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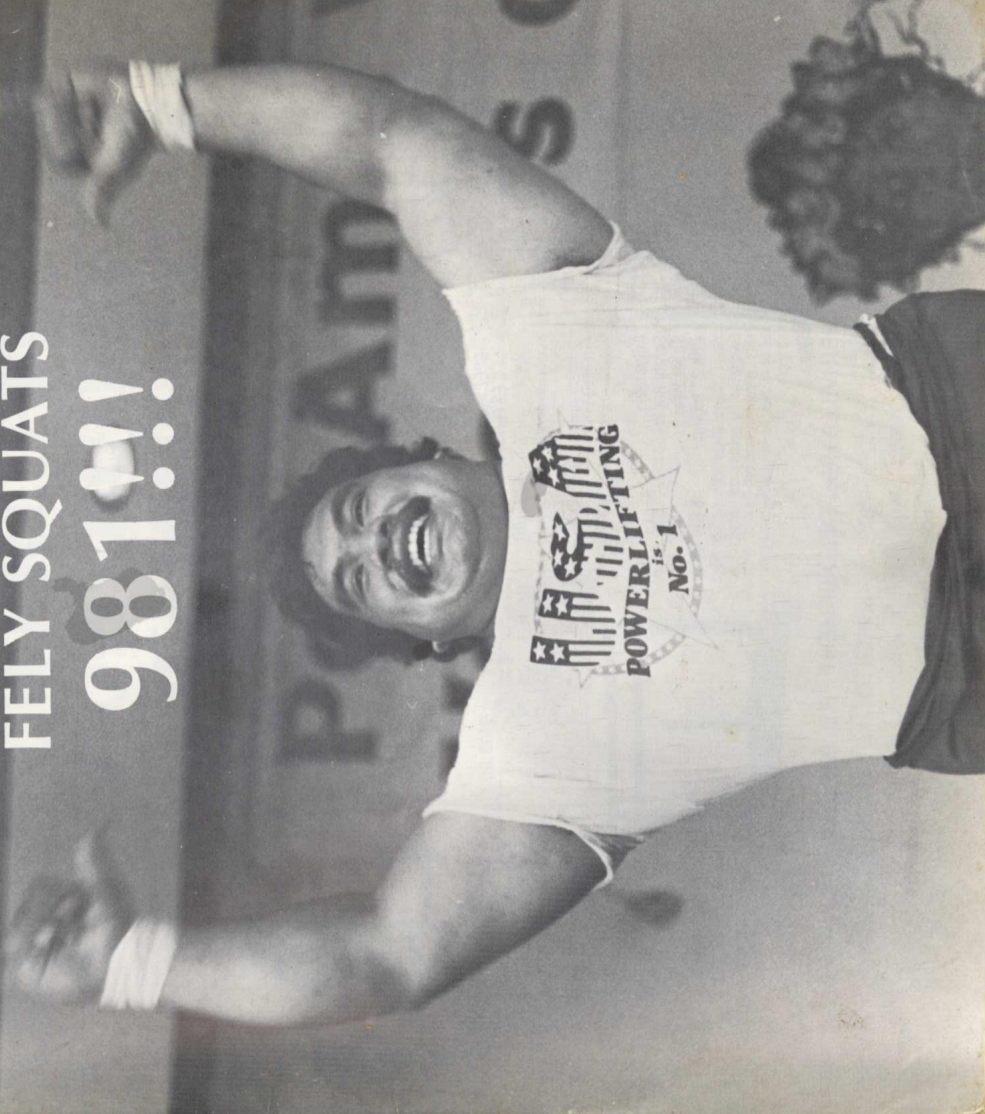
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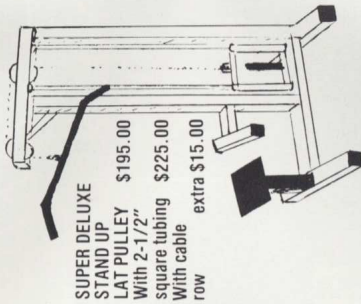
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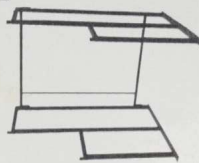


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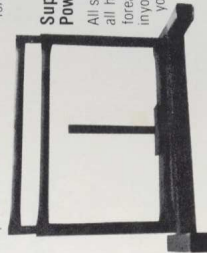
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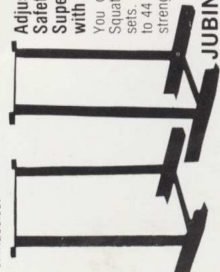
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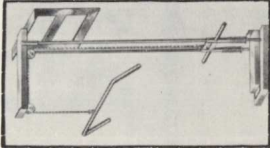
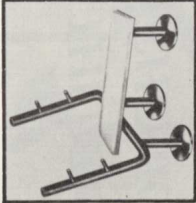
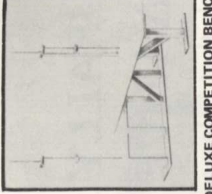

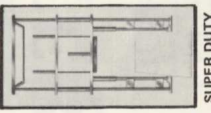
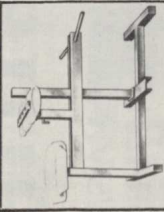

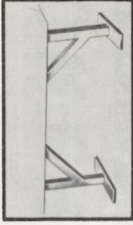
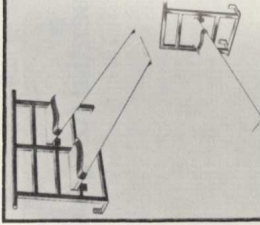
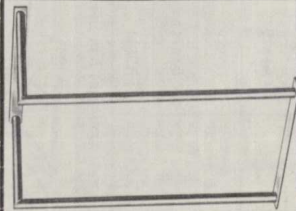
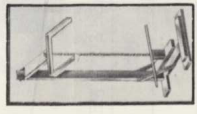
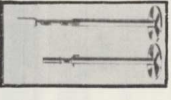
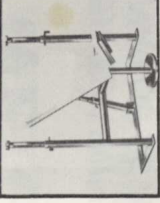
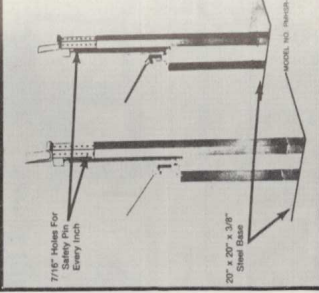
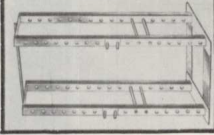
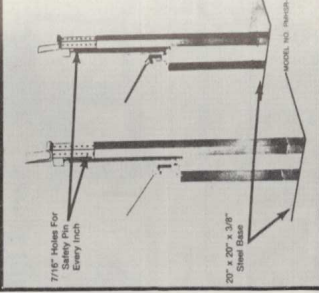



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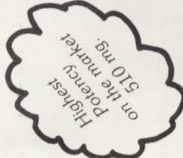
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The BENCH

ADDING POUNDS TO THE BENCH PRESS by Ted Kurlowicz

Let me start by stating the purpose of this exercise and provide a brief background on my lifting experience. I've been asked about my bench press training by a lot of lifters and I hope that an article like this will help as many as possible. About myself: I think my bench pressing surprises people at contests because (1) I certainly don't look strong (I'm 5 foot 9 inches at 181), (2) I don't have great natural leverage or short arms, (3) I don't maximize any technique advantages such as excessive bridging or a maximum width grip, (4) and still, I usually make the best or one of the best benches in my weight class at local contests. My first contest experience came in the fall of 1977 when I made 350 at a bench meet. I had been training exclusively on universal type equipment at a spa until one month before this event. Since I had made such quick gains, I predicted a 400 lb bench within a year. I reached my goal, but was off by 3 years. As you can see, I have not been one of the lifters who seems to gain on any and every program he tries. In fact, it once took me over a year to get from 365 up to 370. In the last two years, my bench has gone from 370 to 420 without any focus on my training during this period.

