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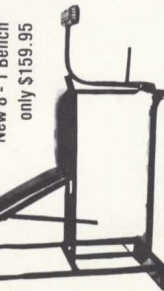
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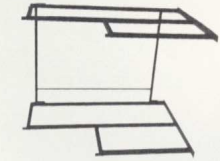
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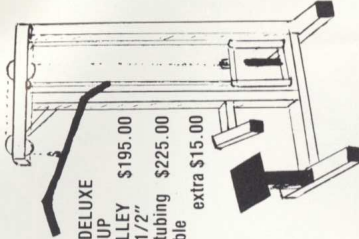
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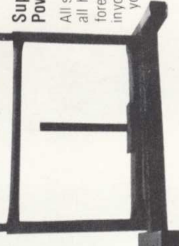
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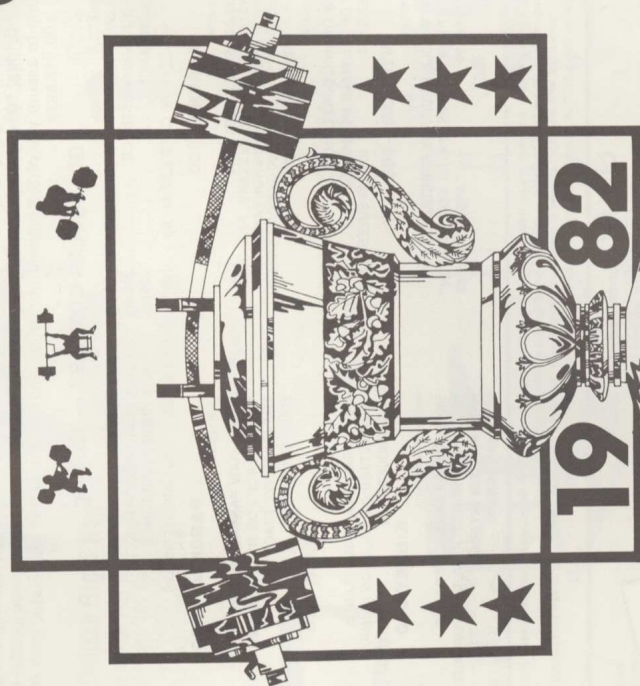
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NEXT MONTH...a profile of new flyweight sensation, Joe Cunha, and a report on the Portland Juniors National Championships
ON THE COVER...the greatest exponent of the Fitness Systems Squat system, Dr. Fred Hatfield, in PL USA's color cover debut

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Fitness Systems Squat Training

as told by Randy Wilson

People will realize someday that the squat is done primarily with the LEGS, so training the legs CORRECTLY will make you a better squatter. I guarantee that we at Fitness Systems can put no less than 60 pounds on your squat in 4-6 months, and even more if you are a beginner or someone who has trained for 2 years or less. We have proven it time after time with beginners and experienced lifters that training with the bar high on the traps will improve your power squat.

People think that you have to train the Power Squat all the time to get strong...WRONG! You'll use less weight in the High Bar Squat (this in itself will give your body a semi-rest) but this has nothing to do with the amount you can Power Squat. Example...the Fitness Systems Power Team newest Elite member is Danny Coffee. Danny's best squat before he got with the system was 584. He started doing high bar squats with 315 pounds. In 4 months he was doing 465x4 in the same movement. In 5 months his power squat went to 666, with 10-15 pounds to spare...not bad. Another example is teenage Andre Villars. Andre started out at 14 years of age doing nothing but high bar squats, and his squatting was excellent. Later on, he neglected the high on the neck movement and his squat tapered off to a gain of only 20 pounds in 1 1/2 years, to a best of 541 at 165. Within 3 months of doing high bar squats again, Andre was hitting 485x5 in the high bars, and 570x3 in the Power Squat without a tight lifting suit on. The World Teenage Record is around 578 at 165, and we believe Andre is good for around 606-620...again, not bad. Additionally, Andre looks like he can squat 600 about as much as Mike MacDonald looks like he can bench 600, in other words, folks, it's in the training.

How it's done. You might also call the High Bar Squat an Olympic style squat, as many Olympic lifters squat in this manner. The bar is held high on the traps, forcing the torso upright and placing the stress squarely on the legs. We train this lift to a depth of no more than parallel to approximately an inch above. Typically we'll start out our cycle doing 4 to 5 sets of five reps each in this movement, twice per week. As you start making some progress in the lift, it's time to include one session per week with the bar dropped down into the normal, low on the traps, Power Squat position. We usually reach this phase about 6-8 weeks prior to the meet we are peaking for. With 4-6 weeks to go prior to the meet, we drop the bar down to Power Squat position on both training days. Believe me, you'll see a big difference!

Fitness Systems Squatters, from left, Randy Wilson-800 plus at 275, Dave



record breaking performances in him. When at 148, Joe would go off and on the High Bar move but when on it for a while he got up to 575x5, which equated to an astronomical 665x3 in a training session set of Power Squats. Joe's fine World records of 650 at 132 and 644 at 148, obviously don't match his true potential, which is probably over the 700 lb. mark. At Joe's most recent meet he went 606 374 589 and a World Record total of 1559 at 132, but only made 5 attempts. At his next meet at 132 he is looking for 633 391 606 1630, and if he's on, like he was at the 1980 World Championships, where he made that 650 record squat like a paperweight, who knows what might happen.

David Kirsch, merely 19 years of age, has managed 605x5 in the High Bar Squat, weighing 262, and turned this into a 715x2 performance in the Power Squat. He has since gone on to blast the Teenage World Record squat in his division, breaking it 3 times at a recent meet with a 722, 766, and 4th attempt 783. Unfortunately, after that excellent performance in the Platform, due to some injuries and bombouts, but reportedly when healthy he can squat 800 plus.

Joe Bradley...what can be said about this man? He's been an unbelievable lifter for years, starting up in Wisconsin, and when he met Fred Hatfield up there, he was probably capable of 729 or 744, which would have totaled him out at 1900-1920. Fitness System another decade or so of lifters had already set 8



World Records in 1982, prior to Dave's accident, and had he completed the meet, the record breaking list would have been up to 11.

Fred Hatfield, the Daddy of it all, at 39, he hit 715x4 in the High Bar Squat before he squatted a record 863 in the 242 pound class to hold WRs in the squat in 3 different classes simultaneously. Of course, since that time, he has driven the 220 squat mark up to 881, and stood up with a 903 that was high. He recently did 725x5 in the High Bars and is rather confidently predicting a 903 World Record squat in the Junior Nationals. Fred, by the way, is (like Mike Bridges) one of the rare breed of lifter to have gone in 4 different weight classes, 181, 198, 220, and 242. Fred put his leg strength to a near ultimate test recently, while trying to rescue his son from a Gulf Coast rip tide. He got carried out with the current holder come back and get the World mark he earlier seemed destined for off his training lifts. Randy also points out that a number of those Power Pins of his pumping until he got up to a sand bar, where he cramped up badly. Sand Bar squats aren't nearly as effective as High Bars, however. Fred's training was shot for 4 days.

Randy Wilson...his squat really took off after a solid introduction to the High Bar squat. From a best of 625x4 in the High Bars, Randy converted to 805x4 in the Power Squat, and was quite capable of 900 on a good day. Recently discovered spinal injuries in-

works...enough said!



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'I trained the way everyone else trained for most 2 years and put 150 lbs. on my squat and trained the way Fred did and put 150 lbs. on my squat in 6 months. Randy Wilson, 1980 National Champ

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POWER PROFILE

ROGER ESTEP'S CALIFORNIA EXODUS

by Ron Fernando

A lot of you probably wondered what happened to Roger Estep, the muscular 198 lb phenom who flashed across the power horizon during the late 1970s. I first remember Roger from the 1979 World Championships in Dayton, Ohio. A lot of the British contingent were buzzing about 'that muscular bloke' who looked like he weighed 'a bloomin' lot more than 90 kilos'. When he walked on the stage along with the other 198ers, he was far and away the best built lifter, but unfortunately key third attempt misses in the squat and the bench press opened the door for Canada's Tom Campbell to garner the gold. Rog seemed to be a bit snake-bit after that, bombing out of the World Series of Powerlifting in Auburn (1980) and the 1981 Seniors when he got called on depth on the squat... 'As far as I am concerned, I made good depth on that lift...I know it's strictly history, but for what it's worth, I made the lift.'

Rog has recently spent a lot of time furthering his education in the field of Nuclear Medicine. Basically, his job interweaves the fields of spectroscopy, kinesiology and radioimmunology. Obtaining employment after his move to California was a rather simple task, since his is a very specialized field.

After making the major exodus to California from frozen Ohio, Roger and the new bride Toni, settled in a quiet residential community near the bustling '91' freeway. Not by coincidence did Estep settle near his mentor, George Fenn, who lives perhaps 5 minutes away. As readers of PL USA know, Fenn was the 'catalyst' for Estep - their meeting on the Long Beach campus during the 1972 Collegiate, followed by the infusion of doctrine combined with lots and lots of extremely hard work. Roger did not hesitate to give George his due share of the credit after he posted his monumental 1935 lb total - a total which exceeded the immortal Larry Pacifico at the time. As the 'roving' reporter for PL USA, I contacted Roger and took a couple of workouts with him. Since coming out West his training emphasis has changed a bit. 'Hey, I'm playing like a bodybuilder - having a lot of fun doing so.'

Basically, Rog works out in one of the Southland's oldest heavy duty gyms - Eliot's in Bellflower. Eliot's has been around for many years, and was the spawning ground for the immortal Pat Casey (indeed, Casey even managed the



One Step Away... Roger shakes with Campbell at the 79 Worlds. gym for a period when Eliot was in Europe). Eliot's is not what one would consider as fancy - however, it has a lot of the basics (O-L bars, heavy DB's, pulleys, etc.) as well as a mini-olympic size pool (unheated, but what do you want for \$15 a month)? At any rate, Roger is able to keep a very low profile at the gym, although it isn't hard picking him out from the other lifters there - most of them mainly of the 'weekend bodybuilder' ilk. I remember calling down there and asking for him by name. 'When is Roger Estep going to be training there?'. The answer was 'Rog...who...?' (watch out, Arthur White!)

To see Roger train is an inspiring sight. His perfection of form in all of the lifts is quite apparent, but what is the most unusual aspect involved here is the lack of 'frenzied abandon' that some of today's superstars employ. Roger can, in the mold of Larry Pacifico, turn it on and off - having the unique ability to gear himself up for a big number and then answering a barrage of questions from novices with a smile.

Joe Weider informed Rog that he could earn a lot of money as a professional bodybuilder, and I don't doubt it a bit. One look at Roger in the flesh will convince any expert that he has all of the raw tools for the sport (wide clavicles, extremely fine tuning and attention to posing, we could have a winner here!)

Roger is built by the same means as Mr. Olympia Franco Columbu, with heavy weights. His studies in nuclear medicine convinced Roger that using light weights for endless reps is nothing more than inflation of the muscle, and when the individual has to stop training due to injury, business demands etc. whoosh...there goes the size! Roger emphasizes heavy singles in training but NOT AT THE EXPENSE OF INJURY. If a person listens to his or her body, rather than slavishly attempting to follow a cycle, gains would be more regular. An example of this thinking is the manner Roger performs his bench presses

-135x10, 225x5, 275x3-5, 315x4, 365x4, 405x2, 425-450x1. On the last two sets, if he feels up to it, he will go heavier, as high as 500 if the mood hits him. Right after the bench, which he considers the cornerstone of his chest training - he will use the high angle incline bench with 115 to 125 dumbbells for sets of 8-10, incline flies with 45s, and maybe throw some cables and dips in at the end as finishers. The same principle applies for the legs - the SQUAT - as the 'cornerstone' lift Rog relies heavily on the Frenn system of squatting - high box squats for quads, low box for sartorius, etc. full squats only once per week - leg curls plus leg extensions for shaping) and for the back, the deadlift. Re the deadlift - Rog states that he is 'keeping it under wraps' (at any rate, Rog does a lot of power cleans, snatch grip hi-pulls, squat cleans?), good mornings, and of course, a lot of pulley work and rowing for the lats - so his back would easily qualify for the Joe Weider 'yard-wide' award! Deltoids are hit on the chest days with a lot of heavy lateral moves (front, side raise with dumbbells, cables). Arms are hit on alternate days with the staples (barbell and dumbbell curls, triceps presses, pressdowns, etc.) The biggest thing that a beginner could learn from Roger is to LISTEN TO YOUR BODY and try to have fun while training!

As far as aspirations go, Roger is still in the incubation process (in his own mind) as far as bodybuilding PL meets, though not his No. 1 priority, are still high on his list. I heard that he has been mentioned as a possible entrant in the upcoming American Cup in September, Camarillo, CA has determined that the above workout is dangerous to anyone who hasn't been training at least five years.

Monday: Chest (bench press, inclines, flies, dips, cables), Deltis (side laterals, front laterals, cable laterals)
 Tuesday: Legs (box squats, low box squats, leg extensions, leg curls, calf raises) Lower back - Power cleans, snatch grip hi-pulls, good mornings (deadlifts done either once or every other week on Saturdays.)
 Wednesday: Arms (bicep curls, barbell, dumbbell curls, French presses, pressdown, etc.) Lats (T-bar rows, pulldowns, DB rows, chins)
 Thursday: repeat of Monday.
 Friday: repeat of Wednesday.
 Saturday: repeat of Tuesday, with full squats substituted for box squats (this current best is around 750 for 10 on the high box. He is looking for an 800 plus full squat)
 Warning: The surgeon general of Camarillo, CA has determined that the above workout is dangerous to anyone who hasn't been training at least five years.



humble opinion) for him. Diet wise, Rog takes the standard supps but he again relies on the table diet to provide him with the bulk of his nutrients. Milk - by the gallon! Roger has one bit of advice for all aspiring weight 'gainers' - 'DOWN!' I believe that the move to CA will turn out to be fruitful one for Roger and his wife - not only will the weather, activities, etc. be better, but the training atmosphere with Frenn will hopefully resurrect the world record setter in Roger. Controversial or no, one cannot doubt Frenn's ability as a motivator - unparalleled in Roger's case!

SUMMARY OF ROGERS' CURRENT ROUTINE

Monday: Chest (bench press, inclines, flies, dips, cables), Deltis (side laterals, front laterals, cable laterals)
 Tuesday: Legs (box squats, low box squats, leg extensions, leg curls, calf raises) Lower back - Power cleans, snatch grip hi-pulls, good mornings (deadlifts done either once or every other week on Saturdays.)
 Wednesday: Arms (bicep curls, barbell, dumbbell curls, French presses, pressdown, etc.) Lats (T-bar rows, pulldowns, DB rows, chins)
 Thursday: repeat of Monday.
 Friday: repeat of Wednesday.
 Saturday: repeat of Tuesday, with full squats substituted for box squats (this current best is around 750 for 10 on the high box. He is looking for an 800 plus full squat)
 Warning: The surgeon general of Camarillo, CA has determined that the above workout is dangerous to anyone who hasn't been training at least five years.

Women's Worlds

photos and story by Andy Kerr

got 155 and it passed 2-1. Jordan came out with 162.5. This was completed but correctly failed for supporting the bar on the thighs. Steernod could not make 162.5 had to settle for second. The closest contest of the day but for money on a reasonable surface Boggias would have walked away with it. I wish her luck next year. 75kg was a class to avoid. Francis, Oakes and Plomey were three good reasons for this. As it turned out Oakes went up and then there were 2. Francis had been complaining of a back injury before the contest and was below her best. Her first 2 squats were very hard through the middle range and the third not good. Terri Plomey got one in then jumped to 200. She ground it out for a 2-1 success but could not do any more.



