at some of the people who presently use a form of the routine: Bridges, Frantz, Estep, Frern, Waddington, etc. This won't work for everyone - the situation has to be right - Tom is fortunate to have some very fine training partners and good surroundings to train in. Additionally, he has the full support of his wonderful family (let's not forget his lovely daughter Mary who just happens to be one of the country's top referees - by the time you read this she will have hopefully passed her Category II Test) so he can continue to lift and grow. Was it Dylan Thomas who said 'Do not go gentle into that good night but rage, rage against the dying light'. Oh well, I never was much of a poet but basically, Tom Eldridge typifies the new breed of athlete; athletes who lift for the sheer joy of pushing the both time and gravity - the Master Lifter.

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FIREPLUG Tom Eldridge at a recent meet. photo by Mary.



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114 SO 315 T. Mirawicz	281 A. Young	225 J. Frith	507 C. Dunbar	512 H. Itaba
114 BP 185 J. Anzell	325 S. Sandoval	240 J. Frith	314 C. Dunbar	515 C. Dunbar
114 DL 185 T. Mirawicz	250 A. Young	240 J. Frith	314 C. Dunbar	515 C. Dunbar
123 SO 200 P. Mirawicz	380 A. Young	1190 C. Dunbar	1190 C. Dunbar	1251 H. Itaba
123 BP 230 M. Haggarty	876 A. Young	380 R. Salzar	380 R. Salzar	512 P. McKenzie
123 DL 230 M. Haggarty	955 S. Sandoval	295 C. Dunbar	295 C. Dunbar	319 L. Gant
132 SO 330 M. Haggarty	330 Gant	424 C. Hall	424 C. Hall	633 L. Gant
132 BP 330 M. Haggarty	402 R. Chambers	1025 R. Salzar	1025 R. Salzar	650 L. Bradley
132 DL 330 M. Haggarty	402 J. Haggarty	415 R. Salzar	415 R. Salzar	397 J. Bradley
148 SO 485 J. Haggarty	402 J. Haggarty	425 R. Salzar	425 R. Salzar	628 L. Gant
148 BP 1102 J. Haggarty	1102 J. Haggarty	1175 R. Salzar	1175 R. Salzar	1554 L. Gant
148 DL 330 B. Bell	330 B. Bell	425 D. Hall	425 D. Hall	644 J. Bradley
165 SO 355 R. Bell	355 R. Bell	470 P. Soplin	470 P. Soplin	843 F. Hatfield
165 BP 355 R. Bell	355 R. Bell	1050 D. Conaway	1050 D. Conaway	843 F. Hatfield
165 DL 355 R. Bell	355 R. Bell	14817 P. Soplin	14817 P. Soplin	843 F. Hatfield
181 SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
181 BP 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
181 DL 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
198 SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
198 BP 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
198 DL 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
220 SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
220 BP 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
220 DL 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
242 SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
242 BP 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
242 DL 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
275 SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
275 BP 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
275 DL 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
SHW SO 600 A. Leavis	600 A. Leavis	325 D. Bee	325 D. Bee	843 F. Hatfield
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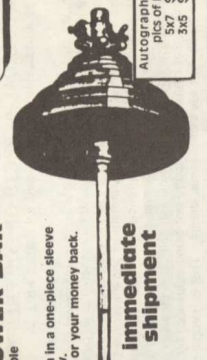
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Blasotto, Ed. D. and Ed Ritter, Ph.D.

Last month, we pointed out that a great deal of behavior is influenced or controlled by external stimuli. There are literally thousands of instances where people are conditioned to perform on cue. During a meet, for example, the judges say "squat," and this signal causes the lifter to attempt the lift. We say that the behavior is under stimulus control - meaning that the stimulus increases the probability of the response. We realize that this control isn't absolute. Someone doesn't really have to perform, and he could, in an attempt to make a point or demonstrate his feat will be-rack the bar, or perform the lift before the signal, but really, hardly anyone does. No one who believes in the barbell lift, wants to deliberately do badly, his effort seems obviously like the effort you can see in the video. We are, of course, dealing with learning - the principles and how these principles can be applied to new situations. In many situations, the controlling stimuli are not so easy to identify, but they are present nevertheless.

changes in the brain which occur as a result of experience. Conditioning is a type of learning, and there are two types of conditioning. We will discuss respondent conditioning this month, and take up operant conditioning next month.

RESPONDENT CONDITIONING

A stimulus is an object or event which causes a response. Some stimuli cause (elicit) responses even without prior learning. If a twenty-five pound plate has ever landed on your toe, you know that some stimulus not only get your attention, they automatically produce a response. Such stimuli are called unconditioned (unlearned) stimuli, and the reflexes that they automatically produce are called unconditioned responses.

Let's look at another example. People eagerly hurt themselves physically or psychologically in a magnam, and it accidentally goes off. Regardless of where it is pointing you will show a tremendous startle reflex (and so will everyone else in the vicinity). Consequently, let's say you become gun shy. In other words, the experience has produced a response that didn't exist before. You now fear or respect the gun.

Respondent conditioning occurs when an originally neutral stimulus (light of the gun) is associated with an unconditioned stimulus (the thunderous discharge). After this pairing, the neutral stimulus (now

ingenuity and understanding of basic principles.

It was 1970 and this guy had just received notice to report for a physical examination as a step towards induction into the army. He didn't want to go. He didn't want to end up in Vietnam. This guy didn't even want to end up in southern California in uniform. Well, as you know, your personal wishes don't count for much in the military, so he was pretty scared and depressed. Nevertheless, he reported for his physical, and his luck would have it, his blood pressure was a bit too high - borderline. Thank God! Unfortunately, the examiners scheduled to come back in a few weeks so that they could re-check his matter to leave to chance or anyone else, so this guy decided to try and make himself fail the physical by deliberately elevating his blood pressure. But, he wasn't suicidal, he only wanted to have high blood pressure during the examination. How could he manage this?

Respondent conditioning - that's what! Every good psychology lab has an electric shock generator which usually just collects dust, but it is designed to shock a mister painful electric shock. This guy knew that electric shock stimulates the sympathetic nervous system and led to really punish himself with electric shocks. This would elevate his blood pressure which was already fairly high. But as we have said, he didn't want to have high blood pressure all the time. He simply wanted it when he was being examined. So what he really needed was a new stimulus (something other than his blood pressure) that would elevate his blood pressure. And after all, even the dumbest of our guy walked in for his physical carrying the shock generator. He ingeniously chose as a conditioning stimulus something that would have to be present when his blood pressure was taken, namely the device itself - a sphygmomanometer.

After waiting a few days for his supplies to arrive, he began to condition himself by wrapping the inflatable cuff around his arm, squeezing the rubber bulb, and then pressing a button to administer the electric shock. After numerous pairings of severe shock over a period of several days, he succeeded in establishing a strong conditioned reflex to the sphygmomanometer. He was ready. He wrapped the cuff around his arm, and as planned, his blood pressure was too high.

