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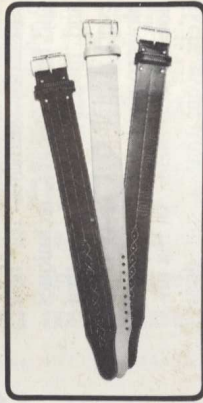
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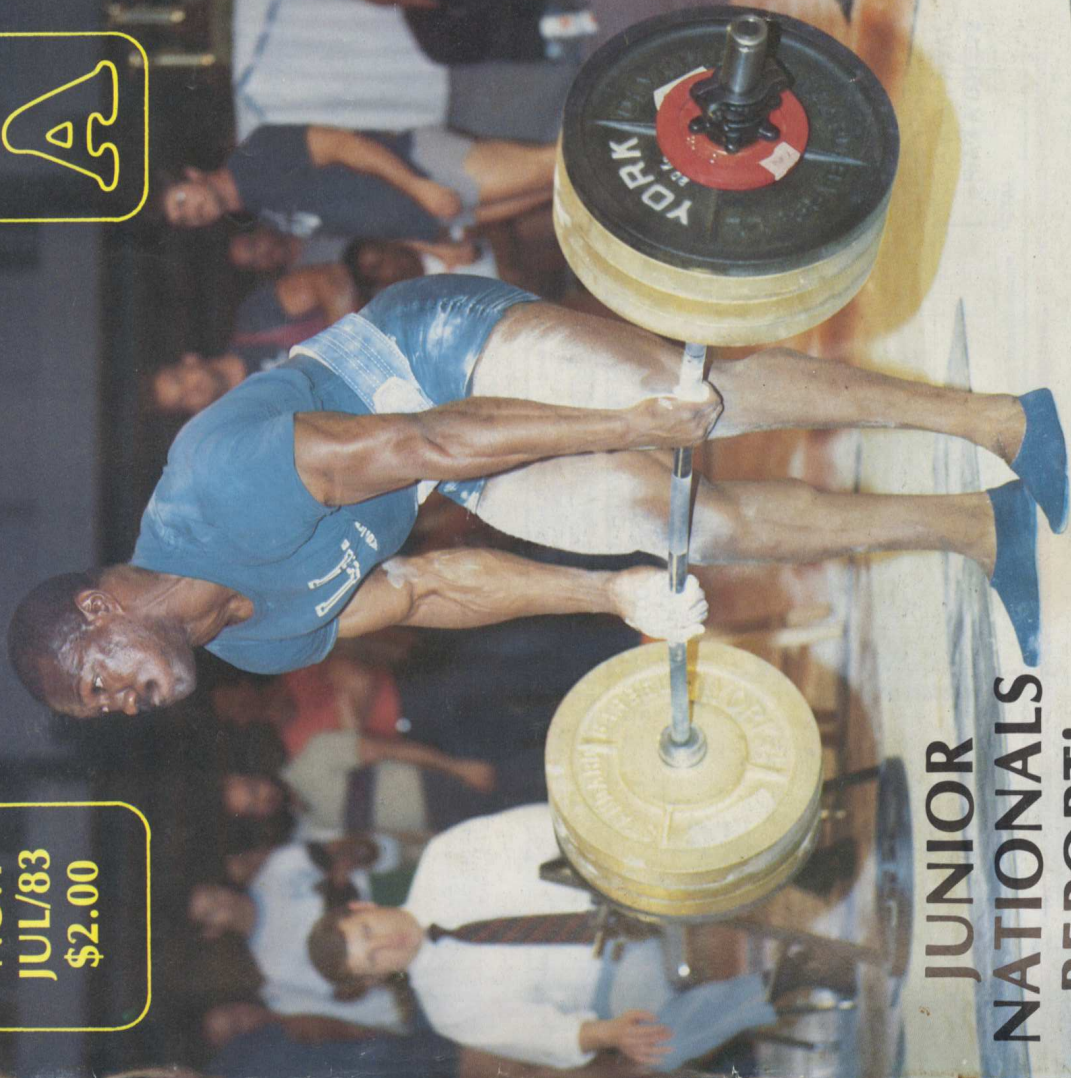
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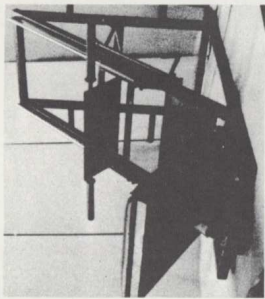
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## JUNIOR NATIONALS REPORT!

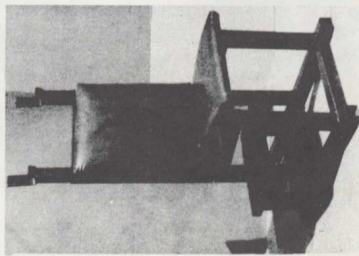
220 winner.. RONNIE TULLIS

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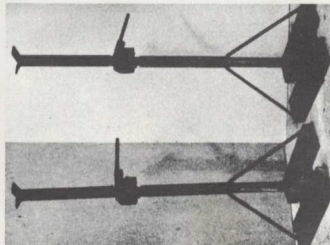
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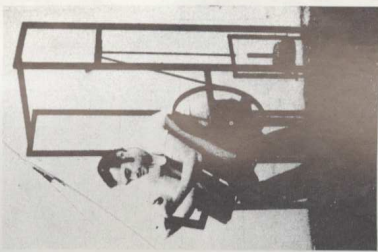
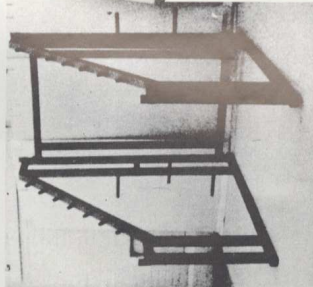
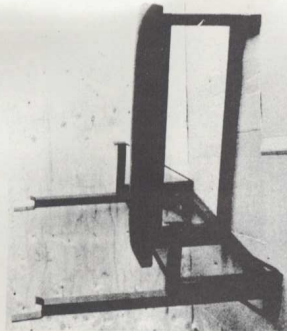


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**Juli Thomas** **Ruthi Shafer** **Debra Poston**  
**Jennifer Weyland** **Lu-Ann Smith** **Maris Sternberg**  
**Wanda Sander**

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ON THE COVER...Junior Nationals 220 Champ, Ron Tullis  
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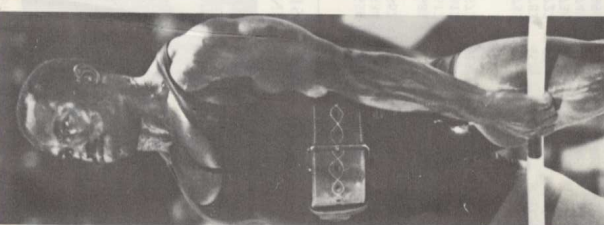
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Gene Bell...cool, almost without exception, dominated this attempt.



Vince Keyhea...could he be another Walter Thomas on the way up?

as the second session's Best Lifter. The first day closed with the light-heavies and again many of the names were familiar. Facteau, Hultquist and Keyhea were the more notable, but others had brought their local notoriety to the national scene. Some very heavy iron was squatted and it took a moment to realize that these men were but 181ers. Keyhea was a surprise at last year's Seniors, but his control was so strong that everyone was still buzzing after his easy 666 squat. California's Pierce was on his heels with a deep 661, although 677 was too much. Facteau lost a little ground but was close enough to make his big deadlifting record, and earned him the award

in spite of the number of lifters and despite the many missed lifts and disappointments, and gave the audience a generally fine performance. PL USA's crack staff (Leistner and Lambert) arrived at the meet site on time for the second day's lifting. Bill Dunn had personally cleaned and arranged the warm up area. Messrs. Morris and Gamble has straightened out the lifting platform until early morning, thus, all was go at the dot third place after Ed Nellor's backround deadlifting ability left him with 755 on the bar and no completed attempts. Larry Mistrick, Ron Motts, Mike Riedel and Mike Feight all made enough attempts to stay one

step ahead of the pack and bodyweight splits left the order at Feight, Riedel, Motts and Mistrick, then to sixth respectively. The prospect for the top spot would have been Tony Johnson of Texas or Gary Sanger of Black's and that's where the battle was. Johnson was hampered by a missed squat and an inability to bench with three successful deadlifts, including a solid 661. Tony closed, managing a 666 opener, then pulled unsuccessfully on a needed 727. The pose which comes from entry in numerous national level meets really showed in Sanger as he appeared confident and controlled throughout the session. For Tony Johnson, the big squat ability still an-

pers to be there, but his abbreviated period of meet preparation left him at a disadvantage on this day. There were lots of meat on the hoof at 220 for those who appreciate a well-developed physique. William Tullis, Wilson, Moran and Pharr, were among the many sporting a ton of hard tissue. The meet's pattern of many missed squats plagued this class. Numerous lifters found themselves chasing the ghosts of hopes for totals. On the top live, a John Black-headed Todd Monroe was just a bit off the pace. Steve Foster gave a very good DL, to pull one successfully and it cost him a slot at the top three.

H. Fleming	80.5	584	622	655	352	374	385	1008	584	620	630	1592
T. Knauber	82.3	578	622	692	413	418	424	997	523	551	578	1576
D. Donahue	81.0	556	580	614	413	429	446	986	551	584	595	1570
S. Bowman	82.0	578	611	656	335	352	363	964	573	611	611	1537
F. Palmer	81.3	556	556	556	369	391	391	947	545	584	595	1532
E. Phillipy	81.6	573	600	606	352	374	385	947	551	584	595	1532
J. Lamb	81.7	567	578	611	363	380	380	942	573	617	617	1515
J. Begley	82.3	573	611	611	358	358	358					
J. Vrabel	81.6	584	584	584	358	358	358					
C. Hultquist	81.4	606	606	606	358	358	358					
D. Haines	80.2	622	622	622								
G. Sanger	89.6	795	722	744	446	462	473	1207	633	650	661	1868
T. Johnson	88.1	722	740	716	402	424	435	1140	666	727	733	1807
M. Feight	88.5	589	622	610	380	402	418	1069	677	733	744	1802
M. Riedel	89.1	677	795	795	418	435	446	1113	639	688	705	1802
R. Motts	89.2	655	677	694	431	479	496	1173	601	628	628	1802
L. Mistrick	89.9	661	694	732	487	418	496	1113	611	688	705	1802
M. Hayden	89.3	644	672	688	385	429	462	1058	666	710	749	1769
J. Walden	89.9	633	666	688	429	462	468	1157	611	666	705	1730
K. LeClere	89.2	611	655	672	385	402	429	1085	622	644	661	1730
R. Beams-Derfer	89.2	611	655	688	424	462	479	1118	611	659	666	1730
R. Dyer	89	661	683	699	402	462	462	1124	600	659	659	1725
D. Burrell	88.7	661	699	699	402	413	407	1074	611	639	644	1719
J. Bassi	89.5	633	650	660	402	429	435	1052	633	661	683	1714
M. Jones	88.7	617	644	661	374	385	396	1036	644	666	677	1703
S. Lee	89	617	644	661	374	385	396	1036	644	666	677	1703
C. Jones	89	617	644	661	374	385	396	1036	644	666	677	1703
D. Love	90	573	606	628	413	435	435	1041	595	606	639	1647
S. Barry	89.4	584	600	600	352	369	369	936	655	705	755	1642
V. Diaz	90	650	683	683	369	385	385	986	628	622	622	1636
J. Stevenson	89.7	633	666	666	336	352	358	986	628	622	622	1625
E. Nellor	88.7	644	672	672	369	369	369	1047	744	755	755	
100kg												
R. Tullis	99.5	795	705	749	446	496	501	1251	749	777	799	2028
D. Borden	98.7	722	760	793	402	424	435	1184	722	766	782	1951
T. Hammer	99.1	722	744	755	468	485	498	1229	699	716	727	1945
S. Foster	99.6	699	733	749	501	518	529	1251	699	688	688	1940
D. Monroe	99.3	727	771	780	497	497	429	1201	655	694	749	1895
D. Sewell	100	659	666	677	435	462	473	1140	699	749	768	1879
R. Wickham	98.7	705	733	755	435	468	485	1168	688	688	727	1857
M. Schmidt	98.3	672	699	705	396	396	429	1089	722	762	782	1851
P. Hood	97.4	695	705	717	385	402	406	1179	688	688	628	1807
B. Wilson	97.6	683	705	717	385	402	406	1179	688	688	628	1807
M. Krych	96	683	705	717	385	402	406	1179	688	688	628	1807
B. Graser	97.4	683	705	717	385	402	406	1179	688	688	628	1807
D. Harrison	100	699	733	733	432	432	369	1053	710	628	644	1802
B. Russell	100	699	733	733	432	432	369	1053	710	628	644	1802
T. Kunkel	98.2	622	644	644	358	385	385	1132	622	622	622	1758
T. Niemiec	98.9	606	628	628	358	385	385	1008	705	736	768	1747
R. Moran	98.4	606	628	628	358	385	385	1008	705	736	768	1747
R. Simmons	98.4	606	628	628	358	385	385	1008	705	736	768	1747
R. Vilkom	99.9	644	657	657	432	432	432	1129	584	601	601	1736
T. Chrossiak	98.4	749	749	749	446	468	468	1014	716	716	727	
T. Pharr	110kg											
M. Chaillet	108.7	771	799	832	440	457	468	1256	782	816	816	2039
J. Morelli	108.5	782	821	837	424	457	468	1283	710	755	766	2033
D. Jacoby	109	804	804	837	446	457	468	1273	710	755	766	1904
J. Magruder	107.4	705	738	738	351	370	370	1289	672	716	716	1962

California's Ted Hammer prevailed balanced lifting into a champion. D. the top spot but fell 2.5kg short of Borden. Doug's huge local following provided him with the type of vocal support that matched his reserve intensity. His unique psyching performance (banging his head on 2x4) inspired the crowd and had made a few more attempts, he would have challenged for the top spot. A really dominated the morning's activity. Tony Pharr tied the meet record squat at 749 but couldn't get a bench in. Bernard Wilson showed super squat strength, but wasn't balanced enough to be a final fighter. Although Borden and Monroe squatted well, Tullis quietly took a big 749 with some to spare. Only Foster outbenched the muscular and vascular Mr. Tullis, and only Joe Hood managed a better DL. Ron Tullis obliterated the previous total record by 40 kg and easily dominated the rally for the session's outstanding lifter.

The decision to go to two platforms was wisely made as the prospect of a 4 m finish loomed like large dark cloud over the final session. B-52 lever hit hard, leaving many championship dreams blown off the platform, and served as a lesson that local records and ratings tons mean little under the hard scrutiny of a national level meet. The move to two platforms, as unfavorable a concept as it may be to many purists, was an absolute necessity and was indicative of the general attitude of the meet directors and the overall level of efficiency demonstrated by all of the fine people who volunteered their time and energy for the cause. The two platform format hardly fazed the competent expediting and scorekeeping staff and the many loaders and spotters (who were overworked with the numerous missed attempts) finished the meet as they had started it, in perfect control of everyone's safety. As always, the 242s were loaded. This is always one of the toughest classes on the national level and this meet brought us some of the best. Unfortunately, nine went down in the squat, including York's Caulfield and highly respected Scott Warren, last year's Senior's surprise, Mark Chaillet and New Yorker Joe Morelli, squatted big with Joe getting a new 821 record. This Yale graduate lifted very big weights only 3 weeks prior

J. Florio	108.3	733	766	797	429	457	468	1223	683	722	790	1945
W. Bloom	105.3	666	666	688	402	418	429	1107	749	799	821	1929
T. Kritsky	108.7	700	700	700	440	462	485	1179	722	744	791	1923
D. Atterholt	108.7	699	713	742	418	435	446	1179	722	744	791	1923
R. Vaillancourt	108.4	732	766	792	440	462	462	1207	639	672	699	1906
T. Thompson	108.7	683	740	793	479	501	507	1190	683	722	733	1901
B. Walters	107.8	722	760	793	402	424	424	1162	705	733	766	1895
J. Kryzanski	109.1	749	797	797	440	457	468	1240	716	755	771	1895
T. Fay	109.6	733	766	792	424	440	457	1140	716	755	771	1895
B. Nichols	109.1	749	797	797	440	457	468	1240	716	755	771	1895
S. Samaniego	108.5	749	792	792	440	457	468	1240	716	755	771	1895
D. Darbenzio	109.1	749	792	792	440	457	468	1240	716	755	771	1895
M. Dent	109.1	749	792	792	440	457	468	1240	716	755	771	1895
J. Schaefer	105.4	650	700	727	402	424	435	1157	672	699	722	1862
M. Meddaugh	109.3	639	683	710	440	457	468	1179	628	650	672	1851
J. Free	109.3	639	683	710	440	457	468	1179	628	650	672	1851
W. Ford	107.4	722	760	796	462	485	496	1162	688	727	744	1851
E. Arnold	108.9	632	705	746	451	462	462	1155	650	699	716	1846
S. Scully	108.1	606	644	661	429	448	448	1130	650	694	716	1840
D. Young	107.9	650	683	705	448	468	468	1179	628	650	672	1824
M. Magruder	106.6	589	644	644	396	406	406	1054	600	644	655	1818
K. Caulfield	108.8	688	688	688	699	699	699	1124	666	672	705	1796
G. Marinos	109	737	744	755	424	440	457	1179	689	727	749	1929
J. Svitek	108	737	737	737	424	440	457	1179	689	727	749	1929
R. Plelicha	109	755	755	755	424	440	457	1179	689	727	749	1929
B. Clayton	110	766	766	766	424	440	457	1179	689	727	749	1929
L. Jacobs	110	766	766	766	424	440	457	1179	689	727	749	1929
P. Brago	108.8	744	744	744	440	457	468	1240	716	755	771	1929
S. Warman	109	744	744	744	440	457	468	1240	716	755	771	1929
125kg												
T. Henderson	123.1	777	804	826	468	490	490	1295	760	777	793	2088
D. Colangelo	118.4	760	804	832	479	501	542	1333	699	733	744	2066
M. Burrell	122.8	788	854	876	440	491	491	1295	705	738	754	2033
D. Barbee	121.4	755	798	795	518	545	556	1253	705	738	754	1956
M. Skeith	121.4	666	710	694	501	533	533	1223	672	710	732	1956
P. Brodeur	123.5	804	832	840	440	491	468	1245	672	710	732	1956
J. Houser	123.2	722	755	771	435	451	462	1223	722	766	766	1945
E. Stuber	123.3	727	755	771	435	451	462	1223	722	766	766	1945
R. Tuller	123.3	727	755	771	435	451	462	1223	722	766	766	1945
J. Patterson	121	622	655	672	424	440	457	1179	689	727	749	1929
B. Jacobson	123.3	749	749	749	440	457						

at the Long Island meet but didn't seem affected by back to back efforts. Dave Jacoby also exceeded the previous squat mark and benched well enough to sit tight with the leaders. Jeff Magruder picked up valuable pourridge in the bench as expected but needed more than his 551 opener going into the deadlifts.

Morell made up for a relatively low bench press by going three for three in the DLs, while Chaillet's balanced lifting left him in excellent position, considering his ability to pull big weights. When the chalk dust settled, Black's John Florio had worked his way into fifth place, Jeff Magruder's improved squatting and DLing secured a fourth place trophy, while Ohio's Jacoby rode his squat and bench into fourth. Despite and eight very successful DL attempts, Mark Chaillet's 355 DL gave him a well deserved victory and the season's outstanding lifter award.

