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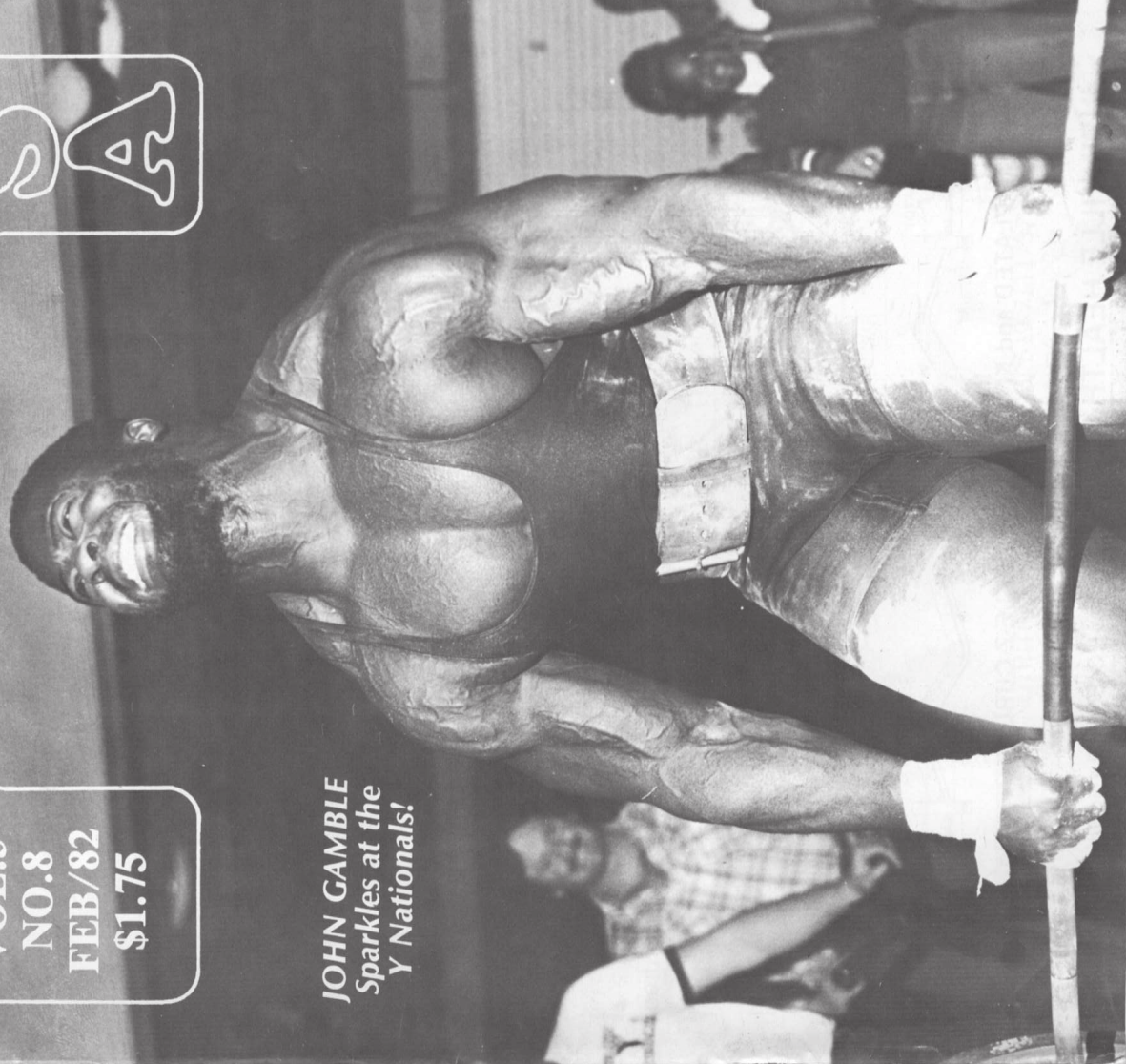
SATURDAY & SUNDAY—JULY 10th & 11th, 1982
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Dayton, Ohio U.S.A.

- **TICKETS ON SALE NOW:** \$13. per day, \$25. for both days
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- **SCHEDULE OF EVENTS:** Saturday—114# thru 198# (times to be announced later)
 Sunday—220# thru super heavy
- **SPECIAL EVENT:** The New FRANK ZANE will Guest Pose on Saturday, following the Lifting Competition

Powerlifting-U.S.A

VOL.5
NO.8
FEB/82
\$1.75

JOHN GAMBLE
 Sparkles at the
 Y Nationals!



NATIONAL POWERLIFT ORGANIZATION NEEDS:

Goals of John Pettitt if elected National Chairman

- I. Responsibility Channels
 - A. Lifters elect state and regional chairmen
 1. State chairmen oversee judging at meets, maintain state referee lists, state records, state mailing lists (each could be done by another person). He is also the first contact for rule clarifications and any registration problems at meet sites only.
 2. Regional chairmen oversee all registrations and sanctinos and team charters by mail. He would also insure that there are no conflicting meets. He is also in contact for rule clarifications. He and the state chairman work very closely and exchange all information.
 - B. The voting committee at national meets would be composed of the state and regional chairmen and the executive committee which is composed of various state and regional chairmen.
- II. Communication channels
 - A. Information would be housed in one office (by 1983)
 - B. A toll-free telephone would give access to all this information to all lifters, meet directors, etc.
 - C. Full time, paid secretary would handle all phone requests for records, registrations, sanctions, team charters, classification forms, patches, meet schedules, etc. Complaints and political matters would be phoned in to the executive director and rule clarifications could also be handled.
 - D. Full time, paid executive director
 1. Responsibilities would be outlined by the national and executive committee.
 2. Holds no other political office in this sport.
 3. Holds no interest in a related sports business.
- III. Financial
 - A. Independent service agency as a bookkeeper
 1. Accounts for all monies paid in from registrations, etc., and pays out all bills designated by national committee.
 - B. USPF Treasurer acts as chairman of audit committee
 1. Audits books from service bureau bookkeeper.
 2. Oversees return of certain percentages of monies to local area for reimbursement of cost of registrations, local newsletter, etc.
 3. Directs formulation of financial planning and budget for each year.
- IV. National Championships
 - A. Each meet bid winner is provided with a label mailing list obtained from previous meets and corrected after each meet. Meet director must mail copy of mailing list of lifters in meet, results and budget to office within ten days. Results must be mailed out to each participant and national magazines within ten days.
 - B. All bids must be voted on by mail by the entire committee
 1. One year in advance of meet bidding upon.
 2. Precise proposal in contract form between USPF and bid winner should be used. Defines responsibilities of both parties.
 3. All TV contracts must be given to bid winner upon awarding meet bid. Exact revenue will be known ahead of time. Proper advertising can be used.
 4. Contracts from TV media and USPF will aid in obtaining advertising and special rates for rooms, air fares, etc.

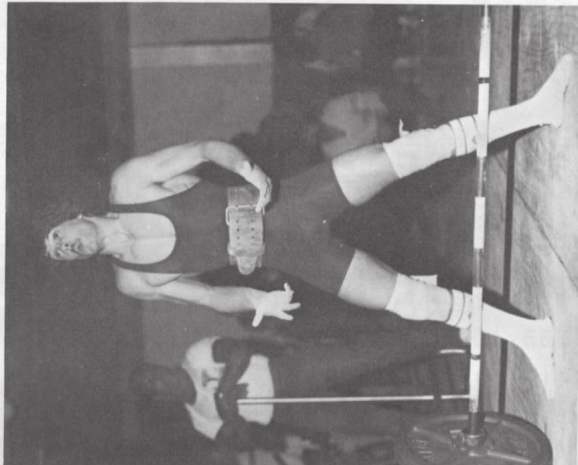
QUESTION:???IDEAS???PLEASE CALL ME AT 214-299-5585

Y NATIONALS

by Mike Lambert, PL USA Editor



Champs...Vedio (above) and Heath (below) both had super contests.



National YMCA Powerlifting Championship Meet Director, Garry Bentford, dodged a big bullet this year by pulling off a very fine contest just before the worst winter storm in years ravaged most of the nation. The day before the contest the weather was excellent, but on the morning of the meet it began to snow. Mercifully, it stopped as the first squats began, and by the time the contest was over, a short 8 hours later, most of the white stuff had melted away, but that night the temperature plummeted and didn't temperature plummeted and didn't fortuitous timing set the tone for the entire meet, as it ran noticeably smoother than the previous version due to solid advance planning and lots of help from kids who were involved with Garry's football training camp. Under Garry's wing the National YMCAs have grown and achieved greater prestige with each year. This go-around, there were over a dozen National champs of various types in competition, hall-ving from an impressively wide array of states. Next year, Garry is considering the possibility of holding the contest in Veteran's Memorial Coliseum, site of numerous Mr. Olympia promotions. Powerlifting has been through and continues to tussle with big problems at the top end, but thanks to contests like this, the sport is progressing; stronger athletes, more of them; smoother meet presentations, more people positively involved throughout.

This year ladies did some lifting, and Claire Tuite, of the clan of sisters that is becoming more and more prominent in the sport, finished up first in the 97's and on the platform. She was joined by fellow lifters, Karen Stringer, veteran Ruth McIntyre, and newcomer Dodie Welding, who were all helped out by Pat Malone, who's hauling his belts and other lifting gear to meet in a retired school bus that he picked up recently at an amazing price. From a look at this small portion of the strong group from Pat's end of Indiana, it looks like it will be a strong battle for team honors at the Women's Nationals, although Pat certainly wasn't rooting his horn in that regard.

In recent years the United States has shown signs of stagnancy in the lighter classes, but a reassuring hint of resurgence was seen at this meet first with Doug Heath having almost a perfect day, ending with a perfect deadlift of 457 that sent him celebrating into the lap of the head referee, as it put him into the number one spot in the USA in that lift. As nice as that was, just consider how close he is to breaking the 1100 barrier. Color Doug persists in he is steadily improving each year. At 123, Joe Steinfield had his own kind of perfect day, missing nary an attempt and posting a bunch of significant personal records. Dan Palmateer and John Yu both appeared to be fine future prospects for this title and others. Frank Vedio has always been an exceptionally fine lifter in the 132 pound

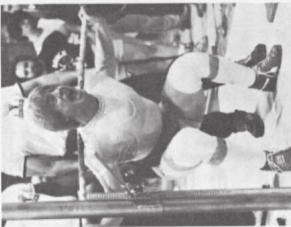
class, but with his super 8 for 9 performance at this meet he has crossed the barrier of greatness. Not heavily muscled, he is instead a gritty stylist who taps deeply into a reservoir of iron will to complete his lifts. All his squats and deadlifts were without problem, except for a 4th attempt WORLD RECORD that was too much, but certainly worth the experience of attempting. It appeared that 622 would certainly have gone.

Jim Warner held on comfortably to his lead in the squat while Joe Pulizzi and veteran George Hummel met more mainly to each other. It was good to see two representatives of the burgeoning ding free movement. Vedio and Hummel in the thick of the lifting. Dr. Kenny Leistner's faith in Dev Giann is not without foundation, but Dev was in a little deep with this kind of competition. When Hummel gains enough bodyweight to stop enjoying the non-necessity of making weight, he should hit well over 1500 in total.

More strength was seen in the 165's from Hry Fleming (another perfect day) who managed to well up among the pack of middleweights by punching up in the mid 1000 range nowadays. John Varone was an easy 2nd place, despite a minor injury. Other casualties were more serious. I hope it's Albany, Karan, and Lamin saw much red. Of a much more serious nature was the injury to John Toppogou. This fine progre to Larry Pacifico was run more to get ready for a World Record deadlift, and from the Grand Teton traps he was sporting, it seemed like something wonderful was going to happen when the bar hit the floor for John.

Good things started happening even earlier, in the 3, outstanding attempt (merely 2nd in the World over the past year or so). John started with ultimate caution in the bench, reminding of the bizarre arm fracture he had suffered months previous during a bench movement. On what seemed to be a very comfortable attempt with 325, the bar abruptly stopped and fell quickly to John's chest as he roared due to extreme pain. He quickly rushed off the platform, his arm hanging in crippled fashion at his side. Larry Pacifico (apparently recovering nicely from both his recent heart attack and elbow surgery) was understandably frustrated by the incident, having suffered enough of his own bad luck lately, besides losing another team member, Eric Stuber, at least for purposes of this competition, to an apparent kidney stone attack.

Sieve Knight is back at 181, and is looking to do better than ever at the Seniors. He discovered, after much ado, that his lingering hip problem was the result of a switch in squat stance width without enough training load, and now that he is over that problem, the Sieve Knight power floodgates are once again



Steve Knight may be moving out to the West Coast again soon.

open. Jeff Wright had somewhat of a struggle making attempts, but had plenty to take second over a nicely improved Tom Buljat.

The competition was very rough at 198, but John Black's vast increases in the squat and deadlift and adequate bench (considering the condition of his elbows, etc.) gave him the title and a super total (John, by the way is considering a position as Strength Coach for the Cleveland Browns). Gary Sanger's lifting was obviously equally impressive but that final deadlift miss pressed critical.

Gary is on the blackboard end of the classroom now, having finished his PhD at Ohio State and returning to his duties at the stadium. He's optimistic about the start of his progress; he can make out without the burden of his previous study load.

While Black and Sanger were well known quantities, Tony Pharr and Doug Borden offered large measures of surprise.

Pharr's overall lifting was 220 in and he's lean enough to go 220 in the future, where who knows what might happen.

Doug Borden is a bulkier wonder, and structurally the unlikeliest candidate we ever seen to stand up with a 71 pound squat, but that's what he did, even though his lifts were high.

THIRD contest, and I shudder to think of what he might do when he gets some more meat and/or meets under his belt.

Mike Rietel really fought out this lift and certainly earned the fine applause he received.

It seemed like half the lifters in the contest were in the 220 lb. class, and as one can see from the results, the competition was stiff right down to the final place.

Unfortunately, the number of contestants dictated the use of two score sheets to cover the whole class, which led to a bit of confusion for Vince Anello, who thought he had won the meat only to find out that Bob Chrosniak from Florida was 15 kilos ahead after 5 attempts.

The Chros had been blasting 820 squats in training, week after week, and was a bit down after missing it here, but he picked up the pace in the latter two lifts, going just under 2,000 in 5 attempts.

Vince made a nice squat, after first missing the 722, but had a mysterious

numbering in his arm during the benches that really stumped him. When the pressure was on, he came through with the deadlift he needed to overtake Siders. Jack was not peaking for this contest, but he had to be pleased with a rugged 820 squat that he really fought for.

As for the rest of the class, one has to say that Moran, Schmidt, Everett, Backus, Darbenzio, Russell, Monroe, Johnson, Walker, Mize, Huber and Mucci all put on quality, impressive lifting performances.

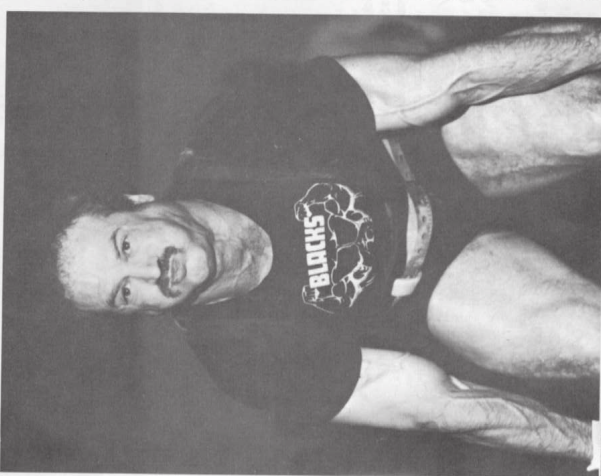
Dave Schneider and John Florio, like Siders, took the contest in stride with other meets being the main focus of their intentions.

