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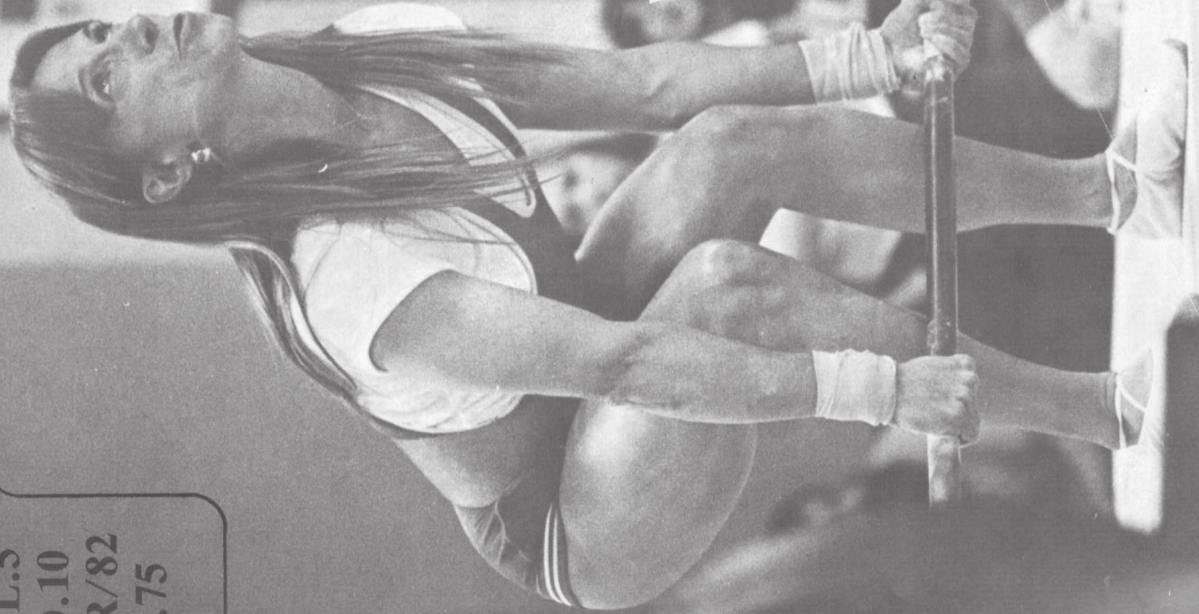
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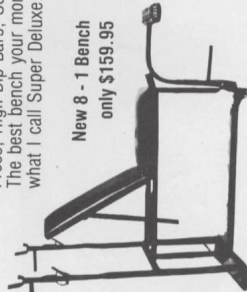
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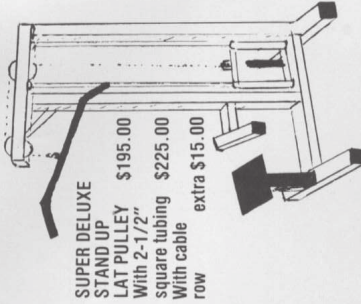
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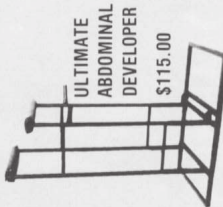
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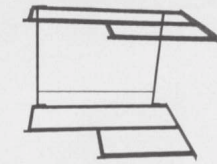
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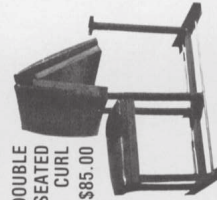
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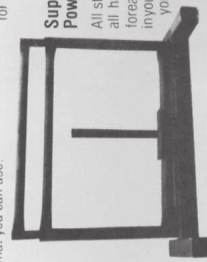
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NEXT MONTH...Mike Bridges Seminar, How one lifter made Elite, and a profile of a fast rising Woman lifter.

ON THE COVER...New Mexico's National Women's Champion in the 114 pound class, Vicki Steenrod.

NATIONAL POWERLIFT ORGANIZATION NEEDS:

Goals of John Pettitt if elected National Chairman

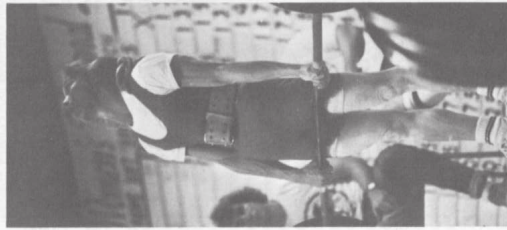
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NEXT MONTH WHERE DOES THE MONEY COME FROM TO PAY FOR ALL OF THIS?

(paid advertisement)

This was a year of transition for the Women's National Powerlifting Championships. While the poundages continued to head inexorably up, many familiar faces were absent and many new ones were present. In fact, only 2 women were able to defend their titles of 1981, Terry Dillard for the SIXTH(?) time in a row) and Terry Promeay. Defending champs Wicker, Crain, Gagne were not even on the entry list.

In the 97 lb. class, one of the newcomers claimed her title in definite fashion. Ginger Lord, mostly unknown until a great performance at the New England States meet only weeks before the nationals, was just a tad behind bench Teri Hoyt at sub-total time, but was obviously a superior deadlifter, having done a 314 in New Hampshire. One deadlift was

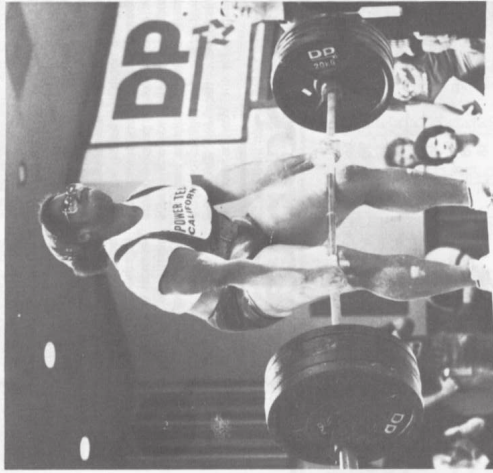


Ginger Lord...pulled the winning deadlift to an ultra lock-out position

all she needed to sew things up, as Teri was packed off to 3rd place after the steamed up deadlifting of Diana Rowell of Doyle Kenady's Gym. Cheryl Jones, a major element in last year's contest, looked impressive until the benches, which were all failed by a fair margin. This division was also quite a display of how little chronology has to do with top performance as Claire Tuite blazed Teenage marks (including a 4th attempt 220 squat record) right along with Judy Gedney, who tussled with the Master's marks. Tina Palisi, coached by Fred Hatfield, had to drive in from Louisiana with little rest due to school exams, which obviously hindered her performance. Mrs. Mock's deadlifting ability was a source of pride to Jim Cash, who videotaped the proceedings and Joette Webber dependably produced the first points for Pat Malone's Purdue team.

WOMEN'S NATIONALS

by Mike Lambert, PL USA Editor



Ms. Annie McElroy...pulled 512 way up, but could not finish it off.

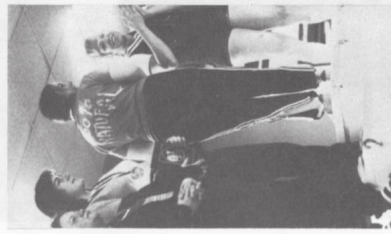
In the 105s, Terry Dillard was the same, steady and true; hardly tripping over any of her many triumphs over the iron at this meet. Let us forget again before she wins another title or two in her unassuming manner, Terry is probably the most successful woman powerlifter of all time (don't forget her 4th attempt WR DL of 157.5 kg). Who else has won so often when it really counted? In 2nd place, Michelle Evis debuted with great promise, despite 4 missed attempts. Considering her structure (she could easily move up a class or two with her height) and the trouble she's had with recent injuries, the possibilities for next year are intriguing. In 3rd was a happy/sad Joan Fruth, happy with the lifts she made, particularly the solid improvement in the bench and a deadlift that has suddenly become a real asset; sad that she just couldn't make weight for the 97s, where her total would have given her a 55 pound victory.

Ms. Johnson of Kenady's Gym was a terrific deadlifter, but couldn't catch up with Linda Madzey (who lifted so nobly against Pam Meister in 1980) and Kathy Tuite, whose recent success as a bodybuilder has taken the edge of her powerlifting. Perhaps the most disappointment in this class fell upon Monke Caldwell, who came to the meet from her military station in Europe,

James Conrad Cotter last month, James

Julie Thomas...carefully chose her attempts and produced a WR total.

Hawkins and his loader friends knew precisely what was on the bar with little delay. Loads of talent in the 132s, with the least mistakes and most total going to Ruthi Shaler, who amazingly missed weight for the 123s, decided to go 132 the next day, and then had trouble again making weight for that division. Despite all this, her lifting simply glowed, and that was enough to take the title away from a Diane Franz, who missed only a bench, and then jumped to a brain-boggler 446 deadlift for the win, which was a bit off the mark. Eileen Todaro wasn't awarded credit for 2 close squats, which put her behind the 8 ball, but showed some real improvement in the deadlift. Debbie Candelaria had supporters thinking she might take it all, but was limited to openers, which added up impressively anyway. Sue Taylor



100% Natural...181 pound class winner Mary Barrera labeled her ingredients on the back of her shirt

More From Ken Leistner

good lifter using machines only, obviously. However, they can be a fine adjunct if used intelligently. I'll limit my comments to Nautilus machines this month and if anyone wants an opinion on other types of Nautilus apparatus, I'll be glad to offer some opinions on other types of equipment. I feel I can be unbiased in discussing the equipment, although many won't agree if I'm sure. Take it for what you think it's worth.

If you have the need for leg curls, the Nautilus piece is as good as any and better than most. Remember that the hamstring group and the short head of the bicep femoris get a lot of work in the squat, and perceived weakness in the area usually involves the upper portion of the gastrocnemius (calves to most of us) as well. Right, recall that the calves that extend from the knee to the ankle and they're more often underworked than the hamstrings. Additional quad strength or knee rehab can be gained from leg extensions and of all the Nautilus pieces that got early acceptance, this was the ground breaker. Even vehement anti-Nautilus people were impressed with this one and man, it is awfully smooth to use. For those who have complained that 'we got guys who use the whole stack', well, most of those guys do a hell of a job of throwing the entire stack up, but few can lift it not thrilled with leg presses for a number of reasons: there tends to be a momentary but marked increase in blood pressure when one uses the movement, primarily due to extreme hand flexion and stagnation/pooling of blood in the extremities. Also, too many guys like to work them in place of heavy squats (I'll back off a little on the squats and hit some leg presses to make up for it; they don't want to squat too much.) and you've got to squat heavy to do the job right.

Almost anyone can make progress if he trains hard, limits the amount of work done, and gets plenty of rest and a wide variety of wholesome foods. Get those heavy reps in, the high rep tough sets, the moderate singles to 'groove' in the neuromotor patterns, limited assistance work and only those movements that have relevance to the lifts or are needed to either rehabilitate an injured/weak area or re-establish balance of strength between agonist and antagonist. It sounds simple but involves harder work than most are willing to put forth and of course, it's not exotic enough to sell courses or make any money. So be it.

Regarding the machines, be they Nautilus or any other, again, for the competitive P-lifter, use only those movements that will specifically help you. No one can become a

ment movement I've ever found for building traps bar none. It primarily works the upper trap fibers, not the lower ones, but it really works them, if used properly, and again, that's a real big if. I've seen that machine abused consistently, with more bicep work being done than traps, and guys will say, 'Hey, I know it wouldn't work!' No, give me abuse the tool and it's not supposed to, but man, that sucker can do it if given half a chance. Two hard sets, 12 and then 6 reps with a 5-10 % weight increase, two times a week will give you all the headaches and muscle soreness you want.

DL lookout involves, contrary to popular thought, more scapula retraction than scapula elevation, thus, the 'rhomboid major and minor, mid and low trap, and other scapula stabilizers (rotator cuff and associated muscles, serratus anterior) need, in many cases, direct, if limited work. The key is limited if you're going to go right to the specific muscle and this is for assistance. Again, we're back to '1 did three sets of DL and nineteen sets of upper back and traps, pumped to the max' with a small machine, an oldie but goodie, and one good that is quite abused, is the Row machine, which provides super range of motion. Forget the low lat pulley rows; most guys, in their work, use weight on that, work biceps and low back (although the low back work is over a very short range of motion) well, but get little for the upper back (and no Mabel, that is not a direct lat exercise, although the lat does work. It's for the scapula retractors). The BNTA is tough, perhaps toughest of all the Nautilus Machines to use correctly, but I've seen great gains on it when I was in Florida. You need about two weeks of instruction on it; someone sitting on you while you're doing it, but the results will be worth it. A real solid compound movement.

Thus, for the squat and DL, you've got an array of machines to choose from, and I'd like to reiterate a bit. For quads, leg extension or Super Leg (the larger one), and the key is to lift the weight, not throw it. Hell, myself, a semi midheavy lifter, can use a good piece of the stack if she bounces the weight stack. That is guaranteed, in time, to screw your knees up with little muscle growth to show for it. And remember the fragility of the knee joint. Leg press works quite a few muscles of the thighs/hips but there is controversy, with good studies on both sides of the fence, re: shearing forces, and you must keep loose in the hands and face (I did some of the faces guys make when they want to show everyone hard HARD they're training) to avoid blood pressure increases and headaches. Leg curls for the hamstrings, short head of the biceps femoris, and the gastrocs. Neat uh? And Nautilus is only one end of it, you've got Corbin Gentry, Marcy, Universal, Mus-

The major disadvantage of any machine or any line of machine, is two fold; one, they do not help your total, the only thing that counts in this game, if you don't do the lifts and pay your dues when you're doing the lifts, and it's too easy to be swamped by the flash and chrome and in fact, not do enough work, totally killing your recuperative abilities, by doing the lifts and a load of machine work. The fancy stuff has a place, but it's a place it's not nearly the whole ball game, and that is often lost on the average guy.