Conditioning and Flexibility Phase (4 weeks)

Cambered Bar only - Wednesday and Saturday. Warm-up - do 3 sets of 6-8 reps with a chosen weight. (I started with 260 when my bench was 400) Weeks 2-4, same workout, go up 10 lbs a week on the work sets (I

reached 290x8x3).
Training Phase (4 weeks)
Regular bar - Wednesday and Saturday. Pick an arbitrary weight (70-80 percent) and work up to 3 sets maximum reps. Don't change the weight on these sets, just go for more reps each week. Do these benches with the 'Halffield' training style. Purchase Powerlifting, A Scientific Approach by Dr. Halfield for more info. Force the elbows out to 90 degrees from the body while doing the reps and take a wider than normal grip. In my last cycle, my best was 300x12, 300x11, 300x11. On the last week of this phase, begin tricep training with 2 sets of light close grips 60-70 percent for max reps.

Competition Phase (3 weeks)

Competition grip benches - Wednesday and Saturday. Start 3 weeks before the contest picking a training single as a goal and cycle back 5 lbs per workout. In my last cycle, I chose 395 as a goal and started this phase with 375. Following the single each workout, drop 15 lbs and do a triple. Then close grip up to a single (choose a goal here too - 30 lbs under projected contest maximum). Do one workout with the close grips with 80 percent for max reps. To make some sense out of this, I will indicate my exact training during this phase as an illustration.

Sat. Nov 14 - warm-up, 375x1.

360x3, close grip 315x2, 330x1, 315x5
Wed., Nov 18 - warm-up, 380x1, 365x3, 315x2, 340x1, 320x5
Sat., Nov 21 - warm-up, 385x1, 370x3, CG 315x2, 340x1, 320x6
Tues, Nov 24 - warm-up, 390x1, 375x3, CG 315x2, 355x1, 320x4
Sat., Nov 28 - warm-up, 395x1, 380x3, CG 315x1, 360x1
Tues, Dec 1, train down - warm-up, 395x1 paused, 385x1 paused, 375x3, CG 315x1, 350x1
Thurs, Dec 3, 133x5, 199x5x3
Sat., Dec 5, contest, 385x1, 410x1, 420x1.

Bench Assistance - each workout of all phases except contest week.
Lat work - 4 sets of 8-12 reps varying between pulldowns and seated cable rows. On the pulldowns, I vary my grips on almost every set. Arms - close grips as specified. Curls - 4 sets of 6-8 reps - I vary these also, from hammercurls, concentration curls, and preacher machine curls.

Some final notes: (1) During phase one, do not force the elbows out while doing cambered benches. This caused an extreme stretch in the pectoral insertion and I developed some pain in the shoulder that hasn't gone away since. (2) Don't add assistance work unless you sense a weakness somewhere. I haven't done any inclines, overhead presses, etc. in extensions, etc. in three years and I'm making gains without them. (3) Most of the lifters I've seen who do infinite sets of benches and upper body work have a bench that's gone nowhere.

Naturally, I try to bench on the same type of bench you expect at the contest (weight, width, etc.). (4) Practice making handoffs. Some competition benches have lower weight standards and will necessitate taking handoffs for the contest. (5) Don't give up on the BP when you hit a plateau. Try another program. You should always be able to pick up the slack on the other lifts. (6) I've tested my best to include everything clearly as possible in my program as I already on long feel already on long feel about my ideas here and let me know if it worked for you.

Ted Kurlowicz
American College
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Ted Kurlowicz, blasting a 385x4 in the gym a week after his 420 PR at the South Jersey Championships

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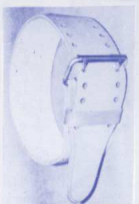
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Specialization Programs by Don Pfeiffer

In order to reach your maximum bench press, and work your other potential in any endeavor, it is necessary that you specialize on it. That is, you must focus the majority of your energy towards achieving that objective, whatever it may be. You can't, for example, attend medical and law school simultaneously and expect to do well at both. Along these same lines, is powerlifting. If you ever want to reach your true potential in any one lift, you'll have to specialize on that lift.

Some of the most famous lifters of all time have specialized on one lift. Bob Peoples, the first amateur to deadlift 700 pounds, used to train exclusively on that lift, while Paul Anderson was through the use of specialization techniques, able to set some records in the squat that still stand today. Among current powerlifters, there is the example of Mike MacDonald. By devoting his training time almost exclusively to the bench press, he has at one time held world records in four different weight classes.

Because of the demands of competition, most powerlifters are unable to specialize on any one lift to any great degree. Too much time spent on one lift can often reduce efficiency in the other lifts. Since the winner in powerlifting competitions is the person with the highest total of the three lifts, it would not be very wise to concentrate on one lift to the point that your other lifts suffer; unless your main intention was not to win, but rather to see how much weight you could handle for a particular lift.

Powerlifters will usually specialize on a lift for two different reasons. Either they have a preference for a particular lift, or one lift is lagging behind the other two. A heavy-weight lifter who can squat and deadlift 800 but can only bench 350 is obviously in dire need of a specialization program for his bench press.

Basically there are two avenues one can take when going on a specialization program. The first, and most practical method for most powerlifters, is to give one lift priority and place the other two lifts on a maintenance program. The second method is a total specialization program whereby you work only one lift and eliminate any work for the other lifts.

When applying the first method the following rules should be followed. Let's use the bench press as an example:

1. Always perform the bench press first in your workout. This will insure that you're fresh and able to exert a maximum effort for your workout. Even better would be to spend your entire workout on the

the late forties and early fifties. Working out 3 times every two weeks and then taking a week off, Nathanson would perform 100 sets of one rep taking a one minute rest between sets. This was his entire workout - no more, no less. He would use the same weight for each of the 100 sets.

Before I go any further many of you are probably wondering just who is this George Irving Nathanson? Although he never entered any formal competitions, he was certainly one of the strongest men of that time for his bodyweight. Listed below are but a few of his feats of strength, all verified by several witnesses:

1. Age 14, Bodywt: 140, lifted 300 lbs to his shoulders.
2. Age 16, Bodywt: 160, Push press of 300 lbs.
3. Age 18, Bodywt: 175, Push Press of 300 lbs for 8 reps. 20 con-

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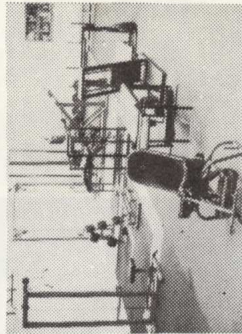
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INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

by Mike Lambert

Bob Chrosniak National YMCA Champion

PL USA: 'Could you briefly chronicle your lifts?'
CHROSNIAK: 'My first meet was in 1978. I competed in the 181 lb. class. It was a nice meet. I won 1st place with a 500 lb. squat, 350 lb. bench, and a 570 lb. deadlift for a 1400 lb. total. Powerlifting has grown tremendously in Florida in the 4 years that I have been competing. I moved up to the 198 lb. class very quickly and won the regional in 1979 with a 640 lb. squat (State Record), 390 lb. bench (State Record), and a 1090 lb. total (State Record). A few months later, I lifted in the Augusta Open in Georgia and made Elite classification on only 4 successful attempts: 660 lb. squat (State Record), 385 lb. bench, 665 lb. deadlift, and 1710 total (State Record). I then decided to move up to the 220 lb. class. This is the reason I dropped out of competition for a while. I wanted to take my time putting on the extra weight, so that I could distribute it to the areas I needed it the most for better leverage. In my first meet at 220 lbs. I squatted 700 (State Record) and missed 750 on two attempts. I then went on to bench 440 lbs. and deadlift 700 for an 1840 lb. State Record total. I attended the Junior Nationals in 1981 and took 2nd place, and in 1981 I took 1st place in Boise, Idaho.'

PL USA: 'What are your best lifts, in terms of competition?'
CHROSNIAK: 'My best lifts in 600 lb. competition are: squat 740x3, 780x2, 820x1 training squat and an 800 lb. competition squat. 415x3, 455x2, 455x1 training bench press and 455 lb. competition bench. 75x3, 715x2, 750x1 training deadlift and a 700 competition deadlift.'

PL USA: 'How about some personal background on yourself?'
CHROSNIAK: 'I am employed at Health & Company in Tampa, Florida and build custom made signs which includes welding and street metal work. I am 23 years old and I train at the Suncoast Gym in Tampa, Florida. I have been married for two years, and my wife is also interested in weight training and trains regularly. I was all-state in wrestling and football in high school in Louisville, Kentucky. I became interested in powerlifting because of the prestige of being a strong person and traveling around the country competing against other great lifters.'

