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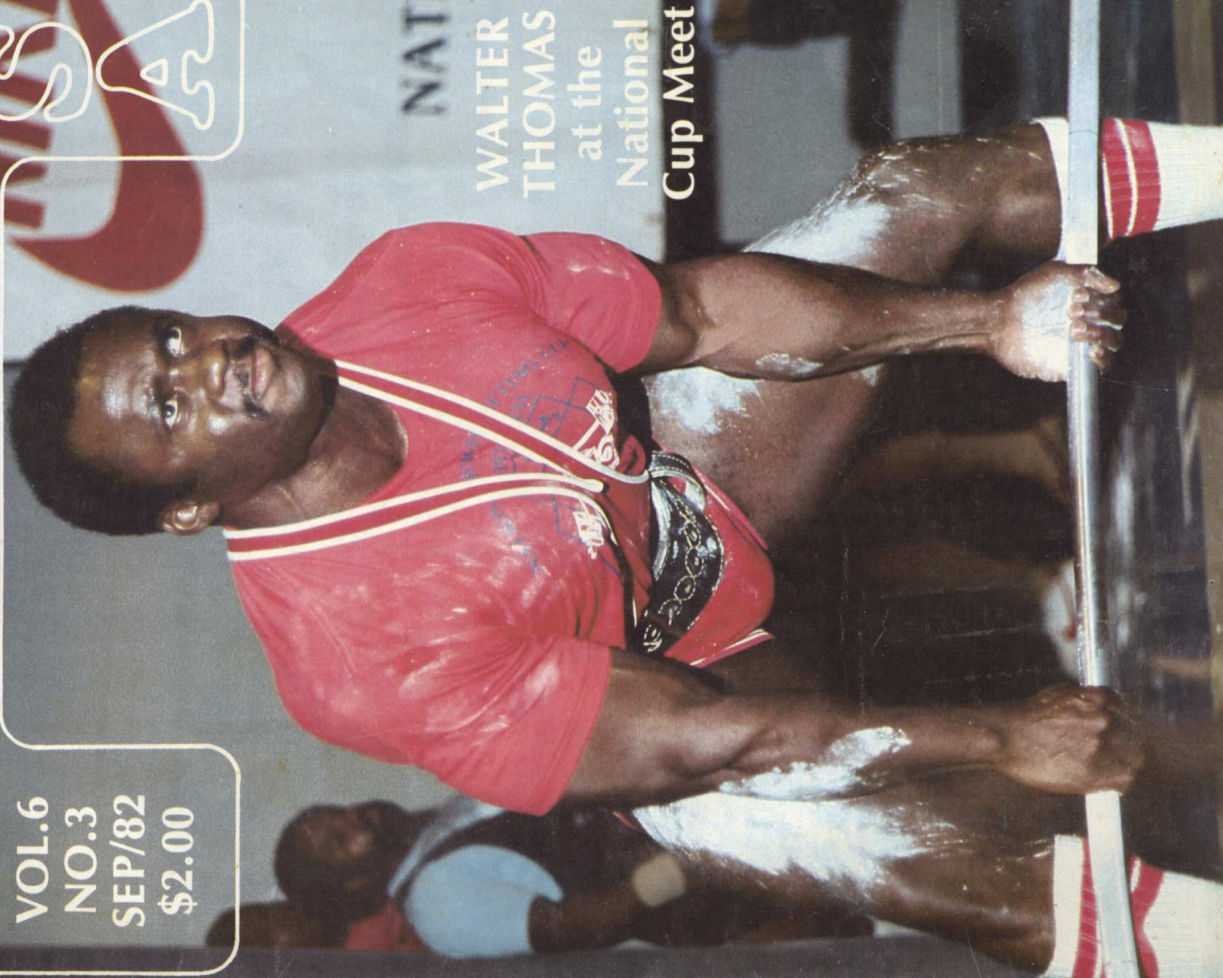
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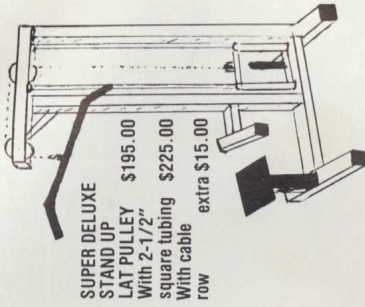
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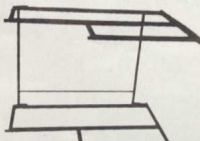
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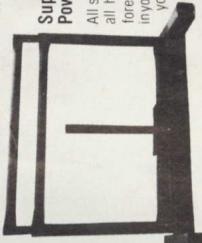
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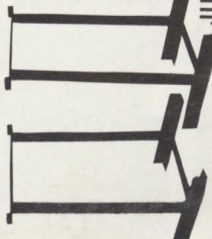
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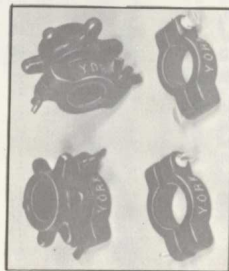
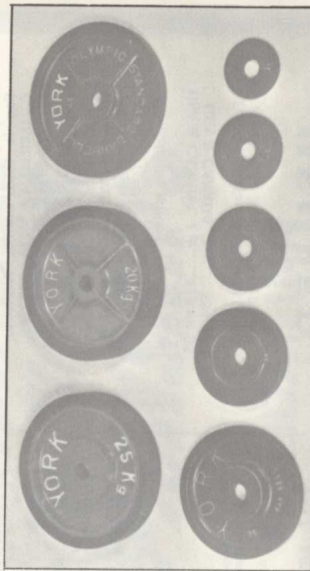
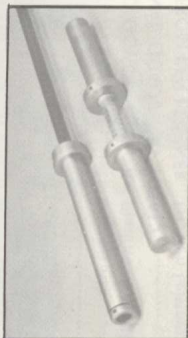
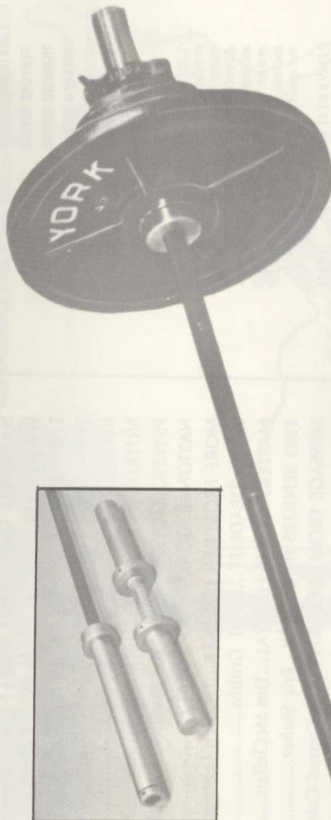
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THE NATIONAL CUP

reported by Mike Lambert, PL USA Editor

If there ever was a meet that showed its respect for the athletes involved, E. J. "Doc" Kreis's National Cup was the one. A big bankroll was spent bringing in top lifters from all over the country, plus a guest lifter from England; settling them comfortably into a nice hotel room, and in general keeping all extraneous thoughts from their minds, so they could concentrate on the lifting performance itself.

Some of the guys were still rebounding from the Seniors, but the women were very ready for record performances. Joan Fruth was going for a World Record in the total, but went down to the wire making weight, and in the effort became so lightheaded that she fainted, falling down and gashing her head 14 stitches worth (ably administered by Dr. Richard Herrick). There were those thought she shouldn't lift, and indeed, she was well off a record performance.

In the 123s, one of the great veterans of the sport, Mike Cross put in an appearance and produced a fine total. Every aspect of his lifting exhibited those many years of his platform experience; very professional. Juli Thomas led off a major records barrage, with an 8 for 9 act that was just short of unreal.

She made a 352 squat to exceed the world mark of Gayla Crain, and in the bench she just took off, getting World marks on her 2nd and 3rd attempts, plus taking a shot at an enormous 242 on a 4th attempt. Her 385 deadlift pulled out a total mark. In the 132s, Diane Frantz was just as prepared and stood up steady as a rock with World Record squats of 391 and 402. In the

deadlift she cracked out records of 429 and a tremendous 451...a record that actually exceeds that of the next higher weight, despite Jan Todd's recent effort moving the mark to 446 (in Sports Illustrated's mention of Jan's mark, they designate her as the 1980 Women's Superheavyweight, which the actual winner that year, Ann Turbyne, might have something to say about). Diane's total mark of 1025 was something she's been waiting for a long time, and it makes Ernie's protestations about why she's never selected for an International team sound very valid.

In the 148s, Fran Ruettiger got a squat that he didn't get at the Seniors, and fought out a rugged 562 deadlift that didn't cooperate the first time, to take the win over Danny Thompson, who had a 4 attempt off-day. Joe Bradley, smokin' after his Seniors bombout, squatted solidly, though not explosively enough to get a record of 650. He positively blasted his benches up with World Record type snap, and wanted only a 584 deadlift to bust the total record.

ONLY can sometimes be a big word, and Mighty Joe just couldn't lock it out. As Randy Wilson pointed out, Joe is more interested in World Records than contest awards, thus the high start.

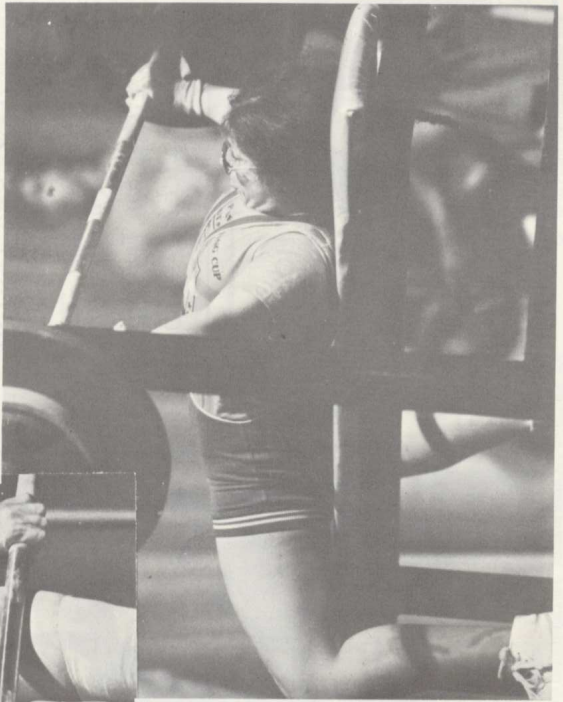
In the 165s, George Herring, fresh off a major set of PRs at the Mobile Drug Free meet, which ended with a 1751 total, came here hoping for more of the same, but it was just a few too many meets in a row. His "Float System" of training seems to work well, and a new suit got his squat going after blowing out a couple at the Seniors. Top-soglut, of Larry Pacifico's Power Elite, looked awesome in both the



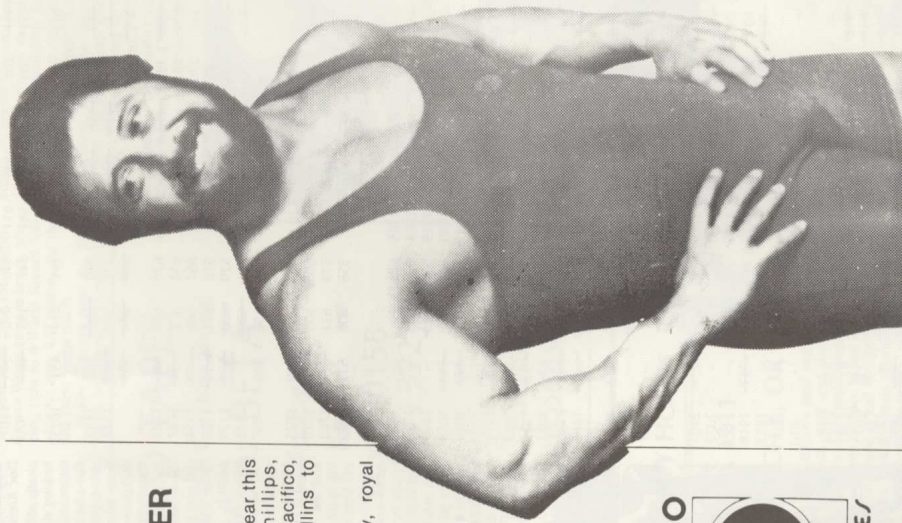
Above: Diane Frantz caps a fantastic performance with a 451 World Record deadlift and right Juli Thomas gets her 231 WR BP.

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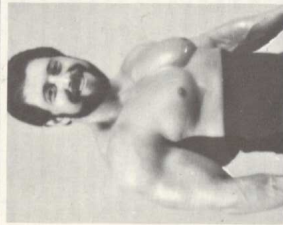
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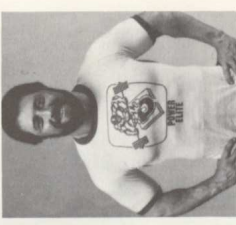
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POWER PROFILE

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

Walter Thomas Powerlifting's Gentleman

Among great lifters in the sport of Powerlifting, there is one man who stands out not only as a strength superstar, but as a true gentleman as well. He is Walter Thomas, of Oklahoma City, Oklahoma. This man never known him to raise his voice (except to cheer his World Champion wife, Juli Thomas), which is normally a near whisper, albeit a deep and husky one. There never known him to raise his voice or word about any other lifter and neither have I heard any of his comments say anything disparaging about Walter. I have never seen him turn away a question from a young fan. His reserved demeanor and outstanding lifting have earned him the universal respect of lifters around the world. If this quiet strong man has a spectacular aspect to his personality, it lies in his consistent history of improvement over a long period.

Check out this impressive history of Walter's lifting performances:

1972 Walter wins his first 3 meets in the Oklahoma area and achieves Master classification in the 165 lb. class.

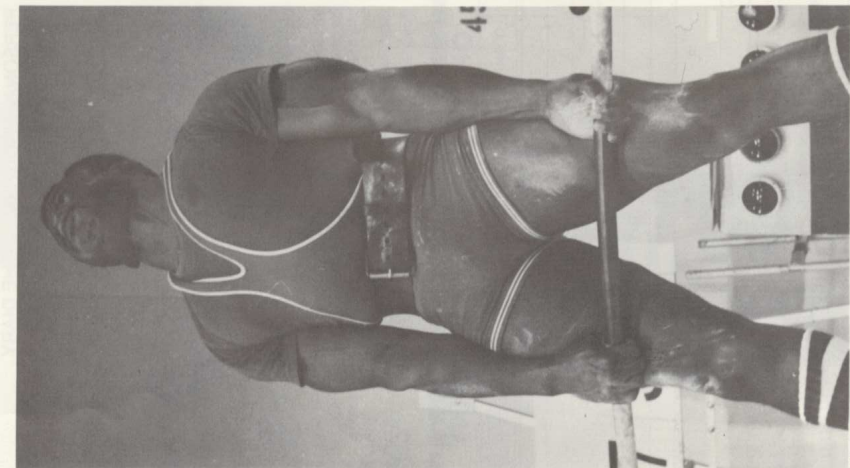
1973 Walter lifts in all the major meets, taking 2nd in the National Collegiate with lifts of 530 in the squat, 330 in the bench, and 500 in the deadlift. He wins the Junior National Championship at 165 lb. bench, 575 deadlift and 1470 total, and places 3rd in the Senior Nationals by making 575 bench, 330 bench and 560 deadlift. With an open meet at this level, Walter finishes 3rd behind Ron Collins and George Crawford, but improving his lifts to 570 350 590 1510.

1974 after laying solid groundwork the previous year, Walter wins the National Collegiate Middleweight title for Oklahoma City College with lifts of 540 in the squat, 370 bench, 560 deadlift. He then takes the Senior National title with lifts of 641 total of 1605. He then improves his placing in the World Championships in York, Pennsylvania, in 2nd to Collins with lifts of 600 365 and 633. He also challenges Collins with lifts of 568 330 601 1498 at 165.

