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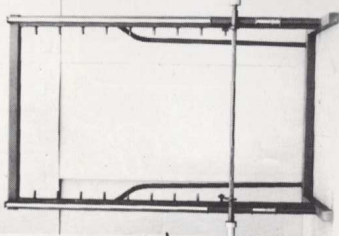


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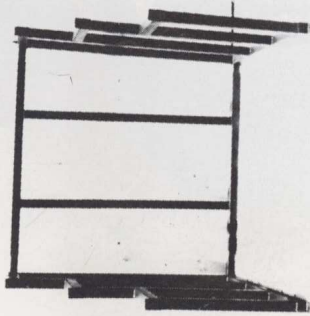
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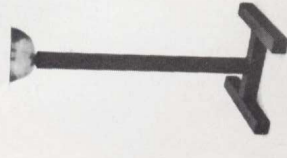
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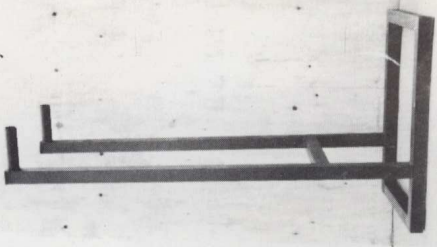


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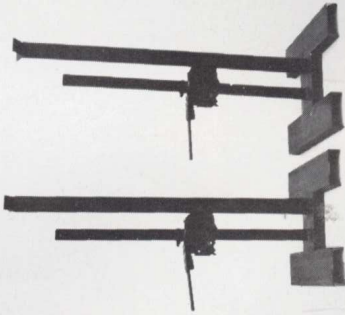


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Powerlifter (pow'et-lee-er) noun. Athlete 1. Powerlifter, the strongest athletes to have ever lived. 2. Powerlifter, the most demanding physical and mental training known to man to attain their goals to be the best.

Supersuits (su-'per-suits) noun. 1. Supersuits, the strongest powerlifting suit ever made. Specifically designed for the most demanding sport in the world. Powerlifters wear supersuits, a specially woven fabric, specifically devised for the demands of Powerlifting.

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Larry Kidney, Sr. Natl. Champ, world & Masters record holder.



Terry McCornick, world & Sr. champ, world record holder, 275 lb. class.



Mike Bridges, the best lifter in the world



Dave Shaw, National champ, Sr. contender.



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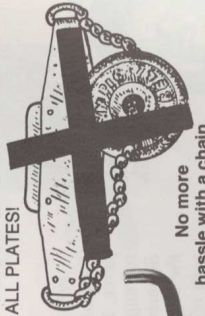
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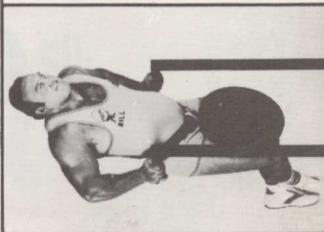
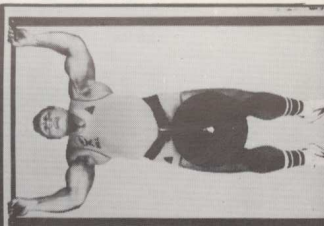
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Powerlifting-U S A

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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.

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ON THE COVER.....John Gamble who far exceeded the current World Record in the 275 lb. class at the Seniors.

NEXT MONTH.....Teenage National Power Championships

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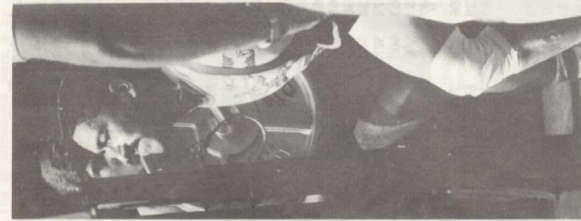
Women

Masters

Steroid Seminar

Schedule of Events

Saturday: Lifting = All Women and 114-181 10:00 am
: Seminar = Tony Fitton (Steroids) 7:30 pm
Sunday: Lifting = 198-Super 10:00 am
: Beer Party = Immediately following the lifting



Caputo...totaled conservatively, but it was not enough to make the team.

Well, another Seniors has come and gone and as always, there are many stories to tell. Chip McCain had made many promises and for the most part, delivered in fine fashion, providing a fine site, good hotel accommodations, and with many thanks to John Pettit, solid organization in and around the platform. Lou Ferrigno proved to be superlunious, hell, Wilson, Gamble and Kaz could have done about as well under the lights, but you got to push to get the public in, and that was Lou's job. Editor's note: Chip reports that the added expense of bringing Lou in did not justify itself at the gate) If no one else bothers to do it, I'll be glad to write a proposal that bodybuilding exhibitions not be allowed at any national level meet, especially when it means that the lifters have to sit around for twenty minutes waiting for a bench. Chip and his people were quite efficient in giving us a fine meet with lots of super competition. There were no entrants at 114. The word came down that Cunha was home and overweight with his newborn child and Chuckie Dunbar was nursing a shoulder injury. I would have called Chuck, sent him a plane ticket, and had him come and total. Any injury he had would be long healed by World time and I would think that he would have been selected. Also, we will go to Sweden without anyone in this class, and Inaba will have no contest from the USA for his 10th World title. Neither will we have representation at 123. Ralph Caputo was the only man entered, and he lifted well.

Senior National Championship Report

by Dr. Ken Leistner

fire was lit the entire meet. Jay Rossiglione unfortunately had the type of meet I feared he would have. It is very difficult to tell one of your best friends, a man you have coached and otherwise handled for many years, suffered and rejoiced with, that you had the definite feeling that he was going to get stuffed, yet, that's how I felt. It was imperative that Jay not sense this, and I gave it the typical St. Louis, let's eat brownies and kick ass rhetoric right up to the final DL, but in my heart I knew the truth. I felt that Jay would probably suffer from a loss of kinesthetic sense, and my greatest fear was the possibility of injury. After being a middleweight for close to a year, and training at 170, Jay's tendinitis and subsequent inability to qualify at that weight, forced him to quickly reduce, peeling off quite a bit of muscle tissue in the process, and make it at lightweight. Unfortunately, his body didn't know where it was in relation to the weight on any of his squats or benches, and he had his back to the wall come pulling time. As tough as Jay is mentally, there were no miracles on this day and I can only hope that he'll hit the pizza and canollis to the tune of the next higher weight class. Ed Morishima surprised me, even though my good friend Mike Scott was quite open in telling me that he would pop a huge bench,

although not well enough to get an invitation to Sweden. Ralph has only been lifting for few years and his inexperience showed at the Nationals in Charlottesville when he bombed with a weight that was 72 lbs heavier than anyone else in his class finished with. His 402 squat at this meet was still scads below his National opener and he missed two out of three, but time will polish some of his rough edges, and the potential for much more is there, as he has proven at some of the other meets he's been in. Unopposed or not, he's a Seniors champion and he should be able to build upon that.

At 132 Handzor had some difficulty making weight, had to rush his squat warmups, and approached a big 518 opener a bit cold. After two disasters, he wisely passed his third and watched the rest of the meet as a friendly spectator. Ernesto Millan carried his hypemess to a respectable 1333 total and showed flashes of great power, hampered by his busy personal and professional schedule in Florida that restricted his training time. As always, Lamar was the story, with a fine 7 for 8 performance and another crown. He seems to get better by year, and just as consistently, found the hottest night spots in Austin. He seems to have a penchant for locating the best time to be had in any city he's in, and he attacked Austin with his smile and confident manner, leaving very satisfied, I'm sure.

The 148s should be fun to discuss, ...Sure! This figured to be one of the tougher classes, but none of the pros eventually came down. First of all, none of the eight competitors bombed and all were capable of causing trouble at the top under the right circumstances. No one would have picked Rudy Ruettiger for last place, because he's too damned good, yet, that's where he wound up and not because he lifted that poorly. He didn't get what he wanted but he was solid as always. Miller took seventh and I talked about Bob Bridges took sixth. He is a quiet, nice young man who appeared to be floundering and a bit over his head at least up until deadlift time. I know that brother Mike desperately wanted Bob to do well, perhaps even more so than he did himself. Bob never bit more big meat experience and I suspect that he will learn much from his first Seniors appearance. He was tentative in the first two lifts but real-ly attacked the deadlift, showing that typical Bridges confidence and fire. Mike told me that he was capable of 700 or so and I had pooh-poohed that one, but his 672 was done with room to spare, leaving me wondering how he would have done if his



Bob Wahl...seemed very confident with his 661 and it was a smooth one.



Lamar...intensity is the key to his longevity as a champion in the sport. ed me, was Bob Wahl. I spoke with Jerry Bell about him last year, with Jerry supplying quite a bit of coaching at that time, and told him that he had a winner, but this soon? I thought Bob would stay at 165 but he came down, with lots of cuts and vascularity and brought his power right along with him. If he could bench a bit better, he would be infinitely dangerous. He bumped his PR squat up a notch over his own World Record with solid ease, benched well enough to force everyone else into a big DL and pulled enough to keep Finch and everyone else at bay. He must be proud of himself, starting with a deadlift of 5 kilos more than he bombed with last year. It was a fine, mature performance by another lifter who carries enough muscle to make the lightweight limit a tough goal to attain. Hey, this kid is good!



WOW!...Bob Bridges and his 672

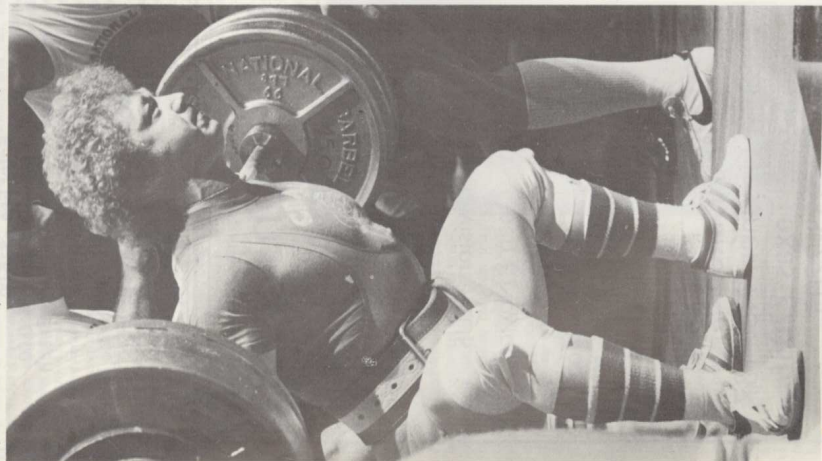
SENIOR NATIONALS — 23,24 July 1983 — Austin, Texas

	Bwt.	SQ1	SQ2	SQ3	BP1	BP2	BP3	Subtot	DL1	DL2	DL3	Total
123 R. Caputo	55.44	402	440	440	275	264	275	666	440	485	561	1151
132 L. Mint	59.8	473	501	542	275	292	286	778	540	534	562	1372
C. Hillan	59.8	440	485	507	275	275	275	787	534	534	562	1333
E. Handsoor	59.8	440	485	507	275	275	275	787	534	534	562	1333
148 B. Wahl	67.2	600	633	661	303	325	325	964	606	628	639	1592
D. Finch	67.2	588	617	644	325	357	356	964	606	628	639	1592
D. Austin	67.2	588	617	644	325	357	356	964	606	628	639	1592
E. Morishima	67.4	562	584	598	310	340	340	920	584	622	639	1543
J. Rorschhime	67.5	584	594	593	330	344	344	992	551	584	584	1510
B. Bridges	67.5	529	529	523	303	325	325	832	529	622	672	1504
K. Miller	67.4	507	540	540	325	347	352	925	518	556	567	1421
R. Ruettiger	67.5	512	529	545	341	358	363	887	523	551	551	1410
165 R. Crain	74.7	672	699	699	352	374	380	1052	688	716	722	1769
G. Bell	74.7	633	672	710	396	418	429	1234	617	617	617	1752
D. G. Gay	75.0	622	666	688	374	396	413	1069	633	661	688	1758
G. Herrig	75.0	633	655	666	391	407	413	1069	633	661	688	1758
J. McCarty	75.0	689	639	661	374	391	407	1069	633	661	688	1758
J. McCarly	75.0	689	639	661	374	391	407	1069	633	661	688	1758
R. Well	74.9	606	639	661	468	485	496	1124	562	584	600	1708
M. Phillips	74.5	578	622	650	413	451	462	1074	578	622	639	1697
J. Bolin	75.0	600	644	655	391	407	418	1063	600	639	644	1664
B. Cavalier	74.8	584	584	584	319	341	363	925	566	622	639	1592
M. Roy	75.0	650	683	699	396	407	407	1047	680	680	680	2011
M. Bridges	82.1	705	804	843	446	501	523	1306	650	705	705	2011
E. Coan	77.6	661	683	699	407	418	429	1129	677	677	705	1857
V. Keya	82.4	639	661	677	374	391	396	1069	677	705	705	1774
P. Stuphin	81.5	644	644	655	396	407	407	1047	680	680	680	2011
198 R. Duke	90.0	650	680	710	429	451	462	1173	744	766	766	1940
E. Frantz	89.7	749	777	804	429	451	462	1173	744	766	766	1940
P. Poirer	89.5	672	699	727	462	476	485	1207	727	744	744	1940
G. Sanger	89.6	710	749	766	446	462	462	1195	683	716	727	1912
R. Woods	89.3	661	661	661	457	479	485	1180	653	705	727	1912
C. King	90.0	792	749	777	396	407	407	1146	643	699	722	1846
T. Johnson	90.0	710	760	782	402	424	435	1184	661	722	722	1846
K. Shepard	89.1	677	710	727	418	440	440	1140	683	722	749	1840
L. Mistr	89.2	683	722	755	451	460	460	1140	683	722	749	1840
R. Dyer	89.6	644	683	716	440	479	485	1124	628	661	683	1807
G. Parigian	89.6	694	733	749	341	358	363	1052	650	650	733	1785
D. Wright	87.0	733	768	777	473	490	501	1234	650	650	692	1879
220 J. Ladnier	100.0	777	804	837	485	512	523	1372	727	749	766	2110
F. Hatfield	99.7	815	848	876	457	485	496	1372	727	749	766	2110
J. Cash	100.0	749	799	799	446	462	473	1263	749	840	840	2011
J. Siders	96.2	782	821	821	440	457	457	1223	699	733	733	1923
K. Fisher	99.0	672	710	710	374	413	435	1146	649	733	733	1895
J. Logston	99.6	738	782	782	402	402	429	1184	688	738	733	1895
J. Jones	99.6	744	782	804	402	402	429	1184	688	738	733	1895
S. Mangialardi	97.0	788	799	840	402	402	429	1184	688	738	733	1895
V. Anello	98.0	683	683	683	402	402	429	1184	688	738	733	1895
242 S. Wilson	109.7	749	788	804	523	551	567	1355	727	771	788	2143
C. Snitkin	109.7	810	822	832	463	485	496	1300	727	771	788	2143
D. Reed	109.5	749	788	804	463	485	496	1300	727	771	788	2143
M. Halliter	108.5	733	766	782	457	485	485	1229	705	705	705	2022
J. Magruder	108.5	664	733	749	540	573	584	1333	672	705	705	2022
M. Didduk	107.9	744	788	788	402	424	424	1229	705	705	705	2022
S. Miller	108.4	749	799	799	402	424	424	1229	705	705	705	2022
F. Christeneda	108.3	738	771	771	490	512	523	1329	699	727	727	2006
R. Cironiak	108.3	821	865	865	490	512	523	1329	699	727	727	2006
B. Davis	109.6	799	799	799	490	512	523	1329	699	727	727	2006
D. Schneider	109.8	777	777	777	490	512	523	1329	699	727	727	2006
I. Stein	109.8	722	722	722	435	451	462	1300	727	727	788	2055
S. Warman	109.6	799	837	865	435	451	462	1300	727	727	788	2055
275 J. Gamble	124.6	832	870	892	534	551	573	1466	777	804	810	2270
L. Moran	125.0	903	953	953	573	600	617	1504	705	744	744	2210
B. Dempsey	123.7	810	859	890	501	523	534	1383	771	810	810	2193
D. Shaw	123.0	766	799	815	485	512	523	1300	771	821	821	2121
S. Palmer	125.0	777	821	837	501	523	534	1383	771	810	810	2193
T. Martin	124.7	804	843	865	485	501	512	1329	699	727	727	2006
D. Wohleber	123.7	870	935	935	380	396	396	1251	804	876	876	2072
R. Sandlin	122.2	892	843	865	380	396	396	1251	804	876	876	2072
L. Kidney	124.9	766	766	766	380	396	396	1251	804	876	876	2072
SHW B. Kazmaier	147.9	865	909	909	523	529	546	1460	799	837	859	2298
D. Kenady	135.8	832	870	870	529	546	546	1460	799	837	859	2298
W. Bouvier	145.6	913	870	870	589	589	632	1460	771	788	788	2332
B. Boscazz	139.9	876	876	849	529	562	562	1355	804	852	852	2160
P. Wrenn	136.0	903	942	959	490	490	490	1355	804	852	852	2160

The middleweights were a lot more exciting than many believed possible primarily because Ricky Dale Bell and Dan Gay squats, and Gene Bell and Dan Gay squats, were not the way they were expected to be. (Editors note: Dan Gay had done 686/414/727, but the 686 really hurt his knees, possibly rupturing a tendon that was injured at the 1981 Olympic Senior Nationals.) Herring was solid but was just off the big squat and DL he needed to pull the particular medals. He is a well built lifter and he has between 181 and 165 and this may have taken something away from an otherwise fine performance. Dan Gay went 8 for 9 at the Nationals, thus though he had squeezed quite a bit out of himself, and if anything would suffer a bit and be off that mark at this meet. Heh, he fooled me and most everyone else. Mama, He looked quite sharp in his warmups, and I kept thinking, 'Gee, this guy looks pretty strong.' Pretty strong was a major understatement as he added about 100 pounds to his Nationals total. Right, 100 pounds, and he missed one attempt in each lift.



