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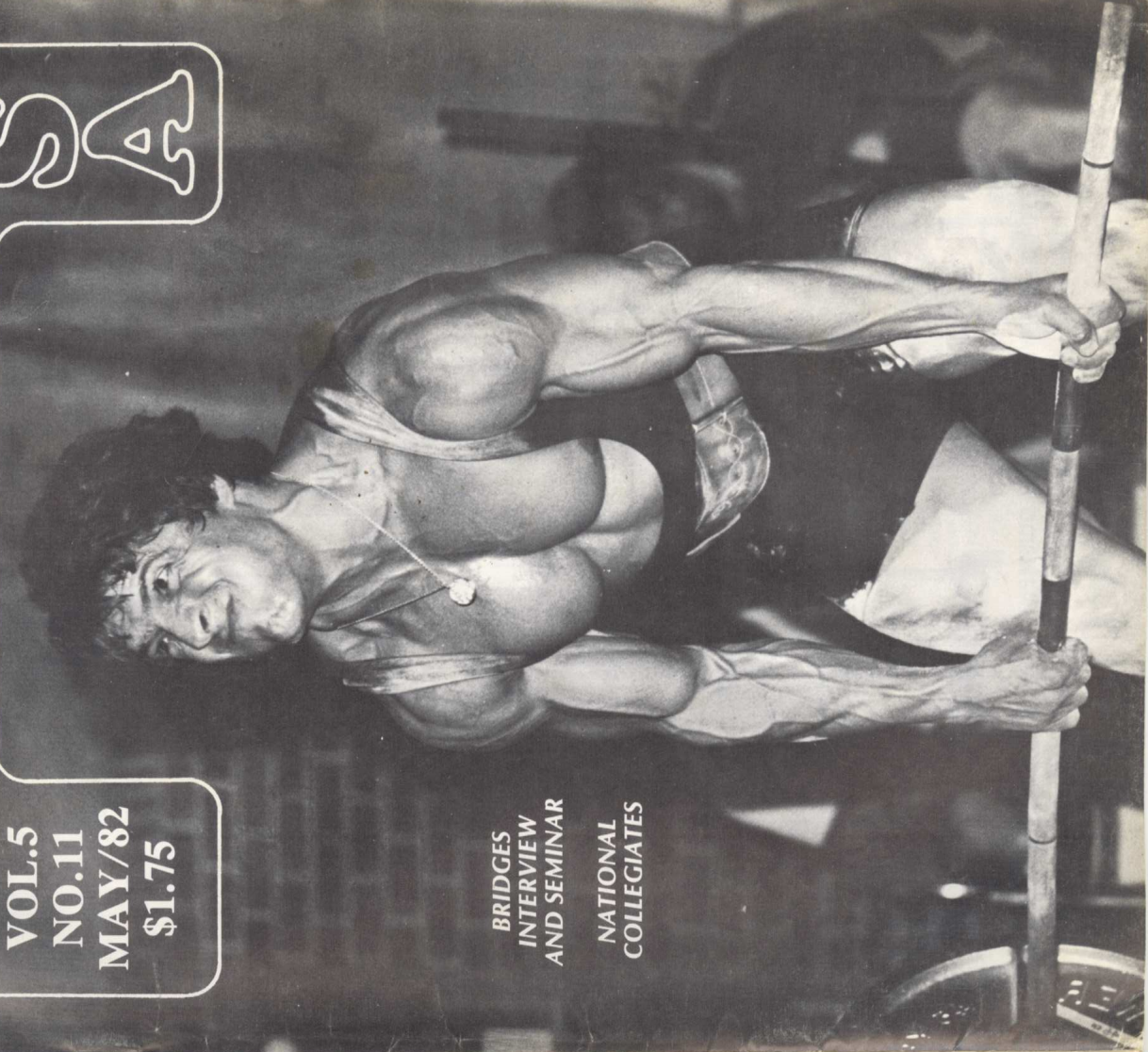
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Powerlifting-U.S.A

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NO.11
MAY/82
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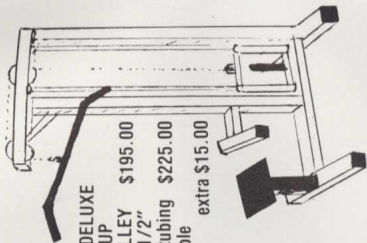
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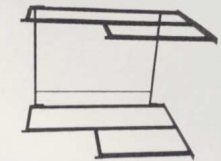
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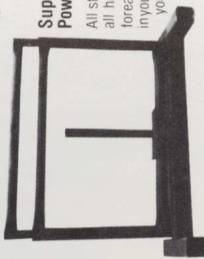
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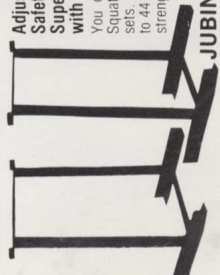
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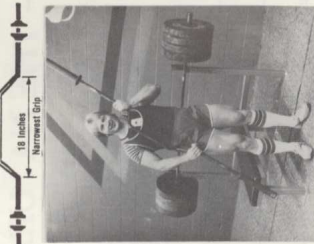
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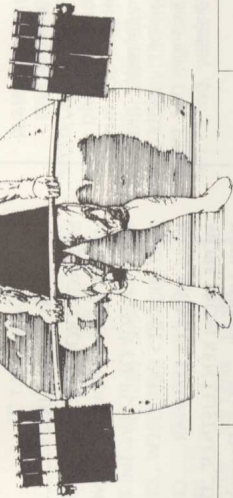
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NATIONAL COLLEGIATES!

report and photos by Ted Kurlowicz



Mary Ann Majerus of Villanova U.

The Women's Collegiates began amidst confusion that would not totally disappear the whole weekend. With a scheduled 7:00 a.m. weigh-in, Tony Carpio and accompaniment by many of the competitors, wandered aimlessly at 6:45 a.m. through the beautiful but seemingly endless hallways of the Marshall University Athletic facility. The question of the hour was 'where's the scale, it was here yesterday'. Finding the scale, it became apparent that nobody was prepared for a national meet weigh-in. The scale was certified, but lifter cards, score sheets and lot numbers had yet to be completed. Only a yeoman's effort by Tony, Ted Herrington, Chip McCain and other officials got the contest underway, albeit two hours late. I expect that many will put the entire rap for the problems on meet director Joe Pendley. I don't have enough information to pass this judgment, but I did note that he didn't appear to be getting much assistance or cooperation from the University. I would like to commend the officials for smoothing out some rough edges, and the lifters for tolerating the problems that remained.

97 lb class: Villanova freshman Mary Ann Majerus won this class easily establishing a new collegiate record in the deadlift with 253 lbs. She has great natural leverage in this lift and can be expected to do much more. Rounding out the class were Alice Millions and Denise Haack who both broke the existing bench record. Denise also was the lightest lifter I've seen at a national meet, 86 lbs.

105 lb class: Gerri Ellingsworth of West Chester State was a clear winner. She displayed some real poise with her gut-busting 3rd attempt 259 squat which was started with 2 seconds left on the timer. A

jump to a NCR 314 deadlift, just missed, cost her the best lifter trophy. Brenda Perkins of Purdue and Tracey Linton of Auburn rounded out the class.

114 lb class: This was the most populated and balanced class in the contest. Nasalie Weber from Western Illinois used her superior bench and deadlift skills to overcome the early lead of Lori Yamashita of Auburn. Mary Vengratits of Lafayette might have made it closer, but her 3rd deadlift wouldn't cooperate.

123 lb class: Zanthia Smith of Lamar won here, erasing Marco Godsil's substantial lead with a big 303 deadlift. Tammy Rolling took third garnering some valuable team points for Auburn.

132 lb class: Mary Hezel of Utah State put together some fine lifts including a 352 NCR deadlift to take the first time. The results would probably be different if not for the misfortune of Lisa Noble. Still a teenager, she made her first (363) and 2nd (396) squats with the latter being a new world record. These lifts were easy, I mean ridiculous, and stumped onlookers. Her third and 4th attempts, both at 424, surprisingly would not go and were dumped backwards. On her last at-

tempt, she broke her arm and unfortunately could not continue. I hope her recovery is speedy and the powerlifting world gets to see her awesome strength applied to the other lifts.

UNLIMITED: Jackie McCutcheon totaled 654 without competition to win the final class of the day.

Some problems during the session were the lack of weights. The warm-up room had less than 400 lbs during this session and only after a thrust by Tony Carpio to halt the proceedings did more arrive. The 4th and 5th place trophies were not available and were to be mailed at a later date. The caliber of lifting was top-notch as evidenced by the totals, but the numbers 44, were disappointing. I think this indicates that the qualifying totals should stay low until the entries become burdensome. I would personally hate to see a young lifter on my team frustrated by an arbitrary qualifying total while the number of entries has yet to reach 50.

The men's portion of the meet began a little more smoothly as some of the bugs were worked out. The warm-up weights had arrived and the weigh-in started earlier. The numbers were a good indication of the lifting to follow. Sixteen 114s, fourteen 123s, thirteen 132s and twenty 148s weighed in for this session. Since I hadn't eaten lunch and had five lifters in this session, I made myself scarce. (I was sure one would draw lot number 63).

114s: Certainly this class was, for me, the most exciting of the contest. Kurt Burkhardt had an early lead after his 347 squat and it appeared that any of six could win at this point. At the sub total, V.U. freshman John Padova used a huge 231 P.R. bench to fashion an 11 pound lead. All top five finishers were within 7.5 kilos of each other, and it appeared the meet would start when the bar hit the floor.

After Padova's seemingly fine 352 1st attempt was turned down, 2 to 1, the door was open for Kevin Jones to take the same 352 for second. I had a feeling Vic Horne was in command at sub total time, even though he was only fifth. He asked me at that point what everybody, particularly Padova,



Trouble!...Lisa Noble broke her arm after dumping this 424 backwards.



TOP 123s: Lt. Mansoor Jiaz (U of VA), Joe Johnson (Montgomery, CC), John Yu (OH St.), Gary Zeolla (PA St.), and Dave Dehar (Naval Academy) Temple lifted solo here for first with a 195 total.

181 lb class: Tom Prome took some taken lifts to total 815 and place first as the lone light-heavy. She also put on a deadlift exhibition pulling 352 for an easy ten reps, looking good for several more.

196 lb class: Robn Stanley of Auburn took first here and all her lifts will be collegiate records since the 198s were being competed for the first time. The results would probably be different if not for the misfortune of Lisa Noble. Still a teenager, she made her first (363) and 2nd (396) squats with the latter being a new world record. These lifts were easy, I mean ridiculous, and stumped onlookers. Her third and 4th attempts, both at 424, surprisingly would not go and were dumped backwards. On her last at-

could deadlift. After hearing my best deadlift, the simply smiled and went for the bar to reach the winning 374 and ripped it up. Further attempts were both unsuccessful and anti-climatic. The competition in this class was incredible and it made both the lifting and coaching a satisfying experience.

123s: This class was also loaded with the Navy did some top quality lifting. Zoella used a NCR 413 squat to establish a 22 pound sub total lead. His 413 DL also broke the existing total record. But, it was not enough as Dehart first pulled the necessary weight for first, and then added insult to the previous injury by adding a 451 to demolish both the DL and total marks.

132s: This class again epitomized the fine balance seen throughout session one. Fifth place went to Michael Doss who made the highest squat of the class at 396. Third and fourth went to Harvey Coney and Edward Johnson respectively. Dan Capace of V.U. could only get his 380 opener by the strict judging and only made his bench opener at 270. After his 429 DL, all he could do was sit and wait. Miguel Rodriguez of Kutztown, down by 50 at sub total and heavier than Capace, needed 485 to win. An unsuccessful 2nd attempt at the weight caused a premature celebration by the Villanova contingent. He came back to haul it up on his third and critical six point

Massive, Kevin Shepard looked more like a 220 pounder than 181

NATIONAL COLLEGIATES
19, 20 March 1982
Huntington, West Virginia
(Kilos)

	SQ	BP	DL	T
M. Majeres	97.5	42.5	115	255
A. Millers	77.5	45	100	222.5
D. Hackett	62.5	45	85	192.5
C. Ellingsworth	61.5	47.5	135	300
B. Perkins	102.5	37.5	105	245
T. Linton	92.5	40	105	237.5
N. Weber	105	62.5	127.5	292.5
L. Vanashita	105	55	122.5	322.5
M. Vengratis	102.5	52.5	117.5	272.5
A. Lurie	92.5	52.5	122.5	267.5
G. Bumpries	82.5	52.5	122.5	257.5
B. Silberman	87.5	50	112.5	250
M. Folk	85	45	110	237.5
123lb-504g	122.5	52.5	137.5	302.5
Z. Smith	137.5	52.5	142.5	322.5
T. Bolling	87.5	45	125	257.5
132lb-606g	127.5	55	140	322.5
M. Hezrel	140	52.5	137.5	330
K. Beuden	122.5	45	155	322.5
M. Kennedy	122.5	45	135	310
T. Hunter	130	45	135	310
K. Lamb	107.5	45	122.5	267.5
L. Lamb	97.5	42.5	130	265
140lb-67.5kg	165	80	160	405
C. Engel	137.5	62.5	162.5	362.5
H. Olivas	130	72.5	150	352.5
R. Plavak	137.5	70	142.5	330
M. Murphy	127.5	60	137.5	315
M. Silman	122.5	60	137.5	315
S. Frye	115	65	132.5	320
R. Helton	115	70	135	320
181lb-82.5kg	140	70	160	370
T. Prome	157.5	65	140	362.5
190lb-86g	180	80	180	420
L. Nohler	180	80	180	420
UNL	162.5	80	145	387.5
J. McCutcheon	162.5	80	145	387.5



Despite enormous thighs 744 wouldn't go for 220 champ Doug Furnas swung between the top two teams. 148s: This class was large but featured 5 bomb outs. Among them was the favorite, last year's champ, Jim Panetti of Slippery Rock. This was a shame since he looked super strong when he made his qualifying total in January. The winner here by a comfortable margin was Jamie Saldarriani of Blinn College whose lifts included a great 352 BP. Kurt Feldman of Kutztown used a 518 DL for second and garnered more valuable team points. Third went to Mark Win-

