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Sunday, July 8th at 10:00 a.m., competition will begin for the 220 and 242 lb. weight classes. After the intermission lifting will continue at 3:00 p.m. for the 275 lb. class and the super-heavy weights. Each event will close with a spectacular selection of awards to mark the end of one of the most exciting championships in powerlifting history... the year of the comeback!

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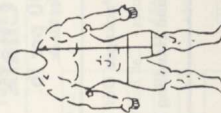
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ON THE COVER.....Dave Schneider as he competed in the 1982 World Championships held in Munich, Germany

NEXT MONTH.....our coverage of the Junior Nationals

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The 1984 Women's World Powerlifting Championships seemed almost cursed from the start. Just ask Dr. Fred Hatfield, the promoter of the competition, about the troubles he had planning to put the meet on at the Disneyland Convention Center, but without a television contract to offset the expense of such a venue, he had to redirect to the auditorium facility at Santa Monica High School. Furthermore, without the precious television contract, major sponsors were reluctant to jump in to help Fred to put on a high level event. Then Fred's friend, L.A. Times columnist Scott Ostler, had to take off time from work to accommodate his wife's delivery of a new baby before he had a chance to let the people in Los Angeles know about the upcoming event in his widely read column.

With the help of many USPF stalwarts from Southern California and across the nation, the meet did come off, however. There were warmup area, and some reported problems at the meet hotel, etc., but the actual running of the meet seemed fine, even down to the exacting demands of the drug testing that was conducted. Dr. Herrick and his wife Stella handled that end, and said that they had never had such cooperation from a meet director before in carrying out their duties. Record breakers were tested, as well as other lifters at random, for a total of 19 out of all lifters present, and any lifter



Cheryl Jones had an 8 for 9 day!

who had not previously undergone the sex test, to scientifically establish gender, had to participate in the testing for that as well. There has been no formal result of the drug testing from our Women's Nationals yet, as the processing of the initial samples was delayed at the UCLA lab, and the second urine samples are only recently being sent to the Chelsea Clinic in England for evaluation. It has been reported that there were some positives after the check of the first samples, and some felt that those lifters should have been removed from the USA team at this world event. Officially, the testing from the Nationals has not been completed, and apparently no sanc-

Women's Worlds

by Mike Lambert



Best Lift by the Best Lifter. Ruthi Shafir needed this awesome 540 deadlift to win the Best Lifter award by a slight margin over Vicki Steenrod.

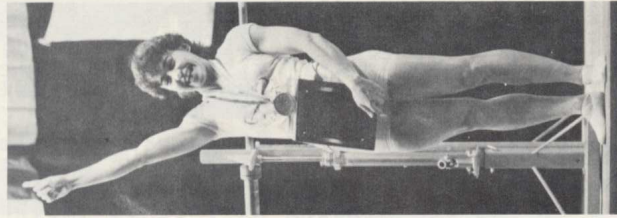
tions for failure of the testing in Austin had been established, so no action was taken against any of the team members prior to the Worlds. There was quite an impressive ar-



Malik got a squat and total record in her first Worlds Championships.

crowd, and I have to admit that there were a good number of red lights that I personally did not understand, but it did seem to me that the judging was consistent throughout the entire event with rotation of officials over the different sessions. Both Prinkkala and Jones came to squat, starting after all the others had finished and alternated excellent attempts. Cheryl got an American record 286, then Anna busted the world mark with a 297. Cheryl came back with a strong 303 to get the record back and crack the 300 barrier, and she had more in her. The Finnish girl tried an awesome 308 on her 3rd, but it was too much. Cheryl, who reportedly was operating with several injuries, benched terrifically, and then did the same in the deadlift, where she also showed improvement over her lifting at the Nationals. The result of all Cheryl's good performances was tremendous 766 world record total and my vote as the most sensational improvement shown at the meet. Marie France Vassart of Belgium came out of nowhere, pulling 2 World Records strongly with 325 and 330, to capture 2nd.

At 105, Malik Jones should have won and did, stiffly strutting out with her knees wrapped tight for a World Record 325 squat and later one in the total, and a try at another one in the deadlift with 407. Two Belgian girls took the other medals, with Bernadette Plouviez reportedly being over 45 years of age, though she certainly didn't look it. Miriba Yana Escapa was the first Peruvian to compete in a World Championship event and did some good numbers. Also



Number One Again. Kelli Bogias.

ray of international officials present including International Powerlifting Federation Secretary Arnold Bostrom of Sweden, and many of them served on the jury and in the Referee's chairs to preserve the international character of the event, even though there were many Internationally qualified referees from the United States present.

The lifting was excellent, particularly in the lighter classes, where most of the entries were, with a partial Australian team present. The team title was a foregone decision in favor of the U.S., made easier by the lack of international challengers in the heavier classes. This was an excellent USA team. They were coached by Doyle Kennedy and Ernie Frantz, and made no significant mistakes, and some of them really dominated their classes.

I expected a fairly close match at 97 pounds between Cheryl Jones, Prinkkala of Finland and Botica of Australia, but Glenda fell victim to tight squat judging right off the bat. There were complaints about the judging, mainly from those in the

South Bay Sports Clinic
Torrance, California

Magraders Pac-West
Seattle, Washington

Valmar Gym
Vancouver, Washington

The 1984 Women's World Powerlifting Team extends it's appreciation to those business people and family members who have supported us in our efforts this year.

Ceryl Jones
Majik Jones
Diana Rowell
Vicki Steenrod
Diane Frantz

Ruthi Shafer
Annie McElroy
Debbie McElroy-Patton
Patti Dent
Annette Bohach

Many Thanks To...

- Crain Power-Plus, Kim and Ricky Crain
- Marathon Products, George Zangas
- Pacifico Enterprises, Larry Pacifico
- Magraders Pac-West, Roger Kuebler, Jeff Magruder
- Powerlifting U.S.A., Mike and Injoo Lambert
- Valmar Gym, Louie and Valerie Benedict
- South Bay Sports Medicine Clinic, Dennis Phelps
- Lopez Gym Equipment, Bill Lopez
- Nordic Fitness Products, S. Kelly Purves
- Neptune Microfloc, Diana Rowell

A Special Thank You to our Team Coaches for their time and effort. Without Doyle Kenady and Ernie Frantz we could not have done it.

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Los Angeles, California

Pacifico Enterprises
Dayton, Ohio

Powerlifting U.S.A.
Camarillo, California

Nordic Fitness Products
Torrance, California

Crains Power-Plus
Shawnee, Oklahoma

It has been said many times that of the three lifts performed in powerlifting, the squat, bench press and the deadlift, that the latter movement is probably the most awesome and impressive looking of the three. What other lifts are there that bring out so many muscles, create such a high vascular activity as the limit-attempt deadlift?

How many times have we all heard those familiar expressions: "the deadlift separates the men from the boys", or "the competition isn't over until the bar touches the floor"? The truth of the matter is that both of these maxims bear rock-hard validity. A superior deadlift often means the difference between first and second place, or even first and fifth place.

My deadlift routine is a very comprehensive one and may be quite difficult for some of you lifters to stay with. Not so much because I'm be-

	wk.#1	wk.#2
Deadlift	145x10x3	145x10
Leg Ext	10x3	10x3
Leg Curl	10x3	10x3
H-lat Pull Dn	10x3	10x3
Seated Row	10x3	10x3
Shrugs	10x3	10x3
Sit-ups	20x5	20x5

	wk.#3	wk.#4
Deadlift	145x10	145x10
Leg Ext	10x3	10x3
Leg Curl	10x3	10x3
H-lat Pull Dn	10x3	10x3
Seated Row	10x3	10x3
Shrugs	10x3	10x3
Sit-ups	20x5	20x5

	wk.#5	wk.#6
Deadlift	145x10	145x10
Leg Ext	10x3	10x3
Leg Curl	10x3	10x3
H-lat Pull Dn	10x3	10x3
Seated Row	10x3	10x3
Shrugs	10x3	10x3
Sit-ups	25x5	25x5

	wk.#7	wk.#8
Deadlift	145x10	145x10
Leg Ext	10x3	10x3
Leg Curl	10x3	10x3
H-lat Pull Dn	10x3	10x3
Seated Row	10x3	10x3
Shrugs	10x3	10x3
Sit-ups	25x5	25x5

After 8 weeks of high intensity training, all the bugs should be worked out. The stance should be solid and the technique flawless. The body should be showing signs of metamorphosis. Now we'll start down the home stretch doing less reps and handling more weight.

