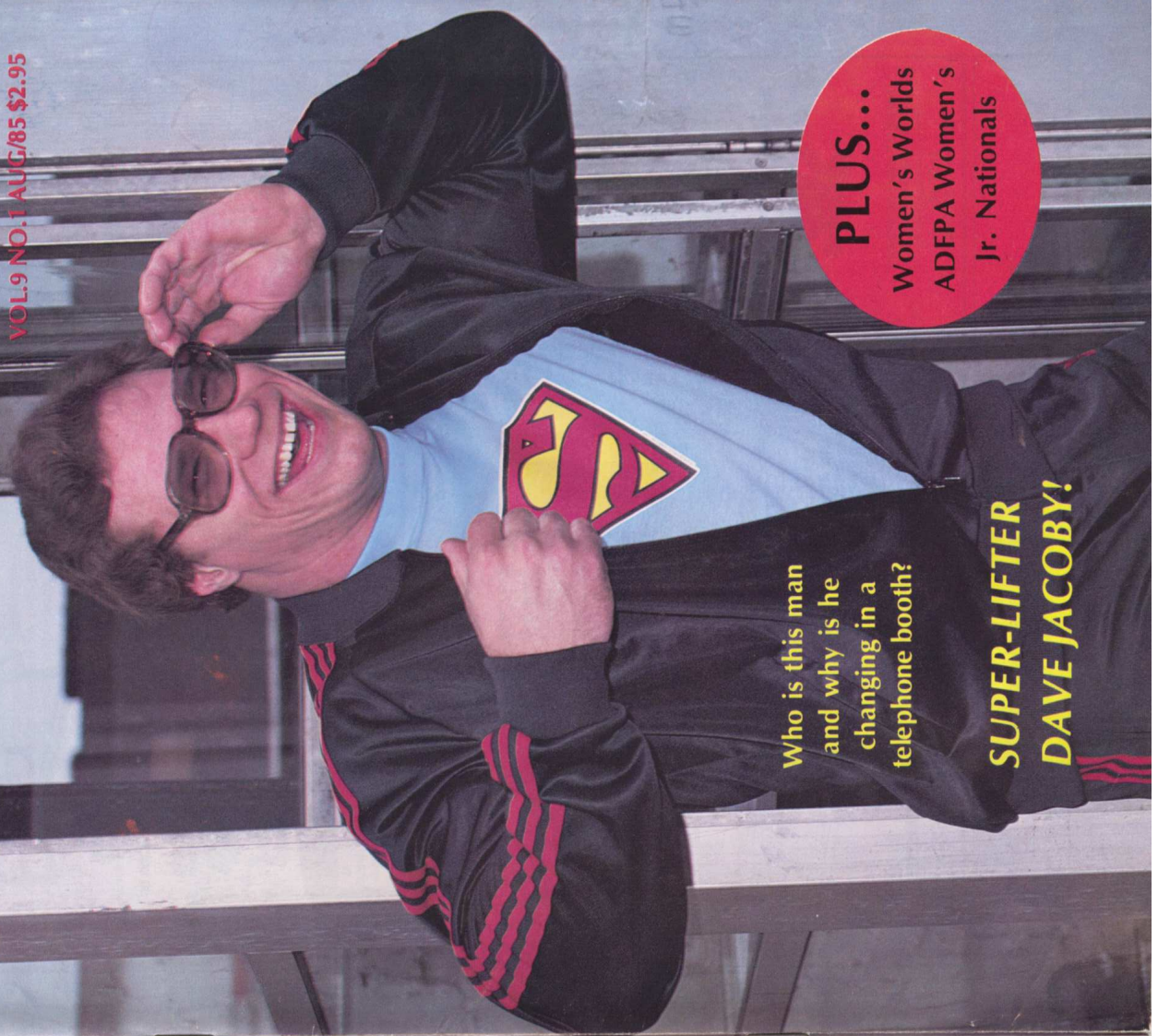


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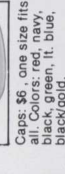
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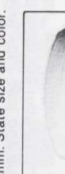
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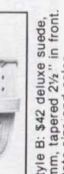
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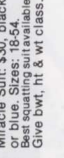
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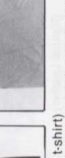
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ON THE COVER...emerging from the phone booth ala Clark Kent is Dave Jacoby. Photograph by J.J. Prekop Jr.

NEXT MONTH.....the Senior Nationals from Chicago, IL

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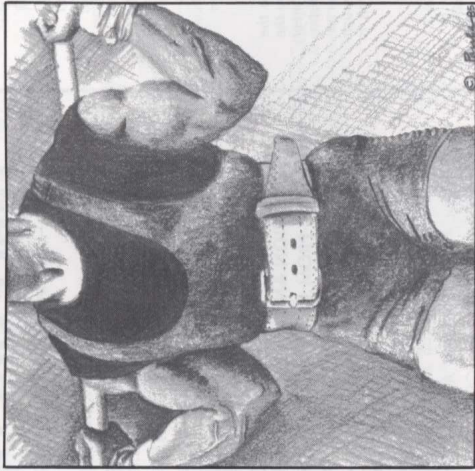
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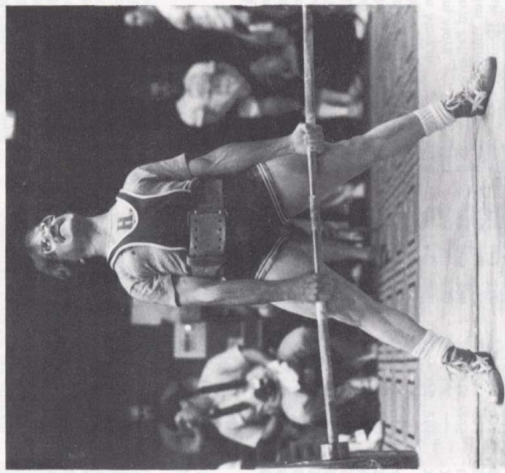
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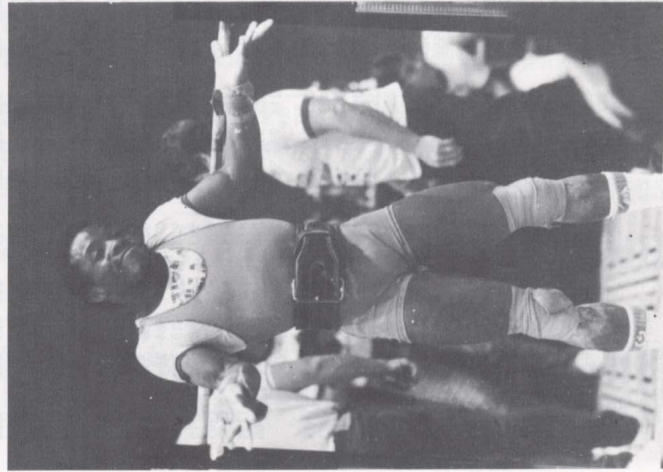
This year's Junior Nationals was held within eyeshot, earshot, and walking distance of Washington, DC National Airport at the Hyatt Regency Hotel, one of the most deluxe accommodations ever used for a Powerlifting competition, and meet director Bob Edmanson arranged it so that the room rates were about half the normal rate. The rounds system was used with great success, with each day's lifting ending at a very comfortable hour so that dinner and an evening in the DC area could be enjoyed. Lyle Schwartz, now relocated to the nation's capitol from Chicago, noted further benefits of the rounds system: the timing of attempts makes lifting in a training session, and like lifting in a training session, and that kind of familiarity can only be an advantage to the lifter and furthermore, if you have the misfortune to rip a suit or the like, you have plenty of time to change between rounds and not be rushed as is the case with the previous mode of competition. Other nice touches included a free Titan Suit to the winner of each class, and there wasn't even a parking fee to pay for those involved with the meet. With computerized scoring and display screens, the meet went smoothly and it was one of the finest Juniors in recent memory for several reasons.

As for the lifting, there were many new faces to Junior National competition. Gerry Snyder, of Lock Haven, Pennsylvania, showed himself to very possibly be the heir ap-

JUNIOR NATIONALS as seen by Editor-in-Chief, Mike Lambert



Above. Gerry Snyder pulls on a successful deadlift. **Below Left.** Marian Ingram didn't get mad when he missed a squat, he just shrugged it off.



parent to Chuck Dunbar as far as America's international hopes at 114 go. He is a quality lifter in each lift, and shows signs of a much higher total. He is controlled, quiet, and very effective stylistically on the platform. Steve Snyder, also of Pennsylvania and down a weight class or so, did well but was solidly outdistanced and then a sticky pack of other competitors trailed out the placings in this class.

Jim Morgan, of Charleston, Illinois and Rudy's Power Team, zoomed

away in the squat at 123, but spunky Sam Moya of Colorado would not leave go of him, and cautiously tracked Jim in the deadlift, lift for lift, in hopes of an opening that never showed itself. Among the close group of following placers was Gary Hunnicut, just a few days off a good performance in the California A.D.P.F.A. Championships.

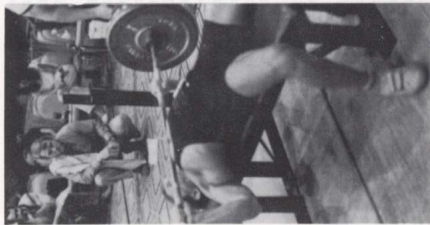
At 132, North Carolinian Annals Covington was very well prepared. Tim McClellan says that his training sessions are even more impressive, and that he takes it conservatively in national competition. His bench was an extremely good 358, leaving himself and Randall Kea in a still heated battle for dominance in this lift, within this class.

Jess Kellum won his 148 class title with his big 600 squat, and even a fired up lifter like David Contreras could do nothing to change it. There was quality depth all the way along the line in this class, and missed attempts in the deadlift really affected potential placings. Sergio Zenodit of Elite Power Team got a new California State record in the squat, by the way. A lot of lifters in this class and elsewhere in the meet had a case of the "disappearing pecs", or, in other words, they were using the Inzer Bench Press shirts, which constrict tightly around the chest, giving the impression of 'sunken chest' being a contagious disease.

Reagan Black came into the meet with a 1560 qualifying total and improved solidly on that for the win at 165. He is a very impressive lifter; tall, lean and angular, with the frame to carry as much as 198 eventually. Dr. Brenner, who covered the meet chiropically, said he had never seen such cramping as 2nd placer Brian Grant had in his upper abdomen. He was happy to finish the meet as well as he did, but didn't forget that he had squatted 650 in training and had planned on taking a shot at Rick Well's meet record in the bench press as well. The rest of the class was a dogfight for places. Jim Panetti almost benched himself



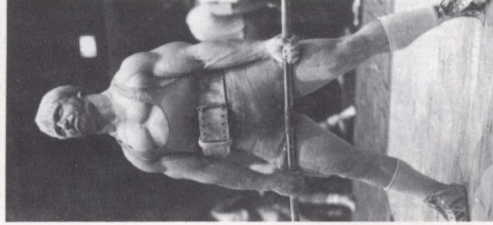
Armed Services Team. Scully, Bell, Farber, Ward, Nelson to name a few.



Tommy Kellum focuses in on son Jesse's benching in the lightweight.

into the top 3, and Lester Maslow, a name that Mark Dimiduk said before the meet nobody knew but after the meet everybody would know, showed good potential.

Rick Well came to the meet well-composed, happy and confident. He got a big squat in, and relished getting into his favorite lift, the bench press. Lifting without one of the tight benching shirts or even a lifting belt, Rick rammed 496 and 518 (a meet record, if I'm not mistaken) easily. A world record exceeding 534 seemed well in his grasp. He drove it strongly, but it just ran out of gas near lock out, to his chagrin. With a freed up Danny Gay on his trail, the deadlifts became more and more critical, and Rick fumed after missing 622 twice, but Gay didn't quite have enough left to pass up Rick.



Charley Brown from Nebraska

What a couple of fine totals those guys put in. Eddie Mooney lifted great also, but this class was just too tough. Mike Barquera lifted for Black's Health World, but he is from Clearwater, Florida and bears watching for next year's contest.

The 198s and 220s were run together in one rounds system flight, and by looking at the results you can see that there were a considerable number of bombouts, unexpectedly so. Some of the post-meet comments centered around the plates, (were they overweight by a significant

degree?), or the bar (was it bent in the deadlift, causing it to turn out of lifters hands?), It was very unusual to see so many openers, particularly in the deadlift, missed so badly by so many lifters. Of course, some lifters showed no problems while others showed the equipment and John Bassi and Bernie Wilson had very good meets in putting together their winning totals. At 196, Mike Feight was not expecting much after losing a member of his family recently, but held in there tough over bodybuilder lean Bruce Graser and fireplug

Chuck Siler, who was well off his training lifts. Joe Walden was a shocked bomber in the deadlift and John Black, coming off an injury that kept him from training the way he did for his great 1980 total earlier in the year, was also shocked, but more by his bench than the deadlift. Also surprising was Marshall Peck's bomb in the bench. One of Larry Padicco's contingent at the meet, Jeff Chorpenning, actually did the lifts with 650 pounds on his back, as his feet did not stop at his normal, wide stance position, and just kept on go-

