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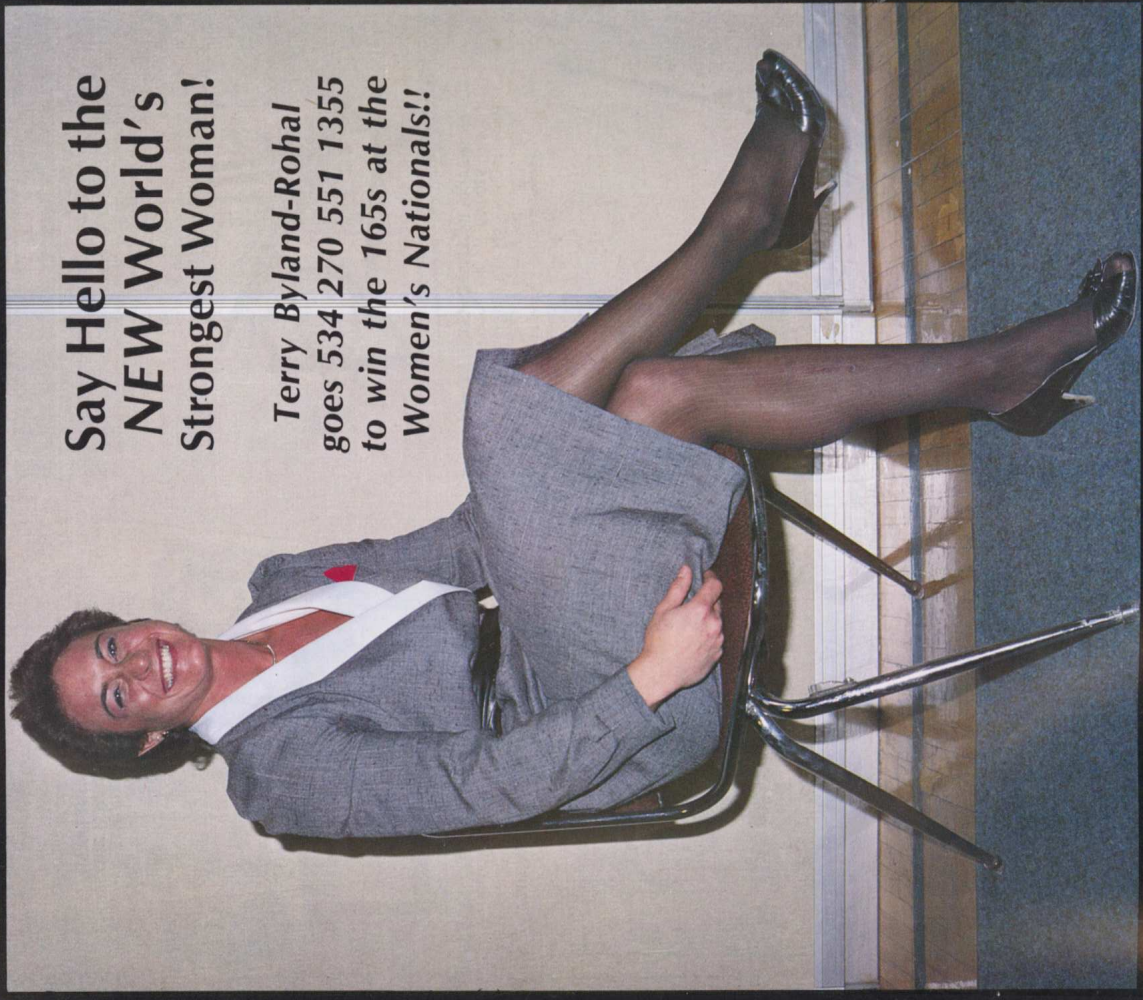
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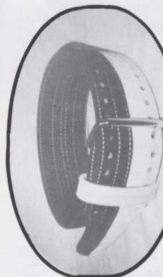
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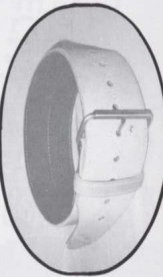
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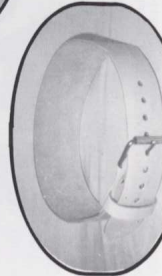
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## Powerlifting USA

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

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ON THE COVER.....the NEW World's Strongest Woman,  
Terry Byland-Rohal of Kent, Ohio. Photo by J.J. Prekop Jr.  
NEXT MONTH.....conclusion of the Pat Casey Profile and  
coverage of the Hawaii Invitational Championships.

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**Tightening Up** Coach Eric Frantz helps Felicia Johnson ready for a squat attempt. She came on super strong to take her title this year. Chaset photo.



**Ruthi Shafer** struggled through the meet with a cramped nerve condition that limited her renewed leg strength. Photo by Maurice Chaset.

553. The most ever deadlift by any woman. Her total skyrocketed over the 1300 barrier all the way to 1355. It was a spectacle of power to witness. Unbelievably strong athlete! If Bev Francis stays in the 75 kg class, the end of her reign may have come. Beautiful Angie Ross lifted well, but didn't have a chance against the magnificent liftings of Byland Rohal. Her total of 1113 earned her the silver medal! Heidi Maria Carman of Minnesota took third with 1069. Marnie McElroy took 4th with 1047 and a bit off the pace with 1047 and 5th, with a 7 for 9 performance. Terri Bohler missed a 953, but managed to take 6th with 975. (Editor's Note: Associated Press released a photo of Una a State of Minnesota newspaper.) Lauren Jo Wood of Miami stole some of Terry's thunder by getting a new American record. Best record of 281. She finished in 7th ahead of Cat

Chase, who had come to pass her National Referee's examination and bench a fine 171 pound Juanita Trujillo really enjoyed herself and took the 82.5 kilogram class in grand style. A big American record squat of 473 pounds led the way, and class best bench presses, and deadlifts followed. Her total of 1140 put her in command over 22 year old nurse Margaret Murphy. Margaret went 8 for 9 to total 1091 and finished 2nd. Attractive Laura Dodd did some fine lifting to total 1069 and garner 3rd. College professor Christy Kling missed only 2 lifts to total 1052 for fourth



**Maris Sternberg**...sets up for a huge-squat attempt. Photo by Laura Fucci

place. 25 year old student Maggie Sandova was 5th with 1036. Marie Acacia, a Harvard student and New York State Champion stooputer, placed 6th with 795. Powerful Lorraine Costanzo of Valencia, California took a 2 liter field in the 90 kilo class in grand style. She squatted an American record 501, lathered a bit in the bench press with only her opener of 220, but came back to get an American Record 468 pound deadlift and a total of 1190. Dawn Reshel couldn't lift and had to settle for 5 out of 9 and a 1019 2nd place total. Everybody loves Maris Sternberg. She had a great time, missed some attempts, but essentially pulverized the field in the 198 plus pound class. How sweet it was, after last year's tragic bombout. Annie McElroy did not do enough to seriously threaten Marks, and ended up in 2nd. She looked great at 264 bodyweight,

**Women's Nationals**

	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total
44 kg.											
Nancy Belliveau	44.0	253	270	270	132	143	154	396	292	325	353*
Cheryl Jones	43.2	281	297	297	148	159	159	429	286	303	314
Judy Gedney	43.4	237	253	253	132	143	140	396	270	270	297
Ann Leverett	43.7	231	231	242	143	154	154	385	292	292	300*
48 kg.											
Majik Jones	46.7	309	303	319	132	143	159	462	331	374	374
Camie Booth	47.4	242	259	275	137	148	154	413	286	297	300*
Shirley Gutierrez	47.5	235	245	272	137	148	159	380	275	292	290*
Becky Oggin	47.6	235	245	272	137	148	159	380	275	292	290*
Glenn Ramirez	47.9	236	253	264	137	140	140	391	270	281	286*
Mary Anne Price	47.1	225	253	264	126	154	165	407	253	275	275
Deborah Spaeth	47.4	203	220	231	104	121	121	325	225	242	255
Susan Gerhardt	46.8	176	203	203	93	93	99	270	225	244	264
52 kg.											
Mary Ryan	51.3	319	347	358	209	219	225*	584	319	352	360*
Cheryl Dreschel	51.0	286	314	314	140	159	165	479	286	325	341
Beth Fisher	52.0	303	325	350	132	137	143	496	325	352	352
Diana Bona	50.7	341	350	350	143	157	165	485	314	325	330*
Pamela Sue Crisp	50.5	286	286	286	148	159	159	435	286	303	314
Sue Elwin	51.8	253	275	286	148	159	165	435	275	303	314
Karin Reagan	50.9	242	264	275	126	137	140	391	281	303	314
Marjorie Chaset	50.6	248	264	275	126	137	140	402	253	281	286*
Liberty Winter	51.2	236	264	282	99	110	115	347	275	286	303
Danielle Ray	51.6	242	242	242				374	264	297	308
56 kg.											
Delicia Johnson	55.8	369	413	424	187	209	225	639	369	402	418*
Diana Wardell	55.9	364	390	360	159	170	181	562	425	426	429*
Debbie Hutter	55.9	314	341	363	209	231	236	592	352	396	407
Evangelina Kizer	55.9	270	308	325	126	148	159	473	352	396	413
Linda Krussel	55.4	286	303	314	143	154	154	446	319	341	352
Robin Wischmann	54.8	242	264	275	154	165	176	440	303	319	336
Fran Krauss	54.8	259	270	281	137	140	140	407	303	325	336
Joanne Suomi	55.7	253	275	286	121	121	126	396	319	347	347
Ludith Han	55.3	236	270	270	143	154	154	391	275	303	319
Nilou Farahmand	55.2	259	275	275	115	121	121	374	264	297	308
Connie Meredith	55.7	241	241	242	126	132	137	374	275	286	303
Linda Champion	55.7	341	341	341				408	424	440	440
60 kg.											
Vicki Steenrod	59.9	374	402	418	231	248	259	666	408	424	440
Judith Averbach	59.7	363	396	396	225	240	240	622	402	424	435
Mariah Uggitt	59.9	347	380	380	187	203	209	589	380	451	462
Diane Litgett	60.0	386	413	413	187	209	209	600	413	462	462
Shiela Ward	57.2	319	347	352	170	181	187	529	319	341	347
Brenda Owens	57.6	292	297	297	143	154	165	455	303	319	369
Michelle Hitzman	58.6	259	281	293	148	162	162	429	330	347	352
Debbie Hutter	58.0	236	264	275	137	154	165	435	314	336	356
Luanna Moore	59.5	225	236	259	126	137	143	430	325	352	369
Luanna Moore	59.5	236	275	286	126	137	143	430	325	352	369
Edith LaBonte	59.5	264	264	264	126	132	137	418	281	303	314
67.5 kg.											
Ruthi Shafer	65.3	451	485	485	198	220	236	672	440	440	1113
Susan Springsteen	67.3	363	374	402	225	242	253	617	358	385	413
Danette Hartmann	66.7	352	365	385	214	231	231	584	363	402	451
Mary Barreira	67.2	347	374	374	181	192	198	545	363	380	396
Theresa Ryskoski	66.0	300	300	300	148	159	165	545	369	385	391
Pat Whagner	67.5	281	319	330	181	209	214	540	329	347	369
Tam Thompson	66.4	319	352	352	209	231	236	551	352	369	369