John, as he often is, was well pleased with his squat. Morelli proved that he is a real comer in this class, hitting enough to hold off the new Monster of the Midway, Dave Colangelo. It was rumored that Col-

NATIONAL YMCA CHAMPIONSHIPS 9 JANUARY 1982 COLUMBUS, OHIO														
	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT		
97	C. Tuttle	96 1/4	154	187	200	77	88	93	281	187	237	253	534	
114	D. Heath	113 1/2	363	413	440	116	127	138	402	464	457	1096	688	
123	K. Stringer	123 1/2	330	358	374	248	259	270	644	374	380	407	1052	
123	J. Steinfeld	123 1/2	330	369	380	209	231	242	611	369	407	413	1025	
123	D. Palmateer	121 1/2	352	388	399	226	237	257	578	352	407	440	986	
132	I. Yu	132 1/2	462	490	512	248	264	275	777	551	584	606	1383	
132	F. Vedro	132 1/2	462	490	512	248	264	275	777	551	584	606	1383	
148	J. Warner	148	534	562	600	264	281	292	854	562	584	600	1438	
148	J. Pulizzi	148 1/2	484	501	523	303	325	341	865	501	534	554	1399	
148	G. Hummel	142 1/2	462	484	501	319	341	347	843	507	540	551	1394	
148	D. Glenn	148 1/2	490	512	534	303	319	330	821	490	534	577	1355	
148	F. Wambsgans Jr	148 1/2	490	512	534	303	319	330	821	490	534	577	1355	
165	H. Fleming	165 1/2	573	611	639	341	358	369	1008	551	589	622	1631	
165	J. Varone	165	518	544	577	292	308	324	826	484	512	560	1339	
165	M. Easton	162	451	490	523	281	292	292	782	451	479	507	1289	
165	R. Welding	162 1/2	490	512	534	303	319	330	821	490	534	577	1355	
165	I. Topogou	162 1/2	504	523	544	303	319	330	821	490	534	577	1355	
165	B. Almany	162 1/2	504	523	544	303	319	330	821	490	534	577	1355	
165	J. Karim	162 1/2	504	523	544	303	319	330	821	490	534	577	1355	
165	J. Lamm	160 1/2	577	611	639	341	358	369	1008	551	589	622	1631	
181	S. Knight	181 1/2	622	672	699	363	381	392	1074	611	650	683	1758	
181	J. Wright	178 1/2	567	589	600	325	340	344	892	578	611	622	1504	
181	T. Buljat	178 1/2	567	589	600	325	340	344	892	578	611	622	1504	
198	J. Black	196	699	733	749	391	413	424	1146	694	738	749	1884	
198	G. Sanger	198 1/2	699	744	755	440	462	473	1229	622	655	666	1884	
198	T. Pharr	197 1/2	633	661	694	424	462	484	1179	633	661	680	1840	
198	D. Borden	196 1/2	650	722	737	352	374	381	1096	644	705	744	1802	
198	M. Riedel	197 1/2	584	622	655	374	402	424	1047	600	661	688	1736	
198	B. Whitener	195 1/2	562	589	600	358	369	374	964	562	600	628	1592	
198	J. Waple	191 1/2	622	639	633	281	286	292	920	512	551	589	1471	
198	B. Clary	195	639	666	666	402	424	433	1041	611	644	666	1471	
220	B. Chrosniak	217 1/2	771	822	822	429	457	462	1229	733	760	799	1989	
220	V. Anello	215 1/2	683	722	722	435	462	462	1157	749	760	799	1956	
220	J. Siders	212 1/2	749	793	826	451	479	484	1306	650	683	705	1936	
220	R. Moran	219	705	749	749	457	479	484	1190	683	705	733	1923	
220	M. Schmidt	220 1/2	710	749	749	457	479	484	1179	683	722	744	1901	
220	R. Everett	218	688	727	749	457	479	484	1207	661	683	705	1868	
220	S. Backus	218 1/2	672	710	710	429	457	462	1074	744	782	815	1857	
220	D. Darbenzio	216	672	710	710	429	457	462	1074	744	782	815	1857	
220	B. Russell	216 1/2	650	688	688	402	424	433	1074	644	710	744	1840	
220	T. Monroe	220 1/2	683	710	710	429	457	462	1074	744	782	815	1857	
220	C. Johnson	215 1/2	594	628	650	336	363	374	1014	622	672	705	1774	
220	G. Walker	217 1/2	573	600	628	349	369	374	942	650	716	744	1686	
220	J. Mize	213 1/2	573	600	628	349	369	374	942	650	716	744	1686	
220	B. Huber	213 1/2	573	600	628	349	369	374	942	650	716	744	1686	
220	P. Mucci	220 1/2	611	644	666	358	369	380	992	551	622	644	1653	
220	J. Florio	219	644	666	666	418	440	440	1030	573	622	644	1592	
242	D. Schneider	239 1/2	744	788	822	396	424	440	1212	733	760	799	1973	
242	J. Florio	235 1/2	733	777	799	424	451	462	1240	683	716	733	1956	
242	J. Morelli	238	738	777	799	424	451	462	1179	705	733	760	1912	
242	D. Colangelo	234 1/2	744	788	822	440	462	473	1240	661	683	705	1901	
242	S. Moran	238 1/2	722	749	777	424	451	462	1173	677	722	744	1895	
242	E. Sichen	240	672	710	733	429	462	462	1195	633	672	699	1868	
242	C. Longo	241 1/2	639	666	688	385	402	413	1025	600	622	644	1625	
242	D. McIntyre	237 1/2	193	297	330	137	159	166	490	308	336	374	865	
275	J. Gamble	271 1/2	826	866	899	534	551	562	1361	782	826	866	2188	
275	B. Barwick	273 1/2	749	788	822	490	512	523	1262	622	666	705	2044	
275	T. Martin	269 1/2	749	804	822	451	479	484	1284	666	705	733	1951	
275	Hoss the Boss	274 1/2	733	766	805	484	507	512	1168	666	705	733	1873	
275	D. Mayo	261 1/2	617	655	672	387	402	413	1063	617	639	666	1703	
275	D. Waddington	274	666	705	722	387	402	413	1063	617	639	666	1703	
SHW	C. Hechter	309 1/2	705	749	804	473	501	518	1322	672	749	771	2094	
SHW	J. Ford	330 1/2	810	843	866	451	462	473	1278	633	666	699	2044	
SHW	T. Hagens	334 1/2	760	804	822	451	479	484	1278	633	666	699	1912	
SHW	B. Dunn	358	600	630	666	523	551	562	1173	633	666	699	1912	

anglo would squat a World Record, but he simply went too low with his first attempt and it seemed to take the edge off his subsequent attempts. He is incredibly muscular for a heavyweight and was right at home with the Wild Bunch of Cleveland, banging his head on the bar before squats, etc. Warman was just off the pace, while Ed Sichert continued the effective kind of lifting he showed at the Boise Nationals.

The 275s is turning into the glamour class of the 80s, and some of the top stars were in attendance. Waad looked great at 275, and the potential he shows in his lifting at this weight is just awesome, but the man who put the total together was John Gamble. Accompanied by Bill Dunn (who graciously gave away several attempts to give John a suitable rest between some of his own), John came to the meet with what an improvement over last year!



John Black, pulled this 738 solidly, what an improvement over last year!

that 'loaded pistol' look about him. One glance is enough to convince anyone that this man is about lifting weights. He was big last year at this meet, he was bigger when he took the Juniors, and now he is at his ultimate, a chunk of a human being, as I hope the cover photo conveys. His attempts at squats of 859 and 865 were rather close (the damn near good morning theme!) but the BP tries at 551 were a bit further off the mark. He started conservatively in the deadlift, and made a beautiful lift with 826. A World Record 848 would have launched him over the 2200 mark, and he came close enough with 806 to be convincing. The strength is there, and John Gamble is there, right up there when it comes to lifting the possible Senior National and World Champs in this class.

Barwick of Wisconsin is a giant prospect in this class, perhaps only a year behind Gamble in training, maturity and certainly a Junior National contender this year. Tim Martin was an impressive bull of a lifter, and it was encouraging to see Hoss the Boss step into the national limelight with some much enhanced lifting.

Waad is lifting often again (yet, as he is quick to point out, he is remarkably immune from serious injuries) and came up nicely with his squats receiving a vote on one of his 909 World Record attempts which was complicated by a communication problem with the head referee. After being technically bombed, he dropped the benches, but decided to try some deadlifts. His 771 was very nice and 804 was moving up well when he stopped because he felt weakness in his awesome jump, but he's big and gettin' bigger, and could be the next Super to crack the 600 mark.

Outstanding lifters were Vedro and Gamble, and Karen Stringer won the Women's Division. Team Champs were the Columbus Central YMCA gang. Remember the Year's next year, when you're looking for a major meet to get into, Garry Benford seems to have Old Man Winter buffaloed and a super new meet site in mind, so it should really be something to do more than just look forward to.

Rickey Dale Crain for U.S.P.F. Treasurer. ...he's declared his intention to run for this office, and hopes that voters will consider his degree in business administration and his experience in running his own business.



Meet Director, Garry Benford, seen in last year's contest, hopes to do some big lifting at 198 soon. Be sure to check out his fine publication, advertised on page 59.

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POWER PROFILE

SAMSON'S GYM
 'You Gotta Want It!'
 by Ron Fernando,
 PLUSA Training Editor

During the latter portion of the fifties and the early sixties when Olympic lifting was booming in the United States there were some 'strongholds of strength' where a true champion could relocate, train and reach for the top -- National, World, perhaps even Olympic honors. Of course, York, Pennsylvania was the true hotbed of the East, while the Duncan YMCA and the Los Angeles YMCA represented the Midwest and the West, respectively. Naturally, everyone knows about the "Mecca of Bodybuilding" -- Gold's Gym, and the enormous effect that that particular establishment had on the bodybuilding world. Stories of athletes pulling up their roots thousands of miles away and settling in Sunny California were very common during the seventies. What about Powerlifting? The West Side Barbell Club was one of the few true power clubs (that had any recognizable stars training regularly). Now with the advent of the eighties, Powerlifting seems to have taken the country by storm with World champion after World champion coming from every part of the nation. If the USA is to keep its utter dominance (better than 90% of the world records are held by Americans) in this sport, it is imperative that there be training centers that cater strictly to heavy lifts, and commercial amenities which abound in the luxury spas, these strongholds are crammed with the heaviest weights, not the usual token olympic set stuck behind the chrome leg blasting machine, but top quality power gear, the best in bars, finely machined plates and IFF specified benches and platforms. Why should powerlifters or any athletes be forced to train on shoddy leftovers. Too often we see this in our universities where the pampered scholarship athletes are given the best money can buy when the true student athletes are given the truest of garbage to use. We are lucky in this country to have such establishments as Kidney's Gym, Pit, the Gold Coast Gym and a myriad of others which are the true spawning ground for the future Gauglers, Bridges and Kazmales. I have emphasized the importance of top quality equipment towards the pursuit of athletic excellence, but far more important than the equipment is the ATMOSPHERE of the gym.

Some of the Gang at Samson's collected for a group shot, courtesy Ron Hej, I've seen fancy joints with a quarter million dollars worth of equipment with about as much atmosphere as a mausoleum. Vince Gironda (when was the last time he was in PL USA?) has often stated that the object of any gym is two fold - instruction and inspiration - not to see how much equipment could be crammed into a given area. More power to you, Vince, baby! Anyway, Southern California has many of the world's best PL athletes in residence. Unfortunately, they cannot all train in the same gym. In past articles I have written about the Mount Olympus of Powerlifting - Kidney's Gym in the Inland Empire. Further west, there is another fine gym which boasts many record breaking members - Dave Shaw, Terry McCormick, Ernie Steinkirchner, Durwin Piper, Jim Drapal, who currently train there and is the "alma mater" of other lifters such as Bill Kazmaier and Steve Knight. Named after the Biblical hero of yore, Samson, the club's motto is summed up in four short words - YOU GOTTA WANT IT. Owned and operated by the dynamic Jim Dena, himself a top notch strength bodybuilder, Samson's creates for the novice and the World record holder alike the atmosphere of success. The most inspirational sessions, in my opinion are the Tuesday deadlift days. Imagine if you will, the likes of Terry McCormick repping with 750 plus, of Dave Shaw using his cobra-like back muscles and 22 inch guns to rip up 800. Further to the left, you might see Durwin Piper knocking off reps in the seated dumbbell press with the not cold iron, or Ernie Steinkirchner

visas of chrome, chrome, and more chrome. You see results in action. Of course, many of the lifters have to travel a great distance in order to train, but this is a sacrifice they all make willingly. Jim Dena has been very accommodating to the lifters and it may not be too long before you see a National Championship caliber team from Samson's. It is very difficult to sum up the feeling one gets while training at gyms such as Samson's and Kidney's. For you older lifters who have stark memories of garage gym training or even worse, training under the sky (ouch). Power gyms are a true godsend. In these strongholds of strength, the future champions of tomorrow can pour out their souls into the cold, hard iron and succeed. All it takes if the proper equipment, a POSITIVE ATMOSPHERE and the willingness to succeed. In other words, YOUVE GOTTA WANT IT!!!

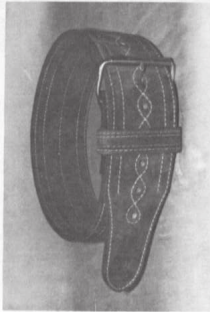
POWER HOTLINE

Now, you can keep up to date with all that is happening in the sport. POWER HOTLINE is published twice monthly, and is rushed to you by FIRST CLASS MAIL, filled with flash results of major contests, hot lifting gossip, all sorts of late breaking news...the kind of information that you're not going to find nearly as timely in any other publication. If you're the kind of person who wants the NEWS of Powerlifting, before anyone else even knows that it is NEWS, then POWER HOTLINE is for you. Send in for your free sample issue and subscription form to POWER HOTLINE, BOX 3238, CAMARILLO, CA 93011. (published as a companion publication to Powerlifting USA Magazine.)



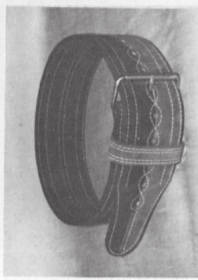
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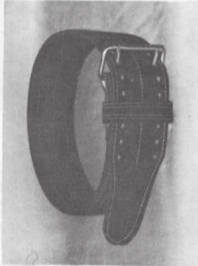


Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....\$75.00

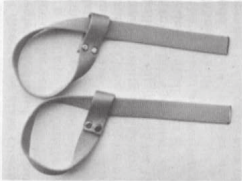
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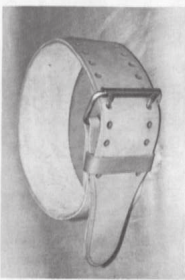
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Message from the Acting Chief Executive

In this issue we are publishing the names, addresses and listed phone numbers of the Executive Committee and the Regional and State Chairmen. They are committed to serve you. I would urge that you direct your inquiries whenever possible to your state chairman, thus sparing me with things I am supposed to be doing. During the next several weeks there will be new names as new state chairmen are elected. We intend to publish these as we learn of them.

We have been in touch since Christmas with most of the state chairmen on an occasional basis, their willingness to continue on in the face of a history of neglect and broken promises. They are an exceptional group and I feel that we are lucky to have them.

Dr. Sprandel of American Sports Management, Inc. told me the other day that the reason our 1982 registration application form has no space for listing one's team is that Mr. Zarella requested that this be omitted. Tony Carpino has offered what I believe to be the best suggestion for working around this during 1982. When a man is listed as a member of a team at a given meet, let the meet director or state chairman write the lifter's club on the lifter's registration card, thus freezing him into that club for the remainder of the year.

About a year ago Mr. Zarella issued a 'special bulletin' promising to remit to each association 50 cents for each lifter out of the \$10 registration fee and \$15 from each meet sanction fee. I have yet to uncover any instance during 1981 where either of these were remitted. Some of the items on the agenda of the Executive Committee for this year are: (1) to make the 1982 registration application of policy in this regard for 1982. Another related item is the possible retroactive payment for 1981. Whatever policy is set at that meeting, I shall start implementing it early in March after I receive the cumulative printout through February from American Sports Management.

Jan Todd reported that our protest to IPF regarding drug testing last November in Calcutta was mailed January 11. Hopefully, we will receive a reply in time for the Executive Committee meeting in February. Mabel Rader expects to have the new national referee's test available in time for the women's nationals. One of the agenda items before the Executive Committee at that time is the setting of policy with respect to the type of meet at which the national referee's test may be administered. John Pettit is the only source of rule books I know of at this time. I have asked Arnold Bostrom, the IPF secretary, for a report on the outcome of the IPF category II tests administered last year at Boise and at Corpus Christi.

Conrad Cotter, A.C.E. and Treasurer, 2103 Langley Avenue
Pensacola, Florida 32504, 904-477-4863

STATE CHAIRMEN

- Alabama**, Frank Watts, 700 Dogwood Tr., Jasper, Alabama 35501 (Residence) 205-387-8954
- Alaska**, vacant
- Arkansas**, Ken Brown, 172 Sunset Dr., N. Little Rock, Arkansas 72118 (Office) 501-758-7204/2132
- Arizona**, Bill Decker, 5919 Orangewood Avenue, Glendale, Arizona 85301 (Residence) 602-957-9474/Danny McDermott, 13770 Del Paraiso, Apt. 19, Whittier, CA 90602 (Residence) 213-693-1827 (Office) 213-698-9781
- California**, Philip Brady, 2831 W. Colver Avenue, Littleton, CO 80123 (Office) 303-798-7847
- Connecticut**, pending
- Delaware**, none, interested volunteers should contact Tony Carpino, 7619 Bland Drive, Manassas, Virginia 22110
- Florida**, Ernesto Milan, 5041 N.W. 197th St., Miami, Florida 33055 (Residence) 305-621-19734
- Georgia**, Richard Reno, 2648 Oakhill Dr., N.E., Atlanta, GA 30328 (Office) 404-971-8386
- Hawaii**, Mike Seel, 3759-C Hanaui Way, Honolulu, Hawaii 96815 (Office) 808-487-6500
- Idaho**, Mike Shines, Boise YMCA, 1050 W. State, Boise, Idaho 83702 (Office) 208-344-5501
- Illinois**, Ernie Franz, 21 N. Broadway, Aurora, IL 60505 (Residence) 417-334-1226
- Indiana**, Pat Malone, 124 East Street, West Lafayette, IN 47906 (Office) 317-743-3481
- Iowa**, Pete Conis, 707 Meadow Place, Ames, Iowa 50010 (Residence) 515-232-1596
- Kansas**, Jim Cash, 1022 Lanamie, Manhattan, Kansas 66502 (Residence) 913-776-7622
- Kentucky**, Doug Semmick, 408 Kensington, Airport, Louisville, KY 40208 (Residence) 502-636-0615 (Office) 502-588-6325
- Louisiana**, vacant
- Maine**, Mary Joyce, 497 Westbrook, South Portland, Maine 04106 (Residence) 207-775-2014
- Maryland**, Dick Young, 930 Wettes Avenue, L'Annis, Maryland 21502 (Office) 303-798-7847
- Massachusetts**, Chuck Johnson, 26 Lawrence Street, Quincy, Massachusetts 02269
- Michigan**, George Zender, 945 College NE, Grand Rapids, Michigan 49503 (Residence) 616-558-4924 (Office) 616-558-4924
- Minnesota**, Kent Goode, Rt. 2, Box 34 A, Floodwood, Minnesota 55736 (Residence) 218-427-2445
- Mississippi**, Brother Bennet, Box 351, Bay St. Louis, Mississippi 38515 (Office) 808-487-6500
- Missouri**, Lawrence Glisson, P.O. Box 1073, Branson, Missouri 65616 (Residence) 417-334-1226