Firepower...Sue Jordan of Australia Steernod stands narrow so she was okay but she frightened the U.S. coach by missing her first 2 on depth before pulling herself together for a much better third. Kali Boggias came out at 135 and slipped all over the place. At last a realization dawned in the minds of the embaazoned brigade and a halt was called while the loaders attacked the platform surface with files, saws and knives. Boggias was still unhappy at her footing and lost her second on depth. She came out for the last time and stayed in the contest with a very strong lift that was just 'in'. Last to appear was the fiery Sue Jordan ne Roberts. She was obviously giving her a lot of pain but world champions do not give in easily. Next time she pulled it a little further. It was not finished as far as I was concerned and I am sure she was pleasantly surprised to see it passed. She was in no condition to take a third. Plomey needed

by double bouncing her first attempt but came back to make it and her third. Bernadette Plouviez, seen before lifting as Luiten of Belgium, missed her 1st bench and was lucky to get her 2nd as I saw it as a double movement off the chest and through three good benches and looked good for 2.5kg more. Carole Bennett only got her first but this was a British record. Dionne had problems on the deadlift with her feet slipping. The slippery platform gave an unfair advantage to narrow stance lifters on squat and deadlift. If none of the responsible officials has any idea of what constitutes a satisfactory surface they only have to ask a lifter. Bennett took 125 to go ahead of Plouviez but was ruled out for laying back and supporting the bar on the thighs. After her bench score Plouviez ran through three good deadlifts for fourth place. Joelle Sital impressed throughout; her first deadlift gave her second and a slow hard fought second gave her a good 315 total. Terry Dillard came out and made two good lifts, to easily win the title. A third attempt 145 for a world record she got above the knees but could not finish. British records on deadlift and total made a great day for Ann.



Benching...Terry Dillard showed 3 for 3 proficiency in the lift this time. On the bench Sue Smith did well to set a British record, but there was not much else going on with Boggias looking the strongest getting 75 and 77.5 easily and I was surprised she failed with 3rd and 4th world record attempts at 80. Coming into the deadlift three girls were clearly ahead of the field. Boggias came out, stood wide, and her feet slipped as she gripped the bar. The loaders got back to scrubbing but the balance of Boggias' minute did not give her enough time to get started. Vicky Steernod came out and standing very narrow pulled an easy 150. Boggias came out again and slipped again. After more scrubbing she came out and pulled the bar and one foot slipped. She got two whites, the majority of the referees apparently deciding that the rule on foot movement could not reasonably be applied on a skating rink. Indeed, one referee told me he let all the foot movements go on squat and deadlift on the first day because of the terrible conditions. Sue Roberts came out and with some layback

At 48 kg we had the first bomber. Cesar had her first squat called for depth and could not rise on subsequent tries. Carole Bennett missed 90 on depth and then got 92.5. She might do even more in a super suit. Lena Wessman showed the typical Swedish style of ultra slow descent, seems a waste of energy to powerful squatting, then only Dillard was left. She caused a stir

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Bev Francis, won despite the pain



Benching...Terry Dillard showed 3 for 3 proficiency in the lift this time.

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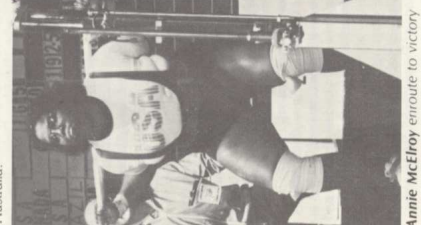
ScoreCard

Women's Worlds 7-8 May 82 Birmingham, England

Table with columns for athlete names and countries, and performance metrics for various weight classes (97lb to SHW) across different events (SQ1, SQ2, BWT, etc.).

squats. She quickly became a favorite of the crowd with her aggressive determination, shouts of 'Jawoli!' and obvious elation at each success. As an added incentive she got a kiss from husband Dieter after every lift. Sander made only her first with 165. At the time I noted, 'possibly too casual an approach!' On the bench Sander's first attempt at 105 did not move. Her second and third attempts only went a few inches. It seemed she just did not have her mind on the contest. Waibler made 105, but is hampered in the bench. In 1975 she was doing 120, and then went into the European judo championships final with an arm injured in the semi final. She lost the contest when her opponent dislocated her elbow and shoulder for her and her left arm is still giving her trouble. What would she bench fully fit? The elimination of Sander meant an easy title for Rebecca. She went through three good deadlifts to 200. She has improved tremendously since she competed in England last year and I predict she will go over 500kg by next year. In the unlimited category, a waterlogged Ginette Gardner lifted very well to take third with 8 successful lifts. Jo Ann Marshall gave it everything but could not challenge McElroy seriously. Annie gained confidence as the contest progressed and cruised to victory without pulling out all the stops and was thus down from her total in the American championships.

It was an easy team victory for the USA with no country looking capable of challenging. The British team did as well as they could in finishing second and most set a British record or two. We need three or four more good lifters. No doubt every country will be noting the easy points in the heavier classes and will be recruiting more of their shot and discus stars. All in all, a good championships that would have been great with a little forethought about the platform. Soon it will be time to get in training for next year's championships. In Australia.



Annie McElroy enroute to victory

chief referee must have thought so too because he waited for her third attempt to sink right in, and then some, before clapping and she fell. Donna Webb lost control of her third bench and the loader almost let it fall right across her face for which he was severely reprimanded. Ross made three well judged attempts on the bench, the last being on the limit. Webb pulled all her deadlifts very unevenly, and lost her third on a majority decision. Witesch just managed to complete 167.5 to get ahead of Webb. I thought I saw a hitch or two but two referees were satisfied so she got the silver medal. Ross's deadlifts were slow off the bar but gathered momentum as they came up. She made all three for a perfect game and a 435 total. As a lifter I rated her second only to Shaler in the championships.



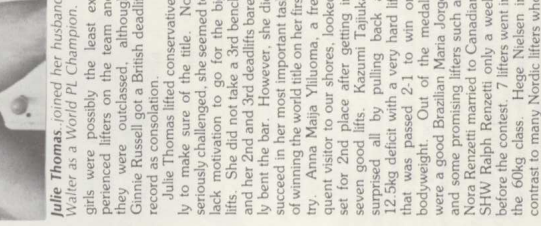
Rebecca Waibler...of W. Germany

Ferreira dropped out of contention with a weak 42.5 which needed two attempts. Rita Bass equalled her best but Gammon and Woodley made up ground on her. Shaler was nothing special on the bench although she did get all three. After the third she had difficulty getting off into a squats as her back appeared to go into spasms. At the sub total Shaler was way ahead followed by Bass 225, a lighter Woodley on 222.5 and Gammon on 215. Gammon deadlifted first. She makes two mistakes; one is to close her eyes, the second is to hyperventilate. Predictably she had difficulty even standing still in front of the bar. She pulled the first one out of line, jumped 5kg for a very hard success and then jumped 40, no further comment! Woodley came out with 150, pulled it like 50 and was sure of third place. Bass made 155 comfortably then had a real struggle to complete 162.5. She got two whites and a British record total, having done the best she could. Woodley then came out and ripped off 165 and 170 as easily as her first to take the silver. She is a potential world record holder on this lift. Shaler then came out and showed the back spasm was no problem by getting three great deadlifts finishing with world records on lift and total. Ruthi won the championship of champions trophy after all the calculations were made. As far as I was concerned she was the best lifter on platform performance of the championships, calculations aside.



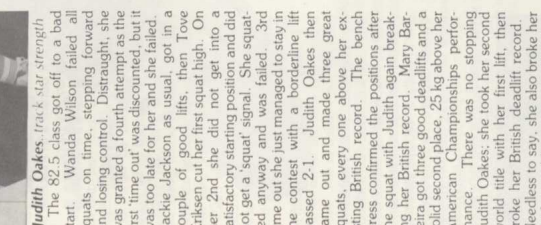
Ruthie Shaler...the best there was

Julie Thomas joined her husband Walter as a World Pt. Champion. girls were positioned the least experienced lifters on the team and they were outclassed, although Ginette Russell got a British deadlift record as consolation. Julie Thomas lifted conservatively to make sure of the title. Not seriously challenged, she seemed to lack motivation to go for the big lifts. She did not take a 30d bench and her 2nd and 3rd deadlifts barely bent the bar. However, she did succeed in her most important task of winning the world title on her first try. Aina Maja Yliuoma, a frequent visitor to our shores, looked set for 2nd place after getting in seven good lifts. The best bench surprised all by pulling back a 12.5kg deficit with a very hard lift that was passed 2.1 to win on bodyweight. Out of the medals were a good Brazilian Maria Jorge and some promising lifters such as SHW Ralph Renzetti only a week before the contest. 7 lifters went in the 67.5kg class. Hege Nielsen in contrast to many Nordic lifters who squat at funereal pace, popped down and got in a couple of good squats. Caroline Gammon of Canada was very uncertain in her descents but came out strongly on the first two lifts; on the third she just could not pass the sticking point. Maria Ferreira, another good Brazilian, made 140 and looked a contender. Tina Woodley of the Netherlands lost her first squat on depth, came back to make it easily then jumped 15kg. This was shallow and ruled out. Rita Bass got in two comfortable squats and then went for a British record 150. She got good depth, faltered twice in the recovery but fought it through for a deserved success. Ruthi Shaler started after all the others had finished, and produced 3 squats in text book style, finishing with a world record. Given another year to go, I would not put 200kg past this young lady. On the bench



Julie Thomas joined her husband Walter as a World Pt. Champion.

215 to win but the best attempt only came halfway after which she fell forward. She was upset as she had resolved to win after last year's 4th. At her age she still has time to win at least ten titles. In the evening Bev chalked up her second victory by pre-emptively outthinking everybody else put together.



Judith Oakes took star strength

The 82.5 class got off to a bad start. Wanda Wilson failed all squats on time, stepping forward and losing control. Ditzright, she was granted a fourth attempt but it was too late for her and she failed. Jackie Jackson as usual, got a couple of good lifts, then got a Erlisen cut her first squat high. On her 2nd she did not get into satisfactory starting position and did not get a squat signal. She squatted anyway and was failed 3rd time out she just managed to stay in the contest with a borderline lift passed 2.1. Judith Oakes then came out and made three great squats, every one above her existing British record. The best press confirmed the positions after the squat with Judith again breaking her British record. Mary Barreira got three good deadlifts and a solid second place. 25 kg above her American Championships performance. There was a stopping broke her British deadlift, and needless to say she also broke her total record by a massive 42.5 kg. A performance fully in the Rio Colina tradition; can I say there's lift. Then ended the first days lifting classes out of press (see sequence obviously). Two titles for the USA, two for Australia and one for Britain. After a difficult well run contest followed by the shipment of tar that spoiled the ship. A less important factor which did not go down too well with the lifters was that there were no trophies for second or third places.

THE SECOND DAY'S LIFTING

Overnight two rubber mats were nailed to the skating rink... This may have been complicated more by fear of lawsuits! Lifters were injured than with attempts to provide the lifters with the best lifting conditions possible (my opinion anyway).

On to the lifting where we started with the 56kg class. The 2 British



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A MESSAGE FROM THE PRESIDENT

This preliminary draft of our budget for calendar year 1982 borrows from a variety of sources. Some figures, such as for television revenue, are precisely known. Registration fees, on the other hand, are an approximation from our 1981 records. Expenses such as postage, telephone and secretarial services are projected from our experience so far during the first quarter of 1982. To date only the Records and Medical Committees have submitted vouchers for reimbursable expenses.

A PRELIMINARY BUDGET FOR 1982

Revenue:

Registration fees (7,000 members @ \$5.00)	\$ 56,000
Television contracts	\$ 20,000
Women's Nationals	\$ 32,000
Senior Nationals	4,000
Club Membership fees (160 clubs @ \$25.00)	7,500
Meet Sanction fees (300 sanctions @ \$25.00)	30,000
Loan on television contracts	\$149,500
Total	

Expenditures:

Women's World Championships (Birmingham)	\$ 13,000
Men's World Championships (Munich)	18,000
President's Salary @ \$500/mo.	6,000
Telephone	618
Rent (\$65 per mo for 9 1/2 mos)	2,200
Secretarial services	2,500
Postage	6,667
Television revenue due meet sponsor	10,667
Women's Nationals	
State chairman's expense reimbursement 27,000 members @ \$50 per member	3,500
300 meet sanctions @ \$15. per sanction	4,500
Insurance	8,000
Interest on loan	2,000
Retirement of loan on television contracts	3,000
Office supplies, printing & xeroxing	2,500
Committee Expenses	4,224
Old Debts	6,846
I.B.M.	6,928
1981 Insurance	12,850
Powerlifter printing	300
Chip McCain	200
Wally Holland	200
Dennis Burke	500
1981 State Chairman's Exp.-reimbursement	1,500
Subtotal	29,124
Total	\$149,500

For several reasons, none of them satisfactory, certain meet directors and state chairmen are failing to have their meets sanctioned or are neglecting to register the lifters. Please be advised that our liability and accident insurance only covers us at sanctioned events. It is the shereest folly in our increasing litigious society to remain unprotected. Moreover, this coverage could be a winning point in persuading meet directors to sanction their meets and to require USPF registration at single-lift contests.

In the same vein, Vic Mercer, the IFF President, has informed me that in order for their referee's credentials to be valid, Category I and II referees must have current membership in some member nation's federation. Referees who do not hold a 1982 USPF card do the lifters a disservice. In the April issue of PL USA, Nate Foster spelled out the requirements for securing the official approval of one's referee. A lifter would be well advised himself to undertake fulfilling each of the requirements. In a number of recent cases we have discovered to our sorrow that the person to whom these tasks have been delegated has neglected to perform them properly, so that the approval of the record has been placed in jeopardy.

On the national level and in several of the states the season of elections is always a time of great excitement. The task of its selection on both levels deserves our careful attention. The fruits of uninspired leadership are not always starkly and dramatically apparent. Upon reflection one realizes, however, that unless we are able to capture and hold the attention of our youth we will surely stagnate. And would it not be better to have the parents and coaches on our side? How better could we accomplish this than to select leaders to whom the welfare and training of our children may be confidently entrusted?

Leadership has always been a scarce resource—even when those who aspire to positions of leadership are legion. Perhaps in our search we should this very year divert ourselves of 'requirements' that never were generated, such as, for example, gender, age, and one's prowess on the lifting platform.

One approach, that has met with a considerable measure of success, is to select one's 'ideal' candidate, and secure that person's consent, is to

nominated. One thus diminishes the likelihood that one will be left with the bleak prospect of selecting from among flawed candidates. It is a little extra work perhaps, but well worth it.

To my mind the most important elections are those involving the Executive Committee and the state chairmen. The former will set policy and oversee the performance of the president and the treasurer. If the Executive Committee is first rate, we can expect significant progress, for they will brook no dereliction. If they are not, we will have demonstrated our inability to learn from experience.

Within his state the chairman sets the moral tone for the sport. He and those who assist him will create the climate in which the sport will flourish, lay dormant, or wither. Stand for a while in the shoes of the parent of a teenage son or daughter—then exercise your franchise. Conrad Cotter

For USPF Insurance Claims...contact Danny McDermott, c/o 13215 E. Penn St., Suite 400, Whittier, CA 90602 (213-698-9781 office, 213-697-1603 gym, 213-693-1827 home) for claim forms, etc.

USPF Members at Large...Bob Ross, El Dorado Barbell Club, 202 West Grove, El Dorado, Ar 71730, (501) 867-6141. Dr. Billy Jack Talton, Dept. of Physical Education, Louisiana Tech University, Eldridge, Wt 71271. Ed Jabbinville, PO Box 662, Holyoke, Ma 01041. Tom Eldridge, c/o Rosseglen Ironworks, 11632 E. Roseglen, El Monte, CA 91732. Jill Thomas, PO Box 45510, Oklahoma City, Ok 73145, (405) 677-5654.

PROPOSED CHANGES IN OR ADDITIONS TO THE USPF BY-LAWS

Listed in the numerical order of the section proposed for amendment.

