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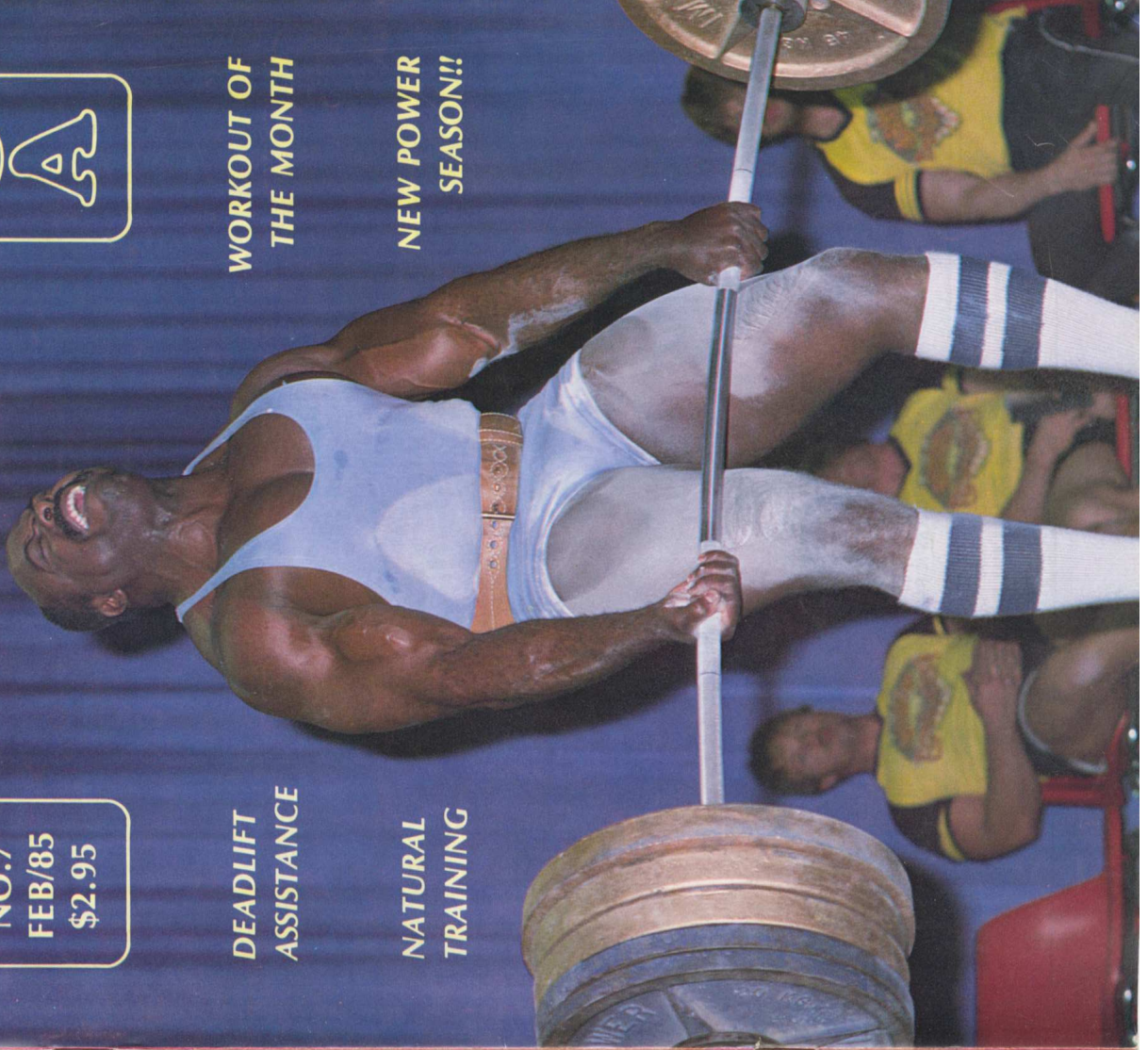
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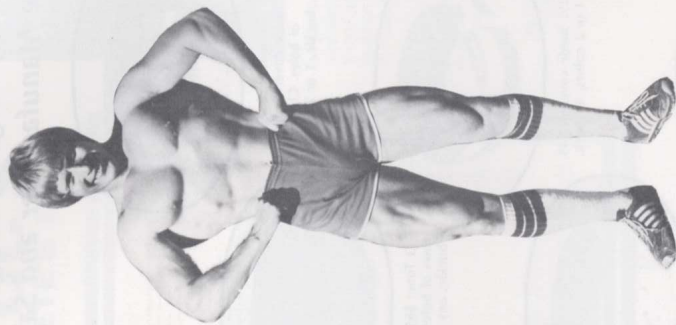
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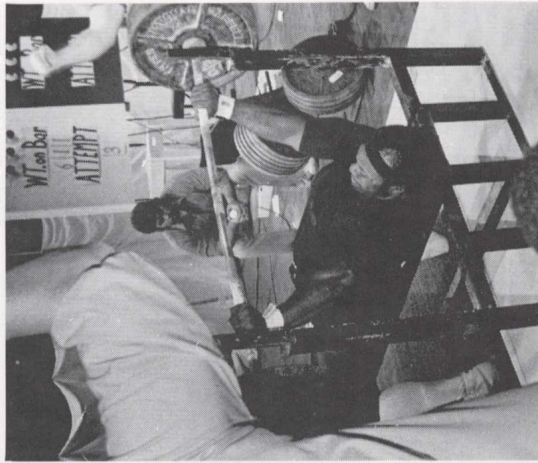
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The NEW Powerlifting Season

by Mike Lambert, PL USA Editor



As we are now at the crossroads between the 1984 and 1985 Powerlifting seasons, it's time to consider what happened in the sport in 1984. What did, what may happen in 1985. Highlighting the year was the new piece of the 1984 U.S.A. World Powerlifting Championship team. It was the greatest performance ever by an American team, in terms of the number of class winners and percentage of winners. To put this achievement in perspective, in 1971 the USA 1st World Championships the USA won 6 of the 8 classes combined. In 1972, they also won 6 of 8. In 1973, they won 7 out of 9, and the USA won 7 out of 8 in 1974. In 1975 it was 8/10. In 1976 it was 8/10. In 1977 it was 9/10. In 1978 it was 10/10. In 1979 it was 10/10. In 1980 it was 10/10. In 1981 it was 10/10. In 1982 it was 10/10. In 1983 it was 10/10. In 1984 it was 10/10. In 1985 it was 10/10. In 1986 it was 10/10. In 1987 it was 10/10. In 1988 it was 10/10. In 1989 it was 10/10. In 1990 it was 10/10. In 1991 it was 10/10. In 1992 it was 10/10. In 1993 it was 10/10. In 1994 it was 10/10. In 1995 it was 10/10. In 1996 it was 10/10. In 1997 it was 10/10. In 1998 it was 10/10. In 1999 it was 10/10. In 2000 it was 10/10. In 2001 it was 10/10. In 2002 it was 10/10. In 2003 it was 10/10. In 2004 it was 10/10. In 2005 it was 10/10. In 2006 it was 10/10. In 2007 it was 10/10. In 2008 it was 10/10. In 2009 it was 10/10. In 2010 it was 10/10. In 2011 it was 10/10. In 2012 it was 10/10. In 2013 it was 10/10. In 2014 it was 10/10. In 2015 it was 10/10. In 2016 it was 10/10. In 2017 it was 10/10. In 2018 it was 10/10. In 2019 it was 10/10. In 2020 it was 10/10. In 2021 it was 10/10. In 2022 it was 10/10. In 2023 it was 10/10. In 2024 it was 10/10. In 2025 it was 10/10.

for the support they received. In 1984, there were tremendous lifts made on the bench. For about Atcidi's 666 and M's 1000/4 squat at the Regional Ruthi Shaler and Diana Bennett rode the crest of a giant surge of women's world records. John Kuc made his name on his promise to return to world class levels in the ADPPA to a class without the aid of drugs. How about the emergence of budding, young seniors like Ed Coan and George Heffner. Who can forget Fred Hatfield's quest for ever more massive squat records, 1000/900 pounds in sign of 1,000. What a clash it was at the Seniors with Cash, Hatfield and Pacifico in the same class! Washi that continued World Masters and Junior World Championships in Perth, Australia. Of course, there were some things that were disappointing about 1984. A major factor in the National meet calendar, the National YMCA meet which had been set for December, was cancelled. Happily, however, Gary Benford and his associates have come to a new understanding, and there will be a 1985 U.S.P.F.

peers to be interested in the U.S. Olympic Committee to get a sport on the roster in which Americans can do better than their Olympic lifters have. Inside say there is an outside chance that Powerlifting will be a demonstration sport at the 1992 edition of the Games.

1984 saw the tragic loss of a young powerlifter named Gary Abrahamian, followed very recently by the passing of another young champion, Wayne Bouvier, the 1982 Senior National Superheavyweight Champion, who succumbed to an aneurysm at the age of 29. Larry Pacifico also relates that a close friend of his, 1981 National Masters Champion, Chuck Yelton, recently lost a long battle with cancer. These lifters, and others that were lost, will be remembered in 1985, and beyond.

What does the coming year have to offer? The annual scramble to win covered spot on the 1985 United States Powerlifting team will once again be the highlight of the year, to be the greatest powerlifting confrontation of all, the U.S. Senior National Championships. We had 9 new members on the 1984 team versus those on the 83 group, and with that kind of turnover and our well known depth in many classes, it's a tossup as to what will result after those last few deadlifts clang back to the platform on July 6 and 7th in Chicago, Illinois where Ralph Sesso will produce the next Seniors.

Already, at the tail end of 1984, some new names have erupted on the scene, who will certainly demand further attention in the coming year. How about bench press? That's what Paul Dicks did on December 15th at the Southeastern Cup in Aida, Georgia. Saint Samanigo did some massive benching at a 275 pounder, hitting a 632 on December 16th. With the question Who is the World's Greatest Bench Presser? answered in 1985. Who else is hiding in the woodwork in 1984, ready to explode on the scene in the next few months? Also late in the year we see the return of several World Champions, Rick Gangster, cracking a 2,000 total at 181 to

(continued on following page)

WOW!!! Paul Dicks finished off 1984 with an unbelievable 612.2 pound bench press at 220! What will this sensational new prospect do to top this awesome achievement in the coming year? Photo provided by Buddy Duke.

championships is depressing, but the recent approval by the I.P.F. of a modified drug control procedure that will concentrate only steroids and amphetamines and exclude the expense of testing for the hundreds of other substances on the I.O.C. banned list should bring the cost of a test down to \$40 a sample and make flu the work before his scheduled strike on 700. Weakened, he still appears and put on a rep exhibition with 500 and a seminar. 700 remains unbowed to Ted, but now he has his sights set on the 1984 Hawaii International, a great setting for another try to break the mark.

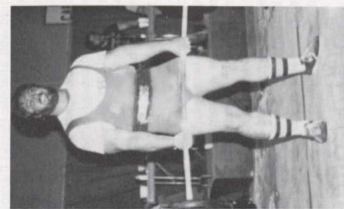
The lack of full drug testing commitment at any of the 1985 U.S.P.F.

Titan Mourns the Loss of a Friend

Wayne Bouvier

1982 Senior National Champion, World Record Holder, Collegiate National Record Holder, World Class Powerlifter, Gentleman and Friend.

Powerlifting has lost a star, but his memory will live forever.



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Are Anabolic Steroids Really Worth It?

by William N. Taylor, MD
(author of **ANABOLIC STEROIDS AND THE ATHLETE**)

This question is rarely addressed from a specifically financial point of view, since the question of whether anabolic steroids actually enhance muscular mass and strength usually seems to be given more emphasis. There is no doubt in my mind that anabolic steroid regimens increase muscle mass, muscular strength, endurance capability, hemoglobin concentration, hematocrit levels, and total blood volume for the athlete. In fact, it has been proven that recommended amounts of injectable anabolic steroid twice monthly will increase the hemoglobin, hematocrit and total blood volume of normal men without training in a fashion which has statistical significance. Therefore, for purposes of this article let's assume that there isn't a question about whether anabolic steroids are effective or not, and, furthermore, that consideration of the side effects of anabolic steroid usage is also withheld. Now, at least two questions may be addressed, at least theoretically: How much money may an athlete expect to gain by using anabolic steroids? How much money may be involved to produce this muscular growth?

The absolute quantity of lean body mass which can be obtained with each regimen of anabolic steroids combined with the proper diet and a proper training regimen is certainly unknown. Even with some speculation, it would be difficult to predict the muscle gains. However, after discussing the issue with several strength athletes who use anabolic steroids, the following information was obtained: (1) most experienced bodybuilders claim that gains in lean body mass of 10 pounds per year are exceptional gains; (2) initial gains in muscle mass are usually greater than gains made after several years of training and using anabolic steroids; (3) gains in lean body mass are much less if anabolic steroids are not used.

When new skeletal muscle is synthesized over and above the normal baseline for an individual, a significant amount of water is added to the body. For every gram of skeletal muscle produced, approximately three grams of water are also added to the body in an obligatory fashion. Therefore, a gain of eight pounds of lean body mass is really only a gain of two pounds in skeletal muscle mass. Even so, however, two pounds of gained dry skeletal muscle mass per year with its six to eight pounds of associated water represents a substantial gain in strength and muscular size to a developed athlete.

Let's examine a hypothetical situation to estimate the financial expenditure which may accompany the use of anabolic steroids in an athlete. Assume that the athlete can gain two pounds of skeletal muscle mass over a year's time, utilizing 4 regimens of steroid use as follows: (6 week course) Winstrol-2mg, taken 20mg/day, at a cost of \$15/100, for a total cost per regimen of \$60; plus Decadurabolin-100mg/cc, taken 200mg/week, at a cost of \$15/2cc, for a total cost per regimen of \$90. Let's assume that this hypothetical athlete, also saw a physician prior to each steroid regimen, and that the initial visit was \$40, and each follow up was \$20. Further assume that the physician ordered several blood studies and a urinalysis twice yearly, which came out normal, but cost the athlete \$30 per study. Further assume that a one year health club membership was \$250. Excluding transportation and miscellaneous expenses, the cost for the whole year's worth of gains would be Winstrol - \$240, Decadurabolin - \$360, syringes, needles, alcohol pads - \$30, Physician's fees - \$100, Lab fees - \$60, Health Club fees - \$250, for a total of \$1040. The financial expense for this hypothetical athlete to gain two pounds of skeletal muscle, was over \$500 per pound.

It is evident that muscular enhancement with anabolic steroid therapy is expensive. However, viewing such expenses without considering the desires of an individual athlete is an error which most physicians make. For a physician to properly define what price tag to place on success for an athlete is an impossible task without consideration of the complex psychological makeup of the athlete involved. In other words, there is really no way for a physician alone to define the cost effectiveness of strength development or to evaluate the risks and benefits of anabolic steroid use without discussing it with and understanding the viewpoint of the athlete. It can be stated, however, that strength development through the anabolic steroid route may prove to be an expensive proposition.

This article has considered the cost of a "hypothetical" anabolic steroid regimen for the development of muscle mass. There are, however, many strength athletes and bodybuilders who take over a dozen medications in their training regimen. Of course, their cost would be greater, and as far as I can tell, that athletes in lean body mass are greater, up to a point. It is safe to say that athletes who find a physician who is open-minded enough to consider the benefits and risks of anabolic steroids and other medications will be lucky. There is a paucity of such physicians, and thus is the reason for the articles that I write.

Steroids Gains = \$500 a Pound!

News Dr. Darul Johnson of Bluffville, Arkansas has been one of the most successful powerlifters in the area with numerous articles published in the Courier News and Village News detailing his many record breaking exploits in local, national, and international competition as a Master lifter. He's so involved in promoting local high schools to all the lifting meet for novices and kids who have never even lifted before! What's stopping you from contacting the local paper or television station to let them know about a deserving subject for some coverage? Maybe they won't run the story (this time, anyway), but the one thing that will absolutely insure that no publicity about the sport is generated is for you to take the time to let the world know about it. Make a promise to yourself and your sport that in 1985 you, individually, will try to get some positive information about the sport published in your local media. When you succeed, be sure to let the Publicity Committee of the U.S.P.F., Box 467, Camarillo, CA 93011 know how you did it, by sending in a newspaper clipping or other details.

