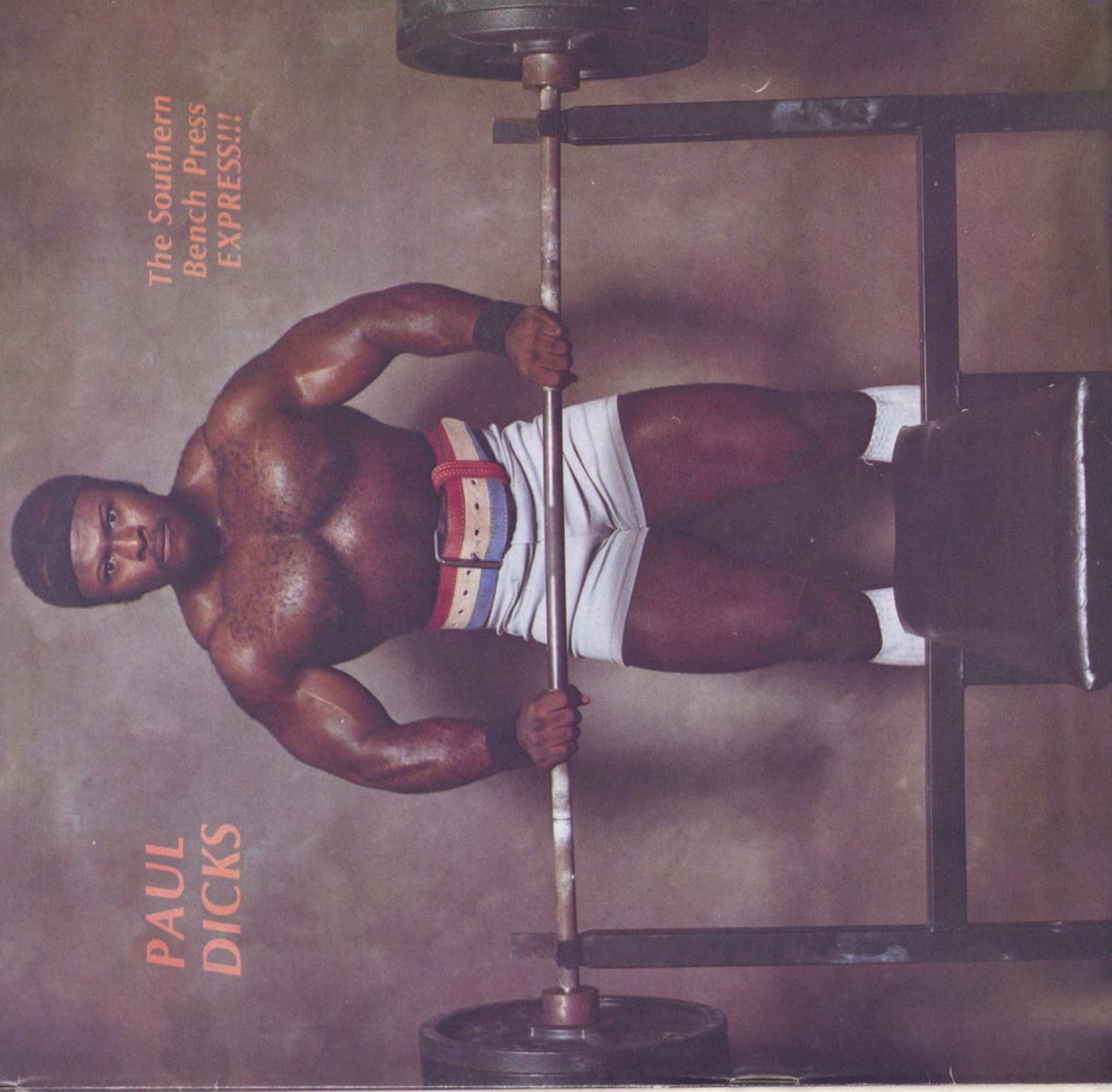


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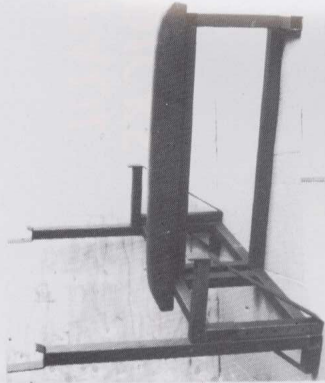
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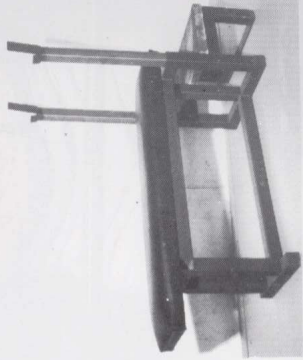
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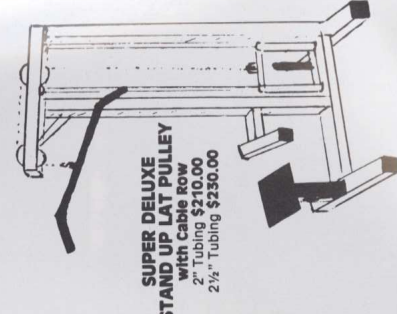
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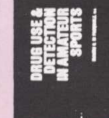
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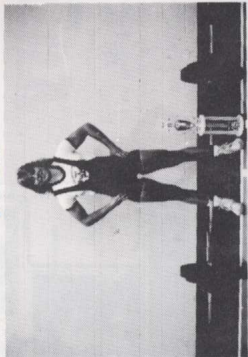
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ON THE COVER....new bench press sensation, Paul Dicks, who has done a 612.2 at 220. Mervin Jenkins photo.

NEXT MONTH....Steroids and the Law, and a detailed profile of Pat Casey, the first man to bench 600 pounds!

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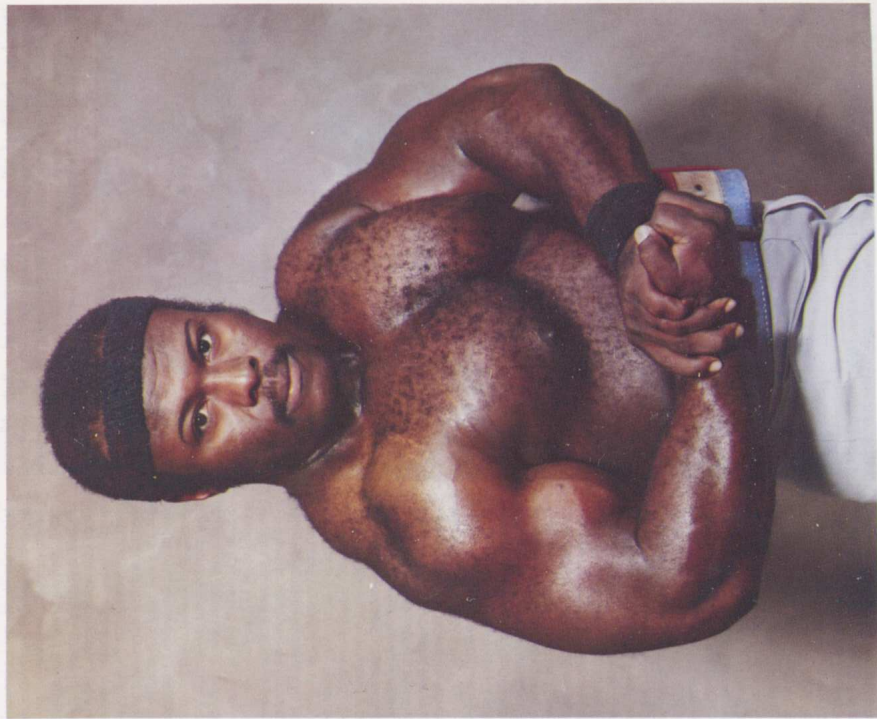
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PAUL DICKS - 612.2

The Southern Bench Press Express

Power Profile by Lonnie Keyes, ELITE Power Gym

Who is the Greatest Bench Presser of All Time? Perhaps it is Macdonald, Williams, or Arcidi, but if you ask Paul Dicks, he will tell you that he is the Greatest. Many people had never heard of Paul until late in December of 1984 when he exploded onto the World bench press scene. In a small, rural town in south Georgia, called Adel, Paul Dicks emblazoned his name in the history books of Powerlifting with a bench press of 612.2 pounds at a bodyweight of 220 pounds. This lift exceeded the official world record mark of 576 by 36 pounds and will be recorded as a new American record. Paul, 25 years old, began weight training in high school, but did not begin serious training until two years ago. I was introduced to Paul in late 1982 at a bench press meet in Augusta, Georgia. At this meet Paul weighed 205 and he benched 405, but was re-lighted on 450 and 470 due to technique errors. He was training at a gym across town that specialized in fitness. At this meet, I noted that Paul removed the bar from the racks by himself, used no leg drive, and had no concept of warming up. (He was ready to bench 30 minutes before his opener.) The next meet where I ran into Paul was also a bench press meet, about six months later. I wasn't lifting, but a team mate of mine, Steve Nimmons, was. At this meet, Paul placed second again, due to similar problems, but he ended up with a 510 bench, and missed a 3rd attempt at 515. On this occasion I approached Paul and asked him to consider training with us at Elite Gym where he could cycle for his next meet with Joe Walden, a 473 bencher, and myself, with a 475 bench at 198. I explained to him that we felt we could add 40 pounds to his bench and I began explaining the technique problems I had noticed and offered suggestions as to what could be done to prevent them. The "diamond" was there, so to speak, all we had to do was polish



off the rough edges. After eight weeks of cycling (a procedure that Paul had never heard of before), proper warmup preparation at the meet, and after using a handoff, Paul exceeded the existing Georgia State record by five pounds with a 555 lift at 219 bodyweight. However, since he only competed in the bench press part of the meet, the lift did not count as an official state record. At this next meet, he was determined to set a new record. He took a token 145 pound squat and deadlift to go along with his record setting 560, and he had a near miss with 580, which would have exceeded the World and American records. Paul is the type of person who feels he has been defeated when he does not live up to his capabilities, and that miss at 580 was a defeat for him. After a couple of weeks layoff and five weeks of conditioning, Paul told me he was ready to start training again, to set a new unofficial World record and official American record. He wanted me to set up his cycle with a 600 pound single as the last heavy workout. I told him to really start eating to gain up to 242, but he said he was going to bench 600 pounds at 220. Well, the rest is history. He made 612.2 at 220 lbs., adding 102 pounds to his bench press in less than one year!

He trains at Elite Gym in Augusta, Georgia along with such great powerlifters as Chuck Dunbar, 1984 World Champion; Randall Kea, 1984 Junior World Champion; Dr. Tom Hardman, official World Record holder in the bench press at 275 pounds, and four other Elite class lifters; Danny Thompson (148), Joe Walden (198), David Daniel (220), and myself (198). Paul follows a four day a week workout schedule, benching on Tuesdays and Fridays with lower body work on Wednesdays and Saturdays when his schedule permits. Paul is a police officer for the City of Augusta and sometimes his routine is altered due to shift changes.

Paul just received his invitation to the Hawaiian International on March 3rd. Ted Arcidi has also been invited, so this should boil down to an all out bench war. Arcidi has been talking about a bench press of 700 pounds. Well, Paul just asked me to write up his cycle for this meet with a last heavy workout lift of 635!!

In closing, I have to say that Paul Dicks is a bench pressing machine, with the most brute benching strength I have ever seen. Barring unforeseen injuries, look for some fantastic benching at 220 and 242 this year. Paul has his goals set very high, and if I know him, he will accomplish them and put to rest the question of "Who is the Greatest Bench Presser?"

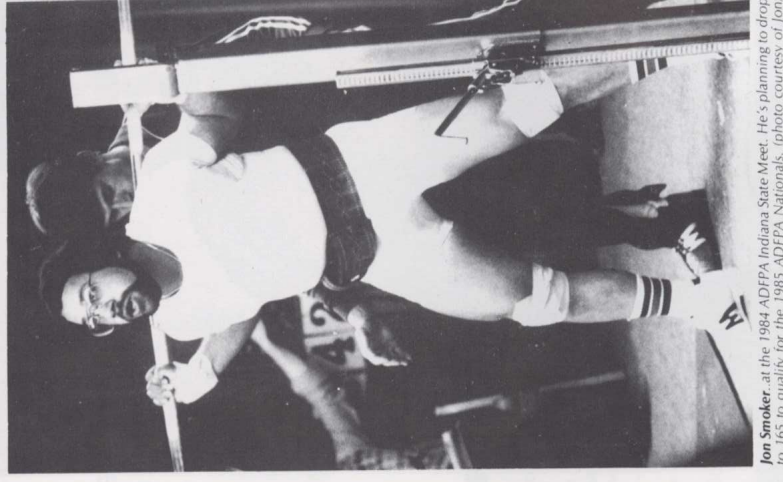
Paul will be available for demonstrations and seminars after March 3rd. Please contact: Elite Gym, Peach Orchard Plaza, Peach Orchard Rd., Augusta, Georgia 30906 or call 404-793-9262.

The Mass and Power of 5 ft. 9 1/2 in. Paul Dicks in this photo by Mervin Jenkins, courtesy of Lonnie Keyes.

The STEROID Way of KNOWLEDGE

as told by Jon Smoker

I hadn't noticed any side effects from the Dianabol. It worked. For the first time, I was a contender at the Juniors. Although I never got a chance to prove it since I bombed, but I knew I was in the hunt because the total I was hitting in the gym, 1520, was the winning total. Now, however, something new happened, an unmistakable side effect. Sometimes from out of the blue, I would have a speedy, almost giddy, slightly out of control feeling, pretty unpleasant really. For the first time, I found myself asking "Is it worth it? Do I want to continue to have this feeling, if I want to stay in the running for a National Championship?" I'm sure that it's a question that many lifters have been faced with in one form or another. Priorities, again. That little jerk was still lurking in the background. Now, my number one priority was winning a National title.



