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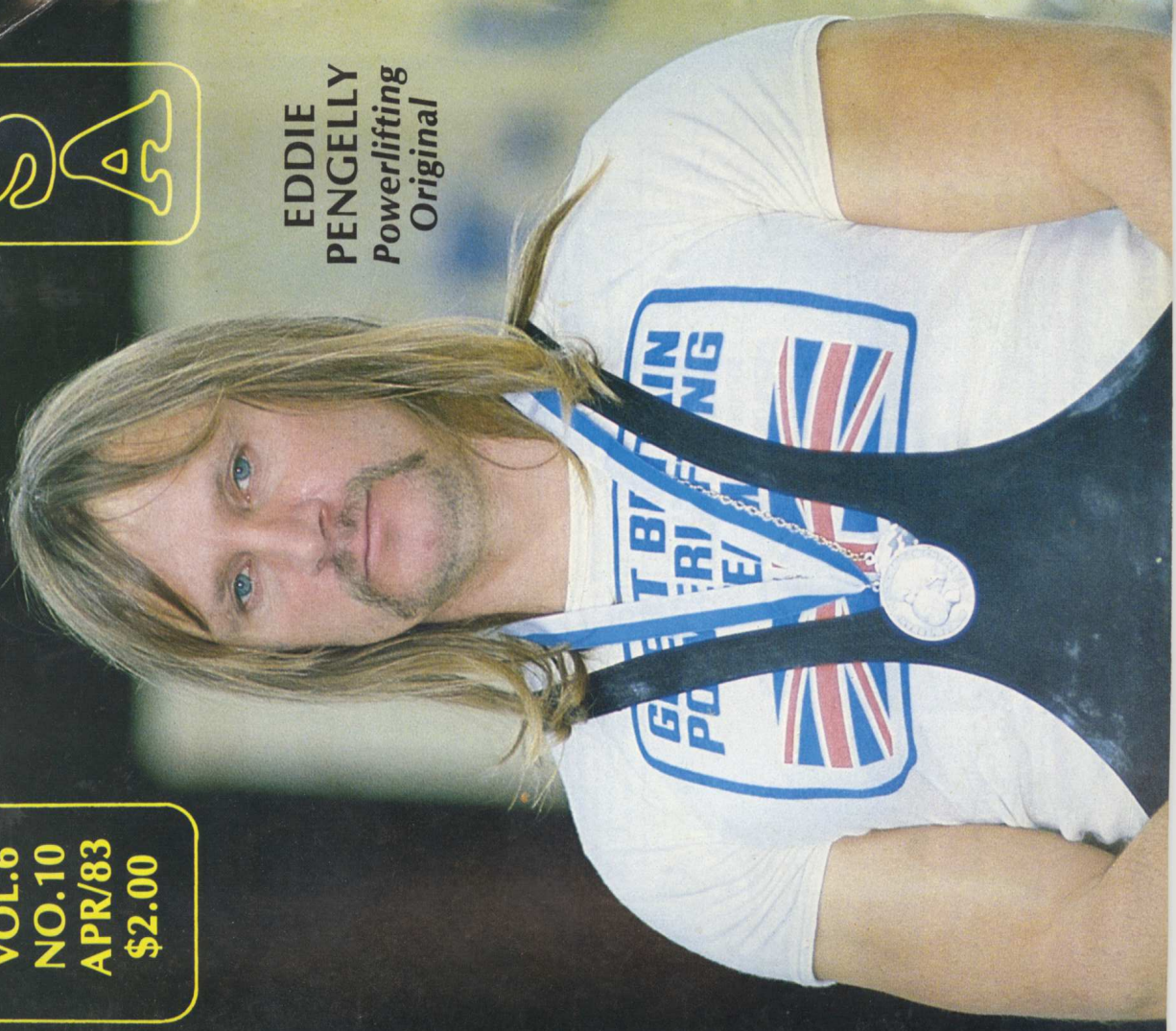
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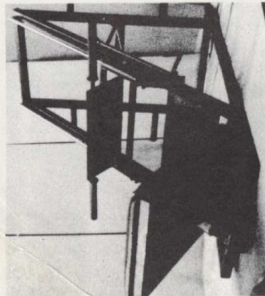
Powerlifting-U.S.A.

VOL.6
 NO.10
 APR/83
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**EDDIE
 PENGELLY**
 Powerlifting
 Original



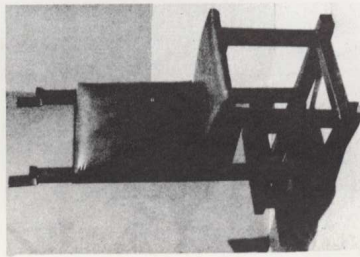
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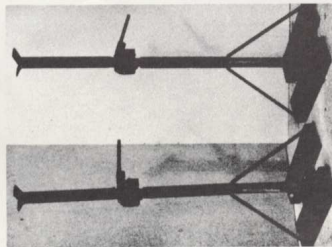
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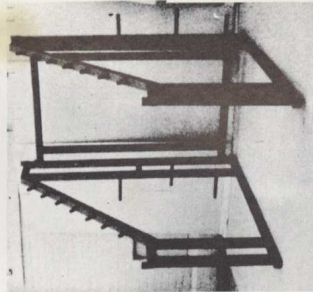
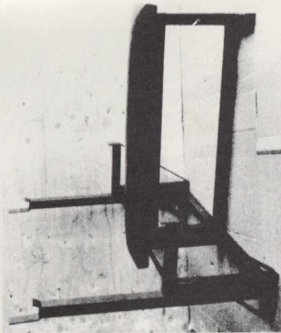
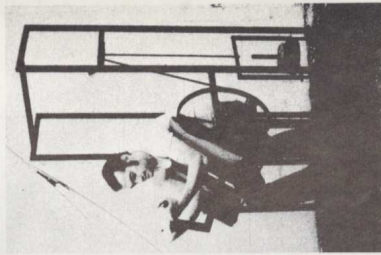


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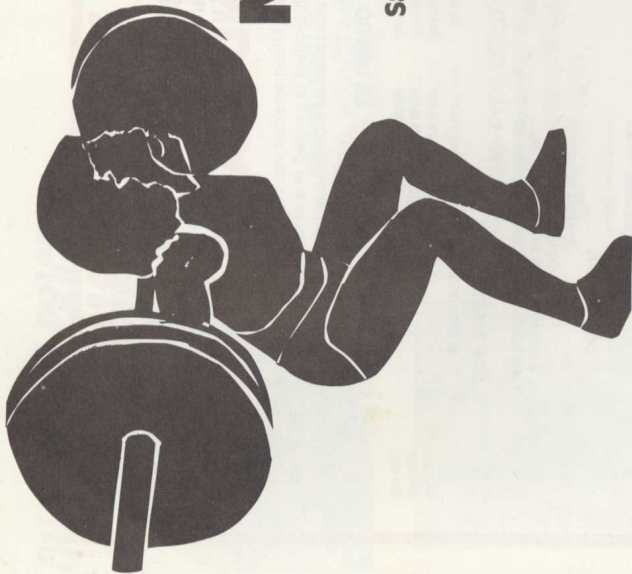
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SCHEDULE OF EVENTS

- Friday, May 20**
- 1) Morning and after polygraph for 44-56 KG Lifters
 - 2) 7 o'clock p.m. Referees Clinic & Exam.
- Saturday, May 21**
- 1) Morning & afternoon polygraph for 60 KG-unlimited
 - 2) 8 a.m.-9:30 a.m. 44-48 KG weigh-in. Lifting starts at 10 a.m.
 - 12 p.m.-1:30 p.m. 52-56 KG weigh-in. Lifting starts at 2 p.m.
- Sunday, May 22**
- 1) 8-9:30 a.m. 60-67.5 KG weigh-in. Lifting starts at 10 a.m.
 - 2) 12 noon-1:30 p.m. 75 KG-unlimited weigh-in. Lifting starts at 2 p.m.

Meet Site: Cambridge Rindge-Latin School Fieldhouse (Near Harvard Yard)

For further information contact Michelle Greenspan, or Sue Elwyn, meet directors at (617) 451-3514 or write to The New England Women's Gym, 46 Waltham St., Boston, MA, 02118.

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Powerlifting-U S A
 Post Office Box 467
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THREE WERE USED, waving from his starting point, far below.

By my opinion, 1976 and 1977 were the Golden Days of Ed's career. He was out on his own, with no challenge in sight, and broke World Records at will. He was the Mike Bridges of those years. British coach George Leggett reported after the 1977 World Championships that he could not see Ed being beaten in the foreseeable future. No one saw the 'black cloud' on the horizon. 1978 saw Ed break British lightweight records at around 145 pounds bodyweight. He then walked away with the British and European titles, with but one record on the squat, although as always with him, plenty more records were attempted. He

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THAT WAS UNKNOWN TO HIM AT THE time, the last competition of his career at 132.

Just as 1979 had been a year of unbroken success, so 1980 proved to be a year of tragedy for Eddie. Part of this was physical, but to my mind the greater hurt was caused by an inexplicable series of mental lapses. It was almost as if his brain took a sabbatical in 1980.

He started off in February in a local contest in Kidderminster, weighing a full 148, where he set British records of a 633 deadlift and 1521 total. So far so good, but the first lapse came at the World Cup at Crystal Palace

and his training became disarranged and dispirited for quite some time. He pulled himself together by the World Championships, but Gant beat him with two World Records, a 622 deadlift and a fabulous 1410 total. I am convinced that Gant beat Pengelly at his own Senior Nationals if Lamar had done just enough to win at that contest. Eddie would have trained for the World Championships with his confidence intact and I reckon he would have won. After all, in the next few months he twice increased Lamar's total, first with a fantastic multi-record breakthrough victory in the European Championships, and then at the 1979 British Championships, which was the final peak of Eddie's career as a

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ON THE COVER.....Eddie Pengelly at the 1982 Worlds

NEXT MONTH.....the Hawaii Meet, the National Collegiates, and a Ken Leistner profile of Kevin Fisher.

POWER PROFILE

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

EDDIE PENGELLY...by Andy Kerr

When Mike Lambert's postcard asking me to 'write about Eddie Pengelly dropped through my letterbox, my memory immediately released a cascade of anecdotes. With many lifters, it is often difficult to think of anything interesting that they have ever done apart from lifting a little more than most. In Mr. Pengelly's case the opposite applies. After I had discarded all the items unsuitable for a respectable magazine like PL USA, there were still quite a number to choose from. I first met Eddie at a meeting of the British Olympic Weightlifting Squad in late 1971. He was about 21 then, but I have managed to glean a few details of his earlier performances. He started lifting at 12 on the clean and jerk and made 170 at 81 pounds bodyweight. At 13½ he started training with Ron Judge, one of the strongest little men around Britain in the Sixties. One year later, weighing 110 he was squatting 300x5, benching 210, deadlifting 411 and curling 115.

By the time he was 17 he had grown to a massive 122 and got, in training, lifts of 435 282 500. At this time there were no such animals as the IFF or World Powerlifting Championships. It was, in fact, only a couple of years since what we called the 'Strength Sets', which had given way to the 'Power Sets' after exchanging the cut for the deadlift. There was nothing beyond the British Championships for Powerlifters. Weightlifting was THE sport in the British Amateur Weightlifting Association, as it had the prestige of World, Olympic, and Commonwealth Games Championships. Powerlifters were looked down on as a lower form of life, barely a grade up from bodybuilders, who were, of course, regarded as being beneath contempt. Things have changed now in BAWLA, as powerlifters are virtually equal with Olympic weightlifters, although one old cliché in a very influential position was heard to remark last year that 'Powerlifting can be taught to monkeys'.

