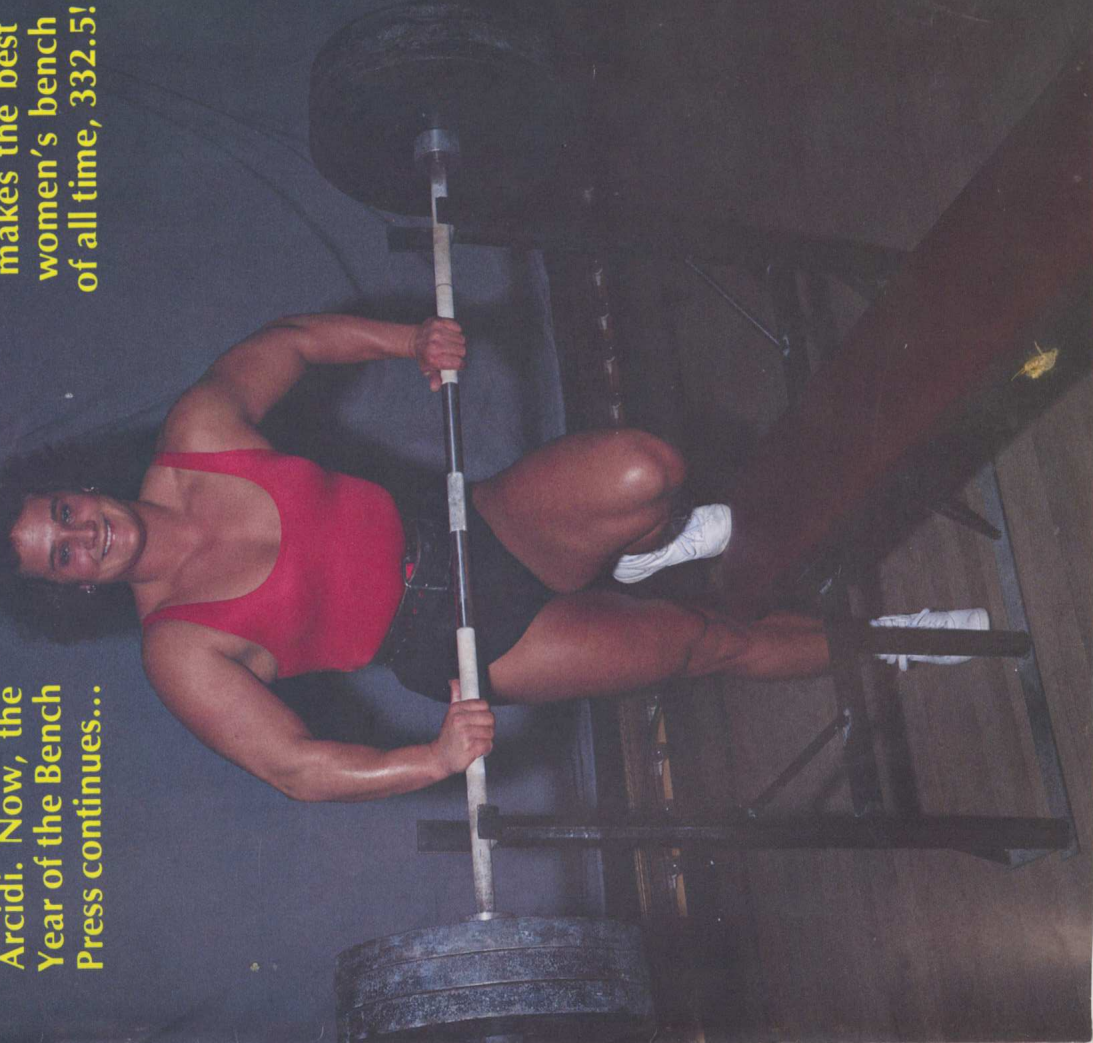


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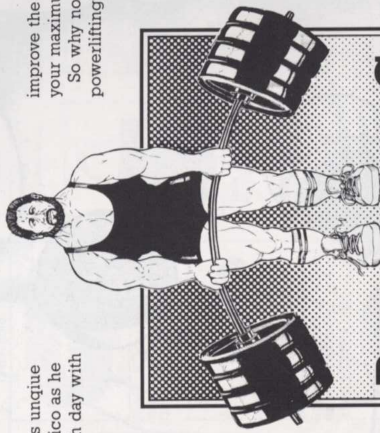
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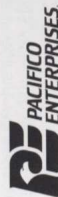
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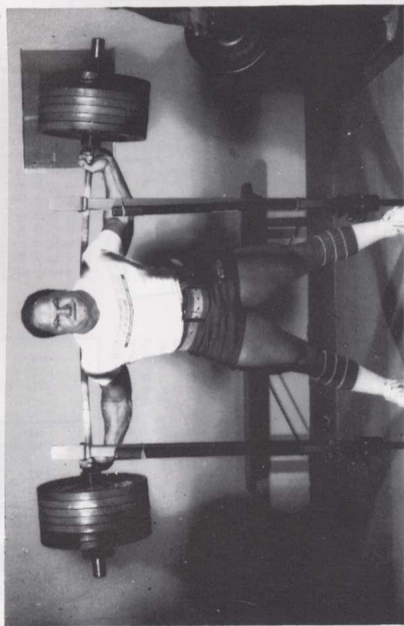
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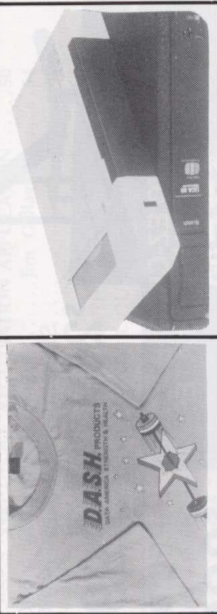
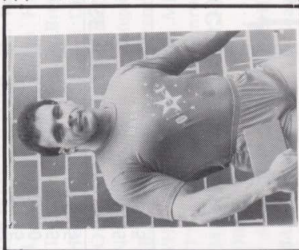
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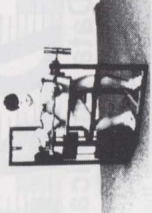
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Graphics/Layout: Herb Glosbrenner
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POWERLIFTING USA (ISSN 0199-8636) is published monthly by USA Powerlifting, Inc. The office of publication is 2486 PONDEROSA DR. N., D-216, CAMARILLO, CA 93010, 2nd class postage paid at Camarillo, CA 93010.

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, PO Box 467, Camarillo, California 93011.

Subscription Rates: (US funds only)
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ON THE COVER.....Debra Poston, whose arms tape out at 16 7/8 inches, recently bench pressed 332.5 pounds, an all time women's best. Photo courtesy Steve Dolguin

NEXT MONTH...the Junior Nationals from Arlington, VA

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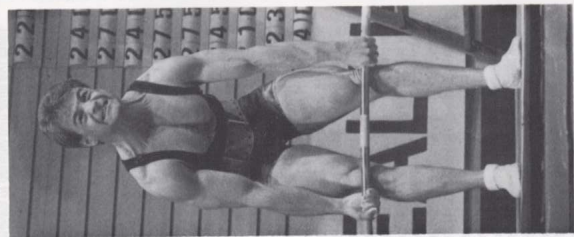
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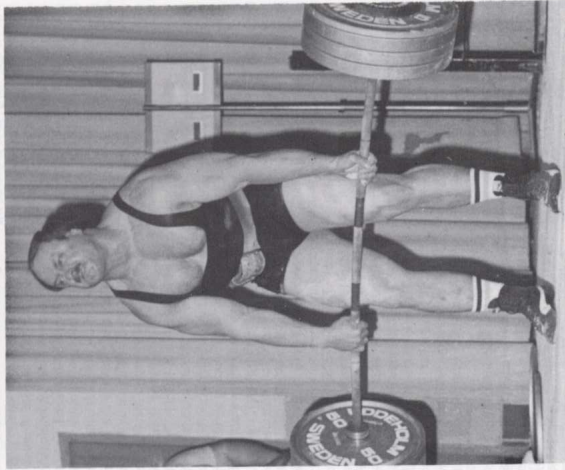
Power Pictorial

It seemed like 1985 was going to be the Year of the Bench Press with Paul Dicks 61.2 at 220, Sam Samaniego's 639 at 275, and Ted Auld's 705, and now with coperson Debra Poston's world all-time best 332 at 198 (see page 17), but the deadlifters have shifted into high gear also. Belgian Eric Coppin (left), who was impressive in winning the Bronze at the 1984



World Championships, took the title at the 1985 European Championships at 165 and topped it off with a new, drug tested, world record in the deadlift of 717, one of the rare occasions when a successful world record deadlift has been made on a 4th attempt. Perhaps an even more satisfied deadlifter is the legendary John Kuc. After coming back to Powerlifting with the goal of breaking a world record in drug tested competition some time back, John has made steady gains and at the ADPPA Pennsylvania State meet he made a world record exceeding 856 pounds in the deadlift in the 275 pound division, and a total near his best ever. (Photo of John below by Debra Temple). He made the lift on a second attempt and it was stated that he looked good for 10-15 pounds more, but did not take a further attempt. At night, Bob Dempsey wanted to blunt the rumors that had started regarding his health. As you will read in the letter by his friend, John Buckley, he's going drug free and plans to be at the Seniors.

The Benchers haven't given up on this year, however. Mike MacDonald is hitting 575 just over the 198 limit without the aid of an Inzer shirt, and Rick Weil hit a 540 at 182 and came close with 555. It's predicted he'll go 600 at a full 198!



I am writing this on behalf of Bob Dempsey, the outstanding 275 pound lifter and Senior Nationals contender from Massachusetts. The main purpose of this is to set the record straight and nip any rumors or misinformation regarding his condition and his Powerlifting career.

Bob has always had a small mole or birthmark below his left nipple. Back in February of this year he happened to scrape something lightly against the mole and it began to bleed. Naturally, Bob grew quite alarmed and went to see a doctor. A biopsy was then performed and when the results came back Bob's fears were confirmed. He had a type of skin cancer

known as malignant melanoma. Six weeks later Bob had the entire tumor and nearby lymph nodes removed. This is the ordinary procedure for this type of cancer. At this time Bob's doctor feels the cancer has been taken out and he should not have any recurrence. However, he is supposed to go in four times a year for tests (blood tests, chest X-rays, liver scans, and a urinalysis) as a precautionary measure.

Bob freely admits to having taken steroids for several years. He also admits to having done so without the benefit of a doctor's advice or supervision. Bob has quite naturally changed a few of his views on steroids. First, Bob would like to emphasize that his skin cancer could not be definitely linked to his taking steroids. He detests the outbreak of sensationalism and irresponsible journalism by authors who know nothing of steroids, yet gather a few opinions and present them to us as experts. It is such a fashionable topic these days. Bob would like to emphasize that his doctor would not link his skin cancer to any specific cause. When asked directly if certain things (heredity, steroids, exposure to the sun, etc.) could have caused it, his doctor refused to speculate.

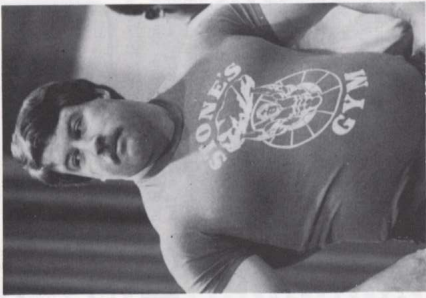
His doctor did warn him to stay protected from the sun in the future and not to take steroids again. The high incidence of skin cancer in people that are exposed to the sun is what prompted this caution. The doctor also felt that taking anabolic steroids might accelerate any tendency he might have towards developing skin cancer. Bob said his doctor was of the opinion that taking steroids accelerated his body functions. In other words, if under ordinary circumstances you would develop skin cancer at age 50, taking steroids might cause you to develop it at age 30. His doctor admitted that this was really pure speculation. However, Bob did say that "I looked around that particular wing of the hospital and saw that I was probably 25 years younger than anyone else. I felt there was no way that I should have been there."

Regarding his past, Bob is realistic and honest enough with himself and others to admit that if he could do it all over again he would probably only make one change. He would definitely only take steroids under a doctor's supervision. Bob always felt that the warnings and cautions he heard regarding steroids were things that might happen to other guys. It is not going to take drugs again because he feels they might have caused his problems and he does not want to risk a possible recurrence just for the sake of a few pounds on his total.

Bob took his last steroid February 22, 1985 and began his career as a drug free lifter around a week later. He is probably even more enthusiastic about his lifting now than ever. After his five day stay in the hospital (Monday-Fri) he was back in the gym the following Monday. He has to mention Ben Squats, and Deadlifts with stitches and a tube draining lymph fluid from his chest. He still plans to go to this year's Seniors in Chicago. He feels that although he might not be the three once was for the title, he will still be competitive. Most of all, he will still enjoy himself on the platform. I feel that the choice involving steroids is a personal one much like one's religion. Since I have used them myself, I could not condemn someone else for using them and can understand the rationale behind their usage. However, I certainly wish they had never been used except for legitimate medical purposes. Furthermore, I don't see how they can be effectively policed, although if I thought they could be, I would be all for it.

It's strange how the older you get the more complex all the decisions and choices you must make become. When I think of Bob Dempsey lifting with his stitches and a drainage tube hanging out the side, I find it very refreshing. To me it represents what Powerlifting is all about, the simple act of completing a heavy lift and the satisfaction that it gives.

John Buckley, Elite Sales Inc.



INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

STEROID FORUM as told to David Krail

crease the incidence of injury because they produce muscular hypertrophy at a greater rate than that for tendons and their attachments. The implication here is that the tendons and attachment points become weak links in the musculo-skeletal system and cannot as effectively withstand the stresses placed on them by muscular contraction. They may also mask the warning signs that an injury is impending.

There is definite evidence, according to Dr. Herrick, that the drug increases the low density lipoproteins in the blood and decreases the high density lipoproteins. This may increase the chance of atherosclerosis and coronary artery disease over a long period of time. There may also be an increase in blood pressure, which may be a result of water retention or increased levels of nitrogen and potassium in the blood. In males there is an increased incidence of prostatic hypertrophy. Because there is a greater number of cell divisions with this hypertrophy, and thus increased chances of abnormal divisions, the chance of prostatic cancer may increase. There are some poorly documented cases of liver cancer, according to Dr. Herrick, and a definite increase in hepatitis, and a form of blood filled sacks that form cysts in the liver that can rupture and cause problems. Some people become more aggressive when using steroids. There is a definite increase in acne as well. In adolescents, premature epiphyseal closure in the bones may cause stunted growth. There is also testicular atrophy in both adolescent and adult males. Dr. Herrick notes that this is reversible up to a point, after which it is not, in some cases. There is a decrease in the number of the sperm and an increase in the abnormality of the sperm. In females, a number of the adverse effects are not reversible, and include thickening of the skin, increased hair growth, deepening of the voice, clitoral hypertrophy, and may be certain problems already noted in males. Women appear to be more resistant to atherosclerosis than men, but it isn't known if steroids reduce their resistance.

The mechanism and risks of anabolic steroids are interesting in and of themselves. However, it is the highly educated opinions of the five participants in this forum that are the most enlightening.

Richard Herrick

Dr. Herrick's opinions about

not going to go out on a limb and say anyone should do this. The fact of the matter is that nobody I know takes this fine and money to carefully monitor themselves while using steroids. I'm one of the few who did as for I know.

Dr. Hatfield is distressed at what he believes is the lack of research being done on the subject in this country, and claims that much of the research that is being done is irresponsible. He is referring to what he considers the crusader tactics used by some people in their anti-steroid fight. He says that crusaders are on a mission and have lost all objectivity.

Probably one of the most pervasive beliefs in the gyms around the country is that steroids provide massive physiological gains in strength. This is not true. Dr. Hatfield remarks that there may be no boost, or a boost of up to ten percent. He says he has never seen anyone gain more than ten percent while using steroids. "Steroids simply don't make the big difference everyone says they do," particularly in experienced lifters, says Dr. Hatfield. The expected boost from steroids because they are closer to their physical potential. Dr. Hatfield says the inexperience of a crutch in their efforts to make it to the top. Dr. Hatfield believes that young athletes coming into powerlifting need a viable alternative to steroids so that they can "break away from the steroid mentality which claims that championship status cannot be achieved without anabolic steroids." He says that the long time users are a lost cause, and offers an alternative to the rookies coming up. The alternative is ergogenic. It is a way to increase the available energy to the muscles so that you can train harder. Dr. Hatfield believes this can be accomplished in a number of ways other than with steroids, including a means by which to increase the available ATP (adenosine triphosphate), the bodily energy source for muscular contraction. This could allow athletes to train harder and increase their strength to a greater extent than normal. Over a period of time, this could lead to a higher maximum in the bench press, for example. Dr. Hatfield says that other methods of ergogenesis include amino acids, steroids, electro-stimulation, and mind control techniques. He notes that none of this is the ultimate solution to increasing strength without steroids.

It's only a step in the right direction, particularly for the kids coming up. I believe that it has the ability to foster a whole new generation of athletes who will turn their backs on anabolic steroids as a primitive tool

Dr. Herrick strongly believes that it is possible for an athlete to get as strong as necessary with proper diet, high intensity workout, attention to flexibility, and similar standard training methods.

"These things will ultimately allow the athlete to reach the same strength levels in a much safer way than if they used anabolic steroids."

Fred Hatfield

In the past Dr. Hatfield has said that the use of steroids is bad, but if properly used they can help an athlete overcome strength while minimizing the risks. He says he is the first to admit that the long term use of steroids, in particular the abuse of them by most athletes, can be very dangerous.

Although I sometimes wonder whether steroids couldn't be made safe by a careful monitoring of their use by a competent sports physician, I'm

couldn't get within 250 pounds of that if they weren't on. A lot of this is psychological. I believe that for some people, their lives change if their arms get smaller or their bench press drops. "These are the guys who are not prone to abusing drugs," says Dr. Leister.

As an alternative to steroids such as ergogenics, Dr. Leister says that something which increases the supply of ATP, the muscle fuel, is not all that promising. He says that if more ATP were available and everything else were equal, you could do more work. But the points on that.

"You don't just produce more ATP without doing something else to the body. There is no free lunch, and people who were determined to take them could do so as safely as possible. He didn't act as an M.D. nor prescribe them, but by giving information he believed he was helping. He is afraid that some won't benefit from what he said and might be hurt by their drug use. He says his perspective has changed and states that, "nothing is worth risking your health for."

There is a large group of athletes who want and need to believe that there is a safe way to take anabolic steroids. It rationalizes their use and makes it easier for them to use without the burden of guilt and or fear of health impairment.

Kim Wood

"Are steroids pernicious? Yes. Are they worth the risks? No." That sums up Kim Wood's attitude toward steroids. Beyond that he has some interesting opinions and observations. He believes that the root of the steroid problem is tied to male insecurity. His great concern is with regard to the adolescent athlete. As drugs are introduced by insecure men to athletes, and become a fashion, you're going to rape in a lot of youngsters who are probably secure, but who are being led to believe that drugs are necessary for great strength and development."

Although this may anger some powerlifters, Kim believes that the influence of the sport has contributed to the drug problem. He has nothing against powerlifting per se, but believes that it has a strong influence on many strength coaches. "The unfortunate thing is that it sets a pretty bad example with the drug thing. It has become a frame of reference. Powerlifting USA magazine is very small, but it's extremely influential as far as sports are concerned. It's something the strength coaches do read."

Kim feels that many top lifters use drugs, and that many coaches read the coverage of them in Powerlifting USA and this contributes to the belief that anabolic steroids are the way to go.

Despite his dislike of steroids, Kim says he isn't a crusader. What he has tried to do as the Strength Coach for the Bengals is create a support group that says steroids are not necessary to achieve great strength.

"The few who use steroids are extremely insecure men."

Kim Wood

"The Bengals' best players do not use anabolic steroids. These are men with fierce hearts, and they are the best players in pro football at their positions. The few players who use steroids are extremely insecure as men. "You're talking about a phenomenon that appeals to the insecure male. Someone who has no measure will say, 'sure, I'll trade off the future for just a few years of being a big guy. You're not talking about drugs in a logical manner when ego deficiency is the real problem. I've tried to create a support group that lets the athlete know, not through harping or preaching, that if you blow your ass, you can get strong. Strength training is a good thing. The movements in powerlifting are good. There's not anything about that. Drugs are not good."

Kim is afraid that drug use will become so common that people won't be able to speak out against it without being summarily dismissed. He says that the American College of Sports Medicine has softened its stance on the subject by admitting that steroids work, so they won't look naive to the athlete, says Kim. "Wait a minute," he asks, "is that what their research showed (that steroids work)? No, I think they just didn't want to lose credibility with athletes or appear unreliable. Kim believes there is an attitude among young people that a steroid use can't be stopped. As a coach you can't definitely draw the line," he says. He does warn about the dangers of becoming too vehement, however.

He notes that the German philosopher Nietzsche cautioned that when you fight the monster, you have to be careful you don't become the monster. Negative means to enforce ideas don't work, positive ones do.

"I believe that it's becoming accepted that steroids are necessary to play," concludes Kim. "This is a very sad thing for American sport and certainly for powerlifting. The tragedy is that, where once hard work was considered paying the price, now the price appears to be a pharmacological one."

Kim adds a fascinating point about the economics of anabolic steroids. "Few people face the fact that many are making a lot of money off of people who believe that steroids are necessary."

John Lombardo

Dr. Lombardo is a member of the American College of Sports Medicine, and does not believe that

the softer stance that has been taken on anabolic steroids is a poor one. It may be more appropriate to call it a more objective stance. In his view, Dr. Lombardo believes that re-examination of the literature supports the decision to stop claiming that steroids don't aid in an increase in strength and lean body mass in some people.

You have to tell people that there is a chance for an increase in lean mass and strength, and this is the way studies show they may help. If you don't give the proper information, they're not going to be able to make a proper decision."

This belief assumes that certain people are going to use steroids and should have enough accurate information to make an intelligent decision. He does not support their use, however.

"For me as a doctor, I have one code of behavior that says I won't use or prescribe drugs for athletic enhancement. To me, that isn't the proper use of drugs. However, I'm not going to tell an athlete he's wrong for using them. If I could make rules, then it's my belief that it's not proper to use anabolic steroids, and I would make the rules accordingly. I don't want to be judgmental. It's a softer stance than some took in the past, but I'm still against them and will do anything in my power to see that they aren't used."

Dr. Lombardo makes an important point about the adverse effects of steroid use and the accepted methods for detecting problems. The adverse effects may not happen to the individual, but they are real. People say they're under a doctor's care, but many of the really adverse effects are not really detectable to guard against a lot of things that are going to happen. For example, liver function studies may show something in an individual developing a liver tumor and they may not.