1975 with all the Oklahoma State records bearing his name, Walter took his lifts to 625 (with lifts of 625 World Record and 1650 World Record total), Walter backs up his title with another win in the Senior National Championships with lifts of 611 363 628 1603, and then

moves up the final notch at the World Championships, bringing back his first World Championship victory with lifts of 600 385 and a conservative 595 deadlift.

1976 Walter jumps to the 181 lb. division and wins another Senior National Powerlifting Championship with lifts of 620 in the squat, a 405 bench, and a 660 total of 1725. Faced with the major expense of financing his own trip to faraway Perth, Australia, Walter graciously allows another lifter to go to the contest in his place.

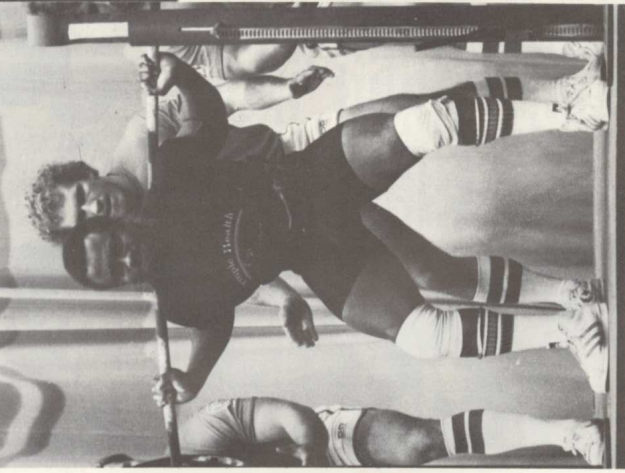


Big Deadlift... Walter weighed light, fought off jet lag and still pulled a great 738 deadlift at the 1979 Hawaii Invitational meet. Duff photo.

the 220 lb. class (weighing 201) and tried an 843 deadlift. At the Senior National Championships he wins again, easily, with lifts of 766 479 755 2001. Shortly afterward, at the inaugural National Cup meet in Tennessee (see report this issue of PL USA), he runs up a 518 bench press. He is now headed for Munch and the World Championships and the chance for another international title.

1983... the future looks great for Walter. He doesn't push his injuries, and thus has never really hit as big as he might in all three lifts at the same time, but he has shown the potential to go over 800 in the squat, perhaps as much as 540 in the bench, certainly more than his existing World Record in the deadlift, and well over 2100 in the total. What he might do in the 220 lb. class with a serious commitment, is only conjecture, but he has added about 200 pounds to his total each time he's moved up a weight class in the past.

Throughout all this success and glory, Walter has remained the same, mild-mannered friend to all that he has always been. He is quick to thank those who have helped him, and is proud of his new wife Juli's lifting achievements that he will let on about his own. The only change over the years has been a double-thick layer of ebony armor added to every aspect of his muscular frame as the transition has



Big Breakthrough... Walter established his name in the middle-heavy division after his 1980 performance at the World Series of Powerlifting meet.

Big Bench... Walter felt a little unsure in the bench at the 1981 World Games but came through with a 501.



yet to come.

in Walter's own words

Some know me as that quiet, conservative lifter from Oklahoma; some write about me as that emotionless world class lifter that never smiles on the victory stand; and still others see me as that calm and cool-headed lifter that never appears (even though it might appear that way I'm psyching up on the inside). During the past decade there hasn't been much about me in weightlifting magazines other than the meet results. Hopefully this article will let the Powerlifting public know me as a person instead of just another powerlifter who was fortunate enough to make it to the top. In 1970, at age 25, I made an important decision in my life. I became a Christian and began to live for Christ. Soon after I began to look for an activity to keep myself occupied and six months later, in 1971, I was exposed to Powerlifting. I met another Christian, who was 59 years old then, by the name of Dick Burke, who noticed the

physical development of his tremendous lifters in gradual phases. In admiration of his tremendous physical development a couple of spectators at the World Games meet asked Walter what assistance exercises he was using for the bench, and he replied to their surprise that he hadn't gotten into assistance work yet. His massive chest, shoulders and arms are the result of the same simple bench press he used for years. (After a warmup, do 6 sets of 4 reps with the same weight, pausing the final rep of each set for 5 seconds before pressing it out. Train 3 times per week on this routine and add 5 pounds when you can complete the 4 reps in each of the 6 sets.) It makes you wonder what Walter is really capable of, if he can get the same kind of added boost from assistance work and additional training aids that other lifters do. Don't expect Walter to tell you what he might do, he'd much rather let the scoresheet do the talking, but with his record of accomplishment is the very best of Walter Thomas is



but it's off to play football for him from now on. Take note of some of the other winners, particularly in the older age groups, as they will be banging heads at the Collegiate and Juniors in the next couple of years, probably. The Teenage program is developing great talent for PL and with Jake Boyer as the Teenage Chairman for the USPF look for a surge of enthusiasm in this program for the future. You can contact Jake at Box 356, Lehighton, PA 18235 if you have any questions about this aspect of help Jake Boyer carry it forward.



Team Champions...Thorbecke's Gym of Arizona. Top row (left to right) George Soto-181, Billy Wong-132, Harold Escobedo-123, and Geln Appell-148. Bottom Row (left to right), Coach Ray Porter, Coach Bob Mariens, Chris Boillot-132, Dave Paganella-275, statistician Rick Martens, Chris Lomulo-181, warm-up coordinator Joey Martens.

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POWER PROFILE

Becky Beam Virginia's Mighty Miss by Willie Morris

Old young lady got very pretty 17 years ago when she started a year and a half ago when Becky walked into the weight at the high school with several other young ladies at the request of head football coach Dennis Webb, who was trying to interest girls in a weight program. Becky was bitten then and there by the iron bug while most of the other girls got interested in other sports that they thought would be more ladylike. The following spring she promptly turned herself over to coach Webb for instructions in powerlifting.

It was not easy for Becky in the beginning. Finding time to squeeze some training time in between school, homework and chores at home, etc. was very hard, but she is quite. The boys in the gym accepted her because she could outlift many of them. The long training sessions lasting 2 to 3 hours sometimes and running 3 to 4 hours a week became more and more demanding, but Becky was falling more and more in love with powerlifting, and the vigorous training regimen was becoming more and more enjoyable as her strength started to increase.

After several months of training in the gym, Coach Webb popped the big question to Becky, "would you be interested in lifting in competition, a USPF sanctioned contest?" Without any hesitation Becky agreed. The meet that Coach Webb had in mind for Becky was the Central Virginia Open novice meet which was being held about 40 to 50 miles away in Charlottesville, Va.

Becky trained hard for her debut on that day she squatted 210, bench pressed 130 and deadlifted 235 lbs for a very respectable 575 lb total. All of her lifts, total included, were new Virginia state teenage records. Now Becky and Coach Webb got even more excited and started looking for another meet. Over the next several months Becky entered several more powerlifting meets, the Newport News Open, the Virginia Open, etc. and at each one she moved her records up higher.

Now Becky was breaking the

Virginia State open female records at the tender age of only 16. She was at a disadvantage going after records that much older women had set, but this did not stop her. Becky was not just breaking records, she was shattering them, one after another.

At this point Becky and Coach Webb decided that it was time for her to go after what every powerlifter dreams about - the opportunity to break a world record. Teenage that is, and with barely a year's training under her belt, Becky and Coach Webb got out their most recent copy of PL USA and decided that the New England Women's Mass would be her next meet.

Becky and Coach Webb picked this particular meet for several reasons. First, it would give Becky her first chance to compete only against other women lifters. Second, if Becky did set a world teenage record, the kilo weights and international judges would be there to make it official, plus Cambridge, Mass would open her away. Thus this contest met all the requirements.

Becky trained very long and hard for this meet, and during the course of her training, she broke the female teenage world records in her age category, time and time again in all 3 lifts. At last her training was over and the moment of truth was almost at hand. Becky's older brother elected to drive her up to Cambridge, Mass and this marked the first time that Becky had ever lifted without Coach Webb being present. Dennis had several other commitments that weekend that made it impossible for him to leave, but he had all the confidence in the world in his pup!

Becky and her brother arrived in Cambridge Friday, the night before she was scheduled to compete. She did not sleep much that night and the next morning at the weigh-in she stepped on the scale and found she was a pound and a half over. After making a quick check of the record book, Becky decided that the most logical thing to do would be to lift in the 148 lb. class where she would have a chance to break those records rather than try to lose the weight; good thinking for one so young and so new in the sport.

About 2 1/2 hours later, with National Champ demiler, Wevland looking on, Becky set her first world teenage record - a super 292 lb squat, and before the day was over Becky benched 159 1/2, deadlifted 275 1/2 and totaled 727 1/4. All 3 lifts, plus the total, were new world teenage records and Becky was ecstatic. The ride back home to Staunton was fast and easy and upon arriving home she was greeted by her parents, her sister, Coach Webb and several friends; everyone feeling just as happy as she was.

At this point Becky had little more than a year's training behind her. She had set numerous state

teenage records and open female state records plus four world records but she was still not ready to rest on her accomplishments. After a short rest she was back in the gym again. Over the next few months she entered 2 more meets, the Roanoke Open in Virginia and 7 weeks later on June 26 at the Virginia state female powerlifting championships, the first ever held in Virginia. At Stauntonville Becky had her best day ever. The judging that day was very strict but Becky still went 300 lbs in the squat, 170 lbs in the bench and 280 lbs in the deadlift for a whopping 750 total. All these lifts were personal records, plus exceeding the world teenage records in the 132 lb class in the 16 to 17 age bracket. Of course, they would only count for state records as the meet was in pounds instead of kilos.

Becky's training over the last year and a half has been tough, but it has paid off well for her. She trains 4 days a week at the Robert E. Lee gym in Staunton, Va as stated earlier and always under the experienced eyes of Coach Dennis Webb. A typical week of training for Becky would start on Monday. On this day Becky does heavy squats, light deadlifts, some leg presses and some leg curls. On Wednesday it's heavy bench presses, dips and arm curls. On Friday it's heavy deadlifts and light squats. On Saturday her last workout day of the week, it's heavy bench presses, dips and curls, the same as Wednesday's routine.

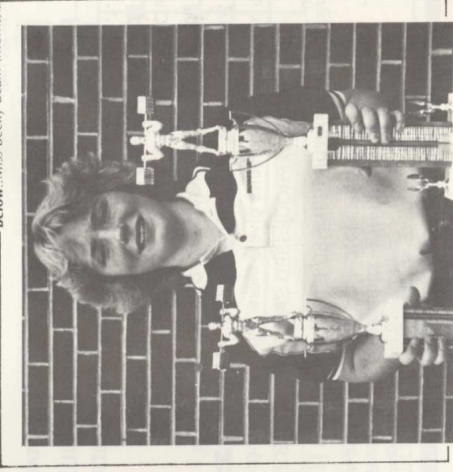
Becky prefers a 8 to 9 week cycle, but she likes to train year round even if she doesn't have a meet coming up. She will start with high reps (8 to 10) and as the meet approaches, she will drop her reps down to doubles and an occasional single. Becky prefers to keep the assistance work down when she starts getting ready for a meet and will concentrate mostly on the lifts. Becky's form is nearly perfect in all 3 lifts and at 132 lbs and 5 ft. in

height, she has great leverage. Becky is by no stretch of the imagination thinking about quitting the sport she loves so much. She planned to lift at Jake Boyer's Teenage Nationals and she also wants her Masters patch, her Elite patch and lastly she wants more than anything to be a World Champion. Now just 17 years of age, she has plenty of time to reach these goals. Frankly she is the first to admit that she has an ideal situation. Her parents and friends are all behind her 100 percent; she has a nice facility to train in, plus several workout partners, and most important, she has Coach Dennis Webb watching over her. Dennis, incidentally, is a very knowledgeable coach in powerlifting as well as his basic field of football and he has already turned out several other young lifters who are starting to break state records.

In closing this story on Becky, I asked her what she felt her biggest asset was, and she was quick to reply that without coach Dennis Webb she could not have possibly made it in powerlifting. Becky also stated that she would like to see more women's meets on a local as well as a national level as this would surely help stimulate more women into entering contests.

Becky is as modest as she is pretty, and she does not brag or do a lot of self-praise. She is also one of the most popular lifters in the state of Virginia, male or female. She will always cheer another lifter on, and will always put out 101% of her strength to make a lift. Becky is one of the nicest lifters, male or female, that I have met in powerlifting and I think I speak for Staunton and the rest of Virginia when I say we are all very, very proud of you and your accomplishments, and when you go for that World Championship in the near future, be assured that every one of us will be pulling for you.

Below - Miss Becky Beam (Morris)



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NUTRITION CORNER

by Jack Diganigi

THE PRITIKIN & BEVERLY HILLS DIETS

From time to time, diets emerge on the nutrition scene that become a popular topic of everyday discussion. I'm taking this month of Nutrition Corner to give an overview of two of today's popular diets: The Beverly Hills Diet and the Pritikin Diet. Most all of us are asked questions about what to eat or not eat because of our association with competitive powerlifting. Thus the powerlifter has become a source of nutrition information for the general public.

BEVERLY HILLS DIET

This diet has been classified with the ever popular and ever dangerous liquid protein diets. To put it another way, this diet has all the class of one bombing out in the warm-up room. The author claims people collect adipose tissue (fat) as a result of the undigested food we eat. The book goes even further to claim that the body suffers from eating food in wrong combinations. My first reaction is to ask, "What about the people who do eat the wrong combinations and yet do not get fat?"

The program lasts for six weeks. It begins with the first ten days of fruits, melon, dried apricots, berries, etc., all in a set pattern. During these ten days, you'll receive plenty of carbohydrates, vitamins, minerals, fiber but little available protein. Remember that when your body needs protein, it will call upon the available lean tissue for its supply, i.e., your muscles. From day 11 to day 19, the diet affords very little protein. On day 20, complete protein is introduced.

If you ever talked to anyone who has been on this diet and lost weight, ask how many calories per day were they consuming. It takes an awful lot of fruit to equal 1000 calories. Furthermore, you probably will lose some weight as a result of the excessive trips to the bathroom. I cannot recommend the Beverly Hills diet to anyone, yet it is popular. Obviously, people will try anything if it's packaged right.

PRITIKIN

With some aspects of the Pritikin Diet, I heartily agree. Nathan Pritikin is neither a physician nor a nutritionist (he is often referred to as one or both), but he gives reasons for high unrefined carbohydrates and low fat in one's diet. He feels that his diet can slow the aging process, thus the creation of the longevity centers throughout the country. He also believes that excess serum lipids coming from cholesterol and fat reduce the oxygen supply to the tissues of the body.

I disagree with Pritikin on his caloric value. For most people 700, 850, 1000 and even 1200 calories is far too few calories for normal daily activity. His menus are reasonably well balanced with a possibility of low fatty acids, fat-soluble vitamins, iron, calcium, B 12 and Zinc. The latter two owing to their presence in meats. The diet restricts sodium and processed foods, as well as egg yolks, and meats such as liver, cheese and dairy products. Skim milk and unsweetened juice are allowed in any quantity.

I give credit to his exercise program. I feel too, the only way to reduce is through diet and exercise. The American Medical Association has challenged Pritikin to substantiate claims based upon limited evidence and research. For example, a recent study showed that a group following the Pritikin diet and a group following the American Meat Association diet yielded no variation in health status. Tested were the groups' weight, blood chemistry, etc.

A diet, any diet, no matter how good it sounds or what it promises to do can be categorized into three distinct types: High Protein-low fat low or no carbohydrates; High carbohydrates-low protein low fat or High protein-high fat low or no carbohydrates. The bottom line in any and all diets is a calorie intake. Whether you eat broiled chicken or fruits and vegetables or a double banana split, if your calorie intake exceeds your calorie output, you will gain weight.