PL USA: 'Describe your basic power training principles.'
CHROSNIAK: 'I like to do sets of 8 reps until 10 weeks before a contest. The sets of 8 help to get my

endurance and stamina up, plus I get state I train heavy all the time. At 16 weeks, my cycle starts. The first 4 weeks I do sets of 5 repetitions, then for the next 4 weeks I do sets of 3 repetitions. For the next 4 weeks I do sets of doubles and finally, the last 4 weeks of the cycle I do singles. I always try to pick a weight for which the last rep will be very difficult to complete. I use the pyramid system and this is basically what a squat workout looks like for me late in the cycle: 225x10, 315x5, 405x3, 500x3, 700x1, 750x2, 780x2, 760x2. I train 4 days a week: Monday: Close Grip Bench, upper back. Wednesday: Beadfit: 8 sets, shrugs, abs. Friday: Bench: 8 sets, dips, curls, abs. Saturday: Squat: 8 sets, leg curls, leg extensions, calves. I like to stick to the basic exercises because I find that for me too much accessory work takes away from the lifts. When I wasn't doing much rep work I found myself not only getting stale but often pulling muscles because of my body never had time to recuperate from one workout to the next.'

PL USA: 'How did you arrive at your powerlifting training philosophy?'
CHROSNIAK: 'I arrived at my present training routine philosophy through experience. I was lifting too heavy too often. I didn't map out my cycles and competitions very well. Now, I look ahead and pick out certain meets that I want to compete in. This way, I have found out that I can plan a peak much more accurately.'

PL USA: 'What are the most important training lessons you have learned so far?'
CHROSNIAK: 'One of the most important training lessons I have learned is to train strict in the gym. Many lifters I know do not train strict and when they get into a meet the same habits they have in the gym come out on the platform. It's

Another important training lesson. It's

not to neglect ab work. Many times during a hard, gut wrenching lift, good strong abs will pull you through. The last critical lesson is to pick training partners that are serious and willing to help each other.'

PL USA: 'What are your goals and future plans in PL?'
CHROSNIAK: 'My goal in powerlifting is the highest, and that is to be World Champion. Being only 23 years old, I think it is a very reasonable goal. I would also like to break the world record in the squat and total. After the YMCA Nationals in January, I will go to the Senior Nationals.'

PL USA: 'How do you feel powerlifting can be improved in the future?'
CHROSNIAK: 'The way powerlifting can be improved as a sport in the future, is to have more certified judges in meets throughout the country. I have seen too many bad lifts passed in local meets, which in the long run, hurt the lifter when he goes to the national level meets. I believe the rules should be the same for everyone whether they are a novice, open or national caliber lifter. Notable problems in powerlifting meets include too much favoritism and bending of the rules, no USPF card checks, falsified weigh-ins, bad lifts passed, teams with no USPF sanction.'

PL USA: 'How have you handled your injuries?'
CHROSNIAK: 'When I got injured I immediately put ice on the injured area. I am a firm believer in DMSO 3 and the next day I apply DMSO 3 times to the injured area. I will keep

this up until the pain is gone which is usually 2 or 3 weeks. As far as number competing. We won the regionals in 1981, and at this time we are on the track of sweeping the regionals in 1982. If any lifter, from Tampa area, stop in for a workout, it is definitely THE place to powerlift in Florida.'

PL USA: 'Who are some of the people who are also responsible for your lifting success?'
CHROSNIAK: 'Dick Armatrou is the main individual behind my success. He has coached and advised me since I started competing. He has traveled with me and aided me in every competition I have ever been in. Mainly, Dick takes all the pressure off me so I can concentrate solely on lifting. I definitely could not be at the championship caliber I am at now without his help. My wife, Elizabeth, has also helped me very much. She always makes sure we have a well balanced diet, and let me tell you, this is important. She does not complain about my long workout hours and she has worked many overtime hours for extra money so that I can travel around the country. Finally, Pat O'Brien, former Regional Chairman, has encouraged and helped to motivate me in Powerlifting.'

PL USA: 'Anything else you'd like to say?'
CHROSNIAK: 'I would like to give a plug to Suncoast Gym, which incidently is owned by Dick Armatrou. Suncoast Gym is the top powerlifting gym in Florida. In 1978, there were only 4 powerlifters at the gym. We did not even have enough lifters for a team.'

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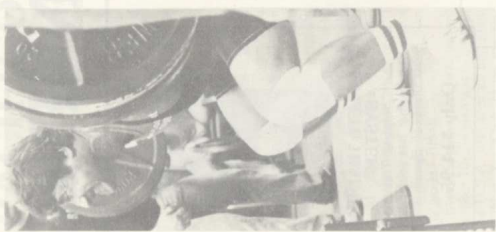
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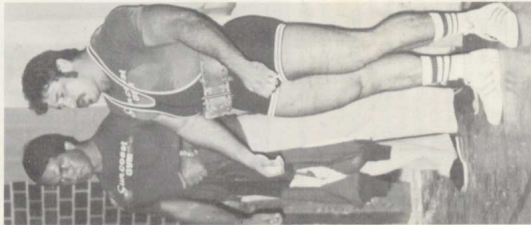
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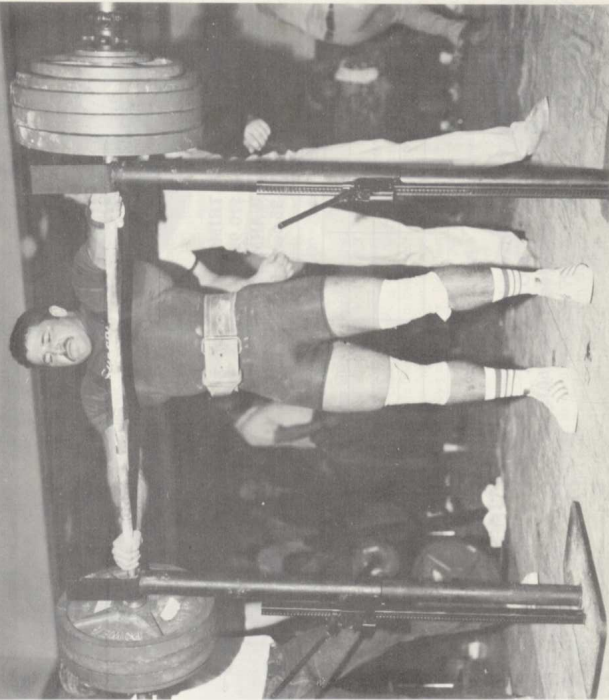
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Above... Dick Armatrou and Bob



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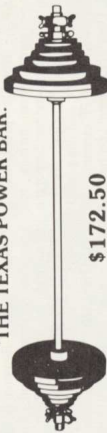
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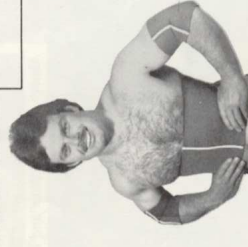
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PACIFICO RETIRES! and reflects upon a career that included 9 consecutive World Championship victories, his recent heart attack, and his plans for the best Seniors ever!

Dear Powerlifters and Power Fans:

In 1976 I retired from powerlifting. I re-attached my finger and although I missed the World's, I'm back training again. Everything kept working until March 1981 when a knife slipped and I took my index finger on the same hand off to the bone. Actually no real problem except I severed the tendon. Okay, a little inconvenience and things start to go good again. I then entered a meet to qualify for the Seniors and ripped a hamstring on my opening squat. This one hurts because it cost me two months of important training. I want you to know this is not an excuse for the way I lifted at the Seniors because I was strong enough to still win. I just plain blew it. Still, I can't explain why I had no desire or drive in Corpus Christi. I took a vacation and did some thinking and said to myself that I couldn't leave on that note. Now with all these signs pointing and saying to quit, you'd think I would get the special. I knew I had never hit my lifts officially and I decided not to leave until I did.

