

INTERVIEW

JANET LOVEALL interviewed for Powerlifting USA by Bob Gaynor



The following interview was done with Janet right after her recent victory at the USPF Nationals in Anaheim, CA.

Bob Gaynor: Janet, would you give us some info on yourself.

Janet Loveall: My name is Lazara Janet Loveall. I was born in Los Angeles as a first generation Cuban. I am married and have two children; a daughter and a son. I also have two grandsons and one more boy on the way. My oldest grandson is 3 years old, but is the size of a 5 year old. He started playing with dumbbells when he was 8 months old—a powerlifter in training (LOL!). Sorry, got off track. I was born in Glendale, California, as one of three children. The joke between us siblings is that we all have special talents: my brother can fix and build anything, my sister speaks and writes the best Spanish between us, and I got the mutant gene. I have loved playing sports since I can remember, but as a good Cuban young girl I danced ballet for a few years. I believe that is what gave me my strength in my legs and the tone of seeing my body morph. After that it was softball, cheerleading, and weightlifting at my local gym. Oh, and I was my brother's wrestling dummy when he was a high school wrestler.

BG: Janet, where do you live?

JL: I live in Rancho Cordova, CA, just outside of Sacramento. I have lived here since I was about 8 years old.

BG: What is your educational background?

JL: I went to college and received my CMA license.

BG: What do you do for a living?

JL: I am a quality assurance analyst for EDS, an HP company, and have done that the past 8 years.

BG: What interests do you have besides powerlifting?

JL: Reading, weightlifting, tanning, camping, watching UFC fights and spending time with my family and grandchildren. Oh, and eating lots of good Cuban food. Hell, I love eating any kind of food. But these days I take it easy since I have been working with Anthony.

BG: What are some of your records or titles?

JL: Elite status in two weight classes, 198 and 198+, I hold 7 world records in the 198 lb class open and masters categories (in the open class: squat, bench, total; Masters I: squat, bench, deadlift and total). I hold several records in the open, masters and masters classes.

BG: How did you get started in powerlifting?

Anthony Ricciuto. He has been my nutrition guru since January 2009. Anthony has taken my bodyweight from 215 to a steady 195, and I have never looked leaner than I do now (except that one stint in bodybuilding 11 years ago where I got down to a bodyweight of 132 lbs.). Anthony has me on a very clean diet of high protein and low carbs. His program has allowed me to get off my cholesterol medication. Thanks Anthony.

BG: How many different federations do you lift in?

JL: I have lifted USAFPL, WABDL, UPA and USPF.

BG: Do you train differently for a raw meet?

JL: No, because since I started out as a raw lifter, I continue to do most of my training raw and incorporate my gear as I go.

BG: When you lift equipped, what brand of equipment do you use?

JL: Well, I just recently got sponsored by Titan. Thanks, Ken. Up to now I have used Inzer for my squat and deadlift suits. My squat suit was a Hardcore and my deadlift suit was a Max DL. My bench shirt is a Titan Katana.

BG: What do you think of the current state of powerlifting?

JL: My first thought is less bull, more lifting. I think it's sad that we have so many different federations. I would like to see fewer federations. I would also like to see a higher percentage of women lifters promoted and sponsored.

Okay, I'm off my soapbox now. I would also like to see powerlifting back on television, but to do that we need a "Dana White" type person who can market powerlifting the way the UFC has been promoted.

BG: Do you think we will ever eliminate some of the current federations?

JL: If they are to be eliminated, I think it will be more by attrition than by any other means.

BG: Who are some of the lifters you have admired/respected?

JL: Ed Coan, Becca Swanson, Shannon Hartnett and Louis Simmons.

BG: Does a powerlifter need training partners to succeed?

JL: In my opinion, training partners are an important part of a powerlifter's success. I wouldn't be at the point I am today without the help of the Supertraining team.

BG: What, if anything, can be done to make powerlifting more popular?

JL: More meets with cash awards would be nice. Have more fun meets. Maybe also offering a Pro card, something like that. Okay guys, I can see you laughing at

me. So stop it. LOL!

BG: In your opinion has the internet been good or bad for powerlifting?

JL: This is a good one. I think the internet has been both good and bad. On one hand it has been good in the way it has allowed us to reach other powerlifters in other countries in the blink of an eye. The web also allows us to communicate and help out each other by viewing videos for training and providing constructive criticism.

The bad thing about the internet is that it allows a bunch of trolls to be posted on powerlifting forums. These "people" who usually post anonymously and make useless comments only tend to move other comments off topic. If you are going to say something, put your name out there.

BG: Do you feel women are treated equally in powerlifting?

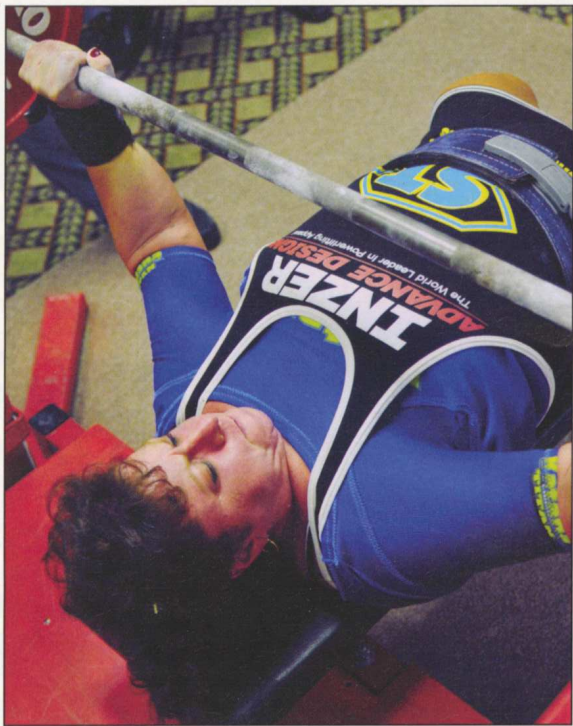
JL: This is one for the books! Well, as far as equality on the platform, yes. However, when it comes to sponsorship and coverage, I would say no. There are a lot of female lifters and it seems that we do not hear much about them in the magazine or on the internet. As far as sponsorship, I have approached

many sponsors over the past year and a half, and last month I spoke with Ken Anderson, and he agreed to sponsor me. For that, I thank him and Titan for their support. Having said that, it seems sponsorships should be equally distributed among women lifters.

A good strong female lifter is just as exciting to watch as a male lifter, and they should be represented equally as such.

BG: What was your all-time favorite moment so far in your career?

JL: Well, I actually have two. The first one was my first Best Lifter award at a USAPL meet in Napa in 2002. The second was squatting 501 lbs. this past April. What made these two moments so memorable was that my mother was present at both of these events. The second one I would say was my best. Due to the fact that I met Scott Cartwright also in 2002, it was a big day for Supertraining and there was not a dry eye in the place between my family and Scott's mom. I did it Mom, Jorge and Tammy. I have told many people that there is no Supergirl without Wonder Woman and my mom is truly Wonder Woman. Since she has started the process of fighting cancer she has told me never stop. Whenever I feel tired I think about what she is going through, and through her I get my strength and move mountains. Hell, all I have to do is train and move the weight on meet day. She is the one that



(Above) Janet has mastered the key techniques of maximum bench pressing and her deadlift (right) has tapped off some world class totals (Lambert/Powerlifting USA photos) has to endure the radiation and chemo and feeling like crap. My hat is off to you, Mom.

BG: Any additional comments?

JL: I want to thank the Supertraining O.G. team members Brad Bell, Scott Cartwright, Roy Bradshaw, Juan Laja, Jim McDonald, Jim Sheffield and Mike Moore (a.k.a. the hottest dudes in Sacramento) for their support and understanding, and for putting up with my OCD. I also want to thank Tara and Camilo from Midtown Strength and Conditioning, Ken Anderson/Titan and Cara Westin and Steve Denison and my husband, Steve, for being the best handler, and to my family because without them I would not be here today. You rock, SexyE. You know who you are. Yeah Baby! I got a sponsorship. Okay, I am done being a dork. Thank you, Bob Gaynor, for the interview opportunity with PL USA. It's funny, but when I would read the interviews you did in PL USA magazine I would ask myself, "How would I answer the questions?" Well, I told myself to answer truthfully. So, if I have offended anyone, too bad. If you have any issue you know where to find me. I train at Supertraining. (JK) Thanks and stay strong.