Nutritionally yours, J. P. Diganigi, R.D., Nutritionist

A Plug. Steve Lumpee was very impressed with how Bob Morris restituted a belt of his that had seen some very heavy use in the 1 1/2 years since Steve bought it in 1980... and returned it to him via airmail, at no charge.

Nice Bench. Gary Hollis of Virginia got a 415 bench at 198 back in July of 1981 at one of Bill Stevens meets in Maryland. The results didn't find their way to the TOP 100 list, but Gary deserves recognition for his effort.

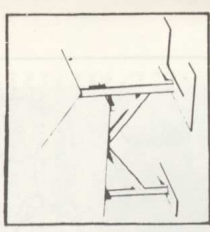
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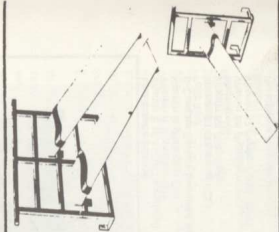
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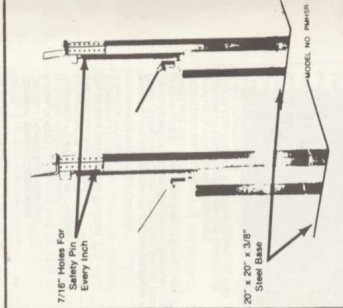
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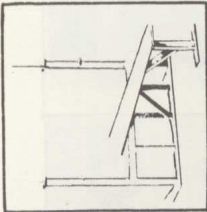
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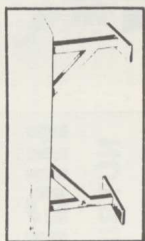
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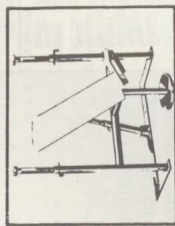
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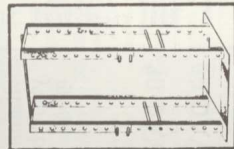
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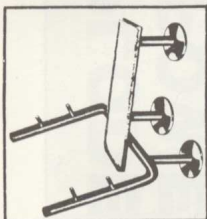
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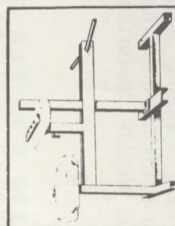
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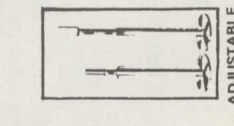
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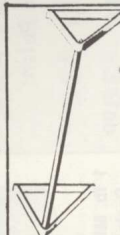
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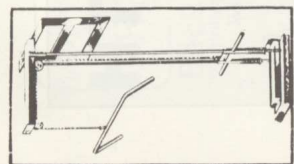
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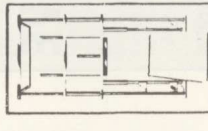
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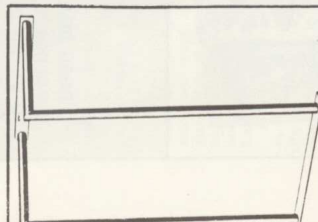
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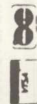
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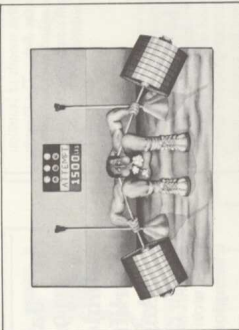
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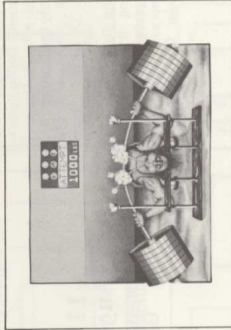
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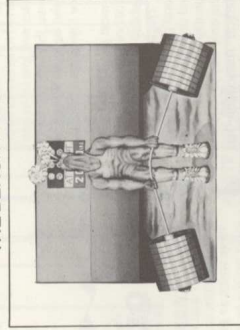
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

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

Are perfectionists really better? Last month, we described what it is like to be perfectionistic. Briefly, the perfectionist assesses his worth as an individual in terms of his accomplishments. He is obsessed with perfection. He often alienates others by being excessively critical and preoccupied with fault-finding -- nor does he spare himself when it comes to criticism. The perfectionist is typically insecure and dissatisfied regardless of how well he performs. Nevertheless, perfectionists feel that their personal distress and unhappiness is the price that must be paid for outstanding achievement. Many would agree. But what is really known about this? Does perfectionism enhance performance?

Recent psychological research indicates that you do not have to be a perfectionist in order to get to the top. In fact, this trait may stand in your way.

Dr. David Burns has developed a self-report scale which measures perfectionistic tendencies. The individual indicates how strongly he agrees or disagrees with such statements as: "Falling at something important means I'm less of a person," and "I cannot do something really well, there is little point in doing it at all."

Burns compared highly successful salesmen who all belonged to a "Million Dollar Sales Club"; perfectionistic, but others were not. Contrary to what was expected, the average earnings of the perfectionistic and non-perfectionistic salesmen did not differ significantly. The slight difference in earnings was, in fact, in favor of the non-perfectionists.

However, being a top salesman is something else -- the objectives and abilities required for a top performer may be quite different. For example, perfectionists fall to appreciate the principle of diminishing returns. They fail to recognize that a point is often reached where additional inputs (effort, resources etc.) will not justify the extra costs. Therefore, perfectionists may be inefficient in terms of their cost-benefit ratios. They may invest resources trying to achieve a level of perfection which really doesn't matter. Perfectionistic salesmen might spend too much time on difficult and relatively minor sale whereas non-perfectionistic salesmen may benefit by being able to "cut their losses" and move on to better prospects and money-making. However, the goals are different. You really have to go far beyond the point of

Therefore, if they try hard, they are likely to achieve or exceed such goals, and they will also have a sense of accomplishment because the achievement was challenging rather than a virtual certainty. People with high need for achievement also want to be challenged -- therefore moderate goals are ideal. The high are relative, of course, and depend on the individual's abilities; nevertheless, regardless of the individual's abilities, relatively moderate goals are likely to be most satisfying.

Perfectionism and Procrastination If your standards are excessive, you will be inclined to procrastinate. Putting things off can be a way of avoiding criticism of your abilities. Excuses can always say "I didn't have enough time to do it perfectly. In other words, if I didn't have plenty of time and didn't do that perfect job, it would reflect your worth as an individual. Also, by doing things at the last minute, you may impress people with your ability to do a good job under adverse circumstances -- again, your true talents are not really being tested. Another possible reason for delay is that the amount of work required to do a task "perfectly" may discourage the perfectionist from starting something new.

Perfectionism and Competition As we have said, perfectionists frequently engage in all-or-none thinking, and this is closely related to their need to be number one. Anything less is just not good enough. But instead of spurting him toward perfectionistic thinking, he may be a person for withdrawing from competition. For example, some really excellent lifters who will only compete at the local level where they are virtually assured of winning the "best lifter award." He may have an Elite rank, but avoid national competition because he might "only" place 3rd or 4th. In all fairness though, we can't just assume that these reasons apply whenever a great lifter doesn't participate in national competition. It takes time and money to travel, and of course, staying close to home may be good strategy, for example, he's going to be more impressive to the local crowd and they are likely to be enthusiastically supportive.

Perfectionists often experience severe stress and anxiety. This may lead to a wide range of psychological illnesses which can cause the lifter to lose time from training or perform less well during competition.

In summary, perfectionists may indeed perform well, but there are drawbacks, and it is absolutely not necessary to have a perfectionistic personality in order to be the best. Standards are goals, but they also serve to motivate. The highest is not always best. That is, personal standards which are not the highest may be more effective in motivating you to actually achieve your best.

Some perfectionists have such high standards that they are incapacitated by mental and physical distress and hardly accomplish anything.

National Meet Qualifying Totals

	Senior Nationals	Junior Nationals	Women's Nationals	Collegiate
114	1069	936	799	97
123	1190	1041	881	105
132	1284	1140	1003	114
148	1410	1361	1201	123
165	1625	1455	1322	132
181	1714	1554	1432	148
198	1813	1675	1499	165
220	1895	1758	1521	181
242	1984	1791	1521	198
275	2061	1901	1587	198
SHW	2143	1929	1598	815

To whom it may concern: On behalf of myself, Bill Dunn, John Gamble and all the members of the Charlottesville Barbell Club, which will be the Host Club for the 1983 National Championships, we would like to sincerely thank everyone who helped us to secure this contest. It will be held in Charlottesville, Virginia, on June 4 and 5th. While at the Seniors the three of us met and made several friends, many of whom were the ones that voted on our behalf; again we thank you and you can rest assured that we will make every effort to make these the best Nationals ever. Lastly, myself, as well as Bill Dunn, had the pleasure of meeting Mr. Rich Labbe and his lovely wife, Rich. As many of you may know, put in a bid for the Nationals, as he did last year. This class man was the first to shake my hand, and after hearing some of his ideas I am convinced that Rich could put on as good a National meet as anyone. Rich is his own man and has no ties with anyone in the New England area or anywhere else. Rich promised me that he would be on hand to help us next year, which will be appreciated. Respectfully Yours, Willie Morris.

More From Ken Leistner

Let's talk some nutrition this month. I occasionally make up handouts for my office patients, things to provide important information, things to entertain, all related to health, living, and related areas. I want to share some excerpts from these with my readers.

It may be easier to find someone who is NOT dieting these days. Interest in fashion, concern for health and longevity, a greater awareness in attaining physical fitness, and good old ego have prompted a rash of dieters and diets. Unfortunately, many so called experts have convinced the public that their particular approach to attaining the body beautiful is the final word. Many of the current dietary trends can prove to be useless, and worse, dangerous in some cases.

The primary concept to keep in mind is that calories do count, in fact, count more than anything else. No one can violate the laws of thermodynamics and if one consumes more calories than he or she burns, additional tissue will be added to the body. Forget those diets that tell you that you can eat all you want without gaining weight.

Many of these diets recommend the ingestion of one or two particular foods and the dieter soon finds that it is impossible to gag down much of it, thus, they lose weight. The loss of weight results from reduced caloric intake, not from any magical power invested within the particular foods eaten. On the Banana Split Diet, you might be able to eat three banana splits per day, but after a week, it might be tough to even look at the messy concoction. Result? No intake, no weight gain. Fine! No intake, no weight gain. But, a very unhealthy way to do things. So, the first thing to remember is that in order to lose weight, calories must be reduced, or, the body must burn more calories than it takes in, regardless of intake.

Exercise will help to burn calories, and more importantly, will produce tonus in the muscles which are exercised. Additional muscle tone improves the appearance of the avo (making it look trimmer) and if the exercise is proper (more on that another time), the cells will be turned on for growth, leading to the addition of muscle tissue, another factor which improves physical appearance. Thus, a sensible exercise program should accompany any attempt to lose weight.

Limiting intake to protein only, or a combination of protein and fat, is erroneous, and can be dangerous. The most recent research indicates that if two laboratory animals consume the same number of calories per day, and maintain the same activity levels, the animal receiving most of its calories in the form of protein, will gain more weight than the animal receiving the majority of its calories in the form of carbohydrate. Thus, the time honored method of losing weight by ingesting a diet primarily composed of meat, chicken, fish and other protein items, in addition to

Preparation necessary to keep a fresh supply of drink on hand, and as many have discovered, could have difficulty maintaining proper habits of elimination. In order to answer the question, "Should one drink with meals?" it is necessary to match together a bit of technical information first. Let's assume that our model patient is in the midst of devouring half a chicken and is wondering if his gastric hydrochloric acid (HCL) will be diluted by the ingestion of juice or water, a thought that seems to be distracting quite a few patients these days.

Despite the glut of fat diet information, here are some facts: gastric (in-the-stomach) digestion of protein is totally unnecessary for complete utilization of that macromolecule. Specialized cells in the stomach, called chief cells, secrete something called pepsinogens. These pepsinogens, eight of them exist, all varying slightly in their makeup, are converted to active proteolytic enzymes (called pepsins). This conversion is made possible by acid (and already existing pepsin) within the stomach. If you are addicted to those television commercials extolling the benefits of the various amino acids, the contents of the stomach do not become acidic until digestion is well under way, thus, only a fraction of the ingested protein in the diet is affected by pepsins in the stomach.

As protein, undigested, and as they say in Texas, semi-digested leaves the stomach and enters the small intestines, up to 50% of it further broken down into small peptides (chains of amino acids) and enzymes that are secreted in their inactive form by the pancreas, which then become active, through a series of reactions, in the small intestines. Within four to six hours, complete digestion and absorption of our chicken occurs. Of course, the time may vary from one individual to the next, but this figure will apply to the majority of the population. Some individuals may be surprised to learn that complete hydrolysis (breakdown) of protein is not necessary for complete absorption. In fact, small polypeptides, or chains of two or three amino acids, are better absorbed by the intestinal cells than individual free amino acids. Many of these polypeptides are hampered down to their constituent amino acids at the border of these intestinal villi cells, with the free amino acids being immediately transported into the cells. In the presence of certain electrolytes, the amino acids will be transported from the intestinal cells properly. The eventual fate of all of these amino acids is beyond this particular discussion. It should be obvious, though, that if one has the desire to drink with meals, he or she should not be deterred by the fear of "diluting the stomach acid". Remember, most of the protein digestion does not take place in the stomach anyway, so this is one more myth from the nutrition sub-

vitamins and minerals, or at least, are supplemental doses needed after the fare from the table has been consumed?

This question has raged for decades now. Keep in mind that normal is best, not sub-normal (although this is obvious), and not supra-normal. If normal truly is best, if the body's wisdom has, through the ages, brought about the evolution of a system that is finely tuned and must be fueled within a narrow range for optimum efficiency, then too much of anything will be detrimental, or could be as detrimental, as too little of anything. The body is at a disadvantage when trying to operate with too much as the overload must be eliminated. In the case of vitamins and minerals, most of the excess is passed off via the urine and feces. But it's not as simple as getting up and walking into the bathroom. In order to process the excess, the bodily systems are called upon to do more work than is usual: the excretory system, respiratory system, digestive organs, and in fact, almost every body system is called upon to process the overload. Eliminate it, and restore homeostasis. One cannot be "supernormal" for this is abnormal and again, normal is best, thus overindulging in supplements will not bring about better performance. Once the needs of the body have been met, there is no need for more of anything. One can't supersaturate the body with nutrients, although this is a common belief among competing athletes.

If the body cannot use all of these preparations, why does the athlete use them? Simply, this is one more "advantage" that the competitor feels he has over his opponents. And of course, this raises another legitimate question: does the athlete, through his activity, create a need for more, provide a real reason for taking what would normally be an overload? The jury is out on this one, but more and more research now points to the fact that stress situations, both physical and psychological, increases the demand for certain vitamins. High intensity muscular contraction may deplete mineral stores more rapidly than is done in a sedentary individual. The same is true for many of the water soluble vitamins, especially C and members of the B complex. Hot weather and/or increased stress may also bring about the need for replacement of these same water soluble nutrients. Thus, in some cases, additional quantities of various vitamins and minerals may be necessary, and for many, a commercially prepared supplement may be the best way to meet this increased need. If one feels that there is a need for supplementation, especially if the daily intake of food is limited, sporadic, or of poor quality, keep in mind that the best supplement will give a broad spectrum of vitamins and minerals, and in amounts that are not excessive.

culture that deserves to be put to rest: In fact, there are some reports that indicate that a small amount of wine will enhance digestion of proteins due to a stimulatory effect upon the flow of gastric acid. As always, moderation is encouraged: a bottle of Rippel will do little for the digestion of your Chateaubriand.