**Boston, Mass.**

	ST	DL1	DL2	DL3	Total
396	292	325	353*	749	
429	286	303	314	744	
396	270	270	297	694	
385	292	292	300*	677	
462	331	374	374	837	
413	286	297	300*	810	
380	275	292	290*	672	
391	270	281	286*	662	
407	253	275	275	661	
325	225	242	255	567	
270	225	244	264	496	
584	319	352	360*	936	
479	286	325	341	821	
496	325	352	352	821	
485	314	325	330*	811	
435	286	303	314	748	
435	275	303	314	738	
391	281	303	314	710	
402	253	281	286*	655	
347	275	286	303	650	
639	369	402	418*	1041	
562	425	426	429*	997	
473	352	396	413	887	
446	319	341	352	799	
440	303	319	336	777	
407	303	325	336	733	
396	319	347	347	716	
391	275	303	319	694	
374	264	297	308	672	
374	275	286	303	650	

**Age group records**

	66.4	336	352	360*	892
Tegra Hill	66.9	281	300	300	749
Tammy Baltz	65.7	330	330	330	
Shelby Corson	75 kg.				
Terry Rohal	74.2	501	534	545	1355*
Angie Ross	71.9	440	440	462	1113
Heidi Carman	75.0	380	410	435	1069
Robin Newell	74.3	363	391	402	1063
Jan Harrell	73.4	330	369	380	1053
Laura Boland	73.6	347	347	374	953
Lauren Jo Wood	73.2	364	381	392	920
82.5 kg.					
Chase	74.1	143			143
192	209	220		457	
683	424	457	457	1140	
639	402	435	451	1091	
611	413	457	485	1069	
633	374	418	451	1052	
606	374	418	429	1036	
451	319	347	374	799	
722	402	435	468*	1190*	
567	424	451	473	1019	
727	413	468	501	1195	
666	407	451	490	1118	
661	396	410	410	1058	
639	374	391	407	1077	
642	374	391	407	1077	
687	374	402	413	1087	
694	501	501	507	1507	

\* American Records

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**Juanita Trujillo**...set herself solidly for this squat attempt. Chaset photo.

Women's Committee Team Selection: Nancy Belliveau-97, Majik Jones-105, Mary Ryan-114, Diana Bona-123, Urry Steenrod-132, Ruthi Shafer-148, Terry Byland-Rohal-160, Juanita Trujillo-181, Lorraine Costanzo-198, Annie McElroy-198 plus. Standby lifters for the year are Cheryl Jones-97, Pamela Booth-105, Cheryl Dreschel-114, Eileen Wade-123, Judy Averbach-132, Susan Springsteen-148, Angie Ross-166, Margaret Barreira-181, Dawn Reshel-198, Cynal Regan-198 plus.

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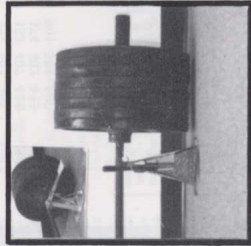
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## Women's Corner

Those of you who missed this year's Nationals missed the most outstanding overall lifting in the history of women's powerlifting. Our sport is beginning to produce top notch competition with rivalries similar to the men's Senior Nationals. I want to mention a few of the people and poundages that impressed me most. Nancy Belliveau of San Francisco astounded us all with a 353 lb. deadlift at a bodyweight of 97 pounds. I met Nancy in September, 1984 while I was doing a seminar in San Francisco. It was apparent that this young lady had that burning desire and really wanted to win. Magic Jones was superb as usual. Mary Ryan continues to amaze all with her strong bench. After coming up just shy of first place the last couple of years, Mary proved that persistence definitely pays off. The 123 lb. class was most impressive for its depth. The top four were all worthy of a world team berth, but Felicia Johnson took the gold. Diana Rowell made it to the top four but a bad cold kept her from competing.

Out of the front it looked like the deadlift meet only knee high. From Diane Franz but world record bench. The deadlift meet was a great one. She is bound for Vienna and another world title shot. It's hard to write about fashion. A very severe back injury (not lifting related) in October nearly ended her career and although none of her competitors knew about it beforehand, her lifting made it obvious that something was wrong. I have it back to a very reliable source that she is in the process of rehabilitating and will be back to world record breaking form soon. She plans to be in Vienna for world title Number Four.

The 165 lb. class introduced a new star to women's powerlifting, Terri Byland. She re-wrote the record books with her controlled lifting. She showed great concentration and style, and has opened the doors to new and untapped grounds for female lifter. She is amazing. Juanita Trujillo could not contain her excitement at finally winning the gold medal. It took several years of struggle and finishing way behind the leaders for her to earn a much deserved spot on the world team. Lorraine Costanzo, at 198, is a new face and anxious to prove herself on a world level. Mavis Sternberg's victory was special for personal reasons as well as for the sport. As I predicted many lifers moved into the 500 lb. range on both sides accordingly. As I predicted many lifers moved into the 500 lb. range on both sides accordingly.

The committee meeting it was the end of a long and hard road. We were on our way to become involved in the political end of the sport. The many who attended with 16 of 30 members present, decided some of the following issues: 1. To again seek autonomy from the rest of the USPF. The main question unanswered in my mind is how women's powerlifting can support itself without the involvement of the men's end. 2. Voted down almost unanimously were items requesting: (1) a teenage Hall of Fame, (2) a separate teenage committee, (3) allowing a teenage committee to decide on the locale of their national championships. It was the opinion of the majority of the committee that teenage women's lifting was not large enough to support a separate entity. Also defeated was a proposal of host a Junior National Championship for women who have not yet won the regular nationals. In my opinion, this would have encouraged the 2nd, 3rd and 4th place finishers to abandon the nationals in hopes of winning a title elsewhere. When women's powerlifting reaches the size of men's, we can rethink this idea.

The agenda item closest to my heart was the proposal to allow all registered female lifers the right to vote for all committee seats with the exception of regional time it was actually up for for two years, but this was the first time it was actually up for. We were also opened for discussion on this matter, lifter after lifter stood up to let the committee know they wanted to be governed by the same thing — we're tired of being here year after year always said basically the same thing. "Several members of the committee joined in to say that they, too, felt it was time for democracy, I did not hear a good reason from anyone as to why all women should not be allowed to participate in the election. When the votes were counted, it was 6 for and 8 against. Many ladies stood up and walked out. Their attitude is one that is becoming prevalent with women's powerlifting today. Why bother to come to the meetings or pay attention to the issues if you cannot do anything about them. They're asking a very good question. Why are some of the committee members afraid to let the majority rule. The only way to force progress and bring about new ideas is through a democratic election of representatives. Let the lifers decide if the committee members really are representing their concerns. That way a group which may appear to be self-serving and out of touch with the athletes can be replaced by the athletes themselves.

A few of mine who is a Supreme Court Justice in Canada flew in to Boston to watch the contest and I had the pleasure of seeing 25 years of legal experience under his belt. He said he had never seen such a thing as a government as governing committee that is not elected by the majority of association members. If perpetuating, etc. Some committee members became quite angry when the committee was labeled self-perpetuating. They felt this was a direct personal attack upon them. It is not. What is being pointed out is that the Women's Committee is elected by the Women's Committee. Whether or not the members continuously vote for themselves or for each other is irrelevant. What is important is the fact that they have the ability and the power to control the governing body of women's powerlifting. Stephanie Whiting, among several others, has assured me of her continued support for this idea. We will make sure it is on next year's agenda along with a challenge to any committee member who opposes it.

Ruth Shafer, Box 5162, Arlington, TX 76011

How many of you have gone into a powerlifting meet and it all comes down to your deadlifts to determine if you place first or fourth? I am sure many of you can answer yes to this question. I do not have THE answer, but I do have a workout that can guarantee you an increase in your deadlift in your next meet.

Before trying this routine you must make a commitment to yourself that you will: A) have a goal, B) be patient, C) never use "con't", and D) "train to win".

Even though I use the sumo style, conventional style deadlifters will also benefit from this as well. I use an eight week training cycle, deadlifting once-per-week. You will increase the weight twenty pounds each week. My reason for this is that you will not over train the back, eight weeks is short and sweet. Thirdly, you will never peak early.

Assuming your max is 500 pounds, you can expect to make an increase of 35 to 40 pounds in eight weeks. Because my starting lifts are

# WORKOUT of the Month

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## 8 Week Deadlift Routine by 1984 World 148 lb. Champion, Dan Austin

Below...Dan Austin, now an Assistant Strength Coach for the University of South Carolina Gamecocks, performing the deadlift in World Championship fashion at the 1984 competition in Dallas where he won the lightweight division over 2 former world champs with lifts of 595 358 639 1592.

**Week 1:** 185x10 235x3 335x1 400x4x2

**Week 2:** 155x10 245x3 340x1 420x4x2

**Week 3:** 155x10 245x3 340x1 440x4x2

**Week 4:** 155x10 255x3 350x1 400x1 460x4x2

**Week 5:** 185x10 255x3 350x1 420x1 480x2x2

**Week 6:** 185x10 255x3 350x1 435x1 500x2x2

**Week 7:** 185x10 275x3 375x1 450x1 520x2x2

**Week 8:** 185x10 275x3 375x1 475x1 540x2x2

**Weeks 5-8 Assistant exercises:** (Heavy) Same exercises as Weeks 1-4, except weeks 5-7 do 3x6 and on week 8 do 2x6.

**Warmup Poundages:** 185x8 255x3 350x1 420x1 475x2

**Contest:** 475 first attempt, 515 second attempt, 535-540 third attempt.

Always stretch before lifting. For grip problem use cupreusine on the wrist for 30 seconds and wrap the wrist tightly.

I feel quotes are an inspiration to any athlete who reads and believes what he or she has read. Each week before training I read a new quotation and use it as my training philosophy to help get me through my workout. It also gives me additional incentive as to "why". Here are two quotes for your inspiration:

"People may doubt what you say, but they will believe what you do."

"Happy are those who dream dreams and are ready to pay the price to make them come true."

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# POWER PROFILE

## Meet the NEW World's Strongest Woman as told by Todd Monroe



**Best Lifter Award** at the 1985 Women's Nationals, belongs to Terry Byland-Rohal, seen in this photograph by Joe Prekop at the Ohio State meet, where Terry, who lifts for Black's Health World, was helping Todd put on the meet.

Who is Terry Byland-Rohal, who skyrocketed to the top of women's powerlifting off her 534 270 551 1355 performance at 165 at the Women's Nationals in Boston? One person who knows her well is training partner Todd Monroe of Ravenna, Ohio, who knew she was exceptional from the very beginning.

First and foremost, Terry is a great athlete. At Crestwood High School in Ohio, she was 1978 state discus champion, but throwing was not her only talent. At 160 pounds, she also qualified for the state finals as a sprinter, according to Todd, and had great jumping ability as well. Her athletic talents landed her one of the first, if not the first, full ride four year track scholarships for a woman at a school (Kent State University) in the Mid America Conference. During her college years, she was M.A.C. indoor and outdoor shotput champion, establishing a school record in the event, and doing likewise in the discus. She qualified for the NCAA Championships in the discus, and was ranked 10th in the nation among american throwers. She was also ranked 5th in the nation in the triple throw (shot/discus/javelin). In between time, she was also a fine volleyball player at Kent State.

Todd graduated from Crestwood and Kent State before Terry arrived, but he knew of her through his work as weight room coordinator at Kent State. When he saw her doing front squats with 225, with no wraps or belt, during her first year at Kent, that's when he knew she was something special. She did no powerlifting during her collegiate days, but did lift to enhance her track performances. After graduation, she decided that she wanted to excel in powerlifting, a mere 2 years ago.

In April of 1983, she won the 165 pound title at the first Ohio State Women's Championship, weighing a light 153, with lifts of 374 154 358 887, with all but the deadlift being state records. Her next big competition was at the Mountaineer Open in November of 1983, where she made the move down to 148 and set meet records of 352 in the squat, 380 in the deadlift and 876 in the total. From there, it was on to the 1984 Women's Nationals in Austin, Texas.

