

INTERVIEW

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

DOSSIER: SUBJECT: Jim Rouse.
AGE: 56. MARITAL STATUS:
married with 3 children and 3 grand-
children. HOMETOWN: Joliet, IL.
JOB: Canine deputy for Will County,
IL. BACKGROUND:
Former Master Ser-
geant, U.S. Army; 6 1/
2 years stationed in Eu-
rope; 3 years in South-
east Asia (Viet Nam and
Thailand); after military
service drove truck over
the road from 1981-
1984. HOBBIES: (1)
Powerlifting; (2) Hunt-
ing and fishing - killed
wild boar in Tennessee,
spring, 1997. HEIGHT:
5 ft. 6 in. WEIGHT
CLASS: 181 and 198.
TRAINING WEIGHT:
188-189 for 181 class;
always under 198 for
198. EQUIPMENT
USED IN COMPETI-
TION: Bench shirt type:
loose Frantz denim shirt.
Suit: Frantz single suit.
Wrist wraps: None.
Knee wraps: Frantz or
Crain. Shoes: Special
shoes with high heels
for bench press to elimi-
nate use of plates.
EQUIPMENT USED IN
TRAINING: Squat and

JAMES ROUSE

as interviewed for PL USA by Fred Rice



This is It... the current IPF 3 lift World Record for the bench press - by James Rouse back in 1980.

deadlift: loose groove briefs, knee wraps, and belt; bench press: no equipment, not even wrist wraps

FR: TELL US ABOUT YOUR LONG-STANDING IPF WORLD RECORD IN THE BENCH PRESS AND OTHER RECORDS THAT YOU HAVE SET:

JR: That was set in Arlington, Texas in 1980 and still stands today. I did 479 1/2 lb. at 165 without a bench shirt. I didn't think it was that big; I wanted to do 500. I also set the IPF world masters record with 501 at 181. That was in 1982 at 42 years of age. A few of the other records which I have set were the ADFPA squat record in the 181 lb. class with 628 lb. at 46, and the WDFPF world masters bench record (no shirt): 402 at 181 in the 55-59 age category.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?

JR: I was in the military, and fat. I weighed 230 lbs. The military

went with this lose it or get out policy. I got down to 170 lb. and started lifting because I looked bad. One of the guys said, "You're pretty strong - you ought to compete." So I went into the Illinois State meet. This was in 1971 or 1972. I won it, and have been going ever since.

FR: HOW DID YOU GET INVOLVED WITH USA POWERLIFTING (THE ADFPA)?

JR: Years ago Brother Bennet and I had a long talk at Vincennes, IN. I went down to judge one of his contests, and we were agreeing that the drugs have to stop. I joined the ADFPA then, and used to talk to Brother Bennett quite frequently.

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

JR: In 1980 I was at a meet in Arlington, Texas and observed other lifters smoking dope - everybody was high - there were needles on the floor - and I walked out into the hallway and told my

wife, "I ain't liftin' no more." I quit in '80 and didn't lift in national meets again until '82, although I did lift in some local meets. I'm so happy that I didn't continue with the drugs like a few people that I know, who are now hurting. I enjoy powerlifting so much more without the drugs, when you can do it and have fun.

FR: TELL US ABOUT YOUR HEART SURGERY AND HOW THIS HAS AFFECTED YOUR LIFTING:

JR: At the World Police Games in 1994 my heart wouldn't slow down. I was taken to the hospital and had a quadruple bypass. I took a year off from lifting.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

JR: I take a protein supplement, creatine, and a multiple vitamin. As far as my diet, I restrict the fat. I eat a lot of vegetables and fruit. I will eat turkey and chicken, but I haven't had any beef in almost three years now, because of the

heart problem.

FR: WHAT ARE YOUR BEST CONTEST LIFTS AS A MASTER LIFTER?

JR: At 181 my best squat is 659, bench 501, and deadlift 659. At 198 my best squat is 705, bench 468, and squat 639. When I was younger, at 165 I did a 633 squat, 469 bench, and 633 deadlift.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?

JR: I would love to see unification, but I don't know whether it will happen. I wish that people who are arguing and trying to make mega-dollars off of powerlifting would let powerlifting go back to where it was. I remember when the U. S. world team was

sponsored by the organization. Now we are so diversified that they cannot offer anybody anything. When I went to Perth, Australia in 1984 I didn't buy an airline ticket. As far as equipment is concerned, they should do away with the bench shirt, which gives some of the big guys with the multi-ply shirts close to 200 lb. It's debatable whether the squat suit should be kept. I plan to lift in a raw meet at some point.

FR: WHO ARE SOME OF YOUR CLOSEST FRIENDS IN OUR SPORT?

JR: Walter Thomas, Lamar Gant, Ernie Frantz, and if you go back far enough, Precious McKenzie, the little South African who was also one of the top Olympic lifters. I got to see him perform many times. He is a very nice person. Others I think of are Doug Young, Fred Hatfield, the clown of powerlifting, and Jim Cash. There are, of course, others, and I hate to overlook anyone.