We're not quite through. He didn't want to continue to have high blood pressure every time he went to his regular physician for a physical, so he set about extinguishing the conditioned reflex. Just as if you kept ringing the bell without giving food to Pavlov's dog, you would break the association between the conditioned and unconditioned stimuli, and the conditioned stimulus would gradually lose its power to elicit the response. So, he initiated the cuff around his arm, but he didn't administer any more electric shocks. Gradually, the conditioned reflex became weaker and weaker, and after a period of several days, it was completely extinguished.

As a conditioned stimulus can be used as almost any stimulus (although some are more effective than others, or course). The main function of respondent conditioning is to have an unconditioned stimulus which naturally elicits a response that you're interested in. Unpleasant and aversive food, and sex, are especially relevant to weightlifting. Weightlifters are not particularly interested in conditioning themselves to salivate to a bell or even to a barbell for that matter. Fortunately, the relevance of respondent conditioning is greatly extended by using a procedure called higher order conditioning. Once a conditioned response is strongly established, the conditioned stimulus so that they too will produce the conditioned response. For example, after Pavlov's dog is conditioned to salivate to the bell, then this bell can be used to take the place of food in further conditioning. Turning on a light while ringing the bell will condition the dog to salivate to the light (provided that this is accomplished before the



Luke Lams psychological preparation to lift is legendary. Hatala photo

dog's response to the bell extinguishes). Respondent conditioning underlies several important therapeutic techniques, and we plan to discuss this in greater detail at a later date, but for the present, let's consider one important therapeutic application.

It is possible to condition you to relax by using a procedure called deep muscle relaxation. What you do is systematically tense and then relax major groups of muscles. Tremendous muscular development and great strength are not things are satisfying mainly because they become a familiar response. Once stimulus. His ability, strength may have allowed Neanderthal man to take over what the women, rich food, shelter, and women. But in modern times, laws and sophisticated weapons have reduced the survival of the fittest physical strength. Nevertheless, there is still great satisfaction in being strong because strength is especially important to a weightlifter. In many other conditioned responses with many other conditioned rewards. Social reinforcers such as praise, and the respect of those who are important to you are powerful reinforcers. So is the sense of competency and recognition which comes from successful performance. Symbolic reinforcers such as trophies, certificates, and high ranking are also important. and, of course, a few of the top lifters benefit financially. Money is a powerful conditioned reinforcer. Yet, there is nothing intrinsically satisfying about money. If we had everything we wanted without it, we would not miss it; but we will do a great deal to get money because of its associations with other desirable stimuli. If the associations are weakened, money loses its effectiveness as a reward.

Respondent conditioning is frequently used in advertising. For someone who wants to increase his bench press, seeing MacDonald rather than Tiny Tim use the cambered bar makes it more likely that he'll also want to try it out. Similarly, if Arnold and Zane endorse a muscle building product, bodybuilders are more likely to give it a try because of these associations.

At the World Masters Powerlifting Championships, Fred Glass of the United States is on deck waiting for his final attempt at the world title. Glass looks especially tight and tense. A miss would cost him not only a world record but the silver medal. Glass closes his eyes and visualizes the barbell 2001. Almost immediately, like a powerful conditioned reinforcer. Yet, there is nothing intrinsically satisfying about money. If we had everything we wanted without it, we would not miss it; but we will do a great deal to get money because of its associations with other desirable stimuli. If the associations are weakened, money loses its effectiveness as a reward.

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The Biomechanics of Powerlifting

by Tom McLaughlin, Ph.D.
Director, HPR, Auburn University
Dept. HPR, Auburn University
Auburn, Alabama 36830

Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in *MEDICINE AND SCIENCE IN SPORTS*, *RESEARCH QUARTERLY*, *JOURNAL OF BIOMECHANICS*, and *THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS*, and he has made presentations to such groups as the *AMERICAN COLLEGE OF SPORTS MEDICINE*, the *INTERNATIONAL CONGRESS OF SPORTS SCIENCES*, and the *INTERNATIONAL AMERICAN SOCIETY OF BIOMECHANICS*. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University, Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center. He was also an invited Research Professor of Biomechanics at UCLA in 1979.

THE SQUAT, PART 2

Seeking the 'Ultimate Truth' about powerlifting, you, the serious powerlifter, will very often go out of your way to find sage advice on training from the 'super stars' (definition of a superstar is anyone with a total greater than your own, even marginally). Upon coming across a 'superstar', you begin your eager questions while under his careful scrutiny (usually to see if you are any future threat to him as a competitor, even remotely/ if he were really to tell you anything).

'Superstar's' answer to your first question absolutely dashes any hopes you have of finally learning any 'ultimate truth' from him. When he tells you that he does lots of sets of heavy upright rows to build up his triceps and thus help his deadlift, you nod appreciatively (as you mentally make a note that this guy is not working with a full deck). But, later, you might question your own competence, even though you've read 'Gray's Anatomy' during upright rows and can't remotely figure out how they help deadlifting. And, you consider also that the 'superstars' is light years ahead of your own total, so he just might be right after all.

So, you spend months doing upright rows. But, does it help your triceps or deadlift? Well...ask a 'superstar', if you really want to know.

The point that I want to make here, as we also explore the squat a bit more, is a very important one. Just what do we really know about how much, and for that matter which muscles are involved in each exercise we do?

So, what if you've read 'Gray's' or any other human anatomy book? Does a muscle's simple location on the body necessarily mean it is strongly involved in an exercise using that part of the body? NO! In fact, I would argue that simply knowing gross anatomy provides

reference 1). By looking at the patterns and magnitudes of these two resultant muscular torques we can tell a great deal about how much and when the major muscle groups are involved during the squat.

As is more explicitly described in ref. 1, a number of obvious and not too obvious results were found for world class powerlifters in the squat (including Reinholdt, Phillips, etc.)

'OBVIOUS' RESULTS.

1. During squats, all trunk torques were extensor dominant, meaning that the back extensor muscles (like the erector spinae, etc.) were involved the most during the squat.

2. The greatest thigh torque occurred at a very low position, indicating greater involvement of the thigh extensors (i.e., quadriceps) at this low position.

3. Trunk torques, indicating greater back extensor involvement, increased the more the lifter leaned forward. (this, of course, is common sense).

'NON-OBVIOUS' RESULTS

1. Although the trunk torques were generally similar in pattern for all lifters analyzed in the squat, the magnitude of the trunk torque did not increase in direct proportion to the heavier bar weights and bodyweights. For example, Reinholdt had less trunk torque during the squat with weights nearly twice those lifted by lighter competitors! In general, our high skill lifters had less back extensor muscle involvement than less skilled lifters even though the high skill lifters were generally lifting more weight. How did they do it? Partially by keeping the trunk more vertical. (For example, Reinholdt maintained a more erect position in the squat than any lifter, at any body weight, than I've analyzed so far).

2. With high skilled squatters, there is a trend to use the thigh extensors more. This is interesting, since it implies that perhaps the 'ultimate' technique to excel in the squat is to emphasize squatting techniques that maximize thigh extensor involvement, rather than doing squats that use more back extensor muscle involvement.