At the Nationals, she improved to 385 (missing 402) in the squat and made 154 (missing 159) in the

**"...when he saw her doing front squats with 225, with no wraps or belt, during her first year at Kent, that's when he knew she was something special...."**

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

pressures of national competition. She has learned to appreciate the value of proper technique as a result of her success in the throwing events. She is used to the rigors of traveling to compete, as she traversed widely during her collegiate days. The main thing is that "she had her head in the right place" the whole time.

Training, as she does, with seasoned national competitors like Todd himself helped Terry avoid some of the obstacles that often befell women in this sport, but Todd is quick to point out that her relationship with her workout partners is not like many, where the males dictate what is to be done. Terry is a very intelligent person, who has assimilated much in the time she has been powerlifting. She takes in whatever information is available, and determines her own training routine.

Todd says she's the best training partner he's ever had, and she helps him, hands off and coaches him at meets just as he does for her.

Lately, Terry's schedule has been full with her job as a store manager for Taco Bell, where she's worked since her college days, and a recent interview and photo session with LADY ATHLETE magazine, and some news and talk show interviews on Cleveland area television stations. Surprisingly, her workouts don't take up much time. She works out 3 days a week, squatting heavy and benching light on Saturdays, deadlifting on Mondays, and benching heavy on Wednesdays. Hers is a simple routine, but one that has worked for many lifters, emphasizing mainly the lifts themselves. As far as assistance goes, most of Terry's work hits the upper body, and she'll do dumbbell presses and inclines in addition to benching. One of her most amazing achievements has been the improvement of her bench press from 154 to 270, with one year between the national championships in which she made those lifts. One specialized exercise that Louie Simmons came up with which has helped her bench has been pushups down to a bar, with her feet up on a bench, with weights on her back, and she has handled as much as 90 pounds on her back for 5 reps in this manner. The training cycle involves 4 weeks of lifts, 4 weeks of triples, and a week of doubles and singles, for all 3 lifts.

After watching her close attempts at 545 in the squat and 562 in the deadlift at the Women's Nationals, Todd honestly feels that Terry can do as much as 600 300 600, and he adds that "I know that adds up to 1500", as shocking as that figure sounds. He once felt that Terry would have to go 181 to make those lifts, but after this last cycle, he's not sure anymore. What is sure is that Terry Byland-Rohal will have much attention focused on her at the Women's Worlds and beyond.

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# POWER PROFILE

## Casey at the Bench May the Real KING Live Forever! First of a 2 part series by Jeff Everson

It's 6:00 AM, but it's already starting to warm up in California's high desert. A big man, with powerful shoulders and arms, is up and about on his ranch property on the fringe of the Lucerne Valley. There's work to be done. After all, life doesn't open wait for a man who prefers to spend his winters holed up inside somewhere or minds his summers sitting, sweat-soaked, sipping lemonade in front of a noisy fan. No sir, if you think that, life's sure to pass you by.

Pat Casey found out as much years ago. Born into the lower middle class in the bowls of southwest L.A., Pat hardly knew his dad; but his mom, now that was a different story altogether. Mrs. Casey was a stubborn kind, something right out of an old Irish working class tale, she was. Beddingly, she took to raising young Patrick right, straight and narrow, stressing those good Irish virtues of forthrightness, honesty, and love for purposeful labor. Oh, did young Pat love labor. For the last 45 years, he has kept his Irish eyes open and remembered those pearls of wisdom from his mother, who was as much a saint to him as Nixon's mother was to the former President.

Growing up in the type of turbulent neighborhood where Tina Turner's description of "rough" was certainly apropos. Pat found out that success was determined less by who you ran with and more by your long term vision. Our young, impressionable Patrick turned out no different than dozens of others who overcompensate in the face of hoodlum mania. As long ago as age 12, Pat remembers the terrifying local toughs, the bullies who always seemed regularly beaten about by their fathers, if they had one at all. Yeah, the guys with chips on their shoulders larger than the solidified remains of the biggest, baddest cow in the stockyard. You know the ones, the James Dean types.

Somehow, our boy persevered and pulled through with his ego intact. In fact, at George Washington High School, Pat did all the things normal boys did, especially dreaming of being a pro football star. At 14, he would be Bronco Nagurski took to the weights, just like any other puny 135 pound freshman. At that juncture, the similarities ended because while the other guys merely used the barbells, Casey became seduced and enthralled by the sound and smell of the cold steel, by the invigorating power the iron produced. As a thirsty mosquito stalking some one's sweat on a steamy evening, Pat took to the barbells, and when it came to the bench press...well, that was a special sort of attraction!

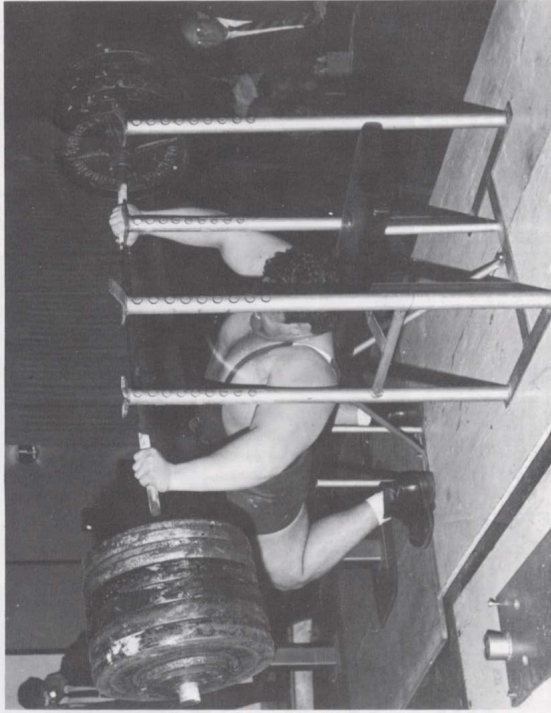
Yes, brothers and sisters, you can talk and talk all you want, but when it comes to heaving prodigious benches, there is but one king. One man stands alone as the greatest

Ferraro. That was the end of bodybuilding.

By this time, Casey's five sets of five had become more like ten sets of five as he continued to train like a man possessed. At the same time, he intensified his training, left the familiarity of high school, and ventured into the real world. The first upright thing to do was take a job. As his mom used to say to him, "Got to get a job, Pat. It'll keep you out of trouble." So he did, and it did. Actually, Pat was less concerned about staying out of trouble than figuring out a plausible way to afford a dairy cow, because that's what he really needed. Milk was still the thing in those days.

Pat labored as a shipping clerk and even fell in love (not with the bench, he set himself to the task of becoming the strongest entrepreneur in all of L.A. He bought a juice bar at what had by now become Bill Pearl's Gym. He worked himself into being a distributor of a delectable variety of weight gain protein powder, known as MUSCLE-ON. The old story of eating up all the profits proved true, as Pat dispensed most of the nutritious stuff to his bulbous peckerotals. A year later he had taken to managing a gym in Bellflower, California (yes, the same home of

**The Barrier Broken...** Pat Casey made this 615 at a meet in San Diego, California in May of 1967. Photos courtesy Leo Stern-Pat Casey.



that other famous California fisherman, Jerry Quarry). He was thinking of opening a second gym in Norwalk as visions of Jack LaLanne danced in his head. After another year had passed, he decided to give away the MUSCLE-ON rights (a move he later regretted), and move to Norwalk, setting himself up in training and business there.

Pat was now 25, and all this time his bench press had been cascading forward. Before he turned 20, he benched 500 (the first teen to do so legally). That took place in 1959 when he weighed all of 238 pounds. This still remains an almost impossibly feat, especially for a man 73 inches tall and clean as Mr. Clean himself.

Since Pat's chest was his own bomb shelter, he survived the Cuban missile crisis of October, 1962 with many a concern. He and good friend, Steve Marjanian, didn't have time to worry about some Russians in Cuba. They left that for the Kennedys. By 1964, in a training session with Marjanian, Pat had benched 600 pounds at a new bodyweight of 287 pounds. Marjanian traveled 60 miles each day just to sit Pat in the bench. True friendship!

Pat still owned Norwalk Gym, but was about to let go and join the Police force in Seal Beach, California. Besides, he saw the better part of his training at Bill West's in famous Westside Barbell Club, with guys like Peanuts, George Frenn, Len Igro and other early old lift greats.

Even though Pat got the 600 by 1964, it took him nearly two more years to do the bigger officially. Shortly after getting into the gym, he suffered an excruciatingly painful injury to one of his pectoral muscles. It was a pain he still feels today. He was doing an old exercise favorite, parallel dips with weight added. In this case, he had 375 pounds strapped around his belly, which, with the addition of his 300 plus bodyweight, meant he was lifting nearly 700 pounds (the Eder influence, you see). Succumbing to some friendly gym taunts (why anyone would want to taunt Casey is beyond me) to go lower in his dips, Pat did. He still remembers the sickening sound of his flesh tearing as he did. The injury set him back 2 years.

Circa 1966, Leo Stern was a big promoter of bodybuilding and strength in the San Diego area. Seeing the phenomenal growth of Powerlifting between the years of 1964-1966, Stern decided to get into the act in a big way and promote a contest of the giants. Competition would be on an invitational basis, so it would include only the best and would cut across several weight classes.

The bombers flew in for the heavyweight class. The giant Texan, Terry Todd, had defeated Gene Robinson for the National Powerlifting title. He was undefeated and Stern saw fit to bring him to the West Coast to do battle with Pat. Casey was undefeated too, with the only problem being he had yet to prove himself against anyone, whereas

squat and a 640-pound deadlift, with a close miss at 675 pounds, even though his sciatic nerve always bothered him (Pat never did get in good deadlift training and besides, good benchers are seldom great in the deadlift). When he did this, Pat became the first man to officially squat with 800 pounds, just as he was the first to officially bench 600 pounds and total 2000 pounds! His total of 2035 was considered the world record.

Still, he wasn't finished. With his bodyweight approaching 330 pounds, Pat nailed down a 615 pound bench in June of 1967. In training, Pat did a touch and go bench in extremely strict style with 635 pounds. Later, he competed in the L.A. Powerlifting Championships. His bench attempts, finishing with a ridiculously easy 620 pounds. He figured he was so strong that day that he could have doubled the weight. Pat asked for a fourth attempt, but in those days such things were unheard of.

In the squat, Pat made a strong 755 pounds and also blazed through with an 825 pound squat, but got two reds. Undaunted, he pulled an easy 630 pound deadlift with no training on it at all because of his old sciatic nerve injury. Had he been credited with the big 2100 pounds, he would have totaled the big 2100 pounds, unheard of in those days. Pat's best official lifts total 2075 pounds, whereas unofficially he went 2115 via 635 805 675. It is conceivable if Pat had stayed with it for another six



**Counting the Historic Weight...** Pat monitors the massive bench tally.

Todd had. Reputations were clearly on the line. The gym rats were at it again, taunting Pat that he would surely meet his match when the Texas Tomado came to town. Pat was training in a frenzy, but suffered a bad back strain only two weeks before the meet. He couldn't back down at this point, so for the last few weeks he rested and sat in hot whirlpool baths instead of training.

The animals emerged, full force. George Frenn was on hand to squat 600 pounds with an ankle to knee leg cast on! Terry put up a 480 pound bench and Pat responded with a record 590 pounds (in those days, the bench press was done first). Pat was worried about the squat. He had done 725 pounds in the gym before he hurt his back, and he expected Todd to be good for close to 700 pounds, if not more. Todd proved true to his buildup and pounded up a big 680. Pat caught fire and blasted out an immense lift of 775 pounds, another record. With the contest no longer in doubt, Pat pulled a light 600 pound deadlift. Before the contest, he actually had designs on a 700 effort, but discretion was the better part of valor in the Sixties too.