Be it nutrition, lifting, PLing specifically, whatever, my intent is to get everyone to think, to consider, and reconsider. I wasted awful lot of time blindly following the 'big guys' in whatever gym I was in, not so much as most others, but I blew enough time. Explore everything, even if it isn't 'in' with your lifting buddies, check it out, present different sides of lots of issues for just that reason. There is a truth for everyone and you'll never get near it if you copy so and so's routine in PL USA Muscle Builder, whatever it's called now, or Iron Man. Read, adapt things you learn to your time in the gym, fit it into your lifestyle. That's the only way to achieve total integration. I've been fortunate enough to work with a lot of top athletes, some of them PLers but certainly not PLers exclusively. Whenever they come to me and say, 'Hey,

Ken, I want to try this, what do you think', I will usually let them know my feelings about the particular theory of technique and then, no matter how I feel about it, let them know I encourage them to try it, and in fact encourage them to try it, if it works for them, no matter what the reason, despite defying every law of anatomy, physiology, biochemistry, and/or biophysics, tell me about your Bulgarian attitudes and how the techniques used there are gonna help my DL. I'll never believe that one. And for those who have seen the so called sophistification of the lifting research in Eastern Europe, talk to the heavy hitters in biomechanics in this country, guys like Dr. Ste. Plegierhoff and ask him what he thinks of it. That'll open your eyes some.

Enough ranting for today, it's late and I need to train. Next month we'll continue this and I want to review a few books and make nutritional comments. One of those books to be reviewed is in fact a nutrition book and this will give me the opportunity to get into a different area. Until then and as always, sex, heavy weights, and rock and roll (is that how it goes?) For those of you who know your blues, Jerome Greene would be proud.

P.S...from Dr. Ken Leistner

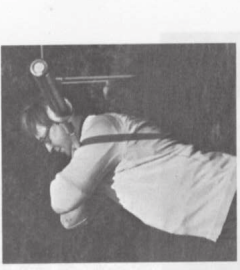
Although I have my own comments to make in regards to the enclosed photos and commentary, I referred the matter to Dr. Ralph Flison. Ralph is an accomplished Olympic and powerlifter who has a flourishing private practice in St. Louis. He also is on the faculty of Logan College of Chiropractic and has specialized in the treatment of orthopedic problems for many years. I feel that his comments should be considered while the lifter ponders the material that came from Sweden. Here are his comments:

The pictures you sent me seem to be an attempt to restore the injured disc to normal position via a combination of forces. Compressive force, with weight, is being applied to the posterior of the disc, at the fourth of fifth lumbar vertebra. As most disc inflammations or bulges occur towards the posterior and lateral aspect of the annulus fibrosus of the disc, the attempt of this particular movement is to 'encourage' the disc towards the anterior, thus relieving the pressure of the lesion as it manifests itself in the intervertebral foramen. In fact, some of the more recently developed Chiropractic adjusting procedures are dependent upon the application of pressure in a posterior to anterior direction, directly into the IVF space while the patient is in hyperextension. As Ralph indicated, the liter as shown is applying force, a compressive force, while in a position of lumbar extension. Before any injured lifter attempts this move, I think it prudent to make sure, via examination by a Chiropractor, orthopedic surgeon, or osteopath, that you have the type of disc injury

chers' who try to apply OL results and findings to you. Drive a Grand Prix bike, a chopper, heavy hog, be real good on one and be real good on another? Some guys can, but the skills utilized at the top end of competition in all aspects of the bike game, from the little I know of it, are very dissimilar. Yeah, mother, tell me about your Bulgarian attitudes and how the techniques used there are gonna help my DL. I'll never believe that one. And for those who have seen the so called sophistification of the lifting research in Eastern Europe, talk to the heavy hitters in biomechanics in this country, guys like Dr. Ste. Plegierhoff and ask him what he thinks of it. That'll open your eyes some.

Enough ranting for today, it's late and I need to train. Next month we'll continue this and I want to review a few books and make nutritional comments. One of those books to be reviewed is in fact a nutrition book and this will give me the opportunity to get into a different area. Until then and as always, sex, heavy weights, and rock and roll (is that how it goes?) For those of you who know your blues, Jerome Greene would be proud.

that will respond well to this type of move. Having a sore back or a 'bad disc' as diagnosed by another lifter in the gym, is not an indication to include this movement in your current rehabilitation program. Any lifter suffering with a uncomfortable or injured low back would be well advised to see his or her health care professional before doing any potentially stressful movements.



A lifter in Sweden provided photos and information about a technique he feels can, in some cases, help on injured spinal disc: slide back into proper position. He suggests taking the bar off squat stands, across the top of the chest and the shoulders, in the position shown and leaning backward, as much as possible without bending the lower legs and holding the position for at least 30 seconds. He suggests using this movement 3 times weekly, doing 5 bends per session, starting with a light weight and working your way up so that eventually you are handling 115-220 pounds. PL USA thanks Dr. Flison, Dr. Leistner, and the Swedish lifter for their evaluation and commentary.

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VA Teenage Trophies 1st, 2nd, 3rd, 114-Shw

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1 Team Trophy for Masters

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Ken Leistner and Billie Starr, taking it easy during a recent visit.

DRUGS! IN POWERLIFTING

Drug Suspensions from Worlds Dropped! No Testing at 1982 USA Championships!a PL USA Status Report...by Mike Lambert

At the 1980 International Powerlifting Federation Congress in Arlington, Texas it was decided that testing for amphetamines would take place at the 1981 World Powerlifting Championships. Testing did occur, and early results showed the suspension of Isagawa of Japan, Lammela of Finland, and Bradley of the USA before the competition ended. A few weeks later Lamp of Australia, Wells of Canada, Bridges of the USA, West of Great Britain, Cash of the USA, Yvaner of Sweden, Nilsson of Sweden, Dattany of France, Bulos of France, Wohler of the USA, Kivranica of Finland, Underberg of Norway, Magee of Canada, and Atrenvrough of Canada were also suspended by the IPF. The suspensions were protested, apparently by several nations. The IPF reacted by polling its member nations offering a choice to maintain the suspensions or amend results of the 1981 Worlds, to drop the suspensions and accept the original results of the competition, or to cancel the entire competition. In a vote from the Secretary of the IPF, Arnold Berman, it was stated that the majority of IPF member nations voted to lift all suspensions of lifters in the 1981 Championships and that the original results will stand. The first major attempt to test for drugs at international Powerlifting competition has become history.

Why were test results in India protested? Affidavits from athletes at the Championships indicated that the glassware used for taking urine samples was not clean, and may indeed have contained urine from the previous test subject. Other questions were voiced regarding proper procedure for the testing. Proper procedure meaning that the results could not be questioned, and could in fact be verified subsequent to the original test.

Although the lifters concerned have had their suspensions dropped, there are damages that will not be erased by an apology. News of the suspensions was circulated by American wire services. The national press of various IPF member nations carried the story. At least one of the previously suspended athletes has suffered serious economic loss. The incident has not been a positive one for the reputation of the IPF or the sport.

WHY TEST FOR DRUGS?

The IPF has voted to test for drugs, amphetamines and steroids, in the 1982 Women's World Championships in England and the Men's World Championships in Germany. The USPF National Committee voted in Corpus Christi, Texas in 1981 to test at our National Championships if the IPF decided to do so internationally. Furthermore, a number of lifters and officials feel that it is not fair to compete on the same platform against other contestants who are using steroids or amphetamines, when they do not use them, or they feel it is unethical to use strength-enhancing substances that are against the rules of the sport as they understand them. It is often stated that testing must take place if Powerlifting is ever to make it into the Olympics.

PROBLEMS WITH TESTING

There are those who point out that the IPF also stated that they would test for drugs at the World Championships beginning in 1979, and yet did not do so, as well as administering a test limited only to amphetamines in India. Furthermore, doping is not specifically forbidden in the By-Laws of the USPF. There is expense involved in testing. A complete procedure according to International Olympic Committee standards currently costs \$100 per individual, and

had done so to make it public knowledge? Would it be in the best interests of the testing authority to make it known that their tests can be beaten? Where facts are absent, rumors jump in, and it is rumored that there are at least 2 steroid formulations, not available in America, that are not identifiable under the present IOC testing procedures, although they do show up under the general screening procedure, and it is thought that these substances were used by athletes in a certain national federation to 'beat' a recent steroid test. Is it likely that a testing procedure that is essentially reactive (due to the fact that to develop a totally comprehensive test procedure that could yield with 100% accuracy that an athlete did without any doubt use any amount of any performance drug, from all those that are available or may be developed, during a certain specified time period, would be financially infeasible), is going to STOP individuals or even national federations from trying to look for ways around such restrictions?

On the other hand, in spite of the fact that a perfect test is likely to be out of reach, practical testing, with its limitations, has a marketplace. There are clearly lifters who want drug testing. Organizations that promote lifting and drug free competition, the American Drug Free Powerlifting Association and the National Powerlifters Association, have sprung up and verify the existence of need in this area. At the very least, to satisfy the specific wants of such lifters is just as valid an idea as it was to establish competitions specifically for women, or master lifter, or teenagers, or collegians.

The IPF and the USPF have viewed that drug testing is something they want to do, just as it was decided that there should be a pause at the chest in the bench press, and what remains is the establishment of a valid procedure to implement that decision. The ability of the governing bodies to finance testing and the

legal liability they incur when sponsoring testing, to enforce lifters will be using drugs to enhance their lifting. In prehensiveness and precision, are testing can be done and what will be the phrase is apparent. In drug testing, procedure IS the fundamental issue.

WHY NO TEST IN AUBURN?

A majority of the Executive Committee membership did not agree with the testing procedures recommended for individuals to be tested. The more expensive it becomes for individuals to be tested,

Morals and Ethics in Powerlifting a speech given at the Women's Nationals by Brother Bennet, President, American Drug Free Powerlifting Association

My topic is morals and ethics in powerlifting. To enjoy a test of strength as a test of these benefits...benefits that will last a lifetime. Let us define morality as the rightness or wrongness of an act. Now, we know that society, drugs...effects that over the long run, and environments may run only be dangerous and through sports and applied to change but, morality does not sometimes drastic. The side effects and other situations. By commitment to change. The same ten laws that are harmful to the health and may harm work, faith, discipline, and were followed by the people during cause dependency on habit forming concentration, one can perceive the days of Moses are the same chemicals. These are obvious that anything in life can be achieved if the necessary effort is put forth. By introducing chemicals into ten laws apply to us today. An act kind...bodily harm and injury can sports, a short cut is made and I fear the lessons are not learned...and if embossed is capable of being considered a virtue.

Now, the use of drugs to enhance...morality of truth and it holds up a sports performance while abundant...and the sport, seems to be an opportunity to cheat. It is fair to himself by cheating his athletic experiences and limiting drugs may hurt! Help us can play. Let us not cheapen our human combine the two??

Morality is a virtue and virtue is a positive nature. It was a means of human releasing energy in a non-harmful manner. It is a moral quality way. Sports served the purpose of that lends 'itself' to good acts developing and training the body to (goodness). Virtue is doing good to maintain and make effective use of mankind in obedience to the will of our physical abilities. Sports are for the benefit of man...in a spirit of fair and his creates. God has given God.

Let this be our main concern, the play...fairness to the competitor, to ourselves. We are to respect God and to love our neighbor as ourselves. We are to have an idea of virtue. In our time, sports fairness to oneself and fairness to govern ourselves...this is touches and influences many lives. God...something that he has given none is virtually every person in our country. In God's creation we are something that he has given none, it is intelligent to harm and cheapen ourselves by introducing drugs into spectator (in a stadium or in front of the cat family...and none of the boob tube). Because we have of these take drugs...oral or injected to put a 'thing' such as drugs on little more free time than other people. How then can we justify the equal terms with our human abilities.

God is nearer to us than we are to ourselves and it is this realization that will redeem the sport of powerlifting. If we are to have respect for others, we must first have respect for ourselves. A different world cannot be made by society and culture. In women's sports we are determined by who can grow branch of medical science. Take this or that chemical to ladies who will be competing in the knowledge in medical treatment is Anabolic steroids are used to success. coming from experiences gained in become bigger or stronger, am-

sports medicine; scientists are learn...pharmacines to numb the pain, anatomical, psychological, and classifications and who knows what biochemical effects of exercise and itself?? Athletic competitions are applying this knowledge to become more and more chemical medicinal practices. Sports medicine competitions. Does this sound doesn't have all the answers but it is right?? Moral?? Ethical?? making headway. It is concerned along the lines of personal not only with treating injuries but fairness...improvement and success with preventing them. Wasn't it in sports can be a most gratifying Ben Franklin who said, 'An ounce experience. All human beings can of prevention is worth a pound of cure'.

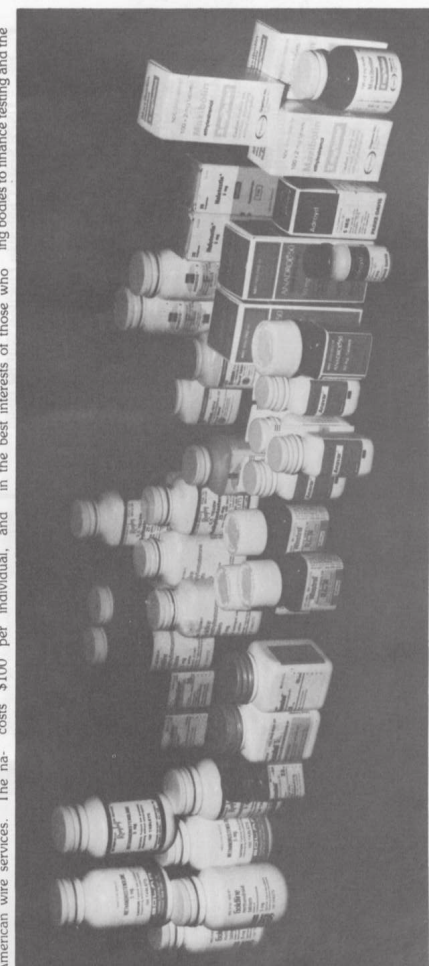
We all know of the benefits of ex...sports it can never be said that a person exercise and conditioning...sports it can never be said that a person

sion would not pass a resolution to actually implement the amphetamine testing at that contest, nor to accept the procedures recommended for the Men's Seniors in Dayton. Why did these votes go the way they did? Perhaps it was because some of the tests recommended went back further in time than the time available to notify athletes at the Women's meet as to just exactly what was being tested for. Perhaps it was because only a limited number of athletes were to be tested, as the expense of doing all of them was considerably more than the funds voted for the purpose. Another consideration was that the actual tests that were being implemented for the Women's Nationals, unknown to some members of the Executive Committee, involved more than just amphetamines. A list of several hundred substances, including amphetamines and other stimulants as well as such things as Surenas throat lozenges. Doan's Pills, other substances which are designed to treat common and legitimate medical problems, and things which might ingested on a basis unrelated to enhance athletic performance, indicated what an athlete could be banned for using. Furthermore, it was known that some women competitors did receive the list of the substances to be tested for prior arrival at the contest site, so protesters were made on the basis. Concern for fairness to the athletes, the legal liability of the USPF and the conspiracy of Jan Todd's committee had a bearing on the decisions that were reached.