	D. Holland	M. Saver	F. Cortes	R. Wimmer	A. Vogt	S. Frider III	C. Williams	G. Nowomy	D. Hill	B. Bleaden	R. Wimmer	A. Vogt	S. Frider III	C. Williams	G. Nowomy	
205	117.5	215	337.5	255	165	287.5	207.5	250	322.5	192.5	317.5	83.5	307.5	192.5	295	795
220	122.5	202.5	510	272.5	175	257.5	705	695	282.5	210	295	787.5	282.5	210	295	787.5
235	170	137.5	200	252.5	170	272.5	695	675	307.5	192.5	295	787.5	307.5	192.5	295	787.5
250	165	165	255	260	240	165	255	660	295	165	200	722.5	295	165	200	722.5
265	170	272.5	373.5	307.5	192.5	295	795	660	260	170	272.5	730	260	170	272.5	730
280	137.5	222.5	590	262.5	165	215	705	695	262.5	165	215	705	262.5	165	215	705
295	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
310	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
325	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
340	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
355	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
370	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
385	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
400	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
415	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
430	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
445	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
460	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
475	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
490	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
505	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
520	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
535	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
550	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
565	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
580	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
595	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
610	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
625	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
640	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
655	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
670	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
685	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
700	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
715	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
730	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
745	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
760	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
775	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
790	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
805	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
820	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
835	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
850	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
865	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
880	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
895	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
910	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
925	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
940	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
955	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
970	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
985	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840
1000	135	232.5	582.5	262.5	155	272.5	670	670	312.5	210	317.5	840	312.5	210	317.5	840

total that included the heaviest bench (380) in the class and might have won the championship in other years. Juan Penate of Miami-Dade Jr. College used some balanced lifts for third. Fourth went to Doug Haines who made some of the most gruesome faces in powerlifting during his attempts. His 606 DL helped add to Kutztown's growing point total. 181s: Those of us familiar with Eastern powerlifting figured this to be a battle between Ray Penna and defending champ Mike Mecchella of Temple, however we soon became acquainted with Kevin Shepard of Colorado. His squats were deep and powerful and his 650 left him in command. I was in the head judge's chair for the bench and believe me, Kevin's 435 and 446 were mind-boggling. Both were just shot up! He added a convincing 677 DL for 1780 and the best lifter trophy for the contest. Kevin reportedly came down from a 207 bodyweight for the meet and looked rock hard as a light-heavy. Neil Mairs of Rochester, made some fine lifts to just take second over Mecchella. Mike, weakened by the flu, found the 655 he needed for second just slightly too much on this day. Sixth place finisher Mike Magge made a world teenage record 628 squat which was buried in the DL and found a high start in the DL and found 617 just slightly above his limit. This was a shame since he had already made a

672 NCR squat and seemed to have a lock on second. Ray looked huge at 181 and I'm sure he has a good future in the physique world along with powerlifting.

198s: This class showed much greater balance than in previous years and was very entertaining to watch. Robert Mattice of Wisconsin-Eau Claire used a huge 440 BP and balanced lifts to rise to the top of the pack here. He had won the Wisconsin state title only one week earlier. Robert Coffey totaled 1697 for second, while third went to Danny Coffey of LSU. Fourth place finisher David Coates of Texas failed with some huge lifts including an attempt at a NCR 705 squat or he might have made it more interesting. A torn palm didn't help his deadlift either.

220s: Doug Furnas of Tennessee, whose enormous legs had me convinced he was a heavyweight, was sold in victory here. He made a 710 squat and finished off a fine 1835 total. Pete Buz of Salisbury State missed some big attempts, but still took second. Pete is still growing into 198 in January unconvincing meet at 198 up. Third went to a crewt hup freshman Scott Edmiston who helped Kutztown build as insurance.

242s: Jerry Myers of Miami made few mistakes and topped off his win with 699 DL. His 462 BP didn't hurt his cause either. Jerry was huge at 242 and displayed the best tan of the contest in the best Miami tradition. John Jefferson of Villanova made but 3 attempts and found the 755 DL needed for victory to be an impossible task. Steve Defosses of Abilene Christian University totaled 1736 for third.

270s: Calvin Smith of North Carolina was an easy winner here. His 1973 total included a 771 DL that erased a Rob Dempsey record. Brian Calabuga of Auburn took second on bodyweight over Ron Gambaige of Temple who attempted the only 500 BP in the contest. Jim Bennett's bombout proved to

be academic at this point since Kutztown had first wrapped. SHW's Paul Brodeur, weighing in barely over the 275 limit, was a clear

MESSAGE FROM THE PRESIDENT

A history of our financial records might well start with our incorporation as a non-profit corporation under the laws of New Hampshire at the end of November 1981. Although a few hundred dollars were deposited prior to that time in the First American Bank of Pensacola, Florida, neither the time nor demand deposits could be touched until a copy of the Articles of Incorporation and a certified copy of the minutes of the Executive Committee, authorizing the transfer and the other withdrawal funds, were placed on file with the bank. In the meantime, during the first week of January, I received a check in the amount of \$512.00 from American Sports Management, Inc. for our share of the DFL'er registration. With these funds I opened a checking account at the First State Bank of Pensacola with the assurance that USPF would be permitted to use these funds prior to the completion of the paper work required by the state law of non-profit corporations. Later, in January when the paper work was completed, I closed out both our checking and savings accounts at First American Bank transferring the money to the First State Bank. A considerable portion of this money had been on deposit with the First American Bank untouched and unwithdrawable for over two years.

Around the middle of January, Jan and Terry Todd succeeded in arranging a \$30,000 loan through the Auburn National Bank, Auburn, Alabama, assigning our 1982 television contract with CBS as collateral. This kind of loan is not easy to secure. The Todds succeeded where others had been unsuccessful.

During the first week in February, I xeroxed the revenue and expenditure ledger sheets and sent a copy to each member of the Executive and Finance Committees. I did this again the first week in March. The first week in April I broadened the distribution of the xeroxed ledger sheets which by this time contained the records of every last penny received and spent during our first quarter, to include all regional and state chairmen.

One of the reasons I make this information widely available is for the protection of the members of the USPF. There have been unable to purchase a \$50,000 fidelity bond to cover Jan Todd and myself. Jan's signature is required along with mine, in order to withdraw funds from the Auburn National Bank. The members have been unwilling to accept the risk of collusion between Jan Todd and myself. This should change perhaps by late 1982 after we have established a "track record". The ledger is the first step in the track record. When we are bonded, the bonding company will require a monthly reconciliation of our bank statement by someone who does not have access to money in this internal control is even now being provided by Joe DeStefano, 1132 Bayview Lane, Gulf Breeze, Florida, 32561. Joe is an active lifter and a professional engineer. His integrity is beyond reproach.

Our fiscal year will end on April 30. At this time we will audit our books and a review statement will be prepared in time for distribution prior to the Senior Nationals in July. The review which most bonding companies require, is being prepared by George R. Weber, CPA, 5520 Gulf West Macadam, Suite 200, Portland, Oregon, 97201. George is an active lifter whose professional credentials and integrity are above reproach. George has contacted the tax officials in New Hampshire, where we are incorporated and in Florida, where our principal place of business is located, for the appropriate forms and reporting procedure. He will also be preparing for section 501 Non-profit tax return. Our application to IRS, Atlanta, for section 501 Non-profit tax status was assigned a number late in March which we will be using during the many months required to process our application.

Another reason for disseminating widely our financial records is to demonstrate that it is possible to control our funds without impeding our administration. Because of our history of inadequate reporting in the past, with its attendant rumors of defalcation, there is a strong temptation to overreact by imposing safeguards which may serve to impair our ability to function. Perhaps, rather than designing an elaborate system of checks and balances, our Executive Committee should resolve to replace immediately any treasurer who cannot provide us regularly with timely information. Yet another reason is to publish the information necessary to form a budget. Some of the costs are distorted because they represent long unpaid bills or because they reflect the inflated costs of starting costs. During the period of transition, for example, the Executive Committee frequently used conference calls to transact business. Our last such call on January 27 cost us \$966 with tax. More recently I have been polling the members of the Executive Committee by phone and reporting to them by mail the results of each poll. This feedback is necessary to allay any inipient doubts of manipulation.

During March the Executive Committee in this manner formulated the following policy:

1. Hiro Isagawa may not be permitted to compete at the 1982 Seniors, (10/0).
2. Tony Carpino should be reimbursed for one-half his air fare to the Collegiate Nationals, (7/3). The circumstances here were clearly extraordinary and no precedent is being set by this decision.
3. From this date on a person must register with the USPF in the state wherein he resides. (8 yes-1 abstain. Peary Reader had by this time resigned).
4. Candidates for the IPF Category II examination at either the 1982 Nationals or the Senior Nationals must have been a national referee for a

★ WHO'S WHO IN POWERLIFTING ★
Whether you're a Big Name or Not Name, send your picture and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



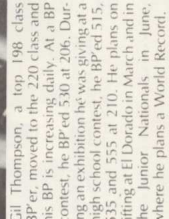
Louis Leno, 16, qualified for the Teenage Nationals when he won the 75 kg. class of the New York State Championships for Teenagers with a total of 530. He squatted 190, bench pressed 110 and deadlifted 130, winning best lifter for the 16-17 age group. Louis has a twin who also lifted in the meet. Photo courtesy Bill Clayton



Eleven-year-old Michelle Feece loves powerlifting and trains with her father four times a week. She works the BP and squat twice a week, heavy then light; the DL once a week, and does narrow grips, flyes, leg extensions and leg curls. At 90 lbs., Michelle's best strict form gym lifts are a 155 lb. squat, 85 lb. BP and a 175 lb. DL.



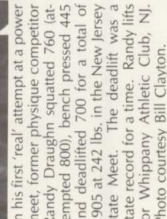
Toni Mosley didn't let her pregnancy stop her from lifting with her husband Dan, in fact, she continued doing all of her upper and lower body routine until dropping weights at 6 months along and deadlifts at 8%. Until the week before delivering 9 lb. 13 oz. son Ryan, she was doing her entire upper body routine and BP 135.



Gil Thompson, a top 198 class BP'er, moved to the 220 class and his BP is increasing daily. At a BP contest, he BP'ed 540 at 206. During an exhibition he was giving at a high school contest, he BP'ed 515, 535 and 555 at 210. He plans on lifting at El Dorado in March and in the Junior Nationals in June, where he plans a World Record.



In his first 'real' attempt at a power meet, former physique competitor Randy Draughn squatted 760 (attempted 800), bench pressed 445 and deadlifted 700 for a total of 1905 at 242 lbs. in the New Jersey State Meet. The deadlift was a state record for a time. Randy lifts for Whippany Athletic Club, NJ. Photo courtesy Bill Clayton.



Mike Altieri, lifting in his first power meet, tied his own gym PR with this 240 squat at 123. At lake Boyer's Pennsylvania State Teenage meet, Mike also benched 165 and deadlifted 310 "like a clean pull", almost making an unofficial Teenage record of 360. He has only been training for 3 months. Photo courtesy R. Ciaecchia

ATTENTION...all Canadian and US Subscribers to POWERLIFTING USA LAST CHANCE RENEWAL SALE!!

The subscription price for PL USA will be increased effective with the June 1982 edition to reflect production cost increases (since February of 1980 the number of pages has nearly doubled) and the addition of new features in coming issues. However, all subscribers in North America have a one-time opportunity to extend their subscriptions at present rates for up to two additional years beyond their current expiration date at considerable savings over the new rates. THIS OFFER WILL NOT APPLY TO ANY RENEWAL ORDERS POSTMARKED AFTER JUNE 1st, 1982, so it is imperative that everyone take advantage of this order immediately and lock in 'good ole days' prices for up to 2 additional years beyond your present expiration date. For one additional year of PL USA (12 issues) the cost is \$15.00; for two additional years (24 issues) the cost is \$28.50. Furthermore, there is another opportunity available to combine MORE savings on a subscription to PL USA with a one year (24 edition) subscription to our new publication POWER HOTLINE, the twice monthly Power newsletter, that informs you faster than any other source about what is happening in the world of Powerlifting (no ads-no filler-just the news as it breaks from all over the World). The special COMBO offer includes a one year renewal to PL USA with one year of POWER HOTLINE (regular price...\$28.00) at the COMBO savings price of \$39.00...that's like getting a year of PL USA for only \$11.00, about half the newsstand price! In order to take advantage of this offer, before the prices go up, select your RENEWAL SALE option, either 1 additional year (\$15), 2 additional years (\$28.50), or the COMBO-1 more year of PL USA with one year of POWER HOTLINE (\$39), make out a check to POWERLIFTING USA, and send it in to PL USA RENEWAL SALE, BOX 3238, CAMARILLO, CALIFORNIA 93011, and make absolutely certain that your order is postmarked no later than June 1st (otherwise we'll have to credit your renewal according to the higher rates then in effect). Even if you just renewed your subscription to PL USA recently, you can still get up to TWO more years on your present subscription at 'good ole days' prices and be enjoying the NEW PL USA (with color cover and other new features) far into the future at bargain rates. ORDER TODAY...get that order envelope in before JUNE 1st and SAVE!!

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Odds and Ends...the Teenage Nationals is looking to be a great one. Jake Boyer, Box 356, Lehighton, PA 18235 has already got some great looking t-shirts available (\$6 postpaid) and also has a beautiful patch made up that will go to all competitors...speaking of youthful competitors, **Amy Wrenn**, daughter of World SHW Champ Paul Wrenn, just deadlifted 200 pounds, and she's only 11!...it's been pointed out that a team from **South Africa** could have placed as high as 6th in the Calcutta World Championships, however, South Africa is not a member of the IPF...Nate Foster reports that he will TRY to deal with unrecognized Masters Records of the past by issuing American Records certificates where appropriate and prevailing upon Arnold Bostrom to recognize such marks where possible, even though more than 30 days have passed since the mark was established...send to 204 Harvey Dr., Manhattan, Kansas 66502...an update on the results of the **Bob Moon** meet indicates that Mariah Liggett actually squatted 319 and totaled 925...a suggestion for **meet directors** is that they include bodyweights for competitions decided by Malone or Schwartz Formula, and also include age information on the competitors in Masters or Teenage competition.

World Masters TEAM Selection...will be done by the USPF Selection Committee immediately following the Dayton Seniors. No applications for the team will be accepted afterwards. To apply for the team submit a letter of application with lifts posted and applicable bodyweights, certified and countersigned by Association and Regional Chairmen along with your birth certificate. Send to Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502. Lifts made in the Seniors will count if application is updated prior to Nate's departure. An alternate will be selected for each weight class and must enter and compete in the Masters meet.