1. Section 2.1 (f) dd: Replace "The President of the Federation shall appoint the state powerlifting chairman" with "The Regional chairman shall appoint the state powerlifting chairman."
2. Add to Section 2.1 (f): "U. S. Coast Guard."
3. Section 2.2: "The regions of the USPF are as follows: Region I: Maine, New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island, Region II: Pennsylvania, New Jersey, Delaware, Maryland, Virginia, West Virginia, Region III: South Carolina, North Carolina, Georgia, Alabama, Florida, Illinois, Tennessee, Region IV: Indiana, Kentucky, Ohio, Michigan, Missouri, Wisconsin, Region V: Minnesota, Iowa, Nebraska, North Dakota, South Dakota, Region VI: Missouri, Kansas, Oklahoma, Arkansas, Region VII: Texas, Louisiana, Region VIII: New Mexico, Arizona, Utah, Colorado, Region IX: Montana, Wyoming, Idaho, Washington, Oregon, Region X: California, Nevada, Region XI: Alaska, Region XII: Hawaii 4. Add to Section 3.5: "A voting member of the National Committee may delegate his vote, subject to the following conditions: (a) The delegate must be present at the national committee meeting; (b) No person may cast more than one vote; (c) The President of the USPF must be notified in writing of the intended delegation one week prior to the national meeting; (d) A similar or identical letter must be presented to the USPF Secretary at the national meeting in order for the delegate to receive a voting card; (e) State chairmen should delegate to a USPF member who is registered for the current year in their own state; (f) Regional chairmen should delegate to a USPF member who is registered for the current year in their own region; (g) Executive Committee members, members-at-large, and athlete's representatives may delegate without regard to geographical subdivision."
6. Add to Section 3.6: "Only one vote may be cast by each person."
6. Add to Section 4.6: "Alternatively, the Executive Committee or any committee designated pursuant to Section 4.5 may take action by use of a conference call, provided that all committee members have been notified in advance, of the intention to carry out such conference, and that a quorum is included in the conference."
7. Section 9.3 Master Age Group Category: Delete "70 and over" and replace with "70-74, 75-79, and 80 and over."
8. Section 10.1 (f): Delete: "Note: and what follows, regarding disbanding of a team."
9. Section 12.6 (c): Replace with "Any member of any club of the Federation who shall have been expelled from said club for unpaid indebtedness to the club may be designated as ineligible for competition in any USPF sanctioned meet by action of the Discipline Committee, such ineligibility to continue until such indebtedness is liquidated."

PROPOSALS FROM USPF TO IFF:

1. That the IFF establish a Masters Committee similar to the IFF Women's committee with all rights and privileges now accorded to the Women's Committee Chairperson to be accorded to the appointed Masters Committee Chairman.
2. The age categories for competition in Masters meets will be 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Competition at World's to consist of 3 teams, 40-49, 50-59, and 60 and over.
3. World Masters Championships to be held annually in early October, beginning in 1983 with no requirement for host nations to provide housing or board for visitors until television revenues are available.
4. Remuneration Category I Testing at World's Championships, using a fourth, graded referee, located in the Jury position.

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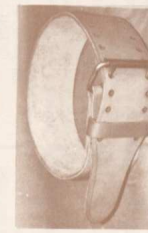
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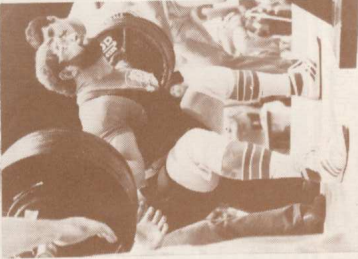
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More From Ken Leistner

Political statements are not my thing. I find them boring, self-serving, and more often than not, tough to live up to. However, the sport that we love so much has been through some hard times, victimized by some of those entrusted to serve its constituents and it is time to clean house. Everyone knows we had money troubles, but does anyone know how much money from registrations and television we had last year and never got to utilize? Man, it could be a very large sum. I could say something nice about everyone seeking a USPS office but instead plan to talk about John Pettit and his proposals to turn this game around.

I am as aware as anyone that John can be a tough dude to deal with, and in a time of crisis I feel that a tough minded man who will stand by his proposals is an absolute necessity. John is the only one to date that has given us a structured plan to get us out of the woods. Money is the key right now, we need to raise some rapidly. John can do this and although many lifters have expressed some concern about actually spending money to run the sport, it's time to wake up. We're not going to be able to run it without spending money to do so in the process. No sweat, the money will be there, and we will have the opportunity to see some of it flowing back to the local associations, to be utilized by and for the local lifters, the original source of those funds.

The two biggest complaints I hear as Athlete's Rep is that the records situation is in a shambles and the financial straits we've been placed in. John has given us a concise, step by step plan to pull us out and keep all records up to date. More importantly, he's given us a structure that will allow the average lifter to voice his concerns and have them heard. The one lifter-one vote concept and all it implies has been a major concern for Mike

year. The elimination of favorite son appointments will go a long way in eliminating foot dragging when it comes time to make important decisions. Political alliances, backbiting and under the table crap has alienated so many true PL lovers from their sport, and we must bring them back into the fold. Elect Pettit, it's the best thing you will do for your sport. For those who don't like him personally (and some don't due to his dogmatism), vote him in, let him straighten the sport out, get us on our feet, and get him out NOW!

The Master's situation is merely an extension of all our other problems. Many younger lifters, male and female, youth-pooch the Masters program as so much unnecessary baggage. Hell, let the old coots go home to their real needs. They don't down when they try to lift in the local meets. Hey sucker, get this: the "old coots" laid the groundwork for the rest of us. You're talking about some of the greatest lifters ever to grace a platform anywhere, Jim Witt, Brenton, etc. because they paid dues for all of us and they've second class citizens. I believe that Pettit will be able to work out a favorable solution to this problem and provide the proper record keeping and a dignified championships for these worthy men and women.

Next month we'll get into some nutrition material. See all of you at the Seniors, and for those who asked for a prediction, look for Steve Knight, Oregon's answer to Terry Donahue, to pull a surprise at 181.

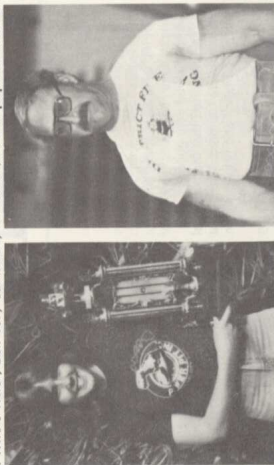
now. And the true meaning of sport, of powerlifting, is more readily on display among the Masters than at most other meets. The camaraderie, the kind words, the kinship, the love are evident; and these guys really pull for each other. Yeah, let the young studs put it down but I can only hope that opportunities like the Masters program exist for us when we're older and looking for an outlet for our competitive drives.

The record keeping has been the primary bugaboo here, and with aren't going to threaten any world records (except Ernie Frantz perhaps) and their record certificates are the equivalent of our trophies and local championship awards. Well, let's make sure they earn it, and not two years after the fact. Ernie Frantz has taken it upon himself to pull the Masters out of the USPS mainstream. I don't want to foster dissension in the ranks, but if we can't give these lifters a fair shake, give them their due; let them lift in a manner that gives them dignity instead of the feeling that they're second class citizens. I work out a favorable solution to this problem and provide the proper record keeping and a dignified championships for these worthy men and women.

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★ WHO'S WHO IN POWERLIFTING ★

Whether you're Big Name or No Name, send your picture and details (Who's Who?, Box 407, Camarillo, CA 93011) to this popular feature:



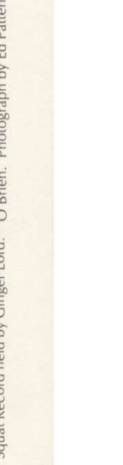
Drama Nollette, 15, of the Power Pit in Hawaii, has been coached by Mike Scott for 3 months. He prepared her for her first meet, in which she set 5 American teenage records in the 114 lb. class and won the meet. At 110 lbs., she squatted 198, BP 99 and DL 236. Mike says she deadlifts much like Vince Anello. Photo: Mike Scott.



Carl Fisher, 34, overcame a severe hand injury to compete in the Arizona Police Olympics, where he qualified for the 1982 International Police Olympics. Powerlifting for just over a year, he has been active in various state meets. He trains at the Arizona Sports Fitness Center under trainer Joe Cetta. Photo by Joe Petrossian.



Mark Schellen totaled 2039 at the 1981 Srs. and was up to projected lifts of 825 515 825 in training when he returned to try out for their championship in Rome and went 800 football at Nebraska; immediately breaking all the strength and agility test records for fullbacks. At 230 he runs the 40 in 4.57, faster than when he was at 180, and is sharing fullback duties on the first team.



Tim Weidman, long associated with the Middletown YMCA and a long reader of PL USA, lifting in the 198 pound class at the New York State Championships, came to a gym in Lutz, Florida and she is writing a column in 'Muscle Training Illustrated'. Cheryl is now in hard training to break the World Squat Record held by Ginger Lord.

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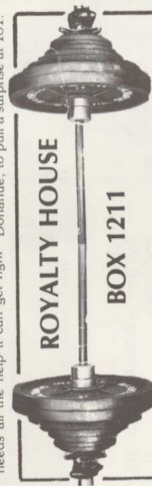
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DMSO, Dimethylsulfoxide, An Overview

Richard T. Herrick, M.D., F.A.C.S., Adjunct Associate Professor, Auburn University, Auburn, Alabama, Stella Herrick, Research Associate, Corresponding Author: Richard T. Herrick, M.D., PO Box 4160, Opelika, Alabama 36801, (205)749-6222

DMSO was initially discovered by Dr. Alexander Switzoff in Kazan, Ukraine, Central Russia, in 1866, and has been used throughout the world, especially in the United States, since the 1950s, as an in-soluble solvent. It has a very simple structure of SO(CH₃)₂, with a freezing point at 18 degrees C boiling at 189 degrees. However 50 degrees below 0 Centigrade a 50% solution with water will not freeze.

Because of the possibilities of decreasing inflammation, Robert J. Herrick, in 1961, Supervisor of Research for Crown-Zellerbach Corporation, tried DMSO in a chemical burn on himself, which relieved the pain in 4 hours. He then reapplied it, and it again took away the pain. He contacted Stanley Jacob, M.D., Assistant Professor of Surgery, University of Oregon Medical School, who was also experimenting with DMSO, and they thereafter worked for several years together.

They used it on sprained ankles, minutes, as well as osteoarthritis of the thumb, headaches, cold sores, and juvenile Rheumatoid arthritis, and in almost all cases quickly relieved the pain dramatically. It was distributed as Dymasal by Zinn Corporation in 1964, and in 1965 Merck, Sharp and Dohme did clinical studies on over 4,000 patients with good results on acute inflammatory problems. Specifically, a 70% solution utilized produced relief with acute bursitis, lumbosacral strain. When they switched to a 90% solution, they got an even faster, more complete relief of pain and swelling, even with Rheumatoid arthritis.

With Dupuytren's Disease there was improvement with a 90% solution with almost half of their patients, but it had to be used for over 6 weeks.

In 1965 Squibb studied over 1900 patients with an 80% and 60% improvements, respectively, in acute and chronic arthritis and bursitis.

In November 1965, the FDA halted research since some animals developed "myopia" but not cataracts, with a refractive index change, in doses over 100 times that used in human adults.

Jacob and Herrick reported, in 1964, that DMSO significantly reduced edema in guinea pigs with bursitis, that it was a bacteriostatic agent in a 20% concentration against E. coli, staph aureus, and pseudomonas, and reported the aforementioned findings with acute

bits, but no report on the use in humans.

In 1966 the New York Academy of Sciences had a symposium on DMSO with 82 papers, none of which were negative, several of which showed very good results. They reported that the beneficial results were unpredictable, but often dramatic, and especially in acute conditions.

Some were able to obtain long acting anesthesia with tetracaine and with pain relief in 30 minutes, and there was a 77% of good results with acute tendinitis, and 88% improvement with neuritis.

Forrest Riordan, M.D., of Rockford, Illinois, used DMSO in over 50 hand patients, especially J. Adamson, M.D., used DMSO to keep skin flaps alive, and thought that it increased the success rate.

Although the half-life DMSO in the blood in greater than 10 hours, it often has to be applied several times a day to get good results.

DMSO was also reported to increase the penetration of both hydrocortisone and testosterone by 3 to 6 times normal penetration, of some interest to weight lifters.

In 1966 a symposium was held at the University of Vienna Medical School, which again reported no problems with eyes in humans, and again about a 77% improvement in rheumatoids, and they also stated that it was better than anything else they could find for acute sports injuries.

In the meantime, more reports verified about 80% at least partial relief in acute musculoskeletal conditions, including sprains and strains, but always with less satisfaction, than normal after discontinuation. There was about a 2% incidence of dermatitis requiring discontinuation of therapy.

In 1965 Kligma and associates, at the Cleveland Clinic, reported healing ischemic ulcers of the fingertips, and others reported protection of continuous penetration through the skin of corticosteroids and also noted that the stratum corneum was the chief limiting barrier to percutaneous penetration.

They were able to increase penetration of Decloxylin within minutes, and also showed that DMSO did not produce a permanent, irreversible change, in the horny layers permeability.

The histamine-liberating effects of DMSO produced the side effects of burning, occasionally, especially with 90% solution, but they reported no incident of allergic sensitizations, and that the vesiculating effects of the DMSO stopped abruptly when the concentration was reduced to 80%.

Further studies showed that DMSO is a mild voluntary muscle relaxant, and there were some reports of DMSO increasing tensile strength in wound healing in rabbits.

headache, nausea, diarrhea, dysuria, and rarely, photophobia. The FDA Bulletin in 1980 advises that DMSO 'has not been shown to be without risk of eye injury.' It doesn't say whether this is with humans, animals or what.

Available in the gel form, with wintergreen, helps mask the odor, but this is available for humans only in Oregon.

In Sweden and West Germany, it is often injected, intra-articularly and often in conjunction with various steroids, often used with local anesthetics, for injection into soft tissues, or simply spread on the skin, especially for weight lifters.

Epidermal scars inhibit the solubility of permeability of DMSO through the skin, but it has been used successfully to treat hypertrophic scars and keloids.

A large problem is that since it is essentially odorless it often cannot be picked up if mixed into other solutions, sold and mislabeled.

Also it is an excellent solvent for rayon, vinyl and acrylics. It can, therefore, dissolve clothing, and perhaps even produce problems in this way, if clothing is placed over the DMSO while still present on the skin.

Since it is still legal in Oregon, the Health Sciences Center in Portland is reportedly treating over 200 patients per week with multiple problems, with very good results, and very few side effects.

It is also used in conjunction with

The medicine that I'm selling Will cure you like a shot. Entities upon which DMSO has been a help:

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2. RSD (PTSD)
3. Boutoniere deformity (fingers)
4. Ulnar carpal strain (wrist)
5. Hamstring pull
6. Trigger fingers
7. Trochanteric bursitis (hip)
8. AC Joint Osteoarthritis
9. Multifidus strain (low back)
10. Patellar tendinitis

anti-coagulants, as well as anti-inflammatory drugs including corticosteroids, not only for amyloidosis, but for hematomas, ecchymosis, etc.

Certainly DMSO is not absolutely safe, which would imply that it would probably be totally ineffective. However, since it is logical that a drug should be safe as reasonable precautions by all concerned can make it, consistent with appropriate therapeutic benefit, it probably fits these criteria.

DMSO has been reported to inhibit the metabolism of sulindac (Clinoril); therefore, suggest caution in using both concurrently, although several athletes do.

Finally it has been reported that 64 year old businessman has for 12 years been drinking approximately 1/2 teaspoon a day of 99% DMSO as a cure-all.

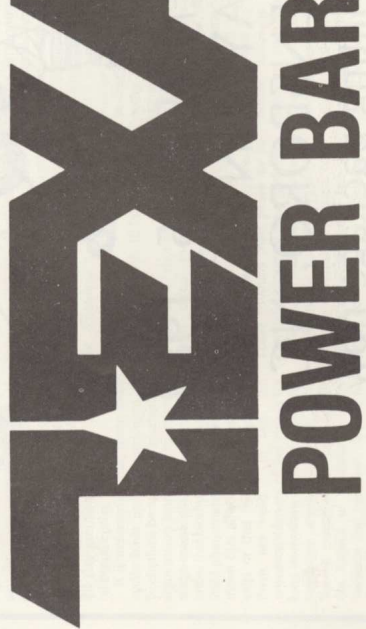
This is reminiscent of the story of a doctor in an opera which was recently published in the Southern Medical Journal, which quoted the lines of Dr. Dulcamara telling the villagers about his love potion:

The cure for all and sundry Is the medicine I have got. For all complaints choleraic, Dyspeptical, arthritic, Asthmatical, hysterical, Rheumatical, paralytical, Rheumatismal, scorbutil, Of pellical and cuticle, And all the smartest illnesses Which folk in town have got.