THE FUTURE? Motions may very well be made at the National Committee Meeting in Dayton, Ohio prior to the Senior Nationals in July to adopt acceptable procedures for testing. By that time the results of drug testing at the Women's Worlds will hopefully be known. In the months to come, the American Drug Free Powerlifting Association will probably issue registration cards and sponsor meets. The opportunity for individuals to voice their concerns about the implementation of drug testing and be listened to seriously, is wide open now. Hopefully, decisions will be made soon regarding the procedures to implement drug testing that will be fair to all and truly representative of the will of the lifters.

P.S. testing for drugs is part of the traditional 'amateurism' ethic concept which originated in Great Britain. An understanding of how this idea came about and how it has evolved is pertinent to the resolution of the problems of drug use in sports. A fine book on this subject called 'Amateurism and Athletics' has been written by Eugene Glad... Paperback copies of this book are available at no charge from PL USA, Box 467 Cayville, VA 93011 while the limited stock remains, first come-first served, just write in and ask.

The American Drug Free Powerlifting Association is issuing membership cards (\$10), entitling the bearer to eligibility in ADFPA sanctioned meets, the right to vote on issues, and a newsletter. Entries to ADFPA events will reportedly require that the contestant not have taken anabolic steroids for a period of 12 months and will agree to physiological or psychological testing to confirm or disprove use of these substances. This, ADFFPA, Box 351, Bay St. Louis, Mississippi 39520

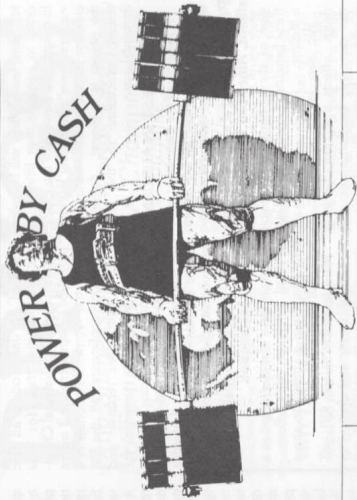


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- World Champion



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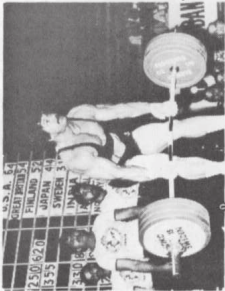


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MESSAGE FROM THE PRESIDENT:

In this issue we are publishing our log of 1982 clubs, current through March 6, and arranged alphabetically by state. This is an unsatisfactory, stop-gap solution. After consultation with Jim Lynn and Dr. Lyle Schwarz, I have decided to ask clubs to send their club membership applications to the state chairman for him to log in. His approval is not required. Unless the state chairman has this information at his fingertips, local control is difficult to reinstate. Each registered club should have a minimum of ten members.

To refresh your memory, the fee for sitting for a national referee's examination is presently eight dollars. The fee for sitting for a Category II IPF referee's examination is ten dollars. The fee for the IPF referee's renewal label is eight dollars.

Starting with the tests to be administered in June in connection with the 1982 Nationals in Portland, only those applicants who have been nominated by Mrs. Ramona Kennedy, the USPF Secretary, will be permitted to sit for the IPF Category II examination. This procedure is being adopted to conform with IPF rules. Those who desire to sit for the IPF Category II examination at either Portland or Dayton should send their resumes to Mrs. Kennedy. Particular emphasis should be placed on the meets at which one has judged, or has been available for judging since receiving one's national referee's card. By the time you read this, the Executive Committee will probably have reaffirmed the old rule from AAU days that one should hold a national referee's card for a minimum of two years before sitting for the IPF Category II examination.

Similarly, in the very near future, I would anticipate our readopting the old rule that one must be active in powerlifting for a minimum of five years before one may sit for the national referee's examination. With the large number of referees we now have throughout the country, it is difficult to justify any laxness or lowering of standards.

I did not attend the Women's Committee meeting in Auburn, Alabama. However, I have been reliably informed that it was as emotionally charged as any powerlifting meeting in living memory. If I understand correctly, the underlying cause was our failure to test for steroids. This failure was not only a disappointment to the lifter who felt that her competitors were gaining thereby an unfair advantage, but it was also a source of profound embarrassment to many of us who were not competing. For how long will we tarry in the face of IPF rules commanding tests for doping? It is, however, one thing to be disappointed, and another thing to blame. One is firm ground; the other quicksand. Six of the ten members of the Executive Committee, on January 27 when we were in telephonic conference assembled, voted not to adopt the testing recommendation of the Medical Committee. Their reasons were perhaps diverse, but certainly they were no less profound for not having been explained fully. Each member was required to form a judgment and to vote. Each did. There was no requirement, nor should there have been, that each explain his vote. The good faith of the members of the Executive Committee, irrespective of the vote, should not be questioned.

But, perhaps it will be argued - especially in light of the fact that those who voted 'yes', were singularly cogent in their explanations - that culpability alone seals lips. To those who would so argue, may I suggest gently that to do so is at once speculative and reckless. Perhaps I can illustrate this by sharing with you one of the reservations I had about the proposal to test.

There is a rule of fairness (call it a rule of law, if that is where you learned it) which holds that if we promulgate a rule which provides a penalty for its violation, then that rule must give fair warning so that a reasonable person can tell when he is abiding by the rule and when he is disobeying it. A rule, the vagueness of which is such that a reasonable person is left in doubt, is defective. I noted that although our announcements proclaimed our intention to test for 'drugs', or sometimes 'steroids', we in fact intended to test for certain steroids. It was brought to my attention that one lifter would not take birth control pills because they contain the steroid, progesterone. In another case there was a refusal to take a cortico-steroid injection which the physician had prescribed. Our announcement was clearly overbroad, and had had a chilling effect upon the administration of needful medication. I thought 'if we are going to do it, let's do it right.' But, surely, I could not get hung up on a mere procedural bagatelle in the face of the overwhelming 'rightness' of the cause, could I? Don't bet on it! I happen to place a tad more importance on procedural correctness than do some of my colleagues. Men of good will do differ. I have not had occasion to question the good will of any member of the Executive Committee.

Conrad P. Cotter, P.O. Box 18485, Pensacola, FL 32523

- ALABAMA
Auburn-Diversified Products Lifting, (No. 13), Opelika, Alabama.
Dothan Athletic Club, (No. 75), Dothan, Alabama.
- ARIZONA
Powerlifting Club, (No. 1), Glover, Arizona.
- ARKANSAS
Thorbeck's Gym, (No. 86), Scottsdale, Arizona.
- ARIZONA
El Dorado Barbell Club, (No. 64), El Dorado, Arkansas.
Arkansas Barbell Club, (No. 7), Fayetteville, Arkansas.
Spartan's Power Club, (No. 48), No. Little Rock, Arkansas.
- CALIFORNIA
International Powerlifting Club, (No. 34), Sacramento, California.
Mission Athletic Facility, (No. 17), San Jose, California.
Power Unlimited, (No. 79), Santa Cruz, California.
West Coast Fitness Center, (No. 56), San Francisco, California.
- ILLINOIS
Chicago Club, (No. 30), Macomb, Illinois.
Central Illinois Weightlifting Club, (No. 41), Peoria, Illinois.
Power Force, (No. 12), Highland Park, Illinois.
- INDIANA
Indiana University Weight Club, (No. 58), Bloomington, Indiana.
Purdue Powerlifting Club, (No. 37), West Lafayette, Indiana.
The Pitt Barbell Club, (No. 4), Evansville, Indiana.
Southern Indiana Health Center, (No. 47), New Albany, Indiana.
West Coast, (No. 37), West Lafayette, Indiana.
- IOWA
Ames Athletic Club, (No. 18), Ames, Iowa.
Muscatine Barbell Club Inc., (No. 82), Muscatine, Iowa.
North Iowa Athletic Club, (No. 83), Cedar Falls, Iowa.
- KANSAS
Nate's Gym Powerlifting Club, (No. 3), Manhattan, Kansas.
The Body Building Club, (No. 65), Topeka, Kansas.
- LOUISIANA
Power Team, (No. 67), Metairie, Louisiana.
Fitness Systems, (No. 10), New Orleans, Louisiana.
Louisiana Tech Powerlifting Team, (No. 29), Ruston, Louisiana.
- MARYLAND
New York Athletic Club, (No. 49), College Park, Maryland.
Naval Ordnance Station Barbell Club, (No. 69), Indian Head, Maryland.
Patuxent River Barbell Club, (No. 68), NAS Pax River, Maryland.
Prime Cut Club, (No. 21), Silver Spring, Maryland.
Prime Time, (No. 5), Baltimore, Maryland.
- MASSACHUSETTS
The New England Women's Gym, (No. 76), Boston, Massachusetts.
- MICHIGAN
Jim's Gym, (No. 38), Holly, Michigan.
- MISSISSIPPI
The Mississippi Powerlifting Club, (No. 20), Pascagoula, Mississippi.
- MISSOURI
Lakeside Powerlifting Club, (No. 2), Lake Saint Louis, Missouri.
- NEW JERSEY
Garden State W.L.C., (No. 23), Kearny, New Jersey.
New Jersey Barbell Club, (No. 11), Englewood, New Jersey.
Max's Home of Iron, (No. 14), Carteret, New Jersey.
New York Athletic Club, (No. 45), Whippany, New Jersey.
- NEW YORK
American Boiler Power Team, (No. 73), Voltaire, New York.
Bellvue Barbarians Barbell Club, (No. 35), Bellvue, New York.
Spartan's Gym, (No. 46), Syracuse, New York.
Spartan's YMCA, (No. 78), Syracuse, New York.
- NORTH CAROLINA
Best Gym, Greensboro, (No. 7), Greensboro, North Carolina.
Iron Don, (No. 3), Fayetteville, North Carolina.
North Carolina Barbell Club, (No. 5), Asheville, North Carolina.
Nautilus Fitness Center, (No. 6), Raleigh, North Carolina.
- OHIO
Health World Powerlifting, (No. 16), Cleveland, Ohio.
Carr's Body Shop, (No. 59), Toledo, Ohio.
Lake Erie Power Team, (No. 17), Lorain, Ohio.
- OKLAHOMA
Powerlifting Club, (No. 96), Norman, Oklahoma.
Shawnee Powerlifting Club, (No. 24), Shawnee, Oklahoma.
South Y Powerlifting Club, (No. 27), Oklahoma City, Oklahoma.
The Iron Masters, (No. 25), Oklahoma City, Oklahoma.
Kiddo's Gym, (No. 60), Salem, Oregon.
- PENNSYLVANIA
Billard Powerlifting Club, (No. 33), Berwyn, Pennsylvania.
Stonewall Weightlifting Club, (No. 94), Clifton, Pennsylvania.
The Pennsylvania State Barbell Club, (No. 42), State College, Pennsylvania.
York Barbell Club, (No. 15), York, Pennsylvania.
- SOUTH CAROLINA
South Carolina Barbell Club, Inc., (No. 51), Charleston, South Carolina.
- SOUTH DAKOTA
Aberdeen Powerlifting Club, (No. 63), Aberdeen, South Dakota.
South Dakota State Univ Weightlifting, (No. 28), Brookings, South Dakota.
- TENNESSEE
Ironman, (No. 65), Chattanooga, Tenn.
Tennessee Power, (No. 54), Murfreesboro, Tenn.
- TEXAS
Bradshaw's Power Team, (No. 74), Corpus Christi, Texas.
The Texas Athletic Club, (No. 36), Dallas, Texas.
El Paso Powerlifters, (No. 40), El Paso, Texas.
Houston Firefighters, Local 341, (No. 19), Houston, Texas.
Texas A&M Unit, Weightlifting Club, (No. 50), College Station, Texas.
Texas Athletic Club, (No. 22), Austin, Texas.
- VIRGINIA
Builders Powerlifting Club, (No. 72), Newport News, Va.
Charlottesville USPF Barbell Club, (No. 36), Charlottesville, Va.
Hampton Athletic Club, (No. 3), Hampton, Va.
Roanoke Barbell Club, (No. 31), Roanoke, Va.
Stanardsville Barbell Club, (No. 52), Stanardsville, Va.
Virginia Tech Weightlifting Club, (No. 81), Fairfax, Va.
Walker's Gym, (No. 62), Hopewell, Va.
- WEST VIRGINIA
American Health Club, (No. 43), New Martinsville, W. Va.
Nominater Barbell Club, (No. 44), Parkersburg, W. Va.

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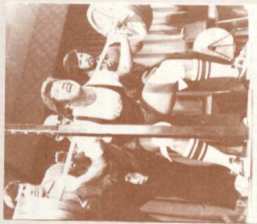
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Larry Pacifico

the Champion of Champions reminisces

This will be the first of three parts in my reminiscing the years 1965 through 1975. Without hurting anyone's feelings I hope I'll try to describe people I met as I saw them.

My first year in competition was in 1965. I entered my first meet in Dayton. This was when I first met Mel McKinney. Mel was a 123 lb lifter at the time. We soon became friends and he went on to be our first World champion at 132. Mel, George Crawford and I were all being coached in those early days by Bob Matz. We all trained in Bob's garage in Toledo. I drove every Sunday from Dayton for three years, only missing 3 or 4 times. Bob had a way about him that made you push beyond your limits. All three of us were able to win the first Worlds. Mel is gone now. He decided to take his life. This is not a rare situation with lifters. Seems many powerlifters sacrifice marriages, careers, and a lot more for the sport. When the lifting starts to fade there appears to be nothing left. I'm not sure this was Mel's case, but he did lose a great family and job.

