

PREMIERE ISSUE!

# POWERLIFTER

TODAY

JUNE/JULY 2014

HAWAII  
**RECORD  
BREAKERS**  
MEET #7

**10**  
DEADLIFTING  
TIPS

**POWERLIFTING  
COUPLE**  
World champion  
husband and wife

THE REAL VANILLA GORILLA

# BLAINE SUMNER

**FEATURED  
GYM OF  
THE MONTH**

Rocky Mountain  
Lifting Club

**WOD About  
CrossFit?**

**WORLD'S  
STRONGEST  
CHIROPRACTOR**

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and better with Mike Cass

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# MY VIEW

**G**reetings, powerlifters! This is a new magazine covering all of powerlifting, from raw, single ply and multi ply gear, tested and non-tested, to nutrition, training tips, interviews, meet coverage – everything powerlifting. It’s the magazine I always wanted to read, and I hope you look forward to each issue, too.



My name is Jim Curley. I’m 59 years old, and have been powerlifting since 1980, when I stumbled into a powerlifting gym after my last steroid cycle. Steroids were not really illegal then, and they were cheap and available everywhere. I was a quasi-bodybuilder/gym lifter who didn’t know the meaning of the term “delayed gratification,” and I wanted to be HUGE, and RIGHT NOW! I was on and off about 10 cycles over three years, each “off” cycle worse than the previous one. I was moping around after my last and final cycle, when a friend of mine said he had started “powerlifting”, whatever the heck that was, and suggested a 30 day membership to try it out. I walked in to Judoka in Littleton, CO, and Ron Poindexter (165#) was deadlifting 585 off a 4 inch block for 8 reps. I knew that I had found my sport, “hobby,” obsession, whatever you want to call it. There were some major lifters there, both on the “sauce,” and off, and many of those guys are still competing today.

I got off performance enhancing drugs 34 years ago, and have competed at least once a year since then in drug tested federations, and for the last 8 years, just in push-pull meets. I’m a very average (sub-average?) lifter, with best deadlift of 512 at 57, and 308 bench at 56. My long bicep tendon tore off my shoulder while spotting a friend who had 450# heading for his face in the bench, and I can’t hold a straight bar on my back anymore. I can use a safety squat bar or cambered bar to squat, but my three lift meets are over, so push pulls are fine for me, and I’m glad that such a choice exists.

Speaking of choice, do you realize that powerlifting is probably the purest example of free market economics that exists today? Want to lift only in drug tested meets? Do it. There are 5 or 6 feds that can accommodate you. How about raw, but not tested? There are several

feds just for you, and many more that run the entire gamut of powerlifting. Better yet, are you just training, but don't compete? Find a federation that suits you, read the rule book, and COMPETE! You'll find that powerlifters are very friendly and helpful at meets, and you'll be glad you took the step. You will find that free choice and competition in any market, ours included, is always best for the consumer.

I lift drug free, and will pay for my own test, if my meager lifts aren't enough to qualify for testing selection in any meet I compete in, to prove it. Do I understand the draw and attraction of anabolics? I do, very much. As long as males are males, and seek an "edge" over each other in everything that they do, drug use will continue. Steroids are a "force multiplier" like no other, and will always be controversial and divisive, with strong opinions on both sides of the issue. If a lifter wants to elaborate on their stance on anabolic use, this magazine will provide a forum for that, whether pro or con. We are all "brothers and sisters" as powerlifters, and this magazine is for ALL powerlifters.

Powerlifting will likely never be unified, mostly due to a bunch of rational, self-serving individuals who want to make their own decisions, rather than being told what to do. Competition among feds for the lifter's dollar, will indicate what is most popular in our sport at any given time. That's just how it is, and how it should be.

This magazine will interview a wide range of powerlifters, and cover large world meets, just because it's powerlifting, involving strong people with fearlessness and fortitude who test their strength constantly by putting their hands on a barbell. Even though it's somewhat of a niche sport, powerlifting is still the best way to train for most everyone, often in spite of age or circumstance.

If you're looking at a friend's copy of this magazine, subscribe now! A full year, six issues, for 9 cents a day!

**Jim Curley,  
Editor In Chief**

## ON THE COVER

Blaine Sumner is a world-champion powerlifter who competes in the IPF and USAPL both raw and single ply.



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Address change/contact us:  
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## HAVE SOMETHING TO SAY?

# BE A CONTRIBUTOR

This premier issue needed content (also needs advertisers!), and I will always do the interviews (my favorite part of any magazine), but if you feel qualified to write about training, nutrition, etc., I welcome your story or article. Many of you are far more qualified than I to write powerlifting articles.

If you would like to be a guest contributor regarding training articles, nutrition, or other things powerlifting, please email [Jim@Powerliftertoday.com](mailto:Jim@Powerliftertoday.com).

Also, state meet directors, if you want your meet covered, send in results with GOOD pictures and a short story about some notable lifts and lifters, and we'll run them. Depending on timing and the printing cycle, they could appear 6 months after the meet happened, but your lifters would still appreciate seeing their name in print. I will do my best to cover World meets in America, and this may expand to National meets also. A World meet should probably have a minimum of 200 lifters, but this isn't cut and dried.



# Quick Deadlift Tips For Anyone

## BEGINNER OR PRO



A friend of mine called my deadlift the “least worst” of all my lifts, so I spend time trying to improve it still, after 34 years. The deadlift is not just shuffling up to the bar and picking it up. It is a complex lift (as all three are), but the deadlift is the one that determines who wins the meet, so hopefully you can get at least one tip from this that will help you.



**01**

**Sumo or conventional, SPREAD THE FLOOR** with your feet. This applies more to sumo lifters, but it forces you to keep the legs tight and activated. If the legs aren't fully tensed, your lift won't be optimal.

**02**

**Shoulders should be even with the bar**, or behind it. If you're too far forward, you won't start very well, and may not even start the bar moving. Some lifters roll the bar forward, then pull it back, and as soon as it hits their shins, they're able to pull back in a better starting position. I have trouble generating the torque required to get the bar moving (long legs, short torso), so I get in position with my hands about 2" above the bar, imagine that I'm a compressed coil spring, and as soon as I grab the bar, the spring is let loose straight up. This usually pops the bar off the floor, but if I'm forward and not pulling back, it doesn't work. I saw some Polish guy, 181# raw, use that same technique, and he pulled 793. It might work for you, too.



**03**

**Yard by yard it's hard, but inch by inch it's a cinch** What does this mean? When you set up to the bar, shins tight against it, grab the bar, pull the slack out of it, and then try to get your shoulders just ONE INCH more toward the wall. This one more inch probably will put you in the ideal position.



**04**

**As soon as you grab the bar, pull hard and back**, the goal being to thrust your hips as far forward and as fast as you can.

**05**

**Tense the thoracic spine area. This is your upper back** around the spine, and if this isn't tight, your back will start to round, and it will be difficult to lock out the lift. Some people prefer the rounded upper back, but most feds require the locked shoulders at the top. Even round back lifters have to be really tight in that area.

**06**

**You can't do enough glute/ham work. If you don't** have access to a glute ham raise or reverse hyper machine, pull-throughs using a low cable and squeezing the glutes at full contraction, or stiff legged deficit deadlifts, will be very effective. Once the bar gets to your knees, squeezing the glutes hard will usually finish the lift for you. Conversely, if you don't fully activate the glutes, you're not lifting as much as you could. Hammer them hard and often!

**07**

**Lose the fear. I have never heard of** anyone breaking their back while deadlifting, and you probably won't break yours either. Your back is stronger than you think.



**08**

**Do lots of assistance back work. This** means chest supported T-bar rowing, or lat pulldowns to the chest or nose (face pulls). A big and strong back is key to all three powerlifts, and a minimum of 3 sets of 8 reps should be done after every workout, right before ab/trunk/core work at the finish.

**09**

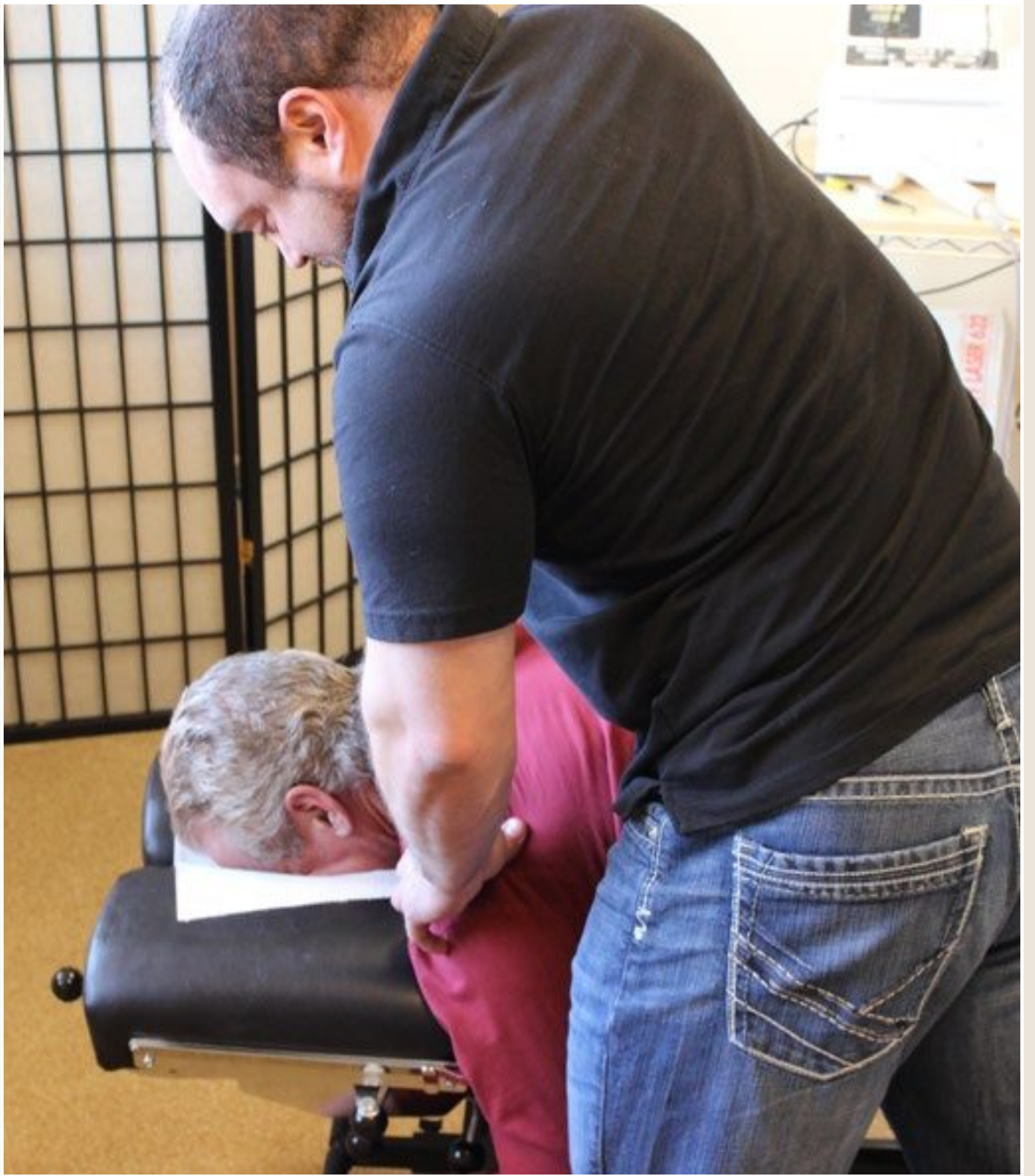
**Build a strong core. Planks, kettlebell swings,** incline sit-ups – all these support the spine, and if your core isn't strong, your deadlift won't be either.



**10**

**Activate every muscle when you start the pull.** Imagine someone flipping a light switch and every muscle fiber in you is “turned on”. Get violent and angry, and know that this bar, loaded with “plastic plates” is going to fly up.

By Jim Curley



# THE WORLD'S STRONGEST CHIROPRACTOR?

**I've been a patient and friend of Mike Cass for 10 years, and have always tried to get him to compete, but to date have been unsuccessful. Maybe this interview will change his mind!**

**Mike, how old are you, and how long have you been a chiropractor?**

I'm 39, and have been a chiropractor for 12 years. I went to Cleveland Chiropractic in Kansas City, and have incorporated Chinese medicine, acupuncture, and trigger point methods in my practice. I also do dry needling, which is challenging the muscle and irritating it, breaking up scar tissue. It basically forces the body to make a decision, kind of like breaking down muscle tissue in a workout.