If there were things about the way the sport was conducted in 1984 that distress you, then also make a commitment that the new year is not just another year that you grumble about problems for grumbling's sake. Let your state and regional representatives know your feelings. They are your representatives on the National Committee. Also, your representatives are the Athlete's Reps. You can participate in the nomination and election of Athlete's Reps through the pages of PL USA. You don't have to attend a National Committee meeting. Nominate the deserving athlete of your choice for candidacy as an Athlete's Rep by sending his or her name in to Powerlifting USA, Box 467, Camarillo, CA 93011, and use your election ballot for this office in a future issue of the magazine.

Powerlifting is Alive in 1985!!

To: the Readers of Powerlifting USA:
As members of the 1984 U.S.P.F. World Powerlifting Team this year we would like to thank the following companies and individuals for their support and encouragement in helping outfit this team with suits, shirts, wraps, warmup suits and vitamins.

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Aron M. Bullock Jim Carl*

qualify for the 1985 Seniors. What kind of totals will emerge if Bridges and Gaugler, and perhaps even Coan, but heads at 181 in '85? Fred Hatfield has the hunger for a big squat in 1985, not the 1,000 He's already weighed in the 275's, and has tentative plans to go all the way up to Superheavy in the exciting possibilities that 1985 might bring. Powerlifting world in terms of lifts made, now is the right time to plan on making Powerlifting a "better" sport in the New Year. All of us feel that Powerlifting should be televised much more than it has been in the recent past, and the lack of television rights revenue will be a big squeeze on the expansion of the sport in years to come. The best one-on-one efforts between Powerlifting's top promoters and officials and the TV executives have yet to succeed. Perhaps the grass roots powerlifter can have some effect on this impasse. If you are a strength lifter, then you are a specialist in power development, and your talents can be useful in educating the American populace. Why not volunteer your services to help the local high school football team with its strength program? Maybe you could teach a class at the local YMCA.

Does the commercial gym you train at cater to Powerlifters? Let them know why it would be a good idea. Sell them on the idea of Powerlifting. Let the world know that the sport you enjoy so much exists. You should see all the news clippings I get of lifters who simply took the time to get some information on their accomplishments out to the local press. Vince Etridge, a Teenage Superheavyweight, had a huge photograph and a time story about himself published in the Bremerton Sun, after he finished 2nd in his class at the Teenage Nationals. John Dumont, runner up in the tough 220 lb. class at the Masters Nationals, had an extensive feature about his lifting published in the *San Jose Mercury*

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How the Worlds Came to Be

by 1984 Worlds Meet Director, John Pettitt



John Pettitt, did much more than simply give out awards at the 1984 World Championships. He gave the sport of Powerlifting one of its finest moments.

stant, although never very high. We had to remain optimistic and therefore ordered 300 shirts for mail order and then 1752 for a total of 2052 shirts and 1500 programs. Every night I went to bed with pictures of a well directed meet and capacity crowd. Everything seemed to be going our way, and then the bottom fell out. The transportation line from the airport to the hotel was going out of business. The t-shirt people wanted all their money up-front. The hydraulic pumps for the squat racks were hard to find. All the sponsors who seemed inclined to help made a final decision not to fund us. We got a lot of "Dear John" letters in the mail. Even the sponsorship of the Thanksgiving banquet suddenly became shaky and there was still no way television would aid us. The preparations for our Medical Committee to handle the drug testing were wasted, as the task was taken out of their hands. People began to realize this was a Thanksgiving weekend and they could not attend after all. Others decided something else would be nice to do, attend the Shrine Circus or a concert, or a pro wrestling show, etc. We couldn't get the scales to work, couldn't weigh for the weights to be used. The vans we were going to use to haul equipment and other things would never see the light of day. The awards were not totally correct and costs of everything suddenly took big

cash flow tended to remain constant, although never very high. We had to remain optimistic and therefore ordered 300 shirts for mail order and then 1752 for a total of 2052 shirts and 1500 programs. Every night I went to bed with pictures of a well directed meet and capacity crowd. Everything seemed to be going our way, and then the bottom fell out. The transportation line from the airport to the hotel was going out of business. The t-shirt people wanted all their money up-front. The hydraulic pumps for the squat racks were hard to find. All the sponsors who seemed inclined to help made a final decision not to fund us. We got a lot of "Dear John" letters in the mail. Even the sponsorship of the Thanksgiving banquet suddenly became shaky and there was still no way television would aid us. The preparations for our Medical Committee to handle the drug testing were wasted, as the task was taken out of their hands. People began to realize this was a Thanksgiving weekend and they could not attend after all. Others decided something else would be nice to do, attend the Shrine Circus or a concert, or a pro wrestling show, etc. We couldn't get the scales to work, couldn't weigh for the weights to be used. The vans we were going to use to haul equipment and other things would never see the light of day. The awards were not totally correct and costs of everything suddenly took big

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After the problems and feelings of ill will at the Women's World meet, it became apparent that the 1984 Men's meet would have to be the best contest possible if the United States was to ever host another international meet. For this reason, I kept in close contact with the initial meet director, Chip McCain, in the early part of 1984. It became apparent that the degree of pressure to perform would be great, and a lot of upfront planning would be needed. As events unfolded, I thought there might be a chance that a new meet site and meet director would have to be found. My wife and I discussed this, and I made the promise that I would not host the meet. So much for promises from powerlifters! During the month of May, I inquired about hotel dates and open dates for a proposed meet site, the Dallas Convention Center. The only thing available was after Thanksgiving Day. That was the only date that I would have more than 6 hours to prepare the motel site, but the rates were very good. I booked the entire hotel, their rates and complimentary rooms would meet what was required. Also, at this time only the Cowboy-New England football team and a Turkey Trot Marathon were going to be in town.

The meet setup would have to be on Thanksgiving holiday, but, you do what you have to do. With these two items lined up, personnel and equipment became considerations. ESPN and Art Coever agreed, the basis of one call to supply all the equipment. I would pick up and bring back, not a bad deal. Then the idea of a training center here and we added three more platforms to our inventory. I then called Roger Bruce at Athletic Supply for what we needed, sponsorship money. Roger said yes, and asked if we needed anything else. I mentioned that awards would be nice and he said they would supply as well as the drinks backstage. All this on the same day worth of telephone calls! Glen Venator and George Handyside then committed to setting up the personnel, the equipment setup, and breakdown checks, respectively. During a luncheon, the Dallas Police agreed to take on the ideation commitment. Everything seemed set, except for the money.

A very good friend of mine, Gerald Bradley, had recently purchased the rights, art work, from Strength Systems, the same firm whose logo was used for the 1979 National Teenage meet, and he agreed to split costs frontally, and work down the line together. On June 11, 1984, the plan was in place. The bid for Austin had withdrawn, and President Tom Dillal of Dallas to the Executive Committee, but I did not vote on the matter myself. Others were prepared as I was. Garry Benford had had firm contracts with the hotel and the Convention center. We were given the job, and in less than 7 days we had

John Topoglou's Eight Week Power Program

Squat - Light Day: The second workout of each week is a light day, which consist of the following: 3x10 with 143, 3x8 with 50% of the heaviest weight used on the last heavy day, 3x10 leg ext., 3x10 leg curls (light weight).

| Squat - Heavy Day | | | |
|-------------------|--------|--------|--------|
| Week 1 | Week 2 | Week 3 | Week 4 |
| 143x10 | 143x10 | 143x10 | 143x10 |
| 143x6 | 143x6 | 143x6 | 143x6 |
| 254x6 | 254x6 | 254x6 | 254x6 |
| 341x5 | 341x5 | 341x5 | 341x5 |
| 450x4 | 450x4 | 450x4 | 450x4 |
| 540x3 | 540x3 | 540x3 | 540x3 |
| 628x5 | 639x5 | 639x5 | 661x5 |

The first 4 weeks followed by: 4x6 leg press, and 4x10 leg curls (moderate weight).

| Week 5 | Week 6 | Week 7 | Week 8 |
|--------|--------|--------|--------|
| 143x10 | 143x10 | 143x10 | 143x10 |
| 143x6 | 143x6 | 143x6 | 143x6 |
| 254x6 | 254x6 | 254x6 | 254x6 |
| 341x5 | 341x5 | 341x5 | 341x5 |
| 450x3 | 450x3 | 450x3 | 450x3 |
| 540x3 | 540x3 | 540x2 | 540x2 |
| 628x1 | 628x1 | 639x1 | 639x1 |
| 688x3 | 672x1 | 688x1 | 694x1 |
| | 705x3 | 716x1 | 733x1 |

The last 4 weeks followed by: 3x10 leg ext., 3x10 leg curls (moderate weight).

Bench - Light Day: The second workout of each week is a light day, which consist of the following: 3x10 with 133, 3x6 with 55% of the heaviest weight used on the last heavy day, 3x10 dumbbell flies, and 3x10 decline dumbbell press.

| Bench - Heavy Day | | | |
|-------------------|--------|--------|--------|
| Week 1 | Week 2 | Week 3 | Week 4 |
| 133x10 | 133x10 | 133x10 | 133x10 |
| 133x6 | 133x6 | 133x6 | 133x6 |
| 221x6 | 221x6 | 221x6 | 221x6 |
| 308x4 | 308x4 | 308x4 | 308x4 |
| 324x2 | 330x2 | 341x2 | 352x2 |
| 357x5 | 363x5 | 369x5 | 374x5 |
| 382x3 | 388x3 | 390x3 | 385x3 |
| 363x3 | 352x5 | 369x3 | 402x2 |

The first weeks followed by: 4x10 dumbbell flies, 4x10 decline dumbbell press (moderate weight).

| Week 5 | Week 6 | Week 7 | Week 8 |
|--------|--------|--------|--------|
| 133x10 | 133x10 | 133x10 | 133x10 |
| 133x6 | 133x6 | 133x6 | 133x6 |
| 221x6 | 221x6 | 221x6 | 221x6 |
| 312x4 | 319x4 | 325x4 | 319x4 |
| 352x2 | 357x2 | 378x2 | 378x2 |
| 382x3 | 390x3 | 379x3 | 385x3 |
| 363x3 | 369x3 | 402x2 | 407x2 |

The last 4 weeks followed by: 3x8 straight arm pullovers, and 3x8 incline dumbbell press (moderate weight).

| Deadlift | | | |
|----------|--------|--------|--------|
| Week 1 | Week 2 | Week 3 | Week 4 |
| 143x10 | 143x10 | 143x10 | 143x10 |
| 143x6 | 143x6 | 143x6 | 143x6 |
| 254x6 | 254x6 | 254x6 | 254x6 |
| 341x5 | 341x5 | 341x5 | 341x5 |
| 450x4 | 450x4 | 450x4 | 450x4 |
| 540x3 | 540x3 | 540x3 | 540x3 |
| 606x5 | 628x5 | 644x5 | 661x5 |

The first 4 weeks sets are done touch and go (not bounced). Followed by: 3x15 cable rows, 3x15 behind neck pulldown (light weight), 3x15 shrugs using no more than 50% of what was DL that day.

| Week 5 | Week 6 | Week 7 | Week 8 |
|--------|--------|--------|--------|
| 143x10 | 143x10 | 143x10 | 143x10 |
| 143x6 | 143x6 | 143x6 | 143x6 |
| 254x6 | 254x6 | 254x6 | 254x6 |
| 341x4 | 341x4 | 341x4 | 341x4 |
| 450x3 | 450x3 | 450x3 | 450x3 |
| 540x2 | 540x2 | 540x2 | 540x2 |
| 628x1 | 639x1 | 628x1 | 639x1 |
| 688x3 | 705x3 | 688x1 | 705x1 |
| | | | 727x1 |

The last 4 weeks are done stop and go. Followed by: 3x8 behind neck pulldown, 3x8 front lat pulldown (moderate weight), and 3x8 shrugs using no more than 50% of what was DL that day.

SUPER-GLOU!

by Larry Pacifico, 9 time World Champion

Until July of 1984 only a few smart middleweights knew of John Topoglou (pronounced topoglo-ue). When I say smart, I mean those who study every result of 100 test contest, and go over the Top 100 list with a fine tooth comb. With that kind of scrutiny, you would then have noticed the man I consider to be the fastest rising powerstar in the world.

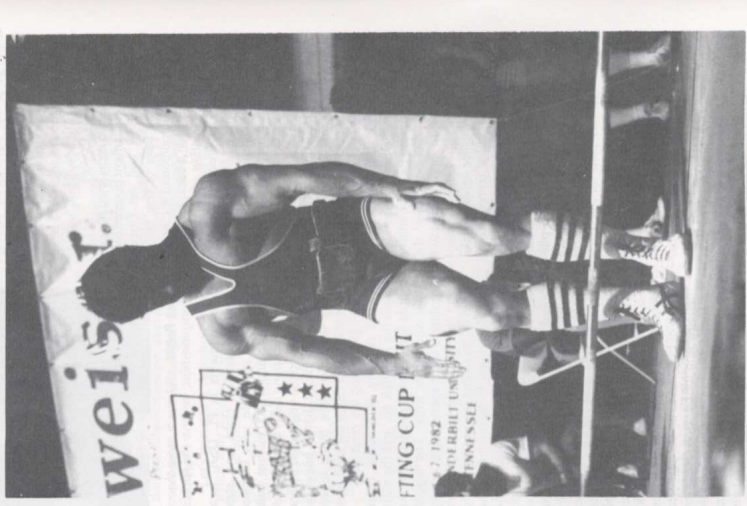
I met John in the summer of 1979 when he was on a tour in the Air Force. He was a 132 lb. lighter then. His home was Dayton, Ohio where his mother, Mamie and Sister Stacy lived. John's father had been killed in a traffic accident long before, when he was only 5 years old.

Six months later John returned to Dayton after his Air Force tour and joined the Power Elite Team. He was up to 148 by then and hitting good totals, but he was still light for his leverages, as I saw it. By 1981, he

was up to 165 and squatting 700, benching 350 and deadlifting 640 in training. Even at that point it was obvious, John's wide stance squat form is perhaps the best in the sport.

Tragedy struck in early 1981, when John was doing an exhibition with me. He lowered 360 to his chest for a bench, when a loud crack came from John's upper arm. I thought John had ripped his pec away, but my eyes later verified that he had broken his humerus bone in the upper arm, completely in half. The doctor believed John already had a lifetime fracture for years and that it finally gave way under the pressure of the bench press he was trying.

The next couple of months were rough for John. Now, I wasn't the best-natured patient in the world when I was in the hospital, but John had to be the worst. To this day, when I see nurses at Grandview Hospital, I try to duck and hide. They



The Greek Physique Ideal...has considerable modern day confirmation in the person of John Topoglou, who shows great size, muscularity, and fine cuts when he drops weight to the Middleweight limit. Here he prepares to deadlift at Doc Kress's National Cup meet in Tennessee, a meet in which he made a 672 and attempted 694 on a final try, as far back as 1982.

good news out of all this was that when John broke his arm the first time the setting of the arm bones had not been perfect, but the second time, it was.

Within 90 days John was training hard. I say hard, because he felt he had to make up for lost time. He included much more bodybuilding in his program, and soon he looked more like a bodybuilder than powerlifter, but his lifts were moving.

That summer John totaled 1700, a fair total, but he was stronger than that. John had to change his thinking. He was getting too much advice from too many directions. This is common when a lifter starts to approach greatness. Everybody wants to say they were responsible for it.

By the spring of 1984, he looked like the man to beat. His qualifying total was a 1750, but he hadn't pushed himself yet. At the Seniors, everything was set for a showdown with Gene Bell and Rickey Crain. It was a tough class that came down to the last deadlift. John was behind Gene by 22 lbs. He needed 705 to win and had two tries at it. Both times he got it to mid-high before stalling. John lost 1802 to 1780.

There was a bit of irony here. John pulled conventional style at the Beautiful Wide Stance Squat by John Topoglou at the 1982 National Cup.

Seniors. Two weeks later I talked him into trying Sumo style, and he pulled 728 for two. He weighed 170 then, but we were both convinced that he would have won if he'd used Sumo style. Gene Bell is fanatic. I take nothing away from him, but next July this class will be something else again.

As you can see from John's routine, he trains very hard, but he knows no other way. He's Greek, and he's stubborn. He won't quit until he's world champion. John has one more thing going for him in 1985. He got a wife, but not just any wife. Julie is stubborn too. She knows, as we all know here in Dayton, that 1985 is the year of SUPER-GLOU!