Jon Smoker, at the 1984 ADFPA Indiana State Meet. He's planning to drop to 165 to qualify for the 1985 ADFPA Nationals. (photo courtesy of Jon)

a seminar: that he took steroids ten months a year, beginning with one Dianabol a day, and finishing with one ten. I also took into account what a Russian immigrant, a sports journalist, had told me: that Russian weightlifters take steroids year-round, two weeks on and two weeks off. I put the two together and came up with a schedule of ten months steroid, two weeks on and two weeks off, beginning with one pill, ending with ten, mixing in some injectables along the way, around the fifth month. In the meantime, I heard about STH from a friend who was a doctor. I was firmly in place. I decided to try that too. I sprained my ankle toward the end of the cycle, but I still managed a 1515 total at 173, with a best ever squat of 610.

About two weeks after I stopped the steroids, I noticed a severe pain in the area of my left kidney. I had checked out and it was an infection. I began taking some antibiotics for it, but they made me feel worse. So I stopped taking them and decided to let nature take its course. For two or three months I noticed a certain amount of pain, especially depending on what I ate (sweets, for example, really seemed to do a number on me), and I experienced a good many days where I just felt kind of punk. Undaunted, I went onward. After all, there was no necessary connection between the steroids and the kidney infection. I felt that the results from the ten-month program weren't that great, so I decided to only use them in the four months prior to the '82 State Meet. I also began looking for the Big Squat. If I could do 610 at 173, what could I do at 177 or 181? 700? That became my new priority.

When I began my new cycle, I took two new injections of STH and began noticing an itchy sensation at the tip of my penis, like the start of an infection. I took some penicillin, the itching went away, and I stopped taking what was purported to be STH. I have to seriously question if it was STH. It wasn't even manufactured by a pharmaceutical company. I would go on to bigger lifts without whatever it was anyway.

At the '82 State meet, I hit a 644 squat at 175, which was turned down 2 to 1. I really made me angry, as it knocked me out of a TOP 20 squat and a qualification total for the Juniors. I decided that I would recycle for June, since the Big Squat had become more important to me than the qualification total for the Juniors (I could see the totals at the Juniors getting away from me anyway). I trained specifically for the squat, and hit a successful TOP 20 squat of 656 at 179, but when I prebunched 336, 11 pounds over my previous best, I began to believe that steroids had made me a Superman on that particular day, so I went for a PR 612 deadlift and 1600 total. On the way up, I felt a terrible pain in the small of my back and set the weight back down. By the next day, I had pains going down my left leg, and my knee was numb. The following day I collapsed when I tried a one-legged squat; my left hamstring felt

paralyzed. I tried playing tennis. I couldn't push off with it. A chiropractor looked at the condition and said it was a severe muscle spasm, putting pressure on my sciatic nerve, causing sciatica. A friend of mine asked a surgeon about the symptoms and he guessed that it was a slipped disc, and that I would probably never lift again without an operation. "Never lift again... the words chilled me to the bone. I had never been faced with such a possibility before, and now my priorities began receding and with my newfound clarity. That's the funny thing about priorities; we think they are one thing, on the surface, but sometimes experience can force us to dig a little deeper. We become introspective and discover that they were something else all along. More than anything else, I wanted to keep lifting. I hated the thought of it all being behind me. It was down right depressing.

Once again, nature took its course, and the condition cleared up, but it certainly left me with some lingering my muscles too strong for my comfort. I thought of all the guys whoseiceps had torn loose. Still, some illusions don't die easily, and I began rationalizing again: "No wonder you got hurt; you hardly trained your deadlift at all and attempted a PR. It would have happened without steroids." I would copy one more time. Now the fun begins.

On Christmas Day, 1982, I had the worst panic attack of my adult life. It was so bad, I didn't know what was happening until I got hold of someone on the phone that recognized it from the symptoms and calmed me down. January of 1983 was a nightmare; the attacks kept happening, anywhere, day or night. My sleep patterns were interrupted, leaving me exhausted. The exhaustion made me susceptible to more panic attacks. Those funny little giddiness feelings that I had first experienced three years earlier had turned into a full-blown monster. You see, two days before Christmas, I had gotten ten some extremely bad news about my immediate family. Statistics show that Christmas can be a very bad time emotionally, if things aren't relatively stable in a person's life. Yes, I would have been upset anyway, but I will never be convinced that testosterone was not a contributing factor to the frequency and severity of the anxiety attacks I had, especially since they began to cease about two weeks after I decided to stop using it. By all rights they should have continued, since as a result of my family situation, my 80 year old mother had a stroke in February. I was plenty upset, but the cycle of panic attacks didn't start up again. If testosterone wasn't the culprit, what was? You figure it out.

That wasn't the end of my troubles. As a result of my chronic exhaustion, I came down with an ear and sinus infection, and this time I felt so miserable that antibiotics became the lesser of two evils. Because the sinuses draining into my

stomach, the antibiotics, and by body chemistry changing due to the cessation of the steroids, most of the time I didn't know whether I was coming or going physically. I really didn't get straightened out until May of that year. It was, quite simply, the most unhealthy year of my adult life. It was so bad, it would take an article much longer than this one to convey to you what I went through, a diary perhaps. Only then, you wouldn't want to read it; it would be too long, too miserable, too redundant. Who wants to read about day after day of feeling terrible?

I can hear the steroid advocates' reactions to my sordid little story already. I never should have messed with STH if I didn't know for sure that's what it was and that it was safe. No argument there. Others would say I never should have taken testosterone; that I should have stuck to anabolic preparations. Again, no argument, but that's what's funny. When I showed up at my first meet in Indiana not "packing my pistols" and my lifter friends asked me why, I told them it was because they made me too moody, especially the testosterone. To a man, they agreed with me. "Yeah, it sure does!" and yet they got on taking it. What for? A State championship? If that's all they were after, why not lift in the ADFPA State meet? Why pay such a price? Sometimes I think that Freud was right, when he postulated the human death wish. The problem is, once you're on testosterone and it's making you so moody, you have no way of knowing when something traumatic might happen in your personal life, not your skeletal structure. Therefore, it's only logical that the incidence and severity of injuries will be greater amongst those lifters who are steroid users. As far as my old nemesis, testosterone, is concerned, I don't think that you'll get much of an argument from anyone that it doesn't make the user more violent and aggressive. Although I've found that I'm stronger in some of my training movements than I was when I took steroids (i.e., box squats), my singles aren't quite what they were yet (635 to 660 in training), and I think that it's due to the absence of testosterone and steroids. Basically, when you miss a maximum attempt, your internal alarm system is shutting you down, because you are so close to hurting yourself. On anabolics of any kind, you're so crazily aggressive that your alarm system gets masked, and you push on through the lift, and you may or may not get hurt.

One of the good things that came out of my experience is that my health had such good priority. I've always had such good health that it was something I took for granted; not so anymore. Now I have a real appreciation of it, because I have something to contrast it with, and thus, I strive a lot harder to maintain it. For example, my diet is much better than it was a couple of years ago. It's also made me a lot more humble and sympathetic toward people who are not blessed with great physical and/or psychic health. Now I know what it is like. I did get my

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bliss! I'm just one isolated example and I was lucky; nothing that happened to me was irreversible (yet who knows about long term side effects). Make sure you are aware of the people who have suffered from hypertension, blood disorders, kidney and liver problems, torn biceps, damaged knees, etc. and be prepared to accept those prices if they happen to you. That's the Russian Roulette you're playing. One Nope. I am not my brother's keeper. This is a free country. It seems like when they come up with a test, someone figures out how to beat it anyway, and then it becomes an even bigger mess; who is and who isn't privy to latest way to beat the test. That's why I can't get too excited about the Olympic movement's extensive testing. I think it's basically an exercise in futility. The ADFPA is another thing; there it all turns on the life detector test, something inadmissible in a court of law. When one joins the ADFPA and agrees to such testing, you have signed away your legal rights in that respect. Of course, the assumption is that if one joins the ADFPA, they have nothing to fear anyway, right? I get pretty judgmental toward people who join the ADFPA and beat the testing with borderline drugs like mosaic. I think they are one of the lower forms of life crawling around in the Powerlifting universe. They couldn't make it on the outside using drugs, so they take a different kind of drug and lift for the ADFPA, masquerading as Mr. Natural. Now, if that ain't unethical behavior, what is? They are spilling a good thing for people who do want to honestly compete clean. As a friend of mine, and fellow competitor, once put it "How do those guys look at themselves in the mirror in the morning?"

I think my attitude toward lifters in the U.S.P.F. and elsewhere who take drugs can best be summed up by paraphrasing Bob Dylan: most likely they'll go their way, and I'll go mine.

Jon Smoker won his 7th Indiana State title in 1984, after switching to the ADFPA, setting national records of 600 in the squat and 1460 in the total. Since the squat record broke the old mark by 70 pounds, he was given the lie detector test and passed.

WORKOUT of the Month

Paul Dicks Bench Press Cycle
by **Lonnie Keyes**

Paul's training cycle was devised by Joe Walden, Elite at 198 with a 473 bench, and myself, also Elite at 198 with a 475 bench. Since the three of us have been training together, Paul's bench has gone from 510 to 612.2 in less than one year, at a body weight of 220. During the off cycle Paul maintains himself in good shape with the ability to bench 500 at any time. Paul uses heavy weights on his assistance work which include incline press, decline press, lat pulldown to front and back, triceps pushdown, and bicep curls during the off cycle and during the on cycle. Paul's cycle during the actual cycle. Paul's cycle consists of 420x5, but maintains his strength in this lift during the cycle at around 315x5 for 3 sets. He has included 405x5, but maintains at between 250-315x5 for 3 sets. We also use a modified type of close grip bench which has helped a great deal. Instead of holding the hands close together causing the elbows to flare out placing more emphasis on shoulders, we use a shoulder width grip making sure the elbows stay close to the side of the body during descent and the actual press phase. The type of grip on the triceps pushdown, however, has performed. Everyone must remember that Paul is a bodybuilding specialist placing very little emphasis

on the other two lifts even though he has squatted 300 lbs. in high bar fashion. The high bar squat is performed with the feet on a wide base with hands out wide to decrease shoulder and elbow strain to maintain leg strength. Paul's cycle consists of five weeks of touch and go type benching with all other rules enforced and three weeks of pauses which is set aside for openers and rest. Here is the exact cycle that produced a new American and unofficial World Record by 36 lbs. and makes Paul, in our opinion at the Elite Gym, the Number One Bench Presser in the World:

Week 1: 505x2, 475x5, 455x7
Tuesday:

Friday: 515x2, 485x5, 465x7
Week 2: 525x2, 495x5, 475x7
Tuesday: 535x2, 505x5, 485x7
Friday: 545x2, 515x4, 495x6
Week 3: 555x2, 525x4, 505x5
Friday: 565x2, 535x4, 515x5
Week 4: 575x2, 545x4, 525x5
Friday: 580x2, 555x4, 535x5
Week 5: 595x2, 565x3, 545x5
Friday:

Week 7: 570x2, 540x4, 520x5
Tuesday: 580x2, 550x3, 530x5
Friday: 590x1, 560x2, 540x3
Week 8: 600x1, 570x2, 550x3
Friday: 610x1, 580x2, 560x3
Week 9 (meat week):
Monday: 135x10, 225x8, 315x5, 405x3, 495x2, 550x1, 450x3, 405x5
Tuesday: 135, 10, 225x8, 315x5, 405x3, 455x1, 510x1
Opener: 551, 2nd: 601, 3rd: 612.2

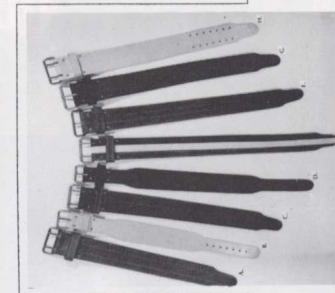
In summary: Paul uses the same warm up sequence for all workouts as you find in the last workout. He takes 90 lbs. jumps between warm up sets unless advised otherwise. Paul has just received his invitation to the Hawaiian International on March 3rd, and will travel like himself contact Paul, Joe Walden, myself or Lonnie Keyes, Elite Gym, Peach Orchard Plaza, Peach Orchard, Rd., Augusta, Georgia 30906, or call (404) 793-9262 (no collect calls, please).

Elite Power Stars from right to left, Lonnie Keyes, Paul Dicks, and Joe Walden. World record holder Tom Hardman said that Paul has the most potential he's seen in a lifter for a long time. Merwin Jenkins photo.



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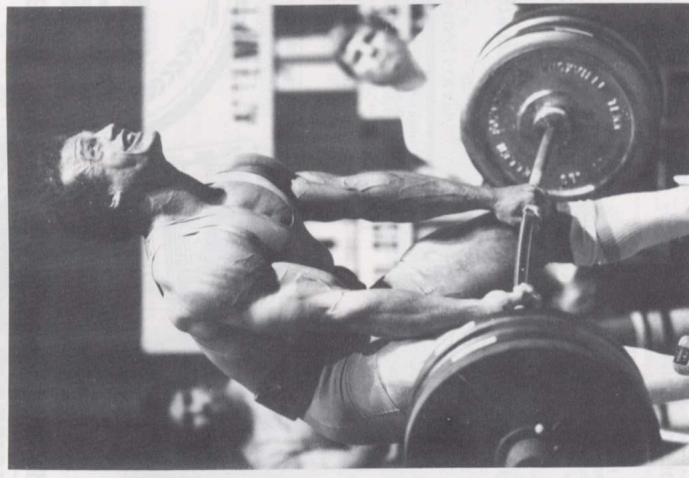
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TRAINING

Optimum Bodyweight as told to David Krall



Doug Furnas has competed over a wide bodyweight range: above at 220 in the National Cup meet, at 242, and most recently at 275 in the Juniors, you will see.