3. Because of the interrelationships of the trunk and thigh torques, the more you lean forward (thereby increasing involvement of the back extensor muscles during the squat) the more you reduce the thigh extensor involvement. This is perhaps more 'obvious' than not, but the point is that some of us may never really work the thigh extensors adequately with faulty technique in the squat.

4. Finally, the largest torque was always that of the back extensor, implying that not only the squat heavily involves this muscle group, but it is not always advisable to do squats when weak, fatigued, or injured in the back extensor muscles. There is a lot more involvement of these muscles than people think. Working your squat and deadlift days into your training schedule bears some careful thinking in light of heavy low back involvement.

II. RESULTANT TORQUES AS HEAVIER WEIGHTS ARE USED.

Next time I get back to the squats I will discuss a very interesting point that both researchers at the University of Iowa (see ref. 2) and I have observed. That is, as lifters we all assume that if we simply increase the weight on the bar we will thereby automatically decrease proportionately the loading on the respective muscle groups involved in the squat. Well, even if your technique is almost identical this is anything but true. There is typically considerable difference in how the muscles are worked as you use different percentages of your maximum. For example, it is possible to load a squat training weight up from let's say 60 percent to 80 percent and use the same technique. More of this when we next return to the squat. For now, happy upright rowing.

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- (1) McLaughlin, Tom, T. J. Lardner and C. J. Dillon, 'Kinetics of the parallel squat', *Quarterly*, Vol. 9, pp. 175-189, 1978.
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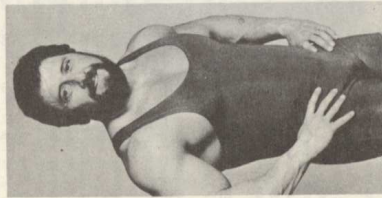


Big Don Reinholdt was a squatter ahead of his time. Klemens photo

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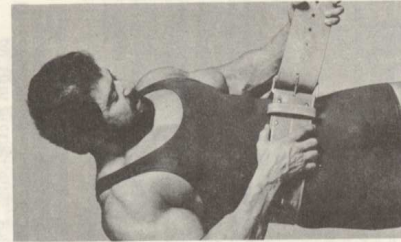


SUPER SUITS are what more World Champions wear 5 to 1 over the rest. Why? They say 'if there was a better suit, I'd be wearing it'.

White only...\$28 plus free pair of **SUPER WRAP 2**.
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This belt we carry for one reason only, because it's a **Bob Morris Belt** and that's the best there is. If there was a better belt, then we would sell it.

Regular Thickness...\$33.00
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Double Thickness Suede (any color suede)...\$75.00



This wrap is the very same wrap used by most lifters today, but it comes under other names. We sell them for less.....
1 pair...\$7.00
3 pair...\$18.00

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ZIP

TOP 100

SUPERHEAVYWEIGHTS

(over 275 1/2 lb., over 125 kg.)

For USA lifters competing from July 1980 through June 1981

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	1003 Waddington, D. 6/13/81	651 Kozmaier, B. 1/31/81	843 Kennedy, D. 11/09/80	2425 Kozmaier, B. 1/31/81
2	925 Kozmaier, B. 1/31/81	588 Bauer, W. 3/22/81	837 Kozmaier, B. 1/31/81	2275 Waddington, D. 3/22/81
3	915 Wrenn, P. 12/13/80	578 Waddington, D. 11/09/80	835 Wrenn, P. 12/13/80	2275 Wrenn, P. 12/13/80
4	870 Kozmaier, B. 1/31/81	555 Brock, E. 3/21/81	830 Kozmaier, B. 1/31/81	2215 Brock, E. 3/21/81
5	870 Kozmaier, B. 1/31/81	555 Hagan, T. 3/29/81	800 Hagan, T. 3/29/81	2185 Hagan, T. 3/29/81
6	840 Hagan, T. 3/29/81	555 Hagan, T. 3/29/81	777 Kozmaier, B. 1/31/81	2085 Kozmaier, B. 1/31/81
7	837 Rathbun, S. 7/13/80	555 Kozmaier, B. 1/31/81	770 Waddington, D. 6/7/81	2085 Kozmaier, B. 1/31/81
8	837 Rathbun, S. 7/13/80	545 Dunn, B. 5/30/81	769 Ford, J. 3/01/81	2085 Kozmaier, B. 1/31/81
9	804 Burrall, M. 6/14/81	540 Dunn, B. 5/30/81	744 Rathbun, S. 7/13/80	2085 Kozmaier, B. 1/31/81
10	799 Davis, R. 3/28/81	534 Davis, R. 3/28/81	744 Rathbun, S. 7/13/80	2085 Kozmaier, B. 1/31/81
11	799 Davis, R. 3/28/81	525 Wrenn, P. 12/13/80	738 Fogar, L. 4/5/81	1973 Taback, J. 2/28/81
12	771 Lind, L. 1/12/80	525 Wrenn, P. 12/13/80	738 Fogar, L. 4/5/81	1973 Taback, J. 2/28/81
13	768 Greig, J. 3/01/81	525 Wrenn, P. 12/13/80	727 Rogers, B. 9/29/80	1962 Peier, D. 12/26/80
14	768 Greig, J. 3/01/81	525 Wrenn, P. 12/13/80	727 Rogers, B. 9/29/80	1962 Peier, D. 12/26/80
15	768 Greig, J. 3/01/81	525 Wrenn, P. 12/13/80	727 Rogers, B. 9/29/80	1962 Peier, D. 12/26/80
16	768 Greig, J. 3/01/81	525 Wrenn, P. 12/13/80	727 Rogers, B. 9/29/80	1962 Peier, D. 12/26/80
17	768 Greig, J. 3/01/81	525 Wrenn, P. 12/13/80	727 Rogers, B. 9/29/80	1962 Peier, D. 12/26/80
18	744 Peier, D. 12/26/80	515 Craso, R. 2/28/81	710 Lohrs, R. 3/19/81	1929 Drah, J. 5/6/81
19	744 Peier, D. 12/26/80	515 Craso, R. 2/28/81	710 Lohrs, R. 3/19/81	1929 Drah, J. 5/6/81
20	744 Peier, D. 12/26/80	515 Craso, R. 2/28/81	710 Lohrs, R. 3/19/81	1929 Drah, J. 5/6/81
21	744 Peier, D. 12/26/80	515 Craso, R. 2/28/81	710 Lohrs, R. 3/19/81	1929 Drah, J. 5/6/81
22	730 McDevon, M. 8/2/80	500 Stachall, G. 2/28/81	700 Cooper, A. 4/16/81	1884 Jans, L. 7/13/80
23	730 McDevon, M. 8/2/80	500 Stachall, G. 2/28/81	700 Cooper, A. 4/16/81	1884 Jans, L. 7/13/80
24	730 McDevon, M. 8/2/80	500 Stachall, G. 2/28/81	700 Cooper, A. 4/16/81	1884 Jans, L. 7/13/80
25	730 McDevon, M. 8/2/80	500 Stachall, G. 2/28/81	700 Cooper, A. 4/16/81	1884 Jans, L. 7/13/80
26	710 Chapman, B. 11/15/80	480 Cooper, A. 4/16/81	699 Bauer, W. 3/22/81	1884 Jans, L. 7/13/80
27	705 Wrenn, P. 12/13/80	480 Cooper, A. 4/16/81	699 Bauer, W. 3/22/81	1884 Jans, L. 7/13/80
28	705 Wrenn, P. 12/13/80	480 Cooper, A. 4/16/81	699 Bauer, W. 3/22/81	1884 Jans, L. 7/13/80
29	705 Wrenn, P. 12/13/80	480 Cooper, A. 4/16/81	699 Bauer, W. 3/22/81	1884 Jans, L. 7/13/80
30	705 Wrenn, P. 12/13/80	480 Cooper, A. 4/16/81	699 Bauer, W. 3/22/81	1884 Jans, L. 7/13/80
31	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
32	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
33	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
34	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
35	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
36	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
37	700 Martin, J. 2/27/81	479 Taback, J. 2/28/81	672 Fogar, L. 4/5/81	1884 Jans, L. 7/13/80
38	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
39	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
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42	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
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47	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
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51	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
52	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
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93	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
94	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
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96	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
97	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
98	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
99	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81
100	699 Perkins, M. 8/20/80	468 Reynolds, G. 12/13/80	665 Arrhenas, C. 1/10/81	1790 Riley, E. 6/6/81