Junior National Powerlifting Championships

1, 2 June 1985

Arlington, Virginia

52 kg.	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
Gerard Snyder	51.5	402	424	451	203	214	225	639	451	473	500	1113
Steve Snyder	52.0	341	369	380	203	220	231	600	413	440	440	1014
James Caldwell	51.5	308	308	347	220	242	259	661	264	297	319	959
Todd Antlorio	51.5	319	347	347	181	192	198	545	363	385	396	942
William Jackson	50.4	303	330	347	165	181	192	512	402	402	402	914
Mike Echevarria	50.9	319	352	352	192	198	203	512	341	341	363	876
Bob Lence	49.3	275	286	286	187	203	209	496	341	363	363	859
John Nugien	49.0	303	325	325	181	198	203	501	303	319	330	821
Victor Horne	51.5	264	308	308	154	170	176	440	308	363	365	804
56 kg.												
Jim Morgan	56.0	440	457	468	259	270	281	727	402	424	440	1168
Sam Moya	55.8	363	385	396	303	308	308	705	402	424	440	1146
David Pattaway	55.3	363	385	396	303	314	325	611	457	496	572	1107
Allen Young	56.0	330	363	363	259	281	303	666	402	440	460	1107
Gary Hunnicut	55.3	374	402	418	253	264	270	672	374	402	418	1074
Joe Robinson	55.8	352	391	391	259	270	276	611	429	440	451	1052
Chris Warnick	54.3	341	369	374	220	231	236	611	407	435	435	1019
Charlie Bielle	55.3	396	396	396								
60 kg.												
Annis Covington	59.7	440	460	473	336	352	358	799	501	529	540	1328
Marlan Ingram	59.6	429	462	473	270	286	303	749	451	507	523	1273
Jerry Sylvia	59.9	462	496	496	242	259	270	733	468	496	501	1234
David Lewis	59.3	462	496	496	264	275	275	727	440	468	473	1195
Tommy Holland	59.8	413	446	446	248	264	275	688	485	510	518	1173
Scott Alford	59.7	462	462	462								
67.5 kg.												
Jesse Kellum	67.2	540	573	600	341	358	363	959	529	551	551	1488
David Conteras	67.3	540	562	562	341	358	369	898	512	534	545	1444
Brian Beverland	67.5	523	540	551	308	325	330	881	529	556	556	1438
Kevin Bolin	67.5	540	551	567	303	319	325	870	551	584	584	1421
Charles Brown	67.2	523	540	540	347	363	369	903	501	518	523	1421
Ron Dermo	67.5	518	545	562	325	347	358	903	512	540	540	1416
Sergio Zenobi	66.8	501	540	556	319	341	352	898	473	507	507	1405
Deweritt Glenn	67.3	545	545	545	314	325	325	859	534	570	589	1394
Paul Sacco	67.5	501	534	551	308	325	336	859	501	534	551	1394
Dave Dehart	66.4	501	540	540	325	352	358	859	507	573	573	1366
Jesse Jackson	67.3	540	584	584	214	236	236	799	540	584	584	1488
75 kg.												
Reagan Black	74.1	589	589	628	363	374	380	1003	578	611	622	1614
Brian Grant	74.6	314	329	336	429	446	457	1019	567	584	595	1603
Randy Smith	74.6	573	606	638	341	363	369	997	573	606	632	1598
Jim Panetti	75.0	534	562	584	396	424	446	1008	551	584	600	1559
Norman Hampton	73.0	628	661	661	352	363	369	981	582	578	589	1554
Bob Wagner	73.7	633	672	672	386	402	402	975	551	578	589	1532
Lester Maslow	74.8	551	584	584	314	336	336	898	584	633	633	1532
Fabian Wainbans	75.0	534	562	562	363	374	374	925	611	611	611	1532
John Greco	75.0	551	551	551								
81.6 kg.												
Rick Well	81.6	644	694	705	496	518	534	1212	600	622	622	1813
Dan Gay	82.0	688	740	740	418	440	457	1129	672	683	699	1813
Eddie Mooney	81.8	633	672	672	424	446	462	1135	644	644	694	1780
Dave Wilkinson	82.1	644	661	661	413	424	429	1085	600	622	633	1686
Richard Bettin	82.3	622	677	716	363	385	396	1063	562	600	600	1686
Mike Barquera	80.8	666	666	666	402	413	418	1085	562	600	600	1669
Wally Stamper	82.0	639	672	672	440	457	468	1107	562	600	600	1642
Dave Karam	81.5	633	655	655	402	413	413	1036	606	620	628	1603
Doug Currence	81.4	573	606	606	347	358	369	953	650	677	677	1603
Mike Facteau	81.7	644	672	672	418	418	418					
Jimmy Parker	81.3	606	617	617								
Thomas Eiseaman	81.6	661	672	672								
Erik Mortvedt	80.7	683	683	683								

was not there, though close. Jeff Magruder looked great at 242, lean as an arm, and this is a pre-meet prediction that he would bench 600 came true. Only a miss at a big jump in the squat, kept him from placing much higher, and establishing with even greater emphasis that he is not simply another bench press specialist, but a world record holder who takes pride in being a three lift man.

Tim Bentley, always a line squater and benchier, put together a fine meet, but had to wait out. Eric Suber's last attempt at 804 before he

looked like another John Gaimble) a shot at the win with 810, but only after he made a long, exhausting pull with 804, John Santos lifted fine to even 804. His lifting manner and manner of preparation, and the way he managed the proportion of his lifts to each other remind one of another fine California lifter, Terry McCormick. Eric Husuel celebrated so hard after his 755 squat that he ended up injuring the head referee's chair a good one, and he seemed to have them where he wanted them after an easy 793 opener in the deadlift, but 832

ing out to the sides. He attempted to walk it off, but collapsed onto a table for support. Bernie Wilson is known for a big squat, and he got that, but he finished his lifting off with balance in the other two lifts as well, for a solid win at 220. Pete Bury, a popular lifter from the local area, seemed to surprise himself with the ease of his first 6 attempts. At 242, Bill Nichols was a known quality lifter, but didn't get the big squat he needed to coast off of, giving fast rising Armed Services lifter

could count on the victory. Brad Kreisich of The Gym in St. Paul, Minnesota is a lean and large proportioned lifter, whose big squats were a little high. Gary Ward, USMC, did the Armed Service team proud, and at this point they had run away with the overall team title. Manny Barud was back for another shot. He is one lifter who really enjoys the sport. If pirate movies ever make a comeback, all he needs is an eyepatch and he'll be bycast forever. Jan Van De Weghe gave the announcer trouble in pre-lift, but he had a great meet, but his troubles came in the deadlift when a torn hand would not allow him to complete a lift properly.

It was a surprise to see George Hechter in the Juniors, since he seemed to be in the driver's seat for the Seniors and Worlds this year, but this is his neck of the woods and he has many fans here who want to see him perform. His opener squat with 903 was not auspicious. He dropped the weight quickly and then popped off, favoring a leg. On several minds was the thought that he had just hurt himself and there goes the Seniors

Wille Bell (Ted Kurlowicz said he looked like another John Gaimble) a shot at the win with 810, but only after he made a long, exhausting pull with 804, John Santos lifted fine to even 804. His lifting manner and manner of preparation, and the way he managed the proportion of his lifts to each other remind one of another fine California lifter, Terry McCormick. Eric Husuel celebrated so hard after his 755 squat that he ended up injuring the head referee's chair a good one, and he seemed to have them where he wanted them after an easy 793 opener in the deadlift, but 832

ing out to the sides. He attempted to walk it off, but collapsed onto a table for support. Bernie Wilson is known for a big squat, and he got that, but he finished his lifting off with balance in the other two lifts as well, for a solid win at 220. Pete Bury, a popular lifter from the local area, seemed to surprise himself with the ease of his first 6 attempts. At 242, Bill Nichols was a known quality lifter, but didn't get the big squat he needed to coast off of, giving fast rising Armed Services lifter

could count on the victory. Brad Kreisich of The Gym in St. Paul, Minnesota is a lean and large proportioned lifter, whose big squats were a little high. Gary Ward, USMC, did the Armed Service team proud, and at this point they had run away with the overall team title. Manny Barud was back for another shot. He is one lifter who really enjoys the sport. If pirate movies ever make a comeback, all he needs is an eyepatch and he'll be bycast forever. Jan Van De Weghe gave the announcer trouble in pre-lift, but he had a great meet, but his troubles came in the deadlift when a torn hand would not allow him to complete a lift properly.

It was a surprise to see George Hechter in the Juniors, since he seemed to be in the driver's seat for the Seniors and Worlds this year, but this is his neck of the woods and he has many fans here who want to see him perform. His opener squat with 903 was not auspicious. He dropped the weight quickly and then popped off, favoring a leg. On several minds was the thought that he had just hurt himself and there goes the Seniors

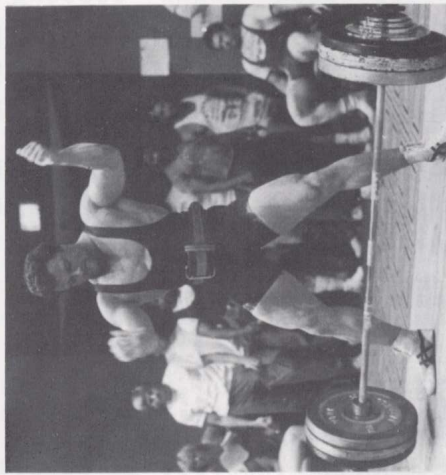
90 kg.	Bwt	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	Total
John Bassi	90.0	710	755	771	418	435	435	1190	672	672	683	1862
Mike Feight	88.7	622	672	694	396	424	440	1096	659	727	727	1796
Bruce Graser	89.9	661	688	711	402	413	440	1113	716	716	722	1780
Charlie Siler	89.8	688	733	766	402	451	451	1135	573	633	650	1769
Tim Jennings	89.7	705	733	753	385	407	418	1113	622	661	661	1719
Gil Scarrazzini	89.3	653	661	661	418	440	440	1085	622	622	644	1708
Ross Danczner	89.7	655	694	694	429	429	451	1146	644	644	644	1708
Joe Walden	89.2	683	716	716	440	468	468	1146	683	683	683	1708
Robert Pittman	89.6	722	755	755	363	374	374	1085	650	650	650	1708
Steve Uhas	90.0	733	733	749	396	418	418	1146	716	716	716	1716
John Black	89.4	705	705	705	424	424	424	1146				
Tony Kamand	89.6	683	699	699	440	440	440	1146				
Marshall Peck	89.5	595	639	639	440	440	440	1146				
Tony Meyer	89.1											
J. Chorpenning	89.5											
Steve Detrick	89.1											
Pete Ireland	89.5											

99.3	749	793	815	451	451	473	1267	650	688	705	1973	
Pete Bury	99.7	694	722	744	418	440	451	1195	661	688	702	1857
Tommy Hopper												



Rick Weil, turned on the cruise control and shoved up this 518 bench.

for this year, but he came back and made it with extreme ease. He seems to concentrate on total these days, and therefore took what turned out to be a conservative 975 for his final attempt. It was easy. He certainly has the power for 1,000, but apparently intends to sneak up on it gradually. His 584 bench was a limit for the day, but he had plenty remaining in the deadlift, and decided to attempt to become only the 3rd man in the history of the world to total over 2400 pounds. 793 was a no sweat success, and 843 was prepared for a barrier busting final lift of the meet. George is great in all the lifts, and the deadlift went up smooth all the way, without a hitch or a stall, but at the last possible moment, near the top, the bar snapped out of his hands and crashed to the plywood below. Perhaps his hands are a little thick to hold onto the bar, but the power and style to move that much weight and more is certainly there. Nonetheless, it was the highest Supers total in Junior National history, exceeding the long ago mark of Don Reinhardt, whom George seems destined to join in the annals of Powerlifting in the not to distant future. Telford Hagan was a quality runner up, who rubberstamped his 600 pound bench press club credentials. Shawn Dear made his Nationals debut a fun one, psyching up for each attempt with a sort of Most Muscular pose, and he is quite



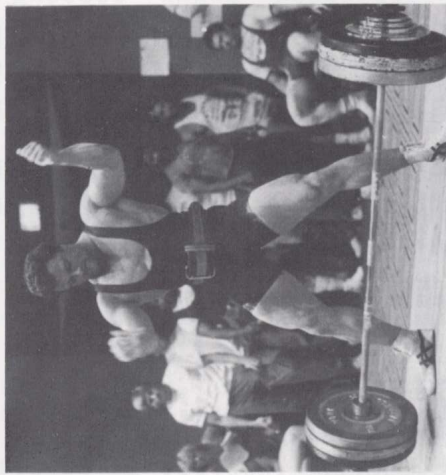
Ross Depencler, had the bar jump out of his hands in the attempt.



John Bassi of Illinois and Frantz's team won his class solidly, while his buddy **Bill Nichols** did the same at 242, while representing the same state and team.



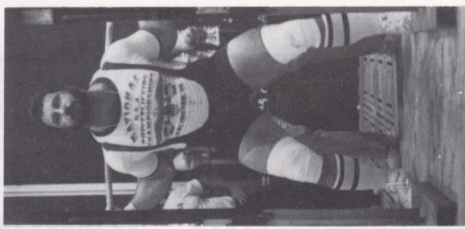
Cary Grosso, was visibly elated with his final squat attempt in the 242s.



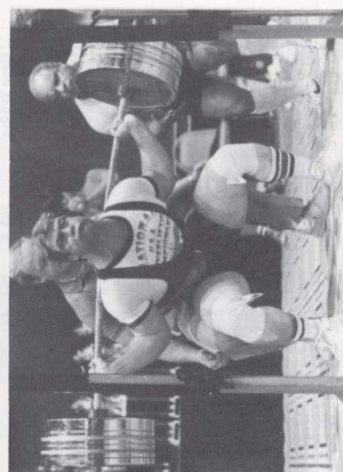
Craig Young, the Tall Texan, though apparently not related to Doug and Bob Young, he carries on the Texas tradition of Big Powermen. Adams helped him out at the meet.

vious why they weren't passed. Craig reminds one of an amalgam of many great Texas lifters, including the Young brothers and the Patterson brothers, only bigger.

Bob Edmanson is probably bedraggled with all the time meets he is putting on lately, and his new career coaching in the health club industry, and he will, in fact, take it easy, but he and the many East Coast PL stalwarts who helped him put on this meet can be very proud of themselves, because this was a fine contest. Congratulations to all the winners. Many of them will now face the challenge of the Seniors in the future years, while the non-winning challengers will have next year's meet again for this important U.S.F.F. title.



Craig Young, the Tall Texan, though apparently not related to Doug and Bob Young, he carries on the Texas tradition of Big Powermen. Adams helped him out at the meet.



John Bassi of Illinois and Frantz's team won his class solidly, while his buddy **Bill Nichols** did the same at 242, while representing the same state and team.

POWER PROFILE

DAVE JACOBY Superman of Powerlifting as told by PEP WAHL



Dave Jacoby...the Superman of Powerlifting shows amazing upper body vascularity for a man of his bodyweight. Photograph by J.J. Prekop Jr.

On July 22nd, 1981, a quiet, fairly well muscled, athletic man came to my gym, The Body Builders Gym Inc., and said that he would like to try Powerlifting. Standing 5 ft. 10 in. with a solid bodyweight of 212-215, he looked like a pretty good 220 pounder, although he was a bit on the slender side with a build very similar to a wrestler's, and he had been a wrestler in high school years back. Now, after graduating, taking a job as a dock worker at Yellow Freight Co., and arriving at the ripe old age of 24, he was ready to plunge into the world of Powerlifting.

Well, after training for a scant 12 weeks (no need to burn yourself out with a long cycle), this quiet fellow entered his first meet and went 600 395 620 1615. Powerlifting was agreeing with this country fellow.

Indeed, just 7 months after he began Powerlifting, another meet was entered. This time his bodyweight was up to 236 lbs. and the lifts were way up to 740 440 710 1890, and he made Elite. Imagine that, going Elite in your 2nd meet!

At that point, DAVE JACOBY got my undivided attention. It wouldn't be until a couple of years later that he would have everyone else's. With still less than one year in the sport, Dave entered another meet and went 800 450 710 1960. After 18 months in Powerlifting, he went to the YMCA Nationals, 788 463 760 2011. 1983 also took him to the Junior Nationals and a 1988 total that was a disappointing, for him, 3rd place finish. The total was probably more disappointing than the placing, "I really try to improve in every meet and in every lift. Maybe the pressure of a national meet and the travel had something to do with it. I guess looking back, I was still pretty new to all this and really didn't have the groove that I have now."

In December of 1983, Dave went back to the Y Nationals to defend his title. "I sustained my only meet injury here. I was ready to squat when some confusion arose as to who should be on the platform. I was wrapped tightly and had to wait about 3-4 minutes. My legs went numb - and the rest is history."

A few months later, the Ohio State meet became the next target. "I was really hungry after the Ys, so I pounded the iron for the States and had my best meet ever: 830, 465, 775, 2070. I was really fired up with the total and shortly after, Pep and I decided to give the Seniors a try. I went there with the intention of doing the best I could and THAT is exactly what happened: 866, 501, 799 2166. Wow! Then, after that, going to the Worlds in Dallas was great. My total wasn't that good, but I won the Championship by 130 lbs. I really think it took about 2 months to settle in. Sometimes, it's still hard to believe."

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

ice, you'll cut it at a meet. The same goes for heating the bench press or dropping the deadlift. Not only that, but getting sloppy with much weight can really get you into trouble. Toss an inch out of the groove and you could lose the lift.