I know few successful marriages in the game. I'm speaking of older, upper caliber lifters. Lifting becomes so much a part of you that at times nothing is more important. I can say that from personal experience. I've also known few lifters who have promising careers. There are, of course, exceptions. Ron Ray comes to mind as does Dave Keaggy, Tom Farchione, and Tony Carpino to name a few. Ron and Dave are multi-millionaires and were while they were top lifters in the country. Dave, as far as I know, also has a very stable and happy marriage as well.

at 225. He too, was favored to win that year. However, I out benched him and he seemed to lose his confidence. He did 565, I did 575, just missing 590. In those days we benched first. He was reported to be squatting 740-750 but only managed 715 to my 700. None-the-less, he had the lead going into the DL. I won with a 1975 total to his 1910. I don't know what became of Mel, but not much was heard from him since around 1974.

I mentioned Kanter and it reminds me of Jon Cole, and they were also fierce competitors. Cole was a god in those days. He even looked like a god...6 feet, 242, small waist and handsome. He had his beard styled perfect and he was hitting big totals at that time...2140 at 242 and later did 2370 at 280 lbs. Even today those are top totals. However, Jon never won a world title. He chose never to compete in one. I'm not sure why, but hearsay was that Jon wore a bit more than the standard required lifting suit and regulation wraps. I, for one, saw him wrap his knees once with six inch double thickness bandages. But the officials never said a word. In defense of Cole, he went on later to compete and hit near the totals he did before under international referee scrutiny. In my opinion he was the greatest all around strength star ever. He was also the best athlete our sport ever had.

Jon Cole reminds me of John Kuc. Man, what a guy. He lifted in the very first Worlds and nearly won with a 875 deadlift. He had pulled 820 on his first attempt and that lift made him another lifting legend. Kuc was and still is a quiet mystery man, never saying much but lifting a lot of weight. When he bulked up to 320 he was some kind of big. I'm not sure whether John ever liked me much, but we lifted in quite a few places together and I had a great deal of respect for his lifting. One odd thing I noticed was that John never lifted in a Worlds

outside the USA. He seemed to go into retirement those years it was away.

Kuc reminds me of Jim Williams. He too, was a legend and the holder of the highest bench press ever. Kaz has the official world record of 661 but Jim did 675 and a near miss with 700 at the worlds in 1972. Jim never really trained hard in the other lifts but did reach 865 in the squat and 780 DL. With proper training he could have been the greatest. He still benches 600 I hear and does well nowadays financially. I think Jim could have been a great football player or wrestler if he wanted. Jim and I always got along well and all who knew him liked him.

Don Reinhardt came in third in 1972 and pushed the big names then. Don was Mr. Nice Guy, and I mean nice. Never got real mad and always treated people with the utmost of respect no matter who they were. Don wouldn't say a word like damn or hell. He would say 'golly' or 'shucks' but he came on as the biggest and strongest super yet. His 2420 was just recently broken after so many years. He, like me, never put his best lifts together in one meet. Had he done so, he would have hit 2455. Don had a big advantage in having a loving wife and top female lifter. This helps. Cindy she was his coach as well. Many times she even lifted off for him on the bench. We all became great friends. Don went on to win the World's Strongest Man contest and I heard recently he will enter this year. Unofficially, he just did 160 lbs D.B. presses for 20 reps. The most ever. If this is true, Kaz will have a match.

In 1971 I met Tony Fitton. Tony was a 198 pounder then and had just reduced down from 300 lbs. Tony and I became close friends and are still today, although we did have a bad spell for a while. Tony is one of the outstanding lifters in our sport and his knowledge in lifting and steroids is unmatched. He will soon come out with a book on steroids that no doctor could write. Watch for it. Tony was a coach for the great Ron Collins who I will cover in my last report in this series.

Tony liked to buck the system. No matter what the rules were, Tony could figure a way around them. This caused him much trouble with Vic Mercer, England's chairman. Tony was also a good lifter who placed third in the Worlds. I'll touch on Tony often during my next two articles. During the years I've known Tony he has always been a lifter's friend and would go out of his way to help. He now lives in Auburn, Alabama where he is involved with a bit with Kaz, malar and other mail order services. Next, I'll cover my travels and touch on Carl Snikkin, Pam Meister, Terry Dillard, Terry McCormick, George Zangas, Joe Zarella, Terry and Jan Todd, Hannu Saarelainen and others.

Opinions and comments please send to: Larry Pacifico, P.O. Box 14151, Dayton, Ohio 45414.



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World Championships

1971, 198 lb.	625 515 660 1800
1972, 242 lb.	700 575 700 1975
1973, 242 lb.	750 550 705 2005
1974, 220 lb.	705 567 677 1951
1975, 220 lb.	650 551 705 1907
1976, 198 lb.	688 407 705 1802
1977, 220 lb.	755 562 744 2061
1978, 220 lb.	766 496 749 2011
1979, 220 lb.	766 534 694 1995

Senior National Championships

1970, 198 lb.	660 455 645 1760
1971, 198 lb.	625 510 670 1805
1975, 220 lb.	771 556 733 2000
1976, 198 lb.	680 505 715 1900
1977, 198 lb.	694 507 705 1907
1979, 220 lb.	766 529 722 2017

J. German

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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 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 TWO

Small, undefined (and unimpressive) arms! Probably more weight trainers and powerlifters end up with this training result than any other. You should know that your arms should come from all their huge muscular arms they can be strenuous (and never ending!) arm work. I'm never disappointed when I visit a weight room and expect to see (long again) that the vast majority of "other" weight trainers and lifters who visit me and of course, arm work. The press, bench, squat, and deadlift course to be expected since the lift is one of the only really comfortable room, but arm work is so much a pre-occupation that I thought I'd really get into some bio-mechanics about arm training this month for everyone out there with this inclination.

If anyone remembers, in last month's action packed gripping article, I explored the major forearm and hand muscles and some optimal training suggestions for developing them. I will largely skip the muscles that pronate (turn hand up, palm down) and supinate (turn hand down, palm up) the forearm in my discussion this month. Instead, let's look at the major muscles and exercises of the upper arm...the showplace of American manhood (and womanhood?)

'BICEPS AND COMPANY'

Once again, I'd recommend looking at a good anatomy book if you by now are not too well acquainted with the muscles of the upper arm. First, we have the 3 flexors of the arm, which 'flex' or 'curl' up the arm. This classic curling motion is normally thought to be done by only (or at least mainly) the Biceps Brachii muscle, but on your 'look-see' in an anatomy text you will learn that the flexor group also consists of 2 relatively forgotten

one of the things that affect the involvement of the three 'Biceps and Company' flexors is the forearm condition or grip. In other words, whether your grip is supinated (palms up), pronated (palms down), or in a reverse curl, or mid/neutral (halfway between) like with an 'E-Z' curl, there will be a difference in how the muscles are involved. For example, the biceps is most involved when the forearm is in a supinated or mid position grip, and has considerably less activity when a pronated grip is used. The Brachialis muscle (which by the way, is under your biceps) is the work horse or true flexor of the group. The Brachialis is strongly involved in all situations, although it should be worked more using pronated grips since the biceps is reflexively inhibited in its activity. Finally, the Brachioradialis is most involved when the mid position grip is used. (Since it has a long moment arm here, and in fact you can see it pop up on the outside part of your elbow when doing E-Z type curls, etc.)

Now these 3 muscles can be called into play differently by some people. Research identifies some people as 'Brachialis users'...who are those who preferentially recruit more Brachioradialis muscle activity than biceps activity during curls. However, I suspect that with heavy loads most of us follow the general patterns I mentioned above pretty well. As far as all 3 muscles working together is concerned, Larsen (Ref 1) measured the maximal isometric force produced by the flexor muscles with the arms in a position of 65 degrees of flexion (a right angle curl position would be 25 degrees above Larsen's test position). The force produced in this study was greatest when a supinated or mid position grip was used and also was 10 percent less when a pronated grip was used. (The average values were 94.3 lbs for supinated grip, 96.6 lbs for mid position grip, and 87.6 lbs for pronated grip, all plus or minus 27 lbs). These results have been generally confirmed for a greater number of flexion positions during a curling movement in our laboratory at Auburn and no doubt elsewhere. So, you are thus able to curl a different total amount of weight depending on what grip you use, mid position grip. Also, as we saw previously, one can emphasize the involvement of individual muscles more depending on the grip used.

Now, where is someone strongest (that is, where can one exert the most force) during a curl exercise? Well, the strongest overall position in an extending curl

is generally at about 90 degrees or so flexion (or where the arm is in a mid curling position). Typically, the weight you can lift in this position will be the limit you can lift during a curl (unless you use the classic 'cheating' super body curl technique). We did some laboratory studies a few years ago at Auburn on regular standard curls versus preacher curls, etc. It was found that during a preacher curl you essentially apply maximal loading to your arm flexors at a position somewhat before the 90 degree flexion spot, which depends on the angle of the preacher curl bench. In a standing curl, however, you load the flexors maximally at 90 degrees, which is no doubt better, since this is where, as I previously said, the flexors are also strongest. With preacher curls you also 'lock' earlier in the curl depending again on the angle of the bench near the top. Whereas, there is almost always some muscle tension during standing curls even near the top.

What I'm leading to is that in search of an 'optimal', 'Biceps and Company', exercise program, standing position curls should get the general nod whenever free weights are used. Further, let me say that it also makes sense to vary the grip position used during these standing curls. For example, you could conceivably do a few sets with regular supination grip curls, then continue with a few sets using a mid position grip with perhaps an 'E-Z' curl bar, and then finish with a few sets of pronated grip or reverse type curls....remembering to reduce the weight using pronated grip. Although I seldom have recommended routines, this ap-

proach appears quite logical. In addition, using an arm restraint when standing and doing these curls, like any one of these 'arm disintegrator...?' devices... is perhaps a good training aid (even though often scoffed at by the hard liners). Dumbbells can also be used quite effectively here rather than a bar and have an advantage, the biceps function can perhaps be more closely approximated by being able to supinate or twist out during a supination grip standing curl, dumbbells may be advantageous in this one position. A bar, of course, limits the supination that occurs during flexion.

Obviously, what I have done here is simply take what research exists and 'rationally' design an arm

flexor training program that should work the Biceps, Brachialis, and Brachioradialis. 'Other' and 'varied' exercises obviously exist and people will no doubt continue to experiment, but I offer this program as a logical suggestion. Since the workout. If one exhausts a small group of muscles like this then they compound motion like a heavy pull, a 'weak link' failure in working muscle is probable. Working the muscles before a bench press is an obvious classic example of this as upper body muscles like the 'Biceps' and 'Company' group generally recover faster than larger muscle groups like the legs, etc. One could thus, conceivably, train the arm flexors more frequently if really concerned with arm size and strength. However, for a

powerlifter really concerned more about arm strength and bench press capacity, the triceps (which are considerably larger by mass than all three flexors of the arm) should be emphasized most in training. As I see it, the biceps flexors should be of small importance to the 'serious' powerlifter than the triceps, but then again, the pursuit of 'huge muscular arms' no doubt will continue to endure for many years.

Although I expected to finish up the triceps this month as well, I have run out of time and will do so next month along with a look at elbow joint forces. Until then, happy arm 'blasting'...?

REFERENCE: 1. Larsen, R. S., Forearm Positioning on Maximal Elbow Flexion Force, Physical Therapy, 49: 748, 1959.

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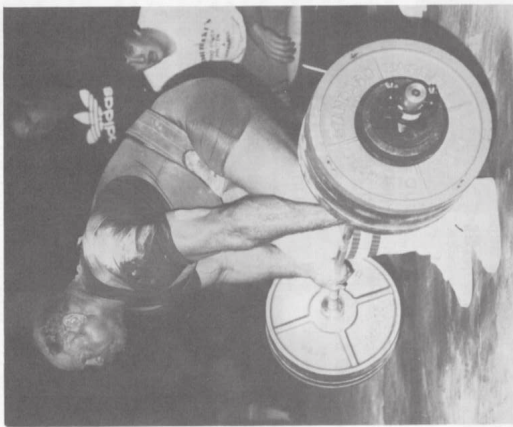
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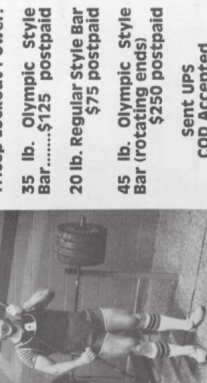


Above: Rick Gaugler accepts his award in a sling after rearing his biceps on a WR Deadlift. Rick does incorporate curls in his workouts, but Dr. McLaughlin points out that low rep/heavy weight curls are the best approach for biceps protection in the deadlifts.

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING
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UNDERSTANDING DEPRESSION

This is the first of a two part series on depression. This month, we'll try to provide you with some insights into what causes depression and next month we'll explain several strategies which have proved to be effective treatments.

EXPERIENCING DEPRESSION

Everyone experiences depression at some point in their lives. You are fortunate if you have had only mild, infrequent, and brief episodes. Weightlifters, and athletes in general, are likely to have bouts of depression because they are ultimately involved in trying to achieve impossible goals - there is always more weight to be lifted. Breaking national or even personal records is a source of great satisfaction, but there are always "off days", injuries, defeats, and other disappointments such as watching others break your records; and, of course, there is the inevitable downward turn in performance as one grows old. Most competitive lifters have difficulty dealing with such problems.

Depression has been called the common cold of mental disorders, and although most depressive states are of the mild variety, the consequences can be as serious as suicide. Let's take a closer look at what it is, and what causes it.

Depression Check list.

1. Negative emotional state (pessimism, despair, guilt, self-criticism, etc.)
2. Loss of energy (even simple everyday tasks seem to require Herculean efforts.)
3. Lack of interest (in one's work, in recreation, and hobbies--things that used to be fun.)
4. Loss of appetite (for both food and sex)
5. Agitation (excessive pacing, sighing, general restlessness)
6. Excessive sleeping.
7. Suicidal thoughts (whether or not these are accompanied by actual intention).