Question & Answer

This month, training questions are answered again by Roger Estep, 1978 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 lost my spleen in an accident some time ago. Does this condition prevent me from using anabolic steroids and if so, what options are open?
Tony Rockett

Dear Tony: The spleen has two major physiological functions. One is as a blood reservoir. The spleen can store as much as one liter of blood. It will contract and release this reservoir into the circulatory system whenever the body has a need for it. The second function is a phagocytic function. By this I mean that the spleen helps the liver cleanse the blood.

I don't think the loss of the spleen would affect your progress in powerlifting. As far as the use of anabolic steroids you should consult a medical doctor that specializes in sports medicine. I'm sorry that I could not answer your question on steroids, but I am not qualified to give medical advice.

The Referee's Corner

The 1984 I.P.F. Congress has approved the revised I.P.F. handbook, effective January 1, 1985. Copies of the revised edition of the rules will be available in the future by writing to: POWERLIFTING USA.

In revising the rulebook, the I.P.F. Technical Committee categorized the sections and explicitly defined each rule, however, some rules may still require further clarification. Should this problem arise, the I.P.F. Technical Committee has devised the following system. All questions requiring rule interpretations shall be submitted to the concerned National Federation's Technical Committee Chairman (in the United States, National Federation's should be submitted to Bob Packer, 2512 E. Lansing, Fresno, CA 93726). The National Federation receiving the request will review it and submit its recommendation for clarification to the I.P.F. Technical Committee. The I.P.F.C. will review the recommendation and make any necessary changes before issuing the clarification to all the National Federations. All clarifications by the I.P.F. Technical Committee will be submitted as a supplemental addition to the I.P.F. handbook at the yearly meeting of the I.P.F. Congress.

The 1984 I.P.F. Congress modified the recent interpretation in the December 1984 issue of Powerlifting U.S.A. (Vol. 8 No. 5), regarding hand movement on the bar during the bench press. The new rule, effective Jan. 1, 1985, will read in part: "Any lateral movement of hands on the bar... Opening and closing the fingers during the bench press will no longer be grounds for disqualifying the lift."

*To the betterment of powerlifting, Bill Hartmann
138 S. Valencia "G", Glendora, CA 92740*

Open Letter. "In December, I was entered in a power meet and I watched in horror as a young man apparently tore his bicep while deadlifting. Earlier this year, I found out that a friend of mine had died - he was also a young lifter. Both of these men were in their early twenties. I don't have any first hand knowledge whether these men were on steroids or not. Odds are that they were, since both made tremendous progress in a very short period of time. I am not trying to condemn them for their choices, but I am pleading with those who take steroids to stop and to those who have never taken them to never start. The dangers of these drugs are becoming more apparent with each passing year, with all the serious injuries and illnesses affecting some of our best lifters. The main objective, I believe, of any weight training athlete, whether he is a bodybuilder, olympic lifter, or powerlifter, is strength and health. I don't understand how any of us can spend so much time and effort to build ourselves up, and then take these drugs and run the risk of serious injury or illness. The rewards of our sport are what most people never achieve: good health and strong bodies. To take drugs for a chance at a trophy or plaque worth \$20 is just beyond any reason. Our sports are activities in which our champions are known just to the lifting community. Go ask the person on the street if he ever heard of some of our greatest lifters. No one will know who they are. As a fellow lifter, I beg you to choose carefully. Think of your future health; not just today's glories, but tomorrow's promise. To be severely injured or to die at a young age is foolish. Look after yourselves and, choose wisely." Frank Caramico

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STARTIN' OUT

A special section dedicated to the beginning lifter

YOUR FIRST CONTEST by Rod DeLand

Well, here it is, contest day...6:00 AM. This is the biggest day of your lifting career. So what if you are only going for your Class IV rating; at least it is a classification. So far, so good; you have maintained your weight and you are still not really nervous. You try a little "mind control" technique which Bill Starr's **DEFINING GRAVITY** (which is a must before any contest) three times. Your training partner picks you and part of the family will be down later. Boy, is their moral support and patience with your training and irribility greatly appreciated. Also, without your training partners help, you wouldn't be even going. You know, the guy that trains with you, the one that is always there to spot you, the S.O.B. on your depth, pauses, etc.

The contest is a local, one hour drive, novice meet, and you can't wait to see what you really weigh. The weigh-in starts and you have no idea what is going to take place. On the scales you see five pounds light, just what you wanted as you don't know what weight division you really want to lift in anyway. "Man, I can see these guys are huge" and you done for them so far. Who knows about later? Never mind having even taken one, but you have trained hard, very hard, followed a good amino acid program, taken plenty of vitamins and minerals, watched your diet and planned well. You don't want to embarrass yourself.

Now the official asks for your openers and you can't even talk. Your mind goes blank, and you know that your nervous system just kicked into high gear. Don't blow it now, cool it, relax. Somehow you get through that stage and it's off to

a breakfast (a good one) and casual talk. Once you're back at the contest site, the adrenaline starts to flow and it's warm up time. Your training partner is checking on when you're up and "helping" out immensely with everything else.

You do your first squat with a weight you can do in your own gym for five reps, nice and deep, as the judges are not giving out any gifts today. Three white lights, ya-hoo! You're on your way. You go eight for nine, with no red lights at all except for the last bench, which you completely blew. You have exceeded your classification total by 50 lbs. and set two personal records. You did not do near as much weight as Joe Steroid, but you only have to judge your own accomplishments, and, man, do you feel great because "you" did it.

It's homework bound, to have anything you want to eat and a cold beer, which you've had neither of for the past six weeks. You have learned a lot and can't stop talking about the meet. The first one is under your belt, and you have a week off. You need it, as the next day you're so sore that you ache in places where you never knew you had muscles.

A couple of days go by and you feel a little letdown, but then you look at the calendar and say to yourself "Hey, I've only got six months to train for the next one!"

Rod DeLand of Lynn, Massachusetts wrote this after competing in his first contest.

P.S. If you have a good idea for an article that will help or inspire a new lifter, who is just "Startin' Out" let us know at Powerlifting USA, Box 467, Camarillo, California 93011.

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THE 800 POUND SQUAT CLUB RANKING LIST by Herb Glossbrenner

| Yr. | Lifter | Wt. | Lift |
|-----|---------------|--------|--------------------|
| 81 | Waddington, D | 1003.0 | 80-Reidy, K |
| 82 | Moran, L | 1000.4 | 83-Tuller, R |
| 82 | Fely, D | 981.1 | 84-Jacoby, D |
| 81 | Wrenn, P | 975.6 | 81-Keaggy, D |
| 82 | Wohleber, D | 960.0 | 82-Siders, J |
| 84 | Hechter, G | 950.0 | 82-Rigby, R |
| 76 | Reinhoudt, D | 934.6 | 83-Wagee, J |
| 81 | Kazmaier, W | 925.9 | 83-Bosacky, B |
| 75 | White, J | 920.4 | 84-Nilson, C |
| 84 | Hatfield, F | 918.5 | 84-Wildson, A |
| 81 | Kenady, D | 914.9 | 81-Willson, S |
| 82 | Hackett, E | 912.0 | 84-Mangialardi, S |
| 72 | Kucik, J | 905.0 | 80-Clayton, B |
| 83 | Jeffrey, B | 903.9 | 81-Davis, R |
| 83 | Sanderson, S | 903.9 | 82-Dimiduk, M |
| 84 | Rethwisch, G | 903.9 | 83-Shaw, D |
| 72 | Coole, J | 901.3 | 83-Shaw, D |
| 79 | Hara, T | 892.9 | 83-Welcome, W |
| 83 | Camble, J | 892.9 | 83-Collerton, H |
| 83 | Furnas, D | 892.9 | 84-Noble, R |
| 81 | Kidney, J | 891.9 | 85-Dimel, J |
| 83 | Sandlin, R | 881.9 | 82-Johnson, T |
| 84 | Colangelo, D | 881.9 | 82-McCormick, T |
| 84 | DeVreugd, C | 881.9 | 82-Cash, J |
| 84 | Reed, D | 876.4 | 84-Bell, J |
| 79 | Lams, L | 875.0 | 84-Jacobson, B |
| 83 | Bouwer, W | 870.9 | 70-Fletcher, T |
| 83 | Dempsey, R | 870.9 | 80-Lampkin, J |
| 84 | Brodeur, P | 870.9 | 80-McCain, C |
| 83 | Martin, T | 865.3 | 80-Willson, R |
| 84 | Nichols, B | 865.0 | 81-Evett, H |
| 84 | Hall, M | 864.5 | 81-Rogers, B |
| 72 | Williams, J | 860.0 | 82-Hernandez, J |
| 84 | Cooper, E | 860.0 | 82-Bentley, T |
| 81 | Burrull, M | 859.9 | 82-Alen, M |
| 82 | Nirvanen, A | 859.9 | 83-Sachs, K |
| 84 | Melberg | 859.9 | 83-Newell, J |
| 84 | Ware, J | 859.9 | 83-Vaillancourt, R |
| 83 | Ruchonot, J | 854.3 | 84-Strickland, G |
| 84 | Henderson, T | 854.3 | 79-Logston, G |
| 84 | Warman, S | 854.3 | 66-Caspey, P |
| 70 | Frenn, G | 853.0 | 83-Svitek, J |
| 82 | Barwick, B | 850.0 | 80-Jackson, A |
| 83 | Smith, M | 850.0 | 83-Clifford, J |
| 82 | Piper, D | 848.7 | 83-Tuttle, B |
| 83 | Nevenapa, A | 848.7 | 83-Burton, D |
| 84 | Steinacker, R | 848.7 | 83-Marchuk, S |
| 84 | Challik, M | 845.0 | 84-Wright, D |
| 84 | Hugans, T | 845.0 | 84-Logston, J |
| 80 | Phillips, M | 843.2 | 84-Parks, D |
| 82 | Ford, J | 843.2 | 84-Kinsky, I |
| 83 | Pegnar, A | 843.2 | 84-Vrasdonk, J |
| 84 | Norden, L | 843.2 | 84-Brooks, D |
| 84 | Madsen, C | 843.2 | 84-Disalvo, S |
| 84 | Zetololsky, S | 843.2 | 84-Fiorio, J |
| 83 | Harris, S | 840.0 | 84-Kapira, A |
| 79 | Hedlund, L | 837.7 | 84-Metchikan, M |
| 82 | Stritkin, C | 837.7 | 84-Sigmarsson, J |
| 82 | Bridges, M | 837.7 | 84-Lott, D |
| 82 | Schneider, D | 837.7 | 84-Brandon, B |
| 83 | Long, T | 837.7 | 84-Wolders, A |
| 83 | Ladnier, J | 837.7 | 84-Frantz, E |
| 83 | Palmer, S | 837.7 | 84-Wilson, B |
| 83 | Hardridge, T | 837.7 | 71-Cassidy, H |
| 84 | Davis, W | 837.7 | 77-Smith, T |
| 84 | Stevens, T | 837.7 | 79-Boyce, B |
| 84 | Duprie, G | 837.7 | 80-Porter, B |
| 84 | Young, C | 837.7 | 82-Horesiej, J |
| 84 | Chrosniak, B | 835.0 | 83-Whitney, P |
| 84 | Drake, F | 835.0 | 84-Notario, M |
| 80 | Pacifico, L | 832.2 | 84-Robloch, J |
| 82 | Drapal, J | 832.2 | 84-Carni, J |
| 83 | White, H | 832.2 | (professional) |
| 84 | Romaniello, B | 832.2 | |
| 76 | Fera, H | 830.0 | 57-Anderson, P |

WORKOUT of the Month

12 Week Squat Routine by World Champion Ed Coan

This is a 12 week cycle for the squat. It should insure at least 30 to 40 pounds on the lift, assuming that the lifter coming into the program is capable of a 600 lb squat. The first four weeks conditioning weeks and reps should be done as strictly as possible, which means no suit. Come not using one until the 8th week and then only on heavy days. It suggests that you build up to the weights I have listed in the cycle, starting off at the beginning. In this manner:

| | |
|----------------|---|
| | 135x10, 225x5, 315x3, 365x1 |
| Week 1 | Monday: 400 x 8 Thursday: 400 x 8 |
| Week 2 | Monday: 420 x 8 Thursday: 420 x 8 |
| Week 3 | Monday: 440 x 8 Thursday: 440 x 8 |
| Week 4 | Monday: 460 x 8 Thursday: 460 x 8 |
| Week 5 | Monday: 495 x 5 Thursday: 515 x 3 |
| Week 6 | Monday: 505 x 5 Thursday: 525 x 3 |
| Week 7 | Monday: 515 x 5 Thursday: 535 x 3 |
| Week 8 | Monday: 560 x 3 Thursday: 515 x 5 |
| Week 9 | Monday: 570 x 3 Thursday: 515 x 5 |
| Week 10 | Monday: 580 x 3 Thursday: 515 x 5 |
| Week 11 | Monday: 610 x 1 (to insure confidence) |
| Week 12 | Meet Week: Squat Tuesday if the meets on Saturday. You should go up to your best set of 5 reps, and do a triple without the aid of a suit. |

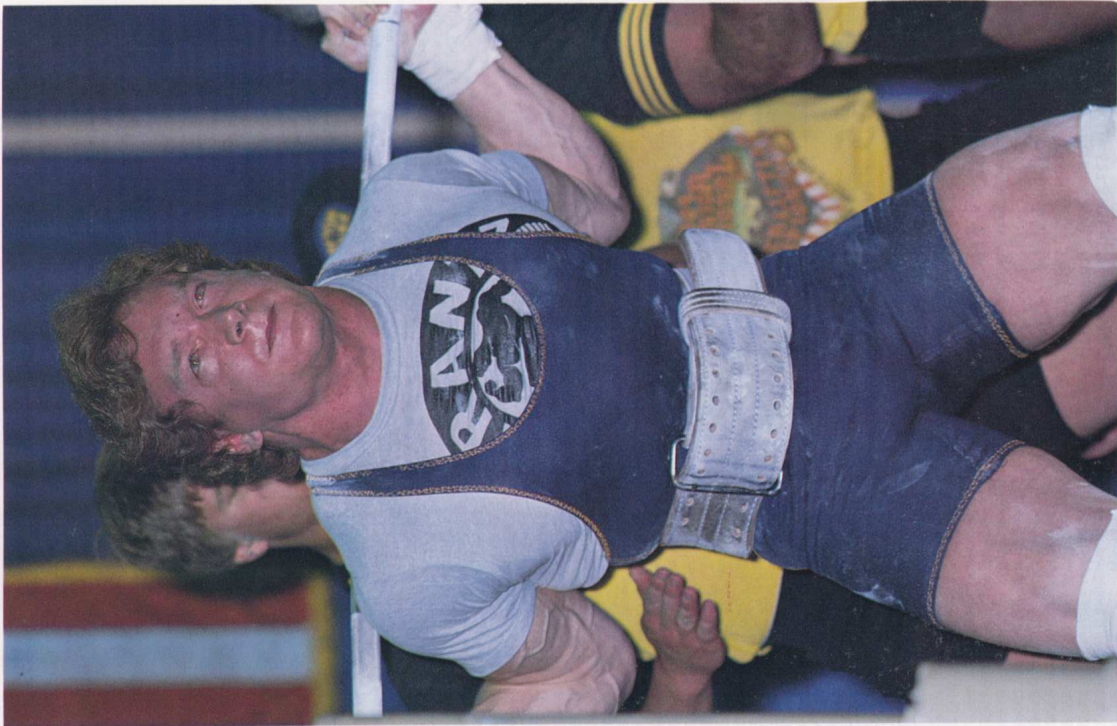
Use a suit on the heavy day from now on. (Suits stay constant through the rest of the cycle).

Meet Attempts: 595, 628, 639. Leg extensions and leg curls should be done once per week on the first squat day. (3 sets, 8 reps on each) I have always done a bit of calf exercises to insure the stability of the lift. Any calf exercise will do, but concentrate on high reps.

The biggest problem I find in watching people squat is depth. Always put your squats down low and have good training partners to make sure you do.