So, back to hard training. I even opened a new gym to get some good lifters together and create a better atmosphere. Things were going great until November 1981. I ruptured a disc in my lower back and went into the hospital for surgery. Thirteen days there was very depressing. I decided when I got out to wait until December and go ahead with another operation on my right elbow to relieve a nagging nerve problem I've had for a few years. That was December 21. Well, that was a day I'll never forget. When I came out of surgery I started to gasp for air and my chest was squeezing terribly. I told my mother (who was in recovery with me) I was having a heart attack. Well, my mother being a nurse, got things happening and alerted doctors to the problem. They administered proper drugs to bring me back to normal at that time. For the next 24 hours I was in intensive care and my EKG, blood pressure and heart rate were all normal. Even my complaining to get out of there was normal. We all figured it was a reaction to surgery and that was all. When I refused medication I got a bit more attention. The doctor storms in and explains there is something very wrong with me and I'm not going anywhere until he finds out what the problem is. He said a heart catheter was necessary. I say go ahead. This is a test where they go in through an artery in my left arm (another scar) and put a tube directly into the arteries in my heart. They then inject a dye which shows all the arteries in my heart on a monitor.



Photo of Larry P. by Jack Hatata and tells me he will try a new procedure before doing the triple bypass. It's called an Angioplasty. What they do, and did, was go through an artery with a tube in my right hip and into the artery in my heart that was almost closed. On the end of this is a balloon. Once in place, they push the deflated balloon into the obstruction and then blow it up. If it worked, it would completely clear away all the fatty deposits which would dissipate into the blood stream. Needless to say, it did work which meant I didn't have to go through with the triple bypass. The other obstruction won't be a problem for years. By then I would hope they have a pill to clear up many of these problems. Anyway it's over and I was lucky. The doctor said I was a good candidate for artery disease because my father died from it and because my father died from it and because my diet was nothing but high protein, cholesterol filled foods. And, of course, there were the steroids. He felt this helped speed up the blockage as steroids do raise your cholesterol levels a lot.

I will now concentrate on cardiovascular training and diet. My main goal now is to coach and help improve the lifting in the USA. I still insist that I'm a better teacher than I was a lifter.

The Seniors in Dayton will be a meet that will live forever in the minds of everyone who attends. I hope all powerlifting fans will come. It will be good to visit and see all of you again. I can't think of a better way to spend a summer weekend than at the greatest strength show of all times. This will be the Woodstock of Powerlifting.

Mike Lambert has allowed me to reminisce with you in the next couple of issues. It will be fun reliving some of my experiences and talking candidly about some of the lifters and people I met along the way.

Larry

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

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

(continued from last month)

Evidence for Consistency Theory

Hundreds of studies have been done concerning attitude change through cognitive consistency, and the results have been very supportive. Let's look briefly at a few of these studies in order to illustrate the predictive value of the theory. The results of these studies are especially intriguing because they often run counter to what would be expected using a simple reinforcement theory. (1) People performed a very boring task -- later, some were paid \$1 and others \$20 to tell the next subject that the task was quite interesting. The results indicated that the people who were paid one dollar actually came to believe the task was more interesting. Unconsciously, their cognitions might have been something like, "Am I the kind of guy who'll lie for a lousy buck?" "No!" "I guess I didn't lie -- the task really wasn't so bad." The \$20 subjects had sufficient external justification. "I just told a lie, but so what?" "Subjects would have for \$20." (2) Subjects voluntarily went through either a mild or severe initiation in order to join what they thought would be an interesting group. Objectively, the group turned out to be really dull. Who ended up thinking the group was more worthwhile, interesting, etc.? Those who underwent the severe initiation -- just as consistency theory predicted. Perhaps they reasoned, "I just went through hell to join this group -- it's got to be good -- or else I'm stupid." (usually people are very reluctant to change their positive images of themselves.) (3) Confirmed bachelors who eventually marry were found to rate their wives more highly after marriage than before when compared to guys who had more positive attitudes toward marriage. Provided it's not a shotgun wedding, a confirmed bachelor who gets married experiences more



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(especially when there are relatively few external rewards) then you have a strong need to believe that what you're doing is worthwhile. Those involved in powerlifting may have an especially strong sense of commitment because there are not a lot of really big bucks to be made as there are in sports where the potential is greater.

There are many reasons for achieving in a sport: need for achievement, self-esteem, camaraderie and social reinforcement, and of course, monetary rewards. But as we've tried to point out, extrinsic rewards or external justification can backfire -- not only will others feel that we are doing it for the money, we'll begin to feel that way too. In other words, external rewards sometimes have the effect of turning play into work. That is, take something that someone does for the fun of it, and begin paying him well to do the very same thing.

Sound's great! But, if you now take away the pay, the person might very well give up what was once his hobby because he has come to think of it as work. Philip Zimbardo related a true story about an old Italian shoemaker in N.Y.C. who was being harassed by delinquents. To get them to stop, he didn't threaten them, he paid them to harass him even more vigorously (kick his door and shout obscenities). They thought he was crazy, but no matter. After a couple of paydays, the old man said he was short on money, and that he wouldn't be able to pay for the harassment next time, but he hoped they would return anyway. The kids never came back.

The same thing can happen when a lifter begins to rely heavily on trophies, and external reinforcement. When the external rewards begin to decline, he may lose interest in his sport.

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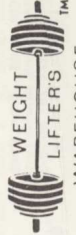
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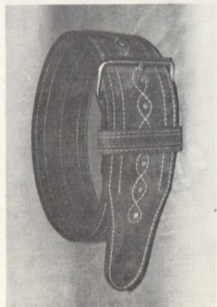
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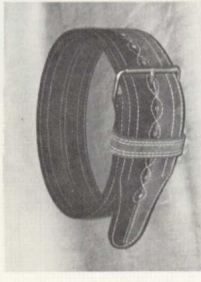
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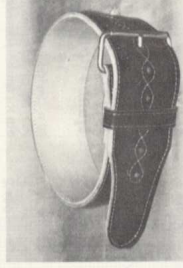
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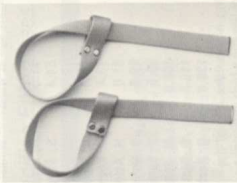
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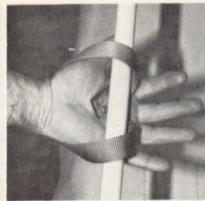


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How to show GRAPHICALLY the results of a weightlifting competition..by David P. Willoughby

Although the relationship of various records, such as those in weightlifting, may be expressed simply by listing them, which is the usual procedure, a much better way of showing such relationships is to plot the records on a graph, where a comparison of them can be made at a glance. The accompanying graph

Nominal Class	Actual Bodyweight, kg. or winner	3-lift Total (actual)	Total kg. or 1000 Points	Rating, Points
52.0	51.5	472.5	511.6	924
56.0	54.4	477.5	527.5	905
60.0	59.7	487.5	556.4	876
67.5	66.6	594.0	642.5	1082
75.0	73.4	695.0	631.0	1101
82.5	81.0	717.5	672.5	1057
90.0	89.9	760.0	721.0	1054
100.0	108.8	760.0	770.6	986
110.0	108.8	917.5	824.0	1113
125.0	119.8	800.0	883.9	905
SHW	130.6	895.0	942.8	949

Referring now to the graph, the position of the line which indicates the average lifting totals. By this procedure the following formula for the 1000 point poundages to be expected in relation to bodywt. was derived.

$$3\text{-lift total(kg.) equals } 5.45 \text{ times bodyweight (actual) plus } 231 \text{ kg.}$$



J.German

Doug Young, 242 lb., Brownwood, Tx

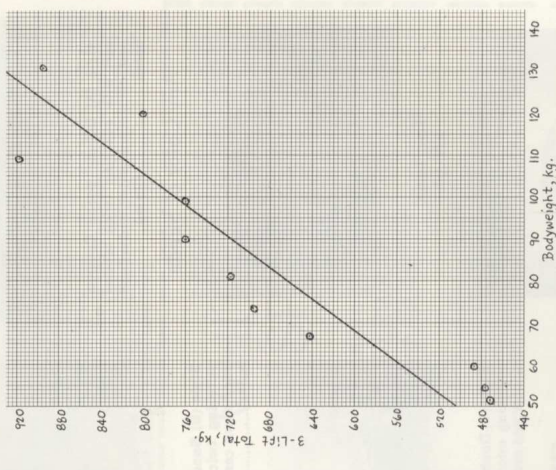
World Champion, 1975, 699 529 699 1929
World Champion, 1976, 705 562 738 2005
World Champion, 1977, 699 545 710 1956