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING
by Jud Blassiotto, Ed.D. and Ed Ritter, Ph.D.

ed because he receives less satisfaction from life or does the receive less satisfaction, because he is depressed. Probably both directionalities apply in most instances of depression, but assuming that the first interpretation is appropriate, then a logical approach to overcoming depression is to increase the quantity of reinforcement. This is usually accomplished by getting the person to engage in activities which have a high probability of being rewarding.

The depressed person often lacks sufficient motivation to engineer a treatment program on his own, and frequently will benefit from outside help. Getting a person to do things which will eventually cause him to feel better is not generally an easy task, but the use of activity logs will help. Activity logs require the depressed individual to keep a record of daily activities and also rate each of these activities in terms of pleasantness. If the individual presently engages in very few pleasurable activities, then activities which were pleasurable in the past are identified. Rather comprehensive lists of activities that others find enjoyable have been produced and these can be used in helping the client. The client looks over the list, and selects those activities which have a high potential for being rewarding. Several of these activities are scheduled for each week. Some may be performed alone, but others require another person in order to increase social interaction. However, it is especially important for the activities planned with someone else to be intrinsically satisfying. Your feeling good should not depend on others feeling good. Of course, we hope that companions will also enjoy the activities, but this should be viewed as a bonus rather than a necessary condition for one's own satisfaction.

Another useful concept is Positive Anticipation. Most people don't realize that making positive statements to oneself can be as beneficial as self-criticism can be destructive. We act as if it's all right to be critical of oneself, but wrong to deliberately engage in self-praise. Depressed individuals are pessimistic and cynical. They are preoccupied with negative thoughts and expectations. Again, there is a question of cause versus effect, but it is known that negative anticipations are a major cause of depression. This is one reason depressed people are reluctant to try activities which might cheer them up. They focus on possible negative aspects of the activities such as: 'That'd take too much time'. It is possible for people to control their thoughts in much the same

way they are able to focus their attention. They simply need to practice making positive anticipations and be reminded to do this. The depressed individual should encourage himself several times a day that the scheduled activities will be fun. He should place reminder cards in places where they will be noticed (e.g., on the bathroom mirror, refrigerator, etc.) Each day, while the individual is rehearsing how enjoyable the scheduled activities will be, he should close his eyes, relax, and imagine the anticipated activities as if they were happening; a good workout, for example. Try to actually achieve a good feeling; just go through the motions will do. If negative thoughts occur, he should distract himself by substituting task oriented thoughts or reviewing lists of accomplishments, personal assets, etc.

Although some people can admittedly be a source of great disappointment, there is no denying that others provide us with some of our greatest satisfactions. In order to counteract social withdrawal and self-absorption, the depressed individual is encouraged to engage in quality social activities. Opportunities for positive recognition from others are encouraged. Since friendships are so important to healthy

human adjustment, the depressed individual is taught how people come to like each other, and how they can make themselves more attractive. For example, most friendships are based on similarity of attitudes and shared activities. Finding others who like what you do can be an important step. Social skills and appropriate assertiveness may need to be improved. This could be accomplished through role-playing activities or through modeling -- learning by observing others who are competent. It is then necessary to gradually practice these skills just as any other skill needs to be practiced.

We want to point out that the depressed person needs to be primarily concerned with taking action; that is, he should focus on what he could do to increase satisfaction rather than searching for explanations for his depression. How can you encourage somebody to undertake activities which are likely to be beneficial? One way is to make highly desired rewards (such as being with a good listener) dependent on the individual's having engaged in other activities. Thinking about what the individual does in his spare time can also help identify enjoyable activities which can be used as incentives.

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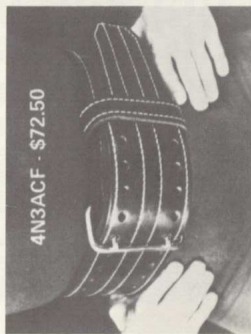
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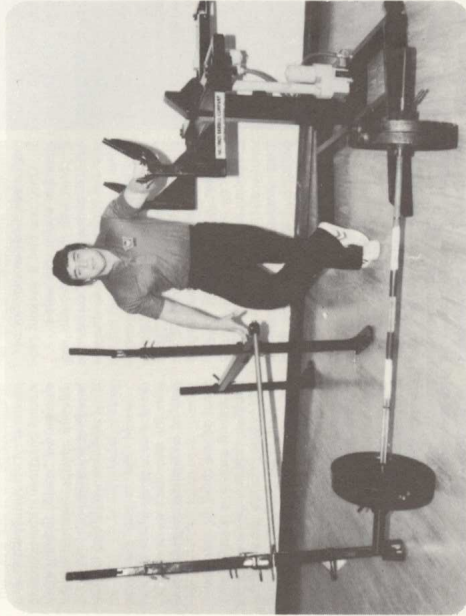
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INTERVIEW

Mike Bridges.....by Cliff Grubbs

Do you anticipate moving up or down a weight class in the years to come?

I would say that this is my last year. I will be in the 198 pounds class.

What new products or services for the powerlifter can we expect from Mike Bridges in the future?

Upon the receipt of an order the athlete will have the merchandise in 3 to 4 days maximum. As far as products go, I am preparing my second edition of my book "New Dimensions in Powerlifting." I am also working on a calendar and a biography as well as an expanded vitamin line that will include liver tablets and protein powder.

Would you like to make a comment on the IPF ban that was first placed on you and then reversed?

The circumstances surrounding the test given in India placed considerable doubt on the validity of the test from the very start. In many cases the same specimen jar was used on several athletes without being sterilized. Security precautions to protect the specimens were almost non-existent. I did not see my specimen jar labeled with my name or even my country. I have no idea where that specimen went after that and there is no telling who could have tampered with the specimen. It is my understanding that many other lifters from other countries had the same problems. I would welcome any test that could reliably test for steroids or amphetamines. But, we must be careful with such tests because if an error is made and an athlete is disqualified not only is his reputation removed from that particular meet but his business is damaged and possibly his business interest if it is tied to powerlifting. The legal implication of such an error could very realistically damage the sport beyond repair. Also, if any test is given the complete results should be made available to each athlete. The athlete should be given a complete list of what was in his system and not just given the results that state, if the test was positive or not. I would love to see a test that could put both steroids and amphetamines out of the sport forever.

Are you still experimenting with training routines and can we expect another breakthrough like the "Bridges Flare" in the near future?

Yes, I am experimenting with new styles and these will be included in the second edition of my book. I would like to stress that, I do not claim to know all there is to know in the world and I hit them all on the nose. But I don't think I want to tempt fate twice and give predictions for the Seniors.

How has your relocation to Texas worked out for you, business wise, lifting wise and personally?

"Business wise my relocation to Texas has increased my company sales by 30%, and not only am I selling my products but I have opened up an equipment line and I am now handling the Texas Power Bar and the rest of Doug Patterson's fine MAC Barbell equipment. Lifting wise things could not be going better. I am training at the Metro Athletic Club in Grand Prairie where the atmosphere is terrific and my lifts are moving very well. I also love the weather down here and the people could not be more friendly.

What are your plans for this year's Senior Nationals as far as lifts and a weight class?

"Oh no, I hate to make predictions. But I will say that more than likely I will compete in the 181 pounds class this year. As far as planning attempts for this year's Seniors I will be very conservative and take the championship. I will not be pressing for that the Senior National championships are judged much more strictly than the World championships or any other meet for that matter. At the Seniors the judging is so tight that you must put the world records out of your mind and go just for the feel strong and I am having a good day I might take a shot at a world record bench press. Last year Mike Lambert made me make predictions before the worlds and I hit them all on the nose. But I don't think I want to tempt fate twice and give predictions for the Seniors."

What do you see as the biggest problem facing powerlifting?

What is it that they see about you just can't beat a natural?

"A man who is always true to his word and a publisher who is highly regarded by his readers."

Bridges and a friend of mine, Mike Renfrow, out to pursue Bridges as a coach, lose bass fishing. My friend and I caught one each, while Bridges reeled in over a dozen.

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

The politics of the sport. We have several people that represent different functions all of which have good intentions, but their constant struggle for power is definitely hurting the sport. Hopefully whoever is elected chairman in the upcoming election will be able to bring these different groups together for the benefit of powerlifting.

What direction would you like the sport to take?

I would like to see the sport develop to a point where it could offer the lifter the chance to compete on an amateur or professional level.

What do you think the sport needs in order to grow to a point where it could support a professional level?

TV coverage. We must get the word out in the public eye.

What about changing the structure of the sport to offer more crowd appeal like possibly giving two regular attempts per lift and one floating attempt?

I think the best way to generate crowd appeal is to have an environment for the lifters that allows the crowds to see lifters lifting to the best of their ability.

How about, if I mention names to you and you give me the first thing that pops into your mind.

Okay, Walter Thomas.

Personable, likeable athlete who is a force to be reckoned with in the 198 and 220 pound class.

Mike MacDonald.

The ultimate specialist in the bench press.

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Determined never to be beat.

The Texas Gentleman.

Radical.

He and his wife, Julie have become close friends of mine through our business dealings. He offers the state of the art in lifting materials but never equalled.

The Seniors that he is promoting this year. I am sure will be the greatest ever and truly a powerlifting extravaganza.

A man who is always true to his word and a publisher who is highly regarded by his readers.

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MIKE BRIDGES SEMINAR

by Cliff Grubbs

The first time I met Mike Bridges I was mind-blowing. We have several people that represent different functions all of which have good intentions, but their constant struggle for power is definitely hurting the sport. Hopefully whoever is elected chairman in the upcoming election will be able to bring these different groups together for the benefit of powerlifting.

What direction would you like the sport to take?

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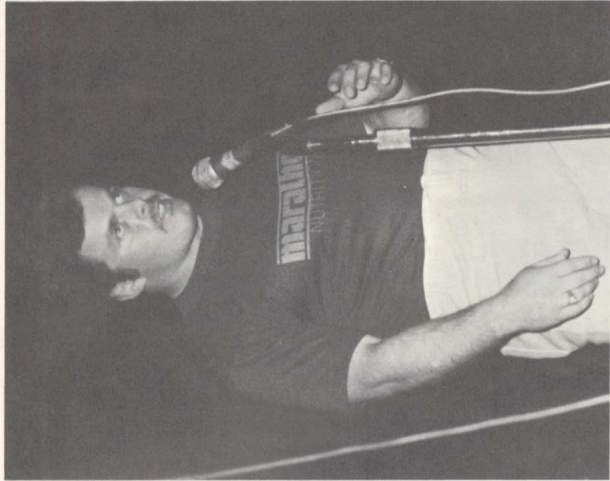
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form he believes should be used on each of the three powerlifts. At this point even though the crowd sat up straight and strained their ears. The interest was understandable because while Mike has a powerful build it is hard to believe that he can handle the amount of the audience and worked with them on their form. He went over his squatting style, which has been dubbed the "Bridges Flare" in detail. This style is quite different from the way most of us were taught to squat, but the principles are sound and who can argue with the success Mike has had and the other lifters who have seen great progress through the use of his squatting style.

As far as Mike's program goes he does an all out single on his squat and bench, 10-20 pounds over the last Monday's single. On Wednesday he works up to 50% of Monday's squat and bench for a single, Mike spends about three weeks before a cycle working on high reps (10-20) to get in shape.

The seminar lasted nearly 4 hours and the lifters went home with notebooks full of ideas to try. Mike stressed that a lifter should not completely abandon his own program for a new one, especially if the old program is working. The key is to make a few adjustments and not to completely disregard what has worked in the past.

When asked about overtraining sticking points, Mike said he believes the problem is often the result of overtraining and that the lifter should take 3 or 4 days off and not even see a gym before trying to resume workouts. Mike also said he believes a lay off after a month of a week or two is important for long term gains.

The focus of the seminar turned to the nutritional aspect of powerlifting, one of the most important aspects of the program. I hate to ruin the weekend for you but Mike maintains that he doesn't eat pizza either. Well, I don't know about you but if I have to give up beer and pizza to be a World Champion then I guess I am destined for Mulletism the rest of my life. As far as vitamin supplements go, Mike takes a high potency formula that he now offers to the public.

Mike believes you get more for your money with a vitamin supplement that is prepared in daily packages. When you buy all the vitamins separately you end up paying a lot for containers and cotton that you can't use.

The highlight of the seminar was Mike's demonstration of the proper form. At this point even the veteran lifters in the crowd sat up straight and strained their ears...

He discussed the auxiliary exercises he does and which specific weaknesses in the power lifts. Mike's complete training, stretching and auxiliary programs are included in his book, "New Dimensions in Powerlifting." There is a chance Mike will come out with an expanded version of his book sometime in the future.

Mike usually trains 8-10 pounds over his weight class and then cuts back his weight the last two weeks before a meet, however, he does not recommend this process for the novice lifter. Mike also included a very candid talk about steroids in this section of the seminar. He didn't brush lightly over the topic as

to be very important to the lifter. When commenting on biorhythms Mike stated "They have always been true to me." He includes biorhythm info when planning his attempts for an upcoming meet. He also commented that other lifters such as Larry Pacifico have gone back and studied their injury pattern and found they were most always on a low in the physical or mental portion of their biorhythms at the time of an injury. Mike added that one must be careful not to become "psychologically addicted" to his biorhythms. Commenting on a question about including running in a program Mike replied, "Research tends to show that running lowers

the body's testosterone level, and therefore may not be beneficial to lifters."

As the subject turned to lifting gear, Mike said he believes in using a thick wide buckle power belt. In a wrap he prefers a soft fabric wrap like the Superswrap II over some of the newer, slick type wraps. He showed the audience a unique way

...When commenting on biorhythms Mike stated "They have always been true to me."