It may be appropriate to add a comment regarding the absorption of B12 at this time. A small amount of protein can be absorbed through the intestinal cells without being broken down. Intrinsic factor is a glycoprotein (combination of carbohydrate and protein) that is secreted by specialized cells in the stomach. It combines with vitamin B12 (from dietary sources) and this complex is absorbed intact into the cells of the intestine. The vitamin is then transferred to carriers in the plasma. If one is lacking the intrinsic factor, he will be unable to properly utilize the B12 he is ingesting. This may lead to deficiencies and a number of problems, including a specific type of anemia. If one is ingesting plenty of B12 through the diet, but not utilizing it due to the lack of the intrinsic factor, a B12 tablet will also be inadequately utilized. Remember, it is not a lack of B12, it is lack of the carrier for such a case, injections of the vitamin may be indicated.

For the past ten years or so, it has been quite fashionable to ingest copious amounts of various vitamins and mineral tablets, powders, liquids, and crystals. In the athletic community, these practices have been long established, but the general public has been carrying the ball for the supplement manufacturers and distributors lately. Is this necessary, or more importantly, is it healthy?

All athletes are looking for an edge and no doubt always will be. As most top performers know, there is no direct substitute for hard work, the development of skill, the production of superior strength. All of this comes via getting up in the morning and as old line coaches are wont to say, strapping on your boots and going to work. To me has to dedicate this way, and only in this way, can one excel. If the principles of good nutrition are followed, one should supply the body with all of the macro and micro nutrients necessary to allow muscle tissue growth, and the development of other desired physical attributes.

For the non-athlete, the individual concerned with "staying in shape" or one who gives weight as a development of athletic qualities, is also very desirable and this effort leads to the mimicing of the athlete's behavior. If the protein athlete needs lots of vitamins and minerals, then so do I. Well, that in fact is the question: does the pro athlete, or any athlete need lots

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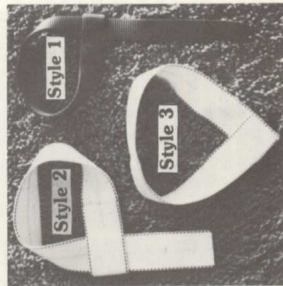


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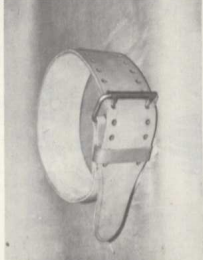


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STARTIN' OUT

A special section dedicated to the beginning lifter

The SUMO Deadlift by Cliff Grubbs

To sumo or not to sumo. That is the question has perplexed novice lifters since the beginning of the sport. Of the three lifts in powerlifting more offers two more distinctly different styles than the sumo and conventional deadlift. Let's examine the sumo deadlift style and see what type of lifter might derive benefit from it.

If you are a wide stance squatter with a weak conventional deadlift lock-out, you are a prime candidate for the sumo deadlift. If you are 5 foot 8 inches tall or below pass go and collect \$200. If you are over 5 foot 8 inches don't give up but at least reconsider. Remember, not all lifters benefit from one style or another. Larry Pacifico reportedly deadlifts about the same using either of these popular styles.

The sumo deadlift is a leg lift and this is why the wide stance squatter with a low center of gravity may do better with it than with the conventional deadlift which is more of a back lift. On a sumo deadlift, the

Now let's look at some potential



Mike Bridges, ...setting up for a pull at the 1981 Corpus Christi Seniors. problems with the sumo deadlift bottom and you are bouncing the floor style. One error many novices make is setting their hips too low. When the bar does not immediately come off the floor the hips shoot up and the legs straighten. The bar comes off the floor but the lifters are out of position and is unable to lock out. A mistake that often leads to a poor showing on meet day is training the sumo deadlift with a bounce off the floor on repetition days. If the toughest part of the lift is the

Super Master...we didn't get Ron Hudac's 479 bench on the TOP 100 Super list, but he deserves the credit for this new Masters 40-44 mark.

Athlete's Representative Nominations...send in your nominee for this voting position on the U.S.P.F. National Committee. Anyone can nominate, and the voting on the nominees will be conducted in a later issue of PL USA. Women nominees are welcomed as well.

Date Change...the American Cup Powerlifting Championships will take place on September 11th rather than September 12, 1982 in Los Angeles.

Police Powerlifters Worldwide...Cad Fisher, Jr., 3919 W. Claremont, Phoenix, Arizona, 85019, an officer himself, long involved with Police Olympics meets, would like to compile information on ALL Police Olympics Powerlifting meets worldwide. He hopes to produce a statistical report so that police lifters can see what it takes to compete in the various state, national, and international competitions. If interested, please contact him.



In Calcutta...Bridges shows his moderate Sumo style stance in the deadlift

National Masters Sports Festival

by Tim McClellan

You'll never see Henri Souderes name in your Top 100 list. As a 220 lb ber he only squats 325 lbs, bench presses 225 lbs, and deadlifts 402 lbs for a 953 total. He is indeed a far cry from Walter Thomas. However, people justifiably give him the same respect they give Walter Thomas. You see, this fine man I've been describing is 76 years old (or young as he would have it). Mr. Souderes is nothing less than amazing. What else can be said about a 76 year old with a 402 deadlift? Well, for one...he flew from San Diego to Philadelphia to compete in this meet, the National Masters Sports Festival, which was held August 14-15 at the University of Pennsylvania. For another, he electrifies crowds with a display of sportsmanship that puts most lifters to shame. Finally, he's so friendly that a person could sit and talk with him for hours, never having a boring minute. To top off his performance, he was 9 for 9! There is a lesson to learn from him!

Fortunately for the spectators the show didn't stop there. For example, 74 year old Angelo Taormina. He, too, is one classy individual. The secret to his success? He truly believes he can succeed. Angelo says he just "makes up his mind to do it," and he does just that. Taormina has a love for life and especially powerlifting. "Just couldn't do it without that Bob Hoffman enthusiasm."

How about Bob Mitchell, a 140 lb 72 year old who opens with 154 lbs on the bench, or George Stevens, the 1980 World Masters runner-up who drove 1,250 miles to compete? Talk about enthusiasts!

Enough of the old man stories? Let me introduce Robert Greenwood, just a youngster at 43, who has a physique that could have earned him a role as Conan. In fact, he recently won the lightweight division of the Masters Mr. USA. He has also been a

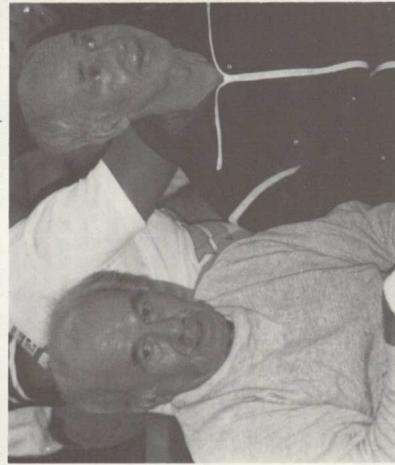
Masters National Powerlifting champion, a National Collegiate Powerlifting champion and a second place finisher in the National Masters Sports Festival Weightlifting contest. To top it all off...he's natural too!

Of course this report would not be complete without mentioning the lifts of Terry Dangerfield and Ed Riley, the outstanding lifters. The one and only E. Farrell Riley is now up to 372 trophies! Rumor has it that he's going to rest for two weeks and miss a couple of contests. I know I'd never take that bet!



Best lifter Terry Dangerfield squats 490 in the 165 lb. division.

Other highlights that deserve special merit include: 40-44; Judy Gedney, a 97 lb gymnastics coach, who was terrific in the 105 lb class; Mitch Lichtenstein dominating the 220 lb class with second attempt lifts of 606-407-554-1548, and fine performances by Bob Dirsi (181), Gene Sousa (198), Ron Makarawicz (242), Charles Schroeder (275), and Bob Edwards (SHW) in winning their classes, 45-49; Perhaps now John Ver-



Angelo Taormina, 74, and Bob Mitchell, 72, take a rest from lifting.

nachio can get some of the credit he deserves. This guy has been combining weightlifting and powerlifting with a great amount of success. His sportsmanship always makes him great to watch.

50-69: These classes showed no individual superstars, but many stars who put on a fine show. A few lifters even squatted bare, that is, with no wraps, super suits or bells! What a refreshing change.

70 plus: Back to our old friends, Bob Mitchell, Angelo Taormina and Henri Souderes! We started this article on such a positive note and we're going to end the same way: with pride, love, enjoyment and class.



Ed Riley added another trophy to his collection as best lifter. Here he's benching 523 in the 242 lb. division. Photos by Tim McClellan.

1982 National Masters Sports Festival-14/15 Aug 82 Philadelphia, Pa (kilos)

104-4 Division	80	90	DL	T	180	137.5	135	182.5	465
L. Leonardis	220	195	130	200	525	182.5	125	185	492.5
R. Durante	55-59 Division	165	140	107.5	205	452.5			
B. Brendel	165	137.5	90	175	402.5				
B. Starck	140	95	175	410					
C. Paslay	150	137.5	222.5	510					
L. McCauley	205	102.5	235	552.5					
L. Marckx	115	90	142.5	347.5					
L. McDomough	180	107.5	137.5	425					
E. Domino	160	115	200	495					
E. Durman	137.5	110	137.5	385					
F. J. Whit	112.5	115	137.5	355					
B. Brand	147.5	80	182.5	410					
E. Altk	100	100	155	355					
G. Schlein	67.5	50	110	227.5					
G. Stevens	95	110	142.5	347.5					
P. Prentley	160	107.5	182.5	445					
70-74 Division	148								
A. Mitchell	67.5	70	120	257.5					
A. Taormina	82.5	57.5	142.5	282.5					
A. Taormina	75 plus Division	220							
H. Souderes	147.5	102.5	182.5	437.5					
Dolores Boodyley and Jessica McClellan for results.									

1982 Seniors in Review

by Eric Stuber

The 1982 Senior Nationals have given me many personal memories and an inside view that can never be forgotten. We were all very happy to have the Seniors in Dayton and I especially appreciated the opportunity to be a part of such a great contest. The ball really started rolling in November and December, 1981, when many ideas were conceived up, some good and bad, and hours were spent in lifting talk. The meet site was secured, a dozen championship logos were being considered and voted on by gym members and organization began. The "meetings" were held almost every night under unforgotably difficult circumstances. We met in Room 355 at Grandview Hospital. The Boss was there. 355 kg also happens to be the last competition squat Larry has done. He will open there again and be stronger than ever. I expect it of him.

The best therapeutic medicine we could prescribe for Larry was talking about our sport. His health was all that was important. The "Power Elite Family" that worked in the 1979 World Championships had grown together, always rising to any occasion; giving Larry full support with his various bouts in the hospital. Now they were ready to be the heroes of the 82 Seniors.

The stage was set, details of months ago were falling in place as the great names in lifting started coming to Dayton. About a week before the meet, Eddie Pengelly came in town with his father and friends. When I first started lifting and began struggling for gains I convinced myself that there was no such thing as a naturally strong man. Eddie destroyed my theory. To my knowledge he is the only person in our gym to clean and do arm presses with our 132 lb dumbbell. We spent one day swimming and doing terribly unimpressive flips off the diving board at the neighborhood pool. That evening Eddie pulled a WR deadlift on his knees, just short of lockout. I never saw him warm up. I didn't even think he was training. I happened to have my camera in my hands but the flash didn't have time to come on before he set up and pulled. I would like to see Eddie give up suicide dives and maybe train for six weeks. (Pacific won the outstanding diver of the day.)

In summary, the whole experience was a one year project. There are two key factors in holding a contest of this caliber: 1. Having plenty of good, quality help. 2. Eliminating problems and mistakes eight months before the meet, not during. It also helps to have Larry Pacifico's stamp of perfection on the show.



Larry Pacifico and Eric Stuber handed out the trophies to the winners.



97 lb. Judith Gedney, 40-44 year division, does more than coach gymnastics. She totaled 600 lbs. in the 105 lb. division.



The oldest lifter there, Henri Souderes, 76, opened his deadlift at 341 lbs; he later got 402 lbs., squat 325, BP 225 and totaled 953.



1980 World Masters runner-up George Stevens drove 1,250 miles to compete in the 65-69 year, 161 lb. division.

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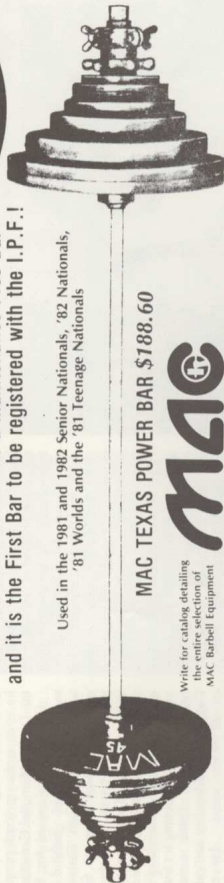
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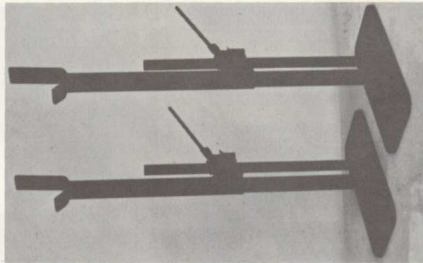


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MESSAGE FROM THE USPF PRESIDENT

Dr. Conrad Cotter

On July 31 I attended a meet in Mobile, Ala. jointly sponsored by the A.D.F.P.A. and the U.S.P.F. It was well run and the quality of lifting was excellent. In fact, the quality of the open meets held along the Gulf Coast. One women's world record was set, a deadlift by Jan Todd lifting in the 67.5 kilo class. A lie detector was employed to test for prohibited drugs. The testing was conducted and the results were known the night before the meet.

In contrast, on that same day Canada held her national championships in Vancouver, British Columbia. Urinalysis, in accordance with the I.P.F. guidelines, was conducted in Montreal after the meet at a cost of approximately 170 Canadian dollars for each lifter tested. With the opportunity to represent one's nation at stake, the Vancouver meet was obviously the more important, so much so that it might be futile to compare the two. Still, it may be instructive to examine these two disparate approaches to the drug problem.

Lie detector and voice stress testing are, with respect to their application in powerlifting, in their infancy. No one to my knowledge has yet flunked the test. But in time someone surely will. Until then we can only speculate on how well those administering the test will respond to the challenge. The record of the IPF testing at Calcutta and Birmingham confirms that there remain a number of serious problems to be resolved.

Both the A.D.F.P.A. and the I.P.F. testing procedures are untested in the courts. The former has been relying for its defense upon a page-long waiver of rights that each entrant is expected to sign. A problem with this is primarily on the imprecisability of its urinalysis procedures in laboratories approved by the International Olympic Committee (I.O.C.).

The atmosphere was different at the Mobile meet where each lifter had voluntarily sought out the drug-free competition. The camaraderie was reminiscent of a more carefree day when our concerns were directed toward such pressing matters as concealed bed sheets and other illegal wraps. Those competing had already passed their test and had sworn that they had not taken the prescribed medications during the previous twelve months. Gone were the uncertainty, doubts, and in some cases the anger that perhaps members at a meet employing testing would encounter. The results may not be known for weeks or months and whose administration may be in the hands of sports officials who may not have always been honorable in all things. I can vouchsafe that the officials most closely concerned with the Mobile meet, Brother Bennet, Robert Crawford, and Lucian Gillis have never been found to be less than honorable. What a difference that makes!

The two approaches are based on disparate moral premises. What I shall here call the Mobile approach rests to a greater extent upon the sanctity of one's sworn word and upon peer pressure. It recognizes the fact that the development of the moral dimension that is more involved in powerlifting than developed in physical strength and curbing one's physical appetite to the extent necessary to make weight.