CAUSES OF DEPRESSION

Psychologists have identified three major causes of depression (excluding biological factors which are primarily important in effective psychoses such as the manic-depressive reaction). The approaches that we will present are not mutually exclusive, rather, they focus on different aspects of the etiology of depression. In any given case, one conceptualization may be more important or relevant than another.

- Depression is often a reaction to loss (real or imagined) of something of value, such as friends, objects, personal skills, or opportunities. The disappointment that results is a common factor in depression.
- (1) Cognitive Distortion. This approach emphasized the depressed individual's illogical perception of himself and his situation. Misinterpretation and exaggeration play an important role. Many depressed individuals overreact to events which objectively are not really that bad. However, the subjective frame of

mind of the individual is what mediates his behavior. The difference between subjective and objective importance makes it hard for them to be truly understanding. They may not see the situation as being all that bad.

Depressed individuals have cognitive styles which predispose them to depression. More specifically, the depression prone individual tends to draw unwarranted conclusions about his personal life by failing to consider all aspects of the situation. For example, he may feel responsible for an accident that was the result of innumerable factors -- all of which can be taken into account in time. He also tends to overgeneralize from a single instance (like, "I was hurt, therefore you can't trust anyone.")

Individuals with perfectionistic tendencies are especially vulnerable. The belief that it's no good unless you do it "perfectly" (whatever that means) is a common theme, when really, if you look hard enough or critically enough, you can find fault with anything. How many people have given up on weightlifting because they tried to do too much too soon?

Concentrating on failures rather than successes is another cognitive characteristic of the depressed. The cumulative effect of a history of losses can make such individuals especially sensitive to new losses -- "I blew it again, I'm really a jerk." Emphasizing previous failures, having unfavorable comparisons and unrealistic expectations, and making unfavorable comparisons all serve to lower one's self-esteem. However, depression does not always involve distortions of reality. Some depressed people have a very accurate conception of their situation.

(2) Insufficient Reinforcement. A loss or reduction of reinforcement is a common antecedent of depression. Interpersonal conflict may make social activities less rewarding. The depressed individual withdraws, engages in fewer and fewer activities, and thus reduces his chances for reinforcement. A loss of confidence often interferes with more adaptive behavior. The absolute level of reward is not as important as the existence of relative deprivation. This occurs when one's level of reward is less than what he expects or feels he deserves. Inadequate reinforcement may result from a lack of skills or because the individual has very narrow interests and doesn't find many things to be satisfying. It may also be that the rewards are denied or not available in the individual's environment.

These considerations may have suggested to you a possible treatment strategy -- such as providing more rewards to the depressed individual. Unfortunately, previous reinforcers may not be very attractive when one is preoccupied with serious problems. Having a friend buy you a new pair of lifting shoes is not likely to help very much when you're worried about getting

another job.

(3) Learned Helplessness. Another major cause of depression involves the individual's belief that responding is useless -- that no matter what he does or how hard he tries, his efforts will not be sufficiently rewarded. The depressed individual often believes that he has no effective control over what happens, or at least no control in a situation that is very important -- such as one's job or prospects for advancement.

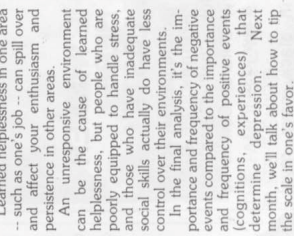
Since powerlifting is an individual sport, there is a greater sense of control over one's success than in team sports where there is greater dependency on others. Unfortunately, there is also a greater sense of personal blame for failure in individual competition. Even in individual sports, feelings of helplessness can occur when judgments err or seem to err, or if conditions are not right, or if you have been coached badly. And as you near the limits of your abilities, there may be a feeling of helplessness with respect to continued growth.

Learned helplessness in one area -- such as one's job -- can spill over and affect your enthusiasm and persistence in other areas.

An unresponsive environment can be the cause of learned helplessness, but people who are poorly equipped to handle stress, and those who have inadequate social skills actually do have less control over their environments.

In the final analysis, it's the importance and frequency of negative events compared to the importance and frequency of positive events (cognitions, experiences) that determine depression. Next month, we'll talk about how to tip the scale in one's favor.

World Class Pliers like Dr. Steve Miller of Louisiana, seen here at 198 in the 1978 Senior Nationals (photo by Watanabe), consistently come back from injury to make even greater lifts. Steve was crippled by injury at the 1978 Worlds, but is back up to 2040 now at 242.



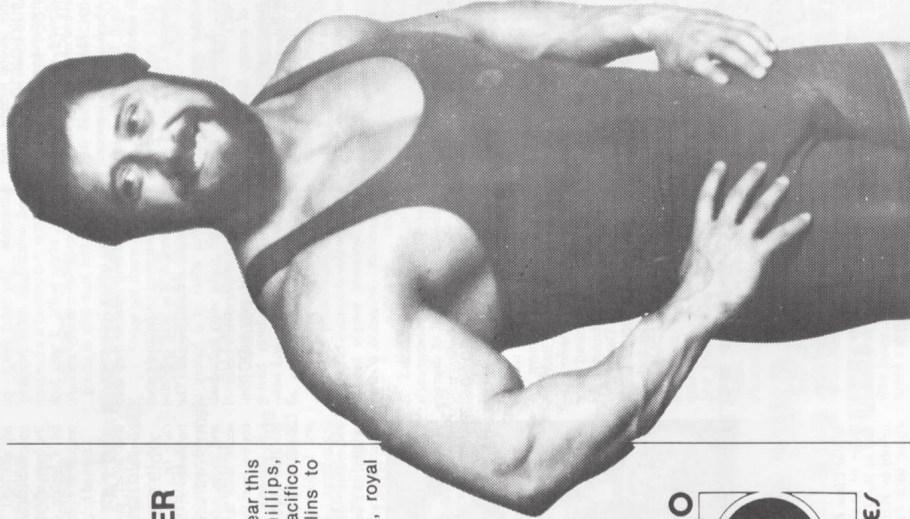
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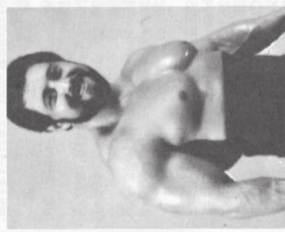
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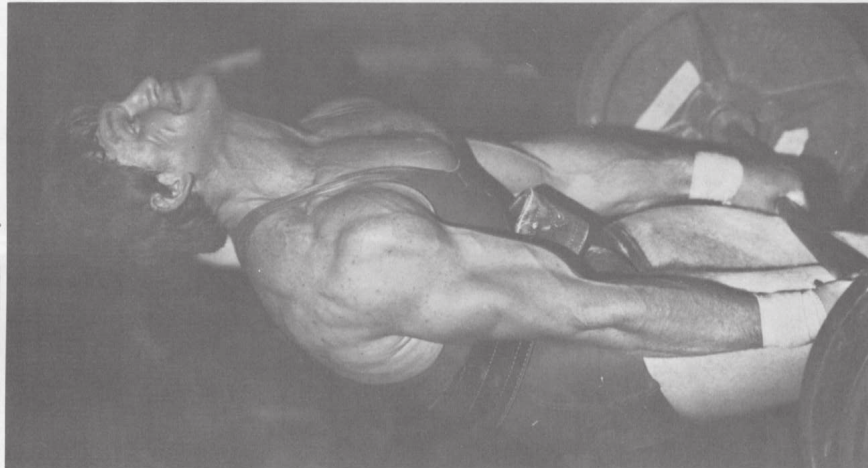
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POWER PROFILE

BRET RUSSELL
West Virginia's New Superstar
by Mike Leitner

I'm not sure many people have ever heard of Bret Russell, but I have a feeling his name is going to become very popular in the next year or so.



In less than two years of training, Bret who is only 22 years old, has come a long way from his first meet, the Westlinton Open in March of 1980 where he went 400 260 500 1160 at 198. In a recent meet, the YMCA Nationals, he went 650 380 755 1785 at 220.

Bret's wife, Tammy, is very supportive of his powerlifting career and travels with him to all of his meets. Mr. Russell works for his father loading and unloading trucks which he has been doing since he was 15 years old. No sports in High School, just hard work for his father which is probably why he had such a good natural deadlift to start with.

I met Bret just after his first meet when he wandered into the Mountaineer Barbell Club where I worked as manager. Bret, who was living in Galapolis, Ohio at the time had heard we were powerlifting oriented at our gym and drove up to Parkersburg, West Virginia (about 60 miles away) to buy some wraps.

Well, when he walked in, I immediately knew this guy had potential. Naturally, big from a life of hard work his arms were over 18 inches and his back was very massive.

I talked to him for about an hour and helped him plan out a good training cycle for the Mountaineer Open. Well, five months later he took first place at 198 in the novice division with a 1410 pound total. Since then, his lifting has simply been unbelievable.

Bret trains very hard 4 days per week for about 2 1/2 to 3 hours. Here is a sample of his last six workouts before the YMCA Nationals right from his training book:

Sunday, December 27, 1981.
Light squats-143x10, 297x8, 385x6, 473x6, 562x6.
Light deadlifts-143x10, 297x8, 396x6, 496x6, 696x6.
Good mornings-253x8, 297x6, 341x6.

Tuesday, December 29, 1981.
Light benches-143x10, 231x8, 286x5 (3 sets), 341x3(3 sets)
Close grip benches-253x8, 275x6, 297x6.
Behind neck press-143x8, 209x6, 220x6.

Tricep pushdowns-140x8, 140x8, 140x8.
Straight bar curls-187x8, 187x8, 187x8.

Wednesday, December 30, 1981.

Heavy squats-143x10, 297x8, 374x6, 451x4, 529x2, 606x1, 638x1, 672x1, 705x1.
Heavy deadlift-143x10, 297x6, 385x5, 473x4, 562x3, 650x2, 705x1, 738x1.

Saturday, January 2, 1982.
Heavy bench-143x8, 231x6, 264x5, 297x4, 330x3, 363x2, 396x1, 418x1.
Close grip benches-253x8, 286x6, 319x4.
Behind neck press-143x8, 214x6, 236x4.

Sunday, January 3, 1982.
Last squat and deadlift workout before YMCA National meet on Jan 9, 1982 in Columbus, Oh.

Squat-143x8, 297x5, 374x4, 452x3, 529x2, 606x1, 650x1 (opener)
Deadlift-143x8, 297x5, 391x4, 479x3, 567x2, 655x1, 710x1 (opener).

Tuesday, January 5, 1982.
Last bench workout before meet-bench-143x8, 231x5, 286x3, 341x1, 380x1.

His actual workout on and off season is very complicated and intense but he does give a lot of credit to the Finnish deadlifting routine and plans to use it to cycle for a possible World record deadlift sometime in 1983.

I have had the privilege of serving as his coach for about a year and half and I have enjoyed every minute of it. Bret isn't a big-headed, self-centered person. He is the type of guy that will come into any gym anywhere, and cheer a novice lifter to a new max.

In closing I would like to say Bret is not only the best lifter in our gym, but the most liked and the most popular and with his kind of strength and determination, I honestly think he will achieve his goal of World Powerlifting Champion.

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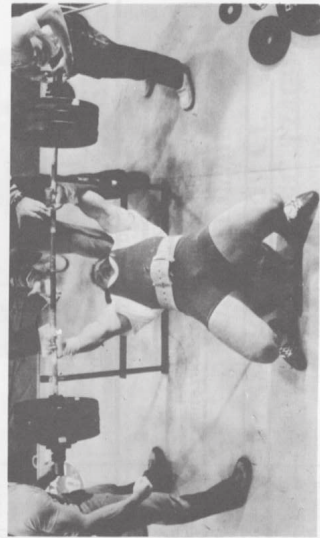
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TWO MASTERS FEDERATIONS?

Although the Acting Chief Executive has ordered the 1981 appointment of myself as U.S. National Masters Chairman to stand, the issues are far from settled. Ernie Frantz says that he has 1000 prospective members for the proposed American Masters Powerlifting Federation (AMPF). They want to be able to lift in both the USPF and AMPF sanctioned meets. Whether or not the AMPF registered lifter will be able to remain affiliated with the USPF is a question that must be presented before the National committee of the USPF. I will take immediate steps to insure that it will be placed on the agenda. My personal feeling is that both the USPF and the IPF would rule that an AMPF registered athlete would risk suspension in the USPF, and that possibly USPF registered master's lifter would risk suspension lifting in an AMPF sanctioned meet. These were possibilities facing the American Powerlifting Federation when it was formed. As you recall, the USPF would not allow both teams to compete in the World Championships as a team.

The Master's have some legitimate gripes. I have every confidence that, properly presented and aggressively pursued, most, if not all of them could be resolved within the year. Ernie has agreed to write out all the gripes that the lifters have voiced and their recommended solutions, and send them to me for action. I will notify Vic Mercer what is coming down the pipeline for discussion at the IPF Congress in Munich. I will also contact my counterparts in all the IPF countries so that our positions are known and that if unresolved, great harm can come to the whole master's movement, which like all Powerlifting movements was born in the United States.

I will do everything in my power to get the USPF to solve that portion of the problems over which it has jurisdiction at the Dayton meeting in July. Democracy will take about 9 months to run its course. During that time I ask that the AMPF put itself on hold and do not register athletes or conduct anything which may by the time the USPF and the IPF have done it's job, end up putting master's lifters, who just want to lift, in a position of possible suspension or severe cutbacks on the available meets that they can lift in.

I sincerely believe that the organization of the AMPF will cause a split rather than just be another organization for Masters to lift

with. I believe that when the USPF and the IPF have run their course, regarding the AMPF, that the master's lifters themselves will be the loser. I also feel that if the AMPF goes in being Masters lifting will lose the necessary strength in the USPF to gain concessions. I am asking for time to work to get what we all want. So far I agree with all the complaints that Ernie has sent to me from the masters who want to form the AMPF. I honestly believe that we can get what we want without starting another organization, and possibly involving the grass roots masters lifter in a confusing political struggle with possible suspensions, and, fear meets to be able to lift in. Most of the masters just want to be able to lift, get recognition, get certificates for their world records and have fun while they are doing it. They don't want world records and causes. I ask that you all stick together in the USPF and not go ahead with the formation of the AMPF until I have a chance to try to get what we want. If you are not satisfied with the progress after the IPF World Congress, you can start the AMPF and I will resign as National Masters Chairman of the USPF.