Again, however, excess fat is unnecessary. As Fred Hatfield points out, "Lifters are giving up too much strength only in so far as tissue leverage is concerned. That comes from storing up the cells and increasing back to strength, but not nearly as much as muscle."

In light of that, it is interesting to note that even the superheavy weights appear to be dropping in number. As Garhammer notes, "Even that list As Garhammer notes, 'Even that kind of loose evidence might indicate that they, this high level of bodyfat may not be that necessary or beneficial. It may be more psychological than anything. As you get into lower classes, there's certainly some level of fat that you can say, 'see, this guy has just got too much bodyfat and it's just not helping him.'"

Percentage of bodyfat is not the only consideration when it comes to optimum bodyweight. Biomechanical

Optimum bodyweight: By definition, a weight at which a lifter will perform most efficiently in competition. It would be great if there were a set of calculations that could be used to determine such a condition for every lifter. Unfortunately, that is not the case. Even without a magic formula, however, there are a number of factors that can be taken into account which will broaden any lifter's knowledge and possibly make the lifter consider which weight class is best for them.

The first factor is percentage of bodyfat. There is little reason for anyone but a superheavyweight to lug around excess amounts of fat. The old adage that you can't flex fat is a good one. In comparison to muscle, fat is not going to help much when it comes to hoisting heavier weights. True, some supers appear to benefit in the squat due to their extra bodyfat, but almost everyone else will be better off if they stay lean.

What percentage of fat is ideal? Tough to say. Each person may have levels that are better for them than for another person. Eight percent bodyfat is not going to be the magic number for all middleweights, for example.

"Each person's metabolism is going to be different," says John Garhammer, a PhD with the Biomechanics Lab at St. Mary's Medical in Long Beach, California. "The way they recover from work, they're going to differ. I think that their bodyfat levels may have at least some effect on their training energy and recovery time."

Excessively low percentages could indeed sap a lifter's energy in the gym and inhibit their recovery time. Garhammer also feels that having an excessively low percentage of bodyfat is not especially important from a health standpoint. "I would think that there is a range of levels where the blood lipid factors are fairly stable. I don't believe that there is a direct relationship between bodyfat and health factors," he says, at least until extremely high or low percentages are reached, which would be above twenty-five percent or below four percent. Dr. Richard Herrick, an orthopedic surgeon and contributor to *Powerlifting USA*, agrees with Garhammer concerning excessively low percentages. "In fact, says Herrick, 'with some people it is going to be just the opposite. They will be healthier at a slightly higher percentage.'"

While in general only the supers may benefit from high fat percentages, Dr. Herrick notes that it may be possible for the right person in a lower weight class to benefit from higher percentages.

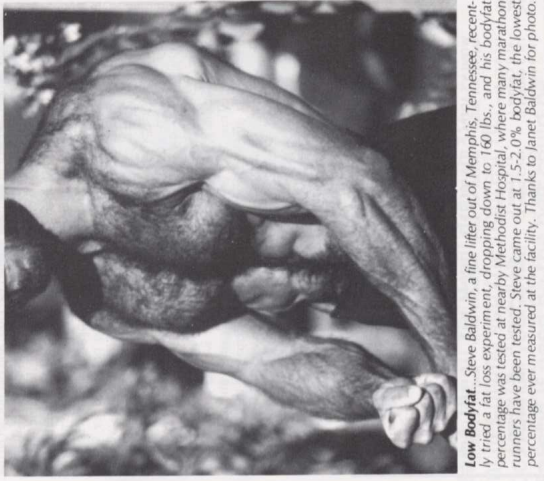
It's going to depend on the person's height. I would think if a person has a short trunk and short limbs, they could also benefit. That's not even at a lower bodyweight," says Herrick, adding, "If you get to females, you don't have to go to the supers for them to apparently have some improvement with regard to the increased gain. Some of the 198 pound women seem to have increased efficiency when it comes to the

different relative segmental lengths, and therefore one may be better in the 82.5 kilo class and one may be better in the 100 kilo class.

As noted before, there isn't a set of calculations that can determine which class is ideal for a given lifter. As usual, it comes down to trial and error. Over a long period of time a lifter can carefully fluctuate from class to class and compare performances to see which class was the best. It is important to remember that every effort should be made to stay lean so that the comparisons are valid. If a lifter gains mostly fat when moving up a class, it will be impossible to make a valid comparison with the best performance at a lower class.

For those who want to lift the most weight, it may not be important if

they are in the most efficient class. An important consideration, as Fred Hatfield pointed out, "is what class do you stand the best chance of winning in?" It becomes important to eke out every pound possible, even though on a comparative basis they may not be totalling as well as they were at a lighter bodyweight. Nevertheless, for some, the concept of optimum bodyweight may be intriguing. These people will be interested in performing most efficiently. Taking into consideration percentage of bodyfat, segmental lengths, and leverage factors will not allow a lifter to decide without trial which class is best, but it makes for a better understanding of the human body and its relation to performance on the lifting platform.



Low Bodyfat: Steve Baldwin, a fine lifter out of Memphis, Tennessee, recently tried a fat loss experiment, dropping down to 140 lbs., and his bodyfat percentage is believed to be around 5.2 percent. He has lost 100 lbs. without any weight loss. Since he lost 5.2 percent bodyfat, the lowest percentage ever measured at the facility. Thanks to Janet Baldwin for photo.

A.D.F.P.A. North American Powerlifting Championships

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New Idea. Larry and Dave Jeffrey are kicking around the idea of a Professional Bench Championships, tentatively set for 1986. One notion was to have 2 weight classes, under 200 and over 200. With a good sponsor as much as \$5000 for 1st, \$2000 for 2nd and \$1000 for 3rd could be offered. The squat and deadlift could be done in following (all three lifts) contest that since the contest is not a professional powerlifting (all three lifts) contest per se, then competitors would be okay regarding amateur status. Let Larry know your interest in this by writing him at Box 14152, Dayton, OH 45414

More on Wayne Bouvier....



Wayne's father, Winston Bouvier, recently sent Larry Pacifico some material on his son's amazing career. Larry passed the collection of clippings and other material along to us to help memorialize the 29 year lifetime of this great strength athlete. "On December 7th, 1984 the Powerlifting world lost a premier lifter, advocate, and most of all, a good friend. The death of Wayne Bouvier will be sorely felt. Wayne loved, even revered, our sport. He set and attained more goals and received more honors in his twenty nine years than most men hope for in a full lifetime. Entering the sports world as a shot putter in his sophomore year of high school, he took up weightlifting as a training technique. Wayne won many honors as a shot putter, allowing him his choice of college scholarships. He chose USC. The coaches there wanted him to give up weight training, so he left after his freshman year and took an offer from the University of Hawaii, where he finished his education. Wayne admitted that shot putting was only a means for a higher education. Soon after he started weight training in high school, he knew it would be his life's goal to be the best lifter in the world. In his junior year of high school, Wayne entered the Southwestern Powerlifting Championships. He not only took first place, but set four new records, all three lifts plus the total. In the years that followed he won championship after championship in collegiate, state, national and international meets. To list all of his honors would take countless pages and hours. He set many records which still stand today. He felt that powerlifting was the essence of strength itself. No other training in sports could give a person the strength and ability of Powerlifting. He was also the most ardent of powerlifting fans. To listen to him speak of other lifters, one would think he was their public relations man instead of their competitor. Wayne reveled in everyone's accomplishments, not only his own. He had a dream of opening his own gym in order to pass on his knowledge of powerlifting, health, and nutrition. Three years ago he started designing, developing and building his own equipment, massive enough for weights of his caliber lifting, yet functional for lighter lifters or even beginners. Every piece had built in safety features to insure the user no harm in failure. He found a location near his home in Utrica, Michigan. On October 15, 1984, Wayne along with his family, opened Bouvier's gym as a Strength Training Center. Wayne was given the name of the gym as a gesture of respect for his father, who had died and reached every goal he would set so distant or unattainable it seemed. Sometimes at a meet not just the opposite was the true man. For those of us who knew Wayne not only as a lifter, but as a friend, the loss is even greater. No one could ever feel down when he was around. Wayne always had a good word to say about everything, and if things got a little difficult, he was always there to lend a hand. Wherever he went, Wayne walked tall and proud, as he should have. Nowhere else have I met a man the likes of Wayne Bouvier."

Hello Ladies and Gents:

Due to a misunderstanding between the editor and myself last month, my preview to the Nationals did not appear. At any rate, I can assure you that this year's Nationals will provide much excitement and many new records. By the time you read this article, the meet will be in history, and 10 well deserving winners will be getting prepared for the trip to Austria, where they will once again try to bring home the team title.

Sue Elwyn and Michelle Green-span are doing a great job with this year's meet. It is one National Championship that has been well promoted and publicized. Sue has alerted the newspapers, TV stations, and cable networks. They are interested in what we are doing, and some attention will be brought to our most prestigious contest of the year. It is not always lack of interest by the media that keeps us from getting coverage; sometimes it is lack of initiative by the meet promoter. Often, the media is given little or no notice of what will be going on. The efforts of Sue and Michelle are appreciated.

This year there will be some terrific new talent making their debut. There will also be a couple of "semi-retired" champions heading out of camp. A lot has been heard out of Mississippi about superheavyweight lifter Carlos Lott. She hit the scene a few months ago in a big way, deadlifting an amazing 531, an unofficial world record. By the looks of her total, we have an exciting new superheavy to break open the record

books. 1982 148 lb. world champ Angie Ross is back, stronger than ever before after a year off. This lady has one of the best squats in the sport. I feel certain that she will find herself part of another world championship team in the future. Speaking of outstanding, Diana Rowell could very well be the lightest lifter ever to crack 500 pounds in the deadlift. Her strength and technique are unsurpassed. Vicki Steenrod has taken the bench press to new heights in 1984. We await 1985 to see how much further she can go. We are entering a whole new era in women's Powerlifting. I predict that we will see a host of women reaching the 500 pound mark and beyond. Just one year ago, only four women had broken into that elite realm. Now, we accept it as a great performance, but not out of this world. Since we have accepted this as something that can be done, we start doing it. Once somebody cracks the 600 pound mark, I predict that many women will be lifting into the high 500s in no time. If you don't believe that, just hide in the bushes and watch!

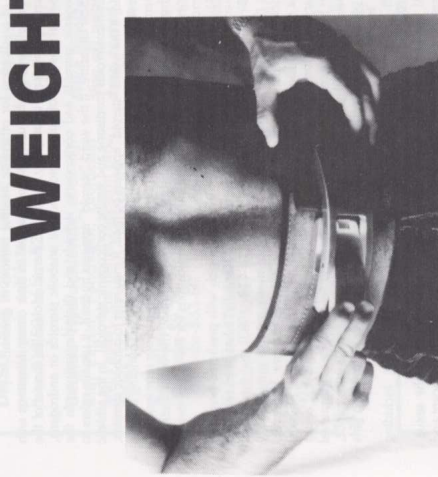
Each year there is a controversy that surrounds the National Championships and the annual Women's Committee meeting, and this year is

Women's Corner

no exception. On January 14th, a newsletter was received by many of the women who will be competing in it. Women's Committee chairperson Judy Gedney revealed some unexpected news. There will possibly be voluntary drug testing for world record notifiers at the Nationals. This is the first notice anyone had of such a thing. It was voted down in Dayton, Ohio at the National Committee meeting, and supposedly that was the end of it. Ms. Gedney states that "due to the cut in testing costs and the fact that some women have indicated a desire to set world records, the U.S.P.F. Women's Committee is arranging for voluntary testing." The idea itself is a good one. After all, there is only one chance per year to set world records due to the testing requirement, but to suddenly inform the women two weeks prior to the meet, seems unfair to me. Many anti-inflammatories, and other regular medications, can not be eliminated from the system in time to pass the test. True, they are cutting down the list of items they are testing for, but it is still unclear as to exactly what is or is not still on the list. After last year, I can not imagine anyone wanting to put their career in the hands of the Women's Com-

mittee again. The two women that were "put on the block" last year have not had the entire issue resolved. On the agenda that accompanied the newsletter there is a proposal to "require any woman on the U.S. team in world competition would have taken and passed the IOC/IPF drug testing procedure at the National Championships for Women," followed by the comment "This would insure that we do not invest USPF money in sending a lifter to the World Championships who is unable to pass the drug test." No other specifications followed that statement. Immediately, I began to get calls asking whether this applied to '85 or '86. What exactly was on the new list of banned substances? Who was making these decisions? I did a little checking, and did not get all the answers, but it appears that once again the rules of the game are being changed at the last minute. This has happened before. It seems to me that a statement qualifying for voting actually being proposed for voting was in order. Hopefully, we will deal with this practice at our annual meeting this year. We can't be making the rules as we go along. On a positive note, though, we are making some headway, and I feel sure that this year we will change more of our archaic rules, and allow more lifters to participate in the governing thought. Keep on working hard.