**You have what you call your "meatheads", powerlifters, pro bodybuilders, football players, wrestlers, ex-athletes.. How many of these types do you have?**

At least 30 or 40, maybe more. The common trait is that they all overtrain. Even the female figure competitors – they all overtrain. Now that the CrossFit gyms have opened up ( I call them crosshurt), that's really helped business. The average 40 year old person in a desk job wants to get in shape and try something new, so he starts CrossFit. They'll have him doing all 3 powerlifts, snatches, cleans... the average 40 year old just can't take it. CrossFit does have a great support group thing going on, though.

**You're married. How many kids?**

A son and a daughter, 14 and 15.

**What is your height and weight, and when did you start lifting?**

I'm 5'8", and usually weigh about 225. My older brother would take me to the high school weight room, starting about when I was 8 years old. He's eight years older than me, and he'd just always bring me along everywhere he went. I started squatting, benching, deadlifting in ninth grade. I weighed about 140 and was squatting for reps with 225. I didn't know that that was supposed to be heavy, it just felt like a good weight to squat with. The powerlifting coach at Arvada West, Rich Meyers, saw me doing that, and saw some potential, so he kind of took me under his wing. I lifted in my first meet as a sophomore in high school. I was 148 in a hand me down suit, and went 450 – 250 – 450. I was 15, and competed in a few more meets until I graduated high school. I got a football scholarship to Adams State College in Alamosa, CO, so the powerlifting took a back seat to football. After I graduated, I was going to enter USPF Junior Nationals. I was 23, weighed 181, and two weeks out from the meet, I squatted 600 with just wraps, benched 400, and deadlifted 600. The next week I totally blew out my groin, so I didn't go to the meet. I started chiropractic school, got married, and haven't competed since.

**I've been trying to get you to compete for 10 years. Why don't you compete anymore?**

I don't know. It's kind of a mystery to me too. I can focus on one lift if I want to, hit that for a single, and then work on another, without

focusing on a meet. About 6 months ago, I decided to see what I could deadlift, and pulled 725 sumo with just a belt. But yeah, I'll compete in the next year or two, but I work a full day on Saturday, when meets always are, so it's tough. A meet would probably cost, counting lost chiropractic revenue, meet entry, etc., close to a grand. But I do have a desire to compete soon, so I will do it, likely in an IPF raw meet.

**725. That's a great lift. What is your best squat and bench in the last year?**

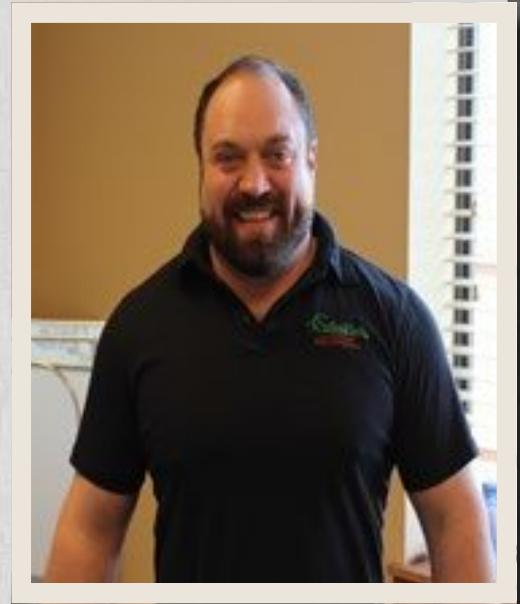
In the last year? I squatted 700 with just belt and wraps, and raw benched 495 with a pause.

**How high was that squat?**

I've been squatting since I was 14, and the standard always was DEEP. If a rep isn't the old USPF (now IPF) depth, I don't even count it as a rep. I've always squatted deep – I can't not do it. Even though I haven't competed for so long, I'm so conditioned to it, it's the only way I can squat. I did 550 for 8 about 3 months ago, just wraps and belt, and I felt like I could have done a couple more, but I generally train by myself, so I quit at 8 reps, rather than fail and get injured. When I go for a big single or big rep set, I don't lift at all the next day. It kicks me so hard, I feel like I've got the flu or something.

**You mentioned above that when you compete, it will be raw and USAPL (IPF). Why that federation?**

I squat deep, and think that everyone else should too. There needs to be a uniform squat depth across all federations, otherwise a  $\frac{3}{4}$  squat is the same as a full depth squat, and they are NOT the same. I'm not sure when high squats started becoming more accepted, but deep squatting was the standard for everyone, and no one questioned it. The 3 lifts have basic rules and standards, and those rules should be consistent.



**They'll take one look at you and your lifts, and you'll be tested. Any problems there?**

No, I don't use anabolic steroids, but I seriously don't have a problem with those who do. I think with all the "designer drugs" out there, they are much "cleaner", and can be used safely, as far as recovery, keeping your body clean during the cycle. There's so much information out there, I think there's a right way to take them, in fact, I feel that every NFL team should have a doctor who is very knowledgeable about anabolics. Pro players could have a longer career, they could recover much faster, and they'd be healthier at the end of their career. If you're a powerlifter and using steroids, and you go to a drug tested meet, that's crap. That's cheating, and I would never endorse that. If you take anabolics, and enter a meet where there are no drug free expectations, I don't have a problem with it. It's still a free country. I think you should have a reason to do them, like pro athletes, where your livelihood depends on performance and being able to recover quickly. For example, human growth hormone (HGH), has no known side effects, and anabolics are almost the same, as long as they're used, and not abused. I still contend that pro sports teams should have a doctor who prescribes anabolics, and mostly for recovery.

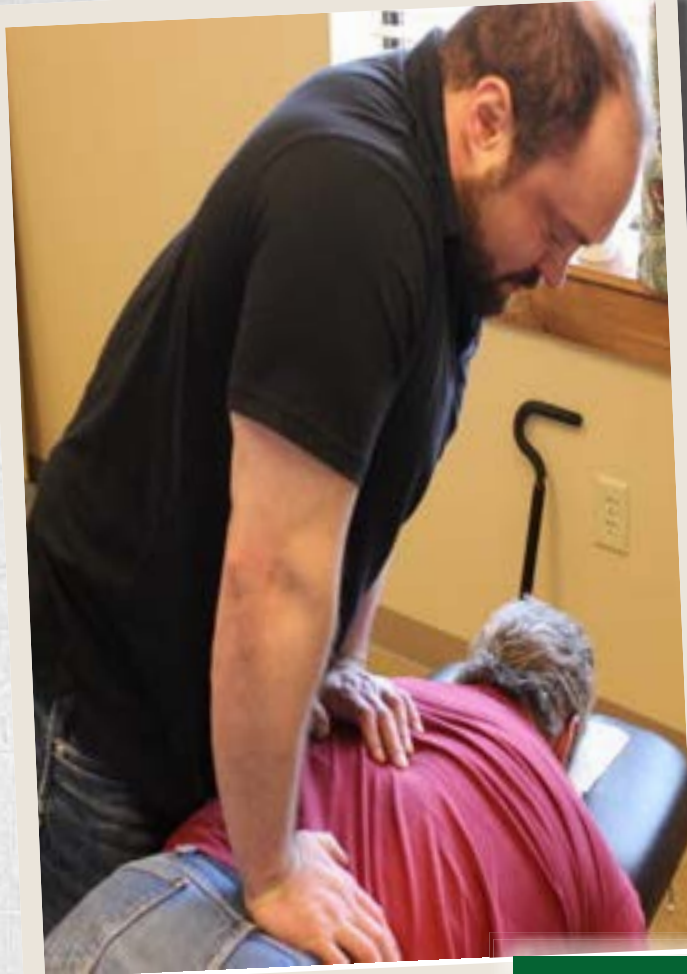


**"IF YOU DO REASONABLE DOSES OF ANABOLICS AND DO THE RIGHT POST CYCLE THERAPY, YOU'LL BE OK"**

Bodybuilders are the ones who really abuse steroids. Megadoses to bulk up, then they cut down .... body builders look like they're healthy, but they're some of the most unhealthy people around, mostly due to abuse of steroids and testosterone. If you do reasonable doses of anabolics, and do the right post cycle therapy, you'll be okay.

**What do you mean by post cycle therapy?**

Clomid, and its variants, are actually fertility drugs, but when males take it, it acts as a luteinizing hormone, which tells your pituitary to signal your testes to start producing testosterone again. It revitalizes the system. HCG is another one that does that. These are not



and the shoulders and chest are fine, but I have no tricep power. I've focused on getting them big and strong, and no change! So I just do what I'm built to do, and it works. I do everything wide – squat stance, bench, and I sumo wide. I'm not real flexible, but I think flexibility is overrated. If you're doing yoga, okay, but how flexible do powerlifters have to be? I never stretch, because I think stretching shuts things down. The first thing I do is sit in a hot, dry sauna for 20 minutes until I'm dripping. I train at a 24 Hour fitness, and they all have saunas. When I'm sweating, I'm ready to start lifting. You can't stretch a cold muscle; it just gets irritated. I stretch after I train for a few minutes, because I'm already warm. You could turn your car heater up full blast on the 20 minute drive to the gym, and you'd be sweating, and ready to go. The poor man's sauna! You should reach the temperature threshold where you're actually dripping. At that point, your body is releasing co-factors – everything will work better.

**What is your opinion on genetics and success in powerlifting? What percentage in high level lifters is due to genetics; hard work, focus, and determination notwithstanding?**

80 percent, at least. Maybe 90.

**I'm sure that most "genetic freaks" in the sport would disagree, wanting to believe that it's guts, drive, etc. and nothing else. They don't really want to believe that they've got some sort of edge over others.**

I've been involved in sports of some kind since I was 7, and still treat athletes every day. You see guys that make progress continually, even doing the identical same things. Take the NBA, for example. Kid "A" goes to camps at every chance, plays on the school teams, practices after school – just works his ass off. Kid "B" shoots hoops on the playground, plays on the same school team, and goes to the NBA. Kid "A" probably works 10 times harder than Kid "B", yet Kid "B" goes to the pros and makes millions. Don't tell me it's just hard work or "drive". There is a genetic component in every sport. Attachment points of

testosterone. When you add external testosterone to your body, the body seeks equilibrium, and shuts down its testosterone manufacturing, saying "Okay, I've got enough." The post cycle agents restart the system after your body has shut down its natural testosterone production, after the cycle is over. Steroid abuse is the problem. If I had a chance to be a pro athlete and make millions, I know I'd look at taking them. The prohormones are the worst. I can't believe they're still out there, and people take them. They crash your body, and they're dirty, the liver doesn't like them.

**What's an example of your lifting schedule?**

I lift usually Monday, Wednesday and Friday. Its usually squatting twice a week, one heavy and one light, and bench, with shoulders, triceps, and lats. I'll deadlift light, but if I train deadlift heavy for 3 or 4 weeks, I start going backwards fast. I bench wide,

## IN THE GYM WITH MIKE CASS



**He doesn't presently compete, but he trains heavy and lifts like a pro.**

<b>Deadlift</b>	<b>725</b>
<b>Squat</b>	<b>700</b>
<b>Bench</b>	<b>495</b>

muscle fiber, bone length, height to weight ratio – they’re all factors. I was talking to a sports physiologist from Canada once at the gym. Haven’t seen him in a while, but he was telling me that he can look at someone, how they walk, how their arms look, even at 10 years old, and know what sport they’ll be good at. He said he’s been doing that for many years, and is almost always right. He was on the Canadian Olympic Committee, and that’s how they select most of their high level athletes. Even if you don’t have great genetics, you can improve, and make progress. You probably will never come close to being a world champion, but so what? I see so many body types in a day in my work. Some are predisposed to running marathons, but not lift weights, and vice versa. That’s genetics. I talk to people all day, and there are folks who never train and look athletic, and those who train their butts off, and are insulted when I ask if they work out.

**I know your dad, although I haven’t seen him for about 5 years. I remember he was deadlifting in the low 500’s. How old is he now, and what’s he doing?**

He’s 72, and he’s still in the gym, but he doesn’t train heavy anymore. He’s a perfect example of HRT doing wonders. I’ve tracked him for the past twelve



**“IF YOU’RE RESTORING YOUR BODY TO WHAT IT SHOULD BE, HOW IS THAT CHEATING?”**

years when he started it. He was losing muscle mass, he was fatigued and depressed, and with just a very small dose from his M.D., he really turned around. He was an asbestos remover, and he just quit his last job a few months ago. At 72, he wasn’t just doing desk work or something easy, but he was doing man’s work that most young guys today can’t do.

**We’ve all heard the radio and TV ads, “Is it low T?” Hormone replacement therapy (HRT), is becoming mainstream for older males, from all walks of life, not just athletes and powerlifters. I’ve talked to several lifters in their late 50’s and 60’s that compete in drug tested feds. Their testosterone numbers were low, and now they’re getting a weekly shot from their M.D. They feel way better, but they’re concerned that**

## ABOUT THE GREEN HERB

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About Dr. Cass:

Chiropractic care is a well-established and extremely safe method of healing and wellness. Anyone of any age can be adjusted. Dr. Cass is versed in a variety of techniques and will determine which one or which combination would be best for you. Because of the close relationship of the spine and central nervous system, misalignment of spinal segments can be very detrimental to overall health. Spinal misalignments can result in pain and interference in normal communication and function of the nervous system and therefore every aspect of human physiology.