Dave's workout is:
MONDAY: Squat light, 3-4 sets of 6-reps. High Extensions 2-3 sets of 6-8. Leg Curls 2-3 sets of 6-8. Bench Press light, 3 sets of 6-8 reps. Dips, Incline Press, 3x8. Pull Downs 3x8. Skullcrushers 3x8. Curls 3x8.
THURSDAY: Squat heavy, Bench heavy, Deadlift heavy, Shrugs heavy, cycling all lifts heavy, 5, 3, 2, 1.
FRIDAY: Pull Downs 3x8. Thrups light, Biceps light, Shrugs 4x25, Leg Raises 4x25.

A training cycle usually lasts 12-14 weeks. Dave starts with 3s and cycles down to triples, and then doubles. He maintains good cardiovascular condition by speeding through the light workouts and training as quickly as possible on heavy days. "I don't want to get out on the platform and miss a lift because I'm out of breath. I think a lot more lifts could be made if the lifters were just in better condition. I know that it certainly has helped me."

The ingredients for success can sound so simple, but there is also plenty of hard work and sacrifice. Dave doesn't miss workouts, he consistently works form, gets the proper rest and eats well. Even with all of these factors, some good luck on the platform and the right genetics doesn't hurt. Finally, let's not think that this is just an individual's sport.

"Anyone who thinks he can go a meet and lift by himself with no help from friends hasn't lifted, or hasn't lifted up to his potential. Through the years I've received a great deal of encouragement and support from the Body Builders Gym members and especially Howard Arnette, Mike Kelley, Mark Sacy, Shelton Vick, Jim Finch, Bill Chevier, Brett Orlisk, Alan Motter, Mike Miller, Steve Ner-ve, Dave Atherholt, my current training partner, and the entire Powerlifting team. I've also had a pretty good coach, Pep Wahl."

Let me say that it has been a pleasure and privilege to coach Dave throughout his lifting career. I've never met a finer person in powerlifting, or anywhere else for that matter. Not only have I coached a world class athlete, but a friend and world class person as well.



THE BODY BUILDERS GYM INC.

597 E. Tallmadge Ave., Akron, Ohio 44310 (216) 253-7616

A.D.F.P.A. WOMEN'S NATIONALS as told by Meet Director, Sandi Brady

They came from all over the country, from both coasts and everywhere in between. They were veterans, lifters and first time National competitors. Their ages ranged from 14 to 45 and their lifting ran from just over qualifying totals to the new classification of international elite. Ninety-eight lifters from 27 states entered the 1985 Women's National Championships of the American Drug Free Powerlifting Association. It turned out to be a record breaking and historic number of participants and in lifting.

The use of Pat Malone's score board and the computer system of Scott Gerard helped keep the meet running smoothly. The computer system was used with the first time lift consisting of the 97, 104 and 111 with the 116's as one group and the 122, 129 as another. Sixteen on three, 129, 154, 176 and unlimited classes.

The 97 lb. class provided one of the best battles of the meet between two time national champion Judy Gedney and newcomer Lesia Thomas. The two from Phoenix, Arizona. The traded Gedney's national squat

non, Michigan, lifting for Sliff's Gym did a great job at second place, setting new American teenage records in the bench, deadlift and total. Gretchen Edulson from Wisconsin placed third at suboptimal time, and tied that place by finishing with Ruth Nelson from Florida pulled herself up from last place to fourth with her time from Crossair, Arkansas to take 5th.

Best lifter of the first session was Liffers at 53 kilo/116 pounds found themselves in the second largest class of the meet, and the toughest in competition. (You may think I am being partial, but read on.) All of the top five place winners total elite or better. They included the American record holder in the bench at 116, the squat and total American record holder at 111 (broken today by Majik), last year's winner from the 114 class, a former World champion, and a lifter who set two American records and placed second. At the class winner, Shelly Pettigall of Sliff's Gym, Michigan led the field with a 137.5. Four lifters were tied with a 132.5. Squat: former World champion Sue Elwyn; last year's 132 winner and holder of the American record in the bench at 116; Melanie Geitz, Becky Sikkema from Iowa, and new director (with husband) Dennis Sandi Brady who, until today, dayed the squat and total records at 111. Things really took off in the benches as Boston Sue Elwyn, Purdue team member Melanie Geitz and newcomer Terri Mansa from Duluth, Wisconsin went for new personal bests. Terri Mansa wound up her second attempt, 77.5 kilos. At suboptimal time the standings here changed with Geitz in first leading Elwyn by only 2.5 kilos, followed by Pettigall, Brady and Marsaa. Melanie Geitz held her lead for first into and through the deadlifts, finishing with

a 9 for 9 total and a new American total record of 365 kilos. At second, coming from behind with a whopring new deadlift record of 160 kilos was Terri Mansa. Sue Elwyn's usual good benching record, her third place. Pettigall and Brady tied at 335 kilos with Pettigall taking fourth by bodyweight. (2.2 kilos). Teenager Tonya Lambeth from Racine, Wisconsin was the only entry in the teenage division at 116. Lack of competition did not prevent Tonya from breaking the teenage American squat record on her fourth attempt at 117.5 kilos. She also set new records in the deadlift (122.5) and total (327.5).

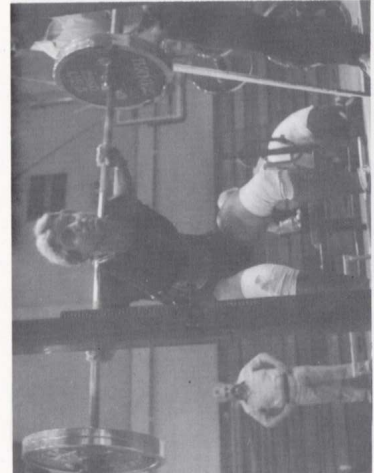
At 55.5 kilos/122 pounds, Cynthia Palmer established a lead in the squats that was considered as the Sliff's Gym team member set a new American record in the bench at 85 kilos. Callifornia and West Coast Fitness Center team member Fran Kraus placed second over Andrea Sorwell from Denver, Colorado who had the best deadlift in the class. This class really spanned the country as Washington's Michelle Sherman placed fourth ahead of Michigan's Monica Neway. Sem, the only entry in the teenage division set new American records in the squat, bench and total.

In her first ADFFA National meet, veteran teenager Shelia Ward set the pace in the 56.5 kilo/129 pound class with a 155 kilo squat, 15 kilos over her nearest competitor, Kim Besuden from Florida lifting for Purdue. Lynda Chicago-Shendow broke the American record in the bench with a 92.5 kilo attempt. Stephanie Ross did some excellent deadlifting to place second behind Shendow came in fourth and Purdue's Jeannie Golding took 5th, congratulations to Jeannie both on a 9 for 9 lifting day, and on becoming an ADFFA National judge. Four teenage lifters completed in the teenage division with Shelia Ward placing first, followed by Wisconsin lifter Carol Krueger, Arizona's Angela Tomisee and Karie Hamilton from Racine Wisconsin.

The record breaking lifting of Melanie Geitz and the fantastic performance of teenage superstar Shelia Ward resulted in an unprecedented



Majik Jones....put together another great day of perfect Powerlifting.



Melanie Geitz...Best Lifter, 2nd Session. All photos by Richard Lange.

the for best lifter of the second session. Both women handled themselves as seasoned veteran lifters and had 9 for 9 days.

This session was announced by B&W Gym member, Angela McFarlin, who showed remarkable poise under pressure and is to be commended on an excellent job. She is only 16 years old!

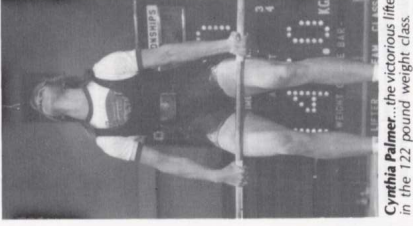
The second day's lifting began with a surprise as 63 kilo/139 pound class favorite Teresa Ryskowski could not get deep enough to please the judges in the squats. This led the door wide open and Terry Floren of Ohio rose to the occasion. Although Tammy Sheppard of Purdue and Lisa Bailey from Floren's home state of Ohio out-squatted her, Terry's bench was enough to give her the lead at sub-totals. This class did not place for a lifter who didn't like crowds as 16 lifters lifted in their own rounds. Although not finishing in the top five, Vanessa Syas receives recognition for her new American deadlift record of 170 kilos. The field finished with Floren first, Bailey second, Sheppard third, Andrea Potter from Michigan fourth and Dr. Terry Walters of Washington fifth. The teenage class had, Lisa Bailey first with teenage American records in all three lifts and total followed by last year's teenage 148 winner Andrea Potter, with Illinois lifter Crystal Simmons and Michelle Fece at third and fourth. Although she only got one squat passed, it was enough to give Stephanie Virgin of Wisconsin a lead that never wavered to win the 70 kilo/154 class. It went to the last deadlift, when it looked like Stephanie would bomb out. Instead, her last try got her a new American record of 182.5 kilos and the win. Her nearest competitor was Linda Joe Balisto of New York, who set a new American record in the bench. Laurie Hampton, from Kalamazoo, Michigan took third followed by Cat Chase of South End Gym, Boston at fourth and Shirley White from North West Power Lifters of Washington. The teenage division was won by Illinois lifter, Brenda Steel who, on a fourth attempt set Teenage American record in the

batle as both Cyndi Regan and Shari Mink opened their squats with 200 kilos. They both took same 2nd attempt but Shiron did not make their going Wisconsin Badger National Regan a substantial lift. Regan's squat broke the American Bench record and she thanked you to the ladies who gave up all or parts of their Mother's Day with them or their babies. Back Brink and JoAnn Reef and friends, B&W and along with husband Scott worked, tirelessly to make this meet a success. Finally, thanks to Majik, for the Donna Wicker who, after lifting worked on scorekeeping and records, they are truly world champion people.

They must had its ups and downs, but all in all we think that it was a hit. There were very few bomb-outs of records, and the majority of lifters met or exceeded their qualifying goals. We would like to thank the lifters for their excellent behavior and spirit of sportsmanship and wish them good luck in training for the next ADFFA championships.

1985 ADFFA Women's Nationals 11, 12 May 85 Chicago, IL (kilos)

97 lb./44 kg. Open	104 lb./47.5 kg. Open	111 lb./50.5 kg. Open	116 lb./53 kg. Teen	122 lb./55.5 kg. Teen	129 lb./58.5 kg. Teen
P. Edwards 135	M. Jones 145	M. Jones 145	M. Jones 145	M. Jones 145	M. Jones 145
M. Owens 117.5	K. Woods 117.5	K. Woods 117.5	K. Woods 117.5	K. Woods 117.5	K. Woods 117.5
J. Gedney 110	J. White 110	J. White 110	J. White 110	J. White 110	J. White 110
T. Thomas 90	C. Taylor 90	C. Taylor 90	C. Taylor 90	C. Taylor 90	C. Taylor 90
A. Perovich 102.5	A. Perovich 102.5	A. Perovich 102.5	A. Perovich 102.5	A. Perovich 102.5	A. Perovich 102.5
T. Boeger 87.5	T. Boeger 87.5	T. Boeger 87.5	T. Boeger 87.5	T. Boeger 87.5	T. Boeger 87.5
F. Ciccone 105	F. Ciccone 105	F. Ciccone 105	F. Ciccone 105	F. Ciccone 105	F. Ciccone 105
A. Johnson 92.5	A. Johnson 92.5	A. Johnson 92.5	A. Johnson 92.5	A. Johnson 92.5	A. Johnson 92.5
K. Hamilton 75	K. Hamilton 75	K. Hamilton 75	K. Hamilton 75	K. Hamilton 75	K. Hamilton 75
S. Gutterrez 104	S. Gutterrez 104	S. Gutterrez 104	S. Gutterrez 104	S. Gutterrez 104	S. Gutterrez 104
B. Huggin 102.5	B. Huggin 102.5	B. Huggin 102.5	B. Huggin 102.5	B. Huggin 102.5	B. Huggin 102.5
D. Wicker 112.5	D. Wicker 112.5	D. Wicker 112.5	D. Wicker 112.5	D. Wicker 112.5	D. Wicker 112.5
L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5
S. Whiting 92.5	S. Whiting 92.5	S. Whiting 92.5	S. Whiting 92.5	S. Whiting 92.5	S. Whiting 92.5
L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5	L. Poarch 92.5
M. Jones 145	M. Jones 145	M. Jones 145	M. Jones 145	M. Jones 145	M. Jones 145
C. Edson 97.5	C. Edson 97.5	C. Edson 97.5	C. Edson 97.5	C. Edson 97.5	C. Edson 97.5
R. Nelson 90	R. Nelson 90	R. Nelson 90	R. Nelson 90	R. Nelson 90	R. Nelson 90
S. Cayot 115	S. Cayot 115	S. Cayot 115	S. Cayot 115	S. Cayot 115	S. Cayot 115
S. Corhardt 102.5	S. Corhardt 102.5	S. Corhardt 102.5	S. Corhardt 102.5	S. Corhardt 102.5	S. Corhardt 102.5
M. Proberg 115	M. Proberg 115	M. Proberg 115	M. Proberg 115	M. Proberg 115	M. Proberg 115
T. Marsaa 115	T. Marsaa 115	T. Marsaa 115	T. Marsaa 115	T. Marsaa 115	T. Marsaa 115
S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5
S. Pettigall 60	S. Pettigall 60	S. Pettigall 60	S. Pettigall 60	S. Pettigall 60	S. Pettigall 60
M. Chaset 127.5	M. Chaset 127.5	M. Chaset 127.5	M. Chaset 127.5	M. Chaset 127.5	M. Chaset 127.5
C. Coleman 115	C. Coleman 115	C. Coleman 115	C. Coleman 115	C. Coleman 115	C. Coleman 115
L. Lambeth 122.5	L. Lambeth 122.5	L. Lambeth 122.5	L. Lambeth 122.5	L. Lambeth 122.5	L. Lambeth 122.5
S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5	S. Elwyn 132.5
S. Emerson 95	S. Emerson 95	S. Emerson 95	S. Emerson 95	S. Emerson 95	S. Emerson 95
D. Berry 92.5	D. Berry 92.5	D. Berry 92.5	D. Berry 92.5	D. Berry 92.5	D. Berry 92.5
C. Cover 87.5	C. Cover 87.5	C. Cover 87.5	C. Cover 87.5	C. Cover 87.5	C. Cover 87.5
B. Steele 125	B. Steele 125	B. Steele 125	B. Steele 125	B. Steele 125	B. Steele 125
L. Lambeth 116	L. Lambeth 116	L. Lambeth 116	L. Lambeth 116	L. Lambeth 116	L. Lambeth 116
L. Lambeth 122	L. Lambeth 122	L. Lambeth 122	L. Lambeth 122	L. Lambeth 122	L. Lambeth 122
C. DeBarger 137.5	C. DeBarger 137.5	C. DeBarger 137.5	C. DeBarger 137.5	C. DeBarger 137.5	C. DeBarger 137.5
F. Kraus 102.5	F. Kraus 102.5	F. Kraus 102.5	F. Kraus 102.5	F. Kraus 102.5	F. Kraus 102.5
A. Sorwell 140	A. Sorwell 140	A. Sorwell 140	A. Sorwell 140	A. Sorwell 140	A. Sorwell 140
M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115
K. Darin 125	K. Darin 125	K. Darin 125	K. Darin 125	K. Darin 125	K. Darin 125
B. Brink 105	B. Brink 105	B. Brink 105	B. Brink 105	B. Brink 105	B. Brink 105
J. Prince 107.5	J. Prince 107.5	J. Prince 107.5	J. Prince 107.5	J. Prince 107.5	J. Prince 107.5
L. McFarlin 122	L. McFarlin 122	L. McFarlin 122	L. McFarlin 122	L. McFarlin 122	L. McFarlin 122
M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115	M. Sherrin 115
L. Lambeth 129	L. Lambeth 129	L. Lambeth 129	L. Lambeth 129	L. Lambeth 129	L. Lambeth 129
S. Ward 132	S. Ward 132	S. Ward 132	S. Ward 132	S. Ward 132	S. Ward 132
K. Besuden 140	K. Besuden 140	K. Besuden 140	K. Besuden 140	K. Besuden 140	K. Besuden 140
L. Shendow 130	L. Shendow 130	L. Shendow 130	L. Shendow 130	L. Shendow 130	L. Shendow 130
J. Golding 132.5	J. Golding 132.5	J. Golding 132.5	J. Golding 132.5	J. Golding 132.5	J. Golding 132.5
A. Wrenn 155	A. Wrenn 155	A. Wrenn 155	A. Wrenn 155	A. Wrenn 155	A. Wrenn 155
Unlimited Open	Unlimited Open	Unlimited Open	Unlimited Open	Unlimited Open	Unlimited Open
200	200	200	200	200	200
102.5	102.5	102.5	102.5	102.5	102.5
147.5	147.5	147.5	147.5	147.5	147.5
160	160	160	160	160	160
385	385	385	385	385	385



Cynthia Palmer...the victorious lifter in the 122 pound weight class.