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207.5 Steenrod V.	190.5 V. Dorn T.	123.0 SQ	400.0 Candalaria D.	383.5 Ward S.	383.5 Ward S.	386.0 Candalaria D.
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362.0 Shaler USA	455.0 Miller L.	148.0 DL	165.5 Plomey T.	382.5 Plomey T.	382.5 Plomey T.	200.0 Plomey T.
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240.0 Shaler USA	165.5 Dorn T.	165.0 BL	475.0 Todd J.	197.5 Johnson J.	197.5 Johnson J.	207.5 Plomey T.
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550.0 Matthews-AUS	202.5 Oakes J.	165.0 BL	260.0 Marzola J.	115.0 Marzola J.	115.0 Marzola J.	121.0 Gagne V.
218.0 Francis-AUS	202.5 Oakes J.	181.0 DL	92.0 Dorn P.	92.0 Dorn P.	92.0 Dorn P.	121.0 Gagne V.
217.5 Francis-AUS	205.0 Oakes J.	181.0 DL	180.0 Dorn P.	117.0 Johnson J.	117.0 Johnson J.	152.5 Gagne V.
217.5 Francis-AUS	205.0 Oakes J.	181.0 DL	180.0 Dorn P.	192.5 Johnson J.	192.5 Johnson J.	152.5 Gagne V.
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217.5 Francis-AUS	197.5 Bobach A.	198.0 DL	107.5 Bobach A.	142.0 Jaronski S.	142.0 Jaronski S.	152.0 Delon G.
217.5 Francis-AUS	180.0 Hakala T.	198.0 DL	107.5 Bobach A.	342.5 Jaronski S.	342.5 Jaronski S.	387.5 Delon G.
217.5 Francis-AUS	155.0 Zegeren C.	198.0 DL	92.5 Regan C.	142.5 Sander W.	142.5 Sander W.	207.5 Sander W.
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130.0 Todd-AUS	129.0 Wabber R.	SHW BP	497.5 Regan C.	390.0 Sander W.	390.0 Sander W.	550.0 Sander W.
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POWER-RESEARCH

The Continuing Saga of Hormonal Manipulation
by **William N. Taylor, MD, Sports Medicine Editor**
(author of **ANABOLIC STEROIDS AND THE ATHLETE**)

For those of us who think that it is controversial or unethical for a male athlete to use anabolic steroids and other male hormones believed to increase muscle mass, endurance capacity and other athletic potentials, it is now in order to inspect some of the other expressions and conditions attributed to steroid hormone use and abuse in humans. Can all conditions attributed to the material presented in this article be further shaken the basis for your ethical and moral concerns regarding the use of anabolic steroids by athletes, or the use of medication other than the highly questionable use of anabolic steroids by others who use the word steroid in their communications with others in the firm improperly. Actually, steroid molecules consist of the steroid nucleus, which includes anabolic steroids and androgens, androgens and steroid hormones and their derivatives. In the medical literature, the word "steroid" appears by itself. It usually refers to the steroids, corticosteroids and similar corticosteroids. In the athletic world, if the word "steroid" appears by itself, it may refer to anabolic steroids. Therefore, if there is to be any clarification of the issues surrounding the use of steroid hormones by athletes, then we must be explicit in our terminology. Physicians and other scientists seem to be exploring the outer limits of ethics with a few of the highly questionable indications for the use of steroid hormones.

(1) Use of high dose estrogenic steroids in girls with predicted height to exceed 16 feet in adult life. This practice has been reported by Blockback and Hall (*PEDIATRICS* 72: 416-419, 1983) that this use of high dose estrogenic steroids over a period of many months may actually reduce the ultimate height of the tall girl by 2 to 3 inches or more. However, while medical scientists are attempting to unravel all of the potential physical adverse reactions of such therapy, and there are some, the ethical issues seem to have been ignored. Furthermore, the potential alteration of the mental make-up of the tall girl, who will receive this therapy while she is still a minor, has yet to be addressed. Ultimately, who has the final say as to which girls are "too tall", parents, doctors, the child, the government?

(2) Use of estrogenic steroids in men for various reasons, including testosterone and not allowing a singing voice to deepen. (3) Use of progestogenic steroids in male athletes to reduce the sexual desire enough to reduce their potential to rape. Hopefully, this concept and practice is as sound as the proponents suggest, for if it is not, then we will have to suffer the horrible events which may follow chemical failure. This would allow the rapist to rape again.

(4) Use of anabolic steroids and estrogenic steroids in poultry and livestock to increase the mass of the animal, which ultimately reach the plate for human consumption. Apparently, there is enough residual steroid compounds in the meat from these animals to significantly alter the expression of human genetics. An epidemic of premature thelarche, affecting over 2000 young girls from Puerto Rico and the Caribbean Islands, continues to be of great concern. Thelarche is essentially premature breast development and enlargement. This has been reported by Dr. Thomas Moshand and co-workers, they concluded that estrogenic steroid contamination of foods and animal feeds have been associated as the cause. Furthermore, Dr. Carmen Saenz de Rodriguez of San Juan has reported that a large percentage of these young girls show signs of precocious puberty at as young as 4 to 5 years of age. These signs include growth of pubic hair, onset of menstruation and advanced bone development which will ultimately shorten their stature. Apparently, Dr. Saenz, who has been advancing her findings and concerns, had her car fire bombed in October 1983, shortly after she walked away from its parked position.

Italian physicians have reported (*THE LANCET*, August 11, 1979) that a condition of epidemic numbers of breast enlargement in young boys (gynecomastia) has been associated with estrogenic steroid contamination or addition to the feed supply of poultry or veal products. This situation took place in an Italian school near Milan. After consideration of the preceding circumstances regarding the use of steroid hormones, how does the ethical situation center around the athletic use of anabolic steroids appear now? Certainly, the time has come to assess the limits of liability with regard to such tampering with nature. Until these limits are fully assessed, I feel compelled to recommend that steroid hormones be manufactured as scheduled drugs by the FDA. Without this control, feed manufacturers, farmers, physicians, pharmacists, drug company representatives and others will continue to have a significant role in the normal and abnormal growth and development of our children and teenagers.

Top 100 Error....Larry Pacifico should have been credited for a 500 pound bench press on last issue's list for the 220 pound class, rather than 485.

MESSAGE FROM THE PRESIDENT

Bid specification packets are available without charge from the U.S.P.F., P.O. Box 18485, Pensacola, Florida 32523. They are required for bids on national meets, as well as on bids placed before the I.P.F. World Congress for World Championships. Dr. Richard T. Herrick, M.D. has been added to the Bid Selection Committee. We think it would be advantageous for a member of the Sports Medicine Committee to review each of the bids. The bid specifications published in *PL/USA* do not contain the medical specifications.

Bidders for world championships must now assume the cost of drug testing, unless the bidder persuades the U.S.P.F. to assume this expense. Lucian Gillis, J.D. is the chairman of the Law and Legislation Committee. Proposed amendments to the U.S.P.F. By-laws should be sent to him at 1720 E. Du Rue Drive, Mobile AL 36608, office: (205) 344-4721, res: (205) 344-4104 to arrive not later than May 11. Proposals which are intended to be placed before the U.S.P.F. World Congress by the U.S.P.F. should be sent to the U.S.P.F. postal address by the same deadline. This deadline is dictated by our by-laws, which require that proposals which fall in with either of these two categories be published prior to the meeting of the National Committee and by the publishing schedule of *PL/USA*. Proposed National Committee agenda items are due in Pensacola by June 1.

Meet directors throughout the country may now use the "round system." Because the "round system" is experimental and is not everybody's cup of tea, it is imperative that adequate notice be given of the meet director's intention to use this system. It should, therefore, be clearly stated on the exemption application in order to enable the state or regional chairman to exercise some control. Notices in the "Coming Events" of *PL/USA* should give further notification. Above all, the meet entry form must give clear notice. It is not right that a lifter seeking to post a qualifying total or a personal record be "surprised" after he has arrived at the meet site.

U.S.P.F. activity is slated to move again in New England. Its importance appear at times to be diluted because it is but a part of Region I, which includes New York state. Ernie Hackett, the Region I chairman, has had the all-but-impossible job of overseeing his geographically spread out, seven-state area. Where it has been possible for him to operate he has performed with distinction. For example, he was supervised, at my request, a closely contested election in New York that could easily have gotten very sticky. In New England, where until recently loyalties were strongly pro-A.P.C., it has not heretofore been possible for him to make significant changes. Ernie, whose primary interest in the U.S.P.F. at this time is in sports medicine, is arranging for an orderly transition. It augurs well that fresh leaders are now beginning to emerge who will facilitate a smooth passing of the torch. Sue Elwyn's promoting interests have gone well beyond the 1985 Women's Nationals to encompass international meets, as well. Greg Kositas made his U.S.P.F. debut with a bang with a well-run meet early in December. We especially welcome his emphasis upon novice meets. These are crucial in our effort to rebuild New England. Fortunately, he has a full schedule planned for 1985.

John Buckley of Elite Sales has indicated both a willingness to travel and to shoulder some administrative chores. Walter Nadeau is once again functioning as state chairman in New Hampshire. This should be a good year for powerlifting in New England!

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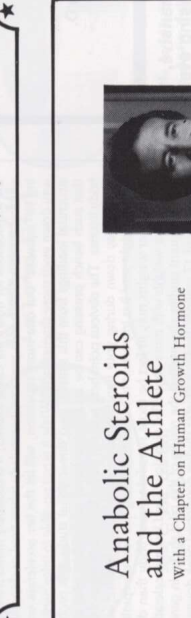
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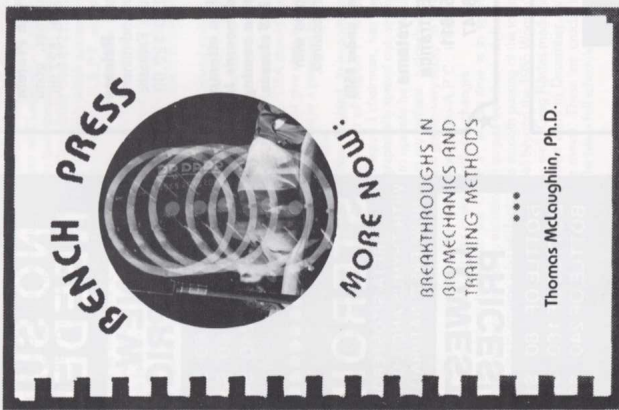
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Control in Lowering the Bar

by Thomas M. McLaughlin, Ph.D

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

In this article, I hope to demonstrate that by controlling the bar's descent during the bench press (by reducing the bar's downward acceleration), you can reduce the total force required to bring the bar to rest at the chest and thus dramatically reduce the potential for injuries to your shoulder joint. In a 1980 pilot experiment, I (along with Dr. N. Madsen and Dr. W. McLeod) decided to do a two dimensional analysis to determine the total vertical force acting on the shoulders during a single maximal bench press using intermediate and world class subjects. Utilizing a high speed camera and two dimensional biomechanics techniques in our laboratory at Auburn University, the peak vertical acceleration of the bar was determined for each subject from the digitized film records. The table below lists the results for both groups. The intermediate group were Auburn athletes with one to two years lifting experience filmed in our laboratory, and the World Class group were champion bench pressers whose lifts were recorded at the 1974, 1978 and 1979 U.S. Senior National Powerlifting Championships.

From the table, it is first obvious that the peak vertical acceleration of the bar on the way down is uniformly greater (by about three to five times) for the less skilled bench pressers during the lift. In the table, Total Weight equals Bar Weight plus the Bar Mass multiplied by the Peak Vertical Bar Acceleration. As shown, the actual total loading is uniformly greater for the less skilled bench pressers. Subject 1, although lifting a bar weight of only 235 pounds has a peak loading of 363 pounds. In contrast, Subject 16, only exerted 584 pounds total force with 528 pounds on the bar.

Looking at the ratio of total weight to bar weight, it can be seen that there is a clear trend for the world class lifter to have total weights only 10 to 13 percent over bar weight, versus 30-60 percent over bar weight for the less skilled lifters. This simple experiment illustrates that loading on the shoulder joint in less skilled lifters is considerably greater than bar weight alone, and the implications for injury are clear. Indeed, it is routinely noted that beginner and intermediate bench pressers, particularly when tired or sloppily trying to "squeeze" out one more repetition, will let the bar accelerate on the way down even more dramatically. While it is not possible to infer particular structural loadings from this simple two dimensional study, it is probable that such bench pressing can be a causative factor in shoulder and upper body injuries. The obvious point here is to not let the bar accelerate too much on the way down during your bench presses, even during high repetitions "light" weight sets! It is important to realize that doing fast sets of repetitions with lighter weights may in fact be more stressful to your body than doing heavier bar weights with more controlled technique (and lower acceleration).

Subsequent studies also verified the results of this pilot study. In general, the group of 17 novices used in the later studies developed peak downward bar accelerations that were approximately 5-6 times larger than the expert groups. Thus, the best bench pressers seem to have clearly learned to minimize the bar's acceleration during the bar's descent. In fact, later data indicates that there is a trend for successful lifters to progressively reduce their peak vertical bar acceleration during the descent over the years. For example, one multiple world record holder, well known for his smooth form, increased his peak downward bar acceleration by over four fold between 1978 and 1980, while his lift jumped significantly.

Subject	Body Wt. (N)	Peak Bar Vertical Acceleration (m/s ²)	Bar Wt (N)	Total Wt (N)	Total Wt Wt/Bar Ratio
INTERMEDIATE					
1	712	5.35	1045	1616	1.55
2	801	5.86	1045	1672	1.60
3	926	2.41	926	1304	1.60
4	734	3.55	823	1122	1.36
5	667	5.56	868	1361	1.57
6	712	4.20	1045	1494	1.45
7	801	5.13	1001	1526	1.52
8	690	2.94	1001	1391	1.30
WORLD CLASS					
9	659	1.23	1713	1928	1.12
10	659	1.14	1713	1913	1.11
11	734	1.34	1615	1836	1.13
12	805	1.04	1740	1925	1.11
13	734	1.20	1811	2033	1.12
14	805	1.26	1860	2099	1.13
15	1224	1.17	2327	2605	1.12
16	1239	1.03	2350	2597	1.10

(note: 1 lb. equals 4.45 N)

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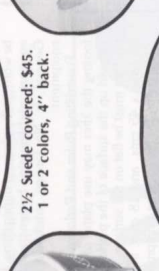
Style B: \$60. Suede covered, 2 rows of holes, Chrome buckle, 1 or 2 colors.