He reaffirms Dr. Herrick's views. "Optimal effort should be to find better training and dietary methods to reach our potential with the least amount of chance."

Conclusion

Some of the people in this forum do not agree with one another on various points about anabolic steroids. However, there is one common strand that threads through their observations. It is the belief that steroids are not the golden fleece, that in fact they are not even necessary. Many who use the drugs will scoff at that. They might be wise to second guess their beliefs. Five of the more knowledgeable people on the subject have questioned the belief that steroids are the only way. These people are not looking down on anyone tower and just handing out athletic evidence. They deal with themselves, and some say carried steroids. What they say carries weight. Despite the beliefs, hard work is still the price that has to be paid.

The Big Business of Anabolic Steroids

as told by David Krall



Anabolic Steroids are big business. A glance at the stories about Charles Rader, who earned a portion of \$670,000 in five months by selling steroids, will confirm this. I don't expect that Rader is much of an exception, either. I had paid little attention to this drug dealing until Kim Wood, strength coach for the Cincinnati Bengals, made the comment that there are a lot of people making money off of young athletes who believe that steroids are necessary. These steroid dealers are like the guys who sell smack and cocaine. They do a fine job taking advantage of those who have an obsessive desire to become bigger and stronger. They present drugs to the athlete in such a way that critical thinking isn't part of his decision, says Wood. In his opinion, some young athletes come to believe that steroids are necessary when they start reading the muscle magazines (even though the magazines don't support steroid use) and also become familiar with the rites and mores of the weight world. He believes this leaves them open to the entreaties of the dealers.

These factors undoubtedly contribute to dealer sales. In particular, many experienced powerlifters and bodybuilders believe that steroids are essential to success, and this is bound to influence young athletes.

Kim Wood portrays a scene in which the dealer is acting as both pharmacist and doctor. The dealer shows the athlete beginning programs, dosages, and of course, price lists. He dismisses the athlete's "naive" concerns about health problems he has undoubtedly heard about. "That's just nervous nelly about," says the dealer. Many of the actual conversations that take place probably do run something like this. The athlete "learns" about steroids and is encouraged to use them by people who will gladly sell them the drugs. Whenever there is a market from which to make money, someone will be exploiting it, even if doing so risks another person's health.

Despite the fact that there are too many black market dealers, Kim Wood believes that a larger percentage of the steroids used by athletes come from "prescription mill doctors," as he refers to them. Although these doctors may be headed for trouble within their own medical associations, in many cases they can prescribe the drugs legally. "There are a lot of people making money legally," says Wood. "Maybe not ethically, but legally." I'm sure many of these doctors prescribe the drugs with little thought to what they're doing. Others make a big case for monitoring the athlete's drug intake so that if a problem arises, a doctor can help correct it. This may be safer, but with the little that is known about the long term effects of steroids, how much safer? It's certain that the doctors who advocate monitoring are making good money from initial visits, follow ups, tests, etc. This tends to make their arguments considerably weaker. It's hard to believe they are all in it because they're concerned

about healthy people using steroids "properly." Some of these doctors have even been in the muscle magazines, which amounts to free advertising for the doctors.

Other likely sources of steroids probably include various gyms. Before the clean gym owners get rid, be advised that this also is not a blanket indictment. There are plenty of legitimate gyms around. "Nevertheless, some gyms are undoubtedly pushing in order to make ends meet. I can't pinpoint any specific gyms, but it appears to be common knowledge in the strength community that this is taking place. Don't be surprised if one of the big muscle palaces gets popped some time. In the old days, the items for sale in the gyms were protein powder and vitamins. Now, in some cases, it's anabolic steroids. What the hell, the profit margin is probably higher. So what if some 17 year old develops problems 15 years down the pike."

Another especially disturbing aspect to all this drug dealing is that some top lifters are pushing steroids. These people are willing to exploit

1 1/2-2 vials of testosterone propionate - \$10-15 per vial; 6 vials of Nandrolone Decanoate - \$10-17 per. Anadrol-50, two weeks worth at \$1.00 per tab or about \$15 worth; injectable Dianabol, about \$15 and, says Dr. Ken, "if you're dumb enough to use human growth hormone you can go for another \$500-\$700."

Speaking of HGH, as it stands now, human growth hormone can only be extracted from the pituitary glands of cadavers. This process is expensive and limits the supply of the drug. The October 15, 1984 issue of Sports Illustrated points out that a San Francisco based company is working hard at perfecting a synthetic derivative of HGH. Once they get it down, and are granted FDA approval, HGH will be more available.

To quote Dr. Harvey Guda, a Montreal endocrinologist and head of the Medical Research Council Therapeutic Trials of Human Growth Hormone (a group primarily concerned with the treatment of growth hormone deficient children, the legitimate claimants to the small supplies of HGH), "there don't seem to be enough of the sort of GH-deficient children we treat to justify the kind of expenditure that has been made. To recoup this huge investment, new markets will be required, and these markets, coupled with the capacity GH has to do mischief of the sort seen in anoregic, are what worry us."

The new markets may indeed consist of athletes who have been led to believe that HGH is the new "next best thing since sliced bread." The people who will be encouraging athletes to believe this are the drug pushers. And you thought steroids were big business.

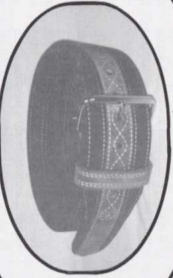
How to stop the black marketers and the scrupulous MD's? Think about the trouble the "Miami Vice" types are having in their efforts to bust cocaine trade and then realize that it's an impossible task. Kim Wood does note that many dealers must make themselves known in order to expand. This makes them wealthier, but easier to tag. "Once you deal with the public," says Wood, "every person you have dealt with is going to become a liability to you. The more successful you become, the more vulnerable you get. With success comes heat." The dealers and doctors have been laid back about their business for years because, until now, few authorities have paid them much attention. Their cavalier attitudes may open the way for more busts. "If you suddenly have \$80,000 in cash," says Wood, "what are you going to do with it? You can't stick it in the bank." Nevertheless, remember that whenever there is a market for something, people will be exploiting that market and looking hard to find ways of hiding \$80,000. People have accomplished all this for years, and will continue to do so long as the market exists, to the detriment of powerlifting and other sports.

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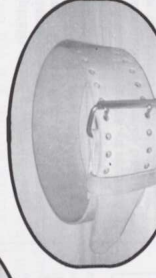
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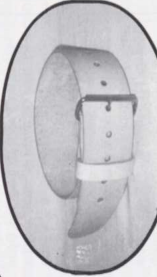
Style E: \$45. Suede inside, heavy duty buckle.



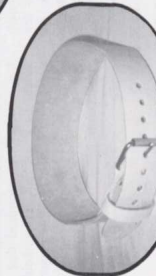
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POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Recovery Time

by Fred Hatfield, SPORTS FITNESS

Have you ever wondered what the split system training accomplishes? The double split? If you've read any of my books on... Why, to maximize recovery time, and to maintain high intensity in all exercises!

The state of the art of weight training has, for several years now, dictated these split systems for advanced training. But friends, no science stands still, and exercise scientists are ever vigilant for new techniques and information to improve the overall training capabilities of athletes. Until now, the double split system of arranging exercises was state of the art for maximizing training intensity. The new system herein described can take you to the next intensity plateau.

-- it's called the Variable Split System, and is based on the factors which collectively determine each muscle's requirements for recovery time. (See Table One). Each muscle is evaluated on the basis of the twelve criteria in Table One, and then given a final score. The score is then evaluated on the basis of your own experience regarding how each exercise you do is performed. That is, do you do sets of five? Explosive? Slow, continuous tension? High reps? Do you do a variety of movement speeds and do you do more than one exercise per muscle? These kinds of considerations, of course, have a bearing upon your recovery rate.

Let's take each of the example exercises and muscle groups in Table Two one at a time -- you will see how the grid works in establishing each muscle's recovery requirement. First,

TABLE ONE

Variables Affecting Recovery Time

1. Larger muscles take longer to recover than smaller muscles.
2. Predominantly white (fast) fiber muscles take longer to recover than do red (slow) fiber muscles (white fiber muscles suited to power, whereas red fiber muscles suited to endurance).
3. High intensity exercise with weights exceeding the 80-85% maximum level require greater recuperation time than do high rep (under 75% maximum intensity) exercises.
4. Full range movements typically cause greater amounts of connective tissue damage, and necessitate greater recovery time than do partial movement exercises.
5. Older lifters (e.g., above 35-40 years old) require more recuperation time than do younger lifters.
6. Recovery rate can be improved as a result of properly conceived aerobic weight training programs, or retarded with generally little or no aerobic efficiency training.
7. Bigger lifters take longer to recover than do smaller lifters.
8. Nutritionally sound eating and supplementing habits can significantly shorten recuperation time, while poor dietary and supplementation practices can prolong it.
9. Drugs and other substances that are anabolic agents (e.g., anabolic steroids) reduce recovery time, whereas most types of recreational drugs (e.g., alcohol) can markedly increase recovery time requirements.
10. Eccentric (negative) muscle contraction causes increased recovery time requirements.
11. States of overtraining -- whether biological or psychological in origin -- increase recovery time requirements. So does undertraining.
12. A generally healthy body recovers faster than a unhealthy one (e.g., diseases, infections, etc. impede recovery).

as I said before, include training practices stemming from instinctive training and muscle priority training. These factors generally dictate the number of reps, sets, intensity and exercises-per-bodypart factors. For example, if you have opted to do four different exercises for the chest, your recovery time will be greater than if you only did two exercises, but certainly not by a factor of twice the time -- other factors in the list will modify the recovery requirement downward because you are dealing with averages.

In the previous example, the modified table scores are my own. I have found that I can effectively recover from my squat workout in 4-5 days on the average, and so forth. These figures are not holy -- they are meant to give you a guide in establishing a prioritization of exercises on a day-to-day basis.

To complicate the entire concept, let's say that you performed bent rows, an upper back exercise that requires on the average of 3 days recovery time. On the next day you are scheduled to do stiff legged deadlifts for your back, as the competition time dictated. However, your bent rows also stressed the lower back, and you find that you can't do the stiff legged deadlifts effectively because you're still sore from the previous day's training. This is one of the many scheduling problems that you may be confronted with in establishing a viable training program based on the variable split.

You should not assume that because of these kinds of difficulties that the variable split is too complicated or too difficult to adopt. The answer is simple. All you have to do is wait an extra day for the stiff legged deadlifts! It's better to lose a single day on one exercise than it is to lose the same amount of time on all of your exercises!

Simply put, the variable split is the most effective means there is in maximizing training time efficiency. Less overall time, muscle for muscle, is lost with the variable split than any other system yet devised. It may not be the easiest system to incorporate, but no one ever promised that it would be easy! Still, it's workable enough for even the greenest beginner to use, yet effective enough for the most advanced superstar to benefit from.

TABLE TWO

Examples of how recovery requirements can be charted for effective inclusion in a variable split system.

| Muscle | Rank Scores For Average Factors from Table One | | | | | | | | | | | Score |
|---|--|---|---|---|---|---|---|---|---|----|----------------|-----------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| Quadriceps (Squats) | 5 | 4 | 3 | 5 | 3 | 1 | 5 | 1 | 1 | 3 | 9 | 12 = 3.25 |
| Biceps (reg. curls) | 1 | 4 | 3 | 5 | 3 | 1 | 5 | 1 | 1 | 3 | 2 + 12 = 2.67 | |
| Pectorals (bench press) | 3 | 4 | 3 | 5 | 3 | 1 | 5 | 1 | 1 | 3 | 4 + 12 = 2.83 | |
| Calves (standing calf raises) | 2 | 1 | 3 | 4 | 3 | 5 | 3 | 1 | 5 | 1 | 30 + 12 = 2.50 | |

Drug-Free Gains!

Myth or Reality?

Dear Fellow Powerlifters & Coaches,

You've all been informed to death about the pros and cons of steroid use. Well...perhaps *misinforming* is more accurate. And, you've no doubt made up your minds about the philosophical issues involved -- is it ethical? Are the benefits greater than the risk?

Friends, there's a whole new generation of young athletes out there who deserve better than what we've had in the way of "reliable" information! It isn't enough to let it go with a simple "Well, nothing ever happened to me" attitude. Sure, it's true that there is some useful and accurate information regarding methods of use, how to beat the tests, how to avoid side effects, and the like. It's true that many responsible folk -- and I like to include myself in that group -- have offered some reasonable advice in the past. For instance, Dr. Mauro DiPasquale's recent book is quite informative and accurate -- state-of-the-art, you might say. So are Dr. Jim Wright's, Dr. Bill Taylor's, and Jeff Everson's recent additions to the literature on steroids. Some folk, in crusader fashion, write of impending doom from using steroids -- no one likes to consider the prospects of dying in some smelly locker room!

None has hit the nail on the head! None has offered viable alternatives to steroids! None has given the kids coming into our sport a way to break away from steroid mentality which proclaims that championship status cannot be attained without anabolic drugs!

Yet, there are alternatives! Indeed there are! But no one has ever put all the pieces together in such a fashion that the available alternatives gave them as much (or more) as can anabolic steroids in the way of increased strength, size or athletic performance.

I sincerely believe that can be done! Let me give you one example of a technique that has, until recently, gone totally unexplored. ATP -- adenosinetriphosphate -- is the universal energy source. Every living creature on God's earth needs ATP in their muscles to make them contract. What if there were a way of increasing the available ATP to such a level that prodigious energy were available? What you could normally bench for two reps you'd be able to bench for three or four reps with more ATP. ATP stores can be increased five-fold inside of eleven days, according to some very compelling research I have just reviewed. And, the possibilities are mind-boggling!

That's just one avenue. There are amino acids, sterols, various herbal preparations, electrostimulation, amazingly effective psychological techniques, and -- of course -- vastly improved training practices too. These, and literally dozens of other ergogens are the subject of my upcoming book, *ERGOGENESIS: Peak Athletic Performance Without Drugs*. *ERGOGENESIS* is long overdue -- I believe it has the capability of revolutionizing sport. I believe that it has the capability of *fostering a whole new generation of young athletes who will turn their backs on anabolic steroids as a primitive tool of desperate athletes*.

But old or young, you owe it to your sports career to become all that you can become. My book, *ERGOGENESIS*, isn't the final word on what kinds of techniques, substances or principles to apply in your quest for athletic greatness. No such authority exists. But the book is most certainly a step in the right direction -- especially for the kids coming up behind us.

Yours' in Sport and Fitness,

Fred Hatfield

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More From Ken Leistner



Dr. Ken Leistner...at the National Collegiates. Photo by Kathy Leistner

Every now and then, I'll write a column in this magazine that will stimulate tremendous reader response. The recent bench press discussion, my infamous "York" article of 1979, and my description of the events of the 1982 World Championships come immediately to mind. But the May '85 Power Profile does about me, by David Krall, caused my "normal" life to have words with me. "This is a residential route. I don't mind carrying all your gooey magazines and coming all the way up and down the street, but all this mail! Man, you got it all coming away!" My point is that the Emperor was without clothing. I'm not the one who undressed him, yer, response has been consistent, loud, and in most cases demanding.

The Power Profile was a long time coming. Two years ago I promised Mike an interview for PLUSA, but I honestly felt that having a monthly column allowed me to say what I had to say, and that a separate interview was neither necessary nor valuable. I don't mind being the most "controversial" part of PLUSA every month, but an interview, I believed, would only upset the many short-sighted people in our sport who can't at least help my column if they don't like it. I have to say I gave Mr. Krall a phone interview and feel he was not in accurate in conveying my feelings about a lot of our sports pros and cons. But the response!

One young man from New York wrote me, "I'm right in front of it, I think that's B.S.," in response to my comments about Kevin Tolbert. I have been rather fortunate to know many strong men in the past, and still know quite a few who could with some specialized training, rank nationally in the powerlifting world. Most of them couldn't care less about lifting a lot or weight for one rep, or competing. For those of us, and I include myself, who do compete, or who have competed, and would do almost anything to win a Senior title, it's almost incomprehensible that someone would actually have the strength and talent to compete at the top level and not care enough to do so. Yet, there are many, many athletes who can in fact deadlift 800 pounds, but will remain anonymous because of their decision to avoid the limelight. Paul Dicke is a good example. I'm sure that he could bench in the 600 area for a while before his cohorts convinced him to compete. If anyone would have told most of us that there was a police officer in Augusta, Georgia that could bench 600 pounds, "B.S.!" would have been one of the more printable exclamations. In fact, one of the top bench pressers in the world stated something very similar to Mike Lambert in response to my first Lambert press column when I made a statement that there were a lot of strong men out there who no one ever heard of, and bang, there's Dicke proving that very point.

Tim Krumrie of the Cincinnati Bengals, "Dx. Death! Steve Williams, a former Oklahoma Union, player who now wrestles professionally, two or three dudes in almost any major

forefront really bearing down on supposed steroid sellers in other areas, the police are still too busy with their things to pay it much mind. Because there's always money to be made by either selling drugs, supporting their use, or talking out sports have found themselves on the side of the fence that they weren't on just a short time before, and in some cases, it's been lucrative. In my own case, no one's asked me to do any articles for nationally distributed publications or to be the technical advisor for a television expose. I don't have a book to sell, nor am I stilling for a "health food" manufacturer, noting that "the side effects of glandulars aren't quite as potent as those of methylest."

I woke up one day and realized that a sport that I had always loved was gone, at least from my life. I've always been strong and have always enjoyed the lifting of heavy weights, for reps and for max singles. I enjoyed the competition, the trial of attempting to extract the best from myself. As much as the madness of some of the other lifters confused me, I enjoyed all aspects of preparing for a meet, travelling to a meet, lifting, and having a nice quiet meal afterwards, basking in "that post-competition glow" that's present even when one doesn't quite lift up to expectations. I realized that all of that was gone primarily because my body necessary to tolerate the drug use level, and because I couldn't justify "stances. I realized too that as long as never know the joys I've had, nor the lessons I've learned from being a competitive powerlifter. I realized that when he gets ready for high school football, he has to choose to play, his coach may stand before him and say, "Okay, we lift, we run, we use these anabolic drugs, we stretch, and we learn our plays," and at that point, my choice is to forbid him to play, or throw the coach through the wall. As it's going, drug use at the high school level will be as passive as it now is for Senior National competitors.

Because all of that saddens me and I see a real loss, I said something about it. I did not produce the "drug problem" in the sport, and yes, I see it as a right. A lifter certainly has the right to take these substances, but in all honesty, it's taken the heart out of powerlifting, something that has negatively affect everyone of us who has been in it for a long period of time. I'm not sure we can ever go back to drug free lifting, but pretend that the sport is not completely different from the sport of ten years ago is also no answer. The fact that some of our top men, as is true in most other sports, lives homesex social drug use and, the type of behavior that the vast majority of people see as unworthy of imitation further saddens me and makes me wonder what's coming next. I guess that's something that each and every one of us do can determine if we choose to do so.

The 1985 National Masters Championships were held May 11th and 12th in the ballroom of the Dallas/Ft. Worth Airport Marriott Hotel. The accommodations and facilities of the meet site were excellent and in every respect lived up to the pre-meet expectations of the 171 competitors who participated.

The meet sponsor - MAC Barbell Equipment Co. - represented by Jim Hage, Mike Bandera, and Doug Patterson, provided a continuing atmosphere of cooperation, generosity, and congeniality that has not been excelled at any of our championships. The masterful touches of meet director, John Pettitt, were everywhere in evidence as the workday alone. All sections of the competition flowing. His careful selection

NATIONAL MASTERS

| Women | 11, 12 May | 85 (kilos) | Dallas, TX | SQ | BP | DL | Total |
|--------------|------------|------------|------------|----|-----|----|-------|
| 48 kg, 40-44 | | 80 | 35 | 95 | 210 | | |
| 52 kg, 40-44 | | | | | | | 40-44 |
| 56 kg, 40-44 | | | | | | | 40-44 |
| 60 kg, 40-44 | | | | | | | 40-44 |
| 64 kg, 40-44 | | | | | | | 40-44 |
| 68 kg, 40-44 | | | | | | | 40-44 |
| 72 kg, 40-44 | | | | | | | 40-44 |
| 76 kg, 40-44 | | | | | | | 40-44 |
| 80 kg, 40-44 | | | | | | | 40-44 |

men's division

| | | | | | | | |
|---------------|--|--|--|--|--|--|--|
| 84 kg, 40-44 | | | | | | | |
| 88 kg, 40-44 | | | | | | | |
| 92 kg, 40-44 | | | | | | | |
| 96 kg, 40-44 | | | | | | | |
| 100 kg, 40-44 | | | | | | | |
| 104 kg, 40-44 | | | | | | | |
| 108 kg, 40-44 | | | | | | | |
| 112 kg, 40-44 | | | | | | | |
| 116 kg, 40-44 | | | | | | | |
| 120 kg, 40-44 | | | | | | | |
| 124 kg, 40-44 | | | | | | | |
| 128 kg, 40-44 | | | | | | | |
| 132 kg, 40-44 | | | | | | | |
| 136 kg, 40-44 | | | | | | | |
| 140 kg, 40-44 | | | | | | | |
| 144 kg, 40-44 | | | | | | | |
| 148 kg, 40-44 | | | | | | | |
| 152 kg, 40-44 | | | | | | | |
| 156 kg, 40-44 | | | | | | | |
| 160 kg, 40-44 | | | | | | | |

NATIONAL MASTERS

report by National Masters Chairman, Don Haley

of the "flights" (six for Saturday and four for Sunday) used in following the Rounds System, coupled with the nimble and efficient announcing of "Sarge" Pendley proved that a large competition can best be handled by this system. This conclusion won the enthusiastic support of all the competitors interviewed.

The outstanding lifter award on Saturday went to the durable Jim Lem (82.5 kg class) with a line total of 697.5 kg., and on Sunday the nomination roster of two complete teams to represent the U.S.P.F., the upcoming World Masters Championships in Canada.