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POWER PROFILE

"Vengeance Makes My Deadlift Go Upl!"
The BOB CARLSON Story by Jeff Emerson

Sometimes, it pays to be a mean son-of-a-gun. Not that Bob Carlson is a bad guy, it's just that in his line of work it pays to act as if you've got a horn in your saddle. As a deputy sheriff for Racine County in Wisconsin, Carlson knows that an attitude, both loving and grimly stern, is an advantage in various situations. Bob normally a passive, fun loving hulk towards destruction come in handy two times in life and only two times. One, when some dipstick threatens you with a stiletto in an alley, and two, when you are confronted by some serious tonnage, like a 755 pound deadlift." Carlson acknowledges he'd rather vent his aggression on some stupid bar rather than some stupid person, "but", he says, "in my business, you do what you must."

A 6 ft. and 245 pounds of rock, Bob Carlson is not a person to try to carve up in an alley. Nor is he the type of guy to get deterred by anything as trite as 755 pounds of dead weight. Ray Moran, a powerlifter of considerable note, himself found out as much in the Wisconsin State Powerlifting Championships. Ray had opened up a commanding lead over Carlson in the battle to be the state's best at 242 pounds, after subtotaled 1200 pounds. Bob had squat and a 455 bench press, but still trailed Moran. What it came down to was that old Carlson street alley standoff. Bob had to pull a state record 755 deadlift in order to beat Moran by a slim 5 pounds. Pull the 755 Bob did to total 1955 and win his first state championship.

In this day and age, winning a state championship is no small feat, especially in Wisconsin, where good powerlifters grow like crabgrass (witness the likes of Mighty Joe Bradley, Dr. Squat - Fred Hatfield, Mike Morgan (2050 in 1969), Jimmy Joe Stein, Bill Barwick (2200), Richard Luckman, Jim Krueger, and Dave (Traps) Parks). Furthermore, where do you think Bill Kazmaier happened to grow up? Uh Huh.

Carlson's baby is the deadlift and if it comes down to that at the end, there is usually slim hope for his competition. Bob doesn't know exactly what he can deadlift, and prefers to believe that whatever it takes to win, is what he will do. In fact, back in 1981, in one contest he needed 766 to make Elite, so 766 he did! He's held the Wisconsin deadlift record in both the 220 and 242 pound classes for the past few years with 730 at 220 set back in 1981 and the 755 in the 242s. Bob figures he might do 800 any time now, just as soon as the aggressiveness hasn't him right.

His lifting hasn't always been so successful or bold though. In 1976, Bob was masquerading as a bodybuilder. Good friend, Dan Volpe (3rd in the 1982 Seniors at 165), suggested that Bob enter a power

squats will not have enough oomph for deadlifts the same day. Besides, should be on it's day, there is no need to double it up with heavy squats in order to simulate meet conditions."

Bob's general schedule looks like this: Monday: bench, shoulder work, arm work, abdominal work, calf work, Tuesday: squat, back work, calf work; Thursday: Bench, shoulder work, arm work, abdominal work, calf work; Friday: light squats, deadlifts, back work.

"I also believe squats help you pull the weight to the knees and good deadlifters should have good squats too. If they don't, it's due to a genetic reason, like Lamar Gant," even though his squat ain't bad."

"I follow a 12 week cycle using low reps for my sets, not counting warm-ups. Each rep is done with a stop. This develops grip strength and improves my hardest part of the deadlift, the pull from the floor. To really work the low part of the lift, I drop the weight 50 pounds from my last work set and do five reps. It's rough, but kicks up my endurance, which is critical in a long, drawn out contest. The only assistance work for the deadlift that I think really works is 4 sets of 8 in the bent row, 4 sets of 8 in the strong, and 3 sets of 15 in the hyperextension with a 45 pound plate behind my head."

"Here are the workouts I used to get my 766 pound deadlift"

Week 1: 135x10, 245x10, 335x8, 425x6, 525x4, 615x3, 615x3, 575x5

Week 2: 135x10, 245x10, 335x8, 425x6, 525x4, 635x3, 635x3, 590x5

Week 3: same 1st 5 sets as before, 615x1, 650x3, 650x3, 600x5

Week 4: same 1st 5 sets, 615x1, 665x3, 665x3, 615x5

Week 5: same 1st 5 sets, 630x1, 675x3, 675x3, 625x5

Week 6: same 1st 5 sets, 630x2, 685x2, 685x2, 635x5

Week 7: same 1st 5 sets, 630x2, 690x2, 690x2, 640x5

Week 8: same 1st 5 sets, 640x2, 705x1, 705x2, 650x5

Week 9: same 1st 5 sets, 640x2, 710x1, 710x2, 655x5

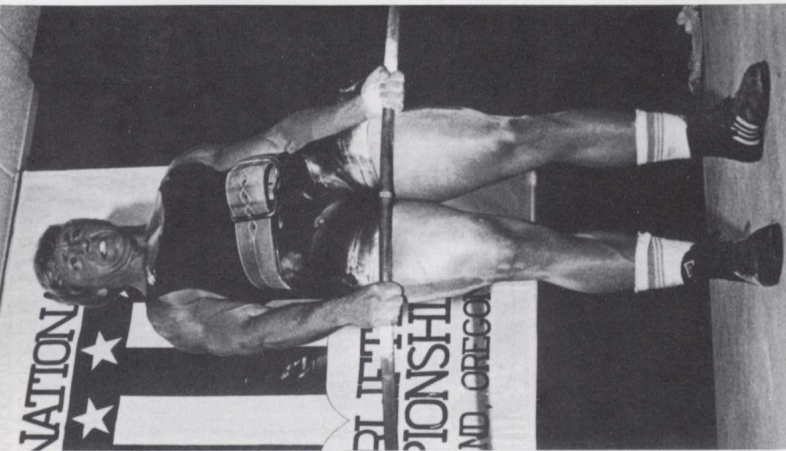
Week 10: same 1st 5 sets, 640x2, 710x2, 710x2, 660x5

Week 11: same 1st 5 sets, 640x2, 715x1, 715x1, 680x5

Week 12: all that is done is light training about four days prior to the meet, perhaps one set of 5 with 225 for muscle tone."

"Deadlifts during the meet went 716, 766, and a miss at 780, favoring slight discomfort in my hamstring. I'll do it next time!"

Bob would be remiss if he didn't give a lot of credit for his lifting success to trainer, Chuck Johnson and lifting mentor, Billie Barwick.



Bob Carlson at the 1982 Juniors in Portland, Oregon. Photo courtesy Bob.

meet. The story has become a cliché of sorts. Bob lifted and, you know what, was hooked on powerlifting from then on. In 1977, Bob placed fifth in the 220s at the state meet. In 1978, he deadlifted 600 pounds, a state junior record and tied Bill Barwick's junior state record total of 1410 pounds.

Bob missed all of 1979 and most of 1980 with back injuries, but towards the end of 1980 put together a 1605 total to win the state junior championships. In April of 1980, he made his masters total with 1675 at 220. After bulking up, he put together 677 446 766 for a 1890 total in 1981 that gave him his Elite.

In March of 1983, he took second

TRAINING

Natural Training Methods
by John Kuc, 4 Time World Champion

When I first decided to compete drug free, I did not feel it would be much different than my previous periods of competition. I switched my training from a heavy bodybuilding routine built around the powerlifts to straight powerlifting. After about eight to ten weeks of heavy powerlifting, the realization of how tough it was going to be began to set in. Little did I know how tough it was going to become. The further along I went the more difficult it became. After about four months of hard training, I really became discouraged. Progress was painfully slow. Weights that I had toyed with at one time were extremely difficult.

It was at this point that I realized that some mental adjustments had to be made if I were going to continue to train and still retain my sanity. I had to accept the fact that training intensity and progress were not going to be what they had been in the past. Consistency really seemed to be missing. I would have a good workout and my spirits would be high. My next workout would be extremely tough and my spirits would be deflated. It is at this point that you begin to doubt yourself and the belief that world class lifting can be done without steroids.

Negative thoughts begin to flood your mind: "AM TOO OLD", "IT CAN'T BE ACCOMPLISHED WITHOUT DRUGS", "WHO CARES?". Those were just a few of the negative thoughts I experienced. It wasn't so much the physical strain from the workouts that was so tough, it was the mental strain of not making progress at previous rates. This mental anguish can wear you down just as easily as physical strain. Whether an individual has used drugs in the past or not, they will be faced with this mental adjustment. Drugs exist, you must recognize this and adjust for it. If you have used drugs in the past, you know only too well how effective they are. If you have never used them, you may train with individuals who do use them. Your progress will be at a much slower rate than theirs. Just reading POWERLIFTING USA and seeing the total of someone who uses drugs going up while yours is barely moving can be devastating. You must prepare yourself for this and be able to deal with it.

If you are to continue to train and not become a raging maniac, you must make many mental adjustments. First you must make the decision that you really want to compete without steroids. This particular decision was easy for me, because I personally believe steroids to be harmful to one's health. More and more evidence is pointing to the fact that

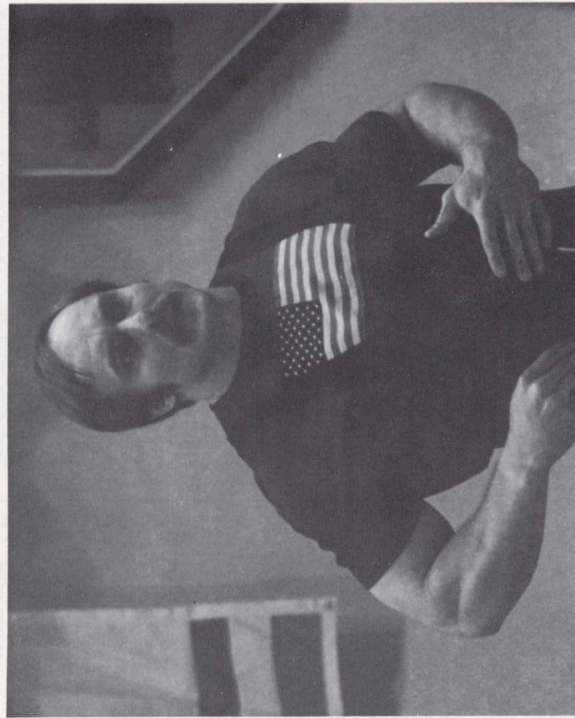
pride will be your biggest asset in this battle. Tell yourself that you are tough enough to succeed without drugs.

You must also make the mental adjustment that your progress is going to be at a slower rate than with an individual using drugs. This is also very tough to do. If one of your training partners or one of your competitors is using drugs, his lifts are going to progress at a much faster pace than yours. This does not mean he is stronger, has a better training plan, or is more knowledgeable than you. All it means is that he is using artificial aids and you are not. That's tough to accept, but you must be content with the knowledge that your gains are not influenced by the pharmaceutical industry. Your strength should be longer lasting and a result only of your hard work. I am convinced that you can become a World Class Lifter without drugs. It will take a much longer period of time and will be a tougher road to follow, but it can be done.

I can honestly say that my current period of drug free competition has been the most difficult time of my lifting career. All of my World Championships and World Records were easier than what I have recently encountered. I feel drug free training is more physically and mentally demanding than my training with drugs. It is also more rewarding.

If you make the decision to compete drug free, be prepared to handle the mental aspects of the challenge as well as the physical. Good luck in whatever path you decide to follow.

John Kuc's story on diet and supplementation will appear in a following issue. Photograph by Jim Pope



Dr. Ken E. Leistner
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trained well and had in fact missed his own national championships, yet, went 8 for 9 and took third place. He missed an 837 squat only because he put his head down as he drove out of the bottom, and finished with a strong 788 deadlift. I felt him capable of 788-451-777 due to his limited training and unstable blood sugar levels, but as US coach Doyle Kennedy said, "He lifts awful well for a guy who's sick." He lifts awful well, and two boys with him for a stateside visit and the family really enjoyed the lifting. When the Supers were squatting, Carolyn was sitting in the back rows with the children and the wife of the Aussie 125er, Stan Planko. Whenever Stan squatted, his wife would rush towards the stage to cheer, get a closer look and take some photos. Carol would do the same when Ray lifted. The Swedish lifters sitting behind them would help keep the children occupied when the women would go to the front of the auditorium and good naturedly tried to communicate with them in their limited English. After a few lifts, it became obvious to the Swedish competitors that the two women were married to the massive lifters on stage. Both women got hysterical laughing when they made out the comments of the Swedish lifters, talking among themselves, because the remark was "My goodness, these two must get squashed in bed!" I thought that was pretty funny too, but according to Carol, it's a definite pleasure sharing a bed with one of the strongest men in the world. Andy Kerr pulled what he needed to take second place, despite limited training and a number of personal problems, while Lee Moran added another big title to his collection. Lee hurt his back on his second squat, was unable to complete his third, yet dominated the competition. He again went 8 for 9 and made all his deadlifts as he had at the Seniors. Can you believe that he might get a rep as a deadlifter?

Mention should be made of the excellent coaching provided to the Australian and American lifters. I'm sure that other countries had competent people helping, but as I worked with Ray and closely observed the American squad, I can tell you that Dave Keaggy and Jan Todd were terrific. Dave's statistical analysis used to predict attempts, combined with his observations and keen sense of each lifter, really was an invaluable factor. Doyle Kennedy, the head coach, handled each lifter superbly, getting the most out of them and maintaining enthusiasm and confidence. The record speaks for itself with 9 first place finishes and excellent attempt selection. All of them should be commended. The same could be said for Robert Wilkes and Glen Hogue who did such a fine job with the Aussie team.

Not much else to add. As always, John and Jan Pettit ran a first class show where every lifter had all the prizes, good quality and the food was terrific. What more can you ask for?

young sons the entire time he was in the United States. I'm sure the boys ran him ragged. Ever see kids who run around like they just had 7 cups of coffee?

Coan came down from 203 to make the 181s. He looked a little sluggish at first, but picked up steam as the meet progressed. He had no competition in this class, but his performance again served notice to at least one man in the audience. Mike Bridges wished Ed well prior to the lifting, but has seen with his own eyes that he will have his hands full if Ed stays 181, though, I wouldn't be surprised to see Coan settle in at 198 next year.

Dennis Wright made up for not being at a Worlds in a long while, and was far ahead at subtotal, having only to add to it in the deadlifts, where he didn't need that much to win. In the 220s, things were tighter because Tony Stevens lifted much more consistently than usual. A missed squat, when he stumbled backwards after coming up easily with it, could have made a big difference, even though Cash had plenty left after his 2nd attempt deadlift. Jim is rapidly destroying his "bad boy" image. Many noticed how nice he was, and with his consistency and talent he could control this tough class for many years.

Dave Jacoby had the most impressive physique of the meet. The veins in his upper body were like telephone cable, and his shoulders looked like something that Joe Weider has long been looking for. The only surprise was how calm and collected he was. Iceland's Vikingur Trautason of this class had the best name of the entire contest, as far as I'm concerned, and the loudest socks as well. The 275s was a disappointment to Mark Chaillet. Hey, Widders was tough, and Mark was left in a chasing position. Still, he represented the US well and will be in the thick of things at the next Seniors.

The Supers are to relate to. Everything they do is so big that it's usually beyond me, although having Ray Rigby live with us for a while last year changed my perspective a bit. Ray is really an inspiring story that continues to unfold. Look at his past: named to three Olympic teams, gold medalist in the Commonwealth games, winner of the Australian national shotput title in three different decades (60s, 70s, and 80s), Pan-Asian wrestling champion, international competitor in powerlifting, olympic lifting and a host of other sports. He has overcome serious injury in the past and what should have been career ending surgery to continue his lifting activities. He never cares where he places as long as he does his best at that moment in time. Three months before the Worlds, Ray was discovered to be seriously diabetic. He had not had a good year of training, suffering many injuries. This latest health threat with August, and needing surgery during August, realistically and Ray felt that with dietary modification and medication, he could lift successfully. He did more than that in Dallas. He had missed the equivalent of a few months of meet preparation, had not

looks to be exceptional for the job it has to do and should be investigated by all lifters). Bill Kazmaier, John Buckley of Elite Sales, and others whom I have forgotten, did well selling their various items. That, too, is a nice part of the Worlds, because there is the opportunity to learn more about many products that all of us can use everyday in the gym.