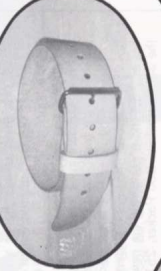
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3 Tone: \$65. 1 or 2 rows of holes, Chrome buckle, any 3 colors.



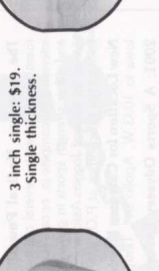
2 1/2 inch: \$45. Suede covered, 1 or 2 colors, 4" back.



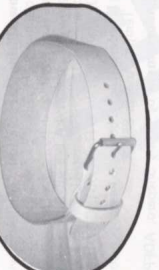
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From I.P.F. Technical Chairman, Bob Packer

At the recent I.P.F. Congress Meeting held in Dallas, Texas, a newly organized and revised set of technical rules was adopted for the next four years. In order to keep the lifters and officials informed as to some changes that will directly affect them I am going to list some of the major changes only with brief explanations as to the changes in the technical rules. For further information as to the changes in the technical rules the I.P.F. brochure all lifters and officials to purchase a copy of them from the I.P.F. International Powerlifting Federation, P.O. Box 10996, West Point, NY 10996, or other where appropriate.

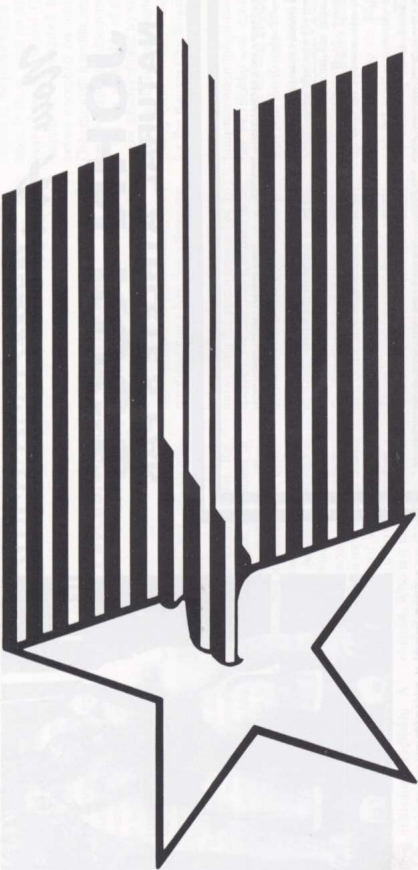
"EQUIPMENT AND SPECIFICATIONS": Section 2, "Only those bars and discs that meet all specifications may be used throughout the entire competition and for all lifts. The bar shall not be changed during the competition unless it is necessary for safety reasons as determined by the referees."
"COSTUME AND PERSONAL EQUIPMENT": Section 3, "Lifters and women may wear a one-piece suit of comparable design to the lifting suit as long as it meets all of the requirements described above."
 "Leggings, slacks or high cut leg lines are not permitted."
 Section c, "A T-Shirt with short sleeves a minimum of 10 cms. in length may be worn under the lifting suit. When worn, but shall not be pushed up to the deltoid; c, No. 2, it may have a "V" or "U" shaped collar; c, No. 4, it shall not have any pockets, buttons, zippers or collar. Section d, "An athletic supporter or standard cotton or nylon briefs of a single shall be worn under the lifting suit."
 Technical Chairman's Note: This applies to both men and women. Section 4, "A competitor may wear a belt. It shall be on the outside of the lifting suit. Section 5, "Lifting shoes or boots shall be worn. The soles of which shall not extend laterally beyond the upper edge of the shoes. Section 6, "Wraps, 2a, "Wrists. If wrist bands are wrap around style, they may have a thumb loop and velcro patch for securing them; however, the thumb loop shall not be over the thumb during the actual lift. A wrist wrap shall not extend beyond 10 cms. above and 2 cms. below the center of the wrist joint, not exceeding a total of 12 cms. in both directions. 2b, "Knees. A knee wrap shall not extend beyond 15 cms. above and 15 cms. below the center of the knee joint. Wraps shall not touch the socks of lifting suit. Number 6, "Inspection of Costume and Personal Equipment. Section d, "Any item considered under or torn shall be rejected. Section g, "All items mentioned previously under Costume and Personal Equipment shall be inspected prior to the competition together with any other items to be worn on the lifting platform by the lifter such as headbands, mouthpieces, ribbons, etc. Hats are strictly forbidden and may not be worn on the platform during lifting. Items such as watches, costume jewelry, eyewear, and feminine hygiene articles need not be inspected. Number 7, General, b, "No foreign substance may be applied to any material or equipment."
Powerlifting Rules and Performance, Bench Press: No. 4, "To achieve firm footing the lifter may use plates or blocks not exceeding 18 cms. in height to build up the surface of the platform. Whichever method is used, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45 cms. x 45 cms. and 18 cms. in height."
Weighting-in: No. 5, "The equipment will only be checked after all lifters have made their first visit to the scales."
Referees: No. 3, "Commencement of the Bench Press shall begin with the audible signal to 'PRESS'. No. 22 a, "A practical examination will follow the written examination for the Category II referees test. During the practical the candidate must be scrutinized by at least one Category I International Referee for the test to be valid."
 These are by no means all of the changes in the new Technical Rules, however, these are the ones the lifters I feel will find most helpful. If anyone has any questions concerning the new Technical Rules, please write me at the address below: Bob Packer, 2512 E. Lansing, Fresno, CA 93726.

The American Medical Powerlifting Association... now exists with membership open to several categories of medical professionals, who are interested in, or care for competitors in powerlifting in particular, and other strength sports in general. The AMP-LA is a subdivision of the American Medical Joggers Association and anyone interested in joining should contact the main office at P.O. Box 47704, North Hollywood, CA 91607.

New Location for Category II Referee Dick Gibbs, who has moved from Iowa to 10333 W. Apollo Dr., Tempe, Arizona 85283.

2001. A Sports Odyssey Endorsement by Lanny Shepard, ADFFA Natural 242 lb. champion, who says Dr. Judd Blassiotto's book (advertised elsewhere in this issue) is the one item that has contributed most to his success. He says it is the most benefit that anyone can derive for such a small amount of money, and recommends it to all lifters and athletes.

1985 Junior World Team - Applications Open
 Qualifying totals must be made between October 1st, 1984 and the last day of the 1985 Men's Nationals. Deadline for all applications, postmark no later than one week after the last date of the 1985 Men's Nationals. Championships to be held Sept. 19-20-21-22 in West Germany. Contact: Keith "Jake" Boyer, Teenage National Chairman, P.O. Box 356, Lehighton, PA 18235, 215-377-2158.



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 2nd Session: Men
 52, 56, 60, 67 1/2 kg.

Sun. Mar 24, 1985
 3rd Session: Men
 75, 82 1/2, 90 kg.
 4th Session: Men
 100, 110, 125 kg., SHW.

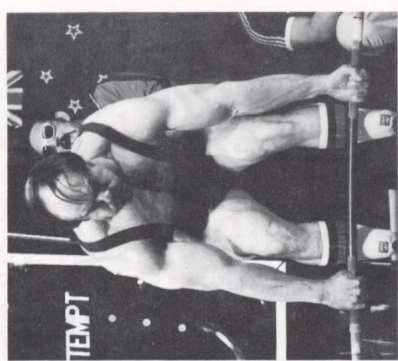
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 West Point, New York

For Entries Write:
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It may seem that we have reached the point where if a given "Big Name Lifter" says that eating tree bark would make you stronger, the United States would be bark free within a week. Many lifters "eat up" anything a "super star" says. They assume his success means he is an expert on the subject of lifting. This is not always the case. Great athletes can be so busy with training and business commitments that they have little time to devote to scientific research. Because an athlete is successful, does not mean that some esoteric training method made him that way. It is more likely that he is a hard worker, who is genetically gifted. The "super star" probably has no more information than the average lifter who trains intensely, and who differs the various lifting manuals. The difference between the two is talent, not knowledge.

Stevie plays an important part in evaluating individual credibility. A World Class athlete has considerable power of persuasion. For example, if there was a seminar about the effects of anabolic steroids upon strength and health, who would you rather have present the information - five times World Champion Stevie Steroid, or Dr. Harold Bookworm, a pharmacology expert? I would venture to say that Stevie Steroid would be the choice of the majority of competitive lifters. Although Dr. Bookworm may be an expert on drugs, he is not a lifter, and would lose credibility in the eyes of many lifters. Stevie, on the other hand, uses steroids, is a lifter and best yet a World Champion. It's assumed, perhaps wrongfully so, that Stevie knows what he is doing.

This very phenomenon was dramatically demonstrated to me when I was at major university for a powerlifting meet some time back. The day before the meet all of the athletes were given a tour of a strength research facility by an expert on the subject. During the tour great pains were taken explaining to the lifters the proper way to perform each lift, so that the greatest mechanical efficiency could be achieved. By the time we had gone half way through the facility, it became obvious that a number of the lifters had dropped out of the tour. Finally, one of the lifters who had won a few world titles and several world records, turned around and said in a voice that just about everyone in the room could hear, "This is horseshit". If that Doctor is so smart, how come he can't even bench his own bodyweight?

It seems unreasonable that such a peripheral attribute as lifting performance would affect a person's credibility, especially when considering purely rational world. A prestigious researcher should be able to influence weight lifters about the importance of biomechanics, regardless of his lifting ability, but this is not quite a purely rational world.

If an individual has enough prestige, his credibility is usually not affected, even when he talks about subjects that are not in his field, at least where trivial opinions and

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Psychology of Powerlifting Prestige and Persuasion

by Judd Biasiotto, PhD, Albany State

behaviors are concerned. If we respect a person and can identify with him, his opinion and behavior will likely influence our own. Advertisers are quite aware of this. Research indicates that individuals of high prestige are much more effective in selling a product than an individual who is an expert on the product. Dr. Elliot Aronson, in his book *The Social Animal*, makes reference to this very phenomenon. "Who is an expert on the topic of razor blades or shaving cream? Well, perhaps a barber; maybe a dermatologist or a chemist. Who is it that tells us what blades or lather we should use? Most often, it's some mountainous professional football player who must squint hard at the cue-card, in order to make out the name of the sponsor's product. Throughout the 1950s and 1960s one of the most persistent peddlers of breakfast food has been a former Olympic decathlon champion, who is probably far more effective at selling "Wheaties" than some learned professor of nutrition would be, even if the professor were acknowledged to be far more of an expert on the subject."

How effective is such advertising? Would you rearrange your training schedule to coincide with your biorthymes if Big Name Lifter No. 1 said that such rhythms are a factor in performance? Would you be willing to take steroids if Big Name Lifter No. 2 said you could increase your total by 20%, without affecting your health? Would you change your diet to include a new brand of supplements because Big Name Lifter No. 3, who has won multiple international titles, uses them?

There is a good chance (according to research) that if you like the person, identify with him, trust him and perceive him as a high status individual, you will tend to be influenced by him, even if you are aware that he's trying to sell you something and that he stands to make a profit by doing so. Even non-athletes are influenced by the opinion or behavior of "high status athletes". Joe Namath, a super car salesman, and Al didn't do badly punching out roaches. What about all those talk shows who get top notch athletes on and then ask them significant questions about contemporary world affairs, such as should the United States drop out of the United Nations? Of course, for an athlete to answer such questions intelligently, he would have to have access to considerable information outside of his field of concentration.

Affording athletes such credibility is obviously dangerous. Athletes tell us that they think it is, not necessarily like it is. Just because an athlete feels that some drug, or training routine


mance to the performance of another lifter. In short, what an athlete says, even if he is a World Champion, should be investigated thoroughly before accepting his word as fact. Only through scientific investigation can the truth be discovered.

On the other side of the ledger, more athletes should try to follow the lead of professional baseball player, Bobby Clark. When I was working for the Kansas City Royals, Bobby, a seventeen year old high school senior, was asked to do a half-hour television talk show for channel 14. Bobby was considered by most to be the best prospect to ever sign with the Royals. The first question the interviewer asked Bobby was whether he thought his power in hitting came from his hips, wrists, or stance. When Bobby couldn't come up with an answer, the interviewer went on, "Bobby, do you think you can get greater velocity on the ball by throwing 'over hand' or 'three quarter arm'?" Again Bobby just sat there with a blank stare in his face. Then, without warning, the interviewer turned the conversation to the United States involvement in Vietnam. Out of the clear blue sky he asked Bobby if he thought the United States should have declared war on Vietnam. Bobby, who couldn't even find his mouth wide open. Then as if inspired out, "How the hell do I know where my power comes from, or who the United States should declare war on, I'm just a thirdbaseman."

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More From Ken Leistner



Judging at the December South Jersey meet was up and coming bench sensation Jeff Dennis. He did his officiating before taking the platform to hit a 510 as a very light 220 pounder (2006). Photography by Jeff Temple.

I have never been to a powerlifting meet where complaints weren't voiced about the officiating. Sometimes the comments are justified and sometimes they aren't. Whenever a home boy misses a close lift, the boos and catcalls, cascade down like hailstones. I received a letter from a lifter that tops most of those I get related to officiating. In this case, it wasn't the platform judges that received his ire, but the meet director. I contacted the meet director, and while there is discrepancy in some aspects of the tale, some of the points of agreement need to be discussed.