1982 National Collegiate Powerlifting Championships

March 19-20, 1982
MARSHALL UNIVERSITY
Huntington, West Virginia

MEN'S AND WOMEN'S DIVISIONS



HENDERSON CENTER, site of the 1982 Collegiate Championships

Meet Schedule

- Thursday, March 18, 1982**
7:00PM, Annual business meeting of the National Collegiate Committee. (open to all lifters and coaches)
9:00PM, Rules Clinic and test for national judges cards.
- Friday, March 19, 1982**
2:00-3:30PM, 2nd session weigh-in.
4:00PM, 2nd session competition starts.
- Saturday, March 20, 1982**
7:00-8:30AM, 3rd session weigh-in.
9:00AM, 3rd session competition starts.
- Saturday, March 20, 1982**
2:00-3:30PM, 4th session weigh-in.
9:00AM, 1st session competition starts. All Women's weight classes will compete in this session.
- Friday, March 19, 1982**
7:00-8:30AM, 1st session weigh-in. All Women's weight classes.
- Region 1**, Ernie Hackett, 14 Eddy St., Wallham, Massachusetts 02154 (Residence) 617-894-2591
- Region 2**, Tony Carpino, 7619 Bland Drive, Manassas, Virginia 22110 (Residence) 703-369-2557 (Office) 703-367-2711
- Region 3**, James Lowe, 538 East Huntington Rd., Rossville, Georgia 30741 (Residence) 404-866-2376, (Office) 615-894-0038
- Region 4**, Bill Dyer, 5919 W. Orange Road, Glendale, Arizona 85301 (Residence) 602-937-9479
- Region 5**, Mike Scott, 3759-C Manini Way, Honolulu, Hawaii 96816 (Office) 808-487-6500
- Region 6**, Bud Downum, 3725 Diamond, Evansville, Indiana 47715 (Residence) 812-476-4305, (Office) 812-427-0617
- Region 7**, pending
- Region 8**, Nate Foster, 204 Harvey Drive, Manhattan, Kansas 66502 (Residence) 913-776-5889
- Region 9**, Whitfield Davis, 3807 Juncoshire, Pasco, WA 99373 (Office) 509-661-3375
- Region 10**, Bill Packer, 5919 W. Orange Road, Glendale, Arizona 85301 (Residence) 602-937-9479
- Region 11**, Mike Berg, P.O. Box 116, RR 1, Canistota, South Dakota 57012 (Residence) 605-296-3268, (Office) 605-296-3458
- Region 12**, Doyle Kennedy, 5040 Chehalis Dr. No., Salem, Oregon 97303 (Residence) 503-393-1949
- Region 13**, Jim Lem, 875 Broadway No. 6, San Francisco, CA 94133 (Residence) 415-433-2376
- Region 14**, vacant
- Region 15**, vacant

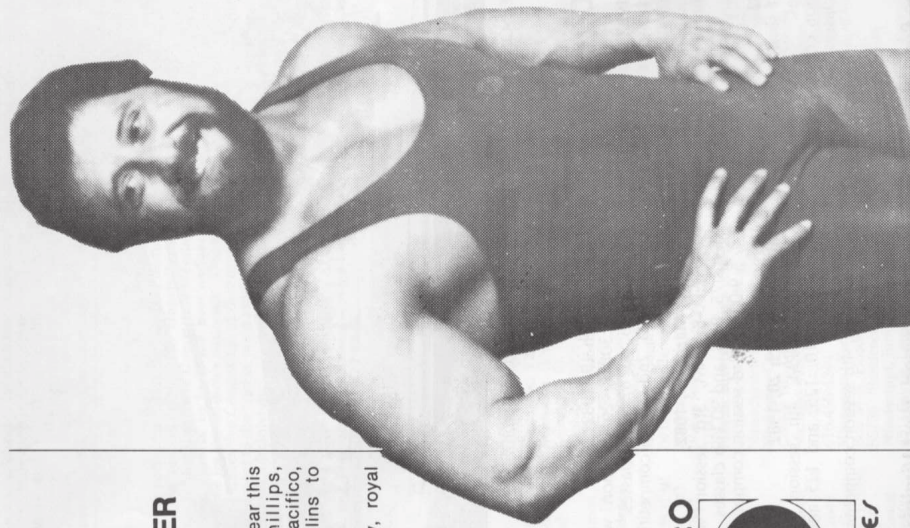
P.S. Tony Carpino suggests that Washington D.C. lifters register either in Maryland or Virginia. Also, be advised that elections for State Chairmen should take place at the State Championship meet this spring in the State of Washington. The State Chairman for the case of the Regional meet will not be processed by Conrad Cotter. Known candidates for USPF President include: Nate Foster, Larry Packer, Bob Packer, and John Pettit. For Treasurer Ricky Crain has declined. Final list available in March issue of PL USA.

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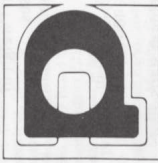
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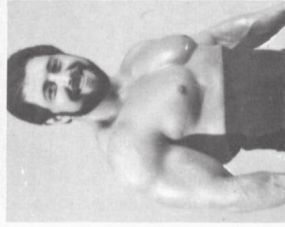
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More From Ken Leistner



The results should be in for the Y Nationals and I am hoping that St. Louis's Devitt Glenn has done well. Dev is another of the original St. Lou bunnies that I worked with during my days in the midwest (the rest of the crew includes Bill Davis, Jay Rosciglione, Rick Where Is He Now? Wickham, Warren Salade, and the semi-famous Tom Summer). Dev was by far my most consistent patient and listened better than any of them, even better than Jay who used to bring me with brownies and cannolis in order to get me to put his name in this column. He has paid his dues the last few years, and he is now receiving his rewards. A gifted athlete, he was a top ranked boxer in the service, and then turned to competitive kick boxing before finding his way to the gym. A testament to the axiom that hard work and perseverance pays off, Dev should make his mark this year. His first on the national scene and he will be heard from often before he is through.

I wanted to get right into the training stuff this month but first have to mention that I have had a few complaints re one of our advisers and if he truly has been slipping on his bills, not delivering merchandise, etc. his ads will not be carried, and he will alert all readers. Few things piss me off as much as one lifter ripping off another lifter. We've got enough problems without this going down.

Is everybody happy with your local PL representative? Still waiting for YOUR U.S.P.F. financial report? Pleased that a handful of people are screwing up YOUR game? I've had literally a hundred calls and they all ask, 'Ken, how can a few guys do this to all of us?' 'Easy, we let them!' Man, what's it gonna take to get you guys and girls to pull your heads out of the sand and get things shaking? Hey, Executive Committee, do you people care? Actually, I know that most of them do but their hands seem to be as tied as everyone else's. In a semi-related matter, note that Dr. Tom McLaughlin, Bill Davis, the great Kaz, and others have been becoming training partners and have been hitting the mats at Kaz's new gym. For all of those who thought that the Strength Research Center was going to be the answer to our prayers, the means for the little man in the sport, the average shimoo, to get some info that would help our totals well, the reality of it is that it's shot to heck, for many reasons, not the least of which is related to the very large ego involved. Ask Bill Davis next time you see him, and if anyone wonders why I feel I have to say something about that, I am partially responsible for getting Bill into the Auburn program. Oh

the training programs were primitive. Unless you were one of the coach's stars, workouts seemed to consist mostly of endless running. The one-to-one advice, weight lifting, and Tiger's Milk weren't lavished on me. Even later, when I attended college, except for stair climbing, running across campus when late for classes, and occasional sprints, most of my exercise consisted of turning pages in text books. Summers, which were always spent doing office work, weren't much better; you can't get much of a forearm pushing a pencil across paper! Now, I wasn't exactly a weak, but I can't honestly say that I was particularly strong either.

That's changed now. Twelve weeks ago, I moved to New York City. This did two things for me. First, it showed me how bad my physical shape was. Carrying boxes and furniture was an ordeal that left me aching for days. Second, and most important, I ran in to Ken Leistner, an old friend I hadn't seen in five years.

We met again quite by accident. I had gotten a job in a brokerage house not far from Ken's gym. We ran into each other on one of my lunch hours and thereafter met a couple of times a week. After catching up on five years, we gradually settled into a new friendship.

Ken told me about his gym and asked me up several times before I finally went. It's located on the top floor of a 19th century building that and changed not only lunch but breakfast and dinner as well.

Emphasis was placed on fruits, vegetables, whole grains, wheat germ, brewer's yeast, and some dairy products. Though I had

heard of things like unhydrogenated peanut butter before, I really thought I would ever eat it! I will admit, though, that the effect was immediate. My energy levels soared, and my workouts became a challenge to my physical state, rather than the assault I had envisioned.

After working up to 10 chins, Ken suggested taking a complete workout after working hours. Then he told me that I needed a goal and to think about what I wanted from training. They're not mutually exclusive, but you can go in one or two directions. You can be a lifter and the concentration will be on strength and technique; more strength, and a physique that will be muscular. As muscular as you'll ever want. You can also concentrate solely on your physique. If you train properly, and you'll actually do the first few times you actually do, you can have both, but a lot of these yo-yos just pump and pump and look pretty good, but can't lift much over their bodyweight. Think about it.

I compared pictures of weight lifters and bodybuilders. Though both types of physique had a certain appeal, I chose to pursue lifting over the pumped look.

The reason for my choice was simple and grew out of a conversation I had with my father several years ago. During the student demonstrations of the late sixties and early seventies, when many of us were busy shouting about how much power we had, my father said the following to me when I told him I wasn't necessary: 'Son, the screaming isn't involved if what you're talking about is real. The people who scream the loudest are in the biggest fog. It's quiet power that walks tallest.' To me, bodybuilders seemed to shout, 'I'm strong, whereas the quiet strength of the lifter implied the presence of sheer power.

With that settled, I began training. Ken was right. Proper training (we visited another workout establishment so that I could witness 'improper training') almost killed me. Three times per week I went to failure (did all the repetitions I could possibly do) on one set each of Squats, Stiff legged Deadlifts, Presses, Shrugs, Cleans from the hang, an exercise specifically for the lower back and obliques that can't be accurately described on paper, chins, and special ligament exercises. I followed this with stretching exercises and running. Sometimes, the exercises were done in an eccentric manner.

After seven weeks of workouts, three times per week, I have attained results that satisfy me immensely. Having no background in this activity, I perhaps am not aware that my results have, as Ken has told many people, 'bordered on the amazing.' My bodyweight increased from 140 pounds to 174, a gain of 34 pounds. My lifts have gone up enormously and though I can't be sure exactly what I was capable of doing before the beginning of the

program, I can now do 15 squats with 230 pounds and 11 presses with 135. I have also purchased a new wardrobe and all of my gains have been gains in muscular weight. Much to my surprise, I didn't get fat.

I intend to continue training, but now that I know that I can gain quickly, I intend to follow Ken's advice and trim down a little bit (Efficiency is the key. Keep your bodyweight as low as possible while still being able to do everything you want to do. Make sure you're carrying muscle tissue mass only, eat sparingly, and think of your internal organs. They'll appreciate that approach).

Though training was a difficult uphill battle over a depleted physical condition, horrendous food habits, and even Ken's strictness with respect to schedule ('There are no I don't feel like it today' days.), I'm glad I began. Beyond the weight gains has come an unexpected and new self confidence, a self confidence I have never known before and that I wouldn't trade away for anything.

As I said, no mention of Nautilus. The point that this article makes is that one very eager individual (admittedly with the Leistner genes and propensity for weakness) trained his rear off and got real big and real strong very quickly. The key was hard, brief, intense work, intense again referring to doing something that brings you close to the edge of your momentary ability. Does any of this apply to a PL program. Yes and no. In order to lift heavy weights, which of course, is the key to our particular sport, one has to use heavy weights in training, although not necessarily all of the time. So, one must put the weight on the back and hump it. Secondly, one should limit the actual quantity of work in terms of actual sets, repetitions, (be they light, moderate, or heavy reps), and days spent in training in order to fully and correctly recover from workout to workout, week to week, month to month, meet to meet. Thirdly, one has to have impeccable technique in the 3 competitive lifts and the only way to do this is to use heavy weights in impeccable style and obviously not go so light that you don't learn proper form nor so heavy that you don't learn proper form.

If the above is understood, one realizes that one set of 15 all reps won't make it when you get to the platform, but as importantly and as obviously for at least it should be, sets of fives, threes, twos and even one of those reps is well within one's ability to do those particular reps. What one has to do, as a general rule, is get some heavy reps in once per week, doing only singles or at most doubles, stressing form, form and more form, conditioning the proprioceptive apparatus and the mind, then use a backoff set, and perhaps another day where one uses higher reps (high

5th in his class in the Mr. International (IFBB) the night of the Olympia. He too, is a patient of mine and has completely transformed his body due to his own drive and intellect. He trains as we have discussed, a light warmup followed by one or at most, two heavy sets. Jim is one of the few lifters/pumpers around who can push himself to the limit each training day, each set, each 'final' rep and the results have been great. Here, at about 210 pounds, he is DLing 505 for a number of reps. He's no Bridges, but awful good for a true blue bodybuilder. In fact, he and Gil trained exactly the same and Gil too paid the price, primarily because I jumped his butt every workout. Where do the miracle machines fit in? Next month for that end of it, and the usual commentary, I trust everyone has gotten their new year off to a flying start. Train hard, train briefly (no Virginia, more is never better), rest hard and often, be sensible. Now is the time to give your expertise to the off season football program at your local high school. Don't you wish that someone like you were around when you were a high school athlete? Well, then, get to it. Until next month....



Below... Jim Windus deadlifts while Ken watches. photos by Bob Crusklin

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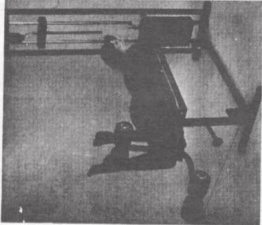
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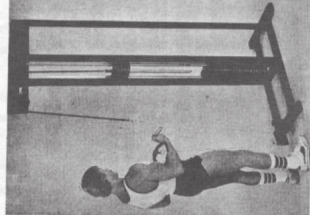
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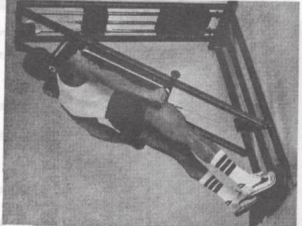
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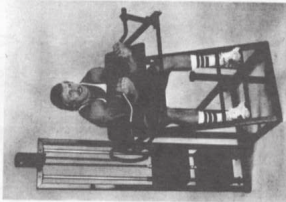
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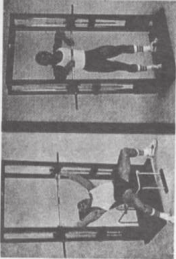
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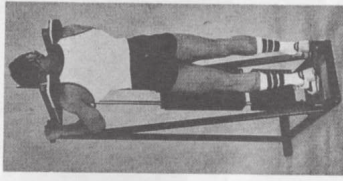
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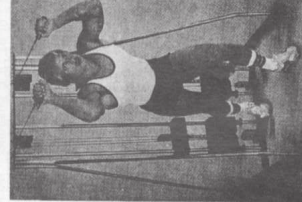
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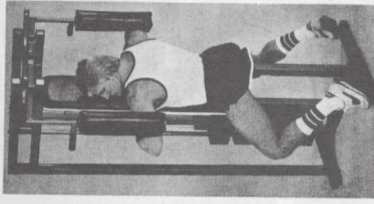
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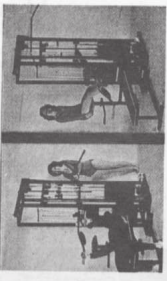
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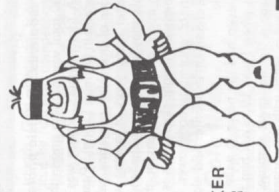
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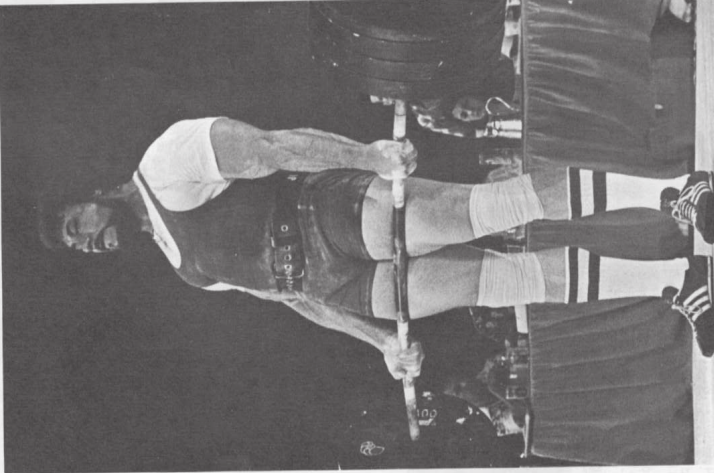
POWER PROFILE

JON COLE a Forgotten Legend?



by Training Editor,
Ron Fernando

In an age where such mammoth poundages such as 900 plus squats and 500 plus bench presses are becoming the rule and not the exception, people, especially some of the younger lifters, tend to forget some of the true giants of the sport who were hoisting that type of iron when NO ONE was doing it. Certainly George Ferris was one of them, but someone who in my opinion stood even above Ferris, not only because of his higher PL totals but due to his overall excellence in the Olympic Lifting and track was the Arizona Titan, John Cole. Cole was, during the early 1970's, THE premier strongman in the world. I remember a price that the Arizona Register did him some ten years ago - during the time when he was claiming to be the "World's Strongest Man". Ridiculous. I thought as I read it - who in their right mind could claim to be stronger than either Alexeyev or the immortal Paul Anderson? I was soon to be proven wrong when Cole set the strength world back on his feet with a strength world shattering 2,370 lb. total. He wore the equipment of the day, but remember, there were NO superstitis, super-wraps or powerbelts then. For those purists who decry individuals such as Ferris, Cole, etc. who wore trail blazers for modern powerlifting, let me remind you that there are few if ANY lifters today that are pushing the REALLY big numbers without the use of called supportive aids. Hey, let some of our 600-700 lb. squat and 400-500 lb. bench lifters get their minds. At any rate, let's get the sure they would not be able to lift under his belt (this was broken down into a super easy 430 press, 340 snatch which was blasted up and a 430 jerk which was nothing more than a push-jerk) during a period of time when Ken Patera's true champion in another field - Jon Cole.