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 Inositol Biotinairal 125 mg.
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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.

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Balanced B-Complex 125 mg.

(sustained release)*
 High potency B-Complex formula
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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
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MULTI-ONE w/Stress Factors					Vitamin C	1500 mg. w/R H			
ONE DAILY FORMULA 100					Milk Egg Protein	16 oz.			
B-Complex	Balanced B-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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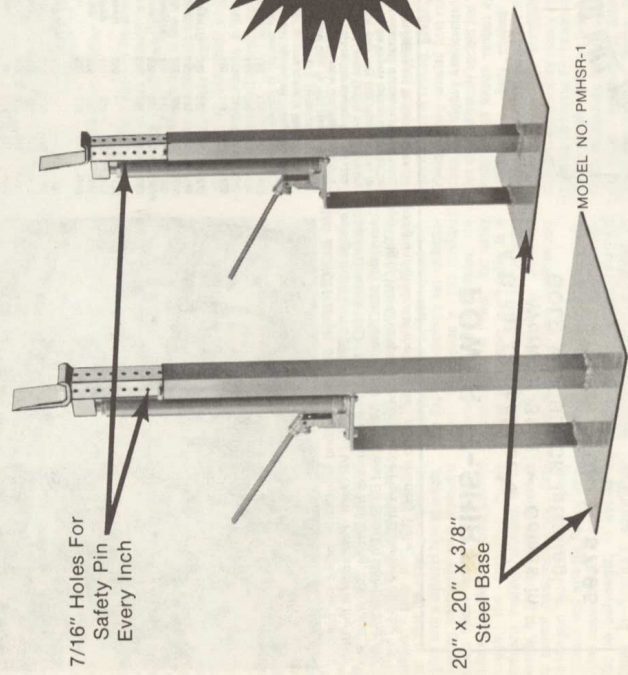
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 1501 ALBRIGHT AVENUE, SCRANTON, PA. 18508

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BIG BOY 5 ft. 8 in. Gary Abrahamian looks capable of handling this 850 squat, but couldn't. The Teenager went on to bench 525. Jewell photo.

NEW JERSEY TEENAGE & NOVICE OPEN-5/28/81 ENGLEWOOD, NJ

	30	BP	DL	T
114 Jaslowski*	275	140	320	735
115 Ladd*	185	100	260	545
116 Scarion*(T)	135	80	160	405
117	200	120	290	610
118	225	130	315	670
119	280	160	360	780
120	285	165	365	790
121	290	170	370	800
122	300	180	380	840
123	300	180	380	840
124	300	180	380	840
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126	300	180	380	840
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LANSING Y OPEN 6/7/81-LANSING, MI

	30	BP	DL	T
114	330	180	450	960
115	255	110	290	655
116	200	150	305	650
117	210	150	290	650
118	210	150	290	650
119	220	145	290	625
120	240	105	245	590
121	210	100	270	590
122	210	110	225	545
123	315	200	380	895
124	270	200	370	840
125	270	200	370	840
126	295	200	330	825
127	465	285	505	1255
128	475	290	510	1265
129	485	290	510	1275
130	485	290	510	1275
131	485	290	510	1275
132	485	290	510	1275
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SUPERWRAP™ II

"The finest knee wrap available for competition or training"

- 3 Pairs \$18.00 • 2 Pairs \$13.00 • 1 Pair \$7.00
- (Sold under other names and by other companies at Higher Prices)

- STRONGER • HEAVIER • LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP™ II is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP™ II** their choice for **improving squat** performance. Another fine value from the **MARATHON/A. ZANGAS Co.**

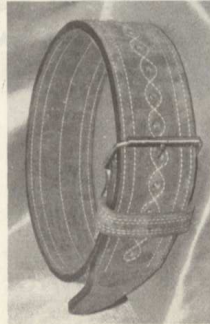
"... add pounds to your SQUAT & TOTAL." Use **SUPERWRAP™ II** AND SAVE \$\$\$!!

FREE PAIR of SUPERWRAP™ II with each suit purchased

Also... **SUPERWRAP™** • 3 Pairs \$12.00 • 1 Pair \$5.00
... the original heavy duty knee wrap cut to official length

The MARATHON Co. is now distributing BOB's CUSTOM LIFTING BELTS

"the finest lifting belt in the World"



Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....\$75.00



Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....\$75.00



NEW! Training Straps! Heavy washable nylon... won't stretch. Blue, yellow, green, red or white. Style 1.....\$4.00

Style (C) Double thickness belt has stitching once around belt, down center and around holes (not pictured).....\$60.00
Style (D) Single thickness belt with double row of holes (not pictured).....\$30.00

BOB's Custom Lifting Belts — Send for yours today — another fine value from The **marathon Co.**

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NOW IN COLOR

Proven in International and National Competitions

"More local, state, national, international, and world championships have been won in a **SUPERWRAP™** than any other lifting suit."

FREE Pair of **SUPERWRAP™ II** with each suit purchased

- **SUPERWRAP™ II** (Stronger Material).....\$36.00
Navy Blue, Black, Royal Blue, Scarlet(Red) NOW AVAILABLE IN BLACK
- **SUPERWRAP™** Natural Color (White).....\$28.00
- **SIZES AVAILABLE:** 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The numbered sized suits give a more accurate fit for greater body support during the squat. Do not accept substitutes.

The finest POWERLIFTING SUIT AVAILABLE. The famous SUPERWRAP by Spanjian is offered in FIVE COLORS. Both models, SUPERWRAP™ II and the SUPERWRAP™, feature the same design, HIGHER SIDE PANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT in the SQUAT.