**they are “cheating.” I think this is becoming more prevalent, and is an issue that all drug tested feds will have to address, because HRT is testosterone injections. What’s your opinion?**

If you’re restoring your body to what it should be, how is that cheating? We’re not talking about elevated levels of testosterone, just getting it back to what it should be. How is it cheating to be where you should be? An analogy might be a turbo Porsche that’s been running on bad regular unleaded and it misses and sputters. A tankful of quality premium unleaded, which it was designed to run best on, and it runs like it should. As long as the guy is not above the normal range for his age, why shouldn’t he get HRT? I think that there needs to be an upper range for each age group, because “normal” or “average” assumes the high and low figures have been knocked off the bell curve. There are lots of guys, powerlifters and athletes in particular, whose natural testosterone levels are significantly higher than the general population. I believe all drug tested federations are going to have to address this very soon, and take into account that the range of testosterone level can vary greatly, especially when compared to the average desk jockey/couch potato of the same age. I differ from a lot of chiropractors, but we were all taught in school that “drugs are evil, drugs are bad.” For example, take statin drugs. They’re junk. Cholesterol is part of our system, and is supposed

to be there. On my wife’s side of the family, most of the women are overweight. Diet and exercise don’t help at all, because they don’t have any thyroid function. So is putting a thyroid drug in at that point, is that a drug, or something that should be there naturally? It’s something that should be there, and now they can lose weight, maintain a figure, and have a higher quality of life. Genetically, every child is a product of two separate sets of DNA coming together, and if both sets are flawed, then that child probably has “super flawed” genetics. We’re finding out a lot about body functions and drugs that we didn’t know before.

**How does this relate to testosterone, and normal levels of it?**

Testosterone levels are no different. Conventional wisdom used to say that high test levels caused prostate cancer. It’s from estradiol, which is converted from testosterone. Aromatase, which is an enzyme, converts testosterone to estradiol, especially if test levels are higher. Older guys, if they take a little saw palmetto, which is very high in lycopenes, clears out the estradiol. They’ll almost never have prostate problems. Doctors, who used to diagnose prostate problems or cancer, would give injections to reduce testosterone. That was a standard medical procedure for decades, and it almost never helped. Then they discovered that getting rid of the estradiol solved the problem.

**PLT**

# Da Bomb

## HOW TO AVOID BOMBING IN A MEET

BY JIM CURLEY

A good rule of thumb is to make your last planned warmup your opener on the platform. This should be a lift you can always triple, most any day of the week. When in doubt, DON'T BOMB! It's a great feeling to get that first lift and know that you can now focus on a PR. Unless you're at a national or world meet, you're usually competing against yourself anyway. Many of this magazine's readers are recent CrossFit converts or beginning powerlifters who have no idea what their openers should be at their first meet.



Know the rules and execute the opener perfectly, i.e., correct squat depth, pause on bench, wait for press command, full lockout, wait for rack command, butt on bench, etc.

If there's any doubt, lower your planned opener and get the lift.

As I said in the editorial, I'm an average lifter who's been training and competing for 34 years. I keep going just because I love this sport, and I've seen and experienced much in those years. One of those things I hoped I was done seeing or experiencing was bombing in a meet, especially after coughing up for the meet entry, federation card, and training really hard for usually a 12 week cycle. I entered a USPA Colorado state meet on May 10, 2014, and chose to just deadlift. Hopefully you can learn something from this crappy experience, and

that's what bombing is.

I felt good and strong, I wasn't injured, so I chose to open with 485. Three weeks earlier in the gym, I tripled 500, so I thought that was a reasonable opener. The one rule in the forefront of your mind should always be "finish the meet!" Even if you only get your openers, just by being smart enough to do that you may well win, and all that time and money won't be flushed down the toilet. The meet went longer than I thought it would (don't they all?) and I could easily have walked up to the scorers'

desk and lowered it to 455 or so. But NO, I'll get that lift and then onto a new PR! The 485 flew up, but I'd been training against heavy bands at least once a week, and sometimes it's hard to lock the knees at the top, and sure enough, red lights for "soft knees". After 34 years, you'd think I would know better, but on the platform, adrenaline grows and common sense diminishes.

I've got a WABDL meet June 14<sup>th</sup>, and a USAPL Raw Nationals meet July 17<sup>th</sup>, so we'll see if I can follow my own advice!



# LIFTING FOR LIFE

By Ron Garofalo

**A**t what age can one no longer get progressively stronger? 30? 35? 40? As a strength athlete, at what point could you realistically expect to cease improving from year to year, from meet to meet? The answer: It's probably much older than we realize.

I have been a strength trainer for 29 years, passing the very first C.S.C.S. certification test that the NSCA gave in Dallas in 1985. I have worked with ALL SORTS of people ever since. I could give you countless examples of people who have progressed in strength and have hit new personal records at ages well beyond what most "experts" would say is possible. For example, a member of our little gym got a pr deadlift of 235lbs X 20 reps at a body weight of 180- at 74 years old!

Many of these types of folks, however, have come late to strength training or have been at it for only a short amount of time. We naturally expect almost anyone of any age to improve in strength once they've committed to resistance training for the first time. But what about the serious strength athlete? Can a competitive powerlifter continue to improve after 10, 20, 30 years of hard dedicated training? Is there still hope for those who have been working at the far end of their genetic potential for several years?

The answer of course is YES! The proof is everywhere. Just locally in the Denver area I can easily think

of at least a half dozen examples of experienced lifters who have had their best lifts EVER at 50+ years of age. Russ Clark totaled 1628 weighing 201 at the USAPL Masters Nationals this year, his best total EVER at 52 years old. Russ has been consistently competing at a high level since the early 1980's! Tom O'Keefe deadlifted over 400 weighing 198 at last year's IPF World Master Championship at 78 years young- his best deadlift EVER. Toni Kemper, 50, had her best squat in 12 years at this year's USAPL Women's Nationals and she has been competing at an elite level for 20 years! Tom Cencich, at 53, benched a world record 463 lbs at 181 at the 2013 NAPF Pan-Am Games- his best bench EVER in a sanctioned meet. And I, at 52, deadlifted over 700 weighing 181 at the 2012 WABDL Worlds - my best deadlift EVER. I have competed every year since 1986.

All of the above lifts were accomplished in drug-tested meets by lifters wearing basically the same single-ply equipment they've been wearing for a decade. I mention that because of course the use of equipment and anabolics, rules of performance,

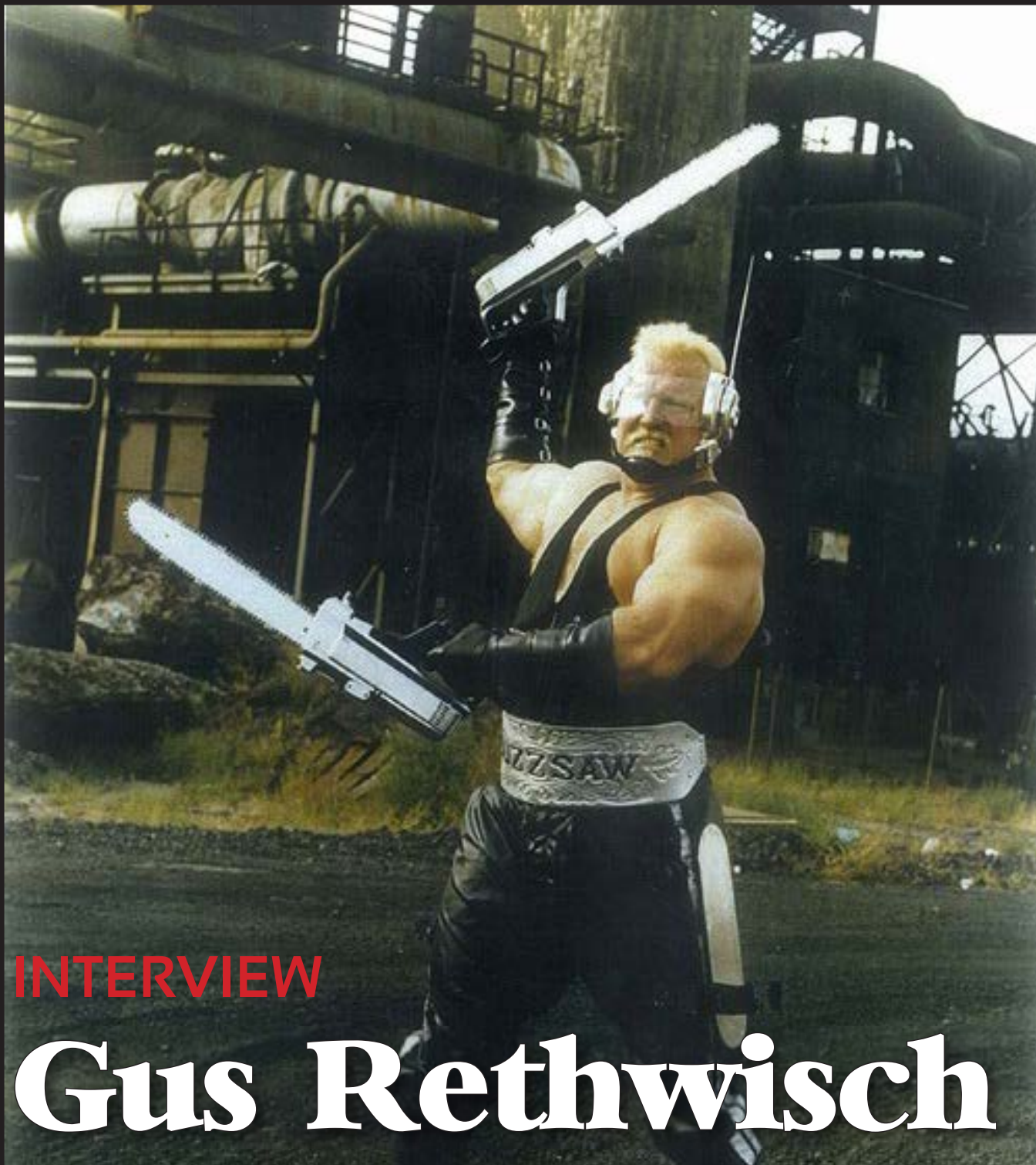


**2011 USAPL Masters Nationals  
Ron Garofalo**

etc. are factors in discussions of this sort. Are the above examples exceptional? Perhaps. But maybe not so much anymore! The point is, regardless of the merit of the amount of weight lifted and all else being equal, it is POSSIBLE and more common than we may realize for a competitive powerlifter of 30 years experience to continue to improve in strength performance at a relatively advanced age. HOW that is accomplished is another matter. We hope to address that in our next issue.

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**Ron Garofalo**  
**3X IPF World Masters Cham-  
pion and record holder**  
**8X USAPL National Masters**  
**Champion and Raw records**  
**holder**  
**WABDL World Champion**  
**AAU world records holder**



## INTERVIEW

# Gus Rethwisch

Lifter, actor, meet promoter, and founder of WABDL

I've known Gus for 7 years, and have read his stories and meet results for much longer than that. He recently moved to Utah, where we met up at his current residence. He's a colorful character, and despite being cranky sometimes, I like the guy.

**Gus, how old are you and what do you do for a living?**

I'm 67 and president of WABDL federation. I put on meets nationwide, full time.

**What are your all time best lifts?**

My bench was 523. I never was a good bencher, but my best deadlift was in 1986. It was 871, and my squat in that same meet was 911. This was a belt, wraps, single ply suit that wasn't much more than a singlet. I weighed 340.

### When did you start powerlifting?

I was introduced to powerlifting in 1968. I started training with a guy in Oklahoma at age 21, weighing about 235. I did it for about 3 months, was going to enter the meet that this guy was training for, but never did. I got a 350 squat, 375 bench, and a 525 deadlift. I went to Vietnam on July 4<sup>th</sup>, 1968, and came back on July 4<sup>th</sup>, 1969. I was still in the Navy until 1970, got discharged, and moved to the San Fernando Valley in California. I started training at Vince Girondas' gym, and was playing baseball for the Baltimore Orioles summer team. A scout for the team suggested that I go to Burbank Junior College and play, where I hit a baseball on the fly 575 feet. One time at Casey Stengel Field in Glendale, I hit a pop up and should have creamed it, but hit a 415 foot pop up. It went over a 30 foot wall, bounced above the wall 30 or 40 feet in the parking lot beyond the wall, but I didn't like the hit. An old man in the bleachers came down to my manager after I rounded the bases and said he wanted to meet me. I left the dugout, reached up and shook the old man's hand. He said, "Kid, you've got more power than Mickey Mantle, but you don't run worth a shit." I went back to the dugout, and my manager said, "That was Casey Stengel you just met." Bottom line, I was lying about my age, using my brother's birth certificate, so I couldn't have been signed anyway. We were on the road once, and I blew a gasket when I couldn't find one of my socks, and the coach benched me. I walked away, and never played baseball again. I was training at the same gym that Schwarzenegger was, and got my deadlift up to 575, my bench to 375, and my squat to about 480.