WORKOUT of the Month

DEADLIFT POWER by Record Holder JIM CASH

ter conditioned than any of you are, but because this routine requires a lot of technique, work, discipline, and time, the latter being the most critical factor, since most of us would rather sacrifice it, instead of learning to be patient with our own natural self-gains.

In the past seven years I have im- proved my deadlift by over four hundred pounds. This workout of the month routine will work for you. True, you may never be a world record holder, or even come close, but I guarantee you tremendous improvements will be forthcoming. Moreover, this routine is not only for the experienced lifter, but for the

A NEW concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of strength training cycle, laid out for you by a top Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).



Jim Cash, pulling a lot more than the 550 pounds that is the assumed maximum capability of a lifter, is the author of the program, and upon which the training poundages are based. Jim's courses on the Power Bench, Squat and Deadlift are available for \$6 each, 2 for \$15, or 3 for \$21. Send orders and inquiries to Power by Cash, 206-C Seminary Ave., Dayton, OH 45403

beginner as well. This routine is geared for sixteen weeks. The first eight weeks is designed primarily for building the stance (best suited for the lifter on a powerlifting platform), grip and more importantly technique. Before starting my cycle I have to decide what my goal is to be in my next meet. In my case, any weight I am able to triple with, I can add an additional 50 lbs. for a maximum single.

I feel very strongly about training my deadlift only once a week. Anything more is considered to be overtraining.

In this routine you will notice that the beginning shows a lot of repetitions along with plenty of assistance exercises which are designed to work the synergistic muscle groups. Also, I'd like to add that I never use straps when deadlifting. And the belt and wrist wraps are all but eliminated the first eight weeks.

	wk.#9	wk.#10
Deadlift	145x10	145x10
Leg Press	325x5	325x5
Leg Curl	385x5x3	415x5x3
H-lat Pull Dn	8x3	8x3
Seated Row	8x3	8x3
Shrugs	8x3	8x3
Sit-ups	30x4	30x4

	wk.#11	wk.#12
Deadlift	145x10	145x10
Leg Press	235x5	235x5
Leg Curl	415x5	415x5
H-lat Pull Dn	445x5x3	475x5x3
Seated Row	8x3	8x3
Shrugs	8x3	8x3
Sit-ups	30x4	30x4

	wk.#13	wk.#14
Deadlift	145x10	145x10
Leg Press	325x3	325x3
Leg Curl	325x3	325x3
H-lat Pull Dn	415x3	415x3
Seated Row	505x3x3	535x3x3
Shrugs	5x3	5x3
Sit-ups	5x3	5x3

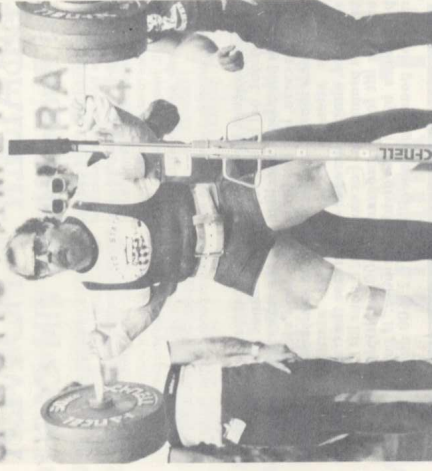
	wk.#15	wk.#16
Deadlift	145x10	No
Leg Press	325x3	week of
Leg Curl	415x3	meet
H-lat Pull Dn	535x3x3	(pause reps)

The last 2 weeks prior to the competition all assistance work is stopped. It will not help at this point in the cycle. Also, the last deadlift workout should be at a minimum of 10 days prior to the contest. This will allow the lower back some additional rest that is very much needed.

Contest Day Warmups: 145x10 235x5 325x3 415x1 475x1. Contest Attempt: 1st-525 lbs, 2nd-565 lbs., 3rd-585-600 lbs.

POWER PROFILE

DAVE SCHNEIDER by Dave Krall



Dave Schneider is a straight shooter. He has an easygoing, honest manner that draws respect from people. That he is also one of the better lifters at 242, and always a threat when squatting well, is really just icing on an already substantial cake.

Dave has been a fan of big, strong people for many years, and started making a successful bid to become big and strong himself when he was about 14.

"Lifting was just something that I always wanted to do since I was a little kid," says Dave. "When I was finally permitted to buy a set of weights, I went out with a friend and bought a set." Dave trained in a garage for five years after that.

As with many people who have spent formative years pumping iron, what Dave gets out of lifting today has expanded beyond just wanting to be big and strong.

"Now I like the individuality, not being dependent on someone for what the results of my efforts are going to be. It may be a little bit more of a confidence thing, the ability to know what your limits are."

An experience of Dave's that he will never forget was his first contest in 1976. He had waited until he knew he could enter a meet and not come in last, and the Ohio Junior States fit the bill. Dave weighed in at 192 pounds and then proceeded to miss his first squat. "I thought, Oh brother, what am I doing out here?" Persistence won out, however, and he totaled 1285 with a 405 squat, 285 bench, and 595 deadlift. He even won a trophy for his efforts.

WORKOUTS

Dave trains on Saturdays, Tuesday and Thursday. Saturdays are the heavy days in which all three lifts are performed in competition order. He will go all out for the prescribed number of reps.

Tuesdays include ankle deadlifts, benches and squats. In that order, using weights that are 70-90 percent of those handled on Saturday. Leg presses, extensions, and curls are also performed on Tuesdays.

Thursdays are bodybuilding days, and include bicep and tricep movements, close grip benches, and calf raises. Three sets of eight are performed for all assistance work except close grips, which are performed with three sets of five. Abdominal work precedes the Tuesday and Thursday workouts, and Dave stretches before every session.

Off season workouts usually include sets of five in the major lifts. Dave used to run when he competed at 220, but when he moved to the 242s, he found that he had trouble keeping his weight up so he stopped.

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

As for 1984, Dave feels that he can't predict how he will do, even though his hip pain is now an off and on problem rather than a full time one. More than the hip, however, Dave has to be very careful to get deep enough when squatting. At the 84 Ohio States he once again failed to satisfy the judges, and had to enter another meet in order to qualify for the Seniors in Dayton. (As of March 4th, he did qualify.)

Dave has noted the increased popularity of bodybuilding over the past few years. Some of the enthusiasm has carried over to powerlifting, but Dave doesn't feel that powerlifting has much mass appeal potential.

"It could be the public's perception of what a well developed person looks like," says Dave. "The ideal is someone with broad shoulders and narrow hips, but a good squater is going to want to have a fairly thick waist. His legs are going to be big from all the work."

Many are hoping that powerlifting will gain a berth in the Olympics, but Dave doesn't view that as a likely possibility either.

"If you ask me, I'd say powerlifting will never be in the Olympics. They've already got a strength sport in there. I would like it to be, but I just can't see that it would be. Powerlifting is too much of an individual thing to be able to have a governing group or enough people to get together to get it in the Olympics."

Of course television exposure could greatly improve public awareness of the sport, but Dave is wary of what he calls the Paul Jordan Syndrome, wherein the networks choose to show horrifying accidents and raving maniacs. "I would rather have no coverage at all than sensationalism," says Dave.

One of the things that bothers Dave about the public's view of powerlifting is that the lifters are stereotyped as being drug users.

"I think that perception is there, and I don't know what to do to combat the perception. The thing you have to bear in mind is that people never think about the time it takes to get there. You're at, or the amount of just plain hard work it is, and they think that we're in the age of pills and pills are going to do whatever you want. I think that it's a byproduct of the throwaway society. You take this if you've got a headache, and if you want to get big and strong, you take this and you're big and strong. That's the way it is."

CYCLES

The length of a cycle depends upon the amount of time available before a meet, but in a twelve week cycle, Dave might do triples for five weeks, doubles for four weeks, and singles for three weeks.

the perception that's there, but I'd have to say it's unfounded."

As for those who might be considering the use of steroids, Dave has some common sense advice.