Finishing just out of the money, but blowing everyone out with his smooth, yet believably strong deadlifting style was Wayne Bloom who finished the season's lifting with a very steady record lift of 821, in only his 2nd year of lifting.

Bombow's riddled the 275s as they had the 242s. Brodeur, Barbee and Skeith totaled identical 887.5s with a reweight giving fifth to Skeith and fourth to Barbee. Manny Burnell's patience was finally rewarded with a comfortable third place finish. Many looked great with a meat record squat and deadlifted well enough to store for one of the sport's nicest gentlemen. Homegrown favorite Dave Colangelo nailed three squats and his 832 probably had room for a few additional kilos. It was obvious that his bench was big, and only Barbee did more, thus he entered the DL with what appeared to be a solid subtotal lead. Iowa City's Tom Henderson looked very much like the lean bodybuilder on the front of his Gold's Gym t-shirt and he showed a champion's intensity from his opening lift. He marched through his three deadlifts finishing with a big 793 and



Henderson...had eyes for first place all along, but closed them during his lifts



Mark Chaillet...after years of frustration, he finally got that national title.

big that weight is when you consider that it was David Shaw's mark before. A well fought class with plenty of excitement.

The superheavyweights provided the capable pointers with many a thrill as some very heavy iron was moved and missed. Bob Jeffery's squat record marked him as a national talent, due primarily to his squatting time. One of Bill Starr's early finds, George Hecher came psychued to the max and ready to do his thing. Timing out on a second attempt 821, he lost him valuable pounds but he came back with a strong repeat effort and followed with three big benches. Blaise Boscaccy of Illinois was also there at sub total time and his impressive back power argued well for a successful run at the title. New York's Alex Pregmat's 7 for 9 brought him into fourth place despite only one DL, while Hechter missed him first place. George had to settle for third but his youth guarantees him many more years to pursue this and other crowns. This left Jeffery in second while Boscaccy took care of business and won his first major title.

The Newest SUPERPOWER...Blaise Boscaccy has the lift balance to go far.

The hour was very late or very early, depending on one's perspective, when the lights were dimmed and the stragglers crawled out into the sweet Virginia air, but all left with a feeling of satisfaction because the 1st class male lifters at the USA, Box 467, Camarillo, CA 93011. The Juniors results were in the June 10th issue, along with the latest, high level drug testing controversy. Seniors results will be out next fast...so you must ORDER NOW!

**IMPORTANT NOTICE...the SINK way to get results of the special POWER HOTLINE Newsletter (\$25 for 24 issues, 1st class male lifters at the USA, Box 467, Camarillo, CA 93011). The Juniors results were in the June 10th issue, along with the latest, high level drug testing controversy. Seniors results will be out next fast...so you must ORDER NOW!**

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# women's Natural Nationals



**Tammy Shepard**, grits out a 341-pound squat to break **Gayla Grain's** 1980 record by 10.5 pounds. **Maajik Jones**, had a mighty day with 2 World Records and a hearty try at a 402 deadlift, with a WR squat, but it took 3 times to do it right.

## Four Official World Records Broken By Three Naturals

Here all lifters were given the polygraph test by Truth Detection Services, a Boston-based firm that normally charges \$300 for each person they test. A special rate was arranged for the meet, but along with all other expenses that are necessary in holding a quality \$2000 deficit, there still remained to be more than \$1000. A committee from the P.O. Box 482, Somerville, MA 02164, was formed from the three specialists that were there to give a thing change from their usual clientele. To the edit of the sport, testees who took the polygraph assessed the requirement that no anabolic steroids had been taken in the 12 months prior to them, the two lifters began two days of live-vigorous competition that brought four new World Records to the books, as usual, pending the results of the drug testing for IOC-banned substances. Following the progress of some of America's strongest women lifters, the major Boston networks, along with photographers and writers from AP, UPI, and Sports Illustrated.

In the lightest class, the 97's, there was a double for the title for spunky Judy Godney, the master liftor with 600 lbs. of life as an Assistant Professor at Western Illinois University. A member of the Athlete's Club, Christ Pl. Team, Ms. Sheeney looked capable of her 259 lb. deadlift, but had to settle

for 248 pounds, Judy's 661 pound total about 11 pounds short of her best, really did not show a maximum performance by this good-natured lifter. The WR total at 699 pounds, set by Cheryl Jones at the World's a few weeks ago, is not that far out of reach for Judy in the coming year.

A senior at Syracuse University, Robin Werfel, the only other competitor in the 97's, also encountered difficulty with her squats, but her 490 lb. total was still a personal best.

The presence of Maajik was enough to scare a large handful of lifters out of the 105's, leaving only three women to stand in the shadows of her unworldly strength. The former Maryland track star had outlived every one in her class with her war-muscle front of the three international referees. A shaky, off-balance opener with 275 lbs. was a surprise to many, but she eased up a second attempt 308 pound squat with no respect for gravity. It looked like the time had come for Diana Rowell to lose her newly acquired 314 pound WR. Three pounds short of triple bodyweight, Maajik's squat would be a rare achievement for one so young on the competitive lifting circuit. Ms. Jones successfully drove up 319 lbs. to break the WR, only to see reds flashing for death.

The natural progression of the meet took Maajik on to the bench press where 154 lbs. looked good, but 159 just wouldn't look out, twice. Then Maajik's favorite, the deadlift,

rolled into place with a no problem 352 and then a confident WR at 385 pounds. After a conference with Coach Todd Landon, the bar was loaded to...The Big One, 402 lbs. One realizes the awesomeness of this human being when considering that a pound for pound comparable attempt for a 148 pound woman would be a 600 pound pull, and the current WR in the 148's is 473 pounds. Courtesy of the state of a thousand lakes, Minnesota, the dedicated but sparse audience was blessed with the presence of an incredible combination of tendons, bone, and muscle along with a pure inner force to lift more than has been done before...Maajik Jones. A victim of travel complications, Maajik was missing some of that inner fire from the '83 Chicago Nationals and could only pull the steel bar to her knees. There is no doubt in the minds of those who were there that the 29 year old electronic technician will have that weight, plus many pounds more, in the weeks to come. Adding her 6 successful lifts together, a new WR total, 846 pounds, was achieved, almost 50 pounds over her previous WR set at the Nationals in the Windy City this January. In addition to two WR's, Maajik was the recipient of the first day's Best Lifter Award.

Paying dues for having to help run the meet, Liberty Winter's 666 lb. total was under her previous standard. The bright spots were a very easy 264 squat and a comeback third

Women's Natural National Championships												21/22 May 1983		Cambridge, MA							
97/144kg	43.75	231	248	259	121	132	137	380	242	270	281	661									
J. Godney(m)	45.5	181	169	---	99	99	93	274	187	198	214	490									
105/148kg	48.0	275	308	319	143	154	159	462	352	385*	402	848*									
M. Jones B1	48.0	231	259	264	99	110	110	363	270	303	366	666									
L. Winter	47.2	229	220	220	110	110	110	264	187	264	264	595									
C. Ciardelli	46.1	159	170	176	88	99	99	259	187	203	231	490									
E. Kimble	51.5	281	314	319	115	126	137	446	281	308	319	766									
T. Shepard	51.0	264	4th	341*	126	132	132	396	264	297	308	694									
S. Dean	51.0	264	264	286	121	126	132	396	264	297	308	694									
S. Wallwork-Kamela	51.5	236	264	275	115	126	132	396	264	297	308	694									
C. Fisher	50.8	225	236	242	93	104	110	330	230	259	289	644									
S. Gotshalk	51.5	231	270	286	99	110	110	385	231	259	289	644									
K. Asher	51.5	220	242	243	99	110	110	352	253	281	292	633									
S. Dudish	50.0	214	236	248	115	121	126	369	225	253	275	622									
M. Chaset	49.9	179	192	192	79	88	93	270	236	253	264	523									
C. Borzumate	50.6	156	203	214	99	110	110	314	187	209	225	523									
M. Steig	55.7	341	350	350	170	176	184	518	352	369	363	881									
D. Candelaria	55.7	341	350	350	170	176	184	518	352	369	363	881									
P. Hoehn	55.7	264	303	325	126	143	159	468	275	319	319	788									
S. Pugh	54.75	253	264	264	121	126	132	380	314	336	336	694									
R. Carter(m)	53.8	220	242	259	93	104	110	352	303	325	325	650									
132/60kg	59.2	275	297	325	132	148	159	473	297	336	350	810									
J. Austin	59.0	292	319	344	121	132	137	440	308	330	330	771									
K. Besuden	58.85	225	236	240	110	121	121	347	281	297	308	644									
L. Sprague	58.8	187	209	225	121	121	121	346	214	248	289	595									
C. Meredith	58.8	176	203	236	82	104	110	314	209	236	259	573									
L. Martel	59.8	181	203	214	104	126	132	335	198	220	236	573									
C. Latham	65.9	308	330	344	165	176	181	512	341	363	374	887									
T. Floren	65.5	330	350	350	170	181	187	518	336	358	358	854									
C. Spellman	61.2	281	303	303	115	126	126	418	336	369	369	755									
C. Mahon	65.5	264	286	286	148	154	159	418	286	297	308	716									
P. Doler	61.1	181	214	231	88	99	104	330	220	259	275	606									
M. Zuniga	63.5	77	88	115	88	99	104	187	225	253	275	462									
L. Lamelme	71.7	286	314	336	148	154	159	496	325	363	380	876									
165/1b/75kg	69.6	292	323	353	99	110	124	363	253	275	292	617									
C. Chase	72	209	236	253	99	110	124	363	253	275	292	617									
R. Welding	80.7	363	402	424	209	214	231	633	380	396	402	1030									
M. Bello	81.1	284	281	297	137	148	159	429	330	358	391	821									
181/82.5kg	81.1	284	281	297	137	148	159	429	330	358	391	821									
P. Dent	99	121	154	177	88	93	248	209	248	231	479										
A. Hill	88.0	374	402	424	209	214	231	633	380	396	402	1030									
A. Hill	88.0	374	402	424	209	214	231	633	380	396	402	1030									
J. Washington	88.0	374	402	424	209	214	231	633	380	396	402	1030									
198/1b/90kg	98.5	446	468	479	176	192	198	529	281	330	352	1041									
A. Bochach BL	94.2	281	330	352	148	165	176	529	281	330	352	1041									
N. Ostroff	108.5	446	468	479	176	192	198	529	281	330	352	1041									
S. Mitnik	94.2	281	330	352	148	165	176	529	281	330	352	1041									
D. McIntyre	94.2	281	330	352	148	165	176	529	281	330	352	1041									

World Record, pending results of drug test

a-American Record

m-master lifter

attempt deadlift that was done on mind strength, which Liberty has an abundance of. Manager of a bike and ski shop and New Jersey State Record Holder in the 105's, Chris Ciardelli, plagued with bad luck, was well under her best total, but she persisted through to her last gutsy deadlift to place third.

Another class to avoid was the 114's...more lifters were packed in to this class than the heaviest FOUR classes combined. Despite the crowded company, from the second session of lifting there emerged a WR attempt for Purdue wonder-lifter Tammy Shepard. After missing 314 on a small technical infraction and competing a 319 on her third, Coach Pat Malone called for a 4th attempt. Indiana resident. This adds up to a tri-bodyweight squat...and change. Tammy is a quality lifter who has ac-

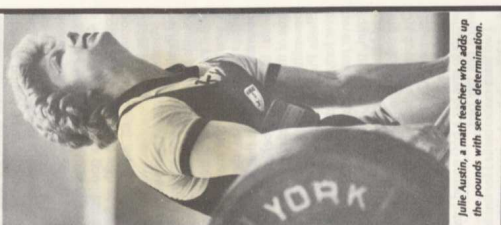
complished much in a minimum quantity of time...how about an Elite total after only four months of training? Twenty-year old Tammy yelled her way up to three whites for a joyous conclusion to her day of squats. A total of 777 lbs. put her well out in front of the pack.

Other notables in the 114's were: Sandy Dean in second, a respectable bodybuilder from Chicago who placed second in the Ms. Illinois, and who missed a nice 286 squat due to movement of her foot; Kay Asher, another Hoosier from the Purdue Club who looked capable of a 300 pound squat when you consider the ease of her 286; and Debbie Candelaria's team mate from Arizona, Sierra Wallwork-Kamela. Injured during training when a car was accidentally dropped on her back by an olympic lifter, Sierra could only grit through a 303 deadlift, a disappointing result for her 259 superstar.

No longer a teen superstar, Debbie Candelaria is still a star at the age of twenty. A second place finisher in the '83 Nationals to Julie Thomas, Debbie was ready to bust some records and win a third type of national title...she already has National Teenage and Collegiate titles under her belt. Putting her college studies on hold, Debbie works as a pipefitter so that she can devote herself to her lifting. It seems to be one of those right decisions, for the Springerville, AZ resident because she is imprin-



Maajik Jones, packed with power, attempts yet another 105 lb. class World Record.



Julie Austin, a math teacher who adds up the pounds with serene determination.



Judy Godney, one of the Midwest's strongest and most active lifters.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## COPING WITH STALENESS AND OVERTRAINING

by Fred C. Hatfield PhD

The entire training conditioning program for the lifter, or any other athlete for that matter, is a constant struggle to impose the appropriate amount of stress on the organism (including the mind) to bring about maximal performance increments. It is only natural that imposed stresses will sometimes exceed one's capacity for adaptation. The tremendous number of variables involved in maximizing performance makes the training procedure a very complex puzzle indeed and no athlete is immune to overtraining.

The problem we, as lifters, are faced with is to minimize these traumatic and counterproductive periods. There has been considerable research into the phenomenon of overtraining, much of which has emanated from Europe, Russian, Bulgarian and East German sports-medicine experts (ranging from medical people to trainers to coaches and research specialists alike) who are very aware of the problem and have identified many of the symptoms of overtraining. That, let's define the term overtraining.

Overtraining is a condition in which there is a dip in performance over a period of time. In other words, one is not necessarily overtrained if one workout goes badly. However, if three or four workouts are such that performance levels decrease, then the chances are that the athlete is in a state of overtraining. Overtraining is caused by an imbalance between the capacity of the organism to respond to stress, and the amount of stress applied. With respect to one's mental attitude, however, poor mental attitude may be caused by several factors, including organismic overtraining (as described above), boredom, personal problems of a wide variety, and poor relations with one's coach or training partner(s). Some bear listing:

1. Academic problems
2. Financial problems
3. Family problems
4. Sex problems
5. Personality conflicts
6. Schedule conflicts
7. Poor facilities
8. Poor diet and sleep habits (organismic)
9. Lack of encouragement
10. Lack of adequate coaching

After two days of quality lifting, the Powerlifting Championships success was due to the endless labors of folks too numerous to list completely. Those that stood under the heaviest weight before, during, and after the meet are: The members of the New England Women's Gym, Liberty Dennis Reno, Bill Jamison, Nate Foster, Jim Pawlowski, Brother Ben Meet Zarella, and of course Coach Michelle Greenspan who gave up their own opportunity to lift so that other women could have the chance to compete in a national championship drug-tested meet.

The list could, as all are aware, go on endlessly. Before progressing to a discussion on what can be done about overtraining, let's take a look at organic overtraining vs a via the European viewpoint.

athlete is overtrained, and a commensurate reduction of training intensity and volume in one's workout is implemented to counter the effects of metabolic acidosis.

3. Monitor white blood cell (eosinophil) count over an extended period of time (e.g. every two or three days). If one's WBC count decreases continually, the athlete is probably experiencing overtraining and volume should be reduced intensity and volume in training load.
2. Develop a rational training regimen
3. Include some form of cyclic training in your workouts.
4. Reduce the monotony of training by injecting variety as appropriate as possible.
5. Get enough sleep and sound nutrition.
6. Maintain harmony with coach and training partners.
7. Provide sufficient recuperative periods between workouts.
8. Find yourself a sportsmedicine expert who will monitor your training and also bp, WBC count and blood pH.
9. Let goal rule your training - not your ego!

These tests are relatively easily made. A blood pressure cuff is relatively inexpensive (under \$50). Blood pH can easily be checked by a litmus paper test. The litmus paper kit can be supplied by any pharmacist or medical person. A simple pin prick on the finger will supply ample blood for the test. The white blood cell (WBC) test is a bit more difficult, but can be made if the lifter wishes to undergo the expense of a microscope (a good one can be purchased for under \$100). By counting the number of WBC's in a grid marked on the slide, the athlete can easily monitor the number of cells in that amount of blood. The smaller the grid, the fewer cells that will have to be counted. Be sure, of course, to use the same size grid each time a count is made.

The second characteristic type of overtraining according to the Europeans is called Basedowic overtraining. The characteristic symptoms of this type of overtraining resemble Basedow's disease in which thyroid function is too high. Some of the symptoms include: easily tired, reduced appetite and resultant weight loss, increased sleep requirements, faster than normal resting pulse rate, headaches, increased blood pressure, reduction in reaction time, and marked reduction in one's ability to perform skilled movements. This type of overtraining is commonly seen among strength athletes in general, explosive athletes (sprinters, jumpers, Olympic athletes, less advanced athletes, and easily excitable athletes. Owing to the multitude of organismic changes in Basedowic overtraining, it is far easier to diagnose than the Addisonic variety of overtraining.

The Europeans monitor overtraining by following the checklist below:

1. Measure blood pressure every day, once early in the morning for resting blood pressure, and immediately following heavy stress (one's diastolic pressure exceeds 100 mmHG and 70 if one's systolic pressure is up 15% or more from the previous day, intensity and volume of a training load is reduced).
2. Measure pH of the blood. Arterial blood pH can indicate an excessive level of lactic acid. Normal blood has a pH of about 7.4. If one's blood pH dips below 7.3 even with respiratory compensation, the

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Annette Bohach, on the way to the top.

Records, and the Best Lifter award. Ostroff, also a fine lifter and friendly competitor, went well above her previous PR of 963 to end up with a respectable 1003 lbs., but it was an unexpected second place and will keep her training hard for the next confrontation.



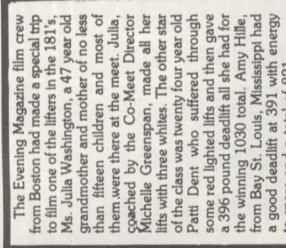
Sharon Mitnik, good luck pat on the back.

A woman with a lot of character and smiles Sharon Mitnik from Temple University missed all her third attempts and almost bombed in the deadlift with 380. Despite these problems, she came up with enough white lights for a 1041 total and a big squat of 468 pounds. All her good luck may be due to the tiny stuffed animal that her roommate resists that she brings to all her meets, but Sharon's not talking about her good-luck buddy. There's a lot of hard and heavy training behind this powerhouse of a lifter that luck doesn't influence. Purdue's entry in this class, a former collegiate shot-putter, Dodie McIntyre made all her squats with ease and only hit reds in her last deadlift with 352. Her total was a 859 for second.

After two days of quality lifting, the Powerlifting Championships success was due to the endless labors of folks too numerous to list completely. Those that stood under the heaviest weight before, during, and after the meet are: The members of the New England Women's Gym, Liberty Dennis Reno, Bill Jamison, Nate Foster, Jim Pawlowski, Brother Ben Meet Zarella, and of course Coach Michelle Greenspan who gave up their own opportunity to lift so that other women could have the chance to compete in a national championship drug-tested meet.

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Terry Dent, enjoys her 402 lb. squat.