### So you liked powerlifting from the start?

I liked being strong since the time I started working at my dad's lumber yard when I was a kid, unloading lumber and sacks of cement, shoveling coal from a rail car, baling hay...I just liked heavy manual labor. I felt like a million bucks when I was done, and I liked the way I started to look, and wanted to be as strong as the local farmers (this was in small town Iowa). I remember at fifteen years old, I

found a pail about two feet tall, probably 10 or 15 gallons. I filled it to the top with concrete, inserted a square bar I found, and let it dry overnight. Next day, I filled another bucket of concrete, stuck the other end of the bar in it (propping up the solid bucket end so it wouldn't tip), let it dry, and now I had a barbell that weighed close to 300 pounds with a square "bar." I didn't know any better, so I started deadlifting a square bar with a hook grip (overhand). There were three brothers, the Jones boys, who were the local bullies in town. They'd come into my dad's lumber yard to buy things. I had been training with my homemade barbell for 3 or 4 months, and I challenged them to lift it. I weighed 175 pounds, and they couldn't lift it, and I could.

### So you started training powerlifting in 1968. When did powerlifting actually start as a sport?



About 1965. That was the first nationals, and the IPF was formed in 1973. Bob Hoffman was actually the father of powerlifting, but Tommy Kono was an Olympic champion that started putting on powerlifting meets, and always respected it. Probably the two people that most influenced me early on in powerlifting were Tommy Kono and Wayne Bouvier. I started competing in Hawaii in 1973, and Tommy Kono was putting on most of the meets.

Wayne, weighing around 310, had 10 inch wrists and benched 610 in a T-shirt. He had a 3 x 5 routine where he would bench 585 for five reps, three sets. I saw him do that numerous times, and it is still one of the most amazing workouts I've ever seen. He just couldn't seem to put it all together for a big single, though. He could power clean 375 any day of the week because of his huge forearms, and was in the world championship arm wrestling contest one year. Keep in mind that he was a powerlifter, not a professional arm wrestler, but he actually broke, I mean SNAPPED, the arms of the first two contestants. The world champion at that time was Joe Montaigne, an ironworker with huge, rugged forearms. After jockeying for position for 10 minutes, Bouvier and Montaigne squared off and Bouvier just smoked him, becoming the world champion arm wrestler that year. I met him while he was a shot putter on scholarship at the University of Hawaii, and at age 18,

The first man to  
get 900 over his  
knees



he tripled 480 in the bench. At the collegiate nationals in 1974, Bouvier won, while I took third, with lifts of 480 squat, 390 bench, and a 630 deadlift. We had pictures of both of us eating raw hamburger out of the package, because the rooms didn't have a stove. Hey, man, we needed protein! We trained together until about 1977. I was working at the Turtle Bay Hilton in security, and decided to put on my first meet.

**"I LIKED BEING STRONG SINCE THE TIME I STARTED WORKING AT MY DAD'S LUMBER YARD WHEN I WAS A KID."**

**Why? What motivated you to put on a meet?**

I didn't like the way meets were being run at that time. There were more lifters than audience, and I just felt like I could do a better job. For example, at the national collegiates in Missouri that year, there were about 20 people in the audience, and it was just very

disappointing. I was attending law school in Oklahoma, and became friends with Walter Thomas and Doug Young, and we were in a few meets together. I was competing, and loving it. By that time I had two young children, so I was busy. I was placed on scholastic probation at law school, because most of my spare time was spent training and competing, which is what I really wanted to do. I didn't like law school, I didn't like the students... My claim to fame in law school was one day there was a flood about 6 AM, and I looked out the window of the dorm, and there was a yellow VW Beetle being washed away in a torrent. I ran out in my boxer shorts, grabbed the car by the bumper, and pulled it out of the floodwaters onto the grass. There was a crowd of students watching, and I got a standing ovation. I got in a few fights, and between probation and the fights, I didn't make it to the second year. PTSD from Vietnam probably contributed to the bad temper and orneriness. I wasn't in hand to hand combat during the war, but our position was shelled constantly, almost nightly, for a year but that's enough about 'Nam. So after leaving law school after a year, I went back to Hawaii; I was competing, not many in the audience, as usual. This is 1977, and at the Turtle Bay Hilton where I was working, I met a film producer named Larry Lindberg through Clark Gable's stepson, who was staying at the hotel. He had made some fairly successful surfing movies, and liked the idea of putting

powerlifting on network TV. I made the mistake of telling someone about it and he got the fee, with escalators for three years, to put the IPF Worlds on NBC. In 1976, I met Les Kider, who used to cover my Hawaiian meets. He convinced Lindberg to talk to Dick Auerbach, head of NBC Sports. I got \$25,000 in 1979 to televise the World Record Breakers meet, and the rights fees started going up, and they dropped it in 1981. In 1988, I made a deal with ESPN to cover the Record Breakers meet, it was shown in nine segments, and the ratings went through the roof, even eclipsing major league baseball.

**So why isn't powerlifting still televised? It's hard to believe that it once was a major draw on network TV.**

There was a lot of jealousy about the fact that I had these connections, and could get an audience to a powerlifting meet. Almost 4,000 people would watch my meets, and they couldn't get 100 people in the audience to watch their world meet.

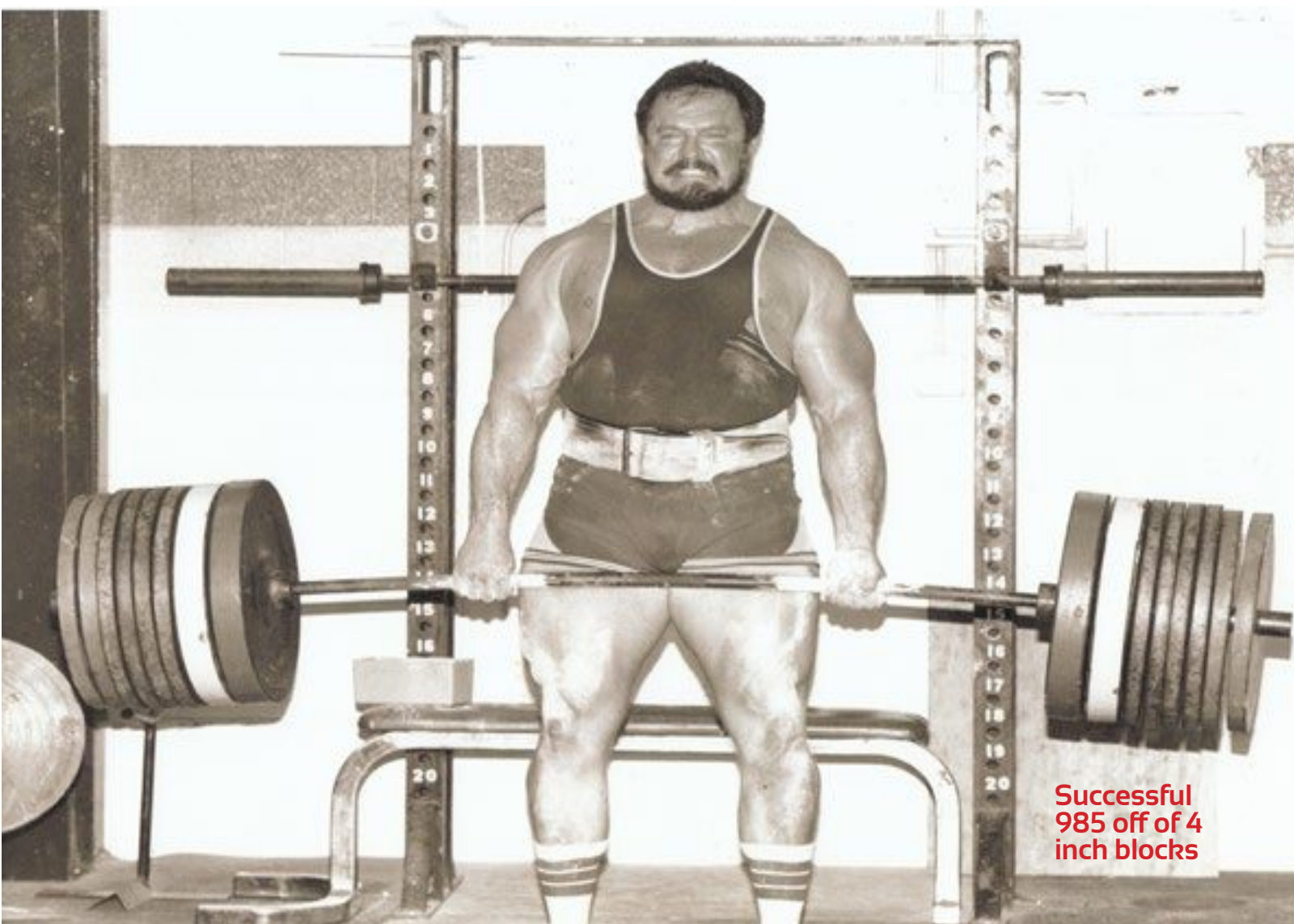
**How did you get the audience?**

I went door to door selling tickets. I pitched every employee of the hotel where I worked and the meet site hotel. I sat by the time clock, so everyone got the pitch. Also, in Polynesian culture, the chief has a lot of power and influence, and in the Asiatic cultures, strength is revered. Everyone thinks baseball in Japan is the national sport, but sumo wrestlers are treated like gods. It was a natural thing for Hawaiians to watch a powerlifting meet.

**You were in several movies with Arnold Schwarzenegger, including "Running Man," playing a villainous character called "Buzzsaw." How did that happen?**

From the World's Strongest Man contest on TV. That's how Lou Ferrigno got discovered to be the "Incredible Hulk". Even Schwarzenegger tried out for it.

**How many WSM contests were you in?**



**Successful  
985 off of 4  
inch blocks**

I was a last minute fill in in 1978, but wrenched my ankle in the tram pull, so I took fifth. I was also in a contest outside London in 1981. It was four of the world's strongest Olympic lifters versus four of the strongest superheavy powerlifters. There were three events: clean and jerk, deadlift, and a 135 pound dumbbell overhead press for reps. The MC was David Prouse, who played Darth Vader in all the Star Wars movies. The voice was James Earl Jones, but the character of Vader was Prouse, because he was 6'6".

**"I FELT THAT A LOT OF LIFTERS DIDN'T WANT TO COMPETE IN THE SQUAT ANYMORE AND I WAS RIGHT."**

Running Man was your first movie. I just rented that on Netflix about a year ago, and your neck looked like a tree stump. What did you weigh in that part?

About 345. That movie started filming in 1986, and I had a small part in "Twins" with Arnold and Danny DeVito a few years later. The big gladiator in "Gladiator" that Russell Crowe defeats while tigers are snapping at them, he and I get our heads banged together outside a country western bar in "Twins."

When did you get the idea for WABDL (World Association of Benchers and Deadlifters) and why did you form a federation that doesn't squat?

Powerlifting meets were taking way too long. Squatting takes as long, in a meet, as the benchpress and deadlift combined. A lot of contestants were injured, the audience didn't really care about squatting, and a lot of lifters have hip and knee problems as they get older. I felt that a lot of lifters didn't want to compete in the squat any more and I was right. My first WABDL meet was in 1997 and it drew 280 lifters. The first Worlds got a lot of lifters who knew me from the Record Breaker Meets, and my role as "Buzzsaw." WABDL Worlds still draws 600-700 lifters.

Why did you form WABDL as a drug tested fed?

It's what most people told me they wanted, and I was right. It levels the playing field.

At 67, why do you still do this?

Well, it's sure not the money. I've never owned a home, but I still love this sport, and I like driving to all the meets. It's not about me. What inspires me aren't necessarily the superstars, but the older lifters, the blind and disabled lifters that get a shot at doing something that they'll never get to do. WABDL is growing, both here and abroad, and Worlds in November will be the 18<sup>th</sup> world meet. I tell all my meet directors, why would someone enter your meet? Every meet has to be a great meet, and I think WABDL puts on the best ones.

Do you still train?

I do, but I've had major heart surgery recently, so it's mostly cardio. I did pull 405 for 2 reps about a year ago, and 600 deadlift is still the goal.