On the other hand the I.P.F. approach, modeled as it is upon the I.O.C. regulations and reflecting, therefore, its concern for detecting sophisticated Communist doping, substitutes for individual ethics a web of regulation and surveillance. Instead of peers enforcing conformity to the standards, as indeed we traditionally have done

in, for example, policing our novice meets, the peers enter into a conspiracy of silence as they abdicate to the enforcers of the sports association. Whatever remains undetected by the sports officials is permissible. I have received a glowing account of the practice in one of the IPF nations, whereby a powerlifting official may go into an opponent's room at any time and demand a urine specimen for testing. Unquestionable; this is but a logical step on beyond testing at national and international competitions.

Powerlifting has so much to offer it would be unforgivable to stunt its growth by willfully adopting a foreign system of governance that is basically incompatible with our traditions of freedom and our constitutional guarantee of privacy.

Most persons, I suppose, will concede that it is unfair for a 'natural' lifter to be denied a record or a championship by someone who has received a chemical assist. Unfair also are the procrustean specifications of our powerlifting equipment and traps. Unfair also are partial and incomplete referees. And so on. How much would it be fair to test several thousand registered lifters in order to identify those of ameliorating the unfairness caused by chemical supplements, especially when the unfairness may deprive only a handful?

The sanctioning of a drug-free meet offers a third horn. We need not at the moment be torn between adopting *tabulae rasas* the I.P.F./I.O.C. testing procedures and totally ignoring the drug problem. I think it is a praiseworthy innovation and a valuable point of departure. The USPF stands ready to sanction and assist.

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1	515 Dunbar, C 6/1/81	320 Dunbar, C 8/1/81	590 Lech, B 3/13/82	1383 Gant, L 7/10/82
2	475 Lech, B 3/13/82	308 Tollsano, V 2/10/82	585 Lech, B 3/13/82	1350 Dunbar, C 8/1/81
3	440 Raposo, D 1/30/82	303 Gant, L 7/10/82	468 Morrislage, M 6/5/82	485 Milian, F 1/15/81
4	440 Gant, L 7/10/82	292 Higgins, F 2/28/82	465 Tollsano, V 2/27/82	1160 Tollsano, V 3/27/82
5	425 Zoella, F 2/28/82	275 Yoshida, D 10/10/81	466 Cunningham, G 5/15/82	1151 Milian, F 1/15/81
6	425 Zoella, F 2/28/82	275 Yoshida, D 10/10/81	465 Cunningham, G 5/15/82	1151 Milian, F 1/15/81
7	424 Healy, D 8/30/81	275 Kucipak, G 3/13/82	457 DeHart, D 6/5/82	1124 Mason, M 5/15/82
8	424 Mason, M 5/15/82	270 Humicich, C 10/17/81	455 Paterniti, N 6/19/82	1120 Paterniti, N 6/19/82
9	413 Millar, L 1/19/82	264 Smedley, S 8/1/81	451 Castro, N 9/12/81	1100 Heath, D 5/1/82
10	410 Malkasian, R 6/5/82	260 Dyne, K 1/16/82	446 Snyder, S 8/1/81	1095 Zoella, G 2/28/82
11	410 Koa, R 7/31/82	260 Lech, B 3/13/82	445 Toins, F 11/28/81	1095 Morrislage, M 4/17/82
12	407 Yu, J 3/19/82	259 Rochean, D 4/4/82	440 Lanter, K 11/21/81	1094 Raposo, D 1/30/82
13	407 Yu, J 3/19/82	259 Rochean, D 4/4/82	440 Lanter, K 11/21/81	1094 Raposo, D 1/30/82
14	407 Yu, J 3/19/82	259 Rochean, D 4/4/82	440 Lanter, K 11/21/81	1094 Raposo, D 1/30/82
15	402 Yu, J 3/19/82	259 Rochean, D 4/4/82	440 Lanter, K 11/21/81	1094 Raposo, D 1/30/82
16	400 Hurst, P 2/20/82	259 Camillo, S 8/8/81	440 Rose, W 3/13/82	1074 DeHart, D 6/5/82
17	395 Yoshizu, D 6/27/82	259 Kaneshiro, B 10/10/81	440 Mason, M 5/15/82	1062 Gastro, M 9/12/81
18	395 Yoshizu, D 6/27/82	259 Kaneshiro, B 10/10/81	440 Mason, M 5/15/82	1062 Gastro, M 9/12/81
19	385 Morrislage, M 6/5/82	259 DeHart, D 6/5/82	440 Caputo, R 6/19/82	1035 Caputo, R 6/19/82
20	385 Morrislage, M 6/5/82	259 DeHart, D 6/5/82	440 Caputo, R 6/19/82	1035 Caputo, R 6/19/82
21	380 Snyder, S 8/1/81	253 Wakiewicz, B 5/22/82	435 Zoella, F 2/28/82	1022 Snyder, S 8/1/81
22	380 Snyder, S 8/1/81	253 Wakiewicz, B 5/22/82	435 Zoella, F 2/28/82	1022 Snyder, S 8/1/81
23	380 Snyder, S 8/1/81	253 Wakiewicz, B 5/22/82	435 Zoella, F 2/28/82	1022 Snyder, S 8/1/81
24	380 Snyder, S 8/1/81	253 Wakiewicz, B 5/22/82	435 Zoella, F 2/28/82	1022 Snyder, S 8/1/81
25	380 Snell, K 2/27/82	250 Duren, J 10/17/81	430 Bunch, J 11/22/81	1047 Higgins, F 2/28/82
26	380 Snell, K 2/27/82	250 Duren, J 10/17/81	430 Bunch, J 11/22/81	1047 Higgins, F 2/28/82
27	380 Snell, K 2/27/82	250 Duren, J 10/17/81	430 Bunch, J 11/22/81	1047 Higgins, F 2/28/82
28	380 Snell, K 2/27/82	250 Duren, J 10/17/81	430 Bunch, J 11/22/81	1047 Higgins, F 2/28/82
29	380 Snell, K 2/27/82	250 Duren, J 10/17/81	430 Bunch, J 11/22/81	1047 Higgins, F 2/28/82
30	374 Steinfield, J 1/9/82	248 Simmons, D 2/13/82	430 Gutierrez, D 5/22/82	1030 Koveskic, T 2/27/82
31	374 Steinfield, J 1/9/82	248 Simmons, D 2/13/82	430 Gutierrez, D 5/22/82	1030 Koveskic, T 2/27/82
32	369 DeHart, D 3/19/82	248 Koveskic, T 2/27/82	429 Sackett, H 2/20/82	1025 Palmateer, D 1/9/82
33	369 DeHart, D 3/19/82	248 Koveskic, T 2/27/82	429 Sackett, H 2/20/82	1025 Palmateer, D 1/9/82
34	369 DeHart, D 3/19/82	248 Koveskic, T 2/27/82	429 Sackett, H 2/20/82	1025 Palmateer, D 1/9/82
35	369 DeHart, D 3/19/82	248 Koveskic, T 2/27/82	429 Sackett, H 2/20/82	1025 Palmateer, D 1/9/82
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98	365 Caputo, R 6/19/82	240 Zeolla, G 2/28/82	420 Boswell, W 4/10/82	1003 Sackett, H 2/20/82
99	365 Caputo, R 6/19/82	240 Zeolla, G 2/28/82	420 Boswell, W 4/10/82	1003 Sackett, H 2/20/82
100	365 Caputo, R 6/19/82	240 Zeolla, G 2/28/82	420 Boswell, W 4/10/82	1003 Sackett, H 2/20/82



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- VITAMINS A & D
- 1000 I.U.'S OF VITAMIN E
- TIMED RELEASED HIGH POTENCY B-COMPLEX
- TIMED RELEASED HIGH POTENCY C-COMPLEX
- HIGH POTENCY MINERAL COMPLEX
- AMINO ACID CHELATED (for greater assimilation)
- DIGESTIVE ENZYMES
- CONVENIENCE — 8 TABLET/CAPSULES IN ONE PACKET FOR EASIER USE AT HOME OR TRAVELLING

Each Pack contains:

Lipo Soluble	25,000 IU	500%
Vitamin A (Palmitate)	600 IU	150%
Vitamin E (dl-Alpha Tocopheryl Acetate)	1000 IU	3333%
Vitamin C Complex (Time release)	2000 mg	3333%
Lemon Bioflavonoids (Ascorbic Acid)	500 mg	...
Selected Natural Rose Hips	50 mg	...
Hesperidin Complex	50 mg	...
Rutin (Green Buckwheat)	50 mg	...
B-Complex factors (Time release)	400 mg	100%
Folic Acid	130 mg	8333%
Vitamin B1 (Thiamin HCl & Yeast)	130 mg	7647%
Vitamin B2 (Riboflavin HCl & Yeast)	130 mg	650%
Niacinamide	130 mg	2167%
Vitamin B6 (Hydro Cobal. Conc. & Yeast)	130 mg	44%
Inositol	130 mg	1300%
Choline Bitartrate (Vitamin B5)	130 mg	...
Pan-Amino Benzoic Acid	130 mg	...
Chelated Mineral Compounds	1500 mg	150%
Calcium (Amino Acid Chelate)	225 mg	100%
Iodine (Kelp)	45 mg	100%
Iron (Amino Acid Chelate)	750 mg	188%
Magnesium (Amino Acid Chelate)	4.5 mg	225%
Copper (Amino Acid Chelate)	15 mg	225%
Manganese (Amino Acid Chelate)	15 mg	225%
Potassium (Potassium)	100 mg	...
Selenium (Yeast 21)	150 mg	...
Chromium (Amino Acid Chelate)	150 mg	...
Enzyme Compounds	150 mg	...
Biotin HCl	150 mg	...
Glutamic Acid HCl	150 mg	...

U.S. Recommended daily allowance for Adults and Children 12 years of age or older
...Need in human nutrition not established

GRAB A GOLD MEDAL . . . TODAY!

Super Pack - The original high potency vitamin-mineral pack
One packet contains:
*Vitamin A 25,000 IU**Vitamin D 1,400 IU**Vitamin E 600 IU *Balanced B Complex 125 mg. sustained release*Vitamin C Complex 1500 mg.*A complete Multi-Mineral Complex * Digestive Enzymes
30/\$18.00 60/\$33.00 90/\$45.00

One Pack - For the individual who desires a medium potency pack
One packet contains:
*Vitamin A 10,000 IU*Vitamin D 400 IU*Vitamin E 200 IU*Balanced B Complex 50 mg.*Vitamin C Complex 1000 mg.
*A complete Multi-Mineral Complex * Digestive Enzymes
30/\$12.00 60/\$21.00 90/\$29.00

*MARATHON 2 GRAM LIVER
54% MORE LIVER
PER TABLET THAN OTHER
BRANDS

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (30 grain) Argentine Beef Liver Tablets with your current liver supplement:

Desiccated liver	2,000 mg. (30 grains)
Protein 90%	50 micrograms
Argentine Beef Liver	10,000 mg.
B-12	250 mg.
Protein	10 grams
Calories	10 grams
Carbohydrates	40
Fat	0.035 grams

For the greatest gains, use the quality, highest potency Beef Liver product available.
Marathon 2 Gram Liver
100/\$5.75 250/\$12.50
500/\$24.00



NEW!
WITNESS THE
BREAK THRU!
6 GRAM (6,000 mg)
AMINO ACID COMPLEX POWDER
100% PROTEIN

EACH PACKET CONTAINS IN POWDER FORM A TOTAL OF 6 GRAMS (6,000 mg) OF THE 18 AMINO ACIDS NECESSARY FOR MUSCLE GROWTH. THE AMINO ACIDS (100% PROTEIN) ARE ISOLATED, HYDROLIZED & PREDIGESTED FOR THE HIGHEST POSSIBLE UTILIZATION OF ANY FORM OF KNOWN PROTEIN. USE WITH ALL LIQUIDS (PROTEIN DRINKS, JUICE, MILK, WATER & SOUPS) SPRINKLE ON FOOD OR MIX WITH GRAVIES.

6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.

A NUTRITIONAL BREAK THRU THAT WILL HELP YOU GAIN. IT WORKS!! . . . 14 DAY SUPPLY — \$20.00
28 DAY SUPPLY — \$36.00

Vitamin E 400 I.U. Capsules
d alpha or mixed tocopherol (your choice)
90/\$5.00 180/\$9.00 360/\$16.00

Amino Acids - 1 Gram (1,000 mg.) Tablets
50/\$4.00 100/\$7.00

One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet, featuring 100 mg. B Complex & Amino Acid Chelated Mineral
30/\$6.00 60/\$11.00 90/\$17.00

Brewers Yeast Tablets
7.5 grams (500 mg.)
250/\$2.75 500/\$5.00 1000/\$9.00

Super Bio-C 2000 - sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue. Each tablet contains:
*Vitamin C 1,000 mg. *Rose Hips Powder 500 mg. *Bioflavonoids 500 mg. *Rutin 50 mg.
50/\$4.50 100/\$7.75 250/\$17.50

Distributor and Wholesale inquiries welcome on these products and the complete line of Marathon Nutrition Supplements
SHOP BY PHONE OR MAIL

One Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 90% Protein
100/\$3.00 250/\$7.00 500/\$13.00 1000/\$24.00

Vitamin B-15 - 100 mg. Calcium Pangamate
100/\$7.00 200/\$12.00

Multi-One with Stress Factors
A One-a-Day High Potency Vitamin-Mineral tablet
30/\$5.00 60/\$9.50 180/\$24.00

Milk and Egg Protein
Good taste easy mixing, highest protein efficiency
1 lb./\$7.50

Gland Protein Powder
High utilization - Great gains
1 lb./\$10.50

Maxi-A-Min High Potency Mineral Complex
Two tablets contain:
*Calcium 1,000 mg. *Magnesium 500 mg. *Zinc 22.5 mg.
*Potassium 95 mg. *Iron 30 mg. *Iodine 150 mcg. *Manganese 10 mg. *Copper 3 mg. *Selenium 50 mcg. *Chromium 20 mcg. *Betaine HCl 100 mg. *Glutamic Acid HCl 100 mg. *Vitamin D 400 IU
90/\$4.50 180/\$7.95 360/\$14.95

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
Gold Medal Pack™									
2 Gram Liver									
6 Gram Amino Acid									
									TOTAL \$

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ELITE

COMPETITION SUITS

- * **THE MATERIAL** - Special Heavy Duty Polyester contains no elastic to rot or stretch out. The finish of the material prevents any biting of the legs or straps. Virtually rip proof.
- * **THE PATTERN** - Designed originally and exclusively for Powerlifting by a World Record holder. Not a converted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.
- * **THE CROTCH** - Engineered in the University of Texas Physics Lab, the 'Saddle Seat' design offers the ultimate in stress distribution in the crotch. The back seam spans across the butt from leg to leg, to eliminate sharp corners that cause blowouts.

Sizes 24-40 in Black, Navy, and Red. Team prices on orders of 8 or more. Give Height and Weight info, 1st and 2nd choice of color.

\$38.00

GUARANTEED 3 MONTHS against ripping or defects in workmanship

COMPETITION WRAPS

Designed specifically for Powerlifting competition and training. Due to synthetic materials used, these wraps **will not rip**. When squatting, the wrap stretches to the bottom position and then stops stretching - essential for an explosive start. Best on the market!!