Meanwhile, Todd figured he would show the upstart a thing or two anyway, and deadlifted an easy 740 pounds. He then made a quick calculation that showed he was only 65 pounds behind Pat. Realizing he couldn't get the 800 plus he needed with his short-fingered grip problems, he opted to try the load with straps. To let the crowd know the power was there, Terry pulled the big 804 pounds to his knees, but could not straighten out with the load. Casey had won! Pat, the gentleman he is, promised Todd a rematch at a later National Championship, but it never came off. Pat still regrets that he did not give Todd another shot at him.

Casey moved on. In a later meet in 1966, he lifted 580 pounds in the bench, but made an 805 pounds

months that he could have hit a 600 pound bench, 840 squat and 700 pound deadlift for 2170 in 1967! That would be with a full 2 second pause on the bench and without knee wraps, a light suit, or those famous super-supplements so popular on the local corner these days.

Pat had always been concerned with his health and by now his blood pressure was higher than Witt Chamberlain's head. The day after his 620 bench, Pat started his diet. After all, Todd was gassing out of the limelight. Gene Robinson had decided to use his PhD to make some money, and Pat wanted to be able to see his feet again. Furthermore, although Bob Weaver was heaving in some big totals, no one was around in Casey's bench league (although Stan Holland was claiming 580 in the gym). He began to see something else: steroids, and he didn't like it.

So, the big man did what any logical man would do. The day after his bench, he went to the local track by himself. He started running, but barely finished one quarter mile. One year later to the day, some 100 pounds lighter and with a waistline 15 inches slimmer, Pat ran a mile in 6 minutes, 17 seconds. His blood pressure was normal. Pat Casey would never bench heavy again!

**NEXT MONTH: The Training of the Best Ever Benchner.** Why Casey Pat's Opinions on the Champs of Yesterday and of Today; Anecdotes that'll split your seams; His Thoughts on Drugs; Who Pat Votes for as the Strongest Man Who Ever Lived!

## The 550 lb. Bench Press Club All Time Best Performances compiled by Herb Glossbrenner

Yr.-Lifter	Wt.	Lift
81-Ponzi, S	242	565.0
73-White, J	SH	562.1
81-Kidney, J	SH	562.1
82-Brock, E	SH	562.1
84-Manders, C	SH	562.1
84-Manders, C	SH	562.1
78-Riley, E	SH	560.0
83-Aprahamian, G	SH	560.0
84-Carini, J	SH	560.0
83-Bosacky, B	SH	556.6
84-Everson, J	SH	556.6
84-Ladnier, J	SH	555.0
74-Morgan, M	SH	555.0
75-Philp, J	SH	555.0
84-Punn, B	SH	555.0
84-Punn, B	SH	555.0
84-Rauder, B	SH	555.0
84-Mosley, D	SH	555.0
82-Stenacker, R	SH	551.1
82-Martin, J	SH	551.1
83-Gallo, J	SH	551.1
83-Welch, M	SH	551.1
84-Mattison, K	SH	551.1
69-Veller, T	SH	550.0
76-Pringle, C	SH	550.0
73-Reddy, K	SH	550.0
82-MCCoy, D	SH	550.0
83-Barbee, D	SH	550.0
83-Barbee, D	SH	550.0
84-Benley, T	SH	550.0
84-Armold, D	SH	550.0
84-Hecher, G	SH	550.0
84-Maddy, J	SH	550.0
84-Lindberg	SH	606.3

74 performances by lifters of 7 nations: USA-65, Sweden-3, Canada-2, 1 each Britain, Finland, Italy, Tonga.

## Question & Answer

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

**Dear Roger:** I am having a great problem with my lower back. I injured my back about 3 months ago and have been in total hell since. I have tried nearly everything for it: physical therapy, medical doctor, chiropractor, and Bill Stern's personal way of curing injuries (which consists of doing deadlifts 7 days in a row, 25 reps). My latest advice is from my chiropractor, who tells me to stop lifting completely, for a while. I did and I feel bad. Is that the answer? What really stinks is when I hurt my back doing box deadlifts, I was getting ready for a teenage competition, and the last teenage contest I can enter before I turn 20 is soon. Please give me some advice on what to do, continue lifting and hurting my back? Keep going to the chiropractor, which isn't yet helping? Go crazy from not lifting? Sincerely, **Mark Clemente**

**Dear Mark:** I would recommend that you follow your chiropractor's advice and look for another physician in sports medicine. I know that your back injury is very painful and you are excited about lifting but you are still very young with many years ahead of you. If you continue to train while in pain you are not going to make any progress and are also risking further injury, which could end your lifting career early. If you take a few months off until the pain is gone, then make a gradual comeback. I'm sure you'll recover. I had to take 6 months off from squatting and deadlifting due to a back injury, but I came back to win the National Championship and set a few world records. There are also many other great lifters I know who have had back surgery and had to take off as much as 18 months. They who came back and were also very successful. I would recommend that during your layoff you train your upper body and try to improve your bench press as much as possible. When your back heals, you'll be able to start your power program again. Believe me, you'll come back stronger than ever when you're out of pain. Best wishes, **Roger Estep**

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Dec/1981...1981 World Championship report, Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.)  
Apr/1982...Women's National Championships, Drugs in Powerlifting, The All Time 2000 Total Club, Larry Pacifico Reminiscs, Top 100 220s  
Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, TOP 100 242s,  
May/1983...Hawaii International, National Collegiates, Mike MacDonald, Bench Routine, Kevin Fisher, Isokinetics, Retiree Directory, TOP 275s  
Jun/1983...Women's Worlds, Judd Bissotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800  
Jul/1983...Bill West - Pioneer of Powerlifting, TOP 100 Superes,  
Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift Club, Quad Tears, Jim Kouse Bench routine, Top 100 123ers.  
Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Ab-breviated Training Cycle, Ruti Shaler's Women's Corner, TOP 100 132s,  
Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benching Routines, All Time 2,000 total lifting, Pan Am Testing Impact, Injuries by Dr. Tom McLaughlin, Top 100 148s.

Jan/84...the debut issue of the NEW Powerlifting USA!, 1983 World Powerlifting Championships, National Masters meet, I.O.C. Banned Drug list, Injury Warnings, Police/Firefighters Nationals, TOP 100 181s.  
Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing the Chest and Lats by Dr. Tom McLaughlin, Callout, How Much Do You Need?, Mental Rehearsal, TOP 100 242s  
May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Consumer Guide for Exercises, Retiree's Corner, TOP 100 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFFA Top 20 181s, TOP 100 SHWs.  
Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Profile, Masters Records list, TOP 100 114s, First Meet Impressions.

Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arcidi, Are Anabolics Athrogenic?, the New Masters Formula, ADFFA Collegiates, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwick Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20.  
Nov/84...Gene Bell Profile, Mike MacDonald and Jim Williams talk about the World's Greatest Benchers, Dave Waddington squat routine, Rounds System Review, Dave Miller Profile, Shoulder Injuries, Meditation, Forced Reps, TOP 100 165s, Drug Free Top 20 Superheavyweights.

Dec/84...World Juniors/Masters Championships, National Masters Championships, Mathematics of Powerlifting, Bench Press Bar Path, Cyr Strong Man Contest, Jim Cash Bench Press Routine, TOP 100 181s, Drug Free Top 20 Flyweights, Ken Leistner on Heavy Training capability.

Feb/85...Are Steroids Worth It?, John Topoglogou Profile, Your First Contest, Ed Coan Squat Workout of the Month, Bob Carlson Profile, John Kuc on Mental Adjustments for drug free training, Arching, Bridging, and Bouncing the Bench Press, Deadlift Assistance Exercises, TOP 100 220s, ADFFA TOP 20 Featherweights, Strongest Woman in Powerlifting.  
Mar/85...Paul Dick's Profile and Workout of the Month, The Steroid Way of Knowledge, Optimum Bodyweight, Wayne Bouvier Tribute, Women's TOP 20 list on IPF, Rule Update, Women's Records List, Hormonal Manipulation, Female Training Guidelines, TOP 100 242s, ADFFA TOP 20 Lightweight, Katie Sandhina - Strongest Woman of Modern Times.

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## The Round System...by Bob Packer

The 'Round System' was adopted by the 1984 IPF Congress in Dallas, Texas on a one year experimental basis. This was done to allow national federations and meet organizers a chance to use the Round system and its many possible variations and then report back to the IPF Technical Committee so that a final proposal can be drawn up before the 1985 IPF Congress in Finland. By doing this it is hoped that a final proposal with all possible problems solved can be adopted by the IPF Congress. It is therefore necessary that all national federations and meet organizers report back to the IPF Technical Committee with any problems, suggestions, or solutions. It is from this information that a final proposal will be drawn up.

Below is then a basic outline of the Round system. National Federations and Meet Organizers may use any variations which fit into this general outline. 1. In the Round System, each lifter will take his first attempt in the first round. The lifter will take his second and third attempts in their respective rounds, even though any of these may have been unsuccessful in previous rounds. If during a round a lifter misses an attempt due to a mislaid bar or a spotter error, the lifter will be granted another attempt at the same weight at the end of the current round.

1. The bar may be loaded on a progressive basis during a round from lightest to heaviest or the variation in the example below may be used:

Round 1	Round 2	Round 3
1. 100kg	1. 115kg	1. 122.5kg
2. 125kg	2. 115kg	2. 122.5kg
3. 140kg	3. 150kg	3. 147.5kg
4. 150kg	4. 160kg	4. 162.5kg

2. Lifting order to be determined by weight on the bar and lot numbers. Refer to Order of Competition item 6.  
3. Each lifter will be required to give their starting weights for all three lifts at the weigh in. Thereafter the lifter must submit his next round attempt to the Marshall/Expeditor one minute after completing his current attempt. Submitted weight may be changed by the lifter one time per round, with the exception of the third round of the deadlift, where two weight changes will be allowed, provided that the lifters name hasn't been called already for the currently submitted weight. If no weight is submitted before the one minute time has expired, the lifter forfeits his next round attempt.

4. If there are more than 15 lifters competing in a session or weight class the lifters will be divided into groups for their respective rounds.  
a. Groupings will be determined by starting attempts given at the weigh in.  
1. Example:

Group A (8 lifters)	Group B (9 lifters)
Round 1	Round 1
Round 2	Round 2
Round 3	Round 3

5. If a single group is lifting in a Round a break of 10-15 minutes for adequate warmup and organization time should be taken. If two or more groups are lifting on a single platform, no break time is necessary to keep the competition going.

6. The 'Round System' may be used at National, or local level competition, or the standard progressive loading system.

Bob Packer, 2512 E Lansing, Fresno, CA 93726 will be happy to answer questions on this system. (209-227-8588).

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**Corrections** Fred Demowitz should have been credited with a 475 bench on the TOP 100 242 list in last month's issue. Brenda Owens should have been credited with 350/150/570/870 at 148 on the Man Contest in December 20, and Christine Swenson's 231 bench at the Iron Man Contest in December should have been noted on the TOP 20 Women's 198 class compilation.

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Pre-Meet Training Guidelines

by Stephen P. Ferris PhD and Arthur B. Fox, B.A.