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Sr. National Champion, 1976, 710 555 735 2000
Sr. National Champion, 1977, 722 556 738 2017

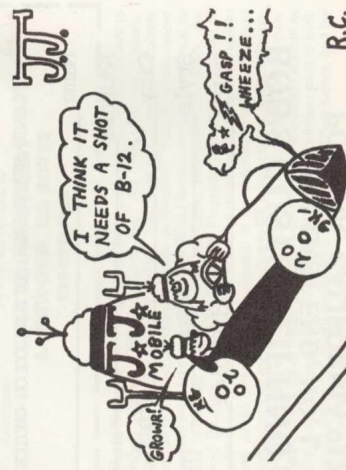
To obtain the point-rating, the 3-lift total derived from the latter formula is simply divided into the actual total and multiplied by 1000. It may be added that for all practical purposes this procedure yields the same relative standings as would be derived from the more laborious method of using the cube root of the bodyweight, squared (which indicates the relative muscular cross-section).

The writer feels that the method presented here for rating weightlifting performances—through using the basic number 1000 points—provides a comparison that is more readily visualized than if some odd basic number had been employed. The same method may, of course, be applied in rating Olympic lifts as well as powerlifts.

As to the significance of the ratings derived by the foregoing procedure 800 points is good; 900 points, excellent; 1000 points, world class; while and performance rating over 1050 points may be considered extraordinary, and over 1100 points, phenomenal.



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NUTRITION CORNER

by Jack Digangi

PROTEIN A Study of Weight-Trained Athletes

During this summer, I received a Med-Line search of studies focusing on Protein and Weight lifting. Nutrition and Weight Training and a half-dozen other combinations with nutrition and weight lifting as the general theme. The search revealed, disappointingly, few studies in this area. This shows a definite need for serious research on this topic.

This particular study was conducted several years ago in one of the Iron Curtain countries on Olympic weight lifters. It focused on the approximate nitrogen balance in ten weight lifters. Nitrogen balance is the difference between nitrogen in and nitrogen out. For example, if you ingest 200gm/24 hours and excrete 180 gm/24 hours, then you're in a positive nitrogen balance of 20gm. The study was designed to examine the question of whether or not weight lifters require more protein than iron weight lifters. In other words, is the protein requirement increas-

ed because one trains with weights? The balance study lasted eleven days and covered ten competitors ranging from 60kg to the super heavies. Their ages ranged from twenty to thirty five years. Since all were members of the Olympic team, it is assumed that they were in top form. Master and Elite quality. However, the training was not competition during the off season. Maybe 50% - 70% of max range. "Balance" studies are extremely time consuming and expensive. To give you an idea of how much work they are, consider this. For eleven days a coacher follows around ten weight lifters and collects weights, measures, labels, and analyzes, with utmost care, sweat, urine, and other goodies twenty four hours a day! Every bit of fat Can you see why they are not very popular? Every table or chart you see from running to washing clothes is playing the piano was a balance study. Some were done for months! Graduate students take a bow!

The diet consisted of a variety of foods from the four food groups: meat, poultry, eggs, grains, fruits and vegetables, and dairy products, plus fats and oils. Group One, which consisted of the light weight group (57.7, 69.9 and 68.9, 76.2, and 74.7kg) received 130gm/day. Group Two, (73.9, 76.2 and 81.0, 91.9 and 107.2kg) received 150gm/day.

The nitrogen balance for the lifters was slightly positive showing a retention of 5gm/24 hrs. In five competitors, the nitrogen balance was negative showing a range of -2.49gm to -0.9gm/24hrs. The results show that for this study, protein (nitrogen) requirement in athletes is in proportion to body weight and intensity of training. For example, the lighter lifters require less protein per pound of bodyweight than do the middle weights and heavy weight classes. Recommended for a 120-150 lb lifter would be 1.0gm/lb whereas the 200-220 lb lifter may need 1.25gm/lb.

Whether or not weight trainers require additional protein due to anabolic (growth) effect, is still controversial. Researchers are divided. Studies yield ambiguous results and we powerlifters are left with the thought that not enough can be just as harmful to our total as too much protein. Not one single book, not one study, not one article, has answered this question satisfactorily.

Some questions I receive from the readers are too specific and will never be answered to the mg scale they ask. Remember there are too many variables in nutrition to ever assume extreme accuracy in calculation. Think in general terms of nutrition. If you have any questions, drop me a line and I'll try to help.

J. P. Digangi, R.D.
Nutritionist
116 Dobson Place
West Monroe, LA 71291

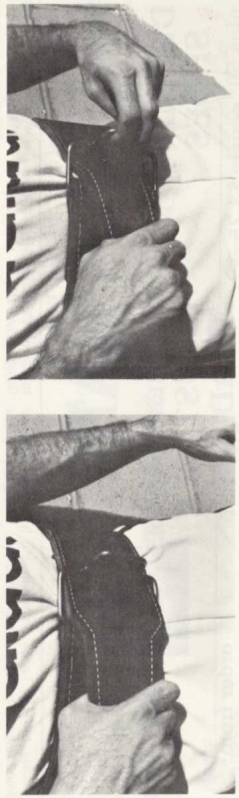
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POWER PROFILE

'SEMPER FORTIUS'
by Ron Fernando
PL USA Training Editor

The United States Marine Corps has for many years lived by its extremely high standards of excellence. The old 'We're looking for a few good men' is not a hype; it is the truth, plain and simple. Traditionally, the Marines have really laid into their recruits in terms of very rigorous physical training. Believe it or not, they actually have basic training as a part of their training film during my days as a tank commander and one of them depicted the mission and training routine of Marines. My jaw dropped about two feet when I saw lines of sweating recruits doing unison squats, curls, dips, chins, benches, hyperextensions, etc. In the sweltering heat of Parris Island, Hell, the closest thing to weight training the Army encouraged was running all over kingdom come with a rifle and thirty-pound pack. Base gyms in the Army were few and far between. Once in a blue moon, you could stumble on a decently equipped gym, such as Gammon Field Hall in Fort Knox, Kentucky, but most consisted of the proverbial universal machines and some dumbbells. Not so the Marines. From what information I have gathered, the Marines have very well equipped gyms that cater to the serious bodybuilder as well as PLer. Indeed, if you are considered in the World Class category, then the days of jugging an M-16 and eating C rations are gone with the wind, baby! This month's story is on a powerful young Southern Californian who is the odds on favorite to cop this year's National title in Salem in the very competitive 275 lb class. He is, of course, a member of the United States Marine Corps (EI) Torro Air Station) and one of the regulars at Samson's - Jim Drapal.

course, the inevitable always could happen - what would he do, I thought if he were to be transferred to some place out in the sticks with NO weight room? (Disaster!) 'Hey... I've come too far to let a little thing like that stop me... I'll have to, I'll start my OWN gym. Nothing, and I do mean nothing, will stop me from attaining my ultimate goal... Which, to no one's surprise is becoming World Champion. Realistically, Jim knows that he has a few years to go before he makes that lofty pinnacle of PL might, but... if his progress during the next 2-3 years is like his progress during the last 6 months, then I would like to introduce to you (ahead of time) the World Champion of 1983 or at the latest 1984. Only 25, Jim has years of heavy training ahead of him, but he exhibits virtually none of the impatience that other young lifters do. I realize that I have to pay my dues, but if you look at my totals, I've maintained a steady level of progress during the past few years, not on one or two lifts, but on all three. I may never set an individual world record, but I'm sure to one day on the record.'