At any rate, being an ambitious

most temperate drinker in his local bar back home, consuming a mere twenty pints a day, ordered the drinks. Two bottles of champagne and a glass of orange juice for Precious. Eddie and I had a glass of champagne and were discussing the weather when our conversation was disturbed by Hancock calling for two bottles of vodka. To our amazement, the bottles of champagne had already been emptied by Saunders and Hancock. Eddie and I poured ourselves some vodka (before that disappeared!) and resumed our damnation of the weather. Then, I looked over Eddie's shoulder and saw a Polish Naval officer taking an interest in Eddie's long blond hair. Maintaining a straight face, I watched him march smartly over to our table. He tapped Ed on the shoulder and asked him to dance. Ed turned his head and muttered 'What do you want?'. The officer, who understood that in Poland only ladies had shoulder length blond hair, nearly died on the spot at the sight of Eddie's unshaven face. At that point, his military training came to the rescue, and he beat a hasty retreat, right out of the club, his security classification shot to ribbons. Hancock and Saunders consumed another two bottles of champagne and two more bottles of vodka. Each time, Eddie and I seemed to get only one glass each. Meanwhile, Precious kept putting away the orange juice.

At the end of the evening, Hancock had an argument with Precious. Precious maintained he should only pay for his orange juice, while Hancock said he should pay his share of the vodka and champagne, and it was his own fault if he did not drink his share. Meanwhile, Eddie had passed out, and Brian Saunders carried him out with his feet trailing behind, just like you see in the movies.

Eddie came home from Poland and attempted a couple of more times to qualify for the Olympics, but never quite made it. Discouraged, he dropped out for a few years, but surfaced again in 1974 and almost won



At the 1982 Worlds... Eddie came up just short of the winning mark. T-shirt. The coach rushed over to him, 'Where's your hat? Where's your coat? Where's your gloves?' Eddie remained unperturbed, 'I don't need them; Poland is a hot country, it is next to Spain,' he replied. The

10 a.m.

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father, Eddie Sr. to a race up a 400 ft hill. Despite a head start, little Eddie had been well beaten. After the lifting, Eddie Jr. proposed a rematch. This time Eddie did the hill but saw no sign of Ed Sr. Near the top, Eddie paused for a breath and looked back to see how far he had come. There was Dad, waving from his starting point far below. 1976 and 1977 were the Golden Days of Ed's career. He was out on his own with no challenge in sight, and broke World Records at will. He was the Mike Bridges of those years. British coach George Leggett remarked after the 1977 World Championships that he could not see Eddie being beaten in the foreseeable future. No one saw the 'black cloud' on the horizon. 1978 saw Ed break British lightweight records at around 145 pounds bodyweight. He then walked away with the British and European titles, with but one record on the squat, although as always with him, plenty more records were attempted. He

was starting to find making weight for the 132 lb class to be a problem. At the U.S. Senior Nationals, the 'black cloud' swooped onto the platform and in deluge of power, swept Eddie's records away. Lamar Gant had gone 462-303-617-1383 for World Records in the Deadlift and total. Eddie was visibly shaken by the news and his training became disarrayed and dignified for quite some time. He pulled himself together by the World Championships, but Gant beat him with two World Records, a 622 deadlift and a fabulous 1410 total. I am convinced that Gant beat Pengelly at his own Senior Nationals. If Lamar had done just enough to win at that contest, Eddie would have trained for the World Championships with his confidence intact and I reckon he would have won twice increased Lamar's total, first with a fantastic multi-rod European Championship victory in the European Championships, and then at the 1979 British Championships, which was the final peak of Eddie's career as a

132 man. He lifted magnificently getting a World Record squat and total, plus two attempts to pull 628 and became the first man to total 11 times bodyweight. Later, before the World Championships, I saw him make a good 600 squat in the gym at 148. He went to Dayton and regained his World title, quite easily, and Lamar had gone back to 123. That was unknown to him at the time, the last competition of his career at 132. Just as 1979 had been a year of unbroken success, so 1980 proved to be a year of tragedy for Eddie. Part of this was physical. He did have one or two injuries, but to my mind the greater hurt was caused by an inexplicable series of mental lapses. It was almost as if his brain took a sabbatical in 1980. He started off in February in a local contest in Kidderminster, weighing a full 148, where he set British records of a 633 deadlift and 1521 total. So far so good, but the first lapse came at the World Cup at Crystal Palace

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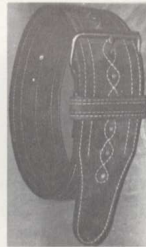
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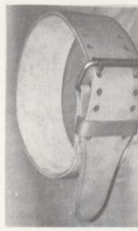
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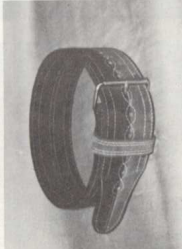
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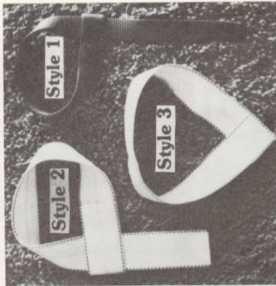


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NUTRITION CORNER

by Jack D'igangi

Nutrition Potpourri

The following is a collection of interesting nutrition facts found in recent literature. They are intended to tie up some of the loose ends of nutrition otherwise too brief for one 'Nutrition Corner.'

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Dr. R. Andrews from Johns Hopkins University, collected information from 40 studies comparing ideal weight to longevity. The results showed that the longest life expectancy came from those who were 10-20% higher in bodyweight than listed on the ideal charts! There's a sound reason to jump a weight class!

Here's one after my own heart. Several years ago, Italian nutritionists calculated the energy cost of love. Depending on whether it's your first, second or third attempt, you could burn up between 125 to 300 calories. Even a kiss is worth between 6 and 12 calories - but, be careful of the flavored lipsticks!

Ever hear of 'The Caveman Diet!' This particular diet was developed by an anthropologist investigating the diet of the primitives of America's Southwest. They ate raw fruit, raw and steamed vegetables and a small amount of lean meat and nuts. The modern version of the diet utilizes a multi-vitamin supplement plus calcium, as dairy products were not included in the original diet. The point of this diet is to eat as these cavemen did, whenever you are hungry. This diet has a major drawback- convenience! I'll rate it a 3-red light diet.

Zinc: For those of you who worry about zinc, soybean based extenders (meat stretchers) have a high phytate content. This phytate binds the zinc and making it, therefore, unavailable for use. This coupled with a high calcium (milk and milk products, calcium tablets, dolomite) can further decrease zinc availability.

Hearium: Clinically, this symptom needs medical attention if it persists. However, nutritionally, you could try the following: Don't gulp or hurry your meals, eat smaller portions with more frequent meals, cut down on the liquids at mealtime, don't take a nap after eating, give at least 2 hours between the night snack and bedtime. Also cut down on all fatty foods while increasing the protein foods.

Nutritionally yours,
 J. P. D'igangi, R.D.

Correction...Doug Heath should have been credited with a 446 at the YM-CA Nationals, which would have made his final deadlift enough to catch Ralph Caputo. Doug is now going 132, we hear, as he likes to EAT!

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MAKING WEIGHT FOR CONTESTS by Frederick C. Hatfield, PhD

In Powerlifting USA, as well as a host of other periodicals dedicated to enlightening athletes on the proper ways of training, articles have been presented almost to the point of nausea on how to lose weight safely and with little if any loss of strength or endurance.

Yet, at every powerlifting meet I have ever attended, and most particularly those of late, there have been a large number of lifters who obviously dropped weight improperly. The results are always the same: cramps, loss of strength and lethargy. These ill effects are NEVER warranted - they can easily be avoided. But let me put it another way. The electrolyte imbalance caused by the improper use of diuretics, coupled with the almost universal problem of concurrently misusing other drugs, is far more ominous a health hazard than a barrel of anabolic steroids.

Wishing not to appear naive (I'm not), I readily admit that the improper use of anabolic steroids can be and is often the chief factor in causing the water retention problem in the first place. The increased fluid retention that is often associated with steroid misuse was, in many cases, involving cramps and strength loss. The reason diuretics were resorted to in order to allow the lifter to remain in the desired weight class.

The steroid problem can be quite niftily handled by the users of these agents resorting to acceptable methods of use rather than continuing to stupidly abuse or misuse them. Get to a doctor, and have him MONITOR your health! Again, however, wishing not to appear naive (I'm not), I realize that, as unfortunate as it may be, many lifters will continue in their blind way by self-administering these drugs. If that's the case, then what if it's going to take some serious attempts on your part to get yourself educated on the proper use of steroids. Also, exercise a whole lot of common sense regarding the edema problem since that's what this article is about. When your bodyweight goes out of sight (above 3/2% in excess of your competing weight), either diminish the dosage or switch to a less anabolic steroid. It is a plain fact that dropping water weight in excess of the above guideline can seriously diminish strength. Further, the lost water almost invariably will alter the electrolyte balance of muscle cells to the point where they cramp.

Let me carry you through a typical example. In so doing, you will learn of a reasonably rational approach to making weight safely and efficiently. Two powerlifters we shall name Dave and Abe were in the same weight division and had totalled identically in the last three contests. They were essentially equal in all important regards. Dave trained the last ten weeks on heavy doses of

lifts and predicted (quite appropriately, he thought) that he'd beat Abe. But Abe knew better - he had prepared himself through the magic of science.

Weight in, Abe had no difficulty, requiring a single Laskin pill (40 mg) to drop the final three pounds he needed. The first few pounds were lost over the course of the final two weeks of preparation, cutting back a slight bit on total caloric intake (not too much), and staying with the more anabolic/less androgenic steroids. The seven pounds lost resulted in no strength loss whatsoever, and no cramps would come due to his limited use of Laskin and weeks of pre-meet potassium supplementing.

Dave, on the other hand, had to drop fully 8-9% of his total bodyweight, whereas Abe only had to lose 3-4% of his. The difference between Dave's and Abe's weight losses was fully 4.5%. Research done years ago in Bulgaria clearly showed that each pound above 3.5% lost would equate to nearly 2 pounds of weight being lost from each lift. In Abe's case, no strength was lost as his weight was a safe 3.5% above his competing weight, but Dave lost seven pounds more than he should have, and subsequently lost about 14 pounds from each of his lifts. The fact that he cramped badly during the bench (low back and finger cramps are common in the bench press among Laskin users) and during the deadlift (calf and glute cramps, in addition to the hand and back cramps) are common, he only made his openers, dropping yet another 10 or so pounds from each of these lifts. In all Dave lost a total of about 60-65 pounds from his total because of his improper steroid program and improper weight monitoring during the pre-meet peaking phase. Abe lost none. Their pre-meet lifting difference was, in actuality, in Abe's favor and not Dave's despite the fact that Dave was lifting more than Abe.

Now this example may seem hypothetical to you, but I assure you that I have witnessed this exact scenario literally dozens of times over the past year or two alone! It remains a mystery to me that lifters, supposedly quite bright and eager to exchange away! A growing number of sports physicians out there would gladly help you. And a lot of your fans would feel a lot better too if you came home with a win once in a while, not to mention a better temperament and better workouts in the long run.