Proper training during the weeks immediately preceding a meet is essential if the lifter is to attain his prelifting goals. Unfortunately, however, the novice may find himself confused about training principles during the critical month prior to the meet. In part, this confusion may be attributable to differences in training philosophies that exist within the sport. Some lifters contend that gains can be made right up to the meet date, while others believe that a sort of taper workout with a number of heavy singles. A contrary philosophy argues that training should be tapered and reduced in volume (i.e., the poundage lifted) as the meet date approaches. The authors feel that this second approach is especially appropriate for the novice lifter since it reduces the chance for injury, provides greater opportunity for workout recovery and helps to eliminate mental stresses from overtraining. Another source of confusion to the novice lifter during this last month is cycling. If the lifter is following any of the popularly used cycles, his training is pre-determined, but as Kuc (PL USA, Feb/1985) among others have noted, cycles tend to break down for drug free lifters. For the novice lifter, his failure to meet the weight requirements for the week may cause confusion and doubt about his approach.

The authors assume that the lifter is close to his desired meet weight. If severe weight loss is anticipated during the four weeks preceding the meet, the following guidelines will need to be modified in accord with the strength loss that accompanies any major reduction in body mass (see this column, July 1983, for a discussion of weight loss principles).

During the fourth and third week before competition the lifter should reduce the number of sets and increase the poundage lifted in each set. Heavy doubles and max singles should be avoided during this time in favor of heavy triples. This will allow the lifter to obtain a better estimate of his true strength. Multiple sets indicate the lifter's level of muscular endurance rather than power. The lifter should also pay closer attention to form during execution, especially in the squat. The lifter needs to focus on heavy but clean triples of the three lifts. If not already begun, by the fourth week prior to the meet the lifter should wear the suit, wraps and belt he will use in the meet. The lifter should avoid excessive mental pre-occupation with the meet since it will only adversely impact his training workout.

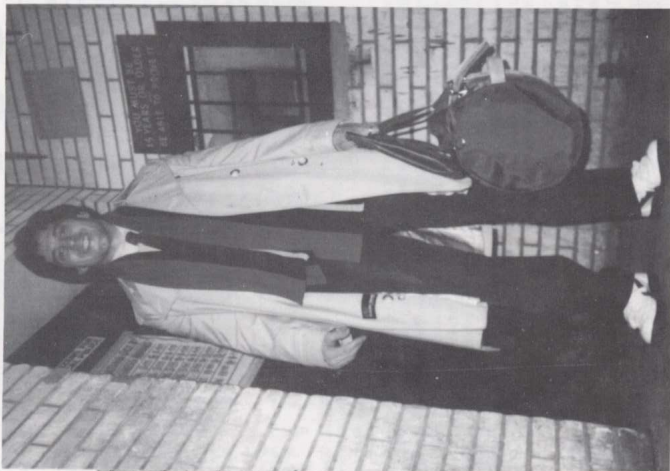
During the heavy workout (which the authors recommend only weekly) fourteen days before competition, the lifter should concentrate on heavy doubles with a marginal increase in weight. At this time, the lifter should begin thinking about his meet attempts. General guidelines are as follows: the weight you can properly lift for 5 reps should serve as your opening attempt. Your second attempt is a weight you can properly triple with. The last lift is what you have been doubling with in training. This is especially true in the squat and bench unless you have been training extremely strict. A double in training will usually equate to a single at a meet (we are assuming this is the lifters first meet). The deadlift, on the other hand, may be 20-40 pounds over your best double in training. Only experience will help in determining your max in a meet, but if you feel strong and the meet has your adrenalin flowing, you may want to add 10 pounds or so to your best double. Approximately ten days before competition, you should do your last heavy deadlifts. This is in recognition that the back, on the average, requires greater recovery time than the body's other muscle groups.

By the last week before competition, the lifter should have eliminated all assistance exercises from his training. During the heavy workout seven days prior to the meet, the lifter should focus on heavy doubles. All the equipment to be used in the meet should be worn to make his workout duplicate meet conditions. If possible, the lifter should schedule his workout at the same time as the meet. If the lifter trains three times a week, he now has two workouts remaining. His next session should again be heavy doubles, but with only 75-80 percent of his opening attempt. This insures that the lifter continues to train with heavy weight, but is gaining additional recovery time. The last workout prior to a meet should consist of five reps of about 50 per cent of your opening attempt. This workout is a sort of muscle memory training session, keeping the lifter limber and in his groove for the squat and bench. Assuming a Saturday meet, this workout should be done on Wednesday evening or Thursday morning, depending on time allotments. This should allow for a maximum reserve of energy.

These guidelines for pre-meet training have proven successful for the author as well as a number of lifters at the authors' local gym: The Golden Triangle Health Club in Tarentum, PA. We feel that these suggestions, appropriately modified for individual differences should prove valuable to other novices.



# More From Ken Leistner



Dr. Ken at the entrance to Zim's Gym in Ridgewood, NY. Photo by Kathy.

Powerlifters often confuse me. Common sense would dictate that most lifters would like to compete in the safest, best run meets possible and that it would be simple to secure the cooperation of those responsible for providing this for the lifters. I've always taken a strong stance that the meets are for the benefit of the lifters and everything must be done to insure their enjoyment and safety. If you're old (like me) and remember early competitions, you know how far we've come. People like Pacifico and Pettit run great meets, in part because they had to compete when meets were horrid affairs. I can remember warming up at a major meet where only one bar was available backstage. I remember a meet in San Diego where they used a wooden bench with a thin layer of foam padding on the bare board. The foam would slip off and it looked as if the bench would sag and break under the weight of the lifter and bar. Sparse attendance at the local high school gym or YMCA basement were the typical scene and no one really liked it, but it was the only show in town.

The Seniors and World meets that have been run in the past few years are many strides above the early fiascos. When lifters complain that 'this electrolyte drink isn't cold enough' or 'there are only four warmup platforms back here', I laugh and remember the times where we'd have to urinate behind the meet building because the bathrooms were too small to allow everyone to relieve themselves in time for the start of the lifting.

A major step in making the competitions 'better' for everyone involved has come as a result of the work done by Dr. Richard Herrick and his wife Stella. Dick has fought to insure that every national level provide certain minimum facilities so that proper attention can be given to any injured or ill lifter. You would think that this type of thing would not take major legislation, but it has. Thankfully, Dr. Conrad Cotter has been very receptive to the idea of providing excellent medical care at meets and the powers that be have more than willing to see that certain provisions have been written into the rules and regulations insuring that meet directors meet the criteria set forth by the Medical Committee. At all times remember that all of this serves one purpose: to provide a safe lifting atmosphere for the competitor. We do not benefit financially from this. All medical/Chiropractic personnel pay their own room fees. Those of us who travel to the various meets do so on our own expense and because we all have a true interest in benefiting the sport and the athletes. Money is sacrificed not only for travel expenses, but for time lost from other daily activities. We often do not see most of the lifting because we're too busy treating injured lifters in the backstage area. Although most lifters are appreciative, we all live with the fact that many never even bother to say 'thank you'. In many ways it is thankless and we get little more than

dividuals that were contacted by the meet directors did not, to my knowledge, attempt to meet the requirements that have been in effect for some time and one practitioner stated in a letter to me that he did not offer CPR or other emergency treatment, a necessary requirement we feel, if one is to treat lifters at a national level meet.

I have been informed that one practitioner invited nine other Chiropractors to a national meet so that they could "treat" injured athletes. At least one of these individuals was not yet licensed to practice her profession and had never, according to her own admission, treated an injured athlete. Can you, as a lifter, imagine entrusting your well being, after sustaining an injury at a meet, to one who did not know had met certain requirements set forth by those familiar with the sport and the injuries one is likely to receive while competing? It is important that every athlete know that the care provided for them by the USPF is of the highest quality possible and the refusal of the meet directors to communicate consistently and in a timely manner with the committee can create a possible dangerous situation for the lifters.

You the athlete, should insist upon the best health care possible at every meet. The only way to insure this is to speak out and speak up when decisions are made regarding meet bid selections. If I was a lifter who was good enough to compete in a national meet, I would insist that only those practitioners who met the requirements of the Medical Committee be allowed to treat my injuries. All of them have been screened and observed as they treated athletes at various other meets. I would not pay my entry fee until I knew this. After all, who is the recipient of the benefits of the medical and Chiropractic care Dr. Herrick is trying to provide? This recent incident points up the potential difficulties that exist in trying to best protect the lifters and it may be only the lifters who can prevent a recurrence.

I have received a tremendous amount of mail in response to my comments on 'The World's Greatest Bench Presser'. Next month, I'll give you comments from some of the best bench pressers of all time.

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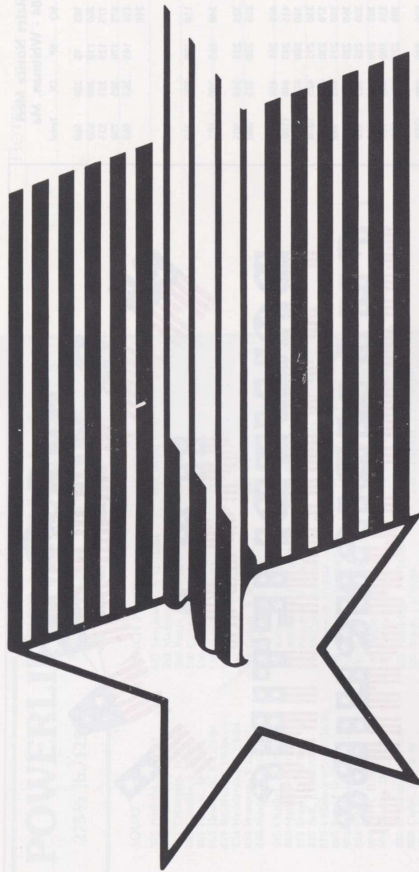
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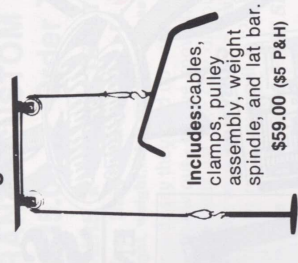
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### Missouri State Meet

8-9 Dec 84 (kilos) St. Louis, MO

Women's Division	SQ	BP	DL	Total
M. Stryker	92.5*	115*	135*	342.5*
M. Frazier	101	125	145	371
J. Lewis	111	135	155	401
D. Hill	115	145	165	425
Marc Neely	115	145	165	425
Jay Dech	115	145	165	425
Marvin Bolen	250	300	350	900
Kevin Ingram	205	250	300	755
Dan Strangers	217.5	270	320	807.5
Ken McKeown	195	230	280	705
D. DeBlasio	150	180	220	550
Randy Hill	110	140	170	420
B. Corum	125	150	195	470
J. Rosciglione	307.5*	360*	420*	1087.5*
Alex DeLoach	212.5	270	330	812.5
Louis Bolander	172.5	210	255	637.5
Brad Huford	95	112.5	135	342.5
181 Effers				
Billy Moran	250	300	350	900
Gary Thomas	232.5	285	335	852.5
Robert Sullivan	182.5	220	275	677.5
198				
Mark Sliniski	272.5	330	390	992.5
Mike Paluta	300	360	420	1080
220				
Tracy Mitchell	297.5	360	420	1077.5
Norm Cantwell				
James Wright				
Jay Dech	317.5	390	450	1157.5
Mike Houston	300	360	420	1080
27				
Bill Davis	347.5*	420*	500*	1267.5*
Ed Zimmerman	300	360	420	1080
Andy Trazier	197.5	240	295	632.5
28				
Joe Kammerer	210	255	310	775

\* State Record, 1-ounce State Record. Despite heavy rain, the 1984 Missouri State Meet was a championship quality meet. It was a great day for the fans, and for the athletes. The women's division was particularly strong, with many athletes setting new state records. The men's division was also competitive, with several athletes performing at a high level. The meet was well-organized and provided a great opportunity for athletes to test their skills against their peers.