And you should see him train - quiet thunder would be a very appropriate term for this young man - no Paul Jordan histrionics - no slamming his head against the bar, just explosive, confident lifting. His training partners are part and parcel of the Drapal success story; 1978 World Champion and Deadlifter



SUCCESS: Jim Drapal and his triumphant return to the islands, where he toiled for many hours in the Power Pit Gym, with a 799 squat at HIPC 51 of call that stands out most vividly dues before even being considered for special duty by the Corps. In Hawaii, I would go back there in a heartbeat, if I had the chance... (lament!) During those hair rules, spit and polish, etc. in order to merely maintain their man-practicing the usual array of pumping moves until he ran into Mike Scott - who today is the proprietor of the Power Pit in Pearl City - a top PL gym in the islands. Mike was not only the instant catalyst for switching to PL, but provided him with a lot of sound advice which looks like it has paid off.

As stated earlier, any aspiring athlete in the Marines has to pay his the three mile run) that the other

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extraordinary Terry McCormick, David Shaw, the World's Smallest Mastodon (a prehistoric elephant) Durwin Piper, plus 2 very promising lifters Dave McLaughlin and Bill Henry. Funny, Dave, Terry and Jim will be facing each other on the platform at HIPC and most probably again at the Seniors in Dayton, but you'd never find even the trace of jealousy or spite - nothing but encouragement for each other and constructive criticism of the lifts. Jim especially admires McCormick, 'the man's been my idol since I was a kid... and here I am training alongside of him and now I'm ready to lift against him...'

As to the training routine Jim employs, he is very methodical in his cycle - every lift is planned down to the letter. Eight weeks or so ago, Jim started his cycle with lifts of 550-365-550 (for reps of 5). He would then attempt to add 30 lbs a week to the squat and deadlift and 10-20 to the bench and of course, cut the reps out a little at a time. Currently, his best gym lifts are (all done very easily) 770-515-760. The 760 DL was simply torn up as if it was made of paper mache! Jim employs a rather stiff legged style in the deadlift, but this tends to suit his body proportions maximally. In the squat, he uses a rather narrow stance with toes pointed out with a slight bounce at the bottom - in the bench, a wider than shoulder width grip. Assistance moves are done sparingly, with the major emphasis

being placed on the Big Three, but is broken down into pulley work for the lats, dumbbell and barbell seated presses, triceps extensions, curls, twists, situps and leg curls.

Jim Drapal's training routine:
Monday: Heavy bench press, plus upper body assistance work, abs.
Tuesday: Heavy deadlifts, light (4x5) squats, leg curls, abs.
Wed-Thur - rest.
Friday: Light bench, inclines, upper body assistance.
Saturday: Heavy squat, light DL, abs.

Nothing fancy, nothing that requires a PhD in Exercise Physiology to figure out, yet the results it has produced for Drapal and the rest of the lifters down at Samson's has been AMAZING.

As for diet, again, Jim stays away from the institutionalized food at the mess hall which usually abounds in simple carbs and greasy meats - preferring the more solid fare at home. A devoted family man, Jim expresses a lot of gratitude for his wife who not only gives him a valuable moral support, but provides for his dietary needs. Jim also has taken to 'daily snacking' taking a lunch sack (or is it a grocery sack?) full of fruit, sandwiches, etc. mean 'Keep the faith, baby...?' anyway, athletes like Jim Drapal will give a new twist to the old saying 'Semper Fortius' - STAY STRONG - ALWAYS! Until next time - Aloha....

HIPC should be a real homecoming for Jim. He still has a lot of friends amongst the islanders and even though, he's a haole (white man) they will be screaming their lungs out when he mounts the platform to do battle.

The Marines have always had a saying which exemplifies their general spirit and camaraderie - 'Semper Fidelis' or 'Semper Fi,' roughly translated from the Latin, it means 'Always Faithful' (or could it mean 'Keep the faith, baby...?') anyway, athletes like Jim Drapal will give a new twist to the old saying 'Semper Fortius' - STAY STRONG - ALWAYS! Until next time - Aloha....

Women's Qualifying Totals

WEIGHT CLASS	TEENAGE NATIONALS (14-19)	TEENAGE NATIONALS (16-17/18-19)
44 kg	347	402
48 kg	375	435
52 kg	402	468
56 kg	424	496
60 kg	452	524
67.5 kg	496	579
75 kg	535	622
82.5 kg	573	673
SHW	617	716

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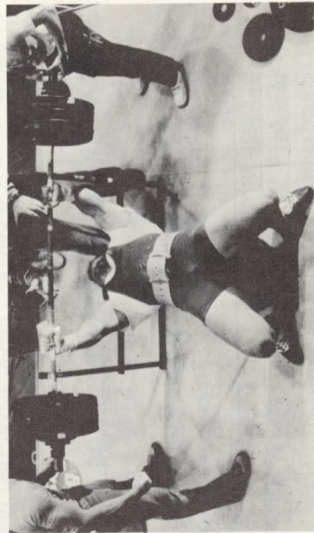
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Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, and THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS and he has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the 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 ARMS - PART ONE

Huge Muscular Arms!! Probably more effort has been spent in the pursuit of this goal than on any other aspect of weight training. Whether it's by powerlifters, bodybuilders, general weight trainers, etc., the total volume of training done for the arms is no doubt incredibly high in this country. Even our society seems to have a preoccupation with arm size to a disproportionate extent. It can appear at times that well-developed arms are the most important attribute of fitness to the general public. Certainly, it can be frustrating to a competitive powerlifter (after all the hard work to improve the three powerlifts when all people seem to care about or want to do is 'see or feel his biceps').

GETTING A 'GRIP' ON HAND AND FOREARM TRAINING

There are many reasons one might have for training the hand and forearm. It's no fun, for example, when someone shakes your hand and ends up ruining your whole day by crushing your fingers and metacarpal bones in a vise-like grip. Some people seem to make a sport out of trying to crush people's hands. I've found, for some unknown reason, that University Deans are frequently hand crushers. Certainly, you can remember someone who has strangled your hand unexpectedly. Another reason for training the grip has to do with deadlifting. As we have seen in recent years, a greater percentage of powerlifters seem to have trouble holding onto the bar long enough to finish a deadlift. When the fictional force of the bar sliding up the thigh is added to the bar weight, the sum effect often causes bars to hit the platform a bit recently. It's no surprise that we've seen a growing number of articles in PL USA on grip strength training. Other reasons one might have for hand and forearm training certainly abound and include the simple desire for large forearms, assistance training for sports, etc.

The forearms and hands are among the most unique parts of the human anatomy in terms of design. Several dozen tendons cross the wrist joint from their origins above the carpal parts of these muscles are in the upper part of the forearm. The wrist bends in the region where your majority of muscle bellies have

the wrist joint and are more effective in training the finger flexor muscles.

To round out the grip strength training program it is probably valuable to train both the flexors of the thumb and the intrinsic muscles of the hand. Squeezing objects with your fingers, or using probably variable devices, but one must seek to systematically increase resistance if maximum results are desired. In either these exercises or in the major finger flexion exercises, it is logical to train with normal sets/repetitions. It may additionally be valuable to do isometric contractions in the finger flexion exercise at the approximate muscle length your fingers are in while deadlifting. The remaining muscles of importance to the powerlifter in the forearm and hand are mainly the wrist flexors and wrist extensors. Developing these muscles will do little for gripping strength but will probably be helpful to the other lifts and to overall development of the arms. Generally, the wrist flexors originate from the inside part of here if you're not acquainted with these muscles.

As far as grip strength is concerned, the most important muscle are the extrinsic muscles, not the intrinsic (Ref 1). Indeed, the two primary muscles important to a deadlifter are those that flex the four long fingers (which excludes the thumb). These two muscles (Flexor Digitorum Superficialis and Flexor Digitorum Profundus) are also by far the biggest muscles in the forearm. The cross-sectional area of each of these two muscles is typically at least twice as large as any other single muscle in the forearm and hand (Fick, R 1911, as cited in Ref 2). So, if someone wants large forearms, working the Flexor Digitorum muscles can be highly productive. And, if you want grip strength for deadlifting, developing these two muscles is clearly most important.