Is there anyone you'd like to thank?

If I tried to thank everyone, I'd forget too many people. What I would like is to name the guys who inspired me the most to get into powerlifting. John Kuc, Jon Cole, Jim Williams, Tommy Kono, Larry Pacifico, Walter Thomas and Bill Starr. They still inspire me today. **PLT**





COMPETITION IS AN ESSENTIAL COMPONENT FOR ALL SPORTS

# WHY COMPETE?

by Jim Curley

## 5 Reasons To Take The PLUNGE

1. PERSONAL GROWTH

2. IMPROVED PERFORMANCE

3. FACE YOUR FEARS

4. SETS TRAINING GOALS

5. KNOWLEDGE

If you read the article on Mike Cass (page 8), you'll see that he's a really strong guy, but he doesn't compete. There are a lot of lifters like him out there, and you may be one of them. I also see lots of people posting videos on Facebook asking for a "form check". When someone asks you, "what's your best lift (squat, bench, or dead)", how do you reply? In my mind, your best lift is the best one in a meet. That's the only one that counts, because you had to follow specific rules, get 2 out of 3 white lights by certified judges, overcome meet jitters, competition, sometimes adverse conditions, just like everyone else at the meet. Gym lifts are impressive sometimes, but many (most?) wouldn't count at the meet. Your training partners can be harsh critics, but they're rarely as demanding as those 3 judges. Are the judges too demanding and unfair at times? You bet they are, just like your everyday life is often demanding and unfair. So what? If you can get deep enough on the squat, pause long enough on the bench, and finish the deadlift correctly, and you get the white lights, that lift is good. You'll find out real fast what your weak points and deficiencies are, especially if you think you're going to blow away the record book, but end up with a 3/9 day, or worse, bomb out.

A meet is a level playing field, amplified. It's like a battlefield – if something can go wrong, it will. Your competitors, while helpful and friendly, are there to win and grab some hardware for their efforts. While competing mostly against yourself, it's nice to kick someone else's ass while you're at it. The judges? They are judges, not Santa Claus. They rarely give gifts for lifts that don't meet spec. Had a cold lately? Working too long hours? Training not going well? They flat don't care about your problems, so you've got to pull it from within yourself and get the lift.

I know guys who will never acknowledge any lift as legitimate unless done in a meet, for the reasons just mentioned. Want to know how much you lift? Compete, hopefully 2-5 times a year!

# Training

# SOLO

# Sumner Style

Is he really the world's strongest powerlifter? PLT examines one of America's youngest and strongest of today

I've trained with Preston Sumner, Blaine's dad for several years and kept track of Blaine's progress. He's hitting huge numbers so I flew out to Oklahoma City to interview him and train with him on rep day. He is unique in that he squats at least 1000 pounds every week by himself with no spotters or training partners.

**How old are you, and what do you do for a living?**

I'm 26, and I'm a petroleum engineer in Oklahoma City. My girlfriend is studying to be a mechanical engineer in Utah, and we've discussed marriage.

**How many meets have you been in, and in how many were you tested?**

I've been in 21 meets, and tested in at least 10, along with random out of meet tests several times.

**When did you start powerlifting?**

I was a football player first at Colorado School of Mines on the defensive line, and wanted to get stronger. When I graduated, I

wanted to try out for the NFL, but 2012 was the year of the lockout. That definitely put a damper on my NFL career, and there were no rookie mini camps that year to help the transition from a D2 school to the NFL. I did well in the combine (55 bench reps with 225, and they disallowed 3), so 52 reps still stands. I had a verbal agreement with the Eagles, but they didn't call, so my pro career was over before it started.

**I was training, and ran into one of your Mines teammates a while ago. He said, "The NFL didn't work out for Blaine, so he had to take a high paying job as a petroleum engineer. Not a bad plan B."**

Yeah, it worked out OK, but my mom is glad I didn't play pro ball. With all the research about brain damage and concussions coming out, she's glad I didn't play.

**Go get some more breakfast from the buffet line.**

I'm surprised how small my appetite is for weighing 360. I consume a lot of calories, around 6,000 per day, but it's hard to get

enough calories from meals. I actually have trouble keeping my weight up, so I end up drinking a lot of shakes throughout the day. I like chicken shakes and oatmeal shakes.

**Tell me about chicken shakes.**

I buy ground chicken breast, cook it, weigh it out so that I'm getting around 70 grams of protein. I throw in some spinach so it has a better taste and texture. I have a high end blender, a Blendtec, that pulverizes any food. It works great with oatmeal too, because if there are chunks in the shake, I gag. I drink three of those chicken shakes a day, and I follow it with a shake that has finely ground oatmeal and flax seed oil, so I'm getting real food. I couldn't sit down to eat that many calories at a meal, multiple times a day, so the shakes work really well. Lunch is my biggest meal, but the shakes are the main calorie source. I drink flavored fish oil, rather than capsules.

**What are your biggest lifts, raw and equipped, in meets in the last year?**







I've done two raw meets and two equipped meets in the last year. My raw lifts are down a little from tearing my hip labrums, but raw squat, walked out, deep IPF style, is 881. Bench is 501, and deadlift is 717. Best equipped squat is 1009, best shirted bench is 810, and deadlift 750. The raw 881 squat was sleeves and belt only. My best raw set of 8, with sleeves, in the squat is 725. Bench is 405 x 10, and deadlift is 590 x 8.

**Your raw bench is 501, you put on a single ply bench shirt and bench over 800. How do you lose the fear of having an additional 300 pounds over your face, or squat 881 in a singlet?**

I'm typically pretty calm, but I psych myself up into believing I can do anything, and put it all out there. When I squat, I thump my back into the bar, or I slap my legs – anything to get psyched. I don't use ammonia in training, and I never, ever miss a training lift in the gym. I'll work up to my openers, but save

the big lifts for the meet. You get hurt trying to max every week.

**What are your goals for USAPL equipped world in November?**

1113 squat.

**Not 1100 or 1115?**

I'm a very visual person, and I have my own set of Eleiko plates. I like 10 red plates, and a blue. I just like the way the plates look on the bar, and they total 1113.

**How about bench and deadlift?**

871 bench, 804 deadlift, and 2788

total. These are obviously third attempts, and everything has to line up perfectly, but those are the goals. I have those numbers on a sheet of paper that I keep in my truck, they're taped to my bathroom mirror, they're taped to my kitchen table – those numbers are always in my mind.

**Do you always train with your dad, Preston, when you're in Denver?**

I don't get back to Denver much anymore, but yeah, we do. It's fun training with him.

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**“... THEY'RE TAPED TO MY BATHROOM MIRROR, THEY'RE TAPED TO MY KITCHEN TABLE - THOSE NUMBERS ARE ALWAYS IN MY MIND.”**

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### What does your training week look like?

It's high frequency linear periodization. What that means is I treat raw and equipped as two different sports. I squat, bench, and deadlift every day, four days a week, but raw is classic progressive overload, i.e., 3 sets of 8 reps for 3 or 4 weeks, 5x5 for 3 or 4 weeks, and 6 or 8 sets of doubles working up to a meet. The next training day that week, I'll gear up and just work up to singles (planned meet opener). The next training day that week is back to raw reps, and the next training day is geared singles again.

### No assistance work?

I'll throw in variations of the classic lifts, like front squats, good mornings, pin press, floor press.

### No lat pulldowns, chins, side laterals, biceps curls, anything like that?

Nope. When you reach a certain level, the things you need to do get

narrower and narrower. When you're first starting out, anything will make your competition lifts go up, but as your strength increases, working the three lifts are what make the three lifts go up. I've tried a lot of systems and templates, but this has evolved over time to be the system that works best for me. This too, will likely change over time, but right now, it works.

### What do you do for "trunk", or core work?

More squats and deadlifts!

### How long is the typical training day, and how do you recover from that?

Typical workout is about 3 ½ hours. As far as recovery, I just think that the body adapts to the load placed on it.

### On your gear day, do you do reps in the gear?

This is just my opinion, but if you can do reps in gear, it's not adjusted properly, or it doesn't fit correctly. You should be able to hit a big single,

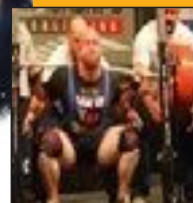
### FAR LEFT

Raw IPF World Records  
Blaine Sumner  
400kg/881lbs Raw IPF  
Squat World Record at the  
Raw Pacific Invitational in  
Melbourne.

### LEFT

Traps!

## At a glance Sumner stats



### SQUAT

Raw - 849  
Equipped - 1009  
Goal - 1113



### BENCH

Raw - 501  
Equipped - 783  
Goal - 871



### DEADLIFT

Raw - 717  
Equipped - 750  
Goal - 804

maybe 2 or 3 sets of 1, and then you're so exhausted that reps can't be done.

### Are you a sumo or conventional puller?

I train them both, just to hit all the muscles involved in deadlifting, but I compete sumo. My speed off the floor is never a problem, but at the very top, my fingers catch on my leg. The first 7/8 of the deadlift is always fast, even with a max effort lift, but the top gives me problems.

### I've seen video of you block pulling 827 off 3.5" blocks. What do you think you're capable of, even in the next ten years?

The way my mind works, 900 is the attainable goal. Got to always have the goal in front of you.

### Ever thought about gaining more weight, since you're already in the supers?

If I do, I have to go up slowly, because my lower back gets too pumped. I have to adapt to it slowly.

### Have you ever thought about training for strongman competition?

It looks fun, and I could probably be fairly good at it, but the injury rate is much higher with some of those awkward events. I like powerlifting too much, so that's what I'm going to stick with.

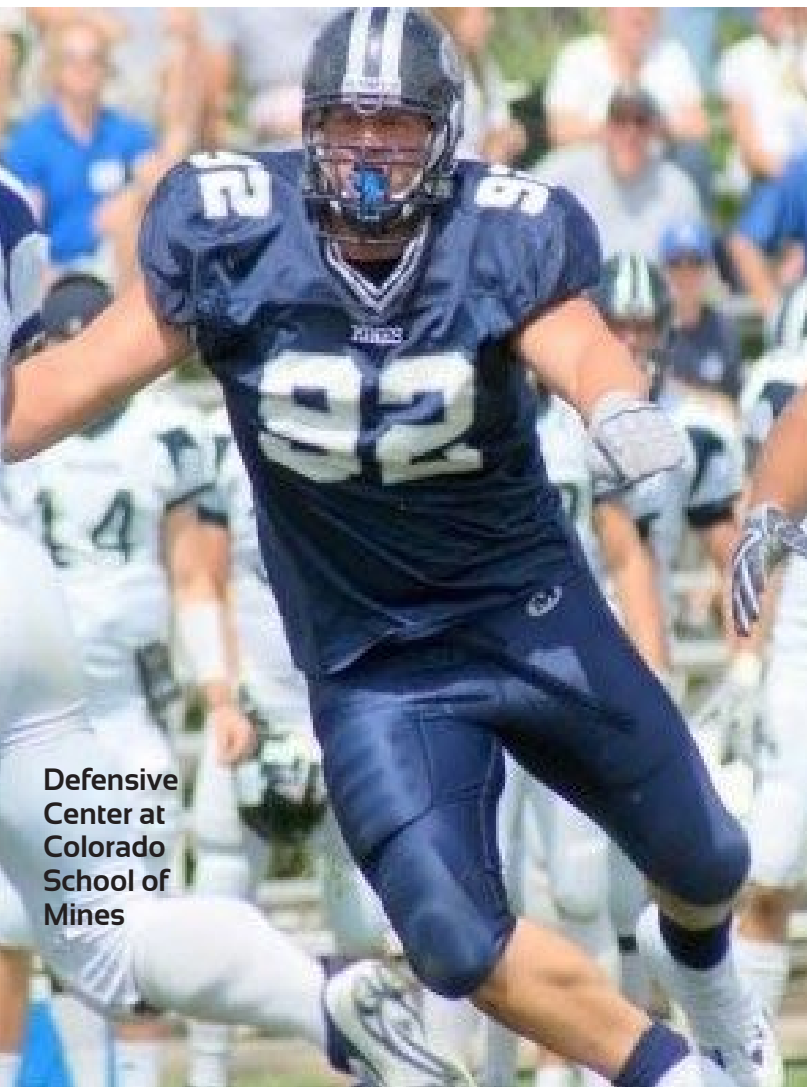
### You're a USAPL lifter. Have you ever thought about investing in double ply predator briefs, a canvas suit, and multi ply bench shirt and see what you could do

### in another federations meet?

Sure, but since I train by myself, even my shirt and squat suit are loose so that I can get them on myself. I'd have to have training partners to help with all the multi ply gear.