### Wichita Open

1/19/85 - Wichita, KS (kilos)

OPEN DIV BENCH	SQ	BP	DL	Total
H. Miller	115	145	175	435
C. Augustin	102.5	130	160	392.5
D. Longch	142.5	175	210	527.5
C. Sigman	135	165	200	500
K. Walters	122.5	150	185	457.5
150				
J. Adams	142.5	175	210	527.5
140				
I. Palfy	132.5	165	200	497.5
200				
R. Kinnaman	175	215	260	650
180				
V. Hummel	182.5	225	275	685
180				
D. Boloker	182.5	225	275	685
180				
I. Walker	160	200	240	600
180				
J. Curtis	160	200	240	600
200				
A. Cover	192.5	235	285	712.5
180				
J. Bock	180	220	270	670
242				
180				
I. Miro	170	210	255	635
275				
J. A. Ford	220	270	325	815
200				
C. Knapp	205	255	310	770
200				
H. Esperson	237.5	290	345	872.5
N. McCarthy	165	205	250	620
150				
132				
C. Augustin	115	145	175	435
100				
C. Augustin	102.5	130	160	392.5
100				
J. Gold	137.5	170	205	512.5
100				
E. Kerber	115	145	175	435
100				
K. Walters	102.5	130	160	392.5
B. Williams	97.5	125	155	377.5
100				
P. Balhazar	95	120	145	360
100				
B. Elliot	77.5	100	120	297.5
100				
I. Palfy	132.5	165	200	497.5
B. Gords	127.5	160	195	482.5
D. Thimmesch	120	150	180	450
200				
D. Thimmesch	120	150	180	450

Thanks to all who helped: Thanks to B. L. Corum for report and Don Kerler for results. Thanks to Richard Peters for results.

### S.E. Kansas Open

1/12/85 - Pittsburg, KS (kilos)

SQ	BP	DL	Total
245	285	340	870
200	240	290	730
182.5	220	270	672.5
182.5	220	270	672.5
162.5	200	245	607.5
150	180	225	555
150	180	225	555
150	180	225	555
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5
137.5	165	200	502.5

Thanks to Richard Peters for results.

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 Spin lock collars (chrome) pr. 35.00  
 Machined steel collars pr. 35.00

**OLY. SETS (choice of Oly. bar)**

300# second grade 225.00  
 400# second grade 265.00  
 500# second grade 305.00  
 300# first grade 255.00  
 400# first grade 305.00  
 500# first grade 355.00

**OLY. PLATES**

Second grade plates per lb. 45  
 Discount—1c less per lb for each 1000 lbs. up to 10,000 lbs.

**OLY. DUMBBELL HANDLE WITH COLLARS**

Without collars pr. 40.00  
 Machined collars for above pr. 12.00

**OLY. EZ CURL BAR**

each 50.00  
 30.00

**PRO GYM DUMBBELL SETS**

(with plated handles and flat plates)  
 SET of 5# to 100# by 5# 1240.00  
 SET of 5# to 125# by 5# 1750.00  
 SET of 5# to 150# by 5# 2200.00  
 SET of 5# to 175# by 5# 2750.00

**SOLID CAST DUMBBELLS**

Hexagon with knurled handles per lb. 60  
 (3 1/4"-8 1/4"-12 1/4"-15 1/4"-20 1/4"-25 1/4"-30 1/4"-35 1/4"-40 1/4"-45 1/4"-50 1/4"-55 1/4"-60 1/4"-65 1/4"-70 1/4"-75 1/4"-80 1/4"-85 1/4"-90 1/4"-95)  
 Discount—1c less per lb for each 500 lbs.

## Power Place Products Inc.

839 MAIN ST., LAFAYETTE, IN 47901 (317) 742-8023

**4-1 A-T-S \$68**

Model No. (1 standard front width, 2nd digit # of layers)  
 2 1 \$25 A Double prong buckle - NC  
 2 2 \$25 B Single prong buckle - NC  
 3 1 \$60 C Style stitching 3  
 3 2 \$60 D Style stitching 3  
 3 3 \$60 E Style stitching 3  
 3 4 \$60 F Style stitching 3  
 3 5 \$60 G Style stitching 3  
 3 6 \$60 H Style stitching 3  
 3 7 \$60 I Style stitching 3  
 3 8 \$60 J Style stitching 3  
 3 9 \$60 K Style stitching 3  
 3 0 \$60 L Style stitching 3  
 Dnt Belt \$30  
 S. Synthetic leather \$15  
 G. G.O.P.P. repair \$10

**4-2 A-T-S \$59**

Colors of Suede: black, navy blue, royal blue, light blue, maroon, dark green, light green, dark brown, medium brown, light brown, tan, red, grey, gold, silver.

Style Stitching 1 - One row of stitching around edge of belt.

Style Stitching 2 - One row of stitching around edge of belt.

Style Stitching 3 - One row of stitching around edge of belt.

5% Discount for money order or certified check in advance. 9% Discount on purchase of any 2 belts.

**4-3 A-T-S \$78**

Model No. (1 standard front width, 2nd digit # of layers)  
 2 1 \$25 A Double prong buckle - NC  
 2 2 \$25 B Single prong buckle - NC  
 3 1 \$60 C Style stitching 3  
 3 2 \$60 D Style stitching 3  
 3 3 \$60 E Style stitching 3  
 3 4 \$60 F Style stitching 3  
 3 5 \$60 G Style stitching 3  
 3 6 \$60 H Style stitching 3  
 3 7 \$60 I Style stitching 3  
 3 8 \$60 J Style stitching 3  
 3 9 \$60 K Style stitching 3  
 3 0 \$60 L Style stitching 3  
 Dnt Belt \$30  
 S. Synthetic leather \$15  
 G. G.O.P.P. repair \$10

**4-3 A-T-S \$63**

Model No. (1 standard front width, 2nd digit # of layers)  
 2 1 \$25 A Double prong buckle - NC  
 2 2 \$25 B Single prong buckle - NC  
 3 1 \$60 C Style stitching 3  
 3 2 \$60 D Style stitching 3  
 3 3 \$60 E Style stitching 3  
 3 4 \$60 F Style stitching 3  
 3 5 \$60 G Style stitching 3  
 3 6 \$60 H Style stitching 3  
 3 7 \$60 I Style stitching 3  
 3 8 \$60 J Style stitching 3  
 3 9 \$60 K Style stitching 3  
 3 0 \$60 L Style stitching 3  
 Dnt Belt \$30  
 S. Synthetic leather \$15  
 G. G.O.P.P. repair \$10

**2-5-1 B \$25**

Model No. (1 standard front width, 2nd digit # of layers)  
 2 1 \$25 A Double prong buckle - NC  
 2 2 \$25 B Single prong buckle - NC  
 3 1 \$60 C Style stitching 3  
 3 2 \$60 D Style stitching 3  
 3 3 \$60 E Style stitching 3  
 3 4 \$60 F Style stitching 3  
 3 5 \$60 G Style stitching 3  
 3 6 \$60 H Style stitching 3  
 3 7 \$60 I Style stitching 3  
 3 8 \$60 J Style stitching 3  
 3 9 \$60 K Style stitching 3  
 3 0 \$60 L Style stitching 3  
 Dnt Belt \$30  
 S. Synthetic leather \$15  
 G. G.O.P.P. repair \$10

**3-1 A \$25**

Model No. (1 standard front width, 2nd digit # of layers)  
 2 1 \$25 A Double prong buckle - NC  
 2 2 \$25 B Single prong buckle - NC  
 3 1 \$60 C Style stitching 3  
 3 2 \$60 D Style stitching 3  
 3 3 \$60 E Style stitching 3  
 3 4 \$60 F Style stitching 3  
 3 5 \$60 G Style stitching 3  
 3 6 \$60 H Style stitching 3  
 3 7 \$60 I Style stitching 3  
 3 8 \$60 J Style stitching 3  
 3 9 \$60 K Style stitching 3  
 3 0 \$60 L Style stitching 3  
 Dnt Belt \$30  
 S. Synthetic leather \$15  
 G. G.O.P.P. repair \$10

Shipping (\$3.00 per Belt).

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ SUEDE INSERT COLOR \_\_\_\_\_

WAIST SIZE \_\_\_\_\_ SUEDE COLOR \_\_\_\_\_

MODEL NO. \_\_\_\_\_ OPTIONS \_\_\_\_\_

MC/VISA/COOD Accepted

VISA

### Curley's Gym Charity Meet

12/18/84 - Goldsboro, NC

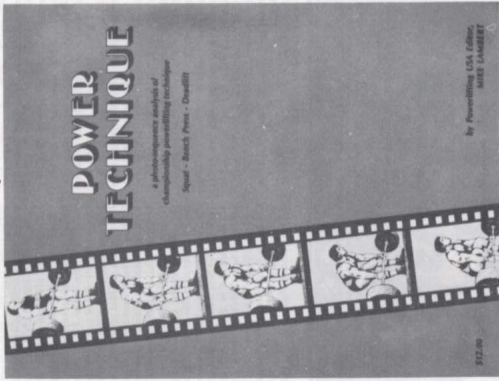
SCHWARZFELT FORMULA	SQ	BP	DL	Total
Donnie Kiefer	325	390	450	1165
Jeff Green	300	360	420	1080
Ed Camlarla	525	550	600	1675
Greg Pennington	335	390	450	1175
Chris Franks	420	510	570	1500
Jim Sams	420	510	570	1500
Alan Abel	380	450	510	1340
Brad Smith	380	450	510	1340
Nick Canlarla	275	330	390	995

Thanks to James C. Hart, meet director, for results.

42



**POWER TECHNIQUE Now Available**



See how Championship lifters... Men and Women... move the record poundages that win the major competitions. With high speed, motor driven photography, this volume stops the action, frame by critical frame, so you can study their winning form. It's also a photo-history of some of the greatest lifts in the realm of Powerlifting. TO ORDER... send a check or money order for \$12.00 (US currency payable to Powerlifting USA, Box 3238, Camarillo, CA 93011. (California residents add \$7.2 sales tax per book ordered.)