The lifting itself was of a high standard, even though the US lifters dominated most of the classes without a real battle. Inaba was an exception, as he usually proves to be very tough. Testing his muscle strength before the meet, I wasn't sure that he would be able to complete a bench press of any poundage successfully, so severe was his discomfort. Sure enough, he missed 170. Can you imagine that? The neat thing is that the almost won to completion, but dropped it at the down signal as his left arm and shoulder gave way. This takes nothing away from Chuckie Dunbar, who has waited a very long time to claim a world title. Even though he didn't get the lifts he expected, he is a deserving champion.

Gant took the 132s in unspic-tacular fashion, after spending 3 hours in the sauna the morning of the competition. That's it for '25. You won't see me there again. It's just as well. I always wondered how Lamar could drop so much weight and actually survive. He expressed an increased dedication to lifting, and an intention to taper off on his bicycling activities a bit. Of the lighter lifters, Jeff Madson of New Zealand stands out. Madson of Japan was also impressive with his muscular frame and controlled lifting approach. Henryson of Sweden and Van Wormel of Belgium came in One Two in the 132s, but reversed positions in the evening hours as Van Wormel left the local disco with two women and Henryson but one. I would like to thank the locals for making their Worlds visit so memorable.

Austin and Pengelly dominated the 639 deadlift more than sealed it. He was as concerned that his beloved University of South Carolina Gamecocks fare well against Clemson in football as he was with his lifting. It worked out on both ends. After Dan pulled the 639, Pengelly looked at me and laughed. I can not lift to beat that, huh? On cue, one of the English coaches ran over exhorting Eddie, "Obay Ed, you can beat him, you only need to pull 3100. Hey, 310 translates to a cut over 685 pounds and I think Pengelly was as surprised as I to hear the coach go on about how "Eddie" did it...you've got it, in boy. Eddie gave Gene Bell dominated and honestly appeared to me to weigh twenty five pounds more than the class limit. He was the most visually impressive of all the lighter lifters. He's a controller, quiet lifter, who performs with a deep seated intensity, which left Australian's Glen Wasskell in 2nd. Glen had the "advantage" of spending lots of time with Ray Rigby's two

More From Ken Leistner



Precision Powerlifting - Gustavsson of Sweden went 8 for 9 at the Worlds.

Well, another World Powerlifting Championship has become history. For many reasons the 1984 edition was enjoyable, and in comparison to our Worlds, but in comparison to our Seniors, it usually doesn't cut it. At the Seniors, you have men lifting right at the limit of their abilities, because 5 kilos often spells the difference between first and fourth place. The first three or four competitors in many classes would have a legitimate shot at the World title, and the intensity is higher than you will see at any other meet. At the Worlds, there is less familiarity with many of the foreign lifters, and I think this decreases fan interest. The audience response at a Worlds (when held in the US) is, therefore, usually three or four notches beneath the Seniors as well.

At John Pettit's extravaganza, many of these factors were present, but this meet was surprisingly satisfying nonetheless. John should be given great credit. He took over the meet on short notice, and organized every possible aspect of the competition, enlisted the help of many local people, and presented a meet that was flawless from the lifter's point of view. The lifting ran very smoothly, due to the professionalism of everyone connected with the meet, and the lifting area and warm-up facilities left no room for complaint. This was a major concern of many of the foreign lifters and coaches in light of the situation at the 1984 Women's Worlds in Los Angeles, where the warm-up facilities were deemed inadequate by most accounts.

I had a great time at the meet, primarily because I got to indulge my appetite. Bryan and Eileen Wadde put me up and put up with me, making sure I was saturated with chicken fried steak, barbecue, ribs, fried okra, and all the other regional specialties that can't be found in the Big Apple. Considering the food available at the meet, I rank this one as one of the better venues. Food for those who need it at the meet site, certainly should be on the "required list" when meet bids are considered especially well. I was most impressed by the overall quality of the lifting. As I said before, we don't expect the level of lifting to be up to that of a Senior National, but big lifts were made by many, and many of the foreign competitors went 8 for 9 or 9 for 9, something that is almost never seen at our big national meets, nor at most minor ones. The rise of quality lifting saw the Indian team for example, winning a number of awards, with most of them successfully completing most of their attempts. As recently as two years ago, at the Munich World Championships, the Indian team was not taken that seriously. Their attempt selection was excellent this year, with most of them strongly finishing their 3rd attempts, and they really looked like serious Powerlifters.

Most of the foreign lifters have a different outlook on the sport than their American counterparts. A lot of powerlifters (and other iron sports

enthusiasts, for that matter) do, or at least try to do, little else but train. Even if they go to school or work, lifting is their overwhelming passion. Almost all of the foreign competitors work at real jobs, hard jobs requiring a great deal of physical expenditure, yet they were there in Dallas, representing their countries admirably. Most of the Great Britain team members work at manual jobs, as do the Scandinavian lifters. Of course, there are always a few full time students thrown in, and those who manage health clubs or institutional training facilities, but for the most part, these are men who have incorporated lifting into their lives without making it their life. They've attained world caliber status without distorting the activity or its importance. As much as anything else, that impressed me.

Many representatives of powerlifting related products filled the lobby of the coliseum, offering their wares to the interested. This also made for a bit of spectator sport. One of the weekend's funniest sights was Dallas lifter John Hoffman trying on an Inzer Power Shirt. The humor came in his attempts to actually put the shirt on, but once in place, his Quisimoto provoked gales of laughter from onlookers. John Inzer told me that sales for his product are very brisk, and I can believe it because his booth area was always crowded. With me

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Arching, Bridging, and Bouncing by Thomas M. McLaughlin, Ph.D

The following article is excerpted with permission from Dr. McLaughlin's new book BENCH PRESS MORE NOW

Arching the back is permitted during bench presses in powerlifting competition as long as the buttocks stay on the bench. Positioning the back in this way, so there is an arch, has its pros and cons. The most dramatic arch I've ever seen is by Lamar Gant, who trained at the National Strength Research Center for some time. The positive effects on bench press performance caused by such an arch relate to increasing the height of the chest above the bench. The more the chest is elevated relative to your arm length the less mechanical work will be required during the bench press. An arch like this can also help reduce the horizontal distance of the bar from the shoulders if the same bar path is used. However, my analysis of "super" archers like Lamar Gant show the bar is pushed up more vertically. Additionally, an arch in the lower back tilts the chest back toward the shoulders and can reduce the shoulder torque (and therefore, the muscular requirements, especially for the anterior deltoid) as the bar swings closer to the shoulder.

The major danger in arching the back is related to potential injury to the lower back. With an arch in the back, any momentum transfer from the legs to the upper body has a definite tendency to cause greater lumbar hyperextension. Now, it is important to realize that this momentum transfer does occur even in legal bench presses (ever try bench pressing without the feet on the ground?). The great Larry Pacifico showed me once how best to do this years ago. The preferential leg position is with the legs more parallel to the bench than out at an angle to the bench. The momentum generated by the legs can thus be channelled horizontally through the body better along the bench toward the head. You will often, in fact, see top bench pressers noticeably slide on the bench toward their heads. However, with the shoulder more secured (by the bar weight) against the bench than the buttocks, this momentum ends up moving the buttocks more than the shoulders, resulting in more back hyperextension. What's really bad about this situation is that if the lifter really tries to cheat by bridging, then the lumbar hyperextension is increased even more! I have felt this myself many times and it is a real danger.

A less maximal arch, without bridging, would appear a much safer alternative. Bridging is dangerous due to excessive lumbar hyperextension. Updates: Jimmy Parker's lift at lightbodyweight of 275 (180 295 250 (kilos) should have been reflected on the TOP 100 list. Suncoast Gym in Tampa, Florida has a new address: 6708 Bojarsmin Rd. Suite 500, 33614. Also, on our previous report on the Teenage Nationals in the 123 lb. class, 18-19 age group, the 2nd place finisher should have been listed as Dennis Altmann.

using less bounce ("a touch and go") seems a smarter alternative.

THE DEADLIFT

Analysis of Assistance Movements by Roger Benjamin

The value of performing assistance movements, and the change in their importance through the competitive cycle are among the most misunderstood of all training concepts! Time and time again, I will answer the same questions of aspiring young lifters concerning movements to 'drop assistance movements' while peaking. I know many top lifters totally exclude assistance movements during the final peak, but I feel they are making a mistake that will show on their total.

A clear analogy is drawn in examining the strength regimen of a collegiate or professional football player. During his off season, he tears down hard with "mass quantities" of assistance movements and running, foundation work all the way. As the season gets underway, changes must be made in the tear down process, as recuperative powers are needed to heal up from the weekly punishment his body receives. He still needs assistance movements, but in a different way. Poundage and time will be adjusted down as rep load is moved up. The athlete must, at all costs, maintain his explosive power but to lift heavy at this time is counter productive. On the other hand, to drop all strength and conditioning work at this time encourages an injury laden season. He must use circuit type movements in season to keep strength, muscle tone and oxygen intake capacity up to par without reaching into the healing powers needed for his weekly gladiating.

The powerlifter, by nature a sub-born fellow that disdains team sports in order to become an individual sportsman, will often disregard any advice that requires him to back off in training intensity.

During the first 10 weeks of a 15 week cycle, one wishes to strengthen all the assistance movements. Work them hard, never less than 4 or more than 8 repetitions. Work for personal records on leg curls or calf raises. Keep the primary movements going but realize that when you tear down that hard with assistance movements, little explosive power will show up in the Power 3. Don't be alarmed if it is supposed to happen that way. Most young lifters (and some older ones that should know better), will choke at this point and either:

- 1) Do assistance work harder because 'I'm getting weaker!'
- 2) Drop all assistance movements because 'I'm getting weaker!'

This is the time to critically examine the role of assistance work during the peak. First of all, nobody gets a trophy for heavy rowing strength in a power meet, but if you drop the heavy rowing (the lift behind the deadlift) entirely, you lose lat strength which keeps the arm close to the torso in the initial pull from the floor. Keep the movement, but back it off to 4x10 with 60 percent to pump the muscle and keep tone. The lats get plenty of recuperative work the last-four weeks from DL's anyway. The concept of peaking your lifts properly must contain the notion of going into a circuit pro-

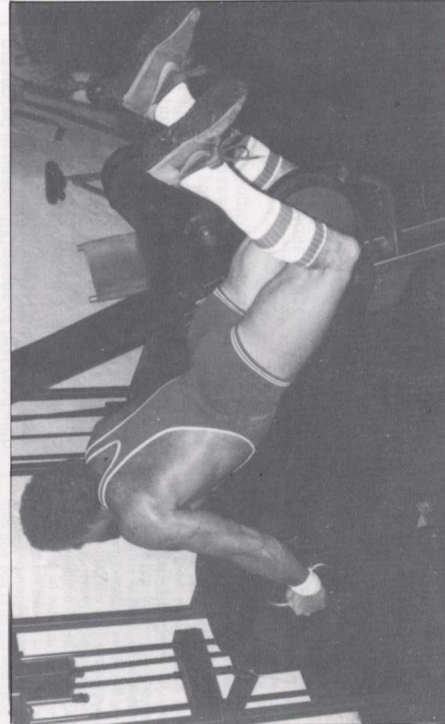
group through its full range of motion.

I mentioned earlier that heavy rowing was the lift behind the deadlift. Analyze it. Look at the accompanying photos. When the lower lats are strengthened, they keep the elbow close to the torso when the critical point, knee level, is reached. Without lat strength, the weight pulls you forward, and out of position. With proper lat strength, bar stays against the legs during transition. The best lat movement, therefore, is one that requires the elbow be brought to the torso from a forward position, not an overhead position. Heavy bent rowing with a dumbbell or seated pulley rowing allows stabilization of the torso, reducing or eliminating any cheat, while bent rowing with a bar generally involves cheating and a reduced range of motion.

The squatting one does will suffice



Dumbbell rowing offers the best isolation of any lower lat movement.



In order to properly isolate the lower leg bicep, keep the torso elevated and the hips down.

as supplementary work for the thighs and hips, but seldom do you see any strength work go below the knees. Proper pulling position dictates a good bit of flexion at the ankle, so why do so many ignore this major joint involved with both supportive movements?

Cal work is absolutely essential for the deadlift. The calves take 7-10 percent of the weight from the floor during the initial pull, and aids in stabilizing as the bar rises above the knee. Two things are necessary for this assistance movement - range of motion must be total, paying particular attention to the full stretch at the bottom and the knee should be slightly flexed during all standing call work.

The legendary Russian super - Vasili Alexeev, was once quoted as saying, 'the stomach of a great lifter must be able to stop a bullet!' Unfortunately, the writer wasn't able to see the pearl of wisdom. The abs should really be treated as any other muscle group and trained twice weekly for strength. Resistant sit ups seem to have a definite relationship to keeping the torso straight while doing supportive movements. To train the abdominal wall daily is to place

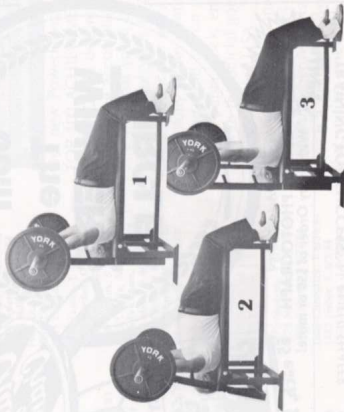
vanity before function. The leg bicep receives very little attention from some powerlifters, and may contribute to some knee problems because of the tremendous imbalance of strength that occurs between the front and back of the thigh. When doing leg curling movements, keep the hips down in the manner pictured. When the hips are allowed to rise, much of the work is transferred from the biceps femoris to the gastrocnemius.

Full range movement in a fast twitch exercise is foreign to most lifters, but will aid them tremendously. Fred Hatfield has done a bit of research on the value of conditioning the nervous system as well as the muscular system. Sprinting is the logical choice of full range conditioning movements. This should be done twice weekly on your active rest days a total of 10-40 yard sprints will do nicely.

Stationary bicycle work or swimming would be the activities of choice for cardio-vascular efficiency. In case you feel that is not necessary for the powerlifter, may I remind you of the recent triple-by-pass performed on one of our best strength athletes before he was 40!

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Lat strength will keep the elbow close to the torso during the initial pull.