Jon Cole in Hawaii...one of his finer moments. Deluisio photo

1300 total was numero uno in the USA (don't forget... Patera was a specialist in Olympic Lifting). Peary Rader of Iron Man magazine said after many years of looking we finally may have a man to challenge the might of the Russians in the Superheavyweight class. This is a man of enormous bodypower - a true champion in another field - Jon Cole.

I even had the nerve to write to Jon when I was 19 to ask him for advice. To my great surprise, I received a letter with the Arizona State Sun Devil logo on it (at that time, Jon was head strength coach at ASU) stating that I should call him. COLLECT and talk to him about a training schedule (more on that later). His coaching position was not some hokey job invented

...Jon Cole was the first man to squat 900 officially...

numerical age when they felt great the year before... At any rate, the two week cycle goes something like

Week 1

Day 1...bench press (medium heavy) 10,8,5x5; full squat (medium heavy) 10,8,6,5x5; upright rows 5x8 adding weight with each set; standing tricep press 5x8 adding weight curls each set; standing barbell curls 5x8; toe raises 6x20/2 sets with toes out, 2 with toes in, 2 with toes straight).

Day 2... power cleans 5,4,3,2,1; lying tricep presses 5x8; standing barbell curls 5x8; incline presses (heavy) 10,8,5x3.

Day 3...Bench press (same as Day 1); full squats (heavy) 10,8,5x3; arm work same as Day 1; toe raises same as Day 1.

Week 2
Day 4... (2nd week) Front squats (medium heavy) 10,8,6,5x3; inclines (medium heavy) 10,8,5x5; curls 5x8; lying triceps 5x8; toe raises 6x20.

Day 5...Deadlifts (heavy) 5,4,3,2,1; bench presses (heavy) 10,8,5x3; standing triceps 5x8; barbell curls 5x8.

Day 6...Full squats (heavy) 10,8,6,5x3; inclines (medium) 10,8,5x5; barbell curls 5x8; upright rows 5x8; lying triceps 5x8; toe raises 6x20.

As seen, a very interesting mix of the Power Three and key assistance moves. He liked to cycle the inclines and the benches as well as the front squats. Lots of arm work but strangely enough, no direct delt or lat work. Oh well, you can't argue with the results.

A cagey Las Vegas promoter offered Jon somewhere in the neighborhood of 18 grand a week to "lift" in a show a platform loaded with a bevy of Vegas showgirls. The catch was that he HAD to be a bonafide World Champion. Unfortunately, Jon sustained a mysterious injury to his knee prior to his departure for the World's Championships in York, Pennsylvania. Controversy still surrounds Cole, because some say that he "ducked" competition (Jim Williams and John Kuc specifically) and only performed his record lifts in his home turf. He did officially win the 242s at HPC1 with a 2085 total against McCormick, Phillips, Alf Morin, etc... I do believe that those gentlemen can only be classified as fine competition.

...the legend of Jon Cole lines...

Anyways, Jon is in 'semi-retirement' now, but still has that tremendous physique. He has little time to train due to his business commitments, yet, I was told that not too long ago, he was able to come out of his office and ram up an easy set of 5 with 450 in the bench press, and this after a 7 month layoff! The legend of Jon Cole lives on.....

Mr. USA, Jack Barnes, Mike Matousek, Mike Civalier, Billy 'Superstar' Graham, Marvin Allen and teenage phenom Randy Collett at Granny Thorbecke's double car garage gym in Scottsdale (a stones throw from ASU). Jon would usually start his workout with the bench press and perform around 12 sets (2-3 warmups, 5 sets of 2-3 reps with heavy weight, and some flush sets). Following the benches he would attack the squats, and I do mean ATTACK. To see Cole squat is to witness true athletic explosion personified.

...in his prime, he handled 315 in the overhead triceps press....

He advocated the pyramid system in all of his lifting, which he would cycle according to personal 'feel'. Additionally, Jon had a lot of his lifters and ball players performing the true power squats. At that time, people were still squatting using the old Olympic stance. Jon proved that one could handle significantly more weight by changing the stress points from the knees to the hips and back. Jon was the first man to officially squat 900 and Superheavyweight total around. Actually, Jon was not a natural squatter. Standing 5 ft. 10 in., he hadn't the height necessary for carrying 330 plus lbs. like Reinholdt, Jo-Jo White, Kennedy, Kaz, etc....

His deadlifts were awesome especially since he worked them ONCE PER MONTH. On the other days, Jon would do either power snatches or the clean & press movement (where each rep is cleaned separately and then pressed).

...some say that he ducked John Kuc and Jim Williams..

The incline bench was another favorite of Cole's, who reportedly inclined over 500 in his prime. He wouldn't do the moves correctly and didn't want to learn, your butt was booted out of the ASU weight-room pronto! Basic moves such as squats, benches, inclines, upright rows, tricep presses (lying and standing), power cleans, military presses, and calf raises were the staple of Cole's programs for the ASU athletes. He outlined a program specifically for each event in track (i.e. a program for the sprinters, throwers, jumpers, vaulters, etc...). I firmly believe that it was because Jon left ASU that for a few years their total athletic program suffered.

Of course, there is the subject of his own training. I have never seen Jon train but have known others who have. Would you believe 2 days per week for 6-8 hours a week with the likes of Pat Neve (former 181 BP record holder and

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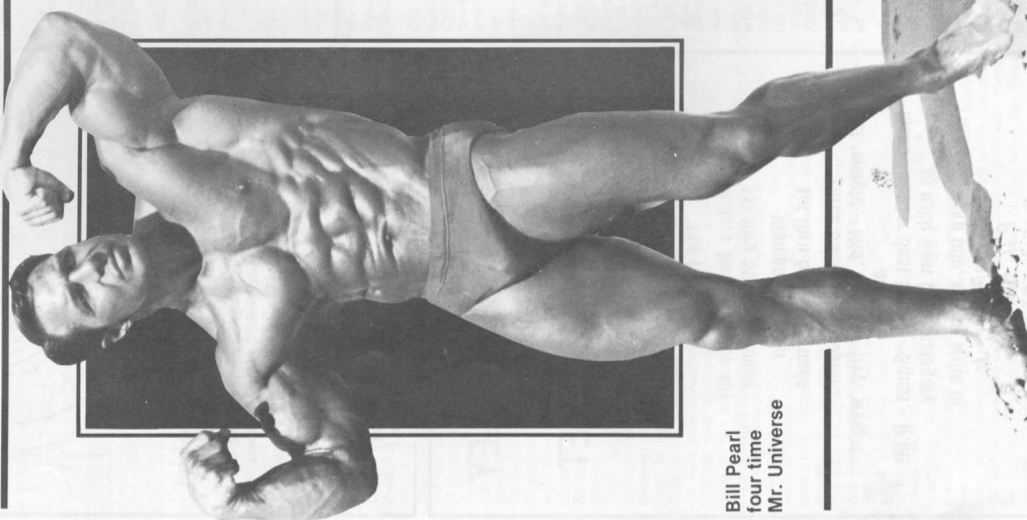
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DYNAMICS of the DEADLIFT

6. ATTIRE WHICH CAN INCREASE DEADLIFT

In the deadlift the athlete does not crouch down as low as in the squat. It is for this reason that there is much less of a 'squeeze' effect on the body. In the deadlift, no body part squeezes or pushes off of another body part to a major extent. Therefore, there is less of a leverage factor available.

However, these limited leverage conditions can be remedied and the 'squeeze' effect can be heightened by the use of certain apparel. Although the descent of the legs is not very low, it is low enough for a 10 cm wide leather belt to create a slight amount of pressure so to push the body upward. This action can even be more enhanced by the powerlifter if he or she consistently presses his or her abdominals up against the belt when descending towards the bar. This, of course, gives the benefits of a tighter torso and hence better leverage.

Another advantage can be had by wearing one of the snug reinforced lifting suits which are in vogue. Because of the tightness in the leg, seat and straps it makes the descent towards the bar slightly more difficult or tighter. It is recommended that if the trainee uses a suit of this style, then he or she not use it during practice but only one or two months in advance before the contest. This will help the lifter to not depend on the suit but have enough time to become adjusted to the feel so that the lifter's style is not altered.

It is well known that the closer a lifter is to the ground, the less distance he or she will have to pull the bar. To achieve this shortening

of distance, it is desirable to wear shoes with thin or no heels. Track shoes, wrestling shoes, slippers or gymnastics shoes have such heels. It will help the lifter to not wear socks as they sometimes cause friction with the bar. Some lifters have gone as far as to use an electric shaver across the thighs to further cut down on frictional resistance.

One might also spread baby powder or talcum powder across the thigh to offer a source of lubrication to allow the bar to slide up the leg. If powder is used, do not apply it directly with the hand or it will cause a slippery grip and a possible loss of the lift.

Another technique that the lifter may try is to have placed on the shoe a one inch thick wedge on the side of the shoe just over the ball of the foot. The rationale here is that lifters wear thick heels on the heel of the shoe in the squat to offset the weight which is behind the lifter, making it easier to lean forward and utilize the back. Since, in the deadlift, the weight is in the front of the body, a wedge in the front of the foot will help offset a weight which is in front and help the lifter to pull up and back, which is precisely the way the bar must travel towards completion.

There is no guarantee that the wedge at the front of the foot will increase poundages. However, if the reader has an old pair of track or wrestling shoes, this experiment may well be worth a try.

Send your comments to:
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National Meet Qualifying Totals

Senior Nationals	Junior Nationals	National Collegiate	Teenage Nationals (14-15)	Teenage Nationals (16-17)	Teenage Nationals (18-19)
114	1008	903	672	684.5	820
123	1179	1030	837	800	852.25
132	1267	1135	959	793.5	955.5
148	1386	1333	1146	953.5	1032.25
165	1591	1421	1256	1101.75	1198.75
183	1780	1652	1350	1021.5	1128
198	1780	1652	1350	1071.75	1391.75
220	1868	1719	1455	1076.75	1289.5
242	1956	1725	1455	1076.75	1439.75
275	2055	1890	1455	1105.25	1536.25
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Endorsement. Larry Wheeler and Rob Haley, promoters of the 1981 Sr. Nationals in Corpus Christi, point out that John Pettit took over the meet direction of the Seniors on short notice, did 3 months work in 4-5 days, and feel, via personal experience, that the kind of communication we have had in the sport has been very detrimental. They feel that John Pettit could solve many of the problems we have in the sport and endorse his candidacy for U.S.P.F. President and/or Executive Director. Incidentally, PL USA welcomes statements from candidates for either U.S.P.F. President or Treasurer and suitable endorsements from interested parties. Space permitting, PL USA will try to objectively pass along their comments.

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NUTRITION CORNER

by Jack Digangi

MASTER'S NUTRITION

This Nutrition Corner article is written for the "Master lifters" who not only defy gravity but also defy Mother Nature herself! To these lifters, I give my greatest respect. To those of us planning to compete for the next three to four decades, is this article dedicated. It is especially dedicated to Mr. Bob Ross and Henry Pop Pliard, two master lifters and two of the best sportsmen in the game. A lot of lifters like you two - especially me.

A study a few years ago found there are seven common characteristics shared by people enjoying a better than average life span. These are: slept at least seven hours per day, were within an acceptable weight/height range, employed some type of exercise, ate a morning meal daily, avoided between meal eating, avoided smoking and excessive alcohol consumption. The study pointed out that if the men practiced at least five of the seven habits, about eleven years would be added to our lifting career. For women, about seven years would be added to their life span. The message here is moderation.

The key to these seven points is that you keep your goals within the temperate range. Overdoing anything is harmful - including the powerlifts. Research has shown that a high protein diet of primarily red meats, coupled with a low calcium diet low in the dairy products, can bring about severe bone mineral loss called osteoporosis. This degenerative disease can lead to spontaneous bone fractures, and spinal column collapse commonly referred to as shrinking (not too good when doing rack deadlifts). Also rib cage collapse can lead to breathing difficulty. Again, moderation in protein intake coupled with dairy products daily should



Nutritionally,
J. P. Digangi, R.D.
Nutritionist

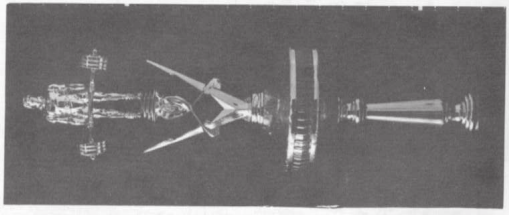
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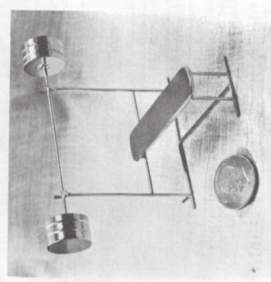


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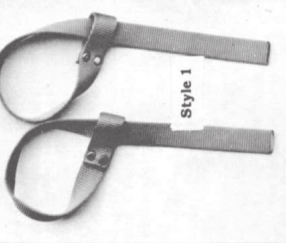
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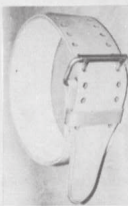
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FARRELL

With over 300 trophies and 20 years in the sport, Ed Farrell Riley is a Powerlifting Original! by Ted Kurlowicz

When I arrived promptly at the Riley Gym for my interview with Ed Farrell Riley, I was hardly surprised to find that the big man had yet to arrive. You see, Ed has never been accused of being excessively punctual. In fact, I have seen him arrive for a weight when the bar was already at 315 and get angry when the meet director wouldn't let him enter the contest. At least, his late arrival let me do my benches before he showed up. Working out with some of the gym regulars, I realized that benching must be their specialty. After warmups, the bar quickly reached 400 and then 500 leaving your author to watch from the sidelines.

While waiting for Ed, I also had the chance to freeze. His gym is located in a three door garage which could have been well heated by the dormant blower on the ceiling. While gym members Dave Barbee and Larry Disipio commented that it was warmer than usual, I noticed the thermometer hovering at 52 degrees. Let us dispel another rumor about Farrell before it gets started. He is not a noted philanthropist. However, he is not as cheap as some would lead you to believe. In fact, he once bought me a Coke. (It was at the 1978 Harrisburg Open and I'll never forget it!) But, enough character assassination, all of his friends will have to understand that there isn't enough space here to touch upon the rest of his idiosyncrasies.

Finally arriving one hour late, Ed was naturally annoyed that we were already into our squats and hadn't waited for him. While warming up, I got some info about Ed's career. Born December 28, 1938, he began lifting in high school to bulk up. Suffering from asthma, he found himself too thin to play varsity football. His lifting really got going while in the service circa 1955 when he was motivated by bodybuilder Bill Collins. His weight climbed to 230 pounds before his discharge. Around this time, he entered his first meet, the 1956 Philadelphia Open. This meet earned him the first trophy of a collection that now stands at 334. (Since I'm sure Farrell will enter several meets before this is printed, the collection may be over 340.) After getting out of the service, Ed continued Olympic lifting, splitting time between the 198 and heavyweight class. Needing a place to train, Dick Durante and Ed founded the famous Holy Savior Club in the late 1950s. The gym has been operated since then by Jim Messer. Ed competed for the club for over 20 years until opening his own gym two years ago.



The Most Successful Competitor in PL... even Ed is dwarfed by this tiny fraction of his giant trophy collection.

In the early 60s, Ed began lifting in odd lift meets in addition to Olympic lifting and his power career was born. In addition, Ed has also placed in physique contests. He competed at Iron Man contests in 1971 which combined lifting and posing. (If anyone has pictures of Farrell posing with his 50 inch waistline, keep them, they're real collector's items.)

Ed now concentrates almost exclusively on the power lifts. Near his age 48, Ed still has some lofty goals he would like to reach. He wants an 800 lb squat and a 2000 lb total before he retires. He was approaching these goals in 1978 when he made his best total, 1975, in the Schuylkill County Championships in the 275 lb class, but his weight and strength began to drop rapidly soon after. Ed had diabetes which went undiagnosed for 1 1/2 years. Ed finally discovered the disease himself with a test tape. His weight had bottomed out at about 220 and his lifts were down over 100 lbs each. With medical treatment, Ed's weight and strength have begun to climb, and his goals are once more in sight.

With Ed's busy competition schedule (he lifts in every meet within reasonable driving distance), you would expect an unusual training program. Ed trains year round as follows:

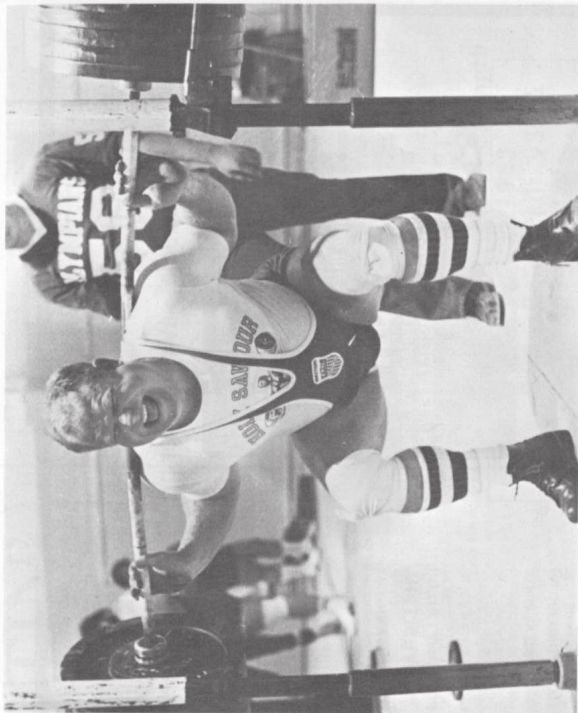
Monday: - Squat light: warm up with an empty bar, 135x5, 225x5, 315x5, 405x5, 505x10
Leg curls: 40-75 lbs 3 sets x 8
Lat Machine: 40-75 lbs 3 sets x 8
Pec dec flies: 3 sets x 8
D.B. Curls: 3 sets x 8

Wednesday: Bench: warm up and work up to 425x3, 450x1
DL: In rack off of varying heights (135, 225, 315, 405) 5 reps 505x1, 650x1, 700x1 (his best is 805x1 from below the knee cap). Ed deadlifts off the floor only at meets.
Upper body assistance: identical to Monday.