This particular correspondent obviously enjoys the sport and has won quite a few meets. He is experienced, and fairly successful, at least at the local and state level. His complaints centered upon the behavior of certain meet directors, whom he felt held themselves above the rules of the sport. Here are some excerpts, so you can better understand this predicament: "I am finding meet directors making up their own rules at their meets. I had a meet director tell me that I couldn't squat with a certain brand of shoes, because the 'soles were too wide'. He paid no attention to the fact that the man who sold me the shoes uses the same shoe when he lifts at the Senior Nationals. He stated that 'these shoes will not be worn at my meet, period.' A quick check of the rule book indicates that the sole of the shoe isn't mentioned, but heel width is. I am also familiar with this brand of shoe and have yet to be told by anyone holding an IPF referee's card that it is illegal. This is a case of ignorance of the rules, additionally fueled by the frustration and tension that goes into running a meet; but wait, this gets deeper. In one contest, the meet director announced, quite rightly, that the meet, being USPF rules. According to my understanding of USPF rules, the meet director later informed me that it was customary for meets held in that locale to leave the squat racks in one position throughout the squat competition. This was done to save time and because he did not feel his spotters were capable of safely moving the racks in accordance with the wishes of the lifters.

It is my opinion that if a lifter has squatted with the racks in a particular position throughout his training and competitive career, that it is unsafe and unfair to an unfamiliar position. This is especially true for the really big men who have difficulty comfortably racking the bar to start with, or those who squat with very heavy weights. If the spotters aren't capable of moving the racks safely, then other spotters should be secured, or the meet should be cancelled in order to best protect the lifters from injury. There is no rule in the IPF book which states that the racks must remain in one position during the meet. I did contact a number of experienced lifters and meet directors, and none of them had ever attended a meet where altering rack position was

involved in, we've maintained decorum, even in the heat of competition, by making it perfectly clear that abusive language, threat, profanity, and other actions seen as detrimental to the conduct of the meet or the other competitors would be met by immediate elimination from the meet with no second chances or discussion. You would be surprised that even "crazy" lifters, who usually go wild on the platform, tend to behave like gentlemen when given this ultimatum, and their lifting doesn't suffer in the least. You never want to inhibit someone's performance, but vulgar displays need never be tolerated either.

On the brighter side, I was informed that a reader in South Carolina purchased some supplement packs from Ted Arcidi. In addition to getting excellent service, Ted responded to a very minor complaint in an unusual style. It seems that a few of the packs had one pill that had crumbled a bit. The pill was still in a condition that would allow it's ingestion, but Ted insisted on replacing the entire order. This reader wanted everyone to know that he was immensely impressed with Mr. Arcidi's response and concern.

This may be a cheap shot, but I would like to encourage everyone to subscribe to *The Steel Tip*, my monthly newsletter. My intent is to give everyone something that could be considered a personal communique, offering two or three pieces of information that can be immediately incorporated into your training routine, or items of interest that will make you look up and say "Jeez, I didn't know that." The emphasis is on strength training and will appeal to the lifter, football player, and others interested in being strong. The ad in PL USA gives all subscription information. I have even gone to great trouble and expense to secure the services of the finest Youth Advisor I could locate, so make my son happy and subscribe now.

I received great pleasure and quite a bit of useful information from *RIPPED* and *RIPPED II* by Clarence Bass. These two books clearly chronicled the fight against bodyfat, and were full of factual information related to diet and muscle/fat ratios. I have just finished the new book by Mr. Bass, *THE LEAN ADVANTAGE*, which is a compilation of his many *MUSCLE & FITNESS* magazine columns. This question and answer format supplies the same type of non-commercial, scientifically founded information on proper eating practices. I would like everyone to have all three books, as they are enjoyable and useful. Although the holidays will be long gone when this article sees the newsstands and mailboxes, keep in mind that for next year a subscription to PL USA is the perfect powerlifting stocking stuffer. If someone close to you has a subscription, extend it for a year or two and show that you care about their training. It is a thoughtful and always well accepted present.

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Question & Answer

This month, training questions are answered again by Roger Estep, 199 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 am writing in hopes that you will give me and the fellows here in Marion Federal Prison some advice as to staying in shape without weights. Many of us here work out regularly, but now the prison is on a complete lock down status. All we have to work with is a chin up bar. We are permitted out of our cells for a one (1) hour recreation period in which time we must do our work out and shower. Our bar routines consist of pullups to the chest eight or more reps for five sets; pull up behind the neck for 8 reps or more five sets, chin ups for 5 sets 8 reps or more with a varied hand spacing, say 6 inches to 18 inches. I alternate my grip every other set from a thumbless to the regular thumb grip. I also do a rowing motion by throwing my feet up on the stairs straight ahead say about 5 feet high and pull up to my chest for 8 reps. I do these while still holding the bar after each set of pull ups. As I understand this is a decent back and a light arm routine. So you can give us so we can build or keep what we have. We would like to get some good tricep exercises, chest exercises, leg exercises, stomach exercises, etc. We have plenty of time in our cells. How many days per week would you recommend for a routine; as it is now I work three days and take one off. This is all in regards to the sport of powerlifting. Any suggestions that you have will be greatly appreciated and we will definitely give it a go. I saw where you are going in to the sport of bodybuilding. I would like to wish you the best of luck. I hope to hear from you real soon.
 Sincerely, **Frank Manley**

Dear Frank: It sounds like you are doing everything possible with your chin-up bar. I really wouldn't change what you are doing with that program. As far as for the time you have to spend in your cell, I would recommend you take a lesson from the old Charles Atlas program. I guess you could say that I was one of the Charles Atlas students when I first started and I have a great deal of confidence in his program which can be done with no weights at all, and with good results. I'm not saying that the Atlas program is better than free weights but if you don't have access to weights it is by far the best program. I recommend that you order the course, and if you have trouble obtaining it, please write me in care of PL USA.

There are several adjustments you and your friends can make in your training to prepare yourself for the power lifts. I would recommend that you simulate the bench press by obtaining a bar and a bench. Take the bar in the bench position and have a spotter on each side, offer resistance to the bar so that it will travel at a slow steady rate until arms are extended. Do this exercise until you feel the pecs, shoulders and arms pumped with blood. Rest a while then repeat for 3 more sets. This might take up a lot of your free time but as you know, powerlifting routines are time consuming.

Squatting and deadlifting can be done in the same manner but you'll need 3 or 4 spotters to help in these movements. I know that the squat and deadlift will be more difficult to simulate the movement, but it will give you some work. Best of luck to you and your friends. I hope I've helped you and that you can put these ideas to work.
 Your friend, **Roger Estep**

Dear Roger: Presently I'm in the Army. After 6 months of no workouts, I began to powerlift again. I'd like to ask a question in regard to my squat workouts. Over the last 3 weeks I've had problems with muscle cramping. All I do is warm up with 135, go to 225, then after that set, I seem to get a sharp pain in the upper right hamstring, when I bend or get under the bar. It causes me to limp around for a few hours and miss a leg workout. My question is in regard to what is causing the cramping. I stretch out thoroughly before the workout. Unfortunately our Company has PT 5 days a week, and we run 10 or more miles a week. Could this be the problem?

Sincerely, **Brian Hendrickson**

Dear Brian: Your problem sounds like the result of putting in so many miles of running. Anytime you put that many miles in, you're going to lose a large amount of electrolytes, and it takes several hours to get your nervous system back into balance. I would recommend that you take in additional supplements of potassium and calcium. If the supplements don't work, you might have to go to a physician and explain your problem to him and he might prescribe some stronger dosages. The stretching and additional leg warm ups should help, but be sure you train in sweat pants and keep your legs warm at all times. Being a veteran myself, I know how the physicians in the army think. I would recommend that you don't tell them the cramps come from lifting but they are the result of too much PT. By using this approach the doctor might put you on a limited profile and cut your running back which would give you more time for weightlifting.
 Best wishes, **Roger Estep**

European Womens Championships
1/2 Dec 84 - Metz, France

44kg	SQ	BP	DL	Total
M. Vassart-B	117.5	55	152.5	325
M. Vassart-B	60	60	110	230
M. Vassart-B	50	50	100	200
M. Vassart-B	40	40	80	160
M. Vassart-B	30	30	60	120
M. Vassart-B	20	20	40	80



Women's World Record... by Sisi Dolman at the European Women's Championships, a deadlift of 172 Kilos in the 52 kg class. Photo by Larry Nounaimen, Hestia, provided by Arnold Bostrom, Genji, IFF.

Metro Detroit Open Bench Press Championships
14 Oct 84 - Taylor, MI

114	SQ	BP	DL	Total
L. Shoor	230	150	212.5	592.5
H. Hoover	230	150	212.5	592.5
L. Shoor	230	150	212.5	592.5
L. Shoor	230	150	212.5	592.5
L. Shoor	230	150	212.5	592.5
L. Shoor	230	150	212.5	592.5

Men's Natural Open & Collegiate
16/17 Nov 84 - W. Lafayette, Ind

62.5kg	SQ	BP	DL	Total
M. Willett	215.5	122.5	245	585
D. Williams	215.5	122.5	245	585
D. Williams	215.5	122.5	245	585
D. Williams	215.5	122.5	245	585
D. Williams	215.5	122.5	245	585
D. Williams	215.5	122.5	245	585

Ohio State University meet
11/10/84 - Columbus, OH

181	190	205	220	235	250	275	310	345	390	450	520	600	675	750	825	900
M. Parent	185	130	170	485												
K. O'Brien	185	110	285	480												
C. Anstond	182.5	120	295	497.5												

181	190	205	220	235	250	275	310	345	390	450	520	600	675	750	825	900
M. Parent	185	130	170	485												
K. O'Brien	185	110	285	480												
C. Anstond	182.5	120	295	497.5												

T-SHIRTS

Red, Blue

Official Powerlifting Team T-shirt \$10.00

T-SHIRTS

Red, Blue

Official Powerlifting Team T-shirt \$10.00

T-SHIRTS

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SHOES

PUMA DEADLIFT SHOES

White \$29.00

Blue w/ Red \$29.00

PUMA DEADLIFT SHOES

Orange w/ Black \$29.00

F.C.I. Talladega Inside meet
12/1/84 - Talladega, AL

R. Johnson	140	405	300	525	1330
D. Fanning	170	420	330	550	1430
R. Stewart	182	425	320	505	1325
Carter	183	450	365	510	1325
M. Miller	176	400	280	465	1165
D. Garrison	166	370	250	475	1095
D. Garrison	166	370	250	475	1095
J. Herforn	160	370	225	425	1020
D. Dowling	207	335	300	525	1160
Bledsoe	190	315	225	445	985
C. L. L. L.	400	215	455	1070	
M. Pappozzi	181	305	260	425	985
Easterling	189	275	235	405	985

The quality of the lifting was the best ever at FIC Talladega. The Schwartz formula in lbs lifted. The judges were local Al judges. Plers Billy Keel, Jeff Sherman and Bill Cross. Please note that the meet was run very smoothly. We also had a large and enthusiastic crowd who enjoyed the meet very much. Thanks to Dennis Westwood and Russ Johnson for results.

CRAIN POWER-PLUS

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Powerlifting Federation of France (FFF) 1984 Metz-Mary France

The British delegation, including Sisi Dolman, returned from Metz with a record-breaking performance. Dolman's deadlift of 172kg is a world record for a woman in the 52kg class. The team also secured several other medals, showcasing the strength of the British women's weightlifting program.

Women's World Record... by Sisi Dolman at the European Women's Championships, a deadlift of 172 Kilos in the 52 kg class. Photo by Larry Nounaimen, Hestia, provided by Arnold Bostrom, Genji, IFF.

Dolman's performance is a testament to the hard work and dedication of British women's weightlifters. It also highlights the growth of the sport in Europe and the increasing competitiveness of international women's weightlifting.

The second European PT championships attracted one more nation than the year before. The number of countries winning medals increased from 6 to 9. All positive indications for women's P.T. The venue was a large sports hall and the warm up area a smaller hall (all corners...)

MEN-CLASS II

Table with columns for name, weight, and placement. Includes names like K. Tyler, C. Kiefer, D. Johnson, etc.

WOMEN

Table with columns for name, weight, and placement. Includes names like S. Kelly, T. Johnson, L. Mistic, etc.

Greater Texas Classic

Table with columns for name, weight, and placement. Includes names like T. Arnold, K. Holland, M. Mantichia, etc.

12/11/84 (kilos) Irving, TX

Table with columns for name, weight, and placement. Includes names like T. Mulick, K. Courtes, K. Knight, etc.

WOMEN

Table with columns for name, weight, and placement. Includes names like J. Albrecht, J. Abbott, T. Meyer, etc.

MEN

Table with columns for name, weight, and placement. Includes names like M. Hamilton, R. Slaughter, R. Sledge, etc.

Dakota State College Invitational

Table with columns for name, weight, and placement. Includes names like J. Surrey, S. McCough, T. Back, etc.

Edward S Hudson Memorial

Table with columns for name, weight, and placement. Includes names like J. Elund, R. Bonus Jr, J. Elund, etc.

12/11/84 (kilos) Madison, SD

Table with columns for name, weight, and placement. Includes names like K. Krieger, L. Webb, T. DeJoy, etc.

Advertisement for 'The Power Suit' featuring images of a suit and text: 'NEW! The Power Suit... \$30.00... Sizes 20-40...'

Advertisement for 'Crain Power Plus' featuring images of a person in a suit and text: 'Crain Power Plus... \$6.00... X-S, M, L, XL...'

Advertisement for 'Crain Power-Building' featuring images of a person in a suit and text: 'Crain Power-Building... \$8.00... \$10.00... \$12.00...'