"Increase Your Squat and Total with a SUPERWRAP™ Often Imitated — Never Equalled."

The **marathon**™ Co. is the exclusive worldwide source of the SUPERWRAP™ by Spanjian. Distributor inquiries on SUPERWRAP™ and SUPERWRAP™, foreign or domestic, welcomed. Also team, school and wholesale discounts available.

--- ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE SHIPMENT ---

IMPORTANT

Please indicate 1st, 2nd and 3rd choice of color by numbering the appropriate box. Also give height and weight for proper fit. If you are certain of your size, indicate in appropriate column of the adjacent order form. Any additional information may be given in Special Instructions section below the Order Form.

Navy Royal Blue Scarlet Red
 Black Natural

Item	Suit Size	(Height)	(Weight)	Suit Size	(Height)	(Weight)	QTY.	EXT.	
SUPERWRAP™ II									
SUPERWRAP™									
SUPERWRAP™ II									
SUPERWRAP™									
Special Instructions for Belts or Suits								Total	

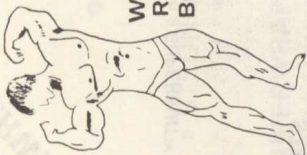
Name: _____
Address: _____
City _____ State _____ Zip _____
Check, Money Order, MasterCard or Visa must accompany orders.
Card No. _____ Exp. Date _____
*Overseas orders add 20%. Calif. residents add 6% Sales Tax.

marathon™/A. Zangas Co. Phone: (213) 519-7111/375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

1ST ANNUAL
CENTRAL COAST
DEADLIFT-7/5/81

114 J. Kahn 300
R. Venturini 245
K. Chusan 200
D. Shoblock** 480
D. Crooks 385
D. Rudolph 310
105 R. Hestler 555
M. Bozianackar 530
R. Healey 500
D. McLaughlin 550
J. Reyna 500
K. Bush** 670
J. Avila 630
J. Perivinen 610
J. Dantona 660
S. Foster 610
B. Caves 600
S. Samalop 600
J. Lahr 550
275 **Byron Miller: 440
Shoblock and Kent Bush, Judge: Mike Dimeo, K. Fisher, A. D'Amico, Dallmeyer.
Sponsor: Cheryl Schwan; There was a 22 lb. weight difference in 1/2 hrs. Meet was held outdoors in beautiful Santa Barbara.

WORKOUT RECORDS BOOKLET



At last! A convenient booklet to keep track of your workouts.

40 pages to log each set, rep., and weight of your workout. Also includes space for your favorite exercises, and forms to record body measurements, strength, and endurance tests.

Guaranteed to be the most useful record book you've seen or your money back.

Send \$2.95 to
Richman Communications
P.O. Box 11307
Salt Lake, Utah 84147

*** ORIGINAL RUSSIAN FORMULA ***

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WHEELER'S FITNESS & STRENGTH
B-15 50 mg.
* Reduce Lactic Acid Buildup
* Greater Endurance in Workouts

100 tabs. 5.50
300 tabs 13.00
500 tabs 20.00
1000 tabs 37.95

Order From
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Add 1.50 for shipping
California Residents add 6% Sales Tax
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SUPPLEMENTS - EQUIPMENT

MIKE MACDONALD SYSTEMS
presents

TOP QUALITY FORMULAS AT 20 PER CENT BELOW HEALTH FOOD STORE PRICES

SUPER STRESS		RAW GLANDULAR FORMULAS	
Sustained Release	30 tabs 6.50	GROWTH WITHOUT DRUGS	
MEGA B-125	60 tabs 11.40	Stero-Glan, 5 tabs pro	250 tabs 14.50
Sustained Release	60 tabs 9.40	vide: pituitary 150 mg,	500 tabs 26.00
B-12 5000 mcg	90 tabs 13.70	adrenal 150 mg, liver	1000 48.50
Sustained Release	30 tabs 9.60	150 mg, pancreas 150	
B-12 2000 mcg	60 tabs 9.60	mg, kidney 150 mg,	
Sustained Release	60 tabs 6.80	heart 150 mg, bee pol-	
NIACIN 1000 mg	60 tabs 9.00	len 75 mg, yeast 200 mg	2000 89.50
Pantothenic Acid	60 tabs 13.10	Argentina Beef Liver	300 tabs 11.95
1000 mg	90 tabs 13.10	20 grain plus B-12	90 tabs 8.15
Sustained Release	60 tabs 7.90	Adrenal 150 mg	
Super C 2000 mg	60 tabs 12.30	Orchic 150 mg	90 tabs 5.75
Sustained Release	90 tabs 17.40	(raw testicle)	
Vitamin E 1000 IU	60 tabs 11.40	Pancreas 650 mg	90 tabs 11.95
Dyno Vites (Ultimate Vit-	90 tabs 8.25	Pituitary 35 mg	90 tabs 7.20
amin Mineral formula)	180 tabs 15.50	Prostate 130 mg	90 tabs 6.95
Mighty Minerals		Spleen 250 mg	90 tabs 3.60
Ascorb-a-minerals	90 tabs 8.60	Thymus 140 mg	90 tabs 5.50
Sustained Release	90 tabs 9.95	Heart 140 mg	90 tabs 5.75
Mega Zinc 100 mg			
Sustained Release			
NATURAL FAT BURNING FORMULAS			
Trimplex (Lecithin, Kelp,		* B-15 *	
B-6, and Apple Cider	90 tabs 5.30	(original Russian formula)	
Vinegar formula)	180 tabs 10.25	30% more stamina and Lowest Price	5.50
Lipo Vite (choline, inos-	50 tabs 6.50	100 tabs	13.50
itol and methionine	100 tabs 12.00	300 tabs	20.50
formula)		1000 tabs	38.50
Betaine Hydrochloride	90 tabs 5.40		
600 mg (for improved		* DMSO *	
digestion)		99.9% pure undiluted top quality	12.50
Amino Pro instant bev-	1 lbs. 7.50	(non industrial grade)	23.50
erage, 90% Pro (deli-			
cious carob taste and			
easy mixing)			

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Immediate Shipment U.P.S. C.O.D. orders accepted
Postage Paid on Orders \$50.00 and up
(others add \$1.50 handling cost)

**Build
Natural
Power**

**Have
a Long
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THE CHALLENGER LINE.



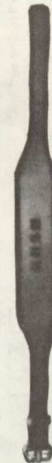
MODEL (A) Standard Belt
\$21.00



MODEL (C) Weightlifter's Belt
\$28.50



MODEL (B) Competition Belt
\$25.00



MODEL (D) Novice Belt
\$25.00

NOTE: All belts are regulation size

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
MODEL _____ WAIST SIZE _____
NAME ON BELT (IF ANY) _____

Mail all orders and inquiries to:

CHALLENGER LEATHERWORKS
P.O. Box 81091
CHAMBLEE, GA 30366
(Sorry, no C.O.D.s accepted)

Power Suit Ten

By Strong-Lon of California
17511 Roscoe Boulevard
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(213) 343-4821

WANDA SANDER
WICKY GAGNE
4 OTHERS ON
U.S. TEAM

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6 OTHERS ON
AUSSIE TEAM

(Proven at International and National Competitions)

Scientifically Designed for: More Support - Easy On - Easier Off - Greater Comfort - Wider Straps - Worlds Thickest - Strongest Material

- 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: 24-26-28-30-32-34-36-38-40-42

Orders processed same day as received

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

Power Suit Ten

Black Purple Rich Brown

Royal Blue Maroon

State _____ Height _____ Weight _____ Hips _____

Size _____

Name _____

Address _____

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Cashiers Check or Money Order must accompany orders.
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CLASSIFIED ADS AND SPECIAL MEET ANNOUNCEMENT SECTION

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

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

DATE CORRECTION, the Purdue Women's Classic and Indiana Women's State meet will be held on September 20th, rather than the 19th. Contact Pat Malone, 124 E. State St., Lafayette, IN 47906 (317-743-3461).

