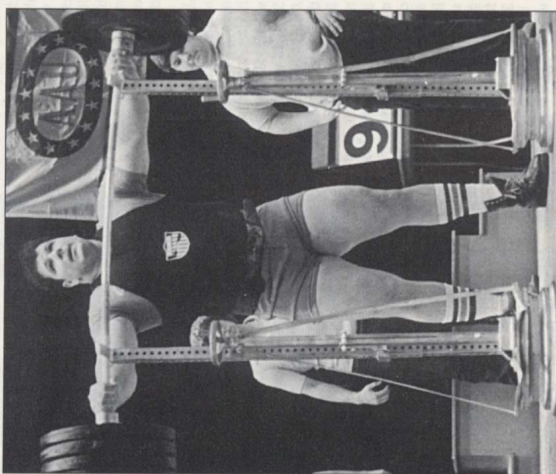


DON REINHOUT

"The Last Leviathan"

as told to Powerlifting USA by Herb Glosbrenner



Don Reinhardt attempting a squat of over 900 lbs. with the only supportive equipment being a thin belt. (photo by Bruce Klemens)

Once upon a time - long ago, when Powerlifting was still in its infancy, in upstate New York there lived a man. What a man he was. He had a date with destiny - to become the greatest of strongmen. He became the small community of Fredonia, NY what Blatz beer was to Milwaukee - famous. Don lived in Fredonia most of his life, but for the past 15 years he has made his home in nearby (7 miles away) Brocton.

Don Reinhardt is the man. Remember the name because no Superhero before or since could move iron like the Brocton Behemoth. He established a powerlift total of 2420 around twenty years ago. Even then Don did not accumulate his best lifts together. Just imagine, all his lifts were performed without the modern-day supportive gear. A one piece wrestling singlet and no knee wraps or belt - that's it!

So, all of you Johnny-come-latelys never heard of him? This doesn't surprise me. Powerlifting's lost heritage needs a revival. Time to open those dusty issues of *Muscular Development* magazine and find out what real strength is all about. Intrigued? Then read on!

Donald Reinhardt was born in Dunkirk, NY, (just outside of Fredonia) on March 6, 1945. His mother and father were not athletic nor very large. He was the second of two offspring. His sister is six years older and grew to six feet tall as an adult. To say that Don was a bouncing baby boy would be an understatement. In fact, he set a hospital record, weighing in just a few ounces shy of 12 lbs. It was one delivery that Mrs. Reinhardt was glad to see completed. She declared that after that she wanted no more children.

Surprising as it may seem, Don was just an average sized boy growing up. He inherited his eventual size from his mother's side of the family. By the time he became 15 he was 6'1" and weighed 175 lbs. Basketball was his favorite sport. He participated in a winning Varsity team while in High School. Winning was first and foremost a part of Don's curriculum. He did not weight train because his school coaches discouraged it. In those days the general consensus was that weights hampered athletic performance. Misconceived notions ran rampant back then.

Don also played football. His position was tight end and defensive end. He made All Conference that sport. He enjoyed athletics, and threw the shot. He chucked the 12 lb. iron sphere 52'6" - good enough for a Western NY League and Conference record. Looking back, he believes that with tech-

lightest flaw in his technique. Her attention and help was instrumental in his climb to the top.

There were no P/L meets in Buffalo, so they traveled to Erie, PA. It was there Don met Les Cramer and lifted for his team. After about six months he entered his first competition, the Junior AMA Championships. It was such an auspicious debut - 1745 via 440 670 635 (in those days the bench press came first). Reinhardt progressed rapidly and his body mass increased to over 300 lbs. After less than three years participation in January 1972 at the Sr. AMA meet in Erie, Don busted through the 2000 barrier (450 850 740). As his bodyweight climbed to 340-350, his bench press improved significantly. Just five months later at the Region 2 meet in Cumberland, MD he made a huge breakthrough - 2150 - 555 870 725. His 870 face value squat weighed light - 855, but it still was a World Record. At a chilly outdoor meet later that summer he increased to 2175 (580 825 770). Had the weather conditions been more favorable Don believes he could have done 2200 that very day!

Up to this point Don had not participated in any National level competition. He wanted to go into a big meet. The World Championships of '71 were in Harrisburg, PA. What better place to test the waters? Cramer pulled back on the reins. He tried to convince Don that he wasn't ready to go up against the top dogs. Despite the negative influences, Don had already made up his mind. He wanted to get into the big time meets - so, that was that. He left the Cramer camp and never looked back. Retrospectively, Don knows he made the wise decision. When you are carrying around 350 lbs. plus, you don't need the added burden of a monkey on your back. "He was trying to hold me back to continue representing his club, but I wanted bigger and better things" Don reminisced.

Don wanted the big time boys and he got them. Boy, did he ever! I wrote a marathon report of this event for the Jan. '73 issue of *Iron Man*. We're talking about the original *Iron Man* put out by Peary and Mabel Rader. It was then regarded as the leading strength journal in the world. (Today's mag bears no resemblance to the original.) I said: "More came to see the five supers this afternoon than did for the physique contest after all the lifting". Reigning National, Jon Cole was conspicuously absent. He won the Seniors with 2255 and in late Oct. weighing 282 raised the SHW total standard to a new ceiling - 2370! The greatest collection of strength

came discouraged. Even so he made a 330 press, 250 snatch (his worst lift) and 350 clean and jerk in competition. In training he pressed 340 and clean and jerked 370. It was in 1966 that he met Cindy Wyatt at a W/L competition in Columbus, OH. She was attending OSU majoring in psychology and was a spectator in the audience. They struck up a conversation and Don discovered she was a Buffalo, NY girl - it's a small world! They started dating and were married in 1969. Cindy was a star in Athletics. She was several times Women's National champion in the shot-put and discus throw. During the summer months, she competed in Europe and took other trips abroad. Later on in 1977-78, she became Women's National P/L Champ. At 165 she had best lifts of 415 squat, 225 bench and 385 deadlift. This is good, even today, but was phenomenal then. She gave him much encouragement and support when he decided to try Powerlifting. He always had admitted strength and strong men and gave it a go in 1969. Cindy became Don's Number One coach technique and no coach and be-

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Placebo? Baloney!

BY JAMES M. HAYES
A placebo is a substance or treatment that has no specific therapeutic effect. In other words, it's a fake. But it's also a powerful one. Placebos have been shown to have a significant effect on a wide range of conditions, from pain to depression. The effect is often attributed to the patient's belief in the treatment, but it's also been shown to be a result of the placebo effect itself. The placebo effect is a real phenomenon, and it's not just a matter of imagination. It's a complex process that involves the brain, the body, and the environment. The placebo effect is a powerful force, and it's one that we should all be aware of. It's a force that can be used for good, but it can also be used for bad. We need to understand the placebo effect, and we need to use it wisely.

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