WOMEN'S WORLDS

by International Editor ANDY KERR

The historic city of Vienna, 1.6 million inhabitants, formed a fitting surroundings for this, the biggest ever women's world championships with 106 competitors from 14 countries. In fact, amazing feats of the legendary 19th century strongmen in Vienna's beer gardens stimulated public interest in strength which has led to the modern sports of weightlifting and powerlifting.

The competition hall was divided by a giant curtain. The built up stage gave the audience a good view and the continued information came up as an overhead projector, but this was always one step behind, for example, showing the bench presses while the competitors could prepare for their attempts only a few steps away from the platform. The squat stands and bench were strong and stable unless you recorded every lift as it took place. The computer and photocopier produced ample results for



Bev Francis, lifted strongly, despite a back injury (see Dr. Ken Leistner's article this month), to hold off a surging Juanita Trujillo. Now she reportedly will get back into bodybuilding with the Ms. Olympia competition.



Mary Ryan, was a very happy winner. Stella Herrick, who provided these photos, said she was among the finest representatives of the USA team.

everyone involved in the contest. The City Hall had a built in restaurant and a snack bar, convenient for all.

This was the first world championship to use the rounds system. Experience from the 1987 world championships. The first session had one group lifting, also with 10 minute breaks between lifts. The second session had two groups alternating lifts with no breaks. The first group lifted and should the system was throughout the contest at precisely the same time. The first session had an announcer generally let too much time elapse before the completion of an attempt and the announcement of the next weight in the tournament language, and several because on loading was slow. The dies available made the loaders 50 kg. Dies are not yet necessary especially in the case where the 25 kg. Dies were half as thick as the 50s. With 15 and 25 kg. Dies there is no need whatsoever for 20 kg. Dies. The only cause more work for the loaders. Anyone can make their own loading chart to show lift this is the case.

Overall the championships were successful and marked a major step forward for powerlifting in Austria.

attempt to arms length. She had trouble with leg cramps on the second and never settled. As I saw it the bar bounced on her chest once before the signal and once after and was duly failed. The third attempt had better control and was valid.

Jones ran into trouble on the deadlift. On her first attempt she made two apparent attempts to lift the bar from the floor and was ruled out. The second attempt was still nervous and unsettled, but passed. The third attempt was completed, but resulted out for a very tiny hitch. At subtotal Jones held a 32.5 kg. lead and Belliveau needed 170 to win and Vassart 170. As Vassart was the world record holder at only 153 it seemed Jones was home free. Belliveau made 152.5 and 165 strong and easy. Finally, she needed 170 to win but unaccountably took 175.

Team Placings

1. U.S.A.	107
2. Netherlands	58
3. Sweden	56
4. Finland	44
5. Great Britain	44
6. Germany	43
7. Belgium	36
8. Australia	35
9. Canada	30
10. India	27
11. Austria	27
12. Norway	19
13. Japan	15
14. Denmark	0

Best Lifter

1. Steemrod V. USA	434.76
2. Bjelund T. USA	434.10
3. Rowell D. USA	433.00
4. Ryan M. USA	414.43
5. Francis B. AUS	400.00
6. Dolman S. NET	393.56
7. Jones C. USA	392.70
8. Jones M. USA	386.29
9. Kargl A. GER	383.89
10. Belliveau N. USA	383.61

World Records

44 kg. Cheryl Jones	350.0 TL
44 kg. Nancy Belliveau	165.0 DL
52 kg. Mary Ryan	422.5 BP
56 kg. Diana Rowell	212.5 DL
60 kg. Vicki Steemrod	105.0 BP
75 kg. Terry Bjelund	502.5 SQ
82.5 kg.	242.5 DL
90 kg.	597.5 TL

European Records

44 kg. Vassart	330.0 TL
48 kg. Kargl	190.0 DL
60 kg. Kargl	435.0 TL
67.5 kg. Koponen	165.0 SQ
90 kg. Erikson	412.5 TL
90 + kg. Erikson	100.0 BP
90 + kg. Hakala	182.5 SQ
125 kg.	200.0 TL
150 kg.	310.385
180 kg.	440
200 kg.	482.5 TL

which proved too heavy. Nevertheless she was a worthy second and never settled. As I saw it the bar bounced on her chest once before the signal and once after and was duly failed. The third attempt had better control and was valid.

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arm gave out. This lift gave her a winning lead. Ryan continued to lift well and ended up putting 20 kg. on the world record total - a fantastic performance. Dolman only made her first deadlift. The second attempt barely bent the bar and she did not appear for a third. Jones made an easy 170 for third place then jumped 25 kg. for her second which never moved and she too did not take a third. On the rostrum she was crying and not too friendly with the other medal winners, as it was obviously a disappointing championship for her. Ryan, thoroughly enjoyed her win, however.

56 kg. This was strictly no contest. Rowell being a runaway winner. She made two squats and did not take a third. On the bench she just lay flat and with a narrow grip blazed all three attempts to arms length. This came the deadlift. To the amazement of the crowd she started over the world record, made it like a warm-up, jumped 12 1/2 kg. and made this look easy. Finally she took an astonishing 212 1/2. 22 1/2 kg. above Steemrod's record. This went really hard, but was completed successfully by a 2.1 decision. A truly outstanding performance, only 2 1/2 kg. below the world record total. Tina Van Duijn the European champion lifted as well as she could in second place and on the second day did an exhibition posing display. She is European champion at bodybuilding.

60 kg. Vicki Steemrod totally dominated the class. She made three

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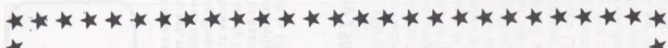
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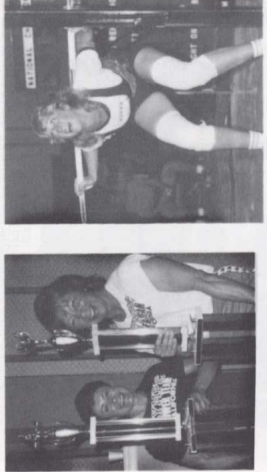


★ WHO'S WHO IN POWERLIFTING ★

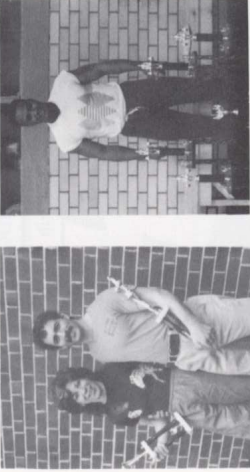
Whether you're Big Name or No Name, send your picture and details (Who's Who, Box 467, Camarillo, CA 93011) to this popular feature.



Rick Crilly, 21 years of age from Winnipeg, Manitoba benched an unofficial Canadian record of 420 while weighing 154 1/4 pounds at the Northland Bench Press meet, Mike MacDonald reports. Rick has since lifted at 148 and totaled over 1600, including a close miss at a 435 bench and a good 640 deadlift. Photo provided by Dave Mitchell.

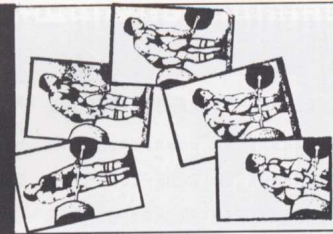


Karin Reagan (l) and **Danni Hartmann (r)** did well at the National Masters meet representing the Olympic Power Team, where Karin set 4 new national records and Danni won women's Best Lifter. By profession Karin is a police officer and Danni is a deputy sheriff. Crooks of course, should watch out. Photo and information provided by training partner Sam Langston.



Joanne Shear, 1st place in Region 1 and George Toma, 3rd place, Region 1, train together at Body Dynamics of Weymouth, Mass. She competes at 105 and George now Mass. States at 148. He says she can't retire until she out deadlifts him. She hopes to compete in the '86 Women's Drug Free meet.

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On her third she pressed without waiting for the signal, but the bar only went three inches upwards anyway. This time the coach got to help her off the bench. Trujillo got 2 good deadlifts before falling with a massive 225. She ended with a good second place 189 and a lot of smiles. Next year I expect her to be first. Francis now stands wide on the deadlift and she looked really powerful. She made her first two easily. The third was going up strongly when her right foot slipped down under her. The discs came down only a fraction of an inch from her foot. Promoters really ought to think about the platform surface. Powerlifters are not allowed to move their feet during their attempts. A non-slip surface is essential. Francis proved a worthy winner and has certainly done a lot to boost women's powerlifting.

90 kg. There was no American at the title. She had been second in the Europeans at 82 1/2 kg. with 415. Today she won at 90 with 465, an impressive improvement over 6 months. She has all smiles and triumphantly raised arms after every successful attempt. Not far behind was Maldener of Germany who completed a 200 kg. deadlift with a world record number of hitches while smiling at the chief referee who was frantically signalling down.

90 + kg. This was won again by the ever jovial Annie McElroy. She bounced up out her squats as if they were warm-ups. I estimate that she had another 20 kg. in hand on the squat. After benching 100 she wrapped up the title with an easy 200 kg. deadlift. Then she jumped 27.5 kg. This was either too heavy or she did not try hard enough; anyway it did not go. I believe that if Annie could take the sport a little more seriously she would go way over 600 kg. Taina Hakala put in 7 good lifts for second place and a stack of European records. Rosemarie Hauch of Canada had the best physique of the supers and had a great chance of a medal, however, she started too heavy and paid the price. She failed to rise on her first squat and was not deep enough on the other two. On all three attempts a side judge put his hand up to indicate a false starting position. This woman has a lot of potential and I look forward to seeing her do all three lifts next year.

That was the end of the championships; two, too long, tiring days. Next year in Sweden the contest will be over 4 days, which will be a lot better for everyone. The USA with 107 points against 2nd placers Holland with 58 dominated the championships from start to finish. They seemed the best trained, fittest and most professional team there. There were a whole host of world.

Bev Francis and Steve Weinberger have indicated their displeasure with indications that Mr. Michalk is to be prior to the 1983 World Cup at Chesler's Palace at someone else's discretion since it was convenient to Wayne Demilla's residence, and it indicates that she was not pleased with the results of her eight week stint at his gym, stating that she had ten pounds of muscle off the lean man. She had brought from Australia. Since that time, they both indicate that Bev has had nothing to do with Steve or his gym, and that Mr. Michalk is in no way connected with the training of Bev, nor has he been since December of 1983.

great squats. The third I had expected her to be shakily and unsteadily setting up. Despite that she made a well controlled deep squat. On the bench she opened over the world record, missed it on a technicality, then came back and made it well. On the third she cramped and her leg shot out involuntarily and the attempt was lost. She then went on the make three deadlifts finishing with a gritty 202.5. She epitomized the American team, who were leaner, fitter, and more lanned than their European rivals.

67.5 kg. This class opened the second day. There were 14 lifters divided into 2 groups. The immediate shock was Roberts Segar lifting in the 'B' group of lesser lifters. She opened on the squat with 167.5. Although she had won the Canadian title with 410 apparently due to a mix up a total of 327.5 was submitted for her so she was put in the weaker group. Well, she got 167.5 at the second try jumped to 180 but never looked good, setting up with much shaking and unsteady feet and expected it proved too heavy.

Then the 'A' group came out to squat. Ruthi Shaler had submitted 205, but dropped to 172.5 and I guessed her suspect back was playing up. On her first attempt she set up well, but on the descent appeared to be leaning forward more than usual. She came halfway up and then lost balance halfway up. The audience was stunned into silence as she limped off the stage. Her second attempt looked better as she went down slowly and steadily and came up 3/4 of the way. Suddenly she stopped, and could not straighten her legs. This time her limp was more pronounced. On the third attempt she got below parallel but came up in a worse looking position with the left hand side of the bar lagging. Nevertheless this time she managed to complete the lift and took the lead.

Then Segar came out to bench. Every attempt was slow and shakily going down. The first went up strongly. The second halched halfway up, went down a good 2 inches, then shot 3 arms, so she had to take it again. She got a better line and the bar went up swiftly. Shaler made 2 good benches despite some problem with her foot placement due to the slippery platform.

Segar came out again, and made an easy 182.5 deadlift. Then she jumped to a massive 202.5. This came above the knees, stopped, went down an inch or two and was completed. She took it again, completing the lift, but was once more failed for hitching. Shaler came out with 167.5. This went up well enough, but she did not look happy. Shaler then took 182.5 as the computer print out showed she was lighter than Segar. This only went a couple of inches before she had to limp off. Then the American coaches

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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 for the entire span of a strength training cycle. In fact, 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 weight in direct proportion to the lift. For example, if you are lifting 400, multiply the training poundages by 1.2 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

12 Week Squat Routine

by 1984 World Superheavyweight Champion, Lee Moran

This is a 12 week program for intermediate lifters who wish to increase their strength and muscle mass. The goal of the program is to squat 640 at the end of the 12 weeks, an improvement of 40 pounds, which, to me, seems a realistic goal.

The first thing you must do before squatting is to make sure you have the night before, rest, shoes, warm-ups, etc. For a beginner, prefer light to medium weight tennis shoes like the because they are better to give me balance and stability. For a belt, the thick, orange ones from the most reputable for me. Weaps are an individual preference, as are squatting suits.

I do not recommend using belts and weaps during a training cycle until you are strong enough to do the lift. For this routine I would do them at the 475-500 pound level.

Also, I do not want my mind to be on the day of the meet. It's my belief that you've worn it in enough lifts to know what to expect, and a little surprise when the surprise comes in the form of a 40 pound increase in the squat.

As far as form is concerned, I try to keep my knees directly in line with my ankles as much as possible during the descent. On the ascent, explosion and keeping your head up are the keys.

For assistance work, after finishing up on squats I do back squats, 5 sets of 6 reps, increasing weight on each set. Then it's 5 to 6 hammering curls for between 6-8 sets of 8 reps, depending on how I feel. This workout is ended with call work, 3 sets of 12 reps. This routine should be done every 7 days.