POSITION OPEN with Powerlifting USA Magazine. Requires hard worker who can type and someone handy with the English language. Entry level position with wide range of duties/salary negotiable. Send resume with references and phone number to PL USA, Box 467, Camarillo, CA 93011.

DMISO (unmolested, 99.9% pure) 8 oz. 17.00 plus \$2.00 shipping. Free 8 oz. bottle w/ every 8 oz. purchase. Weightlifters Warehouse, 5542 South Street, Lakewood, California 90713

MOM'S CUSTOMIZED SUITS \$28 These suits have been proven on squats in excess of 700 lbs. at the Senior Nationals in Corpus Christi. Will make to your specifications or to body measurements. Send hip, leg and measurement from top of trap to mid thigh to: P. M. Alaniz, 921 Rickey, Corpus Christi, Texas 78412 (512) 991-1855. Money orders only, no collect calls please.

THE NEW ENGLAND WOMENS GYM 46 Waltham St., Studio 107 South End, Boston 02118 (617) 451-3514 now has T-Shirts for sale, 4 colors, 3 sizes \$6/ea.

SUPPLEMENTS AT DISCOUNT PRICES
4 lbs. Milk and Egg Protein - \$14;
200 Predigested 1 Gm. Protein caps - \$10;
1000 Liver with B-12 tabs - \$16;
1000 Chewable Protein Tabs (Choc or Van) - \$13. \$2 postage. Free postage on all orders \$29 and over. Send \$1 for catalog (refundable on first order).
DAVID LONG, 600 NE RUSSELL RD., KANSAS CITY, MO 64116

Sue Elwyn has, with her associates, opened up a gym in Boston, The New England Women's Gym, that offers some unique services, including the opportunity to train with of the Women's U.S. Powerlifting team. The gym is located at 46 Waltham St., Studio 107, South End, Boston, MA 02118 (617-451-3514) and they have t-shirts for sale (see Classified Ads).

Ohio Conditioning Quarterly is an excellent strength training and conditioning publication, edited by Gary Benford. A recent article had information on the nationally known football training program at Moeller High School. The fee for the publication is \$12 for 4 issues. Send to Ohio Conditioning Newsletter, P.O. Box 15506, Columbus, Ohio 43215

Mike MacDonald called recently and said that he was "so excited I can hardly breathe" about his lifting and planned appearance at the Body Expo and Oklahoma Grand meets. He plans on going 220 and then 242 and hopes to finally put both marks over 600 officially.

US Army in Europe Powerlifting Clinic, 28/29 August at Stuttgart's Panzer Kasern. All aspects of the sport will be covered. Dusy Caldwell, Box 83 APO NY 09293 or AUTOVON 632-2381/2458.

BIG MEN, MAKE A BUCK! Would be Sumo wrestlers needed for TV production. Must be over 250 lbs. Send resume of athletic experience and full body photo to Medalist Sports Club, 233 Wilshire Blvd., Mezzanine level, Santa Monica, CA 90401.

New, Drugless Bodybuilding and Lifting Journal, "Natural Physique and Training", \$8 for 5, 1981 issues. \$2/sample. Luccisano, 216 Fiat Ct., Lancaster, PA 17602.

HYDRAULIC SQUAT RACKS, hard to find, but worth their weight in Gold, now available from Peffer Athletic Club and Supply. For all wholesale/retail lifting supplies and equipment, get in touch with Frank Peffer at 1501 Albright Avenue, Scranton, PA 18508 (342-1253)

MARK DIMIDIUK is available for seminars and demonstrations. Contact him at 6321 Benham Ct., Oxon Hill, MD 20022

Super Power Bar. Quality and Performance unsurpassed by any other Power Bar available. 30-day Money Back Guarantee. \$199.99 (Sent freight collect). Weightlifters Warehouse, 5542 South St., Lakewood, CA 90713 (213) 920-1232.

Classification T-shirt. Royal Blue, Navy, or Red with white lettering. S-XL, \$6.99 each or 2 for \$12.00. (Please include classification preference: Elite, Master, Class I, etc.) Weightlifters Warehouse, 5542 South St., Lakewood, CA 90713 (213) 920-1232

USPF CARD APPLICATIONS are still available from PL USA, Box 467, Camarillo, CA 93011. If you need a card for your next contest, send a stamped, self-addressed envelope and we will send you an application, which you may return along with the \$10 fee (checks made out to USPF) and we will issue your card directly.

DMISO 99.9% pure 8 oz. \$11.95, 4 oz. 8.00 plus \$1.85 shipping. Life Natural, 906 Linden, Carpinteria, CA 93013

Jeff Everson and the Racine Regency Mall present:

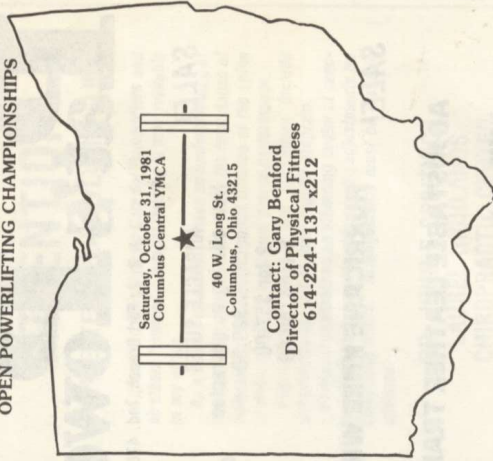
The 1981 OPEN MIDWEST SQUAT Championships

Sept. 12, 1981

At the Beautiful Regency Mall in Racine, Wisconsin

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614-224-1131 x212

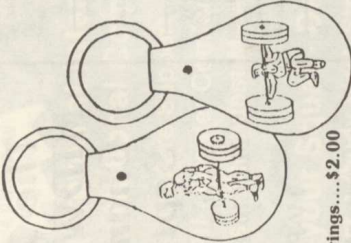
MEN
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★ MASTER 981 1064 1146 1279 1600 1505 1593 1675 1756 1786 1807
★ ELITE 1064 1157 1246 1394 1527 1642 1731 1824 1890 1946 2033