The Venerable Emie Nagy...won one of the Best Lifter Awards at this year's National Masters Championships.

| Men's Division | 11, 12 May | 85 (kilos) | Dallas, TX | SQ | BP | DL | Total |
|----------------|------------|------------|------------|----|----|----|-------|
| 84 kg, 40-44 | | | | | | | |
| 88 kg, 40-44 | | | | | | | |
| 92 kg, 40-44 | | | | | | | |
| 96 kg, 40-44 | | | | | | | |
| 100 kg, 40-44 | | | | | | | |
| 104 kg, 40-44 | | | | | | | |
| 108 kg, 40-44 | | | | | | | |
| 112 kg, 40-44 | | | | | | | |
| 116 kg, 40-44 | | | | | | | |
| 120 kg, 40-44 | | | | | | | |
| 124 kg, 40-44 | | | | | | | |
| 128 kg, 40-44 | | | | | | | |
| 132 kg, 40-44 | | | | | | | |
| 136 kg, 40-44 | | | | | | | |
| 140 kg, 40-44 | | | | | | | |
| 144 kg, 40-44 | | | | | | | |
| 148 kg, 40-44 | | | | | | | |
| 152 kg, 40-44 | | | | | | | |
| 156 kg, 40-44 | | | | | | | |
| 160 kg, 40-44 | | | | | | | |

Some 800 spectators were on hand for the two day event together with approximately 100 organizers, officials, and assorted helpers. Retirees, too numerous to mention individually, were on hand to keep the two platform meet moving efficiently and included such luminaries as our Federation President, Dr. Conrad Cotter and Nate Foster. Several lifters who are also licensed referees made a double contribution by officiating on the day following their own competition.

From among the winners of the various age/weight classes, the Masters Chairman has submitted a nomination roster of two complete teams to represent the U.S.P.F., the upcoming World Masters Championships in Canada.

WORKOUT of the Month

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

The Proven Pathway to Deadlifting Progress by Bret Russell

The following is a 14 week deadlift program which I believe will improve your deadlift 20 to 40 pounds, if proper nutrition and a positive mental attitude are present while training. The workout is based on a 700 pound maximum single before this program.

Train in the suit you will be wearing at the meet the entire 14 weeks but put the straps up only on your singles. Try to use correct form on all assistance exercises to help prevent injury.

I would recommend heavy deadlift on heavy squat day and light deadlift on light squat day. This will help condition your mind to heavy weights of both lifts on the same day just as in a meet. The light days would be for practicing your form.

No warming up should be needed other than stretching your biceps to prevent tearing them on deadlifting attempts. Your body should already be warm from squatting.

To develop good form, learn to keep arms straight and to keep your buttocks down, with your back as straight as possible. Jerk with your legs (NOT with arms). Try to think of shoving your feet through the floor while holding on to the bar. Practice explosive pulls off the floor as it will help make your lockouts easier.

Here are the assistance exercises to be done after deadlifting.

Weeks 1 thru 8 - Do these exercises on both nights a week of your deadlift workout:
 Leg Presses - 4 sets/6 reps
 Cable Rows or Bent Over Rows - 4 sets/6 reps
 Leg Curls - 5 sets/8 reps

Weeks 9 thru 13 - Do these exercises only on light deadlift day.
 Good Mornings - 3 sets/reps 5-3-3.
 Leg Presses - 3 sets/6 reps (try to use same weight being used on last DL attempt that day for the last 2 sets).
 Bent Over Rows - 3 sets/reps 5-3-3.
 Leg Curls - 3 sets/6 reps

Good Mornings are the best lower back exercise to help improve your strength on heavy deadlifts; however they are dangerous, so always be sure to use spotters.
 On the 14th week, do no assistance exercises, do only your opening attempt (7 days from the meet) and rest until the day of the meet.
 Warmups at meet: 145-8, 255-5, 345-3, 455-3, 545-2, 600-2.

690 - Openers
 715 - 2nd Attempt
 730 - 740 - 3rd attempt

I wish you luck at your contest and hope this workout might help you as it has helped others.

GOOD PULLING!

| Week | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | #9 | #10 | #11 | #12 | #13 | #14 |
|-----------|--------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Light Day | 145-10 | 145-10 | 145-10 | 145-10 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 |
| | 230-10 | 240-10 | 250-10 | 260-10 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 |
| | 280-10 | 290-10 | 300-10 | 310-10 | 385-5 | 395-5 | 405-5 | 415-5 | 405-5 | 420-5 | 435-5 | 450-5 | 465-5 | 345-5 |
| | 320-10 | 330-10 | 340-10 | 350-10 | 445-5 | 455-5 | 475-5 | 475-5 | 545-5 | 560-3 | 575-3 | 590-3 | 605-3 | 455-3 |
| | 370-10 | 380-10 | 390-10 | 400-10 | 515-5 | 525-5 | 535-5 | 545-5 | 615-3 | 630-3 | 645-3 | 660-3 | 675-3 | 615-1 |
| Heavy Day | 145-10 | 145-10 | 145-10 | 145-10 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 145-8 | 640-1 |
| | 235-10 | 245-10 | 255-10 | 265-10 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 255-5 | 690-1 |
| | 285-10 | 295-10 | 305-10 | 315-10 | 390-5 | 400-5 | 410-5 | 420-5 | 430-3 | 440-3 | 450-3 | 460-3 | 470-3 | 1 mib. |
| | 325-10 | 335-10 | 345-10 | 355-10 | 430-5 | 440-5 | 470-5 | 480-5 | 510-3 | 520-3 | 530-3 | 540-3 | 550-3 | rest |
| | 375-10 | 385-10 | 395-10 | 405-10 | 520-5 | 530-5 | 540-5 | 550-5 | 590-2 | 600-2 | 610-2 | 620-2 | 630-2 | 690-1 |
| | | | | | 675-1 | 680-1 | 685-1 | 690-1 | 690-1 | 700-1 | 710-1 | 710-1 | 710-1 | 690-1 |
| | | | | | 690-1 | 705-1 | 715-1 | 725-1 | 735-1 | | | | | |

Bret Russell...is now a consistent 800 pound plus deadlifter, who has steadily worked his way up the PL USA TOP 100 ranking lists over the years.



Bob Wahl, 1983 Senior National & World Powerlifting Champion says: "These Amino Acid and Natural Growth Factor Stimulant tablets have helped me immeasurably. I seem to recuperate faster from my work-outs, my energy level has increased, and I have added several pounds of muscle since I began taking them. As far as I know they can be taken all year long without danger and they are truly the safest and most result producing alternative to steroids I know of."

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 Adrenal.....150 mgs.
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 Spleen.....150 mgs.
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Coverperson Debra Poston...has put together an awesome string of bench presses (culminating with an all time Women's best bench of 332.5 pounds) and will likely continue in the months to come as she loses bodyweight and descends through the weight classes in preparation for competition in the 1985 Ms. America competition. As a competitor at the Vermont State meet, she got a 328.9 bench press weighing in the 181 pound class; and just missed an attempt that actually weighed out at 339.9 to exceed the existing world record of Bev Francis of 330 pounds. Afterwards, she and husband Rick Poston traveled to the Coors Deep South Championships in Dothan, Alabama and there, weighing 195%, she made the 332.5 attempt, the most weight ever bench pressed by a woman, regardless of bodyweight. Her other recent training lifts include a 500 pound squat at 168, a 530 deadlift at 173, and 185x6 in the press behind the neck, and a strict curl of 135 pounds. In March of 1984, she became the first United States woman to bench 300 in competition. Her immediate goal is to win the 1985 Ms. America contest, which she has placed well in previously (2nd Medium Height class, 1982). Photo of Debra provided by Steve Dolgun.

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This year, the 1985 National High School Championship was held at the West Monroe, Louisiana. The host of this second annual U.S.P.F. event was the current National High School Champions, the West Monroe High School "Rebels" Team—with coach of the year in 1984, Mike Reed. Although the quantity of lifters was less than last year's meet, there was absolute quality, with several National Teenage records broken and meet records set, an outstanding array of young, future talent. These are lifters are teenagers, far from their prime, yet they lifted with the style and substance of seasoned lifters.

There were only four women lifters, three from Quitman High School in Quitman, Louisiana coached by Larry Emory, and they did some quality lifting in their early Saturday session.

48 kg. Leslie Graves, who holds the squat, bench, deadlift and totals in her weight class, came up with an even 200 kg, going 6 for 9. She finished with a strong 87.5 DL attempt for 3 whites.

52 kg. Pretty little Dana Brumley of Northlet High School, Arkansas won the 52 kg. class by only getting 4 attempts! Her squat and bench were solid, but she almost lost it on the 3rd try of a 127.5 DL. She gained control of herself, came out and came up with the judges' approval for the win. Another member of Louisiana's #1 ranked women's PL team is pretty Rose Delaney from Quitman, LA. Rose lifted very well totaling 242.5 kg with an impressive 122.5 DL finish. She tried 130 kg, but missed.

56 kg. Still another member of Coach Larry Emory's team, who was an assistant of the current National Collegiate Coach of the Year, Billy Jack Talton, was Frances Hunter. At a bodyweight of only 117½ kg, she came up with a fine 230 total finishing off with all three attempts in her DL.

67½ kg. A favorite lifter of the crowd, as well as one of my favorites, is beautiful Shari Sanner from York, Nebraska. Shari, who weighed a light 142 lbs, walked off with a bunch of trophies. Although she had some trouble in the squat, only getting her opener of 127.5 kg, she came back with 3 strong DL's for an impressive total of 365 kg. Shari is the 1982 and 1984 Nebraska State Champion and has set over 20 Nebraska State records. Today, she walked off with Best Women's squat, Best Bench, Best DL, and Champion of Champions, plus, Nice day, Shari.

About 1:00 p.m., the men's lifting got started. All eyes were focused on 1984 National High School coach of the Year, Mike Reed whose own personal story of tragedy and triumph is a very interesting story in itself. The West Monroe Rebels were ready to defend their 1984 Championship "with a team that was even stronger than last year's!" Well, the bar was loaded, and the first session for the men was about to begin. This is how it went.

52 kg. It was a classic battle between a good squat, provided by Barry Humphry of West Monroe, vs. a good deadlift provided by Richard Williams. As a lifter of long ago (Don Blue, I think) said, the meet doesn't start until the bar's on the floor. Williams of James A. Cawood in Kentucky, made his second attempt to win by 2.5 kg. Barry, the 1984 and 1985 Louisiana High School Champion, holds the squat, deadlift and total state H.S. records. Greg Ellis of Sheridan High School, Arkansas posted a fine 350 kg, going all the way with his deadlifts, capturing third place. The 1985 Arkansas State 114 lb. Champion lifted well—he'd better, he was coached by Greg Tiner, the current 165 lb. Arkansas State Champ! In fourth place was Darren Gremillion of Catholic High School, New Roads, Louisiana. Darren's fine total of

National High School Powerlifting Championships report by Jack Digangi R.D.



Biggest Squat of the Meet was the 705 by Allen Wentworth (275 lb. class)

332.5 kg. was, in part, due to his fine coaches, Jim Peyton and Jim Highower. Right behind was Ronnie Mills of Little Rock, Arkansas with a 322 kg. total. Only 2.5 kg. behind was Art Beebe of West Monroe. Art's one of those "naturals" that in his first meet ever, and that was just 2 weeks ago, won the 1985 Ark-La-Miss open in the 52 kg. division and wound up winning the best lifter in the lightweight division. He also won both the 1985 novice and teenage titles.

56 kg. In the 56 kg. class, two West Monroe lifters took to battle. At the subtotal, John Briley and Tim Woods both had 200 kg., but in another example of the "deadlift starts the meet", Tim edged Mr. Briley by 2.5 kg. in the final deadlift. Bucky Thompson of Sheridan in Arkansas, unfortunately met with red

lights on his three squat attempts. **60 kg.** This class was plagued with bouts — Keith Hunter who couldn't get his squats passed, and Abraham Henry, who had the same problem with, ironically, the same weight — 165 kg. However, John Miller of Aloha High School in Stringtown, OK had a great day going 8 for 9 with a 462.5 kg. total. In second place was Ronnie Powell of West Monroe. Ronnie, who placed 4th last year in the H.S. Nationals, amassed a total of 430 kg. Winding out the top three was Terry Caston, also of West Monroe.

67½ kg. This class had the most entrants with 7 lifters, and the quality was there. James Frank Wozno of West Monroe, set a new National Teenage mark for the deadlift with a 250 kg. lift. He broke the long standing teenage record held by none other than the current American Record holder in the 75 kg. class, John Inzer. Mr. Wozno had a great day going 8 for 9 for a 545 total. Coming in second with a strong 507.5 kg. was Kirk Hesser of Bartlesville H.S. in Oklahoma, also 8 for 9. Right behind in third, Timothy Teragaw, who holds the MN 16-17 yr. old deadlift record, came up with a 490 kg. total. Fourth was Stacy Lisbey of Sheridan H.S., Sheridan, Arkansas. Next was Chris Nielski of Riley H.S., South Bend, Indiana. Chris was the 14-15 yr. old National 123 Champion who totaled a fine 447.5 kg. Both Jeff Beach and David Moring rounded out this class with a total of 397.5 kg.

75 kg. This class saw another West Monroe superstar run away with the title. Fred Tyson, who placed 2nd in last year's meet, wasn't going to be denied this year. Mr. Tyson amassed an incredible 585 kg., a meet record, to win the title. Placing second was Eric Milfeld of William Travis H.S. of Austin, Texas. Mr. Milfeld, who holds the Texas State squat, deadlift and total records in both the 48's and 65's had a super day, going 7 for 7. Coming in third was Ben Harrell of Camden H.S. in Arkansas who totaled a very nice

(continued next page)



National Team Champions Again...the West Monroe High School Powerlifting Team of West Monroe, Louisiana, led by Coach of the Year (again) Mike Reed (with large plaque). All winners are 1st team High School All-Americans and 2nd place winners are 2nd team selections. All photographs by Jack Digangi.

National H.S. Championships 27-28 Apr 85 (kilos W. Monroe, LA)

| Women | 75 | 37.5 | 87.5 | 200 | Chris Niedbalski | 166 | 187 | 193.5 | 487.5 |
|------------------|-------|-------|-------|-------|------------------|-------|-------|-------|-------|
| 18 lb Graves | | | | | Jeff Bunch | 189 | 215 | 170 | 897.5 |
| 52 kg | | | | | Keith Hunter | 127.5 | 92.5 | 177.5 | 397.5 |
| Sana Brumley | 102.5 | 50 | 122.5 | 280 | 75 kg | 230 | 123.5 | 232.5 | 985 |
| Rose Delaney | 80 | 40 | 127.5 | 242.5 | Eric Allford | 187.5 | 100 | 227.5 | 515 |
| Frances Hunter | 80 | 42.5 | 107.5 | 230 | Weldon Jewell | 190 | 97.5 | 195 | 482.5 |
| Shari Samner | 127.5 | 92.5 | 145 | 365 | Ben Harrell | 177.5 | 92.5 | 200 | 470 |
| Richard Williams | 120 | 102.5 | 177.5 | 410 | Jeff Davator | 182.5 | 105 | 175 | 462.5 |
| Barry Humphry | 150 | 90 | 150 | 407.5 | Arnold Bates | | | | |
| Greg Ellis | 137.5 | 62.5 | 150 | 350 | Clad Muehck | | | | |
| Monnie Mills | 115 | 67.5 | 137.5 | 332.5 | 87% kg | 245 | 127.5 | 272.5 | 645 |
| Art Beebe | 117.5 | 67.5 | 137.5 | 320 | David Pratt | 177.5 | 112.5 | 177.5 | 467.5 |
| Sole Sees | | | | | 90 kg | 245 | 127.5 | 272.5 | 645 |
| 36 kg Woods | 127.5 | 72.5 | 170 | 370 | Robert Wagner | 230 | 152.5 | 255 | 642.5 |
| John Briley | 127.5 | 72.5 | 162.5 | 367.5 | Rusty Mitchell | 227.5 | 137.5 | 220 | 592.5 |
| Bucky Thompson | | | | | 100 kg | 255 | 137.5 | 232.5 | 625 |
| 60 kg Miller | 172.5 | 85 | 205 | 462.5 | 108 kg | 285 | 162.5 | 272.5 | 745 |
| Ronnie Powell | 170 | 82.5 | 172.5 | 430 | 120 kg | 227.5 | 120 | 227.5 | 565 |
| Terry Cason | 147.5 | 72.5 | 167.5 | 387.5 | 110 kg | 227.5 | 120 | 227.5 | 565 |
| Abraham Henry | | | | | 125 kg | 227.5 | 120 | 227.5 | 565 |
| James Vonzo | 205 | 90 | 250 | 545 | 135 kg | 172.5 | 82.5 | 187.5 | 442.5 |
| Kirk Hunter | 192.5 | 115 | 200 | 507.5 | Allen Wentworth | 220 | 272.5 | 812.4 | |
| Tim Teragawa | 177.5 | 100 | 212.5 | 490 | Andy Chutz | 195 | 87.5 | 142.5 | 425 |
| Stacy Liberty | 182.5 | 80 | 200 | 462.5 | Greg Madden | 265 | 160 | 227.5 | 652.5 |



The Best - Lt. Bob McLaughlin - Best Squat; Allen Wentworth - Best Deadlift; Best Lift (41%); and Champion of Champions James Vonzo - Best Benchlift; Barry Humphry - Best Lifter (L); Chris Johnson - Best Lifter (Med).

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Records set, Frank Wanzo's 551 DL in the 181's and Bob McLaughlin's 672.5 squat in the 220's. There were 40 National Meet records set by the 48 competitors who represented 21 schools from 32 states. And, this has not had a day setting National Meet Records in the squat, bench, deadlift 2 Category I, 6 Category II, and 8 National referees present!

A very special thanks to the sponsors who made this meet possible: Mr. Shady Wall and the First National Bank, the Quachita Citizen Newspaper and the City of West Monroe. "These sponsors made this meet possible -- without their support, it would have been impossible. From all the members of the West Monroe High School Powerlifting and especially Coach Mike Reed, thank you."



Laurie Green...116 lb. class winner.

A.D.F.P.A. National Collegiate Powerlifting Championships reported by Tim McClellan

The poish campus of Texas A&M was the site of the 1985 ADFFA Collegiate National Powerlifting Championships. The meet was held April 13-14 and was directed by Graduate Assistant Strength Coach Chad Dufouelle. With the help of the Texas A&M Weightlifting Club and the support of the A&M Athletic Department in lending equipment and facilities, Dufouelle put on a meet that ran extremely smooth. Lifters were afforded the opportunity to warm-up in the Aggie Athletic weightroom, which adjoined the meet gym. There was an overabundance of weights, and Chad did an outstanding job of coordinating all of those who volunteered to help the cause. From a lifter's standpoint no complaints could be heard.

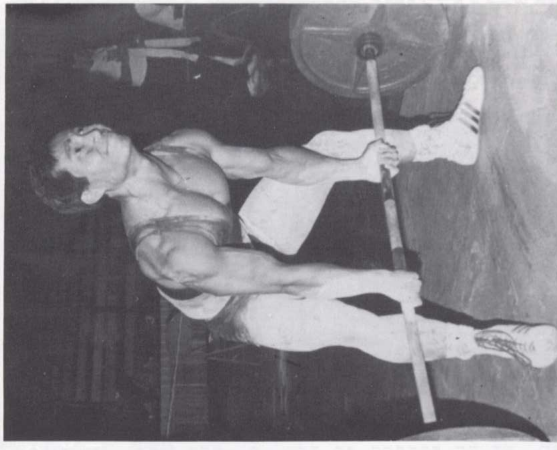
Women's

This year's Women's Collegiate Nationals showed a marked increase in interest. The 1984 meet saw only 5 entries, most from McNeese State. The 1985 contest included 21 entries, many of which had competed in the USPF Collegiate only 3 weeks earlier. This competition was run with the new ADFFA weight classes for women and it proved to run smoothly and competitively.

104 lb: Darcy Palk, a second place finisher 3 weeks earlier at the USPF meet had her just day at this meet. She was in total command of the class from the start, with her lifts of 242-110-253-606 all registering as records. Linda Thomas, of the proud Louisiana Tech squad, started off their team point barrage with a 534 total and second place finish. Shana Eaton placed third, and Dolly Hershberger, who barely missed weight for the 97 lb. class placed fourth.

111 lb: Louisiana Tech's Tanya Taiton used 4 class leading lifts to defeat Kim Holz in the 111 pound class. Tanya finished with a 231 lb. squat, 126 lb. wide-grip bench and 270 lb. deadlift for a 628 lb. total and 4 ADFFA Collegiate Records.

116 lb: 1984 Champion Laurie Green moved down a class from the 1984 Nationals but made virtually the same lifts in dominating the 116



Bill Wong...132 lb. champion with a 462 Deadlift. McClellan photos.

pound class. Now a Texas A&M Aggie, Laurie made lifts of 297 in the squat, 137 in the bench press and 744 total. Jenny claimed rights to the deadlift record with a 325 lb. pull. Wendy Jones pulled a record 319 deadlift to place second at University of Illinois-Chicago's Belinda Lee grabbed third team All-American honors.

122 lb: Carolyn Fitzwater of Penn State's Lady Lions team managed lifts of 220-115-308 winning the 122 lb. class. McNeese States' Mari Eastman finished just behind Carolyn in the squat and deadlift and took home second place honors.

129 lb: The 129 lb. class had double the number of entries of any other class as 6 women gave their best to go home on top. The Clear Air Force Academy, who secured the National Championship on the Louisiana Tech. Sharon squatted 286, benched 137, deadlifted 336 and totaled 760 for four Collegiate Records. Chariotte Rawson of McNeese held off Air Force's Susan Weiland for second, and Susan held off Arizona State Sun Devil Angie Johnson for the third team All-American position.

139 lb: Roberta McKinney used record lifts of 303 in the squat, 380 in the deadlift and 826 total to soundly win the 139 pound class. Tracy LaGros blew up a 159 bench and almost made a 176 in placing second. Tracy's 159 lb. bench remains as a record, however.

176 lb: In the 176 pound class Man-jey Creel held off the deadlift of sister Jenny Creel to take the gold back to

went to Philadelphia to be tested by a man recognized by many as the authority of polygraph tests. It was his final conclusion that not only did Joe not take steroids for one year - but that Joe has never taken anything. Apparently, his inability to relax and breathe rhythmically combined with some certain testing procedures caused him not to pass the test when he was innocent of the accusations. With this behind him Joe went for the second rise of Big Joe.

123 lb: The 123 pound class listed only four competitors, but proved to be highly competitive. 1984 Champion Matt Machay moved up a class and left the door to the throne open for a returning Mike Duhon. However, it just wasn't to be for Duhon on this day as he was edged out by the smart and determined Kevin Jones of Louisiana Tech. Duhon took home his second consecutive second place and an ADFFA National Collegiate deadlift record to boot. Bloomsburg University's Jack Rubbo claimed his second consecutive third place finish and punched out another collegiate bench press record in the process. How he made the 123 pound limit at 5'9" still looms as a question. We all had the feeling he would have to eat 3 gallons of ice cream just to have bodyfat.