COMPETITION

Dave's competitive career has suffered in the past because of the trouble he has getting deep enough in the squat. He bombarded out for that reason at the 1979 National Collegiate and 1980 Juniors. His 1980 Seniors effort garnered a third place, although he would have won had he been able to hang onto the winning deadlift. For the 1981 Seniors, Dave went up to 242, but couldn't get any of his squats passed and was out of his competition. In spite of his bombouts, Dave has managed all in perspective. When asked a non-specific question about training, he always replies, "Squat deep." Patience and hard work are virtues, and finally, in 1982, Dave nailed down a Seniors victory by lifting consistently when others did not.

He squatted 815, benched 440, and deadlifted 804 for a ticket to Munich.

At the Worlds he knew he would have to squat well to offset a deadlift plagued by tendinitis in his hip. Unfortunately, his first two squats were not passed. He made his third attempt 766, but at the time didn't feel it was any deeper than the first two. However, Dave doesn't feel that there was any nationalism that kept him from getting a better squat in. When it was time to deadlift, Dave was told he needed 771 to win when he only needed 766. After a 710 opener he almost pulled 771, but he started to lose his grip and thinks he bent his knees slightly to avoid dropping the bar. He got two reds and a white for his efforts. Later disqualifications allowed Dave to move from fourth initially to second.

The 1983 Seniors were the scene of another bombout, and again it was a problem of not getting deep enough in the squat.

Power Gym Additions... Olympic Gym, 2590 B.S.E. State Highway 160, Port Orchard, WA 98366, 206-876-6346, and United Gym, 1210 Griffin St., Enumclaw, WA 98022, 206-225-1674, thanks to Vince Eldridge.

Hawaii Photos... credit for the photos of Dave Shaw and Dave Waddington in the last issue of PL USA goes to Ed Douglas of Douglas Photo.

Dr. Richard Herrick reports in a letter to Dr. Mauro DiPasquale of the IFF Medical Committee that he has found some health food products on the market that contain ephedrine, which is a substance that appears on the list of IOC banned drugs. Specifically, "mah-uang" has been identified as such a substance and it is apparently used in herbal teas which can be purchased in grocery stores as well as health food outlets. Ephedrine does not appear as an ingredient on the label as the FDA considers the preparations as "foodstuffs" and not drugs. Dr. Herrick reports that he has notified the United States Olympic Committee Training Center regarding the matter and found that they had previously not known about this situation.

Meet Lights for the Borrowing... Walt Pawlowski reports that anyone in the Eastern Pennsylvania, New Jersey or New York area who needs a set of lights for a meet is welcome to borrow those of the Weight Masters, free of charge. Just give Walt Pawlowski a call at 717-454-7552.

Don Browner and his lifts of 705 squat, 451 bench press, and 1731 total should have appeared on the TOP 100 Superheavy list in the June PL USA.

"I would tell a person to seriously question his motives before he started, and try and think about where he wants to go and how he wants to accomplish it. My only advice would be to follow their own judgment and use their heads."

"I see too many guys who are Class III lifters take a ton of different kind of drugs to be Class II or Class I lifters. To me that's just ridiculous." An interesting aside, if not one that will be especially popular, concerns women powerlifters. Dave isn't exactly smitten with the idea.

"I don't watch it on television. I don't follow it. I hope the women don't show up at the Seniors. I guess that's a pretty strong statement, but I don't care for it. I really don't. At least he doesn't beat around the bush, ladies."

Having worked so hard for himself, Dave can appreciate and respect people who work hard themselves.

"I have a lot of respect for all the guys I train with. That's Bob Fortenbaugh, who's helped me out as much as anybody possibly could, and Jack Sideris, and Dan Wohler," he says, adding, "Ken Leisner is the nicest person I have ever met in my life. He's done some really, really nice things for me. I can't say enough positive things about him." Another person Dave respects, but about whom he says he knows nothing, is the legendary John Kuc. "He's a straight shooter," says Dave. Dave, as with almost everyone who has lifted at 242, would love to break John's total record, and even more than that, his deadlift record. "That would be something that would stand for all time," says Dave.

In the final analysis, what typifies Dave's character are his reasons for lifting. Like Dave himself, they are honest, unvarnished reasons, simply stated, and without pretense.

"I'm into it for my own goals and objectives, and if I can do as well as I can under the circumstances, I'm satisfied. I'm not into it to beat anybody else or to follow in someone's footsteps. I guess I set my own standards." And high standards they are. They have taken him to the top of the sport, and will help him achieve another chance to become a world champion.

Power Gym Additions... Olympic Gym, 2590 B.S.E. State Highway 160, Port Orchard, WA 98366, 206-876-6346, and United Gym, 1210 Griffin St., Enumclaw, WA 98022, 206-225-1674, thanks to Vince Eldridge.

Hawaii Photos... credit for the photos of Dave Shaw and Dave Waddington in the last issue of PL USA goes to Ed Douglas of Douglas Photo.

Dr. Richard Herrick reports in a letter to Dr. Mauro DiPasquale of the IFF Medical Committee that he has found some health food products on the market that contain ephedrine, which is a substance that appears on the list of IOC banned drugs. Specifically, "mah-uang" has been identified as such a substance and it is apparently used in herbal teas which can be purchased in grocery stores as well as health food outlets. Ephedrine does not appear as an ingredient on the label as the FDA considers the preparations as "foodstuffs" and not drugs. Dr. Herrick reports that he has notified the United States Olympic Committee Training Center regarding the matter and found that they had previously not known about this situation.

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(Authors note: Dr. Steve Ferris 28, was initiated sight-unseen into his first meet in March, 1984, never having observed a powerlifting or olympic meet before then. I coached him by phone between Pittsburgh, PA, and Virginia Tech at Blacksburg, Virginia. He shares these comments especially for lifters contemplating their first meet.)

"My biggest problem was how to train the last couple of weeks. I did not want to overtrain and leave my best lifts in Virginia. Art sent me a copy of Bill Star's, 'Defying Gravity' and this helped iron out some anxiety, especially 'psych' wise. Since the trip to the meet in Washington, PA, was about an eight hour drive, I decided to arrive the night before. This insured a more relaxed journey and meet. I would recommend it to anyone traveling more than a few hours to their first contest. Arriving at the meet-site I met Art, Bill Hippard, and Bob Olinger from 'Bob's Strength Emporium' at the weigh-in. I trained in Pittsburgh for

warm up, after stretching just a few light sets and a couple of singles. Next thing I know Bill tells me I'm first up in the squat. When do I wrap, chalk, tighten my belt, etc, now what? Fortunately, Bill is there to calm me. He's a natural coach and knows his "stuff" (Bill took first place at his first meet at the Western Penitentiary in Pittsburgh).

I tell myself I've done this weight a hundred times. It works! Love that persuit - 3 whites. Like they say make the first squat light and half your anxiety vanishes. My personal best of 300 for 3rd is surprisingly easy, I neglected to consider "meet psych".

Again in the bench I'm first up, the lifter following me also followed in the squat. We talk and joke about being "out of our league". Hard to believe this is a novice, below Class I meet with all the 300+ starts in the bench. The clap for the bench is quick, the barbell doesn't have time to sink into your chest like I expected. I'm glad now that I trained pause benches the last few weeks. I finish with a 285, close to my best.

After the squat and bench, I thought the deadlift was relatively easy, rule-wise it's simple and devoid of the technicalities associated with squatting and benching.

I'm relieved its over but can't wait for the next meet. All my lifts felt easy and I had 9 for 9 with only one red light. I know I can break 1000 in the next met for a Class IV.

At first I wasn't sure I wanted to go through with this foolishness; everyone in the warm-up area seemed bigger than I was, but instead of intimidating and growing at me, most were friendly.

The constant activity surprised me, I thought the gym would quiet down for each lift, but instead people were screaming and flowing around the two platforms then engulfing the scorers table to no end. A person would need two assistants just to keep track of his total.

I was warned about some of the lunatic fringe that show up at these meets, so was somewhat disappointed when no one beat their head against the squat racks or bar; maybe next time.

All in all it was a great experience and gave me incentive to train harder. I believe this is especially true for novice lifters training alone. Without training partners to push you in every workout, frequent meets would appear to help in maintaining powerlifting goals."