Another head-to-head punch out was between the only two lifters in the 198's. Nancy Ostroff had come to Boston PREPARED. Her training down in Auburn had been better than ever, but little did she, and Annette Bohach, know that she was going to face some lifting that was unapproachable. One of her teammates, twenty-one year old Annette Bohach, placed second in the 198's. Ostroff placed second in the 1982 Sports Olympic Trials. She had been unable to compete in the '83 Nationals in part owing because of her commitment to track and field, but her coach Pat Malone had great hopes for this woman of power.

Annette had not been able to do any powerlifting training since January, but she began to get an idea when Annette floated up a 435 squat for an American Record. Without hesitation, Coach Malone called for the WR of 473 lbs. to be loaded and Annette almost came up with a deadlift of 352. Her total was a 859 for second.

After two days of quality lifting, the Powerlifting Championships success was due to the endless labors of folks too numerous to list completely. Those that stood under the heaviest weight before, during, and after the meet are: The members of the New England Women's Gym, Liberty Dennis Reno, Bill Jamison, Nate Foster, Jim Pawlowski, Brother Ben Meet Zarella, and of course Coach Michelle Greenspan who gave up their own opportunity to lift so that other women could have the chance to compete in a national championship drug-tested meet.

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Terry Floren, a firefighter from Ohio who is rapidly improving every meet.

Cathy stepped in to push out a 187 without much trouble. Now the lead was in Spellman's favor, but only by 6 pounds. Despite the careful coaching of John Falconio, Cathy couldn't raise 358 to her knees and Terry went on to lift a solid 374 lbs. for first place.

Another protégé of the Falconio gym, Cindy Mahon also came into some deadlifting difficulties and couldn't budge her 363, but 336 was enough to beat Californian Patty Doler, who was suffering from numerous injuries and too few successful attempts.

Two teenagers battled for first in the 132's. Julie Keatin and Kim Besiden, both with the ever-present purple eye-aching right yellow misses which Kim had four during a bit difficult lift. Julie had white lights almost everywhere a quiet and absolutely unshakable lifter, she sold and went through her lifts with ease and good form. On the other side of the platform, Kim was full of fire, flying chalk and gutsy all-back to her, but she had to be satisfied with her second place. Further down in the placements was Physical Therapist Lisa Sprague with a 644 pound total.

Another close lifting battle went on in the 148's. Cathy Spelman looked to be the obvious winner, but Terry Floren, a firefighter from Ohio, decided to give her a tough fight. She went last light, and she called for the poundage to take the win, 380. When she started to pull, it snubbornly refused to go up without some gut-wrenching work. A split decision came out at 358 and Terry won 341. Last month, thirty-year old Record with a 176 lb. press. She upped the record again on her third where she made 181 look easy, but a few achieve.

Another youngster, nineteen year old Pauline Floren was around 100 pounds behind Debbie's total. She is still a relative novice with less than 325 lbs. training. She made a nice squat and has that genetic potential for a squat that knows no limits. In contrast, behind her was one of the pioneer lifters in women's Sheila Pugh, who has competed in over forty powerlifting meets. Sheila never made it past her 253 opening and going to 264 for her second and didn't come up with it on a third. On down the line was 41 year old Rosemary Culler from Enterprise, AL who had luck with only five attempts to give her a 650 pound total which ties her best.

Two teenagers battled for first in the 132's. Julie Keatin and Kim Besiden, both with the ever-present purple eye-aching right yellow misses which Kim had four during a bit difficult lift. Julie had white lights almost everywhere a quiet and absolutely unshakable lifter, she sold and went through her lifts with ease and good form. On the other side of the platform, Kim was full of fire, flying chalk and gutsy all-back to her, but she had to be satisfied with her second place. Further down in the placements was Physical Therapist Lisa Sprague with a 644 pound total.

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# SENIORS UPDATE

\* Brian Smith is being brought in from England expressly to perform duties as PLATFORM MANAGER. Brian is the man you see behind the platform in sunglasses and British warmups in the World Championship pictures. In the past World Championships he has made not a single loading error and brings a sense of class and sportsmanship to the platform that we don't find in the U.S.

\* As this will be the last time I write until I see you, here's an exciting overview of the event as a whole...Returning Champions defending their titles...Lou Ferrigno confirmed to guest pose...Local TV, Radio, and Newspaper coverage...Discount air fare on American...Discount hotel rooms at the Sheraton...Discount rental car with Avis...Free shuttle to and from airport...Municipal auditorium as meet site...Professional video with Pacific Technical Director...Jim Speedy, Information Systems Consultant...Brian Smith, Platform Manager...Free Travel Brochure for our group...Unique four color t-shirt design...Free banquet for lifters and officials sponsored by Crain Power Plus...and much, much more!

\* I hope you are all getting as excited as I am in preparing for the show of your life. If you have not already done so, make your last minute reservations now. All info and tickets are available from my office.

*Chip McCain*

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 Lifting 181-220 3:00 P.M.  
**SUNDAY:** Lifting 242-Super 11:00 A.M.

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**Hollie Evert**, we didn't get a copy of the Oklahoma State meet results but one of the notable performances belonged to Hollie Evert, who squatted 825 and almost pulled a 799. His bench is hurting, down to 375, and if his injury doesn't come around soon he may retire; great lifting nonetheless.

**How to Make Progress** - Rich Donides made some mistakes in training his bench press, but had a fine turnaround recently and would like to explain how it happened. In 1982 his best contest bench was 260 at 165. The bench is his problem lift and he knew he was giving away a lot to his competitors so he decided to zero in on the bench and really work it. He tried every conceivable arm and chest assistance exercise, including dumbbell, cable, and nautilus flies; cambered bench press, dumbbell bench press, and nautilus bench presses, etc. He became strong at those movements but his basic bench did not move up one bit. After reading some material by Dr. Fred Hatfield, he found the reason for his lack of progress, no shoulder work, particularly the deloids. He had made the common assumption of novice lifters that the bench is all pecs and arms, and learned the hard way that it isn't so. Now he works his shoulders hard once per week, upright-plate raises, behind the neck presses, shoulder grip bench presses, and seated dumbbell presses, and in just over a year he has gone from 260 to 300. According to Richard, and in the DYNAMO GYM in College Park, Maryland, "knock off the pumping nonsense and listen to Dr. Squat". For those who doubt this method, Rich suggests you just check out the shoulders of any Ellie class lifter.

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## NUTRITION CORNER

by Jack Diganji

### FIBER

A few years ago, a national rage swept the country. It concerned "fiber." Books and supplements followed ads on how this much neglected food element would help everyone who suffered everything from headaches to heart attacks. In this edition of Nutrition Corner, I take an honest look at dietary fiber. About a century ago, in the 1880's, nutritionists identified fiber as the part of a plant which is undigestible by both man and animals. It is a natural alkali. Such terms as alkali roughage and residue are somewhat misleading as they are terms that are too broadly interpreted.

In 1972, Towell indicated, the term "dietary fiber" which is classified as resistant to human digestive enzymes. Dietary fiber is classified into several different and separate categories. These are: cellulose, hemicellulose, lignin, pectin, and gums.

Cellulose and hemicellulose are polysaccharides, complex carbohydrates originating from the cell wall. Lignin is the only structure that is not a carbohydrate and appears to be used in plant structure. Both pectin and gums are water soluble polysaccharides. Actually, fiber, which suggests a filament or string-like structure, is really gelatinous in appearance.

The major effects fiber produces on the digestive system are two fold. First, it increases the stool volume and second, it decreases the transit time.

Fiber gained national attention in both the medical and general communities. A diet without fiber was quickly associated with heart disease, colon cancer, obesity, and diabetes. Much of this association came from the observation of people in rural Africa who consumed a large amount of dietary fiber. After many studies, the hypothesis that a high fiber diet does indeed have these preventive properties remains still to be positively proven. However, recent studies have shown that diabetic patients benefit from a high fiber intake.

Eating a high fiber diet may not prove too difficult as fruits, vegetables, and grains all contain fiber. However, a short cut to acquiring fiber would be simply to use a dry wheat powder called miller's bran. You can obtain it at the super-

market or health food store. It is recommended though, that only a small amount, 1/2 tablespoon, be added daily. Generally, about 3-4 tablespoons would improve bowel function. It could be sprinkled on cereal, salads, or mixed in juices. Another way is to make low calorie, high fiber bran muffins. It is also recommended that if you like fiber, you should decrease the amount of refined foods you eat.

The most interesting quality fiber may possess is its effect against atherosclerosis. In addition to populations in Africa, vegetarians in our country who consume high fiber diets show a lower serum cholesterol level than those on a traditional American diet consuming less than 10 grams daily.

How does fiber lower cholesterol? Fiber inhibits cholesterol absorption by binding both bile acids and bile salts. When these two bile components are bound by fiber, the body is forced to convert cholesterol into more bile acids and bile salts, thus lowering the total cholesterol content.

Another possible mechanism is that by shortening the transit time, cholesterol and bile acids do not have sufficient time to be absorbed.

The high fiber story is not without its negative side. If fiber intake is introduced too rapidly, stomach distention accompanied by an uncomfortable bloated feeling may follow. The fiber may also cause an increase in flatulence and possibly cause diarrhea. Other adverse side effects may be the loss of minerals, calcium, zinc, copper, iron and magnesium. Again, it is important to stress a balanced diet to insure an adequate supply of vitamins and minerals.

How much fiber to use per day remains an unanswered question. Most evidence points to about 25 grams of fiber daily secured from fruits, vegetables and whole grains. Supplements are fine except for the fact that a higher fiber diet (greater than 25-30 grams per day) may precipitate ill effects. These adverse effects are still not fully understood.

Recent findings dealing with fiber and its effect on diabetes, cancer of the colon, and heart disease indicate that a higher fiber diet may decrease the incidence of these diseases. The Nutrition Corner recommends a higher fiber diet as the benefits greatly outweigh any ill effects. Train hard, eat smart.

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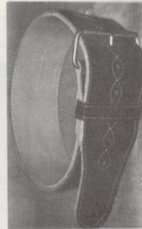
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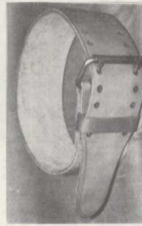
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I have just completed reading an article entitled, "A Deviant Star, R. Aquari, part of a binary system, behaves strangely at seemingly regular intervals. The title could just have easily referred to any number of powderlifters and theirycopains. Oh, no, one of those articles! Actually it's hard to get too serious about the behavior that many lifters display at meets, even though most of their deviant behavior stems from the fact that they take themselves too seriously.

In past years I've touched upon the psychic aberrations that one might expect to see in the top level competitive athletes, look into the competitive athletes, look the more competitive with the didan read for a baseball couns. I don't hold most of the lifters responsible for their actions, although they're damn well accountable. Many lifters, and I'll apply this to the female lifters that I've worked with or have spent time with, began lifting, or continue to lift because it fills a very large empty space in a life. In an ego, in a universal existence. Most of us have always pooh-poohed the notion that we trained because of some real or imagined inferiority complex. Those other guys might train because of that, but not me, no way, my training Right. There are the small guys, who remain real small a bit under the surface. Real are the guys who found that in addition to being able to kick a lot of behinds, being bigger and stronger than most everyone else in Hometown made life a lot easier on a day to day basis. The problem lies in the fact that they wear the same crunch 10 or 15 years down the road. Come meet time, inhibitions are lowered, with or without speed, and all psychological hell breaks loose and is most often thrown to the audience. Thank goodness that it's always an audience of peers. It would never play in New Haven.

The purpose of competition is to bring all you are to a particular point in time, perform a particular set of skills to the best of your ability, use your intelligence to out strategize your competition, and enjoy yourself for being able to accomplish something that few others are capable of. Sounds good, but the vast majority of competitors lift out of anger, not out of love. The celebration of strength that all of us give lip service to usually passes on by as the manifestation of a bad dream; missed lifts leading to ranting and raving, intimidation of officials alibis thrown to everyone who will listen, a celebration of tantrums. "Kill that mother," "beat that bar," "be bad, be tough." The sounds of celebration? Before the picture gets too bleak, let's remember that we, as powderlifters, are quite special. We take huge risks, discipline ourselves and train as hard as other competitive athletes, and will our bodies to do incredible things. As a group, we're terrific! I think the problem lies in forgetting this one fact and why it is so. Almost every non-lifter, and this would apply to a vast number of

## More From Ken Leistner



**Friends from St. Louis.** Dr. Ken handled Dewertt Glen of Missouri to a nice fourth place finish in the lightweight at the Charlottesville Juniors.

meat. It's interesting to note that the better lifters tend to quietly psyche, and quietly sulk when they screw up. Perhaps they have learned the importance of marshalling their strength and energies, and preventing all unnecessary leaks. Perhaps it is the champion who learns the importance of carrying oneself with dignity at all times, for it is this type of repetitive conditioning that allows one to carry oneself with dignity and perform with maximum efficiency when the deal goes down and the automatic pilot kicks in. I've been fortunate in that I've been acquainted with top athletes from a number of different disciplines, and almost every one of them had spent years getting their heads right, almost willing themselves to be "good" at most of the things they tried, and in every party down.

While it's important to get the most out of mind and body during competition, the fact that we're the "beautiful people" of the sporting world (that might not sell at Yankee Stadium but put Cash or Rosciglione in a room full of other athletes and see where the attention/respect goes) makes it difficult to understand the necessity, or what appears to be the necessity, of running amok at a

case, there was a carryover effect to their sport. Anger can be dissipated in training, if only through physical release, but it has no place on the platform.

Before everyone rolls their eyes, know that I've been there. While I never was hesitant to roll with anyone who looked at me sideways, I got my rear kicked a fair number of times, a function of being a lot smaller than most of the other semi-hoops I bopped with. Athletics was a natural outlet for all of that pent up aggression, frustration, and anger, but it took years to learn that I did a lot better if I just relaxed, approached competition as a fortunate opportunity to show off my skills and abilities and went out and enjoyed myself. Was I always happy about the results? For those who have been there since 1968, when I started powerlifting, it's an obvious fact that I've never burned any records into the platform, so yeah, there has obviously been some frustration and estrangement. Throw in a few serious injuries and bodily damage, mix well, and you have yourself a frustrated athlete, but one who realized that more was, and is, accomplished by seeing every competition as a means to an end (self improvement) rather than an end in itself. I've had to duck many a thrown lifting belt as some beserk lifter belloved to the heavens that this meet indeed, would be his very last. It made a lot more sense to me to lift as well as possible and if that didn't go down according to the script, salvage the day as best I could, learn from it, and get on to the next day. Filling my head with speed, getting a mad on, working up a rage tended to obliterate my skills, fog my head for two or three days and usually bring about some semi-embarrassing incident. Understand that I haven't been immune to the pitfalls of banality that grab most of us, but the idea is to learn from those mistakes, even if the mistakes aren't our own.

Off to the Nationals, I just spoke to John Gamble, who just might serve as a good example for our discussion. A man who oozes confidence and dignity, who carries himself quietly and with obvious determination, one who really gets himself revved up on his way to the platform, uses all of that adrenaline, yet remains a humble gentleman.

You want class, you got it. His description of the meet preparations gives me the highest of hopes that this championships will be one to remember for years, and Bill Dunn, Willie Morris and John have gone all out for it. Aberrant behavior or not, I can't wait to get with the tribe and

**Editor's Note:** Robert Herbst of White Plains, NY wrote in that Dr. Ken and Ralph Ralola should be recognized for their excellent Long Island Powerlifting Championships, a meet that he felt was extremely well run, with the lifter in mind, and it was nice to get a taste of big time lifting and lifters in a local meet. He can hardly wait for the next one.

**Additional Editor's Note:** Mark Dimidiuk would like everyone to know how satisfied he was with the chiropractic work that Dr. Ken did for his girlfriend at the Juniors. She had been in a traffic accident some time prior and had spent \$2500 trying to get rid of the aches and pains without much success, but they were very pleased with the advice, etc. they got from Ken.

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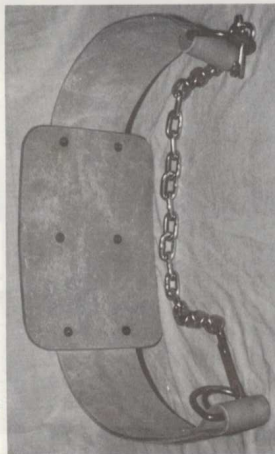
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## Question & Answer

**This month, training questions are answered by Roger Estep, 1979 Senior National Champion, and World Record breaker in the 198 pound class. If you have a training question, send it in to Question & Answer, Post Office Box 467, Camarillo, California 93011**

**DEAR ROGER:** I've been powerlifting and bodybuilding for several years. I really enjoy going to both weightlifting and bodybuilding classes. I have only seen you lift twice times in person and I'm amazed at your power and definition. Do you have a special pre-contest diet? Sincerely yours, **Bill Williams**

**Dear Bill:** My pre-contest diet is a six day carbohydrate loading diet. The first day I go through my last workout before the meet which depletes the carbohydrates stored in my body. I then go 3 1/2 days with no carbohydrates. My meals for those 3 1/2 days consist 90% of lean meat, broiled chicken, and fish. The next 1 1/2 days I load up on carbohydrates with lots of pasta, ice cream and cola. During this time I eat anything I want. The theory behind this type of diet is that when you deplete and go for 3 1/2 days without carbohydrates and then saturate your body with carbohydrates, it will over react to this carbohydrate starvation and store more carbohydrates in the muscle

issues in the form of glycogen. This theory has been validated by physiologists throughout the world. The researchers who developed this diet observed that in a normal diet the average concentration of muscle glycogen (the sugars stored in muscle for anaerobic work) was 1.75 grams per 100 grams of muscle. After the 3 1/2 days of the limited diet the glycogen level fell to around .5 grams per 100 grams of muscle. When the diet was then changed to heavy intake of carbohydrates the level increased to between 3 and 5 grams per 100. You must remember that to use this diet that your bodyweight must be only a few pounds over your competition weight.

**Dear Roger:** How do you arrange your schedule to prevent overtraining? **Jim Gilling**

**Dear Jim:** Most American amateur athletes are so hungry for success that there is no lack of motivation in their training, but in many cases there is a lack of good sense. In their desire for world records in the shortest possible time the athlete tries to put 10 years of training into 6 months. Training 6 times a week for 1 year is not the same as training 3 times a week for 2 years.

If the powerlifter listens to his body it will tell him when he is overtraining. When progress stops, it's usually a sign of overtraining. The rule of thumb I go by to insure enough

recovery time between workouts is simple. Let's say I have been bench pressing 450 for 4 to 5 singles in my workouts. On any day I train and 425 is a real effort for me. I need help to get it up. Well, I've been training long enough that I know it's not a lack of motivation, so I just write the session off as a bad day. Maybe I didn't get enough sleep or my diet might had been poor for a few days. The next time my training calls for bench pressing, I will have my thoughts on going up to 450 or 460 for some singles, but stop! The same thing happens as the time before, 425 is a ton and 450 won't go. This tells me I've overtrained, because I'm an experienced lifter and I don't have two bad days in a row. I take a day off benching and then take a light workout then a medium one, then back to my 450s.  
Formula to prevent overtraining:  
One poor workout = bad day; two poor workouts = overtraining; three poor workouts = 4 to 6 weeks needed to recover.