WOMEN
97 105 114 131 139 148 155 161 184 184W
★ MASTER 579 620 667 711 749 827 891 954 1004
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COLOR CHOICE _____ SECOND _____ SIZE _____ TRAINING STRAPS _____

KNEE WRAPS _____

10TH FIREMEN'S OLYMPICS

6/29/81-NEWPORT BEACH, CA

148	SO	BP	DL	T
A. Figueroa	248	220	402	870
C. Johnson	242	192	374	810
D. McEwan	242	192	374	810
W. Martin	369	236	561	1107
S. Franklin	440	236	424	1069
M. Martinez	347	297	424	1069
S. Ranson	297	248	374	810
S. Ranson	297	248	374	810
C. Watts	275	209	374	805
L. Berker	479	352	582	1386
L. Murrell	516	286	582	1386
L. Murrell	516	286	582	1386
W. McEwan	523	341	584	1449
M. Washie	518	325	582	1405
W. Martin	451	325	512	1258
D. Scroggins	381	252	424	975
J. McDaniell	338	209	429	975
D. Scroggins	338	209	429	975
E. Dudge	600	314	606	1527
D. Martin	583	314	573	1410
N. Winston	451	325	512	1258
D. Luttrell	473	330	556	1381
J. Gonzalez	462	275	529	1287
W. Martin	381	336	424	1151
D. Martin	518	314	578	1410
D. Koonskamp	485	314	578	1410
R. Bird	402	310	591	1253

Fireman's olympics held at Newport Beach, CA was a success. A crowd of approximately 600 spectators... (Red, Blue, Yellow, Green)

WESTERN MASTERS DIVISION

314	253	353	931	70	8	20	8
C. Rainey	540	319	600	1460	314	214	380
B. Caves	340	270	400	1019	1981	Western Masters	H. Desautels
M. Laska	340	270	400	1019	1981	Western Masters	H. Desautels
T. Haugh	600	451	589	1642	1981	Western Masters	H. Desautels
D. Gordon	600	451	589	1642	1981	Western Masters	H. Desautels
Best Squatter: T. Haugh, 600	396	677	1680	1981	Western Masters	H. Desautels	Best Squatter: T. Haugh, 600
DL: R. Fernando, 114-181	best lifter: S. Caproni, 196-SW	best lifter: T. Haugh, Team	champion: 196-SW	best lifter: T. Haugh, Team	champion: 196-SW	best lifter: T. Haugh, Team	champion: 196-SW

The 242 lb class was even closer with Richmond's Dan Martin and L.A. City's Steve... (Red, Blue, Yellow, Green)

HI-DESERT OPEN, WOMEN, MASTERS-6/27/81-VICTORVILLE, CA

WOMEN-105	SO	BP	DL	T
J. Gange	192	104	270	587
N. Kahn	176	104	264	545
M. Morris	114	95	203	462
J. Bowden	170	121	225	518
C. Charles	148	99	248	495
S. Wintert	148	99	248	490
S. Wintert	115	66	181	383
L. Wilkerson	132	77	214	424
K. Longwith	99	71	187	357
K. Longwith	99	71	187	357
Team champions: 1. Corona Fitness Ctr, 2. The Dungeness Spa.	114	OPEN DIVISION		
B. Ramonny	231	121	314	686
E. Meale	352	248	407	1008
E. Meale	259	---	---	---
L. Thach	380	253	402	1036
S. Kelle	319	231	440	991
S. Myabira	518	314	591	1333
S. Carzoneri	479	308	540	1320
F. Restrepo	507	242	451	1201
R. Fernando	507	314	589	1389
J. Gonzalez	435	275	501	1232
C. Nicol	418	303	429	1151

Tom Edridge, abhinman and meet director... (Red, Blue, Yellow, Green)

ATTENTION!

All Western Pennsylvania Lifters
Specialized Chiropractic Care for Powerlifters and all others involved in weight training is now available in my office.
As a fellow Powerlifter, I have an understanding of the mechanics involved and know the importance of maintaining the biomechanical balance of the spine in order to insure maximum power performance.
Approximately 90% of the top lifters include chiropractic as part of their regular program.
I am also available as an attending doctor at sanctioned meets to provide chiropractic adjustments for competing lifters. Arrangements must be made in advance.

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959

ROANOKE VALLEY OPEN
5/30/81-ROANOKE, VA
(KILLS)

Table with columns for rank, name, and kills. Top entries include M. Jaz (114 kills), P. Provenzano (113 kills), D. Brockman (111 kills), M. Thompson (108 kills), B. Stevens (104 kills), A. Millons (102 kills), F. Provenzano (102 kills), R. Shriver (102 kills), A. C. Johnson (100 kills), J. Ringi (100 kills), D. McClain (98 kills), M. Jaz (97 kills), J. Ringi (97 kills), D. McNeill (97 kills), M. Jaz (97 kills), D. McNeill (97 kills), D. McNeill (97 kills), M. Jaz (97 kills), D. McNeill (97 kills).



Meet Director, Geoff Jennings, had this 507 but stumbled with it.

photo courtesy Geoff Jennings

From Meet Director, Geoff Jennings: The meal was the best we've had in the past 4 years... I wish to thank, probably the great help and excitement... I wish to thank, probably the great help and excitement... I wish to thank, probably the great help and excitement...

Table with columns for rank, name, and kills. Top entries include M. Jaz (114 kills), P. Provenzano (113 kills), D. Brockman (111 kills), M. Thompson (108 kills), B. Stevens (104 kills), A. Millons (102 kills), F. Provenzano (102 kills), R. Shriver (102 kills), A. C. Johnson (100 kills), J. Ringi (100 kills), D. McClain (98 kills), M. Jaz (97 kills), J. Ringi (97 kills), D. McNeill (97 kills), M. Jaz (97 kills), D. McNeill (97 kills), D. McNeill (97 kills), M. Jaz (97 kills), D. McNeill (97 kills).

Jack Cooper of Roanoke and Paul Sulphin from here's a gym in W. Va. Mike Ashley is some better with a very impressive physique... Jack Cooper from Roanoke had a sore neck... Jack Cooper from Roanoke had a sore neck...

FLORIDA POLICE OLYMPICS
JUNE 81-JACKSONVILLE, FL

Table with columns for name, event, and score. Top entries include M. Yerr (165 lb, 490), S. Mann (165 lb, 490), D. Walsh (175 lb, 520), R. Hayes (175 lb, 520), B. Corbett (181 lb, 408), R. Caroll (181 lb, 408), J. P. Caszkowski (220 lb, 480), M. Halbrook (220 lb, 480), K. Mirick (220 lb, 480), K. Johns (220 lb, 480), R. Johnson (220 lb, 480), P. Kovacs (220 lb, 480), T. Brodie (220 lb, 480), M. Dierker (220 lb, 480), J. P. Caszkowski (220 lb, 480), M. Halbrook (220 lb, 480), K. Mirick (220 lb, 480), K. Johns (220 lb, 480), R. Johnson (220 lb, 480), P. Kovacs (220 lb, 480), T. Brodie (220 lb, 480), M. Dierker (220 lb, 480).