Oh, by the way, Dave's lifts were 615, 400 and 580 while Abe's were 620, 435 and 600, respectively. That qualified Abe for the Nationals. Dave stayed home and read some good steroid books.

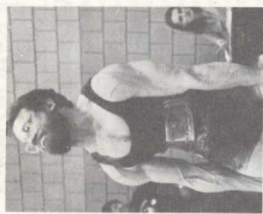


Buddy Duke has some past experience in dropping weight, which he put to good use in producing his recent 196.5 total at 198, 3rd best alltime.

steroids, using the ever popular (but stupid) stacking technique. Four different kinds of steroids were used by Dave and totalled in excess of 200 mg per day. Since much testosterone was being injected, the androgenic factor caused serious water retention. His weight was at 195 pounds, but he was committed to lift in the 181 pound class with his friend Abe. On the other hand, had read Dr. Wright's and Dr. Kerr's books on steroids - he even had a look at the one I wrote. So, he knew enough to keep himself out of trouble. He checked into his sports physician's office and laid it on the line: "I want to use anabolic steroids, but I want to be monitored to avoid any side effects." The good physician agreed, and laid out a steroid program for Abe that involved strength and size producing steroids in the first half of his cycle and less androgenic steroids during the latter phase of his cycle (Abe had a history of having difficulty in making weight, and wanted to

★ WHO'S WHO IN POWERLIFTING ★

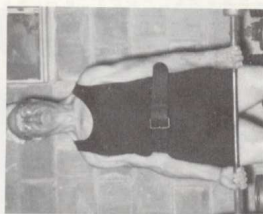
Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.



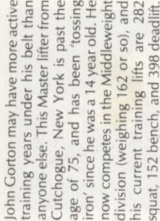
Lynn Nimmaman, in only her 4th meet, won the Wisconsin Jr. State title in the 114 lb. division. She is also an outstanding softball player, and last summer, playing in 2 leagues (including one that was mainly a men's league) she batted over .500, and had only 3 errors in over fifty games. Thanks to Chuck Lohman for photo and information.



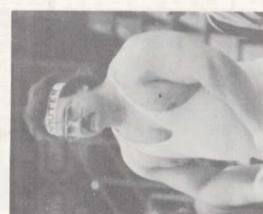
Glenda Ford squatted a California State and National Collegiate record 369 at 148 on February 13th. She is a senior at Cal State Hayward and placed first in the Division II Collegiate Nationals in the discus as sophomore and 2nd in her junior year. She has won Best Lifter in every power meet she's ever entered. Kishner photo & info.



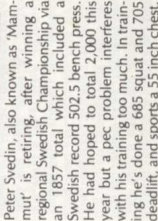
Peter Svedin, also known as 'Mammut' is retiring, after winning a regional Swedish Championship via an 1957 total which included a Swedish record 502.5 bench press. He had hoped to total 2,000 this year but a pec problem interfered with his training too much. In training he's done a 685 squat and 705 deadlift, and sports a 55 inch chest.



Alice Crawford is 19 years or age and attends Iowa State University, pursuing a major in Interior Design. She has only been powerlifting for about a year, but at the 1982 Teenage Nationals she won first place in the 114 pound class, 18-19 year old division. Richard Beyer has coached her from the start and believes she has terrific potential.



John Gorton may have more active training years under his belt than anyone else. This Master lifter from Cutchogue, New York is past the age of 75, and has been 'tossing iron' since he was a 14 year old. He now competes in the Middleweight division (weighing 162 or so), and his current training lifts are 282 squat, 152 bench, and 398 deadlift.



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Teenage National Qualifying Totals...for the 1983 version of the contest, Chairman Jake Boyer has come up with the following standards: 14/15; 114(650), 123(745), 132(810), 148(900), 165(950), 181(1000), 198(1030), 220(1075), 242(1100), 275(1125), SHW(1150); 16/17; 114(725), 123(820), 132(930), 148(1075), 165(1125), 181(1200), 198(1275), 220(1325), 242(1350), 275(1365), SHW(1385), 18/19; 114(800), 123(875), 132(1035), 148(1175), 165(1300), 181(1400), 198(1470), 220(1480), 242(1490), 275(1500), SHW(1505). The Teenage Nationals may be split into separate contests at separate sites for men and women in 1983, in which case these totals would apply to the men only.

New Regional Chairmen, new chairman for Region IX is Larry Plumlee, 1026 Del Norte Circle, Pascagoula, Mississippi 39567. Phone (601) 769-1630 (res) and the new chairman for Region VII is Pete Conitt, 707 Meadow Pl., Ames, Iowa 50010. Phone (515) 232-1596.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Regaining Enthusiasm for Powerlifting by Ferron Sonderegger

Variety is the spice of powerlifting. To paraphrase a statement. Many lifters, whether beginners or advanced trainees, fall into a rut at one time or another. Some symptoms could include the following:

1. Lack of motivation to work out.
2. No enthusiasm during workout.
3. Negging injuries which affect the Power Three.
4. Lack of progress in the total.
5. Constant fatigue after workout.

Sometimes change in the workout is necessary both mentally and physically. Focusing on other lifts besides the Power Three can actually help a person get excited about powerlifting again. Some people do this by bodybuilding for a while. When lifters start feeling they need to add in many auxiliary lifts, it is time to do a little body building. It is swifly tough to powerlift and bodybuild together month after month, so do one or the other.

Some lifters take a complete break from lifting. A rest may be just what the doctor ordered to restore some enthusiasm and rid yourself of pushing fatigue. Give yourself a Break!

There is one routine which is fun and you test mentally and physically from the Power Three. It is also good for leading up to a heavy Powerlifting. Lift 3 A-B's a week, alternating programs A and B every other workout.

- Program A:
1. Front squat
 2. Military or dumbbell press
 3. Upright rows
 4. French curls
 5. EZ curls
 6. Flies
 7. Heel raises
- Program B:
1. High pulls
 2. Incline or dumbbell press
 3. Leg press
 4. Lat pulls
 5. Leg curls
 6. Front lateral raises
 7. Wrist curls

Other similar lifts can replace any of the above. The front squat, high pull and pressing lifts are worked to a high set of 5 reps. They replace the power 3 during this "off" cycle. The other lifts (the auxiliary lifts Nos. 3-7 on either lift) are worked for 8-12 reps for 2 sets. I have found that auxiliary lifts can be worked very hard in just 2 sets. On this particular program, I like to work hard once or twice a week and go 80% the other one or two days to allow recuperation. Sometimes it is to try a max in the press, front squat, and high pull. Try this program for 5-7 weeks, take a week off, and then hit the powerlifting again.

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Fitness Systems presents this book as an educational source of vital information. It is not a condemnation of steroid use; rather, it is meant to assist users and potential users in avoiding steroid abuse.

Dr. Fred Hatfield is a renowned author and fitness expert, and is the current World record holder in powerlifting (Squat 881 at 220 bodyweight). Dr. Hatfield has written over 10 books in the areas of weight training and conditioning.

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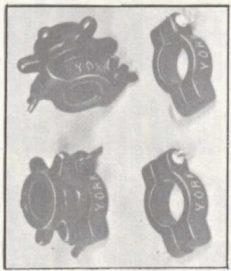
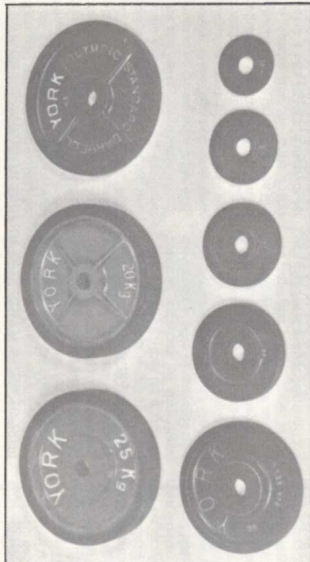
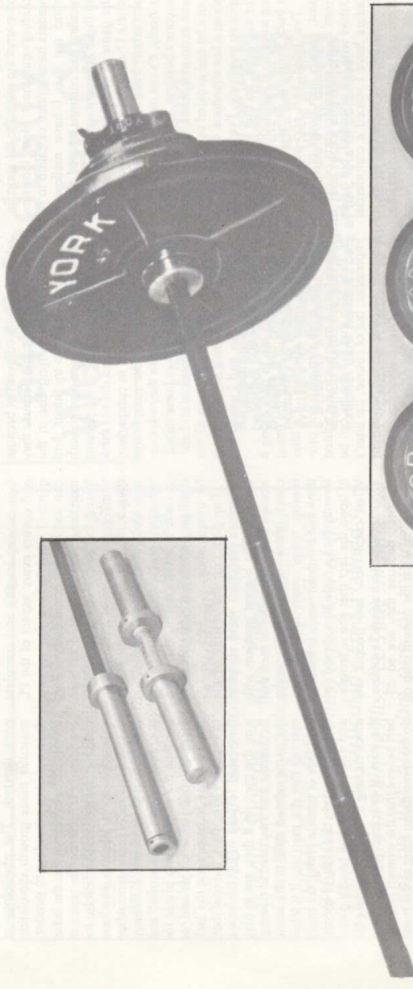
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to the males. You can expect that almost 30-40% of lifting innovations in the next ten years will come from the women, as their number swells and approaches that of the men. It's time for every lifter to give the respect that every lifter deserves. We've all been there under a heavy bar, and

Editor's Note......next month, we will have a special feature by Ken Leistner, a profile of a national champion of last year, Kevin Fisher, and how he put together his winning total, with some help from Ken along the way.

POWER HOTLINE

This companion publication to Powerlifting USA brings its readers a twice monthly flash bulletin of the latest happenings in Powerlifting the World over, shipped out via First Class Mail, so you get the news faster than any other weight game publication. The March 16th issue covered the return of veteran Superheavy Russ Fletcher, John Gamble's injury (which could affect his chances at the Seniors), Ricky Crain's latest (HEAVY) exhibition lifts, a preview of the Hawaii meet, particularly Fred Hatfield's unheard of training lifts, PLUS late information on just how big one of the new Powerlifting organizations is, and...the most astonishing debut in powerlifting history...the new Superheavyweight sensation who totaled 2204 in his FIRST meet! (and why it might be his last meet!). For this kind of information and much more, subscribe to POWER HOTLINE. A full year of 24 flash bulletins, including super-quick results of the Juniors, Seniors, Worlds, etc., is \$28. Make checks payable to Powerlifting USA and send in your order today to Box 3238, Camarillo, CA 93011.

Correction... Michael Nelson's bench press of 400 in the 181 pound class from the Greenwich Open in Brooklyn should have been credited on the list recently published for the TOP 100 Lighthetweights.

Dave Schneider, the 1982 Seniors Champ trained in New Jersey a couple of weeks recently, and Dave Abrahamson and the guys at Clondra's Gym found that he was a proverbial great guy who gave plenty of training advice, and they look forward to his next visit.

New Gym... Elite Power in Augusta, Georgia now boasts Chuck Dunbar, Randall Kea, Danny Thompson, Joe Walden, Lonnie Keyes, Tom Hardman (all ELITE lifters), along with Danny and Tom Moraeses, Mike Stone and David Daniel, and Magic Dent comes in from Camp Lejeune to work out with them as well. The gym members hold 17 of 44 state records.