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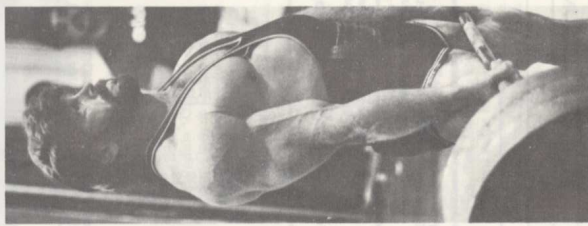


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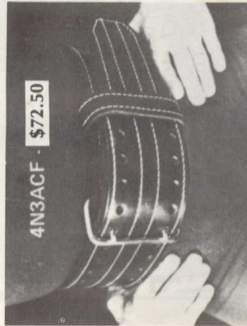
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# POWER PROFILE

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

All of the people from Virginia who came in contact with Joe Walden were upset, to say the least, at his military transfer to Fort Oor-don, Georgia, especially the many members of Curtis Walker's Gym in Hopewell, Virginia, where Joe trained while stationed at Fort Lee, Virginia. Joe, a captain in the United States Army for the past 5 years, truly made a great impression on all of us. He is not only a great lifter, but a great person as well, one who cares about other people, and one who was always ready and willing to help whenever and wherever he could.

Joe, who is now 40, started his Powerlifting career in 1977 as a 148 pounder, and his first meet was the Junior Open where he went 275 290 350 for an 855 total. Approximately a year later, Joe joined the U.S. Army and started basic training the same way in Hawaii. At this point, Joe's Powerlifting career took a dramatic turn upward, as he started training at that time in Pearl City, Hawaii, and came into contact with the person who has influenced his career most, Mike Scott. Under Mike's guidance, Joe began to put on solid bodyweight and his total began to soar.

Joe lifted whenever a meet was held in Hawaii over the next few years, training with such greats as Jim Drapel, Duwayne Fely, and several other top Hawaiian lifters, and he continued to improve. At the 1982 Hawaii International meet, staged by Gus Rethwisch, Joe zoomed into national prominence by taking 2nd place with lifts of 622 418 611 and an Elite total of 1653 in the 181 lb. division. Shortly thereafter, he was transferred to Ft. Lee in Virginia. Joe wasted little time in finding a new place to train, as he wanted to compete in the Junior Nationals in Portland, Oregon. After talking in Portland, he heard about Walker's Gym in Hopewell and it was there that he started his training for the Juniors with a good friend and fellow officer, David Bost, whom Joe feels will be a great one. Joe, David, Barry Walker, and Curtis Walker had some great workouts preparing for the Juniors, but the meet proved to be a disaster for Joe. He was bombed with a 650 squat. Going into the meet, he had training lifts of 700 460 650 at a weight of slightly under 190. Discouraged, but determined to do better, Joe entered the Region II meet sponsored by the Patuxent River Barbell Club in Patuxent River, Maryland. With the heat soaring near 100 degrees, Joe came up with a PR total of 1703.

After taking off for 5 months, Joe returned to the platform on November 20, 1982 at the 4th annual Virginia Open, and he had his best day ever going 625 440 650 for a great 1715 PR total. With a little luck, Joe could have had another 50

## JOE WALDEN...a lifter's lifter...by Willie Morris



lift only once per week. After warm-up and stretching, it's 135x8x2, 225x8, 315x4, 405x1, 460x1, 430x3, and 405x5. He adds 10-15 pounds per week on his bench during the cycle. After standard benches, he does close grips with 135, 185, 225, and 275, all for 5 rep sets, and then it's on to 3 sets of dumbbell presses (70, 80, 90 by 8 reps each), 3 sets of military presses (135, 185, 225 for 5 reps each), 3 sets of dumbbell front raises with 20, 30, and 40 pounds and last of all, Joe will do 3 traps exercises: prone extensions: 85, 105, 125x8, one arm cable extensions: 40x8x3, and press downs of 80, 90, 100, and 110x8. A few sets of stumps concludes the week's training. Joe feels that by training each lift only once per week, it gives him plenty of time to recuperate.

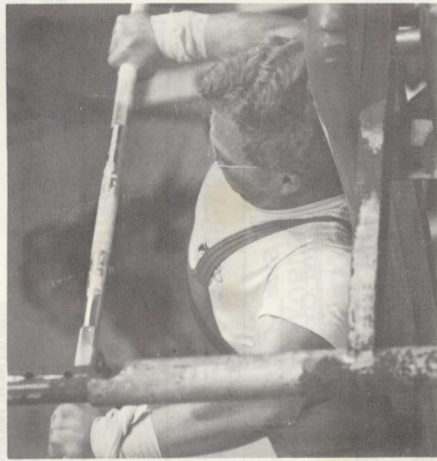
Joe's number one supporter is his new wife Kay, whom he married just last December, and he feels that the Army has also been very good to him by allowing him time to train, etc. His goals for the future are to go 1900 at 198 and to win the Juniors at 198.

When asked about some changes that would help our sport, Joe made several points:  
"There ought to be some sort of overall judging system in each state, other than picking up judges at the meet."  
"In special judge's test should be used in each meet."  
"Practical tests should not be given at national meets, as this makes the lifters suffer from judges trying to be super strict."  
Joe Walden, a gentleman, on the platform and off, who will always be remembered in Virginia. We all wish you the best, Joe, because you are the best, to us.

**On Stage...** Capt. Joe Walden at the prestigious Hawaii International meet. Joe's 1982 performance was impressive as he won 4 big meets: the Hawaii Armed Forces Championships, the Region II Championships, The Virginia Open, and the Southern Open on December 4th at 183½ pounds. Joe's training routine for the Virginia Open was as follows. He trains on Tuesdays, Thursdays, and Saturdays, and he likes a ten week cycle, however, he does stay in good training shape all year round.

**Tuesday's Workout...** warmup first, and then he begins his deadlifts with 135x8x2, 225x6, 315x5, 415x4, 525x3, 600x2, 640x2, & 540x2 stiff legged. Next he will do bent over rows: 135x8, 185x8, 225x6x2. Next, 4 sets of power cleans: 135, 185, 225 and 250x6, a few sets of power snatches up to pull downs to the front and back, 2 sets of each, and lastly Joe takes a pair of 100 pound dumbbells for 2 sets of shrugs for 10 reps.

**Thursday's Workout...** this is Joe's squat day and he will go 135x8x2, 225x6, 315x4, 415x3, 525x3, 625x2, 700x1. He will start his cycle with 550 to 575 for five reps and add 15-20 pounds per week, and the same progression goes for the deadlift. Joe always hits a down set



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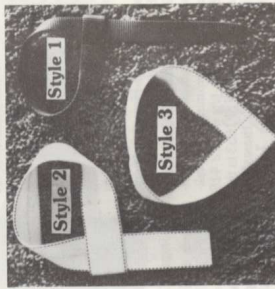
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## STARTIN' OUT

A special section dedicated to the beginning lifter

### Making Weight for a Meet...by Art Fox

One problem many novices are faced with sooner or later is dropping bodyweight for a meet. Elite lifters know their bodies to the extent that drastic weight losses are made with little strength decrease, but what about the novice?

Many authorities (Hatfield) agree that 7 percent of normal bodyweight can be shed without major problems (for example: 7 percent of 200 pounds is 14 lbs., meaning that you can probably make 186 bodyweight without too much difficulty). Others (Carpino), however, favor a 5 percent limit. These guidelines may not hold true for every individual. I will relate my own experience in a previous meet. I decided to drop to the 181 pound class, and the Tuesday before the meet I weighed 192. 72 hours later I was 184 (about a 5 percent loss) and felt like death warmed over. 24 hours later, I was still 184.

I had experimented with the following drastic method. Wednesday, 3 days before the meet, I took 40mg Lasix (available by prescription only or your local locker room pharmacist, I'm not condoning such use). On Thursday, I drank 1 ounce of castor oil and lost 3 pounds in 2 hours through its action on the entire gastrointestinal tract. Then, on Friday, I took 60 mg Lasix, and had a sauna. 8 pounds were lost, but I was extremely drained.

During this time I dined on tuna, chicken, salads, and fruit, and I cut my liquid intake about 75 percent. I sipped Gatorade and orange juice through the day, about 4 ounces at a time, to keep the electrolytes balanced. A tablet known as K-Lyte 2 can be used to stabilize electrolytes, but it is available by prescription only in many states, so check with your local drug store. It is dissolved in 4 ounces of water and sipped over a 30 minute period.

I believe the best advice for a beginner is don't lose weight if it involves more than about 5 pounds, basically because your body is not yet accustomed to any drastic weight changes. Start about 48 hours before a meet and watch your fluids, drinking one half or less than you normally would. Sip orange juice, Gatorade, and V-8 juice during this time. This, regardless of what you lose, you'll be at less than your normal training weight and you may experience a slight change in strength. See how your first 2 squat attempts feel. If they're strong, no problem. If they are harder than normal, gear all your lifts downward 5-15 pounds and be safe.

An additional point should be stressed. If you are still a pound or less over on the day of the meet, plan to arrive early and weigh in the minute the weighing in process starts. In this way, you still have some time to lose weight once you get off the scale. Use the shower, making it as hot as necessary in order to form plenty of steam for a sauna effect. A half hour or more should take it off. Once you make weight, eat and drink moderately as you wish to help regain your strength.

#### REFERENCES:

1. Tom Carpinio, PL USA Dec 1980, p. 14
  2. Dr. Fred Hatfield, from Man Magazine, January 1981, p. 49
- ADDITIONAL INFORMATION from the Physicians Desk Reference
1. LASIX - Lasix induced diuresis may be accompanied by weakness, fatigue, urinary spasm and symptoms of urinary frequency.
  2. K-LYTE - Oral potassium supplement, may cause nausea, vomiting, diarrhea, and abdominal discomfort in some individuals.

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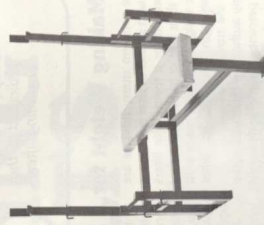
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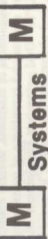


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## MESSAGE FROM THE U.S.P.F. PRESIDENT

We are here publishing a list of rules passed and other decisions taken by the Executive Committee in the months since Dayton. The measures which the Committee considered, but did not pass are omitted.

The table recording the number of USPF registrations is instructive. Comparing registration of lady powerlifters for the first five months of 1982 and 1983 shows that their numbers are increasing at a rate which exceeds that of the men (for women the 1983 figures are more than 120% of the 1982 registrations - the corresponding figure for men is approximately 104%). It would certainly be to the advantage of meet directors to accommodate this rapidly growing segment of our sport, even to the extent of organizing meets for women only.

The "black" period of summer and early fall offers another opportunity for the promoter. Notice and "Class II and below" meets would be an excellent vehicle to draw new lifters into the sport at this time.

If we do not at Austin choose to reaffirm with A.U. as a full-member sport, we should probably take a long look at reorganization. I would like here to share with you an idea that I purposefully omitted from the agenda at Austin, in part so as not to confuse the issue of reaffirmation and in part because I want you to consider it for longer than a few short weeks.

Not one outside our organization and few people inside will ever understand why our President is also the Treasurer. We have been flouting one of the cardinal principles of administration without acknowledging either why we are doing so or publicizing the compensatory measures we have undertaken. While this arrangement may be working well at the moment, there is no assurance that it will continue to work.

We had been operating since August, 1979, when I was elected Treasurer at Bay St. Louis, with these two functions in different hands, just as the textbooks demanded. It didn't work. The Treasurer had virtually no money, and while he could make deposits neither he nor any other person could withdraw a penny. This state of affairs was duly reported in 1980 to the National Committee meeting in Madison and again the following year to the same body sitting in Corpus Christi. The National committee took no corrective action, and it was not until late 1981, when Fred Hatfield of the Executive Committee initiated action, that we began to address this problem. It so happened that the person the Executive Committee turned to in order to straighten things out was the Treasurer. I was appointed acting chief executive on December 21, 1981 at a salary of \$300 per month. The combining of the two offices at this time was in substantial measure born of desperation.

How desperate we were that winter has not been told and I will limit myself here to acknowledging but two incidents of heroic assistance. The USPF as you know it today would probably not exist without the timely intervention of Fred Hatfield who spent hundreds of his own dollars on conference calls without any firm prospect of reimbursement. A similar debt is owed to Jan and Terry Todd, who secured for us a bank loan from Auburn National Bank, using a television contract as collateral. To appreciate the contribution of the Tods you may wish to ask your own bank whether they will loan on such collateral.

The compulsory measure we undertook was the full disclosure each month of all USPF transactions. This is accomplished by reducing, xeroxing and distributing copies of our ledger sheets. Because we cannot always rely on the Treasurer alone to provide a check on presidential spending power, we have opted instead to enable 100 or so persons to monitor our receipts and disbursements. In addition, from time to time we publish a budget and submit our books each year to an independent auditor.

My proposal is to create an elective executive secretary/treasurer to administer the day to day operations of the federation. He will be salaried, be provided with secretarial assistance and will have a term of office longer than that of the President. The longer term is suggested in part to ensure an "impartial memory" and in part to prevent this officer from being a rubber stamp.

I will not here "denigrate" defects in time here. However, when we may do so incidentally and what they must do together. However, when we do, the President for the first time perhaps will be able to lift his eyes from the administrative tasks that consume so much of his time in order to direct general affairs into the future. It is rather difficult to develop perspective when there are too many alligators in the swamp. Yet without this perspective we don't really plan.

For the "ministerial functions", the recurring operating expenses, we should probably require the signature of either the President or the executive secretary/treasurer. For budgeted items such as team and administrative travel, we might well require two signatures other than that of the recipient. For exceptional or unexpected expenditures we might wish to require any two signatures on the cheque after the approval of the Executive Committee, with the recipient and our Treasurer (for executive secretary/treasurer) may live thousands of miles apart. Their problem of coordination is complicated by distance. We must devise an arrangement that will enable us to move expeditiously while simultaneously providing a timely check on any reckless impulses.

Dr. Conrad Cotter, 2103 Langley St., Pensacola, FL 32504

## RULES PASSED AND OTHER DECISIONS MADE BY THE USPF EXECUTIVE COMMITTEE SINCE DAYTON.

**1. Who is in charge at USPF-sanctioned meets.**  
At local meets, if more than one Category I referee is present, a jury shall be established including all Category I referees present, and the jury shall designate the referee in charge. A Category II referee in charge shall be designated in advance by the USPF President. All decisions relative to the conduct of the meet shall be the responsibility of the referee in charge. If no USPF Category I referees are present, control passes to ranking IPF Category II then to USPF national referees, then to state referees. November 12, 1982.

**2. Should the 1983 Teenage Nationals be co-ed?**  
There will be a separate Teenage Nationals for women in 1983. December, 1982.

**3. The administration of national referee's examinations.**  
The State chairman is responsible for administering within his state the written portion of the national referee's examination. However, where possible he is directed to secure the services of a referee whose referee's credentials are higher than his own to administer the clinic and the practical portion of the examination. December 6, 1982.

**4. Shall we accept for the 1983 Women's Teenage Nationals the bid from Lafayette or the bid from Shawnee?**  
The bid from Shawnee was accepted. December 20, 1982.

**5. USPF-recognized world records.**  
That the USPF start keeping and recognizing world records set in accordance with the IPF rules which prevailed prior to Nov 1982, ie, set without the IPF drug control officer being present. These would be called "USPF-recognized world records." Certificates bearing these words would be designed and issued on application for a fee sufficient to cover the cost of this operation. December 29, 1982

**6. WHEREAS at the 1983 Women's Nationals.**  
The IPF regulations regarding world record certificates now require that an IPF drug testing certificate be included with any world-record application; now, therefore, BE IT RESOLVED by the Executive Committee of the USPF that drug-testing, paid for from a separate fund created for that purpose and financed solely from voluntary contributions held in escrow by the USPF, be made available on a voluntary basis for those women wishing to apply for world records at the 1983 Women's Nationals. January, 1983

**7. Proposed U.S. Teenage Powerlifting Classification Totals (Men)**

CLASS	ELITE	MASTER	CLASS I	CLASS II	CLASS III	CLASS IV
52	460	412.5	362.5	307.5	247.5	185
56	1017.4	910	799	678	546	408
60	497.5	447.5	392.5	332.5	270	200
64	1233	1097	987	866	733	601
68	535	482.5	422.5	360	290	215
72	1180	1064	932	794	640	474
76	600	540	472.5	400	322.5	240
80	1323	1191	1042	882	711	529
84	657.5	590	520	440	355	262.5
88	1450	1301	1147	970	783	579
92	702.5	632.5	555	470	380	280
96	181	1349	1195	1036	838	618
100	742.5	670	592.5	495	400	297.5
104	198	1467	1293	1097	866	666
108	768	702	625	525	425	315
112	220	1733	1554	1367	1158	932
116	810	710	640	542.5	437.5	315
120	242	1786	1600	1411	1196	965
124	835	750	660	560	450	332.5
128	195	1654	1455	1235	992	733
132	125 +	870	782.5	685	572.5	447.5
136	275 +	1918	1725	1510	1284	1036

passed January 10, 1983

**8. IPF drug testing officers.**  
That the President be directed to ask the IPF President, Vic Mercer, to vacate the appointments of Jan Todd and Nate Foster as IPF drug testing officers, and to request the IPF President to appoint drug testing officers from a list of persons to be nominated by the USPF Medical Committee and screened by the USPF Executive. January 26, 1983

**9. USPF delegate and alternate to the Women's Committee in Adelaide, Australia.**  
Nominees: Fitton, Kennedy, Mucci, Sander, Sternberg, W. Thomas, Fitton was elected delegate and Kennedy was elected alternate. This election followed the rejection by the Executive Committee of the Women's Committee recommendation of Bud Mucci and Wanda Sander. April 29, 1983.

## THE PATTERN OF GROWTH: USPF MEMBERSHIP BY MONTH

MONTH	MEN	WOMEN	TOTAL
Jan. 1982	861	88	949
Feb. 1982	1402	168	1570
Mar. 1982	1711	137	1848
Apr. 1982	1212	107	1319
May 1982	769	47	816
June 1982	538	606	1144
July 1982	427	53	480
Aug. 1982	283	29	312
Sept. 1982	220	35	255
Oct. 1982	339	48	387
Nov. 1982	423	40	463
Dec. 1982	644	70	714
Jan. 1983	1157	128	1285
Feb. 1983	997	165	1162
Mar. 1983	1868	151	2019
Apr. 1983	1212	130	1342
May 1983	991	86	1077

\* contains 64 persons registered during December 1981.