GUARANTEED ONE YEAR against ripping of material

\$8.50

SPECIAL - SUIT AND WRAPS \$43.00

ELITE SALES OFFERS THE LIFTER THE FINEST IN SERVICE, AS WELL AS COMPETITIVE EQUIPMENT

- ↑ All items in inventory, no waiting
- ↑ VISA/MASTERCARD accepted. Include number and exp. date
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 P.O. Box 9950 Include \$1.50 P.O. Box 17711A
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 (408)-378-2148 PER ITEM (512)-441-7993

Barbarian Club Championships



7/10/82-Bellvale, NY(kilos)

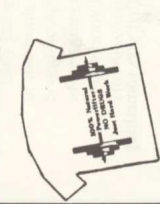

WOMEN	SQ	BP	DL	T
SAG	87.5	37.5	117.5	242.5
C. Romero	87.5	40	92.5	220
B. Moffitt	115	57.5	122.5	295
S. Alexander	95	55	125	275
MEN-56kg				
M. Rizzuto	162.5	112.5	195	470
W. Griffin	195	137.5	217.5	550
B. Lippincott	192.5	125	205	525
J. Prendergast	185	125	207.5	517.5
62-5kg				
H. Anderson	145	135	180	460
90kg				
H. Musnik	197.5	132.5	170	500
100kg				
V. Madfield	195	122.5	202.5	520
118kg				
B. Hogan	272.5	130	237.5	660
D. Spindell	227.5	125	242.5	552.5
B. Leek	145	125	242.5	552.5
SHW				
V. Rudinski	185	125	242.5	552.5

Orange County closed 6/27/82-Warwick, NY(kilos)

WOMEN	SQ	BP	DL	T
C. Romero	92.5	35	110	237.5
B. Moffitt	90	40	105	235
MEN-56kg				
M. Rizzuto	85	55	137.5	277.5
W. Griffin	215	112.5	192.5	520
B. Lippincott	165	112.5	205	482.5
J. Prendergast	202.5	135	230	587.5
100kg				
V. Madfield	162.5	137.5	115	217.5
L. Swaybill	137.5	115	217.5	470
L. Schroeder	235	147.5	235	617.5
SHW				
V. Rudinski	182.5	120	205	507.5

POWER PRODUCTS T-SHIRTS

ORDER 3 SHIRTS ANY DESIGN SHOWN FOR \$20.00 - SAVE \$3.00
 U.S. COMPANY ONLY - OUTSIDE U.S.A. ADD 20%
 * 30-DAY MONEY BACK GUARANTEE
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MAKE PAYABLE TO Vincent Faust P.O. BOX 25735 Phila., Pa. 19144-0735				
QUANTITY	DESIGN	NO.	SIZE	COLOR

Power Race Products Inc.

124 East State Street, West Lafayette, Indiana 47906, 317-743-3481

SPECIAL OFFER

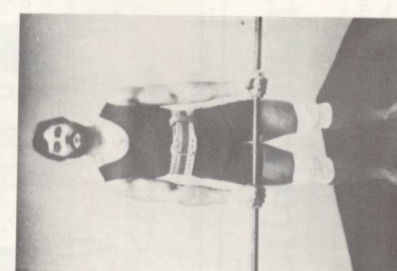
5-Piece Complete Uniform includes
 Suit, Belt, 1 pr Training Straps, 1 pr
 knee wraps, and 1 pr Deadlift slippers
 Regular \$139.00
SPECIAL ONLY \$ 119.00
 Save \$20.00

Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 Weight _____ Height _____
 Color Choice _____ Second _____
 Suit _____ Deadlift slippers _____
 (Send tracing of foot)

Knee Wraps _____ Training Straps _____
 Belt _____ Waist Size _____
 (See our ad on Belts in this Issue)

SPECIAL OFFER:
 5 piece Uniform _____
 Amount Enclosed _____
 Send check or Money Order _____

MC/VISA accepted, \$2.00 charge



Miracle Suits 124 East State Street, West Lafayette, Indiana 47906, 317-743-3481

5 COLORS - Black, Navy, Red, Med Blue, Cream

1 suit . . . \$27
 2 suits . . . \$51
 5 suits . . . \$120

Belt-Model 4S3ADE
 3 Layer Suede covered Chrome Buckle
 6 lines of stitching
 Our Top of the Line Model . . . \$92.00

Training Straps
 Heavy Duty Leather, Adjustable
 1 pair . . . \$6.00
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Hurricane Knee Wraps
 1 pair . . . \$9.00
 2 pair . . . \$17.00
 5 pair . . . \$40.00
 10 pair . . . \$70.00

Deadlift Slippers
 Same colors as suits
 1 pair . . . \$6.00
 5 pair . . . \$25.00

(Prices include postage in the U. S., all other sales add 10%)

U.S.P.F.
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Titan Suits

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APPROVED

“FALL SALE \$28.00”

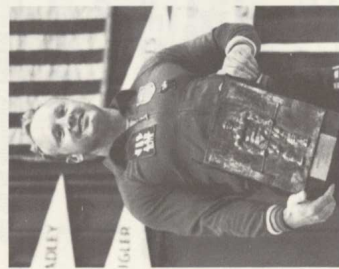
You're an athlete in a sport that demands more than a team could ever dream of, and that says something about you.

It takes a special person to strain, work and sweat in a gym for hours everyday for that one special moment on the platform. That's why Titan exists, because as long as there is a lifter who loves the sport and is willing to pay his dues then he deserves something more than just a stock size. That's the reason why Titan handcrafts and custom fits each suit, because you're what makes the sport greatand **YOU DESERVE THE BEST!**

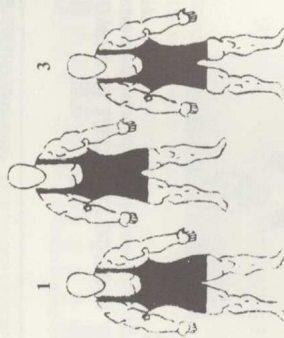
With this belief in mind Titan has developed a three step plan that you can follow to help you realize your fullest potential:

1. REGULAR FIT - moderate tightness for working out. Recommended for the lifter who's never worn a tight suit or who just wants to keep the "groove."
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3. COMPETITION FIT - **THE TIGHTEST FIT AVAILABLE.** Recommended only for the experienced lifter or those who have followed the three step plan.*

*Note: New lifters or those not used to tight fits should order the regular fit.



Bruce Takala, U.S. Armed Forces National Champ, 1835 total at 181!

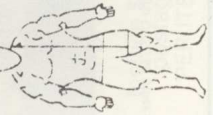


Available in Navy Blue, Burgundy, Brown, Rust & Green



Tony Johnson, State, Regional & W/R holder.

“The Titan Suit is the best suit... bar none, on the market!”



Titan Salutes Racine, Wisconsin!

Titan Suits
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Corpus Christi, TX 78412
Texas residents add 5% sales tax. Overseas add 20%. Allow 3 to 4 wks. delivery.

Measurements must be true.

Height _____
 Weight _____
 Hips (largest part of buttocks) _____
 Leg (largest part) _____
 Overall (top of trap to 6" below crotch) _____
 Color 1. _____ Meet _____ 2. _____
 Reg. _____ Comp. _____
 Repeat Customer _____

A LETTER FROM DR. FRED HATFIELD

Early last year, I wrote a book entitled, *The Science of Powerlifting*. An abridged version of the book was later published by Contemporary Book Publishers, Inc. (*Powerlifting: A Scientific Approach*). The publisher I had chosen to get this major book on the market had some time-consuming typesetting problems, and I decided to find another publisher. The book has been completely updated and expanded, and will be on the market soon. The new name of the book will be:

THE COMPLETE GUIDE TO POWER TRAINING AND POWERLIFTING

and it will be available through Fitness Systems, 3335 St. Charles Ave., New Orleans, La 70115. It will also be available through other POWERLIFTING USA distributors, at regular prices. You may wish to pre-order your copy today and receive a 33% discount.

Here is a brief listing of the contents of the book -- may I add that each chapter is complete! The book is roughly 400 pages, and contains over 100 photos and graphs. It is by far the most comprehensive and scientific work ever compiled in any area of weight training or weight lifting.

Chapter One: The Scientific Basis of Weight Training.

Chapter Two: The Systems of Weight Training.

Chapter Three: Biomechanics of the Three Powerlifts.

Chapter Four: Training Problems, Sticking Points and Applications.

Chapter Five: Powerlifting Injuries: Prevention and Rehabilitation.

Chapter Six: Ergogenic Aids: The Quest for Super Strength.

Chapter Seven: Diet and Nutrition.

Chapter Eight: Psychology of Powerlifting.

Chapter Nine: The Contest.

Appendix will include the rules of powerlifting, IPF officials' names and addresses, Schwartz formula, Kilo conversion chart, methods of determining percent bodyfat, and many, many more important powerlifting and weight training points of information.

The bibliography is the most up to date and complete compilation of research sources and information ever presented in a book on weight training -- a must for the serious student of the iron sports.

The pre-publication price of this book is only \$9.95 postage paid. This price will terminate upon the publication of the book. The price then will be \$14.95 -- a bargain at twice that price.

I will gladly refund anyone their money if they are not satisfied that they are getting all that they think they need to succeed in powerlifting or power training for their sport. Thanks, and good lifting.

Sincerely, Frederick C. Hatfield, Ph.D.

The Titan Guarantee

Zero crotch blowouts ... and Titan backs this up with the most unique guarantee on the market. **If you can blow the crotch out, during the 2 month guarantee period, Titan not only will replace your suit ... but refund your money as well!** There are no gimmicks involved, it's just the result of handcrafting every suit from start to finish ... craftsmanship!

“When the competition is close, Titan can give you the edge. Can you really afford to be without it?”

Phil Roper

One month guarantee on the rest of the suit.

Now, you too can join in the Kaz Quest for ultimate size and power.

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The World's Strongest Man

introduces
"THE KAZ QUESTS"

In only 5 years Bill Kazmaier has developed such power and physical structure as to be unparalleled in both Body-building and Powerlifting. Ignoring old, possibly outmoded principles, Kaz developed his own unique ideas and philosophies for super strength and unmatched muscular size. Setting himself apart from any other Super-heavyweight or indeed any Strength Athlete that has ever lived. These original training principles are now meticulously described with every conceivable detail explained and reasoned in the following 3 MUSTS for all who are interested in pursuing their ultimate.

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- QUEST 2..... Squat and Deadlift
- QUEST 3..... Gaining Muscular Size and Bulk

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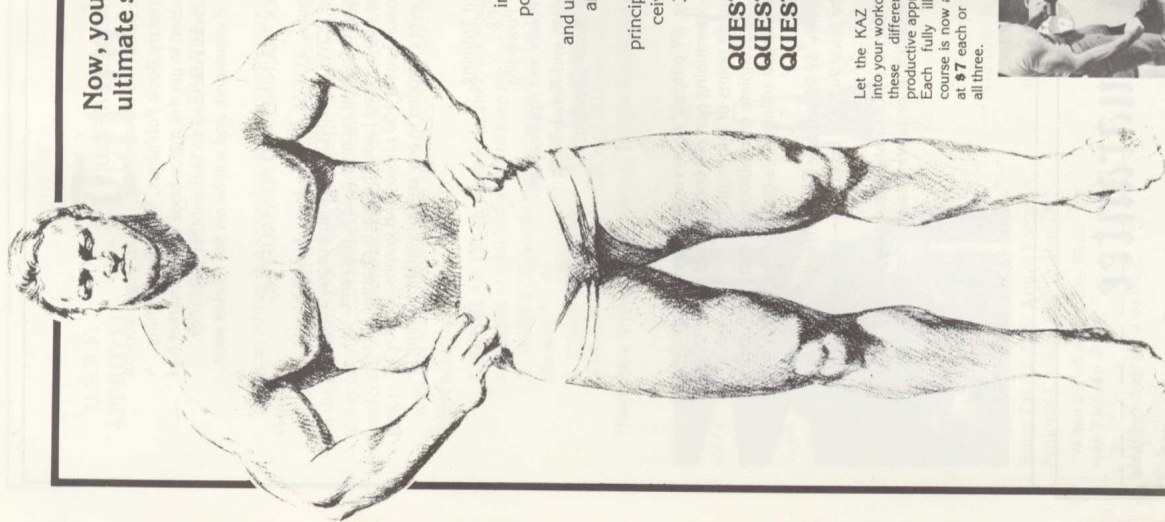
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250/\$12, 500/\$23

Each tablet contains 2 grams of pure desiccated-defatted pure Argentinian Beef Liver. It contains the following nutrients: Vit. A, Calcium, Iron, Phosphorus, Potassium, B-1, B-2, B-6, B-12, Biotin, Chlorine, Folic Acid, Inositol, Nicotin, PABA, Pantothenic Acid.

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Style (A) Deluxe Suede Covered belt with attaching twice around holes.....\$75.00

Any Color of Suede



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CERTIFICATION OF QUALITY

The ingredients contained in this product come from natural sources and the finest quality food-grade materials available anywhere in the industry. No Preservatives, Salt, Sugar, Starch, Colors, Waxes, or Artificial Flavors have been used in the formulation of this product. Each packet is individually sealed in a protective packet and are then canned and sealed to preserve freshness. Each packet contains four packets which provides the following:

Fat Soluble Vitamins
Vitamin A (Fish Liver Oil) 25,000 IU
Vitamin D (Fish Liver Oil) 1,000 IU
Vitamin E (Wheat Germ Oil & Lecithin) 1,000 IU
% U.S. RDA
250%
2500%

Water Soluble Vitamins

(Sustained to release over an 8 hour period)
Vitamin B-1 (Thiamine HCL) 125 Mg
Vitamin B-2 (Riboflavin HCL) 125 Mg
Vitamin B-6 (Pyridoxine HCL) 125 Mg
Vitamin B-12 (From Process) 125 Mg
Vitamin C (Ascorbic Acid) 125 Mg
Choline (Biotin) 4%
Folic Acid 100%
Nicotinamide 625%
PABA 125 Mg
d-Pantothenic Acid 125 Mg
In a base of Yeast, Alanine, Watercress, Parsley, Lecithin and Rice Bran
Vitamin C 1,500 Mg
Vitamin B-12 500 Mg
Lemon Biotinoids 150 Mg
Rose Hip Extract 50 Mg
Hesperidin Complex 50 Mg

Natural Super Energy Oils

Soya Lecithin 1,200 Mg
Rice Bran Oil 400 Mg
Crude Soya Oil 340 Mg
Soybean Lecithin 340 Mg

Natural Unsaturated Fatty Acids

Linoleic 59.8 Mg
Oleic 27.8 Mg
Lindolic 6.2 Mg
Arachidic 4.6 Mg
Stearic 2.3 Mg
% U.S. RDA
24.4%
5.4%
0.4%
0.2%

Natural Digestive Enzymes

Breain HCL 520 Mg
Oxalic 120 Mg
Pepsin 60 Mg
Pancreatin 4X 60 Mg
Papain (Papsya Extract) 32 Mg
Aspartic P.P. 32 Mg
Calcium 32 Mg

Natural Organic Minerals (Two Tablets)

Iodine (Kelp) 1,000 Mg
Magnesium (Glucosate) 225 Mg
Manganese (Glucosate) 27 Mg
Phosphorus (Glucosate) 10 Mg
Zinc (Glucosate) 200 Mg
% U.S. RDA
100%
150%
150%
20%
20%
333%

Amino Acids

Essential Amino Acids
L-Alanine 13 Mg
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L-Lysine HCL 15 Mg
L-Aspartic Acid 24 Mg
L-Methionine 20 Mg
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L-Tryptophan 5 Mg
L-Valine 15 Mg
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L-Alanine 13 Mg
L-Leucine 21 Mg
L-Lysine HCL 15 Mg
L-Aspartic Acid 24 Mg
L-Methionine 20 Mg
L-Valine 9 Mg
L-Threonine 9 Mg
L-Tryptophan 5 Mg
L-Valine 15 Mg
% U.S. RDA - Percentage of U.S. Recommended Daily Allowance
* % U.S. RDA has not been established

BECAUSE YOU'RE A POWERLIFTER YOU NEED SUPERIOR NUTRITION

NUTRI-MAX PAK II

Lipo Soluble Vitamin	U.S. RDA
Vitamin E 2 Alpha Tocopherol	4000%
Vitamin A 7,500 I.U.	500%
Vitamin D 1,500 I.U.	250%
B-Complex Factors Sustained Release	100%
Thiamine B1 (Thiamine HCl)	750%
Riboflavin B2 (Riboflavin)	14,700%
Niacinamide	1250%
Vitamin B6 (Pyridoxine HCl)	250 mg
Vitamin B12 (Hydroxycobal. Conc)	12,500%
Pancreatic Acid (id-Cal-Pan)	4156%
Choline Bitartrate	84%
Inositol	2900%
Para Amino Benzoic Acid	250 mg
Vitamin C BioFlavonoids Factors Sustained Release	3000 mg
Natural Bio-Active Rose Hips	500 mg
Ascorbic Acid	50 mg
Hesperidin Complex	50 mg
Biotin	5000%
Chelated Mineral Compounds	1500 mg
Calcium (Amino Acid Chelate)	225 mg
Iodine (P.a.P.)	150%
Iron (Amino Acid Chelate)	45 mg
Copper (Amino Acid Chelate)	188%
Zinc (Amino Acid Chelate)	34 mg
Manganese (Amino Acid Chelate)	15 mg
Potassium (Potabate)	100 mg
Selenium (Veast 21)	150 mg
Chromium (Amino Acid Chelate)	150 mg

*U.S. Recommended daily allowance for Adults and Children 12 years of age or older.
**U.S. FDA not established
***Based on human requirements

30 Day \$24.95 60 Days \$44.95

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GLAND FORMULA III
The Original Power Glandular Formula. A great source of same nutrients found in Gland 1200, but in medium potencies.