Editor's Note... Ken Leistner reports that George Panigan will be lifting in the Long Island Open, and that possibilities include Jay Rosciglione and Joe Morelli. Free t-shirts will be provided to all entrants, and any profits from the contest will go to the Honor Society of Lawrence High School.
IPF Bulletin... regarding such competitions as took place in South Africa (a non-IPF member nation), Vic Mercer relates that "country still take part in a contest for which a permit has not been issued" (furthermore, that "a lifter may be suspended when he competes in prohibited contests"). Vic continues, believing that lifters and officials should be clearly warned, that any countries or competitors taking part in contests in South Africa would lay themselves liable to be suspended.

tell me that it might take longer for a woman to lay a proper foundation for heavy lifting due to the fact that she does not have an athletic background, or does, but it is not used to handling very heavy weights, fine, I'll buy that, but that base should be built as it would for a male competitor, and being female does not design one to waving around little dumbbells in order to accomplish that particular task. The physiology of muscular tissue growth stimulation does not vary according to gender. It's ridiculous to believe that the ladies are somehow "different" in terms of building strength and technique for a particular sport. Women may have to take a few more precautions when playing rugby, for example, to keep their breasts from being torn off and perhaps the conditioning phase for them may need to be longer and/or more intense to overcome the lack of exposure to contact, but past that, they need to play rugby the same way the men do if they are to play it correctly, and they need to develop the game related skills in the same manner that the men do. It takes two days of intense lifting, 60 miles of distance work, three days of sprints, and three days of ball handling and mock-rucking in order to prepare for the start of practice, then you had best believe that the women need to do the same damn thing as the men. If you are going to prepare for three meets per year, the ladies have to cycle up and down just as the men. The only way a woman will squat close to her potential, is to load the bar, get her head right, and squat. No series of light leg curls and extensions are going to get the job done, especially if the individual's background has excluded heavy athletics. You will never sell me on the so called training concept of lots of dumbbell work for the gals if you expect that "sweet ole' girl" to bench more than the weight of the bar by itself. It's time that the men most responsible for the success of female lifters, specifically the coaches and training partners, get their heads straight. I've about had it with the group that sits and admires the ability of a real good lifting suit to bring out the best in a woman's ass, or worse, who feel that the girls have to approach their training in anything other than an intense, tough manner.

Most men who have been fortunate enough to coach men and women at any particular sport will tell you that for the most part, women are easier to deal with. In any case, the women I know always trained harder, were more serious about their training, and paid closer attention to the small details like getting in enough flexibility and cardiovascular work. The egg problems usually weren't as great either, making the job that much nicer. Women's powerlifting is at the point that there are enough women in each class to outfit a few women in any meet held anywhere, on any weekend in this country. Very shortly, we will see the ladies contributing training ideas and advice, original stuff, at a rate similar

More From Ken Leistner

and Larry's seminar tapes can be purchased by a gym or club and viewed for years to come. Larry's tape is very lengthy and complete and covers every aspect of the PL game. I don't believe that anyone can watch it and come away feeling that they haven't learned or been forced to rethink some technique, some aspect of meet preparation, their system of cycling, etc. Mike's tape also covers his views on lifting technique, and while not as complete as Larry's (and it's not meant to be), it will give anyone a clear picture of his unique style.

I'm glad that the results of the Women's Nationals were so mind boggling. The biggest problem with women lifters is usually the men that coach them. Dig this: for some reason, many, many men seem to think that a woman needs to train differently than a male lifter, based on what you know about the female. Upon the fact that she is female, mock-rucking in order to prepare for the start of practice, then you had best believe that the women need to do the same damn thing as the men. If you are going to prepare for three meets per year, the ladies have to cycle up and down just as the men. The only way a woman will squat close to her potential, is to load the bar, get her head right, and squat. No series of light leg curls and extensions are going to get the job done, especially if the individual's background has excluded heavy athletics. You will never sell me on the so called training concept of lots of dumbbell work for the gals if you expect that "sweet ole' girl" to bench more than the weight of the bar by itself. It's time that the men most responsible for the success of female lifters, specifically the coaches and training partners, get their heads straight. I've about had it with the group that sits and admires the ability of a real good lifting suit to bring out the best in a woman's ass, or worse, who feel that the girls have to approach their training in anything other than an intense, tough manner.

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Well, it's commercial time again. I think it's important that I call attention to the fact that I offered to endorse a product related to powerlifting. I spent a lot of time considering the ramifications of this seemingly simple act, and in the end, I decided to allow Titan Suits to use my name in conjunction with their ad in PL USA. Through the last four plus years, I've given my honest opinion on everything related to the sport, including equipment. Many long time readers have written or called to remind me that I have "mellowed," recalling past columns where I attacked the game or thought were threatening the game or some aspect of it, and where I had noted some products to be inferior, fraudulent, or both. Admittedly, it's not my intention to hurt anyone's business, especially in these lean economic times, so I've cooled out a bit and avoided saying anything about a few situations, but when I've spoken positively, I've tried to do it for everyone, so that everyone doing something legitimate could make a buck from the game.

I've "rated" bars and suits in the past, always with howls of outrage from those manufacturers or distributors who felt offended, but never before have I voiced a commercial endorsement. The fact is, I was so impressed with Titan's product, that I told them that I'd say a nice word if they wished; they did not come to me. When I first saw the ad for the product I thought, "Good luck, Jack, just what we need, another mummy suit." You see, Larry Pacifico, Mike Bridges, and many of the top guys in the country swear by the Super Suit and, to my knowledge, it continues to be the top seller in the field, literally dwarfing everyone else's sales, so that should tell you something about the reliability and popularity of the product. Unfortunately, I have yet to find one that I'm comfortable in. Ernie Frantz makes a nice suit and I used his for a while and was quite happy with the suit. My favorite was always the Elite suit and I was quick to recommend it, based purely on personal experience. I found I got a very tight fit without having bruises all over my thighs and hips. Needless to say, go into any PL gym and you'll have opinions from top lifters that are 180 degrees opposed to my view, and lest we not forget, many lifters are pleased with the Miracle suit, or are trying out the new JAM suits from Arizona.

The Titan suit looked okay, but no great shakes. Of course, I decided to check it out, for my own edification, and in order to answer all of the questions that I would inevitably get regarding it. Well, it really blew me out. Maybe I was fortunate enough to take proper measurements but the suit was truly "made for me," a perfect, effective, tight, yet comfortable fit. And my squat, even with documents from the other suits, took off with no other changes. I wasn't pulled forward as I had been in other suits. I loved it. I spoke with Pete Alaniz, Titan manufacturer, at the Dayton Seniors, and he explained

the suit to me, in detail. I can only say that I continue to use it, continue to like it and many of the guys I work with have switched over not because I recommended it, but because they like it. Like everything else in the sport, you've got to try things, find out what's best for you and go with it. Frankly, one or two of my patients tried the Titan suit and did not think it was advantageous in comparison to the Super Suits, Elite suits, Frantz suits, or any other suits they were using. This is what makes horse racing interesting. I have offered a commercial endorsement based on my opinion of the product so I can only say that this is the one that I like and I would encourage you to give it a try.

Pete wanted me to pass along a few tips that would make the fitting of the suit more effective. If a lifter follows the three step plan and progresses from a snug suit to the tightest fit, Pete feels that the results can be impressive, but of course, the lifter's ultimate success will be dependent upon the work and effort he or she puts into training. He does however, promise dependable craftsmanship and a good product, one that he will stand behind and adjust if necessary (something he did with a patient of mine who was not happy with the fit of his suit). Strap length measurement is often difficult for a lifter to correctly ascertain so they have developed a table of averages that they sometimes apply but if this proves to be a problem in an individual suit, just send it back or have a local tailor adjust the straps. They have also developed a super tight suit, one that might take 20-30 minutes to put on. (Bill Davis, are you listening?) For those top level fellows who have requested this, that would not be my personal choice, but go for it if that's your thing.

Mike MacDonald's Testimonial

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Mike MacDonald

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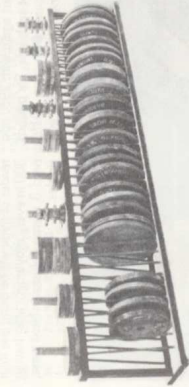
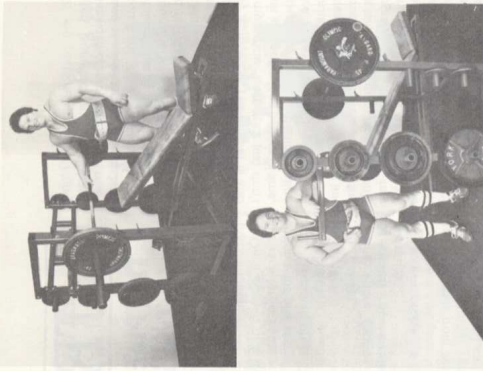
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- chinning bar (not shown)
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Note—Bench, included in price, is not bolted to rack. Disassembled, all components of The Three-Sixty easily fit through a standard single doorway.

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- 60 - \$115
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TRAINING

The Place of the Power Rack in Training for Powerlifting

by Stanley Lampert

A total of 13 singles; that's all and that's enough! In that time, and at the time only, should anyone change their routine.

When mentioning to a fellow strength enthusiast that I increase my weight 1/2 lb a session, he seemed bewildered and said he couldn't figure out how to increase by anything less than 2 1/2 lbs at a time. When I told him all he needed was eight 1 1/2 lb plates and two 1 1/4 lb plates, he was more confused than ever. I then realized that I had a degree as a Pension Actuary, and he did not. Most of you don't either, so I better spell it out.

Let's say you are doing a single power rack movement with 300 lbs (the starting position overhead press for example) and you want to go to 300 1/2 lbs. All you do is reduce the weight to 295 and put one 1/2 lb and one 1/4 lb plates on each side. Voilà! your routine until there is no improvement. Right now, I'm increasing my power rack upper body work by only 1/2 lb per session. That's a pound per week; still not too bad. I'll reduce starting weight to 290, add

three 1 1/2 lb plates and one 1/4 lb plate to each side...290 plus 1 1/2 lb equals 301 1/2.

For 302, add four 1 1/2 lbs to each side. For 303, add one 1 1/2 to each side. For 304, add one 1 1/2 to each side, add two 1 1/2 and one 1/4 to each side...295 plus 8 1/2 equals 303 1/2. For 304, start at 295, add 1 1/2 to each side...290 plus 14 1/2; for 1 1/4 to each side...290 plus 14 1/2; for 305, easy, 300 plus 2 1/2 lb; for 305 1/2, start at 300, add one 1/2 and one 1/4 to each side; for 306, 300 plus two 1/2 on each side; for 306 1/2, go back to 295, add three 1 1/2 and one 1/4 to each side; for 307, start at 295, add four 1 1/2 to each side; for 307 1/2 anybody can figure that out but to save you time, add one 1/4 to each side starting with 305; for 308, start with 305, add one 1/2 to each side; for 308 1/2, start at 300, add two 1/2, and one 1/4 to each side; for 309, start at 300, add three 1 1/2 to each side; for 309 1/2, start at 295, add four 1 1/2 to each side. Hence, I'm almost through! For 309 1/2, start at 295, add four 1 1/2 and one 1/4 to each side, add 295 plus 14 1/2 equals 309 1/2. For 310, YOU ARE ON YOUR OWN!

Of course, this will work no matter where you start. But I hope no reader of mine will be using less than 300 in every movement after having read 3 of my columns. Next time, singles.