Friday: Squat heavy: Ed started the current cycle with a goal of 800, started working up to a work set of 6 reps with 505x6 20 weeks ago, he is currently at 665x6
Assistance: Same as Monday.

Saturday: Squat heavy again: Slightly more than 12 hours from Friday's workout. Ed will train again today for a workout of 5 lbs more than the day before, saw him do 670x6 and overbody in-pressed he did 665x6 the night before.
Bench heavy: contest style up to a maximum single.
DL: Same as Wednesday.
Assistance: Same as Monday with the addition of dumbbell benches.

Ed has trained this way for several years, and only misses a workout for a contest. On a meet week, Ed has tests after Wednesday until the contest. Then on Monday, it's right back to the gym. He admits that meets tend to break up his



Ed squats 760 at the Philly Open, wins the 275s & adds to his trophy collection. Note that he has yet to tap his little-used wallet for a supersuit, and has only recently sprung for a power belt & wraps. Kurlowicz photo

USPF to be unfortunate and is frustrated by the red tape required to qualify for Master's records. He finds it unfair to have to sustain large travel expenses to attend national contests just to set a record. He will compete in future Masters competitions and believes he can maintain high levels of strength until age 60. Thus far, his career best competition lifts are:

Powerlifting: Squat 780, Bench 560, DL 705, Total 1975.
Olympic: Press: 330, Snatch: 260, C&J 350.

Let me make some closing comments about Ed Farrell Riley. First of all, Ed is one of the most visible



Riley Gym Regulars include some fine bench pressers...left to right (with their best benches noted): Larry Disipio (315), Dave Ross (340), Farrell (560), Dave Barbee (500), Mitch Litchenstein (400), Frank DeAngelo (305), Huyward Myers (440), Tom Batigos (405), photo by Ted Kurlowicz.

The ORIGINAL, not known for any undue exertion between sets in the gym, Ed takes himself a little siesta, photo by Ted Kurlowicz.

lifters I've known. His business has made him well known in the area and people who don't know the difference between a squat and hammer curl know that Ed is a lifter with awesome strength. Amongst the local area lifters themselves, Ed is a most frequent topic of conversation. I'll guarantee that a novice lifter attending his first contest will remember Riley above all the other events of the day. Ed, at age 48 with 334 plus trophies, you're definitely one of a kind. May you lift and entertain us for many years to come.

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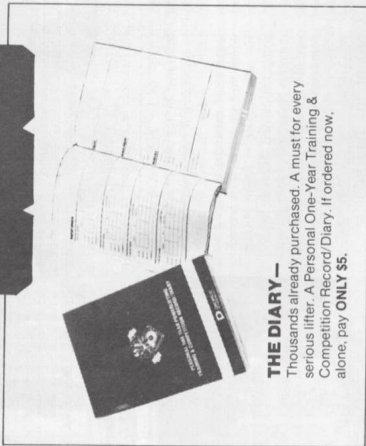
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STARTIN' OUT

A special section dedicated to the beginning lifter

Beginner's Routine

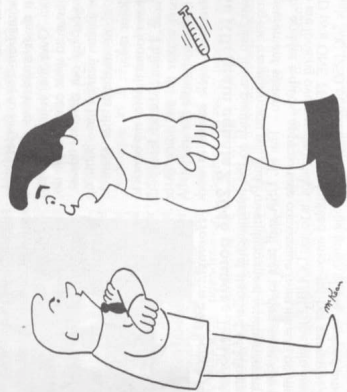
I recently subscribed to PL USA and have enjoyed its contents, especially the article entitled "Startin' Out", which I feel is very inspiring to beginners and intermediates such as myself.

Thanks to PL USA I am no longer a confused and unassured weightlifter. For the longest time I wondered whether or not to continue lifting. Today my outlook has changed and I am going to compete soon. I have toyed with weights for the past 12 years and because of my never developed any admirable lifts to my credit until I got serious about one year ago, at which time my bodyweight was 205 lbs and had lifts of 315-275-450. Today I can perform in strict fashion 360-300-515. Although the increases in my lifts do not seem so astounding, if you consider my weight loss of 30 lbs., I feel this is quite an accomplishment.

I feel personally that the biggest mistake novice lifters make is trying to max out in every training session. In the gym where I work out I see day after day guys maxing out on the bench, and the weight they're doing lifts with is the same amount they did 8 months previous. Below is my routine which I feel is a benefit to my progress.

Monday: Bench, press - 135x10, 205x6, 250x3, 290x2, all in fast rhythm and this is followed by 3 sets

Would-Be Authors...got something to say of value to lifters just starting out in the sport? Drop a card to "Startin' Out", Box 467, Camarillo, CA 93011 with your idea. Perhaps it will lead to a published article!



"ME USE DRUGS? NO, NEVER...HONEST I WHY DO YOU ASK?"

of 3 reps with 250 with a 3 second pause after each rep.

Thursday's routine is as follows: 135x10, 205x6, 240x3 and then 1 do 5 single reps with 275 with a 2 minute rest between each set. I combine this with 5 sets of incline bench presses: 185x5, 200x5, 210x5, 185x8, 165x12.

My squat routine is as follows:

Monday: 135x10, 205x6, 235x3, 275x3, 315x3, 285x10.

Thursday: 135x10, 205x6, 250x6, 250x6, 235x15.

I combine 4 sets of leg extension of 10 reps on Monday. On Thursday I do 4 sets of 12 reps in the leg curl.

My deadlift routine goes like this:

Wednesday: 135x10, 225x6, 315x5, 405x2, 490x2.

Saturday: 135x10, 225x8, 325x6, 405x6, 325x10.

I combine lat pulldowns or wide grip chins in each session and every other week I do 4 sets of good mornings or hyperextensions.

I believe in basic exercises and intense concentration. When lifting on a heavy set I try to blank the amount of the weight out of my mind. With a good positive attitude the heavy sets go easier.

C. Nelson, Beacon, NY.
PS: Thanks for getting me off my ass and lifting seriously.

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Incline Bench: 135x8, 205x6, 225x4, 265x4
Prone Tricep Extension: 4x8
Tricep Push Down: 4x8
Dumbbell Curls: 4x20

First Month/Second Day
Narrow Grip Bench: 135x10, 225x8, 275x8, 315x8, 325x8, 335x8, 335x8, 335x8
No MacDonald Bar or Inclines
Same supplements as First Day

Second Month/First Day
Regular Grip Bench: 135x10, 225x8, 315x5, 345x5, 375x5, 425x5, 425x5, 425x5, 425x5
MacDonald Bar: 225x3, 325x3(long pause)
Incline Bench: 135x8, 185x6, 225x4, 275x4
Tricep Pushdown: 105x8, 115x8, 130x8x2
Prone Tricep Extension: 100x8, 120x6, 140x4, 160x4
Dumbbell Curls: 3x20x60 pounds

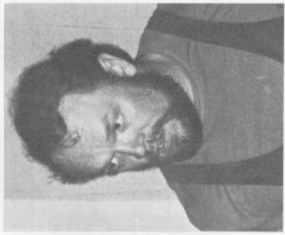
Second Month/Second Day
Narrow Grip Bench: 135x10, 225x8, 275x8, 315x5, 335x5, 355x5, 375x5, 375x5, 375x5, 375x5
Prone Tricep Extension: 100x8, 120x6, 140x4, 180x4
Tricep Push Down: 105x8, 115x8, 130x8, 150x8
Dumbbell Curls: 3x20x60 pounds

Third Month/First Day
Regular Grip Bench: 135x10, 225x8, 315x4, 365x4, 405x3, 435x1, 465x1, 505x1, 485x3, 485x3
Prone Tricep Extension: 100x8, 120x6, 140x4, 180x4, 200x4
Tricep Push Down: 105x8, 115x8, 130x8, 150x8
MacDonald Bar: 225x3, 405x3
Dumbbell Curls: 3x20x60 pounds

Third Month/Second Day
Narrow Grip Bench: 135x10, 225x8, 275x8, 315x5, 345x3, 375x3, 405x3, 435x3, 435x3, 435x3
Prone Tricep Extension: 100x8, 120x6, 140x4, 180x4, 200x4
Tricep Push Down: 105x8, 115x8, 130x8, 150x8
Dumbbell Curls: 3x20x60 pounds

BENCHING with BEHLING as told by Dean Behling

Dean Behling's victory at the 1981 Junior Nationals was crowned by his stunning 540 bench press in the 242 pound class. Dean has been making progress in this lift with clocklike regularity lately and has been good enough to share his ideas on training which should prove quite useful.



My lifting career started eleven years ago, just after I graduated from high school. Two of my buddies talked me into joining the Y, so we could start lifting weights and get into shape. Well, after two weeks they gave it up and I was by myself. Back then, a 'workout' consisted of 5-6 sets of benches, 3-4 sets of curls, and then off for some basketball. My biggest problem was finding someone to work out with. When I did find someone interested in the same thing as I was, we became fast friends. My first year and a half of training was spent doing benches and curls, but after we heard about the annual Nebraska State meet and went out to watch it, we started doing squats and deadlifts. In my first contest, I placed 8th in the 198 lb. class with an 1140 total. My lifts were a 400 squat, 315 bench press, and 425 deadlift. After that first meet, I was hooked!

After that I tried all kinds of workouts from 10s to singles, lifting three times a week to six days a week. Over the years, you read and listen to what other people do, and you try out different ideas. After eleven years, I have come up with some methods that seem to work for me.

I have found that for my bench to increase, I have to bench heavy. It doesn't matter if I am doing 8s or 3s, I have to handle the weight. A twelve week cycle seems to work best.

One Kilogram equals 2.2046 pounds. The USA is gradual-ly switching from pounds to the International standard of kilograms, and during the transition you will find Powerlifting meet results in terms of either measurement system. The PL USA staff tries to designate kilo meets as such, and for quick, apps use conversions from kilos to pounds, when you are looking over the results. It is to just DOUBLE the kilo amount and ADD to it ONE TENTH of that doubled amount. For example: 250 kilos equals 500 (250 doubled) plus 50 (one tenth of the doubled amount), or 550 pounds. This conversion shortcut is usually accurate within a pound or two. For a kilo conversion chart of your own, 25 to 500 kilos in 2.5 kilo jumps, send a stamped, self-addressed envelope to PL USA Kilo Chair, Box 467, Camarillo, California 93011.



Hooraai...a 540 bench for Dean
The USA is gradual-ly switching from pounds to the International standard of kilograms, and during the transition you will find Powerlifting meet results in terms of either measurement system. The PL USA staff tries to designate kilo meets as such, and for quick, apps use conversions from kilos to pounds, when you are looking over the results. It is to just DOUBLE the kilo amount and ADD to it ONE TENTH of that doubled amount. For example: 250 kilos equals 500 (250 doubled) plus 50 (one tenth of the doubled amount), or 550 pounds. This conversion shortcut is usually accurate within a pound or two. For a kilo conversion chart of your own, 25 to 500 kilos in 2.5 kilo jumps, send a stamped, self-addressed envelope to PL USA Kilo Chair, Box 467, Camarillo, California 93011.

POWER-RESEARCH

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The Biomechanics of Powerlifting
by Tom McLaughlin, Ph.D.

Director, Biomechanics Laboratory
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 SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, RESEARCH QUARTERLY, JOURNAL OF PHYSICAL EDUCATION, FITNESS, AND SPORTS, and has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the AMERICAN SOCIETY OF BIOMECHANICS, and the INTERNATIONAL CONGRESS OF SPORTS SCIENCES. 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.

ASSISTANCE EXERCISES

The Low Back - Part 2.

Let's see if everyone is 'man enough to bear the pain'. I have another article that should finish up low back training for a while. We finished last month with a look at typical loads on the lumbar spine and on the 'Flexion/Relaxation Phenomenon.' I'd now like to continue with some technique and training considerations for the low back.

3. Ligaments versus Muscles

Involvement in Lifting.

The muscles and ligaments of the low back will be involved to varying degrees depending on the type of deadlift or low back exercise that is used. Let's look at the two major types of deadlifting found. In the stiff legged deadlift exercise (which often is the body position found during deadlifting in competition by many powerlifters), there is less low back activity in the erector spinae muscles than during a regular style straight back type deadlift. (Ref 1). This does not mean, however, that this stiff legged type of lifting creates less load on the lumbar spine. Indeed, the stress on the vertebrae is greater during the stiff legged style lift as discussed last month in PL USA. What this does mean is that the muscles in the low back are not involved as much in the stiff legged deadlift when coming off the floor with a bar. As discussed last month, when you are leaning over during a stiff legged deadlift, the 'flexion/relaxation phenomenon' takes effect and the ligaments of the back take over the major part of the load. Therefore, in the stiff legged type lift the ligaments are put under heavy stress while the low back extensor muscles are not heavily involved during the lift. (Ref 2).

When lifting in a regular style previous PL USA articles that in the deadlift, we have a situation where more involvement of the low back inches count! Every inch that the bar swings forward during the

deadlift adds at least 25% to the amount of force you must generate to complete the lift. Obviously, keeping the bar close to the body is of extreme importance. What few people realize though, is that powerlifters often assume body positions while deadlifting that cause the bar to swing forward unnecessarily. For example, with lifters who use a narrow stance in the deadlift you will often see the lower legs hit the bar, resulting in the bar rolling forward at the start of the lift. It's really a significant factor on the chances for success in the deadlift, so be sure to have someone watch your deadlift to see how much the bar moves forward horizontally throughout your deadlift. A change in your technique, width of your stance, foot position, etc. could help a lot in reducing the horizontal motion of the bar.

I should mention that it is interesting to note that a lot of big guys (superweights especially) often have tremendous squats but can't seem to keep their deadlifts moving up with their squat increases, or they even get worse in the deadlift as the body weight climbs. One conceivable reason for this is that the big guys increase the mass of their legs and the bar rests further and further out on the thighs during the lift, and as a consequence, even though their back musculature maintains the same strength level, they have poorer and poorer leverage as their legs get larger, and the back musculature has more torque to overcome during the deadlift.

5. Jerks and Rotations. Although difficult to measure quantitatively, the low back muscles and ligaments are not designed for sudden jolting movements. When doing deadlift work, trying to get the deadlift moving off the floor, a sudden jerk is probably not a good idea. Also, there is evidence that rotating or twisting of the body while deadlifting increases the stress on the lumbar spine.

6. Low back recovery. Although I have been unable to find much research on recovery of the low back muscles after heavy training, some evidence does exist that this muscle group takes longer than other muscles to recover. In the Russian Weightlifting Yearbook

CLASS 114 123 132 148 165 181 198 220 242 275 SHW Elite 1064 1157 1246 1394 1527 1642 1731 1824 1890 1946 2033 Master 981 1064 1146 1249 1400 1505 1593 1675 1736 1786 1857 Class I 882 953 1025 1152 1257 1350 1422 1505 1554 1598 1670 Class II 772 838 904 1009 1102 1190 1257 1323 1367 1411 1472 Class III 672 733 788 867 965 1057 1157 1196 1229 1279 Class IV 590 639 689 772 838 904 953 1003 1047 1119

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(Ref 2) evidence is presented that demonstrates the need for longer recovery time after training the larger muscles, like the legs and back. The recovery time recommended for the low back therefore varied from 18 hours (Ref 3) all the way up to 7 days. Most top powerlifters I've been around usually do three lifts per week. Anyone out there lifting heavy more than once or twice a week should probably reconsider.

7. Stretching and 'Resting' the Low Back. Low back stretching is advised if you have extremely tight low back ligaments. This is best done in the fetal position by bringing the knees up to the chest as you stretch. Tight hamstrings are also a problem indirectly related to the back. It is important to include some protective stretching in most training programs, since the hamstring muscles are more resilient than the low back ligaments. Some 'testing' or recuperative exercises that I would recommend for a chin up are: (1) Hanging from the top bar by giving periodic gentle tugs on your legs while you hang from the bar; (2) Gravity boots or similar inverted position apparatus; and (3) Hanging the best position for the low back, which reduces stress on the lumbar spine more than any other movement is to lie on your back with your legs up to a bench. Your legs and hips are at 90 degrees (like the position while doing abdominal crunches with your feet over a bench). Sleeping or resting in this manner will reduce the stress on the lumbar vertebrae better than almost any other movement.

8. Stop for now and we will move on to a new topic as we continue to look at the Biomechanics of powerlifting. Good lifting!

Ref 1. Anderson, G. B. J., Herbert, P., and Frymoyer, J. W. Back Muscle Activity in Standardized Lifting. International Series of Monographs in Human Performance, Vol. 1A, edited by T. D. Komi. Baltimore, University Park Press, 1976, pp 520-529.

Ref 2. Farfan, H. F. Muscular Mechanisms of the Lumbar Spine and the Cervical Spine. Orthopaedics Clin. North Am. 6: 133, 1973.

Ref 3. Dolov, D. N., Miller, G. E., and Noone, D. D. The Aftereffects of Training. Russian Weightlifting Yearbook, 1975.

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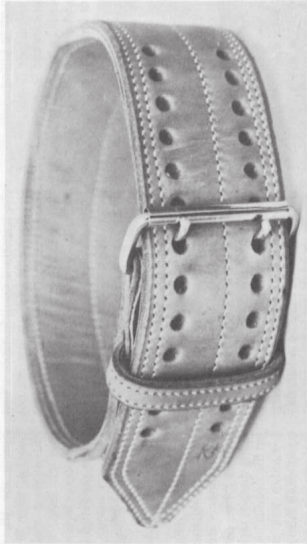
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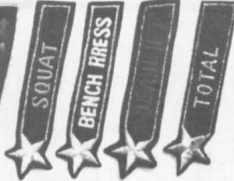
(181 3/4 lb./82.5 kg.)