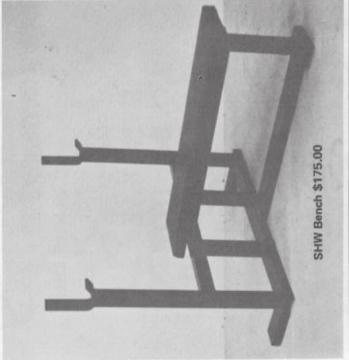
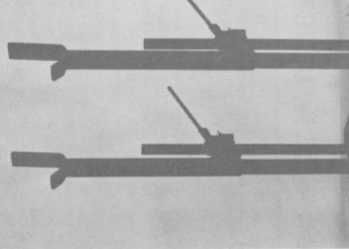
Nathan Foster, USPF National Masters Chairman

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THE AMERICAN MASTERS POWERLIFTING FEDERATION

First off I would like to say that when I was at the Women's Nationals I had a meeting with Conrad Cotter, the acting Chairman, and a separate meeting with Nate Foster. My first meeting with Conrad was a very positive meeting and he agreed that he would go along with us and also that he would go along with Brother Bennet with his organization which is A separate Federation and that anybody who wanted to have a separate Federation he could not stop that and he could not stop them from lifting with the USPF as long as they have a USPF card and obey that USPF rules; also that he would work with us as long as he is in office and he would not condemn us. I explained to him and Terry Todd and to Nate Foster that I was not trying to make enemies with anyone and that I am just going by what the Master Powerlifters want to do and that we only wish to have some input on those matters concerning our own lifting. If a Master lifter wanted to vote to have the U.S. flag on his t-shirt while lifting or he wishes to have an arm wrap as well as a knee wrap, he could do so in the AMPF under the concept of voting and majority rules in the U.S. They wish to have five (5) year intervals as far as age groups go and also there were a number of issues which you will probably read about in the Master Powerlifter Newsletter. Our questionnaire worked out very very well for the AMPF and our cards are now out in the area and anyone wishing to have our first complimentary issue of the Master Powerlifter Newsletter can request one by letter to me. I would also like to state that I would like to work close with you on the Master Powerlifter and the Powerlifter U.S.A. and I believe that we could have a very good thing going both ways. Also, I am now issuing certificates for World, American and state records from the Men's so that they will have their own certificates and not have to compete with the men as a Master Powerlifter so that they will have their own Master World, National and American records. I explained this to Nate Foster and while he was talking to me he seemed to want to find a way for us to get back together again and that he could find a solution for the problems the Master lifters had and that we could still be one group again. I said to him that if he could give it to me in time that I would publish it. Well, when I received the letter from Nate Foster it was threatening to the Master Powerlifters stating that they were suspended if he lifted there by the USPF and IPF and it was all on a negative basis and so I called Conrad Cotter and told him that I could not publish this letter because it consisted of nothing more than threats and misinformation stating that an AMPF lifter could be suspended by the USPF for belonging to the AMPF Federation, under the laws of the U.S. This was brought to my attention by Joe Zarella and Conrad Cotter and so this is what I am going on.

Anyway, the Master Powerlifter's gripes are numerous and I am answering loads of letters and while some of the gripes concern situations which have no remedy right now, therefore are not feasible, others are quite good suggesting how to justify making proposed changes and also how to better the organization either the USPF as well as the AMPF. But raising the issue and getting the votes is another issue in itself. I assured everyone that I am not going against the USPF and that I am still state chairman of the USPF. I work hard and I have just promoted a lot of meets and club sanctioned meets and I am working for both the USPF as well as the AMPF, plus promoting anywhere from 6 to 8 meets per year. I have fully dedicated my life to the powerlifters and I have spent a majority of my time attempting to satisfy the needs of the Master powerlifters. I hope that the next chairman of the USPF can promote the same thing in the USPF and listen to the majority of the lifters and try to rectify the problems that we are experiencing.

One of the biggest gripes with the American Master powerlifter is that while they work hard and although I have put out over 250 World records this year to Len Wilson and John Redding and copies have gone out to Jan Todd also. I believe, and yet no one that I know of has received their certificates back as of yet. I get a lot of requests from lifters about this and I don't know what the problem is but I do know that they want their certificates, so what I will do from now on is to insure that those lifters who are AMPF lifters will get their certificates from me directly. I know that if first these certificates will probably not be recognized by the IPF for world concerned; most of the Master lifters agree that they are most worried about competing in another country at the present time. They feel that right now they would like to receive the recognition here in the U.S. first, and then in time we would probably have a championship and be recognized by the IPF for the rest of the world. Also, when I am backed by the friends I have in England, Germany and Japan and they feel the same as I feel, then I don't feel that I am wrong in the way I am thinking. My feeling on the answer to these problems is to let the answers to these pro-

blems come from the lifter himself. I think that anyone who pays membership dues for any organization should have the ability to have his opinions heard and if possible have some decision making ability involved in those matters affecting him as a lifter. I want to also thank everyone for their backing and their confidence and I hope to do my best to satisfy the majority and if and when the times comes that I lose my interest in this thing, I'll let you know and I'll back off completely and let someone like Nate Foster handle it.

Thank you, Ernie Frantz

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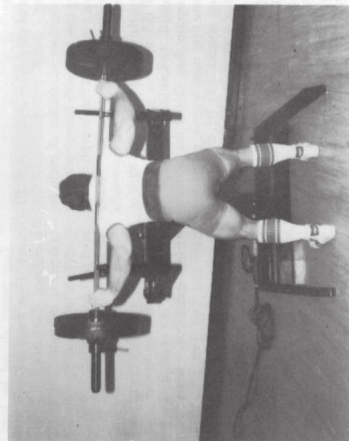
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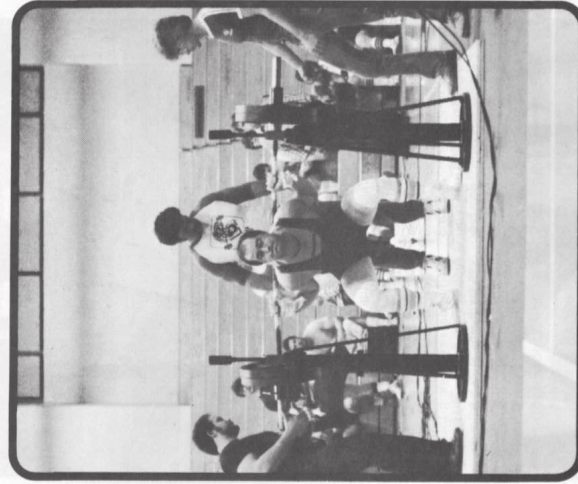


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POWER PROFILE

JERRY RINGI VIRGINIA'S DURABLE CHAMP by WILLIE MORRIS

Very few athletes have dominated their sport in the state in which they reside as Jerry Ringi has done for well over a decade. He has been the defending Virginia state powerlifting champion at 123 lbs for what seems like eternity (13 years) and has done so while not being pushed by anyone other than himself.

At the present time, Jerry holds the Virginia state record at 123 in the squat at 410 lbs, the bench press at 264 lbs and the total at 1069. In the 132 lb class (which Jerry has just recently moved up to and many people feel is his most natural class), he was at 123, just completely demolished the record book at 132 this past November at the Virginia Open, going 470 in the squat, 290 in the bench press and 1151 in the total. Jerry would be the first to admit that the DL most certainly is not his best lift, but he has pulled over 400 lbs several times at 123 and 425 at 132, which is impressive.

Jerry attributes much of his natural strength (and I mean natural strength, as Jerry does not use drugs or advocate their use) probably came from his several years of wrestling while in the Air Force and later in college. Jerry was the inter service wrestling champ, which incidentally was contested on a world wide basis. He was also 3 times All Air Force champ, Virginia state champ, AAU champ, and National Collegiate champ as well.

After Jerry's successful wrestling career came to an end, he was left with few options to conquer, but he found another sport. Powerlifting, and launched himself into yet another successful venture.

After less than 2 years of competition, Jerry won the Junior Nationals of 1971 with a 345 lb squat, a 280 lb bench press and a 425 DL for a very impressive 1050 total. The previous year, Jerry took 4th place at the Senior Nationals and set an American and National Meet record in the bench press with a whopping 282 lb lift.

Jerry says that winning the Juniors and setting the American record were the two high points of his lifting career, but his present job as athletic director, training and powerlifting coach at the Appalachian School at Newport News, Va., has been very rewarding to him. Jerry loves to work with the kids in any sport as long as it helps take care of Jerry's personal training needs also.



Jerry Ringi squatting 457 in a photo courtesy of Willie Morris.

also states that setting up a training cycle with certain amounts of weight to be lifted on a given day would do him no good, as he trains by mood.

Jerry works out 5 days a week, specializing on one lift each day. He will squat twice per week, bench once per week and bench press as follows during the same workout twice a week on Monday, 135 for 10 reps, 135x8 reps and 135 for 10 reps, 225 for 4, 365 for 3 reps, 385 for 3 reps, 405 for 3 reps, 425 for 2 and lastly he will do a few singles depending on how he feels.

Jerry trains the DL on Wednesdays only going 135 for 10 reps, 225 for 4 reps, 340 for 3 reps, 385 for 3 reps, 405 for 2.



His least favorite lift, but Jerry gives each attempt his all at a meet.

a detailed PL USA look at some of the best lifters in the world

Jerry does not do a lot of assistance work. He hits his last bench lift for 3 sets of 10 on the bar pull machine and once a week does some leg curls for 3-4 sets of 10 reps. He will also do 2-4 sets of 10 on the E.Z. curl bar for his biceps, and then he will do 2 sets of prone triceps extensions for 10 reps and then 2 sets of 20 reps. The arm work is done on the bench press day, and the leg curls will be done on his squat days.

Jerry likes to use his competition lifting suit the last few weeks prior to a meet. He feels that he needs this much time to adjust to the different position that the suit puts his body into.

Jerry trains very hard in workouts as his best lifts in the gym will attest to, a 470 squat, a super-320 bench and believe it or not, a 445 DL. Jerry also takes vitamin supplements, 6 grams of vitamin C, a day plus three lecithin tablets, a good multi vitamin, and mineral tablet, some potassium, 400 units of vitamin E and lastly 100 mg of bee pollen to keep his energy level up.

In closing this profile on Jerry Ringi, I asked him if he would care to comment on some of the things that he feels are hurting our sport, and I must say that a lot of people are in complete agreement with him on the following:

FIRST, Jerry feels that the lifter who is good enough to lift in any national competition should not be able to set state records, as the lifter will put the records out of reach for other less gifted lifters.

SECOND, if you can wrap your knees, why not your elbows as they are joints just as the knees are, and it would also help protect them from injury. Also, keeping one's feet flat in the bench press is not helpful in that lift and it causes discomfort to some lifters.

THIRD, not being able to put your own name on your own belt is ridiculous.

FOURTH, qualification totals for all national meets should be for masters total, as this would allow more lifters to compete and thus stir up more interest in our sport.

FIFTH, the present ruling that any lifter who's won a contest not begin able to lift again as a novice is wrong. Perhaps a set classification level (class 1, etc.) for all meets would be better.

Lastly, drug testing for all major lifting meets should be mandatory. In winding up this story, I asked Jerry about goals for the future; he says he would like to go elite at 123 and 132, and perhaps to lift at the Senior Nationals again. As you can see, there is no retirement planned, and only further improvement and that is the true mark of a champion.

Willie Morris

In Search of the 'Best Lifter'

by Lee Whitney

Lifter—Bodywt	Squat		Bench		Deadlift		Average %	
	Natural capability	%	Natural capability	%	Natural capability	%		
Sam	130	500	100	320	100	510	1330	99½
Dick	129	550	111	280	88	500	1330	99
Mike	130	550	110	280	87½	500	1335	96
Chuck	130	600	500	320	73½	500	1335	96½

What is a best lifter? How can there be two best lifters in a meet? Do you think world record data is the data to use to determine correlations for lifters? Do you think total weight lifted is the data to be used? Do you agree with the lifter awards? Do you think that the Schwartz Formula total defines best lifters? Do you believe Mike Bridges is the best lifter under 150 pounds at the Nationals last July? Do you believe he was the best lifter at the meet, period? Among all the powerlifting world record holders, who is the best lifter? Is the best powerlifter in the world a world record holder?

I hope those questions interest you. They interest me. Now, after 15 years of considering this problem, I think I've found some answers. I call my final answer WHIPT. In the next three months I'll be telling you about it and why I think, although in years to come there may be better systems, it's better than anything we've got now. Enough so that it ought to be used. This month I'm going to discuss the problem and how can that "bestness be measured?"

I've read several 'best lifter' systems, but none of them has told me what they meant by best lifter. Now let me tell you what I mean. The best lifter is the one who, in each of the three lifts, consistently lifts more relative to the strength inherent to the average prototypical homo sapien. It would be better if you want to compare each lifter to his own individual inherent strength, but so far we don't know how to do that.

We categorize lifters only by weight. We believe other factors are important (arm length, etc.), but we don't know how to quantify that difference. So we use only weight. The only strength:weight ratio that we all share is that of historical (prehistorical) man. I call that ratio the "natural capability" of that weight. So we can clarify my definition into: the best lifter is the lifter of a given weight who, in each of the three lifts, most consistently wins the natural capabilities of that weight.

It doesn't talk about total weight or most weight. Consistency in beating the devil out of the squat and benching an average 2.5x. Dick weighed less, but again had trouble with the bench. If Dick had lifted the same in each lift, he would have won, but he, too, overemphasized the squat and sacrificed the bench. Sam lifted, on the average, 99½% of his weight's natural capability. He most consistently approached the natural capability of his weight

I value a person who develops himself equally more than someone who beats the devil out of the lift that is easy for him, but is substandard in others. Simply stated, 'best' is not necessarily the most. People who think that the most IS best are called megalomaniacs. They believe the bigger the better, and thus the biggest must be the best. Powerlifting is infested with considerable megalomania. Class winners are those who lift the most. Because of that, a person who excels in the bench press has little hope of winning his class.