## 1983 USPF CLUB MEMBERSHIPS

(listed by state, club name, club location, club number)

**ALABAMA** Auburn, Diversified Products, Opelika, 13; Wright PL Team, Jasper, 190

**ARKANSAS** El Dorado BBC, El Dorado, 64

**ARIZONA** JCS WI Club, Scottsdale, 303; Pumpkin Inn, Tempe, 263; Thorbecke's Gym, Scottsdale, 190

**CALIFORNIA** Caesars Tahoe Lake Tahoe, 257; Dungeness Health Spa, Apple Valley, 98; Elmer Power Team, San Jose, 302; Internate PL Club, Sacramento, 34; Iron Horse Club, Marysville, 105; Lites Club, Magnun Power team, El Monte, 308; Mike's Gym, Seaside, 238; Mills College PL team, Oakland, 306; Mission World Factory, Mission Northridge, 61; Pete's Power house, Sacramento, 260; Pilsburg Wrecks, Santa Cruz, 79; Santa Barbara Fitness Club, Santa Barbara, 296; The Sports Palace, San Francisco, 89; Traffic Control Serv. PL team, Fullerton, 269; West Coast Fitness Club, San Francisco, 56; World gym of Sacramento, Sacramento, 301

**CONNECTICUT** World Gym East, Camden, 281

**FLORIDA** All American Gym, Lakeland, 191; Pensacola YMCA, Pensacola, 131; Suncoast team, Tampa, 133

**GEORGIA** Cagles Gym, Marietta, 106; Coiffes Gym, Marietta, 158; Fitness Unlimited, Conyers, 289; Georgia Southern, Savannah, 255; Powder Springs BBC, Powder Springs, 290

**ILLINOIS** Athletes for Christ, Macomb, 30; B&W gym, Chicago, 157; Central III WI gym, Peoria, 41; Frantz gym, Aurora, 283; H&B Health and Fitness Club, Breese, 254; Learning Tower YMCA, Niles, 285; Rudy's gym, Joliet, 253; Scott AFB PL Club, Bellevue, 270; The gym, Chicago Hts, 284

**INDIANA** Ft. Benjamin Harrison Post gym, Indianapolis, 297; Purdue PL Club, West Lafayette, 37; The Pit BBC, Evansville, 4; Tyndall's gym, Indianapolis, 80

**IOWA** Ames Athletic Club, Ames, City, 312; Mt. Pleasant Muscle Heads Mt Pleasant, 279; Muscatine BBC, Muscatine, 82; USU PL team, Ames, 311

**KANSAS** Feight PL Club, Clyde, 214; Nate's Gym PL Club, Manhattan, 3; Power Masters, Ft Scott, 145; USDF BF, Leavenworth, Ft. Leavenworth, 173

**KENTUCKY** Great Escape Ashland, 273

**MARYLAND** Bixler's Power Producers, Manchesters, 239; Daybreak BBC, Baltimore, 252; Dimiduk's Power team, Oxon Hill, 100; Dynamo Inc, College Park, 49; Harford BBC, Havre de Grace, 104; Health Systems Power team, Calverton, 207; Naval Ordnance Station BB, Indianhead, 69; Patuxent River BBC, Nas, Pax River, 68; Prime Cut Club, Silver Spring, 21; Rare Breed Baltimore, 85; The Power Machine, Bowie, 178; US Naval Academy, Annapolis, 160

**MASSACHUSETTS** The New England Women's Club, Boston, 76, 136; Fabbiano Bros. Budweiser team, Mt. Pleasant 292; Flint YMCA WI PL Club, Flint, 182; Grand Rapids Power team, Grand Rapids, 245; Jim's Gym, Holly, 38; Krueger's gym, Paw Paw, 242; Mich St. Univ. Club, E. Lansing, 243; Monroe Fitness & Physique PL team, Monroe, 244; Power Pit, Flint, 179; Staff's gym, Ponton, 147; Talk of the town, Casewille, 246

**MINNESOTA** Carl Bolander & Sons team, Crystal, 236; The Gym, Golden Valley, 317

**MISSOURI** Bernie's Gym, St. Louis, 235; Gallatin Trenton Building PL Club, Gallatin, 320; Lakeside PL Club, Lake St. Louis, 2; New Creation Co YMCA PL Club, Overland, 277

**MONTANA** MSU PL Club, Bozeman, 267

**NEBRASKA** Bass Health Club, McCook, 95; Omaha Ath Club,

Omaha, 280; Sweep Left Health Club, Lincoln, 49

**NEW JERSEY** Essex Health Club Power team, Newark, 71; Mac's Power team, Newark, 309; Texas A&M Univ. WI Club, College Station, 50; The Gym PL team, Miami, 261; The Gym PL team, Duval, 213

**UTAH** Rocky Mt Ath. Ctr. Roy, 211; Utah Power team, Salt Lake City, 266

**VIRGINIA** Builders PL Club USPF BB team, Charlottesville, 36; No. Va. Power team, Woodbridge, 35; Olympia Gym PL Club, Virginia Beach, 305; Roanoke BB, Roanoke, 31; Stauntonville BBC, Stauntonville, 52; Virginia Tech WI Club, Blacksburg, 53; Walker's gym, Hopewell, 62

**WASHINGTON** Magruder's PL Team, Redmond, 295

**WEST VIRGINIA** Bluefield YMCA WI Club, Bluefield, 115; Holley Sr. Six, Charleston, 111; House of Iron, Charleston, 313; Jim's gym, Paden City, 291; McCoy's gym, Parkersburg, 44

**WISCONSIN** Southshore Power Club, Racine, 197; Wisconsin Rapids 315

**DIST. OF COLUMBIA** US Armed Forces PL team, Washington, DC, 321



**NEW PATCHES...Dr. Conrad Cotter has come up with a brand new design (unisex for men or women) for our Classification system awards. These are made by the original manufacturer of the old AUU style patches and replace the ink silk screened on silver cloth. These new patches are colorfully embroidered in brilliant yellow, green, blue, red and black, with matching classification designator. The quality of these patches is excellent and they are BEAUTIFUL!!! For applications for these new awards contact Dr. Conrad Cotter, 2103 Langley Street, Pensacola, Florida 32504.**

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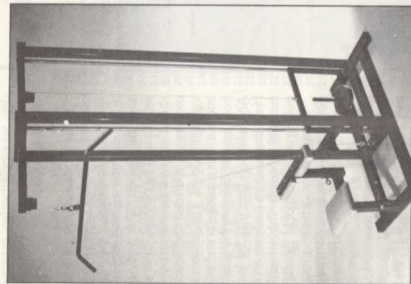
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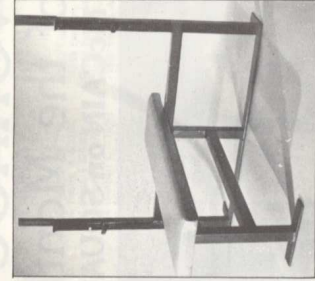
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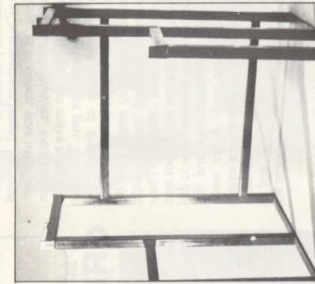
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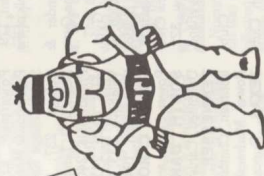
a photo-sequence analysis of championship powerlifting technique

Squat - Bench Press - Deadlift

by Powerlifting USA Editor, MIKE LAMBERT

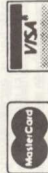
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# WORKOUT of the Month

## CHIP MCCAIN on SQUATTING



Senior National Promoter, Chip McCain in action at the 1980 Worlds

In the following I will explain how different variables dictate a proper workout for each individual. Remember, training like the champions is sometimes biased. Personal differences in stance, slow twitch fibers and fast twitch muscles, weight class and experience can make a specific routine ineffective for you. There are two main schools of thought on squatting technique, which with the variations probably encompass 80 percent of all lifters, namely, wide stance or close stance. The wide stance different work loads or differences in biomechanics and the muscle groups used. A ten week peaking cycle for wide stance squatting would be as follows: 570 and is shooting for a 600 max single in his second peaking.

**Week 1 Monday:** (warmup to the key weights listed each day) 420x8x5 sets, 350x8x5, 300x8x5, 250x8x5, 200x8x5, 150x8x5, 100x8x5, 50x8x5. **Thurs:** HI bar squats, 325x8x4, heavy leg press & abs. **Week 2 Monday:** 440x8x5, light leg extensions, leg curl and abs. **Thurs:** HI bar squats, 345x8x4, heavy leg press and abs. **Week 3 Monday:** 460x6x4, light leg extensions, leg curl and abs. **Thurs:** HI bar squats, 365x6x4, heavy leg press and abs. **Week 4 Monday:** 480x5x3, light leg extensions, leg curl and abs. **Thurs:** HI bar squats, 385x6x4, heavy leg press and abs. **Week 5 Monday:** 510x5, 500x5, 480x5x3, light leg extensions, leg curl and abs, additional equipment: wraps. **Thurs:** HI bar squats, 410x5x3, heavy leg press and abs. **Week 6 Monday:** 530x4, 515x4, 490x4x3, light leg extensions, leg curl and abs, additional equipment: wraps. **Thurs:** HI bar squats, 430x5x3, heavy leg press and abs. **Week 7 Monday:** 550x3, 530x3, 505x3x3, light leg extensions, leg curl and abs, additional equipment: wraps and suit. **Thurs:** OFF. **Week 8 Monday:** 570x2, 545x2x2, 505x3x2, heavy leg press and abs, additional equipment: wraps, suit and competition lifting belt. **Thurs:** OFF. **Week 9 Monday:** (heavy day for the cycle) 590x1, 550x2, 500x3, heavy leg press and abs, additional equipment: wraps, suit and contest lifting belt. **Thurs:** OFF. **Week 10 Monday:** 405x6x3, light leg press, no supplementary exercises; no additional equipment. **Week 11 Saturday:** Meet, 600x1.

The wide stance squat is text book exemplified by Mike Bridges. It is better suited to torso to leg length. Proportionally longer torso to leg length. Contest execution of this style dictates arching of the back while keeping the head upright, and making a controlled descent. The key, biomechanical use, is to use hip lock to stop at

**Week 9 Monday:** 575x2, 535x3, 500x4, heavy leg press, leg extensions, additional equipment: wraps, suit and competition belt. **Week 10 Monday:** 405x6x3, light day, no supplementary exercises, no additional equipment. **Week 11, 600x1.**

Close stance squatting is illustrated by Fred Hatfield or myself. The inverse of wide stance, it is best suited to the short torso, long legged lifter and the heavier lifter with higher muscle and fat content. Feet are set moderately rounded and head looking slightly down. The descent is kept but out with a quick clip and rebound in parallel, bringing the quadriceps AND erectors into play for lockout. Here the erectors perform an actual isometric strength movement, like pulling a conventional deadlift.

Close stance squats should be done only once a week. The exact same muscle groups are used the other day during conventional deadlifts. Since the short torso/long legged lifters are good deadlifters, they far too often overwork the lower back. Also, high bar squats should not be a part of this routine. People suited to close stance squats can not maintain this exercise in good form, since the back is largely in an isometric position, and it is difficult to adjust later to the round back style. Because this style involves a fast twitch, "all or nothing" squat, high reps and lighter weights yield better results. Higher velocity of movement and speed of contraction complement speed of contraction complete twitch, muscle fibers better than slower, maximal attempts. I have also found that jumping weight and dropping reps works well here in the peaking stage whereas warming up and jumping to your heavy set is best with the wide stance.

A last point unique to close stance style is equipment. As we discussed earlier, equipment helps the most at parallel. With a close stance, you fall in the squat at 30 degrees above parallel, with the low position being one of the stronger components of the lift, so it is best to defer equipment usage until later in the peak. As I firmly believe, they should only be an aid - not a crutch.

There are a few closing comments I have that apply to all squats. Assistance work on machines should be done regardless of the squat style employed. The key here is to emphasize STRENGTH/bodybuilding in muscle groups your stance utilizes heavily. A very important supplement is ab work. Strong abs reinforce your elected lifting position, and actually take strain off your erectors. Movements such as incline belt knee stumps, weighted crunches, and the Nautilus ab machine are good, and fast side twists with an Olympic bar are great for the obliques. I hoped this material helps you and I remember about the squat, you training in general. Remember, apply the variables to your own body, train intuitively and avoid overworking. I look forward to seeing you all in Austin for the Seniors soon.

# TOP 100

## SQUAT

## BENCH PRESS

## DEADLIFT

## TOTAL

532	Cunha, J. 7/10/82	1223	Cunha, J. 4/2/83
533	Dunbar, H. 6/5/82	1224	Patentini, N. 7/10/82
534	Sanders, B. 3/20/82	1225	Scudro, H. 6/5/82
535	Patentini, N. 7/10/82	1226	1118 Dunbar, H. 6/5/82
536	Ferrari, C. 3/26/83	1227	1080 Patentini, N. 7/10/82
537	Mooney, M. 4/20/83	1228	429 Dunbar, C. 7/10/82
538	Posey, W. 4/9/83	1229	1030 Young, A. 8/21/82
539	Hunter, R. 7/22/82	1230	1035 Schmidt, J. 4/20/83
540	Patentini, N. 7/10/82	1231	990 Ferreri, M. 3/26/83
541	Hunnicutt, G. 4/2/83	1232	410 Schlegel, G. 6/19/82
542	Couch, R. 10/23/82	1233	970 Chun, L. 10/17/82
543	Young, A. 8/21/82	1234	970 Chun, L. 10/17/82
544	Schlegel, G. 6/19/82	1235	970 Chun, L. 10/17/82
545	Young, A. 8/21/82	1236	970 Chun, L. 10/17/82
546	Schlegel, G. 6/19/82	1237	970 Chun, L. 10/17/82
547	Young, A. 8/21/82	1238	970 Chun, L. 10/17/82
548	Schlegel, G. 6/19/82	1239	970 Chun, L. 10/17/82
549	Young, A. 8/21/82	1240	970 Chun, L. 10/17/82
550	Schlegel, G. 6/19/82	1241	970 Chun, L. 10/17/82
551	Young, A. 8/21/82	1242	970 Chun, L. 10/17/82
552	Schlegel, G. 6/19/82	1243	970 Chun, L. 10/17/82
553	Young, A. 8/21/82	1244	970 Chun, L. 10/17/82
554	Schlegel, G. 6/19/82	1245	970 Chun, L. 10/17/82
555	Young, A. 8/21/82	1246	970 Chun, L. 10/17/82
556	Schlegel, G. 6/19/82	1247	970 Chun, L. 10/17/82
557	Young, A. 8/21/82	1248	970 Chun, L. 10/17/82
558	Schlegel, G. 6/19/82	1249	970 Chun, L. 10/17/82
559	Young, A. 8/21/82	1250	970 Chun, L. 10/17/82
560	Schlegel, G. 6/19/82	1251	970 Chun, L. 10/17/82
561	Young, A. 8/21/82	1252	970 Chun, L. 10/17/82
562	Schlegel, G. 6/19/82	1253	970 Chun, L. 10/17/82
563	Young, A. 8/21/82	1254	970 Chun, L. 10/17/82
564	Schlegel, G. 6/19/82	1255	970 Chun, L. 10/17/82
565	Young, A. 8/21/82	1256	970 Chun, L. 10/17/82
566	Schlegel, G. 6/19/82	1257	970 Chun, L. 10/17/82
567	Young, A. 8/21/82	1258	970 Chun, L. 10/17/82
568	Schlegel, G. 6/19/82	1259	970 Chun, L. 10/17/82
569	Young, A. 8/21/82	1260	970 Chun, L. 10/17/82
570	Schlegel, G. 6/19/82	1261	970 Chun, L. 10/17/82
571	Young, A. 8/21/82	1262	970 Chun, L. 10/17/82
572	Schlegel, G. 6/19/82	1263	970 Chun, L. 10/17/82
573	Young, A. 8/21/82	1264	970 Chun, L. 10/17/82
574	Schlegel, G. 6/19/82	1265	970 Chun, L. 10/17/82
575	Young, A. 8/21/82	1266	970 Chun, L. 10/17/82
576	Schlegel, G. 6/19/82	1267	970 Chun, L. 10/17/82
577	Young, A. 8/21/82	1268	970 Chun, L. 10/17/82
578	Schlegel, G. 6/19/82	1269	970 Chun, L. 10/17/82
579	Young, A. 8/21/82	1270	970 Chun, L. 10/17/82
580	Schlegel, G. 6/19/82	1271	970 Chun, L. 10/17/82
581	Young, A. 8/21/82	1272	970 Chun, L. 10/17/82
582	Schlegel, G. 6/19/82	1273	970 Chun, L. 10/17/82
583	Young, A. 8/21/82	1274	970 Chun, L. 10/17/82
584	Schlegel, G. 6/19/82	1275	970 Chun, L. 10/17/82
585	Young, A. 8/21/82	1276	970 Chun, L. 10/17/82
586	Schlegel, G. 6/19/82	1277	970 Chun, L. 10/17/82
587	Young, A. 8/21/82	1278	970 Chun, L. 10/17/82
588	Schlegel, G. 6/19/82	1279	970 Chun, L. 10/17/82
589	Young, A. 8/21/82	1280	970 Chun, L. 10/17/82
590	Schlegel, G. 6/19/82	1281	970 Chun, L. 10/17/82
591	Young, A. 8/21/82	1282	970 Chun, L. 10/17/82
592	Schlegel, G. 6/19/82	1283	970 Chun, L. 10/17/82
593	Young, A. 8/21/82	1284	970 Chun, L. 10/17/82
594	Schlegel, G. 6/19/82	1285	970 Chun, L. 10/17/82
595	Young, A. 8/21/82	1286	970 Chun, L. 10/17/82
596	Schlegel, G. 6/19/82	1287	970 Chun, L. 10/17/82
597	Young, A. 8/21/82	1288	970 Chun, L. 10/17/82
598	Schlegel, G. 6/19/82	1289	970 Chun, L. 10/17/82
599	Young, A. 8/21/82	1290	970 Chun, L. 10/17/82
600	Schlegel, G. 6/19/82	1291	970 Chun, L. 10/17/82

for USA lifters competing from Jan 1982 through May 1983

TOP 11 lifters. Cunha (above) took 3 categories, and Norb Patentini (below) got one, but Chuck Dunbar (bottom) still ended up last year's Senior National title.



NEXT MONTH...TOP 125

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Selected Natural Rose Hips	50 mg	5 mg	1000%
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Vitamin B <sub>1</sub> (Thiamin HCl & Yeast)	130 mg	13 mg	1000%
Vitamin B <sub>2</sub> (Riboflavin & Yeast)	130 mg	13 mg	1000%
Vitamin B <sub>6</sub> (Pyridoxine HCl & Yeast)	130 mg	13 mg	1000%
Niacinamide	130 mg	13 mg	1000%
Panthenol	130 mg	13 mg	1000%
Biotin	130 mg	13 mg	1000%
Inositol (Soy)	130 mg	13 mg	1000%
Choline Bitartrate (Soy)	130 mg	13 mg	1000%
Pantothenic Acid (d cal. pan. & yeast)	130 mg	13 mg	1000%
Para-Amino Benzoic Acid	130 mg	13 mg	1000%
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Iron (Amino Acid Chelate)	750 mg	75 mg	1000%
Magnesium (Amino Acid Chelate)	4.5 mg	450 mg	1000%
Copper (Amino Acid Chelate)	34 mg	3.4 mg	1000%
Zinc (Amino Acid Chelate)	15 mg	1.5 mg	1000%
Phosphorus (Phos.)	100 mg	10 mg	1000%
Selenium (Yeast 2:1)	150 mg	15 mg	1000%
<b>Enzyme Compounds</b>	150 mg	15 mg	1000%
Beta-Hcl	150 mg	15 mg	1000%
Glutamic Acid Hcl	150 mg	15 mg	1000%

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**Hello, Again Ladies:**

Well, this month brings us into full-fledged summer and along with that comes sunnier, peeling noses, and hopefully a little break in your training. I can't let up a bit, let me know how you work on sprays, weak body parts. I work on my scabbard, and of course, that always brings about some new ideas.