To train the two flexor digitorum muscles most effectively you need to be 'creative'. Depending on your hand size the diameter of most bars is typically too large. To simulate the action of these muscles most effectively you should let a small diameter bar roll down to your fingers and then curl it up with your wrist at the top of the movement (when you've curled your fingers up as far as you can) since this extra motion is primarily done by the wrist flexor muscles. Also, many lifters could avoid wrist injuries and pain if they did this exercise standing or with the wrists braced by the knees in a partial squat position (not full squat position with forearms on knees, etc.) These motions reduce the torques about

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- (3) McLaughlin, T. M. and Miller, N. R. Techniques for the evaluation of loads on the forearm prior to impact in tennis. *Journal of Biomechanical Design*, Vol 102, No. 4, 701-710, 1980.

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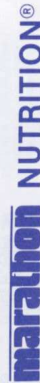
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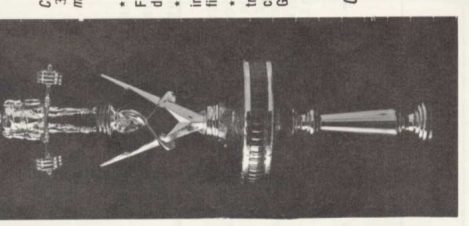
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	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	BP	DL	
J. Mock*	87.5	107.5	97.5	117.5	107.5	127.5	117.5	137.5	127.5	147.5	137.5	147.5	137.5	147.5	137.5	147.5	137.5	147.5	137.5	147.5	137.5	147.5	137.5

B. Genova	172.5	122.5	220	515	R. Boren	227.5	162.5	265	655
S. Trimmer	172.5	122.5	220	515	B. Lockhart	227.5	162.5	265	655
F. Frazier	160	112.5	215	500	R. Bowery	227.5	162.5	265	655

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J. Hedges	345	523.5	310	707.5	M. Johnson	545	310	685	1605
P. Gonzalez	200	167.5	230	647.5	L. Williams	545	310	685	1605
M. Freeman	200	167.5	230	647.5	T. Sullivan	545	310	685	1605

Wisconsin Jr State Power 1/19/82-Racine, Wis

D. Sokalsky	114	235	310	645	M. Johnson	545	310	685	1605
D. Sokalsky	114	235	310	645	L. Williams	545	310	685	1605
M. Balgaard	330	200	355	885	B. Sullivan	545	310	685	1605

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K. Ryder	220	310	415	415	L. Williams	545	310	685	1605
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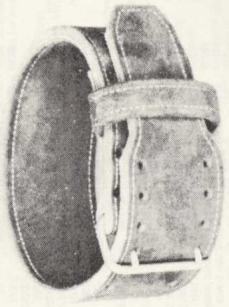
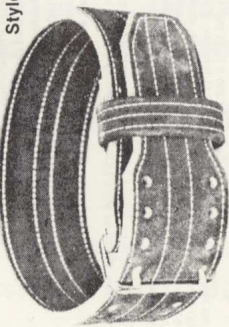
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4N3	3	Nat.	13-mm	zinc	4"	1	61.00
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170	105	130	305
145	112.5	177.5	435
142.5	92.5	160	395
122.5	85	165	392
85	35	107.5	297.5
172.5	105	210	487.5
175	105	197.5	482.5
175	105	197.5	482.5
147.5	110	182.5	440
147.5	95	192.5	435
142.5	92.5	177.5	392.5
142.5	92.5	177.5	392.5
122.5	75	160	357.5
142.5	77.5	137.5	357.5
202.5	155	205	632.5
190	132.5	212.5	547.5
200	125	245	570
160	105	202.5	467.5
167.5	107.5	187.5	465
122.5	75	160	357.5
125	112.5	177.5	415
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225	147.5	247.5	620
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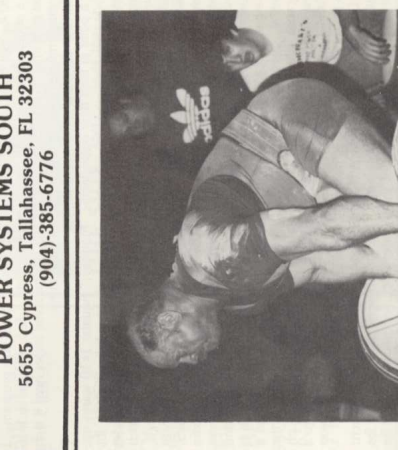
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J. Elmer	130	100	160	390
P. Parquet(f)	112.5	85	145	322.5
P. Neveu	195	100	227.5	522.5
N. Johnson	157.5	127.5	207.5	512.5
R. Grimm	145	85	190	425
T. Hill(f)	112.5	70	145	327.5
D. Henry	190	125	217.5	537.5
D. Walker	192.5	132.5	215	545
L. Latore	167.5	132.5	207.5	507.5
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J. D'Amico	162.5	117.5	207.5	487.5
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B. Knicker	---	---	---	---
A. Goldberger	262.5	167.5	300	730
S. Miyaehira	230	140	220	590
R. Harner	137.5	130	192.5	460
M. Cantrell	145	107.5	127.5	390
J. Jackson	115	80	165	360
B. Ennis	300	200	297.5	827.5
K. Bush	300	160	295	755
C. Boornazian	237.5	150	230	602.5
J. Smith	222.5	150	220	602.5
R. King	207.5	150	220	602.5
W. Sander(f)	182.5	110	192.5	485
G. Rasmussen	142.5	112.5	187.5	442.5
W. Null	---	---	---	---
D. Poitit	255	172.5	267.5	695
H. Soudiers(f)	142.5	105	175	422.5
R. Riggs	100	152.5	162.5	415
K. Doyne	---	---	---	---
A. Rutledge	---	---	---	---
S. Samaniego	282.5	242.5	272.5	797.5
H. Smith	272.5	175	280	727.5
T. Haugh	282.5	205	95	582.5
SHW	---	---	---	---
D. Reed	287.5	207.5	272.5	767.5

Now that the smoke has cleared and the "bulk" meet with still more records shattered... IT

seems as though every time Henri Soudiers grabs a bar, he's breaking world records in the process... Little Violette Thomas is still after the Cal. BP record and it's only a matter of time. Wanda Sander easily qualified for the Women's Nationals and didn't push herself. The Nationals team turned in a fine performance. Muscular Bill Ennis will be a threat at the Seniors this year if he can work it out... The 225 lb. class was... The contest was held in the Depot Theater at M.C.K.D. and by popular demand, will be a "double" event... Thanks to Robbie Roberts for results and report.

Hudson Mall Open
1/16/82-Carteret, NJ

	SQ	BP	DL	T
B. Meleon	270	150	290	710
P. Williams	220	110	270	600
L. Scanlon	165	85	190	440
K. Doyle	260	95	235	700
K. Caraballo	185	75	205	465
A. Rutledge	---	---	---	---
J. Ampos	400	225	410	1035
S. Camaron	365	220	425	1020
D. Houser	405	230	420	1055
T. Weiner	245	180	330	755
A. Rutledge	245	170	325	740
A. Rutledge	475	300	515	1290
J. Fieldman	435	250	560	1245
T. Eiseman	420	285	480	1185
T. Wiener	420	285	480	1185
M. Zuebaugh	410	270	500	1180

Bill Ellis, 705 opener @ 181! C.C. '81 Seniors

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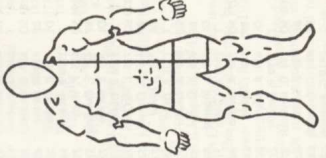
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Halifax Open-9/19/81

Halifax, Nova Scotia, Canada

	SQ	BP	DL	T
J. LeBlanc	500	320	530	1350
E. LeBlanc	450	215	400	1105
R. Payne	250	175	300	740
T. LePage	225	195	225	645
K. Kennedy	500	220	450	1215
R. Graham	425	230	425	1080
G. Murphy	385	185	425	1020
F. Cochrane	490	260	520	1330
D. Whiggen	405	280	525	1235
H. Lavers	440	250	430	1120
N. Dobbin	470	225	525	1220
R. MacDougall	450	300	450	1200
J. Payne	385	160	360	940
T. Young	550	325	575	1450
T. Young	650	325	650	1625
W. Bursley	410	305	460	1175
J. Smith	540	365	540	1445
J. Smith	550	370	550	1520

Results from the Halifax Open-9/19/81. Thanks to Frank Yablonski for the results.