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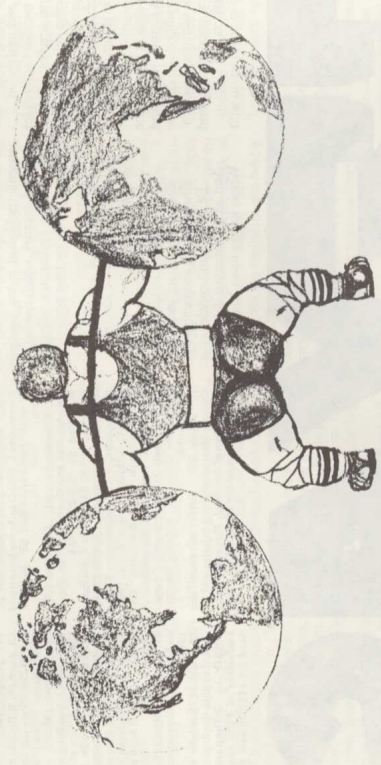
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In the December 1981 issue of PL USA, we explained what biorhythms were, and we gave our views on their relevance or lack of relevance to weightlifting. Keep in mind that there are hundreds of biological rhythms occurring within the human body. These are intrinsic physiological functions which regularly alternate between one level and another. Such rhythms are affected by environmental cues, but there are usually strict limits on how much they can be modified.

The term 'biorhythm' is a broad generic term which refers to any or all of these biological cycles. As we pointed out in the December article, there is no doubt concerning the existence of relatively short biorhythms which are related to metabolic processes. These are what biochemists and physiologists think of when you mention short biorhythms. The validity of such established and a great deal of scientific research has been done in order to understand their function.

Now, what if someone comes up to a lifter and asks if he has 'biorhythms'. In one sense, this would seem to be rather meaningless question. You don't use biorhythms—they are characteristic of you. At best, you learn to adjust to your biorhythms by making good, etc. However, 'Do you have biorhythms?' is not really a meaningless question because the people usually have something else in mind. They're probably referring to so-called 'long' biorhythms, specifically, the 23 day physical (as yet unrounded), 28 day physical, 28 day emotional and 33 day intellectual cycles.

It is unfortunate that these three cycles have been characterized as biorhythms because the 'biorhythm' connotation is a source of serious difficulty respectively to the theory. We know that biorhythms in general are valid phenomena, but this does not mean that all the claims made for them are valid. In fact, the unreliability of the claims for long biorhythms makes the need for validation studies essential. No known animal cycle operates with the degree of precision and invariance that has been claimed for the three aforementioned cycles. However, many weightlifters have abandoned healthy scientific skepticism and have taken these cycles for granted.

The existence of such cycles is as we have emphasized, scientifically unproven. Anyone can draw a set of purposes and say that this reflects biological highs and lows, but whether or not they really do requires experimental verification and this does not mean personal testimonials by successful OR unsuccessful lifters. Incidentally, the fact that a computer is often used to graph the cycles suggests 'science', but the computer simply does what it is told to do by way of a program that someone has written. There are people who believe in

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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

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

Biorhythms, Circadian Cycles, and Training Effectiveness



Mike MacDonald, instinctively responds to his own physical rhythms in determining when and how hard to train;... *World Records*, and get up a little later. Biorhythms can be adjusted to some extent. Ordinarily, we manage to keep on a 24 hour day by resetting ourselves to our environmental schedules. The sleep rhythm can be modified if we act consistently enough to allow for adjustment. We can get used to working nights, for example, but not if we switch shifts every week. Instead of trying to control our biorhythms, however, it is often better to give in to the natural demands of the body.

CIRCADIAN RHYTHMS

Circadian rhythms (from the Latin *circa* meaning 'about, around', and *diēs* meaning 'a day') are short biorhythms which our bodies go through every day; they are also called diurnal rhythms. These rhythms may prove to be especially important in weightlifting. Sleep and wakefulness are readily observable circadian rhythms. Sleep is obviously a periodic interruption of wakefulness, but why sleep occurs is not scientifically understood at present. It is likely that sleep is necessary in order for our bodies to recuperate from the day's activities. Just how this recuperation occurs, if it does in fact occur, is also a mystery. One thing for sure is that sleep is a true biorhythm that is set to function in a particular way.

Biorhythms can be tested by removing all external cues and by observing if the rhythm remains relatively constant. Dr. Wilse Webb, at the University of Florida, is a leading authority on sleep. He found that subjects who spent a couple of weeks in rooms without any cues as to what time it was gradually shifted to a day lasting 25.5 hours. That is, each night, they would go to bed a little later

workers, professional baseball players, and medical doctors. In short, some individuals perform better in the morning, others in the afternoon, and still others at night. In fact, some individuals go so far as to identify themselves as day or night people.

CIRCADIAN RHYTHMS AND WEIGHTLIFTING

There is a strong possibility that lifting performance may be influenced by physiological diurnal rhythms. For example, a number of lifters that we've interviewed have claimed that they were much stronger in the morning than they were in the evening. Other lifters reported just the opposite. Thus, even though there was apparent consistency within the individual lifter, there was not much consistency between lifters. In fact, the times when they felt strongest ranged from 6 a.m. to one o'clock in the morning. Of course, before the validity of a diurnal strength rhythm can be ascertained, systematic research in this area must be conducted. At present, we are not aware of any research in this area, and so we can only speculate as to potential benefits.

You might attempt to assess your own strength at different times. For instance, you might train for 8 weeks at a specific time during the day and plot your performances as well as rate your subjective feelings. You could then change your training time, work through another 8 week cycle and compare the results of these training sessions. You would want to cycle more than once because your performance would be confounded with your level of development. Comparing how well you did over several training cycles at one time with how well you did at the other time should give you the answer.

It might be simpler to alternate individual training sessions so that after a training session at one time, the next session you do the same lifts, you do them at the other time. After doing this for several weeks you evaluate the effectiveness of averaging your performances under particular lift under the average for that one time with the average for that lift. If there is a great enough temporal difference in performance, then other things being equal, you would want to train when you were the strongest. Even though you cannot determine when you lift at a meet, training at times when you are strongest will speed development.

We have also tried to point out that it is important to know what doesn't work. For example, a lifter may want to work out in the morning, but avoid doing so because he has heard that that's not a good idea. After his own assessment, he may find that the time doesn't really matter, or that he's even stronger in the morning. This information frees him to work out when he prefers without feeling that he is doing something detrimental.

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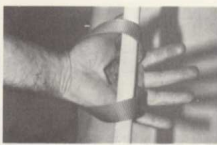
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Larry Pacifico

the Champion of Champions reminisces



Two Greats... Larry Pacifico handing Mike Bridges the Best Lifter trophy at Larry's very successful 1979 World Championships in Dayton, Ohio.

I received many calls and letters on my last article. All except one was complimentary. One person complained about my statement about Don Blue not being as good a bungler as he was a lifter. This person asked if he was as good a bungler and wasn't in prison would I have mentioned it?

I just received the bill for the awards for the Seniors. Hold on to your hats...\$8460. This does not include the team award or the Best Lifter ring. That's all I'll tell you now of the awards. Just seeing them will be worth the trip to Dayton. The solid gold ring is being designed by Frederick Prete.

I was never much on trophies. In fact I have never kept one over the years. I have kept plaques, cups, and medals, but never trophies. I used to, but then they would sit there and eventually have to be dusted. Have you ever tried to dust a hundred trophies? Plaques are easy. If you walk into my home you will see a few plaques on the wall. The awards at this year's Seniors will be suitable for placing anywhere in your home. Although it may need dusting, believe me, you won't mind. If you like trophies, you should walk into Mike Bridge's apartment sometime (preferably invited). This is a sight you won't soon forget. It is a shrine of Mike's lifting life...a shrine that will no doubt expand.

I met Mike at the 76 Teenage Nationals and became acquainted with him and later became friends. It was difficult for me to accept the things he was doing in lifting at the time. After all, I was the king in those days. Along comes a 5-foot 3 inch lifter doing lifts close to what I was, and I weighed 30 lbs. more. What was even more amazing was he still had much to learn. I remember Mike attended a seminar I conducted in Chicago. He never asked a question but he listened and wrote down many things. He kept getting better and better. Mike moved to Dayton and worked for me for about a year. His training went well and his lifts went up even better...especially the bench. By this time Mike was a squating genius. He helped me and several others. He helped John Topogolou so much that John may soon break Mike's 165 lb. squat record. If you haven't read Mike's course on the squat, read it so.

Mike moved to Texas in January of this year. He is missed in Dayton, but not forgotten. His return in July will be exciting and no doubt he will lift weights that will still be hard for me to accept. After having Mike around for a while, I understand him now. Mike's every move is lifting. He concentrates like no one else. He will not accept anyone outdoing him on any day, even heavier lifters. His interview last month was a true one. He doesn't drink...he's straight all the way. He will take no chances in doing anything that might affect his lifting, and he's got one amazing body...it doesn't injure. Maybe it's because he is careful in what he eats

both sides. Politics seem to upset him, and honest reporting has won him my respect. I was among the first to advertise in his magazine and my business has expanded substantially. Few people are in business because they flat enjoy it. Most are in it to make a living. Mike, I'm sure, does well now because he paid his dues. Hard work always pays off whether you lift or enter into business. Next time you meet Mike thank him for the job he's doing and for bringing our sport along.

Last month I mentioned Perth, Australia as being one of my favorite trips. I roomed with Doug Young. I was outstanding lifter in Perth and I was awarded a nice silver cup, but I should have gotten a gold cup for lasting 10 days with Young. Keep in mind that he had to lose 28 pounds the last 7 days. Doug doesn't have a good disposition, but when he can't eat, it's dangerous to be near him. The reason why Doug went down from Super to 242 has never been told, but now here's the true story. Terry McCormick and Clay Patterson were both 242. Doug was Super when we left Perth. Doug and Clay weren't the best of friends. Fact was Doug disliked Clay a bunch. Clay and he had problems for years due to some old suspicions Clay laid on Doug when he was chairman. Well, Terry injured himself a few days before we left and he would have easily won if healthy. Now it was a question, and it looked like Clay would win. World Champion. Well, Doug wouldn't hear of it. Since Terry would probably take second at 242 why not move him up as he would still take second and Doug could come down to prevent Patterson from winning. All who were in charge or involved agreed. But could Doug lose 28 lbs.? When it comes to things like this, Doug is the expert. He had some unique ways of making weight I can't get into here, but he made it with much pain. I know it didn't help when I would eat steak and fried chicken in front of him. And I know it didn't help when lifters came to the room at all hours buying Super suits and wraps. Once I lost a sale to some Japanese guys when Doug became a bit grouchy when they knocked at the door. I'm sure they didn't understand English, which was good. These guys were great lifters, but we also heard they practice Kung Fu for 9 months a year. Although they were small, they would have taken offense when Doug returned to the activity of their mothers. All in all we had a great time. The whole team helped him and the Doug team helped him with the exception of one.

I said I would write about Ron Collins here, but I hope Mike allows me one more story. This one has run longer than I anticipated. There is so much more I left out, but there's just not enough space. The things I have written about are events I found interesting and funny. I hope you enjoy them.

the RECORDS situation...Nate Foster reports that he has spoken to IJF Secretary Arnold Bostrom on the subject of missing certificates and reports that many previous applications, from many and various sources in the USA, were sent to former IJF records keeper Len Wilson, some of which were forwarded to Clay Patterson for issuance. Furthermore, some additional applications remain with Mr. Wilson, yet to be forwarded to Arnold Bostrom. Arnold has stated that if Nate compiles a list of all the World Records of all types set since the Allington World Powerlifting Championships, he will count the highest lift as the current record and issue certificates either through the mail or Nate personally for all records set in that time period. Nate states that for those athletes who set a World Record and never received a World Record certificate, he needs a copy of the complete record application or the following: name of athlete, complete address with Zip, complete telephone number, names of 3 IJF referees officiating the lift, name of the lift for which the record is claimed, weight class, meet, date of meet, place of meet, name and address and phone number of meet director, age and birth certificate where appropriate, and a copy of the meet result, preferably from PL USA. Officials who have kept copies of record applications sent in since Allington are asked to forward one copy of the complete application to Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502. A complete application consists of a record application signed by 3 IJF referees, the athlete, and the official weigher (it is no longer necessary to have the application notarized), along with a copy of the scale certificate showing that the scale was certified within one year of the time of the meet, a copy of the USPF meet sanction, a copy of the score sheet, score card, or meet result, and a birth certificate for Masters and Teenage records. Nate states that Arnold is unaware of any approval of the IJF for keeping Teenage World records, and Nate therefore seeks the help of anyone who can dig up such authorization in previous IJF meeting minutes. As for now, Arnold is collecting Teenage applications late and incomplete and reiterates that complete applications must be in the hands of the appropriate record keeper within two weeks of being set in the case of World Records and within 30 days in the case of American Records. New record application forms have been distributed to state and regional chairmen and should be further distributed to all national and international referees. They do not have to be notarized. These new forms supersede all previous versions which should be destroyed. All State Chairmen are asked to personally inspect the national and international referees in their states and send to Nate a complete list of all current referees, the IJF referees recognized in the Olympic year, the new ones certified since, and all National USPF certified referees, so JoAnne Marshall, Arnold Bostrom, and all the American Records Keepers can check record applications against it. Nate encourages Master lifters especially to send in their claims and information on past records. His address is 204 Harvey Dr., Manhattan, KS 66502.

and drinks. He also sleeps 12 hours a night. Once after he just moved to Dayton he slept 20 hours. Now I like beer and pizza and I sleep 4-5 hours max...and I get injuries. I did try Mike's way. I didn't eat anything but the best foods, no beer, slept 8 hours a night, didn't even cuss for 8 weeks and even tried to not have sex (lasted three days once). I entered a contest and ripped a pec and cut off a finger. Oh hell...there's only one Mike Bridges and he's some kind of lifter.

I think one reason for Mike's success was he started young. I think around 13 or 14. Crain was another young starter. But listen to this story. I did a seminar in Tennessee once and the next day did a lifting demonstration at a contest. My seminars average between 3 and 4 hours. I usually answer around 100 questions. This seminar was no different, except about a third of the questions were from a 10 year old kid named T. Cummins. Just T, to my knowledge it stands for nothing. Anyway, his questions were good ones. His brother Jody and his dad, Joe, also asked a few, but T did most of the talking. Well, I soon found out that the Cummins family

was, and I weighed 30 lbs. more. What was even more amazing was he still had much to learn. I remember Mike attended a seminar I conducted in Chicago. He never asked a question but he listened and wrote down many things. He kept getting better and better. Mike moved to Dayton and worked for me for about a year. His training went well and his lifts went up even better...especially the bench. By this time Mike was a squating genius. He helped me and several others. He helped John Topogolou so much that John may soon break Mike's 165 lb. squat record. If you haven't read Mike's course on the squat, read it so.