Can you believe that incredible Diane Franz? At the age of 45, she shed 20 pounds of bodyweight and won her first bodybuilding contest. I had the chance to see some pictures of her and WOW! If I looked that good now I'd be happy. Anyway, she is now a svelte 123 pounder. Look out Jill, this could bring about an interesting contest at the next Nationals. I never cease to admire Diane and her determination, what a lady. Hats off Judy Gedney. She succeeded in putting on a contest for many of the new and young lifters

**Women's Corner**

she has been teaching. We certainly need more people like her to bring in young women and help train them. Keep up the good work, Judy.

Roz Basile of Australia has just informed me that the Australian team has decided they like winning, so next year they plan on taking the team title without any doubts on our side. I would like to relay the message. This is a direct challenge, ladies. Let's go for it and get that trophy back. We can do it with lots of hard work and determination. Although those who went to the Worlds this year will be working hard to retain their spot on the team, many of you who were close last year or have been getting closer will be training equally hard to earn your

chance to help the U.S. back to victory. ON TO 1984...it will be our year.

The results are not back yet from the drug testing done at the Worlds. I hope this process is a bit faster than last year. I'm not sure who will receive the outcome, but I imagine it will be passed on to all of us. (Editor's note...preliminary word is that everyone passed the test) I thank you all for the members of the women's world team. It is to express our appreciation to the people who have helped us out so much. If by chance you know any of these members, let them know you also appreciate their continued support of women's powerlifting. We

**★ WHO'S WHO IN POWERLIFTING ★**



Diane Frantz is taking on the world of Physique. She dropped from 141 to 123 and took the Ms. Midwest contest and then lifted at 123 pulling a 418 deadlift. 3 weeks later she took the Ms. Mid America contest, winning her height class and the overall title. She's now training for the Ms. America meet as well as powerlifting. Photo courtesy Diane.



Powerlifting for four years. Frank Manna has had Ernie Frantz as his instructor for the last two years. He has won both the 1982 Jr. and Sr. Illinois State meets, took best lifter, best overall lifter in the USA Prison Postal meet and won the fourth Annual Open, Novice Joliet Prison meet, taking best lifter. At 132, he has lifts of 545 320 and 510.



Frank Bisca, who sends in lots of meet results to Powerlifting USA for contest, etc. in the New Jersey area, provided this photo of his son, Billy, who is all of 6 months old. In the photo, Billy is apparently trying to press some 1 pound dumbbells. Like many proud powerlifting parents, Hank hopes that he will grow up to be a champ.



Debbie Spaeth has great potential, writes Danny Moraeates, who has been training her for the last year. She is cycling for the Georgia State Women's Championships June 2 in Atlanta, GA. Her training lifts are all reportedly done to perfection, and for this meet at the top of her cycle they are 235x2 squat, 140x2 bench press and 280x2 deadlift.



Planning to compete in the 1984 Women's National's at 105 lbs., Paula Lowery has already won several meets. She placed first at the Southwest National's, the Boomer Classic, the Almost National's, the Oklahoma Grand and at the recent Oklahoma State Championships. At the latter she set three state records; BP 132, DL 281 and a 633 total.



Bill Thompson's daughter, Barbie writes that her father is 40 and has been lifting for 24 years. He competed in the National Masters meet in Greensboro where he totaled 1300 at 198 lbs. He is looking forward to competing in this year's Nationals in Syracuse, NY. He has moved up to the 220 lb. class and feels that division suits him best.



Eric Milfield, fifteen, broke two Texas teenage state records at his most recent meet, the Big Bend IX. He squatted 319 and deadlifted 180 at a bodyweight of 134 lbs. (He published in the bench press magazine and also in anational magazine) He has been lifting for a year and a half and currently trains at Big Steve's Gym in Austin, Texas.



Alter a water skiing accident left her with torn ligaments in her leg, Luanne (Poobey) Thornton began lifting weights as therapy a year ago. She has since set five state records and recently won the Texas State Championships, with the help of her coach and team. At 5' and 119-lbs. her best lifts are 275, 160 and 315. Photo by Doug Milner.

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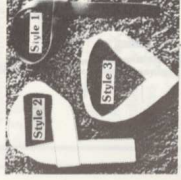
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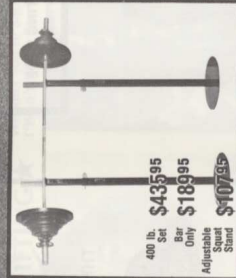
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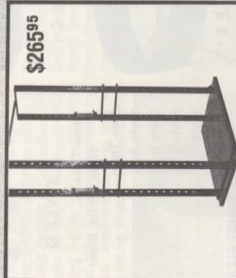
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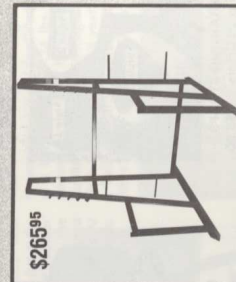
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## TENNESSEE'S PARTNER

a story by William M. Schaffer

"We're partners," Tennessee says, "and there ain't nothin' more sacred in the world." And so I guess that's why I stay with him.

See, Tennessee is what you'd call a wise man. Now that don't mean perfect, by no means. It just means he knows some things to do and some things not to do.

Like he knows when to yell and cuss at me and he knows when to stand back and watch. And he knows when I'm ready to lift and when I'm not just by lookin' at my eyes and listening. Tennessee says that that's what partners are for; to see the truth the other partner can't see.

Tennessee's not old. But he sure ain't young either. He says that that's part of liftin'. It keeps you young. "Right here," he says too that that's just chest. But he says too that that's just a part of it. See, Tennessee thinks there's a lot to liftin'.

Tennessee used to be competitive, back when it didn't cost so much to be good. He says he can't afford to go for a championship now. But he says that that's not necessarily so for me. He says that championships cost more each day and it's up to the individual what he wants to pay. But then he says if it costs me my integrity it ain't worth it.

Tennessee says you can strike up an argument over any moral issue, but there ain't never no argument about integrity.

See that's why I kind of think Tennessee's wise. I asked him one day how he felt, being smart and all. And

new super gasoline. And now to make things even more unstable. Tennessee said there are some things that can't even be called fuel because they change the whole structure of the vehicle.

Tennessee said that these substances have removed all limitations of the cars. He says that he realizes that the old simple way of his blacks and whites have all turned to gray. See, Tennessee ain't like lots of old-timers who sit around a lot talking about the good old days.

Tennessee said that anyone travelling into the future must be constantly redefining their values, morals and guidelines to keep up with the pace of rapid change.

And so he said now he's thinkin', trying to figure out a way of judging the drivers these days. He also said he'd let me know once he has it all thought out.

But I figure it might just take him a while. Cause there are some things that even old Tennessee does not know.

**Like to give Powerlifting some Publicity?**...The Publicity Committee of the U.S.P.F. exists to provide publicity through various media for notable powerlifters covered in newspapers, television, radio, magazines and any other means through which the general public can be reached, even school assemblies, shopping mall exhibitions, etc. The U.S.P.F. Publicity Committee needs volunteer members from every lifting region of the nation to take photos at meets, call newspapers with results, write press releases, arrange lifting demonstrations, etc. PL USA maintains reference information to assist in locating media contacts, and if you are interested in working for Powerlifting publicity, send a resume of any related experience (experience is nice but not absolutely necessary) to PL USA, Publicity Committee, Post Office Box 467, Camarillo, California 93011.

he said that it was alright except it didn't do his liftin' any good. Tennessee said it didn't really matter how much brains you had, it didn't take no real brainchild to pull a heavy deadlift. And then he smiled that much brains to know how good one felt either.

But nowadays he burns out a lot. Then he takes a month or two off but then he returns. Old Tennessee, he's always on a comeback.

He's got no superstitious, no big fat belt and my friends are always tellin' me to get out of that old garage of his and come join their place.

But then I guess I wouldn't have a partner. And you all know what Tennessee thinks about partners.

Tennessee says when he's finished I ought to go out and find another partner. And I ask him what I'd call Partner? And he laughs and says I ought to use my christian name again. And I've thought about that a lot.

But I don't know...I think about it sometimes and...well, I just don't want to be called anything but Tennessee's partner.

The other day Tennessee got to talkin' and got to listenin' (that's how we figure most things out) and he said that years ago he had his own criteria of judgment for lifters. It used to be, a man tried to reach his

## MASTER POWER by Stan Lampert

..another kind of progression (Tricks on the Power Rack!)

In my initial article for PL USA, Nov 1982, I stated my opinion regarding 10 common myths strength athletes have been enthrallled with for years. On to another myth like the others; totally without scientific substantiation, that has been repeated endlessly, and greatly inhibited the progress of strength powerlifters.

You must do all your lifts and movements through a full range of motion (i.e., a curl from a completely straight position to as fully False. Who says so? As it is, powerlifters do partial movements in two of their competitive lifts. Nobody squats as deeply as they can in training or competition. In deadlifting some lifters are flexible enough to go much lower than required, (although some lifters do deadlifts off a box as a supplementary exercise). Tremendous strength and power can be developed by doing partial power rack movements. You say you already heard me on this topic? Well, not quite. Here's a slightly different twist that should enable you to smash through your sticking points. After you have reached a sticking point, which could be described as no progress or even a loss in a given movement lasting 10 days or longer, you need a drastic change in routine to smash through.

Start by taking a two or three day rest. When you resume training do a variation of your stuck movement. For benches, do inclines, dips, deadlines, etc. for about two weeks. Don't be tempted to do benches. After two or three weeks proceed to the power rack. Set the pins so you are doing lockouts. Let's say you got stuck in the bench at 400 lbs.; you

smash through.

After this rest you are ready for your new lift single. You can increase the weight in your power rack session as you see fit but be prepared to spend 6 or 7 weeks to break through to a new limit. Once you have broken through, the old routine seems to work again and progress becomes steady again. Of course, this concept is fully adaptable to the squat and deadlift. GOOD LUCK!

**Women's Worlds**...wasn't it great to have seen the NBC coverage of the 1985 meet so quickly after it took place. NOW is the time to write NBC and let them know how much you enjoy their coverage of the sport and encourage them to do more in the future. The heavies were air covered and perhaps letters from a few hundred concerned lifting fans will convince them to hopfully some of our own national contests. Send your comments to National Broadcasting Company, 30 Rockefeller Plaza, New York, NY 10020.

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Class 97 105 114 123 132 148 165 181 198 198+  
Elite 639 683 733 782 837 899 981 1053 1130 1190  
Master 579 623 667 711 749 827 893 959 1025 1080  
Class I 518 562 601 639 672 744 805 865 920 970  
Class II 463 496 535 568 601 661 716 766 821 865  
Class III 402 435 468 496 524 579 623 672 716 755  
Class IV 347 375 402 424 452 486 535 573 617 650

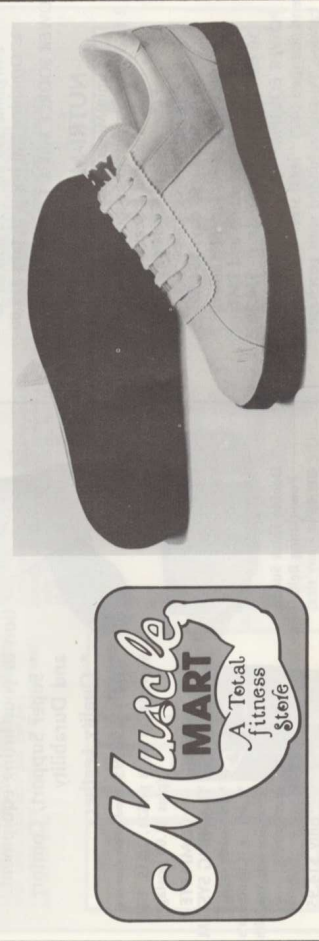
To receive applications for classification awards and the classification patches: write to Conrad Cotter, 2103 Langley St., Pensacola, FL 32504 until appointment of a new Classification Awards Chairperson.

## Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
Senior Nationals	1069	1190	1284	1410	1625	1714	1813	1895	1984	2061	2143
Teenage Nationals (14-15)	650	745	810	900	950	1000	1030	1075	1100	1125	1150
Teenage Nationals (16-17)	725	820	930	1075	1125	1200	1275	1325	1350	1365	1385
Teenage Nationals (18-19)	800	875	1035	1175	1300	1400	1480	1490	1500	1500	1505
ADFA Drug Free Nationals	800	875	980	1150	1310	1425	1475	1525	1575	1625	1675
1984 National Collegiate	799	898	1036	1201	1366	1477	1598	1609	1631	1653	1675
YMCA National	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
1984 National Collegiate	418	462	507	551	595	639	661	683	705	727	
YMCA National	579	623	667	711	749	827	893	959	1025	1080	

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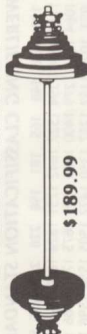
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A. Collins	510	S. Boscarini	1405
L. Smith	575	M. Pargipoli	1270
B. Thompson	510	C. Kirby	1250
114	B. Thompson Natl	K. Rosenthal	1200
115	115B		
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**Northwestern US Open**

**4/16/63 - Boise, Ida**

	Q	DL	T
F. Nelson	25	120	330
D. Gorman	30	125	330
D. Dana	275	105	330
M. Berman	195	105	275
D. Geary	210	95	285
R. Adams	190	90	220
D. Anderson	190	90	220
M. Hernandez	300	140	300
S. Pincock	625	300	550
M. Grove	380	215	415
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W. Wilkerson 540  
E. Williams 530  
T. Christensen 480  
M. Kuchelstein 480  
M. Kuchelstein 500

B. Enisell 720  
C. Dierhall 650  
D. Hays 650  
D. Hays 650  
M. Ellegson 620  
D. Geary 620  
R. Adams 550  
D. Anderson 605  
S. Pincock 625  
M. Grove 380

K. Klaseen 690  
N. Beseda 650  
D. Hays 650  
J. Fulmota 540  
F. Fisher 470  
J. Engbert 135  
E. Anderson 620  
D. Brady 515  
K. Wootley 500  
J. Mather 600  
R. Carey 600  
I. Seale 380  
S. Groves 300  
J. Walker 600  
R. Carey 600  
I. Seale 380  
S. Groves 300

Every year I just gets better. Lifters from 9 states and Canada joined us for a tremendous weekend. Many PRs were established. Women competed in 2 divisions with the Malone formula dictating winners throughout the day was

outstanding. Established veterans set the tone by coaching and assisting others. Of particular note is Bill Ermi, who assisted first timer Kathy Williams by losing a super set and picking her up at the early look home for the trophy.

P. has grown tremendously in the northwest. Cooperative efforts among state champions and quality contests. Due to the nature of the Northwestern US championships, it has become vital to have the best equipment and assistance brought in from the Rocky Mt. Ath. Ctr., Roy, Utah; the fitness Ctr., Twin Falls, Id.; The Nampa WMA; the Idaho State Prison; the Nampa Omnia. One talk about a collective effort - you couldn't ask for better cooperation!

As we close this 6th annual championship, I would like to thank the following of Boise, Idaho: Univ and Mike Ellegson, D. Hays, Fanatolopoulos, Dave Beal, Ross Agalar, Steve Rayburn, Gene Lamott, T. Miller, Bernie Corbett. The Parkside and Bill Wootley helped plan the event. The BSA and BSA members who spotted and loaded all day.

Every year I just gets better. Lifters from 9 states and Canada joined us for a tremendous weekend. Many PRs were established. Women competed in 2 divisions with the Malone formula dictating winners throughout the day was



Northwestern U.S. Open Team Winners, representing the Valmar Gym are (back row, left to right) David Marshall, Roger Carsey, Bob Carlie, Lois Hantho and in the front row Nin Besseda, Tom Lackey, Darin Erickson, Monty McNew, and Bob Nichols. Photo provided courtesy of John Luthy.

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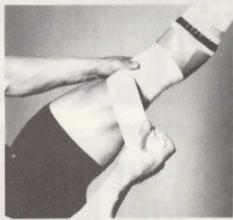
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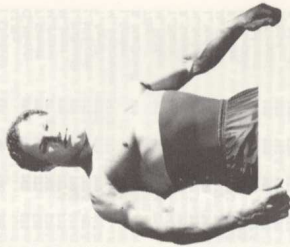


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Heinrich was the winner Sunday. In the 388...

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Charlotteville Barbell Club... members entered they did not prevail...

Charlotteville Barbell Club... members entered they did not prevail...

Charlotteville Barbell Club... members entered they did not prevail...

Virginia State Championships 4/30 - 5/1/83

Table listing results for Virginia State Championships in various categories like 5kg, 10kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 95kg, 100kg, 105kg, 110kg, 115kg, 120kg, 125kg, 130kg, 135kg, 140kg, 145kg, 150kg, 155kg, 160kg, 165kg, 170kg, 175kg, 180kg, 185kg, 190kg, 195kg, 200kg.

Table listing results for Virginia State Championships in various categories like 10kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 95kg, 100kg, 105kg, 110kg, 115kg, 120kg, 125kg, 130kg, 135kg, 140kg, 145kg, 150kg, 155kg, 160kg, 165kg, 170kg, 175kg, 180kg, 185kg, 190kg, 195kg, 200kg.

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### Swedish Championships

52kg	57kg	60kg	67.5kg	75kg	81kg	89kg	97kg	105kg	112.5kg	125kg	135kg	150kg	165kg	182.5kg	197.5kg	217kg	242.5kg	272kg		
L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	L. Jonsson	
442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	442.5	
P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg	P. Holmberg
372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5	372.5

### Dutch Championships

49-10/83 (kilos)	SQ	BP	DL	T
M. DeVries	165	80	187.5	432.5*
L. Dassen	170	85	175	430
U. Gellena	175	90	169	385
G. Tromp	190*	105	185	480*
G. Tromp	190*	105	185	480*
60kg	180	92.5	180	423.5
67.5kg	210	132.5	230*	572.5*
75kg	225*	130	222.5	567.5
81kg	215	135	215	365

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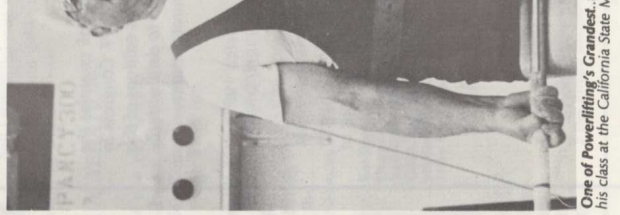
EuroChamps, left to right, DeVreugd, Kerr (winner), and Kuster, the Superheavyweight medal winners at the Europeans, Alexander photo.

1983 European Championships  
Mariehamm/Åland (Finland)  
5/20-22/83

Table with columns for country, name, weight class, and score. Includes results for Superheavyweight, Heavyweight, Light Heavyweight, and Middleweight divisions.

California State Masters  
4/30/83 - Victoria, CA

Table with columns for age group, name, and score. Lists winners for various age groups from 46-49 to 65-64.



One of Overlifting's Grandest, the ever exuberant Henry Soudieres won his class at the California State Masters meet, Coering Restrepo photo.

St. Petersburg Championship  
5/14/83 - St. Petersburg, FL

Table with columns for name, weight class, and score. Lists winners for various weight classes including 110, 135, 165, 200, 275, and 350 lbs.

North Dakota State Championship  
3/19/83 - Minot AFB, ND

Jack DeShields of Minot AFB had the best squat of the state which came from every corner of the state which made the competition that more interesting in the 105 lb class. Julie Fay of Grand Forks, ND, was the best lifter in the 125 lb class. The highlight of the contest was the 242 lb class, Julie placed herself in the top 20 with her 1146 lb lift.