132 lb: Unlike the previous year, the 132 lb. class proved to be anything but competitive. Only 2 lifters finished the meet and they ended worlds apart. USPF National Collegiate Champion Matt Machay didn't hit the kind of lifts others have projected for him and finishing several places behind returning ADFFA champion Bill Wong, even though Wong had a somewhat traumatic week in his event - the squat. At the 1984 Juniors Bill hit a solid 496, but was clearly buried with 490 in this meet. He did, however, manage a record 275 bench and a comfortable 462 deadlift for a 1190 total. It was less than his best, but over 100 pounds more than he needed to capture the championship. Matt placed second, giving him first and second team honors in the two collegiate meets this year.

148 lb: The eight 148 pounders jockeyed considerably in a hedge podge affair that took a powerful PhD to figure out. In the end one stood out above the rest, and that was Arizona State's senior, Chris Boller. Chris completed a second by 200 squat along with a 314 bench and 507 deadlift for a record 1322 total.

The eventual second place finisher was a hardnose Curtis Green, who looked ready to erupt for the win at any notice. Penn State's Jeff Shaw hammered home a record 330 bench and pulled the 507 deadlift he needed to beat East Stroudsburg's Todd Van Bodegom-Smith on body weight. Charlie Sizemore, Sonnie Jackson and Louie Sampredo were all legitimate potential placers, but ended up a little short of their goals.

165 lb: A total of 17 lifters lined up to take their shot at the vacant 165 pound championship that was year's champion Mark Shelhamer left

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe

amount to almost \$1,000! Joe



David Mitchell, the RPI freshman won the 242.5 title after training only 5 months. (Photo courtesy Dave...

behind. Oklahoma Baptist freshman Ty Stapleton got the ball rolling with a record 578 squat, and from that point on he was uncatchable. The 578, coupled with a 371 bench and 540 deadlift gave him a 1493 total, a National Championship and 2 national records. Meanwhile, Jim Cope, East Stroudsburg's 1985 answer to Mark Shelhamer had a rough day in the squat (ending with only a light opener) but bench press- and deadlifted more than enough to firmly secure second place. Of note is that this was only Jim's third contest and that he ended with a 578 lb. National Collegiate record deadlift. George Janvier pulled the required 545 deadlift to oust Charlie Gonzalez after three place.

181 lb.: Louisiana State's Joey Adams reportedly came to the meet scale with an insatiable thirst for revenge towards Rich Wenner, after Wenner defeated Adams in 1984 for the National title. Try as he might, Adams just didn't have the big lifts to match Wenner. With the confidence of having a big deadlift Adams waited for Wenner to miss, so he could strike upon his prey. That miss never came. Rich hit 3 for 3 in the squat, ending with 595. He then went 3 for 3 in the bench finishing with 386. Finally, he hit another 3 for 3 performance in the deadlift, topping out with 628. This gave him a record 1609 total. When it was all said and done, Rich finished with a flawless 9 for 9 day, 3 ADFFA Collegiate records and the outstanding deadlift award of the contest. Adams finished a close second, and Navy's David Island finished third with a record 617 squat.

198 lb.: Only three lifters participated in the 198 lb. class, with one of them becoming a bombout casualty. That left two neighbors, Penn State's Joe Johnston and Slippy Rock's Mike Vasalani to duke it out. Vasalani struck first with a 562 squat, followed by Johnston's 551. Joe made up ground by out benching Mike 391 to 385. He then put the icing on the cake by pulling the 556 deadlift he needed to take the gold back to Penn State.

220 lb.: Texas A&M's Mark Garritson rose undisputedly to the top of



Mike Garlitz... with his ADEFA National Collegiate record 710 squat.

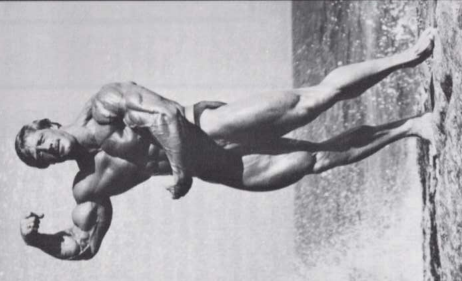
1603 total, a first place and 3 Collegiate records.

The Arizona State University Sun Devils team successfully defended their National Championship crown. The points scored by champions Wong, Bollar and Wenner, combined with those scored by Sampietro and Dittler gave them the margin they needed to defeat Penn State. Coach Schlegel's Nitany Lion Team placed second, followed by Meet Director DeRousselle's Texas A&M Aggies.

| A.D.F.P.A. Collegiate Nationals 13, 14 April - Texas A&M - (Idios) | |
|--|--------|
| Women | Men |
| SQ | BP |
| Darcy Palk | 110* |
| Linda Thomas | 87.5 |
| Shana Eston | 75 |
| Member | 72.5 |
| Tanya Tallon | 105* |
| Kim Holtz | 92.5 |
| La De Green | 135* |
| Belinda Jones | 107.5 |
| Liz Feiler | 77.5 |
| Mari Esman | 97.5 |
| Sharon Smith | 100* |
| Susan Wieland | 95 |
| Angie Johnson | 60 |
| Kathy McKay | 40 |
| Tracy Meyers | 102.5 |
| R. McKinney | 137.5* |
| Tracy LeGos | 117.5 |
| Mandy Creel | 132.5* |
| Men | 127.5 |
| Mark Hataishi | 150 |
| D. San Miguel | 125 |
| Mike Garlitz | 322.5* |

- DIVISIONS OF COMPETITION:**
1. Open
 2. Class II
 3. Bench Press
 4. Teenage
 5. Master
 6. Women
 7. Collegian
- For more information on this meet contact:
- Tom King
1130 Brookwood Dr.
Augusta, GA 30909
404-736-6269

| | | | | |
|------------------|--------|--------|--------|--------|
| 122 lb. | 162.5 | 102.5 | 175 | 445 |
| Mike Duhan | 150 | 102.5 | 190* | 442.5 |
| Jack Rubio | 135 | 117.5 | 177.5 | 430 |
| Carlos Toro | 125 | 90 | 167.5 | 382.5 |
| Bill Wong | 205 | 125* | 210 | 540 |
| Matt Macklay | 190 | 112.5 | 182.5 | 485 |
| 148 lb. | | | | |
| 148 lb. | 227.5 | 142.5 | 180 | 690* |
| Curtis Cron | 215 | 142.5 | 225 | 592.5 |
| Jeff Shaw | 185 | 150* | 230 | 565 |
| T. Van Bodegom | 225.5 | 122.5 | 220 | 560 |
| Charlie Stromore | 215 | 122.5 | 222.5 | 560 |
| John Jones | 207.5 | 130 | 227.5 | 562.5 |
| Paul Guerra | 185 | 117.5 | 205 | 507.5 |
| 165 lb. | | | | |
| 165 lb. | 262.5* | 170 | 345 | 672.5* |
| Jim Cope | 232.5 | 142.5 | 262.5* | 650 |
| George Janvier | 242.5 | 132.5 | 247.5 | 622.5 |
| Charlie Gonzalez | 217.5 | 167.5 | 235 | 620 |
| Justin Weinberg | 230 | 127.5 | 256 | 607.5 |
| Rex Calvert | 232.5 | 135 | 235 | 602.5 |
| David Parish | 220 | 140 | 240 | 600 |
| John Jones | 207.5 | 130 | 227.5 | 562.5 |
| Tommy Pechhalt | 192.5 | 150 | 232.5 | 565 |
| Doug Ohund | 215 | 130 | 217.5 | 562.5 |
| Steve Wetzel | 180 | 122.5 | 205 | 527.5 |
| 181 lb. | | | | |
| 181 lb. | 187.5 | 115 | 245 | 547.5 |
| Andre Villars | | | | |
| 198 lb. | | | | |
| 198 lb. | 250 | 177.5 | 252.5 | 680 |
| Mike Vasalani | 255 | 175 | 245 | 675 |
| 220 lb. | | | | |
| 220 lb. | 287.5 | 182.5* | 272.5* | 732.5 |
| Paul Rhode | 262.5 | 162.5 | 260 | 705 |
| Tim Russ | 247.5 | 167.5 | 245 | 660 |
| 242 lb. | | | | |
| 242 lb. | 402 | 182.5* | 367.5 | 690 |
| Fred Rafanello | 280* | 167.5 | 272.5* | 720* |
| Chris Leahan | 255 | 165 | 265 | 685 |
| SHW | 282.5 | 170* | 252.5 | 685 |
| Mike Garlitz | 322.5* | 152.5 | 252.5* | 727.5* |



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

Jun/1983...Women's Worlds, Judd Biasotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

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 Deadlift, Deadlifting Secrets, 800 lb. Deadlift Club, Quad tears, Jim Rouse Bench routine, Top 100 123ers,

Sep/1983...Senior National Championships, American Drug Free National Championships, Rocky Dale Crain Deadlift Cycle, Hatfield on the Ab-breviated Training Cycle, Ruthi Shaier's Women's Corner, TOP 100 132s,

Oct/1983...World Masters Meet, Men's and Women's Teenage Championships, Championship Benchings, All Time 2,000 total listing, 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 Proofing, 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, Calcium...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 Well Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Consumer Guide for Exercises, Referees' Corner, TOP 100 275s.

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Question & Answer

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

Dear Roger: I've been lifting for 1 1/2 years now. My squat is 360 and I've deadlifted 445, but my bench press refuses to move. This is my typical bench press workout: 5 sets of bench presses, usually down to four reps, 3 sets of incline dumbbell presses for 6 to 8 reps, 3 sets of flys for 8 to 10 reps, 4 sets of presses behind the neck for 6 to 8 reps, 3 sets of lateral raises for 8 to 10 reps, 3 lying extensions for 6 to 8 reps, 2 sets of tricep push downs for 6 to 8 reps, 3 sets of barbell curls for 8 to 10 reps and preacher curls for 2 sets of 8 to 10 reps. I do that workout every 4 to 5 days. If I feel weak, I will go lighter. I eat good and take supplements. I weigh 200 pounds and I'm 6 feet tall. I do all my lifts with no suits or wraps. My bench press is now stuck at 235. Any suggestions? P.S. How easy is it to overtrain? Is there any way you can tell for sure? **Jim Allen**

Dear Jim: Looking at your program I would say that you are probably overtraining even if you are only training twice a week. This would be a good workout for a bodybuilder, but not for a powerlifter. I would say you are putting too much stress on the pecs, and traps. The main goal of a powerlifter is to improve his bench press and any assistance work is just what it is, assistance to the bench. Doing too much assistance work may give you an increase in your assistance weight but cause you to be too tired to physically and mentally handle the heavy poundages in the bench press. I really don't think I could handle your workout for more than two weeks before I would develop heavy arms in the bench press. I would guess that your warmups are heavy and not snappy. You are reaching into yourself every time you make even what you once considered a medium bench. This is a sure sign of overtraining. I would recommend that you take a week off of benching altogether, then start back the next week and concentrate on the bench press, using the assistance work only to the point of mild fatigue. If you go to max, efforts on your assistance work won't have enough time for the muscles to repair for the next workout. Always remember, it is easier for a motivated lifter to overtrain than to undertrain. Also, overtrain for any length of time, and you are asking for injury. **Roger Estep**

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State Chairmen Update. new mailing address for Al Roy, Montana Powerlifting Council, P.O. Box 5253, Helena, Montana 59604, 406-443-4956 or 406-442-2895. Larry Bagnoli is the recently elected New York State Chairman. He hopes lifters will feel free to contact him about any matter because his main duty is to serve the needs of the sport. He can be reached at 6 East Boulevard, Gloversville, NY 12078, 518-725-0140 (home) and 518-555-4700 (work).

Errors. Thomas Jay Marini's total of 1813 should have been 75th on the TOP 100 SHW list. Also, John Topogolou's actual lifts at the Maui Invitational were 705 413 705 1823 at 181. Charles Smith reports that the feats mentioned in Pioneers of Power in the May issue of PL USA on behalf of Joan Rhodes were incorrect and were actually the feats of Para Rivera. Joan actually resided in London, England and was not into max lifts or field events. Also, regarding the results of the Illinois Junior State Meet, published in the June issue of PL USA, Marks Stembem points out that it was a sanctioned APF (AMPF meet run by National Chairman Ernie Frantz. The Best Lifter awards went to Jaime Villanueva (lightweight) and Bill Busby (heavyweight).

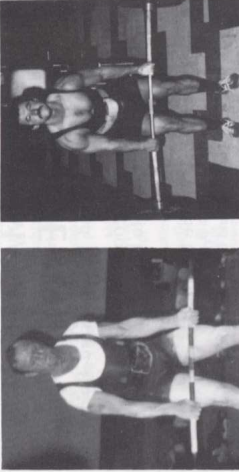
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| | | | | | | |
|------------------------|----------|-------|---------------------------------------|---------------------------|----------|-------|
| 2425 Kazmaier, W | SH 1/81 | 2070 | Wein, J | 242 | 4/84 | |
| 2426 Reinhold, D | SH 5/75 | 2070 | Casini, J | 242 | 8/84 | |
| 2370 Cole, J | SH 7/72 | 2070 | Wood, J | 242 | 3/85 | |
| 2369 Hechler, G | SH 3/85 | 2066 | Stevens, G | 275 | 3/83 | |
| 2350 Kuc, J | SH 7/72 | 2066 | Reed, D | 242 | 4/84 | |
| 2342 Wrenn, P | SH 7/81 | 2066 | Dimed, M | SH 7/84 | 4/84 | |
| 2345 Waddington, D | SH 5/75 | 2065 | Ponzi, S | 275 | 3/84 | |
| 2343 Waddell, J | SH 5/75 | 2065 | Stuber, E | 275 | 9/84 | |
| 2325 Moran, D | SH 12/83 | 2061 | Kempainen, K (F) | SH 3/78 | 3/84 | |
| 2281 Bethwich, G | SH 12/84 | 2061 | Kantola, J (F) | SH 12/83 | 4/84 | |
| 2275 Furnas, D | 275 | 3/85 | 2061 | Hardbridge, T | 275 | 11/83 |
| 2274 Wahlber, D | 275 | 12/82 | 2055 | Young, D | 275 | 10/72 |
| 2270 Gammell, J | SH 7/72 | 2055 | Bigby, B (A) | SH 9/82 | 9/82 | |
| 2233 Williams, J | SH 7/83 | 2055 | Parks, D | 275 | 6/84 | |
| 2232 Bouvier, V | SH 5/85 | 2050 | Thomas, W | 198 | 11/81 | |
| 2230 Henderson, T | SH 5/85 | 2050 | Rainey, R | SH 3/82 | 6/82 | |
| 2225 Ware, J | 275 | 2/81 | 2050 | Pasanella, D | 275 | 8/82 |
| 2215 Hackett, E | 275 | 5/85 | 2050 | Mellberg, G (F) | SH 5/83 | 5/83 |
| 2210 Wilson, S | 242 | 2/85 | 2050 | Reynolds, G | SH 5/83 | 5/83 |
| 2210 Coan, E | 242 | 3/85 | 2050 | Brand, B | 275 | 5/84 |
| 2204 Long, T | SH 4/85 | 2050 | Smith, R | 275 | 3/84 | |
| 2204 Derouge, C | SH 4/85 | 2050 | Rullis, R | 220 | 12/84 | |
| 2204 Steinacker, R | SH 8/85 | 2044 | Clayton, B | SH 4/81 | 4/81 | |
| 2193 Dempsey, R | SH 7/83 | 2044 | Clayton, B | SH 4/81 | 4/81 | |
| 2188 Hatfield, F | 275 | 4/84 | 2044 | Ford, B | SH 1/82 | 1/82 |
| 2182 Kerr, A (G) | SH 84 | 2040 | Weaver, B | SH 6/7 | 6/7 | |
| 2177 McCormick, T | 275 | 2/83 | 2039 | McCain, C | 220 | 11/80 |
| 2177 Hall, M | SH 3/85 | 2039 | Dimitrak, M | 220 | 3/81 | |
| 2171 Kidney, J | 275 | 7/81 | 2039 | Seno, W | 242 | 3/81 |
| 2166 Haara, T (F) | SH 7/81 | 2039 | Schellen, M | 242 | 7/81 | |
| 2166 Snitkin, C | 242 | 8/82 | 2039 | Miller, S | 242 | 1/82 |
| 2166 Bonczyk, B | 242 | 6/83 | 2039 | Rinne, R (F) | 220 | 2/83 |
| 2166 Cassidy, H | 242 | 7/82 | 2039 | Pharr, T | 220 | 12/84 |
| 2160 Shaw, D | SH 11/71 | 2039 | Casby, P | SH 10/66 | 6/66 | |
| 2160 Shaw, D | 275 | 12/82 | 2033 | Casey, P | SH 10/66 | 6/66 |
| 2160 Colangelo, D | 275 | 6/84 | 2033 | Kirby, F (F) | 242 | 5/83 |
| 2160 Ladnier, J | 242 | 7/84 | 2033 | Morrell, J | 242 | 6/83 |
| 2160 Baly, M | SH 7/84 | 2033 | Burruel, M | 275 | 6/83 | |
| 2154 Drapal, J | 275 | 12/82 | 2033 | Aterholt, D | 242 | 7/84 |
| 2150 Fera, H | SH 7/82 | 2033 | Farber, K | SH 10/84 | 10/84 | |
| 2149 Feyl, D | SH 10/84 | 2033 | Lott, D | SH 10/84 | 10/84 | |
| 2149 Warman, S | SH 12/84 | 2033 | Brooks, D | 275 | 3/85 | |
| 2146 Warwick, B | SH 10/82 | 2028 | Kivranita, R (F) | 242 | 11/81 | |
| 2143 Young, T | SH 10/82 | 2028 | White, A (G) | 242 | 4/82 | |
| 2143 Duong, C | 242 | 12/81 | 2028 | Noble, R (G) | 242 | 9/84 |
| 2143 Young, T | SH 7/84 | 2028 | Thompson, G | 275 | 3/85 | |
| 2138 Jeffrey, B | SH 6/83 | 2022 | Tabback, T | 275 | 4/83 | |
| 2138 Jefferyson, J (I) | 275 | 12/84 | 2022 | Wilson, T | 242 | 4/82 |
| 2132 Patterson, C | 242 | 12/79 | 2017 | Capacitone, M | 242 | 6/80 |
| 2132 Hedlund, L (S) | SH 5/80 | 2017 | Sanders, C | 220 | 11/81 | |
| 2132 Noran, L (F) | 275 | 4/83 | 2017 | Romaniello, B | 242 | 6/84 |
| 2132 Chaillet, M | 275 | 7/84 | 2017 | Bell, W | 242 | 2/85 |
| 2127 Nevanpaa, A (F) | 275 | 5/83 | 2015 | Boyce, B | SH 11/79 | 11/79 |
| 2127 Wolters, A (H) | 275 | 2/85 | 2011 | Davis, R | SH 11/81 | 11/81 |
| 2125 Condy, D | SH 7/80 | 2011 | Alto, G | SH 10/82 | 10/82 | |
| 2125 Condy, D | SH 7/80 | 2011 | Samaniego, S | 242 | 9/84 | |
| 2121 Pifer, D (G) | SH 6/82 | 2011 | Howell, G | SH 3/85 | 3/85 | |
| 2121 Palmer, S | 275 | 12/82 | 2006 | Nershaw, E (G) | SH 6/82 | 6/82 |
| 2116 Vrsedomck, P | SH 3/85 | 2009 | Howell, G | SH 3/85 | 3/85 | |
| 2110 Cash, B | SH 2/85 | 2009 | Nershaw, E (G) | SH 6/82 | 6/82 | |
| 2105 Bridges, M | SH 1/82 | 2006 | Nershaw, E (G) | SH 6/82 | 6/82 | |
| 2105 Saarelainen (F) | 242 | 3/82 | 2006 | Mann, J | 242 | 7/83 |
| 2105 Saarelainen (F) | 242 | 3/82 | 2006 | Mann, J | 242 | 7/83 |
| 2105 Sandlin, R | 275 | 12/82 | 2006 | Mann, J | 242 | 7/83 |
| 2105 Brodour, P | SH 2/85 | 2006 | Gollehan, H | SH 12/83 | 12/83 | |
| 2104 Stevens, T (G) | 220 | 84 | 2006 | Arnold, D | SH 6/84 | 6/84 |
| 2104 Wulfe, S (H) | 275 | 2/85 | 2006 | Bell, J | 275 | 10/84 |
| 2100 Frenn, G | 242 | 12/70 | 2006 | Kretsch | 275 | 2/85 |
| 2100 Smith, T | SH 3/77 | 2006 | Russell, B | 242 | 4/85 | |
| 2100 Reidy, K | 275 | 4/80 | 2005 | Mangalardi, S | 220 | 12/84 |
| 2100 Hardman, T | 275 | 3/81 | 2000 | Phillips, M | 242 | 3/80 |
| 2100 Bobbs, J | SH 1/84 | 2000 | Allan, M | 275 | 2/81 | |
| 2100 Bobbs, J | SH 1/84 | 2000 | Allen, M | 220 | 6/82 | |
| 2100 Chrosniak, B | 242 | 4/85 | 2000 | Driscoll, D | 275 | 12/83 |
| 2099 Dupre, G (H) | SH 4/84 | 2000 | Driscoll, D | 275 | 12/83 | |
| 2094 Madison, C | 275 | 9/84 | 2000 | Kriky, T | 242 | 7/84 |
| 2090 Morgan, M | SH 7/73 | 2000 | Gaugler, R | SH 12/84 | 12/84 | |
| 2088 Piekut, J | SH 6/81 | 2000 | Kanter, J | 242 | 76 | |
| 2088 Schneider, D | 242 | 10/81 | 2000 | Kusala, T (F) | 275 | 12/82 |
| 2080 Pacifico, L | SH 4/79 | 2000 | Tuller, R | 242 | 3/83 | |
| 2080 Iams, L | SH 8/82 | 2000 | Whitney, P | 242 | 3/83 | |
| 2080 Palucci, T | 275 | 82 | 2000 | Smith, B | SH 4/85 | 4/85 |
| 2077 Clifton, S | SH 3/83 | 2000 | 172 | Performances: U.S.A. (144 | | |
| 2077 Clifton, S | SH 3/83 | 2000 | Lifters): Finland (12), Great Britain | | | |
| 2072 Prigara, M (F) | SH 6/83 | 2000 | (6), Holland (5), Sweden (2), Iceland | | | |
| 2072 Prigara, M (F) | SH 6/83 | 2000 | (1), Canada (1), Australia (1). | | | |
| 2072 Martin, T | SH 3/85 | 2000 | | | | |
| 2070 Fletcher, S | SH 7/0 | 2000 | | | | |

* WHO'S WHO IN POWERLIFTING *

Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.