Let's say you are doing a single power rack movement with 300 lbs (the starting position overhead press for example) and you want to go to 300 1/2 lbs. All you do is reduce the weight to 295 and put one 1/2 lb and one 1/4 lb plates on each side. Voilà! your routine until there is no improvement. Right now, I'm increasing my power rack upper body work by only 1/2 lb per session. That's a pound per week; still not too bad. I'll reduce starting weight to 290, add

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TOP 100

HEAVYWEIGHTS

(242 1/2 lb./110 kg.)

for USA lifters competing from March 1982 through February 1983

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 870 Hatfield, F 10/2/82	600 Samanogoo, S 1/29/83	825 Chalick, M 5/1/82	2105 Snitkin, C 12/12/82
2 837 Schneider, D 10/23/82	595 Magruder, S 1/25/82	810 Snitkin, C 12/12/82	2061 Schaller, M 5/1/82
3 832 Schneider, D 10/23/82	590 Scholten, K 10/3/82	805 Bloom, W 2/13/82	2061 Schaller, D 7/11/82
4 826 Werns, D 1/18/82	585 C-Case, D 1/2/82	804 Schneider, D 10/23/82	2039 Hatfield, F 10/2/82
5 826 Werns, D 1/18/82	585 Stein, J 3/13/82	777 Dimdik, M 7/11/82	2038 Furnas, D 2/26/83
6 821 Marella, J 1/8/83	585 Stein, J 3/13/82	771 Werman, S 7/11/82	2020 Wilson, M 1/4/82
7 815 Dimdik, M 6/27/82	515 Norman, M 5/1/82	766 Frens, G 12/12/82	2025 McCoy, D 1/8/82
8 810 Chalk, B 5/1/82	515 Norman, M 5/1/82	766 Frens, G 12/12/82	2025 McCoy, D 1/8/82
9 805 Sniek, J 2/13/83	502 Young, P 1/8/83	760 Clayton, B 6/6/82	1984 Darbenzo, D 1/8/83
10 800 Horepsi, G 5/1/82	502 Young, P 1/8/83	760 Clayton, B 6/6/82	1975 Horepsi, G 5/1/82
11 799 Davis, W 11/18/82	501 Raley, E 8/15/82	759 Dreyer, D 11/27/82	1975 Clayton, B 6/6/82
12 799 Davis, W 11/18/82	501 Raley, E 8/15/82	759 Dreyer, D 11/27/82	1945 Plummer, L 7/11/82
13 792 Burton, D 6/27/82	501 Raley, E 8/15/82	747 Carlson, B 10/30/82	1945 Plummer, L 7/11/82
14 782 Burton, D 6/27/82	501 Pleticha, B 9/5/82	744 Kimmel, T 6/6/82	1956 Dimdik, M 6/27/82
15 771 Lawson, D 1/16/82	500 Schaffel, K 3/20/82	744 Sabons, J 8/14/82	1945 Clayton, B 6/6/82
16 771 Lawson, D 1/16/82	500 Schaffel, K 3/20/82	738 Lambert, R 4/24/82	1940 Florio, J 1/8/83
17 765 Wilson, T 4/4/82	500 Jacobs, P 6/19/82	738 Mutz, J 7/8/82	1936 Stein, J 10/30/82
18 765 Wilson, T 4/4/82	500 Frano, W 1/29/83	733 Lobo, M 10/30/82	1954 Magruder, S 1/25/82
19 765 Smith, M 6/27/82	496 Thompson, T 3/27/82	730 Clifford, J 4/18/82	1918 Lawson, J 6/6/82
20 765 Bragg, P 11/21/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1912 Lough, B 8/29/82
21 765 Bragg, P 11/21/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
22 760 Florio, J 1/8/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
23 755 Vallacourt, R 10/17/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
24 755 Vallacourt, R 10/17/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
25 755 Vallacourt, R 10/17/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
26 755 Vallacourt, R 10/17/82	496 Thompson, T 3/27/82	722 Krusynski, J 11/21/82	1906 Cohen, J 10/30/82
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For USA lifters competing from March 1982 through February 1983

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 870 Hatfield, F 10/2/82	600 Samanogoo, S 1/29/83	825 Chalick, M 5/1/82	2105 Snitkin, C 12/12/82
2 837 Schneider, D 10/23/82	595 Magruder, S 1/25/82	810 Snitkin, C 12/12/82	2061 Schaller

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- TIMED RELEASED HIGH POTENCY C-COMPLEX
- HIGH POTENCY MINERAL COMPLEX
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Vitamin C Complex (Time Release)	500 mg	•••
Limonon Biotinoids	50 mg	•••
Selected Natural Rose Hips	50 mg	•••
Flax (Green Bunches)	50 mg	•••
B-Complex Factors (Time Release)	400 mg	100%
Vitamin B ₁ (Thiamin HCl, Yeast)	130 mg	933%
Vitamin B ₂ (Riboflavin & Yeast)	130 mg	100%
Vitamin B ₃ (Pyridoxine HCl, Yeast)	130 mg	650%
Niacinamide	130 mg	650%
Vitamin B ₆ (Hydroxycobal Conc. & Yeast)	130 mg	2167%
Pantothenic Acid (d-cal. pan. & yeast)	130 mg	44%
Choline Bitartrate (Soy)	130 mg	1300%
Inositol (Soy)	130 mg	•••
Panto Amino Benzoic Acid	130 mg	•••
Chelated Mineral Compounds	1500 mg	150%
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Chromium (Amino Acid Chelate)	150 mg	•••
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Bicain HCl	150 mg	•••
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 ••• Need in human nutrition not established

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POWERLIFTING MARATHON

Can you just imagine it? All of the nation's best in Powerlifting at the starting line in New York, waiting for the gun to go off so they can begin a 26 mile race of champions. What a sight! Every conceivable body type! As the gun shot signals the start, the competitors spread out to jockey for position and establish their pace.

Occasionally, it's hard to even see one of the lighter class powerlifters when a Superheavyweight passes by. A TV announcer is overhead asking in wonder whether the elastic wraps and suits help the athletes run somehow, to say nothing about the effect that thick belts have.

Well, let's get back to reality! I wouldn't want to be a reporter at the finish line of that race (especially if I had any plans that night...or the next day). Of course, one would not logically expect any Powerlifters to go on a marathon, anymore than we would expect to see marathon runners lifting well on the platform.

The concept of specificity applies to all athletic endeavors. In numerous biomechanical and physiological factors support this concept. Yet, I know of many fellow powerlifters who feel compelled to include running in their training programs. The urge to run is a powerful, almost primal, influence on athletes. Maybe it's because only a handful of sports don't involve running, but known for their running ability as well. For whatever reason, it seems that many in Powerlifting believe that to be fit, we need to be able to lift the big numbers and be able to run as well.

This month my goal is to help the Powerlifter with the inclination to put running in his proper place in his or her total training program. A "Long" Distance Running for the Powerlifter. "Long" is a relative term, especially in running. Yet, after the effects of the 70s (which could be called the Decade of Aerobics) most of us, unconsciously perhaps, think that to run at all means at least 3 miles or more. Recent physiology research confirms this to some extent. It is now felt that to get typical cardiovascular benefits, one needs to run 20-30 minutes at a moderate pace 3 days a week or more. Moderate means at a pace that raises your pulse to a level ranging between 70 and 85 per cent of your maximum heart rate. You can estimate your maximum heart rate by simply subtracting your age from 220. For example, if you are 20 years old, your would try to run at a pace where your heart rate was between 140 and 170 beats per minute. In practice, it is easy to monitor your heart rate using a wristwatch and periodically checking the pulse on your neck's carotid artery while running.

The health benefits of such training are well documented, but running has some drawbacks as far as Powerlifting is concerned. Some points to consider include the following:

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dedicated to bringing Science to the sport of Powerlifting

Biomechanics of Powerlifting by Dr. Tom McLaughlin (the following is condensed from a book in progress by Dr. McLaughlin called *The Biomechanics and Science of Powerlifting*)

(1) Impact Forces. Biomechanics research on running conducted in recent years by Cavanagh and other researchers indicates that the force of impact on each foot during running can range from about 3 times your bodyweight on a slow run to as much as 10 times bodyweight at higher speeds. So as each leg hits the ground many hundreds of times per mile it is easy to see how one can aggravate the ankle, the low back, etc. while running. Also, since there are strong relationships here between impact force and bodyweight, it's easy to see why running can be less than enjoyable for heavier men. As a case in point, in a recent injury survey that Dr. Richard Herrick and others have compiled on weightlifting and powerlifting injuries, about 75-80 per cent of the Olympic lifters and Powerlifters who included running in their overall training program experienced knee pain.

(2) Physical Results of Distance Running. If done on a regular basis there is growing evidence that reduced testosterone levels in the body are reduced somewhat by distance running. Due to the obvious relationship between testosterone and muscle size capacity, this could be significant, especially for Powerlifters who lift 'natural'. Physiology research over the past few years has also built a case for the influence of distance running on the conversion of fast twitch muscle fibers to slow twitch muscle fibers in the body. Since slow twitch fibers produce typically less peak force and also require more time to develop peak force, it would appear highly undesirable for Powerlifters to increase their slow twitch fiber content. Also, Powerlifting is anaerobic in nature and the role of increased aerobic capacity in helping lift more weight is quite marginal.

In my opinion, everyone should pay some attention to their cardiovascular condition. Any rhythmic, repetitive exercise involving a reasonable amount of body and muscle mass will work. I personally prefer less load bearing activities like cycling, swimming, etc. for my own aerobic work. The major advantage of using low load bearing activities like swimming and cycling is the reduction of impact forces and corresponding musculo-skeletal injury aggravation, but one can still be left with the hormonal suppression effect associated with aerobic training in general. Specificity is very important to keep in mind. In the final analysis, how much aerobic work one does is purely up to the individual.

B. "Short" long distance running and the Powerlifter. Again, "short" is a relative term, however, I would define "short" for the strength/power athlete as typically under 800 yards,

C. Putting Running into the Powerlifter's Training. During the off season is where I would emphasize aerobic work, as long as it is not excessive. Perhaps an interval running program would be better in these off season days.

During a typical Powerlifting training cycle, I would agree with the comments of my colleagues, Dr. Stone and Dr. Garhammer that during the hypertrophy stage (where one is doing sets of 10 repetitions) powerlifters should try sprints in the 200 yard range, with an occasional one in the 800 yard range. During the strength stage (where they are doing sets of 5) in the final of 100 to 400 yards, and in the final stages of 1 to 3 reps) stick to the 200-100 yard range.

An important additional consideration for those including running in their training involves impact forces. Try to run on the softest surface (grass, sand, etc.) available. Buy a good pair of running shoes. It's important to get a shoe with impact absorption capability both on the heel and on the inside and outside ridge of the shoe. Look, for example, at Runner's World Magazine for their yearly evaluation of running shoes, based on tests done at the Biomechanics Lab at Penn State University.

Miscellaneous points to consider include:

1. Stretching: be sure to warm up with easy, slow running, then stretch using PNF or static methods, then do the sprint workout, then stretch.
2. Recovery: Since research shows that it takes at least 72 hours to recover fully from heavy squats or don't sprint hard on the same day after a squat workout. This is a good way to get injured. Save your fast sprints for another time.
3. Vacation: whenever you are on a trip, vacation, etc. do not find a place to lift, try a good, hard sprint workout to maintain the strength and power level in the legs.

Well, there are many more things to talk about but space forbids, so I have to wind down with a few final comments. For example only recently the cardiovascular work has come under study. Work by Stone and others has shown some very interesting improvements associated with diastolic pressure, blood gases, etc., especially when associated with sets of 10s. Although a lot of questions remain unanswered, hopefully we may now have enough information to better evaluate our own training programs. Remember, you never know when you will decide to add the marathon to the World's Strongest Man show or similar extravaganza. Better be prepared.