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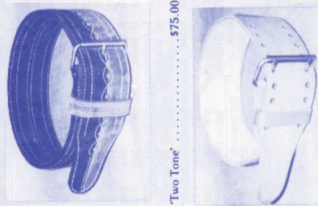
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Goals of John Pettitt if elected National Chairman
1. Responsibility channels
A. Lifters elect state and regional chairmen
1. State chairmen oversee judging at meets, maintain state referee lists, state records, state mailing lists (each could be done 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 the second 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, sanctinos, 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.
2. Executive director never signs a check or handles any accounts.
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. Derives 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.

QUESTIONS????IDEAS???PLEASE CALL ME AT 214-299-5585 (paid political advertisement)

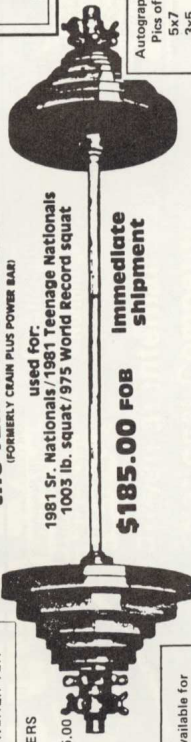
Table with multiple columns listing names and scores for various events: West Penn Ironmen's Open, Ohio State Championships, Northwestwestern Class II, 1982 Twin Cities Health Club, Masters Championships-1/30/82, and Back Issues!.

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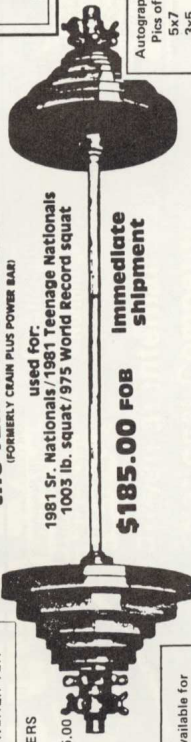
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STATEMENT TO PL USA
BY KEITH 'JAKE' BOYER
CANDIDATE FOR TREASURER



I am interested in serving the position of Treasurer for U.S. Powerlifting Federation. I have always considered myself to be a person with a great deal of experience in this modern sport. I feel I would be the best person to do the job. My main goal would be to serve the National Committee. I would like to work together in making 'OUR' sport reach its highest peak. My motto would be: 'OUR INTEREST SHOULD BE IN THE FUTURE BECAUSE WE LIVE THERE.'
SPEND THE REST OF OUR LIVES THERE!

Ode to Johnny Peebles III
By R.S. Lemler

Yes! I'm on the mountain of York iron
I'm on my hands
Grab the bar in a grip of steel
Checking the hands
It's the iron I feel
A mountain of metal
A ton of steel

Yes! Before the mirrors I stand
Starting at no one
Thinking of a lift
Psyching the psyche
A mountain of metal
It's the iron I feel

Yes! A mountain of metal
And two tons of steel
Away with the world
With anything
Muscles can't lift

★ WHO'S WHO IN POWERLIFTING ★



Mary Lou Atwell recently qualified for the Women's Collegiate Nationals with lifts of 181, 115 and 242 at 114 in the Region 6 meet in Layrayette, Ind., making her possibly the first totally blind athlete to qualify for a USPF Championship in Powerlifting or in any similar sport. Atwell trains with the 'Athletes for Christ' team.



Dave Waddington has gone from a bodyweight of 320 to 265, crediting diet tips from Dave Draper. He wonders why the 1981 Senior Nationals were not televised, and would like to see a semi-annual financial statement of the USPF published in PLUSA. Dave is strongly endorsed by Larry Pacifico, President of the USPF.



The top female lifter in Panama, Judy Levi's current competition bests are a 200 squat, a 135 BP and a 265 DL. She is reported to have hit 230, 150 and 275 in workouts since. A Private First Class in the US Army, she has been lifting for about three months. She is a graduate of Central Connecticut State with a degree in Phys. Ed.



Tom Kristof, 15 years old, is shown squatting 430 at a recent Auburn, NY meet in which he totaled 1145 at 165 with a 240 BP, a 430 squat and a 475 DL. In the Teenage Nationals, he finished second in the 14-15, 165 class with a 1047. He has been lifting for one year. Photo courtesy of Tom's brother, Bernie Kristof.

USPF Election Candidates

The list of official candidates for the office of U.S.P.F. President, to be elected in Dayton, Ohio this July, in alphabetical order is as follows: Conrad Carter, Nate Foster, Ernie Frantz, Fred Hatfield, Dave Keagy, Larry Pacifico, Bob Packer, Johnny Peebles III, John Pettitt. The official candidates for the office of U.S.P.F. Treasurer in alphabetical order are as follows: Keith Boyer, Conrad Carter, Ripkey Dale Crain, Fred Hatfield.

NATIONAL PRESIDENTIAL CANDIDATE - NATE FOSTER

I have been approached by several prominent people who are National Presidents in Illinois. Surprised, at first I felt that I couldn't afford the amount of time I thought it would take to do a first-rate job. But, as I thought it over, I came to realize that I had quite a bit of time to spare. I decided to try. I should find what talents I have to let the members of the old wounds which have kept us torn apart for such a long time. The battles that have raged within our sport have been gain has prevailed instead of the desire to do what's best for powerlifting. As the petty battles raged, the real wars have taken a back seat. The wars to clean up the sport and put it in a state where it can be enjoyed by all are overshadowed by the U.S. have not been fought here, but elsewhere.

When we were summarily stripped away from the A.A.U. we did not replace that organization with a smooth running organization for strong honest leaders at every level is paramount. I possess special organizational skills and strong leadership traits due in part to my long service with the Army at high levels. Should I choose to be dispersed at the lowest levels possible, I would press to make the existing 'chain of command'; if you will, work efficiently. I would insist on strong enthusiastic dedicated leadership and good communication. Athletes would be required to deal with their state chairman and not with the Regional Chairman nor the National President. I would expect the state chairman to run their states according to their constituents. State chairmen would take problems that they could not solve to the National Chairman and not directly to the National President and National Executive Committee. I would like to see the administrative responsibilities through the state chairman.

Whether you're Big Name or No Name, send your picture and details (Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.

Pat Wardrop has only been lifting for 2 years, but the records he has hit this winter total at the Albany, N.Y. meet via 620 300 605 for 1525. He feels his success was due to the good coaching he received from a fellow lifter, Jess Martinez, himself a Top 100 148er. Pat would thus like to pass along a message to less... thanks for the 1925.

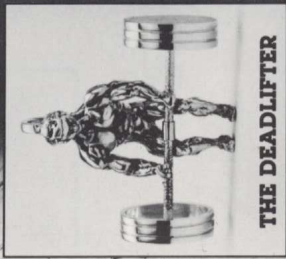
out of one's self in each meet. The athlete is to get the greatest satisfaction in temporary victories over the iron and one's self. All else, the world records, the world championships, are all secondary. I will not publicly criticize the incumbent or endorse any fellow campaigners. My credentials follow.

Missouri Valley Powerlifting Chairman 1979-1981.
Region VIII Powerlifting Chairman 1981-1982.
Editor, 'Powerlifting', Mo-Valley 1980-1981.
Editor, 'Region VIII Powerlifting' 1981-1982.
Coach, U.S. Women's World Powerlifting championship team 1981.
World Masters 198 lb Powerlifting champion 1981.
World Masters 220 lb Powerlifting champion 1981.
National Masters Powerlifting champion 1980 and 1981.
International 1978 Powerlifting champion 1978.
Region VIII Powerlifting champion 1977, 1980 and 1981.
Missouri Valley All-Star 1979, 1980, 81.
Missouri Valley Athlete of the Year 1977 and 1978.
Gymman National Stone Lifting champ and Coach, U.S. Forces, Europe, championship records, and 42 U. S. Forces, Europe records.

Won 12 letters for sports in high school and college; of two NCAA National Cross Country Championship teams.
In 8 years of powerlifting set or broke 295 records, to include 20 world records, 17 Region VIII records, 20 Mo-Valley records, 19 Kansas State records, 10 U.S. Forces, Europe records, and 42 U. S. Forces, Europe records.
Kansas State Olympic lifting champion 220 lb class 1979.
Bachelor of Science Degree in Physical Education, U.S. Forces, Europe, championship teams 1974, 75 and 76.

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