Gene Bell...amazingly continues to improve after each competition.



Ricky Dale Bell...had a rough go in the squats with Bell on his neck all the way through the deadlifts, where he got the 'must have' 716 he needed.



Ed Coan...rammed up an American record 485, 501 is his next goal.




Ed Coan...his only problem as a bodybuilder...trying to make the 165s. And I hope he didn't sap his strength much at all. emergencies to contend with and adequate facilities and/or materials were not present to treat the people properly. For the safety of all the participants and the integrity of the sport, this should need to be taken care of and frankly, there were times when the two of us had separate minor responsibility of the Executive Com-

proached by the head judge, who ordered the clock stopped, and walked over to Jim to check for oil on the thighs. I am not an International ref, but in my opinion, this was poor judgment on the part of the official, and to make it worse, I was told by a number of people, that an associate of one of Jim's competitors had requested that the head judge make this check (if I am incorrect, my apologies). Man, the people, and most of all, the other lifters were very great. Everyone wanted to see a great attempt made, and success or failure comes with the man's abilities, Jim's psyche was broken. He quickly set himself in order again, attacked the bar, and damn near pulled it to completion. Ray Rigby, the World's representative for Australia at Superheavyweight, who came over for this contest, felt that this was the lift of the meet, despite its failure. Jim pulled for all he was worth, and it was really stirring, everyone in the hall pulling with him every inch of the way. During the victory ceremony, Jim Cash and Larry Pacifico exchanged unpleasants and Laddner's extended hand was not shaken by Jim when offered. It was an unfortunate aspect to a great day of lifting that left the crowd buzzing. Most of the winners and losers hit the Austin City limits to discuss the day's events to the tune of Lone Star beer and Willie Nelson. I couldn't find a Hendrick recording outside of my own room so I hunkered down to treat all-

big things in the future. The infighting among Cash, Hatfield, and Laddner was fierce and at times, nasty. Larry had let everyone know that Big Joe was the man to beat, and there was no b.s. there, as the kid was most impressive. Cash posted a neat 799, Joe a big and solid 838 while Fred motored through 876 (3 perfect lifts), much to the delight of the crowd. Folks, this was great squatting. The fireworks continued in the bench as Cash stayed close with 462, Fred did a needed 496 on a 3 for 3 effort, and Joe busted loose with 523. Like I said, the lifting was hot and fierce. Going into the DLs, it was obvious that every pull would make the difference between third and first, so the guys prepared smartly. There was some backstage hanky-panky as someone unofficially kept changing Jim's attempts at the expeditors table. Jim Todd, who always handles Jim in major meets, and does so in superlative fashion, instructed the table that no one, absolutely no one, was to give attempts for her lifter, but by then, enough confusion had been caused to take a bit of an edge off Jim's preparation. Laddner and Cash both negotiated 749, Joe on a second, Jim on a first, while Fred needed two attempts (on what some saw as a controversial call) to get 727. Fred approached the 749 he needed to get a big haul, but couldn't finish it after a gallant pull. Laddner then missed 706 and had to wait out Cash. As Jim approached the 848 he needed to win, right folks...848, he was ap-

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Buddy Duke...squatted himself a cushion into the deadlifts.
 All black and white Senior Nationals photos by Kathy Tuite/PL USA.



Brian Smith...was imported from Britain to direct platform proceedings.

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Keyhea may have been a bit fatigued from his Nationals performance, and he totaled a cut less than he did a month before. Ed Coan was an absolute surprise, having missed the middleweight limit by a pound or so earlier in the day, despite extensive all-night efforts to make it. He hit a big 1857 total with a balanced 9 for 9 effort and indicated that he will be a major contender in the future, a very impressive one at that. Mike Bridges has to wear the expectations of lifters everywhere, and as unbelievable as he is every time out, many forget his accomplishments in their desire to see him lift one record after another record. He missed a huge 843 on depth, but let me tell you, he handled it with ease. His 804, right. I said 804, was a smoker and this is what I mean by his lifting being taken for granted. His total was, of course, more than enough for the Best Lifter award, ho hum. This man is phenomenal and no words can describe him. In 1979, I predicted that others would be referred to as the "Bridges of their particular sport" and it's happening because he is beyond comprehension, and consistently terrific.

The '98s showed up looking like the Beach Lifting Club of many years ago; big, strong, solid, and ready for absolutely anything. Conspicuous by his absence was Walter Thomas, one of the finest gentlemen in the sport. He told me that he had injured his back a few weeks ago and after 12 years in the trenches, wasn't about

mittiee or its senior presiding officer to insure that it does not in fact, occur ever again. Massive Rick Weil put his name in the record book with a smooth power drive with a 485 bench, one of several world record exceeding lifts made at the meet (IPF-IOC drug testing was not in effect at the meet and the records will be meet and American marks intact). His 496 effort was anticlimactic, as his goal had been the 485 some time. In training, he has since done 501 and driven 529 halfway up. According to his coach, Dick Armstrong, of the outstanding Suncoast Gym team from Florida, his bodyweight normally hovers in the big poundages after extreme weight loss. Herb Glosbrenner reports that he weighed 189 stripped the day after the meet. The 165 lifting was concluded with Rickey Crain's big 716 DL, something that he reached down inside himself for, and a weight that he needed in order to walk home with this one. Rickey is a champion and he proved it, keeping his poise, showing the maturity that has become so noticeable the last two years, and doing what was necessary to insure another Senior's crown. A great class, and a terrifically competitive session.

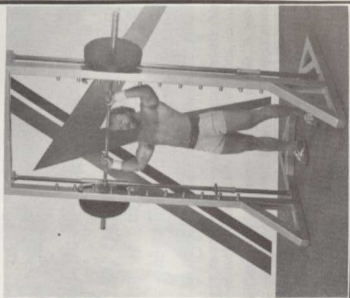
What if they gave a Seniors and none of the 181s showed up? We may be getting to that point because of the presence of the great Mike Bridges. Most of the expected contenders never materialized, and Suttinners went out on the squat. Vinson



Mike Bridges...and his patented flare moved up 843, but it wasn't passed.

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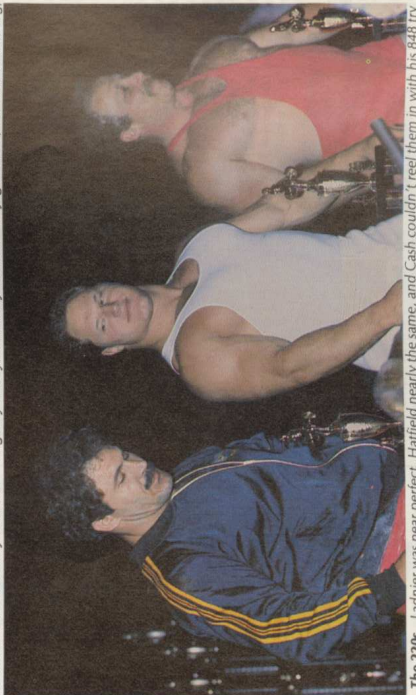
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ing athletes, catch up on some sleep, and review the gossip about Round 2 of what was shaping up as one of the most competitive Seniors ever.

Day 1 was started bright and not quite so early as the previous day with the usual amounts of pre-lifting bullshit gliding the hallways. This had figured to be a Big Man's meet and the Big Men certainly came prepared to do their thing. Injuries riddled the '42s although the crowd wasn't aware of all of them. Dave Schneider had been nursing a sore hip for months and although he said that the pain was not the limiting factor, and he actually felt quite strong the day of the meet, he couldn't get a squat past the judges' scrutiny. Chromak went down hard and was removed by litter, having ruptured the membrane around the leg that surrounds the muscle (we learned this later on), which is something he will come back from with not too much difficulty. My friend and cohort Bill Davis, who many felt could have taken this one, popped a glute in the warm up room. After battling back from what should have been a career ending injury, this was a shame. He had doubled 810 in the squat and his bench and deadlift were up, and he was at under 9% bodyfat, but with the tom glute he couldn't stop himself going too low to get up again. It also seemed to me that Bill once again let his personal problems get in the way of his abilities, and as Jay said while we were trying to get him ready for his opener, "Ken, he's in another orbit, and that, as much as his injury, was his downfall. His recent move back to St. Louis should allow him to finally achieve the greatness that he has within him. Magnitude continues to improve meat by meat, and a bench specialist, particularly when you consider his recent progress in the squat. Challer showed more poise than is his usual quota at a Seniors, but he looked a little after his National's victory. Miller lifted pretty well, despite some inconsisency. Mark Dimondino, by a wide margin picked up 804 DL, and showed a much improved bench about the same complaint voiced by others about the complaint smooth DL bar. Dennis Reed proved the experts' wrong, coming back resoundingly from a popping injury. Man, he was tough as a buck and a quarter steak and ready to dance a round or two when he came out to squat. His bench was improved though it's still not his big lift. He almost didn't make the DL, he needed for third, but I imagine that he felt that he had come too far to back down and did what was necessary gripwise, in a fine example of fortitude and guts. Smithkin again missed the brass ring, but he is dependable and awfully strong. If he could have squeezed a bit more from his squat, he might have pushed a bit more for top honors, but on this day, they fell to the awesome Steve Wilson. Steve's physique was unreal, as always, and he lifted with great determination. His 788 DL was a very long, slow pull, but it was there all the way, a fine capper to a 2143

total and a well deserved win. I handled Mr. John Gamble in the 275s and thus was intimately tuned into this group. John had to drop quite a bit of weight (the subject of a recent item in SPORTS ILLUSTRATED), and remember, John is not into the diuretic and weed drug scene. This is a man who won't eat red meat or junk food, so he had to peel the weight off the hard way, starvation and fluid reduction. Lee Moran, the potential super star originally from the Oakland (or it is Alameda) area, dropped down a once we kicked off, things began to fall into place. Moran was chasing 804, a world record exceeding 804, a nice reward for such a fine gentleman. Moran was hampered by a torn hand, leaving him with a 705 pull and second place in his first Seniors meet. Lee has great potential and as he learns the nuances of the sport, and prepares more and continues to be a very overbook-diligently and systematically for next



The 220s...Ladnier was near perfect, Hatfield nearly the same, and Cash couldn't reel them in with his 848 try

thick, well muscled and on and on. Words don't describe him because he made a comble look small, on one one. McClin grabbed the mike and informed the crowd that the great Kaz hits in the ring, and I mean really BACK.

So it went, lots of great lifting, the usual behind the scenes intrigue, and a world team that should do quite well in Sweden. All class winners other than Caputo, plus Hatfield will represent us, and do it very professionally, I'm sure. The coach has not yet, at this writing, been chosen, but all of those being considered are competent and respected. My own observations of the meet were quite positive. I wasn't promised a Kaz to go for it. Wayne is a fine young lifter, also underrated, and if it wasn't for two missed benches, he would have been a lot closer. He will be around for years to come and he will continue to improve. Terrence Rosciglione, who was with us in Munich, made like Wayne's stomach did a very insightful comment: "It looks like Wayne's stomach moved up into his chest and shoulders." Yeah, he looked good. Doyle chased Kaz into his final pulls and gave two good rides to 898. The nicest thing for all of us true lifting aficionados was that the second at-



Deserving Winner...Steve Wilson finally put together the Big Victory.

tempt at it was better than the first. Man, Bigby and I were dancing in the aisle, because he got that close. Kaz overall was balanced and too strong and very motivated. He was cranked up for this meet and all of us were pleased to see him back. I mean really BACK.

Smith insured that platform matters were handled correctly. John Pettit, as always, did a great job organizing the meet, platform area, expeditors loaders, spotters, front table help, all of whom were terrific. I didn't even mind Mary Eltridge's comments about me "looking real old." Hell, baby, that's maturity, that ain't old! Besides, as many noticed, I'm actually training and was, once this weekend, mistaken for a lifter. That's right, but I would be less than honest if I didn't admit that the guy was pretty drunk and appeared to be a tourist from Butte. Oh well. Until next year at Dayton, train hard, and enjoy.

Final Editor's Note... John Black's Health World won the team title again, despite the loss of several team members from last year's group, so considerable congratulations are in order for them. A quick review of the National Committee meeting proceedings is also in order. There will be a IOC-IPF drug testing at next year's Women's Nationals, and Nationality for those who break world records will be formalized. The registration fee for 1984 will be up to \$15.00. The 1984 Seniors will go to Larry Pacifico in Dayton, once again, the Juniors will be at Texas

KAZ... despite being 50 kilos off his best bench, he had a quality total. A&M, the National Collegiates will be at Villanova University in Pennsylvania, the Women's Nationals will be in Austin again sponsored by Chip McCain (by the way, Chip has also got the USPF approved bid for the men's Worlds in 1984 to present to the IPF in Sweden this November). The Men's Teenage Nationals will be in Chicago and the Women's Teenage Nationals will be in Indiana.



Doyle Kenady...was this close to beating Kaz with his final 898 try.



Ray Kobetz, light-heavy champion, with a best lift trophy and powerlifting fans throughout the world were rewarded with a new role model, a four time World champion who is proving that he can lift incredible weights without drugs.

ZFS: While the tumbout of Pennsylvania ADFFPA lifter P. Bennett Maurice Peak, the light-heavy champion, rode into the limelight. Also riding was Ando Garritano, who has been in more weight classes in powerlifting than he was in Accounting II classes at Kutztown University.

Years ago Andy won the National Collegiate as a super heavyweight and gave Kutztown the National team title. Months ago he was winning local ADFFPA meets as a 242 pounder, sweating that he was going down to 220. His desire to go after his buddy Bennett led him back to the 275s where he used three balanced lifts of 688-424-628 to earn the victory. For many years Andy has been a staunch supporter of the drug free movement and his championship is well earned.

Maurice Peak, who claims he doesn't need steroids as long as he has the Burger King available, rode into second place on the strength of a 685 squat and class leading 429 bench about 400 lbs. ... this cat beat Broad Miller didn't quite have enough of a deadlift to win in all he needed 683 but he did edge by Tom Giordani and Bill Gillespie who represented themselves very well in placing fourth and fifth.

SHW: There was probably enough beef in the SHW division to feed all of New York City for an entire month. Big was the Law of the Class and there were no exceptions. Eric Cooper drove up an easy 777 squat, giving him the lead in the class and Stiff's the lead in the team competition. Lorenzo Barrett trailed by

TONALS



John Craft of Indiana took the 1988

to see a show that was a good as powerlifters have ever seen. Kuc made a squat of 722, missing 733. He then benched 418, 435 and missed 451. Due to uneven extension, his hard fought deadlift to the lock out position. That left Hood, who bears a striking resemblance to Clark Kent off the platform, and Superman on the platform, with no choice but to go for the winning attempt at 821 lbs. Hood heaved the weight all the way up to mid thigh before it popped out of his grip. A subsequent try was just as valiant, but it just would not go. Descenderly so the legend's return was successful. Kuc was rewarded

challenge and his 672 was more than he needed to win it all. Kelly pulled a nice 650 pounds to secure a second place over Traub and Edmond, who placed third and fourth respectively. Georgia school teacher Dennis Ference heaved 628 to attain position number five. Interesting and good sixty pounds over the lifter in third place. The problem for Kuc was that he was only 17 pounds ahead of Joe Hood.

The living legend of powerlifting planned to open with 755 which is generally enough to put away 99.9 percent of the world. If it wasn't enough to see the legend, Kuc should have found out for them they were about to see a show that was a good as powerlifters have ever seen. Kuc made a squat of 722, missing 733. He then benched 418, 435 and missed 451. Due to uneven extension, his hard fought deadlift to the lock out position. That left Hood, who bears a striking resemblance to Clark Kent off the platform, and Superman on the platform, with no choice but to go for the winning attempt at 821 lbs. Hood heaved the weight all the way up to mid thigh before it popped out of his grip. A subsequent try was just as valiant, but it just would not go. Descenderly so the legend's return was successful. Kuc was rewarded

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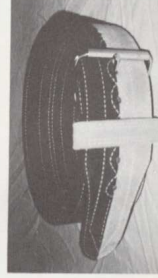
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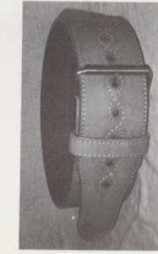
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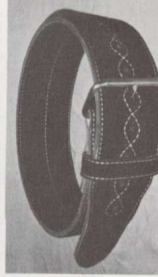
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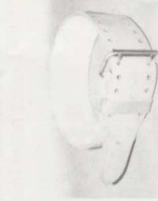
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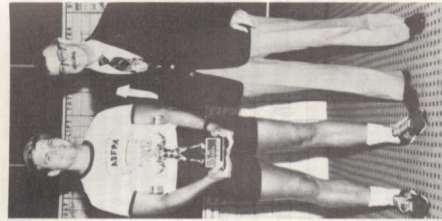
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Tim McClellan receives congratulations as coach of the national team from D.P. Jones, President, Brother Bennett, and Brother Jones via Tim McClellan.

mentioned in that sequence were newly elected as of July 29, 1983. In general matters it was resolved that:

1. Certificates for American and National records are available and will be issued shortly.
 2. State and national referees tests will be held. Cost of \$5.00 and \$10.00 respectively.
 3. Written bids will be entertained for the 1984 Nationals.
 4. The assigned Records Chairmen are: Mens: Tim McClellan, Womens: Judy Gedrey; Masters: Fred Glass, Teenage: vacant, Collegiate: vacant.
- A new list of referees per weight class will be established by Jim Callagher. The meeting adjourned at 6:45 pm Friday, July 29, 1983.