Steve Uhas has been lifting for 15 years, in 1974 he won the National YMCAs, and he also won the Ohio State Jr. and Sr. titles. Progressing through the 148s, 165s, and 181s to the 198s, he has qualified for the Jr. Nationals with a 1750 total. He is married with 2 children and is a District Manager for Prudential Insurance. Jack Haala photograph.



Jim Taylor is a 46 year old Virginia Masters lifter who recently lifted in his first state meet, where he went through the 148s, 165s, and 181s to take first place, but he also broke the state Masters deadlift record by 23 pounds. Jim is an avid Masters bodybuilder also. Thanks to Don Sullivan for photo and information.



The smiling group of women iron pumpers pictured in the photograph above are powerlifters Marlene, Maria, Kara, Dana, Denise and K.C. This elite group of lady "DieHard's" (as they are reportedly known) are all members of the Clark Air Force Base (Republic of the Philippines) PowerHouse Powerlifting Team. At the Pac-West Invitational contest held at Futuna Air Station in Japan this past March, these competitors played a major role in aiding a partially manned PowerHouse team to 2nd place finish in the team competition. (Not pictured is Ingrid Hines, the newest lady DieHard). Photograph and information supplied by Kenneth F. Westbrook, Coach of the Clark Air Force Base PowerHouse team.

JOHN KUC'S NATURAL ATHLETE'S PAK

THREE MINERAL TABLETS (WHITE) PROVIDE:
 Vanadium A: 100µg
 Vanadium B: 100µg
 Vanadium C: 100µg
 Vanadium D: 100µg
 Vanadium E: 100µg
 Vanadium F: 100µg
 Vanadium G: 100µg
 Vanadium H: 100µg
 Vanadium I: 100µg
 Vanadium J: 100µg
 Vanadium K: 100µg
 Vanadium L: 100µg
 Vanadium M: 100µg
 Vanadium N: 100µg
 Vanadium O: 100µg
 Vanadium P: 100µg
 Vanadium Q: 100µg
 Vanadium R: 100µg
 Vanadium S: 100µg
 Vanadium T: 100µg
 Vanadium U: 100µg
 Vanadium V: 100µg
 Vanadium W: 100µg
 Vanadium X: 100µg
 Vanadium Y: 100µg
 Vanadium Z: 100µg

ONE VITAMIN C SUPPLEMENT TABLETS (LARGE BEIGE) PROVIDE:
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg
 Ascorbic Acid: 1000mg

ONE VITAMIN E CAPSULE (LARGE) PROVIDES:
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU
 Vitamin E: 400 IU

ONE MULTIZYME TABLET (SPECKLED WHITE) PROVIDES:
 Pancreatin: 100mg
 Bromelain: 100mg
 Papain: 100mg
 Cellulase: 100mg
 Lactase: 100mg
 Amylase: 100mg
 Maltase: 100mg
 Diastase: 100mg
 Invertase: 100mg
 Lipase: 100mg
 Esterase: 100mg
 Nuclease: 100mg
 Phosphatase: 100mg
 Protease: 100mg
 Sialinase: 100mg
 Steapsin: 100mg
 Trypsin: 100mg
 Tyrosinase: 100mg
 Uricase: 100mg
 Xanthinase: 100mg
 Amylase: 100mg
 Maltase: 100mg
 Diastase: 100mg
 Invertase: 100mg
 Lipase: 100mg
 Esterase: 100mg
 Nuclease: 100mg
 Phosphatase: 100mg
 Protease: 100mg
 Sialinase: 100mg
 Steapsin: 100mg
 Trypsin: 100mg
 Tyrosinase: 100mg
 Uricase: 100mg
 Xanthinase: 100mg

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JOHN KUC

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 PROTEIN - 100% Egg - 0% Cholesterol 0%-Fat-The Best - 34 Oz. 21.00
 B-15 - Russian Formula 100 Tabs 6.00
 LIQUID B-15 - DMG-15 Improves strength and performance, 1 Fl. Oz. 9.50
 OCTOCOSANOL - Improves endurance, stamina & vigor - 375 Mcg. - 100 Tabs 6.00

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John Kuc

Message from the U.S.P.F. President

The Executive Committee was convened in telephonic conference May 21 to consider the request by the U.S.P.F.C. Executive Committee that Dr. Richard T. Herrick, M.D., Chairman of the U.S.P.F. Sports Medicine Committee, be removed as U.S.P.F. team physician for the 1985 Women's World Powerlifting Championships, which are to be held the first weekend in June in Vienna, Austria. Each of the members of the Executive Committee, except Dr. Herrick, had received copies of the following letter:

Dear Dr. Cotter and members of the U.S.P.F. Executive Committee. Enclosed you will find a memorandum filed by the United States District Attorney in San Diego, California concerning Richard Anthony (Tony) Fitton. The members of the U.S.P.F.C. Executive, at their meeting this past weekend in Chicago, voted unanimously to request Mr. Fitton's removal and life-time suspension from the U.S.P.F. At this same meeting, it was also decided, by unanimous vote to request the removal of Dr. Richard Herrick as the official U.S.P.F. team physician for the 1985 Women's World Powerlifting Championships and furthermore, to request that the U.S.P.F. Discipline Committee bar him from all future U.S.P.F. activities.

We call to your special attention pages 11 through 13 of the enclosed document, and to Mr. Fitton's illegal activities, which should have been reported to the Executive Committee by Dr. Herrick. It is our hope that this information will be used by the U.S.P.F.C. chief medical officer of the U.S.P.F. to assist in any situation for which his medical ethics might be questioned, but he should be especially careful in an area as sensitive as that of anabolic steroids. It seems clear to us that the writing of "cover" letters to help Mr. Fitton escape legal entrapment, the writing of steroid prescriptions for Mr. Fitton and Dr. Herrick's request for leniency for a confessed steroid dealer are clearly in conflict with his position as Chairman of the U.S.P.F. Medical Committee. In light of the current circumstances, it would be a disgrace if Dr. Herrick were allowed to make the trip to Vienna as an official member of the U.S. delegation. We must at some point, hopefully in the near future, inform the other I.P.F. member nations as well as our athletes in the U.S.P.F. of the above information. I hope that you will join me in this regard. At the present time, to allow Dr. Herrick to travel with the U.S. team will only further alienate our already tarnished image as a sport. Gentlemen, the U.S.P.F.C. Executive asks for your speedy action on this matter. Sincerely,

Judith M. Gedyney, Chairperson
Stephanie Whiting, Secretary
Susan Elwyn, Lydia Shendow, Jan Todd, Ruth Weiding

The reason for making this request of the U.S.P.F. Executive Committee was that there would not be time for the Discipline Committee, encumbered as it is by a time-consuming due process requirement, to act prior to our team's departure for Vienna.

Section 2.2 of the U.S.P.F. By-Laws provides that "The Executive Committee may remove or suspend any member of the committee and any officer, 'With cause' as imposed from office any member of the committee and stand in contempt to the provision for summary removal by the National Committee in the second sentence of this section. Dr. Herrick cannot be denied his right to due process on a plea of emergency.

The Executive Committee examined the documents submitted in support of the request to remove Dr. Herrick. We found not one shred of evidence in Mr. Halpern's memorandum, nor in the documents attached thereto, of Dr. Herrick's involvement with Mr. Fitton's illegal activities. We found that the U.S.P.F.C. Executive Committee's statement that these documents "testify" to Dr. Herrick's illegal involvement to be not only untrue, but defamatory, as well. The memorandum filed by Phillip L. B. Halpern, Assistant U.S. Attorney, before the United States District Court in San Diego, was offered in support of the Government's recommendations regarding sentencing. Under federal court procedure, once guilt has been established, the defendant's plea is irrelevant. It will not affect any of its sentencing deliberations. Mr. Halpern, therefore, without subjecting himself to charges of libel, submitted in his memorandum unsworn and unsupported allegations and the rankest hearsay evidence. Although permissible during the sentencing phase of the prosecution, such statements are inadmissible as evidence during the trial precisely because they are unsworn and not subject to cross examination by defense counsel.

The charge that Dr. Herrick wrote "cover" letters to help Mr. Fitton escape legal entrapment is incomprehensible. It betrays an ignorance or misunderstanding of legal entrapment.

The writing of steroid prescriptions for Mr. Fitton was equally explained. These, according to Dr. Herrick, were written January 13, 1982, in order to liquidate Dr. Herrick by the U.S. Customs officials in Atlanta. The courier was Tony Fitton, who was returning to his family in Florida, and who was a close personal friend of the British physician. At the time Dr. Herrick, who was affiliated with Mr. Fitton at the Strength Research Center, was not aware of the writer's earlier bona fide medical research.

Other documents obtained from the U.S. District Court in San Diego reveal that the prescriptions found on Mr. Fitton, Exhibit "D", were not originals. Exhibit "F", according to Dr. Herrick is a forgery. Not only is there no record or memory of such a letter by Dr. Herrick as his secretary, its internal evidence, lack of authenticity, and its poor printing betray it as a forgery. It could not accompany the U.S. team to Adelaide. Mr. Fitton admitted that he could not accompany the U.S. team to Adelaide. Dr. Herrick was entrusted to transport various medications, but no anabolic steroids, to the 1983 Women's World Championship.

ships in Adelaide, where they were turned over to the medical personnel at the meet for use by the U.S. team.

Writing a letter for the court's consideration asking for leniency in sentencing is an everyday occurrence and implies no impropriety, let alone illegal involvement. On May 8, at least three days before their letter says the U.S.P.F.C. Executive voted unanimously to request Dr. Herrick's removal, NBC's Channel 5 in Chicago broadcast the following:

"Unit 5 has learned that the Executive Committee of the United States Women's Powerlifting Federation has voted unanimously to remove Dr. Herrick as the Federation's Chief Medical Officer. An official request will be submitted to the entire Executive Board by this weekend.

We earnestly hope that our internal communications will improve to the point that our leadership will be informed of these things before the general public. The U.S.P.F. Executive Committee reaffirms its appointment of Dr. Herrick as physician to the U.S. team at the 1985 Women's Worlds, and notes with pride that his wife Stella, will accompany him as his official team manager.

Conrad, Cotter, President, United States Powerlifting Federation

Message from the USPF Women's Committee Chairperson. The USPFWC Executive met Saturday May 11, 1985 in Chicago to consider current business matters and to select the bid for the 1986 Women's USPF National Powerlifting Championships. The selections committee reviewed all available materials and decided to recommend Lydia and Jan Shendow as the 1986 Women's National Championship meet hosts in San Jose, California. The date of this championship will be February 1 and 2 with the National USPFWC Meeting on January 31 at 5:00pm.

As determined during the 1985 USPFWC National Meeting in Boston, the 1986 USPF Women's Nationals and all future USPF Women's Nationals will be drug-tested Championships and therefore the lifters will have the opportunity of establishing World Record lifts. The testing will be done in a formal manner with I.P.F. sanctions. This testing will hopefully be funded by the USPF, however, to ensure that financial support will be available, the USPFWC is currently in the process of fund raising organized to contact Charperson

Judith M. Gedyney, Brophy Hall, Western Illinois University, Macomb, Illinois 61455, office phone: 309-298-1757, home phone: 309-837-2111.

Proposals From The U.S.P.F. to the I.P.F.

- 1. That the I.P.F. incorporate itself within the country of its president.
2. That the I.P.F. establish a Masters Committee.
3. That the I.P.F. create a Women's Division.
4. That competition at the Master's Worlds shall consist of three teams, 40-49, 50-59, and 60 and over.
5. That the I.P.F. shall be urged to place all record keeping in the hands of the Nale Foster.
6. That the World Congress meetings shall be open.
7. That candidates for I.P.F. offices shall be permitted to address the World Congress.
8. That Robert's Rules of Order shall prevail when I.P.F. By-Laws and rules are silent.

Proposed Amendments to the By-Laws of the U.S.P.F. Inc. As Revised October 1984

- Section 2.1 (b) is hereby amended to read as follows: "Individual, which consists of male and female athletes eligible for participation in the sport of powerlifting as defined by the International Powerlifting Federation (I.P.F.) within these by-laws, and other individuals, such as referees and officials, having an active interest in the sport of powerlifting. Women members of the Federation will be subject to the rules and regulations of the Federation as well as subject to that membership privileges except where the authority of the USPFWC prevails."
Section 3.2 (ii) is hereby amended by adding at the end thereof the following sentence: "USPFWC may reject any entries for competition at any national championship or may delegate this power to a subordinate committee of the USPFWC."
Section 3.2 (iv) is hereby amended by adding at the end thereof the following sentence: "Allotments affecting women's championships and women's teams shall be coordinated through the USPFWC."
Section 3.2 (v) is hereby amended by adding at the end thereof the following sentence: "The USPFWC shall have the right to appoint subcommittees, whose members need not be members of the National powerlifting committee or members of the USPFWC to manage, but not conduct, the various women's championships."
Section 3.2 (v) is hereby amended to read as follows: "Approves the local officials for international championships involving men's open national and international championships involving women's powerlifting."
Section 3.2 (vi) is hereby amended to read as follows: "Coordinates the competition of foreign athletes in powerlifting in the U.S. as per the direct-

tives of the I.P.F. and his U.S. athletes abroad who are make, and no commitment for holding international men's competition between male athletes of the U.S. and male athletes of any other nations, whether to be held in the U.S. or abroad, can be made without the prior authorization and approval of the National committee. The USPFWC shall coordinate such competitive events and activities for women athletes.

- Section 3.2 (iii) is hereby amended to read as follows: "Handles all matters relating to foreign countries in relation to powerlifting as per directives of the I.P.F. and the USPFWC."
Section 4.1 is hereby amended to read as follows: "Purpose: The business activities and affairs of the Federation shall be managed and controlled by its National Committee except for those areas in which the USPFWC has jurisdiction. Between meetings of the National Committee full management and control of the Federation shall reside with the Executive Committee except for those areas in which the USPFWC has jurisdiction."
Section 5.2 is hereby amended by deleting the period at the end of the first sentence thereof and substituting in lieu a comma followed by: "with the exception of any member or officers of the USPFWC after sufficient cause for removal."
Section 7.2 (e) is hereby amended to read as follows: "The control of sanctions for contests and events other than men's National and Regional championships may be transferred by decision of the National Committee to the local registration committees of the states. The control of sanctions for the women's National and Regional events shall reside with the USPFWC as shall the control of sanctions for all other competitions involving only female athletes."
Article seven is hereby amended by adding the following: "Section 7.5 - Withdrawals from Sanctions
I. Timing: Once awarded, a meet sanction may be removed at any time up to the actual commencement of the first competitive lift of the contest, it being understood that the contest will not commence if the sanction has been removed."
Section 8 is hereby amended by adding the following: "The I.P.F. shall have the responsibility for its removal, but officers higher in the chain of command

will also do so. Thus: for state meets, the state chairman, the chairman of the region in which the state is located and the National President (or has designated) may remove the sanction; for regional meets, the region chairman and the National President (or his designate) may remove the sanction; for national meets, the National President (or his designate) may remove the sanction.

III. Causes for Sanction Removal:

- A. Failure on the part of the meet promoter to provide facilities as or furnished in the bid to the meet.
B. Failure on the part of the meet promoter to furnish the facilities for the conduct of the contest in accord with the rules for powerlifting as specified by the I.P.F.
C. The provision of this section for sanction removal is not intended as a license to disrupt contest in which every effort has been made to comply with commitments and rules; rather the threat of sanction removal is intended to enable the ranking official to force compliance by the meet director.
IV. Appeal:
A. When sanction has been removed far in advance of the day of the contest, the affected meet director may appeal to the next higher official (region or National President), who, upon hearing evidence may reverse the decision.
B. Appeal of the decision of the National President regarding National contests must be heard by the Executive Committee.
C. Since appeal of sanction removal may not always be possible prior to the actual contest date, reversal of sanction removal in these cases implies rescheduling and resanctioning the meet.

- Section 8.4 (a)(3) and 8.4 (6)(2) are hereby repealed and the remaining subsections are hereby renumbered consecutively. (The purpose of these deletions is to allow sanctioned clubs to recruit nationally.)
Section 12.7 (e) is hereby repealed, and Section 12.7(b) is hereby amended to read as follows: "The I.P.F. shall be the official referee. Women's Committee's rights and privileges are limited to that of any other USPF standing committee."
3008 Centennial Dr., Fort Washington, MD 20744, (301) 248-8315 (res).
Massachusetts: Greg Kostas, PO Box 367 Whitman, MA 02382, (617) 447-6714.
Michigan: John W. Parr, 6567 Main St., Casewille, MI 48825, (517) 856-2140.
Minnesota: James Evans, PO Box 29181, Brooklyn Center, MN 55425, (612) 921-8131.
Mississippi: Brother Bennett, S.C., St. Stanislaus, PO Box 155, Lake St., Louis, MO 63367, (314) 465-2261.
Missouri: Mike Cline, 15, Lakeside Dr., High School, 1025 N. Rodney, Helena, MT 59601, (406) 442-5720.
Nebraska: Jim Drapel, 10508 Sahler St., Omaha, NE 68137, (408) 493-2199 (res), (402) 393-7710 (gm).
Nevada: Ken Trujillo, 7108 S. Gundersen, Las Vegas, NV 89119, (702) 361-7375.
New Hampshire: Walter J. Nadeau, 345 Madison Ave., Berlin, NH 03570, (603) 752-7928.
New Jersey: Ronald Parrish, 247 Camden St., Oradell, NJ 07649, (201) 265-3474.
New Mexico: Butch Stackpole, 10072 Menard, NE. Apt. E-23, Albuquerque, NM 87111, (505) 279-5128.
New York: Larry Caproni, 6 Charles Boulevard, Gloversville, NY 12078, (518) 725-0140.
North Carolina: Charles Boone, New Hope, NC 28569, (919) 852-3906.
North Dakota: J. D. Schendow, 26723 E. 22nd St., Minnetonka, MN 55345, (612) 836-2232.
Ohio: John Black, 11934 Lorain Ave., Cleveland, OH 44111, (216) 252-1695.
Oklahoma: Marc Nagele, 6425 SE Bellmont, Bartlesville, OK 74006, (918) 335-3164.
Oregon: Ramona Kennedy, 2235 Nebraska St., NE, Salem, OR 97301.
Pennsylvania: Keith 'Jake' Boyer, PO Box 356, Lehigh, PA 18235, (215) 347-3365.
Rhode Island: Vacant.
South Carolina: Jerry Beckham, Rt. 8, Woodland Hills, Lancaster, SC 29720, (803) 285-6548.
South Dakota: Tim McCartney, 2301 S. 4th Ave., Sioux Falls, SD 57105, (605) 336-8961.
Texas: Eddie Boddin, 5517 Ringgold Rd., East Ruge, TN 37412, (615) 967-9005.
Tennessee: Glen Venator, The Gym, 13619 Inwood Rd., #330, Dallas, TX 75247, (714) 397-3079 (gm).
Utah: Jan Shendow, 1968 W. 6000, St. John, UT 84087, (801) 726-5539 (res), (801) 728-0118 (gm).
Virginia: John W. Parr, 6567 Main St., Casewille, VA 23021, (804) 458-9188.
Washington: Jeff Maguire, 15337 St. West, 1008 Quarters St., Charleston, WV 25301, (304) 342-5131.
Wisconsin: Bruce Sullivan, 802 Willmor St., Racine, WI 53402, (414) 639-7416.
Wyoming: Rick Peble, (307) 472-4491 (work), Box 18, Casper, WY 82404, (307) 577-0921 (res).
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Abdominal exercises always start off the routine. A strong midsection is one of the best ways of preventing hernias and strains which may be caused by exercise or heavy lifting. Also, a strong stomach is like having an extra set of back muscles when doing heavy squats and deadlifts. Furthermore, they are a very good way to warm up besides.

Leg Raises: The leg raise is easy to do. Lie on a flat surface in the beginning. An incline bench can be used as you progress. Hold on to something immovable to the rear of your head. Bend the knees slightly while keeping your legs together and bring them up and slightly beyond 90° with your body. You can go back further with the legs if you want to really stretch your lower back. Return legs under control to the floor and repeat for the number of repetitions.

Curl Up: The curl up is a simple movement. After you try a few you will discover it is also very effective and concentrated. To do a curl up you lie down in front of a chair. Rest the calves of your legs on the seat of the chair. Your thighs should be tight up against the legs of the chair and running parallel with them. Interlock your hands behind your head. Now curl your chin into your chest and bring your upper back off the floor about two or three inches. Tightly contract the abdominal muscles, hold for one second, return to floor and repeat. This upper body movement looks like the first one-third of a sit-up.

Jack Knife: The jack knife is an exercise that has a lot of movement. Because there is so much body movement, it is a great exercise for warming up, or if done in high reps will benefit your cardiovascular system. Begin the exercise by lying flat on the floor. Extend the arms completely to the rear. The legs should be together and flat on the floor. In one movement bend at the hips, bringing your arms and legs up until you touch the top of your ankles with your fingers. When you are touching your body should look like a "V". Keep your arms and legs straight during the movement. After touching your ankles, return to the floor in a reverse movement and repeat.

Curl: The standing barbell curl is a good basiciceps builder. It is a good exercise to start building up the arms with. Start the curl by grasping a straight or Easy Curl Bar, hands shoulder width apart and palms facing up. The weight should be hanging at arm's length in front of the body in the standing position. While keeping the upper arms as motionless as possible and at your sides, bend the elbow joints bringing the bar up and under your chin. Return the bar to the starting position under control. You should lower the bar a little slower than you curled it. That can be applied to most other exercises too. The curl is important in powerlifting because it helps build a strong grip. It also toughens the tendons of the biceps brachialis and brachialis so they will not rip off their origins or insertions during a very

STARTIN' OUT

A special section dedicated to the beginning lifter

The Road to a World Championship by John Kuc

heavy deadlift. **Lying Tricep Extension:** Grasp a straight bar or Easy Curl Bar with both hands about six inches apart. Lie down on a flat bench and bring the bar to the same position as a completed bench press. Keep the upper arms as motionless as possible and bend at the elbows, lowering the bar to the bridge of the nose or forehead. Touch, then return the bar to the starting position. It is important not to let the elbows flare out to the side during this movement. The tricep extension isolates and works the tricep muscles in the rear of the upper arm. The triceps are important muscles in bench pressing. Tricep work done early and throughout a powerlifting career will assure powerful triceps for locking out those heavy benches and strong and resilient connective tissue to help prevent injuries.