For USA lifters competing from January 1981 through December 1981

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	804 Bridges, M 11/7/81	529 Bridges, M 11/7/81	749 Bridges, M 11/7/81	2084 Bridges, M 11/7/81
2	755 Wright, D 3/7/81	475 DeVecchio, J 12/19/81	727 Coyle, R 12/7/81	1824 Coyle, R 12/7/81
3	705 Ellis, B 7/11/81	473 Wright, D 7/25/81	716 Prangin, G 6/14/81	1824 Wright, D 7/25/81
4	684 Capripino, D 12/25/81	457 McDermott, D 11/14/81	693 Capripino, D 12/25/81	1785 Capripino, D 12/25/81
5	684 Capripino, T 7/11/81	451 Austin, P 3/7/81	683 Capripino, T 7/11/81	1745 Capripino, T 7/11/81
6	675 Takaha, B 3/27/81	451 Van Haselen, B 11/7/81	683 Takaha, B 7/11/81	1745 Takaha, B 7/11/81
7	666 Austin, P 3/27/81	446 Blackwell, M 6/13/81	680 Nellor, B 7/25/81	1741 Saluzzi, S 3/8/81
8	666 Lem, J 12/5/81	440 Beck, J 1/20/81	677 Saluzzi, S 3/8/81	1741 Wilson, J 12/5/81
9	661 Wilson, J 12/5/81	435 Carpino, T 7/11/81	666 Carpino, T 7/11/81	1736 Austin, P 3/27/81
10	650 Shivers, A 2/21/81	435 Welch, J 12/5/81	666 Keyba, V 9/26/81	1697 Prangin, G 6/14/81
11	640 Law, D 3/28/81	434 Katala, B 3/21/81	666 Clough, T 11/7/81	1670 Knight, S 12/19/81
12	650 Parigan, G 6/14/81	429 Allen, J 11/7/81	655 Wilson, J 12/5/81	1665 Law, D 3/28/81
13	645 Eller, D 3/15/81	424 Bullard, D 6/13/81	650 Whitaker, J 10/01/81	1664 Bell, B 5/16/81
14	640 Knight, S 12/19/81	424 Rachwal, V 12/14/81	650 Hill, W 3/28/81	1653 Sulphin, P 1/10/81
15	639 Sulphin, P 1/10/81	424 Rachwal, V 12/14/81	650 Hill, W 3/28/81	1642 Sier, D 3/1/81
16	635 Peterson, V 6/28/81	424 Lanocca, C 11/15/81	650 Griffin, F 11/22/81	1642 Lem, J 12/5/81
17	633 Bell, R 1/14/81	415 D'Onofrio, C 12/5/81	644 Akuna, J 10/10/81	1640 Peterson, V 6/28/81
18	633 Garcia, S 3/08/81	415 Brown, M 11/81	644 Ford, M 12/5/81	1640 Shepard, K 12/5/81
19	633 Moylana, J 6/13/81	413 Bell, R 5/16/81	644 Mstric, L 12/5/81	1636 Maupin, T 11/22/81
20	630 Brady, J 4/15/81	413 Whibley, S 11/7/81	640 Elv, B 3/29/81	1631 Bullard, D 6/13/81
21	630 Jones, D 9/27/81	413 McKee, B 12/13/81	640 Knight, S 12/19/81	1631 Mowlan, J 6/13/81
22	625 Trosch, B 12/5/81	413 Hooper, D 12/13/81	639 Zoldis, J 10/01/81	1629 Kribs, C 9/26/81
23	622 Macchella, M 3/20/81	410 Blackmon, R 4/11/81	639 Collins, C 2/15/81	1620 Bell, G 10/24/81
24	622 Paul, T 5/31/81	410 Iona, R 12/6/81	639 Elms, B 7/11/81	1614 Whitaker, J 10/01/81
25	620 Wardrop, P 10/3/81	407 Gannon, J 1/10/81	639 Mitchell, J 9/26/81	1614 Ford, M 12/5/81
26	617 Coles, D 3/20/81	407 Eller, D 3/15/81	635 King, J 3/15/81	1610 Nellor, E 5/16/81
27	617 Brumback, S 9/2/81	407 Bouslog, J 6/28/81	633 Iona, R 11/08/81	1609 Iona, R 11/08/81
28	617 Smith, J 9/27/81	405 Brown, M 3/29/81	633 Caplan, M 6/13/81	1598 Fleming, H 10/31/81
29	611 Horowitz, K 2/28/81	405 Salley, D 8/1/81	633 Probst, J 9/26/81	1595 Hardman, S 11/22/81
30	617 Brumback, S 9/2/81	402 Vozar, N 8/5/81	630 Herring, G 6/27/81	1587 Kameshiro, D 10/10/81
31	615 Hardman, S 11/22/81	402 Paul, T 5/31/81	630 Oregio, G 6/27/81	1581 Aston, H 8/2/81
32	611 Horowitz, K 2/28/81	402 Walsh, M 9/26/81	630 Givens, F 6/27/81	1581 McClaverty, K 10/10/81
33	611 Horowitz, K 2/28/81	402 Mowka, E 10/31/81	630 Wolsky, D 12/2/81	1575 Vozar, N 8/5/81
34	610 Spender, B 7/27/81	400 Long, G 2/15/81	628 Sulphin, P 1/10/81	1575 Kogul, S 7/25/81
35	606 Allen, J 10/01/81	400 Charriga, R 3/22/81	628 Hale, M 6/13/81	1573 Shivers, A 2/21/81
36	606 Baughn, J 2/28/81	400 Herring, G 6/27/81	625 Bell, G 10/24/81	1570 Horowitz, K 2/28/81
37	606 Keyba, V 9/26/81	400 Kish, A 9/5/81	622 Eller, D 3/15/81	1570 Kobetz, R 9/26/81
38	606 Mistrick, L 12/5/81	400 Knight, M 10/18/81	622 Reed, M 2/23/81	1570 Walden, J 10/10/81
39	605 Elv, B 3/29/81	400 Hefner, G 10/12/81	622 Chung, B 7/25/81	1569 Probst, J 9/26/81
40	600 Passon, D 13/1/81	398 Caplan, M 6/13/81	617 Lem, J 10/25/81	1565 Cappola, J 4/11/81
41	600 Vangel, D 3/27/81	398 Kocak, B 6/13/81	617 Pierce, D 12/5/81	1565 Van Haselen, B 10/3/81
42	600 Szigethy, J 4/5/81	398 Vaneck, D 11/7/81	611 Orr, J 3/28/81	1554 Collins, C 2/15/81
43	600 Van Allen, J 4/5/81	398 Close, T 11/14/81	611 Scigethy, J 4/5/81	1554 Radwaj, T 11/14/81
44	600 Wolfe, C 5/20/81	398 Law, D 3/28/81	611 Hardman, B 8/08/81	1548 Nars, A 8/29/81
45	600 Ballard, D 6/13/81	398 Nunn, D 5/21/81	611 Van Haselen, B 11/7/81	1548 Mc Kee, B 12/13/81
46	600 Kogul, S 7/25/81	398 Whilman, P 10/17/81	611 Hodgkiss, R 11/7/81	1548 Brown, M 10/17/81
47	600 Purkes, R 4/11/81	398 Light, J 2/19/81	611 Bush, C 12/13/81	1543 Ludner, J 2/21/81
48	600 Wang, P 5/20/81	398 Sauer, P 10/17/81	610 Walsh, R 4/11/81	1543 Higgins, R 7/25/81
49	600 Diaz, V 10/17/81	395 Garcia, C 2/14/81	610 Shines, M 5/81	1543 Hodgkiss, R 11/7/81
50	600 Johnson, C 11/22/81	395 Boornazian, C 3/6/81	610 Ham, M 9/20/81	1543 Lurocca, C 10/15/81
51	595 Zrimski, M 3/28/81	395 Reichmeyer, A 3/28/81	610 Kardos, J 11/29/81	1540 Bush, C 6/21/81
52	595 Kye, B 10/31/81	395 Ford, M 5/30/81	606 Allen, J 10/01/81	1537 Blanchard, P 3/7/81
53	595 Snider, S 10/31/81	395 Gillis, P 8/81	606 Allred, M 11/01/81	1537 Orr, J 3/28/81
54	589 Trave, J 7/25/81	395 Johnson, S 10/17/81	606 Hatfield, M 3/7/81	1537 Kaufman, B 8/08/81
55	589 Patrick, W 9/26/81	395 Shepard, K 12/5/81	606 Whitehead, G 3/6/81	1537 Mowka, E 10/31/81
56	585 Hardman, B 3/28/81	395 Pierce, D 12/5/81	606 Ilog, T 5/23/81	1532 Coates, D 3/20/81
57	585 Desj, B 2/6/81	390 Bouslog, J 6/28/81	606 Brumback, S 9/2/81	1530 Jones, C 3/28/81
58	585 Clay, B 6/28/81	390 Groves, F 2/14/81	606 Lupesc, S 10/31/81	1530 Diaz, V 10/17/81
59	584 Lamb, J 10/31/81	390 Ladnier, J 2/21/81	606 Wood, S 12/5/81	1526 Brumback, S 9/2/81
60	584 Kern, J 11/7/81	390 Muller, A 2/8/81	605 Chary, B 6/28/81	1526 Pierce, D 12/5/81
61	580 Zoldis, J 10/01/81	390 Dalry, R 3/29/81	605 Kelly, B 7/25/81	1525 Helgenberger, D 5/16/81
62	580 Waide, J 2/8/81	390 Dince, D 4/11/81	605 Knight, S 12/19/81	1525 Wolfe, G 6/7/81
63	580 Waple, J 2/8/81	390 Walle, C 4/11/81	600 Martter, S 2/28/81	1521 Kribs, C 9/26/81
64	579 Smith, G 3/7/81	390 Moplán, J 6/13/81	600 Garcia, C 2/14/81	1521 Weber, B 2/21/81
65	578 Thomas, S 5/23/81	390 Shivers, A 6/13/81	600 Babiero, F 2/15/81	1521 Szigethy, J 4/5/81
66	578 Thomas, S 5/23/81	390 Miller, T 6/20/81	600 Lawrence, D 3/28/81	1520 Van Allen, J 4/5/81
67	578 Waple, J 2/8/81	390 George, D 9/27/81	600 Wright, C 3/29/81	1520 Walsh, R 4/11/81
68	578 Akuna, N 10/10/81	390 Lozon, F 10/18/81	600 Stunton, E 4/18/81	1516 Goldberg, A 5/24/81
69	578 Gill, B 10/31/81	390 Simpson, J 11/21/81	600 Avila, J 5/30/81	1515 Smoker, J 6/7/81
70	575 Julcan, C 1/11/81	390 Redford, P 12/12/81		

POWERLIFTING USA Achievement Patches! If your name is on the list, your class is published, then you can order a patch. You may order for TOP 20 patch (\$4), TOP 50 patch (\$3.50), TOP 100 patch (\$3.50), and the identification patches are \$2.00 and bench press photographs out of squat and bench press photographs out of squat (next issue.)

Hundreds of these patches have been ordered. You may order for an individual or your team. Each time a list is updated it becomes harder and harder to order. NOW, you can order yours. ORDER NOW. Send \$2.00 to POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93011



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Vitamin E (Polyunsaturate)	333%
Vitamin Complex (time release)	333%
Ascorbic Acid (Vitamin C)	100%
Calcium	100%
Iron	100%
Magnesium	100%
Potassium	100%
Selenium	100%
Zinc	100%
B-Complex factors (time release)	100%
Vitamin B ₁ (Thiamin HCl & Yeast)	100%
Vitamin B ₂ (Riboflavin & Yeast)	100%
Vitamin B ₃ (Nicotinamide HCl & Yeast)	100%
Vitamin B ₅ (Pantothenic Acid & Yeast)	100%
Vitamin B ₆ (Hydro Cobal Conc. & Yeast)	100%
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Choline	100%
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Iron (Amino Acid Chelate)	100%
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Copper (Amino Acid Chelate)	100%
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***Need in human nutrition not established.

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• Manganese 10 mg. * Copper 3 mg. * Selenium 50 mcg.
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Central Carolina Open
12/19/81-Monroe, NC (totals only)

V. Horn	905	R. Collins	680	374	557	1543
B. Harrell	640	M. Hall	562	358	562	1482
R. Thomas	555	D. Bost	198	197	197	1305
T. Woodburn	885	T. Sasser	1570	1470	1470	1300
T. Woodhead	855	D. Hylton	1465	1465	1465	1285
A. Brantford	640	A. Grayard	220	220	220	1480
V. Williams	1400	R. Bumgarner	1400	1400	1400	1320
L. Brown	1035	H. Montgomery	1030	242	242	1030
L. Twitty	1030	B. Walker	1315	1315	1315	1005
A. Gomez	1085	R. Swain	1085	1085	1085	1005
D. Blakey	1080	T. McWhorter	1080	275	275	1005
T. Pardue	1500	J. Schaefer	1500	1500	1500	955
B. Benson	1270	J. McLeod	1270	1270	1270	955
A. Campos	1230	F. Traywick	1185	1185	1185	955
E. Hanlon	1185	J. Gray	1185	1185	1185	955
J. Gray	1185	J. Robertson	1430	1430	1430	955
R. Depencier	1430	J. Robertson	1430	1430	1430	955

(Totals not available for heavier classes.)
Thanks to Johnnie Houze for results (100 lifters - in under 10 hours).

5TH ANNUAL PURDUE OPEN
21-22 NOV 81-W. LAFAYETTE, IN

238	R. Kiddell	292	176	363	832	1613
238	J. Morgan	226	148	264	639	1518
56kg	K. Burkhart	352	242	386	485	1518
M. Evans	253	270	402	926	1260	1518
D. Chausman	259	196	347	754	1400	1518
67.5kg	M. Kellner	396	253	457	518	1400
75kg	E. Johnson	595	352	578	1526	1400
D. Peterson	567	319	595	1482	1400	1400
E. Coan	578	347	551	1477	220	1400
C. Lee	551	330	562	1444	220	1400
E. Phillip	424	259	518	1201	242	1400
M. Keller	407	237	462	1107	242	1400
J. Spooner	468	296	518	1201	242	1400
H. Coebert	468	296	518	1201	242	1400
F. Shabrier	606	380	650	1636	300	1400
F. Shabrier	485	308	606	1399	300	1400
J. Brundidge	529	308	606	1399	300	1400
P. Malone	307	259	551	1316	300	1400
M. Hunt	551	303	457	1311	300	1400
D. Shum	474	259	490	1162	300	1400
J. P. Bess	386	325	429	1082	300	1400
M. Bess	407	226	418	1052	300	1400
R. Hafner	462	226	418	1052	300	1400
51kg	A. Maldonado	617	374	644	1636	1438
A. Maldonado	562	336	529	1438	1438	1438
E. Kopolowski	529	259	540	1328	1438	1438
M. Stahl	485	286	474	1234	1438	1438
S. Strahm	446	259	562	1228	1438	1438
T. Brown	374	281	512	1168	1438	1438
M. Nathanson	386	281	512	1168	1438	1438
K. Todd	303	181	407	920	1438	1438
100kg	R. Everett	688	451	655	1796	2408
J. Sigmond	683	380	644	1708	1400	2408
R. Falchioni	573	352	600	1526	1400	2408
V. Murray	573	281	599	1444	1400	2408
D. D'Amico	386	286	457	1124	1400	2408
K. Wald	600	457	600	1756	1400	2408
110kg	M. Challet	749	457	771	1929	2408
R. Schabner	626	446	766	1890	1400	2408
K. Schabner	584	523	650	1758	1400	2408
R. Smith	534	534	573	1665	1400	2408
O. Kira	523	325	599	1430	1400	2408
J. Madman	531	314	446	1291	1400	2408
D. Waddington	632	512	755	2099	1400	2408
J. Magee	622	462	650	1736	1400	2408
D. Schwedlin	600	386	511	1507	1400	2408
Plus 125kg	J. Ford	782	429	727	1940	2408
J. Greco	749	418	501	1670	1400	2408

North Colombia Regional
Squat & Bench Press
Championships, Barranquilla,
Colombia-12/5/81

52kg	R. Jimenez	140	100	240	240R
54kg	W. Jimenez	140	100	240	240R
56kg	R. Torres	140	100	240	240R
58kg	R. Torres	140	100	240	240R
60kg	R. Torres	140	100	240	240R
62kg	R. Torres	140	100	240	240R
64kg	R. Torres	140	100	240	240R
66kg	R. Torres	140	100	240	240R
68kg	R. Torres	140	100	240	240R
70kg	R. Torres	140	100	240	240R
72kg	R. Torres	140	100	240	240R
74kg	R. Torres	140	100	240	240R
76kg	R. Torres	140	100	240	240R
78kg	R. Torres	140	100	240	240R
80kg	R. Torres	140	100	240	240R
82kg	R. Torres	140	100	240	240R
84kg	R. Torres	140	100	240	240R
86kg	R. Torres	140	100	240	240R
88kg	R. Torres	140	100	240	240R
90kg	R. Torres	140	100	240	240R
92kg	R. Torres	140	100	240	240R
94kg	R. Torres	140	100	240	240R
96kg	R. Torres	140	100	240	240R
98kg	R. Torres	140	100	240	240R
100kg	R. Torres	140	100	240	240R

Records: E - US Military in Europe, U - USAFE; C - Continental Sports Center; K - Kingdom Sports Conf.; I - US Military in Italy; S - Spanish Regional; T - Turkish regional.
OL: Outstanding lifter. Thanks to Dusty Caldwell for results.