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22 Officially accepted World Records

class	weight	place	date
181	470.00	Harrisburg, PA	Aug 1973
220	545.75	Brookings, SD	Feb 1974
220	555.75	Brookings, SD	Apr 1974
220	562.25	York, PA	Aug 1974
242	573.25	Brookings, SD	Aug 1975
242	577.00	Brookings, SD	Feb 1975
198	523.50	Milwaukee, WI	Mar 1976
198	534.75	Dallas, TX	Aug 1976
198	539.75	Dallas, TX	Aug 1977
220	576.50	Santa Monica, CA	Aug 1977
198	545.00	Omaha, NE	Sep 1978
181	476.00	Oklahoma City, OK	Sep 1978
181	491.00	Oklahoma City, OK	Sep 1978
181	501.75	Oklahoma City, OK	Sep 1978
181	509.25	Oklahoma City, OK	Feb 1979
181	512.5	Brookings, SD	May 1979
198	551.00	Honolulu, HI	Oct 1980
198	556.50	Ft. Tejon, CA	Oct 1980
242	582.00	Whittier, CA	Nov 1980
242	591.00	Anaheim, CA	Aug 1981

11 not accepted due to lack of International Referees

181	474.50	Kansas City, MO	Mar 1973
181	479.50	Kansas City, MO	Mar 1973
181	484.75	Lincoln, NE	May 1973
242	580.00	Minot, ND	Apr 1975
220	580.00	Aransas, IA	Nov 1975
198	535.00	Minneapolis, MN	Nov 1975
198	540.00	Minneapolis, MN	Nov 1975
220	575.75	Minneapolis, MN	Sep 1977
242	603.00	Duluth, MN	Nov 1977
198	560.00	Duluth, MN	Apr 1979
220	580.00	Minneapolis, MN	May 1979

2 not accepted due to use of pound set instead of kilos

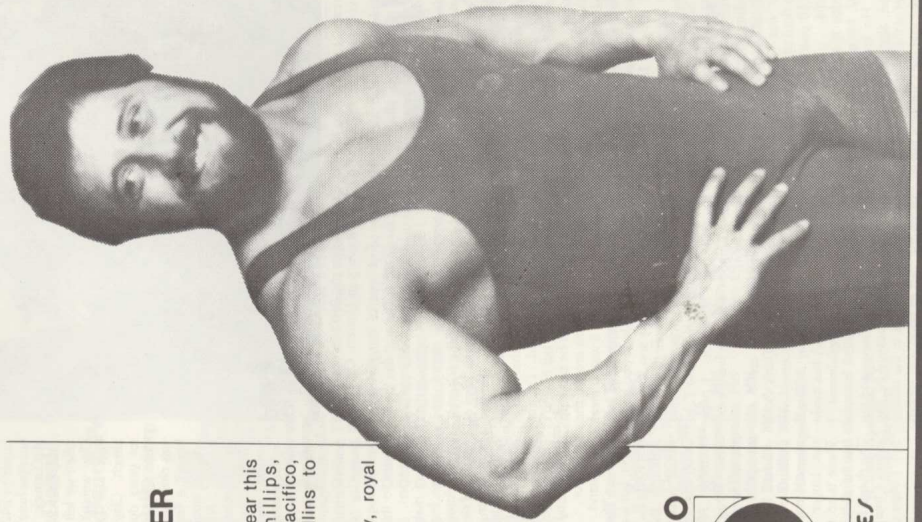
181	517.00	Camp Springs, MD	Oct 1979
181	522.10	Camp Springs, MD	Oct 1979

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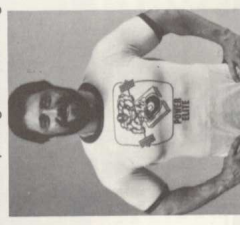
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Naturally!!

by Joe Oregonia

I'm how they did it. Naturally! I'm talking about two lifters that have what it takes to be the best I'm positive that is what they are going to be. The Best.

They're as different as night and day. One weighs 114 lbs., the other 242 lbs. One lifts quietly while the other screams at the weight.

They're two of the best lifters that Pennsylvania has ever had and they are just getting started, and getting better. NATURALLY!

The dark, quiet one is 114 lb. Norb Paterniti. With only 3 1/2 years of training he holds the PA State Records in the squat (405 lbs.), deadlift (460 lbs.), and also the total (1100 lbs.).

If not for financial set backs, I'm positive Norb would have been the 1981 National Champion and possibly the Senior National Champion. He was training for the Nationals, but when he couldn't raise the money to get to the contest, he lifted in the Pa. State Championships the same week. He was discouraged that he couldn't lift at the Nationals so it took a lot of encouragement from his team members to get him to the States. He went to help get some team points. Norb didn't try to make weight, so he lifted at a light 123



Norb Paterniti has made very steady progress during his PL career. (photo courtesy Oregonia)

He went 8 for 9, only missing his last deadlift when he tried to break the state record with bench and a 435 deadlift for an 1105 total. Had he known that he would have deadlifted 440 on his second attempt for 1110.

The 242 pound, light, screamer is Mike Smith. Mike placed third in the 1980 Teenage Nationals in Il-

linois, and now he is a State Record Holder. Mike set a new State Record in the squat, with 745 pounds to break the seven year old record held by veteran lifter John Tomi. The original record was the world record in 1974 when it was set at the World Championships in York, Pa.

Mike put together a 360 bench and a 630 deadlift to go with the record squat. To get Missers Classification: NATURALLY, and he's just 20 years old (and he's just starting).

I keep saying NATURALLY because that is how they did it. Norb and Mike are not your typical pill popping, skin puncturing Powerlifting Champions. They use NO synthetic ways to produce power, only vitamins, minerals, protein, and hard training. NO STEROIDS.

I have to let people know this because I am often asked, "What is he taking?" Norb and Mike are champions NATURALLY. They train at Joe's Gym in Erie, Pa. In the rest of the Pre-sequle and I have a lot of respect for these people. They all train hard, and are loaded with talent.

Thank You Meet Director... Joe Fuscaido reports that this year's Connecticut State meet, was a real marathon, and he did some complaining about it. The day after the meet he reconsidered his attitude and doubted if any of the lifters realized that it was like for MC Bob Kennedy or judges Nick Carola and Frank Trelli, who sat in metal chairs for 13 hours to run the meet.

Says Joe, "They worked harder than any lifter there. It may be a bit late, but I thank them heartily. (Editor's Note...everytime you lift in a meet, be sure to thank the meet director, even if the contest wasn't everything you hoped it would be, it still represents a lot of selfless effort on his or her part).

STARTIN' OUT

A special section dedicated to the beginning lifter

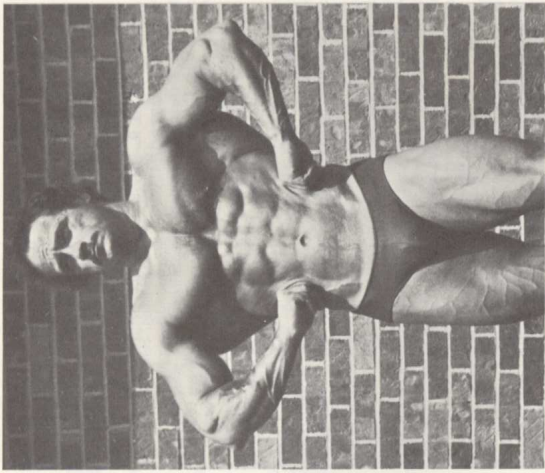
Minimize Training Errors/Walt Tyndall

I started training with weights at the age of 14. After 31 years of training in weightlifting, powerlifting and bodybuilding and competing in all three sports I remain competitive today at the age of 45 because I've learned from my mistakes over the years. And yet today, I see beginning powerlifters making the same mistakes I made in my backyard in 1950. In fact, many experienced lifters make the same mistakes as beginners.

The most common mistake is overtraining. New powerlifters usually make rapid gains but when these gains start slowing down the first thing they do is to start training more often. Some even start training 5 or 6 times a week. If you do this you're going to get stale, you're going to get injured, you're going to get discouraged and possibly, you're going to quit training. I've seen many powerlifters try to break a sticking point by adding more workouts and when this doesn't work, they just throw in the towel.

You must realize that you can't push your body through 5 or 6 workouts a week and expect to recuperate enough to grow stronger. And don't fool yourself by thinking it's ok if squat one day and bench press the next day because I'm working different muscle groups. Your body functions as a unit. When you do squats, even though you are working the thigh, back and hip muscles, you are still depleting energy reserves from the entire body. It takes time to recuperate and be ready for another workout, even if the next workout is bench presses.

Four workouts per week should be enough for even an experienced lifter. You could train on Monday, Tuesday, Thursday and Friday. Training this way still allows 3 rest days each week. But an even better method would be to train Monday, Wednesday, Friday and Saturday. This is the schedule I follow since I have a rest day before every workout except Saturdays. I work each lift twice per week on this schedule. On Monday I train bench press and deadlift with extra training for the chest, shoulders and triceps. On Wednesday I train squats with extra work for the thighs, waist and lats. On Friday I train the bench press again, but use different assistance exercises than I used on Monday. On Mondays I do lockouts in the rack and the cambered bar then on Friday I do close grip bench press and incline barbell press. On Wednesdays I do squats, with the assistance exercises



Walt Tyndall, age 45, state Olympic Lift Champion and record breaker, National Masters Olympic Champion, 3rd place in Mr. America over 40, 460 bench press in strict training form. photo courtesy Walt Tyndall

overtraining. To avoid this don't work out too often. Don't work one training for powerlifting, why not do it right? In summing up, one of the most common mistakes in powerlifting is overtraining. Do train in a strict, competition style.

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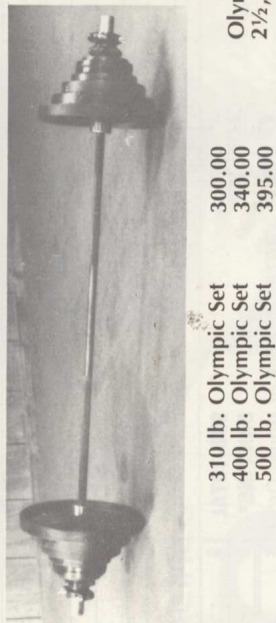
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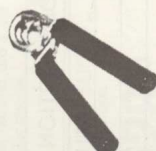
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PL USA BOOK REVIEW

THE ALL SPORTS TRAINING MANUAL, Developing Strength and Total Conditioning For Athletic Competition

Author-Jeff Everson

Reviewed by Mike Lambert

Jeff Everson's new self-published manual is the kind of basic text that most Powerlifters might shy away from at first thought, but unlike other such 'basic' books in the field, Jeff's emphasizes some of the very same kind of research and applicability to Powerlifting that has been the hallmark of the various articles he has contributed to Powerlifting USA over the years, which have been received well by actively competing PLers.

In the first few chapters there's a very good explanation of the Physiological and Anatomical aspects of training, as well as a analytical comparison of the various types of exercise equipment available today (isometric, isotonic, Nautilus, isokinetic), but this is merely introduction. The meaty chapters cover such subjects as the prevention and treatment of weight training injuries, and an identical twin comparison study between barbell training and Nautilus train-

ing (the results answer one of the biggest questions in weight training today!). As a professional level Strength Coach at the University of Wisconsin at Madison, Jeff has naturally worked with all types of athletes (as well as having competed in a wide array of sports himself, including Powerlifting, Bodybuilding, and Olympic lifting) and provides recommended training routines for a wide variety of sports, from martial arts to hockey and many others in between.

There are also specific routines for knee and shoulder rehabilitation, as well as a good chapter on nutrition and weight gaining. There's also a photograph section indicating proper performance of the standard exercises as well as some useful flexibility moves.

No Powerlifter already knows everything there is to learn from this manual, and most lifters could gain as much useful information from it as can be found in most of the PL courses, etc. available today. Furthermore, it's the kind of book that relates Powerlifting to many other athletic activities, useful to someone who is involved in other athletic endeavors personally or as a coach. Jeff is one of the few people in weightlifting today who is as much a competitor on the platform as he has been in the research library, and this book, **THE ALL SPORTS TRAINING MANUAL**, is a chance for you to share his knowledge. (available from EXECS, 1712 Van Hise Avenue, Madison, Wisconsin 53705, \$7.95 plus \$2.00 postage)

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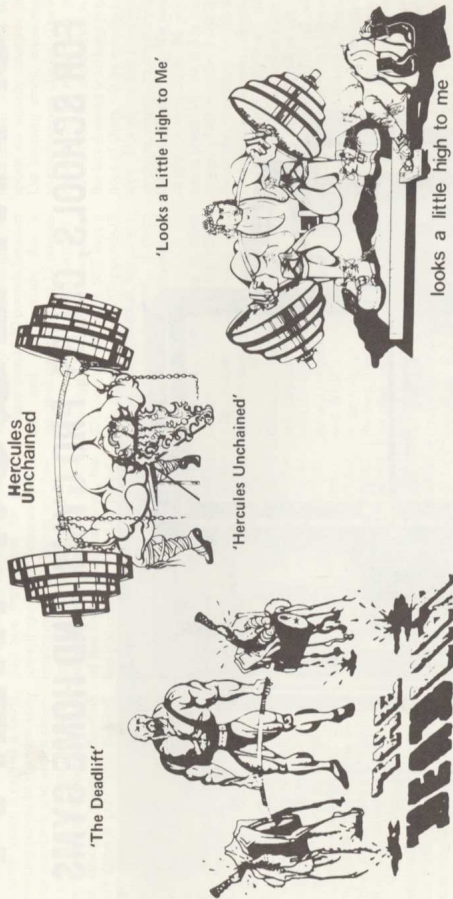
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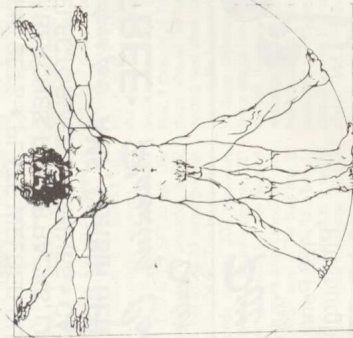
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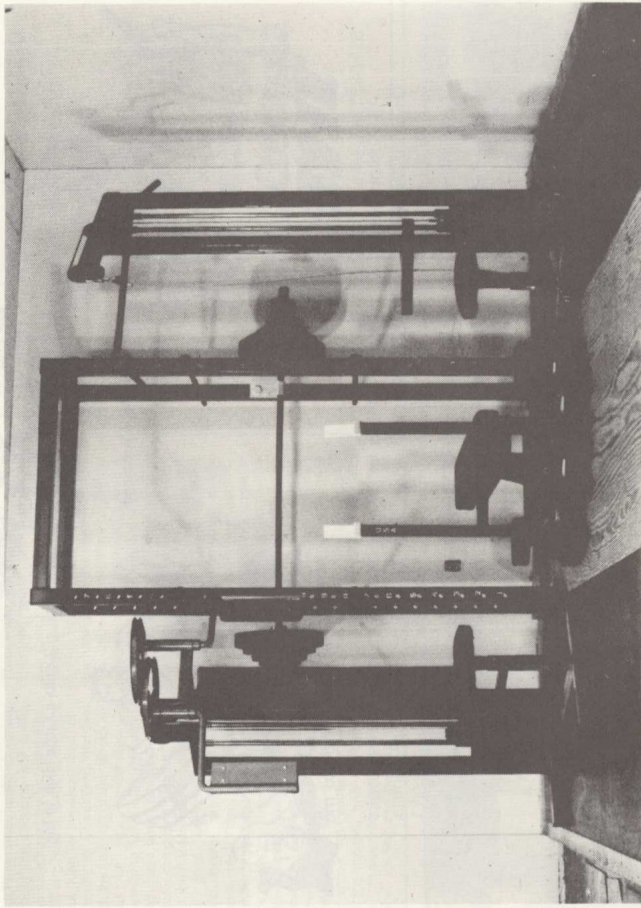
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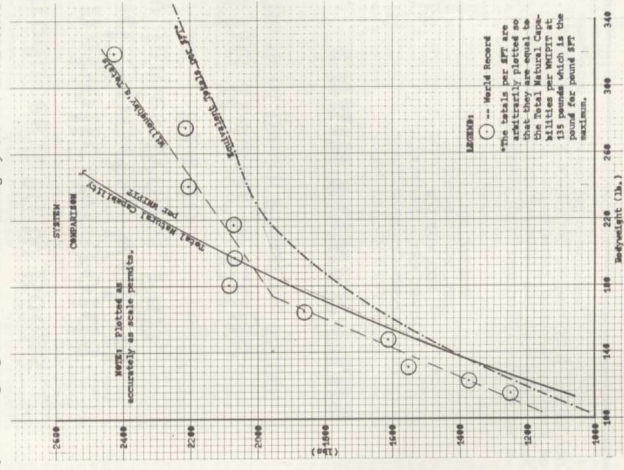
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Why Not WHIPT?
 Let me start this article by acknowledging a debt. In this article, I'm going to do what I can to convince you that WHIPT is the system that should be used to determine best lifter. To do so, I'll necessarily be criticizing other systems, most notably the Schwartz Formula Total. Before I do so I want to publicly recognize what Dr. Schwartz has done for our sport. For many years, I earned a living convincing people to abandon subjective standards and accept objective ones. It's hard work, perhaps even harder to do when the standard concerns sports. Baseball hasn't done it yet. The baseball MVP is still awarded by subjective vote. Baseball has as many statistics of performance, probably more, and for a longer period of time, than any other sport. Certainly, what we mean by MVP could be defined in terms of the numbers of the game. Available are the obvious, such as batting average, team standing, RBI, HR, as well as one base percentage, slugging percentage, batting average with men in scoring position, winning runs batted in, rally hitting at bats, all the above re the tougher teams, ditto re 'important' games, ditto month to month, MVP, etc. Yet baseball awards the MVP by vote and several times sympathy and sentiment have obviously conquered worth. It's hard to get people to give up that subjective vote, but out sport, although young, is light years ahead in that we use an objective standard to determine best lifter. At least in powerlifting you know going into a meet what

you have to do and whether you have a chance to win or not. For all of this, Dr. Schwartz is owed a debt of gratitude. He is indeed a pioneer in the best American tradition. I believe that WHIPT is better than SFT, but I take this opportunity to acknowledge Dr. Schwartz. I started this series by defining best lifter and how that quality is to be measured. Last month I told you about WHIPT. You saw the curves of the natural capabilities; you saw that pound for pound strength gradually increases up to a maximum at 183 pounds and then gradually decreases. Before I got involved in this effort, I had believed that the more you weighed, the less you could lift pound for pound. It's easy to get that impression by looking at the 200 to 300 pounders. WHIPT shows that man can actually lift more up to a weight of 183 pounds. Now let's look at the other systems so we can better understand WHIPT's potential contribution to our sport.

