

INTERVIEW

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

LM: Horace, let's start out by getting some background information about yourself.

HL: I'm 34 years old, and I work as a Warehouse Dockman for USF Holland trucking company in Detroit, Michigan. My wife Pamela and I have 3 children. Our oldest daughter is Brittany (10), next is Dasia (7), and my son Horace is 6.

LM: When did you get started in lifting?

HL: I have been lifting since I was about 12 years old for sports. I played baseball, football, and basketball. I became more serious with the weights after I sustained a hip injury. I started out bodybuilding and quickly found out that strength and power was what I was after. I was told by a powerlifter, Tim Burdette, that I could be good at it, so I entered my bench press contest and took first in the novice and 2nd in the open division. I was then hooked and hungry to do better.

LM: What records do you hold?

HL: I hold the USAPL Bench Press Nationals record, which is 578; the

IPF Champ HORACE LANE

as interviewed for PL USA by Dr. Larry Miller



He is BIG! Horace Lane benching at the '99 USAPL Men's Nationals.

IPF Bench Press World Record with a lift of 611 lbs., and most recently, the IPF 3 lift World, American, and Na-

tional record with a bench of 629 lbs., all as a 275 lb. lifter.

LM: Do you have any remaining goals in the bench press or are you considering any 3 lift meets.

HL: My goal in the bench press for 1999 would be 650 lbs. and one day to do 700 lbs. at my present bodyweight. As for 3 lift meets, I wanted to total 1900 at this year's past USAPL Nationals, but I did qualify with an 1840 total including a 625 squat, a bench of 615 and a 600 lb. deadlift. For next year's Nationals I'd like to total 2100.

LM: What do you do regarding diet and supplements?

HL: I usually stay around 275-280. I have been having trouble maintaining my weight lately and have weighed in at a few contests around 269. I eat lots of chicken, turkey, and pasta. I keep my protein intake high and drink lots of water. I take supplements, including amino acids, creatine, vitamins, minerals, and whey protein.

LM: What are your views on drugs and drug testing.

HL: Drugs have no place in sports. I'm 100% against them. Drug testing should be done on all the top 3 finishers at all contests. I'm also in favor of out of meet testing.

LM: What type of lifting programs are you on?

HL: I have been working with C.J. Batten and he has changed my technique quite a bit. I have widened my grip, and I am trying to increase my arch. I train my bench heavy once a week and when I get close to a contest, I train my bench twice a week,

one heavy day and one lighter. I do heavy sets of five reps, dumbbells, declines, and power rack lockouts. I got up to about 640 lbs. for my 6 inch lockouts. With my bench, C.J. had me doing sets of 5 reps and I was adding 10 lbs. a week and I got up to 540 lbs. for sets of 5 reps. For my triceps, I do skull crushers and the heavy lockouts and tricep pushdowns.

LM: Have you had to overcome any injuries over the years?

HL: I periodically have problems with my right shoulder, so I have to stretch and warm it up before I lift.

LM: What type of equipment do you like to use?

HL: I use the Crain Bench Press shirt and that's about it. I just recently started to use the bench shirts and will have to start using some of the other equipment.

LM: How have you dealt with the transition from local meet competitor to an IPF World Champion?

HL: It hasn't been much different than before to me. I'm still in the gym training, trying to get stronger. A lot more people recognize my name and accomplishments. I'd like to get better known, eventually, as a great lifter versus being just a bench presser. The world competition was by far my biggest competition to date. It was all that I had expected it to be and I am looking forward to going back again.

LM: Are there any people in the sport who have gained your respect?

HL: Of course. C.J. Batten would be Number One. He has taught me a great deal about lifting and to have the confidence that I can do whatever I think I can do and to yourself for seeing the potential in me and hooking me up with C.J.

LM: How have you enjoyed your friendly competition with Misi Inoke, who tied you at the BP Nationals (and lost on bodyweight) and competed head to head with you at the IPF (BP) Worlds in Germany?

HL: Misi is a great lifter and he is gunning for me. We have developed a friendly rivalry and I know that the both of us will continue to get stronger and I look forward to competing against him in the future.

LM: Any additional comments you would like to make?

HL: I would like to thank my wife Pamela and my children for being there for me, Titan Supports Systems and owner Pete Alaniz, Power House Gym, my co-workers at USF Holland Local 299, Dr. Mauro DiPasquale, and a special thanks to C.J. Batten and Mark for all their help and support.