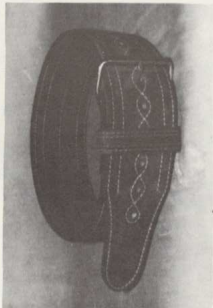
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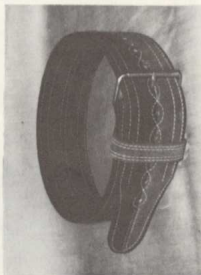
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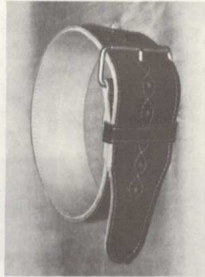
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As busy as my mail has been, this month's material will probably break the bank in our sport, everyone is thinking for a moment, right? Looking for a personal niche, right? One more step towards self fulfillment. Hey, I've got no truck with anyone, but not my man. I have been writing for this wonderful magazine for three years. I love PL USA and I have special friendship with and for Mike Lambert. Write for my own pleasure, the pleasure of my few friends, and relatives that read it for Mike, for the lifters who desire enjoyment and information, and because I like to write. No more and less than that (and it's a lot I feel). I have no need or desire to be famous; my pants already think I am and my wife and son think I'm so why pursue fame? I noted a few issues ago that Ron Fernando, discussing squatting routines, described what he called the "Inverted Pyramid," an approach to training that had one do singles and/or doubles as warm-ups, and hitting one very heavy high intensity set. As at that time readers pointed out, this is the training "method" I have been talking about for years. Of course, others had used it previously, although anyone who has been in the game long enough knows that saving it all for one hell bent set rarely works, especially by the big names. Until recently, and equally as obvious, this approach is not original with me but evolved from my dealings with Arthur Jones who in that better lifters decades ago I appreciate the fact that Rogo put a big mind when he wrote of it, but it's another thing when I see plagiarized stuff showing up in other mags. Things I refused to write for anyone but Mike Lambert under the name of others. Read some of the other pumping and lifting periodicals carefully and you'll see really nice looking articles that can be traced back to scientific journals if you look far enough, articles reprinted, with one of two phrases rearranged, with the language cleaned up and simplified for the understanding of the average lifter and without the permission of the author. Nothing can be done if the articles were not originally copyrighted (most are not) but note this before mindlessly plunking down a few bucks for rehashed or stolen information. It's really all here in PL USA if you don't mind the absence of a color cover (a situation that will change soon). Ah, I feel much better now!

A few more Nautilus comments. We did a short number on some of the lower body/back machines last month; let's see what's out there to help your bench. As most of my long time readers know, I believe that it's more efficient, in terms of injury prevention, over many years to build your bench without doing a whole lot of benching. Why place small muscles (and the pec major and minor, deltoids, triceps are

More From Ken Leistner

considered to be 'smaller' muscles in the body's hierarchy) under the same, continuous stress workout after workout, meet after meet, gamered without that risk? You need to build strength (and I'm not about to quibble about strength vs power here, it's not appropriate) in the muscles utilized in the skills of your sport. It's the usual case of the lifter or bodybuilder thinking that for some inexcusable reason, he or she stands above the laws of physics, biochemistry, anatomy and physiology than all other athletes are subject to. Some of the Nautilus pieces can help to build the benching muscles, saving you the constant wear and tear you get when benching two or three times a week. Let's take a look at the pullover or pullover torso arm gives a tremendous amount of direct work to a large amount of muscle tissue. In early Iron Man articles, this was first described, and again, the key is in utilizing perhaps the most effective Nautilus machine properly. Once a week for two sets on this one will give a high degree of work to the lats, rotator cuff, scapula protractors, and pecs (and abs if you run it to the limit). If I had to use one machine this would be it. The double shoulder will work the delts and secondarily the triceps, the double chest will hit the pects, delts, triceps, and eccentric stabilizers. Tricep and curl machines. What's necessary? None of it actually, if you fool up the old barrel and bust bust. Remember, there are inherent disadvantages to every and any machine designed for exercise and the trade-off has to be great enough to justify its use. In terms of the pullover, for example, the fact that the resistance travels in one trajectory and that proprioceptive/balance/stabilizer work is reduced or limited is more than made up for by the range of motion that many muscles are forced to work through and against variable resistance. One of the most bizarre and ludicrous statements ever made regarding exercise physiology was snapped to me by Southwestern Conference football coach (and I like these here Nautilus machines, all but the pullover. My lower body/back leg and back strength, and with a few short workouts and they've been hell on wheels, this springs but I can't understand that pullover type apparatus. In all my years of playing and coaching football, I can't remember to read and understand. I see no one do this (he initiated the pullover motion) on the field. It could be ascribed to senility (unlike a man in his forties) or ignorance (first he put off by much of

the content. Most of us are looking for some secret formula that will allow us to elevate huge poundages. The bottom line always has been and will remain, that to lift big weights, one must put forth big effort; ain't no other way. No one particular vitamin, mineral, or enzyme will alter this. Millions of dollars have been made off the lifting public because we never stop looking for the magical elixir. El Darden addresses this and calls to task those who hawk megadoses of all the vitamins and minerals and protein powders. Look at this book as a primer, a starting point. I do not agree with everything contained within it, but it is sound and basic. El adheres to the AMA party line and that can be somewhat frustrating as new information comes in daily that leaves room for more besides dogmatism, but his words are certainly closer to the truth than most others, especially those who have a profit to make off us. Whether you agree with Darden's approach or not, the words (the nutrition has nothing to do with Nautilus machines) should be read and heeded, and then supplemented with other texts: Deutsch and Jane Brody (perhaps the best all round layman's nutrition book I've seen). Pass on the pop-corn hip-pseudo scientific b.s. that most of the paperback shelves necessary for some lifters, perhaps many, but it is, as I've stated in previous columns, irresponsible for anyone to direct any particular lifter to consume megadoses of micronutrients or protein based solely upon the fact that the individual lifts weights. Digenati's common sense approach to nutrition is one of the high points of this magazine, and yet, I often hear comment that "He don't know what us lifters need." We need extra stuff. Probably not, especially in the case of protein (a huge profit margin there, and perhaps the most overconsumed nutrient in a lifter's diet). In either case, check out Darden's book and look for those things that turn you on, those that turn you off. List them and then, take some time, after all it is your health, your body, your PL total that's at stake, to find the facts. Nutrition is an important enough subject that you should give it some of your free time.

Next month it will be pulling routines and the usual assortment of stuff. For those who have inquired, almost every reputable research study has indicated that Jimi Hendrix should be listened to while squatting. Neuro motor facilitation is highest during Purple Haze but the effect drops off sharply while in a horizontal position, so benching may require something a bit different.

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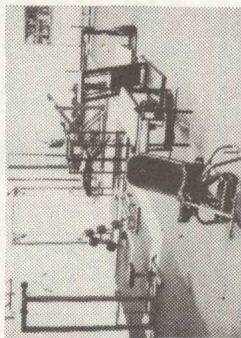
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POWER PROFILE

RICK MUSSEY: Reaching the top of the mountain

By Steve Doerschuk, Assistant Sports Editor, Canton Repository

Rick Mussey is a man built like a mountain, standing atop a mountain of 1755 pounds, 24 three-lift total of 1755 pounds, 24 pounds more than he needed to become an Elite. His lifts were 705 in the squat, 400 in the bench, and 650 in the deadlift, which also earned him a 1st place (his seventh 1st place in 10 meets).

Helping motivate Mussey was his 25-year-old training partner, Dave Jacoby of East Sparta, Ohio, who made Elite in the 242 pound division of the Muskingum meet with lifts of 740 in the squat, 450 in the bench and 700 in the deadlift for a total of 1890, precisely the Elite cutoff point.

Several factors enabled Mussey to become an Elite. First, he used a training routine which was the product of 10 years of trial, error, and testing. His training regimen will be detailed later. Second, he derived motivation from many people, among them Pep Wahl, owner of Body Builders, Inc., in Akron, a gym at which Mussey frequently works out. Third, he tried different mental approaches to lifting more weight, focusing on tapping energy from the subconscious mind. A book which gave him pointers as to how to do this is entitled, "The Magic of Believing" and was written in 1948 by Claude Bristol. Fourth, he asked God for help. "I'm not what you call an extremely religious man, but I'd have to say a belief in God was important in reaching my goal," Mussey said, adding, "I prayed a lot."

Now that he reached Elite, Mussey has retired from competitive, although he will continue vigorous workouts. One reason he is retiring is the strain which competitive powerlifting places on one's body, particularly the joints. One visible sign of Mussey's powerlifting career besides his high degree of extreme muscularity is his height. He stood 5 feet 10 1/2 inches when he took up the sport six years ago (he has trained with weights since the age of 15). He now stands 5 feet 9 inches. Yet, the loss of an inch or two in height is nothing in relation to reaching Elite, Mussey said. "This is

Seeing the mountain and reaching it were different matters. In four meets following the acquisition of his Masters in the 198 pound weight division, Mussey tried but failed to reach Elite. Mussey began to doubt himself. His wife urged him to abandon competitive powerlifting, a sport Mussey himself admits is insane, according to physiologists and chiropractors, who probably are right.

He thought about quitting, but an inner struggle led to a single, clear thought: He must go on. Finally, at the Muskingum Open Zanesville, Ohio, on February 7, 1982, Mussey became an Elite.

Again competing in the 198 pound division, he converted eight of nine attempts and wound up with a three-lift total of 1755 pounds, 24 pounds more than he needed to become an Elite. His lifts were 705 in the squat, 400 in the bench, and 650 in the deadlift, which also earned him a 1st place (his seventh 1st place in 10 meets).

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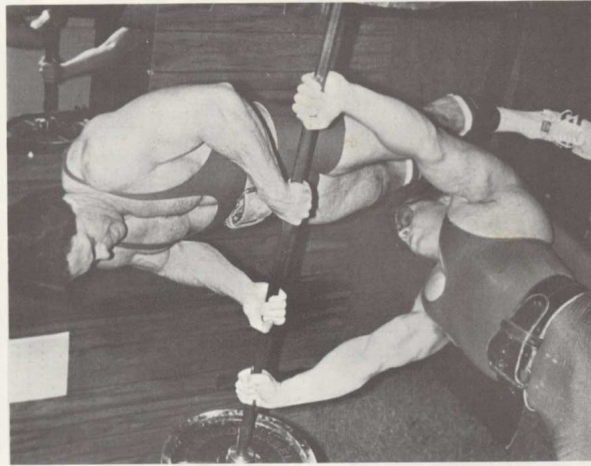
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Rick Mussey, lifting off a bench for Dave Jacoby. photo courtesy Rick Mussey. "I'm not what you call an extremely religious man, but I'd have to say a belief in God was important in reaching my goal," Mussey said, adding, "I prayed a lot."

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A Schedule Detailing Elite Powerlifter Rick Mussey's Training Routine

TUESDAY WORKOUT - STEVE JACOBY'S GYM, NORTH CANTON, OHIO

1. Incline situps, 2 sets of 25.
2. Light squats, 145x10x2, 235x6, 325x6x3 sets.
3. Heavy bench, 145x10x2, 205x6, 255x5, 305x5; 3 sets of 3 heavy (first 4 weeks, example: 345, 365, 385); 4 sets of 2 heavy (second 3 weeks, example: 340, 360, 380, 400); 5 sets of deadstops (last three weeks only, example: 355, 375, 395, 405, 415).
4. Upright rows, 105x6, 126x6, 145x6, 155x6.
5. Lat pulldowns, 135x6, 180x6, 210x6, 230x6.
6. Tricep pushdown, 100x6x2, 115x6x2, 130x6x2.
7. Reverse curl, 100x8x3, with five half reps at end of each set.
8. Incline situps, 2 sets of 25.

FRIDAY WORKOUT - STEVE JACOBY'S GYM

1. Incline situps, 2 sets of 25.
2. Heavy squat (Franz suit), 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
3. Heavy deadlift, 145x10, 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
4. Nautilus leg extension, 4x8, variable weight.
5. Incline situps, 2x25.

2. Close-grip bench, 145x10x2, 205x6, 255x5, 305x5 two sets of heavy flies (example, 340, 360) or three sets of heavy triples (last four weeks only, example: 335, 355, 375).
3. Light deadlift, 145x10, 265x6, 355x5, 445x3, 535x3, 535x3, 535x3.
4. Nautilus leg extension, 4 sets of 8, variable weight.
5. Incline situps, 2x25.

OR...

1. Incline situps, 2 sets of 25.
2. Light squat, 145x10x2, 265x6, 355x5, 445x3, 535x3, 585x3 (wrapped), 605x5 (unwrapped).
3. Heavy deadlift, 145x10, 145x10x2, 265x6, 355x5, 445x3, 535x3, 605x2; heavy x two singles, example: 630, 660.
4. Nautilus leg extension, 4x8, variable weight.
5. Incline situps, 2x25.

SATURDAY WORKOUT - THE BODYBUILDERS, INC., AKRON, OHIO

1. Incline situps, 2 sets of 25.
2. Heavy squat (Franz suit), 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
3. Heavy deadlift, 145x10, 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
4. Nautilus leg extension, 4x8, variable weight.
5. Incline situps, 2x25.

SATURDAY WORKOUT - STEVE JACOBY'S GYM

1. Incline situps, 2 sets of 25.
2. Heavy squat (Franz suit), 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
3. Heavy deadlift, 145x10, 145x10x2, 265x6, 355x5, 445x3, 535x3, 625x3 (first wrapped set); 2 sets of 3 heavy (first wrapped set).
4. Nautilus leg extension, 4x8, variable weight.
5. Incline situps, 2x25.

Best training lifts (strict form) include: 730 squat, 415 bench, 660 deadlift, 1805 total at 200-204 bodyweight.

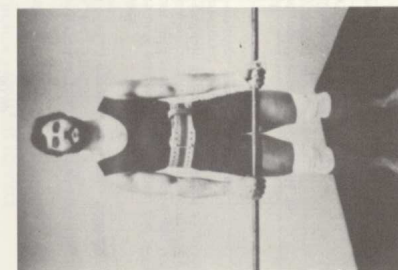
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705 Squat... the knee-koff lift in Mussey's quest for Elite. photo courtesy Rick Mussey.

POWER-RESEARCH

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The Biomechanics of Powerlifting

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

WITH RESISTANCE

1. The medial head is still heavily involved as before but no doubt to a greater extent.

2. Now, the formerly 'lazy' lateral head and the 'totally lazy' long head parts of the triceps become heavily recruited to aid in the force of triceps extension. This situation makes it seem as if the lateral long heads are 'reserved' for the only really heavy elbow extensions.

There are a number of observations that can be made from my view of powerlifting that perhaps add some support to the results of Travill's studies. As no doubt many of you have also noticed, the physical appearance of the triceps in non-weight trained people, beginners, etc. shows little development or definition of the long and lateral heads. These people's triceps look 'flat' since unless they exceed some 'threshold' level of heavy resistance training, the medial head probably does most of the work in their normal day-to-day activities, recreation, etc. It is also certainly possible that the 'threshold' level of resistance that is needed to really get the long and lateral heads (which are the lazy two thirds) involved is not approached even by some powerlifters in their training.

So, let me raise an interesting hypothesis in the next section related to Travill's results and these observations.....