Full Member of the U.S.P.F. Sports Medicine Committee is Dr. Tom Hyde of the North Miami Chiropractic Center, up from consultant status. Dr. Hyde has been present at several national and international powerlifting events to care for the athletes and may be at the Women's Worlds as well.

Correction . . . on the last TOP 100 list for 275's there was some confusion between the lifts of Joe Krusinski and John Kruszynski. Joe's Lifts, for proper credit on the ranking list, were 705 490 705 1900.

STARTIN' OUT

A special section dedicated to the beginning lifter

FIRST MEET IMPRESSIONS as told to Art Fox

one month with this crew and found it an invaluable experience. All had lifted in several meets and instructed me on the powerlifts. Prior to July of 1983 I had yet to see the lifts properly executed and performed partial bench, pressing and light bodybuilding exclusively. My "gym" during this period was a barbell and bench in my living-room. I weighed in at 206, light for a 6'4"

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Women's Corner

Hello Ladies and Gents:

Welcome to the month of June. I hope you are all getting adjusted to the (hopefully) warmer weather, and a bit more sunshine. First off this month, I have to say "hats off" to Debbie McEroy-Pattor for submitting a letter to *Women's Sports Magazine*, which was published in the May issue. In it she asked why there was not more coverage of Women's Powerlifting. Their reply was very good to hear: "Watch for our coverage of the Women's World Powerlifting Championships in an upcoming issue." Women's Sports Magazine is also allied with the Women's Sports Foundation, an organization dedicated to the furtherance of women's athletics as a whole. They sponsor training camps for nearly all sports which are also held sponsor athletes. Recently they began a "Women's Sports Foundation Hall of Fame" in which they will house the names, pictures and other memorabilia of our greatest female athletes. I believe Women's Powerlifting could greatly benefit from this organization and I have asked for information on how your sport could be included. You may each become members individually by subscribing to the magazine or sending a membership fee. The magazine is willing to print information about our sport and athletes, we just have to keep them informed. I have already spoken to a couple of women from other areas of the country and have gotten them to take responsibility for their particular regions. We do not want to bombard the magazine, so it would be good to designate a single person in your area to send in editorial results such as national or unofficial world records. I can provide you with the proper address and person to send things to if you are interested. It is high time we get involved and start bringing Women's Powerlifting to the forefront of Women's Athletics.

As you read this, the Women's World Team will already have completed their competition for this year's medals, however, this writing takes place before the meet. One sour note to be found was the last minute injury of LuAnn Smith of Tampa, Florida. LuAnn apparently ended up with her foot in a cast due to a softball injury. It appears that this year's World Team, while stronger than ever before, has been fraught with injuries. In my opinion, this is a result of the longer lifting season this year. In the past, the Worlds has been held near the first of May, but with the meet being at the end of the month this year, it has added a few extra weeks during which the women must stay 'up' and ready. I am certain we can credit the extra weeks of heavy, hard work with the various and sundry injuries, ranging from the hip problem of Cheryl Jones, to Debbie McEroy-Pattor's severe ankle trouble, to Diana Rowell's minor scapular muscle, or my own torn quadriceps tear. In my own training, it was difficult to adjust to the longer time period after the Nationals, and I probably did not take long enough

to recuperate before hitting the big weights. It is just a habit to get back from one meet and after a week off get ready for another. Since we all want to do even better than before, we get a bit anxious and perhaps overload ourselves in the building part of the cycle, i.e., the sets of eight and ten reps. Fortunately for our team, second place finisher in the 181 pound class, Patti Dent, has been training in case of an injury, and will step in to fill LuAnn's shoes. At her first World Championships, Patti has some tough competition to handle with Bev Francis and Judith Oakes are both her lifters and either will keep Patti on her toes.

Due to lack of television income for this meet, the promoter, Fred Hatfield, has been limited in what he can do for the meet and the visiting teams, and the majority of the teams are footing their own bill individually. I get to the meet. Without the television revenue or other major sponsorship, Fred feels he will be doing well just to break even on the meet as things stand right now.

I have heard from many many people across the country and it looks like we will have a large group of supporters out for the worlds. It will be fun to have family and friends close by during the championships. I can only hope that we show the other teams from around the world as much fun and friendship as we were shown in Australia. Many of the people there took us all under their wings and we became part of their Australian family. Ron and Vera Modra became very special people to many of the competitors. After the meet, banquet, and another long day in the sun, they took us ALL (and that was a lot of people) into their home and fed us dinner while keeping two video players running in different rooms, so we could watch a replay of the whole meet. Throughout their house you would hear occasional yells of "See, I told you I was robbed," or "I knew she got a gift on that one." Not only were they very generous, but they kept their gym open for us to use for a few days. Many girls from getting homesick in a strange country. Now it's our turn. I hope we can show the same spirit.

Each year we see some new unknown talent make her debut at the Worlds. Two years ago, it was Canada's Kali Bogdas, who came out of obscurity to place third in the 114 pound class and she might have done even better if she had been able to deadlift on the proper surface. (The platform was slick and caused her to fall on two of her Sumo style attempts). Last year, it was Australia's Pam Matthews of the 165 pound class who was able to edge past Jennifer Weyland for the gold. This year should be no different.

A subject that has come to my attention recently is one that I feel is very important to all women lifters, especially if you will be entering a

diligently. Unfair? Yes! You'll be the one to pay, the price if a company has done something like this, so please beware and check EVERYTHING carefully. If you have some questions about ANYTHING listed on your vitamins and herbs, have it checked thoroughly before any drug, tested to meet. Also, declare everything to your drug control officer. I realize it may sound absurd to say that you took Vitamin C, or Amino Acids, or some Ginseng, but it could make a difference. You should list the brand or company name also, if at all possible. True, no companies can distribute ANY medication or vitamin without a good part of our 'banned substance' list is over the counter drugs. Even certain eye drops or nose sprays can cause you to fail the test. For those of you who fail the test, in the future, this is to let you know that things are not always as they appear, and that you should not believe everything you read.

I have again heard from one of my lifting friends in Poland who tells me their lifting is going well, and that they 'deserve' their monthly issue of PL USA from cover to cover. What a great day it will be when every country that wants to compete in this great sport will be allowed to. What an opportunity it will be to share our knowledge. I get the feeling they are preparing for that day! Til next month, enjoy the sun and summer.

Ruthi Shafer
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STH...Miracle or Myth? by Jeffrey M. Everson

6. Increased involution of salivary glands.
7. Loss of insulin sensitivity.
8. Mobilization of fat into the stream.

If we look at pituitary ablated rats in comparison to those rats with deficient function administered STH lets see what happens:

Effect	Physio. These (non-ablated) rats.	STH rats
•Rate of urea excretion	8.1	5.0
•Width of cartilage	163	244
•Nitrogen retention	16.2	19.3
•Weight gain	1.1	2.4
•Rate of protein synthesis	78	98
•Ketones formed from fat	2.1	5.4

These are impressive figures varying that STH is a potent drug when administered to a deficient animal. It is debatable whether the drug does any of this in normals let alone the human species. Of course, from other standpoint, there are still doctors telling us that steroids do not work. I would bet my life savings (however small...it's the thought that counts) that none of these doctors have tried steroids in a heavily ressed setting - meaning heavy weight training, relying instead on research, usually someone else's. You can read all about car engines, but when it comes to repairing them I will go with experience every time. There are also ways to stimulate the output of growth hormone (however small the resultant overflow may be) as follows:

- Biochemical:
 - Amino-acid infusion 20-30 gms. (through intravenous means)
 - Levodopa
 - Melatonin
 - ACTH
 - 5-hydroxytryptophan
 - Diethylstilbestol
 - Potassium
 - Thyroxine
- Physiological:
 - Exercise
 - Stress
 - Sleep (1st 90 min.)
 - Low blood glucose (as in fasting and starvation)
 - After high protein meal

Opinions:

- Reactions to STH seem extremely variable, much more so than to steroids. A university endocrinologist stated to me, "I sincerely doubt there would be any effect on a normal person except for upsetting carbohydrate metabolism." Says the owner of the world's largest bodybuilding chain, "It is absolutely amazing that kids come to California to get this drug, spend every dime they own and end up with nothing
- 1. Growth of long bones.
- 2. Increases in width of cartilaginous end plates.
- 3. Antagonism to epinephrine and norepinephrine.
- 4. Retention of nitrogen.
- 5. Greater utilization of amino acids

They also stipulated that it was necessary to eat 10 thousand calories per day, too. Now doesn't that make a lot of sense? Who wouldn't gain 35 pounds eating that much?