As I see it, there are two different quests you can set aim on in powerlifting. Since you win your class if you lift the most, some lifters want to lift more and more indefinitely. This is the first quest. I call this the quest to become the World's Strongest Man. It's the quest that Kaz has achieved. Who can deny how impressive Kaz is? Who can fail to notice how powerlifters dominated the World's Strongest Man Contest? It is the quest ultimately stemming from the most. I'm impressed with it, but I'd like to see business separated from it.

Becoming the best is the second quest in powerlifting. These two different quests have led to meet 'best lifter' awards. That's ridiculous. 'Best' is best; there can't be two in one meet. If you want to give two overall awards -- one for each quest -- that makes sense. But only one of them should be called 'best lifter.' Let's look at an example now to sum up what 'best lifter' means. Let's say we know the natural capability of each weight. Now consider the following results of a contest. We simplified things by making the lifters all in the same weight class. It would work the same regardless of weight class, but keeping the body weights nearly the same makes it clearer what is meant by 'best' instead of 'most.' (Since best is different from most and most wins the class, the best lifter may not be a winner.)

Let's say Sam is the 'best lifter'. Chuck lifted the most, but he did so by beating the devil out of the squat and benching an average 2.5x. Dick weighed less, but again had trouble with the bench. If Dick had lifted the same in each lift, he would have won, but he, too, overemphasized the squat and sacrificed the bench. Sam lifted, on the average, 99½% of his weight's natural capability. He most consistently approached the natural capability of his weight

in each of the three lifts -- in this example, I call him the 'best lifter'. Where do you get the 'natural capability' data? That's the job of any system that says it defines best lifter. That's why I think WHIPT does better than any other system to date. One more thing and we'll be ready to discuss WHIPT next month. We need to be aware of the relationship between theory and statistics. Fitting a curve or curves to data is a bastardization of math unless there is a theory to define the proper shape of the curve. Curve-fitting proves nothing. It is not statistics. It is playing with numbers. It may be fun; it isn't math or science. Such can 'prove' that washing your car makes it rain. The theory defines the shape of the curve. It comes first; then comes the statistics.

My theory as to man's optimum strength is simple. I believe man's optimum strength occurs when man is a well-muscled primeval homo sapien. Man started at around 3 feet tall and emerged at perhaps 500 lb and as big as homo sapien at a height between 5 ft 8 inches and 6 feet, most likely about 5 ft 10 inches. Whatever the optimum height for man, Civilization, with its crowded cities and lack of good, fresh food stunted man. Just now we are approximately the same height that we started out. It is that 5 ft 10 inch skeleton, of average bone size, when optimally clothed with muscle that will yield the powerlifter who is strongest pound for pound.

The optimum clothing for Next month: WHIPT

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Class II	777	838	904	1009	1072	1180	1257	1367	1411	1472	
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John Black tries for Pro Strength Coach Job. The Cleveland Browns were out looking for a strength coach, and as soon as John Black found out about it, he sent in a resume. The position was awarded, however, to Dave Redding, a former collegiate conditioning and light end coach, without John even getting so much as an interview, which created some stir in the Cleveland press, in view of John's qualifications.

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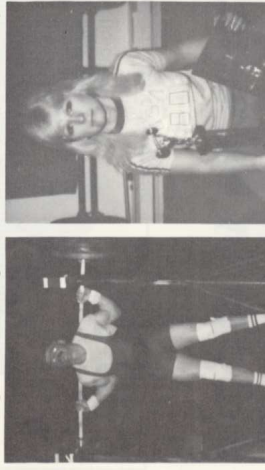
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 Whether you're Big Name or No Name, send your picture and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



At the York Sports Night, 242 lb. Kevin Caulfield gave a PL demonstration, squatting 665 for 5 reps, DL 505 for 10 and BP 405 for 8. Watching were many pro sports celebrities, one of whom was an impressed Bill Bergery, Philadelphia Eagle linebacker, who reportedly exclaimed, "Look at those arms, after seeing Caulfield backstage.



With just 3 months training, Darlene 'Lulu' Owens placed first in the women's 114 lb. class of Larry Pacifico's Dayton Open with Training at the Y.M.C.A. in Poughkeepsie, New York, he believes in training drug free and hopes that someday more and more lifters will feel the same way. Photo courtesy of Linda Nelson.



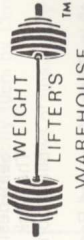
The Billard Barbell Powerlifting Team, pictured above, is from Reading, Pennsylvania and began in early 1981. The team has five top one hundred lifts possibly in one of the more competitive teams in the East Coast as in 1982. Pictured in the back row are Bill Pfeiffer, a coach, Ziegler, Mary Ellen Snyder, Scott Drescher, Todd Shurtleff, Steve Sholl, Greg Cross and Dean Caire. Middle row: Larry Luckenbill, Carl Sholl, George Heckman, George Caries, Dunc-Ruby, Bob Beamesderfer, Dunc-Ruby. Front row: Jeffery H. Greiner, Danny Caire Jr., Jay Beiney, Joe Wisniewski, Larry Shoudt, John Schaefer, Andy Marchiano and Joe Hartman. Photo provided courtesy of Glenn Dierleinbach.

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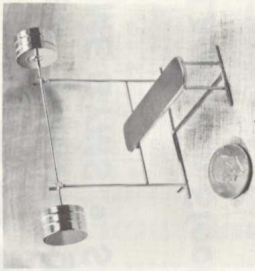
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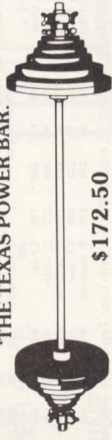


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Sub Total
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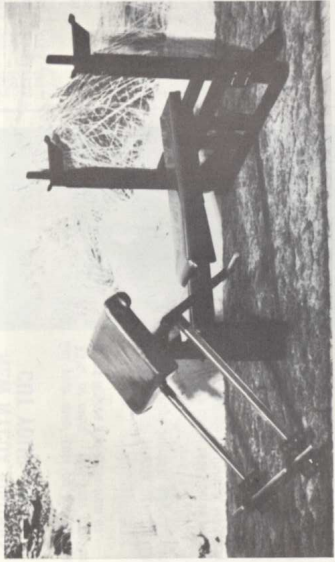


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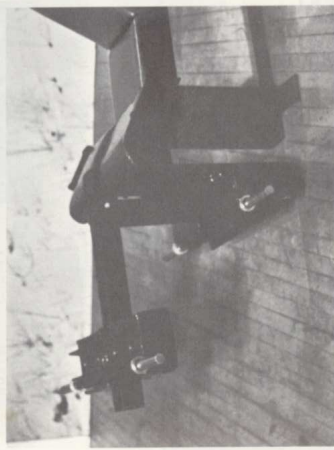
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the Heavy weight

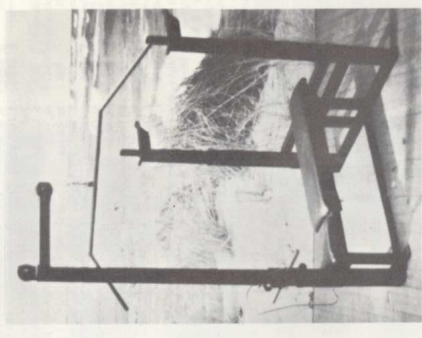


210 ADJUSTABLE PREACHER CURL BENCH, 22 in. by 15 in. urethane foam pad, adjustable with sparking naugahyde. Weight - 34 lbs., 10 in. vertical height adjustment.

220 PREACHER CURL MACHINE ATTACHMENT. Weight - 25 lbs. Multiple ball bearings, slides, attaches to Preacher Bench or to Preacher Curl Base, 51 in. parallel arms with 18 bearings supporting the sliding weight bar.



130 LEG EXTENSION LEG CURL - ADJUSTABLE. Width - 31 in., Length - 32 in., Urethane foam pads covered in sparking naugahyde, leg pads have 2 densities of foam padding. Weight - 97 lbs.

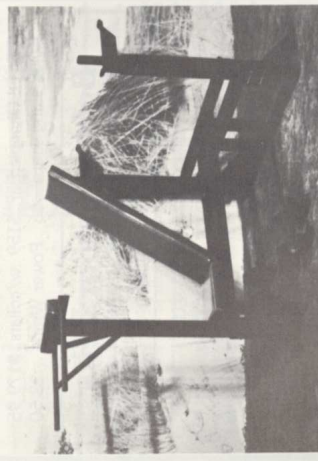


200 PREACHER CURL BASE - NOT SHOWN, An optional base for Preacher Curl Bench and Machine attachment. Will also house the Dip Bar and Lat Pull Down. Length - 48 in., Width - 24 in., Height - 16 in., Weight 75 lbs., Seat - 10 by 20 in., urethane covered with sparking naugahyde.

140 LAT PULL DOWN, 7 1/2 boom of 2 1/2 in. square steel tubing, 4 in. steel sheaves, 3/16 in. wire cable with 5 hooks, Sliding weight carriage supported by 8 ball bearing rollers for free movement. Weight - 45 lbs. each.



115 DIP BAR ATTACHMENT - ARDOMINAL LEG RAISE. Fits over Dip Bar, 3 foam pads, naugahyde covered, 6 in. by 1 in. handles, round bar stock, Weight - 39 lbs.



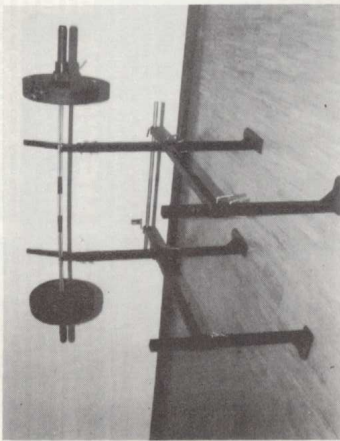
110 PADDED DIP BAR, 2 1/2 in. x 3/16 in. square steel tubing column, 1 in. cold rolled steel bar, handles, and braces, Height - 48 in., Wt. - 30 lbs.

100 INCLINE BENCH WITH ADJUSTABLE RACK. Length - 64 in., Width - 48 in., Height - 36 in., Width between uprights - 39 1/2 in., Shipping weight including uprights - 227 lbs., Upright adjustment - 36 to 64 in., Uprights - square steel tubing - 3 in. x 3/16 in., Cross Beams - 3 x 3 angle 3/16 in., Padding is urethane foam covered by sparkle naugahyde.

Johnson Manufacturing Company
Division of Brule Corporation
Office: Iron River, WI 54847
Factory: Brule, WI 54820
Phones: 715-372-4215 Office
715-372-4868 Factory

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DESIGNING & BUILDING FOR THE POWERLIFTER



The safety squat rack is MIG welded from 7 ga. and 1/4" thick square tubing. Safety pins and locking pins are made from 1/2" dia. crs steel stock. The rack can easily support a ton of weight when set up properly with all locks secured. A great training apparatus the rack was initially designed for use by high school students where safety and liability is a big factor. Full or competition squats can easily be performed when the rack is properly adjusted for the lifter. The rack can also be used with a flat, incline, or decline bench as a bar rack and safety rail device!

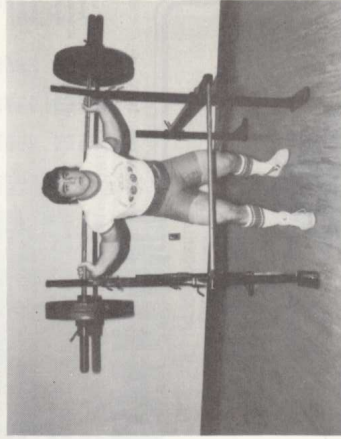


HASTINGS BARBELL CO.

2257 Heath Road
Hastings, Michigan 49058

SAFETY SQUAT RACK U.S. PAT. NO. 4,306,715

Designed for HEAVY weights with safety in mind. Provides sporting safety as well as portability. It can be setup and taken down without the use of tools. Requires 4'x4' floor space and is adjustable for any size lifter. Easily fits in most car trunks when dismantled. Horizontal safety rails prevent the barbell from hitting the floor and protects the lifter from serious injury. Rack height and width is adjustable for different size lifters and lifting styles. The safety rails are fully adjustable from 22" to 36" from the floor.



The racks can be put in either the long or short legs. We use safety squat racks in the warmup room at the Michigan Powerlifting Championships and the Michigan Seniors as well as the High School and Teenage Meets. We make bar-lifters for the deadlift, plate racks, and a 7' high light tree for powerlifting meets.

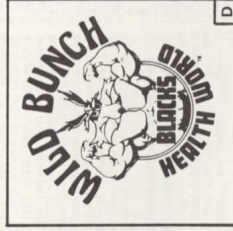
We have done a lot of nice things at Hastings Barbell Co. for the powerlifting sport, but perhaps the best contribution is our POWER BAR. It is a bonafide bull tough rigid rascal with the maximum knurl that hand crafting can produce. I used to machine Bulldozer axles — this bar is made from the same material!

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SUPERWRAP™ II is the most effective knee wrap in use. Top competitors around the world buy SUPERWRAP™ II to improve squat performance. Another fine value from the MARATHON Distributing Company.

"... add pounds to our SQUAT & TOTAL." Use SUPERWRAP™ AND SAVE \$\$\$!!
FREE PAIR OF SUPERWRAP™ II with each Supersuit™ purchased.
 Also ... the original SUPERWRAP™ • 3 Pairs \$12.00 • 1 Pair \$5.00
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BOB'S Custom Lifting Belts from **marathon™** Distributing Co.



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



Style (D) Single thickness belt with double row of holes \$30.00



Training Straps! Heavy washable nylon ... won't stretch. Blue, yellow, green, red, Style 1 \$5.00

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Navy Royal Scarlet
 Black Blue Red
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Male Female

Item	Height	Weight	Suit Size	Suit Size	QTY.	EXT.
SUPERSUIT™ II						
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More local, state, national, international, and world championships have been won in a SUPERSUIT™ than any other lifting suit.