Bent Over Rows: Bent over rows are like the deadlift. They build strength and size in a lot of places. Rows will quickly give you that "V" shape to the upper back while thickening the arms and shoulders. To do bent rows approach a barbell resting on the floor. Place the feet shoulder width apart. Take a barbell bend at the knees and lift the bar off the floor so the bottom of the barbell plates clear the floor by a few inches. You are now ready to start the movement. Keep the knees slightly bent and the back as motionless as possible while pulling the bar up into the chest and returning it to the starting position, controlling the weight on its descent. Keep your elbows close to the body during execution of this exercise. Do not row the bar up the chest and down again in a circular motion. The movement is a straight movement from starting position to the chest and back down again.

Press Behind Neck: Pressing behind the neck will develop the shoulder, triceps, neck and upper back. To perform the press behind the neck grip the bar a little wider than shoulder width. Clean the bar to the chest and lift overhead, resting the bar on top of your head. If you have high stands you can eliminate cleaning the bar. Press the bar until your elbows are locked, lower the bar until your head space to do a standing press, you may do a press behind neck. Do them the same way, only sit on the end of a flat bench before starting the press.

Calif Raises: Califs are probably neglected by more people starting out in weight training than any other exercise. Califs are out of the way. We cannot get a good look at them unless we have a mirror, and the calif will never replace the beep for a quick muscle flex request. Calif work seems to hurt more than other exercises too. The facts is that calif muscles are highly visible especially if your thighs are developed fairly well. Calif work as related to powerlifting has some advantages. It is a good hamstring stretcher and can increase your squat poundage. A calif machine of the standing or sitting variety is best for working califs. The effectiveness of doing calif raises standing with a barbell on your back is limited by the problem of balance. To work califs properly you need to use a board that is three to five inches thick. Trying to raise up and down on this block with a barbell on your shoulders is almost always impossible. If you do not have access to a standing or sitting machine, try doing calif raises. Use a three to five inch thick board that is long and thick enough to resist flipping when you raise on it. Place the board parallel to a standard flat workout bench. Place your feet on the board spaced about ten inches apart. Straighten your knees and bend over to the bench. Support yourself with your lower back while you do the exercise. For calf raises to be effective you have to get a good stretch at the bottom of the movement and raise up as high as possible at the top of the movement. This bottom stretch to as high on your toes as possible must be done with the knees locked. The feet can be pointed in, out or straight ahead on each position working the calfs form a different angle. It is best to do all three foot positions in a workout. If no one is available for resistance, a strap used for weighted pull ups can be utilized.

After four months it is a good idea to make some changes in your routine. This will help to reduce boredom and make the workouts more enjoyable. The new routine is basically the same as the old one. The changes are that powerlifting will be given a little more emphasis. There will be variation of some exercises and more reps will be added.

1. Abdominal Work - leg raises 50, curl up 50, jack knife 50.
2. Squat - warmups 15, warmups 8- add weight 3x8, 2x5.
3. Bench Press - warmups 15, warmups 8 - 3x8, 2x5.

4. Curl with Dumbbells - seated 3x8.
5. Incline Tricep Extension - 3x8.
6. Deadlift - warmups 15, warmups 8 - 4x8.
7. Dumbbell Rows - 3x8.
8. Press Behind Neck - 3x8.
9. Shrugs - 4x6.
10. Calif Raise - 3x12.

Seated Dumbbell Curl: Seated dumbbell curls will replace the regular standing curl you have been doing for the last four months. The seated dumbbell curl is a good bicep developer. Your biceps will be worked from different angles and the biceps muscle will be helped less by other muscles; thus putting more worry on the bicep itself. Do not worry if the sum of both dumbbells is less than what the curl bar weighed. Your biceps will still be worked harder. You will see this as time goes on.

To do the seated dumbbell curl you need two dumbbells of equal weight. Sit on the end of a flat bench with a dumbbell on each side. Reach down and grasp the dumbbells and sit in an upright position. When you begin the dumbbell curl your palms are facing toward your body. As soon as the dumbbells clear the legs, turn your palms up and bring the dumbbells to the shoulder. Return the weights to the starting position and repeat.

Incline Triceps Extension: Grip the bar the same way as in the lying tricep extension. Lie on an incline bench and press the barbell overhead to arm's length. Keep the head up off the bench during the exercise. As in the lying tricep extension, do not let the upper arms move or elbows flare sideways. Now lower the barbell down until your forearms and biceps touch, and return barbell to overhead position in a smooth motion.

Dumbbell Rows: You will need a flat bench and one loaded dumbbell. To begin the exercise place your left leg to the rear with the knee locked. Bend the right knee and brace yourself with your left hand pick up the dumbbell. Make sure the dumbbell is free of the floor when your arm is hanging straight down. Row the dumbbell up the side of your chest during the movement. Return the dumbbell to the starting position, making sure it does not touch the floor between reps.

Shrugs: Shrugs will exercise the trapezius muscle. This muscle is visible at each side of the base of the neck. Your shoulders will be worked by the shoulder shrug as well as your gripping and pulling ability. With a palm towards the body, grip (shoulder width spacing and lift the barbell off the floor and stand erect. Draw the shoulders towards the neck as high as you can go. Hold for an instant and return to starting position. Try to keep the elbows as straight as possible because if you bend them you will reduce the effectiveness of the movement.

These routines should be followed for the first year. Remember that we are building the foundation. What you do now will serve you years to come. Make sure you do it correctly.

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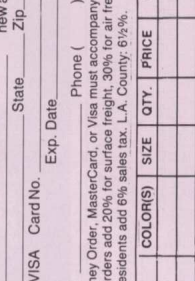
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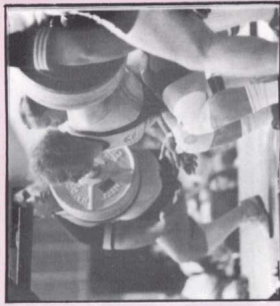
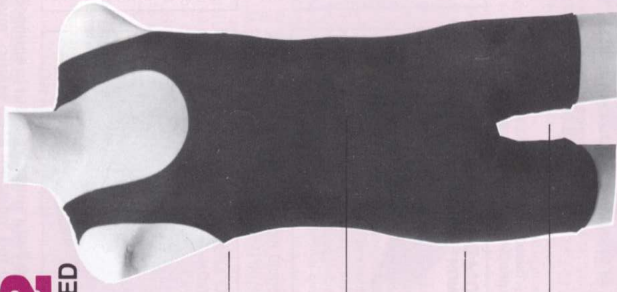
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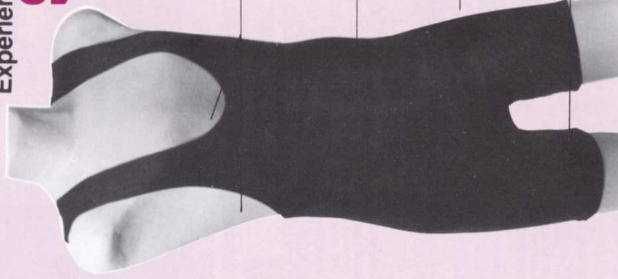
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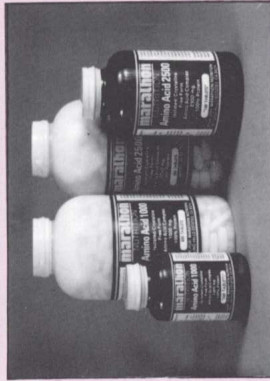
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- Combined with Ornithine and Thymus, the Beta-Sitosterol works wonders.
- Promotes growth
- Burns fatty tissue
- Functions as an excellent lipotropic
- Benefits the immune system.

Best of all, there's no prescription required. Just fill out the Order Form and start making the biggest gains of your life—naturally!

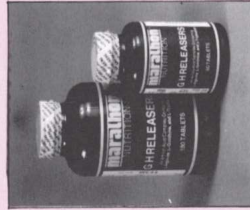
90 Tabs \$13.99 180 Tabs \$25.99 360 Tabs \$49.95

GH Releasers

Release Your Body's Natural Growth Hormones With This Unique Combination of Arginine, Ornithine, and Tryptophan. Arginine and Ornithine stimulate the natural release of GH (growth hormone). When accompanied by Tryptophan their effect is greatly increased.

IMPORTANT: Contrary to popular belief, L-Lysine should never be taken with Arginine and Ornithine if one wants to achieve maximum GH (growth hormone) release. L-Lysine can inhibit the use of Arginine and Ornithine in the brain where it's needed to stimulate the natural release of pituitary GH

Each tablet contains:
L-Arginine 500 mg.
L-Ornithine 250 mg.
L-Tryptophan 100 mg.
60 Tabs \$12.00 180 Tabs \$33.00 360 Tabs \$60.00



FREE-FORM AMINO ACID 2500 (2 1/2 GRAMS)

100 Tabs \$8.50
100 Tabs \$15.00
250 Tabs \$33.75
500 Tabs \$64.50
1000 Tabs \$125.00

FREE-FORM AMINO ACID 1000 (1 GRAM)

the original one gram formula

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



Save \$\$\$ with Marathon Multipacks! Compare our prices and formulations!

Super Pack

The economical high-potency vitamin-mineral pack

Each packet contains eight tablets:
Vitamin A (Palmitate) 25,000 IU
Vitamin D (Erad Egestrol) 600 IU
Vitamin E (d Alpha Tocopherol) 400 IU
B-COMPLEX FACTORS Sustained Release
Vitamin B1 125 mg
Vitamin B2 125 mg
Vitamin B6 125 mg
Niacinamide 125 mg
Pantothenic Acid 125 mg
Biotin 125 mcg
Choline 125 mg
Para Amino Benzoic Acid 125 mg
Inositol 125 mg

AMINO ACID FACTOR Sustained Release
Vitamin C (Ascorbic Acid) 1,500 mg
Natural Selected Rose Hips 150 mg
Rutin (Buckwheat) 50 mg
MINERAL COMPLEX ORTHO MOLECULAR
Calcium (Oyster Shell) 1,000 mg
Iron (Folic Acid) 100 mg
Iron (Folic Acid) 18.5 mg
Magnesium (Oxide) 400 mg
Copper (Glucate) 15 mg
Zinc (Glucate) 90 mg
Potassium (Glucate) 90 mg
Manganese (Glucate) 10 mg

30 day supply - \$14.50
60 day supply - \$25.50
90 day supply - \$35.50
180 day supply - \$63.50

A great buy for your "vitamin dollars"

One Pack™

For the individual who requires a medium potency

Each packet contains eight tablets:
Vitamin E (d Alpha) 200 IU
Vitamin A (Fish Liver Oil) 10,000 IU
Vitamin D (Fish Liver Oil) 400 IU
B-COMPLEX FACTORS
Vitamin B1 400 mcg
Vitamin B2 50 mg
Vitamin B6 50 mg
Niacinamide 50 mg
Pantothenic Acid 50 mg
Vitamin B12 50 mcg
Choline Bitartrate 100 mg
Inositol 100 mg
Para Amino Benzoic Acid 50 mg
VITAMIN C BIOFLAVONOID FACTOR
Natural Selected Rose Hips 150 mg
Vitamin C (Ascorbic Acid) 500 mg
Rutin (Buckwheat) 50 mg

MINERAL COMPLEX ORTHO MOLECULAR
Calcium (Oyster Shell) 1,000 mg
Iron (Folic Acid) 100 mg
Iron (Folic Acid) 18.5 mg
Magnesium (Oxide) 400 mg
Copper (Glucate) 15 mg
Zinc (Glucate) 90 mg
Potassium (Glucate) 90 mg
Manganese (Glucate) 10 mg

30 day supply - \$ 9.50
60 day supply - \$16.50
90 day supply - \$23.00
180 day supply - \$43.00

ORDER TOLL FREE 1-800-321-5064 IN CALIFORNIA DIAL (213) 519-7111

ORDER FORM▶

ORDER FORM▶

ORDER FORM▶



Glandular Complexes

Enjoy the Raw Power of High-assimilation Natural Glandular Supplements!

Nutrition Breakthrough!

BALANCED GLANDULAR COMPLEX™

The First Glandular Complex Specifically Balanced for Growth and Recuperation
No other glandular formula on the market today offers you this balance of glandulars in these proportions:

- Raw Orchic 1500 mg.
- Raw Thymus 600 mg.
- Raw Adrenal 300 mg.
- Raw Pituitary 150 mg.
- Raw Pancreatic 750 mg.
- Raw Heart 450 mg.
- Raw Kidney 450 mg.
- RNA/DNA 420 mg.

We've put special emphasis on Orchic and Thymus, the growth-producing glandulars. We've also added the proper balance of adrenal for recuperation and endurance.

50 Tabs \$12.49 100 Tabs \$23.99 250 Tabs \$59.99

GLANDULAR COMPLEX - 2500 mg.

- Each Tablet contains:
- Raw Adrenal Substance 350 mg.
- Raw Orchic Substance 350 mg.
- Raw Pituitary Substance 350 mg.
- Raw Pancreatic Substance 350 mg.
- Raw Kidney Substance 350 mg.
- Raw Heart Substance 350 mg.
- Raw Thymus Substance 350 mg.
- RNA (Ribo-Nucleic Acid) 250 mg.
- 50 Tabs \$17.00**
- 100 Tabs \$31.00**
- 250 Tabs \$69.50**

GLANDULAR COMPLEX - 1500 mg.

- Each tablet contains:
- Raw Adrenal Substance 225 mg.
- Raw Orchic Substance 225 mg.
- Raw Pituitary Substance 225 mg.
- Raw Pancreatic Substance 225 mg.
- Raw Kidney Substance 225 mg.



"The King of Supplements"

Liver

Nothing Matches Marathon's Original 2 gram (31 Grain) Liver for Building Stamina, Strength, and Energy.

- Excellent source of glandular protein (2 grams in every tablet)
- Balanced hemotetic (blood builder)
- Fortified with extra B-12 for increased utilization of iron, B vitamins, and protein
- Highest quality Argentine beef liver, defatted and desiccated
- High assimilation—laboratory-tested
- 8 minute "breakdown" time

THE ORIGINAL

2 GRAM LIVER (31 Grain) TABLETS

- Each tablet contains:
- Desiccated Liver 2,000 mg. (31 grains)
- B-12 50 mcg.
- Protein 90% 2 gr.
- Five Protein-coated easy swallow tablets provide:**
- Argentine Beef Liver 10,000 mg.
- B-12 250 mcg.
- Protein 250 mg.
- Calories 40
- Carbohydrates 0
- Fat 0.035 gr.
- 100 Tabs \$5.00**
- 250 Tabs \$11.00**
- 500 Tabs \$21.00**
- 1000 Tabs \$39.00**

10 GRAIN LIVER TABLETS

- Each tablet contains 10 grains (648 mg.) of Argentine beef liver.
- 250 Tabs \$5.99**
- 500 Tabs \$9.99**
- 1000 Tabs \$17.99**

GLANDULAR COMPLEX - 1500 mg.

- Raw Heart Substance 225 mg.
- Raw Thymus Substance 225 mg.
- RNA (Ribo-Nucleic Acid) 150 mg.
- 50 Tabs \$10.00**
- 100 Tabs \$18.00**
- 250 Tabs \$41.50**

ORDER TOLL FREE 1-800-321-5064 IN CALIFORNIA DIAL (213) 519-7111

ORDER FORM ▶



Protein

Move up to the best value in dietary protein supplementation!

- Glandular Protein Powder — 95% protein
- Milk and Egg Protein Powder — 90% protein
- Both are excellent sources of protein for gaining muscular bodyweight
- Both are excellent meal replacements for those who wish to reduce bodyweight
- Both are good tasting and easy-to-mix

GLAND PROTEIN POWDER 1 lb. \$9.75
MILK AND EGG PROTEIN 1 lb. \$7.50

SEND FOR FREE MARATHON PROTEIN DRINK RECIPES!

ORDER TODAY!

Please rush me the following:

| PRODUCT | SIZE | QTY. | PRICE | EXT. |
|------------------------------------|------|------|--------|-------|
| Gold Medal Dynamo Pack™ | | | | |
| Gold Medal Pack™ | | | | |
| Super Pack | | | | |
| One Pack™ | | | | |
| Free-Form Amino Acid 2500 mg. | | | | |
| Free-Form Amino Acid 1000 mg. | | | | |
| Natural Gains™ | | | | |
| GH Releasers | | | | |
| Balanced Glandular Complex | | | | |
| Glandular Complex (2500 mg.) | | | | |
| Glandular Complex (1500 mg.) | | | | |
| 2 Gram Liver | | | | |
| 10 Grain Liver | | | | |
| Gland Protein Powder 95% | | | | |
| Milk/Egg Protein Powder 90% | | | | |
| Shipping and Handling | | | \$1.50 | |
| Add Calif. Sales Tax if applicable | | | | |
| | | | | Total |

Check here and we'll send you a complete listing and order form for all Marathon nutritional supplements.

Name _____ Check here if new address

Address _____

City _____ State _____ Zip _____

MC VISA Card No. _____

Exp. Date _____

Signature _____

Check, Money Order, MasterCard, or Visa must accompany orders. Overseas orders add 20% for surface freight, 30% for air freight. California residents add 6% sales tax. L.A. County: 6 1/2%. Add \$1.50 for shipping and handling. Amount enclosed

Clip Order Form and Mail Today!



1229 Via Landeta
Palos Verdes Estates CA 90274

ORDER TOLL FREE 1-800-321-5064 IN CALIFORNIA DIAL (213) 519-7111

A.D.F.P.A. TOP 20

100 kg.
220 lb.

This Top 20 list by Jim Callagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from March 1, 1984 to March 20, 1985.
Please send a copy of all ADFPA meet results to Jim Callagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.
Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive P.L. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

| SQUAT | BENCH | DEADLIFT | TOTAL |
|---------------------------|---------------------------|--------------------------|--------------------------|
| 1 800 T. Howell 3/23/84 | 400 D. Mioderovic 1/18/84 | 771 J. Hood 1/26/85 | 2010 T. Howell 3/23/84 |
| 2 710 L. Howell 1/23/84 | 482 T. Howell 3/23/84 | 725 L. Howell 1/26/85 | 1884 L. Hood 1/26/85 |
| 3 705 D. Beter 6/10/84 | 470 C. Rennett 1/29/84 | 716 L. Traub 4/20/85 | 1808 D. Beter 6/10/84 |
| 4 688 J. Hood 1/26/85 | 452 B. Norman 5/6/84 | 705 P. Elmore 7/22/84 | 1759 P. Elmore 7/22/84 |
| 5 677 C. Welch 7/22/84 | 440 C. Welch 7/22/84 | 700 D. Beter 6/10/84 | 1758 L. Traub 4/20/85 |
| 6 661 L. Traub 7/22/84 | 435 K. Hashimoto 5/5/84 | 690 E. Shock 9/30/84 | 1726 D. Welch 7/22/84 |
| 7 650 W. Lirk 4/18/84 | 430 D. Armstrong 4/7/84 | 670 J. Flora 1/19/85 | 1715 J. Eason 4/14/84 |
| 8 650 P. Elmore 7/22/84 | 424 S. Lang 7/22/84 | 656 C. Perrine 2/10/85 | 1692 C. Perrine 2/10/85 |
| 9 650 M. Garrison 1/26/85 | 419 K. Babb 3/17/84 | 650 J. Eason 7/22/84 | 1675 M. Garrison 1/26/85 |
| 10 650 C. Perrine 2/10/85 | 418 J. Hood 1/26/85 | 650 S. Ferguson 7/22/84 | 1670 C. Rennett 1/29/84 |
| 11 640 J. Flora 1/19/85 | 418 J. Hood 1/26/85 | 650 W. Hubbard 7/19/85 | 1664 D. Armstrong 4/7/84 |
| 12 640 J. McGoath 3/1/84 | 413 P. Elmore 7/22/84 | 640 M. Stanek 3/18/84 | 1631 R. Hubbard 7/22/84 |
| 13 634 B. Norman 5/6/84 | 413 P. Fletcher 12/1/84 | 639 S. Rands 6/10/84 | 1631 S. Lang 7/22/84 |
| 14 634 B. Ercan 11/18/84 | 410 V. Palazolo 4/28/84 | 634 P. Manning 4/20/85 | 1620 B. Norman 5/6/84 |
| 15 634 K. Toth 11/18/84 | 410 V. Palazolo 4/28/84 | 634 C. Durdan 5/6/84 | 1620 J. Flora 1/19/85 |
| 16 634 J. Kane 11/18/84 | 402 T. Powell 5/15/84 | 630 C. Amvetsia 11/18/84 | 1610 W. Austin 1/19/85 |
| 17 623 J. Kane 11/18/84 | 402 T. Powell 5/15/84 | 630 C. Amvetsia 11/18/84 | 1610 W. Austin 1/19/85 |
| 18 623 J. Kane 11/18/84 | 402 T. Powell 5/15/84 | 630 C. Amvetsia 11/18/84 | 1610 W. Austin 1/19/85 |
| 19 620 C. Rennett 1/29/84 | 402 M. Willb 5/5/84 | 630 D. Smyth 12/16/84 | 1600 M. Roentner 4/14/84 |
| 20 620 C. Rennett 1/29/84 | 402 M. Willb 5/5/84 | 630 D. Smyth 12/16/84 | 1600 M. Roentner 4/14/84 |

Upcoming National Meet Qualifying Totals

| Men's Contests | 114 | 123 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
|---------------------------|-----|------|------|------|------|------|------|------|------|------|
| 1985 Teen Nationals 14-15 | 625 | 720 | 785 | 875 | 925 | 975 | 1005 | 1050 | 1075 | 1100 |
| 1985 Teen Nationals 16-17 | 700 | 795 | 905 | 1050 | 1100 | 1175 | 1230 | 1300 | 1325 | 1340 |
| 1985 Teen Nationals 18-19 | 800 | 875 | 1035 | 1175 | 1300 | 1400 | 1470 | 1480 | 1490 | 1500 |
| 1985 Senior Nationals | 930 | 1055 | 1220 | 1410 | 1605 | 1715 | 1820 | 1910 | 1985 | 2060 |
| ADFFA Nationals | 840 | 930 | 1060 | 1230 | 1365 | 1475 | 1550 | 1605 | 1635 | 1670 |
| 1985 YMCA Nationals | 900 | 1064 | 1146 | 1279 | 1405 | 1565 | 1650 | 1700 | 1755 | 1800 |
| Women's Contests | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | SHW |
| 1986 Women's Nationals | 518 | 562 | 601 | 639 | 672 | 744 | 805 | 865 | 920 | 970 |
| 1985 YMCA Nationals | 579 | 623 | 667 | 711 | 749 | 827 | 893 | 959 | 1025 | 1080 |

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 | ZIP CODE |
| PHONE NO | DATE OF BIRTH | AGE |
| AREA CODE | MO | DAY |
| TELEPHONE NO | YEAR | SEX |
| CITIZEN | CITIZEN | CITIZEN |
| YES | YES | NO |
| NO | NO | NO |
| CLUB NUMBER | CLUB NUMBER | CLUB NUMBER |
| REGISTRATION AMOUNT | REGISTRATION AMOUNT | REGISTRATION AMOUNT |
| \$ | \$ | \$ |
| Special Early Registration (Nov. 1 - Jan. 31) | Special Early Registration (Nov. 1 - Jan. 31) | Special Early Registration (Nov. 1 - Jan. 31) |
| Regular Athlete \$15.00 | High School \$8.00 | Special Early Registration (Nov. 1 - Jan. 31) \$15.00 |

APPLICANTS: fill out card completely and mail with fee to:
 U.S. POWERLIFTING FEDERATION, INC.
 2708 SOUTHFIELD ROAD
 Suite #3
 LATHRUP VILLAGE, MI 48076
 (313) 557-2320

*High School eligibility must be accompanied by photocopy of high school activity card or other proof of high school membership.