### Why do you train by yourself?

It's not by choice. When I first moved here, I tried to get a crew together, but people had different goals, schedules, etc. I'm with Team Juggernaut, and people will pay hundreds of dollars to have me coach them in the squat, but I can't get local guys to drive 10 or 20 miles to train. I can count on myself, so I'm always there after work. When the IPF changed benchpress rules so that we could belly bench, I decided to learn from the best, who I think is Mike



Defensive Center at Colorado School of Mines



Blaine's badass bass in Oklahoma



Womack in Dallas. Every other Saturday, for about 9 months, I'd get up at 3 am to make the 3.5 hour drive to Dallas, because they start early, about 7:30 am. There would be 15 or 20 guys in shirts, and Mike would be coaching all of them, including me. After a hard workout, I'd drive the three and a half hours back to Oklahoma City. I don't know why I can't find training partners, but I've just accepted it, and training by myself is how it's got to be.

#### Where do you train?

It's a private gym, called Oklahoma Strength, or Tirey's Gym, depending on the day. They're waiting to move into a bigger space, but right now, it's basically in a large storage unit. I've had some specialized equipment built

so that I can train by myself (ed. – see photos). The owner lets me bring my own stuff in – an Eleiko power bar, 1400 pounds of certified Eleiko weight plates, and the squat supports and mini monolift that I attach to a combo rack that lets me bench without a spotter. I have my own corner set up there, so Ralph Crepinsek (1500lb.com) built those, and they help a lot.

**Hey Oklahoma lifters, you've got a world class lifter here in OKC, and he's on Facebook. He's a nice, level headed guy who could likely help you, while you help him. Think you might improve a little by training with him? I've got to ask you, Blaine, have you ever thought about getting some double ply Predator briefs, a canvas suit, a double ply open back**

#### shirt, and seeing how much you could lift with mondo gear?

Sure, but the problem is training by myself. You need a lot of help to get the gear on, not to mention spotting, someone operating the monolift, etc. If I had consistent, strong training partners, I'd like to see what I could do.

#### You mentioned that you tore your hip labrums. Will this affect your lifting in the future? Can you get them repaired?

Raw squats really hurt them, but a squat suit compresses and supports them, so I don't feel them much. They're not vascular, so there's no blood flow to them, no natural healing mechanism. The labrums are in the hip capsule, and the cartilage lubricates the femur, so it's actually the cartilage that is torn. The surgery to repair them is serious – they would have to cut through and sever the glutes and hip flexors just to get at them. The recovery process is longer than a total hip replacement, so I'd never be able to return to the level of lifting where I am now. I'm doing a modality called "dry healing" right now. A physical therapist inserts a needle, similar to acupuncture, and wiggles the needle around to break up scar tissue, and that has given me relief for the tight hips.

#### What was your most recent meet, and how did you do?

I did the Arnold about a month ago. I did the full raw meet Friday, the equipped meet Saturday, and the bench only meet Sunday.

Friday raw – 849 squat, 501 bench, 717 deadlift, 2066 total.

Saturday equipped – 1009 squat, 783 bench, 672 token deadlift to get the money, 2464 total.

Sunday bench only – Bombed. 827 came up strong on second attempt, felt great, but got 2 red lights for head movement. I didn't feel my

**"I'M YOUNG BUT I'VE ALREADY SUSTAINED SOME PRETTY SERIOUS INJURIES LIFTING RAW"**

head moving at all, but oh well. Made \$1400, and got drug tested.

**At the time of this interview, you had squatted over 1,000 once a week, for 17 weeks in a row, often hitting 1025. That's your opener for the equipped USAPL nationals in July. Aren't you getting a little fried? Do you still get excited about squatting 1025?**

I'm moving the opener up to 1073. All red plates on the bar, and the way my mind works, I can get stoked to get to the point where I can do 1073 without thinking about it. In the deadlift I'm working on locking out the last inch – that's my weakest link in the pull.

**At this point, are you leaning more toward raw, or geared meets? Certainly you have to have raw strength to lift geared, but how do you feel about it down the road?**

I'm young, but I've already sustained some pretty serious injuries lifting raw. Raw lifting is experiencing unprecedented popularity in the last couple years, compared to single ply or multi ply, but I don't see how top level raw lifters can keep doing it for decades to come, like I want to do. A big draw to the gear for me, is that I feel like I'm so close to my peak raw, how much stronger can I really get without major injuries? With gear, I can learn a new little trick or adjustment, and I lift 20 or 30 pounds more.

**Agreed! I applaud USAPLs efforts to "mainstream" the sport, by maybe making powerlifting an Olympic sport, but it would have to be raw. Gear is just too weird for the public to understand, and the perception is it's "cheating." I lifted raw in the early nineties before it was even called "raw." I got injured, always got my butt kicked in meets, and then one day I realized that I was involved in a niche, somewhat underground sport, and it was always going to be just that. My goal is to lift more weight, even against the**

**ravages of time and age, so I like gear. I also like the fact that the sport of powerlifting is a perfect example of a free market economy, driven by self interest and competition, and I think it will always be that. So I choose gear.**

Yeah, it sounds weird, but when I do a geared 1025 squat, I'm not sore, or really even tired. Technique is really important, and like I said earlier, raw and geared are really two different sports.

**We're now at the gym. What are you doing today? Does that dew rag I see you wear a lot add 50 pounds to your squat?**

Raw squat and bench, and yeah, the rag helps! It sets me apart.

**Preston, your dad, lifted in the early eighties, quit, and started up again 7 or 8 years ago. Was that connected to your powerlifting?**

Yeah, when he lifted, steroids were cheap, common, and not really even illegal. He didn't want me involved in that world, so he checked out USAPL and RMLC (story elsewhere in this issue). He liked a drug tested fed and gym, so he decided to start training and competing again.

**So you're going to do raw hypertrophy, 3x8 on squat and bench?**

I do more volume on bench, usually five sets. I've seen my bench improve with more volume. I'm doing 3x8 raw squat with 606. (He did it, easily and explosively, with just belt and sleeves. Onto benchpress, where he knocked off 385 x 10 x 5.) I like the mini monolift. It's almost better than a spotter. (PLT – These things are really cool!).

**Got any plans to climb the corporate ladder?**

I like the technical side of what I do, the engineering. Usually it's a 40 hour week, so I leave and go to the gym, even though I'm always responding

to questions from the field on the phone. My training is really important to me, so I don't want to spend 80 hour weeks at work and have to skip training. I also like to fish to relax, and my weekends are usually free for that.

**Great talking and training with you today. Thanks Blaine!**

Is Blaine Sumner the world's strongest powerlifter? To answer that, we have to compare the proverbial apples to apples. What kind of powerlifting are we talking about? Raw? Raw with wraps? Sleeves? Single ply suit, or multi ply? How about briefs? Lots of rule differences in those. Same with bench and deadlift. What about a lighter guy who has a formula applied to his total, to compensate for bodyweight differential? What about correct squat depth? Every rulebook line drawing of depth shows the hip joint crease below the top of the knee, and yet some "world record" squats are so far above that, it's almost a joke. And last of all (do we dare mention it?), how about performance enhancing drugs, aka anabolic steroids?

Suppose a meet was held with the following rules:

2300 total to qualify (in any fed), Double ply suits and shirts permitted, single ply briefs permitted, long knee wraps and wrist wraps permitted, monolift permitted.

Squat rules – top of crease in hip joint must pass below top of knee. Video at all three angles for arbitration purposes.

Benchpress – bar must pause on chest, wait for press command. Full lockout of arms must occur.

Deadlift – No hitching, knees must be locked at completion of lift, shoulders back. Wait for "down" command.

Meet would be held 6 months in the future from announcement date, drug testing would commence at 90 days out from meet and occur every 30 days until meet. All lifters would be subject to the testing rules, and again after meet completion.

This is my opinion, but Blaine Sumner is such a motivated, driven, monster of a lifter (and is itching to see what he could do in multi ply gear), that he would win, where squat depth and drug testing were key factors, and allowing for multi ply gear to cover the whole spectrum of gear.

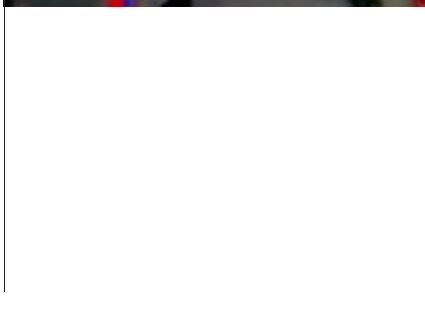
If this hypothetical meet never occurs, there will continue to be multiple "worlds' strongest powerlifters", because of all the variations and different criteria in federations. For all the lifters that say "only raw and drug free" count, there are just as many that say "take whatever you want, wear whatever you want, just try and beat me on the platform". Powerlifting is both an odd and wonderful arena, totally unregulated, where each individual can decide what best suits their needs and wants. I like it, despite fragmentation, "disunity", differences of opinions on nearly every aspect of the sport, and I expect it will always be that way. PTL

# Equipment Modifications:

## How Blaine is able to train solo



**Height adjustable squat support stand. Indicates depth, but lifter can bail out safely. Holds 1,200 pounds, and can be raised to use on bench press.**



**Adjustable deadlift blocks.**



**Starting position for bench "mini monolift." Counterweight swings apparatus back, and when lift is completed, or just off chest, Blaine can "throw" bar back to the rack.**



**This is how he can bench by himself. If he fails the lift, he can crawl out from under the bar, as the support stands will hold the weight just below chest level.**



# WOD About CrossFit?

By Jim Curley

Yeah, yeah, I know. This is a powerlifting magazine, not a CrossFit magazine. So why is this even mentioned? For decades, powerlifting has been something of an underground, obscure, odd sport that the public was barely aware of, and most powerlifters were okay with that, even taking a sort of pride in being part of something so unusual and non-mainstream. Everyone has heard of CrossFit, and it's having an impact on powerlifting, creating awareness of powerlifting through its many exercises in a WOD (Workout of the Day). If I was in my twenties, and was looking for something new and effective, I would probably be all over CrossFit, but at 59 with bad knees, I can't imagine doing it.

I was in a USPA meet May 10<sup>th</sup> which took place in a CrossFit facility called a "box", as these are usually industrial warehouses. Lots of gymnastic rings, chinup stations, many barbells and kettlebells, and 5 glute ham machines, along with whiteboard "records charts" gave it the impression of a hard core training facility. There were also lots of different size tires outside for tire flips, and a couple of prowlers. I could see how a powerlifter could get a decent workout here, and do one or two WODs a week for overall conditioning.

The meet was unusual, in that USPA has multiple categories (raw, classic raw, single ply and multi ply), and out of about 70 lifters, I was the only single ply lifter. There was one multi ply guy, but everyone else was raw! I can think of only two reasons for this. One has got to be CrossFit, with its' members ready to do most any kind of exercise, their attire is minimal and they're accustomed to doing the powerlifts in only shorts, shirt and shoes. I train with a 29 year old guy, Josh Rein, who usually competes in PL geared, and when I told him about all the raw lifters he said "Yeah, that sounds like my generation. We don't like hassle, or the extra pain of a shirt or squat suit". So raw powerlifting is on the increase, no doubt due to the explosion of CrossFit. I'm glad to see the sport expanding, and I understand Olympic lifting is growing for the same reason. I may have to try a few CrossFit workouts to really see what this is about. Stay tuned...

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FORGING ELITE FITNESS  
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# Power Couple

RMLC, home of Colorado's "Power Couple," Dan and Jen Gaudreau

This interview took place at Rocky Mountain Lifting Club, aka RMLC in Aurora, CO. It's an hour and thirty five minute drive for me, so I train here when I can, but not consistently. I like the punch card system, and am glad that it's offered. There are many top lifters in Colorado who train here and the owners, Dan and Jen Gaudreau, are both world class lifters in the USAPL and the state chairs for that federation. Besides competing, they run at least two, and sometimes four, meets per year. The club used to be in a larger space literally a stones throw from the current one, but a commercial lessee offered seven times RMLCs lease rate, so they quickly had to move and ended up in a space that is considerably

smaller. They have a ton of more equipment in storage and are negotiating for a much larger building near here. At the time of this interview, Dan had just flown back from England where he took the IPF superheavy bench title at 675#, single ply. Jen is prepping for USAPL Womens Nationals, May 16-18, in Baton Rouge, LA.

## ROCKY MOUNTAIN LIFTING CLUB



Located in Aurora, CO, RMLC is dedicated to helping both competitive and recreational strength and power athletes of all ages and levels reach their highest potential.

### How old are you two and what do you do?

Dan - I'm 53 and I'm self-employed in an electrical contracting/construction business.