Lorenzo Barrett (SHW) with a 529 lb deadlift

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So, the weekend drew to a close. Some scurried home to relax and forge, while others took off out of necessity to start training for the 1984 Nationals (I won't mention any names, Schmidt). Best wishes to all. Hopefully this existing great bunch of administrators and lifters will pick up a few more great men and women along the way.

Highlights of the ADFPA General Meeting, July 29, 1983 (thanks to Nick Theodorou for this material)

The General meeting was called to order at 5:00 pm by Brother Bennett, the ADFPA President. The Secretary's and Treasurer's reports were given by Nick Theodorou, the ADFPA Secretary-Treasurer.

The new proposals adopted are as follows:

1. National records will be established only at the National championship meet, which will be held once per year. American records may be set at any sanctioned ADFPA meet as long as three national referees actually judge the lift and state records will be recognized when established at ADFPA sanctioned meets. There is no special drug testing required for the individual setting the record. Only standard testing procedures at the meet need to be conducted.
2. The Executive Committee will establish testing procedures and make recommendations on standardizing such testing procedures.
3. The nine person executive committee is comprised of: Brother Bennett, George Hummel, Nick Theodorou, Vincent Kilborn, Judd Blasotto, Matt Miller, Bill Stiff, and Brother William Stiff. The last five members

made an easy 600 squat (redlighted for being a bit high) settled into 3rd. Michigan's Ben Hart and Michael Hall finished their benches as Barrett prepared to open his first challenge. 518 was not much more of a challenge and 529 was the final touch needed for Barrett to assume a 60 lb lead.

Lorenzo finished his deadlifts (650) as did Cooper (639). Michael Hall (694) moved from fourth place into second place and Cooper dropped down a notch into third. Jeff Henning pulled enough (628) to retain fourth place and Hart (622) claimed position number five.

Henning's seven team points were enough to thrust the Pennsylvania team back into first place.

Special congratulations must be extended to all of the lifters of the National champion Pennsylvania ADFPA Power Team and especially to Fred Glass and Bill Schmidt, the co-captains of the club. The members of Stiff's gym and Bill Stiff also deserve special merit for a down to the wire second place team finish. The Mission Factory lifters may also take a lot of pride as they finished third.

Andy Garritano and his winner DL



Andy Garritano and his winner DL



John Kuc...one of Powerlifting's greatest lifters of all time has made his commitment to A.D.F.P.A. competition for the rest of his powerlifting career.

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LARRY PACIFICICO SPEAKS

On the USA World Team Selections: Larry feels that Ed Coan should have been selected for the team, on a Schwartz Formula basis, instead of Fred Hatfield. He feels that Fred and Joe Lachner will be at each others throats in Sweden and that this will cause animosity on the team. Larry considers Coan a guaranteed 2nd, without being a threat to Bridges, and he will need the experience as he will probably be on many teams in the future. He points out that Fred has had some problems in the past with bombing out and injuries.

On the SPORTS ILLUSTRATED article on steroids by Terry Todd: Larry feels he was misquoted. In one example, Larry states he never said that he "may not be able to keep myself from taking steroids" and that what he did say was "if I compete again, I may not be able to keep from taking them because my competitors may be on them" and he adds that "Terry made it sound like I was addicted to them." He says he is taking legal action because of the story, and feels that the truth will eventually come out.

On his POWER ELITE team: he points out that he has had winners at all sorts of national meets this year: Tim Martin at the Y Nationals, Mark Challer at the Juniors, Joe Lachner at the Seniors, Terry Floren at the Women's Natural Nationals, Christina Papalios at the Women's Teenage Nationals, Jeff Chorpennig at the Men's Teenage Nationals, and Sean Scully at the Armed Forces Championships. He is particularly proud of Jeff who moved to Power Elite only 4 months ago totaling 1340 and then went 1581 at 165 at the Teenage meet and won Best Lifter.

Least We Forget... Tony Carpio was the first middleweight to officially bench press over 400 for an IPF World Record, doing it twice in one meet, the California State meet of 1977, where he hit 403 and 409.



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MINUTES OF THE NATIONAL COMMITTEE
July 22, 1983
Sheraton Crest Conference Room, Austin, Texas
by Ramona Kennedy, USPF Secretary

The meeting was called to order by President Conrad Cotter at 9:00 a.m. Invocation by Dick Burke.

ROLL CALL OF VOTING MEMBERS WAS TAKEN:
Executive Committee: Cotter, R. Kennedy, D. Kennedy (prox. W. Thomas), Hatfield, Pettit (prox. Jan Pettit), Foster, Packer, Schwartz, Kidney, Zangas.
Regional Chairmen: Region 1 - Jubinville, Region 3 - Lowe (prox. T. Todd), Region 4 - Milan (prox. D. Armstrong), Region 5 - Scott, Region 6 - Malone, Region 8 - Sparr (prox. Cran), Region 9 - Plumlee, Region 10 - Decker, Region 12 - D. Kennedy (prox. Ellington), Region 13 - Annini (prox. Watahabe), California - Williams (prox. Hughes), Hawaii - Scott (prox. Watahabe), Idaho - Luthy, Illinois - R. Gedney, Kansas - Fulgrao, Louisiana - Burke, Michigan - Parr - Limesner, Oklahoma - Kucera, New Mexico - Stearnod, New York - Melrose, Oklahoma - Hunt, Oregon - R. Kennedy (prox. Shafter), Texas - J. Thomas, Florida - White (prox. Athletes' Representatives), Pacifico, J. Thomas, Filton - White (prox. Supthorn), J. Gedney.

Members at large: J. Todd, Talon, Haley, Shendow, Herrick, Malone (prox. Ostroff).

MINUTES OF PRECEDING MEETING: D. Burke moved adoption of the minutes of the National Committee meeting held in Dayton, Ohio, July 9, 1982, as published in Powerlifting USA. Schwartz seconded. Motion carried. Minutes adopted.

TREASURER'S REPORT: The Treasurer's report was presented by Conrad Cotter. Decker moved adoption of the Treasurer's report. Pettit seconded. Motion carried. Report adopted.

OPERATING COMMITTEES gave their annual reports: (copies of reports on file at the National Office)
Classification Awards Committee: Cotter presented status report. Burke moved adoption of the report. Pettit seconded. Motion carried. Report adopted.

Discipline Committee: Shendow, chairman, presented report. He stated that there were still cases pending and that the committee would meet to review them and take necessary action. Decker moved adoption of report. Luthy seconded. Motion carried. Report adopted.

Finance Committee: Cotter, chairman, gave status report. Burke moved adoption of report. Pettit seconded. Motion carried. Report adopted.

Fid of Fame Committee: A Burke, chairman, nominated Nate Foster for induction into the Hall of Fame as an administrator. Foster, receiving the necessary majority of votes cast, was inducted into the Hall of Fame. T. Todd moved that a decision on the site of the Hall of Fame be postponed until the next National Committee meeting. Pettit seconded. Motion carried. Report adopted.

Publicity Committee: Lambert, chairman, presented to the committee in written form a status report. Report adopted by implied consent.

Records Committee (Men's): Foster, chairman, gave a status report. Scott moved adoption of the report. Decker seconded. Report adopted.

Registration Committee: Cotter gave the status report. Luthy moved adoption of the report. Shendow seconded. Motion carried. Report adopted.

Television and Special Events: Cotter gave the status report. Decker moved adoption of the report. Malone seconded. Motion carried. Report adopted.

Women's Committee: Todd, chairwoman, presented to the committee a status report. Plumlee moved adoption of the report. Malone seconded. Motion carried. Report adopted.

Collegiate Committee: Talon, chairman, gave the annual report. T. Todd moved adoption of the report. Burke seconded. Motion carried. Report adopted.

Youth Development Committee: Pettit, on behalf of Boyer, chairman, presented to the committee his annual report. Malone moved adoption of the report. Scott seconded. Motion carried. Report adopted.

AD HOC COMMITTEES:
Insurance Committee: Cotter, chairman, gave a status report on the insurance policies the National Committee has purchased. Luthy moved adoption of the report. Talon seconded. Motion carried. Report adopted.
Sports Medicine Committee: Herrick, chairman, gave a report of the activities of the committee. Leistner moved adoption of the report. Malone seconded. Motion carried. Report adopted.
IPF NOMINATIONS SUBMITTED BY THE USPF FOR VICE PRESIDENT: The following were nominated: Milan, Filton, and Pacifico, Pacifico,

having received a majority of the votes cast, will be placed in nomination by the USPF for the position of Vice President of the IPF for the Americas. By unanimous consent, on request of Chair, the agenda was brought forward and action on proposed amendments to the Committee, to present special recognition awards to Jean Moore and Michelle Silva. Request granted. Awards presented.

PROPOSED AMENDMENTS TO THE BY LAWS:
 1. Dissolution of the USPF of the AAU, Inc and become a full member within the AAU. Motion failed.
 National Committee meeting recessed until 1:30 p.m. on motion of Cotter. Meeting resumed at 1:30 p.m. Having recessed under the order of business of PROPOSED AMENDMENTS TO THE BY LAWS, published in Powerlifting USA (June/1983) pp 15-17, the Committee continued under that order of business.
 2. Men's Committee Proposals: Sections 1.4 (1); 2.1 (b); 2.2 (3); 2.2 (4); 3.2 (all sections); 4.1; 4.5; 5.1; 5.2; 7.2 (a); 7.4.
 Annini moved that proposed amendments to Section 1.4 (1) be considered separately from the other sections. Shafter seconded. Motion carried. Ayes, 31; Nays 5.
 Motion to adopt proposed amendments to Section 1.4 (1) failed, the vote being: Ayes, 15; Nays, 22. Proposed Section failed.
 J. Todd moved that proposed amendments to Sections 2.2 (iii) and (iv) and Section 4.5 be considered separately from the other sections. Schwartz seconded. Motion carried.
 Burke moved that proposed section 4.5 be deleted. No committee, other than the USPFMC shall have jurisdiction in affairs concerning only other than the USPFMC. Amini seconded. Motion to amend carried: Ayes, 27; Nays, 6. Amendment adopted.
 Section 4.5, as amended, carried, the vote being: Ayes 27; Nays 5. Proposed SPECIAL ORDER OF BUSINESS: As a special order of business at 2:30 p.m. the Committee considered the question of awarding the championships for 1984.
SENIOR NATIONALS: Columbus, Ohio, Austin, Texas; Las Vegas, Nevada; and Dayton, Ohio presented bids for the 1984 Senior National Championships. Fresno, California; Lewiston, Maine; and Texas A & M, National, Texas, presented bids for the 1984 National Championships. The Bryan, Texas, presented bids for Texas A & M, Bryan, Texas.
WOMEN'S NATIONALS: The Women's Nationals for 1984 were awarded to Chip McCain, Austin, Texas by unanimous consent.
COLLEGIATE NATIONALS: The Collegiate Nationals for 1984 were awarded to Villanova University, Villanova, Pennsylvania by unanimous consent.
TEENAGE NATIONALS (Men's): The Teenage Nationals for Men in 1984 were awarded to Ralph, Sessio, Chicago, Illinois by unanimous consent.
TEENAGE NATIONALS (Women's): The Teenage Nationals for Women in 1984 were awarded to Pat Malone, West Lafayette, Indiana by unanimous consent.
WORLD CHAMPIONSHIPS: By unanimous consent, Chip McCain, Austin, Texas received the USPF nomination for the 1984 IPF Men's World Championships. McCain to present the bid to the IPF at the 1983 Men's World Championships in Sweden.
 Completing the Special Order of Business, the Committee returned to the business of PROPOSED AMENDMENTS TO THE BY LAWS.
 J. Todd moved that proposed amendments to Sections 3.2 (i) (ii) and (iii) be considered separately from the other sections. Burke seconded. Motion carried.
 Burke moved to amend Proposed Section 3.2 (i) by deleting in the third sentence after 'National, regional and all other'. Shafter seconded. Motion to amend carried.
 Motion to adopt proposed amendments to sections 3.2 (i), (ii) and (iii) as amended carried. Luthy seconded. Motion to amend carried.
 (Note: All other proposed amendments to sections as submitted by the USPFMC were not brought before the National Committee.)
 3. Proposed amendment to Section 1.4 (2). Motion to adopt proposed amendment to Section failed.
 4. Proposed amendment to Section 3.8. Motion to adopt proposed amendment to Section failed.
 5. Proposed amendment to Section 4.4. Motion to adopt proposed amendment to Section failed.
 6. Proposed amendment to Section 4.7 Zangas moved to amend by deleting 'a drug testing committee'. Luthy seconded. Motion to amend carried. Motion to adopt proposed amendment to Section 4.7 as amended carried. Proposed section adopted.
 7. Proposed amendment to Section 4.10. Motion to adopt proposed amendment to Section carried. Proposed section adopted.
 8. Proposed amendment to Section 7.1 (b). Motion to adopt proposed amendment to Section failed.
 9. Proposed amendment to Section 7.1 (c). Motion to adopt proposed amendment failed.
SPECIAL ORDER OF BUSINESS: As a special order of business at 5:00

p.m. the Committee considered agenda items No. 66, 67 and 68 (relating to drug testing).
 Malone moved adoption of agenda item 67: Provide that the IOC type drug testing be conducted at the 1984 Women's Nationals for all winners, plus others selected randomly and voluntarily for others who have exceeded current world records. J. Todd seconded. Motion carried, the vote being: Ayes 20; Nays 16.
 J. Gedney moved adoption of agenda item 66: Provide for USPF funding of drug tests at all national championships beginning in 1984. Malone seconded. Motion carried. Schwartz moved to amend by deleting 'all' and inserting 'the women's and men's senior'. Motion seconded. Motion to amend carried. J. Todd moved to amend after 'Provide for USPF funding of drug tests in' to 'and all athletes exceeding current world records'. Ostroff seconded. Motion carried. J. Todd moved to separate the question by inserting 'the Women's National Championships separately from the Men's Senior National Championships'. Burke seconded. Motion carried. Motion to adopt agenda item No. 66 as amended and as pertaining specifically to the Women's National Championships carried. Motion to adopt agenda item 66 as amended failed. Hatfield moved to table. Motion failed. J. Todd moved to amend by inserting after the first sentence 'Provide USPF funding for voluntary testing at the Men's Senior National Championship beginning in 1984 for all those who have exceeded current world records. These championships would be along lines similar to that of the 1984 IPF World Championships'.
 Motion to adopt agenda item 66, as amended, the vote being Ayes 22; Nays 3. Agenda item 66, as amended and adopted. Provide for USPF funding of drug tests at all national championships, other than the Men's Senior National Championships, beginning in 1984 for those athletes exceeding world records of the Women's National Championships. Motion carried. Motion to adopt agenda item 66, as amended and adopted. Provide for USPF funding for voluntary testing at the Men's Senior National Championship beginning in 1984 for all those who have exceeded current world records. These championships would be along lines similar to that of the 1984 IPF World Championships. Motion carried.
 Malone moved adoption of agenda item 68: Remove from the Sports Medicine Committee and the Executive IPF drug control officers. Motion carried. Motion to adopt agenda item 68 failed.
 National committee meeting recessed until 8:30 p.m. on motion of Cotter.
 Meeting resumed at 8:30 p.m. Having recessed under the order of business of PROPOSED AMENDMENTS TO THE BY LAWS, the Committee continued under that order of business.
 10. Proposed amendment to Section 7.2 (c). Amini moved to amend by deleting 'to the letter'. J. Thomas seconded. Motion carried. Motion to adopt proposed amendment to Section 7.2 (c) as amended carried. Proposed section adopted.
 11. Proposed amendment to Section 7.3 (e). Proposal No. 1. Motion to adopt proposed amendment to Section 7.3 (e). Proposed section adopted.
 12. Proposed amendment to Section 7.3 (e). Proposal No. 2. Motion to adopt proposed amendment to Section 7.3 (e). Proposed section adopted.
 13. Proposed amendment to section 8.2 (b). Motion to adopt proposed amendment to section failed.
 14. Proposed amendment to section 8.4 (e). Motion to adopt proposed amendment to section failed. Proposed section adopted.
 15. Proposed amendment to section 12.6 (f). Motion to adopt proposed amendment to section failed.
 16. Proposed amendment to section 12.6 (g). Motion to adopt proposed amendment to section failed.
 17. Proposed amendment to section 12.8. Schwartz moved to amend proposal to read: Section 12.8 Definition of Powerlifting competition. As used in these by laws, powerlifting competition shall include any event in which any/all of the powerlifts (squat, bench press, deadlift) are contested in accordance with IPF and/or USPF rules and placings determined. Haley seconded. Motion carried. Motion to adopt proposed amendment to Section 12.8 as amended carried. Proposed section adopted.
 18. Proposed amendment to section 14.1. Motion to adopt proposed amendment to section failed.
 19. Proposed amendment to section 14.4 (2b). Motion to adopt proposed amendment to section failed.
 20. Proposed amendment to section 14.9. Motion to adopt proposed amendment to section failed.
PROPOSALS FROM USPF TO IPF: (note: proposals published in Powerlifting USA June 1983, p 17.)
 1. Motion to adopt Proposal No. 1 carried.
 2. Motion to adopt Proposal No. 2 carried (IPF delegate to present as two items).
 3. Motion to adopt Proposal No. 3 carried.
 4. Motion to adopt Proposal No. 4 carried.
 5. Motion to adopt Proposal No. 5 failed.
 6. Motion to adopt Proposal No. 6 carried.
 7. Proposal ruled out of order.
NEW BUSINESS: By unanimous consent, agenda items taken out of order and by specific request.
 Cotter moved adoption of agenda item 6: Provide that the USPF, December 31, 1983 cease providing accident and medical insurance for lifters