ORCHIC 500
500 mg. Raw Testicle Gland
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1. Gland 1200 + Adrenal - \$32.25
2. Gland 1200 + Orchic - \$30.75
3. Adrenal + Orchic - \$26.00
4. G 1200 + Adrenal + Orchic - \$43.50

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								C.O.D. Add \$2.00	
								TOTAL	



Meet Director wins his own meet!
That's what Bill McElwain did at the Fremont-Olympics in the 198 8/4/82 Santa Clara, CA. Photo by Mary Eltridge.

11th annual Fremont-Olympics 8/4/82 Santa Clara, CA

	SQ	BP	DL	T
148	540*	380*	589*	1510*
165	418	259	407	1085
181	396	236	340	1074
198	236	236	363	807
215	301**	391**	579**	1372
232	429	330	429	1190
249	352	264	446	1063
266	347	236	347	931
283	249	303
300	534	358	611	1504
317	540	358	573	1471
334	325	288	418	920
351	325	198	396	920
368	606	400	628	1614*
385	622**	336**	606	1565**
402	551	407	562	1521
419	480	385	551	1319
436	341	264	402	1008
453	446	336
470	521*	402	507	1432
487	485	391	512	1399
504	570*	407*	617	1603*
521	556	347	622	1526
538	501	341	628*	1471
555	311**	487**	617	1603*
572	336	220	396	923
589

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In the '80's after a tough battle with the scale, Lyn Barker took the gold, followed by Jeff Hillstrom who had no problem with the scale or a meet record. DL: The '79s saw close battle with McElwain coming from behind to win in the DL. John Havenhill posted a solid total in his first meet. At 220 he took the gold. Tom Eltridge was not at his best but still capped second with a powerful Paul Defrino having to settle for third after proving his dominance in the 1980's. McElwain turned the 275, setting 3 meet records in the process. Dan Martin silvered even tho his performance was not at his best. Lifting. Stanoanovic represented the 155's. McElwain records entourage to his gold medal. George Lopez of Santa Barbara received the silver medal. This meet would never have run without the help of the following people. Thank the following persons: Susan Cox, Dan and Bill Hartman, Jeanine and Mary Elledge, Tom Smerdel, Lee Moran, Dave Van Brocklin, Rick McElwain, Jim Kaufmann, Mike Richardson, Craig Watts, Pat Higgins, Dennis Hammond, Bob Pagan, Rich Tautou, and Fish to Jim Lem, Jim Waters, Ron Morris, and most of all, the 1980's. McElwain announced all night and put with me, who announced all months. Thanks to Bill McElwain for results.

Kennebec County Championships 7/25/82-Augusta, Maine

	SQ	BP	DL	T
123	130	105*	250*	505*
140	150	95*	240	495
157	132	100	240	495
174	148	100	220*	405
191	148	100	220*	405
208	165	115	250	505*
225	165	115	250	505*
242	165	115	250	505*
259	165	115	250	505*
276	165	115	250	505*
293	165	115	250	505*
310	165	115	250	505*
327	165	115	250	505*
344	165	115	250	505*
361	165	115	250	505*
378	165	115	250	505*
395	165	115	250	505*
412	165	115	250	505*
429	165	115	250	505*
446	165	115	250	505*
463	165	115	250	505*
480	165	115	250	505*
497	165	115	250	505*
514	165	115	250	505*
531	165	115	250	505*
548	165	115	250	505*
565	165	115	250	505*
582	165	115	250	505*
599	165	115	250	505*
616	165	115	250	505*
633	165	115	250	505*
650	165	115	250	505*
667	165	115	250	505*
684	165	115	250	505*
701	165	115	250	505*
718	165	115	250	505*
735	165	115	250	505*
752	165	115	250	505*
769	165	115	250	505*
786	165	115	250	505*
803	165	115	250	505*
820	165	115	250	505*
837	165	115	250	505*
854	165	115	250	505*
871	165	115	250	505*
888	165	115	250	505*
905	165	115	250	505*
922	165	115	250	505*
939	165	115	250	505*
956	165	115	250	505*
973	165	115	250	505*
990	165	115	250	505*
1007	165	115	250	505*
1024	165	115	250	505*
1041	165	115	250	505*
1058	165	115	250	505*
1075	165	115	250	505*
1092	165	115	250	505*
1109	165	115	250	505*
1126	165	115	250	505*
1143	165	115	250	505*
1160	165	115	250	505*
1177	165	115	250	505*
1194	165	115	250	505*
1211	165	115	250	505*
1228	165	115	250	505*
1245	165	115	250	505*
1262	165	115	250	505*
1279	165	115	250	505*
1296	165	115	250	505*
1313	165	115	250	505*
1330	165	115	250	505*
1347	165	115	250	505*
1364	165	115	250	505*
1381	165	115	250	505*
1398	165	115	250	505*
1415	165	115	250	505*
1432	165	115	250	505*
1449	165	115	250	505*
1466	165	115	250	505*
1483	165	115	250	505*
1500	165	115	250	505*
1517	165	115	250	505*
1534	165	115	250	505*
1551	165	115	250	505*
1568	165	115	250	505*
1585	165	115	250	505*
1602	165	115	250	505*
1619	165	115	250	505*
1636	165	115	250	505*
1653	165	115	250	505*
1670	165	115	250	505*
1687	165	115	250	505*
1704	165	115	250	505*
1721	165	115	250	505*
1738	165	115	250	505*
1755	165	115	250	505*
1772	165	115	250	505*
1789	165	115	250	505*
1806	165	115	250	505*
1823	165	115	250	505*
1840	165	115	250	505*
1857	165	115	250	505*
1874	165	115	250	505*
1891	165	115	250	505*
1908	165	115	250	505*
1925	165	115	250	505*
1942	165	115	250	505*
1959	165	115	250	505*
1976	165	115	250	505*
1993	165	115	250	505*
2010	165	115	250	505*
2027	165	115	250	505*
2044	165	115	250	505*
2061	165	115	250	505*
2078	165	115	250	505*
2095	165	115	250	505*
2112	165	115	250	505*
2129	165	115	250	505*
2146	165	115	250	505*
2163	165	115	250	505*
2180	165	115	250	505*
2197	165	115	250	505*
2214	165	115	250	505*
2231	165	115	250	505*
2248	165	115	250	505*
2265	165	115	250	505*
2282	165	115	250	505*
2299	165	115	250	505*
2316	165	115	250	505*
2333	165	115	250	505*
2350	165	115	250	505*
2367	165	115	250	505*
2384	165	115	250	505*
2401	165	115	250	505*
2418	165	115	250	505*
2435	165	115	250	505*
2452	165	115	250	505*
2469	165	115	250	505*
2486	165	115	250	505*
2503	165	115	250	505*
2520	165	115	250	505*
2537	165	115	250	505*
2554	165	115	250	505*
2571	165	115	250	505*
2588	165	115	250	505*
2605	165	115	250	505*
2622	165	115	250	505*
2639	165	115	250	505*
2656	165	115	250	505*
2673	165	115	250	505*
2690	165	115	250	505*
2707	165	115	250	505*
2724	165	115	250	505*
2741	165	115	250	505*
2758	165	115	250	505*
2775	165	115	250	505*
2792	165	115	250	505*
2809	165	115	250	505*
2826	165	115	250	505*
2843	165	115	250	505*
2860	165	115	250	505*
2877	165	115	250	505*
2894	165	115	250	505*
2911	165	115	250	505*
2928	165	115	250	505*
2945	165	115	250	505*
2962	165	115	250	505*
2979	165	115	250	505*
2996	165	115	250	505*
3013	165	115	250	505*
3030	165	115	250	505*
3047	165	115	250	505*
3064	165	115	250	505*
3081	165	115	250	505*
3098	165	115	250	505*
3115	165	115	250	505*
3132	165	115	250	505*
3149	165	115	250	505*
3166	165	115	250	505*
3183	165	115	250	505*
3200	165	115	250	505*
3217	165	115	250	505*
3234	165	115	250	505*
3251	165	115	250	505*
3268	165	115	250	505*
3285	165	115	250	505*
3302	165	115	250	505*
3319	165	115	250	505*
3336	165	115	250	505*
3353	165	115	250	505*
3370	165	115	250	505*
3387	165	115	250	505*
3404	165	115	250	505*
3421	165	115	250	505*
3438	165	115	250	505*
3455	165	115	250	505*
3472	165	115	250	505*
3489	165	115	250	505*
3506	165	115	250	505*
3523	165	115	250	505*
3540	165	115	250	505*
3557	165	115	250	505*
3574	165	115	250	505*
3591	165	115	250	505*
3608	165	115	250	505*
3625	165	115	250	505*
3642	165	115	250	505*
3659	165	115	250	505*
3676	165	115	250	505*
3693	165	115	250	505*
3710	165	115	250	505*
3727	165	115	250	505*
3744	165	115	250	505*
3761	165	115	250	505*
3778	165	115	250	505*
3795	165	115	250	505*
3812	165	115	250	505*
3829	165	115	250	505*
3846	165	115	250	505*
3863	165	115	250	505*
3880	165	115	250	505*
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'Service News', the following is a direct quote from Carrier Air Conditioning Service News supplied by Ken Wright: Ken thought it would be interesting to PLers and feels certain that they mean DMSO 'ODOR IN COILS AND FURNACES. If a homeowner complains of an odor in the system that smells like a dead animal and no cause turns up, ask if anyone in the home is taking DMSO. DMSO, Dimethyl sulfoxide, is a prescription drug commonly used to relieve aches which produces a garlic-like mouth and body odor in those using it. The drug is also a super penetrating compound, so the garlic-like vapor can be carried through the duct system, penetrate the metal, and combined with heat, produce an odor that smells like a decaying animal. Once the vapor impregnates the system, it is difficult to remove. Remember, if no other cause turns up for an odor, ask about DMSO. Unfortunately for Powerlifters, it doesn't indicate HOW to remove that infamous 'decaying animal' smell.

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CLASS 114 123 132 148 165 181 198 220 242 275 SHW
 1064 1157 1246 1394 1597 1842 1974 1959 1746 2853
 Miler 981 1064 1146 1279 1400 1505 1530 1574 1588 1870
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Statement 1... 'At first I was skeptical about George Herring and his fantastic gains, but I'm a believer now as he passed our voice stress. He has also passed urinalysis and polygraph tests - an incredible clean lifter. I am proud to be his friend and recommend his courses.'

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Statement 2... 'George has trained with us here at NSRC for the past 3 yrs. and has progressed from being a novice to the current top middleweight in the world. For a clean lifter, his gains seem almost superhuman. His unique system of training is a must for the natural lifter.'

Terry Todd, PhD, National Strength Research Center

Statement 3... 'George totaled 1751 at our Drug Free meet in Mobile. George has proven great gains can be made and records can be broken without drugs.'

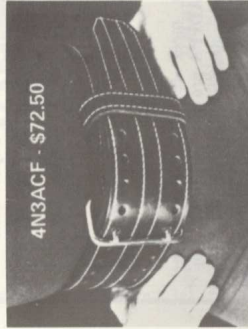
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4N1	1	Natural	7-mm	4" Zinc	None	A,B,F	31.00
4N2	2	Natural	11-mm	4" Zinc	Style 1	A,B,C,D,F	51.00
4N3	3	Natural	13-mm	4" Zinc	Style 1	A,B,C,D,F	61.00
4S1	1	Suede	10-mm	4" Zinc	Style 1	A,B,C,D,E	54.00
4S2	2	Suede	12-mm	4" Zinc	Style 1	A,B,C,D,E	64.00
4S3	3	Suede	13-mm	4" Zinc	Style 1	A,B,C,D,E	74.00

ALL BELTS are 100-mm wide and IPF, USPF legal
 Colors - Black, Navy Blue, Royal Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand
 Suede - Black, Navy Blue, Royal Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand
 Style Stitching - one row of stitching around edge of belt, and two rows down the middle of the belt.
 Style Stitching 2 - one row of stitching around edge of belt, and two rows down the middle of the belt.
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 OPTIONS DESIRED A. _____ B. _____ C. _____ D. _____
 (STATE COLOR FOR E OR F) E. _____ F. _____

Drug Free Mobile PL Championships-7/31/82		Mobile-AL (kilos)		Mobile-AL (kilos)	
WOMEN	Men	SQ	BP	DL	T
R. Cotton	97.5	42.5	120	260	655
J. Price	65	40	570
J. Todd	162.5	77.5	205*	445	...
OPEN					
B. Harder	147.5	87.5	185	420	...
S. Martin	120	97.5	182.5	400	...
T. De Lacer	210	122.5	220	552.5	...
B. Gallegos	157.5	120	170	447.5	...
N. Martino	162.5	95	157.5	415	...
S. Duppai	140	92.5
G. Herring	310	190	295	795	...
S. Schirova	220	150	235	620	...
D. Castellano	220	127.5	245	592.5	...
R. Vigorelli	190	150	205	545	...
M. Antonson	182.5	140	205	527.5	...
G. D'Antonio	152.5	102.5	210	465	...
B. Bertagnoli	105	100	165	402.5	...
R. Kobetz	265	157.5	302.5	725	...
L. Tillynowski	230	135	255	620	...
D. Daniel	240	142.5	230	612.5	...
C. Sturges	175	100	215	490	...
R. Miley	200
B. Clattenburg	245	137.5	260	642.5	...
G. Fountain	237.5	147.5	232.5	617.5	...
J. Dineen	210	137.5	242.5	570	...
D. Key	190	147.5	217.5	555	...
J. Peterson	160	95	160	415	...
R. Clattenburg	205	142.5
D. Ellary
F. Hood	310	180	352.5	835	...
P. Elmore	220	195	297.5	775	...