REGISTRATION AMOUNT: \$15.00

CLUB NUMBER: _____

REGISTRATION AMOUNT: \$ _____

Special Early Registration (Nov. 1 - Jan. 31) \$15.00

High School \$8.00

Signature: _____

DATE: _____

1985 Hawaii Invitational Championships



T-Shirts

New Design - 1985 Hawaii Invitational Official t-shirts.
 \$10 each - any 3 for \$24 (postpaid)
 Colors: S, M, L, XL - lavender, orange, red, black, white, yellow, light blue, XXL - yellow and white.

14 American Records!
 VHS and Beta Tapes
 \$40.00
 (FREE t-shirt with each tape ordered.)

- *See Ed Coan total 2204 at 193, exceeding 7 world records, topped with an 854 deadlift.
- *See Doug Furnas squat 942 and total 2275.
- *See Fred Hatfield squat 975.
- *Watch George Hechter total 2369 & his attempt at 1008 in the squat.
- *See the incredible Ted Arcidi bench press 650, 677 and 705.

order from:
Gus Rethwisch
 709 15th Avenue
 Honolulu, Hawaii 96816

PURE FORM LIQUID DMG-15 (N, N-DIMETHYLGLYCINE)

DMG is the key ingredient of B-15, one of the most widely used dietary supplements of the past two decades. Up until now, B-15 (actually a mixture of N, N-Dimethylglycine and Calcium Gluconate) has been available only in tablet form for daily supplementation.

Now, Vitamin Power is proud to bring you this advanced form of DMG supplementation! Our Pure Form Liquid DMG contains only pure N, N-Dimethylglycine, a natural, pleasant-tasting water soluble food substance. This specialty formulation is packaged in amber glass bottles complete with calibrated medicine dropper for precise, effective dosage. You're getting the most DMG to offer with this super efficient dosage form!

Does Dimethylglycine have any toxic side effects?

No. Dimethylglycine is a completely safe, non-toxic food substance. It is a water-soluble nutrient enabling excess amounts to be eliminated from the body automatically.

Why is Vitamin Power pure DMG-15 superior to other dosage forms on the market?

Vitamin Power's liquid DMG-15 provides faster, more efficient absorption. It's pure DMG, has no fillers and is non-allergenic. It is ideal for sublingual (under the tongue) application to assure fastest body utilization and efficiency.

This unique new product, in its pure form, is the next logical approach because of its ability to regulate the dose to suit every individual's needs. Original dosage forms, such as tablets, do not give you the ability to adjust the dose correctly.

Liquid DMG is pure, logical, accurate and effective.

The following qualities have been associated with B-15:

1. Reducing fatigue
2. Enhancing body oxygen utilization.
3. Maintaining high physical and mental performance levels
4. Reducing elevated cholesterol and triglyceride levels
5. Reducing lactic acid levels
6. Helping to improve circulation in general
7. Enhancing the immune response system

| PROD. NO. | SIZE | PRICE |
|-----------|-----------|--------|
| 3007 | 1 fl. oz. | \$9.95 |

L-ORNITHINE

500 mg. per tablet
 Ornithine helps maintain a strong and promotes healing of wounds. It also acts as a stimulant to make amino acid released from protein excess fat. L-Ornithine to burn off the use of L-Ornithine along with Vitamin B-6. L-Ornithine is available from the active decrease of body fat and stimulate L-Ornithine - 500 mg. is now available from Vitamin Power in easy-to-swallow natural form. This supplement is not recommended for use by growing adolescents or diabetics.

| PROD. NO. | SIZE | PRICE |
|-----------|-------------|-------|
| 6187 | 100 Tablets | 17.90 |
| 6188 | 100 Tablets | 17.90 |

L-ARGININE

500 mg. per tablet
 Arginine stimulates the release of the growth hormone from the pituitary gland in the brain. It also acts as a stimulant to burn up fat and tone up with firm muscles. L-Arginine has been shown to increase the release of growth hormone. L-Arginine has been shown to increase the release of growth hormone. L-Arginine has been shown to increase the release of growth hormone. L-Arginine has been shown to increase the release of growth hormone.

| PROD. NO. | SIZE | PRICE |
|-----------|-------------|-------|
| 6189 | 100 Tablets | 17.90 |
| 6190 | 100 Tablets | 17.90 |

PLEASE ADD \$1.50 for MAILING and HANDLING PLUS 6% CALIF. SALES TAX.

For orders or information, write to:

BIO — TECH
 Research and Diet Center
 Ron Cox, Physical Fitness Consultant
 P.O. Box 304, Middletown, CA 95461

ELITE SUITS

• HERE'S WHY...

\$38.00

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

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

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

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

You'll Squat and Deadlift
 more with **ELITE**.

ELITE WRAPS

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

\$9.50

2 YEAR
 GUARANTEE

Special
 \$4.00
 SUIT & WRAPS

ELITE BELTS



COMPETITION

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

TRAINING

- The ultimate training belt.
- Mahogany stained natural leather.
- 10 cm. by 13 mm.
- 5 rows of heavy duty stitching.



- ▲ All items in inventory, no waiting.
- ▲ Visa and MasterCard accepted. (include number and exp. date)
- ▲ C.O.D. orders by mail or phone.
- ▲ Express Mail Delivery (24 hours). (by request, credit card orders only).

ELITE Sales, Inc.

19 Richard Rd., Suite 3
 Hingham, MA 02043
 (617) 749-4389

West Coast Office:
 3512 Willowpark Dr.
 San Jose, CA 95118
 (408) 978-7647

Virginia State Championships
 30.31 Mar 85 - Woodbridge, VA

| WOMEN | | | |
|----------|------|------|-------|
| SQ | BP | DL | Total |
| 47 lb. | | | |
| 57 lb. | 170 | 115 | 315 |
| 67 lb. | 220 | 125 | 420 |
| 77 lb. | 280 | 205 | 480 |
| 87 lb. | 320 | 215 | 530 |
| 97 lb. | 350 | 225 | 575 |
| 107 lb. | 380 | 230 | 610 |
| 117 lb. | 410 | 235 | 645 |
| 127 lb. | 440 | 240 | 680 |
| 137 lb. | 470 | 245 | 715 |
| 147 lb. | 500 | 250 | 750 |
| 157 lb. | 530 | 255 | 785 |
| 167 lb. | 560 | 260 | 820 |
| 177 lb. | 590 | 265 | 855 |
| 187 lb. | 620 | 270 | 890 |
| 197 lb. | 650 | 275 | 925 |
| 207 lb. | 680 | 280 | 960 |
| 217 lb. | 710 | 285 | 995 |
| 227 lb. | 740 | 290 | 1030 |
| 237 lb. | 770 | 295 | 1065 |
| 247 lb. | 800 | 300 | 1100 |
| 257 lb. | 830 | 305 | 1135 |
| 267 lb. | 860 | 310 | 1170 |
| 277 lb. | 890 | 315 | 1205 |
| 287 lb. | 920 | 320 | 1240 |
| 297 lb. | 950 | 325 | 1275 |
| 307 lb. | 980 | 330 | 1310 |
| 317 lb. | 1010 | 335 | 1345 |
| 327 lb. | 1040 | 340 | 1380 |
| 337 lb. | 1070 | 345 | 1415 |
| 347 lb. | 1100 | 350 | 1450 |
| 357 lb. | 1130 | 355 | 1485 |
| 367 lb. | 1160 | 360 | 1520 |
| 377 lb. | 1190 | 365 | 1555 |
| 387 lb. | 1220 | 370 | 1590 |
| 397 lb. | 1250 | 375 | 1625 |
| 407 lb. | 1280 | 380 | 1660 |
| 417 lb. | 1310 | 385 | 1695 |
| 427 lb. | 1340 | 390 | 1730 |
| 437 lb. | 1370 | 395 | 1765 |
| 447 lb. | 1400 | 400 | 1800 |
| 457 lb. | 1430 | 405 | 1835 |
| 467 lb. | 1460 | 410 | 1870 |
| 477 lb. | 1490 | 415 | 1905 |
| 487 lb. | 1520 | 420 | 1940 |
| 497 lb. | 1550 | 425 | 1975 |
| 507 lb. | 1580 | 430 | 2010 |
| 517 lb. | 1610 | 435 | 2045 |
| 527 lb. | 1640 | 440 | 2080 |
| 537 lb. | 1670 | 445 | 2115 |
| 547 lb. | 1700 | 450 | 2150 |
| 557 lb. | 1730 | 455 | 2185 |
| 567 lb. | 1760 | 460 | 2220 |
| 577 lb. | 1790 | 465 | 2255 |
| 587 lb. | 1820 | 470 | 2290 |
| 597 lb. | 1850 | 475 | 2325 |
| 607 lb. | 1880 | 480 | 2360 |
| 617 lb. | 1910 | 485 | 2395 |
| 627 lb. | 1940 | 490 | 2430 |
| 637 lb. | 1970 | 495 | 2465 |
| 647 lb. | 2000 | 500 | 2500 |
| 657 lb. | 2030 | 505 | 2535 |
| 667 lb. | 2060 | 510 | 2570 |
| 677 lb. | 2090 | 515 | 2605 |
| 687 lb. | 2120 | 520 | 2640 |
| 697 lb. | 2150 | 525 | 2675 |
| 707 lb. | 2180 | 530 | 2710 |
| 717 lb. | 2210 | 535 | 2745 |
| 727 lb. | 2240 | 540 | 2780 |
| 737 lb. | 2270 | 545 | 2815 |
| 747 lb. | 2300 | 550 | 2850 |
| 757 lb. | 2330 | 555 | 2885 |
| 767 lb. | 2360 | 560 | 2920 |
| 777 lb. | 2390 | 565 | 2955 |
| 787 lb. | 2420 | 570 | 2990 |
| 797 lb. | 2450 | 575 | 3025 |
| 807 lb. | 2480 | 580 | 3060 |
| 817 lb. | 2510 | 585 | 3095 |
| 827 lb. | 2540 | 590 | 3130 |
| 837 lb. | 2570 | 595 | 3165 |
| 847 lb. | 2600 | 600 | 3200 |
| 857 lb. | 2630 | 605 | 3235 |
| 867 lb. | 2660 | 610 | 3270 |
| 877 lb. | 2690 | 615 | 3305 |
| 887 lb. | 2720 | 620 | 3340 |
| 897 lb. | 2750 | 625 | 3375 |
| 907 lb. | 2780 | 630 | 3410 |
| 917 lb. | 2810 | 635 | 3445 |
| 927 lb. | 2840 | 640 | 3480 |
| 937 lb. | 2870 | 645 | 3515 |
| 947 lb. | 2900 | 650 | 3550 |
| 957 lb. | 2930 | 655 | 3585 |
| 967 lb. | 2960 | 660 | 3620 |
| 977 lb. | 2990 | 665 | 3655 |
| 987 lb. | 3020 | 670 | 3690 |
| 997 lb. | 3050 | 675 | 3725 |
| 1007 lb. | 3080 | 680 | 3760 |
| 1017 lb. | 3110 | 685 | 3795 |
| 1027 lb. | 3140 | 690 | 3830 |
| 1037 lb. | 3170 | 695 | 3865 |
| 1047 lb. | 3200 | 700 | 3900 |
| 1057 lb. | 3230 | 705 | 3935 |
| 1067 lb. | 3260 | 710 | 3970 |
| 1077 lb. | 3290 | 715 | 4005 |
| 1087 lb. | 3320 | 720 | 4040 |
| 1097 lb. | 3350 | 725 | 4075 |
| 1107 lb. | 3380 | 730 | 4110 |
| 1117 lb. | 3410 | 735 | 4145 |
| 1127 lb. | 3440 | 740 | 4180 |
| 1137 lb. | 3470 | 745 | 4215 |
| 1147 lb. | 3500 | 750 | 4250 |
| 1157 lb. | 3530 | 755 | 4285 |
| 1167 lb. | 3560 | 760 | 4320 |
| 1177 lb. | 3590 | 765 | 4355 |
| 1187 lb. | 3620 | 770 | 4390 |
| 1197 lb. | 3650 | 775 | 4425 |
| 1207 lb. | 3680 | 780 | 4460 |
| 1217 lb. | 3710 | 785 | 4495 |
| 1227 lb. | 3740 | 790 | 4530 |
| 1237 lb. | 3770 | 795 | 4565 |
| 1247 lb. | 3800 | 800 | 4600 |
| 1257 lb. | 3830 | 805 | 4635 |
| 1267 lb. | 3860 | 810 | 4670 |
| 1277 lb. | 3890 | 815 | 4705 |
| 1287 lb. | 3920 | 820 | 4740 |
| 1297 lb. | 3950 | 825 | 4775 |
| 1307 lb. | 3980 | 830 | 4810 |
| 1317 lb. | 4010 | 835 | 4845 |
| 1327 lb. | 4040 | 840 | 4880 |
| 1337 lb. | 4070 | 845 | 4915 |
| 1347 lb. | 4100 | 850 | 4950 |
| 1357 lb. | 4130 | 855 | 4985 |
| 1367 lb. | 4160 | 860 | 5020 |
| 1377 lb. | 4190 | 865 | 5055 |
| 1387 lb. | 4220 | 870 | 5090 |
| 1397 lb. | 4250 | 875 | 5125 |
| 1407 lb. | 4280 | 880 | 5160 |
| 1417 lb. | 4310 | 885 | 5195 |
| 1427 lb. | 4340 | 890 | 5230 |
| 1437 lb. | 4370 | 895 | 5265 |
| 1447 lb. | 4400 | 900 | 5300 |
| 1457 lb. | 4430 | 905 | 5335 |
| 1467 lb. | 4460 | 910 | 5370 |
| 1477 lb. | 4490 | 915 | 5405 |
| 1487 lb. | 4520 | 920 | 5440 |
| 1497 lb. | 4550 | 925 | 5475 |
| 1507 lb. | 4580 | 930 | 5510 |
| 1517 lb. | 4610 | 935 | 5545 |
| 1527 lb. | 4640 | 940 | 5580 |
| 1537 lb. | 4670 | 945 | 5615 |
| 1547 lb. | 4700 | 950 | 5650 |
| 1557 lb. | 4730 | 955 | 5685 |
| 1567 lb. | 4760 | 960 | 5720 |
| 1577 lb. | 4790 | 965 | 5755 |
| 1587 lb. | 4820 | 970 | 5790 |
| 1597 lb. | 4850 | 975 | 5825 |
| 1607 lb. | 4880 | 980 | 5860 |
| 1617 lb. | 4910 | 985 | 5895 |
| 1627 lb. | 4940 | 990 | 5930 |
| 1637 lb. | 4970 | 995 | 5965 |
| 1647 lb. | 5000 | 1000 | 6000 |
| 1657 lb. | 5030 | 1005 | 6035 |
| 1667 lb. | 5060 | 1010 | 6070 |
| 1677 lb. | 5090 | 1015 | 6105 |
| 1687 lb. | 5120 | 1020 | 6140 |
| 1697 lb. | 5150 | 1025 | 6175 |
| 1707 lb. | 5180 | 1030 | 6210 |
| 1717 lb. | 5210 | 1035 | 6245 |
| 1727 lb. | 5240 | 1040 | 6280 |
| 1737 lb. | 5270 | 1045 | 6315 |
| 1747 lb. | 5300 | 1050 | 6350 |
| 1757 lb. | 5330 | 1055 | 6385 |
| 1767 lb. | 5360 | 1060 | 6420 |
| 1777 lb. | 5390 | 1065 | 6455 |
| 1787 lb. | 5420 | 1070 | 6490 |
| 1797 lb. | 5450 | 1075 | 6525 |
| 1807 lb. | 5480 | 1080 | 6560 |
| 1817 lb. | 5510 | 1085 | 6595 |
| 1827 lb. | 5540 | 1090 | 6630 |
| 1837 lb. | 5570 | 1095 | 6665 |
| 1847 lb. | 5600 | 1100 | 6700 |
| 1857 lb. | 5630 | 1105 | 6735 |
| 1867 lb. | 5660 | 1110 | 6770 |
| 1877 lb. | 5690 | 1115 | 6805 |
| 1887 lb. | 5720 | 1120 | 6840 |
| 1897 lb. | 5750 | 1125 | 6875 |
| 1907 lb. | 5780 | 1130 | 6910 |
| 1917 lb. | 5810 | 1135 | 6945 |
| 1927 lb. | 5840 | 1140 | 6980 |
| 1937 lb. | 5870 | 1145 | 7015 |
| 1947 lb. | 5900 | 1150 | 7050 |
| 1957 lb. | 5930 | 1155 | 7085 |
| 1967 lb. | 5960 | 1160 | 7120 |
| 1977 lb. | 5990 | 1165 | 7155 |
| 1987 lb. | 6020 | 1170 | 7190 |
| 1997 lb. | 6050 | 1175 | 7225 |
| 2007 lb. | 6080 | 1180 | 7260 |
| 2017 lb. | 6110 | 1185 | 7295 |
| 2027 lb. | 6140 | 1190 | 7330 |
| 2037 lb. | 6170 | 1195 | 7365 |
| 2047 lb. | 6200 | 1200 | 7400 |
| 2057 lb. | 6230 | 1205 | 7435 |
| 2067 lb. | 6260 | 1210 | 7470 |
| 2077 lb. | 6290 | 1215 | 7505 |
| 2087 lb. | 6320 | 1220 | 7540 |
| 2097 lb. | 6350 | 1225 | 7575 |
| 2107 lb. | 6380 | 1230 | 7610 |
| 2117 lb. | 6410 | 1235 | 7645 |
| 2127 lb. | 6440 | 1240 | 7680 |
| 2137 lb. | 6470 | 1245 | 7715 |
| 2147 lb. | 6500 | 1250 | 7750 |
| 2157 lb. | 6530 | 1255 | 7785 |
| 2167 lb. | 6560 | 1260 | 7820 |
| 2177 lb. | 6590 | 1265 | 7855 |
| 2187 lb. | 6620 | 1270 | 7890 |
| 2197 lb. | 6650 | 1275 | 7925 |
| 2207 lb. | 6680 | 1280 | 7960 |
| 2217 lb. | 6710 | 1285 | 7995 |
| 2227 lb. | 6740 | 1290 | 8030 |
| 2237 lb. | 6770 | 1295 | 8065 |
| 2247 lb. | 6800 | 1300 | 8100 |
| 2257 lb. | 6830 | 1305 | 8135 |
| 2267 lb. | 6860 | 1310 | 8170 |
| 2277 lb. | 6890 | 1315 | 8205 |
| 2287 lb. | 6920 | 1320 | 8240 |
| 2297 lb. | 6950 | 1325 | 8275 |
| 2307 lb. | 6980 | 1330 | 8310 |
| 2317 lb. | 7010 | 1335 | 8345 |
| 2327 lb. | 7040 | 1340 | 8380 |
| 2337 lb. | 7070 | 1345 | 8415 |
| 2347 lb. | 7100 | 1350 | 8450 |
| 2357 lb. | 7130 | 1355 | 8485 |
| 2367 lb. | 7160 | 1360 | 8520 |
| 2377 lb. | 7190 | 1365 | 8555 |
| 2387 lb. | 7220 | 1370 | 8590 |
| 2397 lb. | 7250 | 1375 | 8625 |
| 2407 lb. | 7280 | 1380 | 8660 |
| 2417 lb. | 7310 | 1385 | 8695 |
| 2427 lb. | 7340 | 1390 | 8730 |
| 2437 lb. | 7370 | 1395 | 8765 |
| 2447 lb. | 7400 | 1400 | 8800 |
| 2457 lb. | 7430 | 1405 | 8835 |
| 2467 lb. | 7460 | 1410 | 8870 |
| 2477 lb. | 7490 | 1415 | 8905 |
| 2487 lb. | 7520 | 1420 | 8940 |
| 2497 lb. | 7550 | 1425 | 8975 |
| 2507 lb. | 7580 | 1430 | 9010 |
| 2517 lb. | 7610 | 1435 | 9045 |
| 2527 lb. | 7640 | 1440 | 9080 |
| 2537 lb. | 7670 | 1445 | 9115 |
| 2547 lb. | 7700 | 1450 | 9150 |
| 2557 lb. | 7730 | 1455 | 9185 |
| 2567 lb. | 7760 | 1460 | 9220 |
| 2577 lb. | 7790 | 1465 | 9255 |
| 2587 lb. | 7820 | 1470 | 9290 |
| 2597 lb. | 7850 | 1475 | 9325 |
| 2607 lb. | 7880 | 1480 | 9360 |
| 2617 lb. | 7910 | 1485 | 9395 |
| 2627 lb. | 7940 | 1490 | 9430 |
| 2637 lb. | 7970 | 1495 | 9465 |
| 2647 lb. | 8000 | 1500 | 9500 |
| 2657 lb. | 8030 | 1505 | 9535 |
| 2667 lb. | 8060 | 1510 | |

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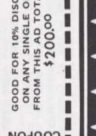
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with maximum control.
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both High Cut and Low
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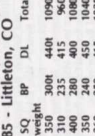
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1 Pair \$49.00, 2 Pairs \$89.00
Ships \$2.00



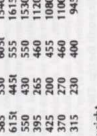
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Same color as regular dumbbell.
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PUMA Squat Shoes
Wholesale, Order Regular Size
1 Pair \$58.00, 2 Pairs \$99.00
Ships \$2.00

ZAPA Squat Shoes
Wholesale, Order Regular Size
1 Pair \$49.00, 2 Pairs \$89.00
Ships \$2.00