UNITED STATES POWERLIFTING FEDERATION INC.  
P.O. Box 18485, Pensacola, Florida 32523

CLUB MEMBERSHIP APPLICATION  
TO THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES POWERLIFTING FEDERATION

THE \_\_\_\_\_ STATE OF \_\_\_\_\_ HEREBY MAKES APPLICATION FOR MEMBERSHIP IN THE U.S.P.F. THE INFORMATION REQUIRED TO ACCOMPANY APPLICATION BEING SUPPLIED BELOW YOU WILL FIND ENCLOSED \$25.00 (Twenty-five) DOLLARS PAYABLE TO U.S.P.F. TO COVER THE AMOUNT OF THE DUES FOR THE CURRENT YEAR

ADDRESS OF THE CLUB  
Street \_\_\_\_\_ Zip \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Date of Organization \_\_\_\_\_  
Name and addresses of Officers of the Club \_\_\_\_\_  
Number of U.S.P.F. members as of date of this application (Minimum of 10 members required) \_\_\_\_\_  
SIGNATURE OF CLUB SECRETARY \_\_\_\_\_

# TEXAS POWER BAR

the TEXAS Power Bar is a Maintenance Free Bar



Used in the 1981 and 1982 Senior Nationals, '82 Nationals, '81 Worlds and the '81 Teenage Nationals

MAC TEXAS POWER BAR \$189.00



Write for catalog detailing the entire selection of MAC Barbells Equipment

1601 N.W. Dallas • Grand Prairie, Texas 75050 • 214-263-4828

**POWER HOTLINE**... is the twice monthly newsletter on powerlifting events that is rushed to its subscribers via First Class Mail to provide them with the ultimate source of fast information on the sport. Recent issues have covered such items as: the 'positive' drug tests among some U.S. lifters at the World Championships in Dallas, odd lifter Tony Tezak Jr. who has reportedly done a one arm cage lift with 1000 pounds, another explanation of why Ted Arcidi did not get a 700 bench at the York Invitational in December, plans for an ADEPPA type drug free world championship within 2 years, Gus Rethwisch's big injury in Washington after making his recent 2281 total, John Black's stunning ten times bodyweight total at 1981, Fred Hatfield benching 521x3 and deadlifting 800x3 without straps in preparation for the Hawaii meet, and Jim Cash pulling 850 in training for the same contest, full results of the Women's Nationals long before they appeared in any other publication, a quote from Vic Mercer on why the IPF could be bankrupt within 2 years, Cleve Dean's 70 inch chest and 24 inch arm, an in depth preview of the lifters at this year's Hawaii Invitational, how Jon Pall Sigmarrsson of Iceland defeated Ab Wolders of the Netherlands, Geoff Capes of England and Dave Waddington of the US in the World's Strongest Man contest in Sweden, what steroid is being offered through the mail at \$400 for 30cc, the whereabouts of Don Deniz (he's 50 years old now!), Leslie Blue's plan to bench 400, which 21 year old superheavyweight just suffered a heart attack, and more. For a 1 year subscription to POWER HOTLINE, send \$28 payable to Powerlifting USA, Box 3238, Camarillo, California 93011.

**THE POWER ASSIST CLAW**

**INCREASE YOUR LIFTS  
ELIMINATE THE WEAK LINK**

**ONLY \$27.95** PER PAIR OUT OF DELIVERED POSTAGE PREPAID USA \$31.95

DEALERS SEND TO: C. MILLER, FORT LAUDERDALE, FLORIDA 33302

PLEASE SEND ME: QTY \_\_\_\_\_ pairs, Power Assist Claws

Total Enclosed \_\_\_\_\_ or COD  USA  
Telephone No. \_\_\_\_\_ for COD's

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

## STERIODS

At Last A Safe Steroid  
BRICKER LABS.  
presents

### "GROWTH"™

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

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

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

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

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

**NOW YOU KNOW "WHAT YOU TAKE IS WHAT YOU REALLY GET" IMMEDIATE ABSORPTION D.A.G.™**

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

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

**TO ORDER . . .**  
"GROWTH"™  
90 Tablets — \$14.95  
180 Tablets — \$27.95  
(90 Tablets is a 30 day supply)

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

1 Bottle \$10.00 each  
2 Bottles \$9.00 each  
3 Bottles \$8.00 each  
Orders under \$20.00 add \$2.00 shipping charge

**TO ORDER BY PHONE**  
In Calif call 1-619-749-8609  
BY MAIL  
Master Charge, Visa or C.O.D.  
Send check, cash, money order or credit card number

**Bricker Labs, 18722 Santee, Valley Center, CA 92082**



11th annual Mountain Open 10.11 Nov 84 - Huntington, WV. Table with columns for name, SQ, BP, DL, Total.

12th Annual Novice/Pre Novice 1/19/85 - Blytheville, AR. Table with columns for name, SQ, BP, DL, Total.

NOVICE. Table with columns for name, SQ, BP, DL, Total.

PRENOVICE. Table with columns for name, SQ, BP, DL, Total.

NOVICE DIV. Table with columns for name, SQ, BP, DL, Total.

NOVICE DIV. Table with columns for name, SQ, BP, DL, Total.

NOVICE DIV. Table with columns for name, SQ, BP, DL, Total.

NOVICE DIV. Table with columns for name, SQ, BP, DL, Total.

NOVICE DIV. Table with columns for name, SQ, BP, DL, Total.

CLASSIFIED ADS. \$2.00 per letter per insertion. Figure 34 letters & spaces per line.

Iron Man Magazine, honest coverage of all three facets of the Iron Game, Powerlifting, Olympic lifting, and Physique.

MEGA-NUTRITION. Discounts, free shipping on Bev Int'l, Nat Source, Healthy in Fit, Bricker products.

Fred Hatfield, Ph.D., offers a 5% discount on books advertised in PL USA.

Lowest PRICES on supplements! Healthy & Fit, Bricker Labs, Super Spec, Weider, etc.

POWER HOTLINE is the quick news source of Powerlifting information, sent out twice each month via First Class Mail.

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Power Suit advertisement. Features images of suits and text: 'The Power Suit. World Champions wear the best.' 'Red, Black, Navy Blue, Royal Blue. Designed for men and women. \$30.00'.

Power Belts advertisement. Features images of belts and text: 'POWERBELTS. Double Thickness Front. 2 1/2" Buckle Spacing. \$42.00'.

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POWER T-SHIRT advertisement. Features an image of a t-shirt with a lifter and text: 'POWER T-SHIRT. WHATEVER DOES NOT KILL YOU MAKES YOU STRONGER. --NIETZSCHE (the not the other Linenbacker). A Great Competition or Workout Shirt Comes in GOLD with BLACK lettering! Available in Sizes M, L, XL. Please include \$1 postage/handling for each shirt ordered. ONLY \$7.95 order today from: DR. J'S JUNIQUE PORTLAND, ND 58274'.

Table with columns for name, SQ, BP, DL, Total. Lists names like Bill Keffer, Steve Reiter, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Decourcy, Andy Hamilton, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Pete Medina, Grego Chris, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Bill Grubbs, Scott Lane, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Steve Reiter, Bill Keffer, etc.

A.D.F.P.A. TOP 20/165 lb. advertisement. Text: 'This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from January 1, 1984 to December 31, 1984. Please send a copy of all ADFFA meet results to Jim Gallagher, 301 Poplar St., Camden, NJ 08136. This will keep these lists as up to date as possible. Thank you.'

Table with columns for name, SQ, BP, DL, Total. Lists names like Sanzone, Rhodes, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Smith, Rhodes, etc.

Table with columns for name, SQ, BP, DL, Total. Lists names like Smith, Rhodes, etc.



**Glenn Stevens, The Miracle suits man** comes up through very tough workouts. The suits support you from the top and take off and have the support out of the bottom where it counts. I wouldn't use any other suit. Thanks for the 837 lb. squat.



**Powerlifter's Helper Bib** - \$6. Strong, soft, hanging for your wraps & chalk etc. Have the helper keep everything in your apron. Colors: blue, yellow, green, yellow, red.



**Seat Air Cushion: \$6.** A must for those long meets. Red or navy.



**Caps: \$6.** One size fits all. Colors: red, navy, black, green, blue, black/gold.



**Plin: \$1 each.** Colors: blue, yellow, pink, white, green, gray, purple, red and orange.



**Rubber Jar Openers: \$1 each.** Colors: blue, red and white.



**Bumper Sticker: \$1 each.** 5/84, 10/87. \*All designs and trademarks protected.

# POWER SYSTEMS UNLIMITED

**Glenn Stevens Power Systems Unlimited**  
RD #3, 3300 Route 91  
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Check & Money orders only  
Shipping on all orders.  
Outside USA & Canada \$20 handling  
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## POWERLIFTING EQUIPMENT & SUPPLIES

Power Belts are an investment. Don't be fooled by cheaper prices. Buy the Best!



**Style A: \$75** triple thickness, deluxe suede belt, 13mm. State size and color.



**Style B: \$65** double thickness suede, single buckle, 12mm. State size and color.



**Style C: \$42** deluxe suede, tapered 2 1/2", in front. State size and color.



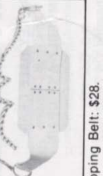
**Style D: \$53** double thickness leather, double buckle. State size.



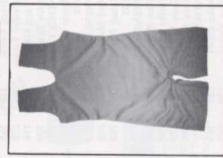
**Style E: \$30** single thickness, leather, double buckle. State size.



**Style F: \$24** single thickness, leather, tapered in front. State size.



**Dipping Belt: \$28.**



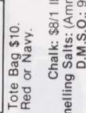
**Miracle Suit: \$30**, black or blue. Sizes: 18-50. Available in red, white, yellow. Give bwt, ht & wt class.



**Leather Training Straps**  
One size fits all.  
1 pr-\$5, 2 pr-\$9, 3 pr-\$12



**Key Chain: \$1**  
Red-gim-blue.



**Tote Bag: \$10.**  
Red or Navy.

**Chalk: \$8/1 lb.** 15/2 lbs. \$65/10 lbs. D.M.S.O.: 99% pure, 8 oz/\$11.00.

**Smelling Salts: (Ammonia Caps) \$5/box of 12 caps.**

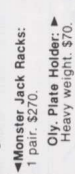
**Hurricane Wraps:**  
Super II  
1 pr-\$9  
2 pr-\$17  
3 pr-\$24  
10 pr-\$70

**Knee Wraps:**  
Super II  
1 pr-\$5  
2 pr-\$9  
3 pr-\$12

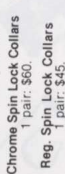


**Sweat Shirts: (either design) \$16.** Colors: red, navy, gray, black, royal blue, S-M-L-XL (XXL, gray & navy only).

**T-Shirts: (either design) \$8.** Colors: red, navy, royal blue, gray, black, S-M-L-XL. Give size, design and 1st & 2nd color choice.



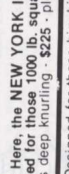
**Monster-Jack Reckers:**  
1 pair, \$270



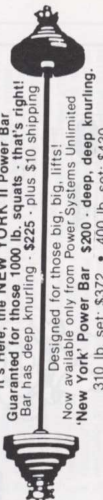
**Oily Plate Holder:**  
Heavy weight, \$70.



**Chrome Spin Lock Collars**  
1 pair, \$80.



**Reg. Spin Lock Collars**  
1 pair, \$45.  
Weights & Equipment shipped freight collect.



**It's Here, the NEW YORK II Power Bar**  
Guaranteed for those 1000 lb. squats - that's right! Bar has deep knurling - \$225 - plus \$10 shipping

Designed for those big, big lifts!  
Now available only from Power Systems Unlimited  
**'New York' Power Bar \$200 - deep, deep knurling.**  
310 lb. set: \$372 • 400 lb. set: \$430  
Sets come with 'New York Power Bar' • Weights shipped freight collect

## ★ Super Sale ★ OF THE MONTH



**Animal Pak: The ultimate training pak.** For the lifter who works out like an animal. Heavy dosage. 44 day supply. \$39 \$25.00.



**Mega Paks:** For the person who desires a medium potency, 30 day supply. Time released. \$19 \$15.00.

**Maxi Pak:** For the person who desires a medium potency, 30 day supply. Time released. \$19 \$12.00.



**World Gym: Vitamin Pak** for the serious lifter. 30 day supply. \$30 \$15.50.

**Amino Acids: 250 tabs. \$32 \$17.50.**

**Great Tasting World Pro Milk & Egg Protein: 1b. \$9.50 \$6.00. 3 lb. \$24 \$17.75.**

**Super Spectrum:** Time released vitamins, 180 tabs - Specially balanced advanced formula. \$28 \$23.00.

**Super Spectrum: Tri-Min 90 tabs.** Should be taken with Super Spectrum vitamins. \$79 \$11.00.



**Muscle Sauce:** \$17.95 each. \$12.50 each. Muscle Sauce is a quick energy & muscle rejuvenation. Predigested protein Drink one bottle daily - lemon and orange pine, cherry.