American Drug Free Powerlifting Association



*Mens Sana
In
Corpore Sano*

*A Sound Mind
In
A Sound Body*

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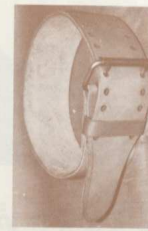
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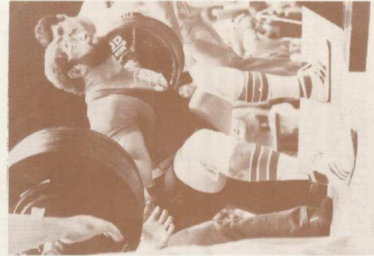
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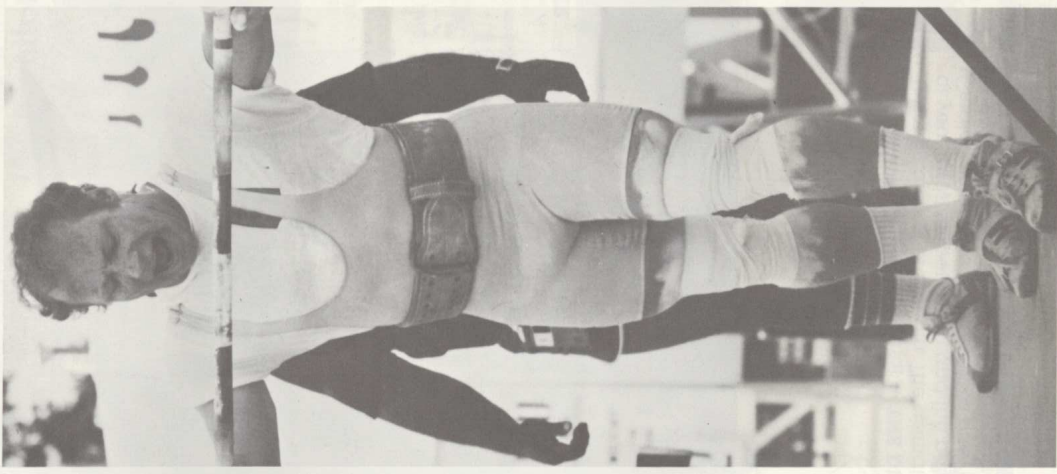
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Exclusively excerpted from Dr. Hatfield's soon to be published book **POWER TRAINING** (formerly titled *Science of Powerlifting*). Below, Dr. Hatfield puts his philosophies into practice as no other powerlifter/academic is able to do at the World Games.



Many people have experienced having dreams in which an extraordinary idea or concept passes through their mind. Awakening in a startled state, often excited to near hysteria, they reflect on the idea and promise themselves that they'd write it down the next morning. Sun up, they find to their dismay that they can't remember what they dreamed! I had such a dream once and determined not to forget it and determined not to go back to sleep. The next morning, I read what I had written during the night and it was nearly unintelligible. The meaning of my sleep-writing has only recently become clear to me. It is an idea I would like to throw out at the weight training world.

Almost all powerlifters follow some kind of weekly training schedule that involves a light, moderate and heavy workout. Until recently (a year or so), I used a similar schedule. Then came my revelation. Why not train heavy all the time? What possible benefit is derived from training loads that are so light that no significant overload is derived? The revelation came to me in mathematical form. If I trained for ten weeks following the traditional light and heavy system, I'd get in ten heavy workouts. These workouts would be the only ones out of the total of twenty that would yield significant gains. However, if I trained heavy every 4th or 5th day, I would be able to get in fully 15 significant workouts in ten weeks. My nimble brain quickly calculated the advantage -- I would be able to make gains fully 50% above what I used to get on such a system!

Many questions arise. What's the heavy? Is it 4 or 5 days enough time for full recuperation? Is the idea physiologically sound? Psychologically sound? Is there any reason under the sun why I should train light? Is there any reason under the sun why I shouldn't train heavy all the time?

I'd like to answer the last question first. It works, and it works better than the old method! It worked for me and it is working for the guys who train with me. But, let's take a look at the concept more systematically and objectively. When lifters talk about training loads, there are no magic numbers, no holy percentages -- only ballpark figures that experience and research tells us are good guidelines. The critical threshold (on the average) for strength gains to occur maximally is with training loads in excess of 80% of your maximum. The average lifter can pump out at least 10 good reps with such a load -- usually closer to 15 reps, but most lifters deal with lower reps than that. Off season training generally should involve 6-8 reps at loads in excess of 85%. Peaking

cycles generally include heavy triples with loads in excess of 90% of max. Both research and experience tells us that such training loads yield the best results for strength and power. So, 'light' means below the critical threshold of 80%, and 'heavy' means doing the work with a heavier load with a weight that is heavy enough to make you fall if you go beyond the required number of reps. Recuperation time is a variable that must be determined by the individual. There are some rather objective methods to determine whether you are recuperated sufficiently to engage in another heavy workout (blood count, pulse, white cell count, but the lactate concentration test) but the most practical method is trial and error. Younger and smaller lifters generally recover faster than older lifters. 3-5 days is generally enough time for the younger lifter. The big guys sometimes need 5-7 days of full recuperation. The short and long of this fact is that if you engage in a moderate or light workout before fully recuperating from the last heavy workout, you are actually slowing down the recuperative process -- you are not enhancing it. Let me reiterate an important point -- maximum benefit is derived from your heavy workouts, and light workouts only serve to hold you back. The only reason ever given to me for doing light workouts besides the old standby response, 'this is the way everyone does it,' or 'it helps me to recuperate' is that an overpowering feeling of guilt forces lifters to work. If they're not in the gym almost every day, lifters feel that they're not working hard enough, or that they're lazy. They become overwhelmed by the need to excel and want to do everything they can to get better. Noble but, I submit, misguided.

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New Haven, CT

Rank	Name	50	80	BP	DL	T				
114	K. Willis	115	75	100*	370	114				
115	K. Lemmon	193*	155	275	620	114				
132	G. Raccio	230	132				
A. Gioni	273*	235*	300*	810	182*	235*	547*			
T. Coleman	235	175	260	710	132	New England Masters Championships				
B. Withycombe	195	210*	260	665	A. Bram	185	140	325	650	
V. Cupo	340	150	405*	895	165	
D. Runlett	235	200	300	735	198	Wellins	180	190	250	620
R. Charlier	205	190	280	675	E. Lanoue	440	370	420	1230	
E. Hoffman	265	235*	315	805	
M. Ceci	430	275	442*	1067	Best lifter, Ted Bates Pro's, 1981	590	275	540	1315	
220	Massoli	620	330	625	1325	

World Gym East: 104 lbs, 2nd place; Green- secretary: Lynn Flaker, head judges: Ipe Steele with YMCA; 10 lbs, Best sq lift div: V. Cupo, Steele, Mark Hogan and Larry Chernoff, lifter V. Cupo, best sq lift div: V. Cupo, Rene Charlier, Best BP: M. Ceci, A. Cavoyti, best Thanks to Joe Steele for results.

Seniors Golf. Lloyd Wehmut should have been given credit for his 699 deadlift, which upped his total to 1636, and Rich Woods actual lifts were 705 451 705 1862, tying him with Sam Mangaladai.

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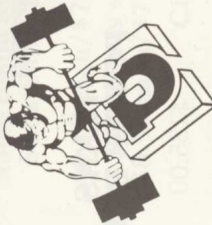
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K. Jones	345	345	535
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C. Connie	360	440	1200
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David McCoy, BPed 535 at 242 in the Augusta meet/Simmmons photo.

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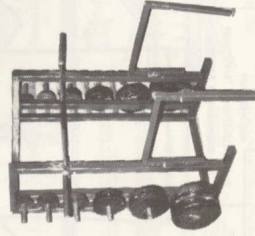
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New West Coast Championships

New Plymouth, 8/7/82 (kilos)

SQ	DL	225	275	315	355	405	445	485	525	575	625
114	70	120	135	155	175	195	215	235	255	275	295
J. Madison	187.5	82.5	225	495							
60kg											
67.5kg											

California State Women's Championships-7/31/82-Clovis, Ca

SQ	DL	181	220	260	300	340	380	420	460	500	540
114	70	120	135	155	175	195	215	235	255	275	295
J. Gardner	181	99	181	462							
J. Jarvis	143*	77	198	418*							

New Plymouth Championships

New Plymouth, 8/7/82 (kilos)

SQ	DL	181	220	260	300	340	380	420	460	500	540
114	70	120	135	155	175	195	215	235	255	275	295
J. Gardner	181	99	181	462							

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SQ	DL	181	220	260	300	340	380	420	460	500	540
114	70	120	135	155	175	195	215	235	255	275	295
J. Yu	290	140	290	720							

Canadian National Championships-30/31 July 82

Vancouver, BC (kilos)

SQ	DL	181	220	260	300	340	380	420	460	500	540
114	70	120	135	155	175	195	215	235	255	275	295
D. Remaley	340	190	390	920							

West Penn Ironmen's Open

7/21/82-Pittsburgh, Pa

SQ	DL	181	220	260	300	340	380	420	460	500	540
114	70	120	135	155	175	195	215	235	255	275	295
K. Gandish	660	435	620	1715							

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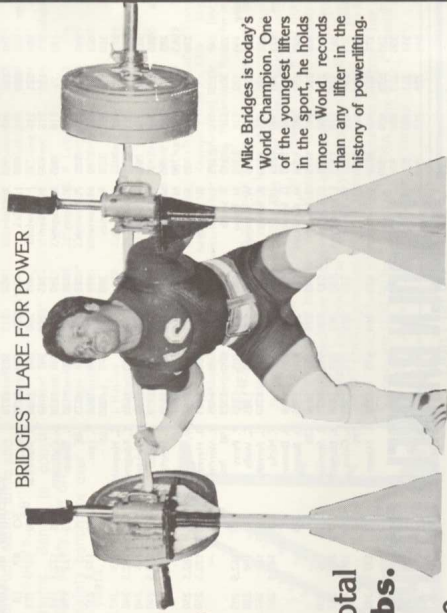
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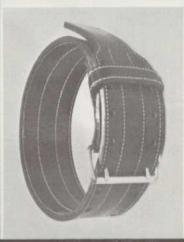


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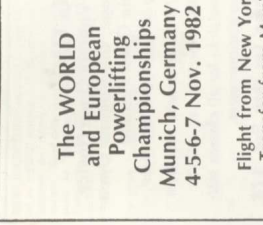
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State/Record Type	Name	Weight Class	Event	Weight	Notes
New Jersey State Records	114 SQ	114	Squat	255	John Kuc
	121 SQ	121	Squat	365	John Kuc
New Jersey State Records	121 SQ	121	Squat	365	John Kuc
	121 SQ	121	Squat	365	John Kuc
New Jersey State Records	121 SQ	121	Squat	365	John Kuc
	121 SQ	121	Squat	365	John Kuc
New Jersey State Records	121 SQ	121	Squat	365	John Kuc
	121 SQ	121	Squat	365	John Kuc
New Jersey State Records	121 SQ	121	Squat	365	John Kuc
	121 SQ	121	Squat	365	John Kuc



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Let We Forget... Joe Cunha popped a World Record 323 bench press on the 4th attempt at the Senior Nationals in Dayton, bumping Harold Escobedo from the mark he set at the Juniors. Joe is being looked at closely for a That's Incredible TV show segment. We appreciate the mention from Dan Freitas about Joe's record and apologize for not giving it the coverage it deserved in the August edition of PL USA. We'll have it on our World Record list in For The Record in the next issue of PL USA.

New Jersey Bench Press Championships-8/14/82-Oradell, N.J.

WOMEN-132	SQ	BP	DL	T
K. Wallace	100	100	295	545
MEN-OPEN-132	SQ	BP	DL	T
S. Camaban	230	195	225	650
F. Solis	315	230	325	920
F. Roberts	365	255	435	1055
E. Shaver	390	300	355	1045
R. Williams	400	275	425	1100
J. Shanley	320	250	430	1000
G. Poret	315	230	385	920
C. Kendrick	430	440	450	1320
J. Collins	500	370	600	1470
J. Stone	525	400	540	1465
MEN-985				
C. Smith	335	215	385	935
Z. Mendoza	475	370	500	1345
C. Fisher	430	310	505	1245
S. Stoves	500	385	615	1500
MEN-MASTERS				
L. Felice	285	205	350	820
L. Pena	300	230	450	980
C. Camp	275	210	410	895
L. Pena	300	230	450	980

Rich Labbe has great taste in t-shirts, is a fine Powerlifter, and has also run some excellent power meets in the past years. This photo by Jim Mick.

31 July 82 Greenwicz, Ct

125-150 class
 R. Pennings 300
 G. Scarazzini 365
 M. Buccer 225
 K. Blag 340
 M. Buccer 225
 200-225 class
 R. Kordziel 390
 B. Solonogor 315
 M. Grasso 105

* represented Greenwicz YMCA
 Team standings: 1st-Greenwicz YMCA Weight Club, 2nd-Portsmouth YMCA Weight Club, 3rd-St. Michaels W. M. W. Weight Club
 thanks to all who supported Muscular Dystrophy, especially Bob Bria, Dave Theis, Joe Scilano, St. Chappetta, and F.X. Meet directors-Jim & Dave Mick. Thanks to Jim Mick for results.

7th Annual Nevada Police Olympics-8/21/82-Las Vegas, NV

WOMEN-132	SQ	BP	DL	T
K. Wallace	100	100	295	545
MEN-OPEN-132	SQ	BP	DL	T
S. Camaban	230	195	225	650
F. Solis	315	230	325	920
F. Roberts	365	255	435	1055
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Rich Labbe has great taste in t-shirts, is a fine Powerlifter, and has also run some excellent power meets in the past years. This photo by Jim Mick.

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MEET DIRECTORS...this list is published as a FREE service to all lifters...

- 18 SEPT Greater Huntsburg Championships... 19 SEPT Greater Huntsburg Championships... 20 SEPT Greater Huntsburg Championships...

- 21 SEPT Greater Huntsburg Championships... 22 SEPT Greater Huntsburg Championships... 23 SEPT Greater Huntsburg Championships...

- 24 SEPT Greater Huntsburg Championships... 25 SEPT Greater Huntsburg Championships... 26 SEPT Greater Huntsburg Championships...

- 27 SEPT Greater Huntsburg Championships... 28 SEPT Greater Huntsburg Championships... 29 SEPT Greater Huntsburg Championships...

- 30 SEPT Greater Huntsburg Championships... 31 SEPT Greater Huntsburg Championships...

- 1 OCT Greater Huntsburg Championships... 2 OCT Greater Huntsburg Championships... 3 OCT Greater Huntsburg Championships...

- 4 OCT Greater Huntsburg Championships... 5 OCT Greater Huntsburg Championships... 6 OCT Greater Huntsburg Championships...

- 7 OCT Greater Huntsburg Championships... 8 OCT Greater Huntsburg Championships... 9 OCT Greater Huntsburg Championships...

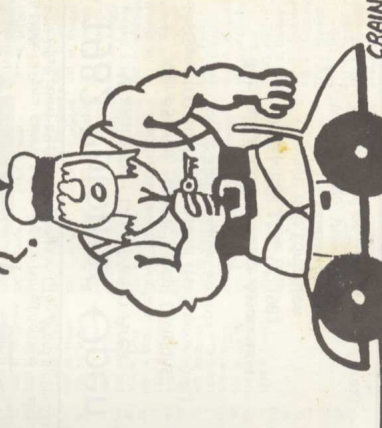
- 10 OCT Greater Huntsburg Championships... 11 OCT Greater Huntsburg Championships... 12 OCT Greater Huntsburg Championships...

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- 19 OCT Greater Huntsburg Championships... 20 OCT Greater Huntsburg Championships... 21 OCT Greater Huntsburg Championships...

- 22 OCT Greater Huntsburg Championships... 23 OCT Greater Huntsburg Championships... 24 OCT Greater Huntsburg Championships...

- 25 OCT Greater Huntsburg Championships... 26 OCT Greater Huntsburg Championships... 27 OCT Greater Huntsburg Championships...

- 28 OCT Greater Huntsburg Championships... 29 OCT Greater Huntsburg Championships... 30 OCT Greater Huntsburg Championships...

- 31 OCT Greater Huntsburg Championships... 1 NOV Greater Huntsburg Championships... 2 NOV Greater Huntsburg Championships...

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