STH and the Olympic Tests

Current speculation suggests that STH can beat all the tests. This is a lot of baloney, of course. STH in excess is just as easily detectable as excesses of steroids. The average adult secretes about 370-400 micrograms of STH daily. This translates to a daily constant level in the blood of around 80 nanograms per milliliter. If the Olympic doctors so decided, it could be easily detected. Currently, they do not test for it...having just recently set themselves to the task of testing perhaps for excess testosterone. Incidentally, athletes should not believe all that they hear as regards beating the tests. For instance, it has been rumored that acidic urine fouls up the steroid tests. In actuality, a tendency towards basic urine will partially skew results. And don't think you can outsmart over your finger with a little soap detergent on it, so that your specimen sort of slides through. Such is not the case.

Believing something does not make it true. Witness Christopher Columbus. In light of the conflicting anecdotal and scientific evidence use secretion with any doctor pumping STH. STH from a medical standpoint has been shown to potentiate known carcinogens and it has clearly been shown to be capable to enhancing the pancreas over the long term.



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BOOK REVIEW Mauro G. Di Pasquale, B.Sc., M.D., of Canada has written a book entitled **DRUG USE AND DETECTION IN AMATEUR SPORTS** and we have seen an advance copy of the manuscript at POWERLIFTING USA. The book is available from MGD Press, 23 Main St., Warkworth, Ontario, Canada. The price per copy for orders from the United States is \$14.50 US plus \$1.00 handling and postage. Subjects covered include Drug Control, Classification of Drugs, Methods of Drug Enforcement, the Elite Athlete, Drug Action and Metabolism, Tolerance to Drugs, Stimulants, Narcotic Analgesics, Narcotic Antagonists, Anabolic Steroids, Androgen Synthesis, Secretion, and Transport, Regulation of Androgen Production and Secretion, Side Effects of Anabolic Steroids, Metabolism of Testosterone and its Derivatives, Growth Hormone, Gonadotropins and Gonadotropin Stimulants, Diuretics, Muscle Metabolism & Energy Sources including Blood Doping and Carbonylurate Loading, and Miscellaneous Compounds.

Dr. Di Pasquale has unique qualifications that make this book an especially useful reference for both doctor and athlete. He has been an international level competitor in Powerlifting representing Canada for 10 years in the 145 lb. and 165 lb. classes, and won a Silver Medal in the 1979 World Championships while competing against Mike Bridges, widely considered to be the greatest powerlifter in history. At that level of competition, it has been the influence of drugs on athletic performance on a first hand basis. As a practicing physician, he is well aware of the intended use and the side effects of the various substances that are abused by athletes today. Furthermore, his chairmanship of the International Powerlifting Federation Medical Committee places him squarely in the forefront of the state of the art when it comes to evaluation of drug testing and control systems, which are used by the International Federation to control drug use among the entrants to the international competitions they sponsor.

The information in the book is important because of the care that has been extended to make certain that it is accurate and, just as importantly, objective. Dr. Di Pasquale is well aware of the rumors and misinformation that has clouded this entire issue, and seeks to provide accurate information about what testing can and can't do and what the substances involved can and can't do. The information is not only comprehensive, but it is up to date. For example, his discussion of the metabolite, "the" drug from the Eastern Bloc nations use to beat the test, is the first professional opinion that was aware of to be published on the use of this substance in the athletic context. For people wishing to obtain unbiased and pertinent information about the use of drugs in sport and testing for their own finances, this book is recommended reading.

Mike Lombardi, PL USA.

1984 Hawaii International Powerlifting Championships



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1983 MEET Ted Arcidi's bench presses of 628 and 633 in the 275 pound class, Danny Wohleber's 914 squat and 854 deadlift, plus Jim Cash and Steve Wilson.

1984 MEET Fred Hatfield's 920 squat and his valiant try at 1003. Ted Arcidi's 8 attempts at 666 for those who don't believe it! Lori Okami's 187 bench at 105, Dave Shaw's 848 deadlift, Dave Waddington's 970 squat, plus Joe Ladhner at his best...see him come up with his 892 squat.

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Question & Answer

This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it to QUESTION & ANSWER, 1413 Holgate Dr. Anaheim, CA 92802.

Dear Roger: I would like to commend you for the very helpful information provided by your column. For those of us training without benefit of coaches or experienced lifters, comments such as your own are invaluable. In essence, my question is a request for some refinement and integration of previously discussed topics.

First, how are deadlifts scheduled with squat training. Because of personal responsibilities, I am limited to three training days per week. This, I am wondering how previously given advice on squat training may be adapted to three day training regimen. That is, in response to an earlier question regarding the "best" exercise for improving the squat, you advocated full squats for heavy singles to be followed by heavy high box squats three days later. If box squats are done on Monday and box squats on Thursday, how are deadlifts to be scheduled? Also, does one's technique in the deadlift (conventional or no no) affect the scheduling? What about bench press be worked into this schedule?

Second, is there a optimum number of sets that should be performed in squats, box squats, deadlifts and bench presses? That is, I am not sure how to incorporate singles training in a safe manner. Of course, I am presuming that the singles are geared to percentages of either a previous or anticipated best lift. But where do you start and how do you proceed? For instance, if one's top squat is 300 pounds, should one start with 255 lbs. (85%), and add 5 or more pounds a week? If so, is one to presume that the box squats will provide the impetus to break beyond the top of 300? What set and rep sequence should be utilized to hit the target weight or top set of the day and how many sets should be performed with the target weight? Is a back off set of 5 or so reps advisable? Should the same set and rep scheme be applied to full squats as well as deadlifts?

I am sorry to have "hit" you with this for I have taken a straight forward response and turned it into a mess, but in all honesty I understand training buddies do not understand now heavy singles can increase one's best. Obviously it can for you, you have employed and advocated such training. We just do not quite grasp the "nuances" of the training philosophy. Third, should a training suit and wraps be used to perform full squats? Should they be deferred to some point just before a contest? If so, the suit is postponed, should wraps be utilized? Any suggestions that can be offered regarding these questions would be greatly appreciated.

Don T. Inamorato

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Waddington, success with this program speaks for itself. Squats are also done on Monday using 2 sets of 5 reps with a weight of 50% of your best singles. No deadlifts or back work is done on Monday. The workout is finished with some of your favorite bodybuilding exercises. Friday's workout is very much like the previous routine. You start with squats and a goal for a heavy triple. Bench pressing follows again with a goal of a heavy triple. The final exercise is again deadlifting for 1,2 sets of 3 reps. I used to train on this program with Steve Wilson and Dave Waddington, and although it worked well for me and the Wilsons and

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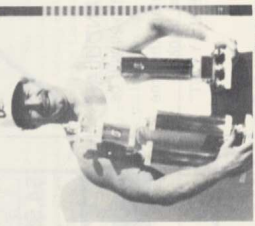
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Clay Lewis, a Senior at South Robeson High School in Rowland, NC deadlifted 570 in the 1st annual Tri-County Championships. He won his weight class in his first meet with a 1325 total (455 squat and 300 bench) and Best Lifter. He trains at the "Let's Get Physical" Fitness Center in Fairmont, NC. Photo and information by Charles and Kirk



Dick Childs, 16 years old and 123 lbs., with two years of training in Shepherd, Michigan has become Teenage State Champ, runner up in the Michigan Jr. State meet, National Teenage Meet qualifier, and state record holder in the squat. His best lifts are 355 215 370. Photo courtesy of the "Body Shop" David Burke, and Grim Printing.



Ronald Taylor has been a varsity track athlete since the 11th grade, and a 2 way starrer in football at Western Hills high in Texas, as well as being on the wrestling and weightlifting teams. His best lifts are 595 405 345 at a Bodyweight of 190-210 and in the Olympic lifts he has bests of 250 in the power snatch and 325 in the clean and jerk.