C. THE NECESSITY(?) FOR 'HEAVY' TRICEPS TRAINING.

I propose the hypothesis that in order for someone to get maximum triceps development (in size and strength) one needs to use very heavy resistance during triceps training. Perhaps to a greater extent than that would be the case for other muscles.

Until I can test this hypothesis out in our Biomechanics laboratory at Auburn, let me give some further supportive experiences and observations that I have had over the years on this issue. First, one of the largest and strongest set of triceps I've ever seen belongs to one of the true greats and gentlemen of our sport - Bill Seno. When I was an undergraduate years ago at Northern Illinois University, I had the opportunity to meet and train a bit with Bill and the experience has left a lasting impression on me. Bill is still one of the greatest bench pressers of all time and has had an incredible career over decades that only a few can match. A high percentage of top lifters like Bill Seno and others that I have known over the years seem to have been firm believers in heavy triceps training. (like narrow grip bench presses

Exploding the myths... Knowledge IS Power



The response to my ad and to my 'Biomechanics of Powerlifting' column has been very gratifying. Based on the letters I've received I've decided to put together the following services, which have been most often requested:

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somewhere near this 90 degree arm position. Interestingly, dips, close grip bench presses, tricep pushdowns, (which are my favorite), all have an external rotation pattern that peaks somewhere near this 90 degree position. Movements like tricep kickbacks, for example, would be the reverse pattern. So, until more work is completed I, for one, am sticking with heavy close grips dips, tricep pushdowns, and the like. One should experiment, of course, keeping in mind some of the other consequences of some tricep exercises (for example, close grip bench presses can involve a lot of anterior deltoid strength, etc.). Well for now, I'll let some of you return to your regular tricep training (?) and have given some food for thought about training in this very important muscle. Best wishes and continued success in your training until next month.

Reference 1. Travill, A. A. Electromyographic Studies of the Extensor Anconeus of the Forearm. *Anat. Rec.* 144, 373-376, 1962.

Reference 2. Currier, D. T. Maximal Isometric Tension of the Elbow Extensors at Varied Positions, part 2. Assessment of Extensor Muscles by Quantitative Electromyography. *Phys. Ther.* 52, 1265-1276, 1972.

New Chairman for Maryland is Chuck Camobas, Rt. 3, Box 810, Hollywood, MD 20636 (301-373-5360). He wishes to express his sincere gratitude and thanks to the previous Chairman, Dick Young. Chuck has developed an eight point program to foster further growth in the sport in Maryland (anyone wishing a copy of the plan can write Chuck). All Region II Association Chairmen are urged to attend Chuck's Region II meet on June 26/27 to discuss plans for the 1983 meet.

E. THE BEST TRICEPS EXERCISES?

While I'm still working on really solving this question, we do know some facts at least that are used for selecting and evaluating the various triceps exercises available to us. For example, the research of Currier (Ref 1) discovered that for 41 male subjects the triceps developed the greatest maximal isometric extension force (220 newtons) when the arm was at 90 degrees of flexion (which is essentially at right angles). Consequently, the 'best' exercises for the triceps quite logically would be those that load the triceps maximally.

As you may have noticed, a number of top lifters can be seen pronating their forearms to be sure that the bar rests not transversely across the center of the palm, but rather more on the ulnar surface of the hand. One of the respondents to my ad in Powerlifting USA noted that Jon Cole using this procedure during his bench press workouts and I can think of quite a few other lifters that I personally have seen do this.

F. THE 'LAZY' TWO THIRDS OF THE TRICEPS?

Now that you hopefully have a reasonable feel for the location of the three heads of the triceps, let's explore some of the unique characteristics of this muscle. Although more advanced biomechanics studies need to be done, in my opinion, in order to really determine the load sharing of the different heads of the triceps during heavy powerlifting and other weight training exercises, there are some very interesting studies to date. The most pertinent is the research by Travill (Ref 1). In his study Travill found some results that should be of significant value to powerlifters and bodybuilders everywhere. To summarize his results, let's look at how the three heads of the triceps are involved with and without resistance:

WITHOUT RESISTANCE

1. The medial head of the triceps is the 'work horse' of the three heads of this muscle. The medial head is always active during extension of the elbow and is the major extensor of the arm.

2. The 'lazy' lateral head has a certain amount of activity as well during elbow extension when there is no load.

3. Surprisingly, the 'totally lazy' long head is virtually inactive during elbow extension no matter what position the subject is in. (or what exercise is used).

WITH RESISTANCE

1. The three heads of the triceps muscle are typically given separate names: (1) The long head is the 'longest' triceps head, originating from the anterior part of the scapular glenoid. This part of the triceps that does not originate on the humerus; (2) The medial head has its origin about half way up the back part of

WITH RESISTANCE

the humerus. The medial head is covered, in part, by the long head and lateral head and is difficult to see or feel, and (3) The lateral head originates from the upper side (or anterior) part of the humerus only a short distance below the shoulder joint. This lateral head is easily seen when one looks at the side of someone's arm since it is right below the deltoid insertion.

What you see on a powerlifter or bodybuilder with great triceps development are mainly the very prominent lateral heads (which is three of the biceps and company flexor muscles that we discussed last month in Powerlifting USA. I can't remember how many times I've tried to explain to the weight room 'wonderkids' that if they would spend half as much time on the triceps as their biceps et al they would get much more results in their arm strength!

Well, what on earth is so interesting about the triceps that can conceivably warrant a whole article? Let's take a look.....

A. THE TRICEP - 3 HEADS:

To start off once again with our systematic guided tour of the body's musculature, please refer to any good anatomy book to get a mental picture of the triceps muscle. As you will see, the triceps is composed of three separate 'heads' (or muscle segments) that originate at different places on the back of the scapula (shoulder blade) and humerus (the upper arm bone). All three of these heads insert into the common extensor tendon (which is an extremely strong tendon). This extensor tendon travels over the elbow (and possesses great leverage) and then inserts on the olecranon process of the ulna, (which is essentially an inch or two below the elbow). (Note: In your anatomy search you may also see another muscle called the anconeus but this very small muscle is virtually inconsequential compared to the triceps. The anconeus mainly stabilizes the elbow joint and contributes very minimally to elbow extension).

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

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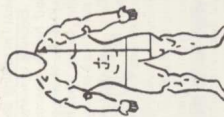
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Augusta, Maine master lifter
'We're proud of you!'

Larry Pacifico The Champion of Champions reminisces

Received many calls and more letters on my article last issue. Most were happy with it and wanted me to mention people like Don Blue and Russ Fletcher. I know very little about these people. We have met, but I never had any real personal contact. I do know, as most of you do, they were great lifters and that they were good a great lifters as well. I'm back in prison knowledge he is back in prison again. Russ was the giant killer in 1971, bulking up from 242 to 300 lbs to beat them all. He works in 71 with 800 lbs at the Worlds in 71 than any squat I've ever seen. Carl Smith won the 242s that year. Carl was riding high in the late 60's and was always a threat at 198 and 242. After '71 his lifting didn't seem to improve. We lifted at many of the same meets and got to be friendly. I always thought he could do better with proper training, but we never really talked much about sets and reps. Right back on top this man is right back on top. I don't know what happened, but it's great to see it. He's a real competitor, and will have a shot at winning in Dayton. Sometimes a lifter will go on for years lifting with average success, then all of a sudden they blow the power world's mind. I have found this to happen several times for usually the same reason. "Love". It's true. I know many a lifter who improved substantially when they met that one special person. On the other hand, I've seen them plunge if a problem occurs. Frame of mind is important to a lifter. How can one concentrate if there is depression and/or rejection from the one you care about? A job can be as much a factor for improving or declining too. I know, however, if you find someone who cares about your lifting as much as you do and encourages you and pushes you, then count on much more improvement. A couple of people come to mind on this subject. Walter and Julie Thomas. Both very good lifters before they met, but took at them now. I've always said this at my seminars; that Walter Thomas may well be the strongest man ever. He just needed something to click. Well, I think it was Julie. If you are coming to Dayton for the Seniors don't miss Walter at 198. History will be made. As for Julie, she will be World Champion in England for sure. I could make several more examples, but most of you know what I'm talking about.

Because of many business duties and health reasons, I've dropped out of the chairman's race. Also, after seeing what the job requires, I'm not sure any one man can handle it. I thought Joe Zanello did a great job. He had endless energy and no one loved the sport more. There are several good people running for the chair, but I'm not endorsing any of them as I think they all are capable. I do want to point out that we're paying \$500 a month now to the acting chairman when Joe did it all at his own expense. Keep that in mind before you judge.

Her next move could be to head for the States for a different lifting season. I tried very well, but never thought I did well, especially when 20 million people may be watching. Anytime they called me just before the 1981 Women's Nationals and asked how to get in touch with Pam Meister, the job I think this was a great move for NBC. Pam made women's powerlifting acceptable to the public. When she lifted, she was cute, exciting and very phogenic. Her next move could

easily be in the movies. I'm not kidding. I knew Pam when she lived in Canton, Ohio. She was a very strong 105 lbs but lost to Terry Dillard in her first Nationals. However, she later won that class when Terry bulked up to 114. In 1979, Pam moved to Santa Monica to train at Gold's. There she met Dave Keaggy and he rounded her into shape to win the best lifter award at the 1980 Women's Nationals. Pam now is retired from powerlifting and lives in Florida where she is bodybuilding. I hear she will be doing the women's section at the upcoming classic in Vegas for NBC. Currently she is doing color on NBC for the World's Strongest Man contest.

I mentioned Terry Dillard earlier. She is another who adds class and style to women's powerlifting. Educated and beautiful. Terry does lifting over other things. She takes more about her training than most women I've met. She, for a time, would drive from Ames to Des Moines twice a week to have proper training facilities. Never having lost before, Terry is on her way to winning yet another world title in England in May.

Adding one more note on women lifters. In 1980 at the Worlds for Women in New Hampshire, I met a person I won't soon forget. I remember I arrived late and walked into the Holiday Inn lounge and joined several friends who were talking 3 beers ahead of me. At that time I had never met Bev Francis, nor had I ever seen a picture. All I knew was that she could bench 300. Anyway, she was soon pointed out to me. Well, it was a bit taken back I must admit, and of course, was convinced that I'm minutes word got to Bev that I was there and she turned around and looked at me a moment. I continued to look at her in disbelief as now could see her frontally. She was the most muscular, hard looking female I've ever seen. She had short hair and a square jaw. She soon smiled and said, "well, well, the Great Larry Pacifico." I replied in a similar manner but I bounced my peas for what reason? I don't know. She then proceeded to turn completely around and said that was just good Larry, but that was seen it all, but how wrong I was. She bounced her peas in an alternating fashion that left me and my friends with our jaws hanging open. She then challenged me to arm wrestle, which I declined as I put my jacket on and quietly slipped out of there to my room.

The two best trips I took was Perth, Australia, and Turkey, Finland. In Australia I had a great time because I was not injured going into the meet. Plus, we had a day lay over in Hawaii. What a time. Terry McCormick always im-

pressed me. He made both trips in Perth he was hurt but in Finland he was well and was World champ. Terry was always a gentleman until the platform. He made several friends in Perth and I know he was hurting but remained up and supportive to his team members.

I roomed with Doug Young in Perth and I'll go into more detail on that next issue. A year later in Turkey, McCormick went head to head with Hannu Saarelaainen. Hannu is a unique, hard looking Viking. A man who likes his liquor and lifting, both of which he could handle a lot of. Always taking second, it seemed, but was always improving. He was his strongest in Turkey, Finland being his homeland. But Terry, I think, hit 8 for 9 (as he does so often), and easily won. But in the bar later, Hannu took on all challengers. When I arrived at the party, he pulled me over to his table and insisted that I drink; he handed me a bottle of Tequila. "Drink, Larry, drink. Being the social one, I took a swig. "More, Larry, drink more. The next thing I remember was landing in New York. I swear I don't remember getting on that plane. Hannu is a guy you don't say no to. He will be world champion I think, some day. Very little is known about him, but he is a very wealthy business man, and he will be ben lifters for years.

George Zangas coached us in Turkey. Came over at his own expense to do so. He also coached us in Dayton at the '79 Worlds. George has good platform sense. If you will notice some of the guys he helps go 9 for 9 often, McCormick, Gruzden, etc. George is a good lifter himself, but chooses to develop his team and sponsor lifters and powerlifting itself.

I make frequent trips to L.A. and George always makes me feel comfortable. My best memories are going to a Greek restaurant called Papadokasus. It has to be the best in California. George has a beautiful home and a fantastic family and they always treat me warmly. I will visit L.A. again in June and discuss new things for the powerlifting world that sound exciting.

Just a note to let everyone know that there are hundreds of good seats still available for the Seniors. The tickets will be sent out soon. We are waiting to send them because many lost them before the '79 Worlds. The seats are all reserved and there's not a bad seat in the house.

Next I will write about Doug Young, Ron Collins, Joe, Judy and T. Cummings, Mike Bridges and Mike Lambert.



Larry...a recent shot by Tom Davis

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Connecticut Masters, the World Gym East team. (l-r) Paul McCarthy, Ted Forbes, Skip Shaifer, Andy Bram, Joe Steele. photo courtesy Joe Steele.

New Haven Championships & Connecticut Masters Championships-2/28/82

Table with columns for name, weight, and performance metrics for the New Haven and Connecticut Masters events.

U.S. Midwest Bench Press Championships-3/13/82

Table with columns for name, weight, and performance metrics for the U.S. Midwest Bench Press Championships.

Texas State Teenage 3/27/82-Flexis A&M Univ (El Paso)

Table with columns for name, weight, and performance metrics for the Texas State Teenage event.

Women's 114-Open Championships-3/13/82

Table with columns for name, weight, and performance metrics for the Women's 114-Open Championships.

Continuation of Women's 114-Open Championships table with names like R. Bicknell, G. Hughes, etc.

2nd annual Thoroughbred Classic 2/13/82-Ocala, FL

Table with columns for name, weight, and performance metrics for the Thoroughbred Classic event.

Maryland State Meet 3/15/82-LaVale, Md

Table with columns for name, weight, and performance metrics for the Maryland State Meet event.