Look at the graph. It compares the WHIPT total natural capabilities. Wiloughby's totals, SFT and world record data. It's not necessary to include the Elite system since, with one improvement, it is derived directly for the SFT with each step about 90% of the one above. WHIPT does not use the natural capabilities as a total, but it's useful for comparison. The SFT is a system of coefficients, not totals. In order to plot it for comparison, I set it equal to WHIPT at 135 pounds. I chose 135 pounds because that's the pound for pound maximum of the SFT. Don't be impressed because Wiloughby 'fits' the world record



data better than SFT. If I had chosen a different figure, SFT could be plotted higher. Plotted higher it would 'fit' better. The shape would be analogous, but if I plotted all the curves as close to each other as possible, the graph would give you a false impression of the relative strength of man. For example, WHIPT says man's strength increases about 300 pounds between 150 and 175 pounds (for a marginal rate averaging 12 pounds per pound bodyweight). Wiloughby says it increases about 270 pounds (11 p/p). SFT says it only increases about 200 pounds (8 p/p). The differences are clear. Only one can be right. WHIPT is the most accurate and that SFT is biased.

All three systems are in close agreement as to slope for 100 to 135 pounds. Wiloughby emphasizes that a smooth curve from 100 to 300 plus pounds isn't indicated by the data, agree there are two functions, but only deal with the one function (based on the natural capabilities). Wiloughby and WHIPT agree about as well as a curve and a straight line. WHIPT's stronger data base allows it to define a curve that Wiloughby cannot do so well as. WHIPT is not passive in its analysis. Unfortunately, Wiloughby suggests that actual body weight of the lifter be ignored. His own straight line of 11 p/p below 175 pounds. A two pound difference means you're away some 22 pounds. WHIPT says even more. That's fair? You have to be able to rate lifters pound by pound.

Let's take a close look at SFT. At its two ends, it's essentially straight. The two straight ends are comparable to Wiloughby's two functions, but instead of using two straight line functions, SFT smooths them. Before we deal with curves that you can see a problem in SFT between 230 and 280 pounds if you look close. Instead of the curve blending smoothly into the upper straight end, it levels out and then curves upward into the straight portion. At this scale it's hard to see, but it's real. That shape is called an inflection. Inflections are extremely hard to justify, and I'm not aware of any theoretical justification for this one. It results in a distinct bias which maximizes against 242 pounds. That is, for SFT to call him as good as a 275 pounder, a 242 pound has to lift 20 more pounds than he ought to. This bias is about 6 pounds against 200 pounders and about 13 pounds against 220 pounders as well, but the second SFT bias more than cancels it out. What other bias? The bias that is unavoidable when you 'fit' a broad, smooth curve to data that is really sharply changing from one distinct function to another. On the graph, the maximum potential bias from this error is shaded. This maximum

potential bias is 160 pounds in favor of the 181s. The actual bias is less since the natural capability estimated intercepts at 198 pounds, as you saw last month, are definitely transitional between the two functions. What is the actual bias? To accurately quantify, the SFT bias I analyzed the 10th, 20th, and 50th sports on the TOP 100 lists from the 114s to the 181s. If a system is unbiased, the system totals should be equal for similar sports on equally intensive lists. List intensity simply measures the competitiveness of a list. The more competitive, the more lightly packed the list. The expectation is that the lifts drawing from large populations of lifters will be equally intensive. Not all the lists have equally large populations to draw from. In the United States today the average height for 181s is 34. In this age is about 5 ft 10.1/3 in. In this group, which includes most lifters, there are, according to the conservative estimate, almost 1/2 million men at 5 ft 9 in., over 5 million at 6 ft, and half as many at 5 ft 9 in., or, 100,000 at 5 ft 3 in. and 8 scan 7500 at 5 ft. For every 7/4 plus or minus 7/4 lb. for every 1/4 in. of height from 5 ft. 7/2 in. to 6 ft. which is 10 times the number which is 10 are than a million at 5 ft 3 in. and 135 times those at 5 ft. Since the expected average height for lifters of average frame at 114 and 122 pounds is between 5 ft. and 5 ft. 2/2 in., those lists are expected to be much less intensive than the 132 through 181s which draw from heights much more numerous. The 132s through 181s are equally intensive. System totals are equally intensive. System totals are equally intensive. System totals are equally intensive. System totals are equally intensive. System totals are not significantly different if the system is unbiased. WHIPT meets this test. SFT does not. WHIPT showed the 10 spot lifters have an average WHIPT of 1751 pounds from 132 through 181 without significant difference. At the 20th sport the average WHIPT was 1607. At the 50th sport it was 1584. Instead of being constant, the SFT showed a trend upward which leveled only for the 165s and 181s. A standardized analysis showed the biases reflected by that upward trend were 50 pounds at the 148s and 70 pounds in favor of both the 165s and 181s. That means that a 132 pounder has to lift 50 pounds more than he should in order to beat a 148er.

Well, you're saying, so it's biased, so what? 'What', of course, is the chaos that we find the best lifter awards in. When I perceived the bias, I thought 'if I'm correct, then there should be more than expected best lifter awards going to those disfavored'. It sounded like a simple thing to check out, but it's not because best lifter awards are awarded according to many different schemes. There are schemes awarding two awards dividing the classes above 181 or above 165 or above 148. Some award three awards with divisions above 148 and 198. Some only award one award. Some, presumably giving

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As the graph shows, the most favored classes are from 148 through 198 with the 165s and 181s most favored. The results above show that fact...

isn't obvious. Most of the disagreement between SFT and WHIPT is in just those meets. Those meets in which two or three lifters have worked very hard to be best and then, if the SFT is used, the wrong lifter may very well win...

I have a dream. I'd like to see what is really the best pound for pound performance. I'd like to see a meet where every lifter has trained himself not to a weight class, but to his own best weight.

I hope you've started thinking WHIPT is a step in the right direction, and that you're impressed with its accuracy, fairness and reality. I invite you to write and discuss it with me...

To Powerlifting, Lee Whitney.

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North Carolina Championships

67-82 Greensboro, NC

114	SQ	BP	DL	T	840
115	20	22	23	24	25
116	26	27	28	29	30
117	31	32	33	34	35
118	36	37	38	39	40
119	41	42	43	44	45
120	46	47	48	49	50
121	51	52	53	54	55
122	56	57	58	59	60
123	61	62	63	64	65
124	66	67	68	69	70
125	71	72	73	74	75
126	76	77	78	79	80
127	81	82	83	84	85
128	86	87	88	89	90
129	91	92	93	94	95
130	96	97	98	99	100

Northwestern U.S. PL Championships

Boise, Idaho

114	SQ	BP	DL	T	840
115	20	22	23	24	25
116	26	27	28	29	30
117	31	32	33	34	35
118	36	37	38	39	40
119	41	42	43	44	45
120	46	47	48	49	50
121	51	52	53	54	55
122	56	57	58	59	60
123	61	62	63	64	65
124	66	67	68	69	70
125	71	72	73	74	75
126	76	77	78	79	80
127	81	82	83	84	85
128	86	87	88	89	90
129	91	92	93	94	95
130	96	97	98	99	100

Southwest Bench Press Championships

Norman, OK (kilos)

114 J. Castaldi 137.5
115 C. Carpenter 128.5
116 H. I. School 128.5
117 R. Driskell 128.5
118 K. Peters 128.5
119 J. Phillips 128.5
120 OPEN 128.5
121 D. Simmons 128.5
122 V. Garcia 128.5
123 D. Barry 128.5
124 G. W. Allen 128.5
125 J. W. Brown 128.5
126 R. Northcutt 128.5
127 R. Reed 128.5
128 E. St. John 128.5
129 R. W. Wolf 128.5
130 C. Tiger 128.5
131 C. Crain 128.5
132 D. Young 128.5
133 D. St. John 128.5
134 K. Steiner 128.5
135 R. Ritchie 128.5
136 R. Ardre 128.5
137 Thanks to Rich Peters for results.

Neovads Open Nevada Open

320/82-Las Vegas, NV

114	SQ	BP	DL	T	705
115	20	22	23	24	25
116	26	27	28	29	30
117	31	32	33	34	35
118	36	37	38	39	40
119	41	42	43	44	45
120	46	47	48	49	50
121	51	52	53	54	55
122	56	57	58	59	60
123	61	62	63	64	65
124	66	67	68	69	70
125	71	72	73	74	75
126	76	77	78	79	80
127	81	82	83	84	85
128	86	87	88	89	90
129	91	92	93	94	95
130	96	97	98	99	100

Atlantic Coast Bench Press Championships

7/8 Apr 82-Paris Island, SC (kilos)

114	B. Griffith	114
115	N. Welly	114
116	W. B. Tompkins	114
117	J. P. Tompkins	114
118	G. Ingram	114
119	G. Archib	114
120	G. Archib	114
121	G. Archib	114
122	G. Archib	114
123	G. Archib	114
124	G. Archib	114
125	G. Archib	114
126	G. Archib	114
127	G. Archib	114
128	G. Archib	114
129	G. Archib	114
130	G. Archib	114

All-Marine Championships

7/8 Apr 82-Paris Island, SC (kilos)

114	W. B. Tompkins	114
115	N. Welly	114
116	W. B. Tompkins	114
117	J. P. Tompkins	114
118	G. Ingram	114
119	G. Archib	114
120	G. Archib	114
121	G. Archib	114
122	G. Archib	114
123	G. Archib	114
124	G. Archib	114
125	G. Archib	114
126	G. Archib	114
127	G. Archib	114
128	G. Archib	114
129	G. Archib	114
130	G. Archib	114

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Weightlifter

BLAD-SHED EYES FROM LOSS OF SLEEP
DIE TO MARRY OVER MAKING BETHEP
AND CROSSING STARTING ATTEMPTS
WOSE BURNING FROM USE
OF ANOMIA CAPS THAT ALSO
TEND TO CLEAR ALL
SINUSES IN FIRST FEAR
RIMS OF AMBIENCE
BUTT OVERST WITH FLOOR
DUE TO SINKING PARALLEL
WIDGES, TENDING PARALLEL
REFERS TO THE TOP
OF THE TRIANGLES AND THE
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GYM BAG CONTAINING
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PERSPECTIVE AND
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ACCENTS OF BODY BAY
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DIMSHER STRENGTH
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CALCULATOR FOR
METRIC WEIGHT
CONVERSION

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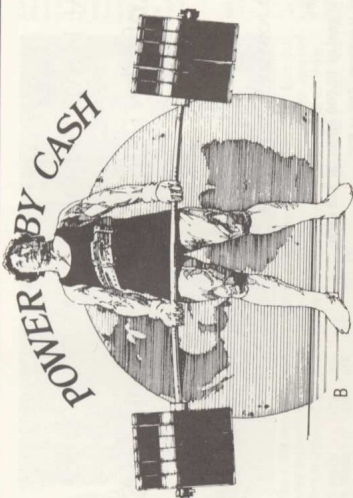


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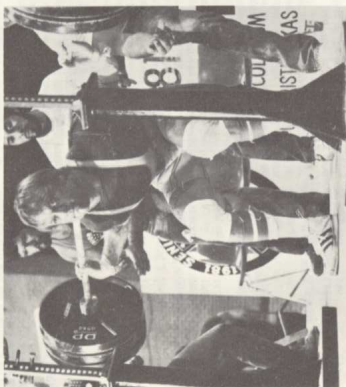
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East Stroudsburg State College Invitational/5/1/82-Orefield Pa		Sandite Spring/Oak(kilos)	
SQ	DL	SQ	DL
114	114	114	114
D. Catalano	235 175 345 755k	D. Harris	102.5 72.5 172.5 347.5*
S. Ganley	235 175 345 755k	R. Peeters Jr	55 27.5 65 137.5
T. Gutschy	235 185 330 750	J. Blawie	12 12 12 12
L. Yurasik	360 220 390 970	D. Jay	175 110 170 455
148	148	C. Grayson	80 55 117.5 252.5
Rodriguez	300 235 400 1185	D. Harris	72.5 40 115 227.5
T. Vambodogom	420 240 415 1085	R. Hodges	137.5 87.5 175 395
B. Mine	425 275 520 1220	S. Gonzales	132.5 77.5 165 275
D. Haines	405 305 340 810	T. McCallan	172.5 125 225 525
181	181	L. Cochran	135 105 190 430
545k	330 600k	R. Sherwood	212.5 117.5 222.5 552.5
D. Kowalka	505 335 136k	D. Conner	107.5 110 197.5 495
T. McClellan	405 240 400 1045	S. Whiting	145 105 182.5 432.5
198	198	M. Scott	90 92.5 160 342.5
I. Boyer(Bl)	700 450 1850	M. Scott	67.5 32.5 102.5 202.5
T. Kaufman	500 315 475 1195	J. Smith	265 155 262.5 682.5
J. Kaufman	405 285 505 1195	M. Hatfield	242.5 135 260 637.5
C. Holland	350 280 425 1055	L. Balthasar	197.5 122 228 525.5
G. Kloiber	475 290 505 1270	C. Heffner	155 102.5 197.5 455
D. Hozza	370 220 505k	D. Mitchell	249 162.5 260 672.5
A. Garritano	675 520 640 1735	R. Mallory	205 120 242.5 567.5
R. Greenholt	425k 375k 455k	D. Johnson	195 115 200 517
165	165	R. Johnson	227.5 175 295 627.5
R. LeEast	370 220 505k	V. Simpson	270 205 300 775
K. Kautzow St. college record; n - New Jersey		T. Meyers	300 265 400 1135
St. teenage record; Meet director: Tim McClellan, Thanks to Jake Boyer for results.		BMB	405 350 565
This was our first meet and it was run as an all-around meet. We invited all of our school's first year members and a few of our school's previous champions to our camp. For those collegiate coaches out there—the response was tremendous! We had about 200-300 spectators. They got to see the lifts and also see one individual class lift. I'm talking about Fred and Shirley Glass. For the past 18 years they have given up			
lanell and Gene Heiland, Millsville State College, were the winners in the 200 lb class. DL Greg, keep up the good work in forming a team at Millsville. Dave, let's get in the gym at Ed Riley soon, his 330 lb trophy. The highlight of my day came when he told me that he didn't have one anything like it. His attitude gives him great fun and he can lift in my gym anytime.			
finisher for our club, Andy, Curritano what he wanted, he still had some good lifts. Andy is another who does a lot for the sport. R. Greeney competed after 2 workouts in his lift. His lift was 100 lbs. I think he did very well once he gets a week or two in. Finally, that's it! I just want all the collegiate coaches to know how well it worked out for me. I hope you will have a great few locals and a few guests for public appraisal and it couldn't have been better!			
Tim McClellan, ESSC Pt. Coach Myrtle Beach AFB Championships 3/18/82-Myrtle Beach AFB, SC			
WOMEN			
Shubrick	85 45 185 315		
J. Ambrose	210 165 235 610		
D. Myers	275 210 400 885		
V. Simpson	270 205 300 775		
T. Meyers	300 265 400 1135		
BMB	405 350 565		
R. Rineholder	315 295 470 1080		
S. Bowen	160 150 225 535		
225 265 460 865			
Thanks to the ladies and men who participated in this competition and also the judges for their time. Best sq: 165lb; J. Whiting 181 lb; M. Miney 181 lb; T. McClellan 165 lb; T. Meyer best lifter 165 lb; M. Meyers for results.			