Table with columns for name, weight, and placement. Includes names like R. King, D. Swander, F. Ota, etc.

Table with columns for name, weight, and placement. Includes names like R. King, D. Swander, F. Ota, etc.

Table with columns for name, weight, and placement. Includes names like R. King, D. Swander, F. Ota, etc.

Purdue Holiday Championships

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Tom Zapico, Scott Walker, Chris McMahon.

Rocky Mountain Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Brad Greenwald, Tom White, Perry Britsch.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

Eastern America Bench Press

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Jeff Maddy, Craig Snyder, Murray Mumford.

Illinois Class III Meet

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like John Parker, Steve Stanson, Dick Scott.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

First Kenai Peninsula Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like John Parker, Steve Stanson, Dick Scott.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

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ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

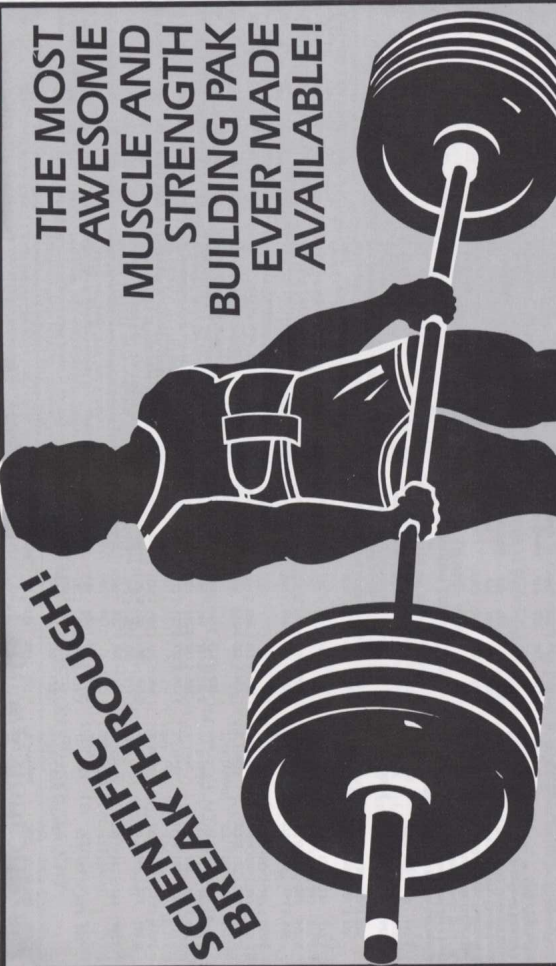
Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.

ADPPA Women's Open

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ADPPA Women's Open

Table with columns: Name, Wt, BP, DL, Total. Includes athletes like Amy Garcia, Donna Wicker, Steve Houtman.



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Advertisement for Powerpak containing text about muscle building, product details, and contact information.

Large table of sports results for various events including the first Kenai Peninsula Open, Illinois Class III Meet, and ADPPA Women's Open.

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Scientifically designed by John Inzer, multiple American record holder including a 722 deadlift at 163 pounds bodyweight.



* 633 lb. Bench Press 275 lb. Class

"If you're serious about power-lifting, you need the Inzer Powershirt. I was wearing one when I benched the record 633."

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* 612.2 lb. Bench Press 220 lb. Class

"Ultimate goals are achievable wearing the Inzer Powershirt. I always wear one when I compete."

Paul Dicks

* American Record

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For accurate fit, send relaxed measurements of the following:
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Please indicate 1st and 2nd color choices.
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Yes, send me Inzer Powershirts.
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Worn internationally in competition. Made of the highest quality T-Shirt knit.

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A.D.F.P.A. TOP 20/148 lb.

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from November 1, 1983 to November 30, 1984. Please send a copy of all ADFFA meet results to Jim Gallagher, 301 Pine St., Clemoiden, PA, 19036. This will keep these lists as up to date as possible. Thank you.

SQUAT		BENCH		DEADLIFT		TOTAL	
1	590 D. Austin 7/21/84	364 D. Austin 7/21/84	617 D. Austin 7/21/84	1571 D. Austin 7/21/84			
2	551 J. Kellum 2/18/84	340 J. Gardner 11/18/84	578 J. Braca 7/21/84	1405 J. Kellum 2/18/84			
3	540 R. Trippbahn 6/23/84	330 J. Braca 7/21/84	556 J. Warner 7/21/84	1350 J. Warner 7/21/84			
4	529 J. Warner 7/21/84	320 J. Kellum 2/18/84	555 H. Coney 9/1/84	1345 J. Braca 7/21/84			
5	529 J. Warner 7/21/84	314 S. Crawford 6/9/84	525 J. Kellum 2/18/84	1317 J. Hubbe 7/21/84			
6	507 J. Gawlick 12/10/83	314 S. Crawford 6/9/84	525 K. Knight 4/1/84	1305 K. Trippbahn 6/23/84			
7	507 J. Pawlogicz 6/9/84	314 G. Underwood 7/21/84	524 G. Underwood 7/21/84	1301 G. Underwood 7/21/84			
8	502 B. Broussard 11/19/83	308 P. Yach 12/10/83	518 R. Hollagel 7/21/84	1285 H. Coney 9/1/84			
9	502 T. Van Bodegom 6/9/84	308 J. Williams 7/21/84	512 B. Lanser 5/6/84	1283 B. Broussard 11/19/83			
10	496 B. Ketter 5/1/84	308 J. Williams 7/21/84	512 J. Williams 7/21/84	1262 J. Gurzik 4/7/84			
11	496 B. Ketter 5/1/84	303 J. Hubbe 5/6/84	507 J. Hubbe 7/21/84	1262 J. Williams 7/21/84			
12	485 B. Hollagel 7/21/84	303 M. Layfield 5/6/84	502 L. Duran 5/5/84	1260 R. Knight 4/1/84			
13	485 D. Laplant 3/17/84	303 M. Layfield 5/6/84	502 L. Duran 5/5/84	1255 D. Clayton 11/20/83			
14	480 H. Coney 6/9/84	301 D. Ketter 8/11/84	500 J. Bissen 4/28/84	1255 D. Clayton 11/20/83			
15	475 B. Clayton 11/20/83	298 B. Broussard 11/19/83	496 D. Buckingham 5/5/84	1253 K. Ketter 8/11/84			
16	465 R. Knight 4/1/84	298 M. Sperting 5/5/84	490 B. Clayton 11/20/83	1249 B. Clayton 11/20/83			
17	463 G. Underwood 7/21/84	295 K. Barthe 4/28/84	489 D. Duran 5/5/84	1240 L. Duran 5/5/84			
18	457 L. Duran 5/5/84	295 J. Bissen 4/28/84	488 J. Bissen 4/28/84	1237 T. Van Bodegom 6/9/84			
19	457 C. Yantz 6/9/84						
20							

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	148	165	181	194	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 Collegiates	799	898	1036	1210	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
ADFFA Nationals	840	950	1060	1230	1365	1475	1550	1635	1670	1750	1750
ADFFA Collegiates	785	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 Collegiates	419	463	507	551	595	639	661	683	699	716	
Women's ADFFA	97	104	111	116	122	129	139	154	176	176+	
1985 ADFFA Women's	463	496	518	540	562	584	623	678	750	838	
1985 ADFFA Teenage	402	430	457	468	491	513	546	595	656	733	

NEW 1985 U.S.P.F. Registration Application

U.S. POWERLIFTING FEDERATION, INC.

PLEASE PRINT • COMPLETE ALL ENTRIES •

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY	STATE	1984 REG. NUMBER
AREA CODE	TELEPHONE NO.	ZIP CODE
DATE OF BIRTH	AGE	SEX
MO	DAY	YEAR
U.S. CITIZEN	YES	NO
U.S. CITIZEN	YES	NO
Regular Athlete	High School \$15.00	Special Early Registration (Nov. 1 - Jan. 31) \$12.00
APPLICANTS: fill out card completely and mail with fee to:		
AMERICAN SPORTS MANAGEMENT INC.		
2708 SOUTHWFIELD ROAD		
Suite #3 (613) 357-2320		
LATHRUP VILLAGE, MI 48076		
*High School eligibility must be accompanied by photocopy of high school activity card or other proof of high school membership.		
NAME (PRINT)	SIGNATURE	X

Table with columns for name, age, and weight. Includes names like Tom Heinbockel, Joe Polinane, Jack Livingston, etc.

South Jersey Open 8/18/84 - Glassboro, NJ. The women's division consisted of 19 competitors, the largest to date. The outstanding performer was...

Table with columns for name, age, and weight. Includes names like Tom Heinbockel, Joe Polinane, Jack Livingston, etc.

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Table with columns for name, age, and weight. Includes names like Tom Heinbockel, Joe Polinane, Jack Livingston, etc.

Errors... Linda Palmer should have been listed as a co-author with Dr. Judd Bissotto of the article on Meditation in the January issue of PL USA.

American Drug Free Powerlifting Association advertisement. Includes logo, text: 'Organized to meet the demands of the powerlifter, the ADFPA provides sanctioned competition...', and contact information for Brother Bennett, George Hummel, and Nick Theodorou.

15th annual Midwest Open

Table of 15th annual Midwest Open results for 12/17/84 - Anamosa, Ia. Includes names like Joe Johnson, Rex McLaren, Bob Donnelly, etc. and scores in various categories.

Southeastern Cup Open

Table of Southeastern Cup Open results for 12/15/84 (kilo) Adel, Ga. Includes names like Richard Nichols, Bill Ruchon, Ross Hutchinson, etc. and scores.

Arizona State Championships

Table of Arizona State Championships results for 16 Dec 84 - Tucson, AZ (kilo). Includes names like Open Division, Jim Irvine, Jerry Brown, etc. and scores.

Millard's Fitness Open Bench

Table of Millard's Fitness Open Bench results for 16 Dec 84 - Reading, Pa. Includes names like Fred Gray, Mike Sperry, etc. and scores.

USAEUR Open

Table of USAEUR Open results for 17 Nov 84, Mainz, W. Germany. Includes names like Steve Atkinson, Dean Dreyer, etc. and scores.

ADFFA Wisconsin Championships

Table of ADFFA Wisconsin Championships results for 8,9 Dec 84 - Oshkosh, WI. Includes names like Paul Yeager, John Elliott, etc. and scores.

Master's Division

Table of Master's Division results for 16 Dec 84 - Reading, Pa. Includes names like Mike Sperry, Bob Milrod, etc. and scores.

Central Maryland Meet

Table of Central Maryland Meet results for 11/1/84 - Westminster, Md. Includes names like Terry Addy, Scott Kelly, etc. and scores.

Iron Gym Qualifier

Table of Iron Gym Qualifier results for 15 Dec 84, Burlington, VT. Includes names like Diana Bona, Robert Williams, etc. and scores.

Miller's Lite Armed Forces vs State of Hawaii

Table of Miller's Lite Armed Forces vs State of Hawaii results for 18 Dec 84 - Honolulu, HI. Includes names like Jim Smith, Eric Tasler, etc. and scores.

Who's Who in Powerlifting

Large table titled 'Who's Who in Powerlifting' listing numerous athletes and their records in various categories like 220 lb, 275 lb, 315 lb, etc.

clitics for the last growing sport of Powerlifting... man of the United States of America Powerlifting...

USAEUR Open Steve Atkinson 1157 Steve Atkinson 1157 Steve Atkinson 1157...

ADFFA Wisconsin Championships Paul Yeager 1110 Paul Yeager 1110 Paul Yeager 1110...

Photo and info by Dana White.

Photo and info by Dana White.

Photo and info by Dana White.

Photo and info by Dana White.

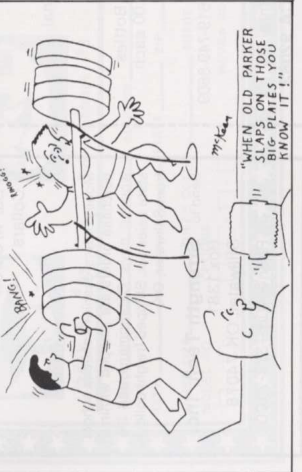
Photo and info by Dana White.

Photo and info by Dana White.

Photo and info by Dana White.

Photo and info by Dana White.

Photo and info by Dana White.



Who's who in powerlifting and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



Photo and info by Dana White.



Photo and info by Dana White.

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NOW YOU KNOW... **"WHAT YOU TAKE IS WHAT YOU REALLY GET"** IMMEDIATE ABSORPTION

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

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

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

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

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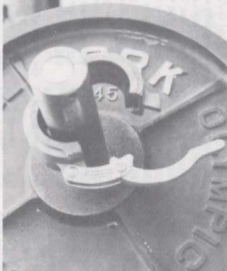
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Strength Tech, Inc.