On the 17th, 18th and 19th squat workouts I recommend doing 1 or 2 sets of box squats right after your set of full squats with about 50 pounds over your top set for that day. Three reps should suffice. The box or bench used should allow you to be about 4 inches from the parallel position. You should walk out from the racks and set up just like a regular squat, only with the box or bench underneath you. The box squats are to prepare you mentally and physically for the next day.

This routine is going to seem easy in the beginning stages. This is to

Wk	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	S	M	325x10	W	T	F	350x10
2	S	M	T	375x10	T	F	S
3	400x10	M	T	W	425x10	F	S
4	S	450x10	T	W	T	475x10	S
5	S	M	500x7	W	T	F	510x7
6	S	M	T	520x5	T	F	S
7	530x5	M	T	W	540x3	F	S
8	S	550x3	T	W	T	560x3	S
9	S	M	570x2	W	T	F	580x2
10	S	M	T	590x2	T	F	S
11	600x2	M	T	W	610x1	F	S
12	S	573x1	T	W	T	F	Contest

Meet Attempts: 573, 601, 639.

Lee Moran... pictured below in one of his recent major competitions, will provide personalized training routines for \$25 each. Send him full information: height, weight, best training lifts, supplements you're using, how long you've been training, what days you have available for training, and the length of your training cycle, as he will tailor the routine to that. Mail to Lee Moran, Iron Island Gym, 2306 Encinal Ave., Alameda, CA 94501.



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 *misinformed* 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 a way of increased strength, size or athletic performance.

I sincerely believe that it can be done! Let me give you just one example of a technique that has, until recently, gone totally unexplored. ATP -- adenosine triphosphate -- 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,

Lee Moran

Dr. Squat: YES! I would like to order *ERGOGENESIS*. I understand that the book will be shipped within 90 days. Enclosed is my check or money order for \$9.95 plus \$1.50 for postage & handling. ALSO SEND ME YOUR FREE CATALOG of other books on training and fitness for sports.

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

110 kg.
242 lb.

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from April 1, 1984 to May 15, 1985.

Please send a copy of all ADFFA meet results to Jim Gallagher, 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.I. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT	BENCH	DEADLIFT	TOTAL
1	790 E. Arnold 224/85	715 B. Gillespie 4/ 85	1900 E. Arnold 224/83
2	733 P. White 4/20/85	470 J. Jefferson 4/ 85	1868 G. Welch 1/26/85
3	710 G. Welch 1/26/85	465 M. Van Der Kar 11/18/84	1810 B. Marshall 4/ 85
4	700 B. Marshall 4/ 85	705 V. Vandier 7/22/84	1800 B. Gillespie 4/ 85
5	689 S. Shephard 1/184	700 L. Thompson 4/20/85	1797 P. White 4/20/85
6	689 S. Shephard 1/184	700 L. Thompson 4/20/85	1796 V. Vandier 7/22/84
7	688 V. Vandier 7/22/84	683 J. Green 2/18/84	1796 V. Vandier 7/22/84
8	680 B. Gillespie 4/ 85	683 P. White 3/17/84	1755 V. Winter 2/23/85
9	670 J. Jefferson 4/ 85	683 G. Welch 1/26/85	1753 L. Brumley 2/23/85
10	655 L. Jefferson 4/ 85	680 B. Marshall 4/ 85	1752 K. Thompson 4/20/85
11	655 L. Jefferson 4/ 85	672 T. Barosh 1/16/85	1747 K. Thompson 4/20/85
12	661 T. Saylor 5/11/85	672 T. Barosh 1/16/85	1747 K. Thompson 4/20/85
13	656 D. Thompson 4/20/85	670 E. Arnold 2/24/85	1730 J. Jefferson 4/ 85
14	650 F. Maynard 4/14/84	650 B. Campbell 12/9/84	1708 D. March 12/1/84
15	650 F. Fox 1/17/84	650 R. McKDaniel 2/16/85	1705 F. Maynard 4/14/84
16	650 F. Fox 1/17/84	625 V. Eck 4/20/84	1705 C. Lester 2/23/85
17	639 M. Van Der Kar 7/22/84	625 V. Eck 4/20/84	1690 A. Smith 2/18/84
18	639 M. Van Der Kar 7/22/84	645 M. Smith 1/19/85	1690 A. Smith 2/18/84
19	635 J. Stein 12/9/84	641 R. McWhorter 6/11/84	1670 T. Ardito 5/11/85
20	634 L. Brumley 2/23/85	639 M. Dodson 6/10/84	1669 J. Messenger 7/22/84

THANKS to all the lifters who attended this year's ADFFA meet. It was a success. Many thanks also go to the Texas A&M K&S and the Texas A&M Weightlifting Club for sponsoring this event. Judging was done by the following: Kenny Bland, Bill Womack, Louis Samardos, Bill Womack, Chris Boller, Chad DeKoussele, Steve Lumpac, Mike Bredlin, Matt Munday, Tim McClellan, and Jamie Saldarima. Meet announcing was done by Kenny Croudale, Andy Ogden, Mike Ishihara, Billy Brown, David Dickie, Leon David Chaney, Bill Johnson, Harry Iles, Jay Embhardt, Joe Velasquez, Chris Blar and Paul Dava. The platform was managed by Bill Johnson throughout Saturday's meet. The ADFFA meet was held at the High School. Official's table was provided by Skip Gibbons, Tom Holtz, Laurie Greene, Rhonda James, Carine DeKeyer, Chuck Salkowski, Bryan Knowles, Jane Samanos, Dee Harris, Lisa Hill, Marsha, Mike Corbett, Dong Samuel, Er Peck, and Mike Corbett. Special thanks to Skip Gibbons and Larry Mallis for assisting me as meet directors. They carried a load of work in putting on this contest. Chad DeKoussele.

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 receive Powerlifting USA magazine each month and I read your articles faithfully and I would like to ask you some questions. I have lifted weights for about four years. I work out six days a week, three days on my upper part of body and three days on lower part. I have these questions to ask you.

- 1) Why can't I develop my legs? Right now they measure 24 inches and I would like to get them to measure 27 or 28 inches. I want them to be massive more than muscular. The upper part of my body measurements are - a 50 inch chest, 17 inch arm, but I have only a 24 inch thigh. I am 43 years old, 5ft, 9 inches tall, so you can see how small my legs must look.
- 2) Are three days a week, Tuesdays, Thursdays and Saturdays, doing squats and leg curls enough? I do 3 sets of leg curls with a 100 lb. with one set at a time. And I do 5-7 sets of squats, 5 reps with 250 to 300 lbs.
- 3) Why can't I seem to get big veins in the upper part of my arms, like most powerlifters and weightlifters do. What exercises would you suggest to accomplish this?

Thank you, **James E. Tompkins**

Dear James: To increase your leg size you must realize that you will probably have to increase your body weight by 7-15 lbs. The simple reason for the increased weight, is you can't gain size in any muscle group without an increase in tissue and living tissue has weight and takes up space. The legs being the largest muscle group in the body will require a large increase in weight. Don't plan on being on a low calorie diet while you are trying to bulk your legs, because it just can't be done.

If you wish to shift some of your upper body size to your lower body, you might consider specializing on your legs and keep your upper body work to a minimum, but even if you do specialize you are still going to have to have an increase in size. You would have to follow a specialized program for a period of 3 months. Three months should give you a noticeable increase in size. A specialized program should consist of 3 days of leg training, two heavy days and one light day.

Before you try a specialized program you might want to alter your present program. I would recommend training your legs two days a week one day heavy and one day medium to light.

Example: Tuesday - squats warm-up 10 reps. Leg extensions: 3-4 sets of 10 reps. Calf work: 6-8 sets of 15-20 reps.
Friday: squats warm-up - Squats: 1 set of 5 reps with 50 lbs. less than the Monday program in this case 210 for 5 reps. Leg curls 3-4 sets of 10 reps. Leg extensions: 3-4 sets of 10 reps. Calf work: 6-8 sets of 15-20 reps.

Now the key to this workout is each week try to increase the weight in the squat by 5-10 pounds. You have got to move your squat above 300 lbs. for 5 reps to stimulate growth in the legs. If you only stress your legs as much as you stress arms then your legs are going to equal your arms in size.

Your second question about increasing the vascularity has a two part answer. The major veins of the body are very large and travel fairly close to the surface of the skin. Superheavyweights even show vascularity in these veins. The reason they can show vascularity is that their intensive training. Maybe one of your problems is that your training lacks high intensity. The smaller veins that are easily seen on bodybuilders comes from a decrease in bodyfat and an increase in repetition work.

Am sure that the program given here will solve both your problems if you keep the intensity of the workout high. **Roger Estep**

American Institute for Drug Testing...will analyze urine specimens for amphetamines and other common drugs for prices ranging from \$15-\$18, depending on the list of drugs in question. They also have a steroid test, known as Profile 1300, that tests for many common anabolic steroids at a price of \$135, and they can custom design a profile to include any combination of drugs. The steroid testing is done by Gas Chromatography/Mass Spectrometry. They offer a 24 hour turnaround on EMIT (enzyme multiplied immunoassay technique) testing, and 48 hour turnaround on the Gas Chromatography/Mass Spectrometry type testing. They also maintain a chain of custody procedure to keep track of samples. For further information, contact Donald Shattuck, 838 Dodge Ave., Evanston, IL 60602, 312-869-7776.

Errors...Bill Bradford's 2035 total should have been on the 2,000 Total Clublisting in the last issue of P.I. USA, and Ray Kobers's 722 deadlift should have been on the TOP 20 ADFFA 181 pound class listing.



Bob Wahl, 1983 Senior National and 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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More From Ken Leistner

Ruthi Shaler's recent article in this magazine which chronicled her difficulties in obtaining suitable treatment for her low back problems stirred quite a reaction among the health care professionals that are interested in powerlifting. It is always unfortunate when any athlete suffers from an injury serious enough to detract from his or her performance, and more so when that athlete is good enough to excite the many followers of the sport and generate enthusiasm from the lifting public. I have no idea who Ms. Shaler saw for medical or chiropractic care, but a number of points should be stressed. Some injuries are very difficult to diagnose correctly, although this certainly is easy to understand: the underlying dynamics of that injury after a proper diagnosis has been made and/or degenerative processes occur which help to distinguish the disorder from others. It is possible that a very fine physician will not correctly diagnose or treat any one particular patient, or will not have the experience or knowledge of those injuries associated with a particular physical activity. Despite the statement I have just made, it is difficult for me to understand how a doctor would, as Ms. Shaler stated, "pass it off." That statement implies a lack of concern and most practitioners have enough sense not to pass any injury off as routine. I also don't understand how a competent physician could not "because of heavy muscular development in the area," determine the nature of the injury. There is no doubt that Ruthi Shaler has excellent muscular development and perhaps more so in the spinal erector area, but many professional football players and top level male powerlifters with excellent muscular development are routinely diagnosed correctly for a broad range of problems and noted in orthopedic and present articles. It is unlikely that a competent physician would have missed it if Ms. Shaler's contention is that she noted weakness because she wasn't squatting as well as she had prior to injury. Perhaps it was time to take responsibility for her own care, realizing that symptomatology was increasing and bringing on serious difficulties. I know that a doctor can tell me I was suffering from a "strain," but if as a well trained athlete who was very much in touch with my body, I instinctively knew that it was much more serious than I would think any activities that exacerbated these symptoms or otherwise seek until I find a physician who could treat me properly.

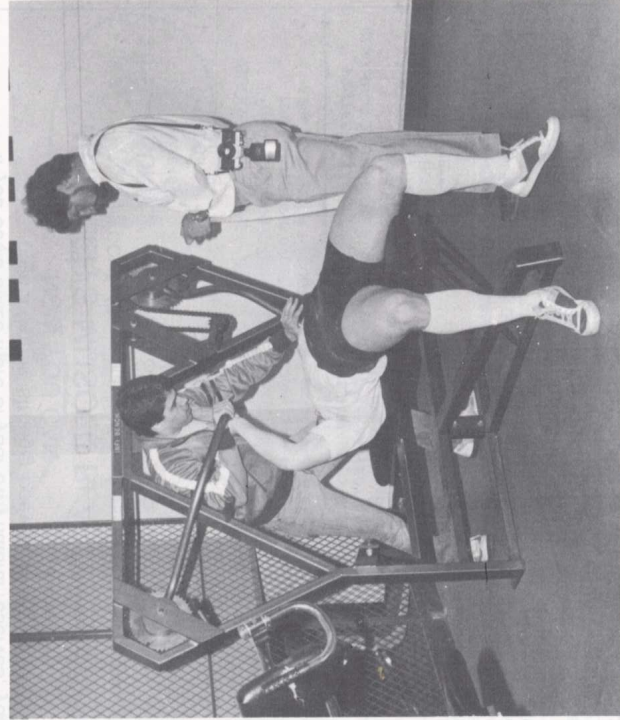
I understand that the professional athlete like Ruthi Shaler would want to compete despite severe pain and the threat of serious injury. I did the same when I played football. How have the surgical scars with Dr. Hilde and Dr. Shoyout of the USPF Medical Committee given an accurate and immediate diagnosis of Ms. Shaler's problem at the Women's Nationals and that their line athlete decided

fortunately, she suffered a very serious back injury. More accurately, this was a reinjury. Bev could not train for the two weeks prior to the Women's Worlds two years ago, and barely managed to finish the meet, due to the damage sustained by her left lumbosacral ligament. After getting off an airplane five weeks before this year's meet, she squatted and went heavier than the situation demanded. After careful and thorough testing, I determined that this same ligament and associated soft tissue was damaged. Her heavy muscular development, heavy injury in the erectors to rival most male lifters, did not interfere with proper diagnosis. I say this not to indicate that my experience with lifters and athletes gives me special knowledge or insight into very muscular backs, but to stress that a competent doctor with some experience treating athletes could have made the same, correct diagnosis. Off hand, I can think of many Chiropractors and orthopedic physicians in different parts of the country who could have made the diagnosis at least as well as I did.

Bev is an exceptional athlete and an intelligent patient, doing everything that asked of her, and everything that recovery demanded. Steve literally had to carry her into the office on April 27th, as she was unable to walk or bear weight on the left leg. There was literally no range of motion in the lumbar spine and breathing was impaired due to spasms and pain. Through proper care and an intelligent approach to training,

Dr. Ken, explaining the nuances of high intensity training to Collegiate 220 lb. Champ Steve Lumpsee, while Buddy Duke watches. Photo by Kathy.

to train for that meet and then compete with what was an apparently serious injury could serve as a valuable lesson for all lifters. If you are injured, seek a competent physician until you have in fact found one. Do not seek one that will give you the answers you want. Too many lifters only want to find the doctor who will tell them that they can continue lifting, or can train for a particular meet in the past three years, the Women's World Championships. Injuries kept her out of her national and state meets, thus, she has had little recent experience lifting very heavy weights. As most strength game fans know, Bev has also involved herself in the "sport" (I'm biting my tongue on that one) of bodybuilding, and the only heavy training she has done in this entire year was focused for and around this one meet. Bev trains herself. Her fiance Steve makes suggestions. I make suggestions. Kathy makes suggestions, but Bev relies on her years of self knowledge and her intrinsic motivation to do what brings success. After no real powerlifting training, she began her preparations for the Women's Worlds, and was making incredible progress. Unfortunately, this one involving Bev Francis, because this story too is in before Bev will lift in the Women's



back into the magazine. Like other magazines, however, a significant amount of income is also derived from the advertisers who present a long list of powerlifting products to you. As much as your editor and publisher, Mike Lambert, wants and appreciates advertisers, he won't accept ads from just anyone, nor will he continue to run advertising for those who prove to be unreliable to PLUSA readers.