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

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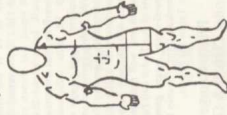
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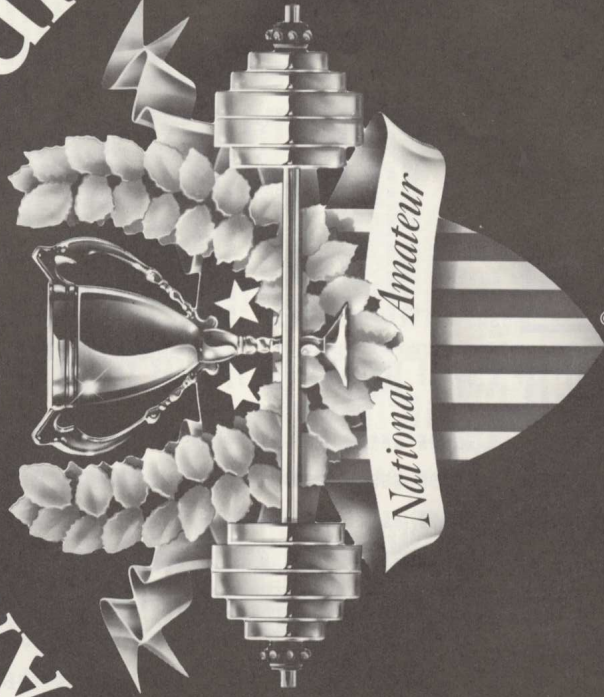
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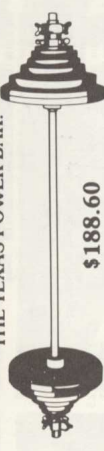


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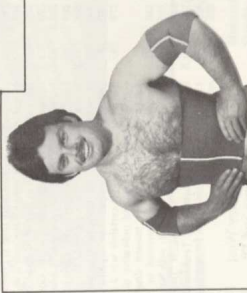
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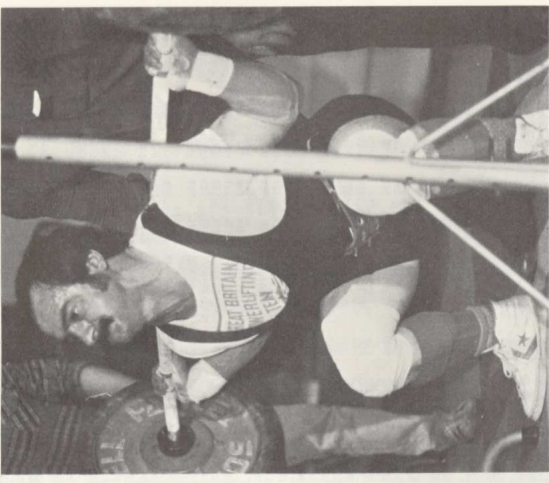
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Olympic basketball ball. This was closed and the janitor was just leaving, but he unlocked the place so we could look around. This was very useful as Vic Mercier was able to make a suggestion to Heinz regarding better lighting that we took forward to an excellent location for the World Championship. Thanks to Vic. The arena itself is splendid. For the contest, dy Kerr for report.



New Britisher at 181, the compact style of Mike Duffy led to a success with this 710 at the Britain vs Germany match. photo by Dennis Unitt

nasty bout of parathyroid and made seven lifts to reach 750kg, only 2.5 kg below his British record. His outstanding lift was 300 kg on the DL. He has high hopes of attacking the 800 kg mark at the World Championships in Germany's best 75kg lifter but put in two successful attempts on each lift for a solid performance. little apprehension in his best international lift, 300 kg. He got three more squats than he did in the British. After this good start he was disappointed to only get one bench. This lift was on the slightly low bench. Only one good DL followed and he finished on 790. However, he had made a winning total in his lift-off. Max Stamm at 82.5 would have given Duffy a very hard time but he chose to lift at 90kg. His replacement Oberbauer never gave him any trouble. He made eight of ten lifts, squatted excellently. He made eight out of nine only missing a third bench. He was pleased with his 825 total as he had not fully recovered from a bad injury in 1989. He had confidence that he will break records later in the year. Max Stamm was up to his best total. At only 64kg he was going too much away. At 80kg he had a very good lift. Tony Stevens had not been training very well this year. However, he is a great competitor and really pulled himself together to finish with a very good lift. He was more there on each lift. If he can give his lift-off, Cash and Co. As mentioned earlier Tony Stevens was lifting with an injury and turned out to be a disappointment. Arthur White had suffered a nasty blood infection late last year. In fact he did not touch a weight from the time he returned from hospital until he had recovered. He had been following his training progress leading up to the contest, with interest. When he told me he had decided to lift I was very pleased for him. He had had subsequently improved to 2x85. Hearing that I was very pleased for him. After looking at no lifting on the lift he had, he liked nothing. His third attempt at 380 was with great interest that turned to amazement on the bar left the ground. It was a very good lift. He was slightly forward with the bar. This for me was the lift of the contest. Arthur called for a fourth with the intent of getting a world record. The weight did not go. He pulled it a few inches and down it went again. Arthur is very confident. He is going to increase his weight, he is going to increase his weight to 380. His 920 was a 10 kg improvement on the British total record. Arthur did a 3x300 squats and he was very happy to get a European deadlift record of heavy side of 950. Vogel made eight straight lifts before passing his final deadlift and the other two were very good. He finished with a total of 125. Seven good lifts gave him 800 above the 790 listed German record. Arthur had trained lighter this year, before Calculus attack walking around waiting to happen. At 130 or so I have felt much better. I was very pleased to get a European deadlift record of 950. I was very pleased to get a European deadlift record of 950. I was very pleased to get a European deadlift record of 950. I was very pleased to get a European deadlift record of 950.

Germany only started powerlifting in 1977 and they still lack experience. This contest against the second best team in the world was a challenge. Dave Carter (242) also pulled 380 at West Midlands on April 10, came to the World Championships in the British. Thanks to Dennis Unitt for results.
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West Germany vs Great Britain 4/17/82-Munich, WG (kilos)
 52kg BP DL T
 50 127.5 192.5 530
 66kg BP DL T
 145 82.5 182.5 410
 75kg BP DL T
 200 125 215 550
 82.5 192.5 410
 90kg BP DL T
 220 120 225 595
 100kg BP DL T
 275 175 300 750
 110kg BP DL T
 322.5 192.5 275 790
 120kg BP DL T
 330 170 335 825
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Weight Class	BP	DL	T
44kg	50	27.5	67.5
M. Ricci	50	27.5	67.5
E. Cesar	35	105	212.5
R. Marques	50	30	75
G. Souza	42.5	30	52.5
T. Monteiro	65	30	110
E. Koprowsky	52.5	25	85
56kg	125	70	145
M. Jorge	135	75	165
M. Andrade	50	30	82.5
M. Rigg	45	30	82.5
60kg	145	75	155
B. Ferreira	47.5	135	345
E. Cesar	105	35	105
M. Lemos	70	35	100
A. Marfiniz	110	47.5	135
A. Tassu	110	47.5	135
75kg	170	60	150
S. Florenzano	170	60	150
M. Ambrizini	170	60	150
M. Ambrizini	170	60	150

Orange County High School Invitational-4/82

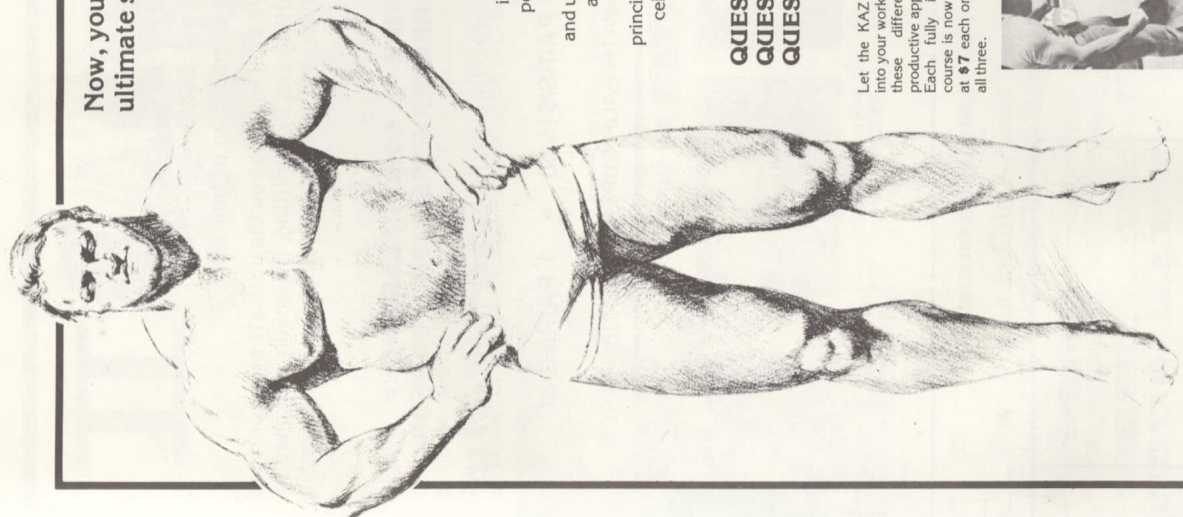
Weight Class	BP	DL	T
148	105	50	115
A. Schangel	105	50	115
165	115	55	125
M. Gomez	915	465	1015
185	125	60	135
Vellanoweth	905	450	1015
Holzinger	850	400	1000
210	145	70	155
S. Beck	1085	50	120
220	155	75	165
1030	300	120	1325
1030	300	120	1325
1155	970	480	1085
1155	970	480	1085
1285	1245	600	1355
1285	1245	600	1355
1475	1140	500	1175
1475	1140	500	1175
1620	1100	450	1140
1620	1100	450	1140
1620	1100	450	1140
1620	1100	450	1140

Bavarian Open Women Landshut/Bavaria (kilos)

Weight Class	SQ	BP	DL	T
48kg	130	227.5	617.5	1145
R. Thomas	210	160	227.5	597.5
J. Molina	190	122.5	235	547.5
D. Bray	170	125	235	568
B. Ordover	170	125	235	568
O. Wheeler	145	112.5	165	422.5
J. Riley	145	112.5	165	422.5
L. Raines	145	112.5	165	422.5
L. Ruzar	145	112.5	165	422.5
S. Diaz	145	112.5	165	422.5
D. Sanchez	145	112.5	165	422.5
R. 52kg	250	202.5	300	712.5
M. Haselden	202.5	147.5	220	570
M. Miller	192.5	122.5	235	550
G. Olachea	192.5	120	215	527.5
G. Red Sr(BM)	175	102.5	212.5	490
V. Lujan	175	102.5	212.5	490
90kg	295	200	287.5	782.5
R. Dyer	257.5	197.5	275	730
R. Suedpole	300	170	255	725
R. Parker	300	170	255	725

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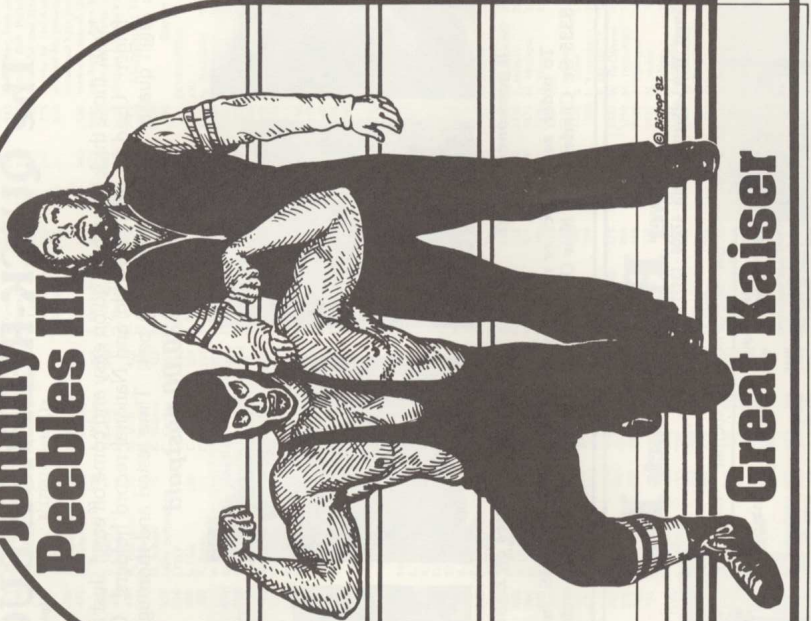
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Johnny Peables, III, is running for the Presidency of the United States Powerlifting Federation.

If anyone would like information about his views and ideas, please write or call.