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Stillwater, OK 74076
Phone 405-377-7100

Western Open

15 Dec 84 - (kilos) - Apple Valley, CA

WOMEN	SQ	BP	DL	Total
32 Richard Lange	80	42.5	112.5	235
Yvonne Hoover	72.5	45	102.5	215
56 Robin McClure	92.5	47.5	130	270
67.5 Rhin Taylor	80	32.5	120	232.5
60 S. Campanella	57.5	37.5	67	162.5
67.5 Hollingsworth	142.5	62.5	157.5	362.5
82.5 William Haro	80	45	95	220
60 Marl Ruble	152.5	55	180	387.5

MEN

	SQ	BP	DL	Total
52 Joe Vitale	57.5	55	60	172.5
Scott Graham	132.5	95	165	392.5
Shawn Mooney	122	62.5	172.5	362.5
Michael Bud	105	55	160	320
60 Michael Conner	157.5	130	165	470

100 John Vetrovic	300	192.5	275	767.5
George Zangas	260	160	275	695
100 Jimmy Teets	227.5	170	247.5	645
45-49 - 90				
110 Bob Caves	227.5	145	272.5	645
100 Nigel	260	195	260	715
50-54 - 75				
William White	160	125	217.5	502.5
Dave Douglas	142.5	92.5	177.5	412.5
Robert Roberts	160	122.5	227.5	510
100 Fred Lange	215	142.5	260	617.5
55-59 - 75				
60-64 - 90				
100 Rex Monahan	125	87.5	177.5	390
75-79 - 100				
Herm Studleres	137.5	95	165	397.5
OPEN - 52				
Joe Vitale	57.5	55	60	172.5
56 Robin McClure	92.5	47.5	130	270
67.5 William Haro	80	45	95	220
William Weiss	185	105	212.5	502.5
75 Chris Hoskins	152.5	102.5	192.5	447.5
82.5 Ron	177.5	130	227.5	535
Leif Davernport	180	112.5	225	517.5
Pat Lesma	152.5	130	192.5	475
Robert Ludeuma	160	122.5	227.5	510
John Wilson	90			
Dennis Gaverin	150	120	182.5	452.5
100 Fisher	235	140	276.5	652.5
110 Greg Ferguson	195	145	227.5	567.5

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**Iron Man & Woman meet
 12/1/84 (kilos) San Jose, CA**

Sq	Bp	DL	Total	
Dan Thurman	155	122.5	187.5	465
Sergio Zombi	135	105	212.5	617.5
Joe Zombi	212.5	155	212.5	577.5
Rich Toubi	195	165	212.5	572.5
Joe Kline	207.5	115	222.5	540
Joe Thibao	172.5	92.5		
Rich Cirigliano	220	142.5	270	632.5
Greg Rayle	205	152.5	195	552.5
Steve Baum	160	110	205	475
Mike Delgado	240	165	277.5	682.5
Mark Talbot	250	137.5	255	650
Mark Reikind	172.5	142.5	65	380
Leo Beali	240	142.5	240	642.5
Dave Aggio	320	217.5	330	867.5*
Kevin Fisher	310	185	345	840
John Durnont	290	172.5	295	757.5
Geo Soto	300	145	275	717.5
John Anderson	290	182.5	242	715
Mark Salansky	337.5	235	307.5	880*
Doug Pettit	300	200	342.5	842.5
Bob Harkler	275	170	267.5	712.5
Mike Sanger	255	145	287.5	682.5
275				
Donald Bureau	345	185	332.5	850
Wayne Robinson	312.5	217.5	292.5	822.5
65	65	305	430	
Roger Davis	345	232.5	292.5	870
Scott Simon	282.5	182.5	235	700
WOMEN				
97 Belliveau	115*	62.5	152.5	330*
Cheryl Taylor	87.5			
Michelle Jones	97.5	47.5	125	270
Jane Guluth	92.5	50	117.5	246
Lorna Ruiz	70	35	102.5	207.5
123				
R. Wickhamann	120	75	142.5	337.5

POWER HOTLINE is the quick news source of Powerlifting info. Now sent out twice each month in First Class Mail. The hot NEWS about who's doing what, \$28 for one year, payable to Powerlifting USA, Box 3238, Camarillo, CA 93011.



Dave Aggio took the 220s, but did not enter the physique portion of the Iron Man competition, which some felt he could have won. Kirsner photo

132	Vicki Steenrod	185	110*	190	485
132	Langeline Kizer	140	67.5	182.5	390
132	Biddis	220	400	620	
L. Hampton	145	340	465		
S. Ross	180	285	465		
J. Boettner	135	275	410		
330	500	630	800		
G. Ripley	330	500	630		
H. Henderson	235	445	610		
H. Manriquez	235	445	610		
165	Crescentini	190	395	515	
360	600	960			
F. Wambaghs	310	560	870		
G. Guthrie	365	595	815		
M. Evans	365	595	815		
C. Terry	280	535	815		
G. Markert	220	525	800		
G. Berkhouse	200	435	635		
K. Krack	210	400	610		
181	190	325	515		
D. Swannigan	310	555	865		
S. Zarycki	320	545	865		
P. Clurey	315	465	790		
M. Normandin	315	420	735		
T. Ward	265	515	735		
J. Paul	270	440	710		
R. Mills	275	560	835		
D. Lawrence	305	500	805		
220	400	565	965		
D. Ferguson	385	575	965		
S. Burke	360	560	920		
J. Palazolo	315	580	895		
J. Schweigert	300	540	840		
T. Williams	290	450	740		
J. Remenapp	240	440	680		
M. Welch	535	750	1275		
G. P. Brayman	425	625	1050		
P. Tarabala	365	575	940		
SHW					
C. Peiffer	420	585	1005		
Team trophy was won by Burkes Body Shop. 2nd place: Old Towne Gym, 3rd place: Hercules 181.5 lbs. at 181.5 lbs. M. Welch. Thanks to the Board Stradman, meet director for the results.					



Gil Thompson - 220 lb. Class
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Powerlifting USA presents the



the TOP 20 women powerlifters in the United States, for each lift and total, covering results available from January 1984 through December 1984.

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Please provide your name, street address, weight class and lift when ordering. Send to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011.

Errors on this List should be brought to our attention if we have for accuracy in compiling the list but we do make mistakes. Also, please understand that there are some contest results where women lifters are not identified as such, or where the women's competition is conducted on a formula basis and no indication of bodyweight is available, so we don't know which weight class to credit the lifter's performance to.

Master Powerlifter Francis Barrett received in the Dundalk, Eagle in Dundalk, Maryland recently. Bob Rood got Francis interested in Powerlifting and the 66 year old took off from there, going from an out of shape 270 to a trim 170 in 6 months, and reducing his blood pressure from 180/90 to 140/72.

Though he played softball steadily until he was 40, he regrets that time that went by before he discovered his true athletic niche. Powerlifting, Gayle Hall, all around competitor in bodybuilding, olympic lifting and powerlifting had a very large spread in The Argus newspaper in Northern California. She also had a recent article in Lady Athlete. The article detailed her entire lifting lifestyle and accomplishments. In your area, you get more good publicity in your area lately. Send a clipping to Powerlifting USA, Box 467, Camarillo, CA 93011.

Newfoundland Jr. Championships 12/1/84 - (kilo)

Table with 2 columns: Name and Weight Class. Lists athletes like Shannon, Foy, and others with their respective lifts.

Table with 2 columns: Name and Weight Class. Lists athletes like Shaler, Wood, and others with their respective lifts.

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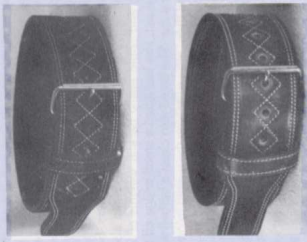
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Waco Open Bench & Deadlift
12/15/84 - Waco, TX - (kilos)

OPEN BENCH	
J. Mashburn	75
S. Kelley	165
C. Fox	150
K. Arnold	115
N. Schmitt	102.5
R. Schumberger	107.5
J. Bryan	100
J. Holmes	172.5
J. Mulick	162.5
B. Haga	137.5
T. Stoghill	140
D. Swihart	130
T. Treckman	215
OPEN DEADLIFT	
D. Buhl	97.5
G. Rogers	155
J. Mashburn	142.5
T. Touchstone	165
S. Armon	190
S. Stryker	185
S. Mullock	105
S. Roth	177.5
P. Roberts	172.5
J. Tyree	273
D. Burrell	217.5
C. Rogers	265
R. Wright	200
L. Shoals	253
J. Haga	182.5
P. Roberts	282.5
C. Langer	270
M. Molina	200
M. Northcutt	192.5
S. Kelley	267.5
J. Haga	205
K. Treckman	215
M. Northcutt	277.5
M. Hammond	267.5
B. Taylor	275
T. Treckman	382.5
S. Benham	200
WOMEN DEADLIFT	
R. Ross	47.5
S. Jones	114
B. Jowiak	55
B. Jozwiak	92.5
B. Johnson	52.5
K. Robinson	140
NOVICE BENCH	
K. Arnold	115
R. West	160
A. Mendoza	105
A. Mendoza	165
B. Haga	137.5
M. Armon	190
G. Vela	120
C. Rogers	152
L. Shoals	255
D. Frank	207.5
D. Frank	145
S. Hynds	180
B. Howell	145
L. Shoals	137.5
M. Gorenzweig	132.5
K. Kelly	267.5
R. Foy	140
J. Tarnowski	240
M. Whalen	182.5
M. Loggins	170
J. Edwards	147.5
D. Schroeder	220
J. Turner	210
T. Tarnowski	192.5
M. Hammond	267.5
E. Jackson	175
T. Treckman	282.5

Thanks to Rich Peters for results.

Sooner Invitational

12/7/84 - Norman, OK - (kilos)

SO	BP	DL	Total
85	77.5	120	380
142.5	87.5	150	380
182.5	97.5	195	475
145	105	182.5	432.5
197.5	105	192.5	495
162.5	117.5	182.5	462.5
195	140	207.5	542.5

Thanks to Rich Peters for results.

Christmas Invitational

12/15/84 - Monroes, LA

SO	BP	DL	Total
175	120	265	560
165	145	225	535
150	115	225	490
170	85	185	440

Thanks to Rich Peters for results.

High School Meet

SO	BP	DL	Total
320	192.5	372.5	885
255	165	227.5	647.5
227.5	140	240	507.5
320	192.5	372.5	885
255	165	227.5	647.5
227.5	140	240	507.5

Thanks to Rich Peters for results.

12/15/84 - Monroes, LA

SO	BP	DL	Total
175	120	265	560
165	145	225	535
150	115	225	490
170	85	185	440

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- 1984 Junior National Championships
- 1983 Collegiate National Championships
- 1983 Womens Teenage Nationals
- 1983 North Americans
- 1983 Hawaii Invitational

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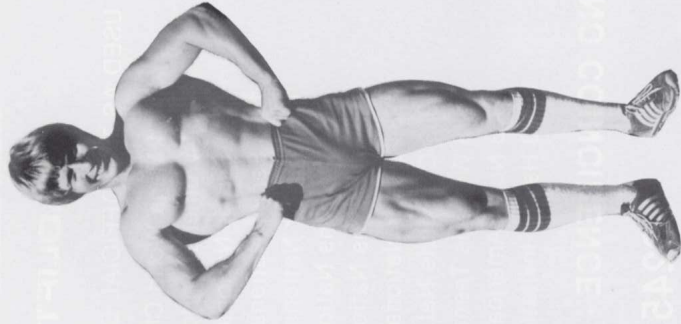
165	275	225	415	945
Keith Parker	340	170	405	915
Eric Antley	340	175	390	905
Danny McMillan	335	165	355	855
Larry Gilman	335	185	340	860
John Babin	310	155	340	805
Jimmy Lee	310	155	340	805
James Newsom	290	165	330	745
Bill Johnson	275	160	330	725
James Voorhies	275	225	460	1190
Steve Pomeroy	275	210	485	1170
Ronnie Lambert	285	190	325	800
David Dean	430	320	590	1340
James Peoples	425	230	480	1135
James Tipton	385	225	480	1090
James Peoples	385	225	480	1090
Steve Lester	225	185	375	785
Lee Lewellen	200	145	225	570
220				
Signmond Holland	425	320	590	1340
Johnny White	270	185	385	940
242				
Shane Hattaway	225	200	315	740
Jeff White	200	145	265	610
Greg Madden	250	350	500	1375
Brian Pickett	325	275	425	1025
Michael Pale	320	195	350	865
Rose Delaney	145	90	260	505
Francis Hunter	155	100	225	480
Leslie Graves	135	90	225	370
Paul Squat	135	90	225	370
Post Squat	135	90	225	370
Lightweight (114-132): Terry Frank, Best Lift				
Lightweight (114-132): Terry Frank, Best Lift				
Middleweight (148-181): Frank Wozzo, Best				
Lightweight (114-132): Terry Frank, Best Lift				

Elite Heavyweight (198-240): David Duns, Champion of Champions, Frank Wozzo, 25 Meet Records were broken. 8 West Monroe High School Records were broken. 2 State Records were broken. Frank Wozzo - 200 lb. deadlift, 180 lb. bench, 240 lb. squat, 500 lb. total. 198 lb. class. Team Standings: 55 pts - West Monroe, coach Mike Reed; 37 pts - Ouachita, coach Mickey Emory; 17 pts - Calhoun, coach Phillip Emory; 7 pts - Simboro, coach Greg Madden (141); 7 pts - Sterlington, coach Sparks McDuffy (2nd-4th). A total of 54 lifters competed in the 4th Annual Ouachita Citizen Newspaper's Christmas Invitational HS Power Meet. Defending LA State and Champ was Mike Wozzo. HS won and field of 8 lifters. On which HS coached by Mickey Cleveland took 2nd. Thanks to John Burns, Ken Miller, Jack Diganji, and LA State Chairman Dennis Burke of the meet and this meet was excellent. Special thanks goes to Butch Dunn who lifts for coach Tallon of Louisiana Tech, who just won his 10th consecutive state title. Butch was served as our announcer and did a super job. I'm hoping to get him to announce for the High School Nationals here this spring. Butch is an example that muscles are also mind. Follow him or judge at many meets. Guys like Butch, Ken Miller, Jack Diganji, and Mickey Chambers are what we need. We appreciate you. Thank you Mike Reed for results.

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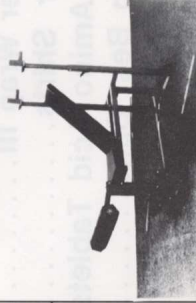
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