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Saturday, March 6, 1982

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Lifting 9:30 AM

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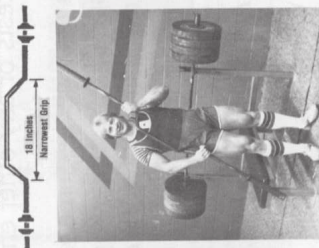
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Thymus 140 mg 90 tabs 5.75
Heart 140 mg

WORLD'S ALL TIME BEST POWERLIFTERS Compiled by Herb Glosbrenner Powerlifting USA Statistician

52 kg	1190 Dunbar, C (USA-80)	1372 Gant, L (USA-80)	627 kg	1614 Bradley, J (USA-81)	1256 Cole, J (USA-72)
1190 Dunbar, C (USA-80)	1344 McKenzie, P (NZL-79)	1548 Bradley, J (USA-80)	1614 Bradley, J (USA-81)	1609 Braden, M (USA-78)	2220 Koehne, W (USA-81)
1190 Dunbar, C (USA-80)	1295 Bradley, J (USA-78)	1422 Pongelli, E (GBR-79)	1609 Braden, M (USA-78)	1609 Braden, M (USA-78)	2215 Hackett, E (USA-81)
1190 Dunbar, C (USA-80)	1295 Bradley, J (USA-78)	1422 Pongelli, E (GBR-79)	1609 Braden, M (USA-78)	1609 Braden, M (USA-78)	2215 Hackett, E (USA-81)
1190 Dunbar, C (USA-80)	1295 Bradley, J (USA-78)	1422 Pongelli, E (GBR-79)	1609 Braden, M (USA-78)	1609 Braden, M (USA-78)	2215 Hackett, E (USA-81)

The TOP 50 Men in each category thanks to Herb Glosbrenner!

530 lifters from 17 nations... Here's a breakdown on which lifters represented:

USA.....402	FIN.....28	FRG.....4	YUG.....1
SWE.....23	CAN.....14	AUS.....7	SCOT.....2
IND.....5	ICE.....3	2009 Morgan, M (USA-72)	2010 Smith, T (USA-77)
2010 Smith, T (USA-77)	2010 Smith, T (USA-77)	2010 Smith, T (USA-77)	2010 Smith, T (USA-77)

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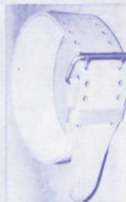


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Additional orders or special instructions					Total

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MARK DINDJUK 1980 WORLD CHAMPION



LARRY PACIFICO 9 TIME WORLD CHAMPION



MARVIN PHILLIPS, 20-TIME WORLD RECORD HOLDER IN THE SQUAT

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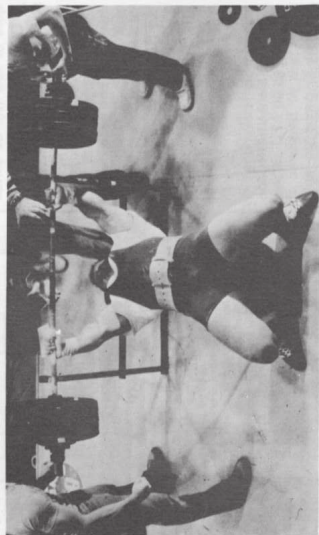
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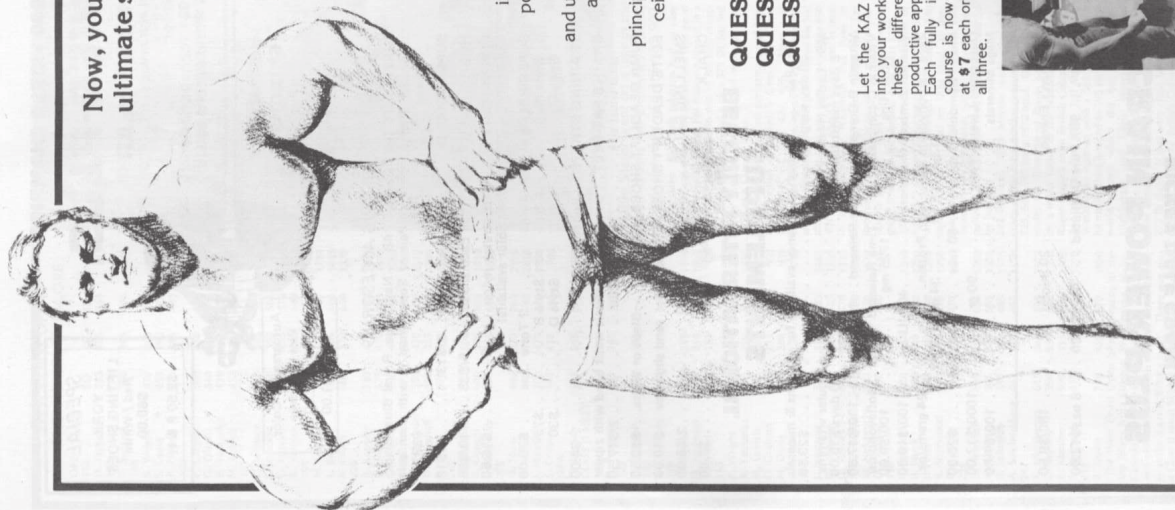
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WORLD RECORD HOLDER
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2425 - POWERLIFT TOTAL
DUMBBELL PRESS - PAIR OF 164's



keeping me organized and headed in the right direction.
Big George Zender was a delight on the microphone during the way that only he can again at the Hastings Hi School, Hastings, MI. Thanks to Jim Suberland of Hastings Barbell Co. for results and report.

Nebraska City Power Open
11/14/81-Nebraska City, Ne

	SQ	BP	DL	T
WOMEN				
S. Pichard	240	130	355	725
L. Krossel	155	85	235	475
K. Gibbs	170	75	430	415
	114			
	132			
	133			
B. Beverland	405	255	440	1100
R. Heckers	360	210	400	970
A. Asher	275	215	340	830
	144			
C. Brown	505*	310	465	1280
M. Gillette	465*	230	470	1165
R. Schmidt	425	205	430	1060
D. Schmitt	310	210	430	1010
D. Gibbs	310	200	405	915
	165			
L. Fondyce	390*	370	540	1400
C. Smith	355	320	520	1295
L. Casados	305	350	535	1390
J. Falla	305	405*	450	1340
D. Leopold	480	310	525	1315
J. Worth	385	365	500	1250
G. Acinger	400	275	430	1105
J. Tryon	360	285	410	1055
	181			
C. Smith	520	340	600	1480
J. Volentine	475	310	535	1320
R. VanDyke	440	265	445	1150
J. Worth	385	365	500	1250
J. Wimmerman	255	150	275	680
E. Nellor	650*	355	700	1705
A. Reischneider	565	420	615	1600
J. Plumbach	450	260	525	1235
S. Paulson	465	330	575	1370
T. Hinkle	430	345	565	1340
M. Dviall	450	285	500	1235
M. Henry	425	260	500	1185
D. Harter	560	450	555	1565
B. Horn	585	380	570	1535
M. Gage	535	370	520	1425
W. Gage	530	315	610	1455
B. Padilla	550	375	525	1450
	242			
T. Hansen	580	365	610	1555
T. Gaffaly	500	385	590	1535
SHW				
L. Wrench	530	315	525	1370
J. Plumbach	450	260	525	1235

Sponsors: Doug and Dean's Fitness Plus, Champion Charles's Muscle Palace. Judges: Tommie Lee, Ron Chaffin, C. Brown, B. Kucera, T. Smith, J. Smith, C. Sweet, S. Gillilan and others. Spotter/loaders: Bob Wells, K. Cingigli. Thanks to Charlie Brown for results.

Medalist Sports Club Meet
11/21/81-Santa Monica, Ca
(kilos)

	SQ	BP	DL	T
48kg	80	47.5	102.5	235
N. Katin	80	47.5	102.5	235
S. Jarvis	77.5	42.5	92.5	212.5
52kg	90	52.5	102.5	245
60kg	90	52.5	102.5	245
D. McElroy	90	52.5	102.5	245
J. Ganger	82.5	47.5	110	240
70kg	130	75	170	375
80kg	182.5	87.5	185	455
L. Griffin	182.5	87.5	185	455
723kg	182.5	82.5	182.5	447.5
MEN'S DIV				
114				
E. Garcia	112.5	82.5	137.5	332.5
L. Larson	197	152.5	200	550
G. Gagne-M	190	110	200	500
H. Connolly-M	227.5	122.5	65	415
C. Myers	245	127.5	272.5	645
T. Frankfort	200	127.5	227.5	555
SHW	272.5	192.5	260	715

A. Moulton
Master over 40; Thanks to Bill Mucci for results.

MICHIGAN CHAMPIONSHIPS
11/28/81-HASTINGS, MI

	SQ	BP	DL	T
114				
R. Larkin	245	115	300	660
K. Burkes	255	125	275	655
B. Mangall	175	135	320	630
M. Schmitt	170	120	270	560
M. Schmitt	155	85	240	480
L. Strack	115	60	190	365
G. Yeager	110	65	150	325
R. McKay	110	65	150	325
F. Totins	340*	195	445*	980*
N. Verryah	320	180	410	910
J. Pacelli	295	170	385	850
J. Hendersen	285	165	370	820
J. Kimball	260	150	335	745
A. Mosek	255	145	315	715
A. Mosek	235	130	290	655
S. Gifford	225	120	275	620
S. Gifford	225	120	275	620
L. Rhodes	185	90	225	500
M. Henderson	180	85	220	485
G. Krell	315	215	390	1000
R. Sutor	280	205	385	950
J. Hendersen	260	200	330	890
A. Dickerson	260	200	330	890
C. Guthrie	170	110	285	565
T. Smith	170	110	285	565
V. Lively	340	230	400	970
R. Tevaphugh	340	225	375	940

How Quickly Will You Get Your 1982 USPF Card??
This is the experience of your Editorship, Mike Lambert. On December 17, 1981 I sent in my application and check for \$10 (made out to American Sports Management, Inc.) On December 26th, I received my card from American Sports Management, with the date of registration indicated on my card as December 23, 1981. This represents a total of NINE days total turnaround time, during the Christmas mail rush. If anyone else has problems in receiving their cards, be sure to PL USA know, but so far it looks like the days (in 1981) of waiting months for a registration card are over. Register now... Get your card before your next contest. Send a check for \$10.00 and your completed application (available from PL USA or use the form printed in the mag) to American Sports Management, 27200 Southfield Rd., Suite No. 3, Lathrup Village, Michigan 48076.

1982 U.S.P.F. Registration Application

PLEASE PRINT NAME: LAST NAME FIRST NAME INITIAL

COMPLETE ALL ENTRIES

STREET ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. DATE OF BIRTH, YR. MO. DAY YR. AGE SEX U.S. CITIZEN U.S. CITIZEN

REGISTRATION FEE \$10.00

DATE OF APPLICATION YR. MO. DAY YR.

ATHLETES: Fill out card completely and mail with the to:

AMERICAN SPORTS MANAGEMENT
27200 SOUTHFIELD RD., SUITE NO. 3
LATHRUP VILLAGE, MI 48076

CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND I AGREE TO abide by THE RULES OF THE U.S. POWERLIFTING FEDERATION. SIGNATURE: X

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 F. Poggi 600
 C. Domirelli 330 N. Marshall 380
 S. Young 245 D. Harbee 500
 165 SHW
 J. McKibbin 330 M. Hall 420
 J. Francesco 245 R. Cunningham 365
 R. O'Hara 330 C. Edwards 330
 R. Paul 240

*** meet record.**
 Thanks to Jim Messer for results.

WEST COAST OPEN
 21-22 NOV 81-SALEM, ORE

OPEN CLASS

SQ	BP	DL	T
132 Ferguson	285	165	815
B. Swigart	380	245	405
148	340	540	1030
S. Wright	475	240	1250
155	425	245	1170
P. Honda	435	255	480
165	360	300	565
P. Cragg	330	300	1455
170	420	320	1215
B. Yamaoka	420	325	1560
181	435	260	570
M. Lulich	435	260	570
181	600	305	575
L. Isacson	550	350	1485
181	550	350	1485
L. Isacson	550	350	1485
G. Hovies	485	255	570
181	400	285	500
M. Verigan	400	285	500
181	705	420	1790
M. Caplan	580	305	660
181	600	370	600
B. Coury	600	370	600
181	740	410	735
Z. Kogler	675	450	1845
181	630	440	690
G. Fletcher	675	435	650
181	675	435	650
B. Inland	600	335	620
181	600	335	620
D. Marshall	570	320	570
181	735	500	745
D. McLean	680	525	640
181	680	525	640
J. Magruder	675	565	600
181	800	520	795
D. Shaw	750	475	2315
181	750	475	2315
L. Horth	145	415	145
181	880	545	870
181	285	165	365
D. Ferguson	325	200	780
181	265	195	320
S. Crawford	435	255	480
181	350	260	450
M. Jameson	325	185	420
181	450	270	570
P. Wright	430	270	570
181	430	270	570
B. Yamaoka	435	260	520
181	400	255	400
D. Graham	415	245	400
181	345	220	335
J. Wright	550	320	585
181	480	280	530
B. Stuck	440	300	540
181	470	340	520
J. Peter	420	305	470
181	600	355	625
B. Kuebler	445	270	455
181	615	365	595
C. Highberger	510	315	1505
181	590	315	600
B. Romine	495	280	575
181	710	450	670
181	450	670	1630

CLASS II MEET

D. Ferguson	285	165	365	815
181	325	200	780	
D. Jamison	435	255	480	1170
181	350	260	450	1060
M. Jameson	325	185	420	930
181	450	270	570	1235
P. Wright	430	270	570	1235
181	430	270	570	1235
B. Yamaoka	435	260	520	1215
181	400	255	400	995
D. Graham	415	245	400	995
181	345	220	335	790
J. Wright	550	320	585	1485
181	480	280	530	1290
B. Stuck	440	300	540	1280
181	470	340	520	1280
J. Peter	420	305	470	1280
181	600	355	625	1580
D. Marshall	445	270	455	1170
181	615	365	595	1575
C. Highberger	510	315	1505	1575
181	590	315	600	1505
B. Romine	495	280	575	1270
181	710	450	670	1630

CLASS III MEET

D. Ferguson	285	165	365	815
181	325	200	780	
D. Jamison	435	255	480	1170
181	350	260	450	1060
M. Jameson	325	185	420	930
181	450	270	570	1235
P. Wright	430	270	570	1235
181	430	270	570	1235
B. Yamaoka	435	260	520	1215
181	400	255	400	995
D. Graham	415	245	400	995
181	345	220	335	790
J. Wright	550	320	585	1485
181	480	280	530	1290
B. Stuck	440	300	540	1280
181	470	340	520	1280
J. Peter	420	305	470	1280
181	600	355	625	1580
D. Marshall	445	270	455	1170
181	615	365	595	1575
C. Highberger	510	315	1505	1575
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165	360	300	565
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170	420	320	1215
B. Yamaoka	420	325	1560
181	435	260	570
M. Lulich	435	260	570
181	600	305	575
L. Isacson	550	350	1485
181	550	350	1485
L. Isacson	550	350	1485
G. Hovies	485	255	570
181	400	285	500
M. Verigan	400	285	500
181	705	420	1790
M. Caplan	580	305	660
181	600	370	600
B. Coury	600	370	600
181	740	410	735
Z. Kogler	675	450	1845
181	630	440	690
G. Fletcher	675	435	650
181	675	435	650
B. Inland	600	335	620
181	600	335	620
D. Marshall	570	320	570
181	735	500	745
D. McLean	680	525	640
181	680	525	640
J. Magruder	675	565	600
181	800	520	795
D. Shaw	750	475	2315
181	750	475	2315
L. Horth	145	415	145
181	880	545	870
181	285	165	365
D. Ferguson	325	200	780
181	265	195	320
S. Crawford	435	255	480
181	350	260	450
M. Jameson	325	185	420
181	450	270	570
P. Wright	430	270	570
181	430	270	570
B. Yamaoka	435	260	520
181	400	255	400
D. Graham	415	245	400
181	345	220	335
J. Wright	550	320	585
181	480	280	530
B. Stuck	440	300	540
181	470	340	520
J. Peter	420	305	470
181	600	355	625
D. Marshall	445	270	455
181	615	365	595
C. Highberger	510	315	1505
181	590	315	600
B. Romine	495	280	575
181	710	450	670

CLASS II MEET

D. Ferguson	285	165	365	815
181	325	200	780	
D. Jamison	435	255	480	1170
181	350	260	450	1060
M. Jameson	325	185	420	930
181	450	270	570	1235
P. Wright	430	270	570	1235
181	430	270	570	1235
B. Yamaoka	435	260	520	1215
181	400	255	400	995
D. Graham	415	245	400	995
181	345	220	335	790
J. Wright	550	320	585	1485
181	480	280	530	1290
B. Stuck	440	300	540	1280
181	470	340	520	1280
J. Peter	420	305	470	1280
181	600	355	625	1580
D. Marshall	445	270	455	1170
181	615	365	595	1575
C. Highberger	510	315	1505	1575
181	590	315	600	1505
B. Romine	495	280	575	1270
181	710	450	670	1630

CLASS III MEET

D. Ferguson	285	165	365	815
181	325	200	780	
D. Jamison	435	255	480	1170
181	350	260	450	1060
M. Jameson	325	185	420	930
181	450	270	570	1235
P. Wright	430	270	570	1235
181	430	270	570	1235
B. Yamaoka	435	260	520	1215
181	400	255	400	995
D. Graham	415	245	400	995
181	345	220	335	790
J. Wright	550	320	585	1485
181	480	280	530	1290
B. Stuck	440	300	540	1280
181	470	340	520	1280
J. Peter	420	305	470	1280
181	600	355	625	1580
D. Marshall	445	270	455	1170
181	615	365	595	1575
C. Highberger	510	315	1505	1575
181	590	315	600	1505
B. Romine	495	280	575	1270
181	710	450	670	1630

WEST COAST OPEN
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OPEN CLASS

SQ	BP	DL	T
132 Ferguson	285	165	815
B. Swigart	380	245	405
148	340	540	1030
S. Wright	475	240	1250
155	425	245	1170
P. Honda	435	255	480
165	360	300	565
P. Cragg	330	300	1455
170	420	320	1215
B. Yamaoka	420	325	1560
181	435	260	570
M. Lulich	435	260	570
181	600	305	575
L. Isacson	550	350	1485
181	550	350	1485
L. Isacson	550	350	1485
G. Hovies	485	255	570
181	400	285	500
M. Verigan	400	285	500
181	705	420	1790
M. Caplan	580	305	660
181	600	370	600
B. Coury	600	370	600
181	740	410	735
Z. Kogler	675	450	1845
181	630	440	690
G. Fletcher	675	435	650
181	675	435	

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2nd session weightin-12:30PM
1st session starts-10:00AM

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53kg	65	55	75	195	114	104	D. Georges	396
56kg	70	60	80	200	123	117	K. Jones	363
60kg	75	65	85	205	132	126	R. Scott	352
63kg	80	70	90	210	141	135	J. Lowery	315
67.5kg	85	75	95	215	150	144	B. Collington	248
72kg	90	80	100	220	159	153	J. Villines	248
76kg	95	85	105	225	168	162	K. Leach	242
81kg	100	90	110	230	177	171	Z. Avers	407
86kg	105	95	115	235	186	180	G. Christensen	402
91kg	110	100	120	240	195	189	V. Garcia	347
96kg	115	105	125	245	204	198	K. Dobbs	319
101kg	120	110	130	250	213	207	K. Monahan	292
106kg	125	115	135	255	222	216	C. Zink	292
111kg	130	120	140	260	231	224	C. Wallen	279
116kg	135	125	145	265	240	233	M. Johnson	467
121kg	140	130	150	270	249	242	I. Ridout	402
126kg	145	135	155	275	258	251	J. Miles	407
131kg	150	140	160	280	267	260	F. Chait	336
136kg	155	145	165	285	276	269	A. Venter	407
141kg	160	150	170	290	285	278	R. Van Haslen	451
146kg	165	155	175	295	294	287	J. Gostalis	314
151kg	170	160	180	300	303	296	M. Downs	352
156kg	175	165	185	305	312	305	E. Colwell	292
161kg	180	170	190	310	321	314	M. Frazier	248
166kg	185	175	195	315	330	323	R. Grey	325
171kg	190	180	200	320	339	332	C. Box	220
176kg	195	185	205	325	348	341	D. Quill	336
181kg	200	190	210	330	357	350	R. Dyer	509
186kg	205	195	215	335	366	359	M. Fisher	220

Ernie Frantz, who thanks the regional meet Dec. 5. Thanks to Bruce Simpson for results.