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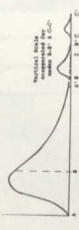
by Lee Whitney

I started this series last month by first talking about "Best Lifter." Best lift was defined as the lifter of a given weight who, in each of the 3 lifts, most consistently lifts the natural capabilities of that weight. "Natural capabilities" was defined as the strength inherent to the average prototypical homo sapiens, that is, man as he was when the first evolved 500,000 years ago. I suggested it was important to separate the idea of "business" from "moxiness"; noting that class awards are now awarded based on moxiness. Then we discussed math and theory. Theory comes first. Math tests the theory. I stated that my theory was that man evolved strongest when he would be perfect. That he would be perfect when he was well rounded at the height he evolved to. Since that height was about 5 ft 10 1/2 inches, his weight would be in the 170 to 190 range, more likely 175-185 pounds. Above and below that weight, strength would fall off smoothly and gradually, and without a sharp or dramatic, step change.

The solution to a problem is no better than the data available. A better system must be founded on better data. The existing systems apparently use world record data. The problem with that, of course, is that world record data jumps all over the place. If you graph world record data, by connecting the points with straight lines, it looks more like a staircase than anything else. When I looked at the top 100 data, it became apparent what the problem was with world record data. It has little, if anything, to do with an average person. You look at a typical top 100 distribution, you see that the top 10 lifters or so account for 30% to 65% of the total range. For example, for the 1988, the top 10 lifters account for 35% of the total range. You can see world record holders (some of whom are higher yet) are well above the typical top lifter and have little to do with him. Any theory based on world records must be heavily biased by whoever happens to hold the record at that moment. The next graph shows the top 100 list from year to year, you'll find that some lifters max will drop 100 pounds from one year to the next. World records are typically the result of an unusual person having an unusually successful meet. It shouldn't be expected that world record data would be good to use to rate lifters. And it isn't.

It's also true that the ideal data doesn't seem to exist. But the top 100 data offers a giant step forward. When I looked over the top 100 data I recognized that it offered much more information. I sketched

a couple of distributions -- I expected to see normally distributed data. Instead I typically saw a distribution that looked like this:



Of course, not all of the features were present in all lists. It was pretty obvious that the top two humps or modes (B-B and C-C) were created by unusual people; the normal or typical lifters were in the lowest, largest mode (A-A). What was needed was a way to smooth the lower mode and extend it as if the unusual lifters were included in the estimated intercept analysis. I did it. Doing that is what I call the "estimated intercept" analysis. I doubt if you're interested in the technicalities (ornie if you are), but it involves truncating distribution analysis using Pearson curves. In a nutshell, for each individual lift in each weight class, I truncate the distribution at S and A. Then I fit a curve to the data to determine point C. It is the estimated intercept. It is the maximum or world record that would be expected if all of the lifters were typical, average, man. The estimated intercepts are much better before a curve could be determined. The body weights to be determined, the body weights to be determined, the body weights to be determined. Only one thing is certain: averages will only be of use in the various weight classes. They are not the weight class maximum. Although of the constants in average, Wiloughby reported the same weight class maximums. But PL USA's ScoreCards show that at least the top lifters are performing much closer to the weight limit than those averages. I saw that, even down to the top lifters in the A-A mode, the weights were very close to the class maximums. Different weight estimates were needed. To obtain them, I averaged the weights of the top lifters as reported on the ScoreCards. From flyweights to lightheavyweights, these averages were so consistently spaced below the class maximums that I believed it inappropriate to round them off to whole pounds. The body weights used for each class are shown on the graph below. The weights above the lightheavyweights, of course, as it will become clear, are not averages, but merely mathematically convenient weights.

The next graph shows the estimated intercepts plotted against those weights and the WHIPIT curves fitted to them. Several graphs, in several steps, are perhaps needed, but I'm trying to strike a happy medium between informing you and boring you: flyweights to the lightheavyweights. You can see that from the intercepts fit a curve very nicely. Then they break off into a different function. This is the same relationship that Wiloughby reported (see PL USA, 4/81). Clearly there are two different functions. The lower

function is what I call the "best lifter" function. The upper function is what I call the "world's strongest man" function. WHIPIT is only concerned with the best lifter function. Once the estimated intercepts were determined, the curves are determined by visually plotting a curve for each of the 3 lifts from flyweight to lightheavyweight. The curves are then smoothed mathematically. Since there is no best lifter data over 181 1/2 pounds, the best lifter data are then extrapolated, using a smoothed marginal rate method, to give the full WHIPIT curve for each lift that you see on the graph. The curvilinear interpretation of the data was tested through the estimation process. Straight line, discontinuous and curvilinear solutions were tested with the curve being confirmed. I wish I had the space to take you through, step by step, the process that gave birth to the curves. I find it fascinating!

You, however, might be bored stiff. Those curves are the first step to WHIPIT. They define the "natural capability" of that weight for each lift. Space doesn't permit the full WHIPIT table to be reproduced here. If you would like the full table, write me.

That there are two functions is clear. I think the "why" is equally clear. From observing top lifters you can see a height/weight correlation. But at weights over 200 pounds, heights don't increase at the same rate. Although additional muscle increases absolute strength, a point of diminishing return is reached. I don't know the exact correlation, but it appears that in order to be able to carry 240 pounds optimally, the lifter should

be about 6 ft 6 inches and fully 7 foot tall to carry 300 pounds. This is illustrated by none other than Mike Bridges. As a middleweight, Mike's weight it improved to 210; but dropped to 190 as a middle heavyweight. Mike's point of diminishing return is somewhere between lightheavy and middleheavyweight. If the WHIPIT curves followed current data, they would be wasted should we ever have a top-class lifter of 5 ft, 7 ft 3 inches. WHIPIT predicts that such a lifter should demolish the existing world records. In their upper reaches, of course, the WHIPIT curves must be regarded as theory until we have some 6'2" to 7'2" lifters performing at their optimum weights.

For most needs, it is enough to simply average the percents of natural capabilities and the person with the highest average is the best lifter, but not in all cases. Remember, that our definition includes consistency. The best lifter is the one who consistently lifts his natural capability. Now do we correct for inconsistency? If one lifter's percents are 96, 94 and 92 (94% average) and another's are 100, 92 and 90 (also a 94% average), it is easy to see that the first is the more consistent and is, I would say, the better of the two. But in more complex cases we need an objective method of correcting for inconsistency. Unless the average percents are within a few points of each other and there is a marked difference in consistency, it is unnecessary to correct for consistency, but in such cases, it is necessary.

Without troubling you with the correction factor derivation, it is the sum of the mean deviations plus the range divided by 20.

Now about doing with WHIPIT. I guess it's time to tell you what WHIPIT stands for. It's Whitney's Historicized Individual Powerlifting. Integrated historical (prehistorical or prototypical) man, instead of using the total weight lifted, WHIPIT integrates the data from the individual powerlifts into a total. You may ask, what total? That's the last step. To determine the corrected average percent into a total, but I recognize that a total can be useful for some purposes, since we lift weights, not percents. To obtain the total, which tells the lifter how he is doing compared to the optimum 185 pounder, you multiply the corrected average percent by the natural capability of a 185 pounder, namely 1925 pounds. Thus WHIPIT is: the average percent natural capability for the 3 lifts minus the correction factor times 1925.

So much for defining and understanding WHIPIT. I expect WHIPIT will make more difference the more it is accepted. WHIPIT gives equal points for excellence on the bench press, for example, and I hope it will inspire those with excellent bench presses to improve their squat and deadlift and go for

WHIPIT best lifter. Let's wind up this article by ranking the American lifters. At least for the American lifters. One of the questions posed answers one of them: Who is THE best lifter? According to the results published in PL USA since 7/81, the American lifters whose WHIPIT is greater than or equal to 1900 are:

Lifter	WHIPIT
Gant*	132
Bradley*	132
Bridges*	132
Gaugler*	132
Dunbar*	132
Lech	114
Rouse	114
Crain	148
V Williams	132
Thomas	198

The asterisk indicates the lifters who made better than 1900 at another weight. Gant is the best lifter. In the past 12 months, Bridges is best. Chuck Dunbar's raw average percent is actually higher than Bridges and Gaugler's. But his scores were very inconsistent ranging from 129.3 in the squat to 87.8 in the DL. Bridges was quite consistent as was Gaugler (113.1 to 105.0) and 109.6 to 104.4, respectively. In my meaning of best lifter, the overall excellence of Bridges and Gaugler rank them above Dunbar even though Dunbar's raw average is higher. Do you agree?

One last issue: If the WHIPIT natural capabilities are indeed that, they should be stable. They should

not change every time a new top 100 list comes out. Do they? Since I started my effort, new top 100 lists have been issued for 123 thru 181 lifts, that is, for 15 lifts. To determine their stability, I selected 5 lifters at random and again calculated the intercepts. There was no significant change. How can the lifts change so much and the intercept be constant? First, changes among the top 5 or 10 do not affect the intercept at all. Secondly, although the average value increases, and the distribution shifts upward, it doesn't do so equally, but squeezes around more than the upper (ignore the very top) which increases the slope so that the intercept does not change. Thus the natural capabilities appear to be stable.

Next month we'll compare WHIPIT to other systems. If you're not now, I hope by then you'll be impressed with WHIPIT's greater fairness, accuracy, logic, and reasonableness. (Write me at 3891 Howard, Los Alamitos, CA 90720--include a SASE).

1982 Central California Womens Open-3/20/82
Clowns, Cakillos

SQ	BP	DL	T
S. Takazawa	62.5	32.5	92.5
105	63.5	45.5	125
105	75	55	100
114	107.5	75	130
132	75	35.5	112
132	100	57.5	130
B. Yorba	100	57.5	130

97 S. Takazawa
105 P. Robinson
105 D. Nalley
114 M. Ryan
132 P. Brighton
132 B. Yorba

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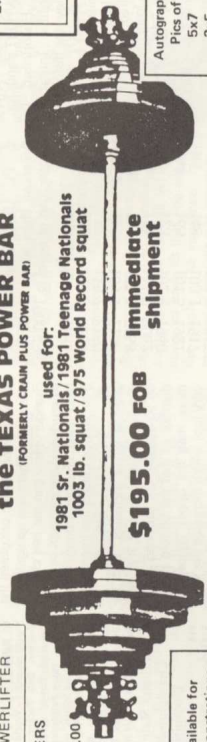
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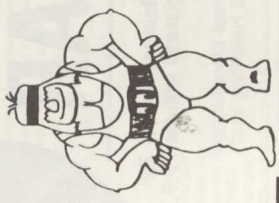
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* * * * *
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SPANISH CUP (kilos)				William Chase Memorial 3/13/82-Gloversville, NY						
JUNIOR DIV	SQ	BP	DL	T	114	SQ	BP	DL	T	
52kg	140	100	140	380	F. Giannandrea	210	170	310	690	
60kg	130	70	140	340	D. Gunther	190	115	280	585	
P. Jimenez	165	100	170	435	M. Rose	315	220	440	975	
P. Lopez	160	80	145	385	K. Norton	220	210	300	730	
F. Hernandez	100	80	145	385	L. Merrill	225	170	335	665	
75kg	170	100	195	465	C. Barzamat(1)	140	75	250	455	
A. Munoz	165	120	175	460	132	J. Kenney	255	170	325	750
P. Noguero	130	70	135	355	M. Palane	455	275	440	1170	
82.5kg	195	110	210	515	G. Fosnrite	365	260	515	1140	
J. Santos	190	110	210	510	F. Kenyon	430	240	465	1135	
C. Hernandez	160	95	205	460	J. Hammer	360	260	440	1040	
90kg	205	120	200	525	H. Hill	310	225	340	955	
E. Lopez	175	100	200	475	T. Piazzi(BL)	515	340	545	1400	
M. Torres	175	100	185	440	L. Harlowe	380	285	500	1165	
SENIOR DIV	110	85	150	345	J. Harlowe	380	285	500	1165	
52kg	190	105	210	505	L. Pylette	410	260	430	1100	
R. Hernandez	145	---	---	---	181	F. Cardillo	440	330	520	1290
A. Rodriguez	170	110	190	470	F. Brescia	450	305	465	1240	
60kg	165	100	175	430	E. Naegele	470	250	460	1180	
G. Ruiz	140	90	185	415	R. Zyzek	405	315	450	1170	
A. Vela	140	90	185	415	198	181	415	265	440	1150
75kg	225	150	225	600	A. Corati	530	340	560	1430	
D. Cruz	150	110	170	430	B. Clute	460	330	545	1335	
J. Cabrero	150	110	170	430	S. Cognoli	400	300	545	1325	
82.5kg	200	140	240	580	D. Kilmer	400	275	460	1135	
J. Utrera	170	110	180	460	N. Shoran	380	300	430	1110	
J. Hernandez	170	110	180	460	Z. Luppy	380	270	430	1080	
90kg	315	155	280	750	V. Sharra	475	360	475	1310	
J. Rodriguez	175	110	240	525	W. Drummond	475	280	475	1230	
M. Estayz	195	100	230	515	P. Leone	385	365	430	1180	
100kg	180	165	210	555	P. Barona	375	355	410	1040	
S. Valge	---	---	---	---	90	---	---	---	---	
SENIOR DIV	---	---	---	---	90	---	---	---	---	
E. Lomas(S24)	80	---	---	---	D. Stefano(BL)	620	400	650	1670	
F. Martin(S24)	70	---	---	---	G. Miner	600	355	600	1555	
T. Kettunen(67.5)	100	40	100	240	275	480	305	475	1260	
R. Alcala(67.5)	60	40	95	195	V. Vardine	340	375	520	1325	
P. Kettunen	35	35	95	190	T. Galante	400	360	440	1200	

Team trophy: Ullica YMCA. Thanks to Larry Bagnoli for results. *This is the 8th consecutive year the meet has been held making it, to the best of our knowledge, the longest running by run power meet in the world. Although we were some organizational problems everyone helped to make a meet a success. My own personal thanks go to the referees, the judges, and to R. Cruz who was due an injury but I hope to bounce back with the meet. All those who helped with the meet. A special thank you to the referees from Ullica who helped us out. Judge, Ricardo Cruz, who helped us out. I found it very difficult to train a blind man who was new to a barbell but with care and good coaching by Ricardo Cruz, we hope for our 9th consecutive meet.

WHEN TO RENEW...on your address label the numbers to the right of your name indicate the Volume and issue number of the last issue paid for on your present subscription. For example '5/11' means that, if you don't renew beforehand, the last issue you will receive is Volume 5, Number 11. The Volume and issue number of each edition are found on the front of the magazine just above the month and year designation. If you don't renew, we will remind you, but it's best to renew well ahead of time to avoid any break in your subscription service. You can renew at any time. Just send \$15 for one year (\$28.50 for 2 years) to PL USA, Box 467, Camarillo, California 93011 and we'll keep the magazines coming.