R. BENJAMIN

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| 3 | 839 Dickson, S 8/8/84 | 16 | 952 Boney, T 11/17/84 |
| 4 | 840 Lupton, G 7/8/84 | 17 | 953 Farris, J 11/17/84 |
| 5 | 841 Frantz, S 3/84 | 18 | 954 Thompson, G 7/8/84 |
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| 35 | 871 Frantz, S 3/84 | 48 | 984 Thompson, G 7/8/84 |
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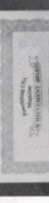
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| 2072 Cash, J 7/8/84 | 317 | 637 Cash, J 7/8/84 | 515 | 1015 Thompson, G 7/8/84 |
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| 2080 Cash, J 7/8/84 | 325 | 645 Cash, J 7/8/84 | 523 | 1023 Thompson, G 7/8/84 |
| 2081 Cash, J 7/8/84 | 326 | 646 Cash, J 7/8/84 | 524 | 1024 Thompson, G 7/8/84 |
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| 2083 Cash, J 7/8/84 | 328 | 648 Cash, J 7/8/84 | 526 | 1026 Thompson, G 7/8/84 |
| 2084 Cash, J 7/8/84 | 329 | 649 Cash, J 7/8/84 | 527 | 1027 Thompson, G 7/8/84 |
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| WOMEN | SO. | BP | DL | Total |
|-----------------|-------|-----|-----|-------|
| L. Mellott | 105-1 | 264 | 159 | 307 |
| S. Stiles | 198-1 | 286 | 159 | 445 |
| C. Gurka | 118-1 | 234 | 99 | 220 |
| A. Isaacs | 1-1 | 231 | 159 | 390 |
| L. Hollander | 1 | 203 | 148 | 351 |
| P. Swetz | 55 | | | |
| M. Caserl | 209 | 170 | 314 | 694 |
| M. Simonetti | 170 | 220 | 292 | 682 |
| D. Demetrius | 181 | 210 | 311 | 599 |
| L. Predmarino | 308 | 281 | 363 | 952 |
| R. Lakatos | 294 | 225 | 330 | 865 |
| R. Kalotay | 297 | 263 | 363 | 879 |
| P. Baunisch | 264 | 214 | 292 | 771 |
| P. Compagnoni | 264 | 214 | 292 | 771 |
| F. Smith | 479 | 248 | 462 | 1189 |
| E. Egan | 270 | 446 | 576 | 1292 |
| D. Franco | 361 | 236 | 446 | 1043 |
| I. Denton | 325 | 259 | 386 | 968 |
| B. Baurenchmidt | 252 | 209 | 311 | 872 |
| P. Mellone | 259 | 308 | 319 | 887 |
| P. Gori | 551 | 330 | 606 | 1488 |
| L. Pope | 479 | 275 | 540 | 1294 |
| N. Cohen | 501 | 314 | 511 | 1326 |
| L. Stires | 440 | 314 | 512 | 1267 |
| M. Johnson | 452 | 297 | 501 | 1250 |
| A. Salandra | 402 | 330 | 446 | 1179 |
| M. Bonasata | 391 | 264 | 462 | 1118 |
| E. Niero | 352 | 259 | 379 | 1011 |
| E. Zernba | 352 | 203 | 402 | 957 |
| J. Blackburn | 236 | 209 | 385 | 832 |
| C. Trifilini | 518 | 314 | 540 | 1372 |
| D. Neffs | 501 | 308 | 540 | 1350 |
| B. Gruller | 479 | 341 | 518 | 1339 |
| M. Sile | 501 | 341 | 518 | 1360 |
| M. Tano | 534 | 286 | 485 | 1306 |
| P. Vanez | 451 | 319 | 501 | 1273 |
| D. Burke | 457 | 341 | 440 | 1240 |
| R. Marcelli | 446 | 275 | 501 | 1223 |
| R. Schmitt | 413 | 264 | 485 | 1162 |
| P. Miller | 325 | 292 | 402 | 1019 |
| R. Ferrara | 319 | 252 | 385 | 956 |
| M. Mito | 314 | 270 | 352 | 937 |
| M. Mottola | 507 | 369 | 551 | 1427 |
| M. Dimino | 496 | 319 | 529 | 1344 |
| L. Derogati | 440 | 336 | 540 | 1317 |
| T. Johns | 451 | 358 | 501 | 1311 |
| M. Sandoz | 462 | 352 | 462 | 1278 |
| L. Nolan | 451 | 292 | 473 | 1218 |
| L. Rebolli | 440 | 286 | 473 | 1201 |
| T. Znaczo | 402 | 242 | 540 | 1184 |

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| WOMEN | SO. | BP | DL | Total |
|--------------|-----|-----|-----|-------|
| L. Lehman | 285 | 286 | 457 | 1129 |
| J. Kostok | 396 | 281 | 418 | 1096 |
| B. Cernigoi | | | | |
| B. Ercan | 633 | 336 | 600 | 1570 |
| K. Toth | 633 | 352 | 584 | 1570 |
| P. Girardo | 600 | 363 | 589 | 1555 |
| A. Ferrina | 611 | 369 | 529 | 1451 |
| J. Sacco | 562 | 303 | 589 | 1455 |
| H. Gordon | 473 | 319 | 551 | 1344 |
| M. Henderson | 523 | 303 | 518 | 1344 |
| S. Borjuly | 523 | 286 | 512 | 1322 |
| A. Borjuly | 535 | 330 | 514 | 1380 |
| G. Jones | 451 | 253 | | |
| 242 Carroll | 600 | 429 | 628 | 1658 |
| L. Skiba | 617 | 402 | 584 | 1603 |
| R. Foa | 650 | 369 | 556 | 1576 |
| C. Shattuck | 650 | 369 | 556 | 1576 |
| C. Ledgano | 518 | 352 | 540 | 1410 |
| J. Shields | 407 | 363 | 573 | 1284 |
| P. Lukishis | 424 | 281 | 507 | 1212 |
| L. Mellito | 694 | 512 | 672 | 1879 |
| M. Bachelly | 63 | 402 | 705 | 1741 |

80 Nat Mocer

| 80 | SO. | BP | DL | Total |
|----------|-----|-----|-----|-------|
| M. Kacur | 115 | 165 | 280 | 560 |
| M. Kacur | 285 | 455 | 640 | 1380 |
| M. Kacur | 250 | 410 | 600 | 1260 |
| M. Kacur | 190 | 325 | 515 | 1030 |
| M. Kacur | 170 | 310 | 480 | 960 |
| M. Kacur | 350 | 445 | 795 | 1590 |
| M. Kacur | 220 | 455 | 675 | 1150 |
| M. Kacur | 290 | 525 | 815 | 1330 |
| M. Kacur | 350 | 445 | 795 | 1590 |
| M. Kacur | 260 | 475 | 735 | 1270 |
| M. Kacur | 225 | 300 | 525 | 1050 |
| M. Kacur | 240 | 440 | 680 | 1160 |
| M. Kacur | 275 | 400 | 725 | 1200 |
| M. Kacur | 185 | 250 | 410 | 845 |
| M. Kacur | 250 | 410 | 600 | 1260 |
| M. Kacur | 350 | 445 | 795 | 1590 |
| M. Kacur | 170 | 310 | 480 | 960 |
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| M. Kacur | 170 | 310 | 480 | 960 |
| M. Kacur | 350 | 445 | 795 | 1590 |
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| M. Kacur | 225 | 300 | 525 | 1050 |
| M. Kacur | 240 | 440 | 680 | 1160 |
| M. Kacur | 275 | 400 | 725 | 1200 |
| M. Kacur | 185 | 250 | 410 | 845 |
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| M. Kacur | 170 | 310 | 480 | 960 |
| M. Kacur | 350 | 445 | 795 | 1590 |
| M. Kacur | 220 | 455 | 675 | 1150 |
| M. Kacur | 290 | 525 | 815 | 1330 |
| M. Kacur | 350 | 445 | 79 | |

MSSA Winter Bench Press 11/3/84 (kilos) Norman, Ok

| | | | | |
|----------------|------------|------------|--------------|----------|
| OPEN DIV | SQ | BP | DL | Total |
| 155 665 | 424 381 | 454 424 | 1807 1538 | 3135 |
| Steve Smith | 72.5 | 148 | Browder | 72.5 |
| 181 811 | 391 354 | 584 561 | 1691 1528 | 3052 |
| Dan Stegell | 105 | Terr | Fitgower | 115 |
| 225 1001 | 419 381 | 516 481 | 1706 1528 | 3135 |
| Kim Brownfield | 172.5 | 81 | Kim | Fitgower |
| 275 1300 | 419 381 | 516 481 | 1706 1528 | 3135 |
| Bob Coocaro | 155 | Rusty | Freel | 155 |
| 725 3550 | 315 281 | 501 466 | 1328 1191 | 2526 |
| Joe Canary | 85 | Joe | Canary | 137.5 |
| 137.5 650 | 402 | 517 | 1521 | 2526 |
| 155 | 501 | 561 | 1622 | 3135 |
| Joe Canary | 137.5 | 501 | 561 | 1622 |
| 137.5 650 | 402 | 517 | 1521 | 2526 |
| 155 | 501 | 561 | 1622 | 3135 |

Judges for the meet were Gary Watanabe, international card holder, Donna Deleere, national card holder, and Ed Deleere, national card holder. Those who helped to put on a great meet... Thanks to Ray Yonick for results.

National Peanut Festival Meet 10/20/84 - Dothan, Ala

| | | | | |
|--------------|-----|-----|-----|-------|
| OPEN DIV | SQ | BP | DL | Total |
| 132 625 | 365 | 270 | 420 | 1055 |
| 233 | 430 | 365 | 460 | 1255 |
| 148 | 250 | 160 | 315 | 725 |
| Joe Robinson | 150 | 85 | 180 | 415 |
| 148 | 250 | 160 | 315 | 725 |

Judges for the meet were Gary Watanabe, international card holder, Donna Deleere, national card holder, and Ed Deleere, national card holder. Those who helped to put on a great meet... Thanks to Ray Yonick for results.

11/17/84 - Yorkton, Sask., Canada

| | | | | |
|-----|-----|-----|-----|------|
| 132 | 480 | 325 | 525 | 1330 |
| 148 | 350 | 275 | 400 | 1025 |
| 165 | 400 | 325 | 425 | 1150 |
| 181 | 350 | 315 | 420 | 1085 |
| 220 | 440 | 360 | 440 | 1240 |

Judges for the meet were Gary Watanabe, international card holder, Donna Deleere, national card holder, and Ed Deleere, national card holder. Those who helped to put on a great meet... Thanks to Ray Yonick for results.

10/21/84 - Honolulu, HI

| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |

Judges for the meet were Gary Watanabe, international card holder, Donna Deleere, national card holder, and Ed Deleere, national card holder. Those who helped to put on a great meet... Thanks to Ray Yonick for results.

Region 10 Championships 6/23, 24/84 - Denver, Co

| | | | | |
|----------|-----|-----|-----|-------|
| MEN-OPEN | SQ | BP | DL | Total |
| 132 | 455 | 255 | 475 | 1185 |
| 148 | 325 | 225 | 330 | 885 |
| 165 | 400 | 275 | 350 | 1025 |
| 181 | 385 | 255 | 325 | 965 |
| 220 | 440 | 360 | 440 | 1240 |

Judges for the meet were Gary Watanabe, international card holder, Donna Deleere, national card holder, and Ed Deleere, national card holder. Those who helped to put on a great meet... Thanks to Ray Yonick for results.

| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |

| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |

| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |


| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |

| | | | | |
|-------|-----|-----|-----|-------|
| WOMEN | SQ | BP | DL | Total |
| 155 | 418 | 248 | 410 | 1085 |
| 165 | 418 | 248 | 410 | 1085 |


Thanks to Brian Lewis for results.

Power Place Inc.


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Squat Rack
W/ 855, HW \$125, SHW \$125, 855 extra, SHW \$125



Bench Press
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Rowing Machine
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Power Rack
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MasterCard and Visa accepted. Orders of \$1000.00, discount, \$600.00. 15% Discount. In-stock items only. All items subject to availability. Cash on delivery orders require extra charge not pictured in this ad. Custom paint & upholstery offered at extra charge not pictured in this ad. Discount on 30' x 48' x 10' table. *Extra charge not included. *Extra charge not included.

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ALL EQUIPMENT FREIGHT COLLECT

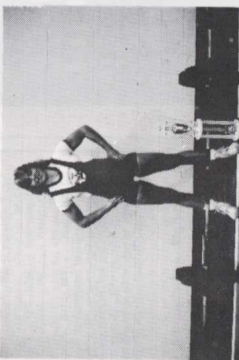
| | | | | |
|-------------|-----|-----|-----|------|
| MARK SIGALA | 310 | 110 | 325 | 945 |
| 135 | 195 | 110 | 325 | 630 |
| 148 | 230 | 130 | 325 | 715 |
| 165 | 270 | 150 | 325 | 785 |
| 181 | 310 | 170 | 325 | 855 |
| 220 | 350 | 200 | 325 | 1000 |
| 242 | 390 | 220 | 325 | 1115 |
| 257 | 430 | 240 | 325 | 1225 |

| | | | | |
|-------------|-----|-----|-----|------|
| MARK SIGALA | 310 | 110 | 325 | 945 |
| 135 | 195 | 110 | 325 | 630 |
| 148 | 230 | 130 | 325 | 715 |
| 165 | 270 | 150 | 325 | 785 |
| 181 | 310 | 170 | 325 | 855 |
| 220 | 350 | 200 | 325 | 1000 |
| 242 | 390 | 220 | 325 | 1115 |
| 257 | 430 | 240 | 325 | 1225 |

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Titan Suits, Inc. presents



Katie Haynes - American Teenage and Collegiate Record Holder

The Lifting Worlds First Custom Tailored Ladies Suit

\$36.00

Titan realizes that there are many women powerlifters in the world who have always had to wear suits specifically designed with a mans needs in mind. Realizing that your needs as a female lifter are unique, Titan has conducted research and design studies from a woman's perspective and is proud to introduce a ladies fit that sports these exclusive features.

- Wider cut, yet supportive hips.
• High front panel (in relation to our male fit) for more upper torso comfort.
• Less binding and restrictive legs.

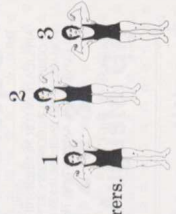
And more than that, you are backed by the Titan name and reputation and more importantly by the Titan Guarantee.

Blow the crotch out during its 3 month guarantee period and receive your money back plus a free suit; 1 month replacement on the rest of the suit.

Here's the Titan 3 step custom fit plan. For the ultimate in performance progress through each fit.

- 1. Regular Fit - A snug suit. An excellent all around lifting suit.
2. Meet Fit - A tight supportive fit, excellent for training and competing in.
3. Competition Fit - Our tightest fit for maximum support, only for tight suit wearers.

* First time customers are advised to order no tighter than a meet fit.



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Form for ordering the Titan lifting suit, including fields for Name and Address, Measurements (Repeat Customer, Color, No. of Suits, Reg., Height, Weight, Hips, Leg, Overall), and shipping information.

Table listing names and associated numbers for the 'CRAIN POWER-PLUS' equipment section, including items like DYNMA WRAP, LIFTING BELT, and POWERBELTS.

CRAIN POWER-PLUS POWER EQUIPMENT

Advertisement for CRAIN POWER-PLUS equipment featuring images of various lifting belts (Style A-E) and straps, with descriptions and prices.

Advertisement for CRAIN POWER-PLUS featuring images of lifting shoes (Riddell, Puma, Elite) and gloves, with descriptions and prices.

Table listing names and associated numbers for the 'Cettysburg Power Day' section, including names like Chris Hartsock, Jim Cline, and Carl Secker.

Table listing names and associated numbers for the 'A.D.F.A. BENCH-DEADLIFT' section, including names like Beth Harris, Mark Karmarski, and Steve Swiert.

Table listing names and associated numbers for the 'Cettysburg Power Day' section, including names like Mike McLaughlin, Tom Mattern, and Bruce Goski.

ELITE SUITS - HERE'S WHY...

The Fit and Design - The ELITE Suit was designed in a physics lab to give the ultimate in restrictive hip support and strength. A suit is only as strong as its weakest point and the ELITE Suit was designed to distribute the stress as evenly as possible throughout the entire suit thus making the suit not only stronger but also more comfortable.

Quality Control - Each suit is individually inspected, tested and pre-stretched prior to shipping. This insures that the suit that you get will last and has helped reduce our rate of blowouts to less than 1/2 of 1%.

The Guarantee - Each suit has a six month guarantee against blowing out. We will replace your suit free of charge if it blows out within 6 months from the date of purchase. We guarantee our suits longer than any other manufacturer.

Give height & weight.
 Sizes 22-40 in black, navy, royal blue and red.

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 more with ELITE.**

ELITE WRAPS

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



\$9.50



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LIFETIME GUARANTEE

\$49.00



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COMPETITION

- Made of suede and bull-hide.
- Black or rust color.
- 10 cm. by 13 mm.
- 5 rows of heavy duty stitching.

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- The ultimate training belt.
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Full Bench Classic
 10/27/84 - Mattowin, Ill
 114 Mike Bunton 125
 123 T. Studebaker 225
 Ed Pano 210
 John Powers 280
 Chuck Grove 300
 Dale Radford 300
 Steve Morgan 245
 Mike Romine 210
 Ted Black 210
 Jeff Drumy 190
 Brian Logue 190
 Kevin Logue 155
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Potomac Open Bench Press
 9/29/84 - Indianhead, Md
 WOODBURN 100
 MIDDLEW 230
 Jerry Butler 230
 Ken Miller 435
 Robert Road 435
 Matt Woodburn 125

10/27/84 - (Mifos)
 114 Lenory 50
 Rick McAlain 75
 Shannon Cook 97.5
 Raedon Gibson 87.5
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 Oklahoma City, Ok
 50 BP 142.5
 75 142.5
 97.5 142.5
 107.5 142.5
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The Steroid Supermen

The book that finally addresses all the data -- not pure anecdote! Shows you actual case studies of champion bodybuilders and powerlifters, men and women, novices and national champions. A collection of blood data and practical research over a eight year period with medical doctors and a sports exercise physiologist.

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'for the ultimate in bench pressing blastoff power, pectoral development and triceps lockout'

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This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from November 1, 1983 to November 1, 1984. Please send a copy of all ADFFPA meet results to Jim Gallagher, 301 Pine St., Clonolden, PA, 19036. This will keep these lists as up to date as possible. Thank you.