Table with columns for name, event, and score. Top entries include P. Strupper (52 kg, 200), N. Barro (56 kg, 215), G. Pass (102 lb, 245), D. Manning (102 lb, 245), R. Kerr (102 lb, 245), E. Caldwell (102 lb, 245), J. Bradley (102 lb, 245), M. IPasquale (185 lb, 617), J. Gaudin (185 lb, 617), J. Steinhilber (185 lb, 617), D. Wright (185 lb, 617), J. Lum (220 lb, 804), F. Hatfield (220 lb, 810), G. Kull (220 lb, 810), G. Kull (220 lb, 810), M. Dierker (220 lb, 810), M. Dierker (220 lb, 810), M. Dierker (220 lb, 810).

BRITISH SENIOR CHAMPIONSHIPS
7/5/81-BIRMINGHAM, ENGLAND

Table with columns for name, event, and score. Top entries include P. Strupper (52 kg, 200), N. Barro (56 kg, 215), G. Pass (102 lb, 245), D. Manning (102 lb, 245), R. Kerr (102 lb, 245), E. Caldwell (102 lb, 245), J. Bradley (102 lb, 245), M. IPasquale (185 lb, 617), J. Gaudin (185 lb, 617), J. Steinhilber (185 lb, 617), D. Wright (185 lb, 617), J. Lum (220 lb, 804), F. Hatfield (220 lb, 810), G. Kull (220 lb, 810), G. Kull (220 lb, 810), M. Dierker (220 lb, 810), M. Dierker (220 lb, 810), M. Dierker (220 lb, 810).

Side ref: Bill Campbell, A. Hill, J. Stawerson, J. Messey, Centre ref: G. Sarcom, B. Parker, D. Perry Lewis for assist... A. Hill, J. Stawerson, J. Messey, Centre ref: G. Sarcom, B. Parker, D. Perry Lewis for assist...

Now, you too, can join in the KAZ... QUEST 1... QUEST 2... QUEST 3... QUEST 1... QUEST 2... QUEST 3... QUEST 1... QUEST 2... QUEST 3... QUEST 1... QUEST 2... QUEST 3... QUEST 1... QUEST 2... QUEST 3...

Table with columns for name, event, and score. Top entries include A. Kerr (210 lb, 782), R. Skalnikowski (210 lb, 782), B. Rothwell (210 lb, 782), R. Ekstrom (210 lb, 782), M. Shipe (210 lb, 782), A. Krastev (210 lb, 782).

Let the KAZ tradition... into your workouts... with these different and... productive approach... Each fully illustrated course is now available at \$7 each or \$18 for all three.

Advertisement for 'by Clarence Bass' featuring a muscular man. Text includes 'The Sensible Way to Achieve Ultimate Muscularity', 'WEIGHT LIFTERS WAREHOUSE', '5542 SOUTH STREET LAKEWOOD, CA 90713', '213-920-1232', '\$10.00', and 'Mc/Visa accepted California residents add 6% Sales Tax'.

Advertisement for 'MAGNUM' featuring a hand holding a bar. Text includes 'The Ultimate POWER BAR', '\$19.95', 'CONFORMS TO IPF STANDARDS', '1M31 (4 ft., 6 in.) Diameter', '81CM (32 in.) Score for bench grip', 'Fully warranted', and 'MAGNUM WRAPS now available!'.

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100% NATURAL
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100 kg class will compete at 10:00 AM, and the 110 kg, 125 kg, and over 125 kg classes are to compete together beginning at 1:30 PM. The Fall of Fame, Team Trophy, and Champion of Champions awards presentation ceremony will take place at the stadium at 5:30 PM. At 7:30 PM, presentation of special awards will be made at a banquet at the Park Hotel with an entertainment program.

The official logo of the 11th World Powerlifting Championships is the sole property of the Indian Powerlifting Federation and the Organizing Committee of the World Championships and can not be used or reproduced by any other Nation or agency without due authorization by the Indian Powerlifting Federation.

Please note that these dates take precedence over earlier schedules for the World Championships that had it taking place in December.

Computerized Weightlifting Schedules as offered by Dale Rhoades and his associates on page 17 of this issue seem like a great training idea, providing the lifter with the incentive of a printout of exercises and reps for each workout, based on sound lifting principles.

8th ANNUAL TEMPLE HILLS meet with Open, Novice, and Women's Divisions, in conjunction with the PVA Championships will be held October 3/4th, \$10/1/2, \$15/2, \$19/3, \$22/4. To enter send check, name, address, USPF number, and club number (\$1 per team member), wt, class, and parent's signature if under 18 to TEMPLE HILLS WEIGHTLIFTING CLUB, 5909 Temple Hills Road, Temple Hills, MD 20748 or call Ray Chaillet 301-423-4780.

STRENGTH CENTER RESIGNATIONS

Top researchers Dr. John Garhammer and Dr. Tom McLaughlin have resigned from the National Strength Research Center (directed by Terry Todd) at Auburn University, as has Biomechanics Consultant Dr. Thomas Landner, Assistant Dean of Engineering at the University of Massachusetts. Original co-founder of the Center, McLaughlin remains as Director of the Biomechanics at Auburn University, while Garhammer has relocated on the West Coast.

WORLD CHAMPIONSHIPS/1981 They will be held in Calcutta, India with competition beginning on November 5 and continuing through November 8. The venue is Netaji Indoor Stadium, fully airconditioned with a seating capacity of 12,500, and the site of previous international sporting championships. Accommodations will be at the Park Hotel, well located in the business, social and tourist areas and which will further be equipped with a Powerlifting training facility throughout and three days prior to the start of the competition. Other hotels, such as the Oberoi Grand or Hindustan International are also available. Transport arrangements between the hotel and stadium (2 kilometers distance) will also be made.

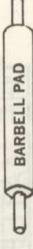
IPF Congress meetings begin at 9:00 AM November 4th, continuing through November 5th, with competition in the 52 kg class scheduled for 6:00 PM on Thursday, November 5th. Friday, November 6th will have competition in the 56 kg class (10:00 AM), 60 kg (1:30 PM), and 67.5 kg (5:00 PM). On Saturday, November 7th the 75 kg class (10:00 AM), 82.5 kg class (1:30 PM), and 90 kg class (5:00 PM) competitions are scheduled. On Sunday, November 8th, the

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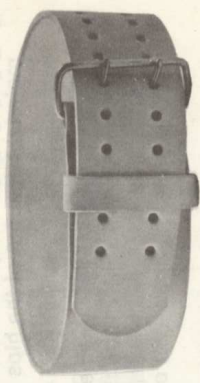
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\$29.00
10 cm. wide...5mm thick...Brass plated double prong buckle...S(24-28), M(28-34),L(34-42),XL(42-50)



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THE CROTCH - engineered at the University of Texas Physics Lab, the 'saddle seat' offers the ultimate in stress distribution in the crotch. The back seam spans across the butt from leg to leg, to eliminate sharp corners that cause blowouts.

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

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