at meets and organized training sessions. Motion seconded. It was moved and amended to amend by adding the proviso that the USPF would maintain liability insurance. Motion to amend carried. Motion to adopt agenda item No. 9 as amended carried.
 4. Todd moved adoption of agenda item 9. Raise the USPF membership fee from \$10 to \$20 in order to provide a budget adequate to send Men's, Women's and Masters to the World Championships, as well as coaches, delegates and three IPF referees. Motion seconded. Schwartz moved to amend by deleting '20' and inserting '\$15' and deleting the rest of the sentence by adding 'and discounting the policy of collecting \$1 travel fund on each sanctioned USPF event per athlete'. J. Todd seconded. Motion to amend carried. Motion to adopt agenda item 9 as amended carried. Motion to adopt agenda item 8. Appropriate funds to send the two US teams to London, Ontario, this September for the World Masters Championships. Motion seconded. Motion to adopt agenda item 8 failed. J. Todd moved adoption of agenda items 1 and 2. 1. Appropriate funds to send the US team, delegate and one coach to Gothenburg, 2. Appropriate funds to send the US Women's team and two coaches to Los Angeles in 1984. Motion seconded. T. Todd moved to amend agenda item 2 by deleting 'and two coaches' and inserting 'delegate to IPF Women's Committee, and one coach'. Motion seconded. Motion to amend carried. Motion to adopt agenda items 1 and 2 as amended carried.
 J. Todd moved adoption of the proposed frame work for the Women's committee (on file at the National Office). Motion seconded. Motion to adopt proposed framework carried.
 J. Todd moved adoption of agenda item 5: Provide effective 1984 that a separate Women's Division be established at the National Masters Powerlifting Championships. Malone seconded. J. Todd moved to amend by deleting '1984' and inserting '1983'. Motion seconded. Motion to amend carried. Motion to adopt agenda item 5 as amended carried.
 Malone moved adoption of agenda item 10: Allocate to the Collegiate Committee \$2.00 for each USPF-registered collegiate lifter in order for the committee to conduct its business. J. Todd seconded. J. Todd moved to amend by deleting '\$2.00 for each USPF-registered collegiate lifter' and inserting '\$1,000'. T. Todd seconded. Motion to amend carried. Motion to adopt agenda item 10 as amended carried.
 Cotter moved adoption of agenda item 12: Monies received by the USPF from the IPF for its share of the revenue generated by network television, under the provisions of IPF rule 3.05, shall be divided as follows: the meet director will get the first \$7,000 and the USPF will keep everything above \$7,000. Motion seconded. T. Todd moved to amend the formula as follows: 'the meet director will get the first one-third up to \$7,000 and the USPF will get two-thirds or everything above \$7,000. Motion seconded. Motion to amend adoption of agenda item 12 as amended carried.
 Cotter moved adoption of agenda item 14: There shall be a fee of \$1,000 payable to the USPF for the right to film a Senior National Championship for Beta-max, VHS, or cable TV. Motion seconded. It was moved and amended to amend by deleting 'Senior' and inserting 'any'. Motion to amend carried. Luthy moved to amend by inserting after 'Championship' 'if the product is marketed'. T. Todd seconded. Motion to amend carried. Motion to adopt agenda item 14 as amended carried.
 Schwartz moved adoption of agenda item 13: The USPF shall have the right to film the Senior Nationals and to edit and sell its film to cable TV and/or sell Beta-max and VHS cassettes. Motion seconded. Schwartz moved to amend by inserting after 'The USPF shall have the first exclusive', and deleting 'the Senior' and inserting 'any'. T. Todd seconded. Motion to amend carried. Motion to adopt agenda item 13 as amended carried.
 Malone moved adoption of agenda item 49: Provide that the travel and living expenses of the USPFWC chairperson to attend the annual national Women's committee meeting and the Women's National Championships be paid by the meet director. Gedney seconded. Motion to adopt agenda item 49 failed.
 J. Todd moved the rules be suspended for the purpose of allowing the consideration of a motion to allocate \$1,000 to the Women's Committee. Motion carried. Rules suspended. J. Todd moved that \$1,000 be allocated to the Women's committee in order for the committee to conduct its business. Motion carried.
 Talon moved adoption of agenda item 16: Empower the Collegiate committee to set the qualifying totals for each national collegiate championship without waiting for national committee action in July. T. Todd seconded. Motion to adopt agenda item 16 carried.
 The following agenda items were ruled out of order: No. 7, 15, 20, 32, 39, 31 and 45.
 It was moved and seconded to defer all other agenda items not yet considered to the Executive Committee. Motion carried.
 Meeting adjourned at 12:10 a.m. Saturday, July 23, 1983.
 Respectively submitted, Ramona Kennedy
 National Secretary

More From Ken Leistner

Our Seniors meet report will indicate to the readers of PL USA that we enjoyed a fine meet, competitive, exciting, well run, and fireworks galore. As with every Seniors, quite a bit was decided behind the scenes and at the yearly meeting of our administrators. One matter that was dealt with concerned James Cash and his behavior at the World Championships in Munich. That's right folks, strap in, because the Doctor is about to get down and dirty and give you some of the inside stuff that makes the gossip wheels turn all year long.

One of the problems with our sport, as it is with every other organized activity, is that we tend to judge a man's character based on his athletic accomplishments. Well, even Babe Ruth's outlandish behavior surprised the ire of his generation because of his ability to pitch and hit the holy bejezus out of a baseball. Often I'll talk to a group of lifters at a meet and they'll mention a well known lifter and state how wonderful the man is, how insightful his observations are, and just what a terrific individual our boy has been. I'll agree, turn, and about bust out laughing considering that the individual under discussion had just been arrested for drug possession, had his third illegitimate child with his fourth common law wife, had been served with papers by a business partner who was reamed six different ways, and is currently dating the homecoming queen from the local high school. Our hero, oh yeah!! Some of the well known men and women in the game are great individuals, considerate, polite, well intentioned, giving of their time and energy, contributors to the benefit of their own communities and the sport, good family people, or at least law abiding and respectable. Others fall somewhere in between the extreme examples given. This is a story about Jim Cash and where he fits in.

First let me make a few key points so that this little vignette can be better interpreted. I have always liked Jim, always thought he was a great athlete, and in my few dealings with him, he was considerate and worthy of my respect. Judge people as I find them. Every day I'm told, "Ken, so and so is a real jerk, man, he did this and he did that and he, I don't even listen to that rap, because I'll make my own judgements as the time comes. I have patients who are very well known in business, athletics, entertainment and I seem them as they relate to me, not as they are portrayed in the NY Times or Tiger Beat Magazine. Some I find very nice, in contrast to their press. Others I have a lot of trouble dealing with and wouldn't bother with out of the office, despite public opinion that the individual might be the greatest humanitarian since Albert Schweitzer. I always found Jim nice. I also found him honest; if he told me something, it always turned out to be as he told it. Prior to the Dayton Seniors we had dinner and then talked about the upcoming lifting. He was optimistic, confident, but

had turned so many people off. I honestly don't remember most of these things; man, am I sorry. Jim spent some time at this Seniors asking other members of the World team about the impression they had gotten of him in Munich and with slight differences, most repeated their surprise at some of his actions and described these activities with enough consistency to make Jim see that he had indeed acted in a manner that was, to him, unacceptable. Jim came back to me and we talked further about the disciplinary actions being taken against him.

First, Jim did not realize that he was so obnoxious and the reason, with all frankness, was because he had his head up his butt. His emotional problems, especially the divorce, custody and bankruptcy proceedings, had left him a bit out of touch. When Jim was advised that there was a very large outstanding phone bill, he asked for an itemized accounting from the hotel and stated clearly that he was willing to pay for his calls and had no intention of trying to walk the bill. Unfortunately, in Europe, or at least in that hotel, things are different than they are here, and it was impossible to get a breakdown on the calls, only a final bill. Jim paid a certain percentage of it, but refused to pay the remainder, feeling that the calls were not his. I have been informed that one of Jim's acquaintances from Kansas, who shared the room with him, sent a certified letter to the USPF stating that he was responsible for the outstanding part of the bill and would, in fact, he was generally surprised that he

make good on it. After Jim had finished the competition, he went to the showers and then to eat. The award ceremonies were often delayed for a period of time after each session. John Gamble won the 275's; then, after waiting quite a while, came up to the restaurant, sat and ate the meal I had ordered, and then went back down to accept his trophy. Jim, unfortunately, did not arrive at the platform area in time to receive his award and instead, was met by the bad feelings of our hosts. He was very surprised and shocked that Chip McCain had had to mount the platform for him to accept the award and was quite comatose about the incident.

Some said that Jim was going to be on his best behavior in order to avoid any further action against him by the USPF. Seniors in the USPF are friendly to those he is friendly with and also those he didn't want to deal with and this is the Jim Cash I have always known. After discussing the events of Munich, Jim made it a point to seek out some of the other US team members and apologized for his behavior and very importantly, by this was done after the committee had made its decision on his suspension or worse, because that deal had already gone down. It is only by Christ to allow others a chance to redeem themselves and prior to Munich, Jim had the reputation for being a hard working, well-behaved individual, so I feel that it's only fair for all of us, and in particular, those who were directly affected in Munich by Jim's antics, to allow him this opportunity to again establish himself as a class person and himself. His compartment at Austin was ex-emplary. Ray Ribby told me that he had a "marvelous conversation with your Jim, Jim. Very humorous and entertaining and very humble. Most unlike him at Munich". Jim's behavior on the platform in the face of undue psychological stress and behind the scenes living at the Seniors couldn't have been better. Yes, I think that Jim is sincere and deserves the opportunity to either screw up again or be recognized as a great athlete and a credit to the sport.

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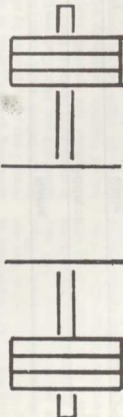
A special section dedicated to the beginning lifter

Making Attempts... by Mike Lambert

Making 7, 8, or 9 successful attempts in each competition is a key to continued success in a lifter's career. Take a look at the top placing lifters in this year's Seniors. Gamble did outstandingly well...he was 8 for 8. Wohlbeier, who has totaled nearly as much as John in another meet, went 3 for 3 and got last place. In the 220s, Ladtner was 8 for 9, Hatfield 7 for 9, and Cash 5 for 8, and that's just how they placed. The pattern is even more clear when you consider performances from meet to meet. Lifters who choose their lifts in a manner that accurately reflects their abilities at that time continue to improve over the years, while those who typically make only 3 or 4 attempts per contest learn the hard way or quit the sport. I've seen great lifters, who are actually stronger each time they go out, never get credit for their improvement in their total, because they consistently jump too high from their openers, ignoring what the warmups can tell them about their condition at the moment and thinking instead about what they missed and feel they should have made in the last meet. Some lifters lift big in the gym and can't match it in a meet, some lift much more in a meet than in training. It doesn't matter what kind of lifter you are, but it does matter that you understand yourself by learning from your competitive experiences, and that you pick attempts that you can make. Let's say you go very conservative and hit 9 for 9 at a meet. You've got a benchmark for your next contest...and you can compare how your training goes to how it did last time, and how your warmups go as compared to how they did last time, and have a good idea of what you can get in the meet, and that's how you should bracket your attempts. If you make only openers, and miss your second and third attempts, you lack the knowledge and actual experience in competition that tells you what you can do and what you can build on for the next contest. Make attempts, lots of them, in each contest and you will progress much more quickly.

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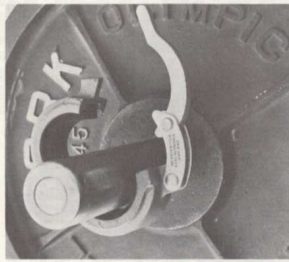
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NUTRITION CORNER

by Jack Diganji

NUTRITION IN THE TEEN YEARS

Young lifters from 12-16 years of age should realize that the nutritional needs during this period are substantially increased. Couple this with the added stress of weight training and the level of necessary nutrition is raised considerably. The question is not whether lifting goals are met, but rather that the healthy state of the lifter can be maintained. In this issue of Nutrition Corner, I'm going to cover Nutrition For the Teen Years.

A normal, healthy individual ranging in age between 11-15 is in a time of life when profound hormonal changes occur. These changes produce the adult body as the final stage in maturation. This anabolic growth pattern sets up a critical base line of nutrition which must be met for genetic development to reach its potential.

During the peak of this growing stage in the teens, all the vital nutrients are proportionally increased. Therefore, a regular, balanced diet supplying protein, carbohydrates, fats, vitamins, minerals and trace elements should be included in the daily diet.

The first point to consider is that an excess of calories from the so-called "empty-calorie foods" should be limited. Too many calories during these years will be stored in the body's fat cells and will set a pattern for life, making it easy to gain weight more rapidly than considered normal. Some scientists are convinced that an unusually rapid weight gain during the early teen years leads to a condition wherein throughout life, keeping the weight within a normal range becomes difficult. It is advised, therefore, to limit an excess of calories ("empty-calorie foods") to the point of normal weight gain.

If the weight gain appears to be more rapid than normal (growth charts are available to indicate standard levels of growth) then it would be wise to limit an excess of calories to fit the growth curve. Both visual observations and the bodyweight itself should serve as a sufficient

check on body fat build up. If fatty deposits begin to appear, especially around the waist and upper thigh area, a diet consideration should follow.

Cutting down on what may seem to be preferable, namely the cutting out of certain foods, may also cut out important nutrients vital to the maintenance of good health. It may be better to try the following: (1) Cut out all fried foods. Instead, bake, broil, or boil all of your foods. Fat, lipids or oils, have an extremely high caloric content; about nine calories per gram or about 270 calories per ounce. (2) Eliminate all of the "empty-calorie foods." These are all of the sweets, cakes, candies, soft drinks, etc. Strictly speaking, of course, there is some nutrition in a cake, or potato chip, or in a candy bar—but not much. It's the nutrient density vs the caloric value that's important to consider. (3) Try to avoid using salt at the table and salt when you're preparing the food.

Although these are basic guidelines, a strict diet in this age group would most likely be ignored. Peer pressure at this level may be too demanding, but encourage the young lifter to follow these three points mentioned before a serious problem of obesity follows.

Specifically, protein foods should be eaten daily and preferably at every meal. The traditional meats, fish, fowl foods can be combined with milk (skim milk for calorie watchers) and low fat cheese. Two to three servings of 3-5 ounces of these protein foods yields about 50-70 grams of complete protein. Additionally, all those other incomplete sources of protein such as rice, beans, corn and cereals add an additional 20-30 grams of complete protein when combined with complete protein foods. Sufficient amino acids from the protein foods will adequately supply any growth need.

The young teen should develop a taste for a variety of vegetables and fruits. These foods give the vitamins

and minerals necessary for health and growth. Also, if eaten in the natural state, such as in salads or juices, they are generally low in calories as compared to cakes, candy, chips, etc., and high in nutrient value. Encourage the young lifter to eat at least one fruit from the citrus group daily. These fruits are oranges, grapefruits, etc., and are very high in vitamin C.

Most people believe that bread and cereals are a useless source of carbohydrates and freely eliminate these foods from their reduction diet in an effort to curb calorie intake. The real truth here is that by cutting out the potato or the slice of bread they are unknowingly cutting out important vitamins and minerals found in these foods. Grain and cereal products do have their place in the young teen diet and should not be entirely eliminated. These foods are very rich in the B vitamins necessary for energy production and utilization.

Milk and dairy products should be encouraged at least twice daily. Milk, whole or skim, a variety of cheese, cottage cheese and the popular yogurt give a "high density" nutritive value in every ounce. Consider also that the frozen dairy desserts such as ice cream, ice milk, milk shakes, etc. have a tremendous amount of calories, but also have an equally high nutritive capacity as well.

The nutritional problems that young teens have include both peer pressure as well as a limited variety of foods they enjoy. Young teens who are weight training should realize that the pursuit of muscles should be accompanied by the pursuit of health and potential growth as well. These ideas are the foundations of the rigor and discipline it will take to continue a workout schedule that will produce the fruit of PHS. Smoking, drinking, and partying all night have no place in the training schedule. If you're serious about your body and developing it into the kind that you desire, then you must do everything in your power to reach that goal and avoid those things that may hinder your progress.

Keep in mind that a good workout routine, sufficient rest and a positive attitude plus adequate nutrition to grow on, are all equally important. Neglect one and you may never reach your goal.

Nutritionally yours,
Jack Diganji, R.D., Nutritionist

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
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	1470	1480	1490	1500	1505
ADEFA Drug Free Nationals	800	875	980	1150	1310	1425	1475	1525	1575	1625	1675
1984 National Collegiates	799	896	1036	1201	1366	1477	1598	1609	1631	1653	1675
YMCA Nationals	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 Collegiates	418	462	507	551	595	639	661	683	705	727	
YMCA Nationals	579	623	667	711	749	827	893	959	1025	1080	

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The Abbreviated Cycle the "emergency" peaking schedule used by Dr. Fred Hatfield that produced a personal record performance at the Senior Nationals

Back from Hawaii with a torn quad and only a short time to rehab before entering the peaking cycle for the Seniors... that was my problem. Fool that I typically am, and dedicated to the sport to the point of obsession, I arrived at the only conclusion: I could have, given those preconditions -- go for it!