References: (1) Mann, R.D., a Kinetic Analysis of Sports, Vol. Medicine and Science in Sports, Vol. 13, No. 5, pages 325-328, 1981. (2) McLaughlin, T.M., et al. Kinetics of Quarterly, Vol. 49, pages 175-189.

Diagnosis By An Unlicensed Practitioner

by William Schaffer

Everyone is upset; powerlifting is in turmoil again; my god! Another organization is formed. They're for no restrictions no testing. We invented the game, it's ours, and we let you foreigners in on good faith and... ah, to hell with it. We'll lock up the big names, get em on TV and, IPF, you can do whatever you want.

Here we go again. Okay, the International Powerlifting Federation has a legitimate concept; no drugs Great! Do it! And then they set up a world record procedure that's ridiculous. And they went people to take their rulings seriously? Come on, Western Hemisphere who can sanction their drug test. Give me a break.

That would be like telling the Russian olympic lifters that their world records are no good unless some guy is bussed in from England just to carry their pee. It's like the organization can't trust only their certain few. Man, if you can't trust one American, not one American official to take care of such things, it's a joke. And you can't discuss a joke seriously.

And the natural lifters: it looks like they're here to stay as far as I can tell. The best thing about them is that they provide an alternative route for the young, upcoming brawler. I wouldn't be surprised to hear of their national champions someday making a claim to America's legitimate representatives at world championships I can see this too: USPF, APF and ADF.

Mr. Dollar, I think everyone must realize that there are some people, somewhere, who wish to keep lifters using the strength producing drugs; especially the expensive ones. Everything'll be all right. The patient is well, he's okay; he's just thinking a lot of different things.

It all sounds like a mess, huh? The heads of those organizations wonder just how the sport can go on, full as Mr. Dollar, I think everyone must realize that there are some people, somewhere, who wish to keep lifters using the strength producing drugs; especially the expensive ones. Everything'll be all right. The patient is well, he's okay; he's just thinking a lot of different things.

It just seems that politics come with the turf. It's everywhere, even at the local levels. And you know that if any card holders enter any unsanctioned meets, they are subject to suspension. That's Power, and it's usually in the hands of one man; And Power's brother is in it too.

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Bill Kucera... directed the Nebraska State meet and took the title in the 275 pound class as well, a difficult feat. Photo provided by Diane Kucera.

26 Feb 83

Women	5Q	BP	DL	T	S. Hand
J. Henderson	265	145	325	735	560
J. Fields	270	130	300	700	600
J. Williams	185	105	230	500	515
U. Vermillion	185	105	230	500	515
J. Francis	185	105	230	500	515
M. Smith	115	80	180	375	450
M. Fisher	110	85	200	395	450
M. Messersmith	245	165	350	760	620
S. Seng	200	145	300	705	520
M. Schaefer	270	190	335	795	640
C. Cox	270	190	335	795	640
G. Wemmers	335	200	350	825	505
B. Conroy	405	215	390	925	535
C. Case	310	245	370	925	535
M. McNeill	200	90	200	500	515
R. McNutt	210	130	240	580	515
D. Westcott	400	255	425	1080	730
165 lb.	535	115	560	1410	640
L. Leopold	420	275	475	1190	650
H. Krieger	450	295	510	1235	650
P. Ferguson	430	310	475	1215	650
S. Osborn	400	250	440	1130	650
M. Howard	400	255	425	1080	650
A. Fry	400	255	425	1080	650
G. Hess	530	345	585	1460	650
181 lb.	575	295	585	1455	650
M. Krieger	535	350	500	1385	650
L. Casada	450	275	515	1240	650
T. Benzel	440	275	515	1240	650
K. Chapman	440	275	515	1240	650
S. White	440	275	515	1240	650
198 lb.	650	410	600	1660	650
S. Smith	550	300	575	1525	650
P. Sullivan	485	375	625	1485	650

NEW CLASSIFICATION AWARDS CHAIRMAN... due to the resignation of Dick Fisher, Dr. Conrad Cotter, P.O. Box 18485, Pensacola, Florida 32523 will be the acting chairperson of this program. All inquiries and applications should be directed to him. Dr. Cotter mentions that there is a new design for the patches in the works, back to the popular embroidered style, and they should be ready in the latter part of April for shipment.

Update... William Ryan of Flint, Michigan sent in a tip to PL USA some years ago about placing a surface irritant on areas affected by randoms before workouts. He has since done further research that indicates that pre-workout stretching and ten minutes of ice post-workout are much better, and he also developed, over a period of time, a skin irritation with the previous method.

1984 Teenage National Bids... if you are interested in the 1984 meet, please send your bid package to Jake Boyer, Teenage National Chairman, P.O. Box 356, Lehighton, Pennsylvania 18235. In further Teenage news, the Teenage National Meet record for the 18-19 year old division, 220 pound class, published in the February PL USA, should have reflected the lift of Tim Chrosinak, who pulled 695 at last year's Teenage meet; to Diaz for this record we listed for Mark Schellen (688). Thanks to Virgilio Diaz for this information. Also, there was a name spelled wrong on the list for the 16-17 division. The holder of the deadlift record in the 275's is Robert Mikulski.

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 216.66 mg Raw Heart Substance
 216.66 mg Raw Kidney Substance
 216.66 mg Raw Pancreas Substance
 contains no fillers, binders, chemicals, or any other ingredients.
 50 tabs \$10.50 100 tabs \$18.00
 250 tabs \$42.00 500 tabs \$80.00

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 * Provides essential nutrients utilized in regeneration of muscle tissue.
 * Helps you train heavier and recover faster for greater gains.
 * 100% Argentine Bovine Glandulars
 * Superior Quality - Impurity Free
 * Freeze Dried to preserve nutrients

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 * Digestive enzymes aid in proper assimilation of dietary proteins, fats and carbohydrates.

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'After comparing to others I made the obvious choice...PAK II, I wouldn't settle for less.' Steve Foster, Calif. State record holder 220 lbs. class, 1934 total.

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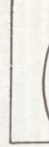
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TOTAL		

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THANK YOU, JOE... Fred and Shirli Glass would like to thank Joe Slabinski for a beautiful weekend at the Region 2 Collegiate Championships, which were directed by Joe on January 15 and 16th.

Jim Grudzien to Retire.... Dear Friends: This letter is written with the intent of announcing my retirement from powerlifting. As a lot of you know, I had a very serious lifting accident this past summer when I blew out both knees squatting just prior to the Seniors. The injury itself was a very extensive one, especially to the right knee, where I tore two ligaments (medial collateral and posterior cruciate) and one tendon (anterior) along with tears of the meniscus. These were all 100%, tears with no part of the tendon or ligament remaining intact. After the accident I spent two weeks in a hospital bed, six weeks in full casts, and two more weeks in braces. The recovery has been long and hard and I still have a ways to go before my knees are 100%.

Those of you (Dean Bason and John Black) who have had a similar injury know of the pain and hardship of a recovery such as this and because of my my mind to take the risk of re-injury. I'm calling it a day and hanging up my belt and traps. I have no regrets about retiring; powerlifting has given me many joys and pleasures in my 10 years as a lifter and I have made many, many friends along the way. I feel very fortunate to have been as successful as I have with my lift. I met being my best, on 1862 total at 181 lbs., which rates as a 100% lift for all time.

Before I close I'd like to thank several people who have been instrumental for my past success. Mike Lambert, for allowing me this opportunity to express myself and for all the kind words of encouragement in the past. You are a credit to the sport. Ken Leisner, fellow countryman and good friend who is never afraid to speak his mind no matter what the topic or consequences. We need more people like him. Lastly and most importantly, George Zangas, coach, strategist and friend. This man is most responsible for my success in the sport and this letter would not be complete without mentioning all the help, advice and friendship he has bestowed upon me. Thanks George!

Finally I'd like to say thanks to all my friends in powerlifting... I wish you all the best of luck and future success. I could go on and on but the time is at hand to say good-bye. I'm going to miss competing but mostly I'll miss the good people in the sport itself.

Best Wishes,
Jim Grudzien

Sequence photos of Jim Grudzien's final lift, a 3481 lb deadlift at the 1982 Magnum Classic where he also totaled a PR 1862 in his last contest, by Gary Menaker

Editor's Note......I was at Jim's first contest back in 1972, and his last one in 1982. From that first one, it was evident that Jim sought to draw out the optimal capabilities of his body. Year after year, he put together 8 for 9 and 9 for 9 performances and improved with extraordinary (and perhaps unmatched) consistency, winning bigger and bigger titles, including the Juniors. Save for a man named Mike Bridges, Jim was the uncrowned Senior National and World Champ for 1981, and he remains an outstanding gentleman who brought great prestige to Powerlifting.



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2. Recent MAXIMUM SINGLE _____
3. Circle DAYS you want to do this exercise M T U W TH F SA _____
4. Number of _____ YEARS and _____ MONTHS you have done this exercise _____
5. Check whether this exercise is to be done in Lbs. or Kgs.
6. Number of WEEKS _____ schedule to run (8 maximum).

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"Look BOY! Read dat ad up dere an quit buggin' me!"

Greater Mr. Arkansas Meet
3/5/83 El Dorado, Ark (kilos)

WOMEN'S DIV	SQ	BP	DL	T
L. Talton	92.5	35	117.5	245
M. Simmons	85	37.5	115	237.5
J. Gully	82.5	35	92.5	210
B. Taylor	82.5	35	92.5	210
F. Elliott	75	35	102.5	210
G. Edwards	62.5	47.5	87.5	197.5
R. Williams	70	37.5	102.5	210
L. Thomson	102.5	52.5	132.5	297.5
T. Thompson	102.5	65	115	262.5
E. Gerkin	80	42.5	87.5	210
D. Avery	77.5	65	147.5	330
L. Champion	117.5	80	147.5	330
P. Auslander	90	42.5	140	327.5
P. Austin	105	60	117.5	262.5
E. Stringfield	82.5	42.5	102.5	227.5
S. Schweigke	70	40	107.5	217.5
H. Pilard	127.5	162.5	275	712.5
J. Lyons	255	147.5	262.5	665
J. Adams	245	205	297.5	750
R. Roy	227.5	155	255	637.5
B. Bates	192.5	120	210	522.5
M. Sinclair	192.5	120	210	522.5
M. Masters-40 to 49 DIV	182.5	117.5	200	500
C. Muehn	182.5	117.5	200	500
MASTERS 60 & up DIV	145	40	100	185
OPEN DIVISION	145	90	135	370
K. Jones	157.5	102.5	192.5	452.5
C. Warnick	142.5	95	167.5	405
T. Smith	102.5	65	115	262.5
M. Johnson	145	90	135	370
M. Dabson	102.5	65	115	262.5
B. White	145	60	145	350
L. Rogers	105	77.5	142.5	325
J. Ronza III	227.5	165	225	617.5
G. Venator	215	140	222.5	577.5
T. Miller	215	125	220	560
T. McDonald	182.5	140	192.5	515
F. Restivo	175	117.5	205	497.5
J. Veno	172.5	135	192.5	465
G. Dupuy	160	100	192.5	452.5
S. Martin	147.5	105	190	422.5
B. Pipes	130	102.5	167.5	400
C. Capps	165	105	192.5	465
J. Inzer	267.5	137.5	305	710
R. Bell	260	167.5	325	682.5
K. Weir	250	147.5	272.5	670
G. Grim	227.5	130	232.5	590
T. Hill	220	130	235	585
A. Kirchner	227.5	117.5	227.5	572.5
M. Fowler	340	230	362.5	842.5
S. Baldwin	285	182.5	272.5	740
D. Canales	265	155	272.5	692.5
R. Farmer	250	160	272.5	682.5
M. Wilson	242.5	157.5	260	660
J. Anderson	242.5	145	272.5	660
M. Shupe	260	150	242.5	632.5
E. Feltz	227.5	162.5	240	632.5
J. Jones	207.5	122.5	227.5	632.5
B. Bush	180	120	227.5	537.5
L. Lincoln	180	140	222.5	522.5
W. Johnson	195	120	205	520
B. Newby	180	120	205	520
K. O'Brien	180	120	205	520
R. Beck	180	120	205	520