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1982 Southern Maryland OPEN

Powerlifting Championships

June 26 - 27, 1982

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So. Maryland Power Bench Meet

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Are you fed up with all of the endless trial & error involved with developing a winning total? Are you frustrated with all of the conflicting information you are getting from the daily about diet, training, drugs, etc.? Worst of all, are you disappointed with tossing your hard earned dollars away on so-called guaranteed routines? I know that I am, so I am announcing the creation of a **TOTALLY** new concept in powerlifting seminars:
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Through the use of advanced IBM Word Processing systems, all training routines will be processed the same day received. Since I am not a 'name' lifter, but I am a 'winner' with many World and National Champions I don't have to justify a high price tag. My subscription fee is just to cover my time.

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The 'Mercedes Benz' of lifting belts, the **BOB MORRIS** belt, is now available from Ron Fernandez. All standard styles, any color of suede. Prices available on request.

Georgia Closed Championships

Table of results for Georgia Closed Championships, including categories like 3/27/82-Chamblee, GA, and 3rd annual Teenage Open.

3rd annual Teenage Open

Table of results for the 3rd annual Teenage Open, listing names, scores, and categories.

California State Junior Championships-3/20/82

Table of results for California State Junior Championships, listing names, scores, and categories.

Thanks to Tom King for results. (Editor's note: ... teenage meet promotions over the years.)

Additional results for Georgia Closed Championships, continuing the list of names and scores.

Table of results for Virginia State Meet, listing names, scores, and categories.

Table of results for Schenectady YMAC/Empire State Open-2/27/82, listing names and scores.

Advertisement for Trophy Gallery & Sports, 13530 Sherwood Circle, featuring 'MAGNUM' power bars and trophy images.

Table of results for Japanese Women's Nationals, listing names, scores, and categories.

Table of results for Schenectady YMAC/Empire State Open-2/27/82 (continued), listing names and scores.

Advertisement for Trophy Gallery & Sports, 13530 Sherwood Circle, featuring 'MAGNUM' power bars and trophy images.

and squinting 675. At 220 it was Ray Hager all the way winning with a 1,376 total. Ray, from Alexandria, Va.

When in form, he is capable of benching 420. Best lifter that day: C. Dunbar, hwy:1, 165. Kees, team standing: 1. Colby's Gym: 2.

OFFICIAL IPF RULE BOOK AND MORE!

This 131 page handbook contains the latest available version of the International Powerlifting Federation rules for Powerlifting, which govern the sport in the United States and elsewhere. PLUS many additional features that will provide useful and informative to all lifters. INCLUDING instructions on how to conduct a Power meet, qualifying totals, suggested rule clarifications, Collegiate records, Teenage American records, National women's records, a copy of the Schwartz Formula for Men, the Malone Formula for Women, a Kilogram (so you can convert totals quickly) as well as individual lifter's and the Classification Award totals for Class IV, to Elite lifters, Men and Women! It's one piece of equipment EVERY Powerlifter should have!

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Ark-La-Miss Open

3/27/82-Monroe, La (Lifts)

Table with columns for Name, DL, and Weight. Includes lifters like J. Bradley, N. Gaultier, R. Jones, etc.

Virginia Open II

3/13/82-Stanardsville, Va

Table with columns for Name, DL, and Weight. Includes lifters like J. Burgess, R. Shipp, J. Rodgers, etc.

2/27-28/82-Shawnee, Ok (kittles)

Table with columns for Name, DL, and Weight. Includes lifters like J. Wright, J. Preskitt, J. Bertram, etc.

2/27-28/82-Indianapolis, Ind

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

Mid America Bench Press

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

8th annual Keystone Open

below Class 2-3/13/82

Table with columns for Name, DL, and Weight. Includes lifters like M. Miller, J. Shells, J. Shubert, etc.

3/2/82-Berlin, NH

Table with columns for Name, DL, and Weight. Includes lifters like J. Shells, J. Shubert, J. Shubert, etc.

3/2/82-Berlin, NH

Table with columns for Name, DL, and Weight. Includes lifters like J. Shells, J. Shubert, J. Shubert, etc.

Virginia State

Men's Records

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

Mississippi State

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

Iowa Association

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

Oklahoma State

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

World Records

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

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World Records

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL STATE MEET RECORDS TO THE EDITOR OF THIS SECTION. IF YOU HAVE ANY KIND OF RECORDS, SEND TO THE RECORD, BOX 467, CAMARILLO, CA 93011.

World Records

Table with columns for Name, DL, and Weight. Includes lifters like J. Zehr, L. Frone, L. Eaton, etc.

World Records

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STARTIN' OUT

A special section dedicated to the beginning lifter

PROPER WARMUP...by Don Pfeiffer

Once you have properly limbered up your muscles by stretching it is time to perform some actual lifting. In a normal workout where the majority of your sets are performed in the range of 3-7 reps, usually only one and no more than two warm-up sets are needed. It is very important that these warm-up sets be performed in a slow and deliberate manner and that perfect form is used at all times.

One of the main reasons why injuries occur is not because the muscles weren't warmed up, but because proper form was not used. By stressing proper form during warmups your body will become prepared both mentally and physically to use proper form during the heavier sets.

On days when you are working to a maximum single it may be necessary to perform more warm-ups. The reason for this is more mental than physical. If you started your workout off with a limit attempt chances are that you would not be ready mentally for such a heavy weight. By using successively heavier weights your mind becomes accustomed to the heavy weights and you are better prepared to lift the weight.

When warming up for a limit attempt don't waste any energy on your warm-up sets. Do just enough to get the feel of the weight and to get your form down. Once this is accomplished put the weight down and perform your next warm-up set. You want to prepare yourself mentally and physically for your limit attempt without wasting any precious energy.

It should now be clear that proper warm-up is an important factor in powerlifting success. But when done improperly, it can have a negative effect on your workouts.

Before you begin any actual lifting you should first perform a general type exercise that works the muscles freely. Possibly the best exercise for this nature is jumping rope. Just 3-5 minutes of jumping rope will prepare you for your workout. Once you have warmed up your body and gotten the blood circulating you should then warm-up the specific muscles that are involved in the exercise you are going to perform. Now rather than spend more time warming up your muscles, I find that it's better to spend more time stretching and only perform one or two warm-up sets.

You should stretch before you begin training in each of your three movements that you can use to stretch your muscles. It would be impossible for me to go into any detail about the different movements, but the differences are that you're already familiar with several. If you are unfamiliar with stretching or simply want to learn more I heartily recommend the book **STRETCHING** written by Bob Anderson. It's the best book available on the subject.

One important point to keep in mind when stretching is to perform the movements in a slow and controlled manner. Avoid any bouncing or jerking, as this will only shorten the muscle and defeat your objective.

One of the least understood, yet one of the most important parts of a powerlifter's workout is the warm-up. Some powerlifters spend more time warming up than actual lifting. While others don't warm up at all. The essence of warming up is to prepare yourself mentally and physically for your workout while expending as little energy as possible in the process.

Before you begin any actual lifting you should first perform a general type exercise that works the muscles freely. Possibly the best exercise for this nature is jumping rope. Just 3-5 minutes of jumping rope will prepare you for your workout. Once you have warmed up your body and gotten the blood circulating you should then warm-up the specific muscles that are involved in the exercise you are going to perform. Now rather than spend more time warming up your muscles, I find that it's better to spend more time stretching and only perform one or two warm-up sets.

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It should now be clear that proper warm-up is an important factor in powerlifting success. But when done improperly, it can have a negative effect on your workouts.

Alpine Powerlift		2/7/82-Aviano, Italy	
Minot AFB Open Bench Press	3/27/82-Minot AFB, ND	Alpine Powerlift	2/7/82-Aviano, Italy
132 R. Marcellio	195 K. Casell	123 M. Bonafas	153 135 300
133 J. Bey	200 S. Goff	148 M. Smith	155 135 300
134 T. Meia	225 198 weight	215 S. Smith	175 150 300
135 M. Rix	225 198 weight	165 S. Thrash	240 175 310
165 M. Johnson	235 J. Deshields	198 T. Noble	240 175 310
166 M. Barak	235 J. C. Dodge	220 T. Noble	450 265 500
167 J. Johnson	260 220 weight	220 D. Caldwell	606 360 680*
168 R. Weber	340 W. Jackson	400 E. Tanner	325 175 405
169 J. O'Donnell	330 M. Hanson	242 J. Soulia	220 375 465
170 J. O'Donnell	330 M. Hanson	242 J. Soulia	220 375 465



WARNER GARDNER MEMORIAL POWERLIFTING CHAMPIONSHIPS
 HOST: U.S. Marine Corps Recruit Depot
 DATES: May 22 and 23, 1982, 0800 Weighin each day
 PLACE: Marine Corps Recruit Depot, Bldg. 13, Depot Gym, San Diego, CA 92140
 START: Meet begins each day at 10:00, one platform
 CLASSES: 44 kg. through 82.5 kg. on Saturday, 22 May, 1982
 90 kg. through over 125 kg. on Sunday, 23 May, 1982
 AWARDS: All contestants will receive a free meet t-shirt (compliments of Weightlifters Warehouse), Medals for 1st five places, Best Lifter Trophy for each day; Team trophies: 1st, 2nd, and 3rd; Masters 1st, 2nd, and 3rd by formula, and Women's 1st, 2nd, and 3rd by formula.
 ENTRY FEE: \$10.00 each individual and \$10.00 team entry.
 FOR ENTRY BLANK: Please write Robbie Roberts, Marine Corps Recruit Depot, Bldg. 13, Depot Gym, San Diego, CA 92140

no chest. His coach Gerry Sarnum over here from the New Zealand Navy is working on him to get him back in the game. Nothing seems to be working at the moment. John, a student, balances his budget as 'Nude Mr. Universe' starting in a central London hotel. He had a long trip over from the Channel Islands. He was outclassed by his older rivals this time but has another 6 years to win these championships. Thanks to Andy Kerr for results and report.

31st Annual Great Lakes Championships-3/27/82-Erie, Pa

Weight	DL	SQ	BP	DL	SQ	BP
52kg	120	200	114	114	200	114
57kg	125	210	118	118	210	118
62kg	130	220	122	122	220	122
67kg	135	230	126	126	230	126
72kg	140	240	130	130	240	130
77kg	145	250	134	134	250	134
82kg	150	260	138	138	260	138
87kg	155	270	142	142	270	142
92kg	160	280	146	146	280	146
97kg	165	290	150	150	290	150
102kg	170	300	154	154	300	154
107kg	175	310	158	158	310	158
112kg	180	320	162	162	320	162
117kg	185	330	166	166	330	166
122kg	190	340	170	170	340	170
127kg	195	350	174	174	350	174
132kg	200	360	178	178	360	178
137kg	205	370	182	182	370	182
142kg	210	380	186	186	380	186
147kg	215	390	190	190	390	190
152kg	220	400	194	194	400	194
157kg	225	410	198	198	410	198
162kg	230	420	202	202	420	202
167kg	235	430	206	206	430	206
172kg	240	440	210	210	440	210
177kg	245	450	214	214	450	214
182kg	250	460	218	218	460	218
187kg	255	470	222	222	470	222
192kg	260	480	226	226	480	226
197kg	265	490	230	230	490	230
202kg	270	500	234	234	500	234
207kg	275	510	238	238	510	238
212kg	280	520	242	242	520	242
217kg	285	530	246	246	530	246
222kg	290	540	250	250	540	250
227kg	295	550	254	254	550	254
232kg	300	560	258	258	560	258
237kg	305	570	262	262	570	262
242kg	310	580	266	266	580	266
247kg	315	590	270	270	590	270
252kg	320	600	274	274	600	274
257kg	325	610	278	278	610	278
262kg	330	620	282	282	620	282
267kg	335	630	286	286	630	286
272kg	340	640	290	290	640	290
277kg	345	650	294	294	650	294
282kg	350	660	298	298	660	298
287kg	355	670	302	302	670	302
292kg	360	680	306	306	680	306
297kg	365	690	310	310	690	310
302kg	370	700	314	314	700	314
307kg	375	710	318	318	710	318
312kg	380	720	322	322	720	322
317kg	385	730	326	326	730	326
322kg	390	740	330	330	740	330
327kg	395	750	334	334	750	334
332kg	400	760	338	338	760	338
337kg	405	770	342	342	770	342
342kg	410	780	346	346	780	346
347kg	415	790	350	350	790	350
352kg	420	800	354	354	800	354
357kg	425	810	358	358	810	358
362kg	430	820	362	362	820	362
367kg	435	830	366	366	830	366
372kg	440	840	370	370	840	370
377kg	445	850	374	374	850	374
382kg	450	860	378	378	860	378
387kg	455	870	382	382	870	382
392kg	460	880	386	386	880	386
397kg	465	890	390	390	890	390
402kg	470	900	394	394	900	394
407kg	475	910	398	398	910	398
412kg	480	920	402	402	920	402
417kg	485	930	406	406	930	406
422kg	490	940	410	410	940	410
427kg	495	950	414	414	950	414
432kg	500	960	418	418	960	418
437kg	505	970	422	422	970	422
442kg	510	980	426	426	980	426
447kg	515	990	430	430	990	430
452kg	520	1000	434	434	1000	434
457kg	525	1010	438	438	1010	438
462kg	530	1020	442	442	1020	442
467kg	535	1030	446	446	1030	446
472kg	540	1040	450	450	1040	450
477kg	545	1050	454	454	1050	454
482kg	550	1060	458	458	1060	458
487kg	555	1070	462	462	1070	462
492kg	560	1080	466	466	1080	466
497kg	565	1090	470	470	1090	470
502kg	570	1100	474	474	1100	474
507kg	575	1110	478	478	1110	478
512kg	580	1120	482	482	1120	482
517kg	585	1130	486	486	1130	486
522kg	590	1140	490	490	1140	490
527kg	595	1150	494	494	1150	494
532kg	600	1160	498	498	1160	498
537kg	605	1170	502	502	1170	502
542kg	610	1180	506	506	1180	506
547kg	615	1190	510	510	1190	510
552kg	620	1200	514	514	1200	514
557kg	625	1210	518	518	1210	518
562kg	630	1220	522	522	1220	522
567kg	635	1230	526	526	1230	526
572kg	640	1240	530	530	1240	530
577kg	645	1250	534	534	1250	534
582kg	650	1260	538	538	1260	538
587kg	655	1270	542	542	1270	542
592kg	660	1280	546	546	1280	546
597kg	665	1290	550	550	1290	550
602kg	670	1300	554	554	1300	554
607kg	675	1310	558	558	1310	558
612kg	680	1320	562	562	1320	562
617kg	685	1330	566	566	1330	566
622kg	690	1340	570	570	1340	570
627kg	695	1350	574	574	1350	574
632kg	700	1360	578	578	1360	578
637kg	705	1370	582	582	1370	582
642kg	710	1380	586	586	1380	586
647kg	715	1390	590	590	1390	590
652kg	720	1400	594	594	1400	594
657kg	725	1410	598	598	1410	598
662kg	730	1420	602	602	1420	602
667kg	735	1430	606	606	1430	606
672kg	740	1440	610	610	1440	610
677kg	745	1450	614	614	1450	614
682kg	750	1460	618	618	1460	618
687kg	755	1470	622	622	1470	622
692kg	760	1480	626	626	1480	626
697kg	765	1490	630	630	1490	630
702kg	770	1500	634	634	1500	634
707kg	775	1510	638	638	1510	638
712kg	780	1520	642	642	1520	642
717kg	785	1530	646	646	1530	646
722kg	790					

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"The finest knee wrap available for competition or training."