Many of you may be guffawing and saying, "Sure, he'll throw a few thousand dollars away today because some guy's product doesn't look up to snuff," but Mike has always had the attitude that his magazine serves the lifting community, and to keep it viable, he would have to police the advertisers if he was to keep the confidence of his subscribers. In the past, there has been difficulty with a few product suppliers. They would not deliver those products described, or would not deliver anything at all. Some took inordinate periods of time to ship their orders. Mike saw all of these incidents as personal insults, feeling that this integrity was being compromised every time a subscriber was shortchanged.

In order to protect those who depend upon PLUSA to supply them with the best in powerlifting information, results, and products, Mike has a system of checks if there are complaints about an advertiser. Mike will contact the advertiser and urge that they contact the person with the complaint in order to resolve the problem within a certain period of time. If the problem isn't rectified in a satisfactory manner within the time period specified (particularly if additional complaints from other parties are received), Mike will refuse to carry advertising for that individual.

Very few small businessmen will do this, but Mike Lambert does, because his magazine represents the spirit and the individuals who comprise the sport. The note in the editorial section has not varied since its inception, and it remains the cornerstone of the magazine: "the most important people in the production of this publication are the many of hundreds of lifters, fans, meet directors, advertisers and administrators who have made enormous contributions to its success, through their own love for the sport, this is their magazine."

One gentleman who does not advertise in PLUSA, but who does provide a fine service to meet directors is Allen Siegel. Most lifters know Al

as a very competent Masters level lifter, as the big bear of a man who does a terrific job at a fair price, but Al specializes in powerlifting awards, and my business dealings with him have been very rewarding.

There is a new book available for your powerlifting library, this one by one of the pioneers of the sport, Jim Witt. Younger lifters will not be familiar with this gentleman, but he is one of the few men of whom it can be said that there would be no sport without him. He was powerlifting's first national chairman, and pushed the olympic lifting officials to afford our fledgling sport with the space needed for growth. He was one of the top lifters of his day, even though he was usually twenty years older than most of the other competitors in every meet he entered. Bill Starr called him "the original cheerleader for the sport of powerlifting," but he was much more than that. He served as an inspiration to many, young lifters and older men who just wanted to become stronger, and he did it in a very low key, yet effective, manner. In short, Jim Witt has helped to make powerlifting what it is today, at least all of the positive things it represents. Jim's book, *The ABC's of Powerlifting* is an enjoyable training manual that has many specific programs and routines, lots of philosophy, and plenty of good old fashioned training information in it. It is available from Jim at His Hercules Health Club, 1144 Peavy Rd., Dallas, TX 75218, and I would definitely get a copy of one of a complete look at the origins of powerlifting training.

Editor's Note: The July 1985 edition of *Dr. Leistner's monthly newsletter THE STEEL TIP* covers his impressions of drug use at the National Collegiate Powerlifting meet, a routing program that has been found very successful, commentary about amino acids, and a detailed look at warnings Ken also describes his intimate knowledge of the media response to the problem of steroids in athletics, and a discussion of whether you should the press seated or standing. He delves into what is meant, exactly, by Bodyfat Percentage and the various ways it can be determined. For a subscription to *THE STEEL TIP*, send \$18 to 563 Roca Ln., Woodmere, NY 11598.

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Human Growth Hormone...The Herculane Horizon by William N. Taylor, MD

In the past couple of years and especially this past year the use and interest among athletes regarding human growth hormone (hGH) has markedly increased. The claimed muscular gains have been about as staggering as the price for this natural hormone. Above all, the misconceptions regarding hGH among athletes and sportsbuilders is overwhelming at this time. Bodybuilders, runners and strength athletes of all types are becoming more interested in this hormone.

Human growth hormone is not just another anabolic steroid. In fact, it is not a steroid at all. Therefore, its mechanisms in the body are much different than the anabolic steroids. In general, the anabolic effects of hGH dwarf the effects of the anabolic steroids without many of the minor adverse effects which may be associated with anabolic steroids.

Until recently, the only source of hGH was extracted from human pituitary glands, and since the pituitary glands must come from cadavers, this process is expensive and inefficient. However, the technology of genetic engineering has enabled medical scientists to teach bacteria to produce a polypeptide with the exact molecular structure of hGH. This hGH product from bacterial cells is in its final stages of human testing and it should be available for prescription use by as early as the fall of 1983. The cost of this hGH product has yet to be announced, however, the quantity is essentially unlimited.

Until recently the usage of hGH has been limited to dwarf children. However, many interesting uses may be on the horizon based on current medical studies including:

- (1) use in short-statured children who are otherwise normal
- (2) use in the prevention of heart attacks
- (3) use in the treatment of people with certain excess fats in their blood
- (4) use for the regeneration and non-surgical repair of knee cartilage
- (5) possible use in trauma and burn patients who are in a highly catabolic state
- (6) possible use in certain cancer patients
- (7) possible use in people as an anti-aging hormone
- (8) possible use in persons with bone, tendon, muscle and soft-tissue injuries
- (9) possible use in people using fat-reducing diets
- (10) use by athletes for enhancement of athletic potential, muscular size and muscular strength
- (11) possible use in normal children to make "super athletes"

The Eastern Bloc and European countries have allowed their athletes to use hGH for the enhancement of athletic performance in such events as the Olympic Games. Since the usage of hGH is relatively new in the athletic USA it can no longer be denied by individuals who are knowledgeable on the subject. The hormone seems to cause both a muscular hypertrophy and

BOOK REVIEW...there are many books out now that cover the realm of steroid use and abuse in athletics, and although some of the general public may still be surprised by revelations of what has been going on, most lifters have a good idea of what is happening in that regard. In a new book, **HORMONAL MANIPULATION**, by William N. Taylor, MD, the status quo of drugs in athletics is not the main thrust. Instead, Dr. Taylor delves into what the future may well hold for athletes. It is not just hypothetical examples of what might happen. Dr. Taylor documents the trends at work and details the kinds of substances that are truly "just around the corner" and which will make anabolic steroids obsolete. Chapters cover such topics as Human Growth Hormone and Gigantism; Using an organ to alter itself through Growth Hormone Releasing Hormones; Hormonal Stunting of Growth; and a detailed examination of every player in the drama of drug abuse in sports and a strong recommendation for how both the steroid problem and the future dilemma involving these powerful new substances might be handled. This book is more than interesting reading. It is *The Prophecy of Strength Sports* for the next decade and beyond. **HORMONAL MANIPULATION** is available through various vendors and from the publisher (1/4 95) McFarland & Company, Inc., Box 611, Jefferson, NC 28640.

Mike Lambert

Hormonal Manipulation
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An epidemic and dangerous offshoot of the "fitness boom" is the self-use of powerful prescription hormones which significantly alter both the body and the mind. Conservative estimates suggest that over one million Americans are currently using anabolic steroids. Manipulation with these hormones is the first peril associated with genetic engineering and the promises of athletic fame and fortune have created a pervasive ethical, moral, political and social dilemma.

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With a Chapter on Human Growth Hormone
William N. Taylor, M.D.
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The most impressive (and welcome) attribute of the book is (the) clarity and conciseness. And for the first time...a frank cost-study of maintaining a steroid "habit" without the "Hypothalamic Steroid Abuse" blockbuster. "Muscular Development": "the careful exploration of the chemistry and physiology of testosterone and its derivatives is a valuable contribution to the knowledge of a much abused bodily substance...well researched and scientifically authoritative...a good investment." *Southwest Bodybuilder*, "The book is well documented and straightforward, using little scientific jargon...recommended." *Library Journal*.

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MESSAGE FROM THE U.S.P.F. PRESIDENT

Dr. Dennis Spradell of American Sports Management observed recently that, whenever a sport is at the verge of financial insolvency it is apt to be free from lawsuits, but as its economic fortunes improve, it becomes an increasingly attractive target. The U.S.P.F. has attracted several lawsuits and threats of lawsuits, not one of which has any particular merit. Our best defense is a good insurance shield. No attorney wishes to go head on against our liability insurance carrier's attorneys, and thus we often find hostile attorneys examining our coverage in order to seek out and exploit windows of vulnerability, allegedly tortious acts that are not covered by our policy. At times the U.S.P.F., at whom the suit is directed, is torn between defending itself at considerable cost or forfeiting the suit. Thus frivolous suits, suits that never for a moment would be seriously contemplated against the carrier's attorneys, can be made to pay off.

It is a side of powerlifting that I never dreamed of before I took this job. I had naively assumed that strong men might be strong in other ways, as well. I have found myself quite unable to reconcile with my own sense of propriety the sniveling "strong man," who, unable to bear the inevitable disappointments in the sport, employs a surrogate in an attempt to probe our weaknesses and bring us to our knees.

It is said of clothing styles that, if one waits long enough, the out-of-style will come back into style. So it is that once-discredited political panaceas of categorical representation, the theory that the interests of particular groups can be properly represented only by members of those groups. After decades of experimenting with and subsequently abandoning such gimmicks as preferential voting and proportional representation, we find the espousal of categorical representation resurfacing here and there, including among some of the leaders in women's powerlifting. I think it is accurate to say that it was a dominant theme at the I.P.F. Women's Committee meeting held in Vienna on the occasion of the Women's World Powerlifting Championships.

We have now had two full years of autonomy for the U.S.P.F. Women's Committee, spelled out in the U.S.P.F. By-Laws. We might examine what gains, if any, they have made during this period which we can attribute to their autonomous structure. These, presumably, would be gains which would not have been possible for the three other, non-autonomous, clientele-based committees, the Collegiate, Masters and Youth Development Committees. In all candor, I can think of no such gains. I can, however, think of some hazards which the National Committee did not consider when we undertook to accord the Women's Committee a generous measure of autonomy. The Women's Committee can, for example, circumvent channels with impunity. Using our name and logo on their letterhead, they can issue their own press releases and correspond directly with the officers of the I.P.F. They are free to urge the officers of the I.P.F. to disassociate themselves from the U.S.P.F. and to recognize another group. They are free to issue press releases falsely accusing U.S.P.F. officers of criminal conduct, and invite thereby lawsuits against us. They are free to be reckless, insubordinate and disloyal because they are autonomous.

The President is unable to remove in a timely manner an autonomous chairperson who is intent upon doing us incalculable harm or who is being influenced by such a person. A formal reprimand would be totally ineffectual, for it would be worn as a badge of honor.

Autonomy predicated upon the doctrine of categorical representation offers little and risks much.

Conrad Cotter, President, United States Powerlifting Federation

Directory Corrections

New Michigan Chairman: Mario Torrez, 1970 N. Harrison, East Lansing, MI 48823, (517) 332-4642.

New North Carolina Chairman: Benning Sims, 203 West 10th St., Newton, NC 28658, (704) 465-1211.

Wisconsin Chairman: Stephanie Whiting, 4768 N. Barbara's Lane, Stevens Point, WI 54481, (715) 341-8757. **New Address:** Montana Chairman: Al Roy, Box 5253, Helena, MT 59604, (406) 443-4956, (406) 442-2895. **Region VI Chairman:** Vacant.

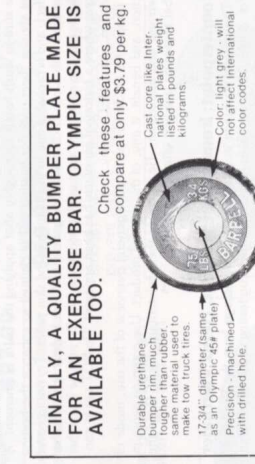
Corrections: Brother Bennett, S.C., St. Stanislaus, PO Box 351, Bay St. Louis, MS 39520, (601) 467-6926. Bob Calvan, 7227 S. Alder Dr., Tempe, AZ 85283, (602) 345-1224. Daryl Johnson, Rt. 3, Box 26-B, Blytheville, AR 72315, (501) 763-9094. Doyle Kennedy, 4480 River Rd. N., Salem, OR 97303, (503) 390-0728 (gym). Butch Stackpole, 10072 Menaul N. E. Apt. E-23, Albuquerque, NM 87111, (505) 299-3024. Dr. Billy Jack Talton, Box 59-2A, Vienna, LA 71235, (318) 255-2660 (res), (318) 257-4432 (off). Raymond L. Verdnonck, 1538 Epulane St., Honolulu, HI 96818, (808) 422-5148.

Referee's Committee: Nate Foster, chairman, 204 Harvey Dr., Manhattan, KS 66502, (913) 776-5889. Lyle Schwartz, member, 4515 Willard Ave., Apt. S-1203, Chevy Chase, MD 20815, (301) 657-8134. John Pettitt, member, 3105 Bullock, Plano, TX 75023, (214) 985-0200. Tom Eldridge, National test coordinator, 5946 N. Kaufman Ave., Temple City, CA 91780. Jackie Parisiainen, State test coordinator, 2826 Magnolia, Camarillo, CA 93010, (805) 482-1989. John Luthy, National referee recorder, 13556 Riverch, Boise, ID 83712, (208) 362-1091. **Selections Committee Members:** The USPF Executive Committee functions also as this committee. **Safety Committee (Women's):** Dr. Judith Geddy, chairperson, RR#3, Maahs Bl 61455, (309) 837-2111 (res), (309) 396-1757 (off). Stephanie M. Whiting, 4768 N. Barbara's Lane, Stevens Point, WI 54481, (715) 341-8757. Susan Elwyn, 206 Ma St., Maynard, MA 01754, (617) 897-4668. Linda Spalding, 1968 W. 6000 S., Rev. UT 84067, (801) 776-1873. Jay Todd, 1312 Alta Vista, Austin, TX 78704, (512) 447-3635. **Southwest Committee:** Dr. Richard T. Henck, M.D., PO Box 4160, Opelika, AL 36801, (205) 749-6222. **Television and Special Events Committee:** 36801, (205) 749-6222. **Women's Committee:** Dr. Judith Geddy, FR 63, Macomb 477-6863. **Women's Committee:** Dr. Judith Geddy, FR 63, Macomb 477-6863. **Women's Committee:** Keith Jake Boyer, PO Box 356, Leighton, PA 18225, (215) 377-3365.