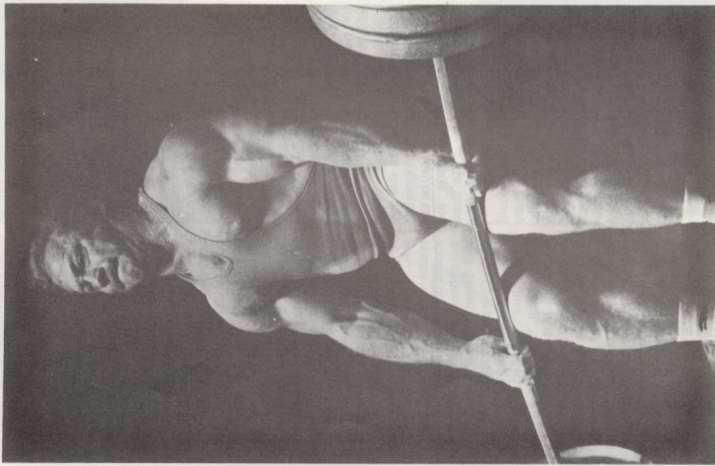
Sound familiar? It should, considering the number of phone calls and letters I receive from guys in a similar situation (and frame of mind). The training response is classic - what do you?

Dave Keaggy, my training partner and conscience in training decisions, would be able to scheme whereby I had to be able to train around the injury I sustained in Hawaii, and get the job of peaking on for the Seniors. Of course, the Seniors are now history. You know all know that the great Josey Walker captured my sedulously laid plans to finally capture a win at the big meet. Still, I did a respectable job. I think it did bring me back to the top, at least hand - the peaking schedule that Dave and I concocted. We think it worked well.

Our job was circumscribed by several factors - the torn quadriceps, the short time left, the weight loss from 242 to 220, the fact that I hadn't as yet qualified for the Seniors (I did so a week prior to the meet), the poor condition I was in after rehabilitating the quad sufficiently to train on it, and a very poor frame of mind on my part (not a defeatist attitude, mind you, but rather one of anxiety and wondering when I was going to get some GOOD luck to come my way!) Then too, there was the trip I took to Russia on behalf of Joe Weider, in the meantime.

Our job was cut out for us. By the time I was able to train on my leg with anything resembling weight, I had only seven weeks left before the meet. I started out cautiously and was unable to even do a free squat with no weight on my shoulders. I started training just before going to Russia. Dave and I attended 8 hours of classes there each day for two solid weeks, and trained three times a week during lunch break. I was goaded into a squat deal with the great Superheavyweight Olympic lifter Marchuk (who broke Alexeev's clean and jerk record and is running neck and neck with Pisenrenko now for the top spot on the Russian team). To make a long story short, Marchuk won with a no-suit, no-wraps, loose-belt, high-bar squat of 804 pounds. Of course, I didn't tell him that my leg was injured but he and his coach wouldn't believe that I could squat 881 pounds, particularly after I failed miserably with a 750 lb attempt (which fortunately didn't hurt my already-injured leg).

Marchuk was an impressively strong fellow and my best guess is that he'd be one of the strongest superheavyweights in powerlifting -



Dr. Fred Hatfield... just as his grip was giving out with a big deadlift at this year's Seniors, a critical miss in a near perfect performance that Joe Lachner took optimal advantage of. Fred was selected for the USA's top international team along with Joe and is now in hard training for the World Championships in Sweden, and is also finalizing plans to promote the Women's World Powerlifting Championships in Los Angeles in 1984.

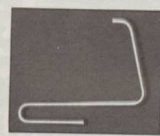
Tuesday - squat and deadlift - 650x5 (hi bar) & 600x5 DL
 Tuesday - Bench 375x5
 Thursday - squat and DL - 675x5 (hi bar) & 625x5
 Thursday - BP 400x5
 Thursday - Squat and DL - 700x5 (hi bar) & 650x5
 Saturday - BP 425x5
 Tuesday - Squat and DL - 725x5 (hi bar) & 675x5
 Thursday - BP 450x5
 Saturday - Squat and DL - 750x3 & 700x3
 Tuesday - BP 465x3
 Thursday - Squat and DL - 775x3 & 725x3
 Saturday - BP 480x3
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 Thursday - rest
 Saturday - qualifying meet - 845-485-611 - 1901
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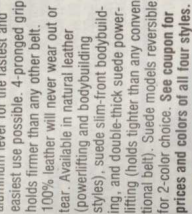
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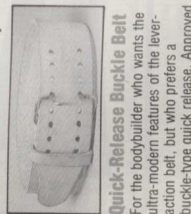
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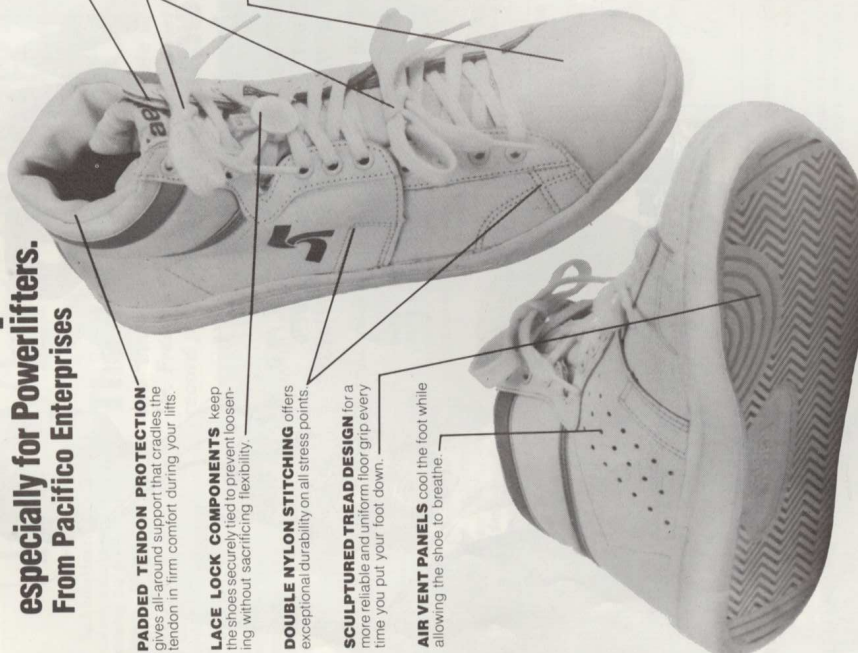
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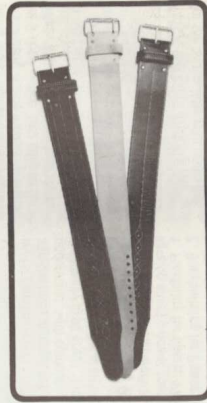
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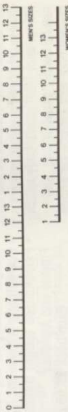
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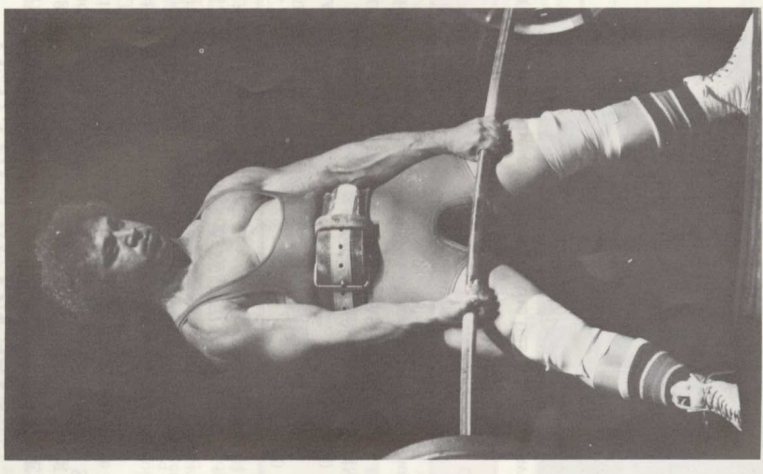
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Rickey Dale Crain Championship Deadlift Routine



World Record Tying Performance. Rickey had to pull this pressure-packed 716 to hold off the charge of Gene Bell and win another Senior National Championship in the Middleweight division. The pressure was off for a World Record exceeding try, but at the World Championships in Sweden, full drug testing will be in effect, and any poundage over this that Rickey can haul up will stand as an officially certified I.F.F. World Record.

"the meet doesn't start till the bar gets on the floor." These are the words were spoken by Dale Crain, former World Record holder in the deadlift. For years, a contest could be won with a big squat, or a big bench press, but today it takes a big deadlift also. The following routine was designed and developed over the years by myself for the S.T. style lifter. It's set up for a 1700 lb. lifter. 16 weeks of training followed by the week of the contest. If you want to shorten the cycle, I will assume training poundages for a lifter who has done 600 and I expect that this cycle will yield a new maximum of 620 lbs. Stumps (my stomach work, actually) and I must point out that it is even more important than this routine. Adhere to perfect form on every rep of every set. A few stumps and some stretching movements are a must to warm up with. You will notice that some narrow stance (conventional style) deadlifts are included also. These are a must to keep the back strong. Also, regarding coke crates, a Sumo style lifter should use two or build a small platform to accommodate his wider foot spacing, and remember... "the meet don't start till the bar gets on the floor."

Week One Deadlift 145x10, 245x6, 345x4, 410x1, 450x1, 470x1, 490x1, 420x5(wide), 370x5(narrow), 320x5 (wide, standing on coke crate), 320x5 (narrow, standing on coke crate), Leg extensions 80x10, 80x10, 80x10 Leg curls 40x10, 40x10, 40x10. Calf work 3 sets of 10-25 reps. Stumps 3 sets before and after workout. 25-50 reps (EVERY WORKOUT)

Week Two Deadlift 145x10, 245x6, 345x4, 420x1, 460x1, 480x1, 430x5(wide), 380x5(narrow), 330x5 (wide, standing on coke crate), 330x5 (narrow, standing on coke crate). Supplementary work, same as Week One.

Week Three Deadlift 145x10, 245x6, 345x4, 430x1, 470x1, 490x1, 440x5(wide), 390x5(narrow), 340x5 (wide, standing on coke crate), 340x5 (narrow, standing on coke crate). Leg extensions 90x10, 90x10, 90x10. Leg curls 40x10, 40x10, 40x10. Calf work 3 sets of 10-25 reps, adding 10-25 lbs.

Week Four Deadlift 145x10, 245x6, 345x4, 440x1, 480x1, 500x1, 450x5(wide), 400x5(narrow), 350x5 (wide, off coke crate), 350x5 (narrow, off coke crate). Supplementary work same as Week Three.

Week Five Deadlift 145x10, 245x6, 345x4, 400x2, 450x1, 490x1, 510x1, 460x5(wide), 410x5(narrow), 360x5 (wide, off coke crate), 360x5 (narrow, off coke crate). Leg extensions 100x10, 100x10, 100x10. Leg curls 50x10, 50x10, 50x10. Calf work 3 sets 10-25 reps, adding 10-25 lbs.

Week Six Deadlift 145x10, 245x6, 345x4, 405x2, 460x1, 500x1, 520x1, 470x5(wide), 420x5(narrow), 370x5 (wide, off coke crate), 370x5 (narrow, off coke crate). Supplementary

work the same as Week Five.
Week Seven Deadlift 145x10, 245x6, 345x4, 410x2, 470x1, 510x1, 530x1, 480x5(wide), 430x5(narrow), 380x5 (wide, off coke crate), 380x5 (narrow, off coke crate). Leg extensions 110x10, 110x10, 110x10. Leg curls 50x10, 50x10, 50x10. Calf work 3 sets of 10-25 reps, adding 10-25 lbs.

Week Eight Deadlift 145x10, 245x6, 345x4, 415x2, 480x1, 520x1, 540x1, 490x5(wide), 440x5(narrow), 390x5 (wide, off coke crate), 390x5 (narrow, off coke crate). Supplementary work the same as done in Week Seven.

Week Nine Deadlift 145x10, 245x6, 345x4, 420x2, 490x1, 530x1, 550x1, 520x3(wide), 470x3(narrow), 420x3 (wide, off coke crate), 420x3 (narrow, off coke crate). Leg extensions 120x10, 120x10, 120x10. Leg curls 60x10, 60x10, 60x10. Calf work 3 sets of 10-25 reps adding 10-25 lbs.

Week Ten Deadlift 145x10, 245x6, 345x4, 425x2, 500x1, 540x1, 560x1, 530x3(wide), 470x3(narrow), 430x3 (wide, off coke crate), 430x3 (narrow, off coke crate). Supplementary work same as Week Nine.

Week Eleven Deadlift 145x10, 245x6, 345x4, 430x2, 510x1, 550x1, 570x1, 540x3(wide), 480x3(narrow), 440x3 (wide, off coke crate), 440x3 (narrow, off coke crate). Leg extensions 130x10, 130x10, 130x10. Leg curls 60x10, 60x10, 60x10. Calf work 3 sets of 10-25 reps adding 10-25 lbs.

Week Twelve Deadlift 145x10, 245x6, 345x4, 430x2, 520x1, 560x1, 580x1, 550x3(wide), 490x3(narrow), 450x3 (wide, off coke crate), 450x3 (narrow, off coke crate). Supplementary work same as Week 11.

Week Thirteen Deadlift 145x10, 245x6, 345x4, 435x2, 530x1, 570x1, 590x1, 560x3(wide), 500x3(narrow), 460x3 (wide, off coke crate), 460x3 (narrow, off coke crate). Leg extensions 140x10, 140x10, 140x10. Leg curls 70x10, 70x10, 70x10. Calf work 3 sets of 10-25 reps, adding 10-25 lbs.

Week Fourteen Deadlift 145x10, 245x6, 345x4, 440x2, 540x1, 580x1, 600x1, 570x3(wide), 510x3(narrow), 470x3 (wide, off coke crate), 470x3 (narrow, off coke crate). Supplementary work the same as Week Thirteen.

Week Fifteen Deadlift 145x10, 245x6, 345x4, 445x2, 500x1, 550x1, 590x1, 610x1, 580x3(wide), 520x3(narrow), 480x3 (wide, off coke crate), 480x3 (narrow, off coke crate). Leg extensions 150x10, 150x10, 150x10. Leg curls 70x10, 70x10, 70x10. Calf work 3 sets of 10-25 reps adding 10-25 lbs.

Week Sixteen Deadlift 145x10, 245x6, 345x4, 445x2, 510x1, 560x1, 600x1, 600x1, 590x3(wide), 530x3(narrow), 490x3 (wide, off coke crate), 490x3 (narrow, off coke crate). Supplementary work the same as done in Week Fifteen.

Week Seventeen Rest on the deadlift. On the day of the meet, duplicate your last workout, through the top angles.

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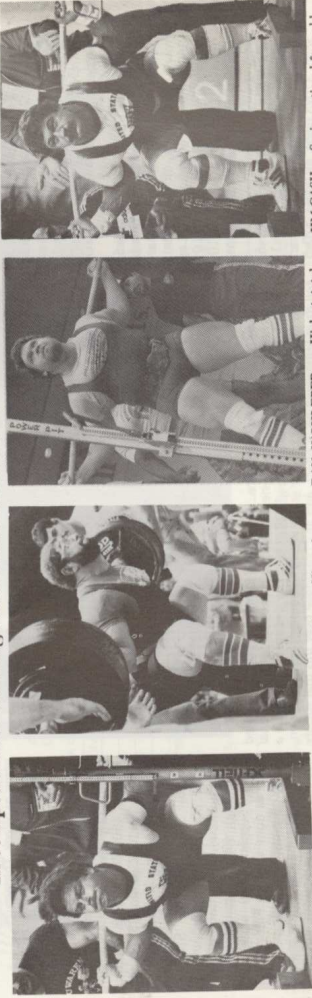
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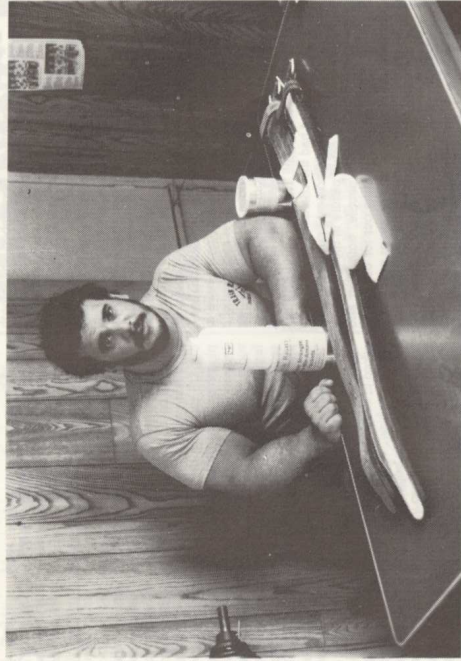
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Sep/1982...National Cup coverage, Teenage Nationals, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s Nov/1982...Ted Hamner, George Hummel-Natural Powerlifting, Power Gym Directory, Football Championships, Jake Boyer, Top Power Squat Comparisons, Top 100 Middleweights (165 lb.)

Mar/1983...Women's Nationals, Janice Johnson, Bob Dempsey, Doug Long, John Kuc's Deadlift Workout of the Month, Beginning Blood Test Analysis, Chuck Adams, Mini Cycles, Military Championships, Top 100 220s

Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pat Casey, Top 100 242s

May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, National Referee Directory, Top 275s

Jun/1983...Women's Worlds, Judd Biasotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, Top 100 Superheavyweights, Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Master Power by Stan Lampert, Chip McCain Squat Routine, Joe Walden, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, Top 100 114s

Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 Question and Answer, Jim Rouse Bench routine, Top 100 123ers MAKE A LIST OF THE ISSUES YOU WANT AND ALTERNATE CHOICES MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IT IN AN ENVELOPE AND SEND IT TO US TODAY TO POWERLIFTING USA, BY DEPT. BOX 3238, CAMARILLO, CA 93031.