- 3 Pairs \$21.00 • 2 Pairs \$15.00 • 1 Pair \$8.00 •
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BELTS: Indicate waist measurement, style and color preference.

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- 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.
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1980 WORLD CHAMPION



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- SUPERSUIT™ Natural Color (White) \$28.00
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Contra Costa Open Novice
(Class 3 & below) & Masters
3/27/82-Concord, Ca

Class	SO	DL	SHW	DL	SHW
114	170	159	209	501	622
J. Ferrado	181	110	209	501	622
E. Wallace	165	99	181	446	551
123	181	110	209	501	622
B. Brennan	165	99	181	446	551
124	181	110	209	501	622
R. Cerano	226	181	363	771	918
M. Silva	2815	154	286	722	872
125	154	88	259	501	622
M. Dixon	292	214	368	870	1020
126	214	368	870	1020	1170
M. Moriano	252	182	358	799	949
D. Boyett	252	182	358	799	949
127	252	182	358	799	949
K. Silva	193	115	248	594	744
128	193	115	248	594	744
S. Hanev	181	104	231	518	668
129	181	104	231	518	668
R. Hanev	385	275	402	1063	1213
130	385	275	402	1063	1213
D. Shore	336	248	391	964	1114
G. Morantes	314	264	380	959	1109
M. Heston	314	264	380	959	1109
131	314	264	380	959	1109
J. Johnson	333	267	429	1073	1223
132	333	267	429	1073	1223
C. Drake	332	267	429	1073	1223
133	332	267	429	1073	1223
B. Bushy	362	303	418	1085	1235
A. Martinez	352	314	407	1074	1224
F. Kennedy	380	264	418	1063	1213
E. Albert	314	231	407	959	1109
134	314	231	407	959	1109
A. Halgren	347	198	318	847	997
135	347	198	318	847	997
R. Andrews	451	319	518	1289	1539
136	451	319	518	1289	1539
L. Neves	474	308	507	1289	1539
137	474	308	507	1289	1539
W. Roberts	424	325	474	1223	1473
R. Anderson	435	333	490	1207	1457
C. Mober	369	314	440	1124	1374
138	369	314	440	1124	1374
P. Knoch	352	270	451	1074	1324
139	352	270	451	1074	1324
W. Prodder	352	270	451	1074	1324
140	352	270	451	1074	1324
W. Harvey	451	391	468	1311	1561
141	451	391	468	1311	1561
J. Cabral	463	275	474	1212	1462
E. Page	463	275	474	1212	1462
142	463	275	474	1212	1462
L. Austin	380	220	429	1030	1280
143	380	220	429	1030	1280
R. Zamora	573	341	540	1455	1705
144	573	341	540	1455	1705
M. Galanter	573	341	540	1455	1705
145	573	341	540	1455	1705
C. Prokop	573	341	540	1455	1705

Cibola Invitational
12/13/81-Albuquerque, NM

Class	SO	DL	SHW	DL	SHW
114	265	160	365	815	965
115	265	160	365	815	965
116	265	160	365	815	965
117	265	160	365	815	965
118	265	160	365	815	965
119	265	160	365	815	965
120	265	160	365	815	965
121	265	160	365	815	965
122	265	160	365	815	965
123	265	160	365	815	965
124	265	160	365	815	965
125	265	160	365	815	965
126	265	160	365	815	965
127	265	160	365	815	965
128	265	160	365	815	965
129	265	160	365	815	965
130	265	160	365	815	965
131	265	160	365	815	965
132	265	160	365	815	965
133	265	160	365	815	965
134	265	160	365	815	965
135	265	160	365	815	965
136	265	160	365	815	965
137	265	160	365	815	965
138	265	160	365	815	965
139	265	160	365	815	965
140	265	160	365	815	965
141	265	160	365	815	965
142	265	160	365	815	965
143	265	160	365	815	965
144	265	160	365	815	965
145	265	160	365	815	965
146	265	160	365	815	965
147	265	160	365	815	965
148	265	160	365	815	965
149	265	160	365	815	965
150	265	160	365	815	965

Wade's 6th South Jersey
Championship-4/82-Glassboro, NJ

Class	SO	DL	SHW	DL	SHW
114	315	135	300	460	610
115	315	135	300	460	610
116	315	135	300	460	610
117	315	135	300	460	610
118	315	135	300	460	610
119	315	135	300	460	610
120	315	135	300	460	610
121	315	135	300	460	610
122	315	135	300	460	610
123	315	135	300	460	610
124	315	135	300	460	610
125	315	135	300	460	610
126	315	135	300	460	610
127	315	135	300	460	610
128	315	135	300	460	610
129	315	135	300	460	610
130	315	135	300	460	610
131	315	135	300	460	610
132	315	135	300	460	610
133	315	135	300	460	610
134	315	135	300	460	610
135	315	135	300	460	610
136	315	135	300	460	610
137	315	135	300	460	610
138	315	135	300	460	610
139	315	135	300	460	610
140	315	135	300	460	610
141	315	135	300	460	610
142	315	135	300	460	610
143	315	135	300	460	610
144	315	135	300	460	610
145	315	135	300	460	610
146	315	135	300	460	610
147	315	135	300	460	610
148	315	135	300	460	610
149	315	135	300	460	610
150	315	135	300	460	610

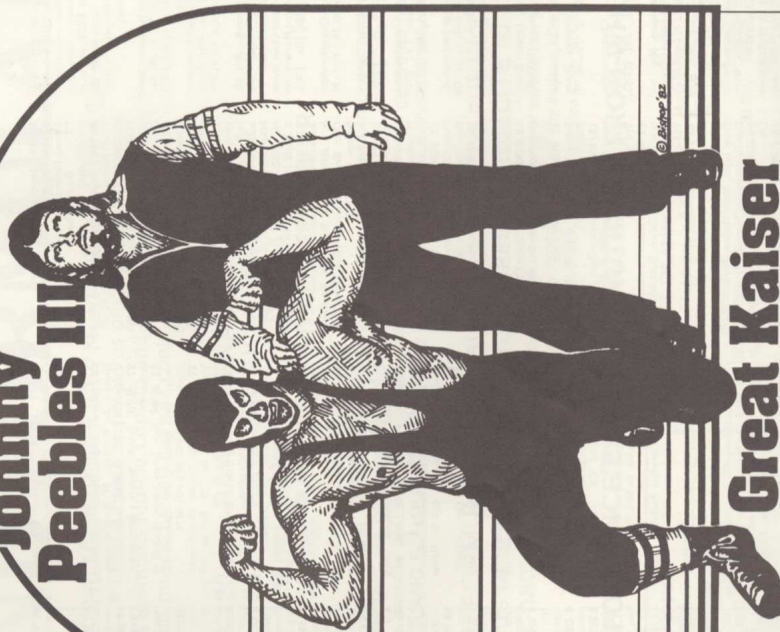
Wade's 6th South Jersey
Championship-4/82-Glassboro, NJ

Class	SO	DL	SHW	DL	SHW
114	315	135	300	460	610
115	315	135	300	460	610
116	315	135	300	460	610
117	315	135	300	460	610
118	315	135	300	460	610
119	315	135	300	460	610
120	315	135	300	460	610
121	315	135	300	460	610
122	315	135	300	460	610
123	315	135	300	460	610
124	315	135	300	460	610
125	315	135	300	460	610
126	315	135	300	460	610
127	315	135	300	460	610
128	315	135	300	460	610
129	315	135	300	460	610
130	315	135	300	460	610
131	315	135	300	460	610
132	315	135	300	460	610
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134	315	135	300	460	610
135	315	135	300	460	610
136	315	135	300	460	610
137	315	135	300	460	610
138	315	135	300	460	610
139	315	135	300	460	610
140	315	135	300	460	610
141	315	135	300	460	610
142	315	135	300	460	610
143	315	135	300	460	610
144	315	135	300	460	610
145	315	135	300	460	610
146	315	135	300	460	610
147	315	135	300	460	610
148	315	135	300	460	610
149	315	135	300	460	610
150	315	135	300	460	610

1983 JRs Bid...Bill Dunn and Willie Morris representing Charlottesville, Virginia. They have already spoken to members of the Executive Committee about bringing the bid to the East Coast in the air court in University Hall, which seats 10,000 people. As a warm up area, they intend to use the University of Virginia weight room, one of the best in the nation. They intend to make the bid so favorable that it will be enthusiastically accepted at the Senators. They indicate that their accommodations are among the finest anywhere, and they intend to promote the meet like no Nationals has ever been promoted.

Class	SO	DL	SHW	DL	SHW
114	315	135	300	460	610
115	315	135	300	460	610
116	315	135	300	460	610
117	315	135	300	460	610
118	315	135	300	460	610
119	315	135	300	460	610
120	315	135	300	460	610
121	315	135	300	460	610
122	315	135	300	460	610
123	315	135	300	460	610
124	315	135	300	460	610
125	315	135	300	460	610
126	315	135	300	460	610
127	315	135	300	460	610
128	315	135	300	460	610
129	315	135	300	460	610
130	315	135	300	460	610
131	315	135</			

Johnny Peebles III



Great Kaiser

T-shirt with a drawing of Johnny Peebles, III and the Great Kaiser, \$7.95 plus \$2 for shipping and handling. Outside the U.S., \$2 plus 10%. Black only, small, medium, large and extra large. Visa or Mastercard ok.

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For your next meet, Johnny Peebles, III, and the Great Kaiser will be glad to come and judge or do a seminar for you or your group. Contact Johnny Peebles, III, at the Jewish Community Center, 205/897-0411.

Don't forget the Southern Bench Press Contest Open, May 30th, Sunday, at the Jewish Community Center of Birmingham, 3960 Montclair Rd., Birmingham, Alabama. Weigh In: 1 p.m., Contest: 2 p.m. Larry Pacifico will be present.

Johnny Peebles, III, is running for the presidency of the United States Powerlifting Federation. If anyone would like information about his views and ideas, please call him, at 205-897-0411, or write to him at the JCC.

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June 26th-27th 1982

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ZIP _____ PHONE _____

WT. CLASS _____ DIVISIONS _____

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Olympic Lifting News. Herb Glassbremer reports that at the Atlantic City Record Makers III tournament, Blagoi Blagoev got a WR snatch at 196 with 411 pounds, and Russian Super Pisarenko (264 bodyweight) cleaned a WR 569 jerk. Cal Schake became the best ever American with 356 snatch/722 total at 165, and 20 yr. old 242er Jeff Michaels snatched 402.3.
International Directory. IFF President, Vic Mercer, 265 Longmeadow Crescent, Birmingham 34 7LA, Gt. Britain, (021) 7481155-home, (021) 4447035-office. IFF Secretary, Arnold Boström, Box 6007, S-126 06, Hagersten, Sweden, (08) 7402729-home, (08) 970060-office.
 Treasurer, Glen Elmore, 102 Stantord Ave., Great Barr, Birmingham B509 U.K. Britain. IFF Vice President/Secretary, Mike Bridges, 3212 Woodlawn, Baton Rouge, Louisiana 70807. IFF World Championships Committee, Jan Poddar, 3212 Woodlawn, Baton Rouge, Louisiana 70807. International Powerlifter Magazine, Dennis Unitt, 21 Greville Smith Ave., Whitmarsh, Leamington Spa CV31 2HQ, Gt. Britain.

Bridges Course Endorsement. Mike Bridges training course and wishes to thank him because he used the technique in the book to increase his squat from 365 to 450 in only 3 1/2 months.

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We have back issues of a few previous PL USA editions. Once the limited supply is exhausted they will not be available again, so if you want to read about PL's recent past, order them immediately. Some of these issues are already collectors items.

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Jan/1982...The Barbarians, Top 100 165s, Index of PL USA for 1981, Jerry Englebert, Jay Pickut, Mar/1982...Hawaii Invitational, Bob Chrosniak interview, Pacific retirees, Jim Drapal profile, All Time Best Benchers, Top 100 198s
 Apr/1982...Women's Nationals, Drugs in Powerlifting, the 2000 Club, Pacifico Reminiscences, Top 100 220s
 Make a list of the issues you want (and alternate choices!), make out a check to Powerlifting USA for the proper amount, put it in an envelope and send it in today to Powerlifting USA, Box 3238, Camarillo, CA 93011

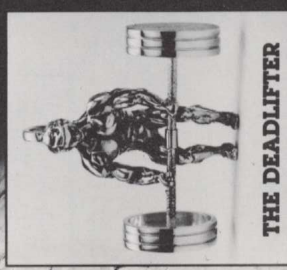
Powerlifters Dream Gym. that's what Ken Wheeler has to say about up and coming Steve Foster's Strength and Health Barbell Club in Bakersfield, California; 8 Power Bars, 3 Squat Cages, Benches, DL Platform and tons of gorgeous iron in 3100 square feet of workout area.

'Custom' Suits. one suit manufacturer has received orders requesting illegal leg lengths, doobies, crutch stitching, etc. and feels that this is unfair to the lifter and the manufacturer for customers to request such features.

Corrections. Charles Nelson's total at the Tri-State PL meet in Warwick, New York should have been 597.5 kilos (4th place) rather than the 497.5 listed on the result sheet. Also, the lifts of Tony Lanzante (700 385 625 1710) and Dusty Caldwell (606 365 680 1645) were received too late for inclusion in the Top 100 220 list compilation in the April issue.

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