A.D.F.P.A. TOP 20/132

| SQUAT | BENCH | DEADLIFT | TOTAL |
|---------------------------|--------------------------|--------------------------|--------------------------|
| 1 529 R.Kea 7/21/84 | 351 A.Covington 8/11/84 | 1400 L.Gant 7/21/84 | 1400 R.Kea 7/21/84 |
| 2 502 R.Pell 7/21/84 | 347 R.Kea 7/21/84 | 1317 A.Covington 8/11/84 | 1317 A.Covington 8/11/84 |
| 3 485 L.Gant 7/21/84 | 326 L.Robinson 2/18/84 | 596 R.Pell 7/21/84 | 596 R.Pell 7/21/84 |
| 4 461 A.Covington 8/11/84 | 270 M.Schiller 3/17/84 | 480 P.Dorney 12/10/83 | 1224 T.Holland 7/21/84 |
| 5 441 M.Lawson 7/21/84 | 270 L.Gant 7/21/84 | 480 R.Pell 7/21/84 | 1157 L.Holland 7/21/84 |
| 6 435 T.Holland 7/21/84 | 264 M.Abelera 7/21/84 | 474 J.Robinson 5/5/84 | 1141 M.Abelera 7/21/84 |
| 7 430 S.Morano 5/5/84 | 260 S.Morano 5/5/84 | 463 J.Holland 7/21/84 | 1133 M.Schiller 3/17/84 |
| 8 413 M.Mariano 5/5/84 | 259 J.Rubio 4/7/84 | 450 D.Gastineau 4/28/84 | 1102 T.Borrell 7/21/84 |
| 9 408 P.Dorney 12/10/83 | 254 B.Herbst 7/21/84 | 446 M.Mariano 5/5/84 | 1097 P.Dorney 12/10/83 |
| 10 408 T.Holland 7/21/84 | 248 T.Holland 7/21/84 | 445 T.Farney 3/17/84 | 1090 M.Lawson 7/21/84 |
| 11 402 M.Abelera 7/21/84 | 242 R.Pell 7/21/84 | 441 J.Johnson 12/10/83 | 1074 P.Payne 7/21/84 |
| 12 402 M.Lawson 7/21/84 | 237 M.Borrell 7/21/84 | 439 T.Schiller 7/21/84 | 1047 R.Mukasian 7/21/84 |
| 13 397 P.Payne 7/21/84 | 237 M.Borrell 7/21/83 | 430 T.Schiller 7/21/84 | 1008 J.Johnson 12/10/83 |
| 14 386 E.O'Hara 5/5/84 | 237 E.Malkasian 7/21/84 | 430 M.Lawson 7/21/84 | 1008 J.Johnson 12/10/83 |
| 15 380 S.Herbst 7/21/84 | 235 T.Newberry 3/17/84 | 424 B.Herbst 7/21/84 | 1005 E.Head 9/1/84 |
| 16 380 E.Head 9/1/84 | 231 J.Cruz 3/31/84 | 421 Q.Kaufberg 8/11/84 | 990 S.Zerbe 4/14/84 |
| 17 380 P.Vagner 3/17/84 | 230 M.Zimtravich 9/14/84 | 420 J.Cruz 9/1/84 | 990 M.Zimtravich 4/14/84 |
| 18 366 J.Cruz 3/31/84 | 230 M.Zimtravich 9/14/84 | 419 V.Scalia 4/7/84 | 985 S.Forsythe 3/17/84 |
| 19 366 J.Cruz 3/31/84 | 230 M.Zimtravich 9/14/84 | | |
| 20 352 J.Johnson 12/10/83 | 230 D.Sher 8/11/84 | | |

Upcoming National Meet Qualifying Totals

| Men's Contests | 114 | 123 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|---------------------------|-----|------|------|------|------|------|------|------|------|-----------|
| 1985 Teen Nationals 14-15 | 625 | 720 | 785 | 875 | 925 | 975 | 1005 | 1050 | 1075 | 1100 1125 |
| 1985 Teen Nationals 16-17 | 700 | 795 | 905 | 1050 | 1100 | 1175 | 1250 | 1300 | 1325 | 1340 1360 |
| 1985 Teen Nationals 18-19 | 800 | 875 | 1035 | 1175 | 1300 | 1400 | 1470 | 1480 | 1490 | 1500 1505 |
| 1985 National Collegiate | 799 | 898 | 1036 | 1201 | 1366 | 1477 | 1598 | 1609 | 1631 | 1653 1675 |
| 1985 Senior Nationals | 930 | 1055 | 1220 | 1410 | 1605 | 1715 | 1820 | 1910 | 1985 | 2060 2070 |
| Junior Nationals | 870 | 1020 | 1150 | 1370 | 1555 | 1650 | 1750 | 1870 | 1945 | 1940 1960 |
| ADFFPA Nationals | 840 | 950 | 1060 | 1230 | 1365 | 1475 | 1550 | 1605 | 1635 | 1670 1750 |
| ADFFPA Collegiate | 725 | 840 | 970 | 1110 | 1225 | 1365 | 1415 | 1450 | 1470 | 1490 1490 |
| Women's Contests | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | SHW |
| 1985 National Collegiate | 419 | 463 | 507 | 551 | 595 | 661 | 683 | 699 | 716 | |
| 1985 Women's Nationals | 518 | 562 | 606 | 661 | 705 | 744 | 772 | 794 | 804 | 816 |
| Women's ADFFPA | 97 | 104 | 111 | 116 | 122 | 129 | 139 | 154 | 176 | 176+ |
| 1985 ADFFPA Women's | 463 | 496 | 518 | 540 | 562 | 584 | 623 | 678 | 750 | 838 |
| 1985 ADFFPA Teenage | 402 | 430 | 457 | 468 | 491 | 513 | 546 | 595 | 656 | 733 |

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COMPLETE ALL ENTRIES *

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STREET ADDRESS _____ 1984 REG. NUMBER 6

CITY _____ STATE _____ ZIP CODE _____

AREA CODE _____ TELEPHONE NO. _____

MO. DATE OF BIRTH: YR _____ AGE _____ SEX _____ CITIZEN YES _____ NO _____

CLUB NUMBER _____ DRUG TESTING \$ _____

Special Early Registration (Nov. 1 - Jan. 31) \$12.00

Regular Athlete \$15.00 High School \$8.00*

APPLICANTS: Fill out card completely and mail with fee to:
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*High School eligibility must be accompanied by photocopy of high school activity card or other proof of high school membership.

I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND IN ACCORDANCE WITH THE RULES OF THE U.S. POWERLIFTING FEDERATION. SIGNATURE X _____

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Super Products at Super Prices Write for Catalog.
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Orchic 525 mg. (Raw Testicle Gland), 100 caps-\$12.50, 300-\$34.50, 500-\$53.75.

Vitamin B-15 100 mg. tablets (original Russian formula) 30 percent more stamina and lowest price available. 100 tabs-\$8.95, 300-\$23.00, 500-\$32.50, 1000-\$59.50

DMSO (Non Industrial Grade) 99.9 percent pure undiluted top quality. 8 oz-\$12.50, 16 oz-\$23.50

Betaine Hydrochloride 600 mg. with Pepsin, Pancreatin, Bromelain and Papain. For better digestion processes. 90 tabs-\$5.40, 180-\$9.95.

Argentine Beef Liver Tabs 23 gr. 300 tabs-\$9.75, 600 tabs-\$17.75, 1200 tabs-\$33.50.

Steroglan Tablets: 5 tabs provide:
Pituitary.....150 mg.
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Bee Pollen......75 mg.
Yeast......200 mg.
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AMA Championship
11/17/84 - Slippery Rock, Pa
WOMEN
M. Schoonagel 170 90 250 510
N. Paterniti 450 240 485 1175

A. Danko 280 195 340 815
A. Williamson 420 245 460 1125
L. Anderson 360 265 400 1030
L. Zelenok 230 225 325 780

165 Kg. 405 390 415 1210
P. Rusin 355 245 315 950
B. Gold 244 185 360 875

181 Kg. 575 335 500 1490
K. Kozneyki 400 325 455 1245
K. Torongau 475 280 495 1205
C. Kaczmark 400 285 475 1165
P. Chundradg 315 270 435 1025

Steve Uhas 710 330 635 1675
M. Vasalani 520 360 530 1410
L. Howell 485 295 495 1295
A. Khrecomogol 400 300 530 1230

H. Madison 610 405 635 1650
L. Simon 600 355 650 1605
D. Amador 520 330 650 1500
B. Wagner 465 360 500 1310
L. Williams 465 360 500 1310
242.
Mike Smith 810 390 640 1840
C. Lammari 275
Mark Voit 700 475 660 1765
K. Collet 440 345 455 1240
C. Garza 465 360 500 1310
T. Simms Slipper Rock Univ Pl team The Fitness Hut, The Body Factory: Outstanding lifters

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The Y's have been cancelled!

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Ravenna, OH 44266
216-296-3763

Saratoga: platform managers: Tim Cobby and Dave Steppewald; meet director: Lee Indelicato; officials: Jerry Welch, John Hopkins, T. Cardillo, C. Stevens, spotters: Mark Indelicato, Mark Indelicato, Dave Mack, Mike Calkins, Ed Peadar, Dave Balk, Mike Calkins, Jeff Lauckner, and all others who helped. Congratulations to both fighters, 4 ft 11 inch lifter from Mansfield, Ma who set a 300 lb. PR. Hope to see all competitors next yr. Thanks to Lee Indelicato for report.

Big Apple Open
12/8/84 - Brooklyn, NY
123
Don Comeau* 260 130 280 670
133.
L. Lemmer* 300 250 370 890
A. Abramczak 320 240 320 880
148.
Bill Costa 425 330 490 1245
Dan Millwood 580 325 465 1370
Chris Confessore 485 410 510 1425
Hummelberger 490 320 510 1280
149.
Jeff Balzer 655 420 660 1735
M. Massone 700 330 610 1610
Jim Costello 620 34 630 1995
242.
Steve McDermott 510 465 540 1515
Jeff Coplan 560 340 575 1475
242.
Leamann 715 435 700 1850
Fred Golde*cm 625 445 575 1645
* - here; m - master; Best squat: M. Massone; Coach: R. Broek; m - master; Best squat: M. Massone; BP. C. Confessore; DL: J. Balzer. Thanks to Greentpoint YMCA for reports.

U.S. Midwest, Indiana State & No-Vice Bench Championship
12/17/84 - Bloomington, In

USA Midwest
123
David Chaplin 165
132
Bill & Michelle 297
148
Mickey Feaster 297
Mark Evans 292
Steve Lump 303
Lynn Whiteham 352
Randy Copas 386
Randy Luce 270
165
Steve Lump 303
Lynn Whiteham 352
Randy Copas 386
Randy Luce 270

114: In his first meet, high schooler Shaun Trent won, pulling a record deadlift. 148: Dave Edmondson's record squat gave him first place in a large field. 165: Joe Nourse raised 250 lbs. on the bench press. 170: Tom Schick died. Dave Hall finished in second with a fine total. 181: The largest class saw a dead out-pull to the last lifter, with Ray Schuch out-pulling the field with a 300 lb. PR. 186: The crowd's popular kid Rasmussen delighted the crowd and other Rasmussen with his performance, winning his first Gem State crown. 242: Mark Evans won the 315 lb. class. 270: Tom Schick placed 275. One of the most liked and loved local lifters, Dan Bain, earned his first ever championship. SHW: Idaho's strongest, Ray White won all the records in this class. Local lifters who topped the podium in this class include Tom Schick, Steve Lump, and Mike Masterton. This has gone to be a popular meet for locals and many first timers, yet the quality just keeps getting better. Results by John Waller.

USA Midwest
123
David Chaplin 165
132
Bill & Michelle 297
148
Mickey Feaster 297
Mark Evans 292
Steve Lump 303
Lynn Whiteham 352
Randy Copas 386
Randy Luce 270

USA Midwest
123
David Chaplin 165
132
Bill & Michelle 297
148
Mickey Feaster 297
Mark Evans 292
Steve Lump 303
Lynn Whiteham 352
Randy Copas 386
Randy Luce 270

USA Midwest
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David Chaplin 165
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Bill & Michelle 297
148
Mickey Feaster 297
Mark Evans 292
Steve Lump 303
Lynn Whiteham 352
Randy Copas 386
Randy Luce 270

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Jim Rasmussen had a solid performance at midweek in the Gem State Open. Photo by Curtis Wright.

GEM STATE OPEN
17 Nov 84 - Nampa, Idaho

| | SQ | BP | DL | Total |
|------------------|------|------|------|-------|
| Women | 185 | 105 | 240 | 530 |
| J. Gardella | 510 | 320 | 520 | 1350 |
| D. Lindsay | 150 | 80 | 210 | 450 |
| 114. | | | | |
| S. Trent | 250 | 145 | 310* | 725 |
| W. Kester | 140 | 70 | 210 | 420 |
| 132. | | | | |
| H. Clements | 280 | 185 | 400 | 865 |
| 148 | | | | |
| J. Ramonondon | 500* | 255 | 430 | 1235* |
| M. Billion | 400 | 220 | 430 | 1050 |
| J. Staz | 375 | 275 | 440 | 1090 |
| R. Hazen | 400 | 210 | 340 | 950 |
| M. Darr | 375 | 210 | 340 | 925 |
| M. Henrie | 210 | 165 | 290 | 665 |
| T. Rydach | 185 | 120 | 275 | 580 |
| 165 | | | | |
| M. George | 500* | 330 | 600* | 1440* |
| D. Hall | 500* | 290 | 530 | 1320 |
| M. DeBello | 450 | 250 | 525 | 1225 |
| D. Brooks | 465 | 245 | 440 | 1150 |
| D. Jolley | 445 | 245 | 440 | 1130 |
| T. Lohway | 395 | 255 | 430 | 1080 |
| 181 | | | | |
| R. Schnabel | 520 | 325 | 585 | 1430 |
| E. Kammusen | 490 | 360 | 515 | 1365 |
| M. McIntyre | 470 | 320 | 520 | 1310 |
| G. Taylor | 470 | 320 | 520 | 1310 |
| E. Jones | 465 | 310 | 500 | 1275 |
| M. Mead | 445 | 260 | 520 | 1225 |
| T. Miller | 445 | 260 | 520 | 1225 |
| D. Kahn | 415 | 330 | 475 | 1220 |
| S. Carl | 410 | 300 | 440 | 1150 |
| K. White | 400 | 215 | 390 | 1005 |
| J. Vail | 400 | 215 | 390 | 1005 |
| G. Butler | 250 | 160 | 300 | 710 |
| 198 | | | | |
| E. Kammusen | 640* | 415* | 585 | 1640* |
| E. Kammusen | 510* | 260 | 520 | 1330 |
| J. Vail | 465 | 330 | 480 | 1285 |
| D. Collins | 460 | 330 | 480 | 1270 |
| R. LaChance | 370 | 275 | 520 | 1125 |
| G. Linday | 375 | 200 | 425 | 1000 |
| 220 | | | | |
| J. Luffy | 530 | 315 | 550 | 1395 |
| C. McCall | 520 | 310 | 530 | 1360 |
| C. Pamela | 345 | 230 | 420 | 995 |
| 242 | | | | |
| K. DeBraugs | 525 | 390 | 650 | 1565 |
| M. Mickelson | 520 | 380 | 650 | 1550 |
| C. Pamela | 345 | 230 | 420 | 995 |
| R. Schulz | 450 | 305 | 480 | 1235 |
| 275 | | | | |
| B. Brad | 375 | 245 | 455 | 1075 |
| Louie Smith | 250 | 245 | 375 | 870 |
| R. Wootley | 250 | 245 | 375 | 870 |
| R. Wootley | 250 | 245 | 375 | 870 |
| D. Dan | 200 | 215 | 370 | 865 |
| Brenda Owens | 130 | 140 | 345 | 785 |
| Susan Flynn | 335 | 115 | 200 | 650 |
| 280 | | | | |
| John Hong | 490 | 295 | 560 | 1345 |
| John Skalloworth | 435 | 280 | 440 | 1155 |
| 191 | | | | |
| Dave Gauthier | 355 | 250 | 385 | 990 |
| Randy Haynes | 330 | 240 | 380 | 950 |