**Deke's Gym All Natural BP/DL**  
25 Jan 85 - Branford, CT

Female under 165	BP	DL	Total
Mari Maselli	270	210	
Joe Lepre	230	210	
Mike Harper	210	210	
Vin Pappalardi	210	210	
Steve Salati	200	200	
Shawn Luzzi	275	275	
Bob Forlano	270	270	
T.Zemboni	200	200	
Men's over 40	245	245	
D. Altmanberger	280	280	
Men under 150	230	230	
Lou Pongelli	151-175	151-175	
Depietro	285	285	
Mark Vercillo	280	280	
Rick Kenney	285	285	400
Joe Noble	285	285	
Steve Reyes	285	285	
Men's over 40	375	375	
Jim Laker	310	450	
Mike Clark	250	400	
Vin Arpino	250	400	
John Kenney	420	530*	
John Nickou	350	325	

\* highest total. Thanks to John Kenney for results.

# BOOKS

## POWERLIFTING

The Bench Press / Goodman ..... \$9.00  
The Bench Press / Hatfield ..... \$5.00  
Bodybuilding for Powerlifters / Hatfield ..... \$14.00  
The Complete Guide to Power Training / Hatfield ..... \$7.00  
Deriving Gravity / Stahl ..... \$7.00  
Inside Powerlifting / Todd ..... \$5.50  
A.V. Spasnik's Kit for You / Weir ..... \$3.00  
New Dimensions in Powerlifting / Bridges ..... \$10.00  
The Power Bench Press / Cash ..... \$3.00  
The Power Squat / Cash ..... \$8.00  
Power Technique / Lambert ..... \$8.00  
Pushing For Power / Siro ..... \$8.00  
Ten Commandments of Powerlifting / Frantz ..... \$12.00  
The Squat / Hatfield ..... \$13.00  
The Squat / Hatfield ..... \$9.50  
The Squat / Hatfield ..... \$5.50  
The Squat / Hatfield ..... \$5.50

## STRENGTH TRAINING FOR SPORTS AND NUTRITION

Sports Training Manual / Everson ..... \$8.00  
Biopsy: Powerlifting / Gorton ..... \$16.00  
Flexibility Training / PNF Techniques ..... \$5.50  
Gs For Tr / Olinetova ..... \$10.00  
Nutrition ..... \$8.00  
The Strongest Shall Survive / Starr ..... \$8.00  
softback \$8.00 hardback \$18.00  
2001-A Sports Olyseey-Hypoxis, Cybernetics, Conditioning, Biofeedback / Biasiatto ..... \$8.00

## MISCELLANEOUS

Catalog of Equipment ..... \$5.00  
Powerlifting USA ..... \$3.00  
Powerlifting USA ..... \$3.00  
Workout Books ..... \$6.00

## ANABOLIC STEROIDS

Which ones? ..... / Hatfield ..... \$9.00  
Anabolic Steroids and Bodybuilding / Chinnery ..... \$16.00  
Anabolic Steroids and Sports ..... \$16.00  
Anabolic Steroids and The Athlete / Wright ..... \$16.00  
Death in the Locker Room / Goldman ..... \$8.00  
The Practical Use of Anabolic Steroids / Kerr ..... \$16.00  
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Illustration of a powerlifter with a barbell.

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### Eastern Washington Bench and DL 11/17/84 - Kennecock, WA

WOMEN	SQ	BP	DL	Total
Marly Owens	150	350	500	455
C. Nguyen	180	275	455	315
C. Beaudouin	200	225	315	240
M. Thompson	70	170	240	480
Pat Bode	215	300	315	275
Rick Christensen	100	220	320	230
M. Christensen	235	465	700	700
Rick Numamaker	310	370	680	645
L.M. LeClerc	235	410	645	240
Dave Schindler	240	300	620	200
Dave Truglio	285	365	570	350
D. Christensen	380	525	905	860
George Usi	320	540	860	860
John Compton	275	400	625	625
C. Boyd	370	500	975	975
Erik Morthel	300	440	640	640
John Clark	300	440	640	640
Jan Johnson	390	425	815	815
Larry Goodnow	265	425	690	690
Jim White	300			
1980 Tony Larson	390	550	940	940
Paul Christensen	365	575	940	940
Vince Vasquez	360	570	930	930
Gene Plumb	360	570	930	930
Greg Plumb	300	500	800	800
Roger Nelson	300	500	800	800
Joe Welch	325	465	790	790
Steve Zerby	420	600	1020	1020
John Compton	380	550	930	930
Cliff Sandberg	285	535	820	820
Barry Woody	340	460	800	800
242				
Russ Redding	475	625	1100	1100
Dennis Miner	420	670	1090	1090
Darwin Hamlin	385	680	1065	1065
Mike Kim	350	620	970	970
Scott Sparks	410			
SHW				
Dale Pullinbl	520	670	1190	1190
Kevin Burnett	450	625	1075	1075
Joe Robinson	375	650	1025	1025
W. Gaubinger	350	620	970	970
George A. Com. 3rd				

Thanks to Andy Pareddo for results.

### 8th Annual Ulta Open 26,27 Jan 85 - Ulita, NY (kilo totals)

F. McQuaid	380	500	920
John Dropper	390	510	930
John W. Taylor	400	520	940
A. Cappella	410	530	950
Jeff Ross	420	540	960
Chris Byrnes	392.5	507.5	900
Steven Lancia	405	525	930
John M. Tonne	415	535	950
Kathleen Rapp	425	540	965
Joe Steinfield	435	550	985
Phil Clute	445	560	1005
Alan Roberts	455	570	1025
Alan Roberts	465	580	1045
Ann Davis	475	590	1065
Leon Humphrey	485	600	1085
Darryl Krutz	495	610	1105
David French	505	620	1125
John Stallworth	515	630	1145
Mike Runbeck	525	640	1165
Chris Finker	535	650	1185
Ed Wells	545	660	1205
Mike Gurra	555	670	1225
David Wood	565	680	1245
David Wood	575	690	1265
Paul Cida	585	700	1285
Phil Dard Camp	595	710	1305
Mike Casatelli	605	720	1325
Mark Kodha	615	730	1345
Jeff Howard	625	740	1365
Mark Kodha	635	750	1385
242			
John Griffin	645	760	1405
Mikeew Gordon	655	770	1425
Dave Drapalaki	665	780	1445
Steve Binkowski	675	790	1465
James Fouch	685	800	1485
Rick Roberts	695	810	1505
Rich Roberts	705	820	1525
Bob Welch	715	830	1545
Chris Machin	725	840	1565
Ray Vanleit	735	850	1585
John Rourke	745	860	1605
James Tomaski	755	870	1625
James Stoy	765	880	1645
Sergio McCook	775	890	1665

Thanks to Andy Pareddo for results.

### Women's Canadian Championships 1/12/85 - Vancouver, BC (kilos)

44kg	SQ	BP	DL	Total
Cathie Taxcona	92.5	50	117.5	260
48kg	117.5	65	140	322.5
Wendy Sperling	117.5	65	140	322.5
Nora Gallert	82.5	55	107.5	245

### U.S. High School Bench Press 12/16/84 - Hamden, CT

WOMEN	IR DIV	WOMEN	SQ	BP	DL	Total
Lynn Daddo	140	165	195	315	315	315
114		181		265		265
114		181		265		265
114		181		265		265
114		181		265		265

side: Elmer Anderson; side: Canadian record; Best lift and best overall lift: Ed Hogan; Thanks to all my friends for helping and a special thanks to a lady for all the hard work, Joyce Wom. Thanks to Leonard Strigoras for results.

### Thanksgiving Bench Press Meet 11/25/84 - Hamden, CT

WOMEN	WOMEN	SQ	BP	DL	Total
97	M. Benavento	140	180	265	385
114	Joe Steele	140	180	265	385
114	Joe Steele	140	180	265	385
114	Joe Steele	140	180	265	385

Meet director: Joe Steele, time: 3 hrs; head meet: Ed Hogan; Best lift: Ed Hogan; Best woman lifter: Lynn Daddo, World Gym East; Best woman lifter: Lynn Daddo, World Gym East; Best woman lifter: Lynn Daddo, World Gym East; Best woman lifter: Lynn Daddo, World Gym East.

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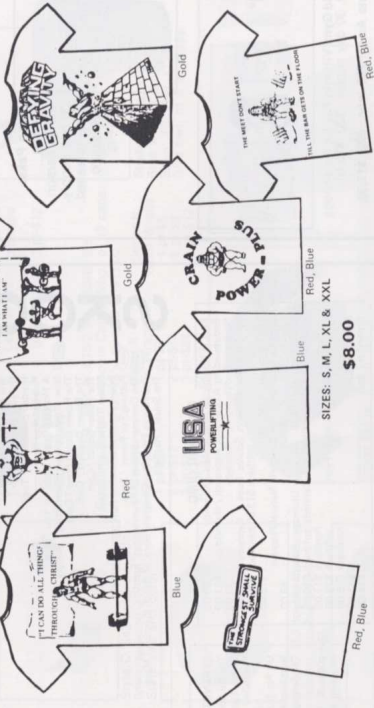
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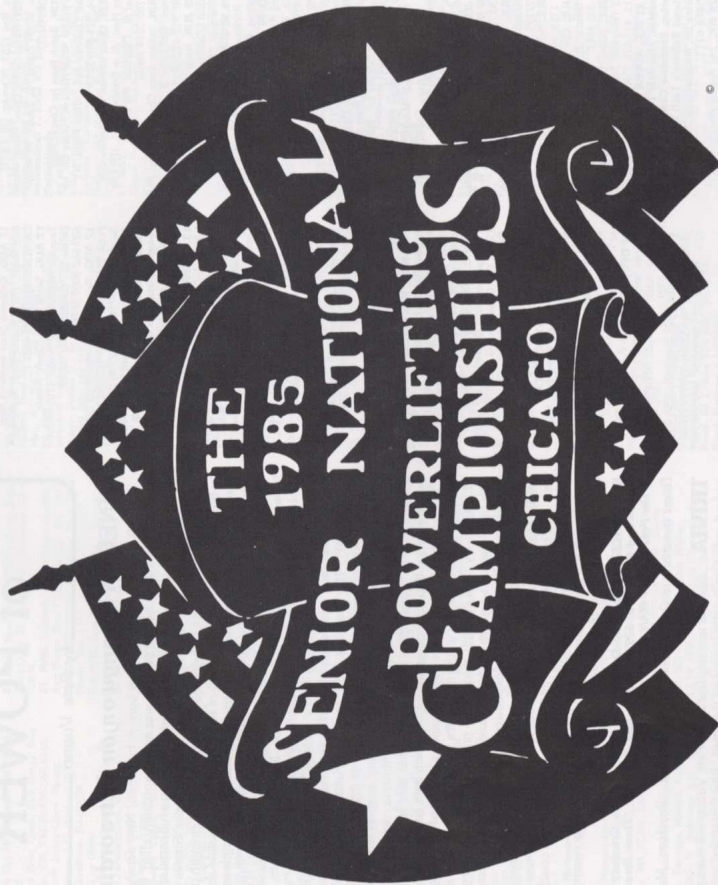
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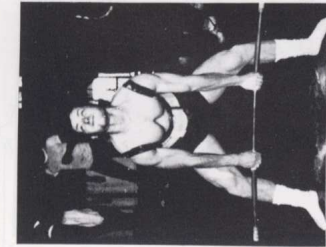
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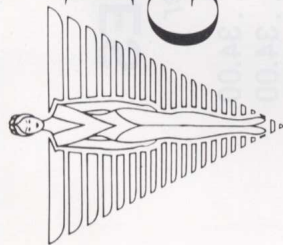
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