ITEM	No.	Total
Sheet Metal	135	123
Medium	165	181
Large	198	220
Extra Large	235	260
Super Large	275	300
Extra Super Large	315	345
Super Super Large	355	390
Ultra Super Large	395	435
Hyper Super Large	435	480
Ultra Ultra Super Large	475	525
Super Ultra Super Large	515	570
Ultra Ultra Ultra Super Large	555	615
Hyper Ultra Super Large	595	660
Ultra Hyper Super Large	635	705
Super Hyper Super Large	675	750
Ultra Super Hyper Large	715	795
Super Super Hyper Large	755	840
Ultra Super Super Large	795	885
Super Ultra Super Large	835	930
Ultra Ultra Super Large	875	975
Super Ultra Ultra Super Large	915	1020
Ultra Super Ultra Super Large	955	1065
Super Super Ultra Super Large	995	1110
Ultra Super Super Ultra Super Large	1035	1155
Super Super Super Ultra Super Large	1075	1200
Ultra Super Super Super Large	1115	1245
Super Ultra Super Super Large	1155	1290
Ultra Ultra Super Super Large	1195	1335
Super Ultra Ultra Super Large	1235	1380
Ultra Super Ultra Ultra Super Large	1275	1425
Super Super Ultra Ultra Super Large	1315	1470
Ultra Super Super Ultra Super Large	1355	1515
Super Super Super Ultra Super Large	1395	1560
Ultra Super Super Super Large	1435	1605
Super Ultra Super Super Large	1475	1650
Ultra Ultra Super Super Large	1515	1695
Super Ultra Ultra Super Large	1555	1740
Ultra Super Ultra Ultra Super Large	1595	1785
Super Super Ultra Ultra Super Large	1635	1830
Ultra Super Super Ultra Super Large	1675	1875
Super Super Super Ultra Super Large	1715	1920
Ultra Super Super Super Large	1755	1965
Super Ultra Super Super Large	1795	2010
Ultra Ultra Super Super Large	1835	2055
Super Ultra Ultra Super Large	1875	2100
Ultra Super Ultra Ultra Super Large	1915	2145
Super Super Ultra Ultra Super Large	1955	2190
Ultra Super Super Ultra Super Large	1995	2235
Super Super Super Ultra Super Large	2035	2280
Ultra Super Super Super Large	2075	2325
Super Ultra Super Super Large	2115	2370
Ultra Ultra Super Super Large	2155	2415
Super Ultra Ultra Super Large	2195	2460
Ultra Super Ultra Ultra Super Large	2235	2505
Super Super Ultra Ultra Super Large	2275	2550
Ultra Super Super Ultra Super Large	2315	2595
Super Super Super Ultra Super Large	2355	2640
Ultra Super Super Super Large	2395	2685
Super Ultra Super Super Large	2435	2730
Ultra Ultra Super Super Large	2475	2775
Super Ultra Ultra Super Large	2515	2820
Ultra Super Ultra Ultra Super Large	2555	2865
Super Super Ultra Ultra Super Large	2595	2910
Ultra Super Super Ultra Super Large	2635	2955
Super Super Super Ultra Super Large	2675	3000
Ultra Super Super Super Large	2715	3045
Super Ultra Super Super Large	2755	3090
Ultra Ultra Super Super Large	2795	3135
Super Ultra Ultra Super Large	2835	3180
Ultra Super Ultra Ultra Super Large	2875	3225
Super Super Ultra Ultra Super Large	2915	3270
Ultra Super Super Ultra Super Large	2955	3315
Super Super Super Ultra Super Large	2995	3360
Ultra Super Super Super Large	3035	3405
Super Ultra Super Super Large	3075	3450
Ultra Ultra Super Super Large	3115	3495
Super Ultra Ultra Super Large	3155	3540
Ultra Super Ultra Ultra Super Large	3195	3585
Super Super Ultra Ultra Super Large	3235	3630
Ultra Super Super Ultra Super Large	3275	3675
Super Super Super Ultra Super Large	3315	3720
Ultra Super Super Super Large	3355	3765
Super Ultra Super Super Large	3395	3810
Ultra Ultra Super Super Large	3435	3855
Super Ultra Ultra Super Large	3475	3900
Ultra Super Ultra Ultra Super Large	3515	3945
Super Super Ultra Ultra Super Large	3555	3990
Ultra Super Super Ultra Super Large	3595	4035
Super Super Super Ultra Super Large	3635	4080
Ultra Super Super Super Large	3675	4125
Super Ultra Super Super Large	3715	4170
Ultra Ultra Super Super Large	3755	4215
Super Ultra Ultra Super Large	3795	4260
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Super Super Super Ultra Super Large	3955	4440
Ultra Super Super Super Large	3995	4485
Super Ultra Super Super Large	4035	4530
Ultra Ultra Super Super Large	4075	4575
Super Ultra Ultra Super Large	4115	4620
Ultra Super Ultra Ultra Super Large	4155	4665
Super Super Ultra Ultra Super Large	4195	4710
Ultra Super Super Ultra Super Large	4235	4755
Super Super Super Ultra Super Large	4275	4800
Ultra Super Super Super Large	4315	4845
Super Ultra Super Super Large	4355	4890
Ultra Ultra Super Super Large	4395	4935
Super Ultra Ultra Super Large	4435	4980
Ultra Super Ultra Ultra Super Large	4475	5025
Super Super Ultra Ultra Super Large	4515	5070
Ultra Super Super Ultra Super Large	4555	5115
Super Super Super Ultra Super Large	4595	5160
Ultra Super Super Super Large	4635	5205
Super Ultra Super Super Large	4675	5250
Ultra Ultra Super Super Large	4715	5295
Super Ultra Ultra Super Large	4755	5340
Ultra Super Ultra Ultra Super Large	4795	5385
Super Super Ultra Ultra Super Large	4835	5430
Ultra Super Super Ultra Super Large	4875	5475
Super Super Super Ultra Super Large	4915	5520
Ultra Super Super Super Large	4955	5565
Super Ultra Super Super Large	4995	5610
Ultra Ultra Super Super Large	5035	5655
Super Ultra Ultra Super Large	5075	5700
Ultra Super Ultra Ultra Super Large	5115	5745
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Ultra Super Super Ultra Super Large	5195	5835
Super Super Super Ultra Super Large	5235	5880
Ultra Super Super Super Large	5275	5925
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Super Ultra Ultra Super Large	5395	6060
Ultra Super Ultra Ultra Super Large	5435	6105
Super Super Ultra Ultra Super Large	5475	6150
Ultra Super Super Ultra Super Large	5515	6195
Super Super Super Ultra Super Large	5555	6240
Ultra Super Super Super Large	5595	6285
Super Ultra Super Super Large	5635	6330
Ultra Ultra Super Super Large	5675	6375
Super Ultra Ultra Super Large	5715	6420
Ultra Super Ultra Ultra Super Large	5755	6465
Super Super Ultra Ultra Super Large	5795	6510
Ultra Super Super Ultra Super Large	5835	6555
Super Super Super Ultra Super Large	5875	6600
Ultra Super Super Super Large	5915	6645
Super Ultra Super Super Large	5955	6690
Ultra Ultra Super Super Large	5995	6735
Super Ultra Ultra Super Large	6035	6780
Ultra Super Ultra Ultra Super Large	6075	6825
Super Super Ultra Ultra Super Large	6115	6870
Ultra Super Super Ultra Super Large	6155	6915
Super Super Super Ultra Super Large	6195	6960
Ultra Super Super Super Large	6235	7005
Super Ultra Super Super Large	6275	7050
Ultra Ultra Super Super Large	6315	7095
Super Ultra Ultra Super Large	6355	7140
Ultra Super Ultra Ultra Super Large	6395	7185
Super Super Ultra Ultra Super Large	6435	7230
Ultra Super Super Ultra Super Large	6475	7275
Super Super Super Ultra Super Large	6515	7320
Ultra Super Super Super Large	6555	7365
Super Ultra Super Super Large	6595	7410
Ultra Ultra Super Super Large	6635	7455
Super Ultra Ultra Super Large	6675	7500
Ultra Super Ultra Ultra Super Large	6715	7545
Super Super Ultra Ultra Super Large	6755	7590
Ultra Super Super Ultra Super Large	6795	7635
Super Super Super Ultra Super Large	6835	7680
Ultra Super Super Super Large	6875	7725
Super Ultra Super Super Large	6915	7770
Ultra Ultra Super Super Large	6955	7815
Super Ultra Ultra Super Large	6995	7860
Ultra Super Ultra Ultra Super Large	7035	7905
Super Super Ultra Ultra Super Large	7075	7950
Ultra Super Super Ultra Super Large	7115	7995
Super Super Super Ultra Super Large	7155	8040
Ultra Super Super Super Large	7195	8085
Super Ultra Super Super Large	7235	8130
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Super Super Super Ultra Super Large	7475	8400
Ultra Super Super Super Large	7515	8445
Super Ultra Super Super Large	7555	8490
Ultra Ultra Super Super Large	7595	8535
Super Ultra Ultra Super Large	7635	8580
Ultra Super Ultra Ultra Super Large	7675	8625
Super Super Ultra Ultra Super Large	7715	8670
Ultra Super Super Ultra Super Large	7755	8715
Super Super Super Ultra Super Large	7795	8760
Ultra Super Super Super Large	7835	8805
Super Ultra Super Super Large	7875	8850
Ultra Ultra Super Super Large	7915	8895
Super Ultra Ultra Super Large	7955	8940
Ultra Super Ultra Ultra Super Large	7995	8985
Super Super Ultra Ultra Super Large	8035	9030
Ultra Super Super Ultra Super Large	8075	9075
Super Super Super Ultra Super Large	8115	9120
Ultra Super Super Super Large	8155	9165
Super Ultra Super Super Large	8195	9210
Ultra Ultra Super Super Large	8235	9255
Super Ultra Ultra Super Large	8275	9300
Ultra Super Ultra Ultra Super Large	8315	9345
Super Super Ultra Ultra Super Large	8355	9390
Ultra Super Super Ultra Super Large	8395	9435
Super Super Super Ultra Super Large	8435	9480
Ultra Super Super Super Large	8475	9525
Super Ultra Super Super Large	8515	9570
Ultra Ultra Super Super Large	8555	9615
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Ultra Super Ultra Ultra Super Large	8635	9705
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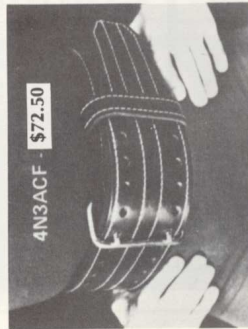
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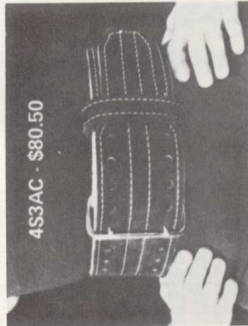
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3N1	1	Natural	7-mm	3" Nickel	None	F	29.00
3S1	1	Suede	9-mm	3" Nickel	Style 1	C	46.00
4N1	1	Natural	7-mm	4" Nickel	None	A,B,F	29.00
4N2	3	Natural	11-mm	4" Nickel	Style 1	A,B,C,D,F	53.00
4N3	3	Natural	13-mm	4" Nickel	Style 1	A,B,C,D,E	64.00
4S1	1	Suede	10-mm	4" Nickel	Style 1	A,B,C,D,E	55.00
4S2	2	Suede	12-mm	4" Nickel	Style 1	A,B,C,D,E	59.00
4S3	3	Suede	13-mm	4" Nickel	Style 1	A,B,C,D,E	70.00
Dip Belt	(7 in. back)	Natural	7-mm	none	None	F	32.00
2.5N(1)	1	Natural	2.5 in.	2.5 in. Nickel	None	F	26.00
6N1 (6 in. back)	1	Natural	7-mm	2.5 in. Nickel	None	F	34.00