Superior Knee Wraps
Wholesale, Order Regular Size
1 Pair \$11.00, 2 Pairs \$21.00
Ships \$1.50

Deflect Dumbbell
Same color as regular dumbbell.
1 Pair \$17.00, 2 Pairs \$31.00
Ships \$2.00

PUMA Squat Shoes
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1 Pair \$58.00, 2 Pairs \$99.00
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Superior Knee Wraps
Wholesale, Order Regular Size
1 Pair \$11.00, 2 Pairs \$21.00
Ships \$1.50

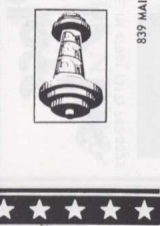
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| Illinois Teenage Championships 31 Mar 85 - Chicago, IL | BP | DL | Total |
|---|------|------|-------|
| Duke Bales | 585 | 415 | 640 |
| Chris Hickson | 585 | 350 | 1540 |
| Dale Aubrey | 300 | 300 | 275 |
| Levin | 325 | 365 | 1380 |
| Scott Millar | 305 | 305 | 500 |
| Robert Keller | 575 | 390 | 1165 |
| 228 lb. | | | |
| Mike Carter | 655 | 470 | 680 |
| Mike Center | 670 | 360 | 645 |
| Rich Donivan | 675 | 625 | 1675 |
| Steve Taylor | 635 | 425 | 1665 |
| Scott Walker | 575 | 370 | 500 |
| Robert Tate | 550 | 370 | 1420 |
| 242 lb. | | | |
| Brad Guenwald | 600 | 475 | 660 |
| Jim Mason | 625 | 455 | 625 |
| Kim Orr | 600 | 415 | 610 |
| Jim Macaluso | 470 | 385 | 570 |
| 275 lb. | | | |
| Steve Stein | 750 | 500 | 2020 |
| Steve Coulton | 655 | 525 | 745 |
| Cake Hunter | 740 | 425 | 735 |
| Gary Deen | 660 | 405 | 665 |
| SHW | 660 | 425 | 1780 |
| Graig Snyder | 670 | 445 | 685 |
| * denotes state record. | | | |
| Takars 14-15 | 275 | 315 | 765 |
| 15-16 | 305 | 335 | 840 |
| 16-17 | 340 | 370 | 1010 |
| 17-18 | 385 | 415 | 1100 |
| 18-19 | 425 | 455 | 1280 |
| 19-20 | 465 | 495 | 1465 |
| 20-21 | 505 | 535 | 1650 |
| 21-22 | 545 | 575 | 1835 |
| 22-23 | 585 | 615 | 2020 |
| 23-24 | 625 | 655 | 2205 |
| 24-25 | 665 | 695 | 2390 |
| 25-26 | 705 | 735 | 2575 |
| 26-27 | 745 | 775 | 2760 |
| 27-28 | 785 | 815 | 2945 |
| 28-29 | 825 | 855 | 3130 |
| 29-30 | 865 | 895 | 3315 |
| 30-31 | 905 | 935 | 3500 |
| 31-32 | 945 | 975 | 3685 |
| 32-33 | 985 | 1015 | 3870 |
| 33-34 | 1025 | 1055 | 4055 |
| 34-35 | 1065 | 1095 | 4240 |
| 35-36 | 1105 | 1135 | 4425 |
| 36-37 | 1145 | 1175 | 4610 |
| 37-38 | 1185 | 1215 | 4795 |
| 38-39 | 1225 | 1255 | 4980 |
| 39-40 | 1265 | 1295 | 5165 |
| 40-41 | 1305 | 1335 | 5350 |
| 41-42 | 1345 | 1375 | 5535 |
| 42-43 | 1385 | 1415 | 5720 |
| 43-44 | 1425 | 1455 | 5905 |
| 44-45 | 1465 | 1495 | 6090 |
| 45-46 | 1505 | 1535 | 6275 |
| 46-47 | 1545 | 1575 | 6460 |
| 47-48 | 1585 | 1615 | 6645 |
| 48-49 | 1625 | 1655 | 6830 |
| 49-50 | 1665 | 1695 | 7015 |
| 50-51 | 1705 | 1735 | 7200 |
| 51-52 | 1745 | 1775 | 7385 |
| 52-53 | 1785 | 1815 | 7570 |
| 53-54 | 1825 | 1855 | 7755 |
| 54-55 | 1865 | 1895 | 7940 |
| 55-56 | 1905 | 1935 | 8125 |
| 56-57 | 1945 | 1975 | 8310 |
| 57-58 | 1985 | 2015 | 8495 |
| 58-59 | 2025 | 2055 | 8680 |
| 59-60 | 2065 | 2095 | 8865 |
| 60-61 | 2105 | 2135 | 9050 |
| 61-62 | 2145 | 2175 | 9235 |
| 62-63 | 2185 | 2215 | 9420 |
| 63-64 | 2225 | 2255 | 9605 |
| 64-65 | 2265 | 2295 | 9790 |
| 65-66 | 2305 | 2335 | 9975 |
| 66-67 | 2345 | 2375 | 10160 |
| 67-68 | 2385 | 2415 | 10345 |
| 68-69 | 2425 | 2455 | 10530 |
| 69-70 | 2465 | 2495 | 10715 |
| 70-71 | 2505 | 2535 | 10900 |
| 71-72 | 2545 | 2575 | 11085 |
| 72-73 | 2585 | 2615 | 11270 |
| 73-74 | 2625 | 2655 | 11455 |
| 74-75 | 2665 | 2695 | 11640 |
| 75-76 | 2705 | 2735 | 11825 |
| 76-77 | 2745 | 2775 | 12010 |
| 77-78 | 2785 | 2815 | 12195 |
| 78-79 | 2825 | 2855 | 12380 |
| 79-80 | 2865 | 2895 | 12565 |
| 80-81 | 2905 | 2935 | 12750 |
| 81-82 | 2945 | 2975 | 12935 |
| 82-83 | 2985 | 3015 | 13120 |
| 83-84 | 3025 | 3055 | 13305 |
| 84-85 | 3065 | 3095 | 13490 |
| 85-86 | 3105 | 3135 | 13675 |
| 86-87 | 3145 | 3175 | 13860 |
| 87-88 | 3185 | 3215 | 14045 |
| 88-89 | 3225 | 3255 | 14230 |
| 89-90 | 3265 | 3295 | 14415 |
| 90-91 | 3305 | 3335 | 14600 |
| 91-92 | 3345 | 3375 | 14785 |
| 92-93 | 3385 | 3415 | 14970 |
| 93-94 | 3425 | 3455 | 15155 |
| 94-95 | 3465 | 3495 | 15340 |
| 95-96 | 3505 | 3535 | 15525 |
| 96-97 | 3545 | 3575 | 15710 |
| 97-98 | 3585 | 3615 | 15895 |
| 98-99 | 3625 | 3655 | 16080 |
| 99-100 | 3665 | 3695 | 16265 |

| Illinois Teenage Championships 31 Mar 85 - Chicago, IL | BP | DL | Total |
|---|------|------|-------|
| 114 lb. | | | |
| Lewis 14-15 | 170 | 165 | 335 |
| Marines 16-17 | 290 | 155 | 275 |
| Trinhbun 16-17 | 175 | 180 | 210 |
| Timon 16-19 | 310 | 190 | 380 |
| Chau 16-19 | 340 | 195 | 440 |
| 123 lb. | | | |
| Bravo 16-17 | 265 | 145 | 280 |
| 132 lb. | | | |
| Wilson 16-17 | 350 | 240 | 410 |
| Wilson 16-17 | 335 | 160 | 385 |
| Gilono 16-17 | 320 | 160 | 380 |
| 148 lb. | | | |
| O'Dowd 16-17 | 375 | 190 | 465 |
| 152 lb. | | | |
| Parr 16-17 | 340 | 230 | 430 |
| Hook 16-17 | 425 | 205 | 375 |
| Arnold 16-17 | 290 | 200 | 400 |
| 250 lb. | | | |
| Stess 18-19 | 440 | 300 | 415 |
| Stess 18-19 | 440 | 300 | 415 |
| Shannon | 380 | 230 | 390 |
| Oly. Bar | 360 | 230 | 340 |
| 165 lb. | | | |
| Hobbs 14-15 | 225 | 440 | 1065 |
| Takars 14-15 | 275 | 315 | 765 |
| 15-16 | 305 | 345 | 850 |
| 16-17 | 340 | 380 | 1020 |
| 17-18 | 380 | 420 | 1190 |
| 18-19 | 420 | 460 | 1360 |
| 19-20 | 460 | 500 | 1530 |
| 20-21 | 500 | 540 | 1700 |
| 21-22 | 540 | 580 | 1870 |
| 22-23 | 580 | 620 | 2040 |
| 23-24 | 620 | 660 | 2210 |
| 24-25 | 660 | 700 | 2380 |
| 25-26 | 700 | 740 | 2550 |
| 26-27 | 740 | 780 | 2720 |
| 27-28 | 780 | 820 | 2890 |
| 28-29 | 820 | 860 | 3060 |
| 29-30 | 860 | 900 | 3230 |
| 30-31 | 900 | 940 | 3400 |
| 31-32 | 940 | 980 | 3570 |
| 32-33 | 980 | 1020 | 3740 |
| 33-34 | 1020 | 1060 | 3910 |
| 34-35 | 1060 | 1100 | 4080 |
| 35-36 | 1100 | 1140 | 4250 |
| 36-37 | 1140 | 1180 | 4420 |
| 37-38 | 1180 | 1220 | 4590 |
| 38-39 | 1220 | 1260 | 4760 |
| 39-40 | 1260 | 1300 | 4930 |
| 40-41 | 1300 | 1340 | 5100 |
| 41-42 | 1340 | 1380 | 5270 |
| 42-43 | 1380 | 1420 | 5440 |
| 43-44 | 1420 | 1460 | 5610 |
| 44-45 | 1460 | 1500 | 5780 |
| 45-46 | 1500 | 1540 | 5950 |
| 46-47 | 1540 | 1580 | 6120 |
| 47-48 | 1580 | 1620 | 6290 |
| 48-49 | 1620 | 1660 | 6460 |
| 49-50 | 1660 | 1700 | 6630 |
| 50-51 | 1700 | 1740 | 6800 |
| 51-52 | 1740 | 1780 | 6970 |
| 52-53 | 1780 | 1820 | 7140 |
| 53-54 | 1820 | 1860 | 7310 |
| 54-55 | 1860 | 1900 | 7480 |
| 55-56 | 1900 | 1940 | 7650 |
| 56-57 | 1940 | 1980 | 7820 |
| 57-58 | 1980 | 2020 | 7990 |
| 58-59 | 2020 | 2060 | 8160 |
| 59-60 | 2060 | 2100 | 8330 |
| 60-61 | 2100 | 2140 | 8500 |
| 61-62 | 2140 | 2180 | 8670 |
| 62-63 | 2180 | 2220 | 8840 |
| 63-64 | 2220 | 2260 | 9010 |
| 64-65 | 2260 | 2300 | 9180 |
| 65-66 | 2300 | 2340 | 9350 |
| 66-67 | 2340 | 2380 | 9520 |
| 67-68 | 2380 | 2420 | 9690 |
| 68-69 | 2420 | 2460 | 9860 |
| 69-70 | 2460 | 2500 | 10030 |
| 70-71 | 2500 | 2540 | 10200 |
| 71-72 | 2540 | 2580 | 10370 |
| 72-73 | 2580 | 2620 | 10540 |
| 73-74 | 2620 | 2660 | 10710 |
| 74-75 | 2660 | 2700 | 10880 |
| 75-76 | 2700 | 2740 | 11050 |
| 76-77 | 2740 | 2780 | 11220 |
| 77-78 | 2780 | 2820 | 11390 |
| 78-79 | 2820 | 2860 | 11560 |
| 79-80 | 2860 | 2900 | 11730 |
| 80-81 | 2900 | 2940 | 11900 |
| 81-82 | 2940 | 2980 | 12070 |
| 82-83 | 2980 | 3020 | 12240 |
| 83-84 | 3020 | 3060 | 12410 |
| 84-85 | 3060 | 3100 | 12580 |
| 85-86 | 3100 | 3140 | 12750 |
| 86-87 | 3140 | 3180 | 12920 |
| 87-88 | 3180 | 3220 | 13090 |
| 88-89 | 3220 | 3260 | 13260 |
| 89-90 | 3260 | 3300 | 13430 |
| 90-91 | 3300 | 3340 | 13600 |
| 91-92 | 3340 | 3380 | 13770 |
| 92-93 | 3380 | 3420 | 13940 |
| 93-94 | 3420 | 3460 | 14110 |
| 94-95 | 3460 | 3500 | 14280 |
| 95-96 | 3500 | 3540 | 14450 |
| 96-97 | 3540 | 3580 | 14620 |
| 97-98 | 3580 | 3620 | 14790 |
| 98-99 | 3620 | 3660 | 14960 |
| 99-100 | 3660 | 3700 | 15130 |



Standard Strength (Max. load 700 #)
Power Bar
High Strength (Max. load 1000 #)
Oly. Bar
Power Bar
Deadlift Bar
10 Bars get 2% discount per bar

OLYMPIC BARS
Standard Strength (Max. load 700 #)
Power Bar
High Strength (Max. load 1000 #)
Oly. Bar
Power Bar
Deadlift Bar
10 Bars get 2% discount per bar

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Spin Lock Collars (black)
Spin Lock Collars (chrome)
Machined steel collars

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(choice of Std. Strength Bar)
310 # Set First grade plates
400 # Set Second grade plates
510 # Set First grade plates

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up to 10,000 #

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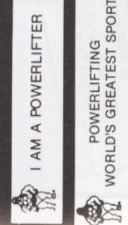
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|-------------------------------------|-------|-------|-------|
| 9 Mar 85 - Bartlesville, OK (kilos) | SQ | BP | DL |
| Men | 77.5 | 67.5 | 92.5 |
| 56kg | 115 | 67.5 | 100 |
| Shawn Coyne | 115 | 75 | 130 |
| 60kg | 130 | 100 | 140 |
| John Miller | 165 | 90 | 202.5 |
| Mike Barnett | 165 | 105 | 185 |
| 75kg | 190 | 130 | 200 |
| 60mon | 140 | 110 | 190 |
| Dan Liebman | 120 | 110 | 155 |
| 80kg | 240 | 150 | 232.5 |
| 75kg | 240 | 185 | 225 |
| 100kg | 185 | 115 | 225 |
| Carl McGilbra | 185 | 125 | 225 |
| 105kg | 195 | 137.5 | 215 |
| 125kg | 192.5 | 105 | 202.5 |
| Mike Jones | 162.5 | 90 | 145 |
| Roger Lawrence | 262.5 | 170 | 327.5 |
| 75kg | 240 | 167.5 | 237.5 |
| 100kg | 215 | 155 | 242.5 |
| 125kg | 230 | 137.5 | 220 |
| Stuart Verreest | 205 | 155 | 220 |
| 80kg | 205 | 155 | 220 |
| B Cunningham | 195 | 127.5 | 215 |
| Steve Sawyer | 195 | 127.5 | 215 |
| Lance Hamilton | 227.5 | 147.5 | — |
| Duane Cheshire | — | 147.5 | — |
| 200kg | 260 | 172.5 | 272.5 |
| Dan Drieborst | 295 | 127.5 | 245 |
| Don Jones | 252.5 | 160 | 247.5 |
| Mark Yerns | 252.5 | 160 | 247.5 |
| 85kg | 242.5 | 182.5 | 250 |
| Mike Butler | 220 | 140 | 205 |
| Kevin Fanning | 217.5 | 137.5 | 205 |
| Rick Walters | 217.5 | 137.5 | 205 |
| 90kg | 180 | 120 | 242.5 |
| Don Edwards | 180 | 120 | 242.5 |
| Chris Daniel | 185 | 117.5 | 215 |
| Rick Ferrell | 185 | 120 | 205 |
| 100kg | 287.5 | 182.5 | 295 |
| David Coffman | 252.5 | 195 | 265 |
| John Wagy | 265 | 160 | 262.5 |
| Terry Coghlan | 265 | 160 | 262.5 |
| 105kg | 260 | 130 | 240 |
| Terry Coghlan | 260 | 130 | 240 |
| 110kg | 312.5 | 200 | 277.5 |
| Mike Baker | 175 | 117.5 | 210 |
| David Eakers | 175 | 117.5 | 210 |
| 100kg | 322.5 | 207.5 | 305 |
| Herbie Downs | — | 305 | 385 |

| | | | |
|---|-------|-------|--------|
| Micha Bossa | 282.5 | 182.5 | 372.5 |
| 200kg | 282.5 | 172.5 | 290 |
| Marc Nagle | 287.5 | 182.5 | 360 |
| Chris Conary | 250 | 147.5 | 242.5 |
| H. Whitley | 210 | 132.5 | 227.5 |
| 150kg | 332.5 | 190 | — |
| 110kg | 367.5 | 205 | 300 |
| Dan Burton | 277.5 | 172.5 | 267.5 |
| 150kg | 235h | 145h | 242.5h |
| Rich Fort | 215 | 130 | 230 |
| Al Tanner | 185 | 170 | — |
| Ray Woodson | 207.5 | — | — |
| 125kg | 367.5 | 235 | 320 |
| Dennis Brooks | 325 | 245 | 330 |
| Ray Pearce | 325 | 245 | 330 |
| 150kg | 300 | 205 | 265 |
| Carl Schroeder | 300 | 205 | 265 |
| 207kg | 207.5 | 140 | 237.5 |
| Al Warner | 80 | 237.5 | — |
| Jack O'Brien | — | 317.5 | — |
| 200kg | 285 | 147.5 | 260 |
| Ray Smith | 212.5 | 182.5 | 185 |
| 80kg | 90 | 55 | 107.5 |
| 252.5 | — | — | — |
| 48kg | 112.5 | 37.5 | 135 |
| Brenda Jennings | 105 | 42.5 | 107.5 |
| Linda Bertram | 105 | 42.5 | 107.5 |
| 100kg | 75 | 40 | 110 |
| Stephanie Cook | — | — | — |
| 52kg | 102.5 | 57.5 | 117.5 |
| Christie Coleman | 95 | 42.5 | 120 |
| Rosa Crawford | 95 | 42.5 | 120 |
| 56kg | 110 | 60 | 135 |
| Robbie Scott | 110 | 60 | 135 |
| S. Little | 112.5 | 70 | 115 |
| Carol Dodge | 75 | 45 | 117.5 |
| Janet Landers | 102.5 | — | — |
| 60kg | 107.5 | 45 | 130 |
| 60kg | 107.5 | 45 | 130 |
| Karen Williams | 107.5 | 42.5 | 247.5 |
| Julie Arledge | — | — | — |
| 120 | 65 | 155 | |
| 120 | 65 | 155 | |
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| 40-45-hr. state hi school record: 1 - state teenage | — | — | — |
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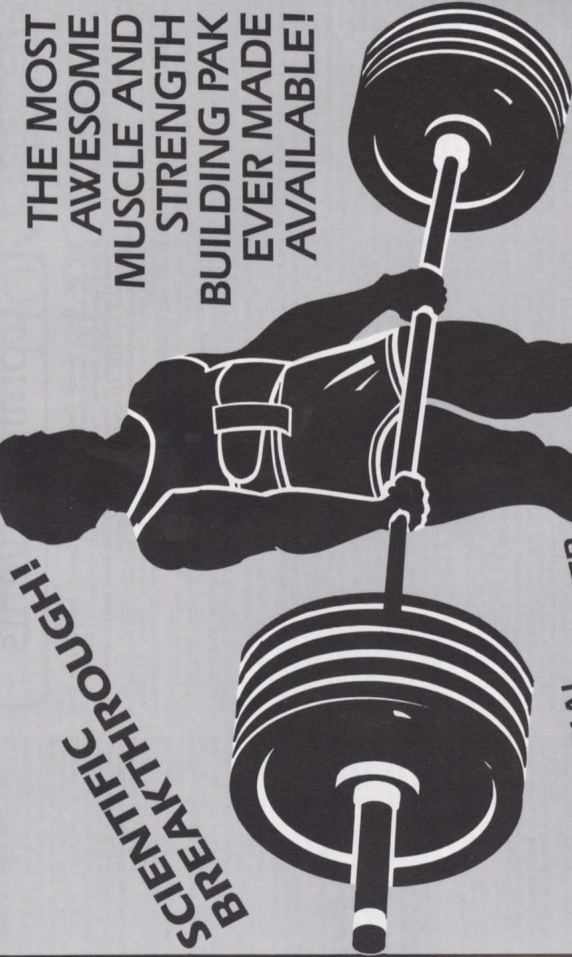
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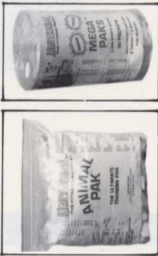
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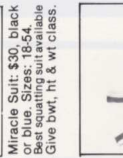
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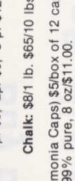
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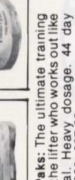
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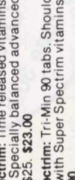
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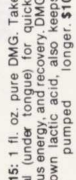
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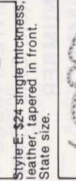
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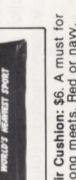
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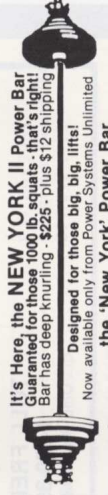
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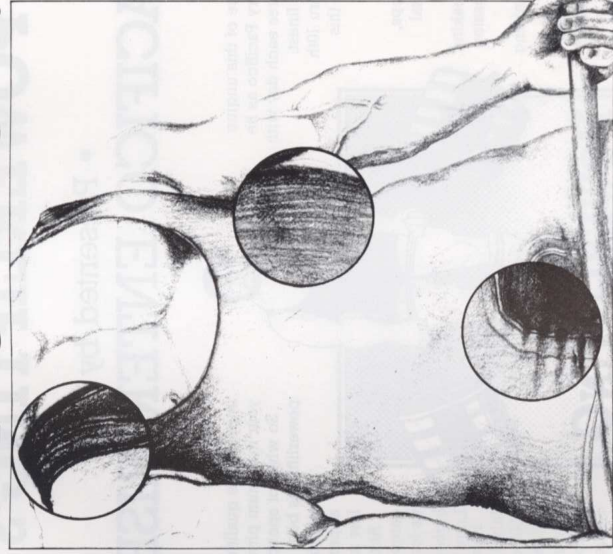
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