Women's Corner

work with and for, you would understand that we must have increased revenues to accomplish the goals we have in the sport of powerlifting. We have been mainly spent on sending our US teams to the world championships. Hopefully, with the increased income there will be more room to work in other areas, i.e., collegiate, masters and teenage programs will contribute a great deal to the long term growth of our sport. The master program will also enable the older lifters to stay involved in the sport. They are resources we cannot afford to lose. With inflation as it is today, I certainly hope that the extra five dollars won't keep you from competing.

After the autonomy issue on the whole was voted down, we then voted to allow the women to elect their own chairperson. Up until now, Jan Todd has been our appointed leader and we, the women of powerlifting, have never had the opportunity to elect that position, which happens to be one of utmost importance to us. We will now, hopefully, be able to go into our women's committee meeting with a clear cut view of who is running and what their intentions and qualifications are. This is the main issue I intend to deal with in this column.

Last year we elected our recommended chairperson (Jan Todd) without so much as a second thought. This year I hope we see something much different. I hope to see a good political battle amongst the competing leaders in who will enter the race for the sport. If all goes well, we will not get divided and we will have that job in only five months as we did last year. Opinions may be split this time, for a variety of reasons. Any time things on the agenda are passed by 19 to 1 or 18 to two margins, it seems to me to be a sign that we are not diversified enough in our thinking. After all, you won't see something like that happen in Congress. They have a wide enough variety of opinions that seldom do they agree completely on anything, but they do come out with many compromises and many more great ideas.

If we keep on voting one way and one way only, we are headed for trouble. That type of a committee will discourage new growth and different ideas; it will foster a dictatorship and eventually, total control of our sport within the hands of a very few people. Remember, we all share equal responsibility for what does and does not happen within our sport. Along the lines of either good news or bad news, however, you view it, is the issue of drug testing at the women's Nationals. It passed this year by a 20 to 18 margin. Very

close, and still unresolved is how it will be financed. When I brought up the subject of funding, Ms. Todd immediately informed the group that Chip McCain had included in his bid for the women's Nationals, the willingness to pay for ALL the drug testing charges. In actuality, Chip had volunteered to pay for ALL those who agreed to be tested for world records set. After Chip was informed that he was about to be stuck with thousands of dollars in testing bills, he rushed to the meeting room to clarify his commitment. Personally, I think we are way out of line to ask a meet director who incidentally can't afford to pay the way of returning donations to pay for several thousand dollars of drug testing. What has happened to the lifter and their priorities? It finally came down to the fact that the USPF would again finance our operation to the tune of an unknown amount of money. Actually, my main objection to THEIR method of drug testing is this - they will automatically check first place and at least one other at random. What happens if the first place winner is found positive and disqualified from the world team, for any number of

reasons? Is the US going to send the second place finisher who may not have undergone the testing? For those of you who have not had to be in for a treat, I can tell you from a very personal experience, that they can and do make grave mistakes. It was very distressing for me as a lifter to find out that every other country at the Worlds thought I had been banned last year because of an irresponsible report released by the IPF to them. It all ended up being their mistake, but the damage was done and no one tried to clear my name. I am just warning you to be very careful and know what you are doing. Anyway, they need them rights are, they might need them some day. Anytime it stands today, there will be voluntary drug testing for those who set world records, and mandatory testing for those who win. Maybe someday we will be able to afford to do this right and test every single competitor.

I learned some very interesting things at the men's Seniors and I also had the opportunity to make several new acquaintances. Many of the lifters I have been reading about for years have become not only familiar faces, but good friends. I would recommend to all of you that you plan on attending the meet next year if you can possibly afford to; at the same time I must urge the men to try and do likewise with the women's Nationals. Much can be learned from Nationals. Much can be learned from another; the exchanging of ideas is a priceless commodity. I would like to thank the men on the Executive committee who worked all day long and into the night with us to try and solve some of these issues. They were there despite the fact that some would be competing the next day. To those of you out there who say "the men are running the sport and they do not have any interest in the women's segment," I can tell you with no qualms, you are wrong. Most of the men feel as I do, we are one sport and we need to stay that way. They also feel women have a great deal to contribute to the sport but until recently they have not gotten very involved in the overall politics. We need to stop viewing women's powerlifting and men's powerlifting as two separate sports and start concentrating on ways to help the entire sport move forward. Enough of my own philosophy for this month, but do not forget about the campaign that will be taking place between now and next January. You have an obligation as a registered lifter to get involved and help women's powerlifting become a democratic sport. If you need information on ads for your committee members I will be happy to do what I can.

I know we have many fine leaders in our midst, now all we need is for you to come forward and help us out. Good luck to you all and I will be reporting from month to month on the progress and the people who are working for this position. Till then....
Ruthi Shafer
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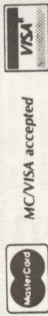
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Anderson, David, 218 Cleveland St., Green Bay, Wis 54303, 414-497-1385.

Corrections...Dr. Tom McLaughlin's actual lifts at the Region III meet were 705-435-605-1745. Also, the co-author of the Jim Rouse bench press article in the last issue was Denny Taylor, not Denny Miller. Denny is out of the Fitness Corporation Gym, 2705 McDonough St., Joliet, IL 60436, 815-741-3034, where the motto is: "The BEST equipment plus the BEST instruction equals the BEST results."

International Powerlifter now monthly, is available by airmail for \$25 US from Dennis J. Unitt, 21 Greville Smith Avenue, Whitnash, Leamington Spa, CV31 2HQ England. This is the official publication of the I.P.F.

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

In his first national meet Chip McCain showed himself to belong in the very front rank of meet directors. His innovative offerings of hotel and travel packages is sure to be copied. We were spoiled by the conditioning and by the very large stage and adjacent warm up on the same level. It will be difficult in years to come to adapt to anything less.

John Pettitt, who learns something from every meet, has made a science of organizing and running powerlifting events. Brian Smith, similarly, manages the conditioning, superb spotting, and such thoughtful touches as readying the squat stands when the bar was removed and the lifter stepped back to the floor. In the last session of the lifting, John Luthy, the Idaho state chairman, took over the microphone, and proceeded to demonstrate that there can be much more to announcing than we ever imagined. It was pleased that he was provided a national forum, for his talents have not been well known outside the Great Basin and the far Northwest.

Richard Herrick, M.D., chairman of the Sports Medicine Committee, once again traveled at his own expense to a national meet and treated the injured and ill without payment. People everywhere tell me how approachable and friendly he is, and how they are pleasantly surprised with the directness and candor of his replies. I hope we never lose him!

The Discipline Committee is chaired by Jan Shendow. The regional chairmen serve as members. Four members compose a quorum. This year for the first time we had an adversary hearing, and I was struck by the professional manner with which it was conducted. Each member received a folder of the documents entered into evidence, organized by charge and prefaced with a table of contents. Some of the members brought to the hearing a rich experience in courts martial, while another, Ernesto Millan, came equipped with two-to-three years of law school. The good news is that we have a first rate Discipline Committee that is at once independent of the Executive Committee and unswayed by the fame of the defendant.

Briefly, here are three of the highlights of the meeting of the National Committee: Without a dissenting vote the USPF broke completely with the AAU (we had been an "allied member"). Our attorney has been directed to delete "of the AAU" in our organization's title and we have changed our stationery accordingly.

The 1984 membership dues have been raised from ten to fifteen dollars with the proviso that the dollar-per-lifter travel fund assessment be discontinued immediately. This may or may not increase our treasury. It will certainly test the elasticity of demand for USPF membership.

Accident insurance will no longer be provided after December 31, 1983. Although our liability insurance will remain in effect. The reason for the National Committee's decision lay with our recent experience. During the insurance year ending May 28, 1983, our carrier, Mutual of Omaha, paid between \$10,000 and \$11,000 in accident claims. For this insurance the USPF paid approximately \$20,000 in premiums. Now one might conclude that the carrier profited handsomely from this account, but that was apparently not the case. I was informed instead that in 1982 one of their actuaries mistakenly rated us as being equivalent to the Boy Scouts, and that as a consequence we had been quoted a rate far lower than we should have been. A higher grade of actuary was brought in this year, one who could distinguish between powerlifters and Boy Scouts. He proceeded to triple our rates. The Hartford Group was then consulted and they offered nearly identical rates, approximately \$75,000 for 10,000 lifters. It was clear that accident insurance plus the two dollar registration fee would consume our entire ten dollar membership fee. For the remainder of 1983 we have a reduced accident coverage underwritten by Fireman's Fund through the services of the Jack Mitter Insurance Agency of Glendale, California.

Dr. Conrad Cotter, United States Powerlifting Federation

Insurance Addresses...for U.S.P.F. Accident Insurance information contact: Jack Mitter Insurance Agency, Insurance Brokers, 1447 B East Colorado St., Glendale, CA 91205 or P.O. Box 10337, Glendale, CA 91209, phone 213-244-4158. For Liability Insurance information contact: Tolley-Weldman Insurance Agency, Inc., Academy Boulevard at the Citadel, P.O. Box 160, Colorado Springs, CO 80901, phone 303-596-7100, contact Andre P. Gambucci or Kathy Fighenshaw.

Additions...Marlan Ingram made a squat of 363 which was incorrectly reported as 314 in the meet results and that lift moves him up considerably in the TOP 100 123 pounders list published last issue. Another 123er whose lifts need to be added to the list is Darrel Devoir, 14 years of age, who went 363 220 369 953 at the Perkersburg Open. Sandy Ellis reports that the lifts of D. McCoy (242) and D. Duncan (220) who both did 260 on March 26th of this year should have been listed on the All-Time 550 bench press list.

Format for Results...Kathy Tuite has left PL USA to go back to school, however, one of her suggestions that particularly affects women lifters is that bodyweights be shown on results sent in by Meet Directors, even in competitions where the Malone formula is being used, so that competitors can keep track of what others are doing. This also applies to Master lifters, teenagers, and any Schwartz or Malone formula competitors.

TOP 100

FEATHERWEIGHTS

(132 1/4 lb./60 kg.)

for USA lifters competing from August 1982 through July 1983

TOTAL

BENCH PRESS

SQUAT

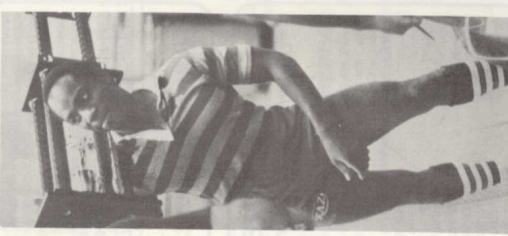
DEADLIFT

RANK	NAME	TEAM	TOTAL	BENCH PRESS	SQUAT	DEADLIFT
1	520	Handon, C	9/18/82	341	341	653
2	515	Cargeni, E	1/18/83	336	336	565
3	510	Wilson, W	10/23/82	330	330	560
4	515	Wheath, V	12/2/82	330	330	560
5	510	Wheath, V	12/2/82	325	325	555
6	501	Pull, R	7/29/83	319	319	549
7	501	Pull, R	7/29/83	315	315	545
8	500	Kea, R	3/26/83	309	309	539
9	490	Lawson, C	6/4/83	308	308	538
10	490	Lawson, C	6/4/83	308	308	538
11	480	Berno, R	6/4/83	308	308	538
12	470	King, C	1/22/83	305	305	535
13	470	King, C	1/22/83	305	305	535
14	470	Edmundson, D	4/16/83	305	305	535
15	470	Edmundson, D	4/16/83	305	305	535
16	465	Sheetz, P	4/16/83	305	305	535
17	465	Sheetz, P	4/16/83	305	305	535
18	465	Beveland, B	6/4/83	303	303	533
19	465	Beveland, B	6/4/83	303	303	533
20	457	Trujillo, K	3/26/83	300	300	530
21	457	Trujillo, K	3/26/83	300	300	530
22	457	Shah, M	8/82	300	300	530
23	457	Shah, M	8/82	300	300	530
24	451	DeHart, D	3/25/83	300	300	530
25	451	DeHart, D	3/25/83	300	300	530
26	451	Capuce, D	4/16/83	300	300	530
27	450	McDonald, B	1/21/83	300	300	530
28	450	McDonald, B	1/21/83	300	300	530
29	450	Simmons, C	7/30/83	300	300	530
30	445	Gillette, M	7/9/83	292	292	522
31	440	Conteras, R	8/82	292	292	522
32	440	Conteras, R	8/82	292	292	522
33	440	Hargis, C	9/18/82	290	290	520
34	440	Hargis, C	9/18/82	290	290	520
35	440	Mason, M	1/22/83	290	290	520
36	440	Mason, M	1/22/83	290	290	520
37	440	V. B. Smith	7/29/83	290	290	520
38	440	V. B. Smith	7/29/83	290	290	520
39	435	Kersingh, J	9/18/82	290	290	520
40	435	Kersingh, J	9/18/82	290	290	520
41	435	Wilson, W	12/4/82	286	286	516
42	435	Wilson, W	12/4/82	286	286	516
43	430	Rutherford, C	4/20/83	285	285	515
44	430	Rutherford, C	4/20/83	285	285	515
45	425	Waich, R	6/25/83	285	285	515
46	425	Waich, R	6/25/83	285	285	515
47	425	Lawrence, M	1/24/83	285	285	515
48	425	Lawrence, M	1/24/83	285	285	515
49	425	Waltz, R	6/25/83	285	285	515
50	425	Waltz, R	6/25/83	285	285	515
51	420	Covington, A	7/29/83	281	281	511
52	420	Covington, A	7/29/83	281	281	511
53	420	Manning, T	10/16/82	280	280	510
54	420	Manning, T	10/16/82	280	280	510
55	420	Revolth, R	8/83	280	280	510
56	420	Revolth, R	8/83	280	280	510
57	415	Miller, Z	7/27/83	280	280	510
58	415	Miller, Z	7/27/83	280	280	510
59	415	Francis, C	3/26/83	275	275	505
60	415	Francis, C	3/26/83	275	275	505
61	415	Francis, C	3/26/83	275	275	505
62	410	Schimmel, S	3/25/83	275	275	505
63	410	Schimmel, S	3/25/83	275	275	505
64	407	Dones, R	3/25/83	275	275	505
65	407	Dones, R	3/25/83	275	275	505
66	407	Jones, M	7/16/83	270	270	500
67	407	Jones, M	7/16/83	270	270	500
68	407	Edenfield, J	4/16/83	270	270	500
69	407	Edenfield, J	4/16/83	270	270	500
70	405	Williams, A	7/30/83	270	270	500
71	405	Williams, A	7/30/83	270	270	500
72	405	Condit, J	3/19/83	270	270	500
73	405	Condit, J	3/19/83	270	270	500
74	405	Francis, C	3/26/83	270	270	500
75	405	Francis, C	3/26/83	270	270	500
76	402	Salano, M	3/25/83	270	270	500
77	402	Salano, M	3/25/83	270	270	500
78	402	Doyle, P	3/25/83	265	265	495
79	402	Doyle, P	3/25/83	265	265	495
80	402	Crane, D	4/30/82	265	265	495
81	402	Crane, D	4/30/82	265	265	495
82	402	Woodell, T	3/30/83	264	264	494
83	402	Woodell, T	3/30/83	264	264	494
84	402	Batham, J	6/4/83	264	264	494
85	402	Batham, J	6/4/83	264	264	494
86	400	Jordan, R	12/4/82	260	260	490
87	400	Jordan, R	12/4/82	260	260	490
88	400	Nichols, B	4/16/83	260	260	490
89	400	Nichols, B	4/16/83	260	260	490
90	396	Blair, B	8/82	260	260	490
91	396	Blair, B	8/82	260	260	490
92	391	Marino, M	11/6/82	260	260	490
93	391	Marino, M	11/6/82	260	260	490
94	391	Shannon, R	4/27/83	260	260	490
95	391	Shannon, R	4/27/83	260	260	490
96	391	David, D	3/25/83	259	259	489
97	391	David, D	3/25/83	259	259	489
98	390	Colgate, B	7/30/83	259	259	489
99	390	Colgate, B	7/30/83	259	259	489
100	390	Colgate, B	7/30/83	259	259	489

NEXT MONTH...TOP 148s



Drug Free Lifters. 1st and 2nd at the American Drug Free Pl. Association Nationals in the 132s were Randall Kea (left) and Annals Covington (right) as seen in this photo courtesy Janet Jones via Tim McClellan. Randall Jones via Tim McClellan. Randall is highly ranked, as is another top ADFFA man, Judd Biasotto, with his comeback total, but the real icing on the cake is that Annals is the best featherweight bench in the nation this year, proving once again that drug free lifters can succeed in the sport at the highest levels.



Lamar Gant... dominated the 132s with a tremendous margin in the deadlift and an all time best in the total over his next closest competitor. Lamar, seen here carrying off his trophy from the 1983 Senior Nationals, is off for another World title try in Sweden, and has the distinction, with his 653 deadlift, of being the only man to set an official IFF World Record since drug testing became a requirement for such lifts.

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Calcium (Oyster Shell) 1,000 mg
Iodine (Kelp) 150 mg
Iron (Ferrograde) 16.5 mg
Vitamin A (Fish Liver Oil) 400 mg
Vitamin D (Fish Liver Oil) 400 IU
Copper (Glucosate) 2 mg
Zinc (Glucosate) 15 mg
Potassium (Glucosate) 90 mg
Manganese (Glucosate) 10 mg

In an ortho molecular base of Magnesium, Ferric Calcium, Potassium, Aluminum, Phosphoric Acid, Sodium, Titanium, Sulfurites, Molybdenum, Manganese, Chromic, Vanadium, Nickel, Barium, Copper and Zinc.