- The finest POWERLIFTING SUIT AVAILABLE. The famous SUPERSUIT™ by Spanjian is offered in FIVE COLORS. Both models, SUPERSUIT™ I and the SUPERSUIT™ II feature the same design: HIGHER SIDE PANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT in the SQUAT.
- The new Supersuit™ II, with even stronger material is now available in navy blue, royal blue, scarlet red, and black for \$36.00. The original Supersuit™ is available in natural (white) for \$28.00.
- FREE Pair of SUPERWRAP™ II with each suit purchased.




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MARVIN PHILLIPS, 30-TIME WORLD RECORD HOLDER IN THE SQUAT

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 Increase your squat and total with a SUPERSUIT™
 Often imitated — never equalled

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

The MARATHON Co. is the exclusive worldwide source of the Supersuit™ by Spanjian.
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 — ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE SHIPMENT —

Las Vegas Invitational 26-27 Feb. 82 Las Vegas, NV

Table with 2 columns: Name, Points. Includes names like L. Press, K. Trujillo, M. Williams, etc.

That was our first day lifting with the... The 4th annual Las Vegas Invitational PL... championship was held at the Showboat hotel...

Jim Gradzien, with another Best Lifter Award, Menaker photo. Northern California Open Deadlift 3/13/82 San Francisco, CA

Caseville Open 3/13/82. With last years champion, Larry Kidney, unable to attend and Marvin Allen bombing in the squat, it left local Jay Pickett and Arizona's Tom Talbot leading the 100 lb...

Thanks, Ken. Vegas Invitational Meet Director, Ken Trujillo, received a well deserved award from his PL peers. photo by Gary Menaker

Virginia Open Bench Press 2/13/82-Charlottesville, Va

Table with 2 columns: Name, Points. Includes names like M. Roberts, J. Meier, R. Grier, etc.

Through the use of advanced IBM Word Processing systems, all training requests will be processed the same day received. Since we do not train Champions I don't have to justify a high price. I sincerely want to help the beginning to intermediate lifter... the subscription fee is just to cover my time.

Attention Lifters. The 'Mercedes Benz' lifting belts, the BOB MORRIS belt, is now available from Bob Ferrell. All standard styles, any color of suede. Prices available on request.

What makes this system unique? All advice is given on a two, four or six month basis. Paying \$25-50 per routine for 'one shot deal' is not only highly expensive, but unrealistic, as a routine needs to be monitored over a minimum period of 2 months to ascertain its effectiveness. Therefore, the lifter chooses either a 2, 4, or 6 month subscription where their progress will be monitored and adjusted accordingly. That is the scientific way to the winning total!

order from ERNIE FRANTZ STUDIO 21 NORTH BROADWAY AURORA, ILLINOIS 60504 (312-892-1491)

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Unlimited lifetime during the period of subscription. A bi-monthly newsletter (hard bound training diary \$10 value). A personalized hand written training diary (collected calls, please). Unlimited telephone advice on all of the above services.

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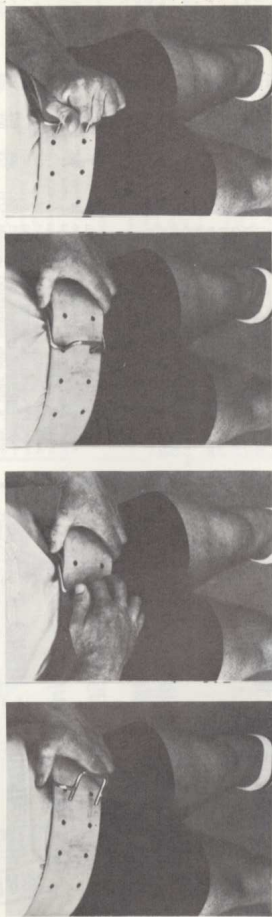
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The QUICK-RELEASE BUCKLE

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Now, those thick lifting belts go on easy and come off easy! Just a flick of the finger! Used by MANY World and National record holders! Comes with high quality 10 cm. competition belt. Time tested and thoroughly safe!

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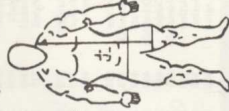
Rick Gaugler, National Champ, two time World Champ and multiple W/R holder.

"I have no fear of a blowout when wearing a Titan Suit!"

Send hip (largest part of buttocks), leg (largest part), overall (top of trap to mid thigh), as illustrated, height and weight. Choose from rust, blue, tan, maroon and brown. Send alternate color choice.

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Rick Gaugler, The Titan of Champions, "Shine On!"



We started off with a dream...to make the best damn suit in existence and that dream has come true. Zero crotch blowouts, W/R poundages and national competitions have proven it.

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And more than that, you won't receive a stock size, because your needs can't be satisfied by an off the shelf product. Every suit is customized for the maximum support. So, when you're ready for the best...go Titan!

New price is \$34, effective April 30, 1982.

U.S. Armed Forces Championships

2/27/82-Hill AFB, Utah (kilos)

WOMEN	SQ	BP	DL	T
K. Walters(A)	162.5	95	197.5	455
MEN-52kg				
B. Sanders(AF)	162.5	95	197.5	455
D. Woodruff(AF)	152.5	110	187.5	450
R. DeHart(AF)	140	95	160	395
D. Woodruff(AF)	137.5	77.5	160	370
L. Healey(AF)	130	77.5	152.5	360
S. Harrison(A)	217.5	110	227.5	535
R. DeHart(AF)	192.5	110	187.5	525
C. Holland(AF)	190	90	180	460
75kg				
E. Knevez(AF)	210	135	257.5	602.5
R. DeHart(AF)	210	132.5	227.5	570
C. Holland(AF)	190	115	220	525
D. Grabata(AF)	187.5	115	205	475
82.5kg(AF)	152.5	125	215	492.5
J. Hallit	705*	370	640	1215
B. Shalowski	600	415	605	1115
M. Meichnik	645	385	560	1090
C. Hill	570	355	515	940
L. Spruch	535	365	465	865
B. Petrocchi	580	335	560	1075
J. Addis	470	385	530	1035
R. Richmel	475	340	535	1050
B. Baker	440	270	490	920
242				
R. Draughn(OU)	760*	445	700	1905*
C. Kelly	630	510	700	1840
C. Hill	600	510	700	1840
C. Sheppard	490	320	705*	1515
D. Dreher	500	315	600	1415
M. Giles				
J. Carini	760*	515*	775	1950*
A. Garritano	670	430	630	1730
M. Bachley	625	400	670	1695
D. Venezia	640	420	675	1855
D. Vercoco	520	385	540	1430
SHW				
D. Smith	700	400	675	1775
J. Kerr	150	90	177.5	417.5
A. Johnson	152.5	75	155	382.5
J. Wilkman	152.5	75	155	382.5
A. Vilkomad	120	67.5	140	327.5

Academy's Curt left back a notch and on his

partner, Eddie Moore. Eddie's bench was the best of the a.m. session and provided the lift for the 225 lb. lift. Eddie's lift was the result of a very good warm-up. Eddie's lift was the result of a very good warm-up. Eddie's lift was the result of a very good warm-up.

152

1290 1270 1260 1250 1240 1230 1220 1210 1200 1190 1180 1170 1160 1150 1140 1130 1120 1110 1100 1090 1080 1070 1060 1050 1040 1030 1020 1010 1000 990 980 970 960 950 940 930 920 910 900 890 880 870 860 850 840 830 820 810 800 790 780 770 760 750 740 730 720 710 700 690 680 670 660 650 640 630 620 610 600 590 580 570 560 550 540 530 520 510 500 490 480 470 460 450 440 430 420 410 400 390 380 370 360 350 340 330 320 310 300 290 280 270 260 250 240 230 220 210 200 190 180 170 160 150 140 130 120 110 100 90 80 70 60 50 40 30 20 10 0

Women's British Championships

2/17/82-Sollihull, England (kilos)	SQ	BP	DL	T
A. Brown	85	40	125	250
J. Gray	55	25	77.5	157.5
48kg				
J. Hallit	70	40	87.5	197.5

Comments from Andy Kerr

Comments from Andy Kerr, a bodybuilder, discussing his performance and training. He mentions his experience with the Titan suit and how it helped him achieve his goals. He also talks about his diet and training routine.

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NATIONAL COLLEGIATES FLASH Ted Kurlowicz reports that the winners in West Virginia were: 97s, Mary Magarus 255kg, 105s, Geri Ellingsworth, 300kg, 114s, Natalie Weber, 292.5kg, 123s, Xanthia Smith 302.5kg, 132s, Mary Herzl 362.5, 148s, Carolee Engel 405kg, 165s, Robin Helm 320kg, 181s, Terri Phomey 370kg, 198s, R. Starkey 362.5kg, SHWs Jackie McCutcheon, 387.5. In the Men's Division the winners were: 114s Victor Horne 405kg, 123s, Dave DeHart 487.5kg, 132s, Miguel Rodriguez 492.5, 148s, Jamie Saldarinia 607.5kg, 165s, George Herring 737.5kg, 181s, Kevin Shepard 807.5kg, 198s, Mark Mattice 777.5kg, 220s, P. Furness 832.5, 242s, J. Myers 840kg, 275s, C. Smith 895kg, SHWs, Paul Brodard 862.5kg, Kutzovian State took the team title, followed by Villanova, and Temple (all Pennsylvania teams). Full report next issue.

Omaha Power Meet, will be held on May 8th at the Sorenson Community Center. Those interested please contact Bodymaster Health and Fitness Center, 11105 Davenport St., Omaha, Nebraska 68154.

Olympic Barrier Broken, latest Russian Big Man Super Star, Anatoly Pisarenko just set 3 more World Records at the Friendship Cup, 5688 1/2 clean and jerk, and totals of 992 and 1003, becoming the 1st Olympic man to break the 1,000 mark on two lifts! Thanks to Herb Glosbrenner for info

Holiday in Dixie Bench meet, June 12th, contact M. Frank Watts, 700 Dogwood Tr., Jasper, AL 35501, 205-387-8954 after 3:30 PM

Credit where due, Steve Lindway won the SHWs in the Jr. Ohio St. record, (his 317.5kg squat-Jr. State record), in the Sr. Division, Bill Bradford won SHW champ and Lindway 2nd. Other Junior state records were 320 SQ by Corey Cunningham and 320 DL by Jeff King in the 242s.

New England Open Bench Press Championships will be held Jun 19th at the Tri-Community Y. Contact John Saffron c/o the Tri-Community Y, 43 Everett St., Southbridge, Massachusetts 01550, 617-765-5406.

BACK ISSUES! Sep/1981...Teenage Nationals, Training Expo, Jimmy Moir, Top 100 114s

Oct/1981...Kaz Interview, Chuck Braxton, Paul Wrenn, Judging the Squat, Top 123s

Nov/1981...Index of PL USA for 100 165s, Index of PL USA for 1981, Jerry Englebert, Jay Plekur, Mar/1982...Hawaii Invitational, National YMCAs, World Record Bob Chrostki interview, Pacifico Finnish DL routine, Top 100 148s, Best Benchers, Top 100 198s

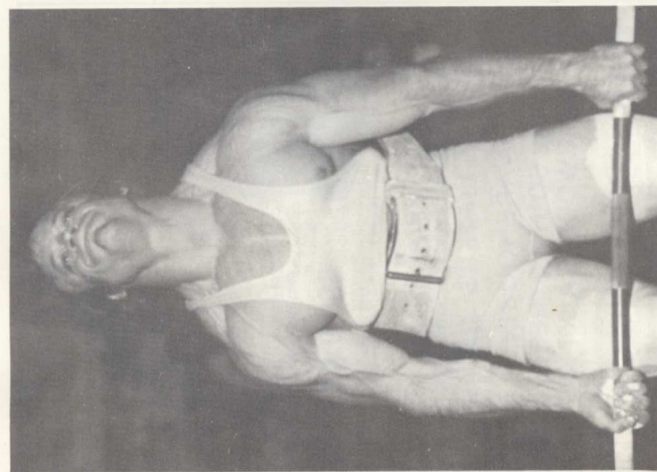
Dec/1981...1981 World Championship report, Clyde Wright, World Masters, TOP 100 148s

Jan/1982...The Barbarians, Top 100 165s, Index of PL USA for 1981, Jerry Englebert, Jay Plekur, Mar/1982...Hawaii Invitational, National YMCAs, World Record Bob Chrostki interview, Pacifico Finnish DL routine, Top 100 148s, Best Benchers, Top 100 198s

Jan/1981...1981 Jr. Nationals, Euro-Championships, Wadd

Aug/1981...1981 Sr. Nationals, World Games, World's Strongest Man Contest, Ripped for Powerlifting, Top 100 SHWs

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Gaugler's WR 716 DL...as his right biceps tore at the Magnum Classic.

people who haven't seen Rick lift before, it looked like a bomb went on the way, but Rick wanted, but he still felt he was on track and for the 1990, especially since his bench and deadlift have both been climbing, but he was just a pound or two more than he was capable of at the moment. That meant a 738 deadlift was necessary for him to crack 1990, and to do that he had to lift 1124. That meant a 738 deadlift but we don't know if he could have made the 738, because just before the end of the lift with a death grip to finish the lift, but that was obviously his final lift of the day, and a productive one it was, giving him a World Record total of 1075. The injury was probably that Rick is out of the Seniors this year.

The best thing for Jim Grudzien to do is find a meet somewhere, two weeks before the recent pattern holds well, he'll do spectacularly at the Seniors. Jim's lifting last year at the World Games, just after the Seniors, where he met, just 2 weeks after a fine performance at the Vegas meet, verify this, Jim went 9 for 9, picking his attempts with the finest precision one just missing in many years. Chip McCann for the Seniors and did so on 3 easy attempts, his leg seems to have come back well from a tear just before the Corpus Christi Seniors, tackled with some impressive deadlift poundages. Another Policeman, Bill Welcome, happily cracked the 800 barrier in the squat, Larry Kidney had troubles in the squats, but took a bench/deadlift workout anyway. Randy Rayney was awesome, going 20/20 in only his 4th meet. He's going to be a real force. Special mention goes to Rich Abbott, who decided to drop down to the 125s for a shot at a title, and made his opponent, then backed out and made his way into the platform. He came back for 2 great tries at the record despite being dumped unexpectedly. To some of the crowd just what kind of stuff he's made of

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