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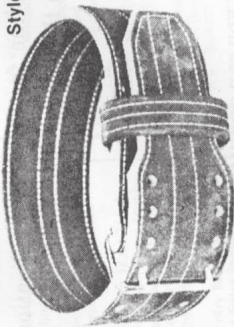
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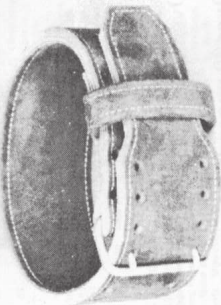
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4S3C

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MODEL NUMBER	NO. OF LAYERS	COVERING	TYPE	APPROXIMATE THICKNESS	BUCKLE PLATING	BUCKLE WIDTH	STYLE STITCHING	BELT PRICES
2N1	1		Nat.	7-mm	chrome	2"	none	24.00
3N1	1		Nat.	7-mm	chrome	3"	none	28.00
3S1	1		Suede	9-mm	chrome	3"	1	42.00
4N1	1		Nat.	7-mm	zinc	4"	none	31.00
4N2	2		Nat.	11-mm	zinc	4"	1	51.00
4N3	3		Nat.	13-mm	zinc	4"	1	61.00
4N2C	2		Nat.	11-mm	zinc	4"	2	55.00
4N3C	3		Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2		Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3		Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1		Suede	10-mm	zinc	4"	1	54.00
4S2	2		Suede	12-mm	zinc	4"	1	64.00
4S3	3		Suede	13-mm	zinc	4"	1	74.00
4S1C	1		Suede	10-mm	chrome	4"	2	60.00
4S2C	2		Suede	12-mm	chrome	4"	2	70.00
4S3C	3		Suede	13-mm	chrome	4"	2	80.00
4S1CD	1		Suede } with insert color	10-mm	chrome	4"	2	69.00
4S2CD	2		Suede } with insert color	12-mm	chrome	4"	2	79.00
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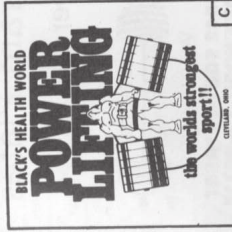
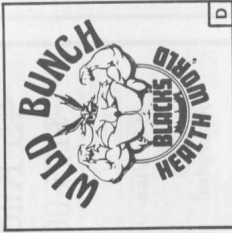
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K. Adams	185	315	211	136	292
J. Smith	170	110	231	110	264
D. Johnson	140	85	126	99	...
D. Johnson	215	122.5	210	230	540
J. Smith	210	110	200	220	540
N. Mepek	172.5	102.5	207.5	477.5	...
M. Kemp	167.5	100	207.5	475	...
N. Roberts	135	95	200	430	...
73kg	190	112.5	247.5	550	...
R. Neal	172.5	102.5	200	475	...
N. Staats	232.5	122.5	280	585	...
J. Nevill	215	115	240	570	...
G. Collins	200	115	240	535	...
D. Fair	200	115	240	535	...
90kg	260	157	320	655	...
E. Huch	215	135	232.5	577.5	...
D. Wood	200	115	230	565	...
K. Christoffel	200	110	230	540	...
100kg	305*	155	305	765*	...
C. Hill	250	180	230	660	...
R. Barrett	250	180	230	660	...
M. Bellinger	240	140
110kg	240	182.5	255	677.5	...
L. Hammond	240	140	240	620	...
125kg	340	182.5	255	677.5	...
P. Towney	240	182.5	255	677.5	...
R. D. Factor	240	182.5	255	677.5	...

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Nevada Open... it looks like Ken Trujillo has arranged the Landmark Hotel as a meet site (originally set for El Dorado High School) and, so, the meet schedule will slide one hour (weights at 2:00 PM instead of 1:00 PM). Jeff Magruder may try a World Record; Rickey Dale Crain is set to lift, and Jay Piekut will attempt a World Record deadlift. Call Ken for further details on "casino rates" at the hotel, 702-453-3156.

Pacific's Heart Attack! it's true, while coming out of the anesthesia from an operation on his elbow, he came down with a heart attack. The doctors were to go for multiple bypass surgery, but instead a relatively new procedure was attempted to clear the 99.9% blockage in one of his blood vessels. It worked, and Larry seems fine now.

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individual becomes even more committed. After we examine the theory, we will be better able to explain how commitment to powerlifting might be manipulated.

The essential components of Cognitive Consistency Theory are:

- (1) People have a need to be consistent in their beliefs and behavior, and the individual is motivated to reduce it -- inconsistency occurs if two beliefs are opposite. (3) The greater the inconsistency, or importance of the inconsistency, the greater the need to reduce it.
- This is a relatively powerful theory, and you'll see that it is possible to make some very interesting predictions from it. But first, let's look at more familiar attempts to modify attitudes.
- Changing behavior by changing attitudes. Most people are intuitively aware of the strong connection between attitudes and behavior. People will argue with others (even threaten) until they seem to come around to their way of thinking, because it is assumed that they will now behave properly, and they will probably will -- if indeed their attitude has been changed. Unfortunately, arguing and threatening often only produce outward agreement (compliance) at best -- without any real internalization of the belief. Thus when the individual is out of sight, he feels free to behave in a way which is consistent with his real beliefs.
- Instead of relying on threats, one may try to persuade by convincing others that they are wrong. We may attempt to expose the individual to factual information which refutes his beliefs. However, people resist information which their beliefs, and tend to seek out information which is supportive.
- Attempts to produce attitude change by showing the person that he is wrong -- that his beliefs are inconsistent with the truth -- can be quite effective provided that the individual is not too committed to his position, and that the persuasive appeal comes from a prestigious, expert source who is also trustworthy.
- There is another method of attitude change which is much more subtle, and results in the individual changing his own attitudes in order to make them consistent with his behavior.
- It is not true that you always have to change people's attitudes before you can change their behavior. We often engage in attitude discrepancy behavior, but whether or not his causes us to change our attitude depends on the perceived amount of pressure involved. When we explain our actions, we distinguish

between internal and external reasons. Internal justification refers to explaining our behavior in terms of our own needs, desires, beliefs, etc. External justification occurs when we account for our actions in terms of outside factors, such as external rewards, punishments, threats, etc.

You can get just about anyone to do anything if the rewards and/or punishments are great, but this would just be an instance of compliance without private attitude change. For example, with enough arm twisting we might say that someone is 'the greatest' when in fact we really believe that he is the greatest S.O.B. We all do things from time to time which go against our true feelings, but in general, the greater the external justification for a counter-attitudinal action, the less the need to change our beliefs.

Most people are motivated to think well of themselves, and would have a belief such as 'I'm an honest person.' If they accept \$10,000 for a dishonest act, they would probably still think of themselves as honest. In other words, they reason that if for that much money, on the one hand, if they commit the same dishonest act and it's relation to very little external justification, and they are motivated to make their beliefs consistent with that way of thinking, because it is assumed that they will now behave properly, and they will probably will -- if indeed their attitude has been changed.

Unfortunatly, arguing and threatening often only produce outward agreement (compliance) at best -- without any real internalization of the belief. Thus when the individual is out of sight, he feels free to behave in a way which is consistent with his real beliefs.

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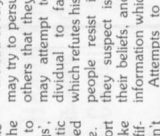
Unfortunatly, arguing and threatening often only produce outward agreement (compliance) at best -- without any real internalization of the belief. Thus when the individual is out of sight, he feels free to behave in a way which is consistent with his real beliefs.

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Between internal and external reasons. Internal justification refers to explaining our behavior in terms of our own needs, desires, beliefs, etc. External justification occurs when we account for our actions in terms of outside factors, such as external rewards, punishments, threats, etc.

You can get just about anyone to do anything if the rewards and/or punishments are great, but this would just be an instance of compliance without private attitude change. For example, with enough arm twisting we might say that someone is 'the greatest' when in fact we really believe that he is the greatest S.O.B. We all do things from time to time which go against our true feelings, but in general, the greater the external justification for a counter-attitudinal action, the less the need to change our beliefs.

Most people are motivated to think well of themselves, and would have a belief such as 'I'm an honest person.' If they accept \$10,000 for a dishonest act, they would probably still think of themselves as honest. In other words, they reason that if for that much money, on the one hand, if they commit the same dishonest act and it's relation to very little external justification, and they are motivated to make their beliefs consistent with that way of thinking, because it is assumed that they will now behave properly, and they will probably will -- if indeed their attitude has been changed.

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12/6/81 CLEVELAND, OH

132	A. Ziskind	215	198	315
133	E. Black	205	320	420
134	S. Crick	185	235	350
135	J. Zimmerman	190	250	375
136	A. Miller	200	265	390
137	L. Rediff	190	250	375
138	M. Sells	190	250	375
139	S. Munka	200	265	390
140	G. Green	205	270	400
141	M. Martin	200	265	390
142	A. Mearns	205	270	400
143	J. Duganer	205	270	400
144	J. Grimm	205	270	400
145	J. Burge	205	270	400
146	D. Fetpelle	205	270	400
147	R. Jones	205	270	400
148	C. Wade	205	270	400

Logistic Support Command Championship-12/5/81

605	J. O'Connor	125	195	315
606	J. Levitt	200	265	390
607	C. Ramos	200	265	390
608	M. Newborn	200	265	390
609	G. Wacholdsky	200	265	390
610	M. DeYoung	200	265	390
611	C. Robinson	200	265	390
612	B. Cable	200	265	390
613	G. Shore	200	265	390
614	J. Contreras	200	265	390
615	J. Winikowsky	200	265	390
616	D. Pettigrew	200	265	390
617	J. Rivera	200	265	390
618	C. Marczewski	200	265	390
619	C. Haidlberg	200	265	390
620	T. Safford	200	265	390
621	R. O'Connor	200	265	390
622	M. Best	200	265	390
623	J. M. Best	200	265	390
624	R. Masters	200	265	390
625	J. P. A. 59th	200	265	390
626	D. Schaefer	200	265	390
627	C. Hamman	200	265	390
628	M. May	200	265	390
629	M. Alden	200	265	390
630	D. Peterson	200	265	390
631	L. Unger	200	265	390
632	M. Baker	200	265	390
633	J. Weikert	200	265	390
634	C. Stegar	200	265	390
635	G. Williams	200	265	390
636	J. Guldab	200	265	390
637	B. Jones	200	265	390
638	D. Turner	200	265	390
639	M. Woodward	200	265	390
640	M. Harris	200	265	390
641	R. Adams	200	265	390
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645	R. Hearns	200	265	390
646	C. Thornberg	200	265	390
647	D. Pettit	200	265	390
648	M. Crutcher	200	265	390
649	H. Souderforn	200	265	390
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651	D. Packer	200	265	390
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656	B. Kretsch	200	265	390
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675	B. Kretsch	200	265	390

12/5/81 ANAMOSA, IA

109	M. Law	200	265	390
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164	J. Adams	200	265	390
165	J. Adams	200	265	390

12/18/81 SAN DIEGO, CA

109	M. Law	200	265	390
110	J. Burr	200	265	390
111	J. Adams	200	265	390
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165	J. Adams	200	265	390

CLASS II & BELOW

109	M. Law	200	265	390
110	J. Burr	200	265	390
111	J. Adams	200	265	390
112	J. Adams	200	265	390
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121	J. Adams	200	265	390
122	J. Adams	200		

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 * Whether it is to set up an individualized routine, to rehabilitate an injury, or to find out the answers to your questions about the most accurate, state of the art information I can find.
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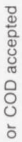
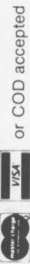
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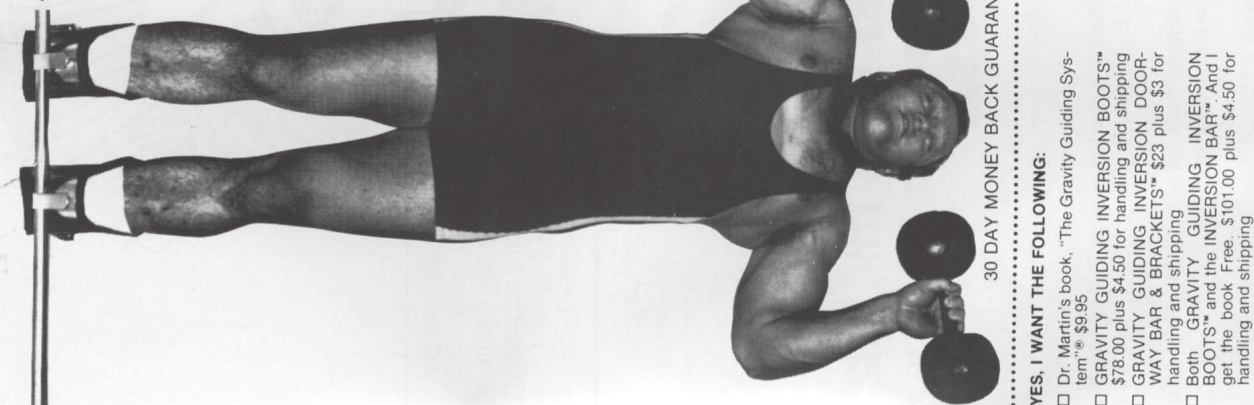
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year the number of entries was more manageable and several people commented on how pleasant contact Mike at the Greenville Health Club, 221 White Oak Rd., Greenville, South Carolina 29609 (803-268-2203) and encourage him to continue to do what he is doing. We would like to congratulate him for his efforts to prosper and progress beyond the difficulties every powerlifter has experienced in 1981.

THANKSGIVING REP BENCH PRESS CONTEST-11/28/81

Hamden, CT

WOMEN'S DIV

242	396	486
S. Thompson	281	165
R. Thompson	281	165
C. Schill	523	330
T. Greene	424	253
J. Goodman	424	253
A. Bradley	424	253
L. Collins	424	253
T. Williams	424	253
A. Williams	424	253
W. Washington	424	253
K. Briggs	518	319
R. Ogburn	485	275
M. Wade	424	300
J. Reece	396	301
H. Hancock	429	220
C. Peterson	429	220
D. Pack	413	242
D. Norris	606	407
F. Garrett	639	396
J. Bryant	462	308
L. States	501	341
H. Brown	473	330
A. Hahn	385	330
M. Cline	391	292
K. Harris	518	380
K. Wobles	496	325
M. Stlinger	501	325
W. Jordan	473	372
R. Humphries	501	314
T. Springfield	501	306
M. Kottrell	358	303
T. Corbin	413	236
R. Wright	507	358
C. Stamboulas	512	368
M. Hawkins	632	448
M. Hawkins	632	448
M. Hawkins	632	448

Mr. Mike Hawkins has been very frustrated in 1981 and indicated that this year might be the last Palmetto meet he parts on. In 1980 they had nearly 200 lifters, nearly twice as many as expected, which led to some problems, but this year the number of lifters was more manageable and several people commented on how pleasant contact Mike at the Greenville Health Club, 221 White Oak Rd., Greenville, South Carolina 29609 (803-268-2203) and encourage him to continue to do what he is doing. We would like to congratulate him for his efforts to prosper and progress beyond the difficulties every powerlifter has experienced in 1981.

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D. Pack	413	242
D. Norris	606	407
F. Garrett	639	396
J. Bryant	462	308
L. States	501	341
H. Brown	473	330
A. Hahn	385	330
M. Cline	391	292
K. Harris	518	380
K. Wobles	496	325
M. Stlinger	501	325
W. Jordan	473	372
R. Humphries	501	314
T. Springfield	501	306
M. Kottrell	358	303
T. Corbin	413	236
R. Wright	507	358
C. Stamboulas	512	368
M. Hawkins	632	448
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Hamden, CT

WOMEN'S DIV

242	396	486
S. Thompson	281	165
R. Thompson	281	165
C. Schill	523	330
T. Greene	424	253
J. Goodman	424	253
A. Bradley	424	253
L. Collins	424	253
T. Williams	424	253
A. Williams	424	253
W. Washington	424	253
K. Briggs	518	319
R. Ogburn	485	275
M. Wade	424	300
J. Reece	396	301
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