Auburn Open
17-18 Nov 84 - Auburn, NY

| | SQ | BP | DL | Total |
|------------------|------|-----|-----|-------|
| 114 | | | | |
| Beth Fisher | 300* | 145 | 325 | 770 |
| Phillip Wyvra | 210 | 125 | 265 | 600 |
| Greg Galt | 170 | 105 | 255 | 530 |
| Valerie Lindsey | 190 | 75 | 190 | 455 |
| 123 | | | | |
| David Tobias | 320 | 240 | 380 | 950 |
| Shirley Palth | 120 | 125 | 275 | 620 |
| Brad Olson | 375 | 245 | 455 | 1075 |
| Louie Smith | 250 | 245 | 375 | 870 |
| R. Wootley | 250 | 245 | 375 | 870 |
| Dan Benanti | 200 | 215 | 370 | 865 |
| Brenda Owens | 130 | 140 | 345 | 785 |
| Susan Flynn | 335 | 115 | 200 | 650 |
| 280 | | | | |
| John Hong | 490 | 295 | 560 | 1345 |
| John Skalloworth | 435 | 280 | 440 | 1155 |
| 191 | | | | |
| Dave Gauthier | 355 | 250 | 385 | 990 |
| Randy Haynes | 330 | 240 | 380 | 950 |

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Connecticut Open Cup

11/17/84 - New Haven, CT

| SQ | BP | DL | Total | |
|--|-----|-----|-------|------|
| Ken Joyce | 295 | 235 | 380 | 890 |
| Andy Hamed | 490 | 295 | 375 | 1360 |
| Frank Scalloni | 300 | 270 | 425 | 1140 |
| Frank Scalloni | 390 | 240 | 450 | 1150 |
| Ed Callahan | 430 | 210 | 450 | 1090 |
| Bob Herbst | 325 | 275 | 425 | 1025 |
| Don Dihaao | 270 | 225 | 355 | 950 |
| Elaine Pacheco | 240 | 160 | 275 | 675 |
| Mike Wonyete | 540 | 300 | 565 | 1405 |
| Bob Benidis | 510 | 340 | 605 | 1455 |
| Frank Farley | 450 | 245 | 520 | 1215 |
| Bill Parente | 450 | 345 | 420 | 1215 |
| Dave Imine | 365 | 280 | 420 | 1065 |
| Gary Green | 325 | 210 | 425 | 960 |
| Don Wilford | | | | |
| Miguel Torres | 535 | 430 | 500 | 1465 |
| E. Marcarelli | 520 | 325 | 540 | 1385 |
| Steve Bellevance | 500 | 340 | 540 | 1385 |
| John Rubin | 500 | 295 | 475 | 1270 |
| Robert Cummings | 430 | 295 | 475 | 1200 |
| Jeanie Marquis | 315 | 170 | 320 | 805 |
| Gary Green | | | | |
| Mike Boy | 735 | 410 | 600 | 1745 |
| J. Mitchell | 480 | 355 | 650 | 1485 |
| Roland Loranger | 480 | 290 | 480 | 1250 |
| Mike Piscarelli | 450 | 325 | 465 | 1240 |
| Mike Salaga | 630 | 385 | 620 | 1635 |
| Ted Stoneburner | 625 | 405 | 600 | 1630 |
| Steve Rudick | 535 | 360 | 600 | 1495 |
| John Hildebrand | 500 | 350 | 600 | 1455 |
| John Battista | 500 | 315 | 475 | 1290 |
| Sherman Backus | 795 | 420 | 735 | 1950 |
| Dan Denton | 790 | 510 | 550 | 1760 |
| John Gammeter | 670 | 485 | 510 | 1665 |
| James Ahern | 425 | 290 | 425 | 1140 |
| 275 | | | | |
| Matt Iradison | 630 | 480 | 600 | 1630 |
| John Macombe | 550 | 320 | 530 | 1400 |
| Cal Lathan | 510 | 340 | 520 | 1370 |
| SHW | | | | |
| Number of lifters: 46; single platform, start up | 790 | 590 | 575 | 1955 |
| pro. 10-30 am, finish: approx 8:15 pm. Elapsed | | | | |
| time: 3 hrs 45 mins. Best lifter: Art Andy | | | | |
| afternoon: Mike Roy, best Female: | | | | |
| Leanne McKelvey | | | | |
| Wavy (USN) PL Team: 64 pts. Gibson's gym: 43 | | | | |
| pts; Muscle Factory: 38 pts; Phoenix gym: 25 | | | | |
| pts; Hercules Gym: 24 pts. Meet location: | | | | |
| Phoenix, AZ. Sponsor: West Lafalette, IN; | | | | |
| phone: head office: Bob Kennedy, reported by | | | | |
| Bob Kennedy, CI State PL chairman. | | | | |

Bureau of Corrections Regionals

12/8/84 - Graterford, Pa

| SQ | BP | DL | Total | |
|---------------|-----|-----|-------|------|
| Carl Moxley | 290 | 135 | 335 | 760 |
| 125 | | | | |
| Immon Jones | 515 | 285 | 545 | 1345 |
| Craig Johnson | 500 | 280 | 510 | 1290 |
| Dan Carter | 500 | 290 | 540 | 1330 |
| 165 | | | | |
| Robb Taylor | 575 | 300 | 500 | 1375 |
| Ed Haney | 575 | 300 | 500 | 1375 |
| Ed Haney | 585 | 260 | 475 | 1320 |
| Ed Saniligo | 325 | 275 | 425 | 1025 |
| 275 | | | | |
| Immon Jones | 515 | 285 | 545 | 1345 |
| Dan Carter | 500 | 290 | 540 | 1330 |
| 165 | | | | |
| Ed Haney | 575 | 300 | 500 | 1375 |
| Ed Haney | 575 | 300 | 500 | 1375 |
| Ed Haney | 585 | 260 | 475 | 1320 |
| Ed Saniligo | 325 | 275 | 425 | 1025 |
| 275 | | | | |

STATE GAMES

an editorial in the December 1984 edition of PHYSICIAN AND SPORTS MEDICINE remarked that 14 states had State Games this year, and a prediction was made that by 1990, every state would have them. New York led the way with their Empire State Games in 1977, and had a total of 80,000 participants this year. New Jersey now majors as many as 51 different sports to participate in. Powerlifting is not a major part of this movement, but shouldn't it be? If your state has a State Games, contact the organizers and find out if powerlifting can become part of the program.

Powerlifting USA BACK ISSUES

SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. TO ORDER SEND \$3 FOR EACH BACK ISSUE YOU WANT AND BE SURE TO SPECIFY ALTERNATE CHOICES IN CASE YOUR SUPPLIER RUNS OUT BEFORE YOUR ORDER CAN BE PROCESSED.

- Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.)
- Apr/1982...Women's National Championships, Drugs in Powerlifting, the All Time 2000 Total Club, Larry Pacifico Reminiscences, Top 100 220's
- Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Back Training, Pioneers of Power - Pat Casey, TOP 100 242's
- May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275's.
- Jun/1983...Women's Worlds, Judd Bisiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.
- Jul/1983...Junior Nationals, Women's National Nationals, Overtaining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114's.
- Aug/1983...Worlds, Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, Top 100 123ers.
- Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Ab-abbreviated Training Cycle, Ruth Shater's Women's Corner, TOP 100 132's.
- Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Camping Impact, Injuries by Dr. Tom McLaughlin, Top 100 148's.
- Jan/84...the debut issue of the NEW Powerlifting USA! 1983 World Powerlifting Championships, National Masters meet, I.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181's.
- Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workouts, Developing the Chest and Lats by Dr. Tom McLaughlin, Workout: How Much Do You Need?, The Mental Retreat, TOP 100 242's
- May/1984...Lyle Alzado Profile, Ban the Squad, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Well Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Compound Guide for Exercises, Retiree's Corner, TOP 100 275's.
- Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladinier Profile, Joe Ladinier Bench Press Message From Chairwoman, ADFPA Top 20 181's, TOP 100 SHW's.
- Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198's, Bob Wahl Power Profile, Masters Records list, TOP 100 114's, First Meet Impressions.
- Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Attidi, Are Anabolics Athrogenic?, The New Masters Formula, ADFPA Collegiate, How to Wrap Your Knees, TOP 100 132's, Shoulder Injuries.
- Oct/84...Medical Research Review, Jim McCarthy Profile, Gus Reithwick Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Off-season Training, TOP 100 148's, Drug Free 275 Top 20.
- Nov/84...Gene Bell Profile, Mike MacDonald and Jim Williams talk about the World's Greatest Benchmarker, Dave Waddington squat routine, Rounds System Review, Dave Miller Profile, Shoulder Injuries, Medication, Forced Decs, TOP 100 165's, Drug Free Top 20 Superheavyweights.
- Dec/84...World Juniors/Masters Championships, National Masters Championships, Mathematics of Powerlifting, Bench Press Bar Path, Cyr Strong Top 20 Flyweights, Ken Leisner on Heavy Training capability.
- Jan/85...1984 World Powerlifting Championships Report, Troy Hicks Deadlift Workout of the Month, Natural Training Methods, Medication, Alcohol and Athletics, Bench Press Grip and Arm Position, TOP 100 198's, ADFPA Top 20 Bantamweights, What is Strength?

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 IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CA 93071.

American Drug Free Powerlifting Association



Organized to meet the demands of the powerlifter, the ADFPA provides sanctioned contests with mandatory drug testing. Join the ADFPA and support the return of fair competition. For information or to apply for membership, contact any of the officers below.

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- 39520

MARCH 30, 1985 A.D.F.P.A. Southern Powerlifting Championships



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Novice: 1st-3rd place all divisions.

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Thunder Bay Open lifters (left to right): Jerry Gerner, Jerry Bruno, Wing Lui, Reid McCormick, Raimo Paananen, Karl Hult, Kurt Wyberg, Ted Dunbar, Jon Petrick; seated: Cathie Iascona. Photo courtesy of Raimo Paananen.

Thunder Bay Open
Nov. 3, 1984 (kilos) Ontario, Canada

| | SQ | BP | DL | Total |
|---------------------|-------|-------|--------|-------|
| Women Open 44 | 137.5 | 87.5 | 165 | 390 |
| Cathie Iascona 100* | 47.5 | 120 | 267.5* | |
| Men 56 kg | 140 | 100 | 165 | 405 |
| Jerry Bruno | 137.5 | 87.5 | 165 | 390 |
| 60 kg | 145 | 115 | 152.5 | 412.5 |
| Wing Lui | 147.5 | 77.5 | 150 | 375 |
| Brad Luzzi | 160 | 110 | 227.5 | 497.5 |
| Raimo Paananen 205 | 145 | 170 | 520 | 835 |
| Craig Elder | 160 | 110 | 227.5 | 497.5 |
| Bernie White | 162.5 | 110 | 202.5 | 475 |
| Dave Mitchell | 175 | 100 | 162.5 | 437.5 |
| Bill Dobransky | 160 | 92.5 | 172.5 | 425 |
| James Abraham | 235 | 147.5 | 205 | 487.5 |
| 75 kg | 175 | 120 | 230 | 525 |
| Kurt Wyberg | 137.5 | 110 | 227.5 | 475 |

110 kg

| | | | | |
|---------------|-------|-------|-------|-------|
| Red McCormick | 222.5 | 175 | 305 | 722.5 |
| 125 kg | 170 | 137.5 | 212.5 | 520 |
| Brian Moran | 135 | 72.5 | 175 | 482.5 |
| 220 kg | 270 | 170 | 317.5 | 757.5 |
| Javier Avila | 272.5 | 200 | 285 | 757.5 |
| 225 kg | 275 | 185 | 285 | 747.5 |
| 230 kg | 275 | 185 | 285 | 747.5 |
| 235 kg | 235 | 145 | 232.5 | 612.5 |
| 240 kg | 232.5 | 135 | 235 | 602.5 |
| 245 kg | 205 | 127.5 | 260 | 592.5 |
| 250 kg | 205 | 127.5 | 260 | 592.5 |

Bill Brown 230 155 237.5 622.5
Marshall Pickard 235 150 220 605
Dwane Smith 170 137.5 212.5 520
185 kg

Whittier Open
11/11/84 (kilos) Whittier, CA

| | SQ | BP | DL | Total |
|-----------------|-------|-------|-------|-------|
| WOMEN | | | | |
| 48kg Huggin | 102.5 | 70 | 122.5 | 295 |
| 54kg | 120 | 65 | 135 | 320 |
| Judy Cain | 102.5 | 70 | 122.5 | 295 |
| 60kg | 140 | 92.5 | 170 | 402.5 |
| Hiro Isagawa | 207.5 | 152.5 | 27.5 | 587.5 |
| 62.5kg | 177.5 | 100 | 190 | 467.5 |
| 65kg | 175 | 100 | 190 | 465 |
| Jeff Moore | 202.5 | 112.5 | 217.5 | 532.5 |
| Pat Martino | 170 | 127.5 | 220 | 517.5 |
| David Goldstein | 165 | 110 | 210 | 485 |
| 67.5kg | 185 | 110 | 210 | 505 |
| 73kg | 185 | 127.5 | 210 | 522.5 |
| Andrew Hoyos | 200 | 167.5 | 245 | 612.5 |
| John Neyer | 200 | 110 | 220 | 530 |
| Scott Roberts | 255 | 172.5 | 262.5 | 690 |

110 kg

| | | | | |
|--------|-------|-------|-------|-------|
| 230 | 155 | 237.5 | 622.5 | |
| 235 | 150 | 220 | 605 | |
| 170 | 137.5 | 212.5 | 520 | |
| 185 kg | 135 | 72.5 | 175 | 482.5 |
| 270 | 170 | 317.5 | 757.5 | |
| 272.5 | 200 | 285 | 757.5 | |
| 275 | 185 | 285 | 747.5 | |
| 280 | 185 | 285 | 757.5 | |
| 285 | 145 | 232.5 | 612.5 | |
| 290 | 135 | 235 | 602.5 | |
| 295 | 127.5 | 260 | 592.5 | |
| 300 | 127.5 | 260 | 592.5 | |

Mike Willis 252.5 172.5 245 670
B. Langenwallner 235 182.5 247.5 665
Sidney Karch 235 182.5 247.5 665
185 kg 237.5 152.5 262.5 652.5
190 kg 237.5 152.5 262.5 652.5
195 kg 237.5 152.5 262.5 652.5
200 kg 237.5 152.5 262.5 652.5
205 kg 237.5 152.5 262.5 652.5
210 kg 237.5 152.5 262.5 652.5
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220 kg 237.5 152.5 262.5 652.5
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260 kg 237.5 152.5 262.5 652.5
265 kg 237.5 152.5 262.5 652.5
270 kg 237.5 152.5 262.5 652.5
275 kg 237.5 152.5 262.5 652.5
280 kg 237.5 152.5 262.5 652.5
285 kg 177.5 232.5 695
290 kg 155 260 675
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340 kg 147.5 227.5 580
345 kg 147.5 227.5 580
350 kg 147.5 227.5 580
355 kg 147.5 227.5 580
360 kg 147.5 227.5 580
365 kg 147.5 227.5 580
370 kg 147.5 227.5 580
375 kg 147.5 227.5 580
380 kg 147.5 227.5 580
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760 kg 147.5 227.5 580
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770 kg 147.5 227.5 580
775 kg 147.5 227.5 580
780 kg 147.5 227.5 580
785 kg 147.5 227.5 580
790 kg 147.5 227.5 580
795 kg 147.5 227.5 580
800 kg 147.5 227.5 580
805 kg 147.5 227.5 580
810 kg 147.5 227.5 580
815 kg 147.5 227.5 580
820 kg 147.5 227.5 580
825 kg 147.5 227.5 580
830 kg 147.5 227.5 580
835 kg 147.5 227.5 580
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980 kg 147.5 227.5 580
985 kg 147.5 227.5 580
990 kg 147.5 227.5 580
995 kg 147.5 227.5 580
1000 kg 147.5 227.5 580

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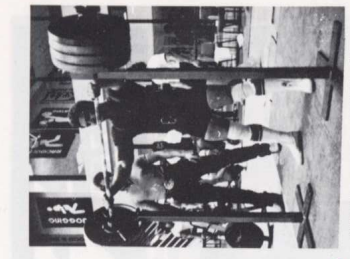
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 Color: 1st Alternate
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 Weight _____
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 Leg (around largest part of leg) _____
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