Dale Greenwald has placed 1st in the 1983 State High School Championships, 1983 Teenage So. Colorado Championships, and 1984 Teenage Colorado State Championships. His 1440 total at 181 qualifies Dale for the Teenage Nationals in August. Dale manages Gym on the Hill in Boulder, Colorado. Photo courtesy of Lisa & David Buchanan.



Mike Jones is currently an outstanding lifter in the 220 pound division in Georgia. During his lifting career he has held the Georgia State records in the squat and total in the 181, 198, and 220 lb. classes. According to Jerry McClure, who provided this photo and information Mike is the kind of lifter who says "put it on the bar, and I will lift it."

POWER PROFILE

BOB WAHL a look at the World Champ by Dave Krall

Rickey Dale Crain has dominated the 165 pound class for the last few years. Recently, however, he has been forced to start looking over his shoulder at lifters such as Gene Bell and Don Gay. Another threat will soon be added to the line up as 24 year old Bob Wahl of Toledo, Ohio is vacating the 148s and setting up residence in the 165s. Bob's recent victories at the Seniors and American and World record breaking squat have demonstrated his ability to lift lots of weight under pressure, a sure sign that he is a rival to the throne in the 165s.

Bob has been pushing and pulling the iron for the past seven years, while climbing up through the ranks of Ohio lifting by competing in the State championships, the Canton Open, and the Bob Moon Memorial. He arrived on the national scene at the 1981 Juniors at a bodyweight of 148 and bagged a record 589 squat, totaled 1463, and garnered second place. Pretty handy for a first time Nationals contender.

The next step in Bob's career was a logical one given his performance at the Juniors and his dedication to the sport, but his Seniors debut in 1982 didn't work out as well as he had hoped. Bob opened in the squat with his National's record of 589, a mere six pounds less than the 595 second attempt by the eventual winner, Jay Rosciglione. Bob's second attempt was 622. He didn't get it the first time but came back for another try and nailed it down right. 297 was all that would go in the bench, but it was enough for him to subtotal 920, setting him up for a possible win if he could out pull Rosciglione and Finch. He made three attempts with 595, but could not complete it to the satisfaction of the judges.

"I executed the lift, says Bob, 'but there was some discrepancy that my knees were bent. I went for the win right away."

The 1983 Seniors were Bob's chance to redeem himself and he did so with a vengeance, snagging a winning 1592 total by squatting an incredible 661, benching 303, and deadlifting 628. Bob's talents had blossomed and he had arrived at the pinnacle of American lifting, being awarded the chance to represent the World's Greatest powerlifting nation at the World Championships in Sweden.

The jump from Senior National Champion to World Champion has eluded a number of American lifters in the past. As difficult as it is to win the Seniors, the mental and physical pressure of traveling half a world away and stacking the best you've got against the rest of the World's best is the penultimate adventure in powerlifting. Nonetheless, Bob Wahl pulled it off with a flair, racking up



Nailing the Title Down... with his deadlifts at the World Powerlifting Championships in Sweden, Bob shows an intense level of concentration.

an impressive total of 1554 through a 633 squat (he came up with 650 but it wasn't passed), 314 bench and a 606 deadlift. He out distanced 1982 Champion Nentis by 77 pounds.

The training routine Bob has used for past successes and the one he continues to use is very straight forward. When cycling for a meet, Bob takes twelve weeks and does three sets of five for two weeks, seven weeks of triples, a week of doubles, and finally a week of singles. His workouts are scheduled for Mondays, Tuesdays, Thursdays and Fridays. Monday's workout consists of benches, inclines, dips, presses, lateral raises, tricep extensions and pushdowns. Tuesday calls for squats,

presses, one arm rows, pulldowns, dumbbell curls and regular curls. Thursday is a light version of Monday's workout and Friday calls for deadlifts and another bout of lat work. Three sets of eight reps are used for past successes and the one he continues to use is very straight forward. When cycling for a meet, Bob takes twelve weeks and does three sets of five for two weeks, seven weeks of triples, a week of doubles, and finally a week of singles. His workouts are scheduled for Mondays, Tuesdays, Thursdays and Fridays. Monday's workout consists of benches, inclines, dips, presses, lateral raises, tricep extensions and pushdowns. Tuesday calls for squats,

to know exactly what I'm staring with and I will stick with it. The only way I would change my mind is if I felt awkward that day. It comes back to having the confidence in yourself. I will usually stay with what I've got in my mind. You've got to adapt after that and see who's going to be ahead of you."

When lifting at 148, Bob's warm-ups usually ran something like this: 135, 225, 315, 425, 525-530. Most of his starting attempts were somewhere in the vicinity of 580, leaving him with a good place from which to make successful second and third attempts. Bob is also careful about timing his warmups so that he is ready to go when the weight is on the bar.

"I usually try waiting about ten or fifteen guys before I open up. You figure that between that time there's fifteen first attempts, then you've got the other two attempts, so usually it's about an hour before I have to start on time. I'm lucky and hit it right on time. Usually there are six people before me."

Bob's recommendations for beginning lifters are based on common sense and personal experience. When Bob started competing he got overzealous and sometimes attended a meet every month. He feels that if a beginner shows promise, they should limit meet attendance and get the training knowledge down before going hog wild with heavy weights. Bob emphasizes good lifting tech-

nique first, feeling that once good form is achieved, the strength will follow. Three sets of five reps for the lifts and three sets of eight for assistance is his prescription for beginners.

One of the truly amazing things about Bob's lifting was how much strength he was able to retain after making weight for the 148s. His normal training weight was about 160. Two years ago he was tested for percent bodyfat at Ohio State.

"I was weighing 162 and I had a 3.5 percent bodyfat. My lean bodyweight was 156. They said I should never go below that. They could never figure out how I got back down to 148." Bob readily admits that dropping so much weight is not the best idea in the world, stating, "I wouldn't recommend anyone doing it. It's really bad, but I had goals I wanted to accomplish."

The fact that Bob could total 1592 at the Seniors in such a starved condition bodes very well indeed for great success at 165. Bob is confident that his bench will take off at his new bodyweight. He feels that having to drop so much muscle tissue hurt his bench in particular. As of January he had hit 340 for triples at a weight of 170 and he expects a single with 400. It will certainly be a relief only having to drop five pounds for his next contest.

Like many other lifters from the garage gangs to the national champion, Bob has certain goals he would like to accomplish, goals which exceed

"I've got a lot of respect for lifters like that. In a way you'd like to beat them, but then again you don't like to see them lose either, so its kind of hard lifting against them."

It is not a statement resulting from a determination to continue being one of the best lifters in the world. To continue being one of the best, Bob will have to challenge the best with the competitiveness that he has demonstrated in his hard-fought successes at the Seniors and Worlds. Heads up, Rickey Dale, Bob Wahl's bags are unpacked and he's planning on a lucrative stay.

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the wildest dreams of garage lifters everywhere and maybe those of some national competitors as well.

An 800 pound squat and a 1900 pound total are on his wish list while he is in residence at 165. As usual, time will tell whether or not he will reach these lofty summits, but if his lifting ability at 148 has been any indication, he should at least get within striking distance of the present total record which stands at 1863. Bob is looking forward to challenging Crain at 165 and possibly Bridges at 181. As he says of Bridges, "I'd like to lift against him just once."

As with any world class athlete, Bob has no lack of self confidence as evidenced by his comment about lifting against Crain and Bridges:

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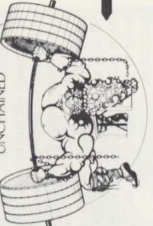
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I've always believed in doing things properly, and if something can't be done right, time usually shows that it should not have been done at all. The drug testing situation from the Women's Nationals is the sport's most recent example of this. Despite all the good intentions, it seems to me that we're running a Chinese fire drill. I've previously and loudly said that I am not in favor of testing for drugs for numerous reasons. Rather than bring equality to the participants, I feel that the current procedures encourage outrageous abuses. At other drug tested competitions, some of the lifters I worked with have competed in what they hoped would be an "equitable" situation, yet they returned to me with comments like "Doc, forget it. Guys were urinating into the vials of others and laughing about it. One guy totally ---- and I know he uses drugs, not because of the total, but because he trains with ---- and they've both admitted it, and often." You wonder why I sadly chuckle when I receive a letter from one of the members of the Women's Committee who states that the fact that the lifters take an oath and sign it (their emphasis) gives her the satisfaction and security that she is competing on equal ground with others who have agreed to lift naturally.