Georgia Teenage Championships  
5/14/83 - Powder Springs, GA

Table with columns for name, weight class, and score. Lists winners for various weight classes including 105, 135, 165, 200, 275, and 350 lbs.

4th Annual Menard Correctional Center Meet - 4/19/83  
Menard, IL

Powerlifting Federation Certificates of Achievement

Jack DeShields of Minot AFB had the best squat of the state which came from every corner of the state which made the competition that more interesting in the 105 lb class. Julie Fay of Grand Forks, ND, was the best lifter in the 125 lb class. The highlight of the contest was the 242 lb class, Julie placed herself in the top 20 with her 1146 lb lift.

Table with columns for name, weight class, and score. Lists winners for various weight classes including 110, 135, 165, 200, 275, and 350 lbs.

Table with columns for name, weight class, and score. Lists winners for various weight classes including 110, 135, 165, 200, 275, and 350 lbs.





# SUPERWRAP II

"the finest knee wrap available for competition or training"

For training or competition SUPERWRAP II will give you the ultimate in support and explosive strength necessary for Squatting and Powerlifting. Especially designed for the heavy use of Powerlifting, SUPERWRAP II will out last other knee wraps many times over.

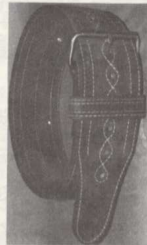
- **STRONGER • HEAVIER • LONGER LASTING •**
- **OFFICIAL LENGTH • GREATER STRENGTH & COMFORT**

"...add pounds to your Squat & Total. Use SUPERWRAP II and save \$\$\$"

- 3 PAIRS/\$21.00 • 2 PAIRS/\$15.00 • 1 PAIR/\$8.00

FREE PAIR OF SUPERWRAP II™ WITH EACH SUPERSUIT™ PURCHASED.

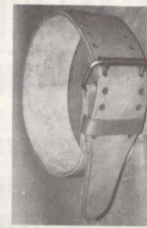
BOB'S Custom Lifting Belts from **marathon**™ Distributing Co.



Style (A) Deluxe Suede Covered belt with stitching twice around belt, once center and around holes. . . . . \$75.00 (Available also Double Prong & Two Tone) . . . . . \$75.00



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



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



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

### IMPORTANT

SUIT SIZE: If you are certain of your suit size, please indicate it in the appropriate color box. If you are not certain, please never before worn a Supersuit™ indicate your height and weight, and check the appropriate box for male or female.

SUIT COLOR: Indicate your 1st, 2nd and 3rd choice of color by numbering the appropriate box.

BELTS: Indicate waist measurement, style and color preference.

### SUPERSUIT™ II

- Black
- Navy
- Blue
- Royal
- Scarlet
- Red

### SUPERSUIT™

- Natural

Name: \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

\*Overseas orders add 20% Calif. residents add 6% Sales Tax.

### SHOP BY PHONE OR MAIL

Item	Suit Size	Suit Size	Suit Size	QTY.	EXT.
SUPERSUIT™ II	(height)	(weight)	(height)	(weight)	(height)
SUPERSUIT™					
SUPERWRAP™ II					
SUPERWRAP™					
Additional orders or special instructions.					
					Total

Phone: (213) 519-7111/375-3802  
1229 Via Landeta, Palos Verdes Estates, CA 90274

Increase your total . . . INSTANTLY!

# SUPERSUIT™

FREE SUPERWRAP™ II

Supersuit II and Supersuit II by **marathon** Distributing Company

From Novice to Elite Class top performance in competition and training requires the best...a SUPERSUIT™. Specifically designed for Powerlifting, Supersuit II and Supersuit offers you the ultimate in total body support during the Squat or other lifts. More local, state, national, international and World Championships have been won by Powerlifters wearing Supersuits than any other lifting suit. Often imitated, but never equalled, the material in Supersuits offers you the total body support and wear that Powerlifting demands.



MIKE BRIDGES, MULTI-CLASS WORLD CHAMPION™...A POWERLIFTER AHEAD OF HIS TIME™



LARRY PACIFICO 9 TIME WORLD CHAMPION

- **MATERIAL** — The Best — "five way weave exclusively designed for Powerlifting" — stretches, stops & holds!
- **PERFORMANCE** — during the Squat and other lifts you'll feel the total body support — "it's like a second skin that will add pounds to your total."
- **DESIGN** — For the powerlifter — wide shoulder straps, higher side panels, total hip support.
- **SIZING** — greatest range of sizes to cover all weight classes and body types.
- **SERVICE** — Immediate shipment — availability of all sizes and colors.

FREE — PAIR OF SUPERWRAP II WITH EACH SUIT PURCHASED — FREE

From Novice to Elite — wear the suit of Champions — SUPERSUIT "..."it will add pounds to your Squat and Total."

- **SUPERSUIT™ II** (STRONGER MATERIAL) . . . . . \$36.00  
BLACK, NAVY BLUE, ROYAL BLUE, SCARLET (RED)
- **SUPERSUIT™** NATURAL COLOR, (WHITE) . . . . . \$28.00
- **SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48**

The numbered sized suits give a more accurate fit for greater body support during the squat. ORDERS PROCESSED SAME DAY AS RECEIVED...IMMEDIATE SHIPMENT —

SUPERSUIT IS MANUFACTURED EXCLUSIVELY FOR MARATHON DISTRIBUTING CO. BY SPANJIAN

The MARATHON Co. exclusive worldwide source of the Supersuit™ Distributor inquiries on SUPERSUIT™, SUPERWRAP™, foreign or domestic, are welcomed. Team, school and wholesale discounts also available.



# CHIP MCCAIN

MULTIPLE WORLD RECORD HOLDER  
1983 SENIOR NATIONAL MEET DIRECTOR  
1984 WOMEN'S NATIONALS MEET DIRECTOR

PRESENTS  
DESIGNED FOR

## ELITE SUITS

**• 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.  
(Patent Applied For)

**• THE PATTERN •**  
Scientifically designed originally and exclusively for Powerlifting by Chip McCain. Not a conventional 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 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.

Sizes 24-40 in Black, Navy and Red. Team prices on orders of 8 or more. Please include height and weight information.

**\$38.00**

**NEW GUARANTEE FOR 6 MONTHS!!!**

## ELITE 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!!

**NEW GUARANTEE FOR 2 YEARS!!!**

**\$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  
↑ C.O.D. orders by mail or phone  
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THREE PRODUCTS SCIENTIFICALLY  
POWERLIFTING IN A PHYSICS LAB

## ELITE DEADLIFT BAR

THE OFFICIAL DEADLIFT BAR FOR THE:

1982 Senior Nationals  
1983 Senior Nationals  
1984 Women's Nationals  
1983 Collegiate Nationals  
1983 Hawaii Invitational  
1983 North Americans  
1982 National Cup Invitational  
1983 Texas Cup Championships

conforms to All  
I.P.F. Standards

\* The Geometry - max length, min diameter, greater distance from center to weights. **Better Spring**

\* The Steel - special alloy flexes off the ground, rebounds (1st harmonic) at the knee. **Better Momentum**

\* The Knurl - special pattern, pitch, and shape of knurling for higher coefficient of friction. **Better Grip**

**\$245.00**

Sent C.O.D. Only

"I was so impressed with the Elite Bar that I used it in my Senior Nationals. It has since become the standard of National meets, and every serious lifter should train with one."  
Larry Pacifico

(Patent Applied For)

# ELITE





# STERIODS

At Last A Safe Steroid  
STERLING LABS.

presents

## "GROWTH"<sup>TM</sup>

NEW from Europe - at last a natural safe **STERIOD** extracted from Rye Germ oils. This steroid awakens the endocrine system - effecting the growth factors - its name "Beta-Sitosterol!"

We have combined this **STERIOD** with Ornithine and Thymus-creating what we feel to be a formula that ends the need for dangerous artificial **STERIODS**.

**Benefits:** PROMOTES GROWTH - BURNS OFF FAT - OUTSTANDING LIPOTROPIC - MANY TIMES THE BENEFICIAL EFFECTS OF B-15 and a benefit to the IMMUNE SYSTEM. NO PRESCRIPTION REQUIRED

COMBINE THIS WITH THE ONLY **SUBLINGUAL GLANDULAR** on the market today and we feel - **NO we guarantee** that you will be very pleased or your money back.

**SUBLINGUAL** - meaning you will assimilate the glandulars thru the buccal cavity in the mouth - thus avoiding the intestinal track.

NOW YOU KNOW "WHAT YOU TAKE IS WHAT YOU REALLY GET".  
IMMEDIATE ABSORPTION  
D.A.G.<sup>TM</sup>

Direct Absorption Glandulars works on the same principal as a nitroglycerin tablet "QUICK".

STERLING LABS. is a subsidiary of D.M.S.C., a company serving the Chiropractic profession for over 35 years and now thru **STERLING LABS** serving the **lifters** with special formulas specializing in **GROWTH** and **STRENGTH** formulas.

### TO ORDER . . .

"GROWTH"<sup>TM</sup>  
90 Tablets - \$14.95  
180 Tablets - \$27.95  
(90 Tablets is a 30 day supply)

### D.A.G.

(Direct Absorption Glandulars)  
Formula 1020 contains Pituitary, Thyroid, Adrenal and Orchic (Testes from the bull)  
(2 oz. bottle is a 20 to 30 day supply)

1 Bottle \$10.00 each  
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Orders under \$20.00 add \$2.00 shipping charge

TO ORDER BY PHONE

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**Sterling Labs, 18722 Santee, Valley Center, Ca. 92082**



**T-SHIRTS, and JACKETS** too! Each of these, useful designs available from 100 to 950 lbs. in 25 lb. increments (200, 225, 275, etc.). Designs are 10 inches in diameter and printed in white on your choice of navy, red, royal or black polo/cotton T-shirt for just \$7.95. For XXL (navy only) add \$1.50. NEW! Our popular copyrighted **USA POWERLIFTING** design available on a polo shirt for \$12.95 or unlined pullover for \$17.95. Inquire about quantity discounts for gyms and schools. Order from **SPORTSCREEN**, Rt. 1, Box 54, Whiteland, IN 46184

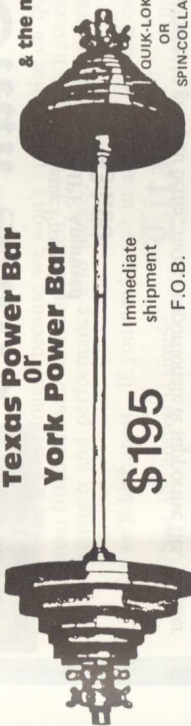
## The Texas Power Bar & York Plates/Collars

The Best Bar in the World & the most accurate Plates in the World (plates machined to exact weight)

Texas Power Bar Or York Power Bar

\$195

Immediate shipment F.O.B.



YORK or USA PLATES  
Pounds or Kilos  
\$.74 / lb. OR \$1.63 / kg.

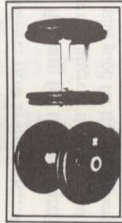
300 lbs. or 140 kg. set . . . . . \$390  
400 lbs. or 180 kg. set . . . . . \$440  
500 lbs. or 225 kg. set . . . . . \$490  
600 lbs. or 270 kg. set . . . . . \$540

QUIK-LOX OR SPIN-COLLARS \$45.00  
BAR & COLLARS \$225.00



DELUXE SOLID DUMBBELLS PAIR

5 lb.	\$.74	55 lb.	\$81.40
10 lb.	\$14.80	60 lb.	\$88.80
15 lb.	\$22.20	65 lb.	\$96.20
20 lb.	\$29.60	70 lb.	\$103.60
25 lb.	\$37.00	75 lb.	\$111.00
30 lb.	\$44.40	80 lb.	\$118.40
35 lb.	\$51.80	85 lb.	\$125.80
40 lb.	\$59.20	90 lb.	\$133.20
45 lb.	\$66.60	95 lb.	\$140.60
50 lb.	\$74.00	100 lb.	\$148.00



DELUXE DUMBBELL / PAIR With Chromed & Knurled Handles

55 lb.	\$91.30
60 lb.	\$98.60
65 lb.	\$105.90
70 lb.	\$113.20
75 lb.	\$120.50
80 lb.	\$127.80
85 lb.	\$135.10
90 lb.	\$142.40
95 lb.	\$149.70
100 lb.	\$157.00

### DUMBBELL RACKS

Holds 5 pair . . . . . \$172.50 Add \$30.00 for each additional pair.



**SUPER DUTY CAMBERED BENCH PRESS BAR, BA7B (45 lbs.)** . . . . . \$270  
Same bar as the Olympic bar but cambered to allow for "stretching" bench presses. This very bar helped the world's greatest bench presser develop his power. Has 1 1/8 inch superior steel knurled bar and Olympic Type revolving sleeves. Minimum grip width approximately 23 inches. Maximum grip width (between collars \$2 ins.). Has 5 1/2 in. drop at bend. Permits long range stretching bench presses. Uses Olympic Type Plates.

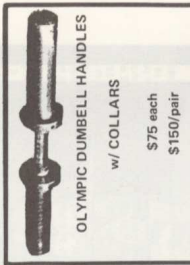
**SAME BAR AS ABOVE BUT WITHOUT REVOLVING SLEEVES, BA7A (35 lbs.)** . . . . . \$108  
Uses Olympic (2 inch hole) plates but without revolving.

**SUPER BENCH PRESS CAMBERED BAR, BA7 (20 lbs.)** . . . . . \$84  
Made of 1 1/16 inch steel for exercise plates with 1 7/8 inch holes. Knurled bar for better grip. No sleeves on this bar.

**SMALL QUIK-LOX COLLAR** . . . . . \$28.50

**OLYMPIC E-Z-CURL BAR w/COLLARS** . . . . . \$70.50  
Chromed and Knurled

**OLYMPIC E-Z-CURL COLLARS** . . . . . \$9.00/pair



OLYMPIC DUMBBELL HANDLES w/ COLLARS

\$75 each  
\$150/pair

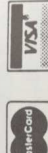


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OUTSIDE U.S.A. Surface . . . 15%  
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Minimum . . . \$2.00

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## CRAIN POWER-PLUS

RICKEY DALE CRAIN  
1980 & 1982 World Champion  
KIMBERLY ANN CRAIN  
National Champion  
P. O. Box 1322  
Shawnee, OK 74801  
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If you need training info., nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

ALL EQUIPMENT F.O.B.

# Titan Suits

Improved Fits!  
Stronger Guarantee!

An Alaniz Product  
USPF & IPF Approved  
\$34.00

Improved Fits!  
Stronger Guarantee!

Titan has improved its formulas to give you better, more proportionate & supportive fits. Lighter weight classes will find easier on-off fits while heavier lifters will find fits 8% tighter in the hips and 12 1/4% in the legs (averages - based on comp. fits, individual fits may vary).

And on top of this you'll get the strongest suit on the market. Proof? How about an extended 1 mo. on our guarantee that has yet to be matched.

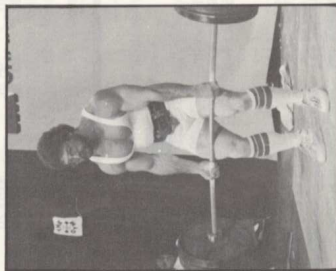
If you've never tried Titan before, now is the time...if you have...it's time you tried the new Titan. Here's the Titan 3 step custom fit plan, for the ultimate in performance.

- 1. Regular Fit** - a snug suit, for new lifters or those who just want to keep the "groove".
- 2. Meet Fit** - a tight supportive suit, good for training & meets.
- 3. Competition Fit** - our most supportive, proven, fit; from local meets to the Worlds.

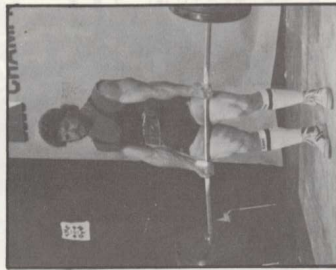
Recommended only for experienced lifters or those who have followed the 3 step plan.

\*Lifters, all fits are reformulated. Tighter fits are available for those who have tried the new comp. fit but want more.

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



Paul Aston - T/A, Collegiate & Nat'l Champion.  
"I used to blow 2 or 3 (brand name) suits getting ready for a meet. Now, I only need one...Titan."



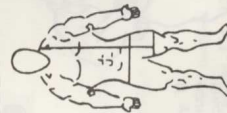
Available in Navy Blue, Blue, Red & Brown.

Hub Aston, Nat'l T/A Champ & W/R Holder.  
"I've tried them all and Titan is the best!"

Measurements must be true.  
Color 1. \_\_\_\_\_ 2. \_\_\_\_\_  
No. of Suits \_\_\_\_\_  
Reg. \_\_\_\_\_ Meet \_\_\_\_\_ Comp. \_\_\_\_\_  
Repeat Customer \_\_\_\_\_  
Height \_\_\_\_\_  
Weight \_\_\_\_\_  
Hips (largest part of buttocks) \_\_\_\_\_  
Leg (largest part) \_\_\_\_\_  
Overall (top of trap to 6" below crotch) \_\_\_\_\_

TITAN SALUTES  
Evansville, Indiana  
Home of "The Pit"

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



## Uncompromised Craftsmanship - That's what Titan was founded on and promises.

We take a little longer because we won't compromise on quality. This means a custom fitted suit started from scratch. In return you'll receive a suit unsurpassed in strength and performance and backed by the best guarantee on the market.

So we'll be honest. If you need a suit in a hurry...choose carefully. If you want the best, the answer is simple.....Titan.....(Allow 4-5 wks. delivery.)

Tri-State Meet April 83 - Hartford, Md		Masters' Div Saddle Jr 790.05 D. Starr Thanks to Don Starr for results.		Indiana State Natural 4/23&24/83 W. Lafayette, In (kilos)		Mediterranean Sports Conference Championships 4/20/83 Ankara, Turkey, (totals only)	
WOMEN	Men	SQ	BP	SQ	BP	SQ	BP
P. Rexroth 185	190	80	230	500	540	135	102.5
MEN-123	320	110	380	640	700	222.5	160
V. Bousser 305	305	140	335	680	740	192.5	130
R. Wiegert 205	155	325	685	57.3kg	63.5	127.5	97.5
M. Tiberia 200	130	295	625	B. Foddrell	362.5	200	132.5
J. Weidman 200	145	230	575	B. Stephens	382.5	225	122.5
J. Weidman 200	145	230	575	C. DeLoe	382.5	225	122.5
R. Rexroth 420	200	420	1040	S. Niebalski	382.5	225	122.5
J. Marinielli 140	140	300	600	S. Allen	382.5	225	122.5
J. Marinielli Jr 480	270	500	1255	S. Allen	382.5	225	122.5
W. Bobbi 440	290	480	960	N. Brown	382.5	225	122.5
T. Marcino 400	270	500	1255	T. Miller	382.5	225	122.5
C. Sizemore 375	245	400	1020	M. Pycik	382.5	225	122.5
M. Bowles 165	310	330	660	M. Schiller	382.5	225	122.5
K. Spicer Jr 530	330	575	1435	D. Wedding	382.5	225	122.5
C. Wright 530	310	555	1415	D. Wedding	382.5	225	122.5
H. Hacker 430	250	350	880	D. Hayes	382.5	225	122.5
J. Johnson 515	290	530	1335	G. Rawlings	382.5	225	122.5
C. Woodward Jr 485	255	540	1280	P. Moreno	382.5	225	122.5
C. Woodward IV 415	290	500	1205	B. Wilson	382.5	225	122.5
J. Fletcher 440	285	435	1180	L. Briscoe	382.5	225	122.5
198	500	375	605	M. Widner	382.5	225	122.5
F. Felder III 600	310	610	1520	B. Borro	382.5	225	122.5
G. Dingle 575	340	600	1515	C. Sajak	382.5	225	122.5
B. Batchelor 500	345	500	1335	72.3kg	382.5	225	122.5
F. Felder Jr 408	300	405	1185	P. Malone	382.5	225	122.5
220	650	450	700	H. Arhelger	382.5	225	122.5
T. Battles 450	350	450	1100	C. Miles	382.5	225	122.5
F. Ferrell III 575	335	535	1380	T. McNeil	382.5	225	122.5
B. Hodges 530	300	525	1355	B. Pitts	382.5	225	122.5
P. Lumia 450	350	460	1260	T. Gough	382.5	225	122.5
M. Mogavero 450	335	425	1210	77.8kg	382.5	225	122.5
J. Boach 580	420	605	1605	M. Willett	382.5	225	122.5
D. Easter 385	390	600	1575	R. Freeman	382.5	225	122.5
M. Shaw 540	330	570	1440	M. Arthy	382.5	225	122.5
M. Griffing 580	420	605	1605	B. Lucas	382.5	225	122.5
L. Lalham 615	385	575	1575				

## The Titan Guarantee

Everybody claims to have the best suit, but how many back it up? At Titan you won't find any vague guarantee or encouragements to wear the suit everybody else wears, without a guarantee. What you will find at Titan is one hard fact. If you blow the crotch out during its new 3 mo. replacement period you'll not only receive another suit but your money back as well, plus a 1 mo. replacement guarantee on the rest of the suit.