DIGESTIVE ENZYMES
Amylase Activity (Starch Digestion) 45,000 NF Units
Lipase Activity (Fat Digestion) 3,600 NF Units
Pepsin 5X 150 mg
Natural Datomonacis adsorptive 150 mg
Colloid 100 mg
Brelaine Acid HCl 350 mg

VITAMIN C BIOPOLAVONOID FACTOR
Natural Selenic Rose Hips 150 mg
Vitamin C (Ascorbic Acid) 500 mg
Limon Boronadon 50 mg
Rutin (Buckwheat) 50 mg

30 day supply \$9.00
60 day supply \$16.50
90 day supply \$23.00

SUPER PACK

"the original Hi-Potency vitamin-mineral pack."

Each packet contains eight labels:

Vitamin A (Fish Liver Oil) 400 IU
Vitamin D (Fish Liver Oil) 10,000 IU
Vitamin E (d-Alpha) (tocopherol) 1,000 IU
B-COMPLEX FACTORS SUSTAINED RELEASE
Folic Acid 400 mcg
Vitamin B1 50 mg
Vitamin B2 50 mg
Niacinamide 50 mg
Vitamin B6 50 mg
Vitamin B12 50 mcg
Biotin 50 mcg
Choline 50 mg
Pantothenic Acid 50 mg
Inositol 50 mg
Para Amino Benzoic Acid 50 mg
Natural Selenic Rose Hips 150 mg
Vitamin C (Ascorbic Acid) 500 mg
Limon Boronadon 50 mg
Rutin (Buckwheat) 50 mg

MINERAL COMPLEX ORTHO MOLECULAR
Calcium (Oyster Shell) 1,000 mg
Iodine (Kelp) 150 mg
Iron (Ferrograde) 16.5 mg
Vitamin A (Fish Liver Oil) 400 mg
Vitamin D (Fish Liver Oil) 400 IU
Copper (Glucosate) 2 mg
Zinc (Glucosate) 15 mg
Potassium (Glucosate) 90 mg
Manganese (Glucosate) 10 mg

In an ortho molecular base of Magnesium, Ferric Calcium, Potassium, Aluminum, Phosphoric Acid, Sodium, Titanium, Sulfurites, Molybdenum, Manganese, Chromic, Vanadium, Nickel, Barium, Copper and Zinc.

DIGESTIVE ENZYMES
Amylase Activity (Starch Digestion) 45,000 NF Units
Lipase Activity (Fat Digestion) 3,600 NF Units
Pepsin 5X 150 mg
Natural Datomonacis adsorptive 150 mg
Colloid 100 mg
Brelaine Acid HCl 350 mg

VITAMIN C BIOPOLAVONOID FACTOR
Natural Selenic Rose Hips 150 mg
Vitamin C (Ascorbic Acid) 500 mg
Limon Boronadon 50 mg
Rutin (Buckwheat) 50 mg

30 day supply \$14.50
60 day supply \$25.50
180 day supply \$63.50

A great buy for your "vitamin dollars"

(turn page for order form)

INCREASE YOUR POWER

With the Greatest Training Aids You've Ever Had

HIGH POTENCY HIGH UTILIZATION GLANDULARS
Marathon® glandular formulas provide you with the high-density nutrients needed to fuel your workouts and act as a catalyst for muscular growth and strength gains. These products are unparalleled for their quality and results. A must for the serious trainee.



GLANDULAR COMPLEX — 1200 mg. CAPSULES
Each capsule contains:
Raw Adrenal Substance 200 mg
Raw Whole Pituitary Substance 200 mg
Raw Orchic Substance 200 mg
Raw Pancreatic Substance 200 mg
Raw Heart Substance 200 mg
Raw Kidney Substance 200 mg

50 CAPS \$9.50
100 CAPS \$17.25
250 CAPS \$39.50
500 CAPS \$75.50
1000 CAPS \$140.00

ADRENAL-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW ADRENAL SUBSTANCE

50 CAPS \$7.00
100 CAPS \$12.50
250 CAPS \$27.75
500 CAPS \$52.50

ORCHIC-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW ORCHIC SUBSTANCE

100 CAPS \$11.00
250 CAPS \$24.50
500 CAPS \$46.50

PITUITARY-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW WHOLE PITUITARY SUBSTANCE

50 CAPS \$10.25
100 CAPS \$18.50
250 CAPS \$41.50

PANCREATIC-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW PANCREATIC SUBSTANCE

50 CAPS \$4.00
100 CAPS \$7.00

HEART-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW HEART SUBSTANCE

50 CAPS \$3.50
100 CAPS \$6.00

GLANDULAR COMPLEX — 2500 mg.
Each tablet contains:
Raw Adrenal Substance 350 mg
Raw Orchic Substance 350 mg
Raw Pituitary Substance 350 mg
Raw Pancreatic Substance 350 mg
Raw Kidney Substance 350 mg
Raw Heart Substance 350 mg
Raw Thyroid Substance 350 mg
RNA (Ribonucleic Acid) 250 mg

100 TABS \$31.00
250 TABS \$69.50
500 TABS \$130.00

GLANDULAR COMPLEX — 1500 mg.
Each tablet contains:
Raw Adrenal Substance 225 mg
Raw Orchic Substance 225 mg
Raw Pituitary Substance 225 mg
Raw Pancreatic Substance 225 mg
Raw Kidney Substance 225 mg
Raw Heart Substance 225 mg
Raw Thyroid Substance 225 mg
RNA (Ribonucleic Acid) 150 mg

50 TABS \$10.00
100 TABS \$18.00
250 TABS \$41.50
500 TABS \$77.00

**the original
2 GRAM LIVER TABLETS
(31 GRAIN)**
Nothing matches dedicated liver for building strength, stamina and energy. Compare Marathon 2 Gram (31 grain) Argentine Beef Liver Tablets with your current liver supplement.

Each tablet contains:
Desiccated liver 2,000 mg. (31 grains)
B-12 50 mcg
Protein 90% 2 gr.
Five protein-coated, easy swallow tablets provide:
Argentine Beef Liver 10,000 mg
B-12 250 mcg
Protein 250 mg
Calories 40
Carbohydrates 40
Fat 0.035 gr

100 TABS \$5.00
250 TABS \$11.00
1000 TABS \$39.00

KIDNEY-500 mg. CAPSULES
Each capsule contains:
500 mg. RAW KIDNEY SUBSTANCE

50 CAPS \$3.00
100 CAPS \$5.00

GLAND PROTEIN POWDER
TASTES GOOD • MIXES WELL
VERY HIGH UTILIZATION
"an essential for building muscular bodyweight"
1 L.B. \$9.75

ONE GRAM LIVER TABLETS
Argentine Beef Liver 1000 mg. (15 grain) tablets.

250 TABS \$7.00
1000 TABS \$24.00
500 TABS \$13.00

Marathon nutrition glandular products are derived from specially selected (U.S.D.A. certified) Argentine bovine products — Are guaranteed to contain no preservatives, no artificial flavoring or coloring, no stilbestrol or other harmful chemicals. The activity associated with Marathon glandular product is indigenous to the gland themselves. Processed tissue (dehydrated, defatted, and impurity free) at or below 17°C to retain the naturally occurring vitamins and enzymes.

(see order form on reverse side)

Ask for full disclosure pamphlet on the entire line of vitamins, minerals and supplements — another first by your quality nutrition company, MARATHON NUTRITION

A WORD ABOUT FREE-FORM AMINO ACIDS ISOLATED • CRYSTALLINE

After hard workouts recuperation is the key. Marathon Nutrition provides you with the latest breakthrough in this area. Either the 2½ gram or 1 gram formula will allow you to maintain the high-nitrogen balance required for tissue repair. These products, because of the free form crystalline process, allow you a 10-1 ratio of use over conventional amino acids and proteins. They make themselves directly available to the body's amino acid (protein) "pool" for use in tissue repair.

SUPER POTENCY • FREE FORM AMINO ACID 2500 2½ GRAMS

Each tablet contains:

2500 mg. of FREE FORM AMINO ACIDS Isolated & Crystalline

"250% more potent per tablet than any other free form amino acid product on the market today."

COMPARE & SAVE \$\$\$

50 TABS \$8.50 100 TABS \$15.00 250 TABS \$33.75
500 TABS \$64.50 1000 TABS \$125.00

FREE FORM AMINO ACID — ONE GRAM (1000 mg.)

Each tablet contains:

1000 mg. of FREE FORM AMINO ACIDS Isolated & Crystalline

"the original one gram formula"

100 TABS \$7.75 250 TABS \$17.25 500 TABS \$32.50
1000 TABS \$61.00

6 GRAM (6000 mg.) AMINO-ACID COMPLEX POWDER

Each packet contains in powder form a total of 6 grams (6,000 mg.) of the 18 amino acids necessary for muscle growth. The amino acids (100% protein) are isolated, hydrolyzed & predigested for the highest possible utilization of any form of know protein. Use with all liquids (protein drinks, juice, milk, water & soups). Sprinkle on food or mix with gravies.

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

A NUTRITIONAL BREAK THRU THAT WILL HELP YOU GAIN. IT WORKS!!

14 DAY SUPPLY \$18.00 28 DAY SUPPLY \$34.00

L-ARGININE 500 mg.

Amino acid to stimulate muscular growth & burn fat.

90 TABS \$7.50 180 TABS \$14.00 360 TABS \$26.00
720 TABS \$49.00

L-ORNITHINE 500 mg.

Amino acid to stimulate muscular growth & burn fat. Used as a catalyst in conjunction with L-Arginine. 2:1 ratio Arginine to Ornithine.

90 TABS \$11.25 180 TABS \$21.00 360 TABS \$39.00
720 TABS \$76.00

L-LYSINE 500 mg.

A key amino acid for repair of tissue and muscular growth.

250 TABS \$8.00 500 TABS \$15.00 1000 TABS \$26.00

L-TRYPTOPHANE-500 mg.

"Nature's Tranquilizer"

A limiting amino acid essential for proper rest & helps nerves.

30 TABS \$6.75 60 TABS \$12.50 90 TABS \$17.75

L-PHENYLALANINE 500 mg.

An essential amino acid used as a natural "diet control" and a natural mental stimulant. Combined with Spirulina to control appetite.

50 TABS \$6.50 100 TABS \$11.75

SPIRULENA 500 mg.

Excellent source of protein from sea life. A great diet aid. Combine it with L-Phenylalanine for best results in dieting.

100 TABS \$6.00 250 TABS \$13.00

SUPER STRENGTH KLV & B-6

(Keip, Lecithin, Applecider Vinegar & B-6)

250 TABS \$5.00 THE FAT BURNER 500 TABS \$9.00

VITAMIN B-15

100 mg. Calcium Pangamate 200 CAPS \$11.00

AMINO ACIDS

1 Gram (1000 mg.) Tablets 100 TABS \$7.00

MILK AND EGG PROTEIN

Good taste easy mixing, highest protein efficiency

1 LB. \$7.50

-2 FOR 1 SALE - MAGNA-BOL

"Naturally...there's an alternative to chemicals"

Magna-Bol is a pure herb that helps convert testosterone to hydro-testosterone, which is the form of testosterone that the muscles utilize.

100 TABS \$17.00 250 TABS \$36.00 500 TABS \$65.00
Buy 1st Bottle at the regular price. Get the 2nd Bottle (same size) FREE

Hi-Potency LIPO-TABS

(Lipotropic Tablets) Burn Fat — Breakdown Cholesterol

Three Tablets Contain:
Choline 1000 mg. Vitamin B6 5 mg.
Inositol 1000 mg. Vitamin B12 100 mcg.
L-Methionine 100 mg. Folic Acid 400 mcg.
L-Cysteine 100 mg. Para-Amino Benzoic Acid 100 mg.
L-Cystine 100 mg. PABA (Para-Aminobenzoic Acid) 100 mg.
Vitamin B1 100 mg. Nicotinamide 100 mg.
Vitamin B2 5 mg. Nicacin 100 mcg.
Vitamin B12 100 mcg. Biotin 100 mcg.

90 TABS \$7.50 180 TABS \$14.00 360 TABS \$26.00

B-COMPLEX — 125 mg. TIME RELEASE

Each prolonged release tablet contains:
Folic Acid 400 mcg. Biotin 125 mcg.
Vitamin B1 100 mg. Pantothenic Acid 125 mg.
Vitamin B2 125 mg. Choline 125 mg.
Nicotinamide 125 mg. Inositol 125 mg.
Vitamin B6 125 mg. Paba 125 mg.
Vitamin B12 125 mg.

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
60 TABS \$7.50 90 TABS \$10.75
180 TABS \$18.75 360 TABS \$33.75

B-COMPLEX-50 mg. CAPSULES

Each capsule contains:
Folic Acid 100 mcg. Biotin 50 mcg.
Vitamin B1 50 mg. Pantothenic Acid 50 mg.
Vitamin B2 50 mg. Choline 50 mg.
Nicotinamide 50 mg. Inositol 50 mg.
Vitamin B6 50 mg. Paba 50 mg.
Vitamin B12 50 mcg.

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
100 CAPS \$5.75 250 CAPS \$12.50 500 CAPS \$23.50

B-COMPLEX-100 mg. CAPSULES

Each tablet contains:
Folic Acid 100 mcg. Biotin 100 mcg.
Vitamin B1 100 mg. Pantothenic Acid 100 mg.
Vitamin B2 100 mg. Choline 100 mg.
Nicotinamide 100 mg. Inositol 100 mg.
Vitamin B6 100 mg. Paba 100 mg.
Vitamin B12 100 mcg.

In a base containing Lecithin, Yeast, Watercress, Alfalfa and Rice Polish.
50 CAPS \$7.00 100 CAPS \$13.00 250 CAPS \$29.00

MULTI-ONE WITH STRESS FACTORS

A One-a-Day High Potency Vitamin-Mineral Tablet.

30 TABS \$4.00 60 TABS \$7.00
180 TABS \$19.00 360 TABS \$37.00

ONE-DAILY FORMULA 100 (sustained release)

A Multi-Vitamin & Mineral tablet featuring 100 mg. B-Complex & Amino Acid Chelated Mineral.

30 TABS \$5.25 60 TABS \$10.00
90 TABS \$14.00 180 TABS \$26.50

SUPER BIO-C 2000

sustained release Vitamin C Complex Formulated with naturally selected Rose Hips Powder and Bioflavonoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue.

Each tablet contains: 1000 mg. Bioflavonoids 500 mg. Rose Hips Powder 500 mg. Rutin

100 TABS \$7.00 250 TABS \$15.25

VITAMIN C CRYSTALS

5000 mg. of Vitamin C per level teaspoon.

8 OZ. \$7.25 16 OZ. \$13.25

VITAMIN C-1000 mg. CAPSULES

With 150 mg. of Bioflavonoids per capsule.

100 CAPS \$7.00 250 CAPS \$15.00

TIMED RELEASE VITAMIN C-1000 mg.

With Rose Hips 150 mg. per tablet.

100 TABS \$5.25 250 TABS \$11.75
500 TABS \$22.00 1000 TABS \$42.00

VITAMIN E 400 IU CAPSULES

d alpha or mixed tocopherol (your choice).

90 CAPS \$5.00 180 CAPS \$9.00 360 CAPS \$16.00

MAX-A-MIN HIGH POTENCY MINERAL COMPLEX

Two tablets contain:
Calcium 1000 mg. Copper 3 mg.
Magnesium 500 mg. Selenium 20 mcg.
Zinc 22.5 mg. Chromium 5 mcg.
Iron 30 mg. Manganese 100 mcg.
Iodine 150 mcg. Vitamin D 400 IU
Manganese 10 mg.

180 TABS \$7.25 360 TABS \$10.25

CALCIUM & MAGNESIUM TABLETS

Essential to prevent cramping and using Vitamin C.

4 Tablets provide:
Calcium (as Shell) 1000 mg. Magnesium (Oxide) 620 mg.
250 TABS \$4.00 500 TABS \$7.50 1000 TABS \$14.00

AMINO ACID CHELATED ZINC-50 mg.

"Essential in tissue repair & hormonal production."

250 TABS \$6.75 500 TABS \$12.75

BREWERS YEAST TABLETS

7.5 grains (500 mg.)

500 TABS \$5.25 1000 TABS \$9.75

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Gold Medal Pack™					Glandular Complex-1500 mg.				
Super Pack™					Free Form Amino Acid-2500				
Glandular Complex-1200 mg.					Free Form Amino Acid-1000				
					TOTALS				

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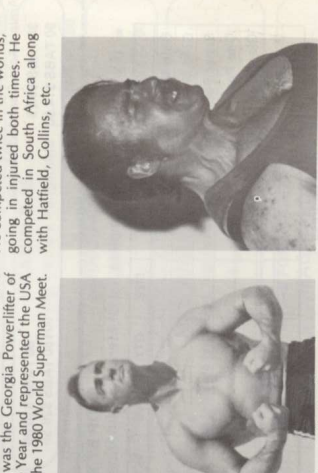
Region 1 Championships
25/26 June 83
Amesbury, Mass. (kilos)

WOMEN	SQ	BP	DL	T	
52kg	117.5	50	120	287.5	
P. Cuddy	5.5	72.5	130	300	
L. Nickerson	70	57.5	100	227.5	
60kg	82.5	45	142.5	270	
P. Blanchard	112.5	65	150	322.5	
B. Owens	107.5	55	140	302.5	
J. Howard	105	65	122.5	292.5	
67.5kg	112.5	60	105	277.5	
E. Wolff	80	47.5	107.5	235	
S. Nichols	57.5	32.5	85	175	
S. Fields	155	82.5	172.5	410	
82.5kg	97.5	42.5	137.5	277.5	
D. Nguyen	72.5	47.5	100	220	
M. Moscatelli	65kg	162.5	105	177.5	445
J. Conlan	170	112.5	265	547.5	
H. Balduenas	125	87.5	172.5	385	
W. Hurd	227.5	107.5	227.5	562.5	
F. Pfister	170	132.5	230	540	
S. Smith	125	87.5	172.5	385	
S. Connor Jr	237.5	140	245	622.5	
S. Brown	182.5	142.5	245	620	
C. Chingo	232.5	142.5	245	620	
E. LeBlanc	202.5	137.5	240	580	
F. Paradis	205	175	240	530	
E. LeBlanc	172.5	117.5	240	530	
C. Mattson	170	82.5	227.5	530	
P. Bryant	170	82.5	227.5	530	
D. Bergerson	170	82.5	227.5	530	
S. Burbank	170	82.5	227.5	530	
B. Galvin	275	170	275	720	
J. Antigan	250	135	272.5	657.5	
W. Whiston	242.5	147.5	237.5	627.5	
S. Whiston	137.5	230	627.5		
J. Tommasino	192.5	132.5	215	540	
P. Paradis	202.5	137.5	240	580	
W. Marcellino	157.5	112.5	170	440	
P. McClary	142.5	107.5	187.5	437.5	
J. O'Byrne	160	117.5	187.5	465	
M. John	275	175	275	725	
F. Haggerty	260	187.5	317.5	765	
F. MacCio	282.5	165	265	712.5	
M. Walrath	260	142.5	282.5	685	
D. Roderick	207.5	147.5	242.5	597.5	
M. Riggieri	205	142.5	232.5	580	
F. Pantorico	205	142.5	232.5	580	
D. Barker	172.5	112.5	200	507.5	
T. King	300	212.5	307.5	810	
S. Vedrani	272.5	162.5	320	860	
G. Kostas	262.5	182.5	282.5	727.5	
M. Riggieri	275	160	260	695	
L. Wadsworth	157.5	105	260	655	
M. Modestino	157.5	105	185	447.5	
T. Lamy	245	167.5	185	597.5	
T. Della	300	227.5	277.5	805	
K. Kilby	257.5	227.5	277.5	805	
C. Wyman	250	182.5	282.5	715	
W. Quigley	242.5	147.5	255	645	
M. Quigley	242.5	147.5	255	645	
W. McGuire	242.5	167.5	250	642.5	
M. Paullio	240	120	232.5	592.5	
P. Lannigan	252.5	175			
V. Venezia	252.5	175			
F. Zentile	252.5	175			
Nadeau, D. Naragagan, C. Siskin, Andrie Press					
behind neck: 341.5 lbs. Best lifter Sat. B.					
Calvin, D. Bono, Sunday: J. Haggerty, K. Lind,					
Phillips, reported by Ed Jubinville. Warm and					
humid, yet 79 entries. Many completed a few					
lifters don't want to hear about going back to					
AMU. Don't we have enough problems? Thanks					
to Ed Jubinville for results.					

★ WHO'S WHO IN POWERLIFTING ★
(Who's Who?, Box 467, Camarillo, CA 93011) to this popular feature.



Air Force Light-Heavyweight Powerlifting Champion Sgt. Ray Long has lifted weights seriously for 4 1/2 years, and placed 2nd in the Interservice Competition, At 5'7" and 179 he squats 575, benches 340 and deadlifts 600. Ray says, 'My squadron has been very supportive of me, providing me with a lot of incentive to keep me going.'



9-time Spanish Champion Dr. Kcardo Croc trains the Blind and Handicapped free of charge at his gym. He is the General Secretary of the Spanish Powerlifting Association and the only IFF Referee in Spain. He competed in two world championships, in injured both times. He competed in South Africa along with Hatfield, Collins, etc.

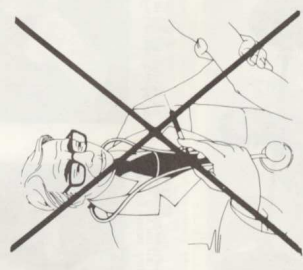
Walker Hallenbeck, 50, of NY has been training for 10 years. First training to lose weight, he soon was driven by the desire to break his gym's DL record. He went from 178 lbs. to 149 and broke the record at 470. Walker went on to meet competition and recently won his 1st contest after years of placing. He has DL 550 and BP 305x2 at 191.

Austria's strongest powerlifter in the division up to 242 pounds, Reinhard Mayerhofer, finished eighth in his first try in the European Championships. At 24, after three years of training, he squats 661, benches 352 and deadlifts 661. The fledgling Austrian Powerlifting Federation (only one year old) is proud to have Reinhard in their ranks. Auer photo.

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STERLING LABS.
presents
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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 LIPTROPIC 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.

NO YOU KNOW "WHAT YOU TAKE IS WHAT YOU REALLY GET"
IMMEDIATE ABSORPTION
D.A.G.TM

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"TM
90 Tablets - \$14.95
180 Tablets - \$27.95
(90 Tablets is a 30 day supply)

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(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)

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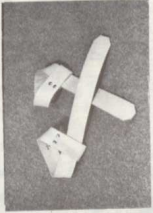
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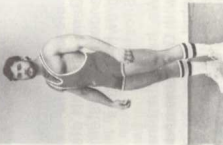
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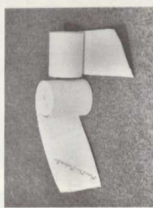
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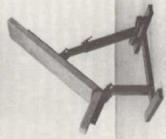


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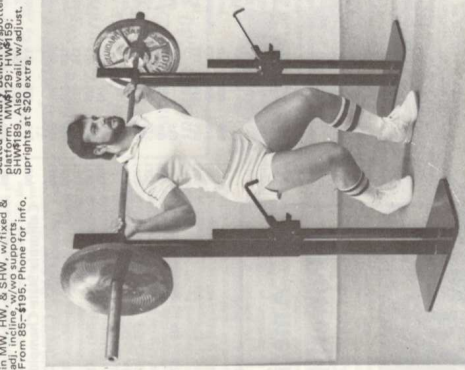
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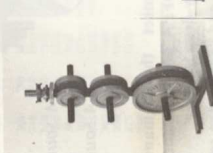
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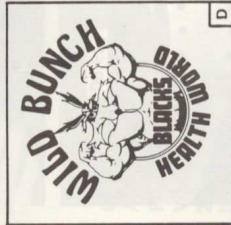
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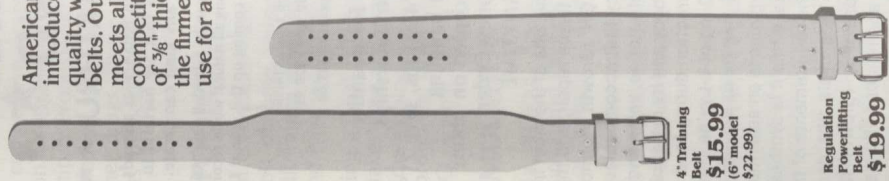
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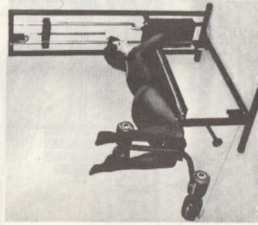
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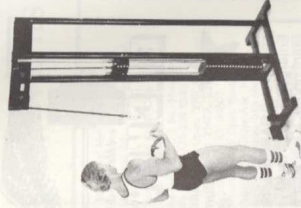
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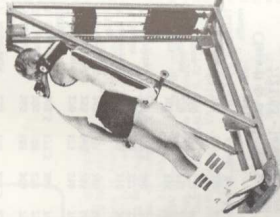
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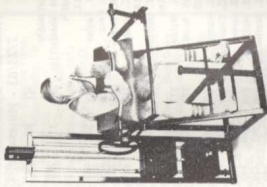
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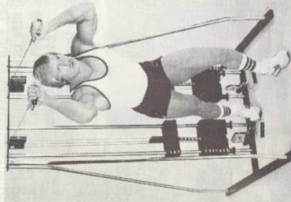
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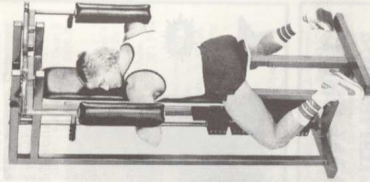
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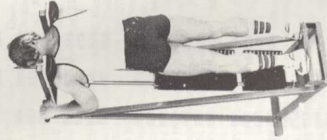
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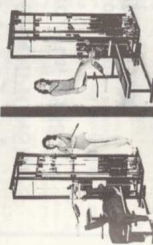
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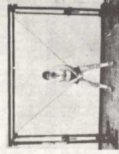
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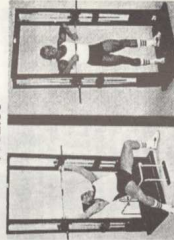
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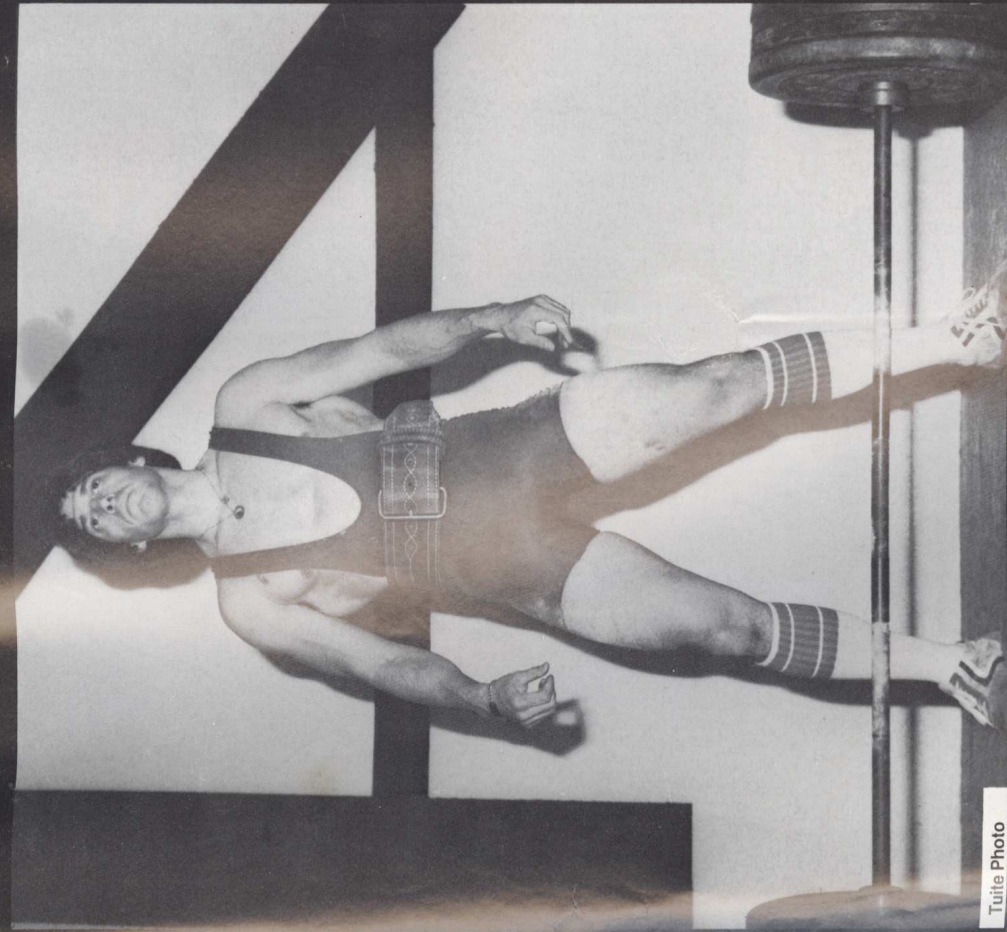
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Dr. Ken E. Leistner - noted powerlifting authority

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I have been so impressed with the Titan Suit that I agreed to associate my name to the use of this suit. There are a number of good lifting suits offered to the men and women of the sport, and each individual has to find what suits him or her best, but it is my honest opinion that Titan offers the lifter the most value for the money, and a supportive suit that reflects the highest standard of quality. Its performance in highest levels of competition, for both men and women, has been outstanding, and I am pleased to be among the many fine lifters lending my name to such a first class product.

"I'm never going to set any powerlifting records, but if I could, it would be done in a Titan Suit."

Dr. Ken

Dr. Ken E. Leistner

Vancouver Doug entered a contest sponsored by Joe Weider. The date was Nov 30, 1951. Attending this show were strength stars such as Reg Park, Clancy Ross, Leo Robert, Marvin Eder and Abe Goldberg.

Prior to attempting his historic bench record, Doug performed a feat which no man had ever attempted let alone succeeded with. Without the aid of a belt or wraps Doug became the first man to squat 600 pounds. Then on to the bench press.

Bench press champion Marvin Eder tried to push Doug by benching a 118 pound person to do a hand stand on his wrists. He also performed a hand press with a 3 second pause after an hour workout and a bent press with a 193 pound man. He also performed 15 strict curls with 145 and a perfect curl with 187½. He had also pressed in military style 340.

One of the most memorable events in Doug's lifting career was his execution of the world's first 400 pound bench press. This was performed on Sunday, Nov 19, 1950 and has never been equalled. One would think that if a performer were going to attempt a milestone lift that he or she would come to the meet, concentrate on nothing but this record, warm up and go all out for that one lift. Although this is true for today's record breakers, it wasn't true for Doug. During this contest and exhibition Doug took a barbell weighing 341 pounds for a military press. (A press was a press in those days.)

Doug pulled the weight too far forward and it came crashing down. Doug, however, refused to let the bar drop to the floor. Maintaining his balance and composure, he powered cleaned the weight from the hang and succeeded with a perfect military press. As if this were not enough, he took a 10 inch spike and bent it double until the two ends touched. He then proceeded to straighten it out again. Doug finally performed with the utmost strictness the feat that everyone came for: the world's first 400 pound bench press.

On Tuesday, Dec 19, 1950 Doug visited York, Pa for the first time. Here he shocked some of the powerlifting's biggest names by curling strict 200, side pressing 200, pressing 365 from the rack and push press 385 from the rack. Less than a week later, for the benefit of several famous lifters, Doug pushed squatted 405, benched 410 and cleaned 550 after a workout.

Also while in York in front of Hoffmann, VanCleaf, Grimek, Stanko and Bacon, Doug military pressed 350, push pressed 400, did a right arm military press of 155 and lifted the famous Cyr dumbbell off the ground with his right hand. During this same exhibition, Doug cleaned a 90 pound dumbbell with only his right index finger. He also hooked the little finger of just his right hand under the rim of a 45 pound plate with a 5 pound plate attached and held this total of 50 pounds straight to the side with reverse curl, 370 bench press, and a 310 olympic press. By 1950 his

feet with 61 pounds.

weight increased to 240 and comparatively, his strength feats also increased markedly. He could hold out his arms straight in front and allow a 118 pound person to do a hand stand on his wrists. He also performed a hand press with a 3 second pause after an hour workout and a bent press with a 193 pound man. He also performed 15 strict curls with 145 and a perfect curl with 187½. He had also pressed in military style 340.

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PIONEERS of POWER

by Pete Vuono

During the months of March and April of 1951 Doug's strength kept on increasing with feats of 410 push press, six reps on the bench press with 380, a 430 bench press and a 410 bench press with a 3 second pause after an hour workout and a bent press with a 193 pound man. He also performed 15 strict curls with 145 and a perfect curl with 187½. He had also pressed in military style 340.

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HEPBURN THE MIGHTY
A brief history of Doug Hepburn, the modern day successor to Louis Cyr.

It is well known among power enthusiasts that Pat Casey was the first man to officially bench press 500 and 600 pounds. These same fans of the sport are probably anxiously awaiting the first 700 pound bench press. However, this author wonders if today's fans know who was the first man to bench press 400 and 450 pounds. The man who achieved this feat had the same physical attributes as the great Louis Cyr and since he bench pressed 450 (end later 535) steroids were unheard of, it makes him a man who had, even to this day, unparalleled strength; this man was Douglas Ivan Hepburn.

Doug was born in Vancouver, British Columbia on Sept 16, 1927. At birth he had two handicaps: one was a slight club foot condition in his right leg and an eye ailment known as an "alternating squint". These handicaps did not hinder Doug from attaining his goals. They simply made him strive harder to attain them.

While Doug attended school, he participated in softball, hardball, swimming, soccer, bike riding, high bar, and balancing, springboard and various forms of gymnastics. Doug became extremely proficient in all of these sports even when he attained a bodyweight of 290.

At the age of 15, he cycled 105 miles in one day, resting only 15 minutes the entire trip. When Doug was 16 and in the tenth grade he met P. bodybuilder by the name of Mike Popple, who enticed Doug into training at the local YMCA where he taught Doug various exercises with weights. After a brief period, Doug was convinced that out of all the sports in which he competed, powerlifting was the best medium to add to his goal of strength.

At first Doug performed various callisthenics for hours on end which consisted of chin ups, hand stand presses, and dips between parallel bars. This training was brought to a halt temporarily when Doug was 17 as he underwent surgery to remedy his "alternating squint". Although the surgery was successful, Doug's weight dropped from 160 to 145. Undaunted, Doug resumed training and started to once again gain weight.

In 1946 Doug's friend Mike Popple won the Mr. British Columbia contest. At the same event John Grimek displayed a beautiful physique. Two years later (1948) Doug weighed 200 pounds.

During this time Doug became a lifeguard at Vancouver's beautiful Kitsilano Beach. Doug was allowed to take a set of weights on the beach with him to train with. While working as a lifeguard in the summers of 1948 and 1949 Doug's weight went from 205 to 225. During this time he performed some amazing feats of strength. Among them were a 170 reverse curl, 370 bench press, and a 310 olympic press. By 1950 his

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