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 Jewish Community Center of Birmingham
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Coming Events

- MEET DIRECTORS**...this list is published...to give you a complete listing of all the events...to give you a complete listing of all the events...to give you a complete listing of all the events...
- 30-31 JULY & 1 AUG (tentative)** Women's Masters, BP Distions, Tom King, 1130 Brookwood, Augusta, GA 30909, Gym 803-275-1665, Home, 404-733-1026.
 - 30-31 JULY** International Masters, Champions, 604-531-3806, Vancouver, B.C., Canada.
 - 31 JULY** Drug Free (ADEFPA) Mobile Championships, 205-944-6838, Birmingham, AL.
 - 31 JULY** 1st Annual Muncie YMCA DL (home), 205-690-2071 (office), 205-690-2071 (home), Muncie, IN.
 - 31 JULY** 4th Sooper Classic, Madison Fisher, 5301 NW 85th, Oklahoma City, OK 73132.
 - 6-7 AUG** The National Power Cup Invitational, E. J. Keim/McGowan Ath. Ctr. Bk. West Monroe, LA and Baton Rouge, LA. Tel: 713-372-6153/222-4111 or 41318.
 - 6-7-8 AUG Teenage Nationals, Jake Boyer, Bx. 356, Lehighton, Pa. 18235, 717-215-3777-3365.**
 - 7 AUG** National Police Olympics, Rex Road, Austin P.D., Police-Courts Bldg., 700 E 7th St., Austin, TX 78701, 512-386-5776.
 - 7-8 AUG** National Masters, Sports Festival PL Championships, Ma. Randi Shapiro, c/o the National Masters Sports Festival, 34th and Civic Center, 215-387-0266, Philadelphia, Pa. 19104.
 - 21 AUG** Power meet, Weak's Emporium, 105 Market Pl., Glassboro, NJ 08028, 148.
 - 21 AUG** 8th Central Open, Ken Brown, N.L. Rock, Community Ctr., 2700 Willow St., Little Rock, Ark. 72114, 501-758-2132.
 - 21-22 AUG** Southern Ohio Open (21st annual), 21st annual, 614-454-7761, Columbus, Ohio.
 - 22 AUG** 151 E. 2nd Rear, Chillicothe, Oh 45601, 614-774-8911.
 - 22 AUG** Midwest Champions, 299. Balkins J. Railroad, 232 C Glen Adde Ctr. Balkins, IL 62221.
 - 29 AUG** Babylon Club Iron Men and Women, 10912, Middletown, Bk. 125, Balkins, NY 10912.
 - AUG** Black's Health World Open DL, Black's Health World, 11934 Loan Ave., Woodbridge, VA 22191, 703-595-8300.
 - 4-5 SEPT** World and National Masters Championships, Dean Best and Chuck Blanton, NC 27409.
 - Champions, Best Gym, 12 K Wendy Ct., Greensboro, NC 27409.**
 - SEPT** American Cup Amateur PL Championships, 1238 S. 1st St., Greenville, SC 29615, 803-752-4545.
 - 11-12 SEPT** Middletown Open, Tim Weidner, 101 Highland Ave., Middletown, NY 10940.
 - 18 SEPT** Central Carolina Open, Johnny Howe, 1329 Roosevelt Blvd., Monroe, NC 28540, 704-293-2100.
 - 19 SEPT** Iron Men and Women's Classic and Indiana Women's State meet, Pat Malone, 124 E. State St., W. Lafayette, IN 47906, 219-339-1891.
 - 19 SEPT** Section meet for Japanese World Championships team.
 - SEPT** Region VII Women's Championships
 - SEPT** Open meet, Pete or Barb Conn, 8133 24th open meet, 515-232-1596 to 30010, 515-232-3016 515-232-1596 to 30010.
 - 2 OCT** Texas Cup, Ellie Sales, Inc., Chip McCain, Bx. 17711, Austin, TX 78760.
 - 2 OCT** Masters and above only, Bert Marchio, 275 Mohus Ave., No. Plainfield, NJ 07060, 908-756-2978.
 - 3 JULY** 1988, Orlahyama, Giard, Open Novice Women, Richard Peters, Bx. 1753, Norman, OK 73070, 1-405-869-6145.
 - 16 OCT** Northwestern U.S. Cash/Plate Meet, Mike Reas, 3045 N. Straughan, Boise, Id 83702, 208-336-9791 (later 8 pm)
 - 4-7 NOV** World Championships, Munich, Germany
 - PS...when writing a meet director for self-addressed envelope and please, if you call him, don't call collect.*

10 JULY, Jacksonville Championships, Charlie Thompson, Jacksonville Police Athletic League, 1041 S. McCarver Ave., Jacksonville, FL 32209, 904-633-9390.

Western Pride Jr Invitational 3/13-82
 W. Monroe, La (totals, 1st 3 only)

7th Grade Div.	600	580	500
D. Taylor	320	310	230
S. Miller	425	395	315
C. Davidson	500	485	425
D. Ferguson	500	485	425
D. Cabon	470	450	390
M. Roundtree	465	435	370
126-150 lb	600	580	500
M. Hickey	555	535	475
M. Jones	560	540	480
151-up	600	580	500
K. McCoy	610	590	530
L. Hudson	570	550	490
H. Westfall	430	410	350
P. Cannon	320	300	240
101-125 lb	635	615	555
B. Jones	635	615	555
126-150 lb	635	615	555
W. Monroe	635	615	555
A. DeLoach	635	615	555
D. Ferguson	635	615	555
M. Roundtree	635	615	555
M. Hickey	635	615	555
M. Jones	635	615	555
151-up	635	615	555
K. McCoy	635	615	555
L. Hudson	635	615	555
H. Westfall	635	615	555
P. Cannon	635	615	555

MCRD Championship 4/18-82 San Diego, CA (kilos)

105	B. Hugin	62.5	60	55	197.5
132	B. Hugin	62.5	60	55	197.5
148	B. Hugin	62.5	60	55	197.5
165	D. Walker	207.5	197.5	182.5	587.5
181	D. Walker	207.5	197.5	182.5	587.5
198	H. Williams	147.5	132.5	117.5	400
215	R. Fernando	157.5	142.5	127.5	427.5
232	J. Smith	235	220	205	660
250	J. Harrington	242.5	227.5	212.5	682.5
268	M. Harrah	277.5	262.5	247.5	787.5
285	M. Crozer	175	160	145	580
302	J. Hansen	202.5	187.5	172.5	662.5

Bill Starr, champion lifter and former National Powerlifting Federation coach, has a NEW book, **DEFYING GRAVITY How to Win at Weightlifting**, which will bring you success on the lifting platform, put pounds on your total, provide much reading entertainment, and look to you, the Lifter, as only one who has been there and can do. Talk at what you'll find inside.

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W.I.U. Power Meet 4/12/82-Macomb, IL

Table of powerlifting records for W.I.U. Power Meet 4/12/82-Macomb, IL. Columns include State, Name, Weight, and Record values for various lifts.

Great Lakes Open 4/4/82-London, Ontario, Canada (kilos)

Table of powerlifting records for Great Lakes Open 4/4/82-London, Ontario, Canada. Columns include State, Name, Weight, and Record values.

Columbus City-wide meet 4/1/82-Columbus, Oh

Table of powerlifting records for Columbus City-wide meet 4/1/82-Columbus, Oh. Columns include State, Name, Weight, and Record values.

NORTHERN CAL RECORDS

Table of powerlifting records for Northern California. Columns include Name, Weight, and Record values.

SWEDISH RECORDS

Table of powerlifting records for Sweden. Columns include Name, Weight, and Record values.

WORLD RECORDS

Table of world powerlifting records. Columns include Name, Weight, and Record values.

IRISH RECORDS

Table of powerlifting records for Ireland. Columns include Name, Weight, and Record values.

SOUTH DAKOTA RECORDS

Table of powerlifting records for South Dakota. Columns include Name, Weight, and Record values.

IOWA TEENAGE RECORDS

Table of powerlifting records for Iowa Teenage. Columns include Name, Weight, and Record values.

GEORGIA RECORDS

Table of powerlifting records for Georgia. Columns include Name, Weight, and Record values.

ARIZONA RECORDS

Table of powerlifting records for Arizona. Columns include Name, Weight, and Record values.

UTAH RECORDS

Table of powerlifting records for Utah. Columns include Name, Weight, and Record values.

NEW YORK RECORDS

Table of powerlifting records for New York. Columns include Name, Weight, and Record values.

NEW JERSEY RECORDS

Table of powerlifting records for New Jersey. Columns include Name, Weight, and Record values.

NEW HAMPSHIRE RECORDS

Table of powerlifting records for New Hampshire. Columns include Name, Weight, and Record values.

MASSACHUSETTS RECORDS

Table of powerlifting records for Massachusetts. Columns include Name, Weight, and Record values.

CONNECTICUT RECORDS

Table of powerlifting records for Connecticut. Columns include Name, Weight, and Record values.

VERMONT RECORDS

Table of powerlifting records for Vermont. Columns include Name, Weight, and Record values.

NEW ENGLAND RECORDS

Table of powerlifting records for New England. Columns include Name, Weight, and Record values.

FOR THE RECORD

Main table of powerlifting records for various states and regions, including Arizona, Georgia, Utah, New York, New Jersey, New Hampshire, Massachusetts, Connecticut, Vermont, and New England.

I want to take this opportunity to formally endorse and heartily recommend the election of Dr. Conrad Cotter of Pensacola for our chairman of the sport of Powerlifting.

We entertain the valid consideration that many good and eminently qualified men are seeking the job. For example, I know that John Pettitt has set up and conducted some of the best meets in the history of the sport. Dave Keagy has demonstrated superior leadership and has been involved in several Olympic Games, besides being an International level powerlifter. Larry Pacifico has accomplished as much as any man alive in regard to bringing our sport to the attention of the public and has helped Powerlifting increase in status to an immeasurable degree. Even though he has certainly paid his dues I think that his business success would work against him in that the task of chairman of a sport that has grown as large as ours has, could and probably will be consume ten to twelve hours a day in addressing various issues, and probably 6 days a week at that.

Whoever ultimately gets the job should I think receive compensation in the range of \$25,000 to \$50,000 a year. I realize this sounds like a great deal of money but I also know that a man who possesses superior intelligence, many titles (including a PhD in Conrad's case), obvious and numerous leadership abilities, complete knowledge of Powerlifting both as a world caliber athlete and as an administrator and finally, an experienced person who has already functioned in executive capacity can indeed cost justify that salary, many times over.

I know personally since I've helped negotiate TV contracts and held national and international level meets, that a person who is an executive and has credibility established by posture as well as position, can make us all look good, and help us become financially solvent and probably financially secure as well.

In summary, we will get what we pay for! Closing, let me say that Dr. Cotter's knowledge, rapport with athletes at all levels of competition and his unique ability to express himself in such eloquent fashion will pay us dividends during the next 2 years if we elect him President at the Seniors.

In consideration of all these ideas and my personal knowledge that Doc Cotter has the time and the desire to serve I want to encourage all my friends at every level of the sport to vote for or otherwise urge their constituents to do all they can to help Conrad get elected. Please realize that my main concern in presenting these thoughts is because I think Doc is currently in the best position to do the most for our sport.

With kindest personal regards, I am: Jim Taylor, Chairman AAU International Physique Competition Development Committee, and Category I International Powerlifting Referee.

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Juniors III, Rich Labbe of Maine plans to present a bid for the 1983
meet at the National Committee meeting in Dayton. He points out that
many National and World caliber PLers have come from the New England
but there has never been a Juniors in that area, and also that they have put
on some very successful regional meets and hope to produce the best
Juniors ever if awarded the bid.

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OK 73101, 405-942-5606. You are encouraged to contact Dick prior to
the Seniors so that bids for a new site can be evaluated at that time.

Powerlift Times - is just what women interested in strength sports have
needed for a long time. Published by Michelle Greenpan in the tradition of
some of the pioneers of Women's Powerlifting. It is definitely worth your
consideration. Box 482, W. Somerville, MA 02144.

USPF Update - New Chairman of the Disciplinary Committee, Jan Shen-
dow, 1968 W. 6000 S., Roy, Utah 84067, (801-776-1873). New Ken-
tucky Chairman, Gary Martin, 1040 Cross Keys Rd., Lexington, KY
40504, (606-277-7628). New Idaho Chairman, John Luthy, 5034
Tinker, Boise, ID 83709. Women's Athletics Rep. Ruth Welding, 1708
Rainey St., Lafayette, LA 70504, (317-447-6146). Alaska Chairman, Bob
Como, 230 W. 14th Ave., Apt. 323, Anchorage, Alaska 99501

Region IV Meet - Virgilio Diaz reports that V. Tolisano went 420 295 465
1180 123. Conners hit 525 380 585 1490 at 148. Fausti went 635 375
665 1675 at 165. Bob Ely went 610 320 635 1565 at 181, and Ed Gillie
hit 705 450 670 1825 at 198. In the 242s Terry Myers went 690 465 705
1860, and J. Hernandez took the 275s with 760 470 1900 (didn't get
this info time to enter into this month's TOP 100 list). At 165 Rick Well
opened with a 440 bench, barely missed 460 and tried 480 on a 3rd. Virg
went 610 340 580 1530 himself at 181.



Above...Bob Packer, along with Johnny Peebles III, is a candidate for
USPF President. Other candidates are Conrad Cotter, Fred Hatfield, Ernie
Franz, Dave Keegler, Nate Foster, and John Pettitt. (Pacifico withdrawn)

As candidate for U.S.P.F. President, I offer 15 years experience as a competing lifter,
executive committee member, and a member of the U.S.P.F. and the I.F.F. of the U.S.,
and I believe I can bring to the position the leadership and international references. I've been a part of the sport's
growth and share your concern about the management of our sport.

The new president will face many problems. Because our sport is young we need to make
policies that serve our sport well into the future rather than being merely short term solutions.
The following areas are what I believe the next USPF president will have to look at current in-
formation to bring to the future. I believe a quarterly audit is a good idea, and we should in-
vestigate outside sponsorship sources.

Secondly, we need to strengthen the state associations; allow registered lifters rather than
clubs to elect the chairman, and have the associations publish newsletters to pass information
from the National body to the individual lifter.
The third area is registration and insurance. Lifters, meet directors, and officials should all
get that must be worked. The advice that "United we stand, divided we fall" really applies.
The fourth area is registration and insurance. Lifters, meet directors, and officials should all
have insurance coverage and registration should be more efficient. I propose that state
registration chairman issue cards and act as a clearing house, afterwards, chairman the infor-
mation to the national agency. He could keep a record of the lifters who are registered to the
national association.
The fifth area of concern is drug testing. Powerlifting needs to develop its own testing
guidelines, find an effective test, and take this idea to the I.F.F. We should test but let's get the
job done right.

Number six is international relations. We need to restore the working relationship between
the USPF and I.F.F. We are the national leaders and founders of this sport and should conduct
ourselves accordingly.
The years I have spent working for powerlifting has been a labor of love, not an occupation.
At this time I don't feel our sport can afford the luxury of a salaried president. This may
change in the future, however, it seems like putting the cart before the horse to offer this as a
solution to our administrative problems, now because we are not sure we can afford it.
As a competing powerlifter, I believe I can bring to the position the leadership and international references. I've been a part of the sport's
growth and share your concern about the management of our sport.
or ideas I do, then I want to be your candidate for President.

Bob Packer



Above...Johnny Peebles III, Charles Gaines (author of 'Pumping Iron'),
and the Kaiser (photo courtesy of Johnny). USPF candidates for Treasurer
include Jake Boyer, Ricky Crain, Conrad Cotter, Fred Hatfield.

I have known Johnny Peebles since 1974 when the movie of my first book "Stay Hungry"
was made in Birmingham. Johnny and the pro wrestler he manages, the Great Kaiser, were
technical consultants on that movie and were very helpful to the production of it. Johnny
has been a very helpful person to me since that time. He has been a very helpful person to me since that time.
He directed the weightlifting program at the Birmingham YMCA, work for which he received
the Outstanding Service Plaque, and counseled and taught weight training to criminal first-
offenders. Since 1978 Johnny has run an outstanding weight training program at the Jewish
Community Center in Birmingham. In this innovative and effective program which he design-
ed, Johnny works with evergreen-men and women, and provides the elderly with the same
benefit with exciting results. He told me recently, for instance, that some of his students in
their late 60's and early 70's are now squatting with over 300 pounds. I imagine these older
folks are motivated partly by knowing that their Strength and Conditioning Coach is still
capable of squatting 650 lbs., though he no longer powerlifts competitively.

In addition to work at Jewish Community Center, Johnny has
worked for the Birmingham Y, where he has been a member weightlifting and bodybuilding competitions. In-
cluding the Southern Masters Bodybuilding Contest held in February and the Southern Bench
Press Open held on May 30th of this year, and has acted as full-time trainer to the Great Kaiser.
Since beginning Johnny's training routine, the 315 pound, 6 foot 5 masked Kaiser has become
one of pro wrestling's strongest men, with a bench press of around 300 pounds, and is now
kaiser in the top tier of pro wrestling. Johnny has also been a member of the Birmingham Y, where he has been a member
tracted considerable local and even national publicity for their liveliness and effectiveness.

Both Johnny and the Kaiser are colorful men who bring brio and style to weight lifting. This
is one of the characteristics that seems to me to so well qualify Johnny for president of the U.S.
Powerlifting Federation, a position for which he is running. He is a first class
powerlifter, a first class coach, and a first class person. He is a first class person.
I am proud to be a member of the U.S.P.F. to promote that growth. Johnny is committed to
powerlifting, his work proves that; and the results of that work prove that he is an effective
organizer, administrator, and promoter, as well as a first rate trainer who is dedicated to
positively affecting people's lives with the gospel of Iron. It is my pleasure to heartily endorse
his candidacy for president of the U.S. Powerlifting Federation.

Yours sincerely, Charles Gaines