Titan...unsurpassed in craftsmanship...the leader in innovations.





# Call For Entries



## 1983 NATIONAL POWERLIFTING CHAMPIONSHIPS

Presented by: **GOLDS GYM, Dayton, Ohio**  
 Meet Director: **Larry Pacifico**  
 Date: **October 8th & 9th, 1983**  
 Place: **Dayton Convention Center, Dayton, Ohio (Two Platform Meet)**

**Weight Classes:** Women's Open Formula  
 Men's: 114, 123, 132, 148, 165, 181, 198, 220, 242, superheavy

**Qualifying Totals:** Men: (114 - 650)/(123 - 700)/(132 - 750)/(148 - 850)/(165 - 925)/(181 - 975)/(198 - 1025)/(220 - 1100)/(242 - 1135)/(275 - 1175) (Super - 1200)

Masters Division (40 & Older) will compete with open division.  
 Women: No qualifying total.  
**Weight-in times:** All women and mens classes up to 181 - Saturday, October 8th - 8:00 a.m. (competition starts 10:00 a.m.)  
 198 through super - Sunday, October 9th - 10:00 a.m.  
 (competition starts at 12:00 noon)

**Eligibility:** Must be a full time police officer or firefighter employee.

Awards: Trophies: 1st - 10th for women; 1st, 2nd, 3rd & 4th in each class for men. Trophy for outstanding lifter (men). Masters Division 1st, 2nd, 3rd medals.  
 Entry Fee: \$25.00 (must accompany entry)  
 Entry Deadline: **October 1st, 1983**

Please send me the following:

The 1983 Championship T-Shirt(s) \$8.50 or 30% Tax and Postage Paid. **Circle one: S, M, L, XXL**

Choice of Color:  Red  White  Blue

The 1983 Championship Entry Form(s)

Total Enclosed

Please make check or money order payable to **Golds Gym**

Name \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 Mail to: **Golds Gym**  
 P.O. Box 1665, Dayton, Ohio 45402  
**(513)-228-2176**

## Coming Events

- 614-774-2801.
- 15/16 OCT** Bodybuilding Expo IV BP contest. Bill Frenkel, 215-531-3781. Lakewood, CA 90713.
- 20 AUG** Call State women's meet. Bill Hart- ton, Ron Passaliti, 287 Camden St., Oradell, NJ 07049.
- 21 OCT** Bodybuilding Expo V BP contest. Bill Frenkel, 215-531-3781. Lakewood, CA 90713.
- 20 AUG** Call State women's meet. Bill Hart- ton, Ron Passaliti, 287 Camden St., Oradell, NJ 07049.
- 20 AUG** So Jersey Open. novice, teenage and women's. J. Q. Wade, 105 Market St., Trenton, NJ 08602.
- 21 AUG** Black's Health World Open BP. John Black, 11934 Lorain Ave., Cleveland, OH 44111. 216-252-1695.
- 22 OCT** National Open. Tom Higgins, 1130 Brookwood Ave., Tompkinsville, KY 40389.
- 27 AUG** El Paso/Luzern Internat'l Games. Bill Frenkel, 215-531-3781. Lakewood, CA 90713.
- 27 AUG** 2nd annual Pader City BP cham- pionships. James Shaler, 508 So 4th Ave., Pader City, WV 26159.
- 27 AUG** (low). National M. Frank Hise, 700 Dogwood Trail, Jasper, AL 35501. 205-387-8954.
- 27 AUG** Women's Open. Brenda and/or Al Hise, 700 Dogwood Trail, Jasper, AL 35501.
- 28 AUG** YMCA of the Mohawk Valley Open BP. James Shaler, 508 So 4th Ave., Pader City, WV 26159.
- 3 SEPT** Erie BP County Open. Joe Overgas, 3639 W. 26 St., Erie, Pa 16506. 814-853-7277.
- 29 OCT** World Masters PL championships at Centennial Hall. John Sarich, 711 Westmont Hills Dr., Lonsdale, ONT. Canada N6K 1B3.
- 29 OCT** National Open. Tom Higgins, 1130 Brookwood Ave., Tompkinsville, KY 40389.
- 29 OCT** World Powerlifting cham- pionship. G. Cotter, 11120 W. 12th St., Overland Park, MO 66204.
- 13 NOV** Whittier Open. Glenn Mauz or Richard Gill, Upton Gym, 12912 Richardson Rd., Whittier, CA 90601. 213-698-5136.
- 16-19 NOV** US Army in Europe PL Clinic. and open meet. (Zwebacker, Germany). APO NY 09581.
- 18/19 NOV** Heart of Dixie Championships. Open. Novice. Women's. 3 Master's Divisions. Al Watson, 700 Dogwood Trail, Jasper, AL 35501.
- 19 NOV** Iron Man Invitational. Men and women's div.. Ricky Cain, Bk 1322, 2605 Oak St., Jacksonville, FL 32209. Open. Seniors. Masters. women's under Class II. 9:00 a.m. Northern VA Power Club, 14204 Rain- fall Rd., 977 Woodbridge VA 22191.
- NOV** (tentative). Muscatine Open. Deig Peterson, 608 Woodlawn, Muscatine, IA 52761. 319-264-2452.
- NOV** (tentative). North Carolina Invitational. Richard Peters, Bk 1253, Norman Ct 730, Charlotte, NC 28211.
- 2 DEC** Christmas Invitational H School meet. Mike Reed, West Monroe H School, 201 West Monroe, Monroe, LA 71291.
- 2 DEC** Women's Europeans. Dumstadi, W. Germany.
- 3 DEC** Western Open. Class 2 and below and women's. Jim McLean, 1000 S. San Diego, CA 92144. 714-225-5313.
- 3 DEC** South Jersey Open. novice, teenage, and women's. J. Q. Wade, 105 Market St., Trenton, NJ 08602. 609-881-5151.
- 4 DEC** (low). New York State Open. RD 1, Bk. 151, Allentown, NJ 08401. 609-259-2428.
- 10 DEC** Florida State. Chip Hallquist, 5655 Cypress Ct., Tallahassee, FL 32303.
- 15 OCT** (low). 10:15 after 8 pm. Coaching clinic. 19011 Cedar Ave. Nice, Caesars Beach, CA 90806. 213-599-1499. or Bernie Gagne, 310 E. 231 St., Carson, CA 90745. 213-635-9970.
- 15 OCT** Police and Fireman's Nationals Dayton, OH 45414.
- 8/9 OCT** 10th annual Temple Hills Open. Hwy. Chiller, 5909 Temple Hill Rd., Temple Hills, MD 20780. 301-485-4786.
- 8/9 OCT** Central Call Open. Estada, 625 Dana St., San Luis Obispo, CA 93401. 805-763-1155 after 8 pm.
- 15 OCT** (low). 10:15 after 8 pm. Coaching clinic. 19011 Cedar Ave. Nice, Caesars Beach, CA 90806. 213-599-1499. or Bernie Gagne, 310 E. 231 St., Carson, CA 90745. 213-635-9970.
- 15 OCT** (low). 10:15 after 8 pm. Coaching clinic. 19011 Cedar Ave. Nice, Caesars Beach, CA 90806. 213-599-1499. or Bernie Gagne, 310 E. 231 St., Carson, CA 90745. 213-635-9970.

## 550 BENCH PRESS CLUB

by Herb Crossbrenner, Statistician

Name	Bwt.	Nation	Wt.	Date
J. Williams	SHW	USA	675	1972
J. Williams	SHW	USA	675	1972
T. Accidi	SHW	USA	630	1981
L. Hedlund	SHW	SWE	628.3	1980
P. Anderson	SHW	USA	628.0	1957
W. Bouvier	SHW	USA	617.3	1980
D. Young	SHW	USA	616.0	1982
T. Hardman	SHW	USA	614.0	1982
D. Young	SHW	USA	611.8	1978
D. Reinhardt	SHW	USA	606.3	1975
M. MacDonald	SHW	USA	603	1977
D. Young	SHW	USA	600	1972
L. Lums	SHW	USA	600	1972
L. Moran	SHW	USA	600	1983
J. Magruder	SHW	USA	595.2	1982
D. Young	SHW	USA	590	1972
D. Young	SHW	USA	580	1972
D. Heppner	SHW	CAN	580	1953
J. Cole	SHW	USA	580	1972
F. Moore	SHW	USA	580	1978
D. Young	SHW	USA	580	1972
D. Young	SHW	USA	575	1978
C. Ahrens	SHW	USA	575	1969
W. Coleman	SHW	USA	575	1958
R. Cahlan	SHW	USA	575	1981
T. Fagan	SHW	USA	575	1983
R. Fagan	SHW	USA	575	1983
S. Wilson	SHW	USA	571.2	1982
H. Cassidy	SHW	USA	570	1971
H. Ferri	SHW	USA	570	1982
S. Wilson	SHW	USA	570	1972
B. Samardino	SHW	ITA	565	1968
S. Ponzzi	SHW	ITA	565	1981
J. White	SHW	USA	562.1	1983
L. Hedlund	SHW	USA	562.1	1981
E. Block	SHW	USA	556	1978
B. Bosacky	SHW	USA	556	1983
G. Mohl	SHW	USA	555	1971
J. Phillip	SHW	TON	555	1975
B. Danm	SHW	USA	555	1982
H. Saarelainen	SHW	FIN	551.1	1979
R. Steinacker	SHW	USA	551.1	1982
J. Martin	SHW	USA	551.1	1982
K. Beily	SHW	USA	550	1979
C. Keely	SHW	USA	550	1976
G. Arahamian	SHW	USA	550	1982
J. Gamble	SHW	USA	550	1983

**Free Belts**... Wheeler's Fitness and Strength Enterprises gave away a FREE Bob's Belt, style E, during the months of February, March, and April of this year and the lucky winners of those belts were: Eric Arnold of Duxbury, Massachusetts, Bobby Howell of Duncanville, Texas, and Jerry Howard of Corning, Arkansas.

**SENIOR NATIONALS**, they are coming up fast and if you want to find out the quick way that happen- ed, who did it, and why it came out that way on the lifting platform, why not start up a subscription to POWER HOTLINE before the Seniors so you can get the late-breaking news on that meet, plus a whole year's worth (2 dozen issues, sent out via 1st class mail, including the World's Report). Send \$28 to Powerlifting USA, Box 467, Camarillo, CA 93011

**Aviano Base Championships 4/2/83 - Aviano AB, Italy (totals)**

WOMEN 165

D. Krumacker	200	181	1070
J. Kirt	440	K. Rosenblat	990
J. Caldwell	460	198	140
220	220	women	140
D. Banalas	550	J. Soula	1425
L. Gatliffe	535	J. Ross	1125
F. Arrington	1070	D. Caldwell	1650
T. Hoyt	970	K. Wallace	1170
M. Williams	mb	J. Danielson	810

Thanks to Dusty Caldwell for results.

**15/16 OCT National Masters championships**, Oscar Jensen, Cedarwood Apts., Apt. N 22, 1100 W. 14th St., Lincoln, NE 68502.

**16 OCT** New Jersey District North of Trenton, Ron Passaliti, 287 Camden St., Oradell, NJ 07049.

**22 OCT** No. Call Open and novice BP. Bob Shebogan, Wis 53081, 414-458-8616.

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# PIONEERS of POWER

by Pete Vuono

## Part 5, Don Cundy

If you were asked to name the only man to win 4 Senior National titles in the Superheavyweight class or the only man to win 4 straight Senior National Superheavy titles in a row what would be the answers be?

If you were to say Don Reinhoudt, you'd be close, but big Don only won 3 Senior Nationals. If you guessed Doyle Kennedy or Paul Wienni, guess again, as Kennedy won two Seniors and Wienni also won two.

Amazingly, the name of the man who won 4 straight Senior National titles in the Superheavyweight class is practically unknown today. This man is Donald Thomas Cundy. Don Cundy won the Senior National Powerlifting championships from 1967-1970 and never weighed more than 283 in doing so. In fact, his bodyweight fluctuated with the exception of June Cole. Don Cundy was the lightest senior to ever win a Senior National Superheavyweight title.

Cundy's career began back in 1965. That same year at the 1965 Minnesota State Power championships, the 6 foot 3 inch, 263 1/2 lb Cundy made his presence known with a 735 lb American record deadlift. This record would soon be taken back with a 745 1/2 deadlift by James 'Gene' Roberson, however. Undaunted by his short lived record, Don quietly continued to perform his unconventional stiff leg deadlifts on the bench. In 1967 at the South Minnesota Powerlift championships, Cundy deadlifted 761 for another new American record. It was then that the red headed Cundy, who was nicknamed the 'Pink Elephant', decided to enter his first Senior National in Pennsylvania. Don weighed 280, but was pitted against George 'Ernie' Pickett and Bob Weaver, both of whom weighed over 300 lbs. Don bench pressed 490, squatted 600 and deadlifted another American record of 784 to win his first Senior National title.

With one Senior National victory scored, Don tried again in 1968 and won. Don had a vicious looking spinal erector tear at the Dayton Seniors last year. Bill has qualified for this year's Senior National Championship at the Missouri State meet via 804 485 755 2044 at 242. To speed up his recovery process, Bill did lots of rehabilitation work, including direct and indirect movements to work the affected area, and bodybuilding moves for the other major muscle groups, and did power back work only once per week to let it rest. During this time he went on a power cycle on his bench, letting his weight go all the way up to 274, and he got 501x2, which he figures would have converted to 535 for a max single. In January he started his power cycle for the Missouri meet. He had no trouble dieting down to the 242s and had a great meet, missing only a 507 bench and a 788 deadlift, which would have brought his total to around 2100, just 7 1/2 months after an injury that would probably require surgery and might keep him off the platform forever.

again emerged victorious with lifts of 480 bench press, a 700 squat and a 755 deadlift. Although weighing only 280, Don once again defeated the 307 lb George Pickett. The year 1969 proved to be one which would serve to Cundy's greatest test and greatest victory. Don was to do battle against the likes of some of powerlifting's immortals. The 275 1/2 lb Cundy faced 301 lb Talmadge 'Rus' Fletcher, 339 lb Jim Williams, who was to break a National record with a 600 bench in this meet, and 336 lb Bob Weaver, the then current record holder in the total and 1966 champion.

Weaver broke an American record in the squat with 807, and Williams a National bench press record with 601 1/2. This put a great deal of pressure on Cundy with his 490 bench press and 735 squat. However, after falling once, Don pulled an American record 801 1/2 deadlift to win his third Senior National title, become the first man in history to deadlift 800 lbs, and finally became the one to better Herman Goerner's 793 record made in 1920.

After having the best meet of his life, Don put his reputation on the line in 1970 in Louisiana by once again entering the Senior Nationals. This was not to be an easy task. Once again the 283 lb Cundy faced 300 lb plus Jim Williams and 300 lb plus Talmadge 'Rus' Fletcher who was to squat a rock bottom 810 1/2 American record at this meet.

Although up against tremendous competition, Cundy bench pressed 500, squatted 755 and deadlifted 785 for an unprecedented 4th straight Senior National Superheavyweight title; an accomplishment unequalled to this day and a record which is not likely to be broken soon.

Don was not only a fine lifter but a prolific writer, who wrote articles for Iron Man and Muscle Builder which will always be helpful to the novice and advanced lifter. Don was living proof that prudent training and perseverance could conquer the odds against becoming the winning Superheavyweight in the Senior National history.

**Bill Davis Update**...despite a vicious looking spinal erector tear at the Dayton Seniors last year, Bill has qualified for this year's Senior National Championship at the Missouri State meet via 804 485 755 2044 at 242. To speed up his recovery process, Bill did lots of rehabilitation work, including direct and indirect movements to work the affected area, and bodybuilding moves for the other major muscle groups, and did power back work only once per week to let it rest. During this time he went on a power cycle on his bench, letting his weight go all the way up to 274, and he got 501x2, which he figures would have converted to 535 for a max single. In January he started his power cycle for the Missouri meet. He had no trouble dieting down to the 242s and had a great meet, missing only a 507 bench and a 788 deadlift, which would have brought his total to around 2100, just 7 1/2 months after an injury that would probably require surgery and might keep him off the platform forever.

Northern Calif. Open Women's 4/24/83 - San Francisco, CA				
	SQ	BP	DL	T
97 C. Fujitaki	165	132a	237	534
N. Belliveau	203	88	248	
105 T. Lutterer	137			
K. Tuttle	237	121	314	672
R. Sandlin	159	93	231	485
S. McPhail	159	88	242	490
P. Flinnick	286	165	325	777
S. Springsteen	237	159	314	677
S. Adams	176	126	231	424
P. Liffiter	231	148	275	677
F. Kraus	231	132	264	628
E. Silva	226	110	275	611
E. Schneider	181	99	226	507
C. Halseb	159	77	220	457
M. Eichhorn	159	77	220	457
A. Barne	242			
C. Mling	297	137	319	755
S. Johnson	176	126	231	534
R. Bagwell	176	99	231	507
C. Woods	143	82	253	479
P. Ackemster	120m	88m	220m	435m
A. Bell	165			
J. Hill	330	180	424	857
J. Chang	330	126	325	755
L. Beaudette	303	126	325	755
C. Sorenson	248	154	308	711
C. Wilcox	253	132	319	705
H. Doe	220	115	340	677
S. Yang	198	88	275	562
S. Earl	259	148	336	766
S. McFarland	292	187	325	804
R. Olmstead	220	143	303	666

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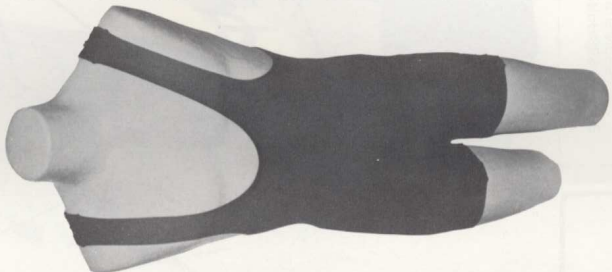
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