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September 28th
ADFPA Region 6 Powerlifting Championships
AL, FL, GA, LA, Miss, Tenn
TROPHIES:
Open and Novice:
1st-3rd place all divisions
Women-Teenage-Masters:
1st-5th place on formula.
Sponsored By:
Calvary Christian Academy & Pepsi Cola
Contact:
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Montgomery, AL 36116
(205) 288-9264 (evenings)

AFNDA'S GYM
 NEW LOCATION
 224 Main St., Huntington Beach, CA, 714-536-2344

Norwegian Masters (40-49 years)		Norwegian Juniors (Feb 16-17/85 (kilos))		ADFPA North Americans, Pa 13, 14 Apr 85 - Wilkes-Barre, Pa	
W	L	W	L	SQ	DL
73kg	410	52kg	315	290	155
75kg	420	55kg	325	200	160
77kg	430	58kg	335	210	165
79kg	440	61kg	345	220	170
81kg	450	64kg	355	230	175
83kg	460	67kg	365	240	180
85kg	470	70kg	375	250	185
87kg	480	73kg	385	260	190
89kg	490	76kg	395	270	195
91kg	500	79kg	405	280	200
93kg	510	82kg	415	290	205
95kg	520	85kg	425	300	210
97kg	530	88kg	435	310	215
99kg	540	91kg	445	320	220
101kg	550	94kg	455	330	225
103kg	560	97kg	465	340	230
105kg	570	100kg	475	350	235
107kg	580	103kg	485	360	240
109kg	590	106kg	495	370	245
111kg	600	109kg	505	380	250
113kg	610	112kg	515	390	255
115kg	620	115kg	525	400	260
117kg	630	118kg	535	410	265
119kg	640	121kg	545	420	270
121kg	650	124kg	555	430	275
123kg	660	127kg	565	440	280
125kg	670	130kg	575	450	285
127kg	680	133kg	585	460	290
129kg	690	136kg	595	470	295
131kg	700	139kg	605	480	300
133kg	710	142kg	615	490	305
135kg	720	145kg	625	500	310
137kg	730	148kg	635	510	315
139kg	740	151kg	645	520	320
141kg	750	154kg	655	530	325
143kg	760	157kg	665	540	330
145kg	770	160kg	675	550	335
147kg	780	163kg	685	560	340
149kg	790	166kg	695	570	345
151kg	800	169kg	705	580	350
153kg	810	172kg	715	590	355
155kg	820	175kg	725	600	360
157kg	830	178kg	735	610	365
159kg	840	181kg	745	620	370
161kg	850	184kg	755	630	375
163kg	860	187kg	765	640	380
165kg	870	190kg	775	650	385
167kg	880	193kg	785	660	390
169kg	890	196kg	795	670	395
171kg	900	199kg	805	680	400
173kg	910	202kg	815	690	405
175kg	920	205kg	825	700	410
177kg	930	208kg	835	710	415
179kg	940	211kg	845	720	420
181kg	950	214kg	855	730	425
183kg	960	217kg	865	740	430
185kg	970	220kg	875	750	435
187kg	980	223kg	885	760	440
189kg	990	226kg	895	770	445
191kg	1000	229kg	905	780	450
193kg	1010	232kg	915	790	455
195kg	1020	235kg	925	800	460
197kg	1030	238kg	935	810	465
199kg	1040	241kg	945	820	470
201kg	1050	244kg	955	830	475
203kg	1060	247kg	965	840	480
205kg	1070	250kg	975	850	485
207kg	1080	253kg	985	860	490
209kg	1090	256kg	995	870	495
211kg	1100	259kg	1005	880	500
213kg	1110	262kg	1015	890	505
215kg	1120	265kg	1025	900	510
217kg	1130	268kg	1035	910	515
219kg	1140	271kg	1045	920	520
221kg	1150	274kg	1055	930	525
223kg	1160	277kg	1065	940	530
225kg	1170	280kg	1075	950	535
227kg	1180	283kg	1085	960	540
229kg	1190	286kg	1095	970	545
231kg	1200	289kg	1105	980	550
233kg	1210	292kg	1115	990	555
235kg	1220	295kg	1125	1000	560
237kg	1230	298kg	1135	1010	565
239kg	1240	301kg	1145	1020	570
241kg	1250	304kg	1155	1030	575
243kg	1260	307kg	1165	1040	580
245kg	1270	310kg	1175	1050	585
247kg	1280	313kg	1185	1060	590
249kg	1290	316kg	1195	1070	595
251kg	1300	319kg	1205	1080	600
253kg	1310	322kg	1215	1090	605
255kg	1320	325kg	1225	1100	610
257kg	1330	328kg	1235	1110	615
259kg	1340	331kg	1245	1120	620
261kg	1350	334kg	1255	1130	625
263kg	1360	337kg	1265	1140	630
265kg	1370	340kg	1275	1150	635
267kg	1380	343kg	1285	1160	640
269kg	1390	346kg	1295	1170	645
271kg	1400	349kg	1305	1180	650
273kg	1410	352kg	1315	1190	655
275kg	1420	355kg	1325	1200	660
277kg	1430	358kg	1335	1210	665
279kg	1440	361kg	1345	1220	670
281kg	1450	364kg	1355	1230	675
283kg	1460	367kg	1365	1240	680
285kg	1470	370kg	1375	1250	685
287kg	1480	373kg	1385	1260	690
289kg	1490	376kg	1395	1270	695
291kg	1500	379kg	1405	1280	700
293kg	1510	382kg	1415	1290	705
295kg	1520	385kg	1425	1300	710
297kg	1530	388kg	1435	1310	715
299kg	1540	391kg	1445	1320	720
301kg	1550	394kg	1455	1330	725
303kg	1560	397kg	1465	1340	730
305kg	1570	400kg	1475	1350	735
307kg	1580	403kg	1485	1360	740
309kg	1590	406kg	1495	1370	745
311kg	1600	409kg	1505	1380	750
313kg	1610	412kg	1515	1390	755
315kg	1620	415kg	1525	1400	760
317kg	1630	418kg	1535	1410	765
319kg	1640	421kg	1545	1420	770
321kg	1650	424kg	1555	1430	775
323kg	1660	427kg	1565	1440	780
325kg	1670	430kg	1575	1450	785
327kg	1680	433kg	1585	1460	790
329kg	1690	436kg	1595	1470	795
331kg	1700	439kg	1605	1480	800
333kg	1710	442kg	1615	1490	805
335kg	1720	445kg	1625	1500	810
337kg	1730	448kg	1635	1510	815
339kg	1740	451kg	1645	1520	820
341kg	1750	454kg	1655	1530	825
343kg	1760	457kg	1665	1540	830
345kg	1770	460kg	1675	1550	835
347kg	1780	463kg	1685	1560	840
349kg	1790	466kg	1695	1570	845
351kg	1800	469kg	1705	1580	850
353kg	1810	472kg	1715	1590	855
355kg	1820	475kg	1725	1600	860
357kg	1830	478kg	1735	1610	865
359kg	1840	481kg	1745	1620	870
361kg	1850	484kg	1755	1630	875
363kg	1860	487kg	1765	1640	880
365kg	1870	490kg	1775	1650	885
367kg	1880	493kg	1785	1660	890
369kg	1890	496kg	1795	1670	895
371kg	1900	499kg	1805	1680	900
373kg	1910	502kg	1815	1690	905
375kg	1920	505kg	1825	1700	910
377kg	1930	508kg	1835	1710	915
379kg	1940	511kg	1845	1720	920
381kg	1950	514kg	1855	1730	925
383kg	1960	517kg	1865	1740	930
385kg	1970	520kg	1875	1750	935
387kg	1980	523kg	1885	1760	940
389kg	1990	526kg	1895	1770	945
391kg	2000	529kg	1905	1780	950
393kg	2010	532kg	1915	1790	955
395kg	2020	535kg	1925	1800	960
397kg	2030	538kg	1935	1810	965
399kg	2040	541kg	1945	1820	970
401kg	2050	544kg	1955	1830	975
403kg	2060	547kg	1965	1840	980
405kg	2070	550kg	1975	1850	985
407kg	2080	553kg	1985	1860	990

European Championships 10-12 May 85 - (kilos)

Table with columns for country, name, weight class, and scores. Includes athletes like K. Quahle-Fri, D. Sassen, C. Fenzl-AU, etc.

pleased to be going for their evening meals... with the very best of them... to the organization and especially the loaders.

second place which is a lot better than an early... both. Duffy, another comeback, had been... round off an excellent championship that was

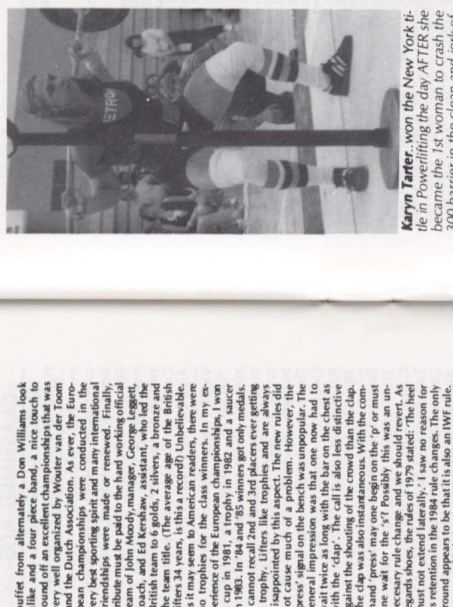
WHAT?? - when you read this the latest... issue of POWERHOTLINE will be on the... way to its subscribers with results of the

buffet from alternately a Don Williams look... alike and a four peck, a nice touch to... round off an excellent championship that was

champion and runner-up... to the organization and especially the loaders... to the organization and especially the loaders.

champion and runner-up... to the organization and especially the loaders... to the organization and especially the loaders.

champion and runner-up... to the organization and especially the loaders... to the organization and especially the loaders.



Karin Tarter, won the New York... in Powerlifting the day after she... the title. She is a woman to crash the

New York State Championships... 20,21 Apr 85 - Ft. Knox, NY (kilos)

Table with columns for name, weight class, and scores. Includes athletes like Brenda Christine, Susan Uro, Jennifer Marshall, etc.

West Penn Int'l... 1 June 85 - Pittsburgh, Pa

Table with columns for name, weight class, and scores. Includes athletes like 110kg, 135kg, 150kg, etc.

Kentucky State Championships... 13-14 Apr 85 - Ft. Knox, KY

Table with columns for name, weight class, and scores. Includes athletes like Carlos Ramos, Brian Thompson, etc.

110kg, 135kg, 150kg, 175kg, 200kg, 225kg, 250kg, 275kg, 300kg, 315kg, 330kg, 345kg, 360kg, 375kg, 390kg, 405kg, 420kg, 435kg, 450kg, 465kg, 480kg, 495kg, 510kg, 525kg, 540kg, 555kg, 570kg, 585kg, 600kg, 615kg, 630kg, 645kg, 660kg, 675kg, 690kg, 705kg, 720kg, 735kg, 750kg, 765kg, 780kg, 795kg, 810kg, 825kg, 840kg, 855kg, 870kg, 885kg, 900kg, 915kg, 930kg, 945kg, 960kg, 975kg, 990kg, 1005kg, 1020kg, 1035kg, 1050kg, 1065kg, 1080kg, 1095kg, 1110kg, 1125kg, 1140kg, 1155kg, 1170kg, 1185kg, 1200kg, 1215kg, 1230kg, 1245kg, 1260kg, 1275kg, 1290kg, 1305kg, 1320kg, 1335kg, 1350kg, 1365kg, 1380kg, 1395kg, 1410kg, 1425kg, 1440kg, 1455kg, 1470kg, 1485kg, 1500kg, 1515kg, 1530kg, 1545kg, 1560kg, 1575kg, 1590kg, 1605kg, 1620kg, 1635kg, 1650kg, 1665kg, 1680kg, 1695kg, 1710kg, 1725kg, 1740kg, 1755kg, 1770kg, 1785kg, 1800kg, 1815kg, 1830kg, 1845kg, 1860kg, 1875kg, 1890kg, 1905kg, 1920kg, 1935kg, 1950kg, 1965kg, 1980kg, 1995kg, 2010kg, 2025kg, 2040kg, 2055kg, 2070kg, 2085kg, 2100kg, 2115kg, 2130kg, 2145kg, 2160kg, 2175kg, 2190kg, 2205kg, 2220kg, 2235kg, 2250kg, 2265kg, 2280kg, 2295kg, 2310kg, 2325kg, 2340kg, 2355kg, 2370kg, 2385kg, 2400kg, 2415kg, 2430kg, 2445kg, 2460kg, 2475kg, 2490kg, 2505kg, 2520kg, 2535kg, 2550kg, 2565kg, 2580kg, 2595kg, 2610kg, 2625kg, 2640kg, 2655kg, 2670kg, 2685kg, 2700kg, 2715kg, 2730kg, 2745kg, 2760kg, 2775kg, 2790kg, 2805kg, 2820kg, 2835kg, 2850kg, 2865kg, 2880kg, 2895kg, 2910kg, 2925kg, 2940kg, 2955kg, 2970kg, 2985kg, 3000kg, 3015kg, 3030kg, 3045kg, 3060kg, 3075kg, 3090kg, 3105kg, 3120kg, 3135kg, 3150kg, 3165kg, 3180kg, 3195kg, 3210kg, 3225kg, 3240kg, 3255kg, 3270kg, 3285kg, 3300kg, 3315kg, 3330kg, 3345kg, 3360kg, 3375kg, 3390kg, 3405kg, 3420kg, 3435kg, 3450kg, 3465kg, 3480kg, 3495kg, 3510kg, 3525kg, 3540kg, 3555kg, 3570kg, 3585kg, 3600kg, 3615kg, 3630kg, 3645kg, 3660kg, 3675kg, 3690kg, 3705kg, 3720kg, 3735kg, 3750kg, 3765kg, 3780kg, 3795kg, 3810kg, 3825kg, 3840kg, 3855kg, 3870kg, 3885kg, 3900kg, 3915kg, 3930kg, 3945kg, 3960kg, 3975kg, 3990kg, 4005kg, 4020kg, 4035kg, 4050kg, 4065kg, 4080kg, 4095kg, 4110kg, 4125kg, 4140kg, 4155kg, 4170kg, 4185kg, 4200kg, 4215kg, 4230kg, 4245kg, 4260kg, 4275kg, 4290kg, 4305kg, 4320kg, 4335kg, 4350kg, 4365kg, 4380kg, 4395kg, 4410kg, 4425kg, 4440kg, 4455kg, 4470kg, 4485kg, 4500kg, 4515kg, 4530kg, 4545kg, 4560kg, 4575kg, 4590kg, 4605kg, 4620kg, 4635kg, 4650kg, 4665kg, 4680kg, 4695kg, 4710kg, 4725kg, 4740kg, 4755kg, 4770kg, 4785kg, 4800kg, 4815kg, 4830kg, 4845kg, 4860kg, 4875kg, 4890kg, 4905kg, 4920kg, 4935kg, 4950kg, 4965kg, 4980kg, 4995kg, 5010kg, 5025kg, 5040kg, 5055kg, 5070kg, 5085kg, 5100kg, 5115kg, 5130kg, 5145kg, 5160kg, 5175kg, 5190kg, 5205kg, 5220kg, 5235kg, 5250kg, 5265kg, 5280kg, 5295kg, 5310kg, 5325kg, 5340kg, 5355kg, 5370kg, 5385kg, 5400kg, 5415kg, 5430kg, 5445kg, 5460kg, 5475kg, 5490kg, 5505kg, 5520kg, 5535kg, 5550kg, 5565kg, 5580kg, 5595kg, 5610kg, 5625kg, 5640kg, 5655kg, 5670kg, 5685kg, 5700kg, 5715kg, 5730kg, 5745kg, 5760kg, 5775kg, 5790kg, 5805kg, 5820kg, 5835kg, 5850kg, 5865kg, 5880kg, 5895kg, 5910kg, 5925kg, 5940kg, 5955kg, 5970kg, 5985kg, 6000kg, 6015kg, 6030kg, 6045kg, 6060kg, 6075kg, 6090kg, 6105kg, 6120kg, 6135kg, 6150kg, 6165kg, 6180kg, 6195kg, 6210kg, 6225kg, 6240kg, 6255kg, 6270kg, 6285kg, 6300kg, 6315kg, 6330kg, 6345kg, 6360kg, 6375kg, 6390kg, 6405kg, 6420kg, 6435kg, 6450kg, 6465kg, 6480kg, 6495kg, 6510kg, 6525kg, 6540kg, 6555kg, 6570kg, 6585kg, 6600kg, 6615kg, 6630kg, 6645kg, 6660kg, 6675kg, 6690kg, 6705kg, 6720kg, 6735kg, 6750kg, 6765kg, 6780kg, 6795kg, 6810kg, 6825kg, 6840kg, 6855kg, 6870kg, 6885kg, 6900kg, 6915kg, 6930kg, 6945kg, 6960kg, 6975kg, 6990kg, 7005kg, 7020kg, 7035kg, 7050kg, 7065kg, 7080kg, 7095kg, 7110kg, 7125kg, 7140kg, 7155kg, 7170kg, 7185kg, 7200kg, 7215kg, 7230kg, 7245kg, 7260kg, 7275kg, 7290kg, 7305kg, 7320kg, 7335kg, 7350kg, 7365kg, 7380kg, 7395kg, 7410kg, 7425kg, 7440kg, 7455kg, 7470kg, 7485kg, 7500kg, 7515kg, 7530kg, 7545kg, 7560kg, 7575kg, 7590kg, 7605kg, 7620kg, 7635kg, 7650kg, 7665kg, 7680kg, 7695kg, 7710kg, 7725kg, 7740kg, 7755kg, 7770kg, 7785kg, 7800kg, 7815kg, 7830kg, 7845kg, 7860kg, 7875kg, 7890kg, 7905kg, 7920kg, 7935kg, 7950kg, 7965kg, 7980kg, 7995kg, 8010kg, 8025kg, 8040kg, 8055kg, 8070kg, 8085kg, 8100kg, 8115kg, 8130kg, 8145kg, 8160kg, 8175kg, 8190kg, 8205kg, 8220kg, 8235kg, 8250kg, 8265kg, 8280kg, 8295kg, 8310kg, 8325kg, 8340kg, 8355kg, 8370kg, 8385kg, 8400kg, 8415kg, 8430kg, 8445kg, 8460kg, 8475kg, 8490kg, 8505kg, 8520kg, 8535kg, 8550kg, 8565kg, 8580kg, 8595kg, 8610kg, 8625kg, 8640kg, 8655kg, 8670kg, 8685kg, 8700kg, 8715kg, 8730kg, 8745kg, 8760kg, 8775kg, 8790kg, 8805kg, 8820kg, 8835kg, 8850kg, 8865kg, 8880kg, 8895kg, 8910kg, 8925kg, 8940kg, 8955kg, 8970kg, 8985kg, 9000kg, 9015kg, 9030kg, 9045kg, 9060kg, 9075kg, 9090kg, 9105kg, 9120kg, 9135kg, 9150kg, 9165kg, 9180kg, 9195kg, 9210kg, 9225kg, 9240kg, 9255kg, 9270kg, 9285kg, 9300kg, 9315kg, 9330kg, 9345kg, 9360kg, 9375kg, 9390kg, 9405kg, 9420kg, 9435kg, 9450kg, 9465kg, 9480kg, 9495kg, 9510kg, 9525kg, 9540kg, 9555kg, 9570kg, 9585kg, 9600kg, 9615kg, 9630kg, 9645kg, 9660kg, 9675kg, 9690kg, 9705kg, 9720kg, 9735kg, 9750kg, 9765kg, 9780kg, 9795kg, 9810kg, 9825kg, 9840kg, 9855kg, 9870kg, 9885kg, 9900kg, 9915kg, 9930kg, 9945kg, 9960kg, 9975kg, 9990kg, 10005kg, 10020kg, 10035kg, 10050kg, 10065kg, 10080kg, 10095kg, 10110kg, 10125kg, 10140kg, 10155kg, 10170kg, 10185kg, 10200kg, 10215kg, 10230kg, 10245kg, 10260kg, 10275kg, 10290kg, 10305kg, 10320kg, 10335kg, 10350kg, 10365kg, 10380kg, 10395kg, 10410kg, 10425kg, 10440kg, 10455kg, 10470kg, 10485kg, 10500kg, 10515kg, 10530kg, 10545kg, 10560kg, 10575kg, 10590kg, 10605kg, 10620kg, 10635kg, 10650kg, 10665kg, 10680kg, 10695kg, 10710kg, 10725kg, 10740kg, 10755kg, 10770kg, 10785kg, 10800kg, 10815kg, 10830kg, 10845kg, 10860kg, 10875kg, 10890kg, 10905kg, 10920kg, 10935kg, 10950kg, 10965kg, 10980kg, 10995kg, 11010kg, 11025kg, 11040kg, 11055kg, 11070kg, 11085kg, 11100kg, 11115kg, 11130kg, 11145kg, 11160kg, 11175kg, 11190kg, 11205kg, 11220kg, 11235kg, 11250kg, 11265kg, 11280kg, 11295kg, 11310kg, 11325kg, 11340kg, 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North Dakota Championships 20 Apr 85 - Grand Valley, ND