Jen - I'm 42 and teach first grade at a nearby elementary

school. We've been married eight years and have a 7 year old son. Of course, we also train and run this gym, so we're busy! It's a code entry system at the door, so we don't have to be here all day,



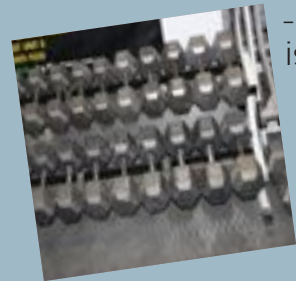
**"WE WOULD LIKE TO EVENTUALLY BE ABLE TO HAVE THIS BE OUR FULL TIME OCCUPATION"**



## WHAT IS IN THE GYM

RMLC is number one in training because both owners are world class lifters and to stay that way, they have world class equipment.

A partial list includes a glute/ham machine, reverse hyper, every kind of bar, bands, and Forza benches - this place is loaded!



## LOCAL MEETS

RMLC, hosts several local and state meets.

They will be hosting the IPF raw nationals in July, and the IPF Worlds in November.



but we would like to eventually be able to have this be our full time occupation.

### How did you two meet?

D - Through powerlifting! I dropped off a meet form for her at the club where she was working. I said "hi," and then a mutual friend suggested to her that she enter the meet I was having. She started training at the original RMLC and it just kind of went from there. She's from Louisiana and was going to move back when Katrina hit. She put her plans to move on the back burner, we got more involved, and here we are. I wouldn't have met my wife, we wouldn't have our son, if it wasn't for powerlifting! The USAPL, RMLC - it's like a big family to us.

### How long has RMLC been in business?

D - Since 2004. This is the third gym under that name and we're hoping that the 12,000 square foot facility we're negotiating for will be the last move. I like Aurora, so the gym will always be in Aurora. We have a good relationship with the city and we've partnered with VisitAurora, which sponsors Aurora Sports Festival. Powerlifting is growing through that.

### Dan, Jen, what are your best lifts in the last year in a meet?

J - Squat is 396, bench 231, and deadlift 385. I lift in the 137.5# class, and lift single ply.

D - I'm 6'1", 340. My best bench was just 5 days ago in England at 675. My best recent squat was 805, and best deadlift was 672, sumo. These were all single ply, and I was tested at the meets where they were done. I've pulled 725 conventional and 700 sumo a few years ago.

### Why the switch from conventional to sumo?

D - I was heavier at the time, and to get my legs inside my arms for

conventional, it would cause my arms to be out at an angle, so I'd have to pull farther. I bit the bullet and it took about three years to catch up to my old conventional lift. I haven't exceeded my conventional lift, but I just like sumo now, so I'll stick with that. My first sumo meet had an Okie deadlift bar on the platform, but not in the warmup room. I went out to the platform, and the bar slack came up about 2". I almost went face first into the audience, it was so different!

### Have you always been a USAPL guy?

D - I lifted in a couple other drug free feds, but the national or world meets just weren't at what I thought were appropriate venues. The competition wasn't there, rules were lax and they claimed to be drug free, but no testing was actually done. They can claim to be drug free, but show me your list of suspended lifters and the list of people you've actually tested. USAPL publishes this list, and their top guys are tested. No second chances, no collusion to hide it, you pass or fail. Period. We had a top level bencher fail for cannabis (marijuana), and he didn't get the record. It was taken from him, and he was suspended for 6 months.

### I have a hard time imagining how smoking pot would help any powerlifter. "Like wow, dude, that's some heavy lookin' weight. Got any Cheetos?"

D - The thing with the IOC banned substance list, it's for all sports, not just for powerlifting. Target sports, like archery and marksmanship, sedatives and beta blockers can slow your heart rate down and by being calm, increase your performance in that sport. There are therapeutic use exemptions, but you have to apply for that exemption. Now take hormonal therapeutic use - the testosterone patches, creams, those will never be allowed. Not going to happen. IOC will tell you you can take it, you just can't compete

in our sport. It opens up a Pandora's box if it's allowed. Hard decisions have to be made. You think my wife, who has had cancer and surgery for it, couldn't benefit from hormonal therapy? She sure could, but she's made the decision that she wants to compete in a rigidly tested federation, so she doesn't do it.

**Suppose there's a guy in his sixties on HRT – he feels better, thinks that just having a level of testosterone that's normal for his age isn't cheating. Could he not get HRT, say a few weeks before a meet, and pass the test?**

D - USAPL also does random, out of meet testing, so he'd fail that. It doesn't matter what his level is or should be, the test detects extraneous testosterone. That's the basis of all steroid testing. The TE ratio is off if you take extraneous testosterone. They can also detect metabolites and traces of particular substances.

**Who's the board or committee that decides all this?**

D - The board is made up of international and national MDs and sports professionals. The US division caught the biggest cheater of all – Lance Armstrong. It was all because one guy at the IOC in Colorado Springs decided to really go after him and not give up. For years, Armstrong bought his way out of situations, bullied people, but he was cheating, and it was ultimately proven.

**What do you think of CrossFit?**

J - If it's done correctly, it's great, but often the coaching leaves a lot to be desired.

D - They'll get a 40 year old housewife who's never really trained, and first day, they'll have her doing a max in power clean – either a one rep or rep set for a max. Lots of new trainees get hurt this way. The good thing is

that it exposes a lot of people to powerlifting, but these lifts should be approached gradually. We're hoping that CrossFit contracts with USAPL to teach good form and technique, through USAPL certified coaches. I've heard that steroid users have taught CrossFit seminars saying, "If you're not cheating, you're not competing." It's crazy, getting recreational lifters on steroids! Most beginning or intermediate lifters that come in here need major form revision, but once they get their form down, their lifts start going up.

**You're the Colorado state chair for USAPL, and you're hosting the IPF world meet here in November. How many lifters do you expect?**

D - There will be about 250, open class, men's and women's. Everyone lifting either has to win their country's nationals, or be nominated by their country. Some country's just send their best, regardless of qualifying totals, kind of like the Olympics.

**How long do you think you'll be powerlifting?**

D - I always say that powerlifting is a sport you can take with you your whole life. There are always bench only meets, or push pulls if you can't squat.

J - This is my 24<sup>th</sup> year of powerlifting and I still love it!

D - I'd love to be like Tom O'Keefe, a competitor that trains here. He's 78, 181# class, does all 3 lifts, and just pulled almost 400. You won't see people actually getting better in any other sport except this one. In most sports, by the time you're 26 or so, you're done.

**How about high school powerlifting?**

D&J - Colorado is kind of behind the curve. The best

## QUALIFICATIONS



Dan is a certified coach with both USA Powerlifting and USA Weightlifting organizations and conducts coaching certification seminars on-site. Jennifer is also a certified club coach with USA Powerlifting.

**"WE'RE HOPING THAT CROSSFIT CONTRACTS WITH USAPL TO TEACH GOOD FORM AND TECHNIQUE"**

high school football teams in the country are in Texas, Louisiana, Pennsylvania, and Wisconsin. All these schools have powerlifting teams and the football players wouldn't think of not powerlifting. Texas is a big state, but there are probably 6,000 girls that powerlift in that state. Louisiana, just because it's next door to Texas, copies them and has a disproportionate number of excellent high school teams, just because they powerlift. Not one pro or college team doesn't powerlift, so sooner or later it will trickle down to the high school level nationwide. Wisconsin's high school meet gets 400 kids, and Louisiana's high school state meet was one day, running 8 platforms continuously. Every high school in TX, LA, PA, and WI has a powerlifting team as a competitive sport.

## **You both work full time, run this gym, train and compete, and put on 4-7 meets per year. How do you manage it?**

J - We both have our specialties when it comes to running meets. Getting equipment to the venue, ordering and printing T-shirts, loading the scoring software, organizing meet help and feeding them, ordering awards – there's a lot to it, but we get it done.

D - We're both involved in the sport, so there's empathy for each other. Our vacations revolve around powerlifting meets, even if just one of us is competing. If it's out of the country, it's a long flight there and we usually sit in the judges chair for a day or two, weigh in, compete, coach and cheer teammates, and then I have to get back to run my business. We never get to go on a safari or castle tour, or whatever. We're going to try and work more of these things in. People say, "Wow, you get to travel," but it's not all it's cracked up to be.

## **Do you bring your son to these meets?**

J - Not yet, we haven't. Neither of our parents live in Colorado, so we fly in one or the other, and we have the best child care, and they get to see their grandson. Our quality family time is here at the gym. Logan isn't parked in front of the TV or computer, but interacts with our powerlifting family, and it's good for him.

## **Do you know of any other "power couples" who both train, compete, and own a gym?**

D - There are a few, but for most of them their gym is their livelihood, and I can't think of any that run meets on top of all of that, like us. I had to open this gym just to be able to train. Most gyms don't like chalk or deadlifting. I have to squat in a rack that lets me get my hands all the way out on the bar, and no gym had those. I opened the gym 10 years ago and never looked back. Jennifer came along, we got married and she started helping me

immediately... it's our life now.

J - My dream would be for Dan to run the gym full time. Right now, it's surviving. We're not like other gyms that try and sign people up for a year and then hope that they never show up again. People that sign up here are serious and use the gym 3 or 4 times a week. We're here to help them and make them better. If this is never financially successful, that's okay too, because this is what we love. It's never, "oh no, we have to go to the gym tonight". We get to train with our powerlifting family, we get to help people; it really is our passion. This isn't our hobby. We understand this about each other.

## **Jen, how did you get involved in powerlifting?**

J - My mom bought me a 90 day membership to a gym in my senior year of high school, complete with a trainer who happened to be a powerlifter. I liked training, so when I went to Louisiana Tech during orientation, a friend of mine said, "let's look at the powerlifting team. You lift weights, you might like it". Billy Jack Talton, the best coach ever, invited me for a workout and I never left.

## **Do you think the sport of powerlifting will ever be unified?**

D - No. Other countries have just one federation and they're okay with that. In America with the free market system, anyone can start their own federation, with their own rules, and run it for profit.

**And yet, in a free market system, which powerlifting is, you must be able to compete to survive, offering what people want, and many federations do this. Whether it's raw, multi-ply, monolifts, testing (or not), rational people will make their own decisions regarding lifting choices.**

D - I have to break off on the steroid issue, because that's an illegal activity.

**On the way to this interview, I exceeded the speed limit a little on the highway. Even though there are laws regarding speeding, I weighed the consequences of breaking the law, determined that no one would be injured by my actions, and went 74 in a 70 mph zone.**

D - Sometimes an outside influence is needed. I understand the libertarian position, but we're not talking about minor traffic offences, we're talking about felony activity and taking steroids is a felony. It's a crime.

### **DAN AND JEN**



**"We're here to help you and make you better!"**

**As long as males are males they will seek an edge over other males.**

D - I understand why pro athletes do it where millions of dollars are involved, but I don't know anyone who's getting rich by competing in powerlifting. The IOC code covering drug use covers all sports. Why hasn't the NFL or NBA adopted the IOC code? Because there's money involved. In pro football, you're alerted when you're going to be tested, wink, wink. One of my visions, if I ever get to higher office in USAPL, will be a serious attempt at unification among federations that are almost identical in philosophy with USAPL. The differences in drug tested feds are very minor. I would try to negotiate with these feds to merge. WABDL, for example, is a push pull deal, and I appreciate that. They have a niche and more power to 'em. The drug using feds, that may come down to legislation. There are people drafting legislation in several states that would make any strength sport in that state required to be drug tested. You don't think the lawmakers wouldn't go for that? "No, I'm all for drug use in sports". Of course they'd pass it. After that happened, steroids would be pushed out of this country. I think that the first state to do it might pass it in 2-3 years, and that would start a wave across the country, libertarian argument notwithstanding. Of course, that would lead to growth hormone use, which currently is undetectable, and then gene therapy... there's always going to be something.

**Like I say, competitive males will always seek an edge.**

D - There was a survey among top level Olympic athletes that asked "if you could take a pill that would guarantee that you'd win a medal, but would also guarantee that you'd die in ten years, would you take it?". Fifty seven percent said yes! That's the mentality of the elite athlete, the Type A personality, and that has to be made so

expensive, so costly, that it prevents them from harming themselves in spite of themselves. Lance Armstrong paid the price of the devil to win a few Tour de France championships to be on top of the world and now he's in the pit. We've got to keep the pressure on for the sake of young people. When their hero is found to be taking drugs to win, what does that kid think? He might start taking drugs at 14 and ruin his whole life, his body's system. A lot of "steroids" now, you don't know what's in them, if they were made in a dirty bathtub in a homemade lab somewhere. You might be ingesting rat poison, for all you know! It's all black market now. Not only are you trying to cheat, but you're putting your life in danger. Society has a responsibility to do the right thing. In the case of Lance Armstrong and Barry Bonds, all it took was one guy at the USADA (anti doping agency) deciding to do the right thing, to go after them, and they were exposed and taken down.