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Colors of Suede: Black, Navy Blue, Royal Blue, Brown, Rust, Light Blue, Light Green, Gold, Red, Light Brown, Gray, Purple, Maroon, Dark Green, Sand
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Kevin Jackson...Best Lifter at the Buffalo Teenage meet (Mieth photo)

5th annual Buffalo Teenage Championships-2/19-20/83

Table with columns for name, weight class, and performance metrics (SQ, BP, DL, T). Lists lifters from various clubs like Buffalo, NY and San Diego, CA.

San Diego Open 2/19/83 San Diego, CA (kilos)

Table with columns for name, weight class, and performance metrics (SQ, BP, DL, T). Lists lifters from various clubs like San Diego, CA and Buffalo, NY.

Table with columns for name, weight class, and performance metrics (SQ, BP, DL, T). Lists lifters from various clubs like Buffalo, NY and San Diego, CA.

Minnesota State Women's Championships 2/12/83 - Edina, MN

Table with columns for name, weight class, and performance metrics (SQ, BP, DL, T). Lists lifters from various clubs like Edina, MN and Buffalo, NY.

Idaho Open 2/25/83 Twin Falls, Ida

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Meet director was Ray Woodley. Thanks to Strength, Inc for results.

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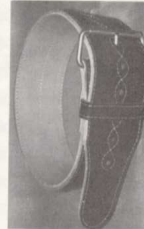
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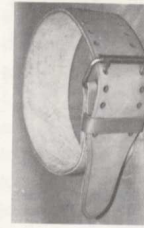
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Magnum Classic

Table with columns: 12 March 83 - Los Altos, Calif. and 18 March 83 - Los Altos, Calif. Rows list names and scores for various categories like 100, 150, 200, 250, 300, 350, 400, 450, 500, 550, 600, 650, 700, 750, 800, 850, 900, 950, 1000.

Outstanding Lift. Bill Cavalieri and his mighty 705 deadlift done as a 165 pounder at the Magnum Classic.



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PART 2 PAT CASEY

In 1954 a 15 year old boy started training for the first time while attending Washington High School in Los Angeles. He only weighed 180 lbs at the time, but he was destined to be the first human to bench press 500 lbs., bench press 600 lbs., squat 800 lbs., and total 2000 lbs. This young man was Pat Casey, the King of the Bench Pressers.

Not long after that first workout in 1954 Pat increased his bodyweight by 40 pounds and during his senior year at Washington High School he bench pressed 420 lbs at the age of 17. He also became well adept in the sport of bodybuilding and won the Mr. Washington High physique contest. This also occurred during his senior year.

Two weeks after graduation in 1957, Pat entered the Teenage Mr. America contest. One of the judges was former Mr. America and Mr. Universe, Bill Pearl. Pearl had heard rumors of how strong Casey was and asked Pat during the pre-contest interview what he could bench press.

Pat answered, 420 with a 2 second pause. Pearl was in awe of Pat's response because he claimed that the (Pearl) had never seen anyone bench press this much weight. Pearl asked him if he could do it right then and there. Pat's answer was 'I'd be happy to show you, and show them he did, in front of the judges. Pat before the posing competition Pat easily bench pressed 420 with a 2 second pause. Unfortunately, the finisher of a disappointing 5th place in the contest. It was here that Pat decided to become a strong man and thus he left bodybuilding.

Pat worked his bench press hard and allowed his bodyweight to increase only over the years. The following is a chronology of Pat's bench pressing feats.

AGE	BODYWT	POUNDRAGE
18	230	450
19	245	470
20	237	500
22	270	540
26	300	585

Some additional and interesting facts about the above mentioned information is that in 1963 in Pasadena, Ca Pat bench pressed 530 which was a world record, eclipsing Gene Robinson's mark of 482 any human had officially bench pressed 500 lbs. Later that year in July of 1963 Pat pushed the record even further with an official 547 made at the San Pedro Power meet. Pat was during this time (1963-64) that he vowed he would someday officially bench press 600 lbs, and thus he kept on training for another 2 years before he once again made powerlifting history.

Pat was invited to compete against Dr. Terry Todd in a meet which was to be held on May 21, 1966. This in-

PIONEERS of POWER

by Pete Vuono

Pat Casey was set up by promoter Leo Stern. The question of who was the world's greatest powerlifter was to be settled once for all. Unfortunately, five days before the meet Pat suffered torn ligaments in his back during training. His doctor didn't want him to compete and he received chiropractic treatments every day before the meet. He wanted to compete, however, so as not to disappoint Leo Stern and so as to face Todd.

As was said before, Pat made powerlifting history. The soft spoken police officer from Seal Beach, Ca came down on Todd with all the force of a .357 Magnum as he bench pressed 592 for a world record, squatted 774½ for a world record and became the first human to total

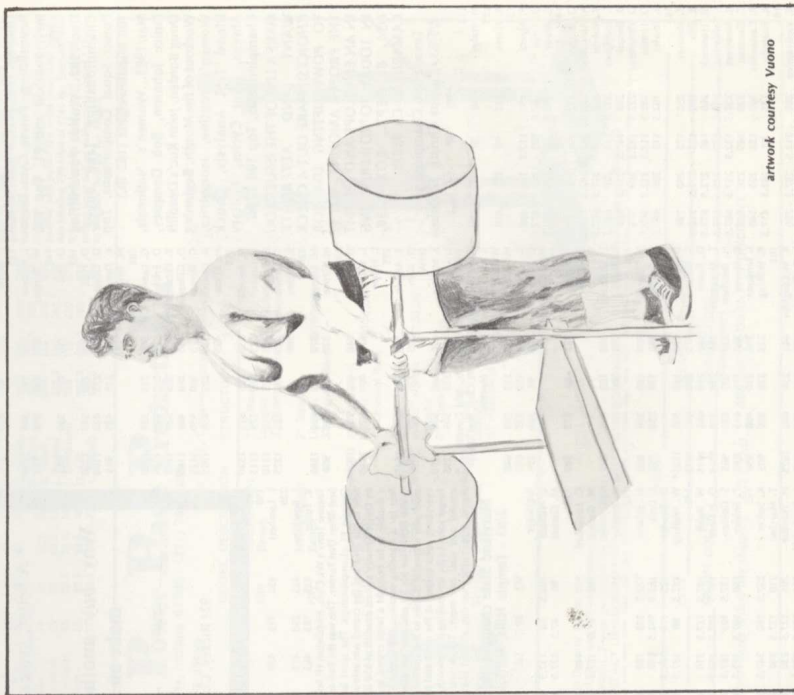
2000 lbs with a total of 2001½. Thus although seriously injured, Pat broke 3 world records, conquered a milestone with 2000 lbs and defeated Todd by 120 lbs.

As if this weren't enough, the following year on June 17, 1967, Pat the same meet to become the first human to bench press 600 lbs and finally fulfill the pledge that he made in 1964. That same year Pat went on to become the first human to squat 800 lbs, proving himself to be not only an upper body specialist and he totaled 2035 lbs. with lifts of 580 bench press, 805 squat, and 650 deadlift. This total was 65 lbs ahead of Gene Robinson and 95 lbs ahead of Bob Weaver, who were Casey's nearest rivals. Pat had truly established

ed himself as the greatest superheavyweight of the day.

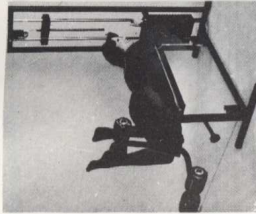
Pat retired from powerlifting in great style. One of his final meets was the Los Angeles Powerlift championships held in 1967. Here weighing 339 lbs, Pat bench pressed 617½, squatted 750 and deadlifted 655 for a 2025 total. If he did not miss an 825 squat to a 2 to 1 depth decision, Pat would have become the first human to total 2100 lbs.

Readers of Powerlifting USA will note that Pat's 617½ bench press has only been exceeded by the likes of Lars Hedlund, Jim Williams, Bill Kazmaier, and Ted Arcidi. His 2035 total still ranks in the top 25 totals of all time according to Powerlifting USA. Even in today's Power world where drugs and reinforced suits are available to many, Pat's squat and total would rank in the top 10 best and his bench press 2nd among superheavyweights. This is quite incredible when one considers that these lifts were made 14 years ago by some one who didn't take steroids. Pat will always be remembered as a pioneer and one of the greatest powerlifters of all time—the King of the Bench Pressers.

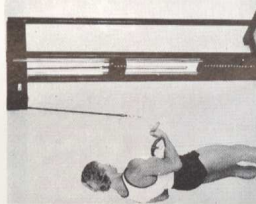


artwork courtesy Vuono

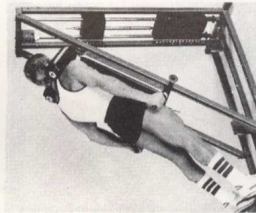
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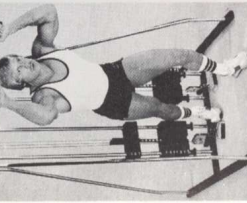
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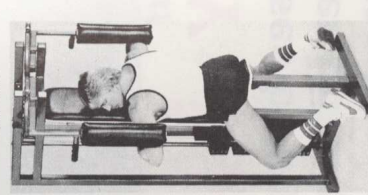
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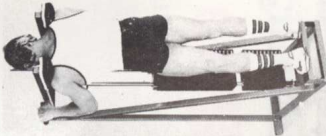
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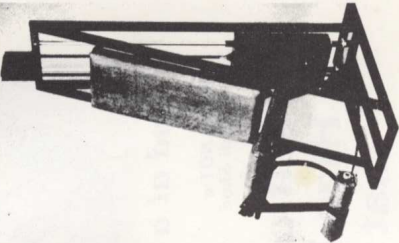
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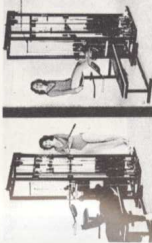
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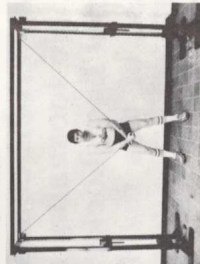
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