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

Washington ADFPA Invitational 20-21 Apr 85 - Maple Valley, WA

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

Australian Junior and Masters 4-5, May 85 - Sydney (kilos)

Table with columns: Junior Men, Q, BP, DL, Total. Lists names and scores for various weight classes.

ADFFA Region 12 Meet 21 Apr 85 - San Francisco (kilos)

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

ADFFA Region 12 Meet 21 Apr 85 - San Francisco (kilos) - continued

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

California Junior Championships 4 May 85 - Clovis, CA

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

Whitley, pretty much had things his own way... for a head, for a head, for a head...

ADFFA New York York States 4-5, May 85 - Baldwinsville, NY

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

ADFFA New York York States 4-5, May 85 - Baldwinsville, NY - continued

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

ADFFA New York York States 4-5, May 85 - Baldwinsville, NY - continued

Table with columns: W/MEN, Q, BP, DL, Total. Lists names and scores for various weight classes.

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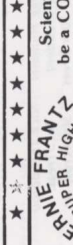
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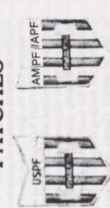
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116 Ken Moreno 615 Chris Lewis 955
117 John Barabang 615 Ken Scott 940
118 Ken Gregoire 535 C. Bombard 940
119 Ed Norath 880 L. Zanon 915
120 Rusty Hedland 565 Mark Vieregg 850
121 132 kids 990*
122 Tony Olson 910 M. Puskarik 1210
123 Joel Powell 830 Damon Ador 815
124 Ott Miller 820 Lorne Moon 755
125 C. Drezler 780
126 Gerald Gandy 780
127 Yul Wells 1200*
128 Nick Karajohn 1020 Pat Russum 1160
129 Mike Hard 965 220 Subotnick 660
130 T. Alexander 930 David Laney 1230*
131 B. Marchello 910 Jeff Jensen 845
132 Mike Sletten 880
133 Mike Sletten 880
134 D. Hendon 670 Larry Mungo 1170
135 165
136 Nick Bell 1150
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148 lbs. Kim Lovett: 198 lbs.

The 1985 Buckeye Open PI championship was a great success. The day included a variety of events for men and women. Many outstanding performances highlighted the day including the best lifters awards going to James Warner (148) and Kim Lovett (148). The day also featured a variety of records including the squat, DL and total. Tim Swanger, a drug free lifter from Fleet's Fitness Club, made an outstanding showing. Tim totalled 2200 lbs. in the 148 lb. class. This was Tim's first qualifying meet. Fleet's Fitness Club ran away with the team trophy accumulating 78 pts while Health and Fitness Club took 22 pts. The day was a great success for all involved. The meet director, would like to thank all the lifters for making the 1985 Buckeye Open PI championship a successful meet. Summary by Connie Shields.



Tim Swanger totalled 1770 to win the 220 lb. lift. Bill Lejeune, Open, while representing the Fleet's Fitness Club, won the 148 lb. lift. Photo by Connie Shields.

Police/Firefighters Nationals
4-5, May 85 - (MID)
Chapel Hill, N.C.

53kg	60 kg	70 kg	170	Total
Deidre Sugre	63	40	40	143
54kg				
Tami McClain	60	45	105	210
62kg				
Greg Hyson	157.5	97.5	200	455
67kg				
M. Kene	192.5	107.5	200	497.5
70kg				
Tom Stuenkel	140	110	107.5	357.5
73kg				
Frank Johnson	237.5	167.5	227.5	632.5
75kg				
Tom Conaway	237.5	172.5	237.5	647.5
78kg				
Wendy Harris	142.5	105	185	432.5
81kg				
John Wells	180	117.5	170	467.5
84kg				
John Allison	155	85	200	440
87kg				
Frank Fullerton	122.5	127.5	170	420
90kg				
Joe Guido	230	135	260	625
93kg				
Ellor Waters	232.5	127.5	292.5	652.5
96kg				
Irvin Lanier	142.5	105	200	447.5
99kg				
Bob McCarty	142.5	105	190	437.5
102kg				
Bob Hoagland	142.5	107.5	170	420
105kg				
Ed Card	142.5	107.5	182.5	432.5

90kg	Mike Makarsky	286	177.5	282.5	746
	Tom Ewald	236	165	255	646
	Tom Conaway	237.5	157.5	260	655
	Lewis House	245	137.5	267.5	650
	Ray Evans	200	142	257.5	600
	Tom Harris	227.5	115	227.5	570
	Tom Davis	192.5	135	205	532.5
	Mike Stilton	137.5	110	210	457.5
100kg	Duane Burrell	325	227.5	295	847.5
	Joe Farnsworth	300	195	292.5	797.5
	Dick Zenzen	272.5	162.5	260	695
	Mike Fari	245	162.5	260	667.5
	Greg Bunch	205	175	220	600
	Arnold Taylor	220	140	230	590
	Tim Chate	127.5	90	167.5	385
110kg	Bob Debit	375	192.5	340	807.5
	Pat Stewart	310	170	292.5	772.5
	Bob Wilkins	250	180	327.5	757.5
	Al Wilkins	235	190	282.5	707.5
	Steve Biglow	172.5	150	197.5	520
125kg	Chuck Braxton	382.5	197.5	282.5	862.5
	Wayne Andrews	272.5	155	300	727.5
	Mike Bernardon	282.5	187.5	275	745
	Mike Mack	257.5	185	272.5	715
	Willie Morris	257.5	172.5	257.5	687.5
	SHW				

he top was just leading for the 5-11 July. Big Bob Dobson won the 75 game (88) just in what he needed to win. When Ken didn't take what he needed to win, he needed to win. The system may have confused a bit. He didn't push but as they say, he does what he needs to win. Overall the meet went along great. Frank Navare won the best lifter award for a great contest. Thanks again to the Challit's, the team title. Thanks again to the Challit's, for a great contest. Thank so Larry Pacifico for results and report.

Region II Collegiate Championship
19, 20 Jan 85 - State College, Pa

55	60	67.5	75	82.5	90	100
WOMEN						
Kelly Brennan	231	93	209	534	1167	1441
Patty Tull	126	93	143	363	683	1065
Men						
Lisa Palmeri	198	104	386	589	1277	1857
Lisa Palmeri	286	192	341	821	1640	2390
Dwayne Snow	203	121	270	595	1290	1959

114. Temple's Patty Tull made only 5 attempts but easily outdistanced Kelly Brenna of Pennsylvania. 123: Ingot Penn state had their own meet. 124: Ingot Penn state had their own meet. BP and region record DL to catch Jamie Boyer of Temple. 132: Muscular Lisa Palmeri of Temple shattered all the region records as she broke here also as class winner Susan Frye of Lafayette College broke the squad, BP and region record. 148: All of the region records were broken here also as class winner Susan Frye of Lafayette College broke the squad, BP and region record. 165: Ingot Penn state had their own meet. 170: Ingot Penn state had their own meet. 179: Ingot Penn state had their own meet. 182: Ingot Penn state had their own meet. 185: Ingot Penn state had their own meet. 190: Ingot Penn state had their own meet. 195: Ingot Penn state had their own meet. 200: Ingot Penn state had their own meet. 205: Ingot Penn state had their own meet. 210: Ingot Penn state had their own meet. 215: Ingot Penn state had their own meet. 220: Ingot Penn state had their own meet. 225: Ingot Penn state had their own meet. 230: Ingot Penn state had their own meet. 235: Ingot Penn state had their own 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181	Jeff Rizzuto	679	264	479	1223
185	David Todd	402	286	501	1190
190	V. Maddox-gt	578	314	573	1466
195	P. Marr-gt	598	314	573	1466
200	M. Vadalani	611	325	567	1504
205	Dave Kellech	567	275	540	1382
210	Scott Quinn	512	319	479	1311
215	Troy Ciavaglia	451	259	485	1195
220	Joe Merhaut	429	292	418	1140
225	K. Edwards-gt	301	303	518	1122
230	Eric Coss	661	407	490	1559
235	Outstanding lw woman: Lisa Palmeri (Temple)	555	300	540	1435
240	Outstanding lw man: C. Snyder (middle: DL)	507	330	540	1377
245	Wagner, hwy: J. Rizzuto, Team scores: 1. Temple 53 pb, 2. Villanova: 30 pb, 3. Navy: 10 pb, 4. Bloomsburg: 7 pb, 5. York: 3 pb, 6. York: 3 pb, 7. York: 3 pb, 8. York: 3 pb, 9. York: 3 pb, 10. York: 3 pb, 11. York: 3 pb, 12. York: 3 pb, 13. York: 3 pb, 14. York: 3 pb, 15. York: 3 pb, 16. York: 3 pb, 17. York: 3 pb, 18. York: 3 pb, 19. York: 3 pb, 20. York: 3 pb, 21. York: 3 pb, 22. York: 3 pb, 23. York: 3 pb, 24. York: 3 pb, 25. York: 3 pb, 26. York: 3 pb, 27. York: 3 pb, 28. York: 3 pb, 29. York: 3 pb, 30. York: 3 pb, 31. York: 3 pb, 32. York: 3 pb, 33. York: 3 pb, 34. York: 3 pb, 35. York: 3 pb, 36. York: 3 pb, 37. York: 3 pb, 38. York: 3 pb, 39. York: 3 pb, 40. York: 3 pb, 41. York: 3 pb, 42. York: 3 pb, 43. York: 3 pb, 44. York: 3 pb, 45. York: 3 pb, 46. York: 3 pb, 47. York: 3 pb, 48. York: 3 pb, 49. York: 3 pb, 50. York: 3 pb, 51. York: 3 pb, 52. York: 3 pb, 53. York: 3 pb, 54. York: 3 pb, 55. York: 3 pb, 56. York: 3 pb, 57. York: 3 pb, 58. York: 3 pb, 59. York: 3 pb, 60. 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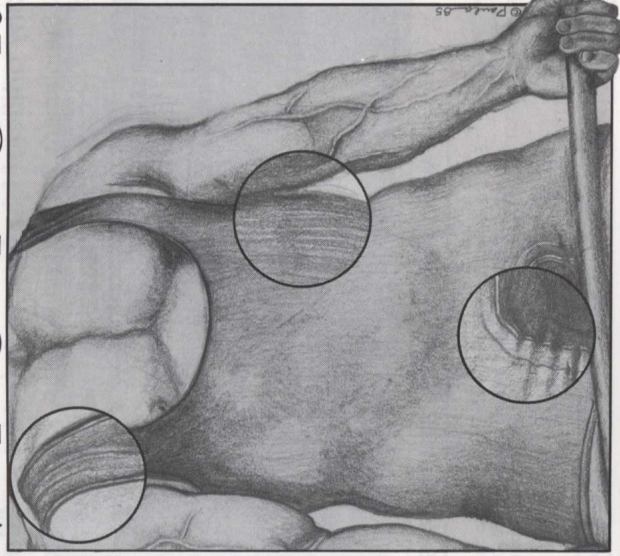
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