Now, let's jump to the Women's Nationals. Like other National level meets, if a lifter is going to use drugs anytime, this'll be the likely one they'll do it for. After all, if all the stops are being pulled, you'd be an idiot to do it at the Podunk Open if you could burn the platform down going against the country's best. I see no problem with this because each individual chooses to compete, stay home, use or not use ergogenic aids, lifts to satisfy themselves or others, want to use, okay. Offended, don't use and/or don't compete, or compete for the self satisfaction you get knowing you've done it "your way."

I like Judy Gedney; she's a wonderful lifter and a fine person. As chairperson of the Women's Executive Committee, it is her responsibility to make sure that the drug testing hangs tough on the drug testing issue. As it turns out, it was decided that the women would be tested, but the meeting closed without any specifics being put on paper regarding sanctions against lifters failing the test. At it turns out, some women have come up positive at the first stage of testing, with the second urine sample yet to be evaluated. Many are arguing for some sort of suspension, at least from the women meet, assuming that the women who placed behind the positively-tested winners were drug free. Well, the "guilty" parties will apparently compete in the Worlds and I say the odds are they'll be back to lift in any other meet they choose to lift in also.

If this seems grossly unfair to the women who lifted without the use of drugs for the Nationals meet, it is. The fault lies not with the athlete, but with the governing bodies. If I was competing at the Nationals, I would have assumed that everyone would be lifting under the same conditions

More From Ken Leistner



Dr. Ken Leistner with this month's coverman Dave Schneider. Tuite photo.

someone wants a phone conference. Recently, Kathy Tuite and I attended a nice meet in East Stroudsburg, Pa. Joe Catalano and Friends (Joe, Todd, etc.) got off to a rough start due to problems with the PA system, but cooked well as with an advantage. Why did Richard and Stella Herrick bother to stay up until 2 A.M. collecting samples? Why bother at all? A few women wrote or called to tell me that it's easier to train and not compete considering the abuses heaped upon the athletes by the prevailing system. I couldn't disagree. In my opinion, and guess whose cold shoulder I'm going to get at Dayton, the current U.S.P.F. Executive Committee have shown little definitive leadership or strongly stated positions regarding the entire drug issue. I'm sure examples can be found, perhaps right in the PL USA print of previous issues indicating the directions we've been taken in, but the average lifter honestly feels that we're not close to resolving this issue. I disagree with John Kuc's statements, made recently in another publication, that the public perceives the powerlifter as a drug produced or drug abusing athlete. The problem lies not in the public's perception of us, because most non-lifters think we're all nuts, trying to lift huge weights, but in the perception we have of ourselves and our sport. It's time that the people we call leaders sit down, put forth a policy to either test or not test, and then if testing is to be done, let the lifters know what the punishment will be. This should be done every 2 or 3 years, not every time the committee meets or when lifters, very young and very ex-

perienced lifters, male and female, druggers and drug free. I see Pennsylvania, not California or Texas or Arizona, as the heartland of powerlifting; certainly it was the first real holed with the likes of Bob Weaver, Kuc, Jim Williams, John Dzuwenko and Bill Starr doing their pioneering number. Some lifters used all the tricks: tightest of suits and wraps with Q.D.A., very wide stance squat, ammonia caps, and apparently lots of steroids. Others wore suits that were loose enough to fit another lifter in performed almost olympic style squats, and showed absolutely no sense of timing warmups. Some inexperienced lifters were very well poised with super technique, while some lifters with a lot of meet experience acted like peuliant brats and demonstrated horrible form in every lift. It was a real mix, yet everyone was friendly or at least supportive, enthusiastic, and seemed glad to be there. Powerlifting is all of the above and it was nice to see it brought together under one roof. The East Stroudsburg fieldhouse was an impressive and comfortable venue and everyone was low key, yet energetic. If they again have this meet next year, go, lift, enjoy. And for all of the complaints about uneven judging (and I agree), well, that, too, is part and parcel of our sport, although Fred Glass and some of the other officials did as well or better than what is seen at some National level meets.

And let's close with some comments about the National meet. Rich and Pam Labbe seem to be ready to offer a terrific Nationals and their meet information package is very promising. I can speak in detail and definitively about Pacific's Seniors. Some complain that Larry makes a profit on the Seniors. It is always the finest and best run meet of any year, until he again hosts this same meet, so why shouldn't he make some money. It gets better each time, too, more complete, more innovative. The lifter's needs are always uppermost in Larry's mind and this year will be no different. The medical/chiropractic treatment area will be a first; a demarcated area with licensed personnel, unlimited ice, refreshments, treatment modalities. My goodness, for the first time ever, the lifter will be able to lift with the confidence that any mishap will be dealt with safely, quickly, and professionally. As always, the warmup facilities and equipment will be top of the line in terms of safety, convenience, and durability. The awards are a secret; which I've been more than privy to and I'll just tell you that once again, I'm proud that I won't have a shot at what will be the most unique prizes ever offered. The Contestor and Center is comfortable for the spectator. Let's face it, Larry runs a class act. I encourage every true powerlifting fan to save for this meet, plan on attending, plan on enjoying not only great lifting, but a great spectacle; a wonderful show. You'll also want to be there for the Pacific Comeback, lifting history in the making. Be there, the memories of a Seniors will last you a lifetime.

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Table with columns: NAME, SQ, BP, DL, Total. Lists names of participants and their scores in various categories.

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3/24/84 - Tarboro, NC

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3/10/84 - Ames, Iowa

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Biggest Bench in the Midwest II 4/14/84 - St. Louis, MO

Table with columns: Name, SQ, BP, DL, Total. Lists names like D. Harris, K. Underwood, etc.

Power Pit T-shirt advertisement featuring a muscular arm holding a t-shirt. Text includes '\$1050 (shipping included)', 'FROM HAWAII!', and 'The Power Pit T-shirt'. Includes a form for ordering with fields for name, address, city, state, zip, and size.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Markley Brown, Jeff Hayes, etc.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Jim Goh, Dave Turner, etc.

Crain Power-Plus advertisement showing various t-shirt designs. Text includes 'CUSTOM DESIGN T-SHIRTS AVAILABLE', 'CRAIN POWER-PLUS', and '\$75.00'. Includes a list of colors and a phone number.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Steve English, Steve Smith, etc.

FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, GYM RECORDS. ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.

AMERICAN MASTERS 40-44	AMERICAN MASTERS 45-49	AMERICAN MASTERS 50-54	AMERICAN MASTERS 55-59	AMERICAN MASTERS 60-64	AMERICAN MASTERS 65-69	AMERICAN MASTERS 70-74	I.P.F. WORLD RECORDS (kilos)
275 W. Burr	220 T. Gennaro	215 T. Gennaro	264 S. Perez	114 SQ	171 S. Perez	242.5 J. Cunha	146.5 J. Cunha
149 Frantz/Lockard	165 T. Gennaro	160 T. Gennaro	171 S. Perez	BP	165 T. Gennaro	146.5 J. Cunha	146.5 J. Cunha
76 W. Burr	688 T. Gennaro	655 T. Gennaro	272 S. Perez	DL	655 T. Gennaro	542.5 H. Inaba	542.5 H. Inaba
337 J. Lusk	309 F. Glas	210 T. Gennaro	83 N. Lawrence	123 SQ	83 N. Lawrence	327.5 H. Inaba	147.5 H. Inaba
231 F. Hofer	170 T. Gennaro	161 T. Gennaro	49 N. Lawrence	8P	49 N. Lawrence	289.5 L. Cant	147.5 H. Inaba
435 J. Lusk	421 F. Glas	293 T. Gennaro	126 N. Lawrence	DL	126 N. Lawrence	625.0 L. Cant	180.0 J. Bradley
1018 M. Long	511 F. Glas	361 T. Gennaro	259 N. Lawrence	132 SQ	259 N. Lawrence	180.0 J. Bradley	707.5 J. Bradley
265 C. Foster	245 P. Tuifillo	190 W. Obafemi	190 W. Obafemi	8P	190 W. Obafemi	296.5 L. Cant	312.5 R. Vallevea
457 C. Foster	457 L. Laniger	391 J. Hughes	391 J. Hughes	DL	391 J. Hughes	625.0 L. Cant	312.5 R. Vallevea
1085 C. Foster	1025 L. Laniger	880 J. Hughes	880 J. Hughes	DL	880 J. Hughes	625.0 L. Cant	666 D. Canova
600 J. Frinch	484 L. Wintz	453 R. Cortes	453 R. Cortes	148 SQ	453 R. Cortes	198 D. Canova	327.5 M. Bridges
575 R. Cortes	575 R. Cortes	395 J. Hughes	395 J. Hughes	DL	395 J. Hughes	198 D. Canova	327.5 M. Bridges
600 J. Frinch	575 R. Cortes	395 J. Hughes	395 J. Hughes	DL	395 J. Hughes	198 D. Canova	327.5 M. Bridges
1543 J. Frinch	1366 R. Cortes	1322 R. Cortes	1322 R. Cortes	DL	1322 R. Cortes	666 D. Canova	732.5 J. Bradley
598 F. Lyon	606 D. Hundley	579 J. Lem	579 J. Lem	165 SQ	579 J. Lem	203 J. Messer	327.5 M. Bridges
601 F. Lyon	667 D. Hundley	617 J. Lem	617 J. Lem	BP	617 J. Lem	203 J. Messer	327.5 M. Bridges
1609 J. Rouse	1538 D. Hundley	1510 J. Lem	1510 J. Lem	DL	1510 J. Lem	203 J. Messer	327.5 M. Bridges
639 J. Barnes	605 J. Lem	665 J. Lem	665 J. Lem	DL	665 J. Lem	203 J. Messer	327.5 M. Bridges
901 J. Rouse	407 E. Frantz	407 E. Frantz	407 E. Frantz	DL	407 E. Frantz	203 J. Messer	327.5 M. Bridges
1763 J. Rouse	1691 E. Frantz	1642 J. Lem	1642 J. Lem	DL	1642 J. Lem	203 J. Messer	327.5 M. Bridges
749 J. Barnes	777 E. Frantz	602 J. Lem	602 J. Lem	198 SQ	602 J. Lem	342 J. Kurpiel	375.0 F. Hatfield
452 D. Blair	474 E. Frantz	380 J. Lem	380 J. Lem	BP	380 J. Lem	342 J. Kurpiel	375.0 F. Hatfield
1794 J. Bar	1957 J. Frantz	1694 J. Lem	1694 J. Lem	DL	1694 J. Lem	342 J. Kurpiel	375.0 F. Hatfield
865 D. Reed	754 D. Miller	590 E. Naby	590 E. Naby	228 SQ	590 E. Naby	353 J. Whit	412.5 D. Waddington
475 F. Miller	468 E. Frantz	400 E. Naby	400 E. Naby	DL	400 E. Naby	353 J. Whit	412.5 D. Waddington
739 D. Reed	1962 E. Frantz	1415 E. Naby	1415 E. Naby	DL	1415 E. Naby	353 J. Whit	412.5 D. Waddington
1940 D. Reed	1748 D. Reed	1415 E. Naby	1415 E. Naby	DL	1415 E. Naby	353 J. Whit	412.5 D. Waddington
738 D. Reed	738 D. Reed	1415 E. Naby	1415 E. Naby	DL	1415 E. Naby	353 J. Whit	412.5 D. Waddington
2042 D. Reed	1813 K. Francis	1609 Humans/Walker	1609 Humans/Walker	DL	1609 Humans/Walker	975 J. Wargo	412.5 D. Waddington
915 F. Hatfield	739 H. Fitzsimmons	639 B. Ross	639 B. Ross	275 SQ	639 B. Ross	975 J. Wargo	412.5 D. Waddington
845 E. Riley	739 H. Fitzsimmons	645 B. Ross	645 B. Ross	DL	645 B. Ross	975 J. Wargo	412.5 D. Waddington
2160 L. Kidney	1920 H. Fitzsimmons	1708 B. Ross	1708 B. Ross	DL	1708 B. Ross	975 J. Wargo	412.5 D. Waddington
771 C. Baxton	722 E. Riley	771 C. Baxton	771 C. Baxton	DL	771 C. Baxton	975 J. Wargo	412.5 D. Waddington
845 E. Riley	845 E. Riley	845 E. Riley	845 E. Riley	DL	845 E. Riley	975 J. Wargo	412.5 D. Waddington
1901 E. Riley	1978 C. Baxton	1545 B. Wong	1545 B. Wong	DL	1545 B. Wong	975 J. Wargo	412.5 D. Waddington

DRUG BUST



AMINO ACIDS

Everyone in weightlifting is very excited about the latest discoveries in amino acids. Much of the talk centers around Arginine, Ornithine and Lysine. Research suggests that these amino acids can boost the body's natural production of growth hormone (GH). GH production slows down as we age. Keeping the body's output of GH high can mean steeper progress in your muscle and strength building programs. GH helps the body burn fat for energy and assists in the development of thicker, stronger muscles. According to life extension expert Dr. Pearson, even people who are not on an exercise program are getting positive results from these amino acids. EXSTEROL contains 500 milligrams of each of these amino acids.

These amino acids work even more effectively when combined with a base of the essential amino acids. EXSTEROL provides such a base by including 100% pure extracted egg albumen (pancreatic digest). This gives an additional 1634 milligrams and a total of 19 amino acids (in L-form).

NATURAL STEROLS

While research continues into the possible benefits of sterols and weight training, many athletes are anxious to add them to their dietary program. Our sterols are derived from highly concentrated extracts of vegetable oils (wheat, soy, rice). EXSTEROL contains large amounts of all the sterols as well as naturally occurring fatty acids, lecithin and octacosanol.

HERBAL EXTRACTS

Herbs have been used for centuries for their health promoting qualities. EXSTEROL contains five key herbs which we feel can benefit weightlifters. At 150 milligrams each,

SUPPLEMENT CHALLENGES STEROIDS

Anabolic steroids have become a serious problem in weightlifting today. Some bodybuilders and powerlifters have decided that the only way to achieve their goals is to use potentially dangerous drugs. This is a bad choice since muscle and strength gains from drugs are temporary at best. Yet other weightlifters have decided to shun drugs and develop their bodies and their strength naturally. They do this through proper training techniques, good nutrition and optimum supplementation. Some champions have attributed over 50% of their success to nutrition and supplementation.

Fortunately for those weightlifters who do not wish to use steroids and other drugs, nutritional science is coming closer to developing natural supplementation programs which can give equal gains in muscle size and strength. EXSTEROL is one of the most advanced such supplements. In developing this product, we turned to all of the latest scientific findings. Nearly everything which can build muscle naturally has been included in EXSTEROL—and, in high enough potencies and the proper blend to make them work. In fact, most of the products in EXSTEROL are in higher potencies than if you bought them as separate items. EXSTEROL truly is the ultimate all natural anabolic formula. Just look what you get (based on the suggested dosage of two per meal or six a day).

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USA OLYMPIC PLATES (45, 35, 25, 10, 5, 2 1/2 LB.) 59¢ lb.
USA EXERCISE PLATES (50, 25, 10, 5, 2 1/2 LB.) 49¢ lb.
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5 LB.	\$24.90	65 LB. \$88.70
10 LB.	\$34.80	70 LB. \$93.60
15 LB.	\$39.70	75 LB. \$98.50
20 LB.	\$44.60	80 LB. \$103.40
25 LB.	\$49.50	85 LB. \$108.30
30 LB.	\$54.40	90 LB. \$113.20
35 LB.	\$59.30	95 LB. \$118.10
40 LB.	\$64.20	100 LB. \$123.00
45 LB.	\$69.10	105 LB. \$127.90
50 LB.	\$74.00	110 LB. \$132.80
55 LB.	\$78.90	115 LB. \$137.70
60 LB.	\$83.80	120 LB. \$142.60

5 LB.-100 LB. SERIES \$1395⁰⁰

5 LB.-120 LB. SERIES \$1850⁰⁰

EZ-CURL BAR W/CHROME COLLARS \$19⁹⁵

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