My vision is that you can lift from 10 years old until you're really old. Powerlifting is a positive lifestyle – you learn nutrition, discipline, you gain strength and achievement. It's something you can carry with you your whole life. It's not just national and world championships. To do that, I think that powerlifting has to become "not for profit", where it's run by the athletes, and has a national governing board. Powerlifting will never be like baseball or football, where millions of people watch and big money is involved. I see it as an Olympic sport that comes under the International Olympic Committee (IOC). It would be recognized as a viable sport that could help any other sport. **PLT**

**"...WE GET TO HELP PEOPLE; IT REALLY IS OUR PASSION. THIS ISN'T OUR HOBBY. WE UNDERSTAND THIS ABOUT EACH OTHER."**

# HAVING TROUBLE GETTING TO SLEEP?



## HOW TO COME DOWN FROM THE **amped up** LIFESTYLE

As powerlifters, we seek to become as strong as possible while looking athletic. While we don't necessarily want to look like bodybuilders, who doesn't want a huge set of arms, back, and shoulders and to look like they lift major weights? We all do! The formula for building muscle (and strength) is well known and true. Break down muscle tissue and eat lots of protein to rebuild that muscle, resulting in incremental gains over time. But the downside to eating such a high protein diet is it often keeps you awake.

From time to time, I get real tired of lugging around "el poncone" (the paunch), and go on a very high protein diet. I'm energetic, somewhat irritable, but I can't go to sleep, especially after a 24 oz. Starbucks or Hi-Rev coffee to help train. What do you do? If you're not sleeping well, you're not training well.



Good fats, like olive oil, spring butter, avocados, and coconut oil, along with plentiful protein, and little or no carb, can result in fat loss and muscular gain we are looking to achieve. but sleep problems often occur. Carbohydrates aren't necessarily your enemy during the day, but you've got to have some carbs, which cause the brain to release serotonin, in turn helping your mind and body slow down for the night. Ever decide to snarf down a couple of bagels for breakfast, and then realize you've got to flee that meeting and head to the car for a snooze? That's the carbo overload causing massive serotonin to be dumped in your system.

Stick with protein and good fat during the day. Train hard, and when you have the evening meal, have some moderate carb. An hour before you go to bed, eat a couple slices of bread or tortillas, and you'll fall asleep, maybe better than you ever have. The weight loss won't be as rapid, but a good nights' sleep is almost priceless.

### **Natural Remedies**

If carbohydrates aren't causing drowsiness, try these natural sleep aids



#### **MELATONIN**

Melatonin is a hormone found naturally in the body that helps regulate your sleep and wake cycles. It signals to the brain to slow down for the night.



#### **VALERIAN ROOT**

Valerian is a flowering plant native to Europe, Asia, and the America's; known for its natural sedative properties.

# Hawaii Record Breakers

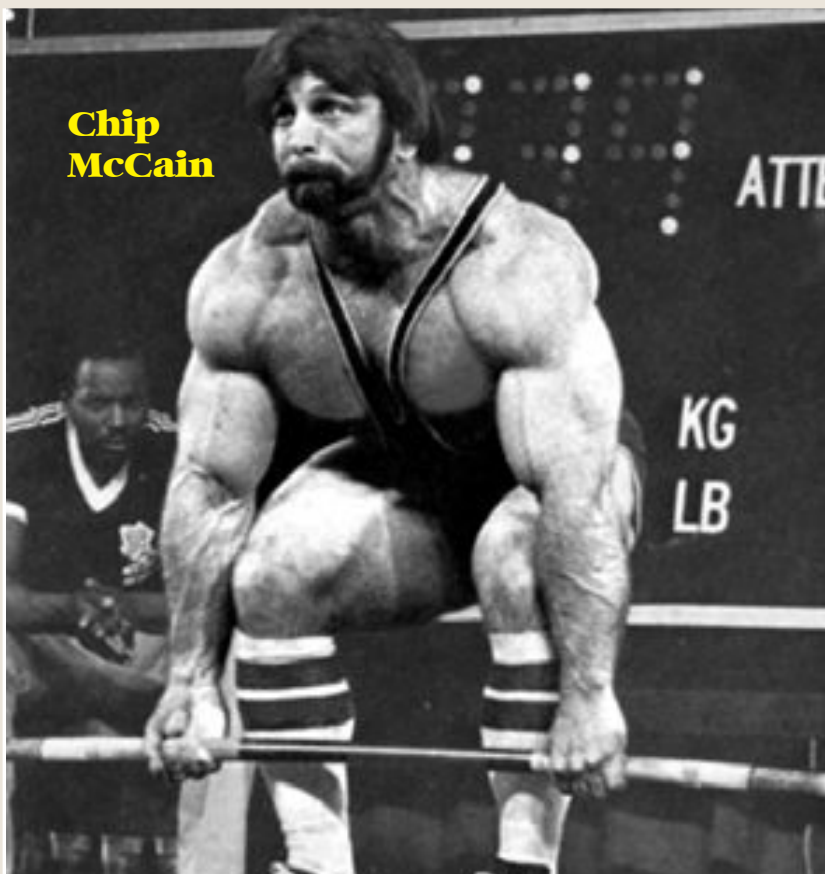
## Meet ###7

by Gus Rethwisch

This meet was held April 5th, 1983 at the Sheraton Waikiki Ballroom, which was 30,000 square feet, and attendance at the meet was 2,480.

I seriously thought about not doing the Hawaii meet after this was over, but I changed my mind and ended up promoting 12 more. I ran 19 Hawaii Record Breakers and 16 Hawaii State Powerlifting Championships. The state meets were always held at the Turtle Bay Hilton Hotel on the North Shore, where I put on the first Hawaii Record Breakers on March 11, 1977. Since then I have promoted 262 meets.

We had a women's bodybuilding show and a men's contest. We also had a bikini contest with 28 contestants. The bodybuilding guest posers were Matt Mendenhall and Jeff King. King was from New York and Mendenhall, one of Weider's stars, was from L.A.



**Chip  
McCain**

At 123 Hideaki Inaba from Japan weighed in at 116.8 and squatted an IPF World record 529 in a single ply Marathon squat suit. His deadlift was 485 (just missed 507) and his bench press was 259, for a 1273 total. Inaba's deadlift and bench were raw, as were every other lifters bench and deadlift. There were no monolifts, and you had to walk out with the weight. Dale Yoshizu from Hawaii, also in 123, totaled 1091 and just missed a 451 deadlift. If he would have made the lift, his total would have been 1129 at 122.2. Dale is still competing 31 years later.



# POWERLIFTING HISTORY

**At 148 Ed Morishima opened raw with 402 on the bench. His shoulders were the most striated I've ever seen on any powerlifter to this day. He could clean and press 130# dumbbells for 10 reps! I saw it – unbelievable. He missed 429 bench, but pulled 578 and squatted 600 for a 1581 total. Ed is from Honolulu.**



**At 198 only Hawaii lifters were involved, with Honolulu policeman Kevin McClaverty beating a field of 5 with a 1779 total weighing 192.6. He squatted 666, benched 407 and ripped up a 705 deadlift. He had 716 to the top before he lost his grip.**



**Ted Arcidi**



**Fred Hatfield**



**At 220 it was all Jim Cash. He was built like a Greek god and was a collegiate wrestler in Division II, making it to the semi-finals of the NCAA tournament. He held the world record deadlift in the IPF at 826 and tried 837, but ripped a callous and had to settle for 788 to go with a 793 squat and 2044 total. Chip McCain of Texas pulled 716 and just missed 804. He had pulled 816 at 198 raw. He walked out with 666 on the squat and was out of control and backed up all the way to the end of a 25 foot deep stage before the spotters caught him. He was totally out of control – he probably took 15 steps with each foot and was ready to drop 4 feet off the stage. His personal life was out of control too. He was involved with some shady characters and he disappeared. They never found his body. Francis Silva raw benched 534 at 207# bodyweight and squatted 710. His total was 1856.**



**At 242 there were 3 lifters, all who either had or would win IPF World titles. Steve Wilson, who looked like a bodybuilder with 22" arms, squatted 793 and was turned down 2-1 on 821. He once wrestled a bear in a traveling circus and beat the bear, winning \$1500. He was impressive! Steve benched 556, deadlifted 788 (dropped 810 at the top), and totaled 2138. Steve Miller from Louisiana totaled 1989 with a 749 squat, 733 deadlift and a raw bench of 507. Dr. Squat, aka Fred Hatfield, opened up with 881 on the squat and tore a quad. He had just been named editor of Joe Weider's Muscle and Fitness magazine and was making \$500,000 a year. In my opinion, Fred was the greatest squatter who ever lived. He graduated from the University of Wisconsin with a doctorate in Physiology and was very knowledgeable about nutrition and lifting routines.**



**At 275 Dan Wohleber squatted 914 in a single ply squat suit at 273# for a world record. In the deadlift he smoked 810 and 854, getting 903 to mid thigh, all done raw. One year before this he became the first**

**Wohleber..first man in the world to deadlift 900 in competition!!**





# POWERLIFTING HISTORY

man in the world to pull over 900#. Dave Shaw totaled 2138 with an 815 deadlift and a near miss with 854. Wohleber's total was 2171. Ted Arcidi made his first big appearance on any lifting stage and smoked 584, 617, and 628 for IPF World records in the benchpress. Two years later he would set the lifting world on its backside, but that's for later. Jim Drapal, a Marine from Hawaii, deadlifted 733, benched 523, and squatted 760 for a 2017 total. He would go on to win a Junior National Championship. Lyle Kamaka of Hawaii squatted 611, benched 501 and deadlifted 622 for a 1735 total.



**At Superheavy, Dwayne Fely, who set the IPF squat record of 981 in 1982, only got 909.** With a 551 bench and 661 deadlift, he ended the day with a 2121 total. His 981 squat record stood for 16 years. Chuck Braxton was the most colorful lifter of the meet. His skin is totally white, as is his beard and hair. He was a stuntman and was testing a fire retardant suit that wasn't so fire retardant. He was also helping sell tickets in the lobby of the Sheraton Waikiki. I had to go on an errand and when I came back, Christy McNichol came up to me. She was the star of the top rated TV show of that year called "Empty Nest". She claimed that Chuck was rude to her, so he and I talked and he said she wanted free tickets. He wouldn't do it. I said, "Chuck, Wilt Chamberlain asked for tickets and you gave him four, free of charge". Chuck said "Yeah, but Wilt was polite, plus he's 7'1" and 290". He gave her the tickets. Chuck weighed 284, was 52 years old, and squatted 760, benched 457, and pulled 733 for a 1951 total.



**Bret Medeiros and Frank Medeiros were a huge help in bringing in equipment and building the stage.** The MC was Mike Scott, and judges were Gary Watanabe, Donne Delleree, and Ray Verdonck.

This wasn't one of the more memorable Hawaii Record Breakers. Pan American Airlines, Marathon, and Nautilus Fitness Centers were the sponsors. Mike Lambert of PLUSA always came over to Waikiki and gave us great coverage. Without his inspiration I would have quit at #7.

One more item was the celebrities that attended the meet: Wilt Chamberlain, Richard Boone of "Have Gun, Will Travel" TV fame, and "Hec" Ramsey, a supporting actor in numerous western movies; also, Christy McNichol of "Empty Nest", and Jack Lord of the original Hawaii 5-O. I was in the second to last Hawaii 5-O ever filmed in 1979 called "The Flight of the Jewels". Also in attendance was Hugh Hefner who was scouting talent from the bikini contest. The winner got \$750. Lourdes Estorres, the 1979 bikini contest winner, was Playmate of the month two months later. Last, but not least, was Tom Selleck, star of Magnum P.I. I was the villain in a segment of Magnum in 1981, called "One More Summer".



# UPCOMING MEETS

Meet directors, send your meet schedule for the next 180 days to: [Jim@Powerliftertoday.com](mailto:Jim@Powerliftertoday.com). Please include: Name of federation, website, contact person, email and phone info, and we will post this information FREE. We will attempt to cover most national and/or world meets in America. If you are a meet director, and can write a good covering story about your national or world meet, we welcome your contribution, but reserve the right to edit as we see fit. This will be a regular feature, so please keep us updated. Your website should contain your feds' rule book, so that lifters will know what to expect. Several that I know about are the following:

WABDL Worlds, November 18-23, 2014 Las Vegas, NV [www.wabdl.org](http://www.wabdl.org)

IPF/USAPL Worlds, November 2-5, 2014 Denver, CO [www.usapowerlifting.com](http://www.usapowerlifting.com)

USPA/IPL Worlds, November 5-9, 2014, Las Vegas, NV [www.uspla.org](http://www.uspla.org)

NASA Worlds, August 8-9, OKC, OK [www.nasa-sports.com](http://www.nasa-sports.com)

APF/WPC Worlds, November 